

CANOE FOCUS

**Show
the Love**

Read more on page 16

**Esther
Mathews**

Read more on page 30

**The Big
Adventure**

Read more on page 34



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Welcome to the Spring Issue of Canoe Focus

This week I have noticed the daffodils rising in our garden, ready to open in the next few weeks, and we are just into March.....so it must be spring.

With spring comes the optimism of a new start and the promise of a long summer ahead. It feels like a new start too for British Canoeing, and during 2017 I hope our members will see some real changes for the better within our sport.

Our vision for a more united British Canoeing, and our eleven challenging ambitions, are clearly set out in our new plan for the next four years – Stronger Together - which we will be launching in Manchester on 25 March.

We consulted widely last year and we will be sharing the plan with you all, in lots of different ways from 25 March, and then featuring it in detail in the summer edition of Canoe Focus. Stronger Together is intended to guide the work and direction of the whole sport, not just the board or the staff, but also the clubs and centres, our regional teams and the competition disciplines, volunteers and coaches. It really does set out a clear picture of the organisation and the sport we could become by 2021.

As we immediately begin the delivery of the strategy over the next few months, we want to engage and consult with members and clubs to review our membership structure, benefits and services. We intend to make any agreed changes and improvements by the end of the year. We will also make some significant improvements to our coaching and leadership qualifications during this year, in response to the concerns raised within our consultation last summer.

You can read more about some of the changes from **page 24** and more details will follow shortly. I am really pleased that considerable progress has been made relatively quickly in this very important area of the sport.

As well as launching the new strategy on 25 March we are also holding an EGM on the same day, where members will vote on proposed changes to our Articles. The Board is proposing that we create a new Honorary role of Life President and that we get into a regular routine of electing a new Honorary President every two years, and properly recognise deserving members with this recognition.

The Honorary President will carry out ceremonial duties at events and operate as an ambassador of British Canoeing at national, regional and club



levels. The Board is proposing that a nominations group is formed from key volunteers, who identify as suitable candidates to propose to the AGM for approval. This is all explained in the EGM papers which are posted on the website. I hope you will use your proxy vote to support this proposal.

Talking about recognition, it was wonderful news that some of our members were appropriately recognised in the 2017 New Year's Honours List. On **pages 30-33** we pay tribute to the extraordinary work of Esther Mathews whose dedication and commitment to helping others develop through canoeing led to being awarded a British Empire Medal for services to her community.

Our gold medal winning athletes from Rio also received their recognition too in the New Year Honours and they will all be making the trip to Buckingham Palace over the next few weeks to receive their MBEs.

On **page 36** of this issue you will be able to read about the exciting new developments this year around National Go Canoeing Week – The Big Adventure - and an exciting new partnership with Cancer Research UK. I hope that many of you will start to plan a Big Adventure for that week and get involved in this worthy cause.

It's also going to be another busy year of competition and you can read more about this from **page 27**.

I hope you enjoy this issue of Canoe Focus. Personally, I think it is getting better with every issue. That's part of our vision....to become excellent in everything we do.

The journey is a bit like developing an athlete or a coach, or indeed a club or a centre....it takes a while and excellence comes from being better next time and then better again and not resting at "good."

That's the commitment we will be making on 25 March as we launch Stronger Together and I look forward to working with you, and to us uniting to create a brighter future for our sport.

David Joy
Chief Executive

25 03 17
#StrongerTogether

Upcoming Events:



Sea Kayak Demo Day
Kendal (Free Event)
12th March

Just show Up! Sea kayaking demo day arranged by Sea Kayak Oban www.seakayakoban.com

[Click here to find out more.](#)



Start Up
Mini Marathon with Basingstoke Canal Canoe Club
18th March

Come and try 2 mile race from the canal centre to Ash Vale rail bridge and return.

[Click here to find out more.](#)



Touring Trip; Crick to Foxton Locks
Crick, Northampton
22nd April

A trip from at the marina at Crick to Foxton Locks, with a possible half way exit at marina at North Kilworth, for a slightly shorter paddle.

[Click here to find out more.](#)



Surf Kayak Symposium
Hayle, Cornwall
28th April

Surf kayak workshops from beginners to advanced level. There will also be a range of different surf kayaks and skis for you to try.

[Click here to find out more.](#)



Hamble River Raid
Hampshire
13th May

This is an annual timed rowing, kayaking, canoeing and stand up paddle boarding race over approximately 5 nautical miles on the Hamble River.

[Click here to find out more.](#)



Scottish Women's Paddle Symposium
Kinlochleven, Lochaber
13th & 14th May

The aim of the weekend is to provide mentoring and inspiration to women who want to progress in paddling.

[Click here to find out more.](#)



Paddle In The Park
National Water Sports Centre, Nottingham
3rd & 4th June

A full weekend of paddling fun. Overnight camping available. Hog roast and party on Saturday night.

[Click here to find out more.](#)



Katakanu Treasure Hunt
Leicester
19th August

A new fun activity you can do on the river with the family. Paddle along the river looking for clues that will lead you to the secretly hidden treasure.

[Click here to find out more.](#)



Start Up Mini Marathon
Mytchett, Basingstoke
21st October

This is a 2 mile race from the canal centre to Ash Vale rail bridge and return.

[Click here to find out more.](#)

**MAR
18**

Regional Tour Stratford Upon Avon Canal
Stratford Upon Avon
18th March

[Click here to find out more.](#)

**MAY
13**

Stoke on Trent Heritage Trail Regional Tour
Westport Lake
13th May

[Click here to find out more.](#)

**JUN
3**

The Sixth Annual Paddle 2 the Heart event
Birmingham
3rd June

**JUN
3**

Cumbria Sea Kayaking Events 2017
Various activities happening

[Click here to find out more.](#)

HELP US TO RECREATE HISTORY

REGIONAL TOUR STRATFORD UPON AVON CANAL

SATURDAY 18th MARCH
NAVIGATING THROUGH THE CANALS OF STRATFORD UPON AVON

7.30am - 9.30am
9.30am - 11.30am
11.30am - 1.30pm
1.30pm - 3.30pm
3.30pm - 5.30pm

FREE ENTRY FOR THE FIRST 60 PADDLERS WHO SIGN UP TO ATTEND!

Email laura.sutherland@britishcanoeing.org.uk to book your place.

Celebrating the 100th anniversary of the 1917 canal that has saved the canal from abandonment and led to the re-opening of the Stratford canal. This became the catalyst for other canal re-openings, and gave us the canals that we know today. (The aim is to restore this picture to a way 80 paddlers in the distance.)

Saturday 13th May
10:30am start
Westport Lake to Northwood Stadium

BRITISH CANOEING WMRDT

STOKE ON TRENT HERITAGE TRAIL REGIONAL TOUR

Options for 3 mile, 5 mile or longer distances with varying set on top kayakers available to borrow.
Email Mike at admin@potteriespaddlers.co.uk
Check out the Heritage Canoe Trail guide at: www.visitstoke.co.uk/see-do/canals

BRITISH CANOEING

WEST MIDLANDS REGIONAL DEVELOPMENT TEAM PRESENTS

THE SIXTH ANNUAL PADDLE 2 THE HEART EVENT
Saturday 3rd June 2017

Choose from one of the many canal networks leading into Birmingham city centre and join us in a day of paddling out regional waterways.

Race and boat speed games will be taking place at Brindley Place after your trip. £100 prize for the club with the most paddlers & the club who paddle the most miles.

For route information or other enquiries contact Charis: charis@freemove.co.uk or call on 07800 794608.

Things you might have missed




[Click here to read more](#)

Take a look at this great blog by Maya-Ray Cross, one of the paddlers who has featured in our series of paddleability videos. **Click here** to read her blog post about how, with the support of her family, she has earned her talents through her own determination to overcome her disabilities.

Time to Talk Day 2017


[Click here to read more](#)

We heard from members across the country on how paddlesports has helped with their mental health for Time to Talk Day 2017. Take a look at our video here if you missed it:



Sexy Surrey

Sexy Surrey: Find out who's made our top 50 list

A list of Surrey's sexiest people featured one well known face... congratulations Liam Heath on making number 28 (you'll always be our number one though...)




[Click here to read more](#)

Getting back on the water after giving birth


[Click here to read more](#)

We loved this blog post from Palm about getting back on the water after giving birth. If you're a new mum wanting to get back on the water it's definitely worth a read.

Reconomics resource

It was great to see the Get Set to Go Canoeing case study from Tees Barrage White Water Centre feature in the new Reconomics Plus online resource, from the Sports and Recreation Alliance. **Click here** to read about how the centre held sessions directed at those with mental health problems




[Click here to read more](#)

These paddlers definitely got a surprise when an unexpected visitor hitched a ride on the back of their kayak - what an incredible thing to experience!


[Click here to read more](#)





Photo: Karl Midlane

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qualifications



white water kayaking



open canoeing



Stand up paddle boarding



sea kayaking



News

Water Adventure Centre awarded £74k of Sport England Funding

Water Adventure Centre in Droylsden, Greater Manchester has received a Sport England Inspired Facilities grant worth more than £74,000 to upgrade its clubhouse.

Working predominantly with groups of young people aged

eight to 19-years-old, from the local area and across Greater Manchester, WAC is a youth project focussing on developing confidence and self-esteem by offering a holistic approach to youth work and welfare, using canoeing as a platform.



Sport England launch their Community Asset Fund

Are you a club or centre with great ideas to create, or improve opportunities to play sport, or just get active? Take a look at our guide to the Sport England Community Asset Fund, a new capital fund dedicated to enhancing the spaces in the local community that give people the opportunity to be active.

Sport England Community Asset Fund

Click here to read more

British Canoeing AGM 2017

British Canoeing will be hosting its Annual General Meeting, starting at 2.30pm, on Saturday 25 March at the MacDonald Hotel in Manchester. It will be preceded by an Extraordinary General Meeting. Full details can be by **clicking here** and downloading the meeting documents.



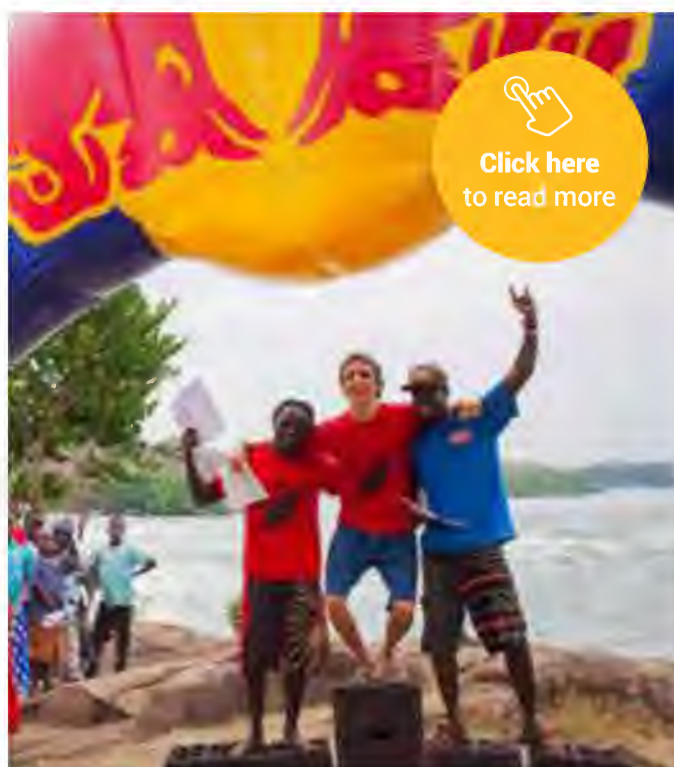
Incident reporting – new system and report form

British Canoeing has established a new incident reporting system. This is to identify issues or safety concerns across the country. This information will be used to make improvements in the sport for all paddlers.

