



Keep Paddling

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Editorial

Alan O'Neill

The last of the winter pool sessions is now behind us once again, and we've made the first tentative moves into the great outdoors with the first outdoor meet of the year at Monikie Country Park – in all, some 22 club members enjoyed a cool yet sunny day at Monikie. See page 7 for the full report on what happened. Another feature from the Training Officer (Pete Ritchie) starts on page 2 as we begin the countdown to this years Glasgow-Edinburgh Challenge. The usual Members Update can be found on page 5 and there is a special treat on page 6, as we catch up with our recently departed members, Robbie and Justine, in New Zealand.

All in all, another very full edition of **Keep Paddling**, if you have any items or stories you would like to see in print, then I am sure there is a small space waiting just for you.

The great weather we've experienced over the Easter holidays has seen quite a few members venture out onto the still chilly water – its not as cold as you might think, so dust off the cobwebs and **Keep Paddling!**

Alan

Diary Dates

<i>April</i>		<i>May</i>	
1	3 Star Kayakers Training and Assessment - Monikie	3	Monthly Committee Meeting
8	Challenge Trials – Forfar Loch	6	4 Star Kayakers – River Dee
10	Monthly Committee Meeting	12	Seaton Park slalom
15	Challenge Trials – River Isla	13	Seaton Park slalom 2 Star Kayakers training - tbd
22	Challenge Trials – River Tay	20	2 Star Kayakers training - tbd
27-29	Glasgow-Edinburgh Challenge	27	2 Star Kayakers training – tbd



Glasgow – Edinburgh Challenge 2007

For the last 2 years the club has entered the Glasgow-Edinburgh Challenge, and for 2 years in succession, we won! And of course, we'll be hoping to win this year! The **Glasgow-Edinburgh Challenge 2007** – takes place over the weekend 28/29 April and will again be an event not to be missed! The start point is in the middle of Glasgow and it ends the following day in the middle of Edinburgh. The route is along the Forth and Clyde canal and stops at the Falkirk Wheel for the overnight stop. After some much needed respite overnight its into the Union canal for the second day. Last year those taking part over both days stayed in a motel – self cleaning toilets and 3 to a room!

Expressions of interest are what is required at the moment – unfortunately, a good number of team members from the last two years have unalterable family commitments this year, and so our experienced team is much reduced. **So yes! Your club needs you!**



Once the committee has an idea of numbers and experience etc we will be better placed to formulate our entries and get sorted out. This years training events are under way, as we start the lead up to the big day(s) – Sunday 15 April will be along the River Isla, and Sunday 22 April will be on the River Tay. These will be good fun in their own right, and should help members get used to the idea of paddling open canoes over a longer route, and in a craft they might not have been in before! Interested parties please pass their expressions of interest to me (alan@anguscanoeclub.org.uk) or Pete (peter@anguscanoeclub.org.uk) as a matter of urgency.

Support party – anyone taking part for just one day, or who feels they can help out with driving and so on, will be doing as valuable a job as the paddlers. We couldn't do it without you. If you feel you can support in this role (you are the parent of a child that wants to paddle, perhaps), then we welcome your support too!

Alan

Now read on for some extra detail from the Training Officer, Pete Ritchie ...

The Challenge Title Defence

By Pete Ritchie

It is time to plan the Angus Canoe Club defence of the Open Relay title. The plan is to have a relay team again and possibly more if there are enough paddlers (white water racing K1 available!!). If you look at the old newsletters you will get an idea of what happens over the weekend.

The format is that we will put three paddlers in the open Canadian canoe at a time. They then complete a section of the route before handing over to the next three. We have become quite good at working out the change over points and mixing experienced paddlers with the first timers. You would find that you paddle about 45 minutes at a time and can do up to three sections over the day, depending on the number of people who take part.

Some paddlers will leave on the Friday night and do the whole weekend, but you can choose to do both days or only paddle Saturday or Sunday. I need to know who wants to be in the team, what age they are, what day or days they are to paddle. I need to know ASAP as it is an SCA ratified event and we must put in an official entry and the logistics are quite difficult to work out. It will be £10 from each paddler. The committee plan to have a minibus for the event, but this would be leaving Friday night and staying to the end on Sunday (sorry, no unaccompanied children). An additional charge will need to be made for mini bus fuel.

In addition to team paddlers, anyone who is prepared to be a driver for the event would also be most welcome. There is a lot of shuttling of the team(s) around to be done!

There will be some club days in April to train and get familiar with the boats.

If you need to find out more, let me or Alan know. If you can commit to the team please tell me ASAP, ideally by e-mail.

