

TALES FROM THE RIVERBANK



SEPTEMBER/OCTOBER 2007



2007 World Freestyle Championships

During April and May this year, two of Ribble's Junior paddlers enjoyed a 2 week trip to Canada's beautiful Ottawa Valley, to represent Great Britain at the World Freestyle Championships. The dream started at a 2 day selection event held at Nottingham in October last year, when Joanne and Dominic gained places on the team and Dom's brother Ben

narrowly missed out by 1 place. (Ben travelled to Canada as a supporter with us and enjoyed paddling with the team during unofficial training sessions).

The team travelled out to Canada a week before the competition, in order to get in some much needed practice on the mighty Buseater

wave, and also to familiarise themselves with using a towrope to get on to the wave. The Ottawa River carries about as much water as all the rivers in the UK put together, so it is pretty powerful, so powerful in fact that paddlers can't ferry across onto Buseater but instead use a very very long towrope similar to a water ski towrope. One end is tied to a tree on the nearby island and the paddler holds the other end and pendulum's out on to the wave, that's the theory anyway, it sounds easy but only about 75% of attempts are successful.

At least that was the plan, but Mother Nature had other ideas, Canada had a winter 40% dryer than usual and a shortage of snow meant no spring run off either. Team training was rearranged to take advantage of whatever feature was available and for the first week we paddled either Waikiki on the Ottawa Main channel, Big Smoothie on the Middle Channel or City Wave in Pettawawa.



All these waves were bigger than in the UK but none were as powerful as Buseater.



On some days we got up at 6am to get the water to ourselves, but we never managed it, I think you needed to paddle by torchlight if you wanted the river to yourself. It was at one of these early morning sessions that we met the man himself, Eric Jackson who despite the pressures on himself to train, was more than happy to chat to and help the junior paddlers.



The big question was, where would the competition be held? Local politicians, sponsors and anybody with influence was being asked to 'lean' on the Hydro Electric companies who held the key to water flow on the river. Finally the news came through that 2 of the big hydro companies upstream had agreed to release water for the competition, this was terrific news and it was a massive achievement by the organisers to get these people 'on board'. To give you an idea of the scale of things, the water would take 3 days to reach us, from when it was released higher up the river.

BUT and it was a big BUT for us, we could only have enough water for 4 days of Buseater, so that was 1 day for training and 3 days of competition, this didn't bode well for British medal hopes but at least they would get to paddle on one of the world's best freestyle venues.

On the Saturday we had a rest day and went shopping and sightseeing in Ottawa, it's an impressive city with it's replica of Big Ben and other huge buildings, the shopping didn't amount to much, prices were much the same as the UK. The four Kayak shops were a little

disappointing as they were part of much larger outdoor stores and they lacked that specialist feel that you get over here.

On the Sunday it was business as usual for the team paddlers, but the parents and supporters sneaked off to the Algonquin National Park for a spot of open boating, we did an 8 mile trip down the Barron Canyon, complete with 2 portages in excess of 400 metres, these were done in true Canadian style with the Canoe overhead, carried on the shoulders, A 16 foot Kevlar canoe is surprisingly light, I want one!



Monday was the day of the Squirt boat competition, so it was an early morning session and then off to support the squirt boaters. What a fantastic start for team GBR, Silver and Bronze in the Womens event and Gold and Bronze in the Mens event, could the float boaters match that performance?

Tuesday was Buseater training day, each country had a timeslot according to how big their team was, GBR was allocated 1hr 15mins for practice, we had 20+ paddlers on the water and each person got between 4 and 5 rides or attempted rides. Some of the seniors struggled with the concept of the towrope as did many of the juniors. Both Joanne and Dominic had 4 attempts and missed the wave on the first 3, each of them did however get on the wave on their 4th and final attempt for a very brief ride, catch the slightest of edges and you were off. This could hardly be described as an ideal situation, but it was the same for everyone so that was that.



Later that evening both Jo and Dominic, along with 3 other GBR Jackson paddlers, who are sponsored by Squarerock in the UK, got an invite to the Jackson team BBQ at the Jackson Ranch, the pair promptly abandoned their parents and disappeared for the evening.

Wednesday was for the senior men preliminary rounds, this served as a rest day for our juniors and a chance to watch and pick up any tips for the following day. 3 GBR paddlers made it through to the final rounds to be held on Friday.

Thursday saw the Juniors in action first, each paddler was allowed a practice run, with a 2nd attempt if they missed the wave on their first, Jo took advantage of this and got on the wave on her 2nd attempt. She was scheduled to be first up in the women's event and start the day, could this limit the nerves?... Not bloody likely!... And I was only watching!

