

CANOE FOCUS



Paralympic review highlights
Read more on page 22

Adidas Sickline
Read more on page 56

East Greenland
Read more on page 62

Winter 2016



Perfect

— GIFTS FOR —

Adventurous
Souls



15% DISCOUNT*
FOR BRITISH CANOEING MEMBERS

GRAB THAT PERFECT GIFT YOU'VE BEEN LOOKING FOR ALL ALONG
VISIT US IN STORE OR CLICK & COLLECT ANY PRODUCT FROM OUR FULL RANGE ONLINE

- HOME DELIVERY
- CLICK & COLLECT
- ONLINE
- MOBILE
- IN STORE

STORES NATIONWIDE | COTSWOLDOUTDOOR.COM/CHRISTMAS

*Selected lines only. Not to be used in conjunction with any other offer or discount. Only valid on production of your British Canoeing membership card in store or use of discount code online. Offer expires 31.05.17.

Welcome to the Winter Issue of Canoe Focus

December is traditionally a month when we look back over the year just past but we also look forward to the year ahead and make our New Year resolutions.

I am pleased to welcome our new Chair to British Canoeing. Professor John Coyne CBE was appointed on 01 November, together with Bronagh Kennedy who joined the Board as an Independent Member. I am sure they will both make a great contribution.

2016 was a pretty spectacular year. We reviewed the Rio Olympic success in the previous issue - the two gold and two Silver medals represented the best ever Games for the British Canoeing Team.

A month later the Paracanoe team went one better, winning five medals with three gold and two bronze in one of the most exciting hours of sport I have ever watched. These incredible performances are featured from page 22.

There were other outstanding international performances in the late summer months too and these successes are celebrated from page 14.

We held our Coaching Conference and Volunteer Awards recently at Eastwood Hall near Nottingham. The Coaching Conference was well attended and feedback has been very positive. We are now planning for the next Coaching Conference which is to be held in February 2018.

The Volunteer Awards were fantastic. There were so many inspirational examples of volunteers of all ages and from all parts of the country improving people's lives and making a huge contribution to their clubs and communities.

The MacGregor Challenge Award was won by George Bullard and Ollie Hicks who undertook an epic sea kayak journey from Greenland to Scotland. The award was presented to them on the night by Liam Heath our 200m Olympic Champion. The contrast was not lost on anyone in the room. These were two very different examples of achievement and excellence which really did showcase the incredible breadth of our sport.

2017 will start a new era for British Canoeing. On March 25th we will launch our new strategy in Manchester. This will set out a clear vision and 11 ambitions for the next four years.

These ambitions include increasing our membership numbers and providing more member benefits. We are pleased to have renewed our partnership with Cotswold Outdoor and I hope you take advantage of the great discounts through the year.

The strategy is one for the whole sport. All those in decision making roles in clubs, centres and committees will need to play a part if we are to succeed in making British Canoeing a truly great organisation.

That is certainly a big New Year resolution. It's one that my colleagues on the Board and the staff are all signed up to. Have a great Christmas and let's hope for a fab 2017 for everyone involved in British Canoeing.

David Joy
Chief Executive

Focus on the Disciplines

Read more on page 14

In Search of Heritage

Read more on page 66

Womens Sports week

Read more on page 49

The Winter Club Challenge Is Back!

The Winter Club Challenge is back for a third year and it's better than ever.

This year the challenge runs from the 1st December to 28th February (inclusive). Having listened to feedback from previous years, it has been decided to split the mileage category into two classes; Flat Water Racing Clubs* and Non-Racing Focused Clubs. Making it fairer and allowing more clubs, that are not racing ones, to have a chance of getting their hands on some prizes.

The Winter Club Challenge is a great way of keeping all club members paddling throughout the winter months and could mean your club wins up to £250 prize money for taking part! There are prizes for the Most Miles Paddled, Most Places Paddled, Most Improved Paddler and a prize draw just for entering your results.

*Flat Water Racing Clubs - These are clubs who have entered and are listed on either the Inter Club Sprint Champs and /or the National Marathon Champs results.



Full details of the challenge and the entry form are now **live on the British Canoeing website.**



To learn more about the Winter Club Challenge and how your club/group can enter **please click here.**



WINTER CLUB CHALLENGE

RACER ST

Combined PFD/topdeck

Super thin body foam

Buoyant spraydeck

Patent pending / EU
registered design

ISO 12402-5 certified
ICF 6.12KG approved

*"It's thin, comfortable, innovative
and an absolute game changer."*

Joe Clarke. Olympic K1 Champion 2016

PEAKUK

www.peakuk.com

PERFORMANCE ENHANCING EQUIPMENT

NATIONAL GO CANOEING WEEK

THE **BIG** ADVENTURE

MAY 27TH
TO
JUNE 4TH
2017



National Go Canoeing Week 2017 - The Big Adventure

The planning has started! National Go Canoeing Week 2017 runs from 27th May to 4th June and this year's theme is The Big Adventure.

We will be asking everyone to get out on an adventure on the water - no matter how big or small - and register your miles with us.

This year's target is for the nation to paddle 32,000 miles and we want you all to join in.

We will be bringing you more details as our plans unfold so watch this space and save the date!

National Go Canoeing Week:
27th May - 4th June 2017



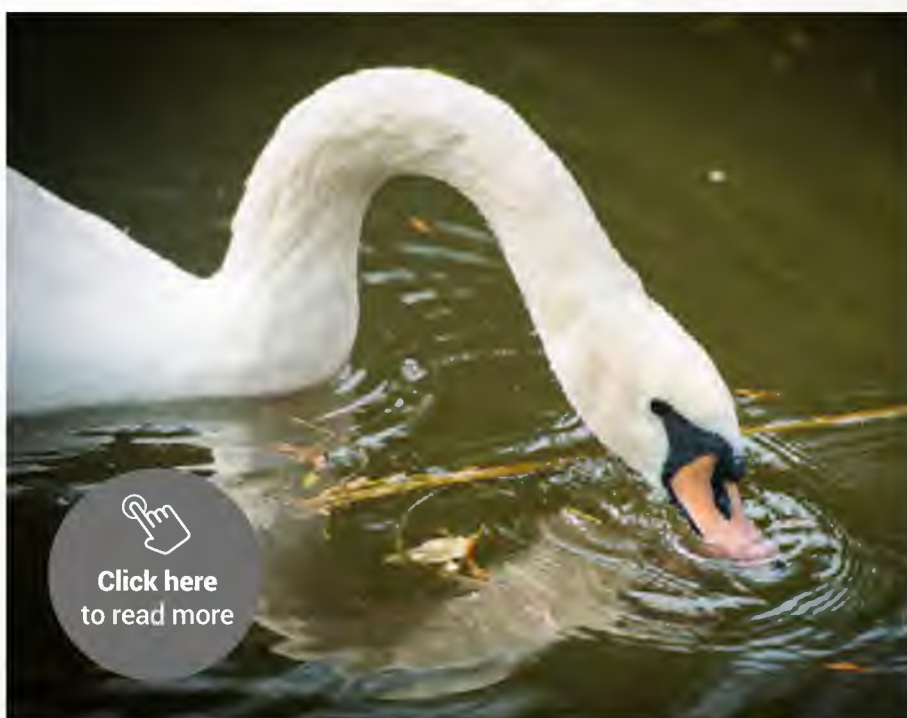
NEWS

Paralympic event at Lee Valley

Over 50 people took part in a range of watersports as part of a special Paralympic event at Lee Valley White Water Centre. Inspired by the Paralympic Games in Rio, and supported by Lee Valley Regional Park Authority's Community Access Fund, the free event enabled people with a wide range of disabilities to get out on the water.




[Click here to read more](#)




[Click here to read more](#)

State of Nature report

In October a consortium of conservation organisations (including the RSPB, Wildlife Trusts, and many others) released the State of Nature 2016 report. This gave details of the status of our wildlife in the United Kingdom, and made for sober reading for anyone who has an interest in our natural environment.

[Click here](#) to see British Canoeing's response to the report.




[Click here to read more](#)

National Lottery funding backs Goole paddlers project

East Riding of Yorkshire Council has received an award of £8,610 from Sport England to deliver a project offering free kayaking opportunities for young people in Goole. During the winter months

indoor sessions will be offered using British Canoeing's U Canoe Wired programme which will provide a 'dry' introduction to the sport, using the latest kayak ergometers and software.




[Click here to read more](#)

Mount Batten Boat Centre launches 'Recycle for Rewards' programme

The Mount Batten Centre Charity Trust has launched their "Recycle for Rewards" programme which enables schools, youth groups and community organisations to access subsidised, or in some instances free activities at the centre by recycling clothes.

Click here to read about how Woodlands Special School partially funded an action packed day at the centre by collecting a huge pile of clothes, and got to take the centre's new specialist canoe - the bell boat, out on its maiden voyage!

British Canoeing appoint new Chair and Independent Director

The Board of British Canoeing has announced the appointments of Professor John Coyne CBE as the new Chair for the organisation and Bronagh Kennedy as an Independent Director.



Leam Boat Centre shortlisted for award

Leam Boat Centre in Warwickshire has been recognised for its outstanding contribution to the deafblind community by national charity Sense.

The centre was shortlisted in the Collaboration category for the charity's annual awards thanks to its commitment in providing flexible, accessible activity sessions for people with deafblindness and complex needs.

Paddle for Life: The Main Voyage. Aylesbury- Hull-Beijing

For the London 2012 Olympics, as part of the “Get Set” programme led by Andrew Train and the Vale of Evesham School, over 3,000 children and teachers from Worcestershire schools took part on a voyage from Aylesbury. The boats used were then sent to China to share the idea of the voyage and inspire a generation of paddlers.



British Rafting team clean up at World Championships

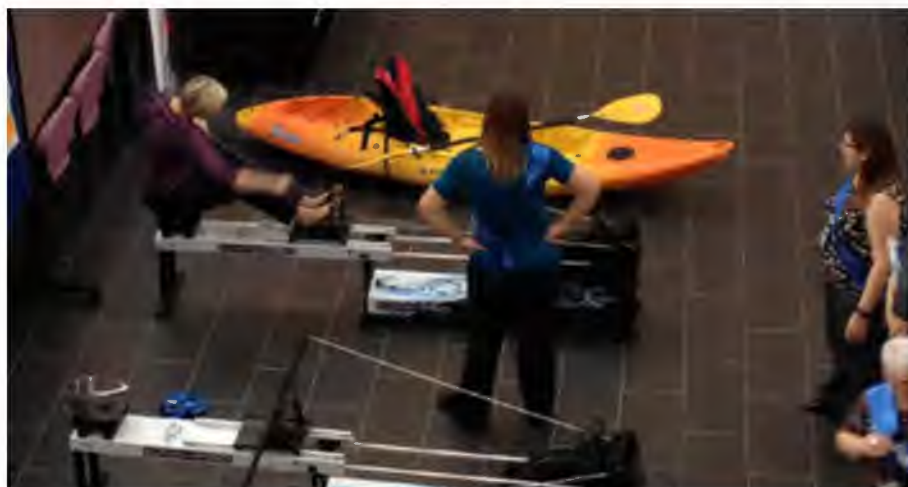
The Rafting World Championships took place in Al Ain, United Arab Emirates between 31st October and 5th November. In total six British teams headed to the Championships and between them they brought

home a total of 17 individual medals and three overall medals, a fantastic achievement showing just how strong our British Rafting teams are!

The Welsh Open Canoe Symposium

The first Open Canoe Symposium in the UK was held in 1997. The last weekend in October witnessed the 8th to be held in Wales and the 19th in total.

Thanks to a massive volunteer effort led by Ray Goodwin and ably supported by coaches and well wishers from throughout the UK, this one fully lived up to expectations.



British Canoeing supports NHS Fab Change Day 2016

British Canoeing supported the running of a workplace challenge at Norfolk and Norwich Hospital Trust as part of NHS Fab Change Day. British Canoeing loaned two kayak machines to the hospital for a workplace challenge and over 30 members of staff took part. The kayak machines were one of the most popular and talked about activities of the day and even sparked some interdepartmental rivalries!

Member Benefits



British Canoeing is here to help you get the most out of paddlesports and your membership package offers you some great benefits to help you succeed.

Our members are really important to us and we continually strive to improve all aspects of your membership to provide you with even better offers and services.

