



**www.CheltenhamCanoeClub.com**

**Summer 2014**

### ***Captain's Log***

Welcome to our first pdf newsletter. This change of format means more photos, more space for articles – and we can spend the printing money on kit instead. A printed 'flyer' containing the trip programme and some general information is also available.

If you've got any feedback, please let us know. Trip reports/articles are always welcome!

You'll notice there's no longer a list of everyone's contact details at the end. This is due to various data protection issues. If you need someone's phone number, ask Ken (membership secretary) or another committee member, though a print out may be available later on in the year.

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I'm very pleased to announce that the club is now Clubmark accredited! If you'd like more info on what this means, have a look at <http://clubmark.org.uk>. Thanks to everyone who's helped with various bits of paperwork over the years.

In other exciting news, we have new polo goals – come along to the lido and have a go at them! Thanks go to Rich Berry for building them.

Our annual BBQ will be held once again at the Avon Sailing Club (on the banks of the Severn), on Saturday 19th July. There'll be a flat paddle on the river beforehand.

In October, we'll be running a ranking slalom event at Symonds Yat. This will be a div 2/3 event, but anyone who helps out in any way (hint hint) will be eligible for a judges run. More details nearer the time!

*Katy Warren*

## Committee 2014

Name	Role	Email
Katy Warren	Captain	<a href="mailto:captain@cheltenhamcanooclub.com">captain@cheltenhamcanooclub.com</a>
Steve Slater	Secretary	<a href="mailto:secretary@cheltenhamcanooclub.com">secretary@cheltenhamcanooclub.com</a>
Nick Ayre	Treasurer	<a href="mailto:treasurer@cheltenhamcanooclub.com">treasurer@cheltenhamcanooclub.com</a>
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Max Redmond	Youth Rep	<a href="mailto:max@cheltenhamcanooclub.com">max@cheltenhamcanooclub.com</a>

### LIDO SESSIONS



Starting  
**Thursday 15th May**  
at Cheltenham Lido

See the website for more details

## North Wales Weekend, December 2013

As is tradition for Cheltenham Canoe club we headed north for a weekend in north Wales. As is becoming tradition there wasn't a lot of water. In fact, we were in the middle of a prolonged dry period leaving rivers below summer levels.

To ensure that we could still have fun the majority of us took mountain bikes instead at met on the Saturday morning at the bunkhouse in Penmachno. The Saturday was spent on the Penmachno trail itself – a fun day biking with only a couple of incidents. Essentially the trail is made up of two loops and with the short winter days the sensible amongst us decided to head home after the first.

Abi had borrowed a bike from Ems with just one brake and on the long section of downhill this overheated and faded out. Luckily Jason came to the rescue by catching up with her, grabbing the back of her rucksack and slowing her down with his brakes.



Meanwhile, the stubborn were pushing on with the second loop. Unfortunately forestry operations had had closed several sections so the diversions and inept navigation resulted in long and late pedal back to the bunkhouse in the dark! Nonetheless, we did all make it back to the hostel for tea. As with last year I provided enough chilli to feed an army so we were rather full when we headed to the bar downstairs for a couple of beers.

Sunday brought us a good fry up followed by the Marin trail.

Once again Pete amazed us all with his appearance as the 'Gentleman biker', including shirt, trousers and knee socks. Pete in the mean time continued to amaze himself with what he could get his bike up. All in all, a great weekend despite the lack of rain and absence of paddling. Maybe next year we'll get some in!



Attended by: Nick, Luke, Pez, Laurence, Jason, Abi, Steve, Olly, Alex and Pete.

*Nick Ayre*

## Adventures on the Lyn – February 2014

Back in February a crack group of Cheltenham boaters decided to take on the mighty East Lyn running off Exmoor. Water levels were ideal and so the decision was made to get the lower East Lyn bashed out first and then, assuming no epics we could have a look at the upper. We didn't do the upper.



The lower section started well with the group dropping through several drops and stoppers. As it started to steepen up the first casualty of the day occurred – Pete get stuck in a small hole and was paddling hard to try and get traction and extract himself. Luckily for Pete he got a paddle to bite and power stroke to freedom. Unluckily for Laurence it was off his face as he had just dropped in behind Pete. Fortunately it was only a small split!



Soon the river steepened further as we approached the start of the grade 4+ gorge section. This was running higher than most had run it before and we spent a lot of time looking at the lines and considering our options.

Pete had elected early to walk and expected most of us to follow – at the last moment the rest of us decided to go for it so Laurence, Olly, Rich, Gary and I peeled out into the crux section. Despite a couple of rolls we all made it through crux #1\* and headed onto crux #2. Laurence and I successfully punched it and eddied out below in time to see Gary run it and then miss the eddy – Laurence peeled out to chase him down crux #3 . I then watched with concern as Rich swam below #2 and went past me. I peeled out and went after him and Olly eddied out to see what he could do.