British athletes made their mark on the competition in 2017, with placements in almost every category

Full results can be **found here**, but special congratulations should go to Sam Ward, Lowri Davies, Bren Orton and Craig Ayres.

Sam, a former Leeds University student and co-owner of Kayak the Nile, was crowned Overall Male Winner at the festival, while Lowri Davies took the Nile Special Freestyle title, Bren Orton, who teamed up with Yusuf Basalirwa, took 2nd place position in the tough Endurance race and Craig Ayres took 3rd in the Freestyle.





British athletes secure gold and silver medals at Oceania Championships

Congratulations to both Ryan Westley and Joe Clarke who have started their 2017 season with a bang. Strong runs secured a gold medal for Ryan and a silver medal for Joe.

Sport England release Active lives figures

The Sport England Active Lives survey released earlier this year revealed a promising statistic for paddlesports in the UK. The data showed that around 196,000 people took part in canoeing and other paddlesports at least twice a month.



British Canoeing to support Cancer Research UK for National Go Canoeing Week

British Canoeing has announced a brand new partnership with Cancer Research UK to support this year's National Go Canoeing Week, and raise funds for the charity. The partnership with Cancer Research UK will bring a new dimension to the annual event through fundraising

activities, promoting a healthy and active lifestyle, and raising the profile of paddlesports on a wider scale.

Click here to read more. Or turn to page 34 to find out more about this year's National Go Canoeing Week.

British Canoeing awarded £3.85 million by Sport England to deliver participation

British Canoeing has been awarded £3,850,000 to deliver participation opportunities as part of a portfolio of investments announced by Sport England. The investment commences in April 2017 and will enable British Canoeing to strengthen the provision for current participants and support more people taking part in paddlesports regularly.



New contact information for reporting safeguarding concerns

Please make a note of the new telephone number and email address for reporting safeguarding concerns to British Canoeing and update all club information you have with the new contact details below (the new number replaces 07734 453430).

British Canoeing Safeguarding Lead Tel: **0115 8968842**
Email: safeguarding@britishcanoeing.org.uk

An advertisement for Jersey Kayak Adventures. The top half shows a kayaker on a river with a castle in the background. Logos for 'JERSEY KAYAK ADVENTURES.co.uk', 'BRITISH CANOEING QUALITY MARK', and 'Jersey Kayak Adventures' are visible. The bottom half has a red background with yellow and white text.

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- Pocket size, packs to less than **10cm**

The logo for Quickline, featuring a stylized 'Q' with concentric circles inside, followed by the word 'Quickline' in a bold, sans-serif font. Below it, the text 'from pull-over' is written in a smaller font.

Quickline
from pull-over

British Canoeing 'Show the Love' on Valentine's Day

British Canoeing staff replaced their cars for canoes and pedal bikes for paddles as they joined the Climate Coalition's Show the Love campaign on Valentine's Day.

Led by Olympic gold medallist Etienne Stott, British Canoeing staff held a paddle to work day where they travelled from Nottingham Kayak Club, along the River Trent in Nottingham to the head office at the National Water Sports Centre, to raise awareness of their newly formed partnership.

Show the Love is the Climate Coalition's campaign which aims to highlight the impact that climate change has on everyday activities and hobbies, with people wearing the campaign's iconic green hearts rather than the traditional Valentine's red.

Richard Atkinson, head of waterways and environment policy officer at British Canoeing,

said that climate change had created particular challenges for paddlers across the UK with the changes in seasonal river levels and the impact of invasive non-native species in our waters.

Canoeists, like participants of many water-based recreational sports, want to enjoy the wonderful network of inland and coastal waters that are amongst the best in Europe and enjoy their time in harmony with the natural environment. Canoeing is an ideal way of exploring wildness areas and quietly observing wildlife. It causes no erosion, noise or pollution and leaves no trace of its passing.

Last year the Show the Love campaign saw hundreds and thousands of people across the UK make, wear and share green hearts and the campaign was supported by a number of celebrities including Emilia Fox, Thandie Newton, Dermot O'Leary and Jeremy Irons.

The British Canoeing team were joined on their paddle by **BBC Radio Nottingham** who did a live broadcast on route, and **Notts TV** who produced a piece for their evening news.



**Click here
to watch**





“ ”

“British Canoeing takes their environmental responsibility very seriously and wants everyone to have fun and enjoy the natural environment in a sustainable manner.

“This is the first time British Canoeing has been involved in this campaign and we are very keen to support The Climate Coalition to safeguard our waterways for future generations.”

Richard Atkinson, head of waterways and environment policy officer at British Canoeing

“Climate change is something that impacts us all and we have a responsibility to preserve our environment for future generations.

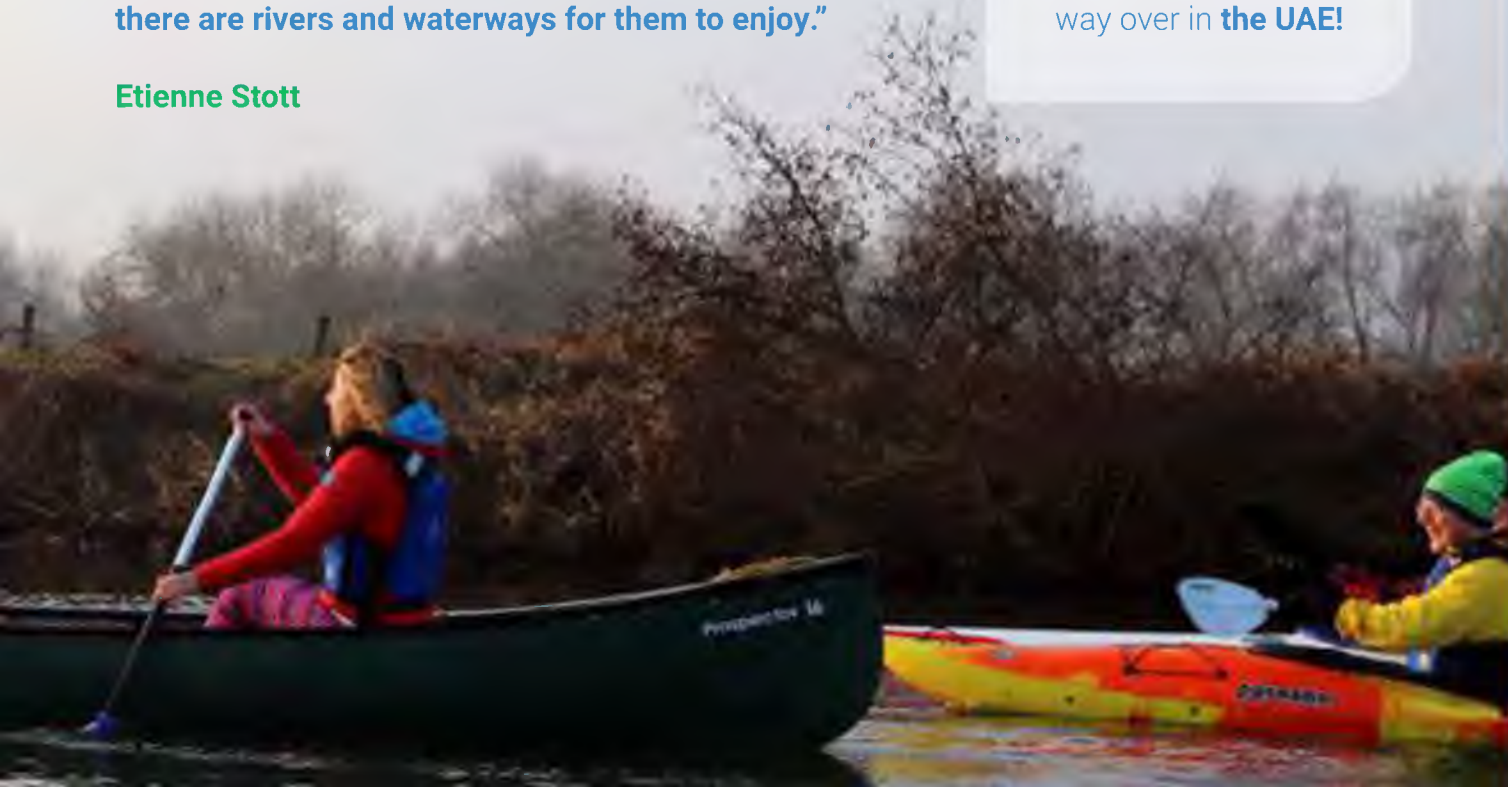
“We talk about legacy following Olympic and Paralympic Games, to get more youngsters involved in our great sport, but we also want to make sure that there are rivers and waterways for them to enjoy.”

Etienne Stott



British Canoeing staff from Holme Pierrepont weren't **the only ones to get involved!**

Take a look at this video from canoe slalom coach **Craig Morris**, who enlisted **Fiona Pennie** and **Adam Burgess** to help him with his paddle to work mission all the way over in **the UAE!**



Paracanoe Programme

TO HOST TALENT ID DAYS

British Canoeing is looking for paddlers with the belief and desire to join their world leading Paralympic programme, as they turn their focus to Tokyo 2020 and beyond.

The team are looking to build on the success they achieved in Rio 2016, where they sat top of the medal table with three gold and two bronze medals.



Tim Lodge prior to joining the Paracanoe programme

Whether you are already a paddler and want to take your racing to the next level or perhaps you know someone who might have the potential to make a great paddler, then British Canoeing wants to hear from you.

Steve Train, who heads up the talent identification for British Canoeing's Paracanoe Programme, said: "This is a fantastic opportunity for someone to work with a really talented team of athletes and coaches at our high performance centre.

"We are looking for applicants who may have paddled before as well as those haven't but have the right attributes to develop into a world-class athlete.

"The classification for our KL3 paddlers is such that some current paddlers may not realise they qualify for our programme."

Tim Lodge is a member of the British Paracanoe team, competing in the KL3 category. Most recently he won a World Cup bronze in 2015 and finished in eighth place overall at the World Championships the same year.

Born with severe talipes (or club foot) Tim has had more than 40 operations on his feet. He took up canoeing aged nine, joining Wey Kayak Club after he tried the sport with the Scouts.

He paddled until he was 17, competing in both sprint and marathon disciplines. It was only when a former coach got in touch with him in January 2013, around 20 years since he last paddled, and suggested he try out for the newly formed paracanoe squad.

By his own admission, Tim hadn't ever thought of himself as disabled and therefore eligible for the paracanoe squad. But he got back in a boat and began training again at his club. He eventually sold his business and left his job as a sales director in London to become a full time athlete in 2015.

"Being part of this programme changed my life," he said. "I've left city life to become a full time athlete. Physically and mentally I've never been better, I can do things now I never thought would be possible.

"Canoeing is a great sport and I'd recommend anyone to get involved."

In December 2016, UK Sport announced that British Canoeing's Paralympic Programme would receive a significant budget to develop and expand their programme in the lead up to Tokyo 2020.