The basis of competition was the best 2 out of 4 runs counting, each run being limited to 45 seconds. Jo had a decent first run and got some points on the board, before getting pushed off the wave, her 2nd run was a little brief as she caught an edge and got flicked off the wave, on her third run she missed the rope, so it was all down to the last run, this run was ok but she was a little preoccupied trying to stay the right way up to score any more points. It was a gutsy performance and netted her 7th place, even beating a Canadian entry.



GBR No1 junior woman, Flic Meares, made the finals and eventually finished in 5th place.

Dominic was next up in the junior men's category, Dom also had problems with the rope and missed 2 of his 4 judged runs, this was a shame as he looked good on the wave, Dom was disappointed with the result, but with both his runs scoring points he made a very creditable 16th in a large and very competitive field of junior men.

Friday was finals day. In the senior Women's event Fiona Jarvie took a bronze medal for team GBR and Lynsey Evans just missed out on a medal in 4th place. In the senior men's, GBR had 2 placed in the top 10, a fantastic result for our 'amateur' paddlers, Ed Smith came in 6th and Richard Chrimes rounded off the top 10.



Friday night was party night and that is another story, lets just say we had a lie in on Saturday, before a 'gentle' paddle down the lower half of the main channel.

Jo and Dominic would like to thank Ribble Canoe Club and certain individuals within (they know who they are) for both their financial and moral support during training and preparation for such a memorable event.

Allan Hacking

Photo's: Allan Hacking, Mags Brayfield & Peter Meares.

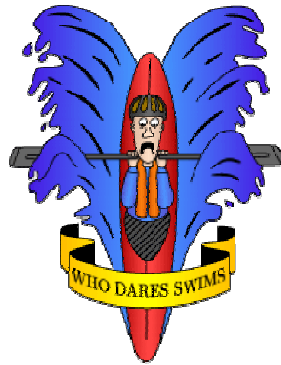
Brockholes Quarry

Brockholes Quarry is the sand and gravel site next to the Ribble at the Tickled Trout junction (M6 J31) which was built (dug?) during the widening of the M6.

Plans are afoot to turn it into a wildlife sanctuary and I'm sure most members are by now aware that the club is in discussions with the 'powers that be' with a view to us obtaining access to paddle on the lakes.

The discussions are progressing – albeit fairly slowly – but one of the concerns of the owners is the fact that they have recently had a number of incidents of canoeists paddling on the lakes without permission.

Please can all members note that at this point in time there is **NO** access arrangement for these lakes. Please do not attempt to paddle on the lakes since to do so is likely to jeopardise our discussions.



Burgerboy's Whitewater Swimming Master Class

I've eventually written an article – I had to really, the newsletter was becoming the *Albert & Norman Weekly*.



An early picture of Norman taken at Burrs in September, 1832. This was taken at least 140 years before he met the lovely Pat and they set up igloo together.

Anyway enough of having a go at Norman, it's cruel and futile especially when you've got the Dillon Boys to tear into. Burgerboy! What's that about? Where did that come from? I may partake of the odd beefy snack, but how would you know Mark Dillon, you've never seen me, do you know why? I'll tell you why, because of your antipodean kayaking style (look it up in the dictionary Grant, duhh!). Mark Dillon, the only paddler who carries a snorkel and smears verruca cream on his face when he goes paddling and also the 2006-07 Dribbler Award Winner with a grand total of 54 swims (what afternoon was that then?).

Anyway I'm drifting off from the article – it's because I was talking to Grant Dillon who was telling me about his endos at Nottingham, who 2 days later is now having problems with his endos at home, he may describe it as Awesome but it sounds more like Arseome to me – 3 whole days of extreme toilet sitting, possibly a new sporting event – remember you heard it here first.



Grant Dillon preparing for his next brownwater trip to the Nottingham Whitewater Course

Oh, I must mention Allan's *It's A Knockout* event on the canal, it was brilliant, there were loads of balloons everywhere – well 24 actually, making up 4 different coloured teams. Albert's team was victorious in the end but no trophy was awarded because of some dubious facts that came to light, I can't go into detail too much but I can tell you that all of his team refused to be urine tested following the event. Performance enhancing substances will not be tolerated in Ribble CC's *It's a Knockout* Tournament – and before Stig says anything – the rolled up socks I wear down the front of my cycling shorts are there to give me added warmth only – it can be cold at Burrs (hence the name...duhh!).

Whitewater swimming.....but before that, some of the newer Ribble members may feel that I'm being unjust to some of the older members in my rant so I'd like it known – I don't really care!

So let's talk about some of the new members –

Joe Nelson who I quote, “Adam it's rubbish here! Why do you call it the swimming spo.....glug, glug, glug”.

(Joe, once again, you cannot do ½ a roll, there's no such thing. A roll consists of a full 360 degrees, any less and you're encroaching on Stig territory).