Phone: 01241-856563, peter@anguscanoecub.org.uk

Pete

And according to the SCA ...

Glasgow to Edinburgh Canal Challenge 28th – 29th April 2007

This opportunity to paddle from the centre of Glasgow to the centre of Edinburgh along the newly restored Millennium Link is available to paddlers of all standards, either going alone or working in teams of up to 6 boats (12 paddlers), in Singles, Doubles or Fours, Kayaks or Canoes.

In the past we have had a K4 complete the course crewed by a team of 10 paddlers. A new Relay class has therefore been added to the event - the Open Team Relay allows up to 12 people to paddle the course in any combination of canoe and *f* or kayak. In 2004 a group of Sea Scouts entered this class using Open Canadians with 3 paddlers on board and in 2005 a club group from Angus successfully adopted the same approach. In 2006 a group completed the course in 3 single and 1 double sea kayaks.

The event is over two days with set stages. The first day is along the Forth & Clyde Canal from Glasgow to Falkirk, a distance of about 24 miles. The second day restarts in Falkirk on the Union Canal and covers the 30 miles to Edinburgh.

All participants receive a commemorative t-shirt on completion of the course, and there are prizes for the fastest entries in each of the classes. But more important is the satisfaction of having achieved the challenge and crossed the country, and the experience of witnessing the wonders of the canals, ancient and modern.

Entries will be accepted in the following classes:

A – K1 / C1 One paddler, paddling the whole course. B - K2 / C2 One crew, paddling the whole course.
C - K1 / C1 Relay 2 paddlers as a team, paddling alternate sections. D - K2 / C2 Relay 2 crews as a team, paddling alternate sections.
E - K1 / C1 Relay Team up to 6 paddlers as a team, paddling alternate sections. F - K2 / C2 Relay Team up to 6 crews as a team, paddling alternate sections.
G - Open Team Relay up to 12 paddlers as a team, paddling alternate sections using any combination of canoe & *f* or kayak.

More information and entry forms are available from:-

Margaret Chapman, 193 Binniehill Road, Cumbernauld 068 9JH
Tel. 01236457081 e-mail- mhckayaking@aol.com

Will you accept the challenge

Alan

Ramblings from the Chair (Members Update)

Summer Programme - The summer programme has started with the first tentative trips behind us now - please support the trips wherever you can. As a general rule, proposed trips will be advertised – the onus is on the parents of unaccompanied juniors to ensure that a Parental Consent form is handed to the coach running the activity – I'm afraid it's a case of "no consent, no trip". Consent forms are required for each outdoor activity!! An early indication of an intention to take part will help out tremendously.

Copies of the consent forms are available at www.anguscanoeclub.org.uk, follow the links to *Inevitable Admin* – alternatively ask one of the committee members or coaches for a copy.

Funding and Coach Development - Coach Development – For the past year, club coaches have benefited from a Commander Collins Bursary – monies available specifically for coach development. The final report to explain the expenditure has been sent to the administrators of that bursary, and we now await confirmation that all is in order. Generally speaking, we have seen increased breadth and depth of coaching provision, from Level 3 (all disciplines), to some interested parties just starting out on the coaching ladder with 3 Star Kayak Awards.



Iain Taylor – One of the coaches to benefit from the Commander Collins Bursary

Funding – The SCA still has monies available for Club Coach Development. I downloaded the single page, 6 question application form yesterday, and had it filled in 10 minutes later. I would encourage any coach to check this out as a matter of urgency, as its so quick and simple! Browse to www.canoescotland.com and choose the links to Coaching ... Club Coaching.

Alan

Rainbow Cards - The distribution of these cards to junior members in an effort to help them record their progress has started. It is felt important by the club coaches that individuals take some ownership of their own improvement. These cards should serve to assist in that. In addition, the star awards are also being transposed onto laminated cards – for the same purpose! If you haven't received yours, let me know (alan@anguscanoeclub.org.uk).

Dispatches from New Zealand

By Robbie Blankenstein and Justine Stuart

We had managed to scope out some of the drops from the footpath but we knew that there was still a lot in the Kaituna Gorge that we only ever to get to see once we were on the edge of going off it. We knew from a previous day that the New Zealand bush was not one for letting paddlers walk out of places and the deep gorge of the Kaituna added to the committing character of this heavily run section of water. We knew it was pool drop in nature, we knew it contained the world's highest commercially rafted waterfall, we knew it was only 1100 meters long and we knew it was going to be a high adrenalin run.

