

TALES FROM THE RIVERBANK



JULY/AUGUST 2006

Scotland 2006



Jo Hacking and John Kington

Having only paddled the s6 a few times, I was undecided on what boat to take, but with Steph's Dagger there for the big rivers, taking the s6 seemed a good idea for the playful rivers. So a quick trip down to Brookbank for another deck and off we went with a wild combination of boats – 2 river boats, 1 play boat and 1 touring boat!

Saturday Morning - Lower Roy

We'd got a wide range of experience and ability and a few unknown quantities so a grade II/III trip seemed to fit the bill to kick off.

A quick peer over the bridge indicated that the lower Roy was "on" so a shuttle was "sort of" organised and off we went. From memory, and probably missing someone – Steve Swarbrick, Martin Russell, Allan & Jo Hacking, Clive & Iain Robinson, Daniel Stockdale, Sarah Fitzpatrick, Dave Hull, Chris Sharman, Tom & John Kington.

Some of you may have paddled the Ure on the West Tanfield camp; the never-ending walk down to the get in is similar on the Lower Roy! Eventually after trekking down the zigzagging path and boats being lowered on throw lines, we were finally on the water.



Access to Lower Roy

The river was at a medium level with various grade 2/3 sections. It was a nice scenic river with short moving sections in between the rapids. There were a couple of play spots with one main friendly surf wave, various little waves on the rapids and a grabby stopper further down where a tributary joins. One or two swims, with the first dip from one of the leaders which appeared to shock him as much as it surprised us.

Tom clearly had memories of our previous lower Roy trip which ended up with a long walk in the woods after misjudging the get-out. So he got out at the road bridge in the village. Bad move, as just after the bridge, there is a relatively constant, grade 3 rapid section that came as an unexpected shock; but no swims and everyone seemed to enjoy bobbing over the high waves of the wave train. Then came the flat section down the river where it meets the river Spean and down to the get out by the caravan site. Another trek through several gates and up the road, back to the Chalets – it's worth the walk to get changed in luxury, instead of fields by the road side in the pouring rain!

Most saw sense at this point and got into warm, dry gear, had some lunch and went for a mooch. Others were not so wise....

Saturday Afternoon - Spean Gorge

After a bit of lunch (Easter Egg/Hot Cross Buns/Sausage Rolls in some cases), we were off again down to the River Spean with only 6

paddlers this time – myself, Daniel, Iain, Tom, John and Allan. Running from downstream of Spean Bridge to Mucomir power station the wide waters of the Spean are funnelled into a narrow (at times, very narrow) gorge. When everything else is dry this is usually still do-able.

Allan, Iain and I hadn't paddled Scottish Rivers or Gorges before, so this came as a bit of a shock. A short grade 2 section took us to the long grade three section into the Gorge named 'Fairy Steps.' This isn't as light and kind as it sounds; several rolls in stoppers and Iain's Jackson virtually aerial saw us in the gorge with no swims. The river narrowed and we entered the technical grade 4 section, with some of us wide awake and considerably tense at this point.

After a few gasps and cartwheels in other cases, we arrived at 'Headbanger,' a grade 4/5 drop. A quick glance from the inspection was enough for some of us to answer with "definite portage." Tom was willing to run it first, with the rest of us scattered on the bank with throw lines, like in the photo below:



Kayaker in there somewhere!
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John and Iain ran it after Tom with Iain getting back looped, and the rest of us portaging. More twisty stuff led to the Cauldron and the Constriction. Allan took a swim before the Cauldron and swam through it – not a lot of fun, especially if you're not

sure what's coming next. We soon had him to the side and Daniel & Iain put all manner of belay and rescue techniques to good use to retrieve Allan's boat.

At the Constriction – or “the famous Constriction” as some guides have it – the river narrows to a point where boats may have to be tipped on their side to get through. This time the slot was full of surging boily water – and a tree trunk. Consequently we took a chicken chute instead, dropping over a ledge to avoid it.

The rest of the trip passed without incident – and we finished off with a flat plod to meet Martin at the get out. We didn't have the luxury changing facilities of the Chalets like after the mornings paddle; just the typical road side!

Monday – All of the Roy (almost)

Paddlers: Martin Russell, Jo Hacking, Daniel Stockdale, Iain Robinson, Tom & John Kington.

As more rain had fallen overnight we decided that a full run of the Roy was in order. None of the group had done the upper section and gorge before so locating the put-in came down to trying to match guide and map. I had heard that this was one of the ‘Big Boys’ rivers that had a few swimmers last year, so I was quite apprehensive paddling the S6. (Looking back I'm glad I was in a boat I knew I could roll and control, rather than Steph's Dagger GTX, which would have had me scared to death.) Unloading boats and getting sorted out was a challenge as it was raining heavily and the sloping grass verges were slick. Several people performed entertaining little dances with flailing arms, Daniel ended up flat on his back in the mud.

None of us had paddled the river before and as we looked at the first drop (Roosters Tail - a rocky approach to a 4 foot ledge into fast, disturbed water) I remember thinking a familiar - ‘what am I doing here, why didn't I go with Dad.’ Tom and Martin ran it first with

Daniel and myself on the bank with throw lines, and then came Iain in his Dad's Diesel.

As I saw Daniel drop over the horizon line, I was shaking nervously; it must have been faith in the boat that got me down the drop, because when I reached the bottom, my nerves dropped and I was more relaxed to enjoy the rest of the river.

After John had run the drop and joined us in the gorge, we ran a series of nice grade 3 rapids in the gorge, with a couple of rolls in places. As none of us had run the river before, it meant we were running it blind, so every time there was a bend in the river that we couldn't see round, we would get out and inspect from the bank. Due to a chat with Steve Swarbrick that morning, we were all aware of the grade 5 rapid Headbanger that lies within the gorge.



Frantic signalling from Martin alerted us to the arrival of this, the major hazard on the trip. Headbanger is a severely undercut section, rapidly followed by an awkward drop split by a large boulder – Brothers Grimm. Getting out to inspect provided an opportunity to scout further down the gorge too. We all opted out of Headbanger, although several members of another group ran it – having the main flow running into a stopper under an undercut with only 18 inches “headroom” didn't appeal. Brothers Grimm looked more

do-able. The drop itself looked OK the approach needed to be spot-on to avoid awkward pinnings or dropping sideways into a tight stopper – or both. Consequently, everyone apart from Tom walked round that one too.

From this point on the gorge was a fast and furious procession of waves, boils, pour-overs and stoppers calling for constant eddy-hopping and close communication. This was only the second gorge that I had ever paddled, and it's a totally different feeling to paddling the familiar open rivers of the Lake District, because it's enclosed with narrow steep walls either side, which would make rescues extremely difficult.

One particular drop stands out for the variety of untidy descents produced. The main flow dropped 4 or 5 feet from right to left behind a large boulder, flowing into the gorge wall before lurching downstream either side of more rocks. Some executed a neat s-turn through the obstacle. Others broke out behind the boulder and continued their descent in disarray. At various points different people capsized, but no-one swam – which was good as rescues would have been no fun and swimming even less so.

The gorge eventually emerges into the gentler lower section, just upstream from where we'd put on the day before. Some groups exit at this point, but the prospect of squelching & slithering up the "Inca Trail" was not appealing. Consequently we carried on down river. The level was definitely higher than the day before with fewer rocks to hit, bigger waves and generally faster. Having put on in the rain and wind and lost track of weather altogether in the gorge we were now treated to alternating rain, sun, wind and hail.

