

# CANOE FOCUS

**Cotswold  
Outdoor  
Christmas  
gift guide!**

Read more on page 24

**Canoeing in  
the spotlight**

Read more on page 15

**What's on your  
paddling bucket  
list this winter?**

Read more on page 44

Photo Credit: S Lane photography



**COTSWOLD**  
outdoor

“Can you feel it, the restlessness, the pull, the desire? To go and do, to be somewhere else, to pack a bag for an hour, a day or even more and just go. To find somewhere special, a favourite spot or a new place to explore. We say go. Go and find your somewhere with our new Winter range, now in-store and online at [cotswoldoutdoor.com](http://cotswoldoutdoor.com)”

## Let's Go Somewhere

Exclusive **15% discount\*** for British Canoeing members with code **CANOEAW17**

Proud to support



\*Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. Only valid upon production of your British Canoeing membership identification in store or use of valid discount code online. Offer expires 28.02.18.

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# ROCKET

Gear for the next generation that's ready for a lifetime of adventure. Our new Rocket pants make a two-piece set with the Rocket jacket, and they both play nicely with the rest of our kids sized gear.



*Palm*®

# Information about changes to **British Canoeing membership**

**From April 2018 British Canoeing membership categories will be changing!**

British Canoeing has now completed its review of membership, having taken into account the extensive feedback received from members and clubs through the focus groups, summer roadshows and member surveys.

## The key changes are;

1. The introduction of a free "Digital Sign Up" for fans, supporters and independent paddlers.
2. The introduction of a Club Associate Membership category for members of clubs who are not members of British Canoeing
3. The introduction of a new category of membership for national volunteers and officials who do not paddle
4. Improving the services for full individual members
5. Making some amendments to the Family membership categories

We will be working closely with members and clubs to make sure the changes are fully understood.

A list of FAQs will be developed, released and updated regularly to answer the most frequently asked question by members and clubs.



**Click here** to visit our web page which outlines the changes in more detail.



## On the Bank

### Includes:



**Insurance for:**  
- officials and volunteers



Communications



Free advice and support from  
British Canoeing



Special offers and discounts



E-Membership Card



Voting Rights

## On the Water

### Includes:



**Insurance for:**  
- officials and volunteers  
- club sessions  
- all canoeing activities  
- coaching



Waterways License



Communications



Free advice and support from  
British Canoeing



Access to competitions



Special offers and discounts



Access to coaching courses



E-Membership Card



Voting Rights



Optional pay extra boat  
insurance

## Club Associate

### Includes:



**Insurance for:**  
- club sessions



Communications



Free advice and support from  
British Canoeing



Special offers and discounts  
(limited)



Optional pay extra boat  
insurance

## Sign Up

### Includes:



Communications



Free advice and support from  
British Canoeing

# Festive events

The festive season is fast approaching! Here's a taster of what some of our clubs and centres have planned over Christmas. If you get up to anything festive on the water remember to tag us in your photos!

## Southern regions:

### New Forest Activities!

Join us this Christmas for a festive paddle on the Beaulieu River to find Santa! Enjoy exploring the stunning river on a 90 minute guided tour with the added excitement of knowing you'll soon be meeting jolly old Saint Nick.

All Children will receive a gift from Santa picked especially for them by Santa's elves. It's the perfect thing to make every child's Christmas extra special.

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



**DEC 10**  
**Kayak Adventures**  
 Portsmouth - 11am  
**10<sup>th</sup> December 2017**

Wrap up warm and get your santa suit on, time for a paddle in the December Sunshine (weather permitting) Help us raise some money for the RNLI, and have a bit of winter fun.

Entry Includes; Santa suit, lifejacket, Comfy seat, Paddle, Hot soup and bread roll and mince pie on completion, plus kayak and safety cover. - Places are limited

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

**Fluid Adventures:**  
**New Years Eve paddle**  
 Chichester

**Are you a keen paddler?** - what better way to see in the New Year than to be afloat on the fabulous Chichester Harbour taking in the fantastic array of surrounding fireworks that are likely to light up the sky over the south downs! Join us as we venture out in the dark for a 2 hour paddle around midnight and enjoy a small glass of prosecco on us to toast in 2018!

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

## Northwest:

Looking for a festive activity for your canoe club? #SantaSplash2017 is free to join – book today!

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



# FAST TRACK ADVENTURE PRO

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Find out more: [www.pyb.co.uk/fasttrack](http://www.pyb.co.uk/fasttrack)

# Winter Club Challenge

**Looking for the perfect way to motivate your club members to get on the water this winter?**

**Then look no further! The annual Winter Club Challenge is back for the season and there are some great prizes up for grabs.**

The challenge encourages clubs to compete for the most miles paddled and most places paddled from. To make it fairer clubs are split into two categories; Flat water racing clubs\* and recreational/touring clubs. There is a £100 prize for the most miles paddled in each of these categories.

All miles and places paddled between **December 1st and February 28th** can be logged via our dedicated Android app or by filling in the wall chart we will send out once you register. There is also the option to log your miles with our excel spreadsheet, which can be found on the [Winter Club Challenge web page](#).

The challenge is also a chance to get social with some friendly competition. Share your progress on Facebook or Twitter using #WinterClubChallenge and we can share your posts on the British Canoeing social media. A great way to keep the competition on their toes!

You can also track how you are faring via the live leaderboard, which will be displayed on the [web page](#) throughout the challenge period. This gives you the chance to get out and clock up some extra miles if you find yourself slipping behind.

*\*Flat water Racing Clubs - These are those clubs who have entered and are listed on either the Inter club sprint champs and /or the National Marathon Champs results.*



For more information and to **register your club or group for the challenge** click **here**. Don't go letting another club bag that prize money!



## WINTER CLUB CHALLENGE

# Fed up of wrestling with your wet gear?

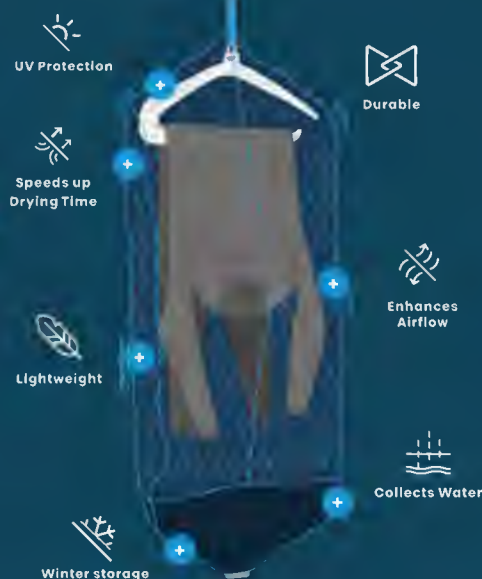
£12 off  
using code  
'canoe'



Love to canoe?

Dislike doing this?

How about this?



## Dry your wet gear on the drive home

[thedrybag.co.uk](http://thedrybag.co.uk)

   /thedrybag



# Dates for the diary:

## 17<sup>th</sup> February 2018

**British Canoeing  
Coaching And Leadership  
Conference 2018**

Eastwood Hall, Nottingham

17<sup>th</sup> - 18<sup>th</sup> February 2018

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



## 24<sup>th</sup> March 2018



**British Canoeing 38<sup>th</sup>  
Annual General Meeting**

Eastwood Hall, Mansfield Road,  
Eastwood, Nottingham, NG16 3SS

Saturday 24<sup>th</sup> March 2018  
at 11am

The Annual General Meeting of the above named company will be held at Eastwood Hall, Mansfield Road, Eastwood, Nottingham, NG16 3SS on Saturday 24th March 2018 at 11am. All members are welcome to attend.

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

## 2<sup>nd</sup> April 2018

**New membership  
category launch**

April 2<sup>nd</sup> 2018

British Canoeing will be launching it's set of new membership categories on the 2nd April 2018.



# Things you might have missed

## RNLI Respect the water campaign

The RNLI recently launched a new video sharing the story of Dom Jackson to remind paddlers to always carry a means of calling for help and keep it within reach. Dom went kayaking and didn't come home. He got into trouble on the water and couldn't access his phone. The RNLI, in partnership with Dom's sister Ellie launched this video to share the importance of carrying a means of calling for help at all times. Follow this link to read more safety advice from the RNLI about kayaking and download their safety guide.



## Toby Booth wins Norfolk Young Sports Personality of the Year Award

Norwich Canoe Club's Toby Booth has been named as the winner for Norfolk's Young Sports Personality of the Year Award for 2017. The 14-year-old sprint athlete had an excellent September sprint regatta in Nottingham, competing in 11 races across the K1, K2 and K4 disciplines, winning all his heats and finals.

Toby, and all the other winners at the regions at the region's sporting awards, were selected from more than 340 nominations, which was narrowed down to a shortlist of three candidates in each of the 11 categories.



## Emma Wiggs and Jeanette Chippington nominated for awards at SWOTY 2017

Congratulations to Emma Wiggs and Jeanette Chippington who were both nominated for Disabled Sportswoman of the Year at the Sportswoman of the Year awards back in October! Here's some photo's from the awards night....



## Mallory award nomination

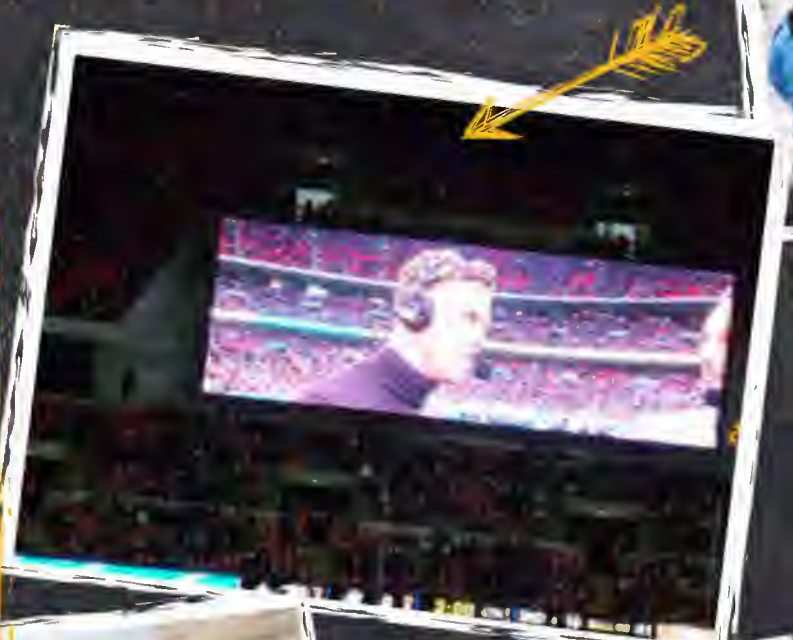
Congratulations to Mallory Franklin who was nominated for Actionwoman of the year at the BT Sports Awards.



