

TALES FROM THE RIVERBANK



MARCH/APRIL 2009

Flat Water Revival

Kath Risely



Sunday 15th February 2009

Paddlers: Steve, Bev, Janet, Roy, Allan,
Leslie, Suzanne, Chris, Ed, Kath

The Flat Water Group, or Flat Earth Society as we have been called, normally paddles on the third Sunday of each month but as of late we have been rather remiss at getting out and kitted up and on the water. We are hoping to remedy this over the coming months and started with our recent paddle on the Lancaster canal.

At the trip planning meeting 12 months ago someone who shall remain nameless (you know who you are...) decided it would be a good idea to paddle the length of the Lancaster Canal ending up at our home territory of the Hand & Dagger. Unlike the hardy/foolish (delete as appropriate) souls who did the trip in one day a couple of years ago we decided to split it into three more manageable chunks of approximately 12-15 miles each. The first two – Tewitfield to Lancaster and Lancaster to Garstang- were completed last year with a small group varying between 5 & 8 paddlers braving poor weather conditions to keep the spirit of Ribble Canoe Club alive.

The day the final section was due to be paddled blessed us with uneventful weather - mild, dry, and dull with no wind. After meeting at the Hand & Dagger, organising the car shuttle and driving up to Garstang we were on the water just after 11am. We immediately encountered 'canal rage' as the driver (?) of a canal cruiser insisted he couldn't get through the bridge at the get-in as we were obstructing it. This was despite the member of our group nearest to him still being on the towpath. After showing off his reverse thrust and making a great deal of waves and noise he proceeded, much to the amusement of a passing dog walker, through the empty bridge, scraping the side of his boat along the canal bank on one side and with what looked like at least 10 feet to spare on the other.



The canal proceeds through Garstang, passes the new housing estates and crosses the River

Wyre on a fine stone aqueduct although without the information plaque you wouldn't particularly notice it whilst on the water. The aqueduct is 110 feet long and 34 feet high and is attributed to John Rennie. Steps are available for people wishing to take a better look from the lower level.

After a short paddle we spotted the remains of Greenhalgh Castle on the skyline toward the east just south of Garstang. The castle was built in 1490 by the Earl of Derby (who crowned Richard 111) and was destroyed in the 17th century by the Roundheads during the Civil War when the Royalists made a final stand.

The trip passed fairly uneventfully meeting a few fishermen and swans on the way and we enjoyed chatting as we paddled until our lunch stop at Bilsborrow just north of bridge 44, known as White Horse Bridge. Bridge 44 is a relatively new bridge, the original being replaced some years ago. At 'Guys Thatched Hamlet' there was a fun fair & ice rink which seemed to have attracted the usual Sunday crowds and we added to the spectacle as we paddled stylishly (?) past.



We were on the home straight now and soon seemed to be at what we know as the Jolly Roger, which is the usual destination for those of us wanting a paddle on a Tuesday evening. The owners house was originally an old canal cottage and stables used for the towing horses but these days there is a boatyard and small café where ice cream can be had on those hot summer days we don't get any more.

A final burst of energy was needed as the wind picked up and then we were soon back at the Hand and Dagger to enjoy food, drink and a chat in front of the roaring log fire.



A warm welcome would be extended to anyone who would like to join us on our trips. You must be able to cope with changing conditions as lakes can become very choppy should the weather deteriorate, be able exit your boat without assistance in the event of a capsize and note that these trips are classed as 'assumed risk recreational' and are not supported by club coaches. We are basically a group of paddlers who enjoy paddling on lakes or canals with distances of about 6-8 miles being the norm. Details of future trips will be advertised in the Newsletter, see the Forum or contact the trip organiser. If you enjoy scenery, chatting and paddling with possibly a pint at the end then we look forward to seeing you!

Kath Risely

Does Your Lid Fit?

Mark Buttle

No Really – Does your helmet fit properly ? I thought mine did but a recent experience at Halton showed me otherwise! Now I haven't got the latest/ shiniest kit on the market – with a family I can't afford it! But I do try and buy the best I can afford. I spend time researching reviews and talking to people. As an aspirant coach I also think it right that we set a good example for others.

When I bought my helmet I did the usual stuff. Set it up with any padding, does it stay on when you turn your head upside down? Yes. Are there any pressure points? No. All ok so far. It's a nice snug fit no real movement on my head, so now adjust the straps to a comfy position under my ears and tighten the chinstrap. Great, off we go paddling.

So there I was at Halton with a group of chaps from the club. The river was at a nice level and I was determined to make the most of it. When I'm coaching or on the flat stuff I don't like my chin strap tight so it's a conscious

thing for me when getting on the moving stuff to tighten it up which I did and off we went.

It was a great mornings paddling and my confidence was growing all the time – time for a dunk then. We had decided on one more blast before heading home so into the waves I went and as luck would have it I messed it up. OK no problem I CAN roll! So there I was tucking for the roll, BUMP I made a connection with a rock – didn't seem too major but I lost my grip on my paddle and it knocked my breath out so I swam. As I climbed out of the water I was getting a few funny looks, I was a little dazed and there was some blood. I had bumped my head on the rock and in so doing rattled my teeth and bitten my lip.

The guys were great and helped me drain my boat and followed me off the river. On dry land I had a growing beano bump on my forehead and a gash to my lip so a quick trip to hospital for a check up was in order. No big problem just a couple of precautionary stitches to help my lip heal and preserve my

good looks! The bump went down overnight to be replaced by a really good black eye!

All very nice you say but what does this have to do with helmets? Well the bump on my head was on my forehead near the hairline but there was not a single mark on my helmet! When I went in the water the helmet lifted up from my head and was pushed back so instead of protecting my head it was simply brushed aside by the water and rock. I have since tried tightening the straps in several ways but each leaves enough play in the webbing to be able to pull the helmet up off my head and therefore allowing it to move backwards too.

It took a lot of fiddling until I was happy and comfortable.

I was fortunate in my experience I was already tucking out of the way and that I was paddling with people able to help me (Thanks again guys) but with a little bit more care in my kit things could have been much better still. We all wear helmets and BA's but I'll ask you again – does yours really fit? If you are not sure or want advice I strongly recommend you speak to one (or more) of the club coaches, they will all offer good practical advice.