Half an hour later, we were at the play spot from the previous day. After a few surfs we paddled the remaining river fairly quickly, with more water than the previous day and got out by the caravan site. We walked back up the road to the luxury changing rooms of the Chalets with the lovely hot showers; it is definitely a must do river for next year! That

night in the pub, we met up with Matt and Clive and checked out the rivers on the computer, it was decided that we would head on down to the Etive the next day, which pleased Daniel since he had wanted to do the Etive on his Birthday.

Tuesday – Daniel's 17th Birthday and... Not the Etive!

Paddlers: Daniel, Jo, Allan, Iain, Tom & John

Unfortunately Daniel had been protective of his famous 'L' plates, so we had failed to hide them. His Chalet was lined with birthday cards and his dad's car keys in new hands, as he came driving round the Chalets reversing and parking as though he had been practicing before. As we set off down to the Etive, Martin got his car keys back and we were accompanied with Allan today, no Martin Russell since he had gone home the night before. After an hour of travelling and texting in my case (O₂ phones are useless on the site), we arrived at the Etive to meet Matt and Clive with unsure faces. The river level was high and the conclusion was that it was too risky to run. So after watching three kayaks paddle down the first two steps of the first feature, Triple Steps, and two of them getting looped, we headed back to the cars for the long drive back to Fort William. Some of us went to Morrison's for a stock up on food; whilst others went to check out a local play spot – a wave near a Hydroelectric plant. After a quick phone call, we decided to go and paddle the River Arkaig, after hearing about it from the same University group that we had met on the Roy Gorge.

After sitting in the car for at least two and a half hours, I was glad when we eventually got on the water at the bottom end of Loch Arkaig.

There aren't many rivers where the shuttle takes longer than the run, but the Arkaig must come close. A gentle paddle across the loch and along the flat upper section led to a couple of gentle rapids. A long gently dropping rapid seemed to be petering out when without so much as a by-your-leave we

found ourselves in the middle of very large waves, tongues dropping into holes, ominous pour-overs and nothing resembling a clear line. With no chance to warn the rest it was a case of sitting at the bottom and seeing what emerged.



Happily, everyone emerged upright, in-boat, but looking rather surprised. As we'd been labouring under the impression that the grade IV was further down we all agreed that grading what we'd just done at III was a little mean.

The rest of the river had little of note – one succession of rocky ledges that might just warrant a grade III – and it was with some considerable surprise that we arrived at the road bridge and Loch Lochy. Had we realised that the surprise rapid was the main event we may have walked back up for another go – but no-one fancied another complete run. So, a bit of a strange day really, with probably three hours in the car and twenty minutes on the water. Oh well, the sun was shining, we'd had a paddle, it was a nice scenic river and all the cars remained intact, even with Daniel driving round the site!

Wednesday - Garry

Paddling: Jo, Iain, Daniel, John & Tom

Those in the know will recognise that establishing when the dam-fed Garry is running is something of a dark art. Rafting companies pay the water company to run rafting trips so neither is very keen to tell paddlers when releases are. Ian Matheson had

heard rumours of a release on the Wednesday. Furtive 'phone calls to raft companies failed to confirm or deny this, so we reverted to the tried and trusted – go and have a look at it approach. Fortunately this paid off. While far from Himalayan in scale there was a definite release.

The section of the Garry usually paddled is only short – less than a mile – but packs in plenty for the playboater. For those of you that have paddled the Washburn; it is similar but bigger.

The best play spot on the river is a bit like Happy Eater at Teeside with a huge eddy river left. It was rolls galore for some people, whilst others just sit in the hole spinning round and round without even getting their head wet. Iain's helmet also took a bashing on the rocks that form the play feature when trying to loop.



After a good half an hour, we carried on down the river, surfing small waves and running a few grade three rapids down to the get out. After a quick nibble, we walked up the path to the river to the main play spot, and re-ran the second part of the river. Sadly, no luxury Chalets this time so we had to change outside in the pouring rain!

Thursday – Really the Etive!

Paddling: Jo, Iain, Daniel, John, Tom, Barry Aldridge, Adam Croft, Clive & Matt Bew.

After having little rain since Tuesday, we were hoping that the Etive would have

dropped enough for it to be a nice level. When we arrived at Triple Steps, we met up with Matt and Clive and were relieved to hear that it was a good level.

The naming of Triple Drop didn't exercise anyone's imagination, it does what it says on the tin and drops around 6 metres in three steps. The first drop offers a couple of options, but the tongue down the right seemed best. The second drop is a straightforward ledge that caused no problems.

The third drop is bigger – 2-3 metres. Straight down the middle leads into a deep hole and an underwater experience – Tom & Daniel went for this. John headed right then left, which avoided the hidden depths and kept head above water. Iain went down next in his Dad's Diesel with a nice line.

I followed in the S6: I was nervous as I went round the corner and as I approached the lip of the 4 metre plunge, I remember thinking yet again, 'what am I doing here, why didn't I go with Dad' (who was out on the 10 mile sea trip in long boats.) When I reached the bottom of the drop, I got pinned on a rock, rolled one side against the current and tried the other side with the rock in the way, so swam.



Triple Falls – Going, Going...



...Gone!

As we approached the next feature, Letterbox, we got out on the bank with throw lines to inspect. It is a steep drop with a lot of boulders at the bottom of the right hand side, so the line is left over the rock lip.



Letterbox

Matt ran it first in the Pocket Rocket, got sucked back in, rolled a few times but swam for the first time in years after getting trashed. Iain ran it in the Diesel but landed in an eddy on the right hand side; five minutes later he managed to paddle to the other side into a safe eddy. John ran it landing in the same eddy as Iain, whilst Tom, Adam and Barry ran it nailing the line perfectly. Daniel and I portaged after watching some of the guys get trashed.

The Ski-Jump looks worse than Letterbox – a 3-4 metre drop with a projecting rock just below the lip. In reality it is far easier – fast and straight down the middle, bounce off the rock and land fairly flat in the pool below. All down safely and the sun shone.



The Ski-Jump

The next feature was Crack of Doom, which has a bad rocky entry into a drop with a stopper at the bottom, followed by a couple of eddies and another 8 foot drop into a clean pool.



Crack of Doom

You need speed to punch through the stopper of the first drop. However the shallow rocky entry make this hard, so several of the shorter boats got looped or sucked back in. I seem to remember rolling a few times after the first stopper and then watching Iain come down in the Diesel – Creek Boats are best on this river, since it is a series of grade 4 drops.



Crack of Doom - the wrong way!

Several more cartwheels saw us a short distance down the river before the next inspection of Crack of Dawn. The more experienced of the group knew that this was a definite portage and it is no wonder why – a ten foot drop into a mini gorge with layers of rocks in the shallow bottom of the drop. The portage is better than a trip to hospital though, as it is an interesting 8 foot seal launch.



Crack of Dawn

After a short paddle down stream we reached the next feature, The Great Waterslide, which has a nice play hole half way down. Some of the more experienced played, whilst the rest of us bumbled down to the eddy at the bottom. I hit one rock and ended up running the bottom of it backwards, taking a chunk out of my boat and getting a new saying for the day – ‘stupid rock.’ After another short paddle, we reached the next feature and probably the best feature on the river – Right Angle falls.



Right Angle Falls

This is basically a 20 foot waterfall with 2 entries into it. One is a seal launch into the eddy above the fall, where as the other is an awkward rocky right bend around the dogleg, which can result in a roll in the eddy or upside down over the fall. The bravest of the group paddled the Dog Leg with Tom doing an ender like move into the eddy. Daniel seal launched with no one holding the back of the boat and ending up rolling in the eddy, despite not even paddling the Dog Leg!