# CANOEING IN THE SPOTLIGHT

## Joe Clarke takes kayaking to a whole new audience!

It was great to see Olympic champion Joe Clarke pitch-side at an NFL game at Wembley back in October, following his appearance on the NFL show on the BBC, where he let former American Footballer Osi Umenyiora try his hand at canoeing at the Olympic legacy course Lee Valley. British Canoeing went along to the filming of the NFL show.





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**Stand Up To Cancer Launches 'Great Canoe Challenge' With Host Of Celeb Supporters**

British Canoeing supported the 'Great Canoe Challenge' alongside Stand Up To Cancer, with a particular involvement in coaching the paddlers and celebrities! You can see how they got on by following the link to the SU2C youtube page.

**Mallory Franklin: 'I have been paddling since I was five. I don't think I will ever stop'**

Following her BT Action Woman nomination The Telegraph caught up with Mallory Franklin for an interview!



**Go Canoe is now available to watch on Youtube!**

Features from our Go Canoe show from Sky Sports mix are now available to watch on Youtube! From freestyle, to marathon to beach safety and interviews with some of our medal winning athletes; Go Canoe features a range of disciplines and action packed content.





Watch the  
**Youtube**  
Video here

## Kayaking takes centre stage in the latest McDonalds advert

Some of you may remember that we were asked to put out a casting call at the start of the summer on our Facebook page looking for kayakers to take part in a television advert. Well here's the finished product...It turns out McDonald's wanted to make kayaking the focus of one of their latest television adverts! You may even recognise the filming location as the advert was shot at Lee Valley!

## Heart Radio Kayak Challenge

Heart Radio took to the water for a charity challenge back in October. Gemma Hill from Heart Breakfast West Midlands conquered their biggest challenge ever! To Kayak from London to Birmingham in just 5 days - that's a staggering distance of over 150 miles and she did it! Well done Gemma!



Watch the  
**Youtube**  
Video here



## Behind the scenes with CBBC

We went behind the scenes with CBBC's Totally Amazing show and Combined 8 times Freestyle World Champion Claire Hara for an exciting project. Watch this space for more information soon...





# News

## Scott Simon wins Invictus Games bronze

Congratulations to Scott Simon, who leads British Canoeing's Olympic Development Programme, after winning a bronze medal at the 2017 Invictus Games. Competing in powerlifting, Scott claimed third place for the UK in the Men's Heavyweight final with a result of 175.00.



[Click here to read more](#)

## British Canoeing links with Sport and Recreation Alliance

Ben Seal and Richard Atkinson, from the British Canoeing Places to Paddle

Team, were delighted to meet Sport and Recreation Alliance Board Member, Anne Usher MBE at the Sport and Recreation Alliance in London on 29th Sept 2017. The two organisations met to discuss how they can work closer together to ensure that a much greater voice is delivered

from the sport and recreation sector in relation to getting much needed access onto our waterways so as people and communities can be more active and enjoy England and Wales beautiful natural environments in a responsible and sustainable manner.



[Click here to read more](#)

## 185 Burnley School children combine science & Canoeing on the Leeds & Liverpool Canal

The Canal & River Trust waterway charity hosted

a week-long programme of free canoeing and science activities for local schoolchildren in Burnley. 185 schoolchildren from Year 5 & 6 combined a morning or afternoon of canoeing along the Leeds & Liverpool Canal in Burnley with an indoor hands-on science workshop, designed to help explain factors that affect whether

an object sinks or floats. This new programme, held between 25 and 29 September, was part of a whole host of initiatives the Canal & River Trust offers to schools free of charge and was run in conjunction with its Desmond Family Canoe Trail, the UK's first coast-to-coast canoe route, which runs through Burnley.



[Click here to read more](#)

## Dudley and Netherton Tunnel tour a huge success!

On Saturday 21st October, 53 paddlers took to the waters around Dudley to explore the elusive Dudley and Netherton tunnel system which is only open to canoes and kayaks on a few days a year.



[Click here to read more](#)

## World Surf Kayaking Championships riding high on success

Over 130 competitors from nine countries across the

globe take to the magnificent waves of the Atlantic Ocean at Portrush for the World Surf Kayaking Championships. This was the first time the competition - which ran from Friday 21st to Thursday 26th October - has ever been held in Northern Ireland and conditions did not disappoint. In the wake of Hurricane

Ophelia, the surf at both the East and West Strand beaches in Portrush was offering splendid conditions for teams and individuals from as far away as America, Argentina and Australia to compete and showcase their impressive world-class, professional moves.



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qualifications



white water kayaking



open canoeing



Stand up paddle boarding



sea kayaking

# 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.

## 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)



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.

## 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 **Blossoming Gifts website**.

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

## 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.

## 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.

## IHG

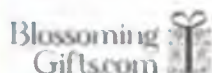
IHG provide British Canoeing members with a discount of up to 30% off the Best Flexible Rate for rooms at Crowne Plaza, Hotel Indigo, Holiday Inn, Holiday Inn Express and Staybridge Suites hotels. **Click here to find rooms**.

## 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**



# Outdoor Gifts

on everyone's wish list

## this Christmas

We know how difficult it can be to pick out the perfect Christmas gift, so to help make it a little easier we've picked out a few sure-fire hits that are bound to be on everyone's wish list this Christmas, they're certainly on ours!

### GoPro Hero6 Black

Capture every moment with the new GoPro Hero6 Black.

Capable of recording at 4K with Advanced Video Stabilisation the Hero6 Black is the pinnacle of action camera technology. Download the new QuikStories app and edit your videos straight away on your phone.



### Petzl NAO

We're huge fans of the Nao headtorch from Petzl.

It's inbuilt light sensor automatically adapts the beam strength based on ambient light, automatically dimming when you look at a map or something close up. Look away into the darkness and the full 750 lumen beam is brought to bear. Download the accompanying app to your smartphone to see the remaining burn time and set up custom profiles.



### Rab Microlight Alpine

One of our favourite insulated jackets, the Rab Microlight Alpine is filled with responsibly sourced hydrophobic down.

Whether you're heading to the shops or into the hills, a Microlight makes the perfect companion. This Christmas we also have a few exclusive colours you can't find anywhere else.

## Don't Forget The Stocking Fillers

From the serious gifts in small sizes to the quirky little extras, every Christmas we pick out an amazing range of stocking fillers.

If you're buying for a big kid or a little adult, with scratch maps, multi tools and more now in-store, we can help you add something to their stocking that's sure to make them smile.



## Fjällräven Abisko Hike 35

There's nothing quite like Fjällräven's signature style.

Lovingly crafted with an undeniable focus on quality, the Abisko Hike 35 is a durable, reliable daysack. Top loading with side access zip and lightly padded shoulder straps, the Abisko Hike 35 is perfect for escaping back to nature for an hour, a day, or more.



## Garmin Fenix 5X Sapphire

Wearable technology has come along leaps and bounds over the last few years.

The Garmin Fenix 5X Sapphire is the best of the best. With full-colour European maps, a wrist-based heartrate monitor, and multiple training profiles, the Fenix 5X is the ultimate adventure companion. And as an added bonus it's waterproof up to 100 meters.



**COTSWOLD**  
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Help that Christmas budget go a little further with our exclusive **15% discount\*** for Canoe Focus readers, just use the code **CANOEAW17** at the checkout in-store and online.

Need a little more inspiration? Visit us in-store and our experts can help you pick out something truly special, or head online to see the full range at:

 [cotswoldoutdoor.com/christmas](http://cotswoldoutdoor.com/christmas)

# NATIONAL GO CANOEING WEEK

Join the Journey



MAY 26th  
TO  
JUNE 3rd  
2018



## National Go Canoeing Week 2018 - Save The Date

The date you have all been waiting for is here - **National Go Canoeing Week 2018 will run from 26th May to 3rd June.** That may seem a long way off but we want you to get it in your diary and start planning now!

We are going to be setting an ambitious mileage target this year and we need your help to reach it. There will be hundreds of organised events, guided tours and starter sessions taking place throughout the week. However, if you would prefer to paddle your miles independently then this is the perfect opportunity for a challenge!

With a good few months still to go you have plenty of time to think up a challenge and train for it. If you need a little inspiration head to our [Challenge Route Pages](#).

### Clubs and Centres

If you are a club member then start the discussion about how your club could get involved. The week is the perfect time for a club trip and social. If you register any starter sessions or guided tours you are running during the week before January 1st, your club could win a National Go Canoeing Week banner.

To find out more about how your club or centre can get involved [click here](#).

# Performance overview 2017

During 2017 Great Britain's athletes gained 83 medals at major World and European International competitions comprising of:



27 Gold Medals



23 Silver Medals



33 Bronze Medals

Take a look on the next page for highlight wins from European and World Championships across the disciplines!