Under crux #3 we recovered a batter Rich who had split his forehead swimming into an undercut rock, however Gary was missing. It soon became clear Gary was somehow pinned by his arm (stuck between a tree branch and the paddles he had refused to release and now couldn't) hanging neck deep off a grade 4 drop. It was several nerve racking minutes while Laurence and I worked to first stabilise and free Gary (completely unscathed). After a few minutes to gather ourselves we pushed on and finished the last run into town and the for some off us, out onto the sea.

The Lyn is a great river but had once again proved a little fruity... Still, a sunny surf back to the shore after being in a deep gorge all day was nice. As was the fudge.

Total points scored was high for what was actually quite a small, competent group with some very valuable lessons learned. Maybe we'll get the upper next year!



(\*I appreciate a river should only have one crux but the Lyn gorge is a funny place...)

*Nick Ayre*

## River Barle

On Saturday 1st March 11 paddlers set off to paddle the River Barle in Devon. We met at Dulverton at 10:00am, on time, and kitted up for the paddle. It was about 11:15 by the time we got on the water at Tarr Steps.

The river level was decent, although it could have been slightly higher, as you could paddle under Tarr Steps. The weather was great as we set off and paddling was going well for the first 3/4's of the trip. The river was generally bouncy with waves. Surfing on a wave, I managed to capsize and hit my head, losing my dad's GoPro camera.

I instantly got out of my boat and swam to the side. After this we reached the weir. The weir was fast flowing and fun to go down. Here my dad, Neil, fell in for the first time, but on his second attempt he succeeded. A hundred meters down the river my dad managed to get stuck in some trees and swam for the second time.

Another two hundred meters down the river after a drop, my dad swam again as well as Robyn. This was unlucky for them as the finish was just round the corner, it was about 2:30pm by then. We all agreed we were lucky with the river level and the sunny weather, it was a successful trip.

*Elliot Davis*

[editor's note: if you've got a headcam, tie it on with a bit of string as well as using the stick on helmet mount things!]

### SUMMER BBQ



plus afternoon paddle

**Saturday 19<sup>th</sup> July**  
Avon Sailing Club  
Chaceley Stock, GL19 4EQ

further info TBA!



## Slalom Update April 2014

Over this past winter the slalom team have been training to be prepared for the coming slalom season. Using new equipment training has taken place on the Gloucester Canal at Hempsted Bridge each Thursday. Gates hung from the bridge enabled them to prepare for the season much earlier than has been possible in the past. so, has this training worked?

**Division 4** is the entry level of races. At Stone canoe club on a blustery April 5th sisters Molly (12) and Lucy (9) entered their first divisional race. 18 gates over a moving water course of some 250 metres. Lucy paddled first and showed her promise by completing all gates with only 2 touches. Molly likewise very confidently negotiated the full course with a single touch. Second runs were two hours later.

The best of the two runs was taken as the final score and this put Lucy in overall third place (and first in her age group category) and Molly took first place and was promoted to Division 3. Not bad on her first attempt!

Highlight of the day was the medal ceremony. All medals were presented by Jurgen Gotz, head coach of the successful 2012 Team GB Olympic Canoe Squad.

**Division 3.** Matt Stephenson (14) entered the open event at Lee Valley the Olympic Legacy course in March. Very fast moving water with technical gates and stiff opposition. Matt has a background in white water paddling and this showed as he negotiated the course confidently and made his mark in the open event. However, his real test was this weekend in his first Division 3 event at Stone. the course design was very open and flowed with the river features.

To do well here Matt would need to keep his boat moving at all times, using the water to power him forward. This he did and on his first run stormed the course. Over the two runs he put in two nearly perfect runs, just a single touch on each run, but this was to cost.

He was place 3rd by 0.3 of a second. Margins are very tight in this sport. Fast and clean is the mantra....Matt is now well aware why!

**Division 2.** First event was at Shepperton on 20/21 March 14. On the river Thames, Shepperton weir provides a very fast course with several large waves and very testing boils and water obstacles - in particular a fast cross along a stopper feature tests all the paddlers.

Jodie Rochford , who is hoping to progress to Division 1 this year paddled really well in this physical course. 13 female paddlers attempted the course and several ended swimming or failing to complete the course properly.

Jodie put in two great runs, but the boils tricked her and penalties occurred. 6th place overall was commendable in her first outing of the season and secured her some good promotion points.

Her next event was Lee Valley. A faster more technical course but on slightly more predictable water. Very fast across the water her run time placed her second. However, not as clean as she needed to be penalties put her back to 7th overall behind the local paddling favourites ( members of the Olympic Legacy Training team).