I didn't look at the drop for more than a few seconds, I knew the line was centre to left leaning forwards with paddle down, as I knew that if I looked at it for too long, I would freak at the height and portage. However as I went over the lip, I felt the familiar feeling for the second time that day, 'what am I doing here,' but its an amazing unexplainable feeling as you got over the drop. It only takes a couple of seconds, but your boat gets fully submerged at the bottom before you resurface. It's a great experience and is definitely the best drop on the river, providing that you don't boof or land flat with an extremely sore back. Thankfully there were no trips to Fort William hospital this year, unlike the previous year, although a few injuries from the rounders tournament came close.

After Right Angle Falls there is a series of little rapids as you paddle down to the get out, which were extremely rocky due to the low water level. One rapid of any significance is the final drop, which is a steep grade four drop off a ledge. This was the last point of inspection and final feature to run before the few hundred yards to the get out just below the bridge. A quick change and shuttle and we were off on the hour journey back to the site. It was barbecue evening, so the evening was spent watching the days camera footage, and relaxation around the BBQ/fires with a can.

Friday – exhaustion sets in!

The last full day of the holiday, so time to spend some time with the family for some of us. Most people tended to go for a walk or shopping in Fort William for a stock up on

Whisky, some were undecided and did both! Others had to head off home, whilst others went looking at possible trips for the following year or exploring with the cameras.



Jo's boat after the Etive

The last night was spent in the pub (Strangled Basset/Stronlossit Inn,) some were on the computer and some just simply drinking and chatting. Others were outside and inside talking to the bar man (Mighty Morris) and the hotel keeper (Scary Sandra.)

Saturday – home time

Saturday dawned too quickly for some, it was time to go home with a trip shopping, walking and exploring for some. The Hackings and Sharmans decided to set off with a detour to Falls of Lora (just looking) at the bottom end of Loch Etive, followed by a visit to Ben Cruachan hydro electric power station. Whilst on Thursday's sea trip, Sarah and Steph had wondered what would happen to a kayak if it floated off into sea; so that night at the BBQ, they had constructed a message in a bottle (an empty whisky bottle of course), which was thrown into the sea by Falls of Lora on the way home. There were a few detours on the way home due to accidents on the road by Loch Lomand, so plenty of time to talk about the weeks happenings.

The white water group had paddled 6 rivers in 5 days, with special thanks to Martin Stockdale for taxiing and John Kington for leading. There had also been a variety of walks and trips, including the usual Arisaig trip and a 10 mile trip for the long boats. Everyone had enjoyed the week, as proved by the rebookings for next year; thanks to Tom Byrne for organising.

Peak Challenge

Tryweryn, 3rd & 4th June

Well, hi there folks. I keep meaning to write an article for the newsletter, but it just never happens, either I run out of time, or I forget; typical of a busy mum I suppose. Now I've finally got around to it I thought I'd let you know about my 1st Peak Challenge weekend.

My sons Ben 17yrs and Dominic 16yrs are 'heavily into' freestyle (rodeo) and last year we toured the country doing the youth freestyle series of competitions. They were really good fun for the boys and the parents seemed to enjoy themselves too. Last weekend, however the boys wanted to compete against the big shots, the juniors who are on the British freestyle team. We didn't know how they would do but they thought it would be fun, and they had to start somewhere. So after doing the series last year and lots of training throughout the winter at Holme Pierrepont (yes even in the snow and rain), last weekend was the time to have a go.

Now we weren't really sure what happens or even where we were going at first, but the competition was two days at Bala, camping and party and food included. Day 1 was to be an extreme slalom and a head to head down river race at Bala Mill Falls. Day 2 was to be the freestyle comp, in the top hole above the chipper on the upper Tryweryn.

There were several categories you could enter in. Expert was for those on the team, the professionals. Sport was for the rest (like Ben and Dominic). Finally there is a newcomer category for those who have not done competitions before. This was the category I entered, after John and I had 'persuaded' each other to take part, after all this might be the only way we got to boat this weekend, and we needed our paddling fix. I should mention now that I was the only mum/woman/female in the newcomer category and I was also in

the masters age group. I found this quite funny as I'm definitely no master.

We got to our destination ok, paid our fees, found the loos and put up our tents (well, I put up our tents as the boys might be good at boating but they're no good at putting up tents). It was glorious sunshine, and very hot. We got changed and went for a look and a practice. HELP I thought, I've only done this stretch of river twice before. The first time was 7 yrs ago and then more recently last year when the blokes elbowed me out of the tiny eddy and I went down the chicken run backwards. I was not feeling very positive, but what the heck, I'd give it a go. Well my practice run went ok – I stayed upright, I even got the first 2 gates but missed the rest.

Well in these competitions, women go last (yes we know our place guys). So I watched the kids, John and other familiar faces doing their runs, and made a mental note of their lines, hoping that I would remember where they went. All too soon it was my turn, I felt a bit nervous, but was ok. I got all the gates and was amazed. Then just before the grade 4 drop, it happened, I clipped a rock, one of those sneaky little ones that hides just below the surface. It flipped me and over I went. I rolled up at the bottom, thinking I'd finished, only to be shouted at to carry on. So off I went, missing the last 3 gates. PHEW! I was still in one piece but had banged my elbow.

I was so cross with myself then, I could have done a perfect run, if only... I wanted another go, but no you only get 1 shot, newcomer or not. Still it was good fun, and although I hadn't wanted to be famous it would seem that suddenly I was notorious. I really will have to stop doing the upside down thing.

After the slalom we had a lunch break and then we were back on the same stretch of water for the head to head race, no gates, just blast down as fast as you can. It was here that

Ben decided to add a touch of originality - he went down in a small inflatable dingy - the sort of small thing kiddies play in. He didn't come first in his heat but he didn't fall in either - impressive.

I was against two lasses that I didn't know, but as we set off they went so fast, and as they wanted my bit of river I was inclined to let them have it as I didn't want hitting in the face with a paddle or two. Needless to say I didn't make the final as only the first two went through to the next heat. Still I had survived and hadn't flipped again. It was fun as well, lots of laughing and joking, loads of encouragement and even safety cover.

The paddling day over, it was time to chill out and dry the wet kit which for once was no problem. The evening meal was being served in the sailing club which gave us time to enjoy a stroll along the river until we arrived there just in time to eat. The food was really good – curry (vegetarian or chicken) and rice or chips and salad. It was one of the best curries I had ever tasted. The evening was great, lots of other parents to chat to, some who had competed themselves and some who were just chaperoning their beer thirsty offspring. We got back to the campsite at a reasonable hour and although I spent a chilly night (but not as cold as those who forgot their sleeping bags), I was very impressed as it was quiet. No rowdy behaviour at all. I had expected to be woken up at all hours, but nope – not a thing.

Sunday saw everyone up early and off to the upper Tryweryn. This was the day the boys were looking forward to, the freestyle competition. Points are awarded for tricks done in the hole in 45 secs. By tricks I mean, cartwheels, loops, mc nasties, tricky woos. There are others too but as I'm still trying to master cartwheels, I tend to forget what they are. Oh and you get 2 goes in the hole – a chance to suffer 45 secs twice - or in my case 2 chances to look a twit.

I've been in the top hole a couple of times this year and at least it was a bit warmer this time. I kind of knew what I was in for and knew I

had to roll quickly so I didn't flush down to the chipper. There were 12 women, 2 lots of 6. My first run surprised me. It went amazingly well. I did some cartwheels and even tried a loop - I had never done one before but gave it a go. I got clapped and cheered but as I was rolling up at the time I didn't hear it. It's really hard to pretend there's no-one watching you, now I appreciate just how nerve-racking freestyle is. Ben and Dominic said I did well and didn't embarrass them or myself. I wasn't last any more either. What fun it was turning out to be.