Steve and his team will be hosting a Talent ID day at the National Water Sports Centre in Nottingham on **Monday 9 April, Tuesday 10 April and Saturday 22 April.**

Anyone who fits into the international racing classification is welcome to register their interest.

About the ICF Paracanoe 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

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

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



There has never been a more exciting time to join the paracanoe programme.

If you want to get involved, please contact Steve Train on **steve.train@britishcaneing.org.uk**



To find out more about the paracanoe programme, **please click here**

THIS GIRL CAN

This Girl Can is a nationwide campaign from Sport England which aims to increase female participation in sport and exercise.

The campaign launched again at the start of 2017 so we caught up with Birmingham Canoe Club to see how they got involved in encouraging more women to take part in the sport...

After noticing a low number of female paddlers attending their club sessions, Birmingham Canoe Club decided to do something to address the problem.

With a desire to develop more female role models at the club, they introduced a four week programme with the focus purely on female only sessions for beginners.

"The ladies' paddling sessions have been a fantastic success and have resulted in some great publicity for the club and canoeing in general.

"All sessions are full and some of the women who attended the first session have now joined the club."

- Birmingham Canoe Club

Since the sessions began, the club has been astounded by the response received. Nearly every session has been completely booked out, with almost 30 new women engaging with the club as a direct result of the female only sessions.

Read more about some of the ladies who took part in the first session, and why they were drawn to try kayaking.



Katina

"I tried Canoeing so I can join my family out on the water - and be the best!"

Katina's sons and husband regularly take part in canoeing whilst on holiday and on trips but Katina has never had the confidence to do it. She saw an advert to try out canoeing and booked onto the four week programme to build her confidence, so she can join her family out on the water.

To all women out there considering trying a new sport like canoeing, Katina says:

"Just give it a try, you never know until you've tried!"



Karen

"I tried canoeing before in the army and wanted to see if I could still do it"

Karen enjoys taking part in sport and physical activity for lots of reasons, fitness, social elements and because it makes her feel good!

Her message to other women thinking of trying something new is:

"Try it! if it doesn't work out, you tried!"

Have you been inspired by the Sport England #ThisGirlCan programme?



Send us a photo of you getting on the water! You never know where your paddle might take you...

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MEMBER OF THE CANOE AND KAYAKING ASSOCIATION (CKA) AND THE NATIONAL TRAILING ASSOCIATION (NTA)



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:

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.

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**.

The policy covers member's canoes and kayaks and paddles for private, pleasure use including competition, within UK and coastal waters and up to 30 days use in Europe at any one time.

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.**



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)

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.

Reed

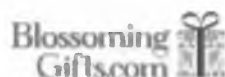
Reed garments sell worldwide, providing protection and warmth so you can concentrate on having fun. British Canoeing members can claim a 10% discount when you spend £20 online at **www.chillcheater.com** by entering discount code BC10.

LogBuy

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

Save on thousands 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**



BRITISH CANOEING LAUNCH NEW PADDLESPORT LEADER AWARD

AVAILABLE FROM 3RD APRIL 2017

- The only prerequisites are a one day first aid qualification and British Canoeing membership
- No formal training requirements, if you already have the required skills, book your assessment
- An interactive e-learning package to support leaders' learning
- Ideal for clubs, centres and activity providers who offer paddlesport activity

Choose the craft you lead in:



Racing



Touring



Stand up
Paddleboards



Open Canoes



General &
Sit on tops



Crew Boats

I am really excited about this new award which complements our existing leadership qualifications. We have listened to our members and the feedback received from consultations in order to create the new Paddlesport Leader Award for which we are extremely proud of. Not only will the new award allow us to increase our numbers of leaders and guides, it will in turn create more opportunities to paddle in a safe environment and grow participation in canoeing.

Lee Pooley, Head of Coaching and Qualifications at British Canoeing



British Canoeing has announced the launch of the new Paddlesport Leader Award which aims to create more opportunities to paddle by increasing the number of qualified leaders.

This could be the award for you...

The Paddlesport Leader Award is the latest addition to British Canoeing's existing leadership qualifications and is specifically aimed at people leading others in a sheltered water environment, such as canals, ungraded sections of rivers, estuaries, small lakes and lochs.

The Paddlesport Leader Award is designed to support leaders to run safe, quality, enjoyable trips based on their group's needs and aspirations.

Ideal for clubs, centres and activity providers...



The Paddlesport Leader Award is aimed at leaders wanting to introduce others to the water and enable them to lead a variety of craft on a journey. The leader can choose the craft from which they work, and can look after others in both single discipline and mixed fleets. This may include for example; racing craft, touring kayaks, open canoes, suitable sit-on-tops, general purpose kayaks, stand-up-paddleboards, or crew boats.

Interactive e-learning package to support your learning...



British Canoeing will launch an online, interactive e-learning platform to support leaders throughout the award, introducing the key principles behind the British Canoeing Leadership Model. This will allow learners to explore, think about and develop their decision making skills, aiding their assessment preparation.

Direct entry to assessment available...

The award focuses on learning through experience so there is no formal requirement for training. However, clubs, centres and coaches can run bespoke training opportunities, to individuals or groups, to improve and develop leaders skills ahead of assessment. This will aid leaders personalised development journey. British Canoeing can also provide two day quality training opportunities, for those that seek them, to support leaders in the development of the required skills. It is important that leaders undertaking the award take an active role in deciding the appropriate preparation, training and experience that is needed prior to presenting for assessment.

British Canoeing's Guide Scheme

British Canoeing is pleased to announce the launch of its Guide Scheme.

British Canoeing leaders who are involved in guiding activity, particularly those working within adventure tourism and commercial markets, can apply for a guide endorsement.



Alongside the new Paddlesport Leader Award, the new Guide Scheme is being launched on the 3rd April 2017 and complements the existing suite of British Canoeing Leadership Awards. This endorsement is aimed at supporting and recognising the additional skills required when fulfilling a guiding role.

British Canoeing offer the following modules in order to support leaders to become guides –

- Camp Craft and Expedition Skills
- Leadership Styles
- Customer Care
- Environmental Considerations and Minimising Impact
- Trip Planning and Organisation

Each module will be eight hours in length, delivered via Home Nations at specific venues, with well-established and experienced guides offering best current practice within the environment of guiding. There are a range of benefits of becoming a member of the British Canoeing Guide Scheme including:

- Promotion through a specific page on the British Canoeing website
- Formal recognition
- Access to exclusive additional guide module training run by fellow experts in the field of guiding
- A forum for endorsed guides to share good practice, guiding issues, trends and CPD opportunities.

Accredited prior learning

British Canoeing appreciates that guides may choose to develop themselves through a variety of means and seek to recognise formal and non-formal development. Guides may also register other forms of development, including mentored practice with other guides, and specific training by submitting an APL Application.

Keep an eye out on the British Canoeing Coaching website news for further details.



Performance update

Sprint update:

McKeever crosses the finish line completing a golden paddling career

Ed McKeever MBE, the fastest man on water at the London 2012 Olympic Games, has announced his retirement from canoe sprint, after an impressive career spanning a 17 year period that saw him regularly on the podium at World and European Championships and in the World Cup Series.

The 33 year-old from Bradford-on-Avon, often referred to as the 'Usain Bolt of the water', claimed the first ever Olympic gold in the men's single kayak over 200m at Dorney Lake, when the shorter sprint distance was first added to the programme in London. In doing so, he won Team GB's 26th gold medal of the Games.

"Competing and winning a gold medal at a home Olympic Games in front of thousands of British fans is something that will live with me for the rest of my life", said McKeever. "Very few people get that opportunity so I am extremely grateful for all the support".

"The memory that stands out for me was standing on top of the podium and singing along with the national anthem, especially knowing that my friends and family were there watching".

He topped off the Olympic celebrations with his marriage a month later to PE teacher Anya Kuczaj and was then awarded an MBE in the Queen's New Year Honours list.



Click here
to read the full
story on our
website

Our discipline events calendars will be updated throughout the season with competition dates and locations!

Click on the links to find out more.



Paracanoe events calendar



Sprint events calendar



Slalom events calendar

Louisa Gurski bows out



Also announcing her retirement from canoe sprint this month is double Olympian Louisa Gurski (Née Sawers) who has been a

mainstay of the women's K4 500m crew over the last two Olympic cycles.

She represented Team GB at London 2012, Rio 2016 and at the inaugural European Games in Baku and has won a number of World Cup Series medals including K4 500m bronze in 2014. But amongst her numerous achievements, Louisa ranks the fifth place in the K4 500m at London 2012 in front of a home crowd as the highlight.

The understated 28-year-old from Surrey and life-long member of Elmbridge Canoe Club, also has the amazing accolade of World Champion to her name, as a specialist in the non-Olympic distance of the K1 5000m. Louisa became World Junior Champion back in

2006 and went on to win the senior World title in 2014. She has regularly been on the podium in this event on the World Cup circuit and at European Championships. With two Olympic campaigns behind her, Louisa feels the time is now right to settle down and enjoy family life and the challenge of her first full-time job as a receptionist, with an oil and gas company.

A real powerhouse in the back seat of the crew boat, Louisa is sure to be greatly missed from the senior international programme.



Performance news:



Alex Nikonorov and Miklos Simon

In January British Canoeing announced the departure of canoe sprint head coach, Alex Nikonorov, and technical coach Miklos Simon. Alex moves to a senior coaching role with the Chinese national team and Miklos has returned to work in his native Hungary, after 10 years working with British Canoeing.



[Click here to read more](#)



John Anderson bows out

British Canoeing can confirm that John Anderson MBE has decided to bow out as Performance Director later this year, after 20 years at the helm of the sport's performance programme. During that time he has led the sport through an unprecedented period of success at world, Olympic and latterly Paralympic level, culminating in canoeing's most successful ever Games in Rio last year.



[Click here to read more](#)

Fresh challenges for canoe slalom as the new season beckons

With winter drawing to a close, our canoe slalom high performance programme athletes have been preparing for the busy season ahead, which kicks off with the all-important British Senior and U23 selection trials at Lee Valley White Water Centre over the Easter weekend 15-17 April.

Athletes have been making the most of training at home and abroad, as well as some of them taking the opportunity to test themselves against their southern hemisphere counterparts in New Zealand and Australia.

Whilst back at home there was C1 gold for Eilidh Gibson at the British Universities and Colleges Sports Championships.

Looking forward to the season ahead Paul Ratcliffe, Canoe Slalom head coach said: "After an incredible Games in Rio last year we are focused on realigning ourselves and taking our time to develop the programme for the next four year cycle. 2017 is year one and just a stepping stone and we have a highly motivated group of senior, U23 and junior paddlers to work with which is really exciting."

The 2020 Olympic cycle also sees one significant change for the slalom community. The hugely popular canoe double (C2) event in which Great Britain has done so well over recent years, with gold and silver in London and another silver for David Florence and Richard Hounslow in Rio, replaced by the women's canoe single (C1).



