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Angus Canoe Club www.anguscanooclub.org.uk alan@anguscanooclub.org.uk (01356) 626184

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## Editorial

*Alan O'Neill*

Issue 3 came and went and before we know it, here's issue 4. Hopefully there is something for everyone, and I'd like to immediately draw your attention to *page 4* – please let me know! At last we can finally put this year's Challenge to bed – see *the report on page 2*. The cracking weekend at the Awe is summarised on *page 5* – a great time had by all. Special thanks to Steve for keeping an eye on us all whilst we were there.

Recently members have achieved their 3 Star Kayak awards, 2 Star Open Canoe awards, 4 Star Kayak, and 1 Star Open Canoe awards – well done to you all, and give yourself a pat on the back.

Looking forward now, the end of summer paddle, start of pool sessions and AGM are all on the horizon, so watch out and *Keep Paddling*.

That's it for now.

***Keep Paddling***

*Alan*



*"Angus Council is in the forefront of support for local clubs and we are seeing a considerable number of clubs gaining ACE Awards. ACE is a quality standard and any club gaining that award is making a statement of its commitment to quality." - Joy Mowatt, Convener of Environmental & Leisure Services*

### Diary Dates

September		October	
1	Burnmouth (Stanley) Gates Locked	7	Newsletter published
6	Monthly Committee Meeting	7	Marathon - River Isla inc Scottish K2 Champs
23	Club Junior Trip - Forfar Loch	15	End of Lower Tay Angling Season
30	Last date for October Newsletter articles	16	Burnmouth (Stanley) Gates Open
30	Marathon - Tay Descent	27 – 28	Paddle 07

## Glasgow – Edinburgh Challenge

*Alan O'Neill*

There can't be many members who haven't heard that the club successfully defended its Open Class title at this year's Glasgow – Edinburgh Challenge. Although winning by a comfortable margin on the day, we nearly ended up without a team to enter! I have to admit to being just a little concerned on the Friday evening at how few paddlers were available for Saturday's boat. The official result is available [here](#). Briefly, we came in a little over 2.5 hours (yes, hours!) ahead of our nearest rivals.

*The following is a copy of the press release into local papers shortly after the event.*

Over the weekend of 28-29 April 2007, a team of paddlers from Angus Canoe Club took part in the Glasgow to Edinburgh Challenge – a paddlesport marathon of some 50 miles over 2 days, in a canoe or kayak. Angus Canoe Club won their class in the event for the 3rd year in succession, crossing the line 2 hrs and 33 mins ahead of their nearest rival!

The Glasgow to Edinburgh Challenge offers an opportunity to paddle from the centre of Glasgow to the centre of Edinburgh along the newly restored Millennium Link, and 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. Angus Canoe Club's first outing in the event took place in 2005, and the following year repeated their 2005 success.



***Club Chairman and Coach, Alan O'Neill, giving last minute instructions to the first paddlers off the line at Speirs Wharf in Glasgow.***

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. Tremendous satisfaction is gained by all participants when they have achieved the Challenge and crossed the country, with the experience of witnessing the wonders of the canals, both ancient and modern.

Angus Canoe Club meet weekly during the winter months for pool training sessions. During the summer months, a varied program of trips is available for all members regardless of standard. Membership is on an annual basis and up to date costs and other administrative details can be found on the club web site at [www.anguscanoeclub.org.uk](http://www.anguscanoeclub.org.uk), along with this years Event Planner.



***Club members Michael Wadkins (bow), Cameron Cochrane and Paul Jackson (stern) dig deep somewhere between Glasgow and Edinburgh!***

“Angus Canoe Club are delighted to once again to show their enthusiasm for family friendly paddlesport, both locally and more widely across Scotland. Winning this event for the third time in a row demonstrates the commitment given by the clubs coaches and management committee.” **Alan O’Neill, Club Coach and Chairman**

*A heartfelt thanks to Paul Jackson for stepping into the breach at such short notice to make the team numbers up!*

*Alan*

## Members Update Pt 1

*Alan O'Neill*

**T**he summer program got off to an excellent start with the Monikie Regatta – quickly followed by a series of trips aimed at preparation for the Glasgow – Edinburgh Challenge – see *page 2*. Apart from the “usual crew” on a Thursday evening, the number of trips for club members have been very few. Well, let’s try to rectify that at the traditional end of summer trip, shall we? I’ll be taking a trip on **Sunday, 23<sup>rd</sup> September**, the venue will be **Forfar Loch**, from **11.00 am until 3.00 pm**. If you are a coach and can assist, please get in touch – all assistance gratefully received (Level 2 Coaches and aspiring Level 2’s in particular). If you wish to attend, please let me know in advance, and in any event before **16<sup>th</sup> September**. Thanks in advance for your support.

**C**lub Clothing. The saga of the club clothing continues. Numbers and sizes have been received, but not colours! As a matter of urgency, [Iain Taylor](#) requests that those members wishing items of clothing to get in touch with him asap. If you have already indicated that you wish an item, please let Iain know the choice of colour - the choice being black or navy. The order will be placed shortly with the club fronting the monies.