The highlight of my day was watching Ben and Dominic in the final against each other. They had got through the heats, beating the members of the freestyle team. It was an awesome final, so exciting. I didn't care who won, I wanted them both to win. Dominic's run looked smooth, coordinated. He did lots of ends, splits etc. surely he would win. Ben wasn't as fluid but still did the moves. When it came to the scoring, Ben won as he had pulled off a combo move, combining a loop and cartwheels which scored high. (I was sat on the bank next this guy who was explaining the scoring to me, he was just as excited as I was, it turned out to be Ed Smith, one of the top freestyle paddlers.) If only he had known, Dominic would have done the same combo move, still that's freestyle for you. They still have a lot to learn.

At the end of the day they give prizes for the different categories. No-one in the expert group gets a prize as they are all sponsored anyway. Ben won the junior freestyle comp, Dominic won overall juniors and guess what - I won a set of paddles in the newcomer section. WOW!

It was a wonderful weekend, everyone was so friendly and encouraging, even to us older competitors. The guys at Peak UK did a brilliant job and everyone had lots of fun. I think I might be persuaded to have another go at the next one. If there's anyone who fancies having a go at freestyle and wants some details please get in touch. It's definitely the more the merrier.

Mags Brayfield

An Easter Tees-er



On Good Friday we and Helen met with our friend Dave Smith to run the Upper Tees. It was a somewhat unique group. All under thirty but with over fifty years paddling experience covering surf, polo, marathon, slalom, river running, and play boating. In all that there were two ex-presidents of Warwick University Canoe Club and an ex-captain of Leeds University Canoe Club.

It was Dave's first river in two years as he had just returned from Australia. It was unusual trip and so deserves an unusual write up...

T'was Good Friday, the sun was out,
In Scotland we couldn't be,
So Nicky, Helen, Dave Smith and I,
Met up to do the Tees.

High Force, Low Force, "sounds good to me!"

We settled on that scheme.

Our fees we paid, the shuttle run,
We headed to the stream.

A quick warm up and then the drop,
The first one of the day,
Line just right, boof that hole,
Now back in to it to play.

Salmon Leap, the dog legged fall,
With a bit of kick mid-way,
One at a time, easily (!!!)
And again, Dave insisted we play.

Middle Force loomed near. We'd all
heard tell,
Of those who'd strayed off line.
Down the chute, to the pool,
All of us were fine.

Low Force itself, a reet big drop,
Deck grabs from one and all,
Lots of walkers stood amazed,
As we paddled off the fall.

We took a break, not for a brew,
But to climb onto Wynch Bridge,
From there we jumped, back in the
Tees,
With noises like "kersplidge!"

And that was that, a few more waves,
And the river was all done.
Time to change, get the cars,
And sit out in the sun.

Thank you to Barbara James and Rachel
Smith who acted as camera bunnies and cheer
leaders for the trip.

Tony and Nicky Marsh



Rubber Ducks, Rats & Rapids

Summer Course 2006

'That's strange' I heard you say, 'Why is the Hand and Dagger so quiet – it's Wednesday night? Oh yes! It's June. It's the Summer Course'. And so it was.

After the blow of losing the access at Alston, and after much debate, at the 11th hour, Terry managed to negotiate a deal with the kind folk at Tarleton Leisure Lakes. So the stage was set for the 50 eager 2 & 3 Star trainees, coaches and various assistants who turned up for the opening session in glorious sunshine. As predicted by Terry, chaos reigned for the first 30 minutes or so, until our leader, clipboard and lists in hand, directed everyone in to their relevant groups and we could take to the water at last.



The venue turned out to be an inspired choice with everything we could need - ample parking, toilets, easy launching and even a bar which weary paddlers and coaches felt obliged to patronise – it's tough but someone had to when they kept it open especially for us!

The downside was the water quality – perhaps we should have had that drink first? - which

was akin to the canal and offered some interesting opportunities for wildlife spotting. One scout yelled 'Oh look there's an otter!' but this mammal was the sort that is usually spotted deserting sinking ships. Was this a reflection on our deep-water rescue skills? Was it the same one found dead on the slipway the following evening and helpfully thrown back into the water? However, the water was warm although we did have our suspicions about the origin of the brown frothy water being pumped in at one end of the lake.



The enthusiastic instructors brought along a variety of props to keep us entertained including balloons, rubber ducks and even a hula-hoop. Iain's group seemed particularly well equipped in this department and we were told he was the proud owner of a new canoe games book.

When we arrived on the third week we found a film crew in residence who asked us to 'keep the noise level down' while they filmed on the lake. Fat chance with 50 rowdy kayakers about to take to the water. They weren't that quiet themselves as we later

heard lots of shouting followed by a series of loud explosions. We had been under the impression they were shooting a boat safety film, but it sounded more like a remake of Die Hard 2.



After 3 weeks of intensive training on Wednesday & Thursday evenings, plus the Friday night pool sessions, we were deemed suitably prepared for the course trip, which this year was to be the River Ribble from Edisford Bridge in Clitheroe to the ex-De Tabley at Ribchester – a distance of approximately 8 miles. A helpful shuttle by the Scout & Chorley Adventure Group leaders (many thanks to them) made life easier and we were soon on the water, or where it should have been at normal levels.



We were split into 4 groups by Terry and his new set of lists, and each allocated a leader and several helpers. After bumping and scraping for a mile or so, we met our first fisherman. As we were in the final group, it seemed that he had already been suitably wound up by the previous 3 groups passing

down 'his' stretch of the river and was in no mood to exchange pleasantries. With the threat of police waiting for us at Mitton Bridge, we carried on our way after sending Brian to negotiate our safe passage. Our group decided to have lunch just above the weir at a suitably placed hut complete with steps up from the riverbank and even a swing for the more energetically inclined to play on. Big Mistake!! Said hut and swing turned out to belong to afore-mentioned irate fisherman who arrived just as we were setting off and sent us on our way in no uncertain terms. He must have wanted to play on the swing himself!

Our group all decided to portage the weir, although others didn't, which resulted in several swims, but that didn't seem to deter anyone and they were soon rescued by their leaders.

After several more miles of rock bashing, and a chat with a friendly fisherman, the highlight of our trip was the much anticipated (Albert) / feared (Kath) Dinckley Rapids. This turned out to be brilliant and even Kath had a big smile and wanted to do it again. The dreaded Sale Wheel was barely noticeable as we passed through and we were soon at the get out, in time for a quick change and for some to go home in time to watch the England game on TV. This is a lovely stretch of river and we would definitely do it again.



The final week at Tarleton saw us having mock assessments on the Wednesday followed by the 'Real Thing' on Thursday. There was a mixture of 1,2 & 3 Star passes

and a big thank you should go to all those coaches and trusty assistants who gave their time over last 4 weeks. An extra thank you should go to Terry and his vast array of lists which kept everything on track, and which are now providing ample fuel for his wood-burning stove.

All in all over the past four weeks we've had great fun, made new friends and improved our paddling skills as well. It can't be bad!

Albert & Kath Risely

Conwy Ascent Race

Saturday 29th April

Paddlers; Chris Packman & Caroline Pittendriegh

Having not raced since last September we thought we'd blow the cobwebs away with a blast up the Conwy estuary.

We set off late on Friday night to avoid the worst of the bank holiday traffic and were clearly heading the right way as we passed a good 10 miles of standing traffic across the barriers all heading north on the M6.