Canoe slalom athletes on the UK Sport Podium and Podium Potential Programme for 2017 are:

Men's K1

Joseph Clarke
Bradley Forbes-Cryans
Zachary Allin
Christopher Bowers

Women's K1

Fiona Pennie
Mallory Franklin
Kimberley Woods
Megan Hamer-Evans

Men's C1

David Florence
Ryan Westley
Adam Burgess
Thomas Quinn
Mark Proctor
Thomas Abbott
Angus Gibson
Samuel Ibbotson
William Smith

Women's C1

Mallory Franklin
Kimberley Woods
Eilidh Gibson
Jasmine Royle
Sophie Ogilvie



Click here
to read more
about the slalom
season ahead



Green Star's Esther Mathews Awarded British Empire Medal in New Year Honours

Green Star Canoe Club founder Esther Mathews has been awarded the British Empire Medal in recognition for her services to canoeing.

Having been involved in the sport for more than 50 years, Esther got her first boat aged eight-years-old after being introduced to the sport by her parents. Starting with river paddling she went on to also play polo and made her mark on the slalom scene, eventually competing in division one.

But it is the dedication over almost 40 years to coaching canoeing which has seen Esther make a huge impact on the sport, especially in the Yorkshire region where she has had unwavering commitment to creating as many opportunities as possible for young people to take up the sport,

"I was delighted to hear of the award," she said. "I feel honoured to receive it but I am well aware that there are many other coaches out there that have been working longer than me and are working just as hard as I do.

"I started canoeing with my parents, we messed about a bit and I found several coaches but none of them stayed or they were too far away for my parents to take me to them. I was at the stage of learning to roll but as I almost got it, my coach left. As a result I was almost rolling from the age of 13 to 23 when I found a regular coach.

"When my mother and I left Scouting we set up Green Star Canoe Club for something to do and to provide consistent coaching for Doncaster paddlers. My mother has always supported me and without her backing I could not have been successful.

"There are some young people at the club who have faced real difficulties and they have said that without canoeing, they would be a lost cause.

"The number of kids who have benefited from canoeing and kayaking are what drive me to keep going. I just want to keep making Green Star better and having a positive impact on slalom canoeing in Yorkshire."

>>

“”

“I was delighted to hear of the award,” she said. “I feel honoured to receive it but I am well aware that there are many other coaches out there that have been working longer than me and are working just as hard as I do.”





>> Esther set up Green Star along with her mother, Barbara Cox, in 1993 and today the club caters for paddlers of all abilities from novices to international juniors. The club has a rich tradition in attracting diverse young members, including disabled paddlers and young people from disadvantaged and challenging backgrounds. It also has a particular strength and depth of female paddlers.

Esther has always strived to provide opportunities for every young paddler to take to the water, even if it meant physically taking them to and from training camps and competitions all over the UK.

Les Ford, chair of Yorkshire Slalom Committee, has worked alongside Esther for a number of years. He said her commitment to making it possible for all youngsters to canoe has been inspiring.

“Esther has always been around at events, giving young people the chance to race by providing transport, equipment and support to those who, without her, wouldn’t be able to make it.

“She always has a trailer full of boats and equipment which she is happy to loan out to make sure that no one misses out.

“Over the years, Esther has extended her generosity to the whole region regularly picking up and taking paddlers to competitions and training camps all over the country.

“She is the galvaniser of the sport in this region and is central to so many events in Yorkshire and especially Washburn.

“Lots of the young people she coaches just wouldn’t have the chance to gain this experience without her, and regardless of whether they continue in the sport or in what discipline, the opportunities she gives them are absolutely life changing.

“It is brilliant that she has been recognised for her many years’ commitment to the sport,” he added.

Having won the Coach of the Year award at British Canoeing in 2007 and Event Volunteer of the Year in 2013, Esther was also shortlisted for the Community honour at The Sunday Times & Sky Sports Sportswomen of the Year Awards in 2014.

Dame Tanni Grey-Thompson, who nominated Esther for the award, said at the time, “She’s kept people paddling when they’ve been terrified of doing it which provides the stepping stone for talented young paddlers coming through.

“She’s just an amazing person, driving all around where she lives, picking up people, dropping them off and she never turns anyone away.”

One of her former paddlers is GB Freestyle and ex-international U23 Slalom paddler James Ibbotson, he said that Esther had been a huge inspiration on his life.



He started paddling 15 years ago at a school holiday taster session along with his three siblings and because the sessions were often led by Green Star paddlers of a similar age, he immediately felt that it was a community he could be part of.

“My parents never paddled so we can attribute all of our paddling experiences to Esther,” he said. “She ran really good sessions, one week we would be doing a polo session, the next we’d be in freestyle boats learning to roll and other times the pool would be full of poles and we’d be taking part in a slalom session.

“For me this is what has kept so many people in the sport. I competed at slalom at a really high level before wanting a change when I went to uni. I took up freestyle, remembering that I’d really enjoyed it at Green Star. I firmly believe that without Esther’s drive to give everyone a chance to try everything, I would have packed up paddling completely.”

James has since gone on to finish in the top ten at the ICF Freestyle World Champs and was 10th overall in the 2015 ECA Canoe Freestyle Eurocups. But he says it wasn’t just the time in a boat which made a difference, he cites Esther’s commitment to instilling values to her cohorts as another big influence on his life.

“It wasn’t all just paddling, Esther would always encourage her team to help out at the events they were competing in. That might have been judging, weighing boats or bringing a round of hot drinks to the officials, but she really instilled the importance of all the roles involved in running events.”

Esther herself attributes her success to three coaches who have had a significant impact on her personally and as a coach.

“Bill Rimmington, Nic Burn and John Sturgess made me who I am today,” she added. “They had a huge influence on me.

“Bill who has sadly passed away, brought me back to canoeing both personally and as a coach to the Scouts, Nic taught me about rivers and river skills and John has been my coaching Guru. I’d like to extend my thanks to them all, I would not be who I am without them.”

Esther will receive her medal at a local Yorkshire event in the spring before attending one of the Queen’s Garden Parties, held at Buckingham Palace, later in the year.

Esther supports hundreds of paddlers in the north of England, attending training sessions and competitions, transporting boats and driving around the country.

Paddlers have set up a **Just Giving page to raise money for Esther to buy a new mini bus** so she can continue her work. If you would like to find out more **click here**





— The Big — Adventure

The Big Adventure

Get involved with Go Canoeing Week 2017

Get Inspired

From seasoned paddlers to complete beginners, we find out what inspired two of our members to take on paddling adventures.

Explore the outdoors

Cotswold Outdoor share their top picks for getting out in the open this spring

Focus on: Costa Rica

Phil Scowcroft paddles amongst some of the best surfers in the world on a SUP adventure in Costa Rica

Get Involved: 100 mile canoe test

Participation in this year's event has been opened up, through partnership with British Canoeing, is open to all canoe clubs.

Plot your adventure

Take a look at how you can add your adventure to our interactive map

Where has your canoe taken you?

We asked our athletes about their favourite places for a paddling adventure

Snapped

Don't forget to snap a photo of your adventures!

Focus on: the Wash

With its shifting sands and strange tides, read about how the Wash has provided William Brown with some of his most memorable paddling experiences

Bliss Canoe Trail

Read more about the trio of intrepid paddlers who are preparing to take on the historic 862 mile 'Bliss Canoe Trail'

Staying safe

Our guide to staying safe whilst out on the water

Washburn

Plan your white water adventure on the Washburn...



NATIONAL GO CANOEING WEEK

THE BIG ADVENTURE

Share your story on the website

THE BIG ADVENTURE FEATURING YOU!

National Go Canoeing Week 2017 runs from 27th May to 4th June. This is your chance to be a part of the Big Adventure and get featured on the dedicated website.

It's simple to get involved, just get out on the water during this week and log the miles you paddle through our interactive website. You don't have to be a pro paddler or go on an adventure. For some people the adventure will be in getting on the water for the very first time. Whatever your ability, adventure is just about pushing yourself to do a little more than you have done before.

Our aim for the week is for the nation to paddle a grand total of 30,000 miles. There will also be the chance for you to feature your photo on the home page of the website when you enter your miles!

This year we are also partnering with Cancer Research UK for the first time. Giving you the chance to raise money for a fantastic cause whilst enjoying the week.

With lots of great prizes on offer for top mileage as well as for just taking part, it really is time to start planning your adventure!

ADVENTURE

Noun

An unusual and exciting or daring experience such as a trip, or the excitement produced by such an activity



Share your pictures and adventure stories with us to feature on the website [#TheBigAdventure](#)

27TH MAY
— TO —
4TH JUNE

HERE ARE A FEW ADVENTURE IDEAS TO GET YOU STARTED:

Train Up For A challenge route

No matter what your level of paddling ability, if you start training now you will be able to take on our Challenge Routes during the week.

We currently have four challenge routes live on our challenge pages. You could take on our newest route, the Trent Loop, only paddled by a handful of challengers so far. Or why not take on one, or all, of the lakes in the Three Lakes Challenge?

Each challenge route has its own beauty and toughness; which will you choose?



[Click here to read more](#)

Paddle the coast to coast

The Desmond Family Canoe Trail is the longest of its kind in the UK, stretching for 162 miles. The trail uses the Aire and Calder Navigation and Leeds and Liverpool Canal to take paddlers on a, first of its kind, coast to coast journey.

The 162 mile trail usually takes between six and ten days to complete and is perfect for anyone searching for a tough challenge. You will have to plan your all your accommodation, food and gear for the trip and build up your strength for all those portages!



To find an event happening near you visit our Events Page.

Trail Bagging

With over 100 canoe trails now live on the British Canoeing site why not give Trail Bagging a go?

Look for trails in your local area and see how many you can bag during National Go Canoeing Week. You might even catch the bagging bug and decide to go on to complete all of our trails. Be quick though... we will be adding more soon!

Come to an Event!

There will be a wide range of events taking place, nationwide, throughout National Go Canoeing Week.

Find out what events are on near you!

The National Water Sports Centre at Holme Pierrepont, Nottingham is hosting its second Paddle In The Park event on 3rd and 4th June. A fantastic opportunity to try different aspects of the sport, learn new skills in a variety of workshops and maybe even dip your toe into some fun competitions. Alongside the opportunity to speak to experts about what new gear to buy, kick back in the evening with a live band and great food.

Weekend Adventure

Get away for the weekend and discover fantastic places to paddle across the UK. The River Wye and Lake District have a wide variety of events and hire opportunities.

Spend the weekend in a cosy B&B, visit friends or give canoe camping a go!

Don't forget, there are National Go Canoeing Week events happening in Scotland, Wales and Northern Ireland too.



Fantastic prizes up for grabs!



Club Together

National Go Canoeing Week is a great excuse for a fun club event. Organise a paddling weekend away, an open day to encourage new members, a fun activity day or a social evening. Don't forget there is a prize up for grabs for the most club miles paddled, so encourage your members to venture out for your club sessions this week. Get the date in your club diary now and plan a fantastic start to the summer!

Do It For Charity!

However you choose to enjoy the week don't forget that you can raise money for a great cause at the same time. Why not plan your own adventure, working towards a personal challenge where people can sponsor you for your fantastic achievements?

Head to the National Go Canoeing Week website for some fantastic fundraising ideas and all the advice you need to get started.



Looking for some adventure inspiration?

National Go Canoeing Week is the perfect excuse to pick up your paddles and head out on an adventure - no matter how big or small!

Ahead of National Go Canoeing Week 2017 we spoke to two of our members who were inspired to pick up their paddles and head off on adventures for different reasons...

Get involved with National Go Canoeing Week and take off on your own adventure!