## Canoe Sprint

### ICF World Championships

Racice, Czech Republic

23<sup>rd</sup> - 27<sup>th</sup> August 2017

<b>Gold</b>	Liam Heath	Men's K1 – 200m
<b>Bronze</b>	Rachel Cawthorn	Women's K1 – 1000m
<b>Bronze</b>	Angela Hannah/ Hannah Brown	Women's K2 – 200m
<b>Bronze</b>	Lani Belcher	Women's K1 – 5000m

Heath stays on top of the world and... [Continue Reading](#)

### ECA European Championships

Plovdiv, Bulgaria

13<sup>th</sup> - 16<sup>th</sup> July 2017

<b>Gold</b>	Liam Heath	Men's K1 – 200m
<b>Bronze</b>	Rachel Cawthorn	Women's K1 – 1000m

### ICF Junior & Under 23 World Championships

Pitesti, Romania

27<sup>th</sup> - 30<sup>th</sup> July 2017

<b>Gold</b>	Ieuan James	Men's K1 – 200m – Junior
<b>Bronze</b>	Rebeka Simon	Women's K1 – 500m – U23

Ieuan James is junior sprint world... [Continue Reading](#)

### ECA Junior & Under 23 European Championships

Belgrade, Serbia

21<sup>st</sup> - 25<sup>th</sup> June 2017

<b>Gold</b>	Ieuan James	Men's K1 – 200m – Junior
<b>Gold</b>	Rebeka Simon	Women's K1 – 1000m – U23

Ieuan James is junior sprint world... [Continue Reading](#)



## Canoe Slalom

### ICF World Championships

Pau, France

27<sup>th</sup> September - 1<sup>st</sup> October 2017

<b>Gold</b>	Mallory Franklin	Women's C1
<b>Gold</b>	Kimberley Woods, Mallory Franklin, Eilidh Gibson	Women's C1 – Team
<b>Silver</b>	David Florence, Ryan Westley, Adam Burgess	Men's C1 – Team

Mallory Franklin becomes canoe slalom... [Continue Reading](#)

World championships conclude in Pau... [Continue Reading](#)

### ECA European Championships

Tacen, Slovenia

1<sup>st</sup> - 4<sup>th</sup> June 2017

<b>Gold</b>	Kimberley Woods	Women's C1
<b>Gold</b>	Kimberley Woods, Mallory Franklin, Eilidh Gibson	Women's C1 – Team

Kimberley Woods crowned European... [Continue Reading](#)

### ICF Junior & Under 23 World Championships

Bratislava, Slovakia

18<sup>th</sup> - 23<sup>rd</sup> July 2017

<b>Gold</b>	Mallory Franklin	Women's C1 – U23
<b>Gold</b>	Kimberley Woods, Mallory Franklin, Eilidh Gibson	Women's C1 – U23 Team
<b>Silver</b>	Mallory Franklin, Kimberley Woods, Gabi Ridge	Women's K1 – U23 Team
<b>Silver</b>	Sam Ibbotson, Tom Abbott, Will Smith	Men's C1 – U23 Team
<b>Bronze</b>	Kimberley Woods	Women's C1 – U23



## Paracanoe

### ICF World Championships

Racice, Czech Republic

23<sup>rd</sup> - 27<sup>th</sup> August 2017

<b>Gold</b>	Emma Wiggs	Women's KL2 – 200m
<b>Gold</b>	Jeanette Chippington	Women's KL1 – 200m
<b>Gold</b>	Jonathan Young	Men's VL3 – 200m
<b>Silver</b>	Nicola Paterson	Women's KL2 – 200m
<b>Bronze</b>	Jonathan Young	Men's KL3 – 200m
<b>Bronze</b>	Martin Tweedie	Men's VL3 – 200m
<b>Bronze</b>	Lindsay Thorpe	Women's VL3 – 200m

Chippington wins worlds title no11 and... [Continue Reading](#)

Double gold for Great Britain as four... [Continue Reading](#)

### ECA European Championships

Plovdiv, Bulgaria

13<sup>th</sup> - 16<sup>th</sup> July 2017

<b>Gold</b>	Jeanette Chippington	Women's KL1 – 200m
<b>Gold</b>	Emma Wiggs	Women's KL2 – 200m
<b>Gold</b>	Jonathan Young	Men's VL3 – 200m
<b>Silver</b>	Charlotte Henshaw	Women's KL2 – 200m
<b>Silver</b>	Ian Marsden	Men's KL1 – 200m
<b>Silver</b>	Robert Oliver	Men's KL3 – 200m
<b>Bronze</b>	Nicholas Beighton	Men's KL2 – 200m

Chippington, Wiggs and Young win... [Continue Reading](#)

## Canoe Marathon

### World Championships Pietermaritzburg, South Africa 7<sup>th</sup> - 10<sup>th</sup> September 2017

<b>Gold</b>	Lani Belcher	Women's K1
<b>Silver</b>	Charles Smith	Men's K1 – Junior
<b>Bronze</b>	Lani Belcher/Hayleigh Mason	Women's K2
<b>Bronze</b>	Alexandra Lane	Women's K1 – U23
<b>Bronze</b>	Freya Peters/Emma Russell	Women's K2 - Junior

Lani Belcher claims gold at marathon... [Continue Reading](#)

Great Britain win five medals at canoe... [Continue Reading](#)

Canoe marathon world championships... [Continue Reading](#)

### ECA European Championships Ponte de Lima, Portugal 29<sup>th</sup> June - 2<sup>nd</sup> July 2017

<b>Silver</b>	Lani Belcher	Women's K1
<b>Silver</b>	Charles Smith	Men's K1 – Junior
<b>Bronze</b>	Alex Lane	Women's K1 – U23
<b>Bronze</b>	Emma Russell/Freya Peters	Women's K2 – Junior
<b>Bronze</b>	Zygy Chmiel	Men's K1 – U23

Medal success at canoe marathon... [Continue Reading](#)



## Canoe Polo

### ECA European Championships Saint Omer, France 23<sup>rd</sup> - 27<sup>th</sup> August 2017

<b>Gold</b>	Men's K1 – Under 21
-------------	---------------------

Canoe polo European championships... [Continue Reading](#)

## Canoe Freestyle

### ICF World Championships San Juan, Argentina 27<sup>th</sup> November - 2<sup>nd</sup> December 2017

## Wild Water Canoeing

### ICF World Championships Pau, France 27<sup>th</sup> September - 1<sup>st</sup> October 2017

<b>Bronze</b>	Hannah Brown	Women's K1
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Bronze for Brown at Wild Water World... [Continue Reading](#)



## Whitewater Rafting

### IRF World Championships Miyosji City, Japan 2<sup>nd</sup>-9<sup>th</sup> October 2017

<b>Gold</b>	Women's - Slalom
<b>Gold</b>	Women's U23- Head to Head
<b>Silver</b>	Men's U19 - Overall
<b>Silver</b>	Men's U19 – Slalom
<b>Bronze</b>	Women's - Overall
<b>Bronze</b>	Women's - Sprint
<b>Bronze</b>	Men's – Head to Head
<b>Bronze</b>	Women's U23 - Overall
<b>Bronze</b>	Women's U23 - Downriver
<b>Bronze</b>	Women's U19- Head to Head
<b>Bronze</b>	Men's U19 – Sprint
<b>Bronze</b>	Men's U19- Head to Head
<b>Bronze</b>	Men's U19 – Downriver

13 world championship medals for... [Continue Reading](#)

### IRF R6 Euro Rafting Champs 2017 Borjomi, Georgia 22<sup>nd</sup> - 28<sup>th</sup> May 2017

<b>Gold</b>	GB1 Open Women	Women's - Slalom
<b>Silver</b>	GB1 Open Women	Women's - Overall
<b>Silver</b>	GB1 Open Women	Women's - Sprint
<b>Silver</b>	GB1 Open Women	Women's – Head to Head
<b>Silver</b>	GB1 Open Women	Women's - Downriver
<b>Silver</b>	GB1 Open Men	Men's – Head to Head
<b>Bronze</b>	GB1 Open Men	Men's - Sprint

An Interview with

# MALLORY FRANKLIN

**2017 was quite a year for canoe slalom athlete Mallory Franklin. Starting the year with some excellent performances at the European Championships and World Cups, Mallory really shone in both the senior and U23 World Championships.**

**Gold medals at both in the C1 event, plus two C1 Team gold medals to add made the year one to remember for the 23 year old. British Canoeing caught up with the Windsor athlete to get her thoughts on the last 7 months...**

**Q: First off, senior C1 World Champion at just 23 years old. How good does that feel?**

**M:** "It's crazy! Canoe Slalom is such an unpredictable sport, you never know what is going to happen. I am really happy that I was able to stay calm, keep fighting and come out on top with that run in the final."

"It's been a long year with a lot of time away from home, but to have this World Championship to show for it, makes it all worthwhile! I can't wait to get back into winter training and take the learning from this year and try to come out even stronger next year."

**Q: With C1 now an Olympic discipline, does that make this World Championship win even more significant going through the Tokyo 2020 cycle?**

**M:** "It is a really good start to my first Olympic cycle in C1 and it gives me confidence into the rest of the cycle. However we are only in year one and there are many more races to come and a lot can change in that time."

"I think my focus always has to be on learning as much as I can from every run and taking that learning into the next one. I am trying to become the best athlete I can be and we will see where that takes me."

**Q: U23 World Champion only months ago, now senior World Champion – how do the two competitions compare? Is there a significant step up in quality out on the course?**

**M:** "The senior World Championships is easily the hardest event of the year, everyone is vying for that title and the best three boats from every nation is there. The U23 Worlds is usually a step down from this, but within the C1W Class a fair number of the top boats are still young. You can see this by the fact the whole podium at the Senior Worlds were also competing at the U23 Worlds earlier this year."

"I think the way I would put it is that the Senior Worlds has a bigger depth of very good paddlers, whereas the U23 worlds has maybe one or two very good athletes per nation. It makes it a bit easier to semi and maybe even final but it is just as hard to medal."

**Q: Pau was recognised pre Championships as a fairly tough course to take on amongst a number of athletes, how pleased are you to put out the run that you did in that final?**

**M:** "Pau is a course that is so changeable, it surges quite a lot and it is quite difficult to predict. I have struggled quite a lot in the past to feel happy on the course and feel as though I can paddle as well as I'd like, this just makes me even happier that I was able to do that run especially in the final, it was easily the best run I've ever done on Pau and thankfully at the absolute best time."

**Q: You were actually the first of the ten to take on the final run – do you feel that had any benefits? Putting all the pressure on the others to beat your time?**

**M:** "It was a really good situation (once I had gotten over the rather scary moment of finishing in 10th to qualify), once you're sat on the start line, you want to be focusing in on your plan and doing your best."

>>



Alex Pantling



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This is sometimes quite difficult when there is the noise of the crowd and the commentary letting you know what's going on during every second of the runs of every competitor before you. Going off first eliminates this added distraction and allows you to be fully focused on yourself, this massively helped me out as I am quite observant and tend to hear the commentary and read in to it, this is something that I will definitely be working on in the future.

"I cannot speak to whether the other competitors after me were affected by the time I did but I was really happy to have done that run and come away with the result I did."

