

TALES FROM THE RIVERBANK



JULY/AUG 2010

Return To The Aquarium

Katie Fishwick AKA Star Fish



When Dad and Adam started their 2 star last year I would have loved to have joined too, but living in the North East (hence my weird accent) made this impossible, I came along to watch them on the canal whenever I was home though. My first time in a Kayak – other than a PGL trip in primary school – was at an open pool session whilst home for Christmas. I spent this session learning to bail and then trying to roll – it seemed feasible with zero kayaking knowledge at the time. I loved it and so when I made the move back to the North West, kayaking and spending time with Adam and Dad was on my "to do" list.

I went on the beginner's trip March 20th up at Waterhead where the more experienced paddlers went off with Binky Boo and us newbies stayed with Terry, Dad and Adam. The newbie group consisted of Fred, Mandy, Elliot, Jamesy and I, with Terry, Dad and Adam for coaching. Fred capsized just after setting off so we all got to see our first H rescue, which was kind of him!



We got to the boat house and practiced our sweep strokes and other basics. Stopped for lunch and decide to have a trip up the Brathay.



Me & Adz

I really enjoyed this trip (although a bit frustrating not being able to go in a straight line) and wanted to do more Kayaking.

I joined R.C.C and signed up for the 2 star course and swapped my lime supersonic for the pinky purple one

Whilst waiting for the courses to start, we had another trip up to Waterhead, Dad, Graham Kingaby and I went up to the Brathay pool, whilst Adam and Allan etc had a trip down the Rothay. Was a good day out and Graham and I had our first trip down some rapids, with a quick capsize from Graham.



Then the 2 star courses started and it was great to add another paddling day to my week! Dad, Adz, Roy Garriock, Roy Booth and I went on a paddle up to the Brathay Pool and the rapids just above. I got my first chance to practice ferry gliding.

I went to watch the 3* White Water pool session, but was able to get in the pool too as it wasn't too busy. I got to practice H rescues, Eskimo rescues with bough and paddle presentation, high braces and low braces and see how you rescue an unconscious paddler. I also got to go on the May development trip at Halton. I did some bits of this trip, but it was more for 3 star course training. Even though I couldn't do much on this trip I still felt I learned a lot watching the others run and listening to the coaching and the 3 stars received from Allan and Jo.

The next weekend there was no paddling trips planned so the Fish's decided to take advantage of living on the prom and try out the sea at Cleveleys.



Whilst it was fun being out with the Family, it wasn't the same atmosphere and banter as being out with the club so I was looking forward to Mays beginners' trip and trying out my new cag!

The Sunday after Halton Development trip there was a Washburn release.

Dad and I had never seen Washburn before and a few R.C.C members were heading there so we talked Jane out of sofa and wallpaper shopping (phew!) and into a picnic and some white water. Took some great pics, was fully impressed with R.C.C on the water and had a great day even just watching and chatting to club members.



17 kayaks and 4 opens turned up to Bowness for Mays beginner trip and the weather was fantastic!

We paddled straight across the lake and then around the islands. It was brilliant being out with so many from the club.

We stopped for dinner by some jetties' and Terry, Sam, Frankie and Tom did some seal launches before dinner. Dinner found us bringing out the packed lunches with the Binky Boos bringing out the Kelly kettle and setting up camp. It was a nice relaxed lunch camp with Allan starting us a fire eventually and Paul pulling out his only joke.....



After dinner my first seal launch attempt was interrupted by some wedding pictures, tut, so I decided to try one out at the trip end.



We crossed the lake at one of its widest points where we met some waves (which were fun) and sailing boats (not so fun). Before dinner James, being the youngest, was tiring a bit so he'd jumped in Allan's open and had Dad tow his Kayak. Once on the other side of the lake he'd decided he was ready for a go in his dynamo again. To get him back in without stopping Allan decided to put him back in his kayak on his open boat and seal launch him in – a club first I believe?!



Almost back to the car park we stopped on a grassy bank for a stretch and the 3 stars kept us amused practicing rolls. Dad, Paul (first time out of the pool) and Frankie all managed several rolls to rounds of applause.



It was great seeing people who hadn't been able to roll when I started now being able to do so. Getting back to the car park I decided to try for the seal lunch I missed out on earlier and managed two. It was an amazing day with fab people and amazing weather - one of my best days out paddling so far.

I was able to go back to Halton and was confident enough to try a full run, which I didn't attempt on the development trip.

I rock hopped down my first attempt and then all confidence was lost after my first time swims. I knew I could do it, but wasn't coming down the right line. R.C.C members were on hand to give advice and tips – thanks Norman, Paul and Little Fish.



After another swim I didn't think I would be able to do it, but I never would if I just sat watching the others so went up for another try and managed two consecutive full runs which was amazing to do after my swims!



Dad & me at Halton

I've also managed a trip down the lower Washburn recently and managed to stay in my boat at least until my last run. It was such a different experience from being on Halton with low water levels.

Since becoming a member of R.C.C I have been impressed at the closeness of the club how friendly everyone is and how there is

always someone willing to take your boat or offer a lift. Members are always willing to give advice and a bit of coaching whilst out. I really enjoyed the 2 * course and I have decided to complete my UKCC level 1 and be able to give something back to a club that has been so welcoming and helpful. I'm already looking forward to passing my 3 Star WW next year

I love the social aspect of the club - Tuesday night at the Hand and Dagger, discussing whatever weekend trips are going ahead or swapping photos and stories from the previous weekend, the bbq's after a trip and the Summer Camps

The first camp of the summer was at West Tanfield, which was amazing. My birthday was on the Friday and was fun being away for the weekend. Was great to be able to wake up in the morning and get straight into a kayak for a play.

Thanks to Dave (my official Coach) and Joe (my real Coach) and everyone else who has helped me improve so far.