**Division 1.** Shepperton Weir was the venue for the first event of our season in Division 1. Jake Potts entered his first event in this Division. First run was fast...but not clean. Trouble negotiating a single gate put his first run out of contention.

Second run was much better until the latter stages when he believed he had missed a gate, going back around to correct the error was enough to put him out of contention. However, a good days racing with lots of lessons learnt at this early stage of the season.

There are more paddlers still to compete this season. However, results so far are very promising!

### **Forthcoming training**


After Easter the paddle training moves to our moving water site at Symonds Yat. 18 gates across the famous rapid enable quality training each week that will enhance skills and promote much stronger paddlers due to the speed of the water passing through the narrow rapid. Training will take place from 5 - 8 pm each Tuesday night. All paddlers are welcome.

*Dave Potts*

For a full list of slalom events, results, league tables etc etc, go to <http://www.canoeslalom.co.uk/>

## **SLALOM TRAINING**

Tuesday Evenings  
Symonds Yat



Speak to Dave Potts for more info

## Coastal Paddle

The May Bank holiday trip to Woolacombe has always been more than just a surf weekend with crazy golf, beach antics and lots of eating also being an important part. Often if the surf isn't really there and the conditions are good it also gives us a chance to do some sea paddling.

Wanting to try something different to the usual Lee to Woolacombe paddle a bit of investigation led us to Combe Martin. Heading out of the bay and turning right would take you past England's highest cliffs and to Lynmouth. However, the combination of tides and half the group being in playboats meant we headed left instead to explore the caves and inlets on the way to Illfracombe.

This was a beautiful paddle, and in calm conditions like we had would suit anybody who can paddle from Lydbrook to Symonds Yat. Yet at the same time there was enough rock hopping and cave exploring opportunities to keep the more advanced paddler interested. Having paddled into one cave we managed to surprise a family of walkers who thought they had found a secret cave and then we squeezed ourselves back out another route.

We skipped exploring Watersmouth in favour of some fun on the tidal race where the speed you could travel without paddling was quite impressive. Closer to Illfracombe we came across groups of coasteers plunging into the cold water and then we debated whether Damien Hirst's work Verity was really an attraction or an eyesore for Illfracombe as we paddled to our cars.



## **Logistics.**

We put on at Combe Martin 1 hour after high tide.

The paddle to Illfracombe took us 2 hours 10 minutes in playboats we could have easily spent longer if we had rested on beaches (there were many), and explored Watersmouth.

There were lots of opportunities to rest or escape if needed.

Remember if you were to paddle it the other way round you would need to be paddling with an incoming tide and would want to arrive at Combe Martin near high tide to see the best of the caves.

*Ali Longhurst*

## **Idiots' Guide to Canoe Polo**

The summer lido sessions means time for polo within in the club. The following guide was produced by Martin Raymond a London paddler and is useful to newbies to the game (and returning players who may want to check what a foul is!)

- There are 5 people on each team.
- At the start both teams line up with the back of their boats on their goal line.
- On the whistle one player from each team sprints for the ball which is thrown into the middle of the pool.
- The ball can only be held for 5 seconds before it is passed.
- After a goal is scored, both teams returns to their own halves. A player from the team that conceded the goal then presents the ball in the centre of the pitch and waits for a whistle to restart play.



## **The most regularly seen fouls.**

- Do not do anything which will endanger you or another player.
- You are not allowed to touch another player, their boat or their equipment with your paddle or body.

- The ball can be played (or flicked ) with the paddles but not struck like a baseball bat.
- **Paddle Foul:** Paddles are not allowed to be placed within an arms reach of another player or used to propel off another boat. If the paddle is used to reach across a boat there must be no contact.
- **5 seconds/Illegal possession:** A player is only allowed to have the ball for a maximum of 5 seconds. To restart the 5 seconds the ball must travel 1 metre horizontally away from the closest part of your body. If you throw it a metre ahead of you, you can paddle on to it and throw it again and so dribble up the pitch.
- **Illegal Tackle:** Some contact is allowed but the end of your boat should never enter the cockpit area or touch another players body. Ramming is also not allowed. Coming in at speed broadside another boat is a foul too.
- **Obstruction:** Players are not allowed to stop the opposition from playing the game. If a player has not got the ball they have the right to paddle unimpeded anywhere in the pool. This means players may not move their boats to deliberately obstruct their path or force them to into the side. Also if a player is sat in front of the goal they are not allowed to be pushed halfway across the pool by a defender.