Mark Buttle

IF...the Damp Version

Adam Fielder

IF you can keep your head when paddlers
about you
Are losing theirs and looking to you,
If you can trust yourself when the river scares
you,
But make allowance for your fears too;
If you can help others and not be tired of
helping,
Or being jibed about, don't deal in jibes,
Or being laughed at, don't give way to
laughter,
And yet don't look too good, nor talk too
wise: If you sometimes swim - do not make
swimming your master;
If you can brace - and not make bracing your
aim;
If you can paddle with Triumph and Disaster
And treat those two rivers just the same;
If you can bear to hear the truth about access
Twisted by (some) anglers to make a trap for
fools,
Or watch the cranks that cost your life,
broken,
And stoop and build 'em up with worn-out
tools:

If you can make one more roll when your
world is spinning
And risk it on Acid Drop's pitch-and-toss,

And lose, and swim, start again at the
beginning
And laugh with the world about your loss;
If you can force your heart and nerve and
sinew
To practice your roll long after others have
gone,
And so C to C when there is nothing in you
Except the Will which says to you: 'Roll on!'
If you can talk about the UKCC/BCU and
keep your virtue,
' Or Paddle with your club - never lose the
common touch,
if neither foes nor loving friends can hurt you,
If all boaters count with you, but none too
much;
If you can fill the unforgiving minute
With sixty seconds' worth of rapids run,
Yours is the river and everything that's in it,
And - which is more - you'll be a Boater, my
son!

PS. Apologies to Kipling

PPS. Yes, he does make exceedingly good
cakes

A Crap Paddler

In Danger of Drying Out

Mark Dillon

Despite the lack of water around Christmas and since then I have still been managing to get out including a nice Sunday with the Garstang club members that saw us run down the Crake at a good intermediate paddler level, perfect for me. The following week a trip to the Lake District and run down the Leven was aborted after arriving there to find the river washed out by a freak bout of unexpectedly heavy rain, a back track to the Kent – which hadn't looked too high when we crossed over it- found that it had also come up and was rising as we watched. Cue plan three and a look at the get out at the Wenning found it a nice level and so a pleasant day was had after all on what to my mind is one of our nicest rivers.



As there wasn't much water about the following week I took up the offer of an intriguing mid week paddling trip. The idea was a round trip from Glasson Dock to Lancaster via the estuary then back by canal to Glasson, some 35 kilometres although I have been known to tell people it was 35 miles just for effect. The group met at Glasson in mid December with the temp at -1c, the village was deserted and was so dead the only activity was a dog crapping at the put in, looking around it looked like this could be

a favourite pastime at Glasson. And so after playing hop scotch we set off across a flat calm estuary for a distant house – our first landmark. An image of pleasant paddle chatting to interesting people one of whom had been to the top of Everest evaporated as the Sea kayakers disappeared into the distance leaving me in my loaned Wild River kayak boiling up in my dry suit and fading fast. Believe me these North West Sea Kayakers are giants in the endurance paddling world, either that or it's me who is a mouse. After about 5km Duracell Pete took pity on me and we swapped kayaks but it was no use as I still couldn't keep up and they disappeared further into the distance, but at least I couldn't get lost. We all caught up in Lancaster centre where they were waiting under the A6 road bridge, the sound of the traffic here was deafening after the tranquillity of the previous 90 minutes. A portage at Skirton Weir saw the bulk of the group carry on with the vertical 60 foot portage to the canal whilst Pete accompanied me back the same way we had come to Glasson as time lost on the first leg had made the round trip a non-starter for me at the speed I was paddling. The paddle back was pleasant and at a nice steady pace with Duracell and I chatting and enjoying the scenery, and so our trip ended up at 16km and although ending back at Glasson it wasn't the full circuit we had planned. Back on terra firma and another bout of hopscotch successfully completed Duracell and I packed up and I went home whilst he went down the canal to try and meet up with the rest of the group. He looked long and hard for them only to find in true Pantomime season style 'they were behind him'. It transpired that after they had laboured dragging their boats up 60 feet to the aqueduct they were dismayed to find the aqueduct was under maintenance and had been drained!. Having no heart for further

portaging – sea kayaks are heavy and awkward- they dragged the boats back down to the river and paddled back out of the estuary as we had done.



Still aching from the Estuary trip I arrived at the Paddlers Christmas party at the Hand & Dagger suitably attired in beach wear for a superb evening's entertainment laid on by ourselves. It really was a top notch night and Burger Boy was the life and sole of the party, especially with his presentations to everyone there. These events really are the life and sole of a club and BB the lifeblood and essential for any event, he's the glue that holds it all together.

Another midweek trip took me to a new venue, the top section of the Lune at Tebay. The idea was for a marathon paddle from Tebay through the grade 4 gorge and on until we joined the usual Upper Lune section to make it a full 15 kilometre trip – I really am getting some distances in. The Lune is my joint favourite but I hadn't run this section and was looking forward to it until I found out the grade 4 gorge section is within a couple of hundred metres from the start allowing little time for a warm up. Anyway Tony, Climbing Craig and Duracell Pete ran it beautifully whilst Flapjack Mags ran it and needed a roll to get through, my turn came and a right hash I made of it catching a big rock half way down and losing speed only to drop into the worlds smallest eddy right next to a munching stopper. In a split second I thought, wow that's lucky, then yipes how will I get out of here, oh no the stopper is dragging me in. Back paddling furiously had

no effect and in I went trying to keep the boat on edge but in an instant I was over and missed the roll so came out of my boat as the force of the water wrenched the paddle from my grasp hurting my shoulder and trying to pull my helmet off. Stuck in a stopper and swimming is no fun let me tell you and after I had been washed around and been dunked under a couple of times I was close to panic when I felt the undercurrent grab my legs and flush me out. Boy was I glad to see Tony there with a line to drag me to the side where Climbing Craig helped me out. Back on dry land I was shaken and definitely stirred whilst Craig gleefully told me he had most of it on video up until the point he thought I needed rescuing, what a mate. Fortunately I was able to continue and we had a fun filled trip as we progressed down river. Along the way we passed a group of canoeists who, despite a cheery hello and wave they totally blanked us, oh well maybe they knew who I was. At the Strid I met up with the canoeists again as I was inspecting the drop and taking pictures, they were still not very talkative, that was until I shouted them over as I rescued one of their untied canoes from the river. Funnily enough they were quite pleasant after. I ran the Strid okay but had to roll up at the bottom however, Duracell got it wrong and had to bail out, what a gutsy character he is, we were in awe when after collecting his paddle and boat he carried it back up for another go. This time he ran the drop well only to mess up on the dodgy eddy lines by the rocks at the bottom of the pool, still at least he completed the drop albeit in stages.

A very cool day after early in the New Year found Burger Boy and my self out with a very rare breed of paddler, the lesser spotted Wicks. We met up at Burrs and found enough water for a trip down from the interestingly named Ramsbottom to Burrs, it was pleasant and is a surprisingly nice trip in unusual surroundings. Further cold weather and a lack of rain called for a shout for a Teeside trip before it closed to fall on deaf ears. Sadly this trip was too cold for the softies and the excuses flooded in. So River God and I sported our new Christmas presents of thermal clothes whilst Burger Boy lived up to

his name and came wearing his, he must be the only person I know who has new thermal layers that weigh two stones. Oh how jolly he was when he couldn't lean forward due to his relaxed frontal displacement and it sure made for much excitement. As BB took his playboat down to the water RG and I warmed up to disco music much to the horror of the watching slalomists, they ain't seen nothing yet. Strangely we were about the only plastic boaters there but let me tell you that everyone who owns a slalom boat was there, there were billions of them and we spent the day attempting to dodge them whilst they spent the day attempting to spear us, even the normally nice Jackie Shaw stabbed me in the eddie.