Alison Nelson, who stops for lunch mid canoe trip on Windermere and pulls out a banquet for four from her kayak which includes; chairs, table, cutlery, crystal glasses, tablecloth, and candelabra. I was waiting for her to pull out a piano, it was like paddling with Liberace (he's a dead piano player Grant...duhhh!).



Alison's Windermere picnic
(I had damp corned beef
butties – not that you're
interested anyway!).

Anyway not forgetting another new club member, Tim – *the man with one shoe*.

He came to Burrs for his first ever moving water experience with the Ribble Canoe Club Whitewater Swim Team (You'd think he'd realise that the clue is in the name). He also misheard that I like to coach kayak, anyone who knows me, knows that I like the couch and cognac – an easy mistake for a deaf beginner.

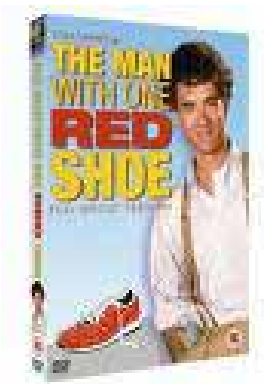
Anyway I'm drifting away from my article – but Burrs was good, the water was very high and very fast. Tim seal launched above the weir then ran it, he didn't swim once, he was doing very well... really well... too well... I got bored and a bit P'd off so I pushed him in. I had to really, he was better than me (don't even say it Norman!) and was making me look bad.

He surfaced once and screamed, Eskimo! I looked around and couldn't see any eskimos anywhere, he surfaced again took a breath and once again shouted Eskimo! I thought I was hallucinating, I still couldn't see any Eskimos, neither could Grant, the River God (and swim team safety officer). We got our butties out and sat on the rock, 5 times Tim surfaced, 5 times he dived.



Tim at Burrs hallucinating and pointing towards the Eskimos!

He eventually decided to audition for the swim team and evacuate his boat, whilst he was doing the butterfly, crawl, dying fly...whatever you call it, his training shoe made a break for freedom and swam off alone down the Irwell. Tim then had the honour of being christened *Tim the Swim* with his first ever swim being reported by the swim team vice-president.



So dramatic was Tim's swim at Burrs that Hollywood has bought the film rights with Tom Hanks playing Tim's role. Brad Pitt will be playing the part of Burgerboy, obviously.

The story doesn't end there – two weeks later at the Swim Team's Annual Teeside Meet whilst swimming down Acid Drop, I was spewed to the bottom of the steps and guess what I found there? It was Tim's training shoe, it had swum down the Irwell into the Irish sea and worked it's way around the coast before returning to spawn up the Tees.

I didn't know whether to call David Bellamy or Mulder and Scully. They say it's a cruel sea but isn't nature amazing, who would have thought that a little canvas size 8 Adidas trainer would one day grow into a mighty leather size 12 Reebok. It felt an act of cruelty to return the shoe to Tim so we left it to roam free and wander the mighty oceans, who knows, one day it might produce little pumps of its own.

So..... I've had a rant about older paddlers; crap paddlers and new paddlers but what about expert paddlers?

Jo Hacking – a very polite young lady, easily identified by a mobile phone growing out of her ear (it's a love thing). Anyway I'm drifting off – Jo began paddling in her youth and took to it naturally. She easily gained her star awards and progressed through the ranks. She entered some competitions and had some success. She was soon spotted by Great Britain scouts who invited her for selection. She decided to try coaching – she was successful at that. She was then successful at being selected for the Great Britain Squad. She was then chosen to represent her country in the world championships – she was successful there..... Do you get the picture, everything was going really well... and then Jo made one mistake, “can I come to the Swim Team Annual Meet at Teesside?”

Jo's day at Teesside, whilst not being described as a success, it must be said that it did go swimmingly! She turned up with pink kayak, pink helmet, pink buoyancy aid, pink nails etc, etc..... so we hid her kayak because she started doing paddling things that other course users began to admire. We broke her paddle in half and put her in a large plastic foot spa (Grant calls it a Spanish Fly canoe – trust me, it's a foot spa) and pushed her out into the white water. The shrieks and screams soon stopped as she disappeared under the water and once again, another Ribble member started hallucinating about Eskimos.

What is it with Eskimos, I'm sure Norman's got a hand in this somewhere. Anyway – what a swim! Obviously Great Britain standard – the whole length of the course. By the time Jo was fished out from the end of the course, she had removed the skin from both her knees (Hey! Pink knees to match her helmet and kayak.....nice).



One of Jo's pink knees.

So once again Jo was successful in producing an award winning performance, so successful that Ribble Whitewater Swim Team invited her to join the squad.