If you didn't already have enough reasons to pick up a paddle and take part this year, we asked our athletes why YOU should get involved with this year's National Go Canoeing Week:



"Every week should be National Go Canoeing Week!" - Adam Burgess



"Why not?! There is nothing to lose in trying something new" - Rob Oliver



"It's a great way to keep active and fit" - Ian Marsden



"It's a family activity and you can enjoy the great outdoors" - Emma Wiggs



"There is always something new to see out on the water" - Bradley Forbes-Cryans



"Be imaginative but pick something achievable...just go and do it!" - Ian Styles

Ian Styles

"We took on a paddling adventure to raise money for charity!"

Apart from very limited experience at school Ian Styles had never sat in a canoe before. Upon retirement he decided to buy an open Canadian canoe and take to the water for a 284 mile adventure, from Bristol to London, and back again, enlisting his son Michael along for the ride and raising more than £3500 for charity at the same time.

"The canoe challenge was something I had wanted to do for over twenty years and once I retired I saw it as the perfect opportunity

"Canoeing is something that was new to the family and we definitely started at the extreme end but fell in love with it."

After carrying out initial research, using a combination of online resources, forums and the British Canoeing website for guidance; Ian and his son began training for their adventure. They soon racked up over 300 hours of paddling, loading their canoe with over 30 kilos of bricks to replicate the kit they would need to carry with them on their trip.

"We spent the first few days of training trying not to fall out of the canoe but after some practice we were soon paddling around 25 miles a day.

"Canoeing really is for everyone

"I started training at 58, if I can do it then there is no reason anyone else can't."

If completing the 284 mile journey wasn't enough, the challenge has inspired Ian to carry on and take it a step further later on this year.

"Last year's trip has encouraged me to continue fundraising, and in April 2017 I will be attempting a 'one thousand miles by boat, bike and boot' challenge."

The challenge will see Ian canoe 120 miles, paddling the Caledonian Canal both ways, before cycling from London to Bristol and to finish off, will walk the entire length of the South West Coast path.



If Ian's story has inspired you...

Click here to read more about how the father and son duo with no previous canoeing experience completed the first recorded continuous journey from Hanham Lock in Bristol to Teddington Lock in London and back again...and experienced a Royal encounter along the way too.



Last year's trip has encouraged me to **continue fundraising for Breast Cancer Now**, and in April 2017 I will be attempting a One thousand miles by boat, bike and boot" challenge.

'Ian's latest challenge will see him canoe 120 miles paddling the Caledonian Canal both ways, before cycling from London to Bristol and and back again, then to finish off he will walk the entire 630 miles of the South West Coast path. **The details are on Ian's 'Just Giving' page.**



"Nobody's first major expedition is groundbreaking, it takes practice and experience." - Robbie Mallet

Robbie Mallet

"I'm paddling from London to Istanbul in a canoe I built myself"

For Robbie Mallet, who grew up on an island in the Thames, the water has always been ready and waiting.

"I've been into paddling since I was a baby - my mum used to take me out in her kayak when I was only a few months old.

"It wasn't long until I was sitting in the front of a double kayak and then in my own one!"

May 2017 will see Robbie set off on a 3000 mile paddling adventure from London to Istanbul. He will be taking on the English Channel, Inland Europe and the Black Sea, aiming to be the first person to complete the journey solo - and all in a canoe he has designed and built himself.

"I decided to design and build my own boat as the water conditions across the whole trip will be so different - I needed a boat that would meet all of these needs."

"I wanted to do a big expedition after leaving university so spent hours looking at maps of the world's longest waterways. I initially struggled to find any that were the right length and difficulty, but ultimately discovered the little known fact that you can go from the English Channel to the Black Sea entirely by water!

"I want my first expedition to be achievable while still showcasing my talents and skills. So far I think I've found the right balance.

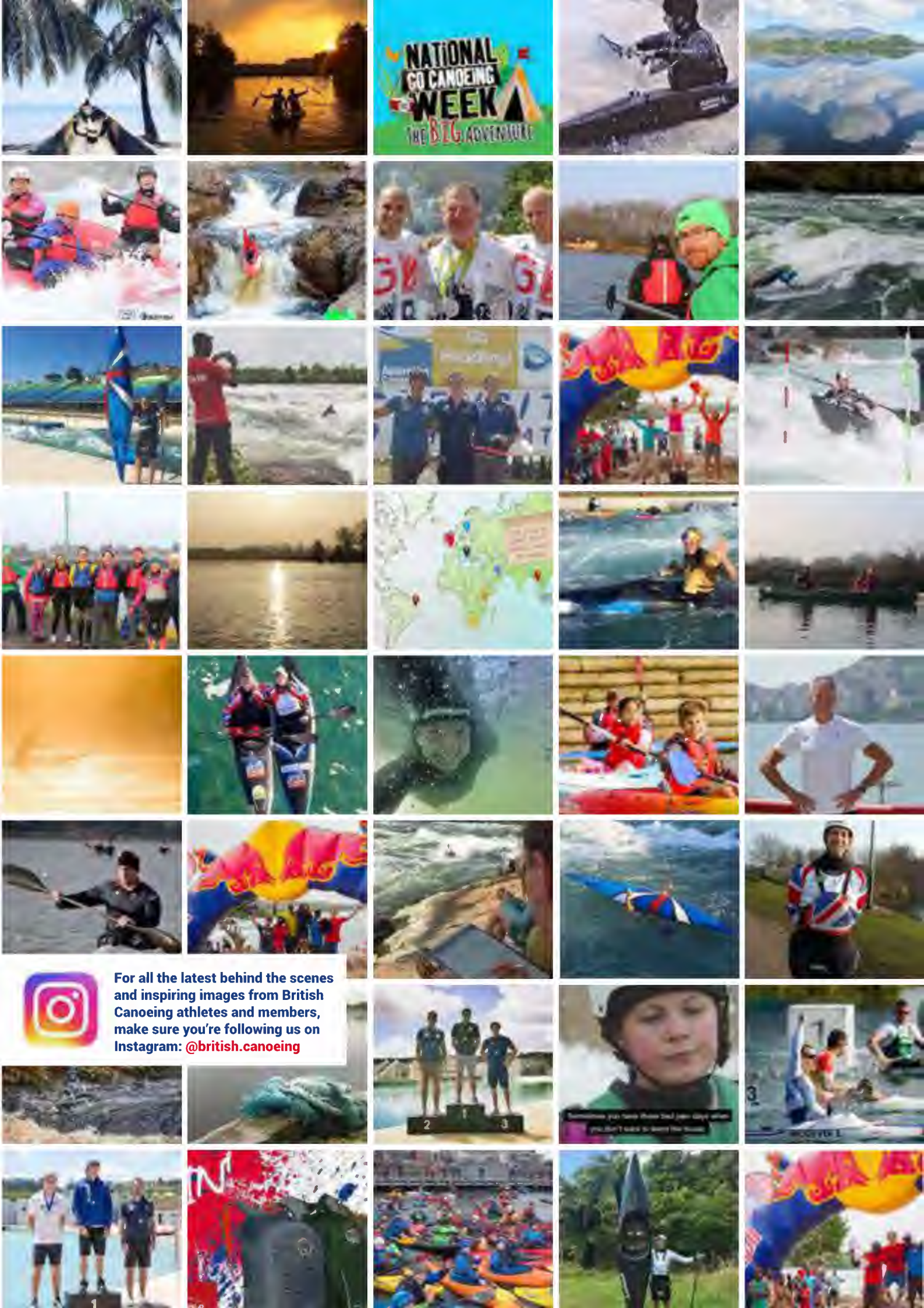
"I'm finding building my boat really satisfying. I've made a lot of mistakes but seeing it all come together from my computer design has been incredible.

"I can't wait to see it float for the first time".

If Robbie's story has inspired you...

Click here to follow Robbie's journey on his website where you can see video updates on his canoe building process and find out more about the route he will be taking.





**NATIONAL
GO CANOEING
WEEK**
THE BIG ADVENTURE

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)



WHY STOP AT 1 MILE?


By Cotswold Outdoor



There are loads of Canoe trails dotted all over the UK, winding their way through cities and picturesque countryside. With a bit of planning one of these trails can make a spectacular microadventure. Pack this kit into a drybag and make sure you're ready for a night under the stars.

First thing in should be your sleeping bag and mat. With these and a bit of fair weather you can sleep pretty much anywhere. But as we all know the great British weather can be a bit temperamental so it's probably worth adding a bivvy bag or tarp – just in case!

Next in, your stove. Even if you find a local pub for dinner, nothing tastes quite as good as sipping on a hot chocolate while gazing up at the stars. And if you're anything like us you'll need a brew to get you going in the morning too.



A headtorch is always worth taking along too. Whether you need to find your way back to camp after an evening of exploring, or just to locate your water bottle in the middle of the night. (Don't forget to check the batteries before you set off!)

As we all know, nothing brings out the bugs like good weather. Keep a bottle or two of bug spray for when the little blighters start biting. Many biting bugs are attracted by sweat, so pack a change of clothes for your post-paddle adventures.

Lastly, an insulated jacket. As soon as the sun goes down a light breeze is all it takes to change the temperature from balmy to chilly. An insulated jacket will pack down to almost nothing and offers great warmth to weight ratio, so there's really no reason to leave it behind.

Find all the microadventure kit you need and much more in your local store, or online at COTSWOLDOUTDOOR.COM. Don't forget, all British Canoeing members receive 15% discount*.



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COTSWOLDOUTDOOR.COM

* T&C's apply

Philip Scowcroft shares his experiences of his SUP adventure in Costa Rica, where he paddled amongst some of the best surfers in the world.



FOCUS ON: COSTA RICA

Costa Rica is a wonderful place to visit. Whatever your choice of activity; the people, wildlife, scenery and choice of things to do are amazing...

I got into Stand up paddleboard SUP surfing whilst on holiday in Mexico and decided to continue when I returned to the UK. After spending many hours falling off and swimming after my board in the North Sea I decided it would be nice to take it on holiday somewhere with better waves and warmer weather.

I'd visited Costa Rica over twenty years ago whilst on a kayaking expedition with a group of German paddlers. We visited the beach during a rest day and I had a great session in the surf as I couldn't resist the waves,

much to the amusement of the Germans, who couldn't comprehend white water playboating on the sea.

We booked a package that included flights, transfers and all inclusive accommodation at a hotel in the Guanacaste region. Information on taking my paddleboard with me on the plane was incredibly limited; however, my local travel agents confirmed that this was indeed possible for a reasonable extra fee, so long as it conformed to their size and weight limits. In order to transport ourselves and the board around



I MANAGED TO PACK

**2 paddles,
a leash,
a lightweight aluminium roof rack,
an inflatable roof rack,
a boogie board,
2 beach towels,
a cable lock and some spare fins
along with plenty of bubble wrap
and pipe insulation to protect everything;**

and still managed to keep the weight down to the limit of 20kg and on arrival at Liberia airport was pleasantly surprised to see that my board bag had survived the flight unscathed. >>





we hired a 4x4 from an internet booking agent in order to negotiate some of the roads we would need to travel on in Costa Rica during the rainy season. Collecting the car proved to be really easy, the sat nav app I downloaded onto my phone worked a treat and the route to the hotel was fairly straight forward.

