

# TALES FROM THE RIVERBANK



*November/December 2012*

## *An Autumn Meander on the Spey*

*Paul "Kelly Kettle" Binks  
Photographs courtesy of Helen James*



*Let's just enjoy the scenery*



It was the end of day three and we'd just landed on an island near the town of Rothes. None of us had been here before but we were hoping this would be our camp for the night, having recced it on maps and Google earth. Allan, the Expedition Leader, and Rachel, Chief Scout had gone ashore, the rest of us remained in the boats at the water's edge. We were equally tired and thrilled after a day that started quiet and flat but after lunch saw us take on the rapids around Knockando and beyond.

For Gary, New Boy, this had been his first ever experience of white water in a canoe, and for Matt, the Conscientious Objector to open boats, who'd used his new Fusion kayak and it was the first time he'd tried rapids in a fully loaded kayak; both took them on admirably.

Why were they gone so long? Could they not find a suitable place to camp at all or were they looking for the best place to pitch tents. After what seemed like an interminable time Allan appeared, on his own! Had he sacrificed Rachel to the natives? I doubt it as there'd be not much meat on her, it'd of been better if she'd sacrificed him! It was thumbs up, the island was high and dry in the middle and Rachel had gone to mark the spot where we were to land.

Pulling the boats ashore we checked Helen, My Wellie Leaks, bottom. The duck-tape hadn't stuck to her bottom but Allan's careful application of silver tape had held firm; that and surgical insertion of resin with rubber glove had meant the holes in the bottom of her canoe were now fixed.

Pulling the boats through lush vegetation on damp ground we quite quickly found the interior of the island to be basically dry sand with pine trees. There were other occupants though. On route to camp Rachel and Allan had passed under a tree with feathers, bones and rather a lot of white stuff scattered around it, buzzards; that incidentally can party on through the night later than any campers. By Will "Fire Starter" and "Water Monitor's" foot was a sandy mole hill, and purposefully and carefully placed on it was some poo. The poo had obviously originated from a meat/fish eating animal, probably otter or mink. Which animal it was could be determined, according to my poo chart, by smell and careful examination of contents; another day perhaps.

Camp was soon set up and division of labour meant brews were made using Kelly Kettle, fire lit and food was prepared. Making the corned beef hash involved only one minor incident containing the corned beef tin, a thumb and two plasters, and we settled in for the night.



Leaving the island the following morning the sun was bright and low. The 3litre of red wine consumed the night before meant we were not quite as bright, but the fantastic autumn colours and glorious scenery meant our moods soon lifted. Salmon jumping, dippers dipping and herons in abundance watching us and then majestically taking off were quite poetic against the back drop of wooded hills and distant mountains.

Unlike many rivers the Spey gets more remote as you near the end as it flows through a delta. The towering red sandstone cliffs river right that plummeted down to depths unknown did cause some rather interesting spirals and whirlpools. Even big boats made some unplanned changes of direction, but Matt's relatively little craft had a few 560degree manoeuvres, thankfully he remained determined and more importantly remained upright. The look on his face though as he battled through these was a classic.



We lingered a while in the delta to share dolly mixtures and jelly babies before finally making our way to Spey Bay and journey's end; which brings sadness that the trip is over but two consolations, the knowledge that there'll be another trip and the café at the dolphin conservation centre that serves the biggest cakes that side of Glasgow.

If you fancy a trip like this then do it. Talk to others who've done similar things, research campsites either wild or official, think about kit and safety and talk to your friends. Think what sort of trip you want, wild and remote or with pubs and civilization every night? Go back and talk to others again. And don't forget to mention it to your other half if they aren't coming. I look forward to reading your articles in the future.

***Paul "Kelly Kettle" Binks***

## ***Essential Sea Kayak Weekend***

***Sarah Jones***

***Photographs courtesy of Ollie Jay***

This was a sea kayak festival based near Holyhead, Anglesey on the 20-22 Oct that a few of us signed up to go on, The captain, Mitch, Cynthia, Paula, Gareth and I.

Prior to going we had to book which courses we wanted to do, there were lots to choose from, ranging from intro to sea kayaking to leadership skills. I booked on rock hopping (yes in my fiberglass boat!), intro to moving water on the Menai Strait and level 1-2 boat handling skills.

The event was based at Anglesey Outdoor centre, which has dorms, yurts or camping accommodation. We opted for the van of course, we had to find a space on the side of the road with the grass being too wet and car parks full of cars and vans all loaded with sea kayaks! There is also a very handy bar on site called The Paddlers Return, which was full every evening!

