



Spring 2012



web: <http://cheltenhamcanoecub.co.uk/>

Committee 2012

Name	Job	Phone	Email
Katy Warren	Captain	.	captain@cheltenhamcanoecclub.com
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Stuart Rochford	General	.	stuart@cheltenhamcanoecclub.com
Abi Croshaw	Social Sec	.	abi@cheltenhamcanoecclub.com

Keyholders

Ali Longhurst	.
Dave Potts	.
Rich Berry	.
Steve Slater	.
Noreen Bishop	.

LIDO SESSIONS



Starting
Thursday 3rd May
at Cheltenham Lido

Keep an eye on the website for more
details!

Captain's Log

New year, new captain, new committee!

2012 sees several new faces on the committee. Welcome to Rich Berry (quartermaster), Mark Harper (polo), Stuart (general), Abi (social sec), and Max (youth rep)!

I'd also like to thank Tony Kelly, who has stepped down from the committee, for his fantastic efforts as social sec over the years.

Adam has also taken a step back from captaincy to focus on achieving Clubmark status.

The winter season perhaps hasn't been the best for rivers, due to a recent lack of rain. Not that this stops us paddling - we've seen several surf trips already, and even some canoe polo (more on that later in this newsletter). For those more into their white water, we of course have backup options of Cardiff, HPP, and the Tryweryn.

The first few slaloms of the season have taken place, with the club seeing good results. Hopefully this will continue throughout the summer! If you'd like to take part in slalom, speak to Dave Potts.

Keen eyes will note a slight change of format to this newsletter – notably a colour cover, featuring our Young Paddler of 2011 Jake Potts at HPP last November.

As a final note, membership for 2012 is now due. Forms can be printed from the website, or ask a committee member

Happy paddling!

Katy

2011 Awards

- **Paddler of the Year** – Callie Halliday
- **Young Paddler** – Jake Potts
- **Hangover** – Jason Bradley (club BBQ)
- **Nutter of the Year** – Oliver Slater (intentionally seal launching into a hedge full of barbed wire)
- **Cock up** – Pete Bogle (getting his uprights stuck in a car port)
- **Broken Kit** – Jake Potts (brand new slalom boat, paddles, etc)
- **Lost Keys** – Richard Longhurst (leaving keys on the riverbank)
- **Car Maintenance** – Steve Slater (for actual maintenance – no frelander breakdowns in 2011!)
- **Duracell Bunny** – William Deans
- **Injury** – Emily Gibson (smashing her face up on the Upper Guil)
- **Emergency Services** – Ali Longhurst (swim in France that triggered a fire brigade call out)
- **Lost Kit** – Bruce Mason (paddles on the Clywedog – later returned by a kind local)
- **Quick Exit** – Hannah Rochford (leaping out of boat in an eddy rather than getting sucked into a stopper)

- **Swimmer of the Year** – Abi Croshaw
- **Roller of the Year** – Abi Croshaw (with an impressive 25 rolls)

16-to-8 at 7:15

I'll explain the title first, I collected 16 names Thursday night to paddle the Tawe on Sunday, these numbers whittled down to 8 for the following reasons:

- 2 dropped out due to severe colds.
- 1 overslept and missed the trip
- 1 went back home because the river was changed to something 'less challenging'
- 3 decided the Lyn on Saturday was more than enough paddling for one weekend.
- 1 changed his mind.

Top marks to Pete Bogle for getting to the frosty meet point despite his lift not turning up, Olly had tried to use the electric window on the Freelander even though it was frozen solid.....this resulted in a broken cable and dropped glass, and Noreen forgot her buoyancy aid.

Now for the trip.

The Tawe was reported to be too low, there were other options in the same area but even further away.....so we opted for the middle Usk, putting in at Talybont and egress at the Hotel. We collected 17 year old Ben just outside Monmouth who was expecting to paddle something challenging but was happy just to paddle a river.

One car and the 'yellow peril' van made the trip economical for the 8 die-hards. The level at the put-in was 6" (that's 15cm in real money) below the concrete overhang.....a reasonable level. Lots to play on, a beautiful sunny day, but Katy got too hot and decided to cool off after some dodgy surfing.

It was just refreshing to get out.....for me anyway!!

Rich Berry

Clubmark

Sport England recognises and values the commitment made by sports clubs to develop high quality, welcoming environments for young participants. The development of clubs that encourage young people to take-up sport, improve their talents, possibly play a leadership role and give them the option to initiate and maintain life-long participation in sport is an essential part of supporting the sporting infrastructure in England.

