



Autumn 2013



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

Committee 2013

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Captain's Log

Welcome new and old to another club newsletter.

We've had a fantastic summer season in the lido – warm and sunny weather meant it was busy every week, with lots of new faces giving kayaking a go. I hope that those of you who have stayed with us into the Autumn and the transition to moving/white water continue to enjoy yourselves.

The club celebrated its 30th Birthday at the BBQ in June. I'd once again like to thank Sharon for making such a beautiful (and very tasty!) cake for us, as pictured on the front cover.

Winter pool sessions will be a bit different this year– Tewkesbury School are having the roof of their pool replaced, so we've had to find an alternative venue.

We'll now be running one session per month, at Ribston Hall school in Gloucester instead. 2013 dates below, 2014 TBC.

Katy

POOL SESSIONS

Ribston Hall School

10 October

14 November

12 December

See the website for
more details!



Slalom News

Now we have reached the end of the competition season slalom paddlers usually go into winter mode and ditch their sleek craft for river running only. However, this year we now have a training site set up at Hempsted Lock on the Gloucester Canal. A half dozen gates in a reasonably well lit section of canal is enough for us to work the gates hard, keep training up our new paddlers and help keep them all physically in shape.

So how did we do this year? Our current batch of paddlers have all progressed through the year. Jake was promoted early in the season and has been finding his way in Div 1. Some great results as well as some great calamities have come his way - all a great learning curve! Jodie went from lower end results to winning at Ironbridge, and 2nd at Llandysul. Max too improves showing a lot more drive, a good understanding of the water and an ability to win the bigger trophies!

Special mention to our paddlers that turned out at the Interclubs, Ali, Mark, Beth, Rich, Hannah all of whom paddled well to help us maintain our position – a tough feat given that several of our paddlers had moved up into new divisions. Next year bodes well as once again I am hopeful that our paddlers will be reaching the top end of their respective divisions and in good point scoring positions.

Having trained through the summer we have gained a new batch of paddlers that I am really pleased to say will be with us through the winter and should be flying by the time the season starts in the spring.

Finally, there is always room for more paddlers to join the team. If you like weekends away, lots of paddling, technical challenge and a very social sporting challenge we would love to see you.

Dave

Austria

Its summer and we're off to the Alps again. What started as a trip to Germany, we actually ended up going to Austria.

With the drive out of the way we soon settled down in a superb apartment in the small town of Prutz alongside of the river Inn.

As it turned out we were ideally situated, this allowed for a short drive to Switzerland to paddle some of prettiest parts of the Inn. Everybody enjoyed at least one of section of the river in Switzerland, as it varied from grade 2 to big 4.

Both Rich and Ali took it in turns paddling the morning or the afternoon river, while Heather either took in the stunning scenery or had a little nap.

With the apartment came passes to the leisure pool just a 5min walk up the road, and with the weather so warm (at one stage the car outside temperature read 39 degrees) we went to the pool.. This brought out the kid in everyone (and if you ask we will all deny it) but there is photographic evidence.

As for the River Inn on day 2 we were introduced to a nice section of grade 3 with some grade 4 rapids here and there (Schul's Gorge). I say day 2 but for some it was day 1 and they were a little rusty to say the least.

This was the first day that we met up with the Moran Family, along with Karsten and Matthias.



three wise monkeys

There was plenty of sunshine, which compensated for the occasional dip in the cool waters of the Inn. And to make a memorable trip, the Coffee Shop (Camper Van) had put on weight and was not allowed back in to Switzerland that night for being too heavy.

But like so many of these trips it was over too soon, just when you'd like to revisit a section of river it's time pack up and head home. And after a long drive to the ferry port, you stand there discussing the height of your vehicle with the dock officials as your ferry sails out!! It all adds to the excitement.