And then I was 50 years old, (the physical one and luckily still not the mental one) I know it's hard to believe but yes I am now, and boy had I looked forward to it. My wife bought me a new boat -a Burn- as well as a mountain bike which totally blanked out the pain of nearly reaching maturity!. For the week of my Birthday our mid week group had arranged some wet weather and so we had enough water to paddle the Wenning and lower Rawthey on consecutive days which was

great and a really nice intro for me in the new boat.

So that's about it, being 50 hasn't changed anything and has possibly spurred me on to do more –not that I think time is running out or anything – but maybe its because it coincided with the wet weather that was about again, yippee I'm paddling three times this week so my youthful good lucks should hold true as I continue to bathe in spring water on a regular basis.



Willy B Rinkly

AGM Trophies - Terry's bright idea

Paul Binks

The outgoing secretary gave me lots of documents and bits of advice to help me ensure the AGM ran as smooth as these things ever go – and I am grateful for all of these. One bit of advice he kept repeating in different ways, and his parting words to me reiterating this as he finally handed over the mantle was – " ... and just remember, make sure Terry know what he's doing!"

As soon as I got to the AGM TM greeted me with the sort of smile usually reserved for mad people and the words, "Something

always goes wrong at these things, at least we know what it's going to be before the meeting starts!" The Trophies had been engraved but, due to unpublished closure of the engravers, they are still in the shop. A bit of lateral thinking had me offering to draw the trophies on my faint lines A4 pad, which didn't meet with any approval. Albert offered to utilise his 'O' level origami, which was met with enthusiasm as our best option by everyone bar Kath, whose subtle but withering look meant we had to keep on thinking. TM's smile went from mad man to genius as he had a eureka

moment. Drawing on his experience from his miss spent middle age (his youth predating rock music) as a champion rock air guitarist he suggested we award 'Air' trophies. The Air Trophies were therefore born.

The AGM started with about 60+ attendees, no dogs present. The normal items were covered and passed and approved with a show of hands. Then it was Trophy time!

Ian 'Rockrat' Robinson, equipped with woolly hat especially for the occasion, awarded the Air Trophies in true rock style. His

performance of awarding an imaginary trophy to an imaginary recipient, who was absent from the AGM, was only surpassed with his awarding of himself of an Air Trophy including him shaking his own hand; he should be on the stage that lad.

There then followed a raffle, I didn't win anything, but yet a gain I never do. And a hot pot supper was served by our new hosts – which was very nice.

Paul Binks

My Comfort Zone

John Kington

“Well if it rains I could do with dragging out of my comfort zone.”

After a dry week it was looking doubtful that we'd get out paddling. There was heavy rain forecast for Saturday night, but we didn't actually expect it to arrive. But, in a phone call on Saturday Iain confirmed that the Kent was do-able and it was raining heavily, perhaps it would come up a bit more? So we agreed to go ahead with a trip and set about rounding up a few more collaborators. In the event we ended up a select party of four – Iain Robinson, Nick Veevers, Grahame Coles and me.

Heading up the M6 for an absurdly early 9.30 meet at Sedgwick Bridge Grahame & I were fairly relaxed, looking forward to a relaxed trip on the Kent. Then we crossed the Lune at Halton. And it was brown & swirling. Hadn't expected that. So whatever we were letting ourselves in for wasn't going to be a bibble. Started pondering the alternatives – warm book in front of an interesting fire? When I first started paddling on white water I used to experience a sense of mounting tension, knotted stomach, heightened interest in location of public lavatories before river trips. I've not experienced it for a long time, but it was happening this morning.

On inspection at Sedgwick Bridge the Kent wasn't the nightmare I'd feared – a perfectly reasonable middling sort of level. Started to relax. Quick look at the final fall, still looking good. Then we noticed a spindly, twiggy little thing poking out of the froth at the foot of the fall. It certainly wasn't being held there by the stopper and it didn't look like it was growing there – which pointed to the possibility of it being attached to something larger stuck at the foot of the fall. Didn't fancy that much so we switched to Plan B – the Leven (but with a potential Plan C, being the Kent without the final fall).

Driving down to Backbarrow the Leven looked fine – again, a nice medium flow. The fall under the bridge at Backbarrow is a worrying looking thing. I've looked at it lots of times and worried, but consoled myself with the thought that access issues meant I had a good excuse for not doing it. Not so today, we were doing it. So, angles were considered, lines checked and a conclusion reached – river left, head down, paddle like fury while heading hard right. Nice & simple, no thinking, should remember that.

So, back to Newby Bridge and jump on the river. Flowing well, very cold water and a strong wind up the valley kicking spray off the waves – very bracing.

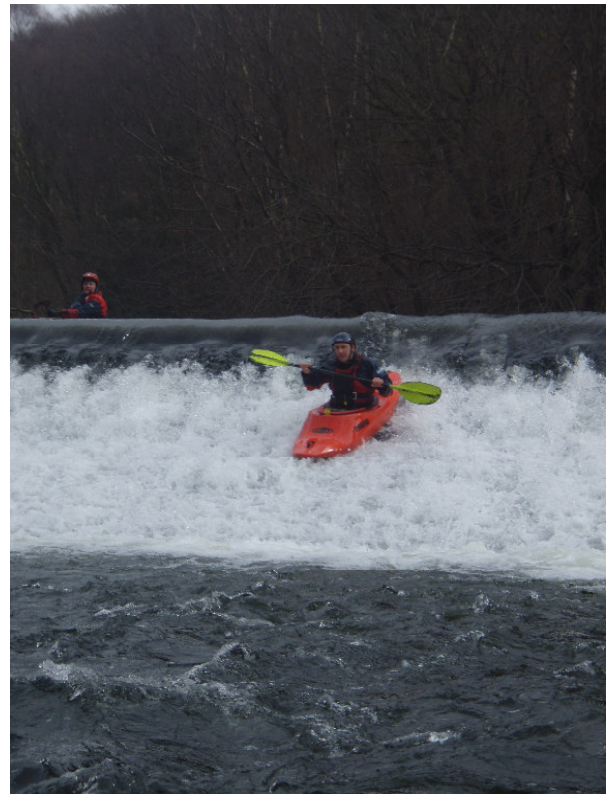


Down the brick chute, face full of cold water, really waking up now. Quick play around, surfing across the wave train, thinking that the Microbat, for all its virtues, really doesn't ferry glide or surf. On again, over the next fall, nice drop, clean line & break out right. Ferry across, into the eddy. Ferry back, catch an edge (how? It's a Micro, it doesn't have them) high brace and back under control. Very awake now.

Carrying on, we did all the usual stuff, surfing on the little weirs, chasing breakouts, missing eddies on the Graveyard, break out behind a rock, don't recognize that one, oh, it's a dead sheep. And on down to the usual egress. Carrying on now, starting to feel a bit more serious. Down a steep faced weir and on towards the bridge.