**Q: The British squad spent a good amount of time out in Pau - learning the course, how important was that and did it reflect in the standard of paddling produced by British athletes in this year's World Championships?**

**M:** "We did, I think we had about five and a half weeks out there in total including the race lead in. As a team I think we really embraced this opportunity, and took every chance we could to learn and understand the course out in Pau, which is not one of the easiest places to paddle.

"I think this showed with the number of really good runs produced by our athletes, including winning the qualification rounds of 3/4 classes we competed in alongside Fiona also winning the Semi-Final in the women K1. I think it was a really good incentive by the team and something that I believe is really useful for the athletes to be in a good a state as possible when sitting on the start line."

**Q: From the World Championships came your nomination for BT Sport Action Woman of the Year 2017, how proud of you to receive the nomination and does it say something for the recognition of canoeing?**

**M:** "I am so happy to have received the nomination, I have had a really good year and for this to come out on top of that is amazing! It is great for both me and the sport to be recognised, it allows me to show off the sport and how great it is and hopefully get more people involved, alongside hopefully allowing more people to see the success we have within our sport and the amazing sportsmen and women that do amazing things on a regular basis!"

**Q: What were your 2017 targets, and would you say you have achieved your year's goals or maybe even exceeded them?**

**M:** "I am not really someone that has outcome related targets. I think that canoeing is one of those sports when you can be in your best form ever and if it just doesn't come out on the one run that matters and that's it, your race is over.

"For my 2017 season I was hoping to build on last year and keep aiming to get as close to my plan the whole way down as possible. I had the opportunity to do this in both my boats having made the team for the first time in K1 and that really helped giving me more chances to do this and learn from every run. I would definitely say that I have far exceeded what I would have been hoping for this year, to come away with both C1 World titles and three 4th place finishes in K1 is crazy!"

**Q: Looking ahead to 2018, are you hoping to make that two time World Champion or would you say it is more about looking at your performances on the water?**

**M:** "Of course that would be amazing, but it's the nature of our sport that anything can happen on the day. There are so many factors both in and out of your control that you just have to focus on what you can control, the processes of how you get yourself into a position to be able to put it all out there and do the best run you could have done on that day."

**Q: Next year's World Championships is in Rio, where British Slalom paddlers had a successful time in 2016, do you think this can continue in 2018 with the strength of British paddlers at the moment?**

**M:** "Yes, I think we have really good strength in depth across all our classes, with all the senior boats easily capable of finaling at a senior level and this is only getting stronger. We are all building off this as a team and pushing for better and better results as the races go on, so I can't wait to see what we do at the Worlds next year."



# SUPER SEPTMBER HIGHLIGHTS

Many came along, to cheer on some of the best athletes in the world in their fields, to get selfies with Olympians and Paralympians and to give canoeing a go!



## SPRINT AND PARACANOE NATIONAL CHAMPIONSHIPS 2-3 SEPTEMBER 2017

### HOLME PIERREPONT (NOTTINGHAM)

The Sprint and Paracanoes National Championships, based at Holme Pierrepont, Nottingham, played host to a number of high profile athletes and Olympic medallists, who battled it out to become the National Champions.

[Click here for full results](#)

[Click here for photo highlights](#)

## CANOE POLO NATIONAL CHAMPIONSHIPS 9-10 SEPTEMBER 2017

### HOLME PIERREPONT (NOTTINGHAM)

The second weekend in September saw the Canoe Polo National Championships at the brand new pitches (where the wakeboard park is) at Holme Pierrepont, Nottingham. A number of teams, including the GB athletes, took part in the action packed contact sport, where tactics and positional play are as important as speed and fitness.

Overall 26 teams competed in the Championships and 668 goals were scored across the two days of competition.

[Click here for full results](#)

[Click here for photo highlights](#)

## BRITISH OPEN (SLALOM, RAFTING AND MORE) 16-17 SEPTEMBER 2017

### LEE VALLEY WHITE WATER CENTRE

This multi-discipline event saw Slalom Paddlers battle it out in the Division 1 & 2 competitions to be the British Open champion, White Water Rafting teams battling it out to be the fastest team, a Freestyle competition

displaying the best moves and tricks to score the most points, a Boater X competition, Canoe Polo demonstrations and the opportunity for you to have a go in a Canoe!

[Click here for full results](#)

[Click here for photo highlights](#)

## MARATHON HASLER FINALS 24 SEPTEMBER 2017

### RICHMOND

This event took place in Richmond and saw clubs from across the UK travelling to compete for a chance to win the prestigious Hasler trophy.

[Click here for full results](#)

[Click here for photo highlights](#)

## FREESTYLE EUROPEAN OPEN AND BRITISH CHAMPIONSHIPS 30 SEPTEMBER - 1 OCTOBER 2017

### HOLME PIERREPONT (NOTTINGHAM)

The last weekend in September was the Freestyle European Open. Using the white water waves on the course at Holme Pierrepont, the freestyle athletes performed tricks and stunts in their boats to get the most points to be crowned the champion! The event saw numbers double from last year with over 130 competitors taking part.

[Click here for full results](#)

[Click here for photo highlights](#)



# COACHING

British Canoeing invites you to the 2018 UK Coaching & leadership Conference

Countdown to the Coach Award

Clubs and centres: which qualification or award is right for me?





# British Canoeing invites you to the **2018 UK Coaching & Leadership Conference**

**17th & 18th February**  
Eastwood Hall, Nottinghamshire

**This event will bring together coaches, leaders and guides, at all levels and disciplines, who are invited to engage, discuss and reflect on the insightful keynotes and workshops throughout the weekend.**

There are four keynotes which feature as part of the Saturday programme focusing on Coaching, Leadership, Guiding and Performance, provoking thought and discussion for every delegate to explore the different roles that they play in developing their paddlers and athletes.

- **Cooks & Chefs, Wolves & Vampires, In or Out of the Sack; Understanding Coaches, Coaching and the Implications for (Professional) Development.**  
*Andy Abraham*
- **Leadership in Paddlesport – it's our behaviours and actions that can make all the difference.**  
*Doug Cooper.*
- **Creative Great Customer Experience.**  
*Myles Farnbank.*
- **Positive, Creative and Inspiring Performance Coaching.**  
*Mark Delaney.*
- **The Sunday programme enables delegates to tailor their experience to their own interest or development areas with a range of workshops available including -**





- **Guide Module:** Camp Craft & Expedition Skills
- **Guide Module:** Customer Experience
- **Guide Module:** Environment & Sustainability
- **Guide Module:** Leadership
- **Guide Module:** Trip Planning & Organisation
- **Discipline Support Module:** Stand Up Paddleboard
- **Discipline Support Module:** Sprint Part 1
- **Discipline Support Module:** Polo
- **Discipline Support Module:** Freestyle
- **Provide Moderation:** Foundation Safety & Rescue
- **Provider Moderation:** White Water Safety & Rescue
- **Foundation Module:** Coaching Young Children
- **Inclusive Coaching Workshop**
- **Understanding the Youth of Today**
- **Emergency First Aid at Work**

NEW for 2018, British Canoeing is delighted to include an evening story from the recently returned team 'Canoeing Around Britain', an interactive internet café to explore the British Canoeing eLearning, a Level 4 hub to get your questions answers and the presentation of the Coaching & leadership Recognition Awards!

There are a variety of single day and residential options available, so don't miss your place, book online today! Attendance at the conference will also meet the CPD requirement of the Coach Update Scheme for this not to be missed event!



# COUNTDOWN TO THE COACH AWARD

Available in January 2018, The Coach Award creates discipline specific pathways across all disciplines and are designed for people whose core function is to coach paddlers who want to gain/improve paddlesport skills. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in the given discipline/environment.

The Coach Award will supersede the current Level 2, Moderate/Advanced Water Endorsements (MWE/AWE) and Discipline Support Modules.

## Coach Award Choices

### Canoe and Kayak (Sheltered Water) Coach Awards

- Canoe Coach (Sheltered Water)
- Kayak Coach (Sheltered Water)
- Canoe and Kayak Coach (Sheltered Water)

### Discipline Specific Coach Awards

- Freestyle Coach
- Open Water Canoe Coach
- Open Water Canoe Coach (Advanced Water)
- Polo Coach
- Racing Coach
- Sea Kayak Coach
- Sea Kayak Coach (Advanced Water)
- Slalom Coach
- Surf Kayak Coach
- Surf Kayak Coach (Advanced Water)
- White Water Canoe Coach
- White Water Canoe Coach (Advanced Water)
- White Water Kayak Coach
- White Water Kayak Coach (Advanced Water)
- Wild Water Racing Coach

## Benefits of the Coach Award include:

- Direct entry options to training available – a British Canoeing membership is the only prerequisite of the Core Coach Training
- Specific pathways across all disciplines
- Supportive eLearning resources to aid learning

## Qualification Pathway

To achieve a Coach Award, coaches complete two components of face-to-face training ('Core Coach Training' and 'Discipline Specific Training') and will need to engage in active, independent learning to develop their coaching out in the field. This is concluded by a 1-day discipline specific assessment.

## Existing Coaches

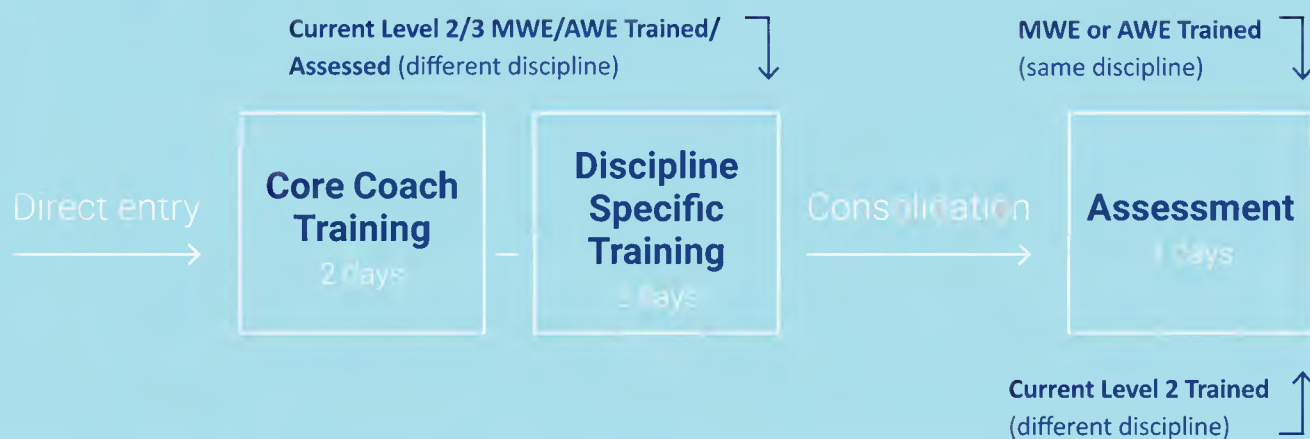
Any candidate mid-way through their journey to achieve their Level 2 qualification or Moderate/Advanced Water Endorsements will move into the restructured pathway. They can choose not to repeat components of training (that are considered similar) if they feel confident with the content.