Justine took some convincing and at one point was fully signed up to playing shuttle bunny but some persuasive talking from one of our new found colleges had her on the water. All the runs here are described in cubic meters of water flow per second (cummeccs), today we had 45 cummeccs, or put another way 45 tonnes of water going through a 4 meter wide gorge, every second. Justine was so nervous she tripped over two eddy lines in the first minute and managed to recover with some good rolls – most unlike her, her paddling wasn't great but out of the blue she had learnt to roll. Soon enough the river tightened into the gorge and the fun began. An old concrete structure marked the start of the fun and the first couple of small drops were handled well by Gavin, Dave and Silas of the Waikato Canoe Club. The next obstacle was the Okere Falls, a 4 meter drop into a turbulent pool which quickly led to the "Weir" a 3 meter drop with a nasty hole at the base. The first drop went fine for one and all but Justine, in her new Bliss Stick Super RAD, got caught in the turbulence and ended up tailing off the "Weir" causing the first swim of the day. The difficulty with the Kaituna is that there are no beeches, few eddies and next to no place to put someone back in their boat. Using some good rock climbing holds Justine was helped back into her boat. The next drop was Tutea's Falls, this eight meter monster has no way of inspecting from the river and gently ramps into the actual fall which causes you to build up a huge amount of speed. This is a testing drop requiring nerves of steel, fortunately everyone made it down in one piece although a couple of rolls were needed (and lots of squeals from Justine!).

The rest of the river continues a series of testing but smaller drops all good upper class three in difficulty. These caused a few further swims but everyone managed to get out before the class 6 began just meters below the get out.

We have settled into Kiwi life well with Justine getting on well in her teacher training and I am doing some freelance guiding and lecturing adventure programming at the University of Waikato. The paddling is great but the nature of the rivers changes with every run, the volume of water is much higher than in the UK and we spend our weekends chasing dam releases of which there are many.

Today we spent the day at the beach watching the freestyle selection for the NZ team and are taking every opportunity to see New Zealand from the river.

We hope everyone is well in Angus and hear that we missed a well attended New Year's paddle. Wishing you all the best,

Robbie and Justine

Monikie Report

By Alan O'Neill

A cool yet sunny 1st April, saw 22 club members meeting up for the first of the outdoor sessions of 2007. Thanks to all who turned up for an enjoyable paddle. Numerous activities were planned for the day with members taking advantage of the good weather to get on the water. Iain, Angus and myself took to the water in open canoes and were joined later in the day by Paul, Cara, Jade and Euan. Meanwhile, Steve Scott put the kayakers through their paces with some training in kayak strokes and techniques – an unplanned deep water rescue of Michael Wadkins seemed to cause some amusement, although I can't imagine why!



Michael Wadkins and Colin Hall showing how the Deep Water Rescue is done!



Steve Scott keeps a watchful eye on events

Steve worked the group hard up until lunchtime, and after a well earned break, they all took to the water once more in preparation for their 3 Star Assessment. Congratulations must go to Colin Hall, Ian Cochrane, Michael Wadkins, John Tutchener, Catriona Cochrane, Seonaidh Cochrane, and Gregor Taylor for successfully achieving their 3 Star (kayak) Award. Well done folks, and you can now consider yourself canoeists (!) rather than novices.

One area of the 3 Star Award that all took part in and thoroughly enjoyed, were the "wet" activities – Eskimo Rescue, Eskimo Roll and Deep Water Rescues. Whilst the air temperature was very warm the water temperature was still very cold. With the light breeze there nearly all day, this added a certain "coolness" to anyone who got wet! For this reason, the wet activities were left until the end. Even with the correct gear, it can still feel very cold. This makes the wearing of the correct clothing and equipment very important, as important as a change of clothes after the events.



Club members Anna Cochrane and Jarod Gorrell clearly enjoying themselves at Moinikie

Once wet, I'm sure that everyone enjoyed themselves, as the pictures illustrate. So come on, dust off the paddles and spraydecks, and **Keep Paddling!**

Alan

Challenge Trials at a Windy Forfar Loch

The Challenge Trials entered their second activity to a strong wind coming straight over Forfar Loch – not good at the best of times in an open canoe! Nevertheless, the stalwarts duly showed up prepared to give it their best shot – or so they said! Alan took Catriona for a spin in an Angus Council *Mad Venture* to show those present that it can be done, even in a strong wind.

We were joined by David and Jennifer with their own kayaks, perched precariously on David's air filled roof rack (its true, honest guv!). After a little pep talk from Alan, the rest got under way. Enjoyable in its own right, but difficult conditions it has to be said. An early finish and we await in eager anticipation for the River Isla trip on Sunday, 15th April.



Hawaii-Five-O-O



Mind my hair



When does the football start?