Iain goes first, drops out of sight then reappears beyond the bridge – must be steeper than it looks from above.

Grahame goes next, seems to hit a rock, a quick flash of the underside of his boat, a flailing paddle and he drops out of sight. Doesn't reappear, but Iain looks relaxed in his eddy so not to worry.



Nick goes next, reappears and signals for me to follow.



Remember all that stuff about lines, head down and paddle like fury? Well I didn't. I approached cautiously, checking lines, didn't like the look of the right, a long way down and none too pretty at the bottom – centre-left looks nicer, not so far down. But of course, water always ends up in the same place, at the bottom. So maintaining height now usually means a steeper descent later – which was immediately the other side of the nice rock I'd aimed for. It was maybe four feet, but it seemed a lot further, down into a boiling mess, spun around and fight the tow back.

Furious back paddling, a bit of random bracing and out from under the bridge still upright & in boat. Grahame was sat on the bank looking cheesed-off and emptying his boat. It appears that after disappearing from my view he'd braced for a bit, capsized, tried to roll, but then exited the boat when he found his head banging on rocks above him – nice big scrape on the back of his helmet.

We walked around the next weir, a nasty looking mass of random rocks and things to get stuck in. Then over a ledge drop, no clear line of sight on the approach, just glad that Iain knew where he was going.

But it doesn't always do to follow your leader too closely. Shortly we came to a fairly narrow weir with several chutes above a long rapid. The left chute had a nasty looking tow back so Iain took a line tight on the right of the second chute, quick breakout then on down the river. Nick went next, made the breakout, but got dragged back by the stopper, flipped over and spat out, rolling up as he headed toward the rapid. Grahame repeated the trick, braced a bit before flipping, didn't manage to roll up and made a bee line for the bank while Iain & Nick went boat chasing. A brighter soul than I would have gone straight down the weir and burst through the stopper, but no. If the others could make that breakout so would I. That's when I discovered it was only half an eddy. I made it, hit the rocks and bounced back into the flow and felt the back of the boat being dragged into the stopper. Paddle like fury, going nowhere, so go with the flow. Sideways into the stopper. And then a strange thing happened. Instead of waving the paddle randomly in the air and capsizing upstream I did what you're meant to do - edged downstream, low brace on the stack and sat there and surfed (all right, got surfed) back & forward a few times before burying the nose of the boat in the fastest, greenest flow and shooting backwards out of the hole. Upright. Dead chuffed. So Microbats do surf – but sideways.



Having bounced down the following bouncy grade 3 rapid to join the others I had another flashback to earlier paddling days – giggling like mad and breathlessly recounting something that went right – just.

Over another steep weir without incident to a point where the river split with the right hand channel sweeping left around a rock. A tight eddy on the right gave the opportunity to size up what was coming – a straight, narrow gorge full of fast white boily water. Nothing obvious beyond straight down the middle, keep paddling, keep the power on, bracing where needed – and pop out the other end – giggling again.

Nothing significant from there to the end, but time to reflect on an enjoyable trip, a new section of river, a step up from many of our recent trips and a welcome step out of my comfort zone – thank you Iain.

John Kington

Photographs by Iain Robinson

Training

In 2009 the majority of the club coaching of newcomers and improvers will take place at our weekly social gatherings on a Tuesday night at the Hand & Dagger public house on the Lancaster canal. There will be other pool sessions and moving water sessions at other venues according to the requirements of the course syllabi.



Beginners are welcome at any of the paddle skill pool sessions held each month (booking is essential), and coaches can also be available each week at the Hand & Dagger during the summer, for informal outdoor sessions.

Paddle skills Pool Sessions; these take place each month (currently on the 2nd Friday) at Fulwood swimming pool. Coaches attend these sessions to assist any club members who feel any aspect of their paddling requires a bit of attention. Pre booking is needed for these sessions to prevent overcrowding. Contact Allan Hacking at the Hand & Dagger on a Tuesday night or post a message on the club forum. Normal pool fees apply to these sessions.

1 & 2 star coaching will take the form of a 10 week course in early summer; this should allow people to gain the skills they need prior to the club weekend camps.

2009 dates 1 & 2 star courses Pool sessions; Fridays 17th April, 8th May & 12th June.

Outdoor sessions at Hand & Dagger; Tuesdays from 21st April to 16th June with a break at spring bank, (this is 8 weeks) Outdoor session, probably in the lakes; Training/trip Sat 6th June, Assessment Sat 27th June. Either in the lakes or possibly at West Tanfield during the first of the summer camps.

Contact Allan Hacking at the Hand & Dagger on a Tuesday night or post a message on the club forum, for more details. The costs for the courses are £25 for junior members and £35 for adult members, plus any additional pool fees and BCU assessment fees.



3 Star coaching; we are also planning to run 3 star courses during the same period (see article below).

For further details on the white water awards speak to Terry Maddock at the Hand & Dagger on a Tuesday night or post a message on the club forum.

For information about the flat water touring award speak to Ed Lefley or again check out the forum on the club website.

The 2009 3 star courses are £25 for junior members & £35 for adult members, plus any additional pool fees and BCU assessment fees.

Allan Hacking

3 Star Course Coming Up

We are running a 3 Star Kayak (White Water) course this spring/summer mostly alongside the 1 & 2 Star Course. The fees will be £25 for Juniors (18 & under) and £35 for Adults (19 to 125 years old!). In addition to course fees, pool sessions will be £4 each and certificates will be charged for at BCU rates. Now don't be put off by the term "White Water" in the course title. It's the BCU's terminology - I'd call it "Moving Water" as the qualification requires a standard of competence on flat water and moving water of Grades 1 and 2.

Most of the course will involve flat water and will take place on the canal at the Hand & Dagger. The requirement to roll in flat water will, however, be coached in pool sessions and assessed on clean(ish) water outdoors elsewhere unless anyone has a little accident on the canal or really wants to roll there.

The moving water bits will be coached on water up to grade 2+ although the opportunity

to paddle higher grades may be offered to more adventurous souls

Canal sessions will be on Tuesday nights from 21 April to 16 June with a break for Spring Bank. Pool sessions will be available on 17 April, 8 May and 12 June. Moving water sessions will be held at various possible venues in the lakes, at Burrs Country Park, Bury and at anywhere else suitable at the time for water levels and quality. Beginners' trips (first Sunday of the month) will be utilised also where possible together with other Saturday and Sunday trips. Sat 6 June will be a Star Awards Coaching Day at Waterhead, near Ambleside. If enough students are ready for it, an assessment will take place on Sat 27 and/or Sun 28 June. Anyone who can't make that date and is going on the Ardeche Trip in July could possibly be assessed there (warm water heaven)

If you're interested in the course please post a reply on the Website Forum or ring me on

Terry Maddock

THE DEMONS

Suzanne Thomas

I saw this on a T shirt a while ago but thought it was brilliant for anyone having doubts about their skills

It's not the water you have to beat.
It's not the guy in the kayak next to you or the clock or the judges.
It's not the memories of the last time you paddled or stories you might have heard about other people.
It's not the water and it's not about where you finished or how you looked. It's about knowing the demons inside, knowing they want you to fail and looking them in the eye and asking them

Are you ready to play?