The weather was kind to us; we had 3 great days on the water, mostly sunny and not too windy or choppy. The coaching we got was excellent with some well-known faces in the sea kayaking world!



Barry Shaw (husband of Justine, 'this is the sea' videos) and Ollie Jay (a North Eastern based coach) took my group rock hopping starting from Trearddur Bay. I was a little nervous but they started us off gently and we could miss out any sections we weren't happy about, by the end of the day I was a little more daring but ended up getting a small scrape on my boat.

During the day we came across 2 seals as we entered a cave, one popped his head up right next to my boat! They didn't seem happy at being disturbed, growling at us so we promptly left them in peace. The next day the captain went into the same cave (we think) and saw a newborn calf on the rock, he quickly left too!



On Saturday evening Justine did a great talk on their experience of paddling around Tierra del Fuego, Patagonia (her new video!). Full of drama and excitement!

On Sunday Mitch and I went to the Menai Straits for the moving water with James Stevenson and Mike Mayberry. The tides had been quite low and after having experience on the rivers it wasn't too scary with wide open spaces and very few rocks! Towards the end of the day, after the tide had changed it was getting a bit boily under the bridges. Needless to say, Gareth found it easy when he did it on the Monday.

The Sunday night talk was from a German guy Marcus Demuth, an interesting character! He talked about how he started paddling and the places he has paddled around the world, highlighting about half of them which had ended in disaster!

My group went out with Trys Burke, a female level 5 sea coach, launching from Rhoscolyn. She was really encouraging, saying I should have taken the next level up in boat handling as I found the level 1 quite easy! She was getting the others in the group to follow me. After learning in the calm waters of the bay we went out to play in the tidal races and to practice our skills. I found out that the Menai had been a good warm up to going on the tidal races!

Overall the weekend was a success, well organised, great company, amazing scenery and wildlife with some good contacts made for the future. We would certainly recommend to sea paddlers of all levels for next year.

**Sarah Jones**

# ***The Liffey Decent 2012***

## ***A Long and lonely paddle***

***Roy Booth***



***Ready for the start***

It all started some time ago in the pub like all good paddles do, Adam ask me if I had seen the Liffey Descent on YouTube it looks manic. I said no but looked it up later and saw the carnage at Straffan Weir that Adam was on about. Later in the year I asked around to see if anyone was going but could not find anyone so I dropped it. Then my good lady said she fancied going to Ireland for a few days, is there anything I would like to do whilst were there? I managed to align the dates up to coincide with the Liffey Decent and booked on it.

There are lots of classes, for example:

K1/K2 C1/C2

Marathon boats

River racers

General purpose (that was the one I was in)

Open canoes 1man 2man and 3man (I re-classed these as battle ships)  
Each class is split into male, female, junior and senior – basically all welcome.

The Friday night arrived and I went to pick up my bib and stuff from the Garda Boat Club. The pack included dance ticket, meal ticket and tee shirt. There was also a chance to chat about the descent over a glass of the black stuff. This year the water level was going to be high so the jungle could be a problem. Going here also helps your taxi driver, knowing where the finish is and where the bands will be playing the following night. Next stop was a look at Staffan Weir and find the get in ready for the morning. The weir did not look much but I had been told it takes 12 hours for the water from the dam release to reach its full height.

So the next morning the sun shone and I arrived early for my entry. Everyone had to be on the water by 12 noon for a 12.30 start. No problem, but I think the Irish think it's funny to make every one paddle 600 meters UP river to the start line from the get in car park!!! So on I got and paddle up to the start, this is split into 5 starts:

First – K1/K2

Second – River racers

Third – Other long pointy things

Fourth – General purpose boats (my group)

Fifth canoes – Battleships



*Three man Battleship*

The hooter sounds for my group to go and as I was not racing I hung back a bit – first mistake.



First up is Staffan Weir and if you ever look on YouTube or the Irish Canoe Union videos you can see the carnage here, I managed to avoid this and helped a few boats to the side before carrying on.

*Staffan Weir swimmers boats and battle ships*

Anyone that knows me will know I am a bit deaf on the river so when the back of my boat sank and I was pushed violently round I found myself in contact with a fast moving battle ship with a big smile on their faces, they said sorry (I do not think so). Shaken but not stirred I carried on. Now just picture this in your mind one kayak sandwich. Yes I was crushed between two canoes and after they passed I was paddle less, so now frantically hand paddling trying to catch up to my paddle (thankfully I made it and decided to hide behind the next tree till most of the battle ships had passed).