Coaches who already have a British Canoeing coaching qualification which meets the coaching requirement for the group(s) in the environment they are coaching are not required to do anything further. The Core Coaching Module and Discipline Specific Module can be used as stand-alone training to support ongoing learning and development and to update CPD.

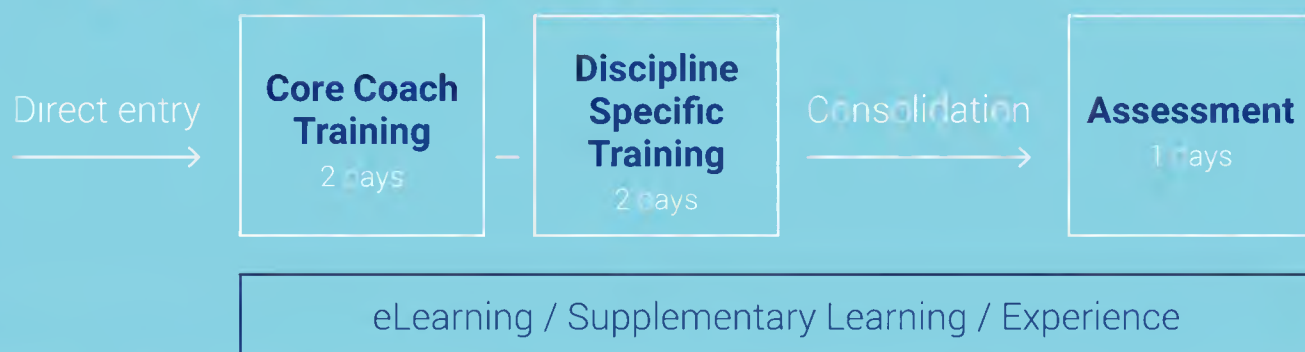
Where relevant, coaches who have already completed various British Canoeing qualifications can by-pass the Core Coach Training and/or Discipline Specific Training.



# Impact of Exiting Coaches



# Coach Award Pathway

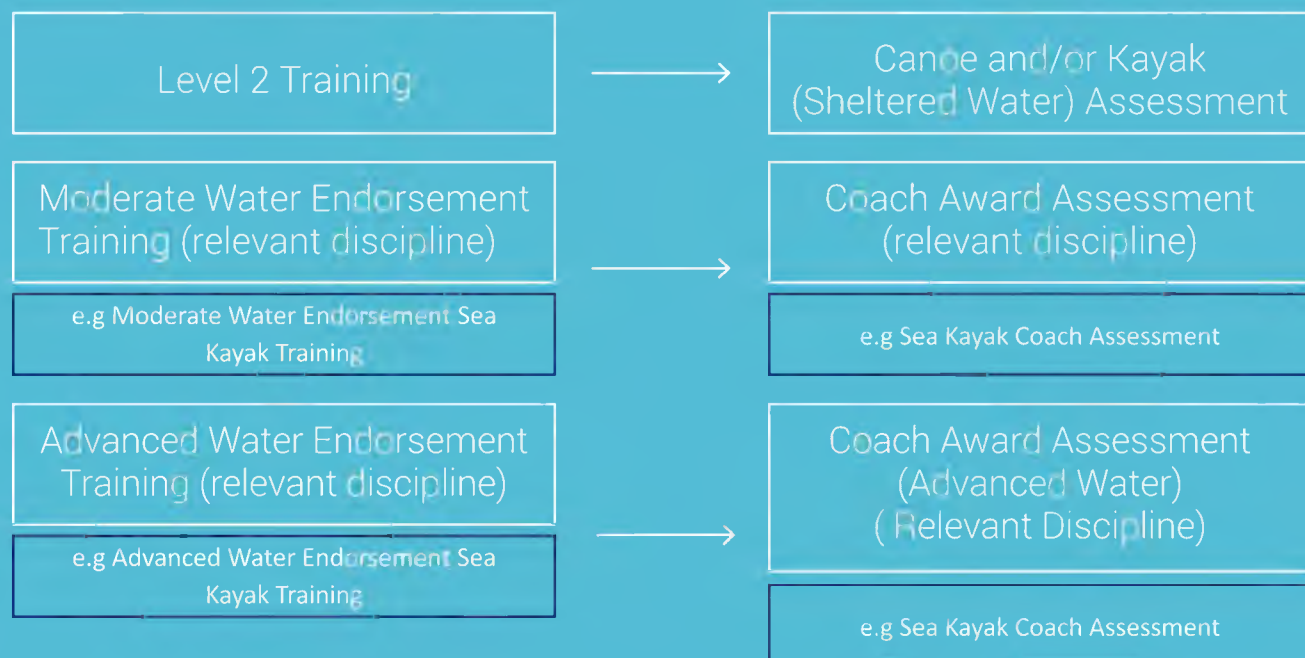


# Coaches Next Steps

*I've completed my training what do I do after the changes come into place?*

Completed before  
**31st December 2017**

Next Steps after  
**1st January 2018**



Clubs & Centres:

# WHICH COACHING QUALIFICATION OR LEADERSHIP AWARD

IS RIGHT FOR ME?





**Ahead of the Coach Award launch in January and the introduction of the Paddlesport Leader Award in April 2017, British Canoeing would like to provide the following guidance to clubs and centres to ensure they select the right qualifications and awards that are fit for purpose for the coach or leader.**

**The following qualifications are all direct entry and could be the first step for any aspirant coach or leader.**

### **Paddlesport Instructor:**

The Paddlesport Instructor (formally the UKCC Level 1) is the recommended option for all coaches and instructors whose main focus of work is delivering introductory paddlesport sessions. The qualification is suitable for coaches who work with paddlers from any of the competitive and non-competitive paddlesport disciplines. The Paddlesport Instructor can plan, deliver and review short coaching sessions, normally with the support of a more qualified coach.

An Instructor who holds both Paddlesport Leader and Paddlesport Instructor is well placed to fulfil their coaching duties with more autonomy.

### **Paddlesport Leader:**

Launched in April 2017, the Paddlesport Leader Award is aimed at paddlers taking on formal responsibilities in benign, sheltered water environments and aims to support Leaders to run safe, quality, enjoyable trips based on their group's needs and aspirations.

A one day First Aid and membership are the only prerequisites, Paddlesport Leader training is not compulsory. Candidates can cross check their requirements and opt for bespoke training opportunities, for example, in-house training at your club or working alongside/shadowing other leaders.

### **Coach Award:**

The Coach Awards are designed for people who wish to coach paddlers who want to gain/improve paddlesport skills within a chosen discipline. This may include, for example, technical/tactical skill development, physical/psychological development, or helping people develop the skills so they can paddle safely without the need for a coach. The coach is able to plan, deliver and review progressive sessions safely, effectively and independently. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in the given discipline/environment. There are 18 options available covering all of our main disciplines and environments.



# Taking on your paddling Bucket list ..... This Winter!



- Taking on your paddling bucket list this winter! /

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- Need some inspiration? Take a look where our members have been this year! /

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- We hear from Macclesfield and District Canoe Club's first ever all ladies relay team who took on this year's Cheshire Ring Race /

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- Taking on one of the world's biggest Canoe Marathon events - Neil Blackman shares his account of the Fish Marathon in South Africa /

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- Closer to home: Some UK trails to try this winter /

---

- Tips for cold weather paddling - Olympic gold medallist Joe Clarke shares his top tips on winter paddling, training and kit! /

---

- Forget your wet kit woes this winter with our special offer from The Dry Bag /

---

- Paddle Paws...meet xxx the dog who's taken on all xxx Go Canoeing challenge routes! /

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- Get snapping! Send us your best paddling shots and be in with a chance to win with our Winter Photo Competition /



# adventure dog

**Our Challenge Routes are popular with people of all ages and abilities. Recently, however, we became aware of a rather more unusual challenge route completer. Kaysee the Jack Russell terrier has taken on all of the challenge routes; the complete Three Lakes, the Trent Loop and now the Worcester Ring too!**

Her owners Chris Moore and Ilona Ulme say that, although Kaysee has not picked up a paddle herself, she is a vital part of the team.

## A Small Dog Arrives

Chris rescued Kaysee from the over-loving clutches of his grandchildren when she was eight months old. In the year that he and Ilona have owned her she has changed the way they live their lives - basically everything revolves around Kaysee!

Chris's son purchased Kaysee in Norwich where she was the product of an unplanned union. It was getting a bit too much for the tiny dog to be picked up and held by children all the time and she was facing an uncertain future when Chris stepped in. It was agreed that he would give the youngster a home so long as he brought her to visit whenever he came to see his grandchildren.

'She has some weird little habits like standing in a corner barking and jumps at her own shadow, eating corn straight off the cob and going crazy when carrots are being peeled as she wants one.' Ilona Nordic walks her 8km 3-4 times a week, with Kaysee fixed to her belt via a lead. She loves to walk ahead all the time. When she is not Nordic walking she can be found exploring the forest on a woodland walk, never letting her owners out of sight.

Toilet training was an easy task as Kaysee soon realised she could fit through the cat flap. Her method of running at it flat out, head down and leaping through was gradually refined to a more sensible entrance and exit.

'She will stand for ages looking at you in a mirror until you realize then run about like an excited child that has been caught out doing something silly.'