Her selected squad name for the future will be 'The Map' (NO you can't be called Pinky – it's girly and it's daft!) – anyone who has travelled with Jo will know about her navigation skills (She once thought a piece of sandpaper was a map of Blackpool Beach).

Anyway.....

The Whitewater Swimming Master Class – Lesson 1.

If you ever find yourself ejaculated from your canoe, kayak, raft, foot spa etc under no circumstances inhale when your head is beneath the water because there is no air there and you might drown. I'm bored now!

Burger Boy
Vice President
Ribble Whitewater Swim Team

PS: Best quote of the month must go to young Peter Nelson – when I was admiring his older brother's brand spanking new Pyranha Ammo, Peter rolled his eyes and said, "All the gear, no idea!" How can one so young be so wise?

PPS: I've just got back from Teesside with Albert and the Stig and have come up with the following equation:-

$$\frac{\text{Albert+Stig+B.B.}}{7\text{Hrs @ Teesside}} = \text{H}_2\text{O Immersions x 17}$$

PPPS: I've not got one of them digital camera thingies Martin so I got all me pictures off Google, apart from Jo's knee – that's her real one!

The anatomy of a swim

Physics and foul play

Let's just remind ourselves why canoes float. Archimedes famously jumped out of the bath shouting 'Eureka' when he realised that in order to float, a body needs to displace a volume of water equality in mass to its own mass. If it displaces a less volume (and hence mass) of water it sinks, (if it displaces more, then the body will be ejected from the water – this will become important later).



When in the horizontal, normal position, a canoe has quite a surface area in contact with the water. So when a person gets in it and causes it to start to sink, the volume of canoe under water (and hence volume and mass of water displaced) quickly increases to accommodate the extra weight; resulting in the canoe and occupant floating. Notice I said 'in the horizontal, normal position'. What other position is there I hear you mumble? Vertical, is my response. IF the canoe was to be placed in the water vertically it would sink until the volume of water displaced etc is as described above. However due to the small cross sectional area of a vertical canoe, the canoe would quickly go a long way into the water. Its general pointy shape would also offer little resistance to this process.

Ok, 'O' level physics over with (for those who can still remember them). Take the scenario of canoe placed on the top of jetty, Windermere, beginning of May 2007. The spectators murmuring, "water level's usually at least 3 foot higher". Add to canoe one large person – say 16 stone (I had had a big

breakfast and had just finished my lunch). Get one younger person (also having had big breakfast and just finished lunch – both made for him by large person) and place at back of canoe. Instruction was given for person 2 to push canoe and person 1 in a horizontal plane. At the point where the centre of gravity of person 1 ceases to be applied over jetty, both canoe and occupant starts to fall. I'd foolishly envisaged that this would be with canoe remaining more or less horizontal – don't know why but I did. A quick recalculation and I anticipated a gentle angle of entry into the water, possibly a minor correction using the low or high brace would be required, and Bob's your Uncle. The reality was somewhat different!



Canoe and occupant entered the water at a much steeper angle and at quite a speed. The entry angle and speed meant that the canoe went further into the water and displaced more of it that was needed for the combined canoe/occupant mass. When motion stopped temporarily the water essentially owed me some thrust and kindly gave it me back. The result I can only describe as a bob – not the male relative mentioned above, but a severe backwards and upwards movement. The theory of high and low brace vanished from me and I frantically, and pathetically, tried to paddle my way out of the situation. Terry saw his opportunity to practice his Eskimo rescue, I on the other had tumbled hopelessly out of the canoe.

CCTV footage supplied to me kindly by the Robinsons clearly illustrated foul play at

hand. Having instructed person 2 to push in the horizontal plane, the video footage revealed that in actual fact, at the instance of pivot of canoe and occupant, person 2 had flipped the end of canoe up, thus causing the severely increased entry angle. The cheek of

it! Well next time he can make his own flipping breakfast and butties – and mine as well, come to think of it.

Paul Binks

Chairman's Chat

No wait! It's not here yet, but soon. It'll soon be November, the season of mists and moving wateriness (apologies to John Keats who never mentioned Halton for some reason in his ode to Autumn). Summer's almost gone (was that a line from a Doors song or was it ????? - that's this edition's puzzler; answers to me on a Wednesday night, but no prizes). Enough, before I drift sideways onto a Northern Rock!

The Presentation Night for the Two Star awards went pretty well, thanks to a presentation by Joanne Hacking with the help of the family TV and DVD. Allan explained that they all had to come to the ceremony because there was no TV left at home to watch. Joanne's presentation concerned her recent trip to Canada to represent the UK in the Freestyle Championships. Gasps and phews accompanied the pictures of massive waves and our cheers joined those of the UK Team as our brave little Joanne was towed onto the Buseater and other horrors. How she got onto the wave, still less performed tricks (sorry, manoeuvres) on the maelstrom of those waves I can't imagine - and I try not to, as it induces nightmares and screaming in the early hours. I hope I'm not putting any of you youngsters off going in for this insanity!