British Canoeing has also joined forces with a number of key partners to offer all members some great special offers across a range of products and services:

Blossoming Gifts

Blossoming Gifts offers a wide collection of beautiful, affordable flowers for any occasion. To receive a 20% discount enter code BCUK20* on the **Blooming Gifts website**.

*The discount code does not include flowers under £12, plants, hampers, wines and personalised gifts.

ORS

O.R.S Hydration Tablets are a scientifically balanced formula of glucose, electrolytes and sodium and are an appropriate, safe and effective method to promoting optimal hydration. British Canoeing members can receive a 30% discount by using code BC30 on the **O.R.S website**.

LogBuy

LogBuy is your hub to thousands of discounted offers, which is now available to British Canoeing members.

Save on 1,000's of high street brands, get discounts on shopping cards and earn cashback when you buy online from hundreds of retailers. Among our brands you will find Apple, Sainsburys, Boots, Pizza Express, B&Q, Virgin Media and many more.

New members will automatically be sent an email to register with LogBuy within four weeks of joining. If you have not received your email, please contact the membership team: **membership@britishcanoeing.org.uk**

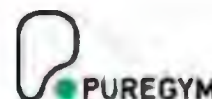
IHG

IHG provide British Canoeing members with a discount of up to 30% off the Best Flexible Rate for rooms at Crowne Plaza, Hotel Indigo, Holiday Inn, Holiday Inn Express and Staybridge Suites hotels. **Click here to find rooms.**

Pure Gym

Pure Gym offers 24/7 opening hours*, contract-free membership and more than 50 free classes a week. British Canoeing members can try Pure Gym out for free with a three-day pass as well as zero joining fees.

Click here to contact us for more information.



Membership benefits include:



Membership card



Licence to paddle on 4,500km of waterways



Combined liability insurance up to £10million



Great rates on boat insurance



Four issues of digital Canoe Focus



Monthly newsletters



Access to members only area



Information and resources



Access to competitions



Discounts from canoe retailers



Campaigning and representation



Voting rights (over 18 membership only)

Towergate

Do you need canoe or kayak insurance? We have arranged an exclusive boat insurance policy on behalf of members which provides good cover at competitive prices.

For more details on this great offer [click here](#).

Reed

Reed garments sell worldwide, providing protection and warmth so you can concentrate on having fun. British Canoeing members can claim a 10% discount when you spend £20 online at www.chillcheater.com by entering discount code BC10.

Cotswold Outdoor

We are delighted to offer 15% discount* for British Canoeing members in store and online. Just quote code AF-BCAN-M1 at the time of purchase or shop online by [clicking here](#).

*Not to be used in conjunction with any other offer or discount. Only on proof of British Canoeing membership in store or use of discount code online. Offer expires 31/12/17.

Love Smoothies

British Canoeing has teamed up with revolutionary frozen drinks company Love Smoothies to provide members with a great 10% discount on orders. Use the discount code canoe15 at checkout. [Shop here](#).

I Love Meet and Greet

Meet and greet airport parking is the easiest way to park your car at the airport. We collect your vehicle at the terminal on your day of departure and take it to our secure Park Mark car park for the duration of your stay. On your return we are only a phone call away and we bring your car back to you at the terminal.

We are offering British Canoeing members a 20% discount on their airport parking at Gatwick, Stansted, Heathrow, Manchester, Liverpool and Birmingham.

Just quote code BC2015 at the time of purchase. [Click here to book](#).



Focus on the Disciplines

During 2016 Great Britain's athletes gained 90 medals at World and European International Competitions comprising:



39 Gold Medals



26 Silver Medals



25 Bronze Medals



Junior & Under 23 Slalom European Championships

The British Junior and U23 team made a strong impression at the European Championships earlier this year in Solkan, Slovenia. The British team collected a total of four individual medals and one team gold medal.



[Click here to read more about the championship](#)

Canoe Polo World Championships

The U21 men pulled it out the bag to gain the title of World Champions and the rest of the British squad secured top 10 positions in Italy in September.

1st U21 Men - 1st (Gold)

4th U21 Women - 4th

6th Senior Women - 6th

7th Senior Men - 7th



Slalom World Cup Finals (September)

It was success for Great Britain's canoe slalom competitors who won a gold, a silver and two bronze medals in the overall 2016 ICF World Cup series in Tacen, Slovenia in September. The tally included a bronze medal for Olympian Fiona Pennie who finished in sixth place at the Rio Games.

Derwent Dash (September)

Competitors braved the rain and took to the water in Matlock for the Derwent Dash, a regional sprint event which saw paddlers from a number of clubs compete.



British Open

Familiar British names from the World Cup series stepped back onto the podium at this years British Open, with Woods, Burgess, Forbes-Cryans and Pennie all winning titles.



[Click here to read more](#)



Freestyle British and Club Championships

The Freestyle British & Club Championships were held on the 10th-11th September at the National Water Sports Centre, Nottingham and saw competitors from all over the country compete.



[Click here to read more](#)



ICF Canoe Marathon World Championships

It was silver success for GB's Magnus Gregory and Luke Harding in the Junior K2 Final at the ICF Canoe Marathon World Championships in Brandenburg an der Havel, Germany.



[Click here to read more](#)

Hasler Final (September)

Paddlers from across the country headed to Worcester on the 25th September for the Hasler Finals. British Canoeing were there to support as part of the 2016 Event Series.



[Click here to read more](#)



Olympic Hopes Regatta

British Canoeing enjoyed a successful Olympic Hopes Regatta in Szeged, Hungary at the start of October. Our competitors achieved a bronze medal and six A final finishes, putting British Canoeing a comfortable rank in the top 10 positions.



[Click here to read more](#)

Freestyle World Cup Argentina (October)

Congratulations to Alex Edwards on his gold medal success in the mens Squirrboat Final at the San Juan World Cup. San Juan is the first ever country in South America to host the competition, which makes Alex's gold medal in the squirt category that bit more special.



[Click here to read more](#)

Rafting World Championships

The Rafting World Championships took place in Al Ain, United Arab Emirates between 31st October and 5th November. In total six British teams headed to the Championships and between them they brought home a total of 17 individual medals and 3 overall medals.



[Click here to read more](#)

Hurley Classic

The Hurley Classic took place on the 19th and 20th November 2016. Congratulations to the winners:

Female - Lowri Davies
Male - Stephen Wright



Photo credit: Jack Gunter

Volunteer and Athlete Recognition AWARDS 2016

British Canoeing hosted the annual Volunteer and Athlete Recognition Awards (VARAs) at Eastwood Hall, Nottinghamshire on 19th November 2016. The event was sponsored by Towergate Insurance and the night was a fantastic celebration of our volunteers and athlete achievements over the last 12 months.

Winner list

Orlando Sarabia-Hill - Young Volunteer	Kevin Dennis - Outstanding Contribution
Hayley Clarke - Community Volunteer	John Hoile - Outstanding Contribution
Allan Fitch - Impact on Disability	Paul Newman - Outstanding Contribution
Mike Moffitt - Volunteer Coach	George Bullard & Olly Hicks
Donna Vincent - Volunteer Coach	- MacGregor Challenge Award
Alan Ashby - Event Volunteer	
Alan Laws - Outstanding Contribution	
Mick Nadal - Outstanding Contribution	

Congratulations
to everyone who
was nominated
and to all of our
winners!

To find out more
about each of
our winners and
watch videos of the
fantastic work that
they do **click here**

For more photos
from the night
click here to view
our Facebook
album



“Volunteers are so important for the sport and I wouldn’t be where I am today without the support i’ve had from volunteers.

There have been many people who have helped me along the way who aren’t paid, they just do it for the love of the sport.

It’s these people who wake up and eat and breathe canoeing that make it such a fantastic sport to be a part of.”

- Joe Clarke




British Canoeing Coach Conference 2016



The annual British Canoeing Coach Conference took place on the 19th & 20th November at Eastwood Hall in Nottinghamshire. The focus and theme of the weekend was to celebrate and investigate the complex journey a coach undertakes to develop their craft.

With a host of guest speakers, workshop leaders and exhibitors throughout the two days, attendees were able to network, listen to presentations and actively get stuck in to the practical sessions.


Click here to read more about the 2016 Coach Conference

On day two attendees were given the option to continue exploring the themes from day one of the programme, or to attend the Discipline Support Modules on the water at the national water sports centre in Nottingham.

Despite the weather and torrential rain, the modules went ahead and by mid-day, to the delight of delegates and workshop leaders, they were treated to calm winds and blue skies.

Modules delivered included Stand Up Paddleboard with national trainer Darren Sherwood, assisted by Chris Brain and Scott Harrand, Canoe Polo with coach Zoe Anthony who delivered an up-beat and energetic session at the purpose built Polo facility, Marathon, Sprint and Slalom discipline support modules were facilitated by Mike Chandler, British Canoeing Performance Coach Manager, Russell Smith, Slalom Coach and Richard Ward from Exeter Marathon Canoe Club.



'I Had a great time at the coaching conference, thanks to all the SUP coaches it was a great day and we learnt loads'

'Absolutely brilliant! A model presentation: fully engaging, knowledgeable, fun, informative, stimulating, very professional and totally articulate'

Delegate about John Lyle's presentation

'A stimulating event and great opportunity to network and catch up with old friends.'



You can register your interest by clicking **here** and you will receive exclusive information about the upcoming event.

British Canoeing's next Coach Conference will take place in February 2018.

Paralympic review highlights



Making history...

History was made in Rio when paracanoe made its Paralympic debut.

Paralympics GB went up against the world's best in Rio and dominated the sprint canoe finals at the Lagoa Stadium. After being one of only two nations to qualify for all six events, GB made history by picking up five medals; including three golds from Jeanette Chippington, Anne Dickins and Emma Wiggs.



GB's Golden Girls

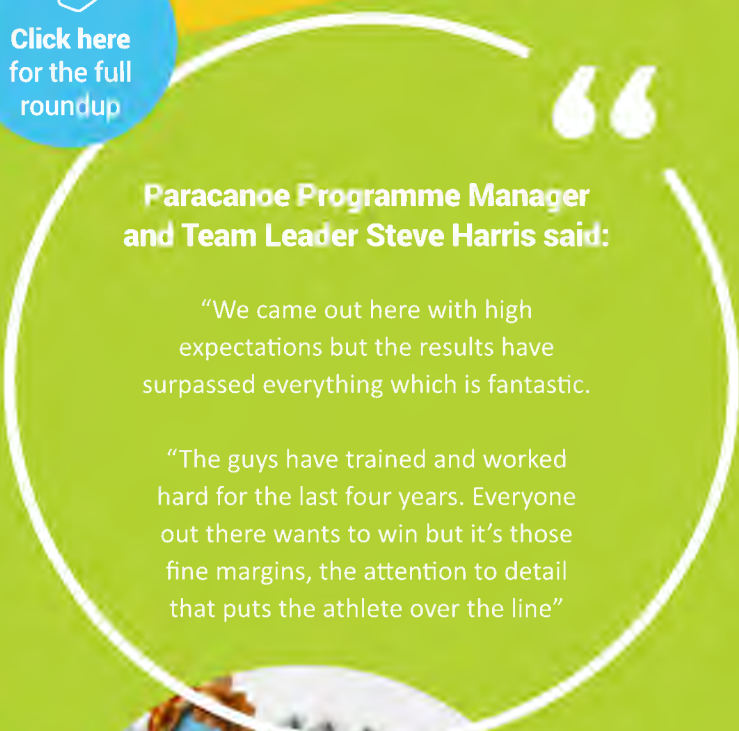
Jeanette Chippington:

Jeanette Chippington paddled her way into the history books by becoming the first ever Paralympic canoeing champion, winning the women's KL1 final with just 0.114 seconds separating her from the 14 years younger World Champion Edina Muller of Germany. The result was so close Jeanette didn't realise at first that she had actually won.

"When we crossed the line the German girl screamed like she'd won and I thought she'd got me on the line"

Having appeared in five consecutive Games between 1988 and 2004, winning 12 swimming medals, she returned to the ParalympicsGB team for Rio after a 12-year break and is already a four-time World Champion in her new sport.

"It just shows what's achievable if you try something different and enjoy what you do"



Paracanoe Programme Manager and Team Leader Steve Harris said:

"We came out here with high expectations but the results have surpassed everything which is fantastic.

"The guys have trained and worked hard for the last four years. Everyone out there wants to win but it's those fine margins, the attention to detail that puts the athlete over the line"



Emma Wiggs:

We didn't have long to wait for another gold thanks to Emma Wiggs, whose dominant display of paddling saw her win the women's KL2 final by over a boat length and 2.311 seconds ahead of Natalia Lagutenko.