Next up was the jungle – nothing this when you have paddled ‘the washy’, just a lot of trees overhanging the river so on I went. Now from the start there had been a lady kayaker a couple of hundred yards in front so I decided to keep pace with her to drive me on (would I have done this with a big hairy Irish man? I THINK NOT).

On and on we went grinding it out. I was glad it was not windy when I came to the 1 mile lake section. At the end of the lake is the portage round the dam. This gives you time for a rest, stretch and something to eat. The get back on can be a bit tricky if you do not look at it properly as you only have 100 yards or so to a bridge, and as the water is flushing out of the dam you have to surf to the middle of the river before turning to get through the arch. Some did not make it. As I passed they were abseiling off the bridge to rescue a pinned canoe, the paddlers were safe and well. 2 more canoes were also lying along the bank with kit everywhere.

Now the journey is broken up every few miles by rapids and weirs of all shapes and sizes. As always there are people guiding you to the correct position and safety teams in abundance.



*Logan's Weir*



*some do it for fun*

There are 9 weirs from the dam to the finish and after the 9<sup>th</sup> I was still in contact with the lady kayaker but there was nothing left in the tank so as she powered on for the last 2 to 3 miles I lost contact, but I did get a smile and a wave from her as I got off the water.

Although I did this with probably 500 other paddlers I entered on my own so at times it was a long and lonely paddle. I never made it to the after paddle party as after a relaxing hot bath and a beer in the hotel I was just too tired.

Would I do this again? YES. But getting to Ireland and entry is not cheap so I would combine other things into the trip.

Like:

Tuesday take the overnight ferry - £120 for 2 people with cabin and including 2 meals (this year's prices).

Wednesday walk the Black Mountain near Belfast then a night out in Belfast.

Thursday cycle the coastal path from Belfast to the Giant's Causeway approx. 70 mile on good roads.

Friday rest day in the morning visit the Causeway then drive back to Dublin to register.

Saturday do the Liffey Saturday night party time with live bands and plenty of the black stuff

Sunday afternoon take the ferry home.

**Roy Booth**

*PS a canoe next time it looks far more fun*



## **Top Tips**

- As Tony Morgan always says, practice the hard stuff on the easy water and the easy stuff on the hard water.
- Always assess a group by the weakest member, it's never a case of "oh well they are an adult, or they are big enough to make their own mind up" if it goes wrong it may ruin your day too, and think... When you paddled at that level or had been paddling that long, would you have run it, or been happy to run it? Never be afraid to ruin their day by speaking up, it may be for the best.
- After paddling always store your throw line out of the bag to dry, do this by throwing the bag at a target, that way you always practice throwing every time you paddle and the line dries properly without kinks, I always hang it up looped over a beam in the garage.
- Make a kit list and stick it to you garage wall, check it every time you pack up to go paddling.
- Never upset a waitress before you have eaten.
- Perhaps we should all practice more back paddling.

**Mark Dillon**



# ***The Flat Cap Challenge:***

## ***Pool Fun Night 14<sup>th</sup> December***

Tha've heard of Dumbongo perhaps  
The spirit to which we heed  
That Captain Blackburn pitted against  
That man of daring deed

At Christmas time he fought and led,  
His crew that no one could knock  
The prize he won straight out  
All barrel, lock and stock

Now come ye fine paddlers  
Come gather for Christmas cheer  
The Flat Cap Challenge is upon us  
All whippets, pies and beer

We've had Dumbongo on desert isle  
We've had it in a galaxy far, far, away  
But never before have we had it,  
And done it in the Lancashire way



This year's Dumbongo, the Christmas fun night at the pool, will have a Lancashire Theme:



Black pudding races  
Rescue the ferret,  
plus many more



## ***See forum for details***

# ***Where Do They All Come From?***

***Roy Booth***

At the beginning of October Graham 'the king' Kingaby invited me to help out on 'An intro to moving water' trip that he was running on the River Brathay. He told me there would be just a few newbies – there were at least a dozen and twenty odd watchers and helpers. I am certain that if we had all rafted up you could have walked across Brathay pool.



***Graham trying to count them all (he ran out of fingers and toes)***

As with all of Graham's trips the sun shone, they say "the sun shines on the righteous" I just think he's a lucky sod.

And the coaching begins

Paddle up there paddle down there

Break-in here

Break out there

Lift the knee

Edge the boat this way and that way

No wonder they are all confused but  
with help they can sort it out.