The Summer Camps were a bit different this year although Rhosneigr was as usual - a good camp site, well attended (about 40 members/friends) and some reasonable surf as well as the usual trips by the more adventurous to Stanley Embankment. West Tanfield Camp was cancelled due to lack of site and not a great deal of interest. Slenningford Mill was fully booked without us and an alternative site at such short notice

would have been tricky. This year's August camp was changed from Waterside, Ullswater which had been getting very busy and noisy, to Coniston Hall. The weather was rather wet and the tents reduced from nine on Friday night to three on Saturday. The Club's gazebo was a godsend and became the focus for Sunday breakfast as well as evening socials. The camp trip on Saturday was a paddle up the Esk Estuary from Ravenglass past Muncaster Castle and almost to the tidal limit. Eight long boats attended in reasonable weather and magnificent scenery.

The BCU's new Star Course syllabi are now effective even though still in "draft form". The old syllabi no longer apply. The Committee and the Coaching Forum are considering the future of courses (if any) to be run by the Club. Despite the ineptitude of the BCU's organisation of the changeover, I don't think we should spend too much time railing against the inevitable. It is important that the entire Club understands the far reaching effects of the new syllabi, both good and not so good. Please take the opportunity if you can to study the new syllabi and in particular to consider comments by such as Gareth Field who are pushing the usefulness of the new awards to clubs such as ours. I hope that a report to the Club will be forthcoming after the next Coaching Forum and before the following Committee Meeting so that as full a discussion as possible can take place prior to any far reaching decisions being taken by the Committee. Please make your views known to the Committee.

Terry Maddock



Would you like to learn to canoe?

Ribble Canoe Club is running a beginners' course in October 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 three outdoor sessions, at the end of which students will be able to take (and hopefully pass) the BCU 1 star award! No previous experience is necessary.

The pool sessions will take place on Friday nights 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! (Flip-flops or water shoes and an old t-shirt would also be a good idea.)

The outdoor sessions will take place during the day on Saturdays at the Hand & Dagger or at other locations near Preston, details will be confirmed on the course. Again, the club will provide all the equipment, but 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.

The course dates are as follows:

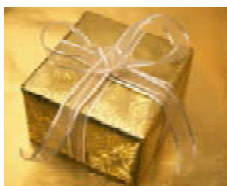
Date	Location	Time
Oct 12 th	Pool	7:45pm – 10:15pm
Oct 13 th	Hand & Dagger	TBC
Oct 19 th	Pool	8:45pm – 10:15pm
Oct 20 th	Hand & Dagger	TBC
Oct 27 th	Assessment, venue TBC	TBC

The course will cost £30 per person, which includes the cost of the instruction and pool hire. In addition you will need to be a member of Ribble Canoe Club, maximum cost £16 per person.

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

Tom Byrne

**CHRISTMAS DINNER AND DISCO
ON
SATURDAY 15TH DECEMBER
AT
THE NEW DROP INN
(ON LONGRIDGE FELL)
7:30 for 8:00pm
COST £20.95**



Starters:-
Garlic mushrooms.
Tropical melon
Home made duck liver pate.
Platter of prawns
Vegetable soup

Main Courses:-
Roast Turkey with all the trimmings.
Poached salmon
Roast duck with apple sauce and stuffing.
Shoulder of minted lamb cushion.
Chicken breast with mushroom and cream sauce.
Pasta bake: Pasta shells in a stilton and mushroom sauce.

Sweets:-
Christmas pudding or a choice of sweets from the trolley. (Decide on the night)

Don't miss out! First come, first served! Places limited.
Cheques made payable to: Ribble Canoe Club.
Please return the slip below with payment,
as soon as possible , but no later than Friday October 19th to:
Debbie Dowe

BOOKING FORM

Name/s _____

Phone No: _____

Starter/s _____

Main Course/s _____

I/We enclose a cheque for:- _____

A Testing time at Teeside



Despite the rain there seems to have been a distinct lack of paddling opportunity this summer, I'm not sure why but there doesn't seem to have been many people active, however the Ribble Swimmers Club has tried to keep its steady but relentless push towards the retention of the D'Ribbler Trophy moving in the right direction. With a trip to Burrs and several to Teeside White Water Course Burger Boy is moving nicely towards possession of the Trophy and has already notched up more than 30 swims in the first 6 months of the year. Go put on the kettle and make a brew, sit comfortably and let me tell you tales of the summer long gone and the Swim Team exploits.