"I'm blown away by how professional we are and how world class we are and how we've done it. We've done it!"

Like Jeanette, this wasn't Emma's first Paralympic Games having represented GB in sitting volleyball at London 2012 before changing to paracanoe. In an outstanding four years she has won five world titles which have now been capped with Paralympic gold.

Anne Dickins:

Anne Dickins made it three canoeing golds on the water – and 100 medals for ParalympicsGB – in the women's KL3 final.

"To win the hundredth medal is such a special thing – I'm lost for words."

The fact Anne had never sat in a canoe until four years ago, and used to suffer with terrible sea sickness makes her gold even more of an amazing achievement. It was an incredibly close finish with Dickins taking victory by just 0.03 seconds from Australia's Amanda Reynolds.

"It feels incredible standing up there on the podium and seeing your family and everyone watching and cheering."

Canoe Focus Winter 2016

Ian Marsden:

Stoke-on-Trent's Ian Marsden and Nick Beighton of Shrewsbury both added bronze medals to the tally.

In one of the tightest finals that day Ian Marsden finished in third place, in the mens KL1, just 0.136 seconds behind gold medallist Jakub Tokarz of Poland.

"Having messed up in Milan (at the 2015 World Championships) and finishing fourth this year, (at the 2015 Worlds in Duisburg), it's one step up which is all that matters. And it feels great."

Nick Beighton:

Nick Beighton also clinched the bronze in the men's KL2 final, finishing just 0.210 of a second behind Markus Swoboda from Austria who took silver.

Nick Beighton; who competed for Paralympics GB at London 2012 in rowing, may not have, in his view, had the perfect race but he still found a way to deliver a second bronze medal for GB.

"I've been striving for this pretty much since I was injured and I had a lot of disappointment at London so it's an incredible feeling to scratch that itch and get it done."

Rob Oliver:

The youngest member of the team, Solihull's Rob Oliver narrowly missed out on the podium in fifth spot in the men's KL3.

Although bitterly disappointed he put a characteristically brave face on it and said he would have 'other opportunities in the future'.



Paralympic Classifications

KL1

Athletes with no or very limited trunk function and no leg function and typically need a special seat with high backrest in the kayak

Jeanette Chippington

Ian Marsden

KL2

Athletes with partial trunk and leg function, able to sit upright in the kayak but need a special backrest, limited leg movement during paddling

Emma Wiggs

Nick Beighton

KL3

Athletes with trunk function and partial leg function, able to sit with trunk in forward flexed position in the kayak and able to use at least one leg/ prosthesis

Anne Dickins

Rob Oliver

Full results



Jeanette Chippington
Longridge Canoe Club
KL1 – GOLD



Emma Wiggs
Independent
KL2 – GOLD



Anne Dickins
Wey Kayak Club
KL3 – GOLD



Ian Marsden
Trentham Canoe Club
KL1 – BRONZE



Nick Beighton
Shropshire Paddlesports
KL2 – BRONZE



Rob Oliver
Solihull Canoe Club
KL3 – 5th

Things you might have missed

Rio Homecoming Celebrations

Our Olympians and Paralympians headed to Manchester and London for the Olympic and Paralympic homecoming celebrations. We let them loose on our Instagram for two days to provide us with behind the scenes updates from the parades and Buckingham Palace, here's some of what they got up to!



Joe Clarke took a trip around London with Youtube star Casey Neistat, showing off his Gold medal along the way and landing a starring role in Casey's vlog, which now has over 1.5 million views!



[Click here to watch on youtube](#)

It was selfies galore for our athletes with Anne Dickins snapping herself with the Kaiser Chiefs, Ian Marsden bumping into Tom Daley, David Florence and Richard Hounslow making it onto the Royal Family's Twitter page and Joe Clarke keeping up TV appearances on the BBC's Victoria Derbyshire show. We pulled together more of our favourite social media moments from the homecoming events on our Storify.



[Click here to watch on Storify](#)



British Canoeing athlete Adam Burgess shows fitness vlogger Jamie, from Youtube's Jamie and the Jam how it's done with a lesson at Lee Valley!



[Click here to watch on youtube](#)

Canoeing in the news

We loved this story in the news about straw canoeists made of hay bales by farmer Billy Fotheringham in honour of his two sons who regularly compete in canoeing competitions.



[Click here to read more](#)



Pizza chain Dominos are trialling a new way to deliver pizza...by canoe! We think this is definitely the best way to deliver pizza.



[Click here to read more](#)

It started with a question...

In the words of Yanna Peck



“FANCY PADDLING THE CHANNEL IN A DIDDY LITTLE BOAT?”
“YEAH GO ON THEN SOUNDS LIKE FUN.”AND SO IT BEGAN....

Beth, 18, wanted to do something special for the diamond anniversary year of the Duke of Edinburgh Awards. She had paddled with us before so I knew she was capable of the challenge set but as we discovered it wasn't going to be easy, especially with other social activities and exams looming!

We began training in earnest around Easter with 15 to 20 mile journeys on mainly tidal rivers. In June, we met up with some guys from Adventure Dolphin who took us out to sea and did some very useful rescue practice with us. They taught us about tides, wind and currents; I can't thank them enough! We paddled around Hailing Island, on the Thames and up and down the south coast on the lead up to 'the day.' We really did have a great time and saw so many places we wouldn't usually have seen.

We had a team of six of us (all Scout leaders involved in water sports in West Sussex) but only four of us could make it on the day. Owain and Hannah in one boat, myself (Yanna) and Beth in the other. We'd booked the week and would wait for the safety boat to ring us the

night before to give us the green light. The call came on Monday 22nd August... Tuesday was the day. The safety boat would leave Rye harbour at 06:00 on 23 August 2016.

It was a stunning day with a beautiful sunrise and not a breath of wind. The sea was calm; almost like a lake. The tides were right and the currents were good, we had everything in our favour. I think we were all nervous but very excited too.

We estimated that we could do the crossing in anything between six and twelve hours... and with that we set off on our journey. About half an hour into the crossing the safety boat did a speed check for us and we were making good progress so we tried to keep it up. By the time we got to the English shipping lane we were on schedule. We took a quick breather and then made a mad dash across the shipping lane when instructed to do so by the safety boat. Our next stop would be the French shipping lane and we knew we were nearly there.

Once we got to the shipping lane we had to stop and get into the safety boat as you're not allowed to cross without power. We loaded both double kayaks onto the back of the RIB and we went full throttle across the French shipping lane (that bit was really fun!)

Now for one final push. The land didn't look that far away but it seemed to take forever. Eventually we came to the mouth of the Port of Boulogne sur mer. We were all very pleased with ourselves a little bit crispy but completed it in five hours and 15 minutes!





PADDLESPORT LEADER AWARD

for more information visit
britishcanoeing.org.uk



THE THREE LAKES A CHALLENGE FOR ALL AGES

The Three Lakes Challenge has been taken on by a wide variety of people since its launch but new stories continue to come in and inspire us.

This summer a group of home-educated children, who learn to paddle at Leam Boat Centre, Leamington Spa, decided they wanted to take on the challenge. A great deal of planning and practising went on over the summer months, with two of the children gathering sponsorship to raise money for their local Sea Scouts.

The group decided to complete the Three Lakes over a five day period, in order to enjoy the challenge and give themselves a chance to spend time exploring the areas around the lakes.

Six children decided to take on the feat; Bethany Ellis, 11yrs; Francis Fowler, 11yrs; three brothers; George Parry, 10yrs; Edward Parry, 13 yrs; Elliot Parry, 13yrs and Edward, 14yrs. Accompanying them on the water were to be Jenna and Libby; both coaches from Leam Boat Centre and Bethany's Dad, Mark. Other parents joined the trip also as support crew.

Starting at Llyn Tegid (Lake Bala) on the 21st September, the group were joined by two more of the children who paddle at the centre; Teigen and Tom. Bala is the shortest lake in the Three Lakes challenge and creates a round trip of seven miles. However it is not to be underestimated and poor weather conditions can make for some very tricky paddling.

Although the weather was breezy and a little chilly when the sun went in, it was generally kind to the group. They paddled to the end of the lake, had a nice lunch stop and then paddled back. The group found the scenery stunning and were very excited when their support crew came past on the steam train, which runs alongside the lake, cheering and waving their encouragement!

The team headed on from Wales to England and Windermere. Staying in a tipi at Hawkshead Youth Hostel overnight, they were up bright and early the next morning to tackle lake number two. Luckily the weather was very kind to the team on Windermere and they were bathed in sunshine for most of the day. Windermere is a very busy lake, with lots of other craft, of various sizes sharing the water; an added challenge for the intrepid kayakers.

It was not just a paddle from one end of a lake to the other for the group, they turned it into a real day of adventure. Having discovered that some geocaches were hidden on islands on the lake they decided to go geocache hunting en route. They also spent time observing the local wildlife, climbing trees and even visited an adventure playground, before heading to their finish point at Ambleside.

“

It was wonderful to watch them work together, especially as they overcame unfamiliar and difficult situations, coping with wind, rain and horrible weather but they didn't whinge once! Just full of enthusiasm and interest. An amazing trip!

- Jenna Saunders, Head Coach, Leam Boat Centre

This is an awesome challenge that anyone who has some paddling experience could enjoy.

- Bethany Ellis





There was a day's rest for the team before they took on the final lake in the challenge. Loch Awe is a true challenge to paddle. At 25 miles long and up to a mile wide in places the Loch can be intimidating to even the most experienced of paddlers.

The weather forecast was pretty bad for their final paddle, with winds of over 40 mph for the first morning. The decision was taken to set off late and only paddle as far as the island of Innis Errich on the first day. This would mean only completing the first seven miles of the paddle, leaving the group with 18 miles to complete on day two. It would, however, mean that they could miss the very worst of the weather on day one.

Setting off in very choppy conditions and torrential rain the children stayed full of excitement and optimism. Elliot even said that he loved paddling in the storm as he found it exhilarating! Jenna and Libby had spoken to all of the team about the best way to paddle in the conditions and the trust that the children had in them meant that they all felt confident. Battling the rain and wind really was worth it for the group when they arrived at their wild camp island for the night. The island has its own ruined 13th century castle and it wasn't just the children who got excited and started to run around inside it!

All of the children loved their experience of wild camping on the island and felt it was a real highlight of the week for them. A real feeling of team spirit, togetherness and camaraderie came from spending so much time together.

Waking to sunshine on day two of Loch Awe the team had a good cooked breakfast and a final explore of the island before they set off on the final leg of their adventure.

It was a tired but exhilarated crew who finally arrived at the railway bridge at the north end of Loch Awe that day. It can certainly be seen in the photographs how pleased and proud the entire team were to have completed this feat; with Bethany and George becoming the youngest female and male paddlers to complete the Three Lakes Challenge in solo craft. The children and adults involved all gained so much from this challenge and it seems sure to lead on to many future adventures.



This was a fun, family adventure that will be remembered long into my dotage. It may be the beginning of kayaking adventures with my daughter.

- Mark Ellis

Having our coaches along was fantastic because they are very special, fun and knowledgeable. We totally trusted them and knew we were well supported.

- Edward Parry

My favourite part was seeing our team waving to us from the Bala Steam Train. Luckily there was a tail wind on Loch Awe, so we rafted up and fashioned a sail out of tarpaulin for a bit of fun!

- Francis Fowler



Exciting new Clubhouse for Taunton Adventure Sport Canoe Club



Taunton Adventure Sport Canoe Club (TASCC) is boarding the completion of their exciting new club house.

Working with Taunton Rowing Club and Project Taunton to develop a new clubhouse on French Weir Park, the Centre for Outdoor Activity & Community Hub (COACH) will be an exciting development offering many new facilities which will benefit the local community. These will include; a large store, drying room, toilets, showers, meeting room, young person's zone, refreshment area, office, and storage. In addition, the outside will be landscaped to include new access to the River Tone above and below French Weir.



British Canoeing has been supporting the club over the past few years assisting them with development support and capital grant funding.

'TASCC have been extremely efficient and enthusiastic throughout the whole build process.



'The club has strong links with the local schools and colleges and we look forward to working with them moving forward, said Ben Seal - British Canoeing facility development officer. COACH is a community driven project which will be shaped by its partners and users. The centre is being supported by the surrounding schools, colleges and community groups that are looking to deliver activity and sustainability on a financial, resource and human basis; recognising the challenges faced by any community enterprise in the current climate.

