

Paignton Canoe Club Member

Quite a long Newsletter for this month but that's because people have been doing a lot and writing about it which is great! There have been of course some great paddles but one that stands out for me is the litter pick on the Teign. Well done to all for taking part but especially to Tim and son who brought their open boat, without which we would never have picked up anyway near what we did. In the end I think we picked up around 8 bags of rubbish. Notable items included: a car headrest, a small thin balloon (definitely a balloon, couldn't possibly be anything else!!) and a double glazed window!!!

There is also a lot coming up soon including the AGM and the winter season when we will be going back in the pool.

Thanks to everyone who has contributed to this month's newsletter. Please feel free to contribute to the next one.

Jeremy (vice chairman and editor)

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From The Chairman

Here's hoping for an Indian summer & more paddles in glorious weather. Tuesday nights are drawing in but there are still a few trips before our Tuesdays finish on the sea. The last Tuesday in September is our AGM probably at Paignton Sailing Club but please check the forum & Facebook page for an announcement nearer the time. We're back in the pool on the first Tuesday in October, 9pm till 10pm, which is also the start of our membership year. See Jo on the poolside.

Tuesday nights have been the usual mix of paddles & have been well supported. New faces have appeared & I hope we see more of them on the water. Thanks to Jez for suggesting a river clean of the Teign estuary & to everyone who turned up to help. As a club we will be organising a river clean along the Lower Dart later in the year, an all together bigger event. This will be on the easier white-water section. Talking of which; autumn showers will bring the rivers into condition so there's no reason to stop paddling & a great reason to go shopping for more thermals, drier gear & equipment.

Both August & September are busy months for sea swimmers who require kayak cover as part of their safety arrangements. Thanks to all who have helped & to those who are going to help on future events.

Our sport has some inherent risks & while we may paddle as a group, it's worth remembering that only you are in control of your own boat. Practise the skills required to stay (relatively?) safe, in control & especially those weaker skills that are easy to forget to do... The more you learn then the wider your horizons can become.

Rob C

Latest News and Recent Events

New Club Boat

The club now owns a light blue Wavesport D75! (pic attached, hopefully) If you think it looks familiar it's because it's Nick's old boat which he kindly sold to us. It is a stable general purpose/white-water kayak. We plan to store this on the trailer and will be available to be used by all members as per club kit rules

Kit Repairs

(by Sam K)

Is your winter kit in need of repair?

Stormsure Flexible Repair Adhesives: Tough, waterproof, very strong, abrasion resistant and very long lasting. Patches and glues fix almost anything! Very easy to use, from £4.99, order online at <http://www.stormsure.com/>

Sam K

Cardiff Adventure

(by Sam K)

As a mountain biker I have ridden at trail centres with uplifts so I was really excited by the idea of a white-water centre with an uplift to ride back up to the start. Having waited more than a year for the right opportunity to paddle at Cardiff International White Water Centre, I felt ready to try my skills. Not knowing quite what to expect, I checked YouTube films, talked to those I knew had been before, and tried to focus my mind. 8 cumecs (the amount of water flowing down the river = 8 cubic meters per second- ed) all day... Is that a high level on the river? I hardly slept on the night before, thinking through kit, visualising positive powerful paddling and rolling successfully.

The sun was shining when we arrived - a good sign! I was impressed by the organisation and simplicity of the place: registration and pay, get changed, paddle! I looked at the flow, watching the eddy lines and checking the routes other paddlers took, I felt sure the day would be successful.

There was a definite sense of riding on a log flume when sitting on the conveyor belt up to the flow... Anticipation built very quickly... And then we were off! I saw every rapid and drop from above and below, got very familiar with the exit/launch process, and acquired an interesting collection of grazes and bruises, considering the centre is made of "smooth" concrete.

Late afternoon came, I was getting demoralised and beginning to wonder if it had all been a mistake as I had not managed a dry run yet. I was making progress but I felt clumsy and the paddling just wasn't smooth. A quick chat (pep talk) in the pool, the loan of Nige's paddle and "this is my last run, I want to make it count" and I was sitting on the conveyor again, this time first in line with my heart beating in my throat.

As the boat reached the water I focused on smooth strong paddling and looked ahead beyond the wave in front of me, planning the line and planting the paddle firmly. I relaxed and just enjoyed the ride... And total exhilaration surged through me as I realised I'd completed the circuit without incident!

With a great sense of achievement, I got off the water, happy and relieved. The lesson of the day? Don't over-think the preparation, and never ever give up! Success is hiding just after the next drop, wave, eddy. And eventually I found it.