Soulboater 71 "The Demons"

It's not the water you have to beat. It's not the guy in the kayak next to you, or the clock or the judges. It's not the memories of the last time you paddled or stories you might have heard about other people. It's not the water, and it's not about where you finished or how you looked. It's about knowing the demons inside, knowing they want you to fail, and looking them in the eye and asking them...

are you ready to play...?

West Tanfield Camp

26th – 28th June 2008

This is a weekend camp (one or two nights as the fancy takes). The site is Slenningford Water Mill, a well maintained private camp site located adjacent to its own stretch of the River Ure. The River at this point has a grade 3 section suitable for intermediate paddlers and a grade 2 section suitable for improving beginners. There are several family pubs within walking distance. Lightwater Valley amusement park boasting the world's longest roller coaster ride is close by for those not

wanting to paddle, and Ripon with its cathedral is about 5 miles away.

The River trip is grade 2 with the exception of Hack Falls which can be portaged. At normal levels the trip takes about 3 hours, but at low levels has taken 5. There is a long walk in (thankfully downhill all the way), but once on the river you pass through pleasant wooded areas and farm land. We normally take lunch and stop on an island just below a weir to eat. The river is restricted access and so we will be making the trip on Saturday 28th June.

Brian Woodhouse

Rhosneigr Surf Camp

10th – 12th 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 – play-boating at the Stanley Embankment wave, seal spotting around some of the offshore islands (using sea kayaks or river boats), beach games, kite flying, beer and barbecues – whatever suits. Last year we (or, rather, Bev) even had an enormous tepee – who knows what will materialise this time?

If you've not surfed before this is a good opportunity to learn. As long as you have a reasonable control of your boat and are prepared to swim a bit you should have fun. Most modern river boats with planing hulls work well – most of the club's newer boats fit the bill in this respect. Ultra-short play boats do surf, but can be a bit too slow to catch the waves.

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.

Please let me know if you're coming. The site is fairly relaxed about numbers, but if we're going to have a lot more than expected I'd like to let them know.

John Kington

Membership - Joining or Renewal

If you were a member in 2008 you will shortly be receiving a Sheet detailing your personal details. If you wish to renew your membership you should check the details and amend any that are incorrect and sign the form. Return the printout with your cheque for 2009 membership fees to the membership secretary Brian Woodhouse. If you don't receive your renewal form by the middle of April contact Brian Woodhouse.

Note: For anyone who joined the club after 30 September 2008 the fee paid will cover the 2009 membership.

If you would like to become a member go to www.ribblecanoecub.co.uk click JOIN on the left hand side of the page. You will then be able to download a membership form.

Instructions are there to tell you what to do with the completed form.

If you have been a member in the past but did not pay your fees for 2008 – follow the instructions for “If you would like to become a member”

Please make cheques payable to “Ribble Canoe Club”

Anyone attending a Ribble Canoe Club Course must be a club member. If membership is paid at the same time as paying for a course, there should be two separate payment amounts, one for the course fee, plus a cheque accompanied by a completed membership form. The completed form and cheque can then be forwarded to the membership secretary.

Editors Bit

As you are probably aware this is our first newsletter since the 1980's, things have changed a bit since then. We would like to thank Martin Stockdale for handing over his concise and useful instructions and information. They have greatly helped us in the production of this newsletter

Thanks also to all the contributors for their articles, please keep them coming. Our role is to put the pieces together, the quality of the newsletter is dependant on the quality of the articles submitted by members.

Next edition is due for circulation by 27th May. We would appreciate all submissions by Wednesday 20th and earlier if possible.

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

Disclaimer

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

Pat & Norman Green
newsletter@ribblecanoecub.co.uk

Chairman's Chat

Well, that's the AGM out of the way for another year. Now the Committee can get back to wining, dining and spending those huge bonuses we award ourselves each year for running the club into the ground (or in our case the canal). Alas, the only bank the Committee sees is the one down which we're constructing the new access to the canal towpath at the back of the Hand & Dagger. But seriously for a moment, the access is progressing well despite the design changing all the time. It's what's known as organic planning.

I hope all who attended enjoyed the AGM (as much as that's possible anyway). Some would say the Hand & Dagger was a bit crowded, but I prefer to call it cosy. This year saw the presentation of the Air Awards by Iain Robinson. It was a bit like playing an Air Guitar but with pretend awards as the real ones were still back at the engravers. Nothing ever fazes a Ribble member!

We've now set dates for all the summer camps, so check it out on the calendar. Speaking of which, the calendar is a bit different from this month on. It includes Beginners' Trips, Div 3/4 Slaloms, Flat Water trips, some Sea Trips, River open/access days (for info - no contact), Meetings symposia film shows etc of outside bodies, RCC meetings socials etc. But all intermediate/advanced river trips will from

now on be arranged on the Web Site Forum and not included in the Calendar. The date of Beginners' Trips will be entered on the calendar but the contact details and venue will be posted on the Web Site Forum within a week of the event.

The Summer Courses are due to start soon. Allan Hacking has put an advert elsewhere in this illustrious illuminator for the 1 and 2 Star courses we're running. I should be putting an advert in for the 3 Star (White Water) course and I think Ed Lefley will have inserted an advert for the 3 Star (Touring) course. After years of pondering 3 Star courses we now have three, thanks to the BCU getting the new syllabuses out.

If you disagree with anything the Club is doing, or if you think there's something else we could be doing, please get in touch with me or with any member of the Committee. Since the AGM we've co-opted three more committee members; Andy Biggs, Cynthia Conway and Will Body. If anyone else wants to come onto the Committee please let me know as we can always do with more to spread the load.

Keep on paddling (unlike me at the moment)!