Special thanks to Adam Fishwick AKA Little Fish for being generally amazing and inspiring paddlers everywhere on a daily basis.....

Katie Fishwick

You never know what you will see when you go paddling

This was seen on one of the sand bank during a trip out to Wyre Lighthouse. This "Off Road" vehicle was definitely "Off Road".

This caption was supplied by Mark Green.

“Brings a whole new meaning to the term Car Pool”.

If you think you can come up with a funny caption, send it in to us and we will publish a list of them in the next edition.



My First Go in a Canoe

Elizabeth Sleaford

Well, what can I say, it was brilliant.

When Graham first said about going for a trip on Lake Coniston in a canoe I thought “I don’t really fancy this, but I’ll go to keep Graham happy”. I was dreading it a little.

Anyway we all set off, all nine of us, Graham, my brother Paul, his son Michael, his wife Christine, Graham’s two daughters Olivia and Freya, my daughter Rebecca, my grandson Nathan and myself, at 8.30am. Oh and I nearly forgot, Billy, Paul’s dog came with us.

Paul towed the trailer with four Canadian canoes on. We stopped off on the way to get Billy a life jacket, buoyancy aid as Graham called it.

From the nine of us that went only four had been in a canoe before, Paul, Graham, Freya (a little) and Michael. The rest of us were complete novices.



We arrived at Coniston at about 10.20am. It was raining and none of us had taken any waterproof stuff with us, Graham said we wouldn’t need it. Teach me to listen to him. I was thinking we are all going to get wet through. Then a nice man came over and offered to lend me his Cag, which I accepted happily.



We all put on our life jackets, and went down to the edge of the lake. Graham and Paul packed the canoes. Olivia, Freya and Nathan got in one canoe, Paul, Chris and Billy got in another one, Graham, Rebecca and myself got in another canoe and Michael got in his own Kayak and off we all went.



I was worried about the three kids in their own canoe, but this was unfounded as Terry, one of the more experienced canoeists stayed with them most of the time, taught them how to row properly and by the time we were on our way back they were pretty good at rowing, or paddling as Graham called it.

Big Fish and Little Fish, kept an eye on them as well.

We rowed up the lake a little, then across to the other side, then down to Peel Island. We pulled in at a jetty, had some lunch.

Those that wanted to, did what Graham called “seal launching”, they launched themselves off the jetty in their Kayaks. It looked fun; none of us tried it though.

After lunch we got back in our canoes and went over to Peel Island, we stopped off and some of the other canoeists, including Rebecca and Olivia did what Graham called “tomb stoning”.

This is where they climbed up on top of a rock; well it looked like a cliff to me, and jumped off it.

Rebecca



We all then got back in our canoes and headed back to the car park.



When we landed back where we had started from most of the other canoeists including Graham played It's a Knock Out.

This consisted of games such as Tug of War, how many rolls could be done in two minutes, plus other games.

After the games we got our barbie out and had a BBQ.

We finally packed up and went home at around 7pm or possibly later, I think.

We were all exhausted, at the end of the day, even me who didn't do any rowing. They wouldn't let me row due to my back.

We all had a brilliant day and didn't even notice the rain.

We all ended up wet through I have to say that the other people were very nice and friendly and the more experienced canoeists kept an eye on the beginners.

Big Fish let Freya borrow his spare fleece when she was cold. There was about 37 canoes and around 50 people, including two dogs that went.

All in all I have to say a good time was had by all

Elizabeth Sleaford

More about the Great Paddle & Splash further on in this Newsletter

RCC Clothing

Janet Robinson

I will be placing an order for the very popular and much requested Ribble Canoe Club Clothing shortly. If anybody would like to order any clothing could you please send the completed order form and correct payment to me:

If you have any queries you can email me and hopefully I will be able to answer your questions.

Polo Shirts – £14.00

Colours - black, white, pure gold, winter emerald, sky, French navy, bright red, yellow, burgundy, bottle green, purple, birch, bright royal, classic red, graphite, light oxford

X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XX Large (44"-46")

Sweatshirts – £16.00

Colours - black, white, birch, purple, bottle green, bright royal, bright red, French navy, burgundy, grey, winter emerald, sky, classic red, pure gold, light oxford, yellow, brown

X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XX Large (44"-46")

T-Shirt – £10.00

Colours - black, bottle green, birch, French navy, orange, classic red, sky, slate grey, pure gold, bright red, bright royal, olive, lime, mint, pink, combat khaki, natural, Kelly green, light oxford

X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XX Large (44"-46")

¼ zip Fleece - £22.00

Colours - black, deep navy, smoke, red, forest green, bottle green, royal blue, navy blue

Small (35"-37") Medium (38"-40") Large (41"-43") X Large (44"-46") XX Large (47"-49")

Rugby Shirt – £25.00

Colours - white/navy/navy, navy/sky/navy white/black/black – the first colour is the left hand square colour (where the logo is) and the latter colour is the collar colour in each case.

Small (34"-36") Medium (37"-39") Large (41"-43") X Large (44"-46") XX Large (47"-49")

Jerzees Hoodie – £19.00

Colours – birch, black, bottle green, bright royal, burgundy, classic red, French navy, light oxford, pure gold, sky

X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XXL (44"-46")

Child's Classic T-Shirt –£7.50

Colours- birch, black, bottle green, bright red, bright royal, burgundy, citrus, classic red, French navy, mandarin, natural, pure gold, purple, sky, white, winter emerald, yellow

RCC Clothing Order Form

All sizes quoted on order form are approximate and for guidance only.

1-2yrs (20"-22") 3-4yrs (22"-25") 5-6yrs (25"-28") 7-8yrs (28"-30") 9-10yrs (30"-32") 11-12yrs (32"-34")

Name:

Contact Tel No: & email address.

