



Spring/Summer *2013*



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

Committee 2013

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Captain's Log

Welcome to 2013! This year is a special year for the canoe club, as it's our 30th anniversary. We've got a number of events planned to celebrate that should appeal to everyone – see the back cover for details.

The committee has seen a small reshuffle this year. Noreen has moved from treasurer (replaced by Nick) to membership, and we also say goodbye to Adam and Abi.

Paddling wise, it's been a strange season. Everything from a beautiful sunny day on the Usk (the front cover shows Jen lining up the third drop), too many trips cancelled due to a complete lack of water or too much snow, to days where there was far too much water in most places – enough to see a rare run of the Middle Usk at “Zambeusk” levels!

Off the water, club members seem to have been keeping themselves busy getting engaged, married, and having babies since I wrote the last newsletter. Congratulations to all those concerned – and this is further proof, if any were needed, that the canoe club is a great place to create and cement lifelong friendships (or more).

Congratulations also go to Callie, who's bagged herself a spot on the GB slalom team selection weekends. Good luck!

Katy

2012 Awards

- Paddler of the Year – Alex Kidd
- Young Paddler of the Year – Tommy Payne
- Injury – Rob Moxham
- Car Maintenance – Jason Bradley
- Hangover – Steve Slater
- 'Dunked' – Floss Jewell
- Happy Camper – Noreen Bishop
- Duracell Bunny – Tommy Payne
- Broken Kit – Pete Bogle
- Nutter – Emily Gibson
- Rolling Pin – Jason Bradley
- Swimmer of the Year – Katy Warren
- Keith Thompson Memorial Award – Dave Potts

Swimmer of the Year Statistics

As you may know, Pete Bogle is official keeper of swim points. The current scoring system is 3 points for a swim, 2 for a rescue, and 1 point for a roll in anger – and at the end of the year the top scorers get awards.

Pete has been keeping tab on this for many years, and has provided a few facts and figures for your entertainment:

Swimmer of the Year Top 3

| | | |
|------|----------------|----|
| 2000 | Jonathon Booth | 57 |
| 1989 | Lucy Robinson | 55 |
| 2011 | Abi Croshaw | 53 |

Roller Top 3

| | | |
|------|----------------|----|
| 2000 | Jonathon Booth | 46 |
| 1999 | Ian Plummer | 46 |
| 1989 | Nick Robinson | 40 |

Top Scoring Years

2000 684 with SOY Jonathon Booth (57) & Roller Jonathon Booth (46)
1989 588 with SOY Lucy Robinson (55) & Roller Nick Robinson (40)
2011 578 with SOY Abi Croshaw (53) & Roller Abi Croshaw (25)

Most Frequently Named Persons (SOY & Roller)

12 times = Nick Robinson

10 times = Olly Slater

7 times = Jason Bradley

6 times = Ian Plummer

5 times = Danny Knight, Gary Restall, Laurence Mezo, Nick Reason

Points earned in competition used to be doubled so a swim cost you 6 points! If it was C2, 12 points for the team. This stopped some years ago when few people competed. Perhaps this could be resurrected??

In 2001, a different scoring system was introduced for a 1 year trial where a rescue was 5 points and a swim 10 points. The idea was to allow more rolls, as there was no difference between play rolls & anger rolls. Non rollers therefore scored many more points. The SOY went to David Knight at 147 points. (For the stats above, I changed this to normal scores). After much debate at the following AGM it was decided to split play rolls & anger rolls. In 2004 play rolls were dropped.

Unfortunately, data from 1988 & older plus 1990 / 1991 is missing. If there are any 'mature' members who keep this sort of stuff then please let me know. Please ask if you want any other stats.

Pete Bogle

Slalom News

2013 heralds a new era of slalom for Cheltenham canoe club.

- We eagerly await 3 new kayaks funded by Sport England
- We have just started paddle training at Symonds Yat
- We have a good core of paddlers keen to improve and the ability to look after new paddlers that wish to join us.

So if you fancy giving this slalom thing a go we will shortly have the boats to ensure that your experience is truly of the modern competition era. The new boats are top of the range designs in a club spec build. We should take delivery by Mid April.

We will be training at Symonds Yat each Tuesday evening from 5.30pm. Thanks to John MacLeod putting a course together for us. The sun has been booked for the rest of the season so if you want to join us then just drop me a line or turn up on the night with your kit.

Finally, the current paddlers have recently been out on the water again - either at the first events (Shepperton/Tully) or at training sessions. Lots of smiles as we get used to our competition craft again. But we are keen that more of you join us. So please do get in touch and make the leap - try a fast light boat and see what you can do.

Dates for your diary are:

8/9 June: Langham Farm Novice slalom for those new to the sport.

22/23 June: World Cup at Cardiff. Right on our doorstep it's a must visit

7/8 September: Inter-clubs at Cardington. We require paddlers of all abilities to fill paddling places in each division.

There are many other events throughout the summer. If you are interested just give me a shout.

Dave Potts

North Wales

In early December ten paddlers and a small dog descended on North Wales for the annual weekend escape. As usual we met at the 'A5 layby' - the get in for the Upper Conwy. There was a period of procrastination (due to the low water levels) before we headed for a blast down the Conwy.