Setting off the next day to explore the Guanacaste coastline soon highlighted the need for a 4x4. Within 10 minutes of leaving the hotel the Sat Nav was directing us through a river. I wasn't quite prepared to see the water wash over the bonnet but I'd seen enough episodes of 'Top Gear' not to worry too much.

We were headed for Tamarindo which was the town that I had read most about in my research about best places to surf in the world. The town there has grown and developed as a direct result of surf tourism and the waves are pretty much guaranteed there throughout the year. There were numerous launching options and waves to suit every level of competence and we could see why the place was a magnet for surfers from around the world.

Just north of Tamarindo was another surf beach that I wanted to check out - Playa Grande. It was literally a few hundred yards up the coast, but because it was on the other side of a river it was a 40 minute drive to get there. The beach was a huge sweep of golden sand fringed by occasional palm trees, and the waves were better here than we had seen at Tamarindo and provided a range of choices for every ability.

Over the next two weeks I returned to Playa Grande numerous times as it seemed like the destination of choice for the discerning surfers in the area, and I couldn't have asked for better conditions.

I'm no expert surfer by any means, so I stayed away from the main break whilst I got used to the conditions and gradually improved my technique throughout the first week.

Midway through the second week of our holiday it was my 50th birthday and as that was the reason why we were here, I wanted to mark it as best I could. I had decided that today was the day that I was going large and would be joining the expert surfers on the main surf break in Playa Grande. I initially stayed slightly off to the side of the break and rode a couple of waves reasonably well before getting some nods of approval from the locals.

I eventually joined the main line up with everyone else and managed to catch a few good waves. The experience is something that I will never forget and it was great to be on the same waves as some of the best surfers in the world, and to feel like I had been accepted amongst them.

I took a few big hits and managed to come away with some serious cuts and bruises, but nothing was going to wipe the smile off my face. As far as I was concerned, it was the perfect way to celebrate half a century on the planet.



A FEW TIPS AND TRICKS:

- > I chose to take my own board and kit with me, but we saw plenty of hire places (also offering lessons) at most of the beaches that we went to.
- > My board at 8'9" in length proved to be the perfect size for me for this trip. It was small and light enough for me to take on the flight and performed really well on the waves.
- > I took two paddles with me; a fixed length surf paddle and an adjustable as paddling with a longer paddle on the flat water was more comfortable.
- > Locking the board to the car proved to be an interesting challenge eventually solved by raiding my climbing kit. A small climbing nut (the safety device climbers use for slotting into cracks in rock) has a wire loop on it which can be threaded through the leash plug on the board and the loop is big enough to thread the cable through. This proved an effective and hassle free way to allow me to use the cable lock – problem solved!
- > For me, driving round in the car was a real highlight, however it is not for the faint hearted and requires care, concentration and at times commitment to get where you are going.

I can't wait to go back to Costa Rica and would recommend it to anyone.



If you are thinking of heading out there and would like any advice or would like any further information about my experiences out there please don't hesitate to contact me.

**phil.scowcroft@
britishcanoeing.org.uk**



JOIN THE 100 MILE CANOE TEST THIS YEAR!

The 100 mile canoe test began as a personal challenge for young people coming together in teams from youth clubs all over the country. Participants call on their skill, determination and stamina to complete the 100 mile route over four days.

2017 sees the event running for its 55th year on the River Wye over the late May bank holiday. This year the event has been opened up, through partnership with British Canoeing, to welcome all canoe clubs. The 'test' alternates each year, between the Wye, Severn and Trent. Last year it was completed on a very windy Trent!

How Does The Event Work?

Teams will arrive at Fownhope on Friday evening (26th May) and set up base camp. On Saturday morning a procession of mini buses and trailers leave for the start at Glasbury and the first leg of paddling.

Each day safety marshals set off first to scout the river for hazards and set up any necessary cover and the teams will paddle as a unit with their own leaders. Groups are checked on and off the water and their progress is monitored and supported by a team of both water and land marshals. At the end of

the day the boats are stowed on the bank and the groups are bussed back to base camp. Each evening there is a briefing meeting for team leaders.

The event ends on Tuesday lunchtime at Monmouth Rowing Club with a mass paddle over the last mile involving all of the teams. During the four days the young people will paddle Symonds Yat twice by popular demand.

Who Makes This Possible?

PaddlePlus work closely with Hinckley Water Activities Club, Young Leicestershire and Young Bristol to provide a strong, safe framework within which the event is staged. All of these organisations have a long association with the challenge and have experience of delivering this and other paddling events.





What Is Required To Join?

Each team needs a competent leader(s) on the water, a driver and base camp support. The recommended minimum age is 14, however it is down to the discretion of the canoe leader to assess suitability. Any craft can be used and teams find a mix of solo and tandem canoes and kayaks work best to keep paddlers motivated.

The cost is kept to a minimum, each canoeist pays £40 for camping, safety cover, medals and certificates. Team leaders are not charged and each group is responsible for their own food and transport. Many groups use the training paddles leading up to the event to raise some funds to cover some of the costs.

What Support Will Clubs Get Before The Test?

Social media will be used to engage with young people as they prepare and train for the event. Any affiliated youth groups that would like assistance or advice with their preparation and paddling skills can be offered links to local canoe clubs and coaches to help them get the best out of the experience. This includes training in qualifications, local contacts and developing skills at all levels.

How Do Teams Register To Join?

For further information, or to register a team, please email Andy Oughton at: andy@soarpaddler.co.uk or via the [Facebook Page](#).

The 100 Mile Canoe Test takes place during National Go Canoeing Week. Any miles paddled during the week can be entered at gocanoeingweek.org.uk and will count towards the the grand total for the week.



Members Adventures

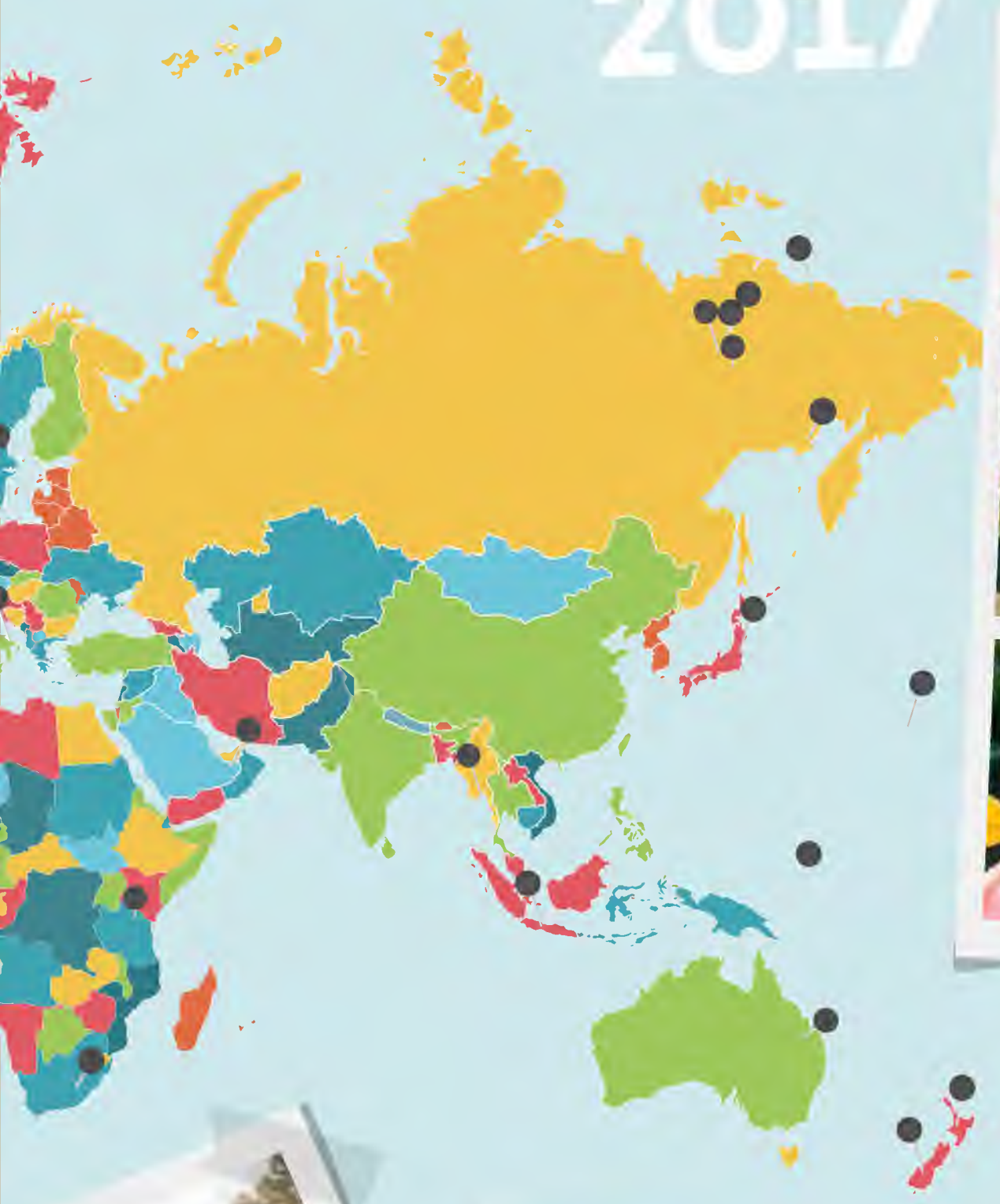
We're plotting all the places British Canoeing members paddle this year...

Where will your membership take you?

Take a look at the map as it grows...



2017



Members Adventures 2017

We want to make a song and dance about all the inspiring, exciting and new places our members visit in 2017. Whether you've tried a local trail, been on your first canoeing holiday, or want to share your adrenaline fuelled adventures with fellow members for inspiration, we want to map your adventure on our unique google map. [click here](#)

There's a few really simple ways you can tell us where you've been paddling...

1 Tag us on social media and add your location!

f On Facebook

- Upload a picture as normal
- In the 'where were these taken' box, type your location. Alternatively, in the text box, type the location.
- Hover over the photo and click. This will bring up a box. Type 'British Canoeing' and tag the **British Canoeing profile** with the blue tick (that's us!)
- Click post!

t On Twitter

- Create a new tweet and upload a picture with that tweet.
- Click the little 'pin' icon and add your location. Alternatively, type your location in the text.
- Tag **@britishcanoeing** in the text box or add British Canoeing when you click 'who's in this photo'
- Tweet it!

i On Instagram

- Upload your photo as you would normally.
- After clicking next from the filters section, write your caption, add a location where the photo was taken, and then in the 'tag people' box, tag **@british.canoeing** (you may have to follow us first).
- Post!
- We will do all the rest when we get the notification.
- [click here](#) to find the Members Adventures map

2 Send an email with your photo, a caption and your location to **mediaenquiries@britishcanoeing.org.uk**

3 Send your photo in the post! If you wanted to print it out and send it to us, feel free! Just remember to include the location and your name. We can't promise to send your photo back though, so please make sure you keep a copy for yourself.

Please address your photos to;
Communications Team, British Canoeing,
Adbolton Lane, Holme Pierrepont,
Nottingham NG12 2LU.



Best places to paddle UK and Abroad

Feeling inspired to take on a paddling adventure? We asked some of our athletes where their favourite places to paddle are...

Emma Wiggs

UK: Either Holme Pierrepont or Nottingham NWSC, the unrelenting wind makes us better & challenges us everyday!