Garment	Size	Colour				Price
		Garment	Lettering	Boat	Wave	
						£
						£
						£
						£
						£
						£
						£
				TOTAL COST		£
<p>N.B. All monies to be settled when order is placed. Cheque's payable to Ribble Canoe Club.</p>						



BOATS 'N' KIT

QUARtermasters BIT.....

From Monday 12th July to Monday 9th August boats and kit will need to be booked out by contacting Rick Turner. The usual arrangements whereby kit is booked by telephoning on a Monday evening for collection on a Tuesday evening will still apply during this period.

During the summer period it is advisable to collect boats after the Tuesday paddle i.e. about 8.30pm. This is because all boats in the container are available on a 'first come first served' basis for use on the canal. Unfortunately it is not practical to reserve a particular boat for use on the canal.

Please do not just turn up at the Hand & Dagger on a Tuesday evening expecting to be able to take a boat of your choice. This is for several reasons. Firstly, the quartermaster may not always be there, and secondly, the boat that you want may already have been reserved by someone else.

The system for booking boats out by telephoning on a Monday evening has been set up for a reason and should be followed at all times. I have recently had telephone requests for boats made while I have been at work, and on virtually every other evening. The trouble with contacting me other than on a Monday is that I do not carry the boat booking list around with me all the time - so your co-operation would be greatly appreciated. Much as I love Ribble Canoe Club, I do have other things to do!!!!

I would also like to remind members that once you have removed boats or kit from the container, then that piece of equipment becomes **your** responsibility and **you** are liable for the safe return of that equipment. Please therefore ensure that all possible safety measures are taken to prevent theft or damage to that equipment. The club does have a couple of boat locks which can be borrowed if you ask me at the time you are collecting your boat.

Albert

Happy Paddling!!



Paddling in the Alps, 2010

An Introduction to Alpine Paddling with Plas Y Brenin.

Debra Bookbinder

Part 1



Arrival constituted an achievement. Fortunately the volcano didn't erupt, British Airways did strike but transferred me to a Lufthansa flight (yeah, Geneva via Frankfurt didn't make much sense, but I had a frankfurter at Frankfurt for lunch, which was a giggle).

I met up with two other paddlers at Geneva, hired a car and drove for 3 hours up very bendy roads, gaining altitude and talking paddling to arrive quite tired but excited at a fabulous chalet.

Day 1 started by checking out the kit brought out by Plas Y Brenin and general introductions.

The sixth paddler had a motor breakdown and was recovered back to the UK so there were only five paddlers. Mike T, who I paddled with in the '08 Alps trip. He was good then, had returned with his university in '09 and had improved further, so he was the strongest in the group. Dan was also strong with a reliable roll and good technique and at 6ft 4" was unquestionably the tallest! Then there was Rick (51) and his mate Craig (younger, mid 30's ish), both of whom had only been paddling 15 days but all with Plas Y Brenin and both quite sporty and fit.

The coaches from Plas Y were led by Course Director Jon 'Spike' Green (somewhat intense) with Adam Harper supporting, both of whom had been on a first descent in Peru with Pete Catterall (GB freestyle coach) last year. There is a DVD of their adventure in the club library for those who are interested.

I had been to the Alps in '08 with Pete and Adam so knew there was no point in pretending I was any good, as they knew! In addition, aspirant level 5 coach and Canoe and Kayak journalist Ross (age 20) – see the front cover for July (Issue 112), and Plas Y Brenin trainee Sally made up the team. This meant we more or less had 1-2-1 support. Fantastic.

The morning was spent adjacent to the Les Ecrins campsite on some still water alongside the end of the Briancon slalom run. It was bizarre that suddenly Jo Hacking leapt (with characteristic energy) into our midst to say hello. Turns out we'd parked approx 10ft from Bangor University tents!

We did some exercises whilst the coaches assessed our ability (lack of). That afternoon we took a paddle down from Les Ecrins

The rivers are nothing like in the UK. The rivers can be much wider. The volume of water is much greater, with the morning sun melting the snow on the higher slopes. The speed is much faster due to the gradient of the alpine mountains. The force of glacier melt water is powerful in eroding the sides of the river and moving large boulders. This results in fewer eddys and greater wave trains. If there is a swim it can be a long one, with few opportunities for a safe eddy and some interesting rapids.

This section was described as big Grade II. There had been good snow cover for the skiing season this year, meaning the rivers were

higher than normal. Rick was a little rigid and wobbly and took some swims, which gave us a break. Craig capsized and rolled! Adam commented on just how much my paddling had improved and from how awful I'd been in '08 it would be hard to disagree.

The run finished for me just above the slalom at St Clement. It was suggested that Dan and Mike run the slalom and Rick and Craig use the Eddy. Adam left it to me to decide whether to run the slalom, suggesting I'd 'had a great day'. I took the hint and left the slalom for another day! I spent the day upright. No capsize, no swim. As I can't roll on moving water yet I was pretty pleased.

We ended at the St Clement shop and I splashed out on a helmet I'd feel more confident with, a buoyancy jacket I could move my arms better with and some wet suit trousers. Ouch! It's a really good shop with decent gear at reasonable prices. The owner is German, his wife Natalie is French, and they are both really helpful.

<http://www.snd-kayak-shop.com>

Day 2 took us on two runs. The morning was on the Lower Guill.

The afternoon get in was at Les Ecrins and ended somewhere downstream (sorry forgot the name).



Paddlers listening to guidance from Adam

The river was deep and wide. It was mostly big Grade II with a few bits of Grade III. There were some holes to be missed and some

wave trains with large but few breaking waves and we got used to having to paddle purposefully to avoid the holes, reading the river more and following signals. There were some eddys and we got feedback on breaking out etc., The water is running so fast that break outs had to be faster and more decisive. Our timing was a bit out with some of us (me included) preparing too early and being side on above the eddy. We learnt fast this came under the heading 'bad idea'. It was hard to put too much edge on, in fact leaning was pretty much OK too! Another trip with no capsizes and I was loving being back in the Alps.