### Some definitions of what you can do.

- **Goalkeeping:** The keeper defends the goal by holding paddles upright and blocking the ball with their blade. When they have their paddles raised the opposition is not allowed to push the goalie out of position i.e. there must be NO boat to boat contact between the opposition and goalie. Also the opposition may not push a defenders boat so that the action of pushing causes the defender to bump into the goalie. The foul is an illegal kayak tackle.
- **Being in Possession:** A player is in possession if they are the only person in contact with the ball or the ball is in the water (not in the air!) and within arms reach of that player (they also have to be the closest player to the ball). If a player is in possession of the ball they may be tackled for it.
- **Hand Tackling:** The player can be hand tackled (pushed!) by the use of a single open hand (no punching), pushing the opponents side or upper arm. Alternatively the ball can be knocked out of somebody's hands with you hand so long as only the ball and not the player are touched.
- **Kayak Tackling:** The player in possession can also be kayak tackled. You do this to try and steal the ball when it is in the water or to force a bad pass. You are not allowed to tackle another boat at an angle between 80 and 100 degrees as it breaks boats (and people!)
- **Being in Control of the ball:** If a player is within 3 metres of the ball and is the closest person to the ball they are termed to be in control of the ball. The opposition is allowed to kayak tackle the player in control in an attempt to get the ball.

Why not get down the deep end of the Lido this summer and give it a go!

# Child Protection and Harassment Policy

Cheltenham Canoe Club is fully committed to safeguarding the well being of its members. All members should show respect and understanding for the rights, safety and welfare of others, and conduct themselves in a way that reflects the principles of the club.

We believe that taking part in canoeing should be a positive and enjoyable part of children's lives and to achieve this have the following aims:

- Club coaches should follow the BCU Code of Ethics.
- All club coaches, helpers and officials working with young people should read and adhere to the BCU Child Protection and Harassment Policy. The club will follow the guidelines of the policy in the event of any concerns or allegations.
- All club members are made aware of the club's code of conduct
- The club will obtain written medical details of young paddlers which will be made known to coaches where deemed appropriate and necessary.
- Those members who work regularly with young people will undertake a screening procedure.
- The club will encourage and support helpers to gain qualifications and assist coaches to keep their qualifications up to date.
- The club will adopt and regularly review a health and safety policy. The club will review this policy annually.

If you have any concerns regarding Child Protection and Harassment please notify Alison Longhurst.

If she is unavailable contact Richard Berry

NSPCC Childline 0808 800 5000

## Summer Programme

<b>Date</b>	<b>Event</b>	<b>Grade</b>	<b>Organiser</b>
Sat 29 March	Frome		
Sun 6 April	Dee – Mile End Mill	2/3	Steve Slater
Sun 13 April	Cardiff White Water Centre	3	Luke Copley-Wilkins
Sat 19 April	Severn - Ironbridge to Bridgnorth	1	Noreen Bishop
Sun 27 April	Wye - Lower Lydbrook to Symonds Yat	2	Rich Berry
2-5 May	Woolacombe Surf Weekend	surf	Abi Croshaw
Sun 11 May	Wye - Symonds Yat to Monmouth	1/2	Phil Redmond
Thurs 15 May	Lido Begins	pool	
Sat 17 May	Lee Valley White Water Course	3/4	Nick Ayre
Sat 24 May	Surf Trip - Porthcawl	surf	Caroline Peel
Sun 1 June	Cardiff White Water Centre	3	Katy Warren
Sat 7 June	Avon - Eckington Bridge to Tewkesbury	1/2	Ken Lovis
Sun 15 June	3* WW kayak tests		Laurence Mezo
Sat 21 June	Dee - Mile End Mill	2	Olly Slater
27 June – 6 July	French Alps	3/4	Pete Bogle
Sat 28 June	Tryweryn	3/4	Olly Slater
Wed 2 July	Slot car racing	Social	Rich Berry
Sun 6 July	Avon - Evesham to Fladbury	1	Rich Berry
Tues 8 July	Evening Bike Ride		Stu Rochford
Sun 13 July	Wye - Ross to Lower Lydbrook	1	Steve Slater
Sat 19 July	BBQ + afternoon paddle	social	Rich Berry/Steve Slater
Sun 27 July	Severn - Lower Lode to Ashleworth	1	Noreen Bishop
Sat 2 August	Lee Valley White Water Course	3/4	Abi Croshaw
Sun 10 August	1* and 2* Tests		Laurence Mezo
Wed 13 August	Warehouse Climbing	social	Katy Warren
Sat 16 August	Symonds Yat	2	Noreen Bishop
23 – 25 August	Tryweryn Weekend	3/4	Steve Slater
Sun 31 August	Cardiff White Water Centre	3	Phil Redmond
6-7 September	Slalom Interclubs Championships	slalom	Dave Potts
Sat 13 September	White Water Safety and Rescue Refresher		Laurence Mezo
Sat 20 September	Llangennith Weekend	surf	Mark Harper
Sat 28 September	Dee - Serpents tail to Town Falls	3	Ken Lovis
11-12 October	Symonds Yat Slalom Div 2/3	Div 2/3	Ali Longhurst