As we have a transit van with bed and cooker we aimed to find a quite spot for the night, so picked a promising looking spot on our road atlas, Point of Ayr. We arrived to find caravan city!! With flashy lighted amusement arcades and burger stalls that made Blackpool look a bit special, so a lay-by had to suffice.

We drove into Conwy next morning not sure quite where the start was, and were turning left at a roundabout near the castle when we saw a car with open canoe on, so stopped mid turn and made paddling gestures to the driver, mouthing "race", he nodded, indicating he'd got the jist of our enquiry, pulled out and indicated we should follow him, to the right!

Our knight in shining Royalex guided us to race HQ, where a host of paddlers and craft had assembled, young and old, long and sleek.

The main race has a Le Mans style start, a short sprint to the boats, jump in and off you go. My race plan was to not bother faffing with a spray deck immediately, but to get into the flow and worry about it later. This went better than expected and I found myself about 4th place, with only K1s ahead, so I thought "bother the deck", get though the waves as I knew it was flat calm ahead. I got a bit wet but kept my position.

The race is 10 miles long, with a bridge at half way, then a bridge at the finish, and I think a rail bridge a mile from the finish. I continued to go at full steam with only the odd K1 passing me, with going head down and full pelt its easy to loose all sense of time and distance, especially when a mate is breathing down your neck. I looked up to see a bridge and hoped it was the one near the end as I was getting a little fatigued to say the least.

Bad news was it was only half way tho!!, so I switched into cruise mode, determined not to loose my position. My friend Chris drew along side and as we chatted he pulled slightly ahead and stayed there till the finish.

So it was that we finished and met local legend Peter Roscoe coming in a short time later, Pete and I went back downstream to cheer Caroline on who was only a short way behind us.

So we pulled boats ashore and set off to walk up the road for complimentary tea and sandwiches. Pete and Chris were slightly ahead when a race official offered us a lift in her Range Rover, we drove past the others flicking Vs as you do, when it turned out to be about a mile to the refreshments we felt suitably guilty that we hadn't asked the driver to stop and pick up our mates.

Anyway my tea drinking was rudely interrupted when I had to collect a medal for finishing 3rd in the sea kayak class (9th overall), behind Chris and a chap in a stretched K1, that I wouldn't like to paddle at sea, and is only classed as a sea kayak as it has hatches I believe.

Caroline was 3rd lady to finish (17th overall), yet there were no prizes for the girls.

We had a more leisurely paddle back to the start, trying to get back before the water

disappeared completely. All departed and we had the car park to ourselves after tea.

We explored Conwys pubs and chippy, before having a top night in the Yacht Club, where we passed off as snotty yachties for the night.

2 days of mountain biking in Coed Brenin followed, we polished off the Karrimoor trail in 6 hours, to find it said 2 to 4 hours in the brochure!!

Then after a rest day in Betws-y-Coed I came home leaving Caroline to do a 2 day expedition over the Carneddys.

We're just getting back to normal now and looking forward to doing the Coquet race in Northumbria on June 11th.

Chris Packman

Rhosneigr Camp

28th – 30th July

Have you ever tried surfing in your canoe? Sitting down, not standing up – though you'd get extra marks for style if you did stand up successfully. If you have then you may know about our annual Anglesey Surf Weekend. If not, read on.

One of the few things that you can do in a kayak that beats surfing a glassy green wave on a fast river is surfing down the face of a glassy green wave on the sea – especially if the sun's shining. Every year we have a weekend camp at Rhosneigr on Anglesey. The idea is to pack in as much surfing as possible and have a generally sociable weekend. We don't always get brilliant surf, but there are other attractions – seal spotting around some of the offshore islands, beach games, kite flying, beer and barbecues - whatever.

If you've not surfed before this is a good opportunity to learn. As long as you have reasonable control of your boat and are prepared to swim a bit you should have fun – the D'ribbler award was won one year on the basis of an afternoon at Rhosneigr – stand up Michael Moul. A playboat with a planing hull is ideal, but the club's Rotobats work very well too.

Rhosneigr is on the North West corner of Anglesey. If you've been before you'll know where the campsite is, if not get in touch with me and I'll direct you. The site is fairly basic – no water park or cabaret, but it has hot showers and is not normally crowded. We usually travel to Anglesey on Friday night, but you can always come up on Saturday.

John Kington

Presentation Night



Wednesday 6th September, 7:30 for 8pm, Hand & Dagger, Salwick

Did you pass a star award on the Summer Course this summer?

Would you like to celebrate your award in style?

Would you like to know what all those people you paddled with really look like when they're dry and properly dressed?

If so, make a note in your diary NOW and don't miss the Summer Course Presentation Night.

Enjoy an evening out with good food and drink, good company, and be presented with your award by our...

Surprise Special Guest!

Polo Weekend

Are you interesting in having a go at Canoe Polo? Have you tried it at one of our pool sessions and want to learn more?

Green Star Canoe Club are running a polo beginners/improvers weekend on October 7th and 8th, and Nicky Marsh is trying to get a team together to go.

Cost will be £30 for the team, all abilities and ages are welcome, and there will be a mini tournament at the end.

If you're interested, please get in touch ASAP.

Nicky Marsh

Four Old Farts Of Knoydart

10-16 June 2006



For 20+ years I have wanted to visit the remote peninsula of Knoydart. My original plan, all those years ago, was to backpack in and spend a week exploring what is billed as the most remote part of mainland Britain. You can only access the area either on foot or by boat. Having started kayaking a couple of years ago, my plan was slowly being refined; I no longer had to carry everything on my ageing back anymore.

So it was on a Saturday night in June, four paddlers gathered at Arisaig; Martin Atherton, Dave Hull, Peter Dilworth, and me, Allan Hacking. It was a strange sight as the four of us carried sea kayaks to the waters edge and then proceeded to open a bottle of bubbly. No it isn't some peculiar ritual before a trip, but a naming ceremony and grand launching of Dave's brand new, not been wet yet, sea boat. We then went for a gentle paddle around the islands to let Dave get to know his new boat,

how we all prayed he would be happy in it, after all it was going to be home for the next week, All was well and we returned to camp happy relaxed paddlers.

The following morning we were to set off from Mallaig heading North for the Sandaig Islands but the met office had other ideas, a force 5/6 increasing to 7 overnight and into Monday meant we were going to change our plans and head into the relative shelter of Loch Nevis and then go walking on the Monday.



A pleasant trip up Loch Nevis was only spoiled by the sight of several salmon farms, as we passed by them the fish could be seen jumping, in what could only be described as a distressed state, these things are not pretty, in fact they are a blot on an otherwise beautiful landscape. I for one won't be eating any farmed salmon in future. As we approached the end of the Loch we discussed where to camp, I knew there was a bothy at Sourlies, close to the shore, but it was a popular one with walkers.



As we were quite early we decided to have a look anyway, Martin was first ashore and as he returned from his scouting trip it was obvious from the smile on his face that we weren't going to be in tents that night, even 5 star camping was no competition for tables, chairs, raised sleeping platforms and even a hammock. We were on our own for now but were joined later by 3 walkers.



It rained quite heavily overnight but that wasn't a problem for our stone tent, and the Monday morning was fine and clear. We left our gear in the bothy and set off to climb Sgurr na Ciche, we chose this mountain after talking to the walkers the night before and the fact that it had dominated the skyline as we paddled down the Loch the day before. In the words of one explorer, it was the pointiest thing around. The ascent went nicely to plan, up the corrie to the east of the hill; we had lunch in the col before the final push onto a very windy summit. The views were tremendous, mountains and lochs stretched away into the distance on all sides. It was decidedly chilly so we soon set off down, the descent was interesting, from studying the map we knew it was steep and pathless, but one of the walkers in the bothy had come down that way the day before, so we knew it was possible.