*Confused.com*

Now even with the great coaches we had that day there were still one or two out of boat experiences (do not worry we are all in between swims I think I even saw the mighty Norman swim once but he said it was someone else's fault).



*Pat not in the kitchen*

Now in time honoured fashion it was time to run the Brathay rapids, which on this day were a raging trickle, but never the less all ran it successfully. With beaming smiles all round it's time for lunch, Pats kitchen sprang into action and those who were hungry got fed and those who were thirsty got drinks. Thanks Pat.

After lunch the newbies ran the rapids again and made it look all too easy, so Graham decided to raise the game a little and had us all paddle round to the hotel weir on the Rothay. No easy task and some towing, pushing and a lot of effort was needed to get there but get there they did. This gave the more experienced paddlers a chance to strut their stuff and show off, which they did. Now I would like to say that all the newbies got stuck in and paddled it all with ease, but alas no. There were just a few who braved this mighty wave and some 'out of boat experiences' were had, but if you do not try you will never know.

And with all the smiling faces at the end of the day I think we all had a grand day out.

Thanks Graham.

Some more pictures and videos of the day can be found on the forum.

**Roy Booth**

# *Editors Bit*

Thanks again to all the contributors to this edition of the Newsletter, and there have been quite a number. As well as the usual stalwarts of Roy Booth and Paul Binks we have an interesting article from Sarah Jones about the weekend in Anglesey.

We now need to encourage some of the more recent members to take up the pen to tell us about their exploits with a paddle. Actually when I look at the articles submitted, it is very encouraging to think that I can remember seeing the likes of Roy and Paul coming along to the club as novices not that long ago and working their way up to where they are now as valued members who devote a lot of time and effort to the club. It says a lot about us that we are able to earn that sort of devotion from people who have wandered in off the street in the hope of learning to paddle a canoe or kayak. We also seem to be able to attract the right sort of people (mostly) to keep the club growing and moving with the times. There are not that many canoe clubs who have such an active membership. Whether it be Rivers, Lakes or the Sea, Kayak or Canoe we have someone out doing something paddling related every weekend.

A successful club doesn't just happen of course, it is mainly down to the efforts of its voluntary organisers, coaches and helpers who play a part in ensuring that we are all able to enjoy our paddling to the full. So if you are fairly new to the club come along to the AGM and see who does what and perhaps you may want to think about becoming more involved.

Having sung the praises of the members, I do however have to add a note of personal disquiet. It was always custom and practice to meet up at a reasonable hour to go on paddling trips, say 11:00 o'clock ish. After all most trips happen at weekends when normal people like to break with the early rising practice required during the working week and have a bit of a lie-in.

In recent times there has been an insidious tendency to organise trips to meet earlier and earlier, culminating in one meeting at 9:30 at Halton. That means paddlers will have to get up EARLY, possibly before daylight. Last weekend we even arrived at Halton before the Slalom Paddlers. Do trip organisers not realise that we paddle because we enjoy it? Does it have to be such a trial of our wakefulness? Or is someone carrying out secret experiments into the effects of sleep deprivation on paddlers?

Unless this practice can be brought to a speedy end and normality restored are we going to witness the world's first Somnambulating Paddlers? Perhaps we shall see the sales of "Neoprene Pyjamas" at Brookbank with the Ribble Logo on the breast pocket.

For my part I will have to consider driving to the paddling venue the night before and sleeping in my camper van. This will of course have to be retro-fitted with a Wallace and Grommit Style Bed which at the pre-set time tilts and slides me into a Drysuit. This would be followed by breakfast from a Porridge Gun prior to grabbing my paddle and kayak and wandering down the bank to the get-in, yawning and stretching all the way.

**Dates and Deadlines** The next committee meeting will be on Wednesday 9th January at 7:00pm at the Hand & Dagger. The next newsletter will be published on 23<sup>rd</sup> January. We would appreciate all submissions by Wednesday 16<sup>th</sup>. Please send submissions to [newsletter@ribblecanoeclub.co.uk](mailto:newsletter@ribblecanoeclub.co.uk)

**Norman Green**  
[newsletter@ribblecanoeclub.co.uk](mailto:newsletter@ribblecanoeclub.co.uk)

# ***Library News***

Exciting News! I have been spending some money and there are now several new additions to the club library.