Clubmark was introduced in 2002 by Sport England to:

1. Ensure that accrediting partners apply core common criteria to ensure that consistent good practice and minimum operating standards are delivered through all club development and accreditation schemes.
2. To empower parent(s)/carer(s) when choosing a club for their children.
3. To ensure that Clubmark accredited clubs are recognised through a common approach to branding.
4. To provide a focus around which all organisations involved in sport can come together to support good practice in sports clubs working with children and young people.

Clubmark accreditation is awarded to clubs that comply with minimum operating standards in four areas:

- The playing programme
- Duty of care and safeguarding and protecting children and young people
- Knowing your club and its community
- Club management

Cheltenham Canoe Club is actively working towards the Clubmark Award. It provides a framework to support us in the way in which we operate, access to grants and other funding opportunities, and will acknowledge the standard of the club as a whole. Adam is our Clubmark officer, please have a chat with him if you want to know more.

Alternatively more info can be found at <http://www.clubmark.org.uk> .

CCC plays Canoe Polo

On 10th March, a team - Mark, Ali, Rich, Katy, Noreen and Jason - took part in a canoe polo tournament organised by WKCC.



Our games were against WKCC Ladies, Firefighters, and WKCC men, and we somehow managed to win them all!

Polo expert Mark started off as a substitute... however this lasted about 30 seconds until the competitive instinct kicked in and he was desperate to play!

Luckily for him polo is hard work, so the rest of us were happy to rotate and have a break every now and again.

Most of us managed to avoid getting our heads wet – apart from Jason, who found himself on the wrong end of a push more than once.

Massive thanks to Wychavon to inviting us along!

CCC Programme - Summer 2012

Day	Date	Event	Organiser
Sun	1 April	Day Walk - Wales	William Deans
Thurs - Mon	5-9 April	Scotland - Grade 3/4	Katy Warren
Sun	15 April	Cardiff White Water Centre - Grade 3	Ken Lovis
Sat	21 April	Mile End Mill - River Dee - Grade 2	Jen Walker
Sun	29 April	Wye - Symonds Yat to Monmouth - Grade 2	Stu Rochford
Thurs	3 May	Lido starts	
Fri- Mon	4-7 May	Woolacombe Surf Weekend	Abi Croshaw
Sat	12 May	Hurley/Dee/Nottingham	Mark Harper
Wed	16 May	Slot Car Racing	Rich Berry
Sat/Sun	19/20 May	White Water Safety and Rescue	Katy Warren
Sat	19 May	Wye - Ross-on-Wye to Lower Lydbrook	Phil Redmond
Sun	27 May	Cardiff White Water Centre - Grade 3	Steve Slater
Sat-Sat	1-10 June	Slovenia - Grade 3 (4)	Laurence Mezo
Sat	16 June	Avon - The Ham Loop	Noreen Bishop
Tues	19 June	Pitch and Putt and Pizza	Rich Berry
Sat	23 June	Wye - Lower Lydbrook to Symonds Yat	Adam Griffiths
Sun	1 July	Tryweryn - Grade 3/4	Katy Warren

Day	Date	Event	Organiser
Sat	7 July	Avon - Pershore to Nafford	Noreen Bishop
Sun	8 July	3 Star Whitewater Assessment	Alan Williams
Sun	15 July	Cardiff White Water Centre - Grade 3	Phil Redmond
Sat	21 July	BBQ	Committee
Sat	28 July	Severn - Ironbridge to Bridgnorth	Noreen Bishop
Sun	5 Aug	HPP - Nottingham - Grade 3	Jason Bradley
Fri	10 Aug	Ten Pin Bowling	Rich Berry
Sat	11 Aug	1/2 Star Tests - River Wye	Noreen Bishop
Tues	14 Aug	Evening Bike Ride	Stu Rochford
Sat	18 Aug	River Dee - Mile End Mill - Coaching on Grade 2	Laurence Mezo
Sat – Mon	25-27 Aug	Tryweryn Weekend - Grade 3/4	Steve Slater
Thurs	30 Aug	Lido ends	
Sun	2 Sept	White Water Safety and Rescue Refresher - Yat	Alex Kidd
Sat/Sun	8/9 Sept	Slalom Interclubs Championships	Dave Potts
Sat	15 Sept	Dee - Serpent's tail to Town Falls - Grade 3	Jason Bradley
Thurs	20 Sept	Climbing and volleyball - Pates School	Rich Berry
Sat/Sun	22/23 Sept	Llangennith Weekend	Abi Croshaw

Tuesday Evening Trips

After Easter, with the lighter and hopefully warmer evenings, we shall start paddling on Tuesday evenings.