A Burrs trip at the start of the school holidays was the location of Tony Morgan's most recent time wasting session, where he schooled BB in all things river paddling in the vain hope of keeping him from swimming. Despite intensive quality coaching BB still managed to rack up another couple of swims during that session, and forget all he had been

told by the time he was off the river – or at least that's how it may seem to some. The Burrs session was also a very proud moment in my life, ahhhh, my youngest off-spring's first swim. She was so good I almost wept, she went over the broken weir in fine style before forgetting to paddle and then caught an edge and toppled in only to be rescued valiantly by River God who at last has fulfilled the role of Swim Team Rescue Support. All credit to Sian as she got back in the kayak and paddled on, as well as also taking another run down the course.

Teeside was the next trip out, with a guest appearance of 'old Albert Risely' (OAR) a newcomer to the venue and the way he performed a Swim Team member in prospect. What joy this was to be, our favourite swimming venue, and BB demoing a Pyranha Ammo from UK Canoes, jolly tales I have to tell. The session was split into an evening and following day morning paddle with us sleeping in the log cabins overnight. BB was excited (not easy to tell) and yet a touch

worried (obvious to tell) at the prospect of trying out the new boat and also had concerns about not wanting to damage a boat that wasn't his. Brilliant, that sets things up nicely for the two days, a first timer (OAR) who is clearly over-awed in our presence and BB on edge in a new boat which he doesn't want to damage.

Off onto the course we go and OAR sets things up very nicely with a couple of good runs through to get the feel the layout and spot his rescue points ahead of his first swim. Meanwhile BB sets about demolishing the Ammo, oh sh*t lads I've bust the backrest. Not to worry we say, it looks a bit flimsy so they'll expect that sort of thing and a repair is affected by use of string and knots. BB then proceeds with the abrasion test part of the demo by running the boat along the course wall in true no holds barred incompetent paddling fashion. (Are you crying yet Tony Morgan?) At the end of this and similar runs OAR and I consoled BB that this sort of damage was just wear and tear and to be expected, after all they knew it was going to Teeside 'didn't they?' The only way to see how a demo boat performs under the abrasion test though is to get a good long swim in and allow the boat to waterlog and bounce and scrape its way down the course upside down hitting ever post and pillar when it isn't grinding across the walls, BB did this test next.



OAR and I looked on in horror as we surveyed the damage, but not wanting to worry BB (and for our entertainment) we said things like 'it's nothing, don't worry, you're

going to buy one anyway, and we'll distract Laurence when you take it back or just dump it outside and ring him to say where it's been left'. The damage was extensive, the front grab handle was frayed, the cockpit had been shaved down horribly as had the nose of the boat and part of the UK Canoes sticker had come off. Oh well, the damage is done, may as well carry on and not worry about it, at least one side is okay, its not dented and the bottom is unscratched. Quite distressed and concerned was BB as he borrowed Duct Tape to give the boat some protection for the rest of the session, when he had finished it was generously protected at the front end so no further harm would come to it.

The Impact test was next up, oops; Duct Tape is no good for this one. BB looked fantastic in the Ammo, it really has improved his paddling and he looked great surfing Happy Eater before setting the boat into a good side-surf and powering it into the wall front first with a satisfying bang. For good measure he did this several times before finally managing to do it backwards with another unpleasant crunch. Off the water he comes, 'that's it I can't paddle any more I'm wrecking the boat' says he as he sits paring away plastic with a knife trying to minimise the visual impact of some pretty horrible damage. Suitably consoled he does accept that he may as well continue 'carefully' and stop trying to surf and do 360s but just run the course for the remainder of the trip. Back onto the water for the final test, bottom abrasion resistance.

Imagine this if you can, BB worriedly trying to get it all right as he comes down the course towards Happy Eater (picture a rabbit in the headlights expression and a jittery uncomfortable nervy first time paddler on a grade 4 river in big water). The reality went like this, nervy approach to Happy Eater 'oh no' wrong line too near the wall, boat half on the wall and half off it as he swept round the outside of the bend at a lean angle of 45 degrees with the bottom of the boat grinding on the wall whilst he dementedly stabbed his paddle in to keep himself from going over until eventually dropping into Happy Eater

against the wall and getting stuck – against the wall, then his boats bobbed up and down grating the last undamaged surface against the wall, poetry in motion. Laugh, I'm still waiting for my trouser to dry.

Testing complete and every surface of the Ammo is thoroughly scratched or dented, it's only a demo boat says I and a little more whittling saw it looking okay ish again. The swim tally rose quite nicely over the trip as you may expect, with the very competent OAR notching 6 swims but sadly not yet showing enough panache or incompetence to be invited into the Swim Team, BB also kept his tally moving along well with another 7 swims whilst I checked in with a measly 4.