COACH is appealing for funding to complete the final cafe decking beside the river. If you are able to support in any way, please contact COACH at info@coach-taunton.org.uk



Ian 'Spike' Greenwood

On the 20th June 2016 Ian (Spike) Greenwood the Chairman and Senior Coach at Oldham & District Canoe Club died after a long illness.

Ian Greenwood (Spike) started his canoeing career at Heywood Grammar School (in about 1965) when a friend invited him along to the school canoeing club organised by a Mr. Foster 'Fossil'. He subsequently joined the club and became a very active member, regularly attending canoeing trips to Scotland organised by the school.

His interest in kayaking continued when he went to Leeds University, where he again became an active member of the canoe club and gained a number of qualifications;

eventually becoming a senior instructor. He represented the university at slalom racing, a sport that he enjoyed considerably and which he continued after leaving Leeds University.

Later on, Spike joined Oldham & District Canoe Club, where he has helped coach many paddlers both young and old. As paddling was a central part of his life he regularly led club trips on rivers throughout the UK and was ever present at the club; paddling at the weekly morning sessions on the local river, and in the evenings at the baths sessions. He taught hundreds of people how to paddle, was always available, and patiently passed on his skills and knowledge to all who wished to learn.

Without Spike there would not be an Oldham & District Canoe Club.



**Qualified Paddle sports Instructor?
Looking to expand your qualifications and experience in
other areas?**

**The largest range of activities in the South East and
close to London.**

Now recruiting for the 2017 season.

Apply now at www.bit.ly/stubbersrecruitment



sportscotland

glenmorelodge

national outdoor training centre

01479 861 256

www.glenmorelodge.org.uk



Offering the full range of British Canoeing coaching, performance, safety & CPD modules



qualifications



white water kayaking



open canoeing



Stand up paddle boarding



sea kayaking

We let our customers do the talking

"Very helpful. Friendly competent service offering a good product."



Call: **0330 123 1946**
towergateinsurance.co.uk/boat

TRUSTED MERCHANT
2016 ★★★★★

93% Based on
275 reviews

feefo ★★★★★
Independent Service Rating

*Customer feedback via feefo 5/01/16

Towergate Insurance is a trading name of Towergate Underwriting Group Limited. Registered in England with company number 4043759
VAT Registration Number: 447284724 Registered Address: Towergate House, Eclipse Park, Sittingbourne Rd, Maidstone, Kent ME14 3EN
Authorised and regulated by the Financial Conduct Authority.



The John MacGregor Challenge Award

Follow more of George's adventures here:

georgebullard.co.uk

and Social Media at:



The John MacGregor Challenge Award is an award presented at the Volunteer Recognition Awards to honour outstanding endurance, adventure, exploration or performance. This year the award was presented to Olly Hicks and George Bullard. The pair made history by making the first known journey from Greenland to Scotland... 1,200 miles by kayak!

The story that inspired the journey...

In late 17th century Scotland mysterious reports were recorded of bizarre visitors appearing offshore in strange boats.

On at least one occasion, one of these visitors made landfall. He spoke a language no one could understand and only survived three days.

Nobody knows for sure where he or his fellow travellers came from.

However, there is one theory...

Artefacts preserved in Scottish museums – including hunting equipment and the remains of a skin-cover kayak – suggest that these strange visitors may have been nothing less than Inuit tribes-people from Greenland, over 1,000 miles away across some of the world's most dangerous waters.

"I was delighted to be shortlisted and then to go on and win the John MacGregor award - I actually knew who John Mac was! and had in part been inspired by his voyages.

But could they have really made such a long and dangerous journey?

The pioneering spirit of John MacGregor was truly summoned and after five years of planning Olly and George set off on their 1,200 mile journey...

Negotiating Arctic Sea ice, surviving, cooking and sleeping in the boat they crossed the notorious 'Devil's Dance Floor' between Iceland and the Faroe Islands before embarking on the final leg to Scotland.


Paddling a modified 6.8 metre Inuk Duo sea kayak the journey involved three extended ocean crossings, 12 nights at sea - including six consecutive nights - and paddling a minimum of 16 hours per day, including a final push of 36 hours to make it to the Scottish mainland.

This is one of the great achievements of endurance and adventure in 2016.

Both Olly Hicks and George Bullard have impressive expedition records.

In 2015 Olly became the youngest man to row the Atlantic at just 23. George holds the record for the longest unsupported polar journey at 1,374 miles.




Watch an
overview of
their amazing
adventure here!

Follow more
of Olly's
adventures here:
www.ollyhicks.com
and Social Media at:



"We had a fantastic evening and felt hugely privileged to be in the company of multi-medal Olympians! Not only was it a great honour - it was also great fun!" - Olly Hicks

Tempting treats for the festive season

The cold dark nights are well and truly here and with the festive season just around the corner our thoughts turn to food; but not all festive food has to be bad for you! Here's a few tempting treats to try over the festive season that are not only easy to make, they are packed full of health benefits!

Dark Chocolate and Goji Berry Rocky Road

Recipe by David Dunne

Everyone needs a treat over Christmas. This dark chocolate rocky road recipe contains a great source of protein with mixed nuts, but it's also really easy to make and tastes great! Go on, treat yourself...

Ingredients

- 100g 70% dark chocolate
- 100g mixed nuts
- 3 tbsp honey
- 3 tbsp goji berries



Photo credit: Rebecca Lovatt

Method

1. Melt the chocolate and honey in a bain marie (a heat proof bowl above a pan of boiling water on a hob).
2. Blend the goji berries and mix through the melted chocolate and honey.
3. Now mix in the whole nuts.
4. Line a baking tray with grease proof paper and pour in the mixture.

For more recipes,
inspiration and tips
follow **David Dunne**
on social media!



Athlete Baked Apples

Recipe by David Dunne

Serves: 1

A winter dessert or snack fit for any athlete! Did you know? This recipe is packed full of protein, essential amino acids and antioxidants? Well you do now. Give it a try this winter for a truly festive treat.

Ingredients

- 1 apple (red or green)
- 200g greek yoghurt
- 2 tbsp frozen blueberries
- 2 tsp honey
- 1 tsp cinnamon
- 1 tsp coconut oil
- Desiccated coconut and/or seeds and nuts



Photo credit: Rebecca Lovatt

Method

1. Core the apple and place on a baking tray, on tin foil.
2. Set the oven to 180°C fan or gas mark 7.
3. Mix 1 tbsp of frozen berries, cinnamon and 1 tsp honey in a mixing bowl.
4. Stuff the apple with this mixture.
5. Add a tsp coconut oil to the top of the apple and drizzle with the remaining honey.
6. Fold the tin foil over the whole apple to form a parcel.
7. Place the apple in the oven for 20-25 minutes.
8. Carefully remove the apple from the oven and open the foil. Serve with your greek yoghurt and sprinkle with the remaining berries, coconut and/or nuts and seeds.

Vitamin C Recovery Smoothie

Recipe by David Dunne

Serves: 1

Give this smoothie a try this Christmas to help keep your immune system in tip top condition. Great for in-between training sessions or when you need a little 'pick-me-up.'

Ingredients

- Handful spinach
- 3 tbsp greek yoghurt
- ½ cup of berries
- 6 grapes
- 1 clementine (peeled and segmented)
- 150ml milk or coconut milk



Photo credit: Rebecca Lovatt

Method

1. In a blender, or with a hand blender, blend all the ingredients together until smooth.
2. Once smooth, serve up over ice if required and enjoy.

Canoeing and Nature Building the Bridge

The Waterways and Environment Team travels around the country to see the many aspects of canoeing's interaction with the waterways, rivers and lakes we paddle on.

Their work ranges from identifying infrastructure requirements, increasing accessibility and working with partners on our access difficulties; finding ways to promote Check, Clean, Dry, to seeing the work clubs do to protect and enhance the environment.

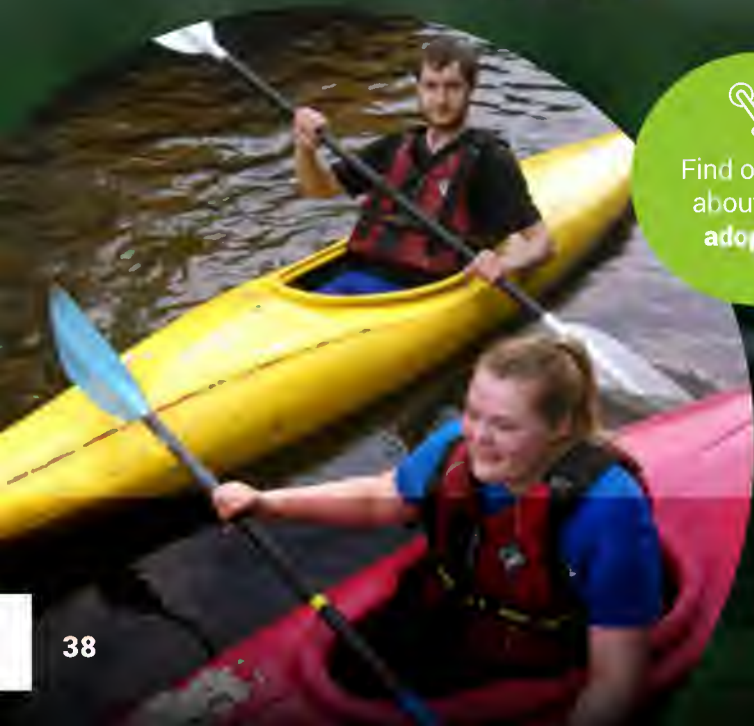
We wanted to draw attention to some of the work that has been done across the Midlands to see paddlers promote environmental sustainability and strengthen the role our sport plays.



Get involved
with the
environment



Find out more
about **Canal
adoptions**



CANAL ADOPTIONS

Our West Midlands Regional Development Team recently partnered with the Canal & River Trust to promote the Canal Adoption Scheme. This innovative project sees groups sign up to 'adopt' sections of the canal network that they paddle.

Adoptions involve groups committing to put in volunteer work to help make the canals a welcoming place for people and wildlife. Groups are able to engage in different activities depending on their interests and skills; ranging from litter picks and promoting the canal, through to work parties to repair or repaint basic infrastructure. The Canal & River Trust work with prospective adopters to develop a tailored support package to facilitate this.

As a result of this partnership five local clubs have signed up to the adoption scheme, including Stourbridge Town Arm Canoe Club, Gailey Canoe Club, Solihull Canoe Club, Ackers Adventure, Royal Sutton Coldfield Canoe Club and PaddlePlus in Leicester. Our thanks to all these clubs for their efforts to help protect their waterways.



PADDLE2NATURE

We recently heard about the great Paddle2Nature initiative being run by Shropshire Paddlesport, a club based near Oswestry. The club have partnered with an impressive range of organisations to hold joint events on different environmental themes.

Their events have included bat nights, wildlife spotting days, litter picks and bat box building. Working with the local Wildlife Trust, Canal & River Trust and others, they are working to help their club learn more about the local environment, teach their younger members more about nature, and actively improve the habitats and environments they paddle in.

If your club is interested in learning more we'd love to put you in touch with them so we can help to spread more great projects like this across the country!



Find out more about **paddle2Nature**



Email **Chris Page** for more information

HISTORIC RIGHTS OF WAY

Earlier this year we flagged a new project British Canoeing is working on to protect our world-leading Public Rights of Way network.



Photo credit: VSPYCC



Photo credit: Tim Green

By 2026, all unrecorded Rights of Way (Public Footpaths and Bridleways) could be lost. For paddlers this could mean losing potentially vital access points to our rivers.

Old ferries, wharfs, fords and other water-side routes may have been unused for years - but they could carry public rights, providing additional access to our rivers. On some rivers public access is especially lacking, meaning historic routes could see entire stretches of river become more accessible to canoeing.

Since our last article we've been building our links with others in the outdoor recreation sector. The Outdoor Spaces Society (OSS), Ramblers, and British Horse Society (BHS) have been particularly active in recording potentially unrecorded routes across England, and we've been strengthening our partnerships with them to flag the importance of waterside paths.

In October we attended a training session with the BHS, looking at the process for both identifying and confirming new paths and bridleways.



Photo credit: Andrew flickr

Who can help?