We came straight down the ridge with the view up Loch Nevis in front of us all the way, or at least I think it was, I can only remember seeing rock and my feet as we negotiated a route down the hillside. I think it was a day

most of us will remember! (Slight understatement).



Tuesday dawned fine, and with no radio reception at our location, we had no weather forecast, so we packed boats and left Sourlies to head back up Loch Nevis, we kept to the Northern shore intending to call at Inverie for lunch, this went to plan and a pub lunch in the old forge was most welcome, we then continued out of Loch Nevis and around the end of Knoydart.

As evening approached we looked for a sandy beach to camp on, and landed just south of Sandaig bay, an excellent spot complete with firewood, but another resident was already there. A small bird's nest complete with eggs came very close to being walked on, we think it was a plover's nest, the distressed adult bird watched us closely from the nearby rocks. As visitors to her home it was only fair; she was here first, back to the boats and on to another beach.

It worked out well; the next beach was better suited to us, and was within walking distance to retrieve the firewood.



Midges were a bit of a problem as the wind dropped completely, but with a moskill burning near the tent and a head net when necessary it was humans 1 midges 0. The campfire proved even better at repelling midges, if only we could stop somebody snoring. Friends of Peter will know he studies acupuncture and always goes prepared to administer said suffering/treatment, so it was in an attempt to ease nasal problems (snoring) that led to Peter sticking needles in someone on a remote Scottish beach in the dark, we are told it was a relaxing experience, if somewhat unsuccessful.



On the Wednesday we set off north up the coast bound for the Sandaig Islands close to the entrance to Loch Hourn, this was one of those idyllic days that you dream about, not a care in the world, just you, a boat and the world to explore. We played on waves, paddled close to the rocks to feel the swell as the waves broke, and then as we entered Loch Hourn the wind was with us, the tide was with us and my GPS said we were doing 7 mph without paddling. OK WAKE UP!! We had to

paddle back out across this loch to reach our campsite, into the wind and tide. We needn't have worried, it was fun, some of the waves were breaking as they hit the boats and once you got used to being hit in the face it was exciting stuff. We soon reached the shelter of Sandaig Islands, numerous seals came to investigate the intruders into their world, but we left them on their rocky outcrops and went in search of level grass to camp on. As the evening wore on the wind dropped again, but the midges didn't seem to appear except in one part of the island which most of us avoided. We sat and talked long into the night, the whisky ran out before the fire, and we had another night to go.



We had to think about the return journey, unfortunately. We decided to paddle back to Inverie today, which left us a short 7 mile paddle on the Friday to Mallaig before driving home.

The day started with a crossing of the entrance to Loch Hourn, which was another fun packed thrash into wind and wave, it took us about an hour and a half to get across and then on down the coast, some of the water as we rounded the headlands today was the biggest we had ever paddled, but a loaded sea boat is amazingly stable. At one point Dave turned to talk to Peter and found himself level with the bottom of Peter's boat, as he was in the trough of a wave whilst Peter was on top of the wave. We reached Inverie at low tide which could have meant we had a long carry up the beach, but looking at the map we

realised there was a river by the side of the camping area, so a paddle when deep enough, and wade when too shallow, up the river got us within about 150 yards of camp. We set up the tents and then walked to the pub for a well earned meal, I think we all got our sea legs today as we all complained of feeling wobbly when standing up. I had to hold on to the bar even before I had a beer, what a weird feeling it was, even when you sat down you still felt like you were bobbing up and down. Beer and food soon sorted us out and we reflected on what a great week it had been.

Friday dawned flat calm and misty, with a little drizzle in the air, it was a strange sort of a morning as we knew it was to be the last before soft beds and civilisation. As we set off from the shore someone noticed a couple of small boats bobbing about in the middle of the bay, we paddled towards them, curious. Nothing prepared me for what we saw next, 2 bottle nosed dolphins, we played for about an hour, paddling round in circles with the dolphins chasing the boats.



A dolphin jumping right in front of the bow of your boat is an amazing experience, it really was the icing on the cake after what had been a brilliant week. An easy paddle to Mallaig completed the trip and after loading boats and kit in the cars it was into Mallaig for fish and chips. One last job to do, that was to report at the police station that we had returned, having informed them of our plans before leaving a week earlier.

Allan Hacking

Ribble Access

We have been contacted formally by the riparian owner of the banks of the River Ribble at Eddisford Hall between the park and Mitton Bridge to inform us that we do not

have permission to paddle this stretch of river and that any such paddling will be treated as trespass.

Chairman's Chat

Thank goodness for that! The summer courses are over. It's always a bit hectic, but with 35 pupils taking the one and two star course and 14 taking the three star course things were really buzzing. I hope all pupils enjoyed their course and gained a lot from it whether or not they achieved the level of award they were hoping for. I must say a big thank you to all the Instructors, Trainee Instructors and willing assistants for their noble efforts. Tarleton Leisure Lakes was not the ideal location for the courses - too far away, water quality poor and no moving water to provide a bit of excitement, especially for the younger students. The Committee are considering alternative locations and course structure for next June. All ideas will be welcome.

The Course Trip was run on the Ribble at very low water and was attended by 26

students from the courses and 17 Instructors/Assistants. 10 students from the courses still need to do a 6km/2hr trip to qualify for the two star award. One unfortunate result of the Ribble trip can be seen in the notice above and raises the vexed question of river access.

With the summer comes the Club Camps. West Tanfield has come and gone already. I wasn't able to attend but I believe those who did had a good time. Of course the dry weather meant no trip on the River Ure. Rhosneigr will be upon us shortly after this edition is e-mailed and there promises to be a good attendance. I look forward to seeing you there.

Terry Maddock

Ullswater Camp

18th - 20th August

The camp takes place at Waterside House camp site, on the shores of Ullswater, about a mile and a half south of Pooley Bridge, on the Eastern shore of the lake. The club will congregate in the 2nd field (the big one over the hill.)

Some will arrive on Friday night and probably walk along the lakeside path to Pooley Bridge for refreshments as it becomes dusk. The late arrivals appear on Saturday

morning, when your choice of fun is only limited by what you bring with you, or can borrow - cycle, walk, sail, canoe, BBQ, wind surf or what ever.

On Sunday there is a canoe trip down the nearby River Eden, an easy grade river down a picturesque valley, one of the "must do" local rivers. Come along and join us.

Clive Robinson

Competition Report

A bit of a change this time, there was a slack period in May with only a few races so below is a brief profile on each member of our slalom team. Thanks to Vince Draper for most of these photographs.

Alex Jones



Alex made the Premier Division at Llandysul almost at the end of last season.

Division: Prem	Class: K1
Bib: 64	Status: U23

Best result this year: Tryweryn

Tim Meyrick



Tim has trained with Ribble for many years but only recently joined the club. Tim also got promoted to Prem late last year.

Division: Prem	Class: K1
Bib: 65	Status: Senior

Best result this year: Tryweryn

Mick Huddleston



Mick is the Division 1 /Prem coach. He really keeps them on their toes at training sessions and works the team hard.

Division: One	Class: K1
Bib: 12	Status: Div. Vet.

Best result this year: Tees

Richard Draper



Richard was promoted to Division 1 at the last Div 2 race at Sowerby Bridge in 2004, so this is his second full season in Division 1. Richard trained with the World Class Junior Development squad over winter.