Terry Maddock
chairman@ribblecanooclub.co.uk

A Note for the Diary

Saturday 19th September
 The Wyre Estuary

Seaquest 22 km
 Seatour 15 km

More details/reminder will be published nearer the date. In the meantime if you want to know more visit www.oag.me.uk

Peter Roscoe

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
10 April	Easter – no session	n/a	n/a	n/a
17 April	Star Course	Allan Hacking	Grahame Coles	Ed Lefley
24 April	Open	n/a	Mark Loftus	Terry Maddock
1 May	Introduction to Slalom	Mick Huddleston	David Nelson	Alison Nelson
8 May	Star Course	Allan Hacking	Albert Risely	Kath Risely
15 May	Open	n/a	Mark Dillon	Paul Binks
22 May	Paddle Skills	Allan Hacking	Grahame Coles	Terry Maddock
29 May	Open	n/a	Adam Fielder	Ed Lefley
5 June	Fun Night	Will & Rachel	Mark Buttle	Will & Rachel
12 June	Star Course	Allan Hacking	Mark Dillon	Brian Woodhouse
19 June	Open	n/a	Albert Risely	Kath Risely
26 June	Open	n/a	Mark Loftus	John Kington

Please note prices for pool sessions:

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

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

Ribble Canoe Club AGM year ending 31st December 2008

Thursday 26th February 2009 at The Hand & Dagger, Salwick at 7:30
for 8:00pm

Minutes

Welcome

Apologies	Rick Patterson, Iain McCrery, Mags Brayfield
Number present	60

Minutes for 2007

Proposed	Seconded	Passed
Norman Green	Tom Bryne	Yes

Secretary's report – Paul Binks

Membership has grown again slightly this year. There has also been a significant increase in the number of junior paddlers within the Club for the second year running. The figures as of December 2008 are shown below, together with the breakdown of member interests:

	2007/08	2008/09
Affiliated groups	3	5
Adult	196	201
Junior	72	94
Life members	6	8
Total	277	308

Activity	Number Interested	
	2007/08	2008/09
Slalom	35	46
WW Touring	123	121
Surf	74	62
W/W Race	11	15
Polo	22	36
General Recreation	237	205
Sea	90	81
Freestyle	20	19

Last year saw the creation of a Coaches Forum which has been very active this year. There are about a dozen active coaches and the forum is well attended.

The Coaching forum, and the club as a whole, could do with more people agreeing to organize regular trips.

Treasurer's report - Kath Risely, presented by Albert Risely

A copy of the Accounts has been circulated to members.

Income from Membership fees has increased slightly from 2007

2008 saw a dramatic change in the way our 'Summer Course' was run. Instead of an intensive course of 3 nights per week for 3 weeks which involved a huge commitment from both coaches and students followed by a formal assessment, it was decided to change over to the new BCU 'Paddlepower' scheme. This proved hugely popular for newcomers to paddling as well as more established paddlers wishing to achieve the equivalent of the old 2 star award and comprised more informal sessions on the canal on Tuesday evenings throughout the summer. The increase in course profits reflects the hard work put in by coaches and helpers, and a big 'thank you' must go to them.

We were also fortunate to benefit from grants from the BCU and from Lancashire County Council enabling us to invest in 12 new boats – 2 canadians and 10 kayaks together with associated kit including paddles and helmets. Many members have enjoyed the benefits of these new boats and the club has seen a rise in interest in open boating as a result.

Again there has been modest support for polo and slalom sessions, and this year saw the introduction of pool Freestyle sessions. Whilst these have only seen modest support, those who have attended have enjoyed themselves and it is proposed to promote them more actively through the Newsletter and the Forum in the coming year. The open pool sessions have been extremely well attended throughout the year, although Safety sessions have been under subscribed.

The 'Development' figure in the accounts includes coaching expenses and also the payment of a one off award to 3 Ribble members who achieved GB team status, in recognition of their great achievements.

The BCU Affiliation fee has increased again, so if you are an individual BCU member, please ensure that Brian Woodhouse knows as it is cheaper for the club.

The depreciation figure on the accounts has increased substantially due to the number of new boats and the amount of new kit purchased this year and last.

Overall the clubs position is looking healthy and we are hoping to continue in the same vein for this coming year.

Treasurer's report

Proposed	Seconded	Passed
Pat Green	Allan Hacking	yes

Proposal of Auditor: The Auditor, Turner & Brown,

Proposed	Seconded	Passed
All	All	yes

A question was asked as to roughly how much money in the bank?
Response around £9000

Competition Secretary's report – presented by Allan Hacking

The year was a little quieter on the competition scene than recent years, but there were some notable performances by Ribble paddlers in both Slalom and Freestyle, There was no Polo activity to report.

Slalom; At novice level the year started with several members attending local div 3 & 4 events; Particular thanks must go to Kevin Singleton, Nicky Marsh & Jackie Shaw, for coming along to coach the newbies, some of the most notable results were as follows;

At Marple in April we had over 10 Ribble paddlers in action; Steph Hacking won div 4 ladies and gained promotion to div 3,

At Bradford & Bingley, a weekend event in May saw another good turnout by Ribble paddlers, with many camping on the sat night, we brought home more trophies this time, notably, Will Body was 3rd & promoted from div 4 to 3, Rachel Desmond Drew also 3rd but unfortunately not promoted, Steph Hacking won div3 on both days. 2 of Ribble's senior members again came along to coach and also entered the judge's races, Kevin Singleton won Saturdays race and Nicky Marsh won Sunday's race. We also received a heap of prizes from the fun Topo Duo races and Nicky Marsh was 3rd in the white water race.

Steph Hacking also attended a Teeside event in May, at which she secured promotion to div 2. At a div 3 / 4 event at Stone, one of the D of E group was encouraged to give it a go and despite it being only her 2nd time out on moving water, Lora Fryars put in a splendid run to win 1st place in the ladies U16's category.

Another Marple event in July saw another Ribble paddler Anna Skinner promoted to div 3 with a 2nd place.

Our seasoned, or expert slalomists have enjoyed a very good year with some now competing on the international scene, whilst closer to home Nicky Marsh, Richard Draper, Alex Jones & Tim Merrick have posted some very respectable performances in div 1 and Prem, Tim also gaining promotion back in to Prem.

The International pair however, Jacquelyn and Jonathon Shaw have had some outstanding results, most notably for Jacquelyn was a switch from K1 to C1 and then taking 3rd place at the senior pre-worlds in Spain. Jonathon, who also paddles C1, was 2nd U17 at a teen cup event in Czech, went 1 better with a 1st in Slovenia, and then got to the semi-finals in his first senior race at the Danubia cup in Slovenia.

Freestyle:

3 Ribble paddlers were training with the GBR squad in 2008, Dominic and Ben Brayfield, and Grant Dillon paddling an OC1.

At the British Championships held at Holme Pierre Pont, Nottingham, Ben came 4th in the senior men, Dominic was 7th in the Junior men, and Grant was 3rd in his C1.

Mags Brayfield, Joanne Hacking, Steph Hacking, Andy Thomas and Oliver Bamber also competed during the year, with most featuring in the prize giving at the Alpkit or youth freestyle events.

Hon. Chairman's report – Terry Maddock

This year we have been coping with all the changes mentioned in my last Annual Chairman's Report.

We ran our courses last summer on Hand & Dagger nights along with some additional course dates and venues and in the format of the BCU's Paddlepower Scheme. It worked well, thanks to the terrific amount of work done by Allan Hacking and supporting coaches and assistants. Ed Lefley, in particular, gave a lot of support in providing open canoes and the training to go with them. The canal at the Hand and Dagger has now almost fully recovered from the summer's assault by the DoE group known as the Stripy Socks Brigade. But where are they now? Perhaps they'll reappear with the warmer weather later this year.