Anyone! All the organisations involved in this project are reliant on their volunteers to conduct the research needed to identify routes. We've split our project into three key stages:

1. Mapping research; identifying historic routes missing from modern maps
2. Archive research; to find evidence of public rights on these routes
3. Make claims to local authorities to officially recognise these routes



Photo credit: National Library of Scotland

We would love to hear from anyone who'd like to be involved. You don't need any experience, we can help you learn the process. If you love pouring over maps, getting stuck into archives or getting out into the great outdoors this could be for you!

At every stage we'll be double checking with our national, regional and local committees, groups and clubs to ensure we are focussing in on the rivers and locations in most need of improved access for launching.

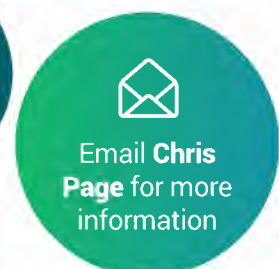


Photo credit: virtusincertus

Getting involved

We've made a start on the project by dividing some key rivers into 10 mile sections to begin research. These are the Trent, Severn, Ouse (Eastern England), Tyne, Wye and Ure. If you know any of these rivers and would like to help get in touch!

If you would like to research any other river, we'd still love to hear from you. We will divide up rivers if volunteers come forward, so you can get your favourite paddle on the list.



Lizzie Carr: #PlasticPatrol

Earlier this year, Lizzie Carr, adventurer, environmentalist and author of the blog **Lizzie Outside** paddle boarded the length of England - a 400 mile journey from Surrey to The Lake District. Recording every piece of plastic she saw along the way, Lizzie has since set out on an awareness raising, inland water clean up mission, inspiring members of the public and an Olympic champion along the way. All in the name of #PlasticPatrol.

Canoe Focus caught up with Lizzie to find out what inspired her and how paddlers of all disciplines can get involved:

1. How did you first get into Stand Up Paddleboarding

I started a couple of years ago and was immediately hooked. It was a low-impact way of restoring my strength and fitness after illness, whilst also being a great escape from the grind of life.

2. What motivated you to start Plastic Patrol?

I started paddleboarding on the river and canals in London and that's when I really saw the scale of the problem we're facing with plastic pollution. I was horrified by the sheer volume of it. Not only was it an eyesore, I could see the detrimental impact it was having on wildlife too. The fact is that 80% of marine litter comes from inland sources, yet I felt there was very little attention focused on canals and rivers, so Plastic Patrol was my way of highlighting and localising the issue.

3. What has been the most challenging and the most rewarding parts of taking on Plastic Patrol?

It's incredibly motivating to see people actively getting behind the Plastic Patrol campaign.

The biggest challenge is remembering that, no matter what, everything we're doing to raise awareness of, and remove debris from the waterways is a positive move - even if it can sometimes feel like a losing battle.

4. You recently roped in Richard Hounslow and members of the public, how have they got involved and what were their reactions?

In September I revisited four of the plastic pollution hot spots I identified during my 400 mile paddle boarding adventure through England. With help from Rich and the public we gathered over 1000 bottles in just three days.



Want to know what they did with the rubbish? [Watch here.](#)

5. What was the most shocking piece of rubbish that you found?

There are a lot of the obvious cliché items – shopping trolleys, plastic bottles and bags, as well other rubbish but it's the sheer volume of it that's so disheartening. I think it's easy for people to become desensitised to it, and that in itself is worrying.

Watch Lizzie on
Youtube here:



www.britishcanoeing.org.uk



6. Do you have any top tips for paddlers wanting to get involved with clean ups?

Using paddlesports as a vehicle to spark interest is a great way of attracting attention to the issue - if people enjoy being on the water they will naturally start to feel more protective of it.

Next summer I'm planning to lead a series of paddle boarding clean-ups up and down the country. There will be full details on my website so people can have a go at paddle boarding but also help contribute to the #PlasticPatrol campaign.

7. What's up next for you?

My next challenge is out of the water as I'm doing my first ever long distance run - it's 84 miles, coast to coast, along the length of Hadrian's Wall. A lot of my core training and conditioning for this has been on the paddle board, so it's definitely played a part in helping me train.



Follow more of Lizzie's adventures here:

www.lizzieoutside.co.uk

and Social Media at:



Photo credits: Lizzie Carr

Exercise Advent Calendar

Give these 24 exercises a try to improve your strength and fitness. There's one for every day through advent, with one exercise for each day.

1
SEATED
lateral raises

2
PRONE
extensions

3
PRESS
ups

4
TRICEPS
dips
(off bench or floor)

5
BODY
weight squats

6
HIP
bridges

7
GLAMS
(abductor raises)

8
SINGLE
leg balance


9
DEAD
bugs

10
HANDSTAND
practice

11
BODY W
squat

12
WALKING
lunges

13
DOVE
aerobic


Not sure about certain exercises? Check out our advent calendar playlist on Youtube to avoid bad form and familiarise yourself before you try

Exercise Calendar

Improve your paddling this winter.

Of course, a cheeky day off on Christmas day!



facebook.com/britishcanoeing



[@britishcanoeing](https://twitter.com/britishcanoeing)



[@british.canoeing](https://instagram.com/british.canoeing)

1 STEP s (low wall)	5 CUBAN press	6 CLOSE GRIP press ups	7 REVERSE flys
11 DOUBLE lunge	12 REVERSE lunge	13 SQUAT jumps	14 BIRD dogs
17 WEIGHT lifts	18 SINGLE LEG balance	19 SINGLE LEG squats	20 DOUBLE leg lowers
22 SIDE planks	23 SIDE planks	24 WALKING lunges	25 CHRISTMAS! take a day off

AN ADRIATIC ADVENTURE



Adventures come in many shapes and forms; some are short, some long, some tough and some just easy fun.

When Natasha Lindley and Julian Short decided to plan a summer adventure they went for a tough, long but undeniably beautiful option.





Despite Natasha never having seen, much less sat in a sea kayak before, the couple initially planned a 500 km paddle along the Adriatic coast over 23 days.

////////////////////////////////////
This plan was carefully considered and then put aside...for something harder! What eventually took place was a 16 day, 1000 km, sea kayaking trip which took them to three different countries and onto **recordsetter.com**.

Setting off from Split in Croatia, Natasha and Julian took 11 days to reach all three countries with their journey finishing in Kotor, Montenegro. They then spent a further five days paddling around coves and lagoons to take their distance up to 1000 kms.



Read more about this fantastic adventure here

SUPM

Stand Up Paddle Mag UK



SUP Mag UK's awesome autumn issue is now alive, kicking and ready to order...

<http://standuppaddlemag.co.uk/subscribe/>

The UK's only home grown SUP magazine available both in print and digital. Featuring the crème de la crème of UK stand up stories from home or abroad by UK paddlers, it's a must have read for anyone into the art of propelling themselves forward on a board with a paddle.



Featuring:

- Behind the brand - Loco's Joe Thwaites
- Bermuda Downwind by Simon Winkley
- Workout on water - fitness and yoga by SUP Fit
- Paddle against plastic by Cal Major
- Swiss mountain lakes by Thomas Oswald
- 11 Cities Tour by Wilma Zwikker-Killgallon and Siri Schubert
- Slice of Pye - interview with Ben Pye
- Surf Snowdonia - Fatstick check out the experience
- Corsica by Mathieu Foilard
- BSUPA SUP series Watergate Bay finale
- Loco comparison
Loco Amigo 9.5ft x 31" and Aztec 7.7ft x 28.5"
- Gear Shed



To subscribe to the digital copy with approx 60% savings over the print issue:
<https://joom.ag/vbvQ>

To buy a printed issue on top quality paper with varnished gloss perfect bound covers please visit: <http://standuppaddlemag.co.uk/subscribe/>

The printed paper copy costs £7.49 inc P&P for a single issue or £27.99 inc P&P for a subscription of four magazines.

Please contact us:

01480 465081 Email: anne@supmaguk.co.uk



WOMENS SPORTS WEEK

In October Women in Sport week, a national campaign led by the organisation Women in Sport returned for a second year to raise the profile of women's sport in the UK.

2016 has been a fantastic year for our female athletes across the breadth of our sport and British Canoeing got right behind the campaign!

From international medal success, to recreational paddlers battling the elements to explore the world, taking on environmental projects and raising money for good causes, there is no denying that 2016 has been an amazing year for females in the sport.



Photo credit: JKlatt

Some 2016 Highlights...

Paralympics

Our female athletes Jeanette Chippington, Anne Dickins and Emma Wiggs all won gold as ParalympicsGB picked up five medals on Paracanoeing's debut at the Rio Games. Turn to page 22 to read our overview.

Canoe Polo

Our Women's U21 and Senior teams secured top 10 positions at this year's Canoe Polo World Championships in Italy.

Adidas Sickline

Sandra Hyslop was crowned Adidas Sickline World Champion at this year's competition in Austria! Turn to page 56 to see more.

World Cup

GB's C1 Slalom competitors Mallory Franklin and Kimberly Woods took the overall gold and silver medals, and Fiona Pennie took the overall bronze in the K1 category at the World Cup series finals in Tacen, Slovenia at the end of the summer.



It's not just been a great year for our athletes; take a look at some of the paddlesport adventures that have taken place throughout 2016.

"I believe paddle sport to be one of the most social, adventurous, exciting, inclusive, accessible, and exhilarating sports in this world" - Sonja Jones

Sonja Jones

After learning she had Multiple Sclerosis in 2013, Sonja Jones took up kayaking as a fun and exciting way to rehabilitate and improve her strength. Since then, paddlesports have taken Sonja on some amazing adventures and she isn't done yet!

Our last issue of Canoe Focus featured how she spent two weeks circumnavigating Menorca by kayak earlier this year. Sonja is now off on her latest adventure, circumnavigating all three Maltese islands by Stand Up Paddleboard.

Lizzie Outside

Lizzie Carr has been on a river clean up mission. Travelling the length of the country's waterways by Stand Up Paddleboard on #PlasticPatrol and then returning to the most littered areas again to clean them up. Lizzie has attracted a lot of positive attention and even built a raft using the rubbish she had collected! Turn to page 42 to see our interview with her.

Three Lakes challenge:

11 year old Bethany Ellis became the youngest female so far to complete the Go Canoeing Three Lakes Challenge and helped to raise money for her local Sea Scout group at the same time. **Click to read more** about how she and a group of five other children completed the challenge with coaches from the Leam Boat Centre or check out our feature on page 28.

Paddle and Pimms!

Ave Vale Canoe Club held Ladies Day paddling sessions throughout the spring and summer months. Female members invited their non-paddling female friends to come along and experience a taster session – all washed down with a glass of Pimms afterwards! The initial event went down so well that two more took place later on in the summer, and some of the participants loved paddling so much they signed up for courses at the club.


Click here
to read more
about the 3
lakes challenge


Click here to
read more of
Sonja's blog

WAYS TO GET INVOLVED

Despite the amount of female success in paddlesports only 26% of our members are female. The great thing about canoeing is that it's open and welcoming to everyone. The variety and flexibility makes it a great sport for women and girls and there is something for all shapes, sizes and abilities.




As part of Women in Sport week we spoke to some of our female athletes and those involved behind the scenes!

Katie Farley from Penrith Canoe Club was selected for the GB Canoe Polo squad at the age of 15. She is now part of the Great Britain U21 Canoe Polo squad, and represented GB at the Canoe Polo World Championships in Italy.

 [Read more of the story here.](#)


Here's another chance to read our interview with British athlete Hannah Brown who was crowned K1 Women's Sprint World Champion at the Wild Water Racing World Championships in Banja Luka, Bosnia and Herzegovina.

 [Read more of the story here.](#)

We also caught up with Dee Paterson before she headed off to compete in the ICF Freestyle World Cup. As well as regularly competing herself; Dee is involved behind the scenes having coached sprint and slalom canoeists at the 2014 Youth Olympics in China, and is also a member of the British Canoeing Board.

 [read more of the story here.](#)

During the week Olympian Fiona Pennie wrote a brilliant blog post all about how she got involved in canoe slalom.

 [Read more of the story here.](#)

My time in Nepal



Written by Jed Yarnold



We were recently contacted by ex-Gurkha Jed Yarnold who had been on a rather interesting adventure in Nepal...

“Shortly before the devastating earthquakes in Nepal, whilst at the 200th Durbar for the Sirmoor Rifles (2nd KEO Gurkha Rifles) in Nepal, I took a trip down the Seti and Karnali rivers with my good chum Rory, another ex-Gurkha like myself and a seasoned game fisherman.