These are:

- Sea Kayak Rescues DVD – effective rescues in a range of conditions from flat water to complex sea environments. Includes a ‘skills’ section on edging, turning and stern rudder.
- This is the Sea 2 DVD – includes thrills & spills on tidal races, with whales & icebergs and expeditions to Japan & Tasmania.
- This is the Sea 3 DVD – action on the Falls of Lora and expeditions to Antarctic Peninsula and the Faroe Islands (and more..)
- Scottish Sea Kayaking – a guidebook to 50 great sea kayak voyages with maps, tide & weather information and beautiful photos.
- The Outer Hebrides – a guidebook to 44 sea kayaking trips around the islands and St Kilda including maps, navigational info and lovely photos.
- This is Canoeing DVD – 180 mins of films including open canoe slalom, a 1000 mile expedition, challenging white-water and remote wilderness journeys.
- This is the Roll DVD – introducing the key concepts for a successful roll with underwater footage and detailed analysis.

See the library list in this month’s Newsletter for all the titles available.

Books and DVDs are free for all club members to borrow and a full list is in each Newsletter. We will try and bring the library to the Hand & Dagger most Tuesdays. If you want a particular title just give us a bell first to check it’s not already out on loan. Contact details are on next to the last page of the Newsletter.

***Cheers!***  
***Albert & Kath***

# ***Trophies to be Awarded at the AGM***

## **Driftwood**

The Driftwood trophy is awarded to the club member whose paddling ability is thought to have improved the most during the last year.

## **Competition**

The Competition trophy is awarded to the person seen to have achieved (or improved) the most in Competition during the year.

## **Youth Challenge**

The Youth Challenge trophy is awarded to the club member under the age of 18 who is thought to have achieved the most in the past year, be it in improved paddling ability or competition.

## **Shakespeare**

The Shakespeare trophy is awarded to the writer thought to have contributed most/best to the newsletter in the last year.

## **Philip Singleton Trophy**

The Philip Singleton Memorial trophy is awarded for significant contributions to the club over a number of years.

## **Floater**

The Floater trophy is awarded to the member who hasn't won 'owt and deserves summat for doing the most extraordinarily exceptional thing(s) during the past year - extraordinarily exceptional in any way which enhances the diverse nature of our club, be it silly, eccentric, adventurous, outlandish, courageous, bold, hardworking, entertaining, public spirited, mad, generous etc...etc.....

## **Pic of the Year**

The Pic of the Year trophy will be awarded for the best picture published in the Newsletter or on our Website Gallery in the current year. You can select a picture from anywhere on the Forum Gallery and copy it into the Photo Competition area of the same Forum Gallery. Any photo from the magazine can also be submitted by copying it to the same Photo Competition area. Nominations are limited to three per member.

All members are invited to submit the name of any member(s) they feel deserve any or several of the above awards. Nominations should be submitted in writing to the Chairman either in person or by post to Dean Nurseries, Chapel Road, Blackpool FY4 5HU or by e-mail to [chairman@ribblecanooclub.co.uk](mailto:chairman@ribblecanooclub.co.uk) by 31 December 2012.

**Go on, nominate some deserving member**

Please email nominations to  
[Chairman@ribblecanooclub.co.uk](mailto:Chairman@ribblecanooclub.co.uk)

# ***AGM 2012***

## **Agenda**

Notice is hereby given that the Ribble Canoe Club AGM for the year ending 31st December 2012 will be held at Fulwood & Broughton Cricket Club on Thursday 28<sup>th</sup> February 2013 7:30 for 8:00pm start for the following purposes:

- To receive the Hon. Secretary's report for the year ended 31st Dec 2012.
- To receive the Hon. Treasurer's report and Statement of Accounts for the year ended 31st Dec 2012
- To receive the Competition Secretary's report for the year ended 31st Dec 2012
- To receive the Hon. Chairman's report for the year ended 31st Dec 2012.
- To elect Officers and Members to the General Committee.
- To appoint auditors.
- To discuss any other business.
- To present the Club Trophies

Anyone wishing to put forward an item for the agenda must put it in writing to the secretary by 31 December 2012.

*By order of the Committee  
Paul Binks, Secretary*

**Go on, nominate some deserving member for an award**

Please email nominations to

**[Chairman@ribblecanoecub.co.uk](mailto:Chairman@ribblecanoecub.co.uk)**

# Wanted

**Liquid Logic Remix 59 Kayak.** If you have one for sale please email me, Pat Green at [membership@ribblecanooclub.co.uk](mailto:membership@ribblecanooclub.co.uk)

## Chairman's Chat

I believe it was a quieter Tay Descent this year, at least as far as our Club was concerned. Even so we had five paddlers doing the decent thing and having a very good time. This was quickly followed by the Tyne Tour at which we had a stronger contingent including many newish paddlers. Allan and Rach came second in the Topo Duo race, improving on their third place last year. The massive bulge of newbies has passed thru' the BCU 1 Star production line.