Despite the success of the summer course we have decided to go back to Star Award Courses this year. The sessions will again be mainly at the Hand & Dagger on our social night but the course will be more strictly defined in terms of times and finish dates. These changes are designed to ease the burden on coaches/assistants which were rather onerous last year. The return to Star Awards will also enable the club to have a Presentation Night again, which was always enjoyed in the past by students, coaches and club members.

The Coaching forum set up in July 2007 has continued over the past year to advise the Committee of our need for coaches in order to maintain our facility for training new paddlers and supervising them on various types of water. It was noted that fees and memberships from courses provided a considerable part of the Club's income. The Committee authorised schemes recommended by the Forum, to enable and encourage the training of new coaches and the upgrading of current coaches. This took the form of payment of part of the training costs and all of the maintenance costs for Club Coaches, all subject to the monitoring of coach performance in relation to our club activities. In addition to monetary assistance, advice is available and certain courses have been set up to cater for groups of our coaches. It is intended that this type of support for coaches and potential coaches will be ongoing. During the year four UKCC L1 Coaches, one UKCC L2 Coach, two Old L2 Coaches and five Trainee L3 Coaches started courses and became available to the Club. In addition, one of our new Members is a L3 coach.

I went on last year about our new hosts here at the Hand & Dagger. I can do the same again this year. Gary and Pam recently left after looking after us very well for about eighteen months. As sorry as we are to see them go, we are pleased to welcome Alan and Lucy who are treating us very well. We had reached a certain point in agreeing a scheme with British Waterways for the provision of an access from the back of the car park over the bank and down onto the canal towpath. A preliminary plan has been drawn by BW and has been commented upon by Chris Hawkesworth of the BCU and by ourselves. In addition to finalising detailed plans, we have yet to agree a division of labour and funding, so there's some way to go yet. However, our new hosts are happy for the scheme to go ahead. When complete, the new access will get rid of the road crossing currently required to get pupils and kit down onto the canal. It will also reduce the distance involved, especially if we can move the container closer to the new access. We must thank Rick Patterson for negotiating with BW and applying a little pressure from time to time to get the scheme this far.

The Easter Trip to Scotland was based at Onich between Ballachulish and Fort William and was enjoyed by over twenty members. Many thanks to Kath for organising it, and thanks to Pat for doing it this coming year. I still think the best bit is on the Loch Leven trip, going into the café near Ballachulish in full canoeing gear on the way back to base. Or is it the camp fire on the beach on the last night. Or perhaps the early morning run up into the hills and back via Inchree Falls (not compulsory).

In July Mark Dillon organised a freestyle week end at Teeside which was very successful and enjoyed immensely by the many who attended.

Our summer camps were more successful this year. At the end of June, West Tanfield camp was attended by about 25 members and 5 dogs! 10 members did the Ure Trip including Steve and Bev in the Topolino Duo. Peter Nelson and Danielle successfully negotiated Hack Falls and, back at camp, Allan ran trips for novice passengers down the rapids in the open canoe. The water levels were better than for many years and Hack Falls and the rapids within the site were definitely Grade 3. At the beginning of August, Rhosneigr was attended by about fifty members and there was reasonable surf. But I think the highlight of the camp was Bev's face when she learnt that the fantastic tepee in the centre of the site was hers, a birthday present from Steve. And the day was rounded off with a birthday cake made by Pat with an icing tepee on top. In mid-August the Lakes camp, originally planned for Low Wray on Windermere was changed to Coniston Hall to take advantage of mess tents and canoes already there and available for our use thanks to Ed. However the camp didn't happen due to the site being awash – even worse than last year.

In April we lost a long standing member in Tony Moxham, a bit of a shock as all those who knew him thought he'd last forever. He was a founder member of this club and had held various offices throughout his many years with the club. He is greatly missed.

Our magazine has for many years been a lynch pin for our club. After many years as editor, Martin Stockdale is standing down. We are indebted to Martin for the contribution he has made to the well being of our club. Norman and Pat are taking on the mantle of Editor and are looking forward to maintaining the high standards set by Martin.

I have to mention that there was a bit of a spat part way through the year due to a disagreement over the attitude to swimming within the club. I hope that we haven't lost any members through it, but I fear we might. In a club the size of ours there are bound to be disagreements from time to time but the club is much the poorer for members lost through any cause.

Looking forward, we are on track with our summer courses for the coming year, once again organised by Allan and in the format mentioned above. Our Easter Trip is organised and just about full, and this summer also has an Ardeche Trip planned by Ed for the end of July. We are promised a fortnight of hot weather and warm water and there are, I think, over twenty members looking forward to it.

I hope you agree with me that our club is looking forward to another successful year in terms of finance, activities, membership and happiness.

Election of Officers

The following Committee Members stood down at the AGM:

Peter Jones
Iain Robinson
Martin Stockdale
Tom Byrne

The following Committee Members resigned during the year:

Mark Dillon
Grant Dillon
Adam Fielder
Allan Hacking
Mark Loftus
Nicky Marsh

The following committee member, due to retire by rotation and standing for re-election, was proposed and seconded, and elected by a show of hands:

Role	Name	Proposed by:	Seconded by:
Membership Secretary	Brian Woodhouse	Peter Jones	Paul Wicks
	John Kington	Peter Jones	Paul Wicks
Treasurer	Kath Risely	Peter Jones	Paul Wicks
	Steve Swarbrick	Peter Jones	Paul Wicks

The following new committee member standing for election was proposed and seconded, and elected by a show of hands:

Role	Name	Proposed by:	Seconded by:
Secretary	Paul Binks	Allan Hacking	Martin Stockdale
General Committee	Ed Lefley	Allan Hacking	Martin Stockdale
General Committee	Peter Nelson (Junior Representative)	Allan Hacking	Martin Stockdale
General Committee	Rachel Desmond-Drew	Allan Hacking	Martin Stockdale
Quarter Master	Albert Risely	Allan Hacking	Martin Stockdale

Any other business.

Q: M Huddleston: What is the position over access to Halton

A: Pat Green, as access officer for BCU responded saying access negotiations on going, currently extended to 31st March from 15 March. A discussion ensued as to the 'fairness' to canoeists of access, other canonists not abiding by the agreement, ownership in question etc. Pat Green re-stated the position of not shooting the weirs or going near the fish ladders. It was noted that the place to look for information on Halton access is the forum.

The Chair suggested a vote of thanks for the work Pat has been doing. Vote carried.

M Stockdale thanked the committee for the thanks received for his work and reminded the AGM that the newsletter articles come from individuals in the club and that without their contribution the newsletter wouldn't happen. He encouraged people to submit articles and pictures.

