



# *Autumn/Winter* 2012



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

# Committee 2012

<b>Name</b>	<b>Job</b>	<b>Phone</b>	<b>Email</b>
Katy Warren	Captain	.	<a href="mailto:captain@cheltenhamcanoecub.com">captain@cheltenhamcanoecub.com</a>
Steve Slater	Secretary	.	<a href="mailto:secretary@cheltenhamcanoecub.com">secretary@cheltenhamcanoecub.com</a>
Noreen Bishop	Treasurer	.	<a href="mailto:treasurer@cheltenhamcanoecub.com">treasurer@cheltenhamcanoecub.com</a>
Laurence Mezo	Programme	.	<a href="mailto:laurence@cheltenhamcanoecub.com">laurence@cheltenhamcanoecub.com</a>
Adam Griffiths	Clubmark	.	<a href="mailto:adam@cheltenhamcanoecub.com">adam@cheltenhamcanoecub.com</a>
Mark Harper	Polo	.	<a href="mailto:mark@cheltenhamcanoecub.com">mark@cheltenhamcanoecub.com</a>
Dave Potts	Slalom	.	<a href="mailto:dave@cheltenhamcanoecub.com">dave@cheltenhamcanoecub.com</a>
Jake Potts	Youth Rep	.	<a href="mailto:jake@cheltenhamcanoecub.com">jake@cheltenhamcanoecub.com</a>
Phil Redmond	Lido/General	.	<a href="mailto:phil@cheltenhamcanoecub.com">phil@cheltenhamcanoecub.com</a>
Max Redmond	Youth Rep	.	<a href="mailto:max@cheltenhamcanoecub.com">max@cheltenhamcanoecub.com</a>
Stuart Rochford	General	.	<a href="mailto:stuart@cheltenhamcanoecub.com">stuart@cheltenhamcanoecub.com</a>
Abi Croshaw	Social Sec	.	<a href="mailto:abi@cheltenhamcanoecub.com">abi@cheltenhamcanoecub.com</a>

## Captain's Log

Welcome to all of our new members! I hope that you've enjoyed coaching sessions in the lido, and will continue to enjoy the transition to paddling 'real' rivers.

The summer may not have been ideal best weather wise, but we've had a few notable trips so all is not lost. 16 of us enjoyed a lovely week in Slovenia, and we also managed a rare paddle of the Vyrnwy – as pictured on the front cover.

Like many others, I spent 2 weeks glued to the tv watching the Olympics. Lots of club members were lucky enough to get tickets for the slalom, so were there in person to witness the fantastic C2 result – gold and silver for Team GB! Success in sprint racing too... have you been inspired?

Cheltenham finished 13th out of 22 at this year's Interclubs Slalom competition – a best ever finish, and 5 places better than last year's result. Massive well done to everyone involved with the slalom team. Gold medal winner Etienne Stott was there to do the prizegiving, and also sign his name on everything and anything put in front of him, including our club C2.

This boat used to belong to Tim and Etienne, and he was more than happy to go for a paddle in it again with Max and Jodie. Check out the back cover for photo evidence.

As ever, the programme you'll find in the middle pages here is only a guideline – trips tend to vary with water levels and ability of those keen to paddle. Sometimes we even end up with more than one trip running. So if you'd like to get out on the water during the weekend, pop along to Dowty's on the Thursday evening, or post on the website to find out what's happening!

*Katy*

# Club Bookshelf

The club has a library of paddling related books, maps and videos. Get in touch with Pete Bogle if you'd like to borrow any:

## River Guides

- Whitewater Runs & Touring Rivers Of S. Wales (C Sladden)
- Whitewater Runs & Touring Rivers Of SW Wales (C Sladden)
- The Welsh Rivers (C Sladden)
- Mid Wales WW Guide (M Hubbard)
- Snowdonia Whitewater Sea & Surf (T Storry) - (On Loan To Chelt CC From P Williams)
- Lake District WW Guide
- Scottish WW Guide
- Scottish White Water (SCA)
- South West Access Guide - Inland Rivers
- South West Access Guide - Sea
- Guide To The Rivers Of The West Midlands
- Canoeists Guide To The River Wye (EA)
- Run River Run (A Fox)
- A Collection Of River Guides For WWR
- WW Europe North Alps (P Knowles / P Bandtock)
- WW Europe North Alps 2004 Version (P Bandtock)
- WW Europe South Alps (P Knowles / P Bandtock)

## Safety

- White Water Safety & Rescue (Franco Ferrero)
- Whitewater Rescue Manual (C Walbridge & W A Sundmacher Sr)
- Whitewater Rescue Safety Cards
- First Aid Manual (St John)

## General Interest

- L'Eau Vive (Deb Pinniger)
- Many Rivers To Run (D Manby)