Division: One	Class: K1
Bib: 16	Status: J16

Best result this year: Tully

Jonathan Shaw



Jonathan was promoted early this season to Division 1 in both his K1 and C1. He is also in the World Class Junior Development Squad.

Division: One	Class: K1 & C1
Bib: 137 (K1), 34 (C1)	Status: U14

Best result this year: Bala Town Falls

Nicky Marsh



Nicky was promoted at Sowerby Bridge, at the end of last season, to Division 1.

Division: One	Class: K1
Bib: 49	Status: Senior

Best result this year: Tryweryn

Jacquelyn Shaw



Jacquelyn was promoted to Division 1 early this year at Sowerby Bridge. She qualified for one of the semi finals in the J16 GB selection races. She also occasionally C1's in Div 3 and C2's with Joanne Hacking in Div 2/3.

Division: One	Class: K1
Bib: 53	Status: J16

Best result 2006: Tryweryn/HPP

The Hacking Family



Allan, Joanne and Steph all join us occasionally to race. Joanne has been promoted to Division 2 this year. Steph has also paddled in some Division 4 races and been unlucky that there has not been enough paddlers to secure a promotion. Allan enjoys his division 3 races in his plastic boat.

Helen James



Helen started the season still paddling for Ribble. However, now living at Teeside she spends most of her time training with Cleveland CC and in the last few races has paddled for Cleveland. This is Helen's second season in Division 1, she is Bib 35 and her best result was at HPP.

Current positions:

Name	Division	No. of races	Current Position
Richard Draper	Div 1	5 races	5th
Allan Hacking	Div 3	3 races	85th
Joanne Hacking	Div 2	Not paddled in new division yet	
Steph Hacking	Div 4	No ranking in Div 4	
Mick Huddleston	Div 1	4 races	26th
Helen James	Div 1	4 races	25th
Alex Jones	Prem	4 races	52nd
Nicky Marsh	Div 1	3 races	28th
Tim Meyrick	Prem	5 races	53rd
Jacquelyn Shaw	Div 1	4 races	14th
Jonathan Shaw	Div 1 (K1) Div 1 (C1)	2 races 1 race	64th 14th

Prem & Div 1 positions are ranked from best 5 races of a season - some paddlers haven't completed 5 races as yet.

There are currently 63 paddlers in Prem, 100 in Div 1 Men and 46 Div 1 Ladies.

News since last report

Jonathan was promoted to Division 1 in his C1 at Fairnilee in May, so now he has to balance the racing season between C1 and K1. He has once again been offered Junior Development Squad training, this time at HPP in August.

In September the team are entering the Interclubs Slalom Championships. We are putting in a joint team with Ormskirk Scouts, who are lending us a Prem C1 paddler and some lower division boys. Although the scouts will only be sending about 3 or 4 paddlers they will be valued members to add to our strong team. Ken Cunliffe who trains the scouts also trains Richard, Jacquelyn and Jonathan every week; he is a voluntary GB C1 Slalom Coach.

So, come on Terry, when are you racing this year? Marple in July or September?

There have been several posts on the canoe slalom website, www.canoeslalom.co.uk, about encouraging new paddlers into the sport.

I can assure anyone thinking of having a go at slalom that you will be made welcome by our group. We need some new paddlers starting in Division 4 to keep the momentum going. Marple is an easy course for a first go, next race Sep 2nd/3rd. West Tanfield is a slightly harder course but great fun and very popular, next race Sep 23rd/24th. You can use plastic boats for a first try or we can arrange for anyone under approx 75 kg to borrow a slalom boat.

Jacquelyn and Jonathan love West Tanfield in September and would be happy to go along and offer support and training on the slalom course.

Please email me if you are interested, as early as possible, caravan and camping is available on the slalom site but you would probably need to have booked by late August to be assured of camping space.

Susan Shaw



Would you like to learn to canoe?

Ribble Canoe Club is running a beginners' course starting on Friday 15th September 2006 which will teach the basic skills necessary to paddle a kayak.

The course includes a classroom session to look at the theory of canoeing, three pool sessions to gain practical experience, and an outdoor session on the Lancaster Canal or a similar venue.

No previous experience is necessary.

For the first three weeks the course will take place in the swimming pool at Fulwood Leisure Centre, Black Bull Lane, Preston. The club has all the equipment necessary including kayaks and paddles, so all you need to bring is yourself - and your swimming costume, of course! (At the end of the pool session you will need to carry your equipment outside to the store before you get changed, so flip-flops or water shoes and an old t-shirt would also be a good idea.)

The course will run from 8:00pm until 10:00pm on the 15th September, and 9:00pm until 10:00pm on the 22nd and the 29th. Please arrive about 15 minutes before the start time to give time to get equipment sorted out.

The final session will take place during the day on a Saturday or Sunday (date to be decided), either on the Lancaster Canal near the Hand and Dagger at Salwick or at another similar venue. You will need to wear warm clothing and a cagoule (but they may get dirty or wet so don't wear your best gear!), and bring a change of clothes. Again, all other equipment will be provided.

The maximum cost of the course will be £36 per person, which includes the cost of the instruction, pool hire and membership of Ribble Canoe Club for 2006/2007. Membership costs are less for junior members and for additional members of the same family.

For further details, or to book a place please telephone:

Tom Byrne

Ribble CC Library

To borrow a book or video, ring Clive Robinson or see him at the Hand & Dagger. Donations of books or videos are always welcome.

Technique:

BCU Handbook

Franco Ferrero

The Practical Guide to Kayaking and Canoeing

Bill Mattos, Andy Middleton

Canoeing & Kayaking

Marcus Bailie

Kayak

William (not Bill) Nealy

Bombproof Roll and Beyond!

Paul Dutky

Eskimo Rolling for Survival

Derek Hutchinson.

White Water Safety & Rescue

2nd Edition, Franco Ferrero

Weir Wisdom Rapids

Tim Parkes

Canoe & Kayak Games

Dave Ruse/Loel Collins

The Playboater's Handbook

Ken Whiting

The Complete Book of Sea Kayaking

Derek C. Hutchinson

Sea Kayak Navigation

Franco Ferrero

Path of the Paddle

Bill Mason, Paul Mason

Canoeing

Laurie Gullion

Open Canoe Technique

Nigel Foster

Anglesey Sea Paddling Information

Rowing it Alone

Debra Veal

The Handbook of Survival at Sea

Chris Beeson

BCU Coaching Handbook

British Canoe Union

Guidebooks:

English White Water

Franco Ferrero

Scottish White Water

Andy Jackson

White Water Lake District

Stuart Miller

An Atlas of the English Lakes

John Parker

Canal Companion: Cheshire Ring

J.M. Pearson and Son Ltd.

General:

The Rough Guide to Weather

Robert Henson

The Liquid Locomotive

John Long (ed)

Many Rivers to Run

Dave Manby

Norwegian rivers

Canoe Focus

BCU N/W Newsletter

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 Dunnnett

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

DVDs:

Tony Morgan in the Grand Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

Doubleyouess

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

EJ's Advanced Playboating

The Chaos Theory

Jackson Kayak Promo

It's Different Every Time

Norman Green

EJ's Playboating Basics (DVD)

Eric Jackson and Chris Emerick

(Donated by Iain Robinson)

Wavesport: Sessions (DVD)

(Donated by Clive Robinson)

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. All sessions are Friday 9:00pm – 10:00pm.