Abroad: Belo Horizonte - it's beautiful peaceful and warm! The ideal prep camp for our incredible Rio experience! Plus there are giant guinea pigs on the banks!

Rob Oliver

UK: Nottingham NWSC

Abroad: Racice (Czech Republic)

Adam Burgess

UK: The Trent in Stone... No white-water but I just love to work on my basic technique there and I always feel nostalgic when I get the chance to paddle there, memories of misty mornings before school and the weird smell which now is 'homely'.

Abroad: it has to be Penrith in Australia... The place is a playground for slalom paddlers. Good features from start to finish but not so demanding on your body like Lee Valley (especially in the winter!) So you can just do lap after lap after lap... Or just spend the whole time crossing 'main wave'! I will never get bored of that!

Rachel Cawthorn

UK: I love a nature paddling on the Thames, or a hard core club session on the River Wey

Abroad: My favourite place to train abroad is in Seville, Spain



Rachel Cawthorn

Adam Burgess



Rob Oliver



Emma Wiggs



Photo Competition

Congratulations to the winners of our Winter photo competition who each won a £25 Cotswold Outdoor voucher for their stunning shots of their paddling adventures. Take a look at the information on the next page for details of our 2017 Competition.



Spring Photo Competition

The British Canoeing photo competition, sponsored by Cotswold Outdoor, is back for 2017!

Have you taken a brilliant photo on the water? Maybe snapped some white water action or a serene paddle down the canal? **Submit your photos** and you could win one of these fantastic **Osprey rucksacks worth up to £60.**



Click here for more information and terms and conditions.





Alone in The Wash: a guide for kayakers

By William Brown

Shared roughly between Lincolnshire and Norfolk, The Wash is the largest estuary in the British Isles and a coastal wetland of truly international importance for wildlife. William Brown shares his tips on paddling The Wash and reasons why it shouldn't be dismissed as a great area to explore...

While most may dismiss the great estuary of The Wash as an empty space to be avoided in favour of more dramatic coasts, its vast landscape of saltmarshes, mudflats, sandbanks and shifting channels offer some inspiring wildlife spectacles and a sense of wilderness.

There are no fixed boundaries between land and sea. At low tide, a vast landscape of mudflats and offshore sandbanks are exposed, providing a feeding and roosting ground for hundreds of thousands of wading birds. However, at high tide they are covered over as the tide creeps towards the saltmarsh.

The kayaking experience is entirely influenced by the state of the tide:

At low tide, you can paddle out to the offshore sandbanks to get close-up views of hauled-out seals, and collect shellfish such as cockles, mussels, shrimps and whelks. Whilst high tide provides the opportunity to explore the network of saltmarsh creeks, or watch as huge flocks of waders, sometimes numbering over a hundred thousand strong dance overhead.

Those seeking a challenge might consider paddling across The Wash between Lincolnshire and Norfolk. This is not to be underestimated, and it is important to get the wind and tidal conditions to work in your favour. My own crossing made in relatively calm conditions took around six hours, including lunch taken on a sandbank conveniently situated near the 'Roaring Middle' midway across The Wash.

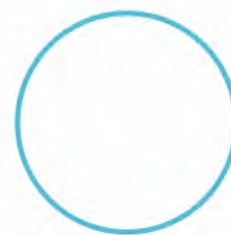
The weather was beautifully sunny, and I had a strange Robinson Crusoe feeling standing on sand surrounded on all sides by water!

Once you get into the estuary you will inevitably have the place to explore for yourself. Although The Wash has an important commercial shellfishery there is very little recreational boating activity. At low tide, you can haul onto an offshore sandbank and walk around for miles, but within a few short hours the tide has erased any trace of solid land.

Whilst there are no dramatic coastal cliffs or sea stacks as there are on 'hard' coastlines, kayaking around the Wash feels adventurous and, as with any expedition, you need to be adequately prepared. It requires a good knowledge of tidal conditions, and how they combine with the wind to affect paddling, the ability to navigate in a featureless landscape and caution in avoiding soft mud and quicksand. Due to the large tidal range, paddling trips inevitably involve drifting into the estuary on an ebbing tide and returning with the flood.

I find a good quality sit-on-top kayak allows me the advantage of easily dismounting onto the sandbanks and the ability to fish and forage for cockles, mussels, and samphire.





Access for paddlers

Unlike other estuaries, there is no industry and very few settlements surrounding The Wash. Instead the coastline is protected by the largest area of saltmarsh in the British Isles and the consequence is that there are no convenient harbours allowing easy access for paddlers.

Four major rivers flow into The Wash (the Witham, Welland, Nene and Great Ouse) and their mouths offer the best places to access the estuary. Unfortunately there are no convenient slipways at the river mouths and it is necessary to egress down the riverbanks.

Due to the steep artificial profile of the banks it is advisable to access the rivers only around high water - unless you enjoy the thrill of a giant seal launch!

For those wanting easier access and willing to paddle further downstream, there are public slipways on the Welland at Fosdyke Bridge (TF 31780 32250) and Common Staithe Quay in King's Lynn on the Great Ouse (TF 61480 20396).

It is also possible to launch from the public beaches at Skegness, Hunstanton, Heacham and Snettisham.

Recommended excursions:

- **Snettisham wader spectacular** – experience the sight and sound of enormous flocks of wading birds from the perspective of the water off the RSPB Snettisham reserve. Access from Snettisham beach (TF 64768 33510) around high

tide. Time your visit to coincide with a large spring tide (>7m) between August and April. Then paddle 8km west to Seal Sand to observe the large seal haul-out site at low tide.

- **Frampton and Kirton Marsh** – one of the largest saltmarshes in the world with miles of creeks to explore at high tide. Seals rest on the outer marsh and you can collect samphire. Access down the River Welland from either the public slipway at Fosdyke Bridge (TF 31780 32250) or the Haven riverbank at Cut End car park (TF 38062 39153).
- **Outer Trial Bank** – a strange artificial island called locally the 'Doughnut' that was constructed in the 1970s as part of a scheme to store freshwater within The Wash. Now abandoned, it has become an important seabird colony and therefore it is not permissible to land during the nesting season (April-August). Access from the mouth of the River Nene at Guys Head (TF 49273 25615) around high water.
- **Gibraltar Point** – an internationally important coastal national nature reserve with sand dunes, shingle spits and saltmarsh. Access from the Festival car park at Skegness (TF 57048 62915) and paddle south to the mouth of the River Steeping. Seals use the offshore sandbanks as a haul out site.

Canoeing in Woodland

Caribou Provincial Ontario Canada

World Class Destination

Words Dave Halsall

ADVENTURE

www.britishcanoeing.org.uk

Photo credits: singingpaddles.co.uk



For those looking for a unique paddling adventure; where you can travel in the paddle strokes and footsteps of our forebears and immerse yourself in canoe culture then this is the area for you. You can leave the crowds behind and experience canoe travelling at its finest.

I arrived in Red Lake, north western Ontario, on a Bearskin Airline flight; a great airline to fly with as the planes are so small that you can have both a window seat and an aisle seat at the same time! I was going out into the bush with Harlen and his husky dog Keto, she hates flying. We spent a day getting equipment and food ready for the trip and that also allowed me to get over the jetlag. The service and equipment from Red Lake Outfitters was first class with an attention to detail and gear such as Kevlar canoes and Gransfors axes. They offer bareboat to full outfitting and can also help with fishing permits and tackle.

The flight out into the bush was at 8am, Ben our pilot arrived at the pontoon from across the lake in a small motor boat, and he hopped out of the boat and deftly turned the floatplane around in the water, by hand. It took longer to catch Keto, who had gone AWOL, than load the plane but we eventually took our seats and taxied for take-off.

A flight in a floatplane is surely the best way to get into the bush; it is so exciting, from the air you can see the interconnecting waterways and the mixture of old and new growth woodland providing a rich tapestry of wildlife habitats. Once the plane departs it also leaves you with the beautiful feeling of separation from the rest of the world; remoteness and self-reliance.

>>

Woodland Caribou Provincial Park and why paddle there

- The most northerly paved road in Ontario ends there; so remote
- sees about 800 paddlers a year; you will probably not see anyone else
- options of driving/flights drop off/ collection or mix of the two
- great fishing and wildlife
- great campsites which are truly wild; little used and you can easily find one unlike in some parks where you might even have to book one and an itinerary
- more wood to burn on a campsite fire than you can shake a stick at
- a 'cultural' landscape; paddling and walking through an area that has been used for thousands of years
- the forest is allowed to naturally burn as this part of the whole forest regeneration
- short average portage length 300m
- no restriction to where you can paddle
- great mapping of the area
- great outfitter with top class equipment



>> After a couple of cruises up and down our landing lake Ben put the plane softly onto the water and nosed up to an island to help to get the gear off. I took some photos, Keto had a sniff around and Harlan, as always keen to fish had a couple of quick casts and caught two good sized walleye on each.



We packed and were off on our adventure, navigating through small lakes dotted with islands that made navigation interesting, but with no big crossings we were protected from high winds. The lakes are linked by portages which, throughout the park, average 300 metres and in keeping with the wilderness appeal of the park, navigation aids such as portage and campsite markers are nowhere to be found. In their place, paddlers can rely on traditional axe blazes to mark the way and have to think in the “cultural” landscape ‘where would I portage’, ‘where would I camp’; where would our paddling predecessors have travelled and stopped? There is no worry though as there are plenty of established wild campsites offering superb locations. The walks gave us the chance to observe the natural history of the area; birdlife, plants and animals. We found the large bleached bones of a moose on one portage.

The park is located within north western Ontario’s Boreal Forest. It is a natural fire driven landscape and is ever changing. Passing through the area the traveller has a chance to look at the various habitats in great detail from old growth forest to areas littered with fire charred trees and fresh regrowth that attract different plant and animal species.

Some of the notable wildlife encounters were moose feeding in the shallows, a lot of evidence of beaver, nightjars; both flying and roosting, numerous lady’s slipper orchids, and a large snapping turtle visited one evening. There were the mandatory Loons, and they did oblige us on most evenings with their plaintive call to remind us that we were in the land of the canoe. We did not see any woodland caribou as they are mainly solitary and in small concentrations in the park.





All too soon we had to call Ben on the sat phone for a pick-up; the weather was touch and go and we had to wait, so we spent the time re-signing a recently burnt out portage trail that came down to our pick-up beach. We found route finding a little problematic and over the difficult sections had to rely on Keto's special skills to find the route. It was so simple for her, she could probably smell the numbers of feet that had travelled the portage last year. We marked these sections with orange tape to make it easier for people travelling later in the year. I am sure someone in the summer; struggling carrying a canoe in the heat with little visibility would have mentally thanked us.



Portage marked we went and sat on the beach. Harlen pre-empted Ketos disappearance by tying her to a tree and we waited for the inevitable sound of the engine that would announced Bens' arrival.

He took a couple of sighting laps of the area before landing and taxiing over. We quickly loaded the plane and Ben stood on one of the floats and paddled the plane out into the bay. He then had to dash into the



cockpit and start-up before the plane got blown back in the wind. It was a choppy lift-off but from the air I could see some of the route we had taken on the days we had been paddling. It was a very small part of the park indeed; more to go next time!