Spike commented that he had been 'somewhat concerned' (he used alternate wording but this may be read by those under 18) by what he had been told about my paddling but was really relieved to see the ability I had! I was made up.

The afternoon of Day 2 took us to the Upper Guill. Being higher this was much narrower, rockier and more technical. The drive in was equally challenging with hairpin bends in a mini bus and trailer. I'd taken a travel sickness pill in preparation for the Grade V drive in! As we prepared to get on river right there was a tree a little further down on river right so we had to immediately ferry glide into the middle of the current before turning downstream to ensure we avoided the tree.

Frankly I wasn't feeling very 'switched on', the travel pills make me a bit drowsy and the rocks looked very, well, hard! As I moved out I didn't feel I'd ferried very well and whilst I did turn downstream and was well clear of the tree, I was busy thinking of how I should have moved off instead of concentrating on what was coming. Alpine rivers are quite unforgiving if you aren't thinking. I hit a rock and was over on my side, I should have pulled myself forward instead of being on the back deck and I only had my paddle in one hand. I hit another rock and was over. There wasn't the depth to roll, even if I could, so instead of pushing up, I bailed. Within seconds Ross was beside me offering me his boat, which I managed to get hold of, but not before I'd

been through some quite rocky rapids and gone under a few times. Adam who had been driving the bus ran along the bank encouraging me. Ross shouted for me to hang on and kick. I had my legs up on his boat which exposed my back to the rocks. I managed the hanging on but was too busy panicking to take in the kicking part when a big rock collided with my back side and knocked me off. I went through another set of rapids then Ross got his boat to me again. This time I kicked. The water was so strong it was sucking off my river boots. Ross got me to the side. I got out and was told to just sit for a while. I was in shock. I tried to stand but my legs went. What seemed like an epic swim was maybe 100 metres, I could still see the mini bus that had dropped me off, but I was done for the day.



Day 3 Was to be a full day's paddle with lunch taken at the Rabioux wave before carrying on down to Embrun. The water was pretty huge and continuous, the river was wide.

We practised spinning in the calmer parts and were getting used to bouncier water throughout, being able to relax over the non breaking but quite large wave trains. Due to the speed of the water we had to space ourselves much further apart. It would only take a moment held in a stopper for the next boat to be on top.

We had to work hard to put ourselves where we needed to be avoiding trees and debris, islands and holes. Where the water joined

from other channels a 'seam' was formed and had to be aggressively tackled. We learned about avoiding the water on the outside of a curve, particularly where this was bouncing back against rock, where the water 'folded in' and how far below the curve the 'folding' could still be.

We'd been going for about an hour and a half with just a few eddy's when I misread a wave. I capsized, for a few moments I put up my arms for a rescue but didn't realise Adam was only 6ft away and bailed.

As I surfaced Adam was already beside me but the water was turbulent and I had to get through the rapid. I came out of the bottom of the rapid and he offered me his boat, which I got. He got up to my boat, which I got hold of. He managed to get my boat turned and I got back in it just before another rapid, but without enough time to get on my spray deck. He told me to hang on it and hang on to him and we went down the rapid together. This was much more like old times, like in '08 where I had to be 'rafted' down quite a few of the rapids by the coaches. I tried to joke about it. However, the boat then filled completely and was really dragging and was too heavy for Adam. He told me I had to get out and swim again. My heart sank to abandon the safety of the boat but it had to be done and I was back in the water hanging on to his boat. He was asking me to kick but I was really tired. He got close to my boat again and I managed to get hold of it, but the river was very wide and the bank far away and there were few eddy's. Just then I recognised where I was and realised we were not far from the wave at Rabioux. I shouted for Adam to ditch the boat. (I may have used stronger words than that). I was getting quite tired and I knew what the Rabioux wave and what the approach to it was like. He ignored me for a while but then said I could let go and we got to the side where the rafts put in. He made sure I was safe and then went after my boat.

The rest of the group caught up and eddied at the raft put in. They inspected the wave at Rabioux and after observing several extremely large logs and parts of full grown

trees being tossed down like matchsticks, decided not to run the wave. There were no other paddlers there – an indication of how dangerous conditions were.

Whilst there we heard from Adam (how brilliant are dry bags for mobile phones!). Amazingly some raft guides had got my boat 2-4km downstream and put it on an island and Adam had found it. He had to have his lunch on his own whilst the rest of the group rested at Rabioux.

I would have got back on but without my boat this would have been difficult so spent the afternoon on sunbathing duty and borrowed money (I will always put some cash in the dry pocket of my cag from now on!).

Bangor uni came through (just how great is Jo's love of pink, spotted them instantly) and I was entertained by some world-class paddle twirling and air guitaring, courtesy of Rodeo Rick. <http://www.youtube.com/watch?v=-vJ7M-yo9vQ>

We ended the day back at St Clement, where I headed (or was it got frogmarched by Adam!) into the shop to buy some more air bags. I had no air bags in the front of my boat beyond the foot plates and the ones in the back from my

SuperSonic were not big enough. False economy.

The weight of water in my boat had made the rescue much longer and more dangerous than it needed to be. That evening the coaches helped me get my footplate out, put both of my old air bags behind my footplate and attach the new ones that properly filled that back of my boat. They also suggested I could move the footplate up. This meant being on one screw each side, as the footplate side bar holes would be higher than the bolt closest to the footplate. I was very nervous about doing this and gave Spike my best doubting Thomas look. He gave me his best 'I'm a Grade V assessing Coach of world-class level' look. I moved the footplate!

The foam had parted company from the footplate but fortunately they had some glue to put it back. Spike suggested the application of some glue to the seat and I'm not sure he was joking (he hadn't joked about anything else).

To be continued in the September issue.