**E**ditors Plea. Keeping the web site and the newsletter going is turning into quite a lonely business – if you look at the articles, they are nearly all written by me! This is not the way it should be. If you have any articles, or can spare a few minutes to write just a few lines, then please do. For now, could I ask you all, let me know if you even look at the newsletter? I honestly have no idea how many members look at it. If you don’t, then telling me that is just as valuable. [Alan](#)

**C**lub Shop. The Club now has its own online shop - available directly from [www.buy.at/anguscanoecub](http://www.buy.at/anguscanoecub) or from our web site menu. Retailers pay the club a commission for any purchases made via our shop - more about this later, so keep an eye on your email inbox! But briefly, let's say you buy clothes online from Marks and Spencer by going to [www.marksandspencer.com](http://www.marksandspencer.com) and (say) pay £10 for a shirt. If you go to the club shop, click on Marks and Spencer, and then buy the same shirt for £10, good old Markies pay us a small percentage of the £10 (the actual percentage varies with retailer and item). **Importantly**, the buyer still pays £10, the commission we receive comes from Markies profits!



## Club Trip to the River Awe

*Alan O'Neill*

**T**he River Awe leaves Loch Awe via the the dramatically narrow Pass of Brander, with Scottish Power's impressive Generating Station completely hidden in the heart of massive Ben Cruachan while on the left is the Visitor Centre. The dam associated with the hydro-electric operation spans this arm of the loch. Beyond is a layby, a popular spot to see salmon leaping as they come upstream heading for the River Orchy, and for paddlers about to "set sail" down the river after playing in the dam's release. Through the Pass, road and rail compete for the strip of land at the water's edge and an old and unique but effective system known as Anderson's Piano can close the line in the event of any falling rock. Now the road leaves the lochside and, following the River Awe for some miles, heads for Inverawe, Taynuilt and Oban.

Over the weekend of 23 – 24 June about 22 club members made the trip to the Taynuilt camp site with the prospect of 2 days paddling on the River Awe. Lots of hair raising tales about the "graveyard" and "magnetic boulder" were told over steak pie, chips and a couple of beers on the Friday night in the Brander Lodge Hotel. Bright and early on Saturday morning, a small group headed for the barrage to sit their 3/4 Star tests and the rest headed downstream from the camp site with me for some river running practice. I'd like to think that a great weekend was had by all – and here are just a few of the photos to prove it!

*Alan*



**Steve shows us all how its done!**



**Neil Raitt**



**Steve Scott**



**Colin Hall**



**Gregor Taylor**



**Ian Cochrane**



**Steve Scott**



**Gair Coustoun**



**Cameron Cochrane**



## Coaches Blag 1

**Hand Signals**<sup>1</sup> – Following on from an incident on the river recently, I thought it would be useful to look at the common signals used when paddling on the river. The BCU Canoe and Kayak Handbook lists 5 hand signals for use on trips, and to this I add one of my own (it comes from a previous life!). The hand signals are important as they allow the leader of a group (not necessarily the group leader) to pass signals to everyone. Of course, this system relies on each member understanding the meaning of the signal, and **passing it to the next paddler**. Shouting is of little use when you are 20 yards away, and the noise of the water running through a rapid makes it very difficult for the best of us to hear.

Enough of that, I'm sure we all appreciate the importance of clear, timely signals. So here they are:



**Stop** - Arm up, palm open and flat.

This is sometimes also represented by holding the paddle with both arms over the head, or holding one blade up in the air. This is an instruction to either hold current positions in an eddy, or to get into one as quickly as possible and await further instructions.



**Everyone Come Down** -

Whole group come down – remember to give each other room.

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<sup>1</sup> Images copyright 2002 BCU Coaching Service and acknowledgement Ian Cave



**One Person Come Down -**  
 Arm raised, one finger (index is best) extended. Instructs one member of the group above to come down the river. Usually used in rapids to send paddlers through one at a time.



**Move in the direction I am pointing -**  
 Arm outstretched, pointing. Again, can be combined with an identifier for who the instruction is for. This can be used to position paddlers in eddys to provide safety cover for others, or to get them into a safe position to receive further instruction.



**Come to Me -** Tap on the top of the head. Typically combined with a "One Person" or "Everyone" signal to instruct the next paddler or the pre-arranged paddler to come to me.

*Alan*



## Members Update Pt 2

**T**he SCA have been holding meetings with Perth and Kinross Council and Stanley Fishings with respect to the car park and tensions at Stanley. An update recently issued by the SCA/ Perth and Kinross Council/Stanley Fishings informs us all that access to the car park will be allowed and that new signage will be erected. To cut to the chase – the Burnmouth (Stanley) car park will be open for 9.5 months of the year. The gates will be locked from 1<sup>st</sup> September to 15<sup>th</sup> October 2007, and from 1<sup>st</sup> March to 31<sup>st</sup> March 2008. The angling season on the Lower Tay is just getting underway and runs from 1<sup>st</sup> July to 15<sup>th</sup> October. Generally it is in August to mid October that the fishing is at its best on this stretch of the river.



*Club Member Anna Cochrane negotiates Stanley Weir early this summer for the first time – and no, she didn't capsize!*