We got on the upper and headed down through the shelf drops, waves and drops down to the crux rapid - Bryn Bras Falls. Due to the levels this wasn't too bad and claimed no one. From here the group dropped off Steve and headed into the next section, the grade 4 middle Conwy gorge. This much harder section made many people pay more attention.

The first grade 5 was portaged by all, and then we headed on to the next grade 5 through the next few drops. Upon realising the difficulty of the portage around the next 5 drop, Mark, Olly, Laurence and I decided to run the drop though a number of routes. No one quite got the clean line, but then again, no one swam or indeed rolled, which on grade 5 is good enough!

From here there was one more big section that claimed a couple of swims (time has unfortunately made them anonymous) and we carried on to the last few easier rapids which inexplicably claimed Alison.

Once we'd finished reuniting paddlers and kit we headed down through Betws y Coed everyone ran the Upper Llugwy. Most took on the grade 4 Cobden's Falls. This was a fun little drop that nonetheless caused some amusement shortly after Olly muttered the words 'I have an idea' and took a new line. Laurence also copied his line. No one swam, but suffice to say it, no one else will take that line again... We carried on without too much bother to the beautiful, but must make portage around Pont Cyfnyg. A few games of fantasy lines and we set on down to Forestry falls and the get out.

That night we retired to the Eagles pub and bunkhouse where we ate the chilli I had previously prepared. I cooked too much, but no one seemed to mind. From there we could roll down the stairs to the bar and quietly drink the night away.



The following morning saw a big fry up followed by more procrastination. We looked at a variety of rivers to run - the Ceirw appeared to be a flat river spoilt by a horrendous deep, unnavigable grade 6 gorge and the Clywedog looked too low. At this point everyone decided on a quick run of the Dee. According to Mark the Dee was at a fantastic level and everyone had a great time! I however went to look at a surprisingly racist antique shop and have a pub lunch with my girlfriend...

All in all, another fun north Wales weekend. Not much water, but that's nothing new...

Featuring:

Mark Harper, Emily Gibson, Laurence and Gerome Mezo, Alex Kidd ,
Olly and Steve Slater, Jason Bradley and Bentley, Nick Ayre and Alison.

Nick Ayre

CCC Programme - Summer 2013

| Day | Date | Event | Organiser |
|------------|-------------|-------------------------------------|-----------------------------|
| Sun | 14 April | Cardiff White Water Centre | Jake Potts |
| Sat | 20 April | Mile End Mill - River Dee | Noreen Bishop |
| Tues | 23 April | Slot Car Racing | Rich Berry |
| Sun | 28 April | Wye - Lower Lydbrook to Symonds Yat | William Deans |
| Sat-Mon | 4-6 May | North Devon Surf Weekend | Abi Croshaw |
| Thurs | 9 May | Lido Begins | |
| Sun | 12 May | Wye - Open Boat Trip | Noreen Bishop |
| Sat | 18 May | HPP - Nottingham | Jake Potts |
| Weds | 22 May | Evening Bike Ride | Phil Redmond & Stu Rochford |
| Sun | 26 May | Wye - Symonds Yat to Monmouth | Stu Rochford |
| Sat | 1 June | Cardiff White Water Centre | Mark Harper |
| Sat | 8 June | Avon - The Ham Loop | TBC |
| Tues | 11 June | Pitch, Putt and Pizza | Noreen Bishop |
| Sat | 15 June | Surf Trip | Mark Harper |
| Sat | 22 June | River Severn and Club BBQ | Steve Slater & Rich Berry |
| Sun | 30 June | Tryweryn | Phil Redmond |
| Sat | 6 July | Avon - Evesham to Fladbury | Rich Berry |
| Sun | 14 July | Dee - Mile End Mill | Laurence Mezo |
| Thurs | 18 July | Lido fun night | |
| Sun | 21 July | Cardiff White Water Centre | Katy Warren |
| Sat | 27 July | Severn - Hampton Loade - Bewdley | Stu Rochford |

| Day | Date | Event | Organiser |
|------------|-------------|---|-------------------|
| Sat -Sun | 3-11 Aug | Germany (Bavaria) | Katy Warren |
| Sun | 4 Aug | Lee Valley White Water Course - Grade 3/4 | TBC |
| Sat | 10 Aug | 1 and 2* tests | TBC |
| Sat | 17 Aug | Cardiff White Water Centre | Olly Slater |
| Sat-Mon | 24-26 Aug | Tryweryn Weekend | Steve Slater |
| Thurs | 29 Aug | Lido Ends | |
| Sun | 1 Sept | White Water Safety and Rescue Refresher – Symonds Yat | Laurence Mezo |
| Sat/ Sun | 7-8 Sept | Slalom Interclubs Championships | Dave Potts |
| Sat | 7 Sept | Cardiff Paddle Fest | Steve Slater |
| Sun | 8 Sept | Wye - Ross to Lower Lydbrook | Noreen Bishop |
| Sat/Sun | 14-15 Sept | Llangennith Weekend | Rich Longhurst |
| TBC | TBC Sept | Climbing and Volleyball - Pates School | Dave & Jake Potts |
| Sat | 21 Sept | Dee – Serpents tail to Town Falls | Nick Ayre |
| Sat | 28 Sept | Frome - Woolverton to Farleigh Hungerford | Noreen Bishop |

LIDO SESSIONS



Starting
Thursday 9th May
 at Cheltenham Lido

See the website for more details!