Actually we did. Though we had a goat and 10 chicken along for the ride on a “one way ticket,” the only fish we ate were caught by the locals who are incredibly skilled at catching fish for the pot. As for the monstrous wily mahseer we had come here to catch (and release), only one tiny one was caught and that embarrassingly enough was by me.



In the party were three serious game fishermen; one highly accomplished game fisher-woman and me. We travelled by white water raft, camping along the route, and while we were based at the river junction a very helpful young man, Karnabahadur, paddled over in his “kayak” to see us and see if we needed any help.





Most of the other craft along the waterways were smooth and elegant (but rather heavy) dugout canoes and were only used on the still, fast flowing stretches of the river. These craft save many days of journey between villages when used as ferries and for deploying nets and nightlines for fishing, or for the dreaded “bijuli machha marni” (electric fishing using ancient car batteries and probes).

Karnabahadur’s craft, however, was constructed from an off-cut of

large bore alkathene pipeline, with smaller pipes as spousons all cut to shape with a red hot field kukri also known as a gupa. The whole thing was sewn together with rusty wire and then “welded”, again with a hot gupa to make it watertight....ish!

In this, probably the ugliest boat I have ever seen, he crossed and re-crossed the frigid high volume river with total confidence. As they say about these intrepid and highly resourceful hill people:

“Bravest of the brave, most generous of the generous never had a country more faithful friends than you.” Necessity truly is the mother of invention.”



For all the latest behind the scenes and inspiring images from British Canoeing athletes and members, make sure you're following us on Instagram: [@british.canoeing](https://www.instagram.com/british.canoeing)



SICK adidas LINE TEAM

The Adidas Sickline competition sees athletes from many different kayaking disciplines come together to battle down the world renowned Wellerbrücke rapids for the the title of Adidas Sickline World Champion.





" I CAME LAST YEAR AND HAD A BIT OF A NIGHTMARE IN THE FINAL SO THIS YEAR IS KIND OF A REDEMPTION YEAR, AND MORE THAN ANYTHING I'M GLAD TO HAVE PUT DOWN CONSISTENT LINES SHOWING MYSELF THAT I CAN MAKE THE LINES, UNDER PRESSURE , WHICH IS WHERE I WENT WRONG LAST YEAR . "

Sandra Hyslop



" THE ADIDAS SICKLINE TESTS THE KAYAKERS' ABILITY TO NOT ONLY GET DOWN ONE OF THE WORLD'S MOST CHALLENGING RAPIDS, IN ONE PIECE BUT TO DO THIS FAST AS WELL .

THE 280-METRE LONG RACECOURSE DEMANDS EVERYTHING IN TERMS OF SKILL AND FITNESS FROM THE ATHLETES, MEANING THEY HAVE TO RETRIEVE THEIR FULL POTENTIAL TO THE POINT, RUN AFTER RUN .

THEY CANNOT AFFORD THE SLIGHTEST MISTAKE AND THEY MUST BE EXTREMELY FIT, BECAUSE THE CRUXES ARE LOCATED AT THE END OF THE COURSE ."

Axel Burkhardt

Director Adidas Global Sports Marketing Outdoor

This 'years' competition returned to Austria's "Wellerbrücke" rapids in October for the ninth year in a row and saw 175 athletes from 29 different countries compete.

A famous section of the glacier-fed Ötztaler Ache River and full of natural obstacles, the Wellerbrücke rapids are solid class 5 whitewater, and have a reputation for being both technically difficult and dangerous - so much so that public authorities have closed this particular section of river; opening it only for the Sickline competition.

The rapids are both feared and endeared by extreme kayakers, all of whom respect the river as much as they want to conquer it.

Competitors must race against the clock to form the most perfect, smoothest and fastest 'sick-line' downriver.

This year, The Adidas Sickline Extreme Kayak World Champion title went to GB's Sandra Hyslop from Loughborough.

Hyslop took the lead in the Women's World Championship final with a time of 1.08.82, beating Nouria Newman of France.

Also making the Women's final was Jennifer Chrimes of Great Britain who placed fifth with a time of 1.12.95.

Great Britain also earned a spot in the men's final with Phil Mitchell finishing in 11th place with a time of 1:03:24

The Adidas Sickline Extreme Kayak World Championships will return for the tenth year in a row between the 5th and 7th October 2017.

About the Photographer

David Bain is a British kayaker who travels the world in search of new rivers and extreme paddling destinations. Many of you may also know David through canoe slalom, where he competes in the Premier division in the K1M category. Follow his kayaking journeys on his social media channels and website.



Watch her
winning
run here



Photo credit: Jen Klaf

British Paddlers Take On Weirs And Waves At The Liffey 57Th Descent 2016

The Liffey Descent is an annual down river canoe and kayak race, 18 miles in length, which has been held on the River Liffey in Ireland since 1960.

It starts by the K Club above Straffan weir in County Kildare, and finishes in Dublin. There are 9 weirs to shoot – making this an extreme race to tackle in a fragile and unstable racing kayak! The weirs range from straight forward to complex – with plenty of people swimming and breaking boats.

Just finishing is an achievement!

With lots of competition in all classes, the Brits did proud and managed some excellent results!

 [For a full set of results and other British paddlers please click here](#)

So why not get involved next year? Date to be released soon!

Or why not take a look at the British Canoeing Events page next year and have a go at some whitewater fun!

Nigel Stevenson & Richard Vincent Liffey Descent 2016

1st WWR Mens K1 Senior

Ricky Millar

1st Touring T2/K2 Mixed

Jamie Mayers & Mags Dilai

1st Touring Veteran K2/T2

Nigel Stevenson & Richard Vincent

2nd Racing Mens K2 Seniors

Nicky Cresser & Jon Boyton

2nd Racing Men K1 Masters

Jimmy Butler

2nd Racing Mens k2 Masters

Jamie Christie & Neil Blackman

2nd WWR Womens K1

Lydia Oxtoby

3rd Touring Veteran K2/T2

Ian Martin & Adrian Butt

3rd Racing Mens K2 Seniors

Ziggy Chmiel & Ben Oakley

3rd GP Mens Masters

Malcolm Blowers





Photo: Karl Midlane

IMPROVE YOUR WHITE WATER SKILLS

Spend a few days with our coaches this season and take your white water paddling to the next level.



East Greenland

//////////////////// By Lee Pooley





For many years I have been drawn towards paddling amongst icebergs and often wondered what it was like for Inuit's living, travelling and hunting in such challenging conditions.

Earlier this year I was given a book to read, *Dancing on Ice* by Jeremy Scott, a factual account based upon Gino Watkins year long expedition to the Arctic in the 1930's. With tales of adventure, courage and exploration, this only strengthened my curiosity and it became clear that for me I had to visit and experience such an environment.

This summer I had the great pleasure and privilege of being asked to paddle in East Greenland as part of a two person self supported team. The initial plan was to head north to the remote Watkins camp via Sermiligaq. From information received whilst back in the UK and satellite pictures obtained in Iceland, we had a suspicion that we may encounter more ice than normal. This was confirmed during our flight towards Greenland and that the amount of ice present would prevent us from moving north on our trip.

Although many would consider the logistics and preparation for such a remote trip to be complicated, it couldn't be further from the truth. The booking of flights was straight forward, heading from London Luton to Iceland, a day stopover and an early flight onto Kulusuk, East Greenland. From here we boarded a small hunters boat and travelled amongst the icebergs to the Angmagssalik Region and camped on the outskirts of the main village Tasiilaq.

Tasiilaq is the main village within this region and offers generous supplies allowing us to make purchases such as

additional food and fuel for our stove. With fifteen days of supplies, our boats were packed and ready to head out on our newly planned route. It became apparent soon into the trip that we had to take the day by day planning approach due the amount of ice present in the area, with the addition of strong winds moving the ice and each day waking up to find even more.

We headed east towards Ikateq, a recently deserted fishing village, this was my first experience of paddling amongst ice and I wasn't disappointed, and however much people could have described this experience it would have never matched the beauty and vulnerability felt by myself. Throughout our trip I never tired of the magnificent views and exposure that East Greenland provided, and as like many expeditions, we were already discussing plans for our return trip.

Our 200 mile journey amongst ice, took us to some of the most beautiful places I have ever experienced. For many of the days we woke to clear skies and minimal winds, although during the day the winds would increase and provide at times challenging conditions. From Ikateq we crossed towards Johan Peterson Fjord, this was one of the most spectacular views on the trip, a fjord that meets three huge glaciers and the edge of the snowcap. For me this was the best coffee and lunch stop I have ever had to date and will stay in my memory for many years to come. Sitting in my local coffee shop doesn't seem to cut it anymore.

For a few days we encountered poor visibility in the evenings due to sea fog, such conditions create navigational



problems at the best of times, but with the addition of compact and moving ice and limited route choices it made finding our way much more difficult. On one particular evening we were heading towards Nerernaq, our planned camp for the night. Sea fog came in quickly, the air temperature had dropped suddenly, and my hands started to become cold with the prospect of putting up our tent was something we were not looking forward to. As we moved closer to our intended destination we heard gun fire, although for many this could cause alarm, it provided us with a direction to head, as we knew there was a hut in the area and that there could be some Inuit's hunting. On turning the corner and passing the Inuit's displaying their catch with pride we found our hut, a basic commodity, but for us that evening provided a place of tranquility, where we cooked and relived our journey that day.



For much of the trip we camped out in our tent, constructing polar bear defences in the way of an early warning system using three alarms and fishing line providing a perimeter fence. Eating away from our tent and carrying a rifle at all times became a routine, being aware of the reality that we could encounter such threat.

Although we were fortunate not to come into contact with such magnificent creatures our defences were compromised on our ninth evening camp. Two thirty in the morning the alarm sounded, we startley awoke, fumbling with our sleeping bag zips, then tackling the tents inner and outer system with nervous hands, grabbing the rifle to be confronted by an arctic fox cub playing with our elaborate alarm system, rolling around on its back with the line in its paws and teeth!

For much of the trip we had good weather conditions, but the ice increased daily and route choice was becoming problematic. From Nerernaq, we crossed towards Tiniteqilaq, a three hour crossing amongst towering icebergs, and flat calm glassy waters. On arriving at Tiniteqilaq we wanted to take advantage of the conditions and utilise the opportunity to gain some height to establish our plan for the next few days. For me this was the point of the trip where I realised the vastness of the environment we were paddling, with clear skies and fabulous visibility we could look up and down the fjord which stretched beyond 50km, almost making our two hour crossing insignificant. For several hours we just sat up on the mountain taking in the views and discussing our options for the rest of the trip.



We both realised at this point that the ice was increasing in the region with winds pushing the glacier ice back into the Angmagssalik district.

For the next few days we headed west passing Kungmiut and onto Qianarteq, visiting Bluey Two, a disused World War Two American airfield, that was established for refueling and deserted in 1947 at the end of the war. A complete contrast during the trip and almost disbelief that such a beautiful and remote environment could be compromised. The area was littered with thousands of rusting empty fuel barrels, military vehicles and installations, a reminder that we are continually abusing the world in which we live.

Our adventure continued, exploring the vast Amgmagssalik Fjord whilst at the same time the ice continued to build and hamper our plans. We decided to make a crossing back towards Qerertivartivit, although the ice was compact we were confident that we would find a route. For three hours we attempted to navigate the ice covered Fjord, with increasing winds and the gaps between the ice narrowing we decided to head back, although our previous route was not feasible we had to head north and find refuge and procrastinate. During the end of our trip we returned to Tasiilaq, where we returned our boats, sorted out equipment, and made use of the local facilities, discussing plans for our next adventure.

On reflection East Greenland provided much more than a magnificent, vast and remote environment to paddle, we had the privilege to meet and make friends with local Inuit's, inviting us into their homes and sharing their stories and experiences.

The simplicity of journeying, the people, the solitude and beauty are all the reasons why I will be returning to the birthplace of kayaking.

In Search of Heritage

- An English Couple's Perspective

Written by Nick Dennis

Last year I decided that I would like to attend the WCHA (Wooden Canoe Heritage Association) Annual Assembly which was to be held in the Adirondacks at Paul Smith's College.

Angelika was up for it too so planning started in September 2015 for the trip in July 2016. We decided that if we were going that far it would be foolish not to include other visits and meetings into the itinerary too.