Debra Book Binder

The Great Paddle & Splash

***Authors: Paul Binks & The Green's
Photos: Richard, Terry, & The Green's***

Richard Collins, of TEA fame, thought it'd be a good idea if we could try and do something collectively as a club: the long pointy boat people tended to only meet other pointy boat people but not the short boat people. And as for the open boat people, well they've just started to come out of the closet and admit they like to go topless (deck-less) in public. With a bit of head scratching, a couple of committee decisions and only a modicum of

diplomacy required a trip was proposed for Coniston followed by a BBQ.

We'd seemed to have communicated this quite well as the forum pages for the thread got to at least 5, which I think is a record. However we didn't communicate it well to the BBC Met centre as they predicted to dish us 16mph winds and heavy showers.

Not perturbed Ribble CC took over Browne Howe car park at 10:30 on 10th July. The reckoning was a bit imprecise and depends on who you talk to, but the ballpark figure was 50 people, 37 boats and two dogs. We even had one couple, who we'll call Kath and Albert for convenience, who suddenly came out, switched sides and abandoned the pointy boats for an open. Turncoats!!

Whilst this was a club together experience we did have a long trip and a short trip.

The long pointy people paddled as far as Machells Coppice where they stopped for lunch. Where some sat under a tree whilst the rest stayed on the water braving the wind & rain. Sean, being a fairly new member didn't get the message "no tins on trips" and proceeded to bring out his gas stove and try to open a tin of soup which had a ring pull top.

Yes you guessed it the ring pulled off but the lid didn't leaving Sean to ponder his next step. Club members with long memories will remember the incident on the Rothay with Tom Clark and his bleeding Thumb. The incident flashed before my very eyes as Sean asked if anyone just happened to have a tin opener on them. Instead a knife was produced and he stabbed at the lid producing a shower of soup over the gathered onlookers who were all expecting a severed artery at the very least.

With a great feeling of anticlimax we sat down and continued eating sandwiches while Sean warmed up what was left of his soup.



The other group went to Peel Island and the jetty just north of it. On reaching the seclusion of Peel island we realized three other groups had also sought out this remote and lonely place, so we changed plan and headed for the jetty.

Some paddlers wanted to "seal launch" off the jetty so Paul demonstrated how to do it.



Others then followed. Mandy Whitbread made a good entry



She was quickly followed by her husband Fred. It than a case of "Mandy Lifeboat"



For quite a few people it was their first trip and so to get that far with rain and wind was quite an achievement.

After lunch we headed back to Peel for what is now becoming the traditional Peel Island jumping off rocks experience. An exercise in levelling: young or old, male or female, slight or not as slight as you'd like, jumping from the rocks seems to be both pointless and compelling.

On Peel we were joined by the 'pointies' and headed back to the safe shores of Browne Howe, one great flotilla of Ribble paddlers.



Back at Browne Howe a sort of it's a knock out sort of happened. There seemed to be more people not knowing what was happening than knowing what was meant to happen, but somehow three teams took part in the games.



My efforts to separate out the 'young bucks' failed, and Adam Fishwick's team were the overall winners.

Rosie was score keeper. Which she did with some diligence



Paul explained the rules of each event.



In one event each team had to dribble a gym ball to the middle of the lake and return. This brought back memories of the 1960's TV programme "the prisoner" other than the ball used to chase the person not the person chase the ball.



Some people sat on the bank watching & offering support.



Some acted as helpers. Roles including watching to make sure competitors navigated the marker buoys correctly (didn't cheat, as if they would).



Some members were simply enjoying the day



The individual competition was the most number of rolls in two minutes. Adam and Will Body both scored 27, Sean got 4.5 but I said I wouldn't mention that. A 'roll off' then had to be held with Adam coming up as overall champion.



Once dry and changed it was BBQ time. Some people unfortunately realized that getting changed and dry wouldn't mean you'd stay dry as the heavens threatened more rain, and so they headed off home.

A few hardy\foolish souls did persevered with the BBQs (around 30 people), and as far as I'm aware no food poisoning has yet been reported.

In any measure the general feeling is that it was a success: same again next year?

Paul Binks & Pat Green

3* *Sea Kayaking Trips*

Pat Green

We were away on holiday for the theory part of the course in March, and apart from the Great Orme Trip we were not available for any of the other trips listed on the original trip calendar so we decided not to enrol on the course. However, we were invited to go along to the Great Orme Trip which we did and thoroughly enjoyed - see article in May newsletter.

A couple of days before the scheduled Fleetwood Sea Paddling Days 12th and 13th June Peter Roscoe asked us if we would like to join him. We went along expecting there to be other people who were on the course. As it turned out there was only Peter, Martin Walmsley, John Roberts, Norman, Mark & me. On the Sunday it was just Peter and Martin Walmsley. I can only say what a great day you missed.

I must confess that was not my initial thoughts, at the beginning of the day when we had to paddle out to sea with what I would describe as large waves rolling towards us. John Roberts stayed with me and coaxed me through the waves. Once we turned and paddled up the estuary water conditions calmed down and we spent time breaking in and out behind moored boats and doing other sea kayaking manoeuvres. We then paddled across to Knot End for lunch.

As we sat eating lunch we looked across to Fleetwood and could see the large waves forming in the estuary entrance as the affect of the outgoing tide met the incoming wind. Norman & I jokingly suggested we should use our free bus passes to go back across to Fleetwood on the Knott End Ferry.

After lunch we paddled back to the swimming pool at Fleetwood. This was quite exciting as we now had to paddle back through the waves.

Again excellent guidance and tuition from Peter & John ensured we got back without capsized. Well, that's not quite true, I capsized about two strokes from the shore, I hate coming into shore in surf, but by the end of the day I was much more confident doing it.

Norman & I got off the water before the others and took pictures of Peter, John, Martin and Mark playing in the surf.