BB ordered a new Ammo and gave it a test run at Teeside at the end of August where he joined my family holiday. Sadly he does look a much better paddler in it, but fortunately he is still swimming with gay abandon. He kept my daughter and nephew entertained with his indomitable spirit and never say die attitude and racked up another 4 swims on his one day there, whilst for me sadly the rolling is

Boat Stores

Over the summer several club members have put a lot of work into tidying up and sorting out the club boat stores at Fulwood Leisure Centre and at the Hand & Dagger.

Please would all club members help to keep the stores tidy. Drain as much water as possible out of your boat before you return it to the store. Put your boat and paddle away on the racks provided. Make sure that clothing such as buoyancy aids and spraydecks are hung back up on the hooks so they have a chance to dry out before they are next needed.

coming along nicely now and I only managed 3 swims over 9 hours of paddling, bummer.

River God had the swim of the trip when he got stuck in a quite big Acid Drop. He was trashed as first the front, then the back of his boat kept appearing and disappearing before finally he bailed out leaving his boat tumbling in the stopper with all sorts of gear being sucked from his boat and re-circulated. It looked like a shipping disaster, there was an air bag, seat pad, and paddle being washed out and sucked back in along with his boat whilst the 'un'happy seat (Heidi, to those in the know) hung lifelessly from the cockpit before the whole lot was spat out into the bottom pool.

I have resigned myself to the fact that I can't retain the D'Ribbler Trophy but am confident that BB will end up winning it, and it staying in the Ribble Swim Team will be a consolation. My swims are now reducing dramatically in proportion to how many rolls I execute successfully and with BB already doubling my tally I can't see me catching him. Remember to keep on reporting your swims though, if you're not swimming you're not trying hard enough, enjoy it, the rivers really look different at fish eye level.

PS look out for the next Newsletter because the Swim Team and Uncle Clive are taking on the Tryweryn, I bet you can't wait. I hear the instructors there have already ordered sedatives and written the disclaimers.

***BB Support Team
Will E Rollup***

Northwest Paddle festival

20th October 2007 - 21st October 2007



Salford University are holding the second annual North West Paddle Festival at the Burrs Country Park in Bury.

There will be loads of Demo boats available to try FOR FREE out in particular it is a perfect chance to try out white water boats on the river.

Guided trips, coaching sessions and downriver races are just some of the things planned for this years weekend festival.

Open to all, newcomers or enthusiasts families or universities there will be something for everyone.

This was a great event last year with lots of boats available to demo, all you had to do was ask and provide some security information with no restrictions on how many boats you tried.

There was also a barbecue and slide show on the Saturday evening as well as other trade stalls.

Last year a few Ribble paddlers attended and had a great weekend, so why not come along.

Visit Brookbanks website for more information

www.brookbankcanoes.co.uk

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
 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
 Anglesey Sea Paddling
 Rowing it Alone
 The Handbook of Survival at Sea
 BCU Coaching Handbook
 Sea Safety: The Complete Guide

Guidebooks:

English White Water
 Scottish White Water
 White Water Lake District
 An Atlas of the English Lakes
 Canal Companion: Cheshire Ring
 Welsh Sea Kayaking
by Jim Krawiecki and Andy Biggs

General:

The Rough Guide to Weather
Robert Henson
 The Liquid Locomotive
John Long (ed)
 Many Rivers to Run
Dave Manby
 Norwegian rivers
 Canoe Focus
 Working out of Doors with Young People
Alan Smith

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: Doubles Whitewater

DVDs:

Tony Morgan in the Grand Canyon
 LVM Lunch Video Magazine
 Ribble Newsletters (CD)
 Doublyouess
 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
Eric Jackson and Chris Emerick
 Wavesport: Sessions
 Fort William 2005/06 Trip
 My Tartan Adventure (VCD)
 Ribble Canoe Club in Scotland, 2007
 The 7 Rivers Expedition
 Locks and Quays
Featuring Ribble Canoe Club

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
Sept 21st	Rolling Course	Bob Smith	Clive Robinson	Peter Jones
Sept 28th	Rolling Course	Bob Smith	Allan Hacking	Adam Fielder
Oct 5th	Open	N/A	Mark Loftus	Kath Risely
Oct 12th	1 Star course	Tom Byrne	Grahame Coles	John Kington
Oct 19th	1 Star course	Tom Byrne	Mark Green	Terry Maddock
Oct 26th	Open	Tom Byrne	John Kington	Clive Robinson
Nov 2nd	Open	N/A	Allan Hacking	Peter Jones
Nov 9th	Slalom training	Peter Jones	Mark Green	Martin Stockdale
Nov 16th	Touring Safety/Rescue (*)	Allan Hacking	Mark Loftus	Brian Woodhouse
Nov 23rd	Open	N/A	John Kington	Adam Fielder
Nov 30th	Open	N/A	Grahame Coles	Allan Hacking
Dec 7th	River Safety/Rescue (*)	Clive Robinson	Mark Green	Terry Maddock
Dec 14th	Christmas fun night	Adam Fielder	Clive Robinson	Mark Dillon
Dec 21st	** No session**			

* Please book for these sessions in advance by phoning the named contact. Booking is essential as numbers are limited.