Steve

CCC Programme - Winter 2013

Day	Date	Event	Organiser
Sat	12 October	Tryweryn - Lower & Upper	Olly Slater
Sun	13 October	Severn - Lower Lode to Ashleworth	Laurence Mezo
Sun	20 October	Upper Usk - G 2 (Beginners Trip)	Katy Warren
Sat/Sun	26 October	Teifi Tour - G 2/3 (4)	Abi Croshaw
Sat/Sun	2 November	Tyne Tour - G 3	Ali& Rich Longhurst
Sun	3 November	Wye Trip	Rich Berry
Sat	9 November	Middle Usk - G 2 (3)	Olly Slater
Thurs	14 November	Pool Session	
Sun	17 November	Dart - Loop & Upper - G 2 (3) & 4	Nick Ayre
Sat	23 November	Barle - Tarr Steps to Dulverton - G 2 (Beginners Trip)	Noreen Bishop
Sat	30 November	Tawe/Cwm Du - G 4	Alex Kidd
Thurs	5 December	Xmas Dinner - Real China	Phil Redmond
Sat/Sun	7 December	North Wales Weekend - G 4	Nick Ayre
Thurs	12 December	Pool session	
Sun	15 December	Upper Wye - G 3	Phil Redmond

Day	Date	Event	Organiser
Sat	28 December	Irfon - G 4	Steve Slater
Sun	29 December	Upper Usk - G 2 (Beginners Trip)	Rich Berry
Sun	5 January	Erme - G 4	Olly Slater
Sat	11 January	Middle Usk - G 2 (3) (Beginners Trip)	Jason Bradley
Sat/Sun	18 January	Dart Weekend - G 2 (3) & 4	Steve Slater
Thurs	23 January	AGM	
Sat	25 January	Skittles Evening	Rich Berry
Sun	26 January	Mellte - G 4	Laurence Mezo
Sat	1 February	Upper Dart - G 4	Jake Potts
Sat/Sun	8 February	Lake District Weekend	Noreen Bishop
Sun	16 February	East Lyn - Watersmeet to Sea - G 4+	Laurence Mezo
Sat	22 February	Neath/Nedd Fechan	Pete Bogle
Sun	1 March	Barle - Tarr Steps to Dulverton G 2 (Beginners Trip)	Rich Berry
Tues	4 March	Climbing - Warehouse	Katy Warren
Sun	9 March	Dee - Serpents to Town Falls G 2/3 (3+) (Beginners Trip)	Dave Potts
Thurs-Mon	13 - 17 March	Scotland Trip - G 3/4	Laurence Mezo

A Beginner's Guide to Buying Kit

Thermals:

A warm paddler is a happy paddler!

Most go for a combination of thermal base layers (also sometimes sold as “technical tshirts”) and fleece. If you've got a wetsuit you might like to wear that as well.

Don't wear anything cotton, as this loses all thermal qualities when wet.

Shoes:

Your feet are going to get wet, whether you take a swim or not. Paddling shoes should be sturdy and grippy for walking over rocks to inspect or portage, and be well attached to your feet – it's not good to lose a shoe half way down a river, or in the mud on the riverbank.

Roof bars:

Kayaks don't tend to fit inside cars, so roof bars are a must if you ever want to travel anywhere, as well as a set of straps to attach the boat with. Ask any of our experienced paddlers for advice on how best to tie boats down.

Helmets:

You only get one head, so look after it!

Club helmets do the job fine, but you might find you want something comfier and more stylish.

Helmets range from very cheap to very expensive, offering varying amounts of coverage and protection. The most important thing about buying a helmet is to get one that fits properly.

My personal recommendations are the WRSI 'current' and Shred Ready 'standard'. Both come with adjustable padding, and cost around £50-60.

Second hand helmets are best avoided – you never know how much abuse it's taken, no matter how good it looks.

Cags:

There's a huge range of cags (also dry trousers and dry suits) available, from very basic 'splash cags' to fancy expensive goretex ones.

Ideally you want to buy at least a 'semi dry' cag. These have latex wrist gaskets to keep the water from going up your arms, and usually have a soft neoprene neck which will keep most of the water out.

Fully dry cags also have a latex neck seal – this can take some getting used to at first!

A kayaking specific cag will have an extra layer of fabric at the waist, so you can layer with your spraydeck to keep the water out better.

Buoyancy Aid:

Again, club ones will do the job – unless you find they really don't fit.

Boat + Spraydeck, Paddles:

If you're just starting out, there's not much point buying your own boat until you've tried a few out and have an idea of what suits you. The club has a wide range you can borrow, as well as spraydecks and paddles.

When you do decide you're ready to invest in a boat and paddles, you can often save lots of money by buying second hand.

Our nearest shop is Outdoor Active aka Canoe and Kayak Store. Their staff are very knowledgeable and happy to help.

Find them just off the A38 near Berkeley, or online at <http://www.canoeandkayakstore.co.uk/>

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	.