The next 3 Star Sea Kayaking Trip was a weekend we had arranged with Peter earlier in the year and Peter decided to offer it to the 3 Star Group. Unfortunately none of the 3 Star candidates took him up on the offer. What a pity because we had one of the best Sea Kayaking days Norman & I have ever had. A lovely sunny warm day with light seas with occasional force 3 winds, paddling into a variety of large caves, paddling through arches and a seal swimming around us, what more could you ask for.



This weekend coincided with the West Tanfield Club Camp, and initially we were disappointed that we could not attend the Camp, however the intervening dry weather meant that Sea Kayaking was going to be a better option than trying to paddle a dried up River Ure.

On Saturday we launched at a “Mist Shrouded” Trearddur Bay. The mist cleared fairly quickly leaving us with a bright sunny warm day. We paddled to Borthwen for lunch doing a circle of Rhoscolyn Beacon on the way. This was taken at a leisurely pace (for Peter anyway) and we took the time to visit sea arches, caves and sheltered little bays on the way.



At the entrance to one of the caves we met John Willacy, some members may know him, he paddled with Garstang Canoe Club in the 1980's. Peter stopped for a chat with him,

then as we paddled away Peter told us that John held the record for the fastest kayak crossing to the Isle of Man and the fastest round trip of Anglesey 10 hours.



When we landed on the beach at Borthwen, Peter took his Trangia Stove out and made us a cup of tea followed by sausage butties. As he started to cook the sausages a rather inquisitive dog came towards us. Peter was unconcerned as he said he had a way of getting rid of unwanted dogs, as it approached the pan of sausage Peter leant towards the dog, stared it squarely in the eye, and in a rather loud voice said “bugger off”. To our surprise the dog ran off and didn't come near us again. So it isn't just paddlers that dare not question anything Peter says.

Whilst sat at his Trangia Peter dispensed some of his long lifetime's acquired knowledge in the form of “Top Tips”. These covered various topics and included how to stand your mug of tea on a beach without it falling over, how to carry cooking oil without it leaking inside your kayak hatch and coating all your kit. Of course it also included how to make the perfect cup of tea using the minimum of utensils.

When it came to making the sausage butties he discovered that he had not brought along any butter for the bread rolls. At this point Norman returned the compliment with his “Top Tip”, “Don't Forget the Butter”.



After lunch we paddled further south to Silver Sands and on to the entrance of the inland sea at Cymyran Bay before turning round and returning to Trearddur.

It was a hard day's paddle (for us), we covered around 18k and for the majority of the journey we were paddling against a spring tide, and part of the time against the wind. The reward for this was being able to paddle inside the caves and through arches which are only accessible an hour or so either side of high tide.

Peter's plan for Sunday was to paddle from Porthdafarch North towards Holyhead and possibly paddling round Penrhyn Mawr. This was to be followed by an out and back trip from Porth Dafarch to Trearddur Bay.

When we woke on Sunday the weather had changed, it was still warm and sunny but a strong wind had developed, so a change of plan was required. Peter took pity on us when Norman mentioned that after the previous day's trip he woke up with his body feeling like the survivor of a train wreck who had just had his face blow-lamped. "Top Tip" - remember to apply sun cream before you go paddling on the sea, even if it is very misty when you set off. He suggested driving out to a car park near Penrhyn Mawr and then walking out to the headland so that we could inspect the water racing through the tidal overfalls.

We may have been a little disappointed not to be paddling that day, but we weren't disappointed that we were not going to be paddling through the overfalls at Penrhyn Mawr. Never the less we had an interesting and enjoyable morning.

At Penrhyn Mawr, the sea was racing through, there were sea birds all around us, including gannets and seals diving for fish, and two of the UK's top sea kayakers surfing the waves. For good measure there were two RNLI RIBS doing training runs through the roughest part of the overfalls. At one time there was so much going on Norman wasn't sure where to point his camera. We have ended up with a piece of video footage with the seals swimming around in one area and the kayakers surfing the waves in the distance.



We later discovered that the two kayakers were Justine Curgenvin & Barry Shaw. Justine is a professional producer of Sea Kayaking DVD's including "This is the Sea". Barry amongst other things has paddled from Anglesey to Dublin and with Justine completed a circumnavigation of South Island, New Zealand. No wonder they were paddling with such confidence in such rough conditions. At one point Justine rested her paddles across her deck while she calmly straightened her cap. All this whilst sat in what looked like a boiling maelstrom of angry seas.

After Penrhyn Mawr we visited South Stack and Ellins Tower RSPB visitor centre to see some of the nesting sea bird colonies, including puffins.

During the weekend Peter kept us amused with his little personal anecdotes and “Top Tips” one of which was “No refunds on my trips.”

Well we would definitely not have asked for a refund, in fact we would not have objected to paying a surcharge for such a wonderful weekend. Thank you Peter Roscoe.

I realise that there are other people like us who have other commitments and other pre-booked weekends, but it does seem a shame that so far (apart from the trip on 9th May to Wyre Light) these trips have not been better attended. My “Top Tip” to those on the 3* Sea Kayaking Course is “make an effort to attend one or more of the trips planned for July & August”.

Pat Green

Editors Bit

Isn't it funny how things turn out. This is the second attempt at writing this bit. The first time round I was writing about how the rivers had dried up and so had the supply of articles for the Newsletter. I was also trying to drum up contributions from some of our newer members who could give us a different perspective on things.

Well since then we have had rain in Biblical proportions so we can probably paddle the rivers again and after Pat sent out an email request we have plenty of articles. What's more we have articles from newer members as well. Thanks for your contributions, we knew you wouldn't let us down.

We have managed to produce 27 pages which must be a record for us.

It is a bit of a problem having “Just in Time” supply of articles since it means we have a sudden rush of work to do before the deadline for publishing. If you can let us have your articles as soon as you have done them, we will have a better idea of how we are going to fit things in to achieve a balance of articles to interest all sections of the membership. But don't be put off, we will always accept your

contributions, it just might be that your article is held over until the next edition.