## Coaching

- Kayak (William Nealy)
- Canoe Games (D Ruse)
- Canoe & Kayak Games (Dave Ruse & Loel Collins)
- BCU Coaching Directory 2000 + CD
- Canoeing The Fladbury Way (D Train) – (On Loan To Chelt CC From P Bogle)
- Basic Kayaking (Dickert & Rounds) – Ideal For Star Test Background Reading
- The Ultimate Guide To Whitewater Kayaking (Ken Whiting & Kevin Varette)

## Maps

- OS Maps: 27, 34, 35, 37, 41, 42, 43, 50, 51, 52, 53, 57, 87, 92, 114, 124, 146, 192
- Dartmoor Map (2.5"/mile)
- Michelin Guide To France
- Slovenia maps x 3 (Julian Alps)

## Miscellaneous

- Bristol Channel tide tables

## Videos / DVDs

- River Rescue - The Video                      Video
- Basic Skills - Kayak Handling                Video
- The Kayak Roll                                  DVD
- WW Self Defence                                Video

# Slalom News

As winter approaches so the slalom season draws to a close. And what a season it has been! Races cancelled due to lack of water, cancelled due to too much water and cancelled due to some other event taking place...oh yes the Olympics. No club members were paddling on this occasion – maybe Rio? However, there was plenty of activity from club members throughout. Lots went to see the main event and were rewarded with British medals and a truly amazing spectacle.

Aside from watching other club members have done a great deal of paddling. Callie continues to impress – an injury to her shoulder sustained at HPP slowed her down just a little at the start of the summer – but undaunted she rose to a victory at Abbey Rapids and looks set to be well placed once more at the top of women's canoeing. All other team members have continued to progress, going noticeably quicker at the end of the season. Hard work at training camps and lots of practise at Nafford really paying off this year. Some new faces have joined us, Tommy Payne rising quickly through the ranks.

The main of the event for the year is always the Inter Clubs and this year again saw the rise and rise of the clubs fortunes. When every performer pulls something out of the bag then teams can do great things - this was done on several occasions. Thank yous go to the hard working support crew, the parents who drive and judge, the paddlers who race out of class and out of age group doing their best for the club.

Looking forward we hope to start training even earlier next year – Feb half term for the first camp! Lookout for additional weekend training over the winter and we will all be on the start line again before you know it.

*Dave*

# Slovenia Tales

With the winter over it was time to tie the boats on the roofs of our cars, ready for the long summer drive across Europe. The destination is one of the clubs favourite locations - Slovenia and the river Soča.

This year a variety of ways were chosen to get there. Most chose the tried and tested method of driving a car, while others went for the modern method of flying, and some just rolled it into their European tour. By which ever method, we all met at Bovec on the Saturday night.



The first two days of paddling were carried out on mist covered river which gave a rather eerie feeling, not being able see too far in front of yourself and the sound of the rapids is magnified. The second day with rain overnight a swollen river and mist even made the grade one section feel like a grade 3 so some chickened out at the next grade four section.

The notorious carnage canyon lived up to its name with an epic adventure, which started from a swim from Noreen. Jason wedging his boat across the river downstream, so with little help from Noreen Jason was removed from his boat. All this was followed up by Olly who stopped for a photo shoot on Jason's wedged boat before freeing it.



*thumbs up!*

If you ever get the chance to go, make sure that you paddle the Soča tributary the Koritnica - this little river that has it all. Later in the week we revisited the sections of misty river, when it was in glorious sunshine and shorty cags were the order of the day.

Besides the great paddling, a group of us did a day of being a tourist and went and visited the Tolmin Gorges. At the end of the week we did the section with the grade 6 walk in. This section in the guide states its grade 2-4, now let me tell you the grade 2 section is where you get off. But the feeling when you pass under the bridge at Kobarid is unforgettable actually the whole trip paddling and social side is one not to be missed.

*Steve*



## CCC Programme - Winter 2012

<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Organiser</b>
Sat	29 Sept	Cardiff White Water Centre	Jason Bradley
Sat	6 Oct	Symonds Yat	Adam Griffiths
Sat	13 Oct	Tryweryn - Lower & Upper	TBC
Sun	14 Oct	Stafford and Stone Slalom Div 3 / 4	Dave Potts
Sun	21 Oct	Upper Usk	Peter Moran
Sat/Sun	27/28 Oct	Teifi Tour	Abi Croshaw
Sat/Sun	3/4 Nov	Tyne Tour	TBC
Sat	10 Nov	Middle Usk	William Deans
Sun	18 Nov	Dart - Loop & Upper	Rich Berry
Sat	24 Nov	Barle - Tarr Steps to Dulverton	Phil Redmond
Sat	1 Dec	Tawe	Abi Croshaw
Thurs	6 Dec	Xmas Dinner	Abi Croshaw
Sat/Sun	8/9 Dec	North Wales Weekend	Nick Ayre
Sun	16 Dec	Upper Wye	Katy Warren
Sat	29 Dec	Irfon	Pete Bogle
Sun	30 Dec	Upper Usk	Rich Berry
Sun	6 Jan	Erme	Laurence Mezo
Sat/Sun	12/13 Jan	Dart Weekend	Steve Slater
Sat	19 Jan	Middle Usk	Adam Griffiths
Thurs	24 Jan	AGM	Committee