What happens in the Lido

This year's lido sessions begin on Thursday May 9th, at Sandford Parks Lido in Cheltenham. We get on the water at 7.30pm (until 9), so allow yourself time to get changed etc beforehand.

We can provide you with a kayak, paddle and other relevant kit to get you started. Use of kit, and any coaching is included in your Lido admission fee.

The following activities/support/ facilities will be available:

Coaching at the shallow end

We aim to provide coaching for anyone who is new to the sport.

If you would like some coaching we ask you to make yourselves known to the person who is managing admissions at the Lido entrance on the night or email membership@cheltenhamcanoeclub.com.

Under 16s will follow Canoe England's Paddle Power award program, with awards earned along the way. You'll be given your own Paddle Power record card to tick off as you go.

Juniors who are 16 + and adults will follow Canoe England's Star Award program. You'll be given a simple check list of skills to be coached. The club will schedule in 1 and 2 star award tests towards the end of the Lido season.

All learners are encouraged to join us on flat water paddling trips on evenings and weekends throughout the summer. See the programme and keep an eye on the website for information.

General practice in the middle bit

The pool is available to anyone who wants to practice their skills, chat to other paddlers and exchange ideas. Come along, pay your entrance fee and use the pool; we only ask that you don't stray into the polo game.

If you are keen to practice rolling or want to learn then speak to us on the night. We will aim to match you up to other trainee rollers so that you can provide support for each other. We'll throw in an experienced roller or coach if we have someone to spare.

Polo at the deep end

Teams are made up on the night from anyone keen to play; with players swapping in and out during the evening. Just make yourself known to the referee to get a place in a team. Although a few games are set aside for novice paddlers during the season you can join in any game irrespective of ability. It's fiercely competitive but good natured fun all at the same time.

Noreen

Keyholders

If you need to borrow club kit, these are the people to talk to:

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

Paddling the Surf Shoe

As you might have noticed the club has a dedicated surf boat, a plastic mega maverick. Surf boats are a little different to the normal white water or playboat and can be tricky to master, here then is a guide on how not to get nailed when paddling it.

Setting the boat up

Before heading off to the beach check the following:

Do you have foam or something to use as foot blocks? The boat has a seat, small backrest and that's it - you will need to provide something to push on with your feet. Foam, old wetsuit boots, an old BA (not a club one) have all been used before now.

Have you got all 3 fins together with the square nuts and bolts?

A deck that fits - Riot decks are better as the cockpit is smaller than a keyhole.

Fitting the fins:

Its best to do this at the destination but before you hit the beach as the bolts are small fiddly and easy to lose. Fit the symmetrical fin in the centre finbox, the other 2 fins are fitted with the CURVED side on the outside and the flat side towards the centre fin.

The centre fin should be fitted so it is further back than the outside fins.

On the water:

You will find the seating position is different to normal with a narrow leg position with the knees close together. Combined with the acute rails sitting below the water line you will find the boat feels very tippy on the flat. Keep a paddle in the water and be prepared to brace!

The paddle out:

It will take a bit more effort to launch as the fins will dig into the sand so it will take more water under the hull to float you without dragging fins.

As you approach a broken wave try to use a forward sweep and a bit of outside edge to lift the bow just before you hit the wave. Hopefully the wave will hit the underside of the hull and you will glide over the top of

the wave. There is very little volume in the tail of the boat so throw your weight forward and dig your paddle in and keep paddling to maintain momentum and avoid a back loop! (This is good advice for any boat in the surf!)

Catching and riding waves:

You need to catch the waves when they are green, i.e. before they have broken. The low rails and aggressive sitting position make broken white water a very unstable place to be! Try and pick a wave which is breaking progressively across the face, not a symmetric flat face that will break all at once.

Once up and riding down the face you need to think about turning - away from the white water. If you just surf straight down the face you will end up on the flat part of the wave, lose your speed and then the wave will break on you!

So as you hit the bottom part of the wave lean the boat over smoothly using a combination of low brace / rudder to initiate the turn. Try not to jam the paddle in hard as this will slow you down. The boat should now be flying along the face of the wave away from the white water. If you continue the turn you will end up at the top of the wave where, if you do nothing, you will carve off the face. To continue the ride turn again to face down the wave and accelerate to the bottom - and repeat...

Try to exit the wave before it breaks - this will save a lot of effort paddling back out and probably a few rolls too!

More (better) explanations of how to surf well are available at www.surfkayakskills.com with great photos and descriptions of all the moves from top level coaches.

Rich Longhurst

CCC is 30!



Summer BBQ

Saturday June 22

Venue TBC

Lido Fun Night

Thursday July 18

Tryweryn Weekend

August 24-26 (bank holiday weekend)