Date	Session	Contact	Supervisor	Committee
Sept 1 st	Open	N/A	Mark Green	Tom Kington
Sept 8 th	Open	N/A	John Kington	Martin Stockdale
Sept 15 th	Beginners Course	Tom Byrne	Clive Robinson	Peter Jones
Sept 22 nd	Beginners Course	Tom Byrne	Grahame Coles	Mark Loftus
Sept 29 th	Beginners Course	Tom Byrne	Allan Hacking	Clive Robinson
Oct 6 th	Freestyle (*)	Tom Kington	Mark Loftus	Tim Langridge
Oct 13 th	Demo Boat?	TBC	Mark Green	Brian Woodhouse
Oct 20 th	Sea/Touring Safety	Steve Swarbrick	John Kington	Clive Robinson
Oct 27 th	Open	N/A	Grahame Coles	Martin Stockdale
Nov 3 rd	Slalom Training	Susan Shaw	Allan Hacking	Susan Shaw
Nov 10 th	Polo	Nicky Marsh	Mark Loftus	Peter Jones
Nov 17 th	Rolling Course	Bob Smith	Mark Green	John Kington
Nov 24 th	Rolling Course	Bob Smith	John Kington	Tim Langridge
Dec 1 st	Rolling Course	Bob Smith	Clive Robinson	Brian Woodhouse
Dec 8 th	Slalom Training	Susan Shaw	Grahame Coles	Susan Shaw
Dec 15 th	Open	N/A	Allan Hacking	Martin Stockdale
Dec 22 nd	Open	N/A	Mark Loftus	Tom Kington

Prices:

(*) **Freestyle session £5- and will be limited to 10 people. Please phone Tom to book a place.**

Beginners Course £20, Rolling Course £15 (both plus club membership), All other sessions £3.

Please book in advance for the Beginners and Rolling Courses by phoning the named contact.

Editor's bit

Email newsletter

Thanks to everybody who asked to change to the email version of the newsletter. The committee realised that this might not be a popular move, but the take up has been very good and the money saved on printing and postage costs can be put to good use to buy club equipment.

Apologies (again)

If the editing and proofreading of this newsletter is not as good as usual, blame Jasper Fforde! I've been too busy reading his new novel (The Fourth Bear) to get on with the job.

If you've read any of his books, you'll find this one excellent. If you haven't read one yet,

you're missing a treat – but put away all your preconceptions about how books should be before you start!

Dates and deadlines

The next committee meeting will be on September 5th at **7:00pm** at the Hand & Dagger. The next newsletter will be published on September 19th. All submissions to me by Saturday September 16th at the latest please.

Martin Stockdale
secretary@ribblecanoecub.co.uk



Other	Junior Polo	Ladies Polo	Mens Polo	Advanced Slalom	Beginners Slalom	Canoe Surfing	Open Canoeing	Sea Trips	Advanced River Trips	Intermediate River Trips	Beginners River Trips	Lake Trips	Fiat Water & Lake Trips	Social Events	Hand & Dagger Keyholder	Lifeguard	Instructor or Coach	Canoe Courses	Agreements	General Information Access	Committee	Area of Interest	
																						Contact	Telephone
Christmas Party (Debbie)								✓							✓		✓					Andy & Debbie Dowe	
Rolling Course																		✓				Bob Smith	
										✓	✓	✓	✓				✓			✓	Memb. Secretary	Brian Woodhouse	
Website													✓									Chris & Janet Porter	
Library, Training Coordinator																					✓	Clive Robinson	
Summer Course									✓	✓							✓	✓		✓	✓	Dave Ellison	
			✓											✓								Ian McCreerie	
	✓				✓																	Jacky Draper	
													✓			✓				✓	Hon. Treasurer	John Kington	
																				✓		Mark Loftus	
											✓				✓					✓	Hon. Secretary, Newsletter	Martin Stockdale	
			✓	✓																		Mick Huddleston	
						✓		✓		✓												Nick Pope & Sam Turner	
		✓															✓					Nicky Marsh	
				✓	✓										✓				✓	✓	✓	Peter Jones	
	✓				✓																	Competition Secretary	Susan Shaw
									✓	✓	✓				✓	✓	✓	✓		✓	✓	Quartermaster	Steve Swarbrick
						✓		✓		✓						✓			✓	✓	✓		Steve Wilkinson
					✓						✓	✓	✓		✓	✓	✓	✓		✓	✓	Hon. Chairman, Calendar	Terry Maddock
										✓	✓	✓	✓		✓			✓		✓	✓		Tim Langridge
d'Ribbler's Award (swim reports)													✓		✓					✓	✓		Tom Byrne

CALENDAR

Last minute trips organised at Hand & Dagger (Weds, 6:30pm onwards) or Fulwood Leisure Centre (Fri, 9:00pm).
If you have any dates for the calendar please contact **Terry Maddock (01253 838502)**

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.

River information:

Burrs 0161 764 9649

www.activity-centre.freeserve.co.uk

Canolfan Tryweryn 01678 520826

www.welsh-canoeing.org.uk

Tees Barrage 01642 678000

www.4seasons.co.uk

Washburn/Wharfe 0845 833 8654

<http://www.yorcie.org.uk/>

Trips / Events

July

26 Washburn Evening Cruise

28-30 Rhosneigr Family Camp
John Kington

August

5/6 Tryweryn
Chipper to Bala

6 Beginners' Trip
Coniston Water
Terry Maddock

6 Washburn Sunday Cruise

12-13 Tees Barrage

13 Estuary Trip Wyre (HT15.00, 9.5m)
Knott End - Skipool & Back
Clive Robinson

16 Washburn Evening Cruise

19-20 Experienced Sea Kayaking
Welsh Coast
Andy Dowe

18-20 Ullswater Family Camp
Clive Robinson

19-20 Tryweryn
Chipper to Bala

20 Flat Water Trip
Shropshire Union Canal
Tom Byrne

26-27 Tees Barrage

27 Washburn Sunday Cruise

September

2-3 Tryweryn
Chipper to Bala
No rafting - Coaching Festival

2-3 Tees Barrage

3 Beginners' Trip
R. Irwell
Burrs Country Park, Bury
Terry Maddock

6 *Summer course presentation*
Hand & Dagger

6 Washburn Evening Cruise

10 Tryweryn
Below Internat Site to Bala

16 Tees Barrage

17 Flat Water Trip
Derwent Water
Tom Byrne

24 Washburn Sunday Cruise

24-25 Tryweryn
Chipper to Bala

30-1 Tees Barrage

October

6-10 Oct
Scottish White Water Week
Roy Bridge, nr Spean Bridge
Ian McCrerie

7-8 Tryweryn
Chipper to Bala

8 Beginners' Trip
R. Rothay
Grasmere-Windermere
Terry Maddock

8 Washburn Sunday Cruise

14-15 Tees Barrage

15 Flat Water Trip
Selby Canal
Tom Byrne

28-29 Tees Barrage

Diary Dates

9 Dec Christmas Dinner/Disco
New Drop Inn, Ribchester
Debbie Dowe

Slalom

Please see www.canoeslalom.co.uk for event details and to confirm dates, or contact Susan Shaw

September

2/3 Marple 3/4 Double
Manchester CC

16/17 Bala Mill 2/3/4 Double
Bala CC

16/17 Oughtibridge 3/4 Double
Sheffield CC

23/24 West Tanfield 3/4 Double
West Yorks CC

30 Princes Quay 4/Open
Kingston (Hull) CC

October

7/8 Stone 3/4 Double
Stone CC

Polo

October

7-8 Green Star CC
Beginners / Improvers Weekend
Doncaster, £30 per team.
Nicky Marsh

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.