## Kaysee becomes an adventurer!

When it comes to paddling Chris and Ilona could have easily left Kaysee behind with her rescue staffy or chihuahua friends houses but they knew that it would be much more fun for them all to go on adventures together. Not wanting to start small the trio took on our Three Lakes Challenge over four days in August 2017. Completing the three longest lakes in England, Scotland and Wales is a tough challenge but Kaysee took it all in her stride, alternating between sitting





at the front of the boat and swimming beside it. With the Three Lakes in the bag the Trent Loop challenge was next in their sights and they headed to Nottingham to complete that at the end of September. Kaysee stole the show on this route, gaining fans along the way!

'Kaysee seemed to love every minute of it especially the attention she got in Nottingham near the British Waterways building from the local football supporters.'

For the final challenge route, the Worcester Ring, Chris and Ilona swapped their sit on top kayaks for an open canoe. Kaysee soon settled into her different mode of transport, once she realized she could sit at the front on Ilona's legs and enjoy the ride in comfort.

There was one dicey moment for the tiny dog when, launching the canoe back in the canal after carrying it around one of the locks, the rope slipped out of Chris's hand and the canoe headed toward the far bank with Kaysee in it. She sat barking as she drifted off, until the wind caught the boat and it slowly floated back to her relieved owners. They were a little disappointed their cameras had also been in the canoe and Kaysee's solo adventure was not recorded.

'We had a lovely paddle up the River Severn, fast but relaxing, plenty of sporting canoe activity as we neared the canoe and rowing club, lots of laughter when they saw Kaysee at the bow!'

### What next for Kaysee, Chris and Ilona?!

Next year promises to be a fun packed one for Kaysee. Her paddling adventures will soon no longer be restricted to the UK. With a passport in the pipeline some European canoeing trips beckon. Next summer the group also intend to visit Loch Awe again, this time spending a few days exploring the area as well as jumping in the canoe for some fishing. In addition to this they are planning on all taking on the 3 Peaks Challenge.

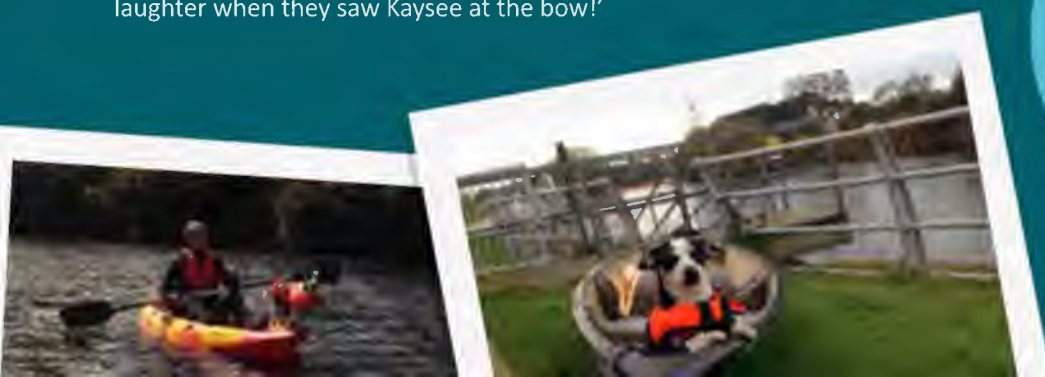
'We always said she would be famous as she gets photographed a lot due to the wacky things she joins us in doing.'

In order to keep up with Chris and Ilona though Kaysee needs to take to another mode of transport. They also ride motorcycles so over the winter and will be adapting something for one of the bikes to allow her to come along for the ride.

So, for a little dog that was unwanted, she now has a very active life and lots of adventures ahead of her.



Send us your stories, on adventurous patches or any other paddling fun, to:  
[mediaenquiries@britishcanoeing.org.uk](mailto:mediaenquiries@britishcanoeing.org.uk)



# JACK EYRES INTERVIEW

**Earlier this year the International Paralympic Committee announced the inclusion of three new Va'a events to the Paracanoe Programme, bringing the total number of Paralympic medal events at Tokyo 2020 to nine.**

British Canoeing caught up with Jack Eyres, Paracanoeist and 2017 winner of Mr England to find out more about what inspired him to get into the sport.

At the age of 16 Jack had his leg amputated above the knee due to a progressive leg condition, and believes that this is what opened many doors for him and allowed him to take on physical challenges. From wheelchair basketball and open water swimming, to being a qualified personal trainer, starring on Ninja Warrior UK and being crowned Mr England 2017 to name just a few of his accomplishments; Jack Eyres has lots of strings to his bow.

Now he has his eyes set on paracanoe with the aim of competing in Va'a at Tokyo 2020.

We sat down with him to find out more about how he balances his busy work schedule with his aim of becoming a Paralympic athlete...

>>



**Click here to read**  
about the three new  
paracanoe events  
added for Tokyo  
2020 Paralympic  
Games

“ Before my amputation I considered myself as disabled and restricted by my condition.

Since my amputation my so-called 'disability' has actually opened many doors and I proudly take every opportunity that comes my way to prove that my loss of limb doesn't hold me back in any way. ”



### what is va'a?

The va'a is an outrigger canoe which has an ama (second pontoon) as a support float and is used with a single-blade paddle.



## INTERVIEW BY REBECCA LOVATT

**Welcome to the wonderful world of canoeing!  
How is your va'a training going so far?**

**J:** Really well, I started off doing the K1 and then probably about April I was invited to come down and do a few months training in a new boat, the va'a so it's gone from there really.

**When did you become aware of the sport  
Paracanoe?**

**J:** I'm a mentor for Limb Power and the games at Stoke Mandeville; a few of the guys came down with an ergo and had a bit of a competition there with other amputees so that was how I found out about paracanoe. I've always been into water sports and love being outside, I do a lot of open water swimming and used to swim for Somerset Dolphins when I was younger, so swimming's a big one for me. I also do a lot of waterskiing and wakeboarding so it just ticked all the boxes.

**What inspired you to give paracanoe a go?**

**J:** I love training, I love being outside, I love sport and fitness and I'm a personal trainer. I used to do wheelchair basketball and I was part of the TAS scholarship. It was really great to have someone to train and teach me, and I really enjoyed that side of things, so for an opportunity like this to come up I jumped straight on it.

**Do you remember how you felt the first time you  
sat in a boat?**

**J:** Yeah! The va'a is a lot more stable than a K1 with the outrigger on the side but the steering and trying to control the boat was difficult. I've just about perfected that J stroke until there's a massive side wind!



**You took to the water at the National Regatta  
in Nottingham, how was that experience in a  
competitive race?**

**J:** Fantastic, a really good experience. There was a huge buzz on the day and it really was my driving force to all that dedication, all that driving from Bournemouth and training time on the water was understanding that if I do well then I could be invited to the world championships – that was a massive carrot for me.

And I did really well, I made qualifying time, I came third, but the top two boats went to Worlds. Everything works for a reason. Next year I'm going to get there. Next year I'm going.

**What are you hoping to achieve in paracanoe?  
What's the ultimate goal?**

**J:** The Ultimate long term goal is Tokyo 2020 – I'd love to be able to achieve that.

**How do you fit your paracanoe training around  
your more everyday jobs?**

**J:** I'm busy over the next couple of months with other jobs, but I'll try to be here as much as possible, so I'll be

training twice a week so Thursday and Friday. Just over the next few months until I've built my business back up, but my priority will be here and be my training. It doesn't just have to be on the water though, the training can be in the gym it's just about prioritising and making sure you set yourself 2-3 hours per day for warm ups, stretching and gym work.

### **How have you found your early stages in the sport, would you say it was an easy sport to transition into?**

**J:** It's a tough sport to get into - to feel relaxed or comfortable in the boat, especially when you see the guys flying passed you not wobbling at all. when you first get in the boats, they are unstable, they are wobbly but as long as you've got a positive spin on things and can have a laugh if you fall in; don't get annoyed, then it's good fun. The coaches make it easier; they have a good laugh at you!

### **How did Mr England come about?**

**J:** So it's a long story. I started with an agency at 18 that specialised in amputee work. We worked with films to do casualty simulation and war films and horror films where we get injured and ripped apart on screen, which is cool! As part of this agency, we got to perform at the London 2012 Paralympic opening ceremony so I trained with a circus school for a few months and learned to climb ropes and do performances. After that night finished and I'd had a taste of the limelight I was like 'what's going to happen next,' so I joined a modelling agency through a campaign called 'models of diversity' - looking for more diverse models within the industry. As part of 'models of diversity', I was at the NEC clothes show in Birmingham giving a talk on body confidence and how people should be more body confident. The things I try to promote are fitness and fashion; I believe you get a lot of confidence through these, so I push these.

At that event I was approached by two talent spotters who were looking for the next Mr England. So I went along and it happened to be that I was training in Nottingham on the Thursday and the audition was on Friday in Leicester – so it was meant to be. I went to the auditions and it wasn't until then that I researched about what it actually was and what it meant because I'd actually never heard about it before. I started to realise what a massive platform it would be to be.

### **We saw you on Ninja Warrior UK, what was that experience like?**

**J:** That was brilliant – spur of the moment. I applied; they took me for an audition. I got through and I didn't really think about it. I was actually skiing the day before, I had been away skiing for a whole week, and arrived on the Sunday evening and on the Monday had to go to do filming in Manchester. I had to go up on my own and there was no one there that I knew at the time, and it was great, a really good experience but nerve-racking too. But I'm glad I did it. The highlight for me though was getting to meet Rochelle (from The Saturdays)!



### **You like to push yourself to the limit, what's next?**

**J:** I've got a few things coming up with Mr England, and Mr World next year (location to be released!) I do really want to focus on paracanoe though and put as much time and effort into this as I can.




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A stylized map of a landscape. The map features a blue river winding through a green area with small green trees. An orange line, possibly a path or boundary, runs across the green area. A small black house icon is visible near the bottom right of the green area. The map is set against a red background with a white, repeating pattern of small, stylized figures or symbols. The map has a torn-edge effect.

iddle this Christmas.  
ails to try, plus challenge  
venture options, there's  
o be had this Christmas.

EMBER TODAY AT  
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# Forget your wet kit woes this winter!



Getting wet is part of the fun of canoeing, right? Wrestling with your wet gear when you get home? not so.

Canoe equipment is expensive so it makes sense to protect it and get as much life from it as you can. We've found something to help you look after it, get it dry after your session and keep it safe when it's not in use - The Dry Bag.