Overheard on a recent paddling trip - “The problem with stopping for lunch is I keep eating the ballast from my Sea Kayak”.

Dates and Deadlines The next committee meeting will be on Wednesday 1st September at 7:00pm at the Hand & Dagger. The next newsletter will be published on 15th September. We would appreciate all submissions by Wednesday 8th.

Please send your submissions by email, to newsletter@ribblecanoeclub.co.uk. When we receive them we will send you an email acknowledgment. If you don't receive one you will know it hasn't been received

Disclaimer Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club

Pat & Norman Green
newsletter@ribblecanoeclub.co.uk

Chairman's Chunter

Success! We've lured a Big Fish and a Toad into our Committee trap. Welcome onto the Committee to Gary Fishwick (you've guessed it – the Big Fish) and Wayne (the Toad – don't ask me why but that's his chosen Forum name). But as neither of them is in the first flush, we still need a Youth Representative. Paul's a bit beyond it and even Will's getting on a bit. So please step forward a young person (girl or boy) who fancies speaking out at Committee Meetings on behalf of our younger members – I can't do it all myself and I don't think being in my second childhood counts!

The Accident/Incident Book now exists and should be available for Club Members to read and inwardly digest on a Tuesday night at the Hand & Dagger. There's only one entry so far, but as it grows (slowly I hope), it should provide an education to all Club Members as well as coaches and others involved with trips and events.

We had about 14 tents and a caravan at West Tanfield the other week-end (close to 40 members). The weather was warm and dry and sunny (well, it went dark at night and rained once) and the lack of water didn't dampen spirits. Although there was no way a R. Ure trip could be run, there are always some features to play on at the rapids within the camp site.

Three of us completed the six mile run and swim before breakfast on Saturday morning, but Will and Rache cried off on Sunday so I was on my own. Rache had some vague excuse about running during the coming week but Will had a very good excuse as he was accompanying Allan on a bike ride home in the afternoon. That was 69 miles for Allan and over 80 for Will; both including Blubberhouses! But the scariest part of the whole thing was that Jojo was driving the car back to Allan's. I believe everyone arrived home safely, but Leslie had to be prised out from under the passenger seat!

Having to depart the site by 12.30pm or pay extra wasn't a problem as most wanted to get back for the big match – remember that! On reflection, I think we'd all have rather paid the extra and stayed for the afternoon playing on the river.

Don't forget to come to Rhosneigr and Bala camps. They're all good fun, and nobody's pressured into doing anything they don't want to. They tend to involve walking, running, cycling and any other activity you can organise (including lying about reading a book). So it's not just canoeing. In the evening there's barbecuing, drinking, talking and chilling. You can come along in caravans, camper vans or tents. And it's ALWAYS hot and sunny!

At last the summer courses are over and life can start returning to normal. Allan did a magnificent job again this year organising things and I look forward to the Presentation Night scheduled for Tuesday 5 October – a bit later than usual so that we can include 3 Star Sea Kayak awards and late 3 Star White Water assessments as well as some early paddlepower passports perhaps. The Hand & Dagger should be full that night. If anyone knows or can think of a really good personality or celebrity to present the awards please let me or someone on the Committee know asap so that we can book them. Preferably, but not necessarily, they should have a connection with canoeing.

Our efforts over the years to encourage coach development seem at last to be paying off. A broader base of coaches is leading to a sharing out of the coach load (sorry, but you know what I mean!). Roy is doing sterling work organising the paddlepower courses for the rest of this year and probably early next year. He also assessed the Lytham Sea Scouts for 1 Star at Fairhaven Lake. Thanks for saving me from standing up to my waist in duck muck this year, and I'm sorry I cried!

Good luck to all our Level 1 hopefuls just starting along the coach road (I've done it again!) including our latest recruits Rache and Starfish.

Paul (Binky-boo) organised a wonderful Beginners' Trip and Fun Day at Brown Howe, Coniston last week-end with a joint trip with the TEA group organised by Richard. We had about 32 boats on the water and quite a few had a crew of three (especially Graham Kingaby's family of biblical proportions).

It was good to see so many new Members out on the open water including Carolyn, Liz and Pam.

Some longer standing Members were there too. Norman was reunited with his old slalom boat and was delighted to find he could still fit in it. I noticed though that he handed it over to Mark for the rolling contest! I was supplied with cups of tea as usual by Pat from her mobile canteen.

I hope someone else has written an article about the combined Beginners' TEA and Fun day.

Terry Maddock 01253 838502
Chairman@ribblecanoecub.co.uk

Has anyone ever seen Halton so low?

Neil Ryder AKA Agrihack

A local resident told me in 40 years of living there he has never seen it so low. It was possible to walk across the river from the North to the South Bank.



Looking upstream to Forge Weir



Looking downstream from forge weir

Waterproof Pouches

Debra Bookbinder

Just found these.... checked and they are guaranteeing for kayaking, got them this morning and they look the business...

<http://www.lakeland.co.uk/waterproof-pouches/F/keyword/waterproof+pouches/product/50190>

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
3 Sep	Open	N/A	Will Body	Rachel Drew
10 Sep	Paddle Skills	Allan Hacking	Albert Risely	Kath Risely
17 Sep	Polo	Rachel Drew	Mark Loftus	Wayne Lees
24 Sep	Rolling	Gary Fishwick	Rick Turner	Brian Woodhouse
1 Oct	Rolling	Gary Fishwick	David Nelson	Alison Nelson
8 Oct	Paddle Skills	Allan Hacking	Mark Dillon	Cynthia Conway
15 Oct	Rolling	Gary Fishwick	Will Body	Rachel Drew
22 Oct	Open	N/A	Mark Buttle	John Kington
29 Oct	River Safety	Tony Morgan	Mark Dillon	Terry Maddock
5 Nov	Open	N/A	Tony Morgan	Cynthia Conway
12 Nov	Paddle Skills	Allan Hacking	Rick Turner	Wayne Lees
19 Nov	Freestyle Skills Coaching	Will Body	Mark Buttle	John Kington
26 Nov	Open	N/A	Gary Fishwick	John Kington
3 Dec	Open	N/A	David Nelson	Alison Nelson
10 Dec	Paddle Skills	Allan Hacking	Gary Fishwick	Brian Woodhouse
17 Dec	Dumbongo!	Paul Binks	Mark Loftus	Terry Maddock
24 Dec	No session – Christmas	S Claus	A N Elf	Rudolph

Please note prices for pool sessions:

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

Please book in advance for the Paddle Skills Sessions and Rolling Course by phoning the named contact.