Many thanks to Graham and all the coaches and helpers who ran the course so well. And still they come – more newbies every week. The club has grown so much recently that we've had to change our venue for the AGM next February to Broughton Cricket Club. So pencil in **Thursday 28 February 2013 for the Club's AGM** and **get any items you want discussed submitted with a seconder's signature to the Committee by 31 December 2012.** There's a formal notice of the meeting elsewhere in this magazine. There's also a schedule of all the trophies we award at the AGM. Your nominations for awards need to be made to a Committee member by 31 December.

You can submit any items for the AGM and nominations for awards to any Committee member or to [chairman@ribblecanooclub.co.uk](mailto:chairman@ribblecanooclub.co.uk)

Don't go thinking you don't need to come to the AGM just because you've only just joined the club. It's your Club and you should run it. Also you get subsidised nosh at the AGM – hot pot and pudding this year, for £3 – not bad eh? I think Pat's set up a hot pot & pudding company in her kitchen! No, it's the same food company that's providing the food for our ceilidh on 12 Jan – have you booked on with Kath yet?

There will be one change at the AGM this time. Paul Binks, our Hon Sec is stepping down. We owe Paul a massive vote of thanks for all the work he's done over the past four or five years. He's staying on the Committee, thank goodness, and hopefully doing all those things he's probably best known for – swimming, paddling, coming up with good ideas and then seeing them to fruition. Thanks Paul. And thanks for finding an apprentice who's hard at work learning the trade – swimming etc. No, seriously I'm sure Gareth (Geordie) will become a super sec under Paul's tutelage and many thanks to him too for volunteering. I hope your arm gets better soon.

Have you seen the Goonie's Trips on the Forum. Now that's new and sounds interesting. If I can just find my boat under all the dust and rubbish in the garage I might just have a go. A practice first at Halton maybe, just to see if the old magic's still there.

**Terry Maddock 077 333 86704**  
**[Chairman@ribblecanooclub.co.uk](mailto:Chairman@ribblecanooclub.co.uk)**



# Pool Sessions

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty.

| Date   | Session          | Contact       | Supervisor    | Committee      |
|--------|------------------|---------------|---------------|----------------|
| 23 Nov | WW Rescue Skills | Allan Hacking | Will Body     | Allan Hacking  |
| 30 Nov | Open             |               | Albert Risely | Terry Maddock  |
| 7 Dec  | Paddle Skills    | Allan Hacking | David Nelson  | Allan Hacking  |
| 14 Dec | Dumbongo         | Paul Binks    | Matt Aspden   | Paul Binks     |
| 21 Dec | Open             |               | Mark Dillon   | John Kington   |
| 28 Dec | No session       |               |               |                |
| 4 Jan  | Open             |               | TBD           | Terry Maddock  |
| 11 Jan | Paddle Skills    | Allan Hacking | Adam Fielder  | Allan Hacking  |
| 18 Jan | Polo             | Mark Shaw     | TBD           | John Hooper    |
| 25 Jan | Open             |               | Rick Turner   | Suzanne Thomas |
| 1 Feb  | Rolling          | Allan Hacking | Gary Fishwick | Graham Kingaby |
| 8 Feb  | Rolling          | Allan Hacking | Tony Morgan   | Allan Hacking  |
| 15 Feb | Rolling          | Allan Hacking | Matt Aspden   | John Hooper    |
| 22 Feb | Open             |               | David Nelson  | Graham Kingaby |
| 1 Mar  | Slalom           | Mark Shaw     | Albert Risely | Suzanne Thomas |
| 8 Mar  | Paddle skills    | Allan Hacking | TBD           | TBD            |
| 15 Mar | Open             |               | TBD           | TBD            |
| 22 Mar | Sea Safety       | Allan Hacking | TBD           | TBD            |
| 29     | No session       |               |               |                |

## **Pool Session Protocol**

Open sessions are open access, with no need to book. Please book in advance for ALL other sessions by phoning the named contact or via the forum.

If using club equipment it is up to the individual to collect it from the pool store before 9.00pm, after which time the store will be locked. A club member will be on hand to assist. (best to arrive @ 8.45)

If using your own equipment please ensure it is clean before entering the pool area.