I head up the WCHA in the UK and am the current custodian of a pair of old canoes both of which are still used. I have always used the word "custodian" to reflect my relationship with these canoes. Others have had them before me and others will enjoy them after me. I have a 1909 Peterborough Cedar Rib sailing canoe; "Femme Fatale". My other canoe is a cedar canvas Chestnut Playmate which I believed dated from the early 1950's; "Kingfisher." I had gleaned as much information as I could about both canoes and had a reasonable grasp of their history and provenance but I was keen to learn more and fill in some missing parts of the jigsaws... Could the trip provide the answers?





The Adventure

We departed Gatwick for Montreal on the first leg of our journey In Search of Heritage. We arrived in Montreal mid - afternoon after a pleasant and non-eventful flight, collected the car and then set out travelling due east on Highway 401 running parallel with the US/Canadian border along the northern shore of Lake Ontario. It only looked to be a couple of inches on the map from Montreal to Peterborough but in reality it is a five hour journey. Canada is a vast country. We arrived at our B&B in a leafy suburb of Peterborough where we were welcomed by our hosts before we retired and crashed out. It had been a long day of travelling.

The next day saw us at the Canadian Canoe Museum which was a two minute drive from where we were staying. Jeremy Ward, the museum's curator, gave us a personal tour of not only the public exhibits but also the "back lot" storage facility. The collection of canoes covered all genres, ages and continents. You name it, it was there! I took my iPad with my collection of photographs of the old canoes which have turned up in the UK; they certainly managed to raise Jeremy's interest. Jeremy knew both of my canoes well as he had followed my repair blogs online and was able to help fill in some of my jigsaw pieces. We looked and discussed materials which were used in the construction of Chestnuts (mine had mahogany heart shaped decks which was unusual but not unknown). In all we spent nearly three hours at the museum!



The next day we headed up to see Dick Persson at Buckhorn. He had a Peterborough with a sailing rig too so I took the opportunity to take lots of photos so that I could fabricate some self-adjusting and hinged lee boards on my return to the UK. We then got into the Chestnut discussion; out came a sheaf of Chestnut Canoe Co papers and Chestnut catalogues and with the aid of my photos Dick started doing some detective work. I am currently recanvassing my Chestnut and found that it was the original canvas which had lasted about 70 years. I peeled back the layers of paint and found an original pattern. Dick recognised the pattern as that produced for a Chestnut "Moonlight" model which is a 16' canoe whereas my canoe is only 14'. The mahogany decks were also typical of a Moonlight. Dick's summation was that my Chestnut was a first Grade special order canoe. Someone had seen a Moonlight but wanted a shorter pleasure canoe; so that's what Chestnut built.



The WCHA Assembly

At lunchtime on the day of registration we drove the short distance to Paul Smiths College which is on the shores on Lower St Regis Lake. We had a basic twin student room with en-suite in one of the blocks close to the lake; completely adequate. The assembly would consist of; paddle making, seat caning, building a canoe in a day! Early nature and bird walks, paddle sharing, solo & tandem canoe coaching and much more!

Over the next five days we were immersed in the smell of cedar, paint, varnish and were surrounded by the largest collection of old cedar/canvas and strip canoes you can imagine. We fed off people's enthusiasm, made loads of new friends, paddled, chased loons, lay in bed in the morning and evening listening to the haunting calls of the loons across the lake, watched bald eagles and ospreys and had a thoroughly great time; no we had a FANTASTIC time. I came in search of some heritage and found it. In fact, I crammed my bags full and ended up bringing home with me a collection of great stuff which probably raised an eyebrow or two at the airport x-ray desk...



White Water: know the basics

If you're considering switching to white water this winter make sure you keep safe and know the basics. This short film by The Canoe Show will tell you all you need to know to stay safe on the water and have a great time too!



Watch videos from the **Canoe Show channel** [here](#)

Watch videos from the **British Canoeing channel** [here](#)



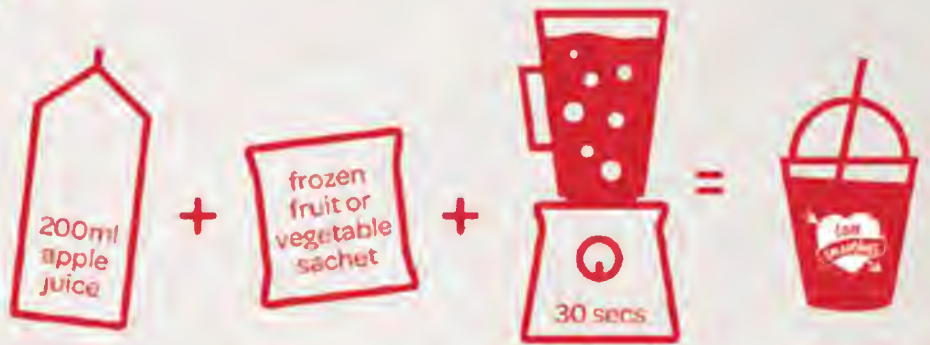
Watch on
Youtube
[here](#)

Credits to The Canoe Show in
association with British Canoeing



SMOOTHIES MADE-EASY™

Simply blend one of our 140g frozen fruit or vegetable sachets with 200ml of apple juice to make the perfect smoothie in 30 seconds...



Available at

SAINSBURY'S, COOK AND OCADO



NATURE -ON- DEMAND

LOVETASTE.CO

AWARD-WINNING SMOOTHIES,
FRAPPÉS, FRUIT TEAS & BONE BROTH



Making a splash on the Zambezi River

Wildlife – check! Travel – check! Adventure – check! If you're looking for your next adventure, then the Zambezi Canoe Challenge could be the ideal solution for you!

The Zambezi Canoe Challenge is a unique experience offered by animal welfare charity WVS (Worldwide Veterinary Service) who opened their veterinary clinic in Zambia last year.

As part of this exciting challenge, you will spend four days canoeing on the lower Zambezi River, getting to experience Zambia and its incredible wildlife close up on a water based safari. You can expect to see enormous herds of elephants at the river's edge, along with hippos, impala, waterbucks and more. Despite being somewhat elusive, you can also expect to see leopards and lions in this region too.

English-speaking guides and a UK tour manager will accompany the group, alongside support staff that are first aid trained.

You will camp each night on the riverbank or small islands in cosy tents and evenings are often spent around the campfire telling stories and getting to know one another.

The canoes are two-man 18-foot Canadian-style fibreglass canoes with containment nets and ropes to ensure both group gear and personal belongings are secure at all times. Each canoe has five buoyancy chambers, while the bucketseats are foam cushioned allowing a reasonable level of back support. Single bladed paddles are used and life jackets supplied.

After the canoe challenge, you'll return to Lusaka to visit an elephant orphanage that WVS supports where many of these elephants are rehabilitated, ready for their eventual release back to the wild.

The trip has an initial registration fee of £275 but you will also need to raise a minimum of £2995, which will cover flights, transfers, accommodation, equipment and more, but will also include a donation to WVS.



‘Canoeing down the Zambezi River has to be one of the most amazing experiences of my life.

Travelling along the water, in such a calm and peaceful manner, means you get to really experience the animal’s close-up; they just accept you as part of their surroundings. Hearing the roar of lions in the distance, and waking up to the sound of a hippo grazing beside the tent are highlights which will stick with me forever!’



This truly is an incredible opportunity to do something different whilst raising money for WVS. Interested? **Contact emma to find out more.**



Click here to find out more

pull on a pull-over

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



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

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

Quickline
from pull-over



A CALEDONIAN CANAL ODYSSEY

By Richard Booth

AFTER A YEAR OF PLANNING, TYNEMOUTH CANOE AND WAVESKI CLUB SET OUT TO PADDLE THE LENGTH OF THE CALEDONIAN CANAL, a 60 mile 4 day paddle along the Great Glen Canoe Trail Scotland. The journey was completed for long-time member Paul Robinson who passed away earlier this year.

The journey started at the club's AGM in 2015, when Paul Robinson first suggested that the club committee should look to organise a Caledonian Canal trip to encourage members to build up more experience in sea kayaks.

Fast forward to August 2016 and ten club paddlers and two support crew assembled at Corpach, Fort William to commence the 60 mile paddle across Scotland; travelling from west to east with the hope that the prevailing winds would be in our favour over the next four days. Sadly however, Paul was not amongst the team this time, having passed away earlier in the year after a short illness.

After a quick group photograph, the sea kayaks were gingerly lowered into the water above the dramatic series of eight locks known as Neptune's Staircase, and the party set off as a group along the winding canal.



Eventually we reached the more open waters of Loch Lochy, a large freshwater Loch over nine miles in length and 70 metres in depth surrounded by high hills. In many ways Loch Lochy resembles a smaller version of Loch Ness and is even reputed to have its own monster.

We pressed on across this picturesque Loch until we eventually reached the small hamlet of Laggan Locks. We had completed the first 17 miles without incident, and the next morning resumed a steady paddle pace along the winding canal before entering the very scenic Loch Oich.

After a welcome stop for lunch the journey resumed and we paddled the final stretch of canal into Fort Augustus; however the day on the water had not ended. After portaging the boats down the steep lock system, we re-launched and headed out into the open waters of the mighty Loch Ness.





The wind had picked up during the day, and in the more exposed waters of the open Loch we encountered conditions more akin to the sea than inland waters. Some of the party revelled in these testing conditions, surfing down the front of the larger waves, others felt distinctly out of their comfort zone; but nevertheless we pressed on until we reached the small bay where we met our waiting support crew and ended the day's journey.

By the next morning the wind had dropped and looking up the length of Loch Ness we took in the sheer scale of it. It is around 23 miles in length and over a mile wide in places. We headed off across the loch with the intention of using the surrounding hills as shelter in case the wind picked up again and continued at a steady pace.

As the day progressed the distant landmark of Urquhart Castle loomed ever closer, until suddenly we passed it and headed on for the distant bay at Dores. On arrival we celebrated with a drink in the Dores Inn, conscious that the weather gods had been especially kind to us on this day.

The following day as we launched our boats from the beach at Dores the wind had once again picked up. The short journey to the headland proved challenging with the waves rolling side on under the boats. The recent hours spent in the kayaks over the last three days however had clearly increased our confidence, and we soon made it safely and without mishap around the headland and into the more sheltered waters of Loch Dochfour.



A noticeable increase in houses with elegant gardens was a clear indication that we had finally left the wilder areas of our journey and were heading into a more urban environment. Inverness and the end of our odyssey were clearly close at hand.

After a final portage we launched the kayaks for a last time and raced down the final stretch of water to the Clachnaharry lock gates, beyond which was the entrance out into the Moray Firth.

Here we paused for one last group photograph and to congratulate ourselves on successfully completing the 60 mile Odyssey across Scotland along the Caledonian Canal.

Following the trip, at the Club's AGM in September 2016 participants were presented with achievement certificates by Dot Doolittle, Paul Robinson's Widow. He might no longer be amongst us, but his spirit lives on and the journey was completed in his memory.

PADDLE POWER

Get involved with the progressive award scheme that rewards achievement



**10% discount available for
Approved Centres and
Affiliated Clubs**
Use code 'BC10DISCOUNT' at
www.hydrasports.co.uk

- Suitable for younger paddlers, although there is no minimum or maximum age
- Aligns with Star Awards
- Encourages young people to get involved with canoeing and stay in the sport
- Fantastic support from local coaches
- Five awards to work towards

FIND OUT MORE AT

www.britishcanoeing.org.uk/courses/paddle-power

Are you planning a big canoeing adventure for 2017? We want to hear from you!

Whether in the UK or abroad we want to know what you've been getting up to! Share your photos with us, tag us in your posts on social media and let us know what you're planning and we could feature your adventure in future editions of Canoe Focus, or through our online channels.