Extra Information

Dave Halsall

www.singinpaddles.co.uk

Windows on the Wild

www.windowsonthewild.com

Red Lake Outfitters

www.redlakeoutfitters.com

Ontario travel

www.ontariotravel.net

The Bliss Canoe Trail



A trio of intrepid paddlers are preparing to take on the historic 'Bliss Canoe Trail' - an 862 mile circumnavigation of the inland waterways of Britain. A trail first devised by William Bliss in 1934 and written up in his book, *Canoeing*.

Noddy Crouch, Mark Jan Dielmans and Andy Oughton plan to start in Leighton Buzzard on 6th March. The route includes 506 locks, 13 Tunnels and the Bristol Channel. It takes in all of the Devizes to Westminster race route, most of the Desmond Family Canoe Trail across the top of the Pennines, all of the Soar Tour, a quick dip into Wales and out on the River Severn and most of the River Trent.

The journey takes in nineteen different canals and rivers, with two short dry sections on the Montgomery Canal, which is currently under restoration.

Starting at Leighton Buzzard should mean that the group reach Holme Pierrepont on the 11th March, ready for the Coaching Representatives National Forum and a good shower!

The three paddlers are looking for any support which could be offered along the way; such as overnight hospitality, supply runs, places to pitch their tents or hot meals. Another important element for the team is for others to come out and be a part of the trip. Whether this be by joining them

on the water for a section or coming to photograph them and therefore record their journey.

Recently Colin Broadway, Chair of the East Midlands Regional Development Team, has championed the resurrection of this ultimate touring challenge. The ambition being that different sections of the trail are 'adopted' by the ten British Canoeing regions it passes through.

'A couple of years down the line it would be great to set one weekend a year when all of the trail is paddled by lots of groups of paddlers doing different sections over the same two days.' Andy Oughton

This will allow local canoe clubs and paddle groups to celebrate their section by setting a date each year

when paddlers could share the section with them. These groups can also contribute local knowledge to the online route, which is part of PaddlePoints.net The trail will hold many options for today's paddlers.

Some may choose to follow in the wake of Noddy, Mark and Andy and go on a full grand tour of the route. Others may opt for paddling the route in small sections over a longer period. Indeed, ticking off different sections could become the paddling equivalent of Wainwright bagging!

Hou Canoes have shared the vision for the Bliss Canoe Trail and are supplying the canoes for this trip but, more importantly, are also sponsoring the Trail, Touring Logbook and associated web site. There are plans for this website to incorporate an online calendar, where opportunities to paddle parts of the route will be posted.

'The beauty of the Bliss Trail is that membership of British Canoeing includes a licence which covers all of the waterways paddled on the trip.'

- Andy Oughton

If you can't get along or help in person you may want to **sponsor** this adventure.



Noddy has set up a **fund raising** page to raise much needed funds for **Great Ormond Street Hospital**

Feel free to give them a virtual cheer along their way with a **donation**.



The Washburn calendar of releases for 2017 are now available!

Dates (March - May 2017)*

Sunday **12th March**

Sunday **26th March**

Sunday **9th April**

Saturday **22nd April**

Sunday **23rd April**

Sunday **7th May**

Sunday **21st May**

**Sessions may be subject to change, please view the calendar online for full details and further information such as times, charges, amenities, events happening on release days and organiser information.*

Registration information:

It is vitally important that users of the Washburn pre-register to give organisers an indication on expected turn out. Not only does this aid planning, but it helps towards fulfilling our obligation to manage the releases in a responsible way.

It's really easy to pre-register, **just click here** and fill out the short google form.



Click here
to view and
download the full
2017 calendar



Want to find out more?

Take a look at this video from one of the earlier 2017 Washburn releases hosted by Greenstar Canoe Club!



Staying safe in the water

Canoeing is a fun way to experience nature, spend time with friends and family and embark on lots of outdoor adventures but it is important to follow appropriate guidelines to ensure your safety.



be certain to let others know where you're going and when you're expected to return



that the journey you plan is within your capabilities



you never paddle alone

Wear appropriate clothing: Always wear shoes. Rocks, rough terrain and river beds present serious hazards to boaters without the proper attire. Nearly 90% of all boating injuries are attributed to lack of proper footwear.

Other canoe safety clothing includes: hats, gloves, additional dry clothing and layered items which can easily be removed. Take or wear a windproof top and course always wear a buoyancy aid - for children make sure the crotch straps are used.

Be prepared for your trip and make sure to pack everything you need!

[Click here for more information](#)

Safety checklist:

- Boat
- Paddle
- Buoyancy Aid
- Bailer/sponge
- Small First Aid Kit
- Phone (in a waterproof bag)
- Drinking water and snacks
- Suitable clothing for the weather

The British Canoeing website has a dedicated area offering tips and advice for staying safe on the water as well as information on how to access skills courses, places to paddle and details about approved clubs and centres local to you.

WORKING TO SHARE OUR RIVERS

British Canoeing is continually working with our volunteers, clubs and partners to gain recognition of the access issues on our rivers. Having a clear policy is important because, as paddlers are only too aware, the law regarding access to and along our rivers and lakes is complicated.

As our previous policies on access have been in place now for over five years we felt it was time to review them. From this our new position statement on shared use has just been released, and is live on our website. The position regarding access is essentially unchanged from our previous policy:

we believe research over the past 20 years has made a strong challenge to the assumption that most rivers are private, however, unfortunately only the courts can weigh up the various claims in a situation like this. We therefore believe the

law can only be seen as unclear. We have however updated our position on Shared Use of rivers, elaborating on how paddlers and others can work in partnership in a fair, inclusive and cooperative way.

We know the difficulties paddlers have with Access Arrangements. Most of these have, historically, been negotiated without the support or involvement of the paddling community, and have therefore resulted in unfair, restrictive terms. Many partners, from government to large landowners, also ask us





not only where we stand on initiatives to ensure fair use for all, but also how we believe this can develop further in the future. We believe our new policy outlines a much fairer method for promoting true Shared Use of our rivers which is fair to all and builds positive relationships with other water users.

To complement the shared use document, we have also refreshed our briefing note for paddlers on trespass. It's important to note that this doesn't give definitive legal advice for any situations where trespass is alleged (please let us know if this happens!). However, hopefully it does give you

some information on how all our actions on the water may feed into any claim, along with some information regarding the various types of Trespass and more information regarding the coverage for such claims our insurance provides.

We hope you feel our new position statement on Shared Use strikes an effective balance between a robust approach to the ambiguous laws covering navigation and developing a fairer, more cooperative approach to working with others on our rivers. We would welcome any feedback you have on either of these two updated documents.



Please get in touch with any feedback on these documents by emailing us at access@britishcanoeing.org.uk. You can also use this for any other access issues or queries you have.



Click here for more information and to view the updated statements

Jeff Simmons:

7th April 1925 – 11th November 2016

Sadly the canoeing world lost a legend at the end of last year. Jeff Simmons died aged 91.

Jeff was a hugely dedicated paddler who raced the iconic Devizes-Westminster race and many others. He not only raced but was also the support crew for many paddlers.

His passion for paddling motivated him to start Westel Canoe Club (now Hampton Canoe Club) out of his back garden in Ashford, Middlesex in 1970.



He started the club with his wife Barbara (Babs) and a few friends. The club initially began with Jeff and Babs' boats. They then began making club boats on the site and this is how the club has grown over the years. Jeff and Babs with a few other members managed to secure the current location for the club in Hampton on the bank of the River Thames in 1990.

He has been a true ambassador for canoe and kayaking as he has taught so many people everything he knew over the past 46 years which has included coaching and introducing beginners to the sport whilst also working with more advanced paddlers,

coaching and encouraging them to compete in various sprint and long distance races. He was also constantly repairing club boats and equipment and teaching others to do this whilst being a dedicated committee member from 1970 until 2014.



Both Jeff and Babs paddled in perfect synchronisation in their canoe. They were a pleasure to watch, switching sides in perfect harmony, in addition to this, Jeff wasn't afraid to push the boundaries and wasn't shy of capsizing. He would always have a smile on his face both in and on the water and when talking to anyone about paddling.

His enthusiasm has been passed down to the various generations who met him and there are many people still paddling (and only paddling) due to meeting Jeff and feeling his passion and vigour for the sport.

He will certainly be missed by those who knew him, and I am sure that everyone who met Jeff will feel fortunate that they did. The sparkle in his eyes will always live on in my memory.

Emily Harding, member of Hampton Canoe Club

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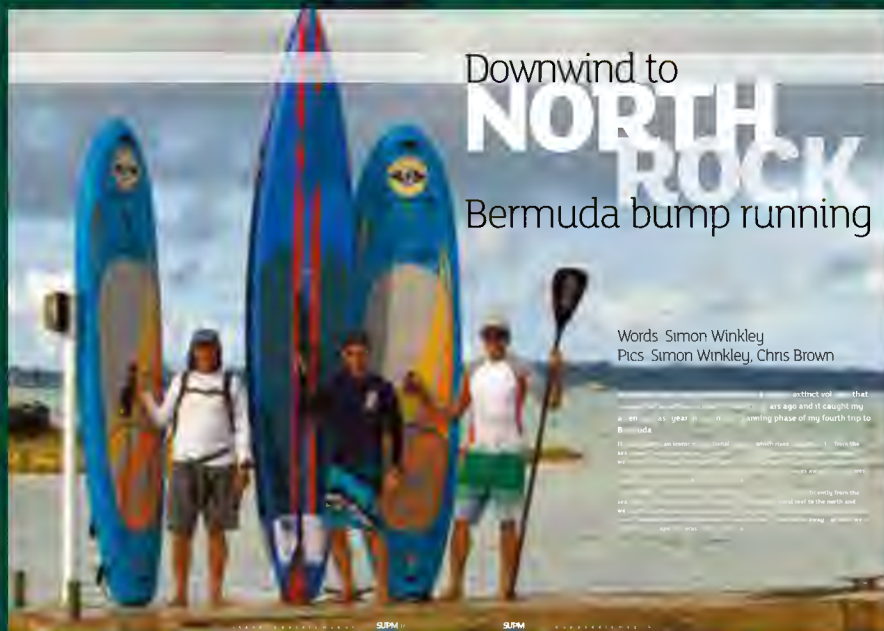
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Guide to getting published in Canoe Focus digital magazine



Canoe Focus digital magazine is our members magazine. It is published four times a year in March, June, September and December. If you have an idea for an article you think would interest our audience then we want to hear from you.

Audience and purpose

The purpose of our content is to inform and entertain and we have a wide audience. Our membership demographic is far reaching and spans across all ages, genders and paddling disciplines - both recreational and competitive.

Send us a pitch

We are always open to new ideas and content suggestions. Before you start writing your piece we recommend you send us a short pitch (roughly 150-400 words) outlining your idea, as we can't guarantee the publication of every story we receive.

Take a look at some of the examples on the next page to get an idea of the type of content we regularly look for, and for details on where to send your pitch.



To find out more about sending your content to us and to download our guides and templates [click here](#)

Questions?

If you have any questions or need some guidance please get in touch - we're here to help!

Send an email to:

mediaenquiries@britishcanoeing.org.uk

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A PADDLE SPORT FESTIVAL

3RD & 4TH JUNE 2017

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Padding for all levels
Water and land workshops
Paddle tours
Young guns freestyle
Boater cross heats
White water racing demo
Live band & hog roast

Sunday 4th June

Padding for all levels
Water and land workshops
Freestyle competition
Paddle tours
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