If you use a boat at a pool session it is your responsibility to return it to where it came from (your car or the pool store) IMMEDIATELY at the end of the session and BEFORE getting showered and changed.

The pool sessions run from 21.15 to 22.15. We are not to enter the pool area before 21.05 - this to avoid risk of injury to swimming club members who have to clear the pool area by 21.05.

## **Prices for pool sessions:**

Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4

# ***Ribble CC Library***

Books and DVDs are free for all club members to borrow. See Albert or Kath Risely at the H&D Tuesday Evenings or contact them using the details on the following page. Donations of books or DVD's are always welcome.

## **General**

BCU Handbook (2 copies)  
The Practical Guide to Kayaking  
Canoeing & Kayaking  
BCU Coaching Handbook  
The Rough Guide to Weather  
Canoe & Kayak Games  
Working out of Doors with Young People  
More Than Activities

DVD - BCU 'Go Paddling' 2012

## **Touring & Sea Kayaking**

An Atlas of the English Lakes  
Canal Companion: Cheshire Ring  
Touring 100 Paddles in England  
Welsh Sea Kayaking Guidebook  
Northern England & IOM Sea Kayaking  
Scottish Sea Kayak Trail  
Scottish Canoe Touring  
Great Glen Canoe Trail  
Anglesey Info Pack  
Scottish Sea Kayaking Guidebook - **NEW**  
The Outer Hebrides Sea Kayaking Guidebook - **NEW**  
Sea Kayak Navigation  
Complete Book of Sea Kayaking  
Sea Kayaker Deep Trouble

DVD - Gt Glen Canoe Trail & Safety Info **NEW**  
DVD - Sea Kayak Rescues - **NEW**  
DVD - Sea Kayak with Gordon Brown -  
Instructional Journey along Skye Coast  
DVD - This is the Sea 1  
DVD - This is the Sea 2 - **NEW**  
DVD - This is the sea 3 - **NEW**  
DVD - This is the Sea 4  
DVD - Performance Sea Kayaking-  
Skills, rolling & rescue techniques  
DVD - BCU 3 & 4 Star Leaders Sea Kayaking

## **Canoeing/Open Boating**

Open Canoe Technique  
Path of the Paddle  
Canoeing Safety & Rescue  
Canoeing

DVD - This is Canoeing - **NEW** (ww & wilderness)  
DVD - Open Canoeing -  
Reg Blomfield (amazing moves!) (2 copies)

## **White-water**

English White Water  
Scottish White Water  
White Water Lake District  
White Water Kayaking  
White Water Safety & Rescue (2 copies)  
Weir Wisdom  
Many Rivers to Run  
The Playboater's Handbook 2

DVD - Moving on to Moving Water  
DVD - EJ's Advanced River Running  
DVD - The Call of the River -  
100 years of WW Adventure  
DVD - White-water Kayaking

## **Rolling**

Bombproof Roll and Beyond!  
Eskimo Rolling for Survival

DVD - This is the Roll - **NEW**  
DVD - EJ's Rolling and Bracing


## **Club or Club Members Trips**

DVD - Mags Brayfield in Nepal  
DVD - It's Different Every Time - Halton Rapids  
DVD - Fort William 2005/06 Easter Trip  
DVD - RCC Scotland trip 2007 & 2008  
DVD - Tay Descent 2011

## **Expeditions/Adventure/Action**

On Celtic Tides  
Blazing Paddles  
Dancing with Waves  
The Canoe Boys  
Rapids (a novel)  
Three Men in a Boat

DVD - Revenge of the Fat Cats (Greenland)  
DVD - The Cockleshell Heroes (wartime adventure)  
DVD - Tatshenshini/Alsek 2007  
DVD - Mountain River Movie (Canada)  
DVD - Liffey Descent 1992