On initial inspection, The Dry Bag looks like a suit bag that keeps your occasion outfit nice and safe ready for the next outing. However, on deeper inspection the extra features of the Dry Bag offer you way more, and are sure to help you manage wet paddling gear.





In addition to protecting your kit, the bag offers a drying solution, so simple that you wonder why it hasn't been done before - you just drain the water away from a water reservoir at the bottom of the bag. If you hang it up whilst you are packing your car the majority of the water will drip into the reservoir area which you can then empty before you travel, whilst you are travelling, any residual water drips away into the bag which helps with the drying process. You can literally start drying your gear on the drive home. Simply hang up the bag when you get home and in no time your kit will be dry ready for storage or the next adventure.

**The bag comes in two options, Pro and Elite.** The Elite is more suited to indoor drying thanks to the mesh front panel which also assists with drying time.

The Pro more for outdoor drying thanks to a full fabric front which shields your gear from UV rays, offering your gear 30% more protection than without a bag, but still with side mesh to help speed up the drying process. **Both bags retail at £60 and come with a full hanging solution.**

Showerproof fabric

Durable heat welded seams

Full length waterproof zip for easy access

Offers UV protection

Pro Mesh side vents enhance airflow

Elite front mesh vents

Lightweight to carry around

Compact to keep in your car for when you need it

Dimensions: 130cm x 63cm

Colours: Grey + Black / Black

Size: One size, fits up to XL size wetsuits

Hanger takes a drop weight of 25kg so easily carries spray desk and buoyancy aids if required.

The hanger that comes as part of your purchase allows your gear to hang whilst heavy with water thanks to being able to take a drop weight of 25kg. The wide hanger arm means you can drape your gear over the arm and also use the shoulders to dry your buoyancy aid. The Dry Bag and hanger is well made, sturdy and works a treat - once you have one in your life you'll genuinely wonder how you coped before.

A simple idea but effective. And as an added bonus when not in use hang your gear in a Dry Bag in a wardrobe without tainting your other clothes with l'odeur de neoprene!

# 2017 CHESHIRE RING RACE



**The Cheshire Ring Race is a long distance challenge. 96 miles, 92 locks and 5 tunnels have to be navigated, ideally in less than 24 hours.**

It started as a lads and dads event 40 years ago in 1977 when the Cheshire ring canal network was re-opened. Poynton canoe club (which became Macclesfield and District Canoe club, MADCC) organised the first race. It has been run annually since then apart from 2001, the foot and mouth year.

The race can be completed in a variety of ways from K1 or K2 all the way paddlers, to a variety of relays including the original format of 5x junior + senior pairs. Teams come from all over the UK, including The Isle of Man and competitors from mainland Europe occasionally come. It starts in Poynton on the Macclesfield canal, heads north and continues in an anti clockwise direction into and through Manchester, then westwards to Preston Brook, south east towards Kidsgrove before turning north back to Poynton.

Despite the Cheshire Ring Race being organised by Macclesfield and District Canoe Club, the club have never, until this year, entered an all ladies team. Neil Evans, a club coach had been trying for a number of years to persuade enough ladies to have a go. Finally in 2016, he succeeded.

## **We hear from Margaret Huyton, one of the team members, who shares her account of this years Cheshire Ring Race - a female perspective.**

Training was scheduled to start in January and Neil organised ergo sessions with video feedback. In addition, the club had weekly pool sessions and we were encouraged to attend whenever possible.

Outdoor sessions were held on the Macclesfield canal and these were more popular as the weather became warmer. As spring turned into summer Neil convinced us our technique was improving and began the task of making up the 5 pairs. Once this had been established, we were encouraged to train with our partners. Neil was there at least twice a week to support, coach and encourage us - he had us doing portage work, very important given the large number of locks.

The team was 10 strong. Some had paddled the ring before, but others were fairly new recruits to canoeing. We ranged from an 18-year old who had just finished A-levels, to a 66 year old grandmother, and a mother and daughter pairing. Sadly, 2 of our team members had recently been widowed. How brave they were to have a go.

We decided to call ourselves the MADCC women's team ( Neil's Riotous Potatoes). The latter a reference to the Macclesfield Potato Riot in 1812, and Neil's gardening activities.





Unfortunately, one of the ladies had to pull out just days before the race due to a serious injury. We were undeterred and Neil formulated a new plan - nothing was going to stop us.

On Saturday June 24th we assembled at Poynton. The boats and our equipment were checked by the marshals and with a predicted finish time of 23 hours we had been allocated an 08.30 start. Teams are started in descending order, the slowest first with the aim of everyone being back early on Sunday morning.

Our spirits were high and the weather was warm and dry. Feryal and Julia paddled off to the cheers of the supporters. Safely reaching Marple, Natalie and Margaret took over for a run past the locks. 16 of them, and 2 tunnels, so they were kept busy. Rose and Charlotte went next, arriving in good time at Ashton. Mother and daughter, Helen and Vicky had the difficult paddle to Manchester with 18 locks to be portaged. Anna was to go next but had no partner. Neil sent Margaret with her as she had done this leg previously.

There are 9 locks, a run underground and a run along the famous Canal Street in Manchester. The canoe club had marshals out at many points to show the way, they were always a welcome sight in their yellow T shirts, offering encouragement and titbits of food. And so we continued. Neil deciding who would paddle with Anna, so that no one would get too tired. There was great camaraderie, everyone supporting each other. The night sections were hard and great concentration was needed, but there were no mishaps; and as dawn broke, everyone's spirits lifted. We reached the final change over point, and now we knew we would succeed. Helen

and Vicky paddled back to Poynton giving us a finish time of 20 hours, 39 minutes and 20 seconds. What a brilliant result, we were all elated.

Of course, it is not just about the paddling. Support vehicles accompanied us all the way. Neil drove his van and transported the boats. His knowledge of the Cheshire Ring meant we were always in safe hands. We had 2 other support cars to help and without them we could not have done it!

The canoe club officials were faultless. Our boats were GPS tracked for safety. Marshals at many points and the organisers kept popping up at changeovers to offer encouragement.

The biggest thanks go to Neil for his dedication and support. The team were pleased that his ambition of a ladies' relay team had finally been achieved.

The ring race is held annually and it would be great to see more ladies' teams having a go. It is certainly to be recommended.



**Provisional date for 2018, 30th June.** Please check the marathon race calendar.

[www.madcc.btck.co.uk](http://www.madcc.btck.co.uk)



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**Most watersports tend to hibernate over the cold and dark months, favouring the warm spring and summer seasons for their uptake. The three paddlesports of canoeing, kayaking and stand-up paddleboarding, however, have the potential for all-year-round engagement. With some seasonally specific preparation, paddlers can enjoy the water during mood, sunnys and crisp winter days.**

For us at Paddle Logger, it is this experiential engagement that really matters with paddling. Our app is a simple to use, unfussy, yet stylish tracking application that

favours the paddler who wants to see the water in all it's modes. Many tracking applications in the sporting world thrust social media to the front of their service, but we want to explore the water and breathe it all in, throughout the year. You can still share your journeys and your photographic evidence, but we feel screen-time on the water is a curious mixture. The act of grabbing your friends and your gear is where the real social media is.

Paddle Logger is fully compatible with the Apple Watch, has accurate tracking for distance, route and speed, and lets you get on with your training, your exploration or your escapism and leave the screen for later. We have just released version three, our most effective iteration of the app, available to download now on the Apple App store.



PADDLE  
LOGGER

# CONGRATULATIONS TO THE WINNERS

## OF OUR SUMMER 2017 PHOTO COMPETITION



Winner - Ian Slade



Each winner won a prize from our partners at Cotswold Outdoor for their stunning paddling photos.

**TAKE A LOOK AT THE INFORMATION ON THE NEXT PAGE TO FIND OUT MORE ABOUT OUR NEXT PHOTO COMPETITION AND THE PRIZES UP FOR GRABS.**



**2nd - George Curtis**



**3rd - Joshua Charles**



The British Canoeing

# PHOTO COMPETITION

**THE BRITISH CANOEING PHOTO COMPETITION, SPONSORED BY COTSWOLD OUTDOOR, IS BACK FOR THE WINTER SEASON!**

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 prizes.

## How do I enter?

Email your entry to [rebecca.lovatt@britishcanoeing.org.uk](mailto:rebecca.lovatt@britishcanoeing.org.uk) along with your name and photo location where applicable. Please ensure you read the full terms and conditions before entering by [clicking here](#).

Did you know, British Canoeing members also get **15% off online** and in store at Cotswold Outdoor. For further details on how to claim, or if you've lost your discount code, please contact [membership@britishcanoeing.org.uk](mailto:membership@britishcanoeing.org.uk)

## The prizes!



### 1<sup>st</sup> Aquapac TrailProof Drybag 70L

RRP: £48

The 70-litre TrailProof Drybag is a no-nonsense drybag from Auqapac. Super-rugged construction. Built to last.

[Find out more.](#)

### 2<sup>nd</sup> BioLite Charge 20

RRP: £40

The Charge 20 sets a new standard in waterproof, durable and practical portable power storage. The thin hard-wearing stainless steel design has a silicone gasket top which is weatherproof, so you can easily and reliably charge your phones, tablets through the day.



[Find out more.](#)

### 3<sup>rd</sup> Petzl Tikka 200L Headtorch

Colour: Black RRP: £30

A fantastic 200Lumens of light. A comfortable, stretchy headband that can be adjusted while a single button makes it easy to use. Glow in the dark reflector which makes it easier to find in the dark.



[Find out more.](#)



*The Fish River*  
**Canoe  
Marathon**

**The Fish River Canoe Marathon is a two-day event taking place on the Fish River in the Eastern Cape Province of South Africa, and covers a total distance of 81.8 kilometres (50.8 mi).**

The Fish River marathon first took place in 1982 with 77 competitors, but has now grown to be one of the most popular canoe marathon events in the world, with over 1000 competitors taking part each year - making it one of the top five world's biggest canoe marathon events.

Neil Blackman shares an account of his African adventure taking part in the Fish Marathon - an event which organisers would love to see more British paddlers taking part in!





For any racing paddler with some white water experience, this is a must do race!



Watch the Fish Marathon website for details of next years race.

>>

### Day 1

Today was race day, stage one, and it's hot - very hot. Stage one is 30 miles miles of fast flowing water with lots and lots of grade 2 and 3 rapids. There are two major rapids, Keith's Flyover which is bordering a 4.