Ribble CC Library

To borrow a book or video, contact Cynthia Conway or see her at the Hand & Dagger. Donations of books or videos are always welcome.

Technique:

BCU Handbook
The Practical Guide to Kayaking
Canoeing & Kayaking
William Nealy's "Kayak"
Bombproof Roll and Beyond!
Eskimo Rolling for Survival
White Water Safety & Rescue
Weir Wisdom Rapids
Canoe & Kayak Games
The Playboater's Handbook
Complete Book of Sea Kayaking
Sea Kayak Navigation
Path of the Paddle
Canoeing
Open Canoe Technique
Rowing it Alone
The Handbook of Survival at Sea
BCU Coaching Handbook
Sea Safety: The Complete Guide
White Water Kayaking
The Art of Freestyle

Guidebooks:

English White Water
Scottish White Water
White Water Lake District
An Atlas of the English Lakes
Canal Companion: Cheshire Ring
Anglesey Sea Paddling
Welsh Sea Kayaking
Touring 100 Paddles in England
Scottish Sea Kayak Trail

General:

The Rough Guide to Weather
The Liquid Locomotive
Many Rivers to Run
Norwegian rivers
Canoe Focus
Working out of Doors with Young People

Expeditions:

Travels with a Kayak
Whit Descher
On Celtic Tides
Chris Duff
Blazing Paddles
Brian Wilson
Dancing with Waves
Brian Wilson
Paddling to Jerusalem
David Aaronovitch
The Last River
Todd Balf
Paddle to the Arctic
Don Starkey
Canoeing across Canada
Gary & Joanie McGuffin
The Canoe Boys
Sir Alastair Dunnett
Odyssey among the Inuit
Jonathan Waterman
Barbed Wire & Babushkas
Paul Grogan
Videos:
Liffey Descent
Deliverance (18)
Extreme Sports Canoeing
A Taste of White Water
Wicked Water 2
Drill Time
Destination Nowhere

Path of the Paddle: Whitewater

DVDs:

Tony Morgan - Grand Canyon
LVM Lunch Video Magazine
Ribble Newsletters (CD)
The Martin Years RCC Newsletters 2002-2009
Without a Paddle (13)
Whitewater Kayaking
The Cockleshell Heroes (U)
Mags Brayfield in Nepal
Tatshenshini/Alsek 2007
Mountain River Movie
By Michael Allender
Jackson Kayak Promo
It's Different Every Time
Halton Rapids
Norman Green
Fort William 2005/06 Trip
My Tartan Adventure (VCD)
Ribble Canoe Club, Scotland 2007
Thistle Float Your Boat
RCC, Scotland 2007 & 2008
Norman Green
Locks and Quays
Featuring Ribble Canoe Club
The Politics Show
Featuring Ribble Canoe Club
Open Canoeing
Reg Blomfield
EJ's Rolling and Bracing
This is the Sea - 1st ever action sea kayak video
Janet Robinson
The Call of the River - 100 years of Whitewater Adventure (USA)
Sea Kayak with Gordon Brown
Instructional Journey along Skye Coast

CALENDAR

Last minute trips organised on the website, at the Hand & Dagger (Tues, 6:30pm onwards) or Fulwood Leisure Centre (Fri, 9:00pm). 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.

Pool session dates and types are listed separately within this Newsletter.

JULY

Sat 17th
Beginners Trip – Foot Fell, Lake Windermere. Roy Booth
TEA Trip – Foot Fell, Lake Windermere. Richard

Fri 30 – Sun 1st August
Rhosneigr Surf/Sea Camp, Anglesey

AUGUST

Sat 7th or Sun 8th
Development Trip – See forum for details

Sat 14th to 15th
Slalom Div 4 Matlock

Fri 20th to Sun 22nd
Club Summer Camp, Bala – See Forum for Details

Sat 21st or Sun 22nd
Beginners trip – See forum for details

Sat 28th to Sun 29th
Slalom Div 3&4 Bala Mill

SEPTEMBER

Sat 4th or Sun 5th
Development Trip – See forum for details

Sat 4th to Sun 5th
Slalom div 3&4 Marple, Nr Stockport

Sat 11th
Seaquest & Seatour – Wyre Estuary, Fleetwood. Run by OAG

Sat 18th or sun 19th
Beginners trip – See forum for details

Sat 18th to Sun 19th
Slalom div 3&4 Oughtibridge, Yorkshire

Sat 25th to Sun 26th
Slalom div 3&4 West Tanfield

OCTOBER

Sat 2nd or Sun 3rd
Development Trip – See forum for details

Sat 2nd to Sun 3rd
Slalom div 3&4 Teeside

Sat 9th to Sun 10th
Slalom div 3&4, Stone

Sat 16th or Sun 17th
Beginners trip – See forum for details

Sun 17th
Slalom div 3&4 Mile End Mill

Sat 23rd to Sun 24th
Tay Descent, Perth

NOVEMBER

Fri 5th to Sun 7th
Tyne Tour, Hexham

Sat 6th or Sun 7th
Development Trip – See Forum for details

Sat 20th or Sun 21st
Beginners Trip – See forum for Details

NOTE: 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.