<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Organiser</b>
Sat	26 Jan	Skittles Evening	Rich B/Pete B
Sun	27 Jan	Mellte	Mark Harper
Sat	2 Feb	Upper Dart	Olly Slater
Sat/Sun	9/10 Feb	Wye/Usk Weekend	Noreen Bishop
Sun	17 Feb	East Lyn - Watersmeet to Sea	Laurence Mezo
Sat	23 Feb	Middle Wye	Abi Croshaw
Sun	3 Mar	Barle - Tarr Steps to Dulverton	Angela & Ken
Tues	5 Mar	Climbing – Gloucester Warehouse	Katy Warren
Sun	10 Mar	Teign	Noreen Bishop
Sat	16 Mar	Upper Wye	Phil Redmond
Sun	24 Mar	Dee - Serpents to Town Falls	Ken Lovis
Thurs – Mon	28 Mar – 1 Apr	Scotland Easter Trip	Laurence Mezo
Sat	6 Apr	Tryweryn - Lower & Upper G 2/3	TBC

## **WINTER POOL SESSIONS**



Starting  
**Thursday 25th October**  
 at Tewkesbury School

See the website for more details!

## **Paddling Trips for Novices!**

Trips start at Dowty Sports and Social Club, Up Hatherley where we can supply you with a boat, spray deck, paddles and helmet. We can share wherever possible and expect the passengers in a car to share petrol costs equally between all passengers. We leave you to sort that out yourselves.

We can provide a few cags to keep the wind and spray off but if you investigate the water (fall in) these cags won't keep the water out. If you think that you'll be taking part in a lot of autumn and winter paddling then you will need to buy your own cag (and dry trousers). These should be fully waterproof to keep you nice and dry. Go on-line and check out a lot of the canoe and kayak stores; Cheltenham CC members very often use Outdoor Active (also known as "Canoe and Kayak Store"). The shop is just off J14 of the M5. It may seem a long way to go but you can try stuff on and they give a discount if you show them your CCC membership card.

What do you need on the river?

- layers of clothing to keep you warm on the water. The colder the weather the more layers you should bring and this should include thermal layers. You can get reasonably priced thermal t shirts and long johns from matalan in the menswear section
- hat and gloves to wear on the river (or to carry with you just in case)
- a drink; water is a good idea. On a cold day try to bring a hot drink in a flask as well
- chocolate or other energy bars for a quick burst of energy or to help you to warm up if you do take a swim
- if you're carrying spare clothes, hat and gloves then you need a dry bag to carry everything in your boat.

How does a river trip work? Simple really

- drive to the access point on the river (start point)

- unload boats and everything that you need/want to take on the river with you
- get changed, ready to paddle
- put your clothes into the car you have been travelling in UNLESS your car is going to be left at the start point
- the car drivers will then drive all of the cars to the egress point (end point)
- one driver will bring all of the drivers back to the access point. This means that one of the cars will still be at the start point when you finish the trip. Make sure that your clothes and lunch are in a car at the other end
- paddle down the river to the egress point
- change and eat packed lunch. One driver will bring the ferry driver back up to his/her car.

Please let your trip leader know

- if you have any medical condition that the trip leader should know about. This will be kept in strictest confidence. Please carry any inhalers or other essential medication with you on the river
- your emergency contact info.
- if you are a qualified first aider and happy to be treated as such on the trip. The river leader will carry a first aid kit.

Here are some of the daft things that our experienced paddlers have done:

- some or all of their kit at home
- left car keys in the car that was parked at the start point
- left car keys on the river bank
- paddled without the drain bung done up on the boat.

Try not to do these things. Smile!

*Noreen*

## Double Trouble

Paddlefest at Cardiff - once again a great day out, with lots of demo boats to try (and no rafts!)

This year we managed to get our hands on what was probably the most popular demo boat of all - a Jackson Dynamic Duo!

First up were Tommy and Oliver. After some debate of "will we be able to roll it?", their first run passed without incident - but they were spotted standing on the side emptying the boat half way around the second time, both blaming each other!

Next up, Rich L and Pete M. A big wobble early on - we all saw the paddles frantically pushing off the bottom - but after that they were ok and successfully navigated the course for two runs. Feeling a little cocky, they tried to go for a "victory surf" on the bottom wave... which didn't go so well... Both were smiling as they swam all the way back to the beach!



Finally, it was my turn. By this point I was starting to think that maybe getting in a duo with Olly in charge was a very bad idea.... as it turned out we survived without any swims, even though I don't think I've ever been more terrified to be in a boat...

*Katy*

## 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	.



Max and Jodie at Interclubs, with Etienne Stott, half of the Olympic Gold medal winning C2 team!