Janie and Billy had a great run down, starting with the fast crews batch A. We had successful shoots of all the weirs and the two main rapids, and finished day one 38th overall, and first senior masters.

Richard and Nigel had a swim at Keith's Flyover and badly damaged the boat. They limped it to the finish line, but were disappointed. There is a repair service at the finish so they hoping to be able to start day 2. All in all, an amazing race with a carnival atmosphere at day one finish! Tomorrow sees a much shorter stage. 18 miles with a few weirs and mainly grade 2 rapids

### Day 2

Day 2 consisted of lots of grade 2 and 3 rapids and fast flowing water. An easier day by comparison to day one as only 20 miles and 4 weir shoots. However, the last shoot, 3km from home, is the infamous Cradock weir. The weir is an arrow shape design and is shot by paddling off the top and then dropping down sideways into the pool below.

Jamie and Billy led the Master by 2 mins at the end of day 2, by the end of the second day we crossed the line with a healthy 13 min lead.

Both crews successfully finished the race. Richard and Nigel's badly damaged boat was repaired overnight by a very enterprising team laminators.

Everyone here has been so helpful and friendly, providing great tips and advice about the river and going out of their way to make sure we had everything we needed for a truly memorable African adventure.

The local club and organisers would love more UK paddlers to come over and race. They will help with sorting out things like accommodation, river guiding, shuttle drivers and offer fab South African hospitality.



# Why do we need to bash the Policeman's Helmet?

**Policeman's helmet or more commonly known as Himalayan Balsam can be found along most of our urban and river catchments in England, and is spreading quickly elsewhere in the UK.**

It is easy to identify as it can grow up to 2 metres tall with pink-purple trumpet shaped flowers on mature plants. The plant also produces explosive seed heads which easily pop if touched, which is great fun but helps increase its spread.

It was introduced as a garden plant in the early 19th century and first recorded in the wild in 1855. Often favoured by the general public for its aesthetic appeal it is still deliberately planted on occasion. Now widespread in the UK, especially along urban rivers it spreads solely by seeds, which are small and easily carried by wind or water.

This plant out-competes native species in ecologically sensitive areas, particularly river banks.

Where it grows in dense stands along river banks it can impede flow at times of high rainfall, increasing the likelihood of flooding. Die back of extensive stands over winter can leave river banks bare and exposed to erosion.

Himalayan balsam is listed under Schedule 9 to the Wildlife and Countryside Act 1981 with respect to England and Wales. As such, it is an offence to plant or otherwise allow this species to grow in the wild.

## The problem

Each plant can produce up to 800 seeds. These are dispersed widely as the ripe seedpods shoot their seeds up to 7m (22ft) away.

The most widespread distribution tends to be by human means where individuals pass on seed to friends.

Once established in the catchment of a river, the seeds, which can remain viable for two years, are transported further afield by water.

## How can you control Himalayan Balsam?

Plants that out-compete other more desirable plants or simply invade half the garden are classed as weeds and require control. First, consider whether this can be done using non-chemical means such as pulling or digging out, or suppressing with mulch. If this can't be achieved, consider using chemical methods.

## Non-chemical control

The main method of non-chemical control, and usually the most appropriate, is pulling or cutting the plants before they flower and set seed (May-July). Conservation authorities regularly organise 'balsam bashing' work parties to clear the weed from marshland and riverbanks.





### Chemical control

Where non-chemical control methods are not feasible, chemical controls may need to be used. Choose a weedkiller that is most appropriate for the purpose by reading the label carefully before buying or using. Contact weedkillers and glyphosate have low persistence in the soil, being virtually inactivated on soil contact. Residual weedkillers persist in the soil for several weeks or months and can move deeper or sideways in the soil, leading to possible damage of underlying plant roots.

Before using weedkillers alongside waterways it is necessary to contact the Environment Agency (see telephone directory for your local office). It can advise on suitably qualified contractors, as can the National Association of Agricultural and Amenity Contractors. It may take a couple of seasons to obtain good control of Himalayan balsam, as additional weed seedlings germinate after the parent plants are killed off.

With these organisations, British Canoeing will be setting up Balsam Bashing Days in 2018. If you would like further information on how to get involved, please contact Richard Atkinson, British Canoeing Policy Officer at [Richard.atkinson@britishcanoeing.org.uk](mailto:Richard.atkinson@britishcanoeing.org.uk)

### How you can help British Canoeing

British Canoeing are working with Defra led Non Native Species Secretariat (NNSS) with a National Strategy on controlling not just Himalayan Balsam but many other aquatic non native species which have the potential to be harmful to our native ecology and have huge impacts on the amenity use of our waterways.

We are also working in partnership with other organisations such as the Inland Waterways Association, Rivers Trust, Canal and River Trust and water companies to both raise awareness of non native species and their impacts but to also plan and implement working groups to eradicate sections of rivers, canals and lakes of these harmful organisms. Volunteers are key and have an important role in helping to stop the spread of non natives and it is important that canoe clubs, outdoor centres who enjoy our waterways play a part.



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# South Walney 00

## NATURE RESERVE

South Walney Nature Reserve is a popular paddling venue situated on the Cumbrian coastline close to Barrow-in-Furness. British Canoeing is working closely with the Cumbria Wildlife Trust to provide paddlers and small boat users some guidance to help visitors be aware of the risks of disturbance and how to ensure that both wildlife and paddlers live together in harmony.

### Additional information -

#### Landing on South Walney Nature Reserve

We have been aware that the South Walney Nature Reserve, including the foreshore, is privately owned and access from the land or sea, is not normally permitted. The foreshore is not Crown Estate land and the landowner is within their rights to restrict access.

However, the Cumbria Wildlife Trust appreciate that paddlers do need to land occasionally and suggest that if they do then land adjacent to the groyne below the Groyne Hide (providing there are no seals have hauled out onto the land).

In the event of an emergency, common sense dictates that appropriate action be taken however otherwise please respect the aims of the Wildlife Trust and enjoy paddling around Walney!



If you have any questions about the leaflet, please contact

**Richard.atkinson@  
britishcanoeing.org.uk**

# Flocks of birds

# About us



Thousands of migratory shore birds spend autumn and winter at South Walney Nature Reserve, feeding in Morecambe Bay at low tide, and then returning to the shore to roost and rest in safety at high tide.

Winter is harsh here, so finding enough food and opportunity to rest means the birds have a much greater chance of surviving their return migration and being healthy enough to breed.

Global numbers of all our shorebirds are in perilous decline. **Help them survive winter by staying well away from large flocks on the shore.**

Photo credits: Gulls on Spit, Joe Murphy, Eider ducks pair, John Attwell



*Eider duck*

Cumbria Wildlife Trust is the only charity devoted solely to the conservation of wild places of Cumbria. The Trust creates wildlife havens, seeks to raise environmental awareness.

Formed in 1962, the Trust now owns 10 sites that you can visit, works to save wild places, campaigns for wildlife, and works with adults to highlight the importance of the natural world.

## Visiting South Walney

We hope you enjoy visiting South Walney and the wealth of wildlife it has to offer.

**Beaches:** There is no access to the reserve to protect disturbance to nesting and wintering birds. Beautiful views are available at Biggar Bank and at West Scares.

**Dogs:** Strictly no dogs are allowed (except guide dogs) to protect the birds.

**Walney Bird Observatory:** For your interest, South Walney is home to the Walney Bird Observatory. The organisation is run by the Trust and carries out scientific research.

**Injured marine animals:** If you find a porpoise, or whale that is ill or injured, please contact Divers Marine Life Rescue on 01753 634444 out of office hours.

The marine environment is a beautiful one but you must be aware of the risks of in sea kayaking and train and tube. Further details can be found in the British Canoeing website: [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk)

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o inspire people, and raise  
cares for 38 nature reserves  
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and children to discover the  
d.

## Walney Nature Reserve

Walney Nature Reserve  
has to offer.

to the beaches at the nature  
of the seals and breeding  
al public beaches are nearby  
shore.

owed on the nature reserve  
t vulnerable wildlife.

Because of its ornithological  
ne to the Walney Bird  
n is independent of the  
ic monitoring of wild birds.

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# Wildlife watching

# in the Walney Channel

## A guide for kayakers, canoeists and small boat users

# Seals at South Walney Nature Reserve

South Walney Nature Reserve forms the southern tip of Walney Island, and has been managed by Cumbria Wildlife Trust as a nature reserve since 1963. Throughout the year, its sand dunes, beaches and pools are home vast numbers of birds, plants and insects.

Cumbria's only grey seal colony is found at its very southernmost point. Seals use the protected beach here to haul out, to rest and moult, and to breed and give birth to their pups.

As visitors have no access to the beach, the lack of disturbance has made it a safe place for seals, and numbers have steadily grown from one or two in the 1980s to over 200 in recent years. In 2015, the first pups were born here.



Photo credit: Grey seal (c) Lindsey Dickings, North West Evening Mail;

## Enjoying the seals

Seals are highly intelligent mammals. One way to see them up close is when they can approach you on their own terms.

Here's how you can paddle to the grey seal colony:

- ◆ Approach as **slowly** and **quietly** and sideways on.
- ◆ Paddle parallel to the shore.
- ◆ Stay **at least 50m** away.
- ◆ When a large number of the seals are directly at you, **back off slowly**.
- ◆ Speak **quietly** and **avoid paddling**.

As seals expend a lot of energy in the water feeding, they need to rest on land to digest their food, moult and pup. Trying to get close on land causes disturbance and distress to the colony.

erve



**Cumbria**  
Wildlife Trust



marine mammals, and the best  
when they're in the water, where  
on their own terms.

the past

quietly as possible,

them are sitting up, looking  
slowly until they relax again.

middle splash.



Seals resting, perhaps  
aware of you, but not  
disturbed.

Watch quietly.



More than 10% of seals  
awake and looking at you.

Back away slowly until  
they settle again.



Seals are panicked and  
stampeding into the sea.

Must be avoided.

When seals are spooked their immediate reaction is to stampede into the sea. By doing this, they waste a lot of energy and injuries can be caused in the panic. As mothers can abandon their pups, we need to avoid this at all cost.



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)

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- Bunkhouse Accommodation
- Gift Vouchers Available