Share your photo with us on social media at:



Photo credit: Jamie Magee



Photo credit: Dave Fulwood

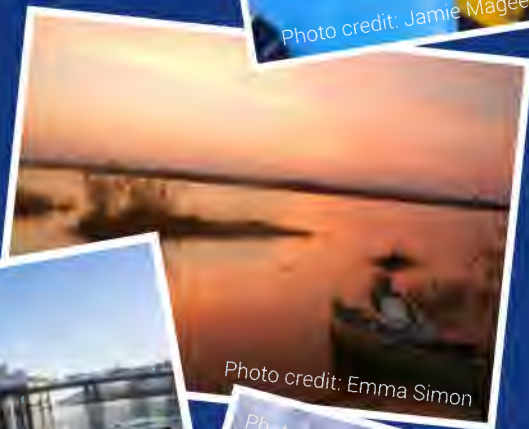


Photo credit: Emma Simon



Photo credit: Tim Harlow



Photo credit: Phil Assheton

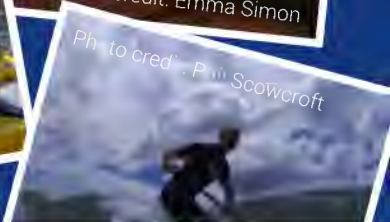


Photo credit: Phil Scowcroft

Burtech Trailers



Hand built in North Wales
Fully EC Type Approved
Kayak/Canoe/Bike Trailers



All Kayak/Canoe/Bike Trailer enquires welcome
Email: info@burtechtrailers.co.uk
Tel: 01492641905
Website: www.burtechtrailers.co.uk



CIVIL ENGINEERING OPPORTUNITIES IN THE NORTH OF SCOTLAND

The Highland Council is looking to recruit Civil Engineers and Technicians to help to deliver £400M of infrastructure projects in the Highlands.

Projects include Highways, Structures, Flood Risk Management, Marine Works and Site Supervision across the Highlands.

Senior Engineers can expect a salary up to £40,477.00 and Senior Technicians up to £28,756.00 and there is also the reward of living and working in some stunning locations.



Laxford Bridge, Sutherland



Achnashellach, Wester Ross

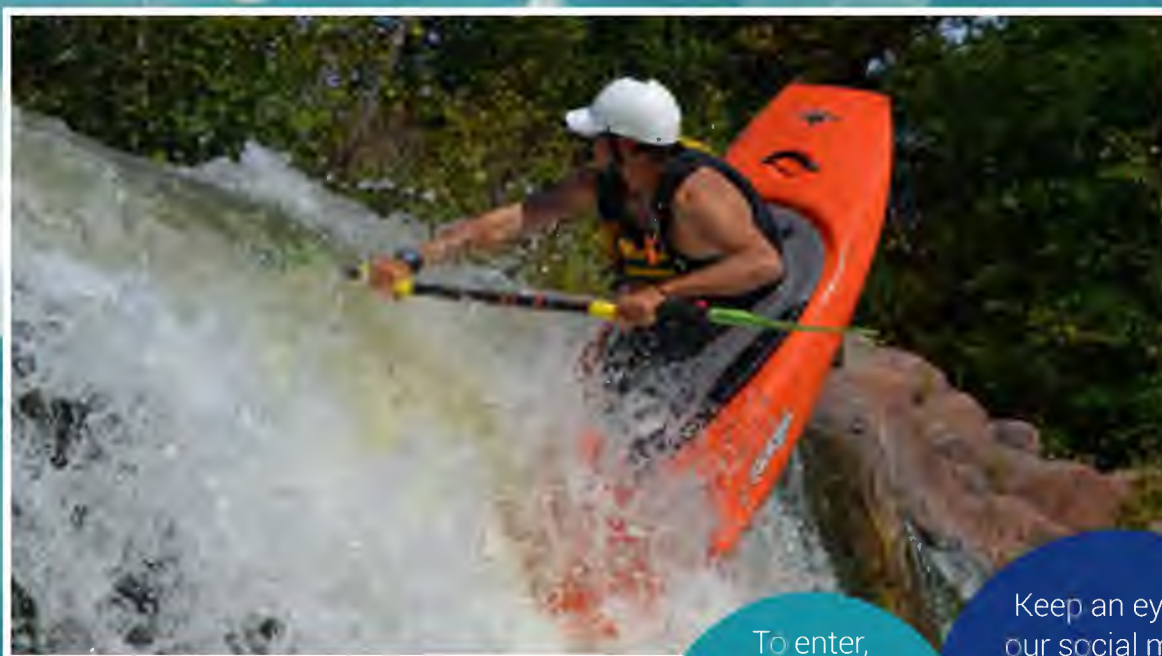


Sconser, Isle of Skye

For an informal discussion about the opportunities available, please contact Ian MacGillivray on 01349 868813 or e-mail ian.macgillivray@highland.gov.uk

Photo Competition

We had two winners in our summer competition, congratulations to **Jan Bailey** and **Joe Axe** who sent us a fantastic action shot and stunning scenic view.



Have you captured the perfect paddling picture that might be a winner? Send us your best photo and you could win a £25 Cotswold Outdoor voucher.

To enter, simply email your picture to **rebecca.lovatt@britishcanoeing.org.uk**

Keep an eye on our social media channels! More information about our 2017 photo competitions coming soon.

How to Get Articles Published in Canoe Focus

It's easier than you may think to get published in Canoe Focus Magazine, here's our guide to producing interesting, inspirational and publishable articles.

We'll consider publishing your canoeing or kayaking story if:

- it is a good story/it has a good angle. Articles should be between 500-1,500 words
- if it comes with a decent set of images

Story/Angle

It is essential to bear two things in mind when writing an article:

Audience: Literally everybody – young people, pensioners and everybody in between are members of British Canoeing and read Canoe Focus, so articles have to appeal to them all in some way.

Purpose: This one is simple – it's to entertain and inform.

As with all good stories, you have to think about the WHAT, WHERE, WHO and HOW.

What: What sort of article are you writing?

- Destination feature
- Instructional/technique article
- A philosophical, political, scientific article about a paddling issue
- Paddling history

Each of these will require a slightly different voice; make sure the one you are using is appropriate.

Where: If we receive a really, really dull article, with poor images chronicling an amazing mind-blowing trip we won't publish it. If we get an entertaining and interesting one with a good angle and great photos, about a day out on an average piece of water then we very probably will.

Who: If it's a destination feature about a trip, we don't want an arbitrary list of the names of the people on the trip – that means nothing to anyone who wasn't there. But we do want some human colour, and at the very least to be able to identify with the narrator. A dry list of events with no human element whatsoever becomes very boring.

How: The HOW is an excellent add on to an article – readers respond well to hearing about something that sounds as if it could be attainable.

Decent images

However good an article, we can't publish without photos, and poor quality images are about as much use as no photos at all. Because Canoe Focus is now digital, photos don't need to be huge file sizes - 1MB will usually suffice - but they need to be in focus, sharp and bright. We can't use shots that are too dark or out of focus and fuzzy.

In any collection of photos we look for a good mix of the following:

- On the water action – canoes, kayaks and you, doing what you do!
- Lifestyle – camping, driving, eating, etc.
- Destination – landmarks, wildlife, culture, scenery, etc.

It's important to have a good spread, but they're not all as important as one another – we can't publish without any canoeing or kayaking action shots whatsoever, but if you're short of lifestyle shots, you might get away with it. The very best paddling photographs will include elements of all three.

Experiment with different angles, try to crop in close on some shots, and pan out for context on others. Being able to read facial expressions on some shots really helps lift a collection of photos.

Remember to rotate your camera 90 degrees occasionally - if you submit a great portrait shot it might even end up on the front page!

We love reading your submissions and following these guidelines will certainly improve the chances of having your article published, but we unfortunately cannot guarantee publication of every item received.

Email articles as Word documents and jpg images to:
mediaenquiries@britishcanoeing.org.uk.

RETAILERS

To discuss your plans for advertising in 2016 please contact Hayley Comey on **01778 392445** or via email Hayleyc@warnersgroup.co.uk



Call 01490 890027 / 07789 895862
email enquiry@wyecanoes.com
or visit www.wyecanoes.com

WYE CANOES

- Canoe & Kayak Hire
- BCU Coaching Courses
- River Guiding
- REC First Aid Courses
- Based in Beautiful Symonds Yat
- Bunkhouse Accommodation
- Gift Vouchers Available



Serving Herts, Beds and Bucks for all your canoeing and kayaking needs!

Visit us at: www.3ckc.com or Call us on: **01442 828336**

Unit 28, The Old Silk Mill, Brook Street, Tring, HP23 5EF

OUTSTANDING INSTRUCTORS



Needed from Mar-Nov 2017. Family run multi activity centre. Level 1 BCU Coach preferable.

Details: www.millonthebrue.co.uk



MILL ON THE BRUE
Outdoor Activity Centre

Bruton, Somerset BA10 0BA 01749 812 307
or personnel@millonthebrue.co.uk

PSM OUTDOORS
7 Castle Street, Hay on Wye, HR3 5DF T: 01497 820022
E: sales@psmoutdoors.co.uk W: psmoutdoors.co.uk

Extensive range of kayaks, canoes, sit on tops & accessories. Expert advise & demo boats to try before you buy. Plus camping equipment, clothing, footwear, rucksacs etc. Wales No 1 outdoor store.

ONLINE



epoxycraft

Join the community epoxycraft.com

The new online magazine for marine epoxy. News, views, discussions & advice.

HOLIDAYS AND COURSES



Sea Kayak MILOS
Since 2001

Genuine hospitality, quality equipment, an amazing place to paddle: 8 nights B&B and 6 sea kayaking day-trips for €620 pp. BCU qualified coaches, Open all year.

MILOS ISLAND, GREECE
www.seakayakgreece.com

Sea Kayaking Kefalonia
Ionian Sea, Greece

Day-trips around Kefalonia, multi-day trips in Kefalonia, Ithaca and all central Ionian, BCU courses, accommodation

www.seakayakingkefalonia.com

ACCOMMODATION

Fort William

Self-catering - Groups or individuals
Home comforts - Excellent drying rooms
- Twin and four-person bedrooms -
Parking for trailers - 26 beds

Tel: 01397 700451
info@fortwilliamholiday.co.uk
www.fortwilliamholiday.co.uk

GUIDES WANTED



GOZO

Sea Kayak the Maltese Islands
Day and Mini-day tours



AS WATERSPORTS

Shop - Tuition - Hire
Kayak • Canoe • Sit-On • SUP • Sail

Free Demos - Finance Available
01392 219600 Devon
www.aswatersports.co.uk

WWW.canoes2go.co.uk



Nucleus Watersports

Phone 01255 812146
mail sales@canoes2go.co.uk



SMITHS
of the Forest of Dean Ltd.

The Tank and Drum Experts
New & Recycled Plastic Containers for canoe safes & raft races etc



Also IBCs, Rainsaver Tanks & Oil Tanks.
Collect from our Gloucestershire depot or nationwide delivery available. Visit www.smdd.co.uk or call on **01594 833308**.

COURSES



Contact us at
Southwater Country Park
01403 734424




- BC Canoeing and Kayaking Courses
- Adults at weekends, children in the holidays
- Stand up paddle boarding
- Fun for all the family
- We hire: Stand up paddle boards, mountain bikes, sit on top kayaks, canoes for families
- Kayaking river trips

Come to our kayaking/ canoeing shop in the country park

Come to our adult or junior clubs on a Saturday morning



The International digital magazine for recreational paddlers



Autumn issue out now:

Over 170 pages and all for FREE!

Featuring a huge array of stories from across the planet, it's a must have read for anyone into the art of propelling themselves forward with a paddle. To subscribe please see below.

The Winter issue will be available from Dec 20th.

Kayaking: Interview with Joe Clarke, Paddling into the 'Eyes of God' by Tomass Marnics; SA WW by Luke Longridge; Ecuadorian WW by Darcy Gaechter; EJ's kayak fishing tips; by Miko Duffek by Steffan Meyric Hughes.

Salty: The romance of rolling by Chris Crowhurst; Lofoten teen adventures by Dave Rossetter and Ellie Young; MCS kayak challenge by Nicola Greave; Croatia, Bosnia and Montenegro sea kayaking by Natasha Lindley.

Canoeing: Guyana: A wildlife extravaganza by Cato Elnaes & Ashley Holland; Paddlequest 1500 by John Connelly.

PLUS: Seasonal Delights by Sonja Jones, World-class coaching by Chris Brain and Corran Addison plus kit reviews galore...

<https://thepaddlermag.com>

"The Paddler is fantastic media for paddlesport, that brings the top news and adventures from kayakers all around the world. The quality of articles and images really showcase how amazing the sport of kayaking is."

Claire O'Hara – Freestyle World Champion

"I have enjoyed tremendously reading the Paddler every time it comes out. I don't have a lot of free time, and the little I have I must spend wisely. Thanks for such a fantastic magazine."

Corran Addison – Olympic canoeist, designer and WW kayaker



If you have any queries call: **01480 465081**

To subscribe for free visit:

<http://thepaddlermag.com/category/subscribe/>

Email: subs@thepaddlerezine.com