|  | Ribble CC Contact List | Committee  | General Information | Access | Courses | Instructor | Hand & Dagger Key holder | T.E.A. Trips | Beginners River Trips | Intermediate River Trips | Advanced River Trips | Sea Trips | Open Canoes | Surfing | Beginners' Slalom | Advanced Slalom | Polo | Freestyle | Other                         |
|---|------------------------|------------|---------------------|--------|---------|------------|--------------------------|--------------|-----------------------|--------------------------|----------------------|-----------|-------------|---------|-------------------|-----------------|------|-----------|-------------------------------|
| Albert & Kath Risely  |                        |            |                     |        |         |            | ☺                        | ☺            |                       |                          |                      |           |             |         |                   |                 |      |           | Library                       |
| Allan Hacking   |                        | ☺          |                     |        | ☺       | ☺          | ☺                        |              | ☺                     | ☺                        |                      | ☺         | ☺           |         |                   |                 |      |           |                               |
| Brian Woodhouse   |                        | ☺          | ☺                   | ☺      |         |            |                          | ☺            | ☺                     | ☺                        |                      |           |             |         |                   |                 |      |           |                               |
| Elizabeth Kingaby   |                        |            |                     |        |         |            |                          |              |                       |                          |                      |           |             |         |                   |                 |      |           | Webmistress                   |
| Graham Kingaby  |                        | ☺          |                     |        |         |            | ☺                        |              |                       |                          |                      |           |             |         |                   |                 |      |           | Quartermaster                 |
| John Hooper   |                        | ☺          |                     |        |         |            | ☺                        |              |                       |                          |                      |           |             |         |                   |                 |      |           |                               |
| John Kington  |                        | Treasurer  |                     |        |         |            |                          |              |                       | ☺                        |                      |           |             | ☺       |                   |                 |      |           | Treasurer                     |
| Mark Shaw   |                        | ☺          |                     |        |         |            |                          |              |                       |                          |                      |           |             |         | ☺                 | ☺               | ☺    | ☺         | Competition Secretary         |
| Norman & Pat Green  |                        | ☺          |                     |        |         |            |                          | ☺            |                       |                          |                      |           |             |         |                   |                 |      |           | Newsletter                    |
| Pat Green   |                        | Membership |                     |        |         |            |                          |              |                       |                          |                      |           |             |         |                   |                 |      |           | Membership Secretary          |
| Paul Binks  |                        | Secretary  | ☺                   |        |         |            | ☺                        |              | ☺                     |                          |                      |           | ☺           | ☺       | ☺                 |                 |      |           | Secretary                     |
| Rachel Body   |                        | ☺          |                     |        |         |            |                          |              |                       |                          |                      |           |             |         |                   |                 |      |           |                               |
| Rose Binks  |                        | ☺          |                     |        |         |            |                          |              |                       |                          |                      |           |             |         |                   |                 |      |           | Young Persons' Representative |
| Suzanne Thomas  |                        | ☺          |                     |        |         |            |                          |              |                       |                          |                      |           |             |         |                   |                 |      |           | Club Welfare Officer          |
| Terry Maddock   |                        | Chairman   | ☺                   |        | ☺       | ☺          | ☺                        | ☺            |                       |                          |                      |           |             |         |                   |                 |      |           | Chairman                      |
| Will Body   |                        | ☺          |                     |        |         |            |                          |              |                       |                          |                      |           |             |         |                   |                 |      |           |                               |

**Additional Key Holders:** Andy Dowe, Rick Turner, Roy Booth, Tony Morgan

# CALENDAR

NOTE: Last minute trips are often arranged on the forum on the website ([www.ribblecanoeclub.co.uk](http://www.ribblecanoeclub.co.uk)), at the Hand & Dagger on Tuesdays or at Fulwood on Friday (RCC pool nights). If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**

Ribble CC recreational events (assumed risk) are in ***bold italic***.

Other Ribble CC events are in *italic*.

Events in normal type are external events listed for information only.

## NOVEMBER

*Sat 24 Nov 2012*  
*First aid Pt2*  
*Fully booked*

## DECEMBER

**Sun 9 Dec**  
**3 star Assessment**  
**Contact: Rick Patterson**

Sun 9 Dec  
Washburn release

**Sat 15 Dec**  
**Beginners trip**  
**River Rothay**  
**Contact: Roy Booth**

*Mon 24 Dec*  
*Rothay Paddle*  
*Contact: Paul Binks*

## 2013

### JANUARY

*Wed 9 Jan*  
*Committee meeting*

*Sat 12 Jan*  
*RCC Ceilidh - Fulwood*  
*Contact Kath Risely or see*  
*forum for tickets*

### FEBRUARY

*Thurs Feb 28 19:30 – 22:00*  
*Ribble Canoe Club AGM –*  
*Fulwood & Broughton Cricket*  
*Club, Garstang Road,*  
*Broughton, Preston, PR3 5JE*

This data is extracted from the Google calendar on the RCC website. Google Calendar amendments may be made after this one has been printed. Trips may be changed or cancelled at short notice. Always get in touch with the trip organiser the day before to check! If you don't, and you have a wasted trip, don't blame us.