Prices:

1 Star Course £30, 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

Website

I'm sure people have realised by now that the website is rather unwell. This also means that the ribblecanoclub email addresses aren't working!

We will be restoring normality as soon as we are sure what is normal anyway.

Secretary, membership & newsletter

Tony Marsh is now the club secretary. If you want to discuss 'secretary' related topics eg items to be raised at the committee meeting or communications to the club, please contact Tony.

Brian Woodhouse deals with membership enquiries and sending out the newsletter, if you have any queries relating to these areas please contact Brian.

Newsletter contributions still need to come directly to me.

Dates and deadlines

The next committee meeting will be on November 6th at 7:00pm at the Hand & Dagger. The next newsletter will be published on November 20th. All submissions to me by Saturday November 17th at the latest please.

Martin Stockdale

Ribble Canoe Club



Help List

Area of Interest	Ribble Canoe Club													Contact	Telephone														
	Committee	General Information	Access Agreements	Canoe Courses	Instructor or Coach	Lifeguard	Hand & Dagger Keyholder	Social Events	Flat Water & Lake Trips	Beginners River Trips	Intermediate River Trips	Advanced River Trips	Sea Trips			Open Canoeing	Canoe Surfing	Beginners Slalom	Advanced Slalom	Mens Polo	Ladies Polo	Junior Polo	Other						
					✓							✓									Christmas Party (Debbie)	Andy & Debbie Dowe							
				✓																	Rolling Course	Bob Smith							
					✓				✓	✓												Memb. Secretary	Brian Woodhouse						
									✓													Website	Chris & Janet Porter						
																	✓					Library, Training Coordinator	Clive Robinson						
						✓												✓					Ian McCreerie						
									✓										✓				Jacky Draper						
																							John Kington						
																							Hon. Treasurer	Kath Risely					
																								Mark Loftus					
										✓														, Newsletter	Martin Stockdale				
																	✓							Mick Huddleston					
																		✓						Hon. Secretary	Tony & Nicky Marsh				
																									Peter Jones				
																									Competition Secretary	Susan Shaw			
																									Quartermaster	Steve Swarbrick			
																										Steve Wilkinson			
																										Hon. Chairman, Calendar	Terry Maddock		
																											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**

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.burrs.org.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

September

22 *Youth Freestyle Event*
Final of series
Thames Weir
Allan Hacking

22/23 Div 3/4 Slalom (double)
Slenningford Mill
West Tanfield, W Yorks
see www.canoeslalom.co.uk

23 White Water
Washburn
Dam Release

30 *White Water*
R Greta (Keswick)
Threlkeld Bridge to Keswick
John Kington

30 Down River Race
R.Aire, W.Yorks
Bradford & Bingley CC
Anne Howarth

Oct

7 **Beginners' Trip**
R. Rothay

Grasmere to Windermere

Terry Maddock

7 Wavehopper Fun Event
R.Ure, West Tanfield
BCU
Bobby

7 Div 3/4 Slalom
Stone, Staffs.
see www.canoeslalom.co.uk

7 White Water
Washburn
Dam Release

14 *White Water*
R Greta (Keswick)
Threlkeld Bridge to Keswick
Terry Maddock

20/21 BCU North West Paddlefest
Burrs, Bury.
www.ukcanoes.co.uk/news-and-events/events/northwest-paddle-festival

21 *Flat Water Trip*
Coniston
Tom Byrne

28 *White Water*
R Greta (Keswick)
Threlkeld Bridge to Keswick
Albert Risely

Nov

4 **Moving Water Coaching**
R. Lune, Halton
near Lancaster
Allan Hacking

11 **Moving Water Coaching**
R. Lune, Halton
near Lancaster
Allan Hacking

18 **Moving Water Coaching**
R. Lune, Halton
near Lancaster
Allan Hacking

18 *Flat Water Trip*
Bridgewater Canal
Tom Byrne

17/18 Teesside

25 *White Water*
R. Crake
Coniston Water to Greenodd
Clive Robinson

Dec

2 **Beginners' Trip**
R. Rothay
Grasmere to Windermere
Terry Maddock

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.