These trips take place on local rivers such as the Severn, Avon, Thames or Wye or on the Sharpness Ship Canal. They are suitable for all abilities and all types of boat and are ideal for newcomers.

We normally meet around 6:30pm and finish around 8:00pm, but may adjourn afterwards to a nearby hostelry for refreshments.

I normally post details of the proposed trip on the Forum on the Sunday night, after looking at the weather forecast and river conditions. If you intend to join us, it would be useful if you could indicate this on the Forum, so I can contact you if there is a last minute change of plans.

Alan Williams

Slalom News

The slalom season is with us once more and we will be represented in more events than ever this year in K1, C1 and C2 boats across the country so, if you are not paddling please look out for Cheltenham Canoe Club paddlers in any results sheets that you see – you might be surprised at the number of trophies they take home.

The **Interclubs (8/9 September)** is a long way off but the hard work of representing the club on a weekly basis has begun; events such as Tryweryn Ski Slope, Shepperton, Llandysul and Bala Mill will fill the diary for many.

Not far behind will be the novice events at Stone and Langham Farm and the opportunity for our newest paddlers to test themselves.

The first major activity of this season will be a training camp at **Llandysul** over the period **11–13 April**. Based from riverside accommodation we will be practising white water skills, learning to use slalom boats effectively and negotiating the reds and the greens in a range of situations. It is hoped that these 3 days will prepare our youngsters for some great paddling this summer.

Some of you have already booked your places, but the more the merrier so please let me know if you would like to join us.



After this event the club will start evening paddling at **Nafford Weir** on Wednesday evenings. Suitable for all levels of paddler, 4 gates across a shoot provide enough space for all of us to gain some fitness and learn to get the gates fast and clean.

The two big novice events of the season come in June. **Langham Farm** is our novice level event. Held on the weekend of the **9 and 10 June** it is suitable for all first time paddlers and those new to slalom. It runs on the back of half term week this year, so we can get there early on the Friday and get some practise in. Following on from this is the **Cardington** event

on **23 and 24 June**. This Div 2/3/4 will enable all of us to attend. So if you like the idea of a large club turnout then this is the one to come to.

However, if the need for slalom poles on a river are a mystery to you and the idea of paddling as fast as you can through a great piece of white water seems a bit of a waste maybe it's time for you to have a closer look. From the 29th July to the 2nd August paddlers from across the globe will descend upon the Lee Valley White Water course to test their skills in search of Olympic medals.

Our own club paddlers have been on the water there and can vouch for its pace, volume and ability to catch the unwary. It will be a spectacle indeed: blue water, big drops and horrendously fast eddies.

But what are they doing? Slalom is a test of an athlete's ability to negotiate a pre set course in the fastest time possible. Paddlers must go down through the green gates and come back up through the red gates. Touching a gate incurs a 2 second penalty, missing a gate completely incurs a 50 second penalty.

So keep your eyes out for this televised event, but even better still come and join the club paddlers that are having a go for themselves – you never know you might surprise yourself and actually enjoy it!!!

All the best

Dave

Full details of slalom rankings, bib numbers and events can be found at <http://www.canoeslalom.co.uk/>

Upper Dart

It's mid-winter the weather is undeliverable very mild and dry how unusual, so normal then for the Dart Weekend. Believe me or not, but we have had weekends where we have had more water than we know what to do with.

Low water levels opened up opportunities for those not in the clubs top flight of paddlers, so myself; Katy; Noreen & Jason all took on the world renowned Upper Dart. This is a river that all paddlers must aspire to paddle. It starts as soon as you are on river, there's no time to relax, rock dodging from the word go.

Jason was the first to feel the river's wrath with a pin and swim within the 200m of the start. This was a warning to the others that it's not going to be a picnic in the park. Time flashed by and there I was thinking that we were past the "Mad Mile", only to be told that we were just starting it now. So what had, we just paddled? That was bloody crazy to me. It wasn't long before we all joined Jason with a swim or two.

It was crazy and soon we were at Euthanasia Falls. Time to stretch our legs (a walk around). All the rest paddled Euthanasia, some made look easy (don't they make you pig sick).

There was a short paddle to Surprise Surprise and time stretch leg time again. We were then informed that it's straight forward paddle to the end, don't believe them. There are plenty of places that will test you and catch you out if you relax your concentration for a second or two.

Finally Newbridge comes into sight and when see the bridge you know that you have just completed one of the best paddles in England.

Steve

[editor's note: this was a 'first descent' of the Upper Dart for Katy, Noreen, Rob, Ems and Ben – and we all loved it!]

Caption Competition



Here we have Steve, standing on the banks of the Upper Dart.

But what's he saying/thinking?