Presentation of Club Trophies

The (air) trophies were presented by Iain Robinson

1. Driftwood

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

Nominations:

Roy Booth Darren Ridley David Nelson Andrew Thomas
Rob Clarke **Allan Hacking (In a Canoe) - awarded**

2. Competition

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

Nominations:

Tim Meyrick Jonathan Shaw Stephanie Hacking Dominic Brayfield
Jacquelyn Shaw :-: Awarded

3. Youth Challenge

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

Nominations:

Lora Fryars Andrew Thomas Rob Clarke
Stephanie Hacking – awarded

4. Author of the Year

The Author of the Year trophy is awarded to the writer of the best newsletter article(s) in the last year.

Nominations:

Zak Risely Peter Nelson The Stig
Tony Morgan Paul Binks **Iain Robinson - awarded**

5. Philip Singleton Trophy

The Philip Singleton Memorial trophy is awarded for significant contributions to the club

Nominations:

Tom Kington **Allan Hacking - Awarded**

Life memberships:

Life membership was presented to Peter Jones for the work he's done for the club over a number of years

Paul Binks, Secretary

Ribble CC Library

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

Technique:

BCU Handbook

The Practical Guide to
Kayaking

Canoeing & Kayaking

William Nealy's "Kayak"

Bombproof Roll and Beyond!

Eskimo Rolling for Survival

White Water Safety & Rescue

Weir Wisdom Rapids

Canoe & Kayak Games

The Playboater's Handbook

Complete Book of Sea Kayaking

Sea Kayak Navigation

Path of the Paddle

Canoeing

Open Canoe Technique

Rowing it Alone

The Handbook of Survival at
Sea

BCU Coaching Handbook

Sea Safety: The Complete Guide

White Water Kayaking
Olli Gru

The Art Of Freestyle

Guidebooks:

English White Water

Scottish White Water

White Water Lake District

An Atlas of the English Lakes

Canal Companion: Cheshire
Ring

Anglesey Sea Paddling

Welsh Sea Kayaking

Canoe Touring 100 Paddles in
England

General:

The Rough Guide to Weather

The Liquid Locomotive

Many Rivers to Run

Norwegian rivers

Canoe Focus

Working out of Doors with
Young People

Expeditions:

Travels with a Kayak
Whit Descher

On Celtic Tides
Chris Duff

Blazing Paddles
Brian Wilson

Dancing with Waves
Brian Wilson

Paddling to Jerusalem
David Aaronovitch

The Last River
Todd Balf

Paddle to the Arctic
Don Starkey

Canoeing across Canada
Gary & Joanie McGuffin

The Canoe Boys
Sir Alastair Dunnott

Odyssey among the Inuit
Jonathan Waterman

Barbed Wire & Babushkas
Paul Grogan

Videos:

Liffey Descent

Deliverance (18)

Extreme Sports Canoeing

A Taste of White Water

Wicked Water 2

Drill Time

Destination Nowhere

Path of the Paddle: Whitewater

DVDs:

Tony Morgan - Grand Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

The Martin Years RCC
Newsletters 2002-2009

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

Tatshenshini/Alsek 2007

Mountain River Movie
By Michael Allender

Jackson Kayak Promo

It's Different Every Time
Halton Rapids
Norman Green

Fort William 2005/06 Trip

My Tartan Adventure (VCD)
Ribble Canoe Club, Scotland 2007

Thistle Float Your Boat
RCC, Scotland 2007 & 2008
Norman Green


Locks and Quays
Featuring Ribble Canoe Club

The Politics Show
Featuring Ribble Canoe Club

Open Canoeing
Reg Blomfield

EJ's Rolling and Bracing

This is the Sea - 1st ever action
sea kayak video
Janet Robinson

	Ribble CC Contact List	Committee	General Information	Access	Courses	Instructor	Hand & Dagger Key holder	Flat water trips	River Trips Beginners	River Trips Intermediate	Advanced River Trips	Sea Trips	Open Canoes	Surfing	Slalom Beginners'	Advanced Slalom	Mens Polo	Freestyle	Other
Albert & Kath Risely		Quartermaster & Treasurer					☺	☺											
Alison Nelson		☺																Club Welfare Officer	
Allan Hacking					☺	☺	☺	☺	☺	☺		☺	☺		☺				
Andy Biggs		☺																	
Andy & Debbie Dowe						☺	☺					☺						Xmas Dinner	
Bob Smith					☺													Rolling course	
Brian Woodhouse		Membership	☺	☺				☺	☺	☺									
Cynthia Conway		☺																	
Ed Lefley		☺			☺	☺	☺		☺	☺			☺						
Janet Robinson																		Library	
John Kington		☺						☺		☺									
Norman & Pat Green																		Newsletter	
Paul Binks		Secretary	☺						☺				☺	☺	☺				
Peter Nelson		☺																Youth Rep	
Rachel Desmond-Drew		☺																	
Steve Swarbrick		☺					☺												
Terry Maddock		Chairman	☺		☺	☺	☺	☺											
Tom Kington																		Webmaster	
Will Body		☺																	

CALENDAR

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoeclub.co.uk), at the Hand & Dagger on Wednesdays or at Fulwood on Fridays. 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

March

21 **Flat Water Coniston**
Pat & Norman Green

22 White Water R Leven
Newby Bridge to Backbarrow

29 **White Water R Crake**
Brown Howe to Greenodd
John Kington

April

1 Dam Release
River Washburn

4/5 Slalom Div 2, 3 & 4
Matlock

5 Dam Release
River Washburn

4-11 **Scottish Easter Week**
Onich, Scotland
Pat Green

12 Easter Sunday

13 Slalom Div 4
Aberfeldy Scotland

18 **Flat Water Ullswater**
Steve Swarbrick

18/19 Slalom Div 3 & 4
Oughtibridge

19 **Additional date for Halton**

19 & 22 Dam Release
River Washburn

25/26 **Slalom Div 3 & 4**
Marple, South Manchester
Allan Hacking

May

3 **Beginners' Trip**
See Website Forum for details
in the week leading up to the
event

3 & 6 Dam Release
River Washburn

9 **Additional date for Halton**

10 **Flat Water Thirlmere**
Allan Hacking

16/17 **Slalom div 3/4**
Wagon Lane, nr Bradford
(Topo Duo on Sunday)
Allan Hacking

23/24 Slalom Div 3 & 4
Stone, Staffs

27 Dam Release
River Washburn

June

6 **Star Awards**
Coaching Day
Waterhead, nr Ambleside

6/7 Slalom Div 3 & 4
Sowerby Bridge, nr Halifax

6 & 7 Dam Release
River Washburn

17 Dam Release
River Washburn

14or21 **Flat Water Derwent Water**
TBA

27/28 **Family Camp R. Ure**
Slenningford Mill,
West Tanfield
Brian Woodhouse

July

4/5 **Sea Paddle**
3 Star level of competence
Andy

11/12 **Family Camp**
Surf, Tide Race, Sea
Rhosneigr, Anglesey
John Kington

18/01 **Family Camp Grade 1/2**
River Ardeche, France
Ed Lefley Forum

Aug

22/23 **Family Camp to be arranged**

Sep

18/20 Open Canoe Symposium
Glenmore Lodge

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.