Sam K

Tryweryn Weekend 8th – 10th August 2014

(by Jon Roberts)

Confession time: until recently I'd never paddled outside Devon! In fact, until last Christmas I'd never paddled anything but the Dart and after 5 years on White Water that really needed to change. So, when I saw mention of a trip to North Wales to paddle the Tryweryn (a dam release river), AND on a weekend I could actually make, well ... it would have been rude not to.

The trip was arranged by Mark Allen, a local coach and the man behind the Kayak the Dart Facebook page. It was open to all paddlers and I wasn't the only PCC member to take up the offer. Rich O'Brien, Nick Chapman and Glen Alford also made the trip. Michelle Ellicott, joined the group late Friday evening, having driven down from a week's kayaking in Scotland. Glutton for punishment!

As a happy co-incidence, the road to the Tryweryn runs through Shrewsbury, which is home town of my partner, Jules. With her family living less than a 5 minutes detour away, I guaranteed myself a free weekend pass by dropping her off there to catch up with family and friends while I went paddling. Happy days!

We travelled up on the Friday and it was pretty slow going but I kept my spirits up by thinking of the welcoming prospect of chilli prepared lovingly by Nick & co. I arrived at the camp site around 7:45pm, a little later than planned, and what can I say? Glen, Nick & Rich are all growing lads and, well, I was late so who could blame them? Still I had sausages on me, there was an open fire burning merrily, I was once a scout and there were plenty of green sticks to whittle, so I didn't go hungry.

The trip was a great opportunity to catch up with some old friends and meet a few new ones. There's nothing quite like a group sitting around an open fire, chatting and socialising to lift the spirits, ensure a good night's sleep and guarantee a heavy head in the morning.

For those of you who have never been to the Tryweryn, here's my first impressions. It's as much white water park as it is river. It costs £8 to use the river if you are a BCU member (or if you're not and say you've forgotten your card) or £14 if you admit to not being a member. There's a café and a good view of the river and there's also good changing rooms & facilities - particularly welcome to us campers! The put in is only a couple of minute drive from the centre and then you're off.

The top section is a good test. The release for the weekend was 9 cumecs, which according to the website makes the Upper Tryweryn a grade 3 / 4. For me, one of the best things of the river is, a little like Cardiff, it's accessible to paddlers who may not usually paddle that level of water as there are so many eddies and other paddlers around that the consequences of a swim are not necessarily as bad as that grade might suggest. The biggest problem is that it is so shallow in many places and that's the main danger; not the swimming but the bit between capsizing and the swim as Glen found to his cost.

Glen had been paddling really well. He'd even managed a really difficult roll on one section. It took three attempts but he held his nerve (and his breath!) long enough to make it, very impressive! However, I suspect many of you are aware that Glen dislocated his shoulder on a later run and it was a great shame and really bad luck. (Glen – hope you get well soon, mate. The rain's coming).

Back to the paddling, once you get to the bottom of the river, there's a shuttle running once an hour or so. You wait for a minibus, drop your boats on the trailer it's towing, climb aboard and get driven back to the top to do it all again. It's a really good paddling experience and you can either just run it top to bottom or make it more of a challenge by the eddies you choose to make. That's why it works for such a range of paddling abilities.

Having run the upper section 3 or 4 times, by mid-afternoon we all gathered as a group and paddled on down the lower section. It's a pleasant paddle and a much easier section than the upper. I thought it similar to the Lower Dart (that's the Buckfastleigh to Staverton section) for much of it but with the occasional bigger feature. There's one main feature towards the end, at Bala Mill Falls. It's not as big as many of the features on the Upper and can be easily portaged if needed.

Saturday evening was more BBQ and camp fire fun and Glen's painkillers, in both tablet and liquid form, ensured he was able to make a lively contribution to proceedings!

Come Sunday, the group was disbursing. Rich, Nick and Glen, who were travelling together, understandably decided to leave for home. Mark Allen and some other paddlers headed to South Wales in the hope something may be running there. So that left Austin Smith (of Stour Valley CC and Winter Upper Dart paddles) and me to head back. Once there, Michele also joined us for a while.

Austin and I ran the Upper a couple of times and did our own shuttles. It was a great couple of hours even though we were both feeling the effects of the previous day's paddling. We left around 3:30pm and headed home (via Shrewsbury – I didn't forget and leave Jules there you'll be pleased to hear).

It was a thoroughly enjoyable couple of days. Yes, it's a bit of a trek from South Devon to North Wales, but definitely worth it. Not just for the kayaking, but the camping and camaraderie that it brings. A big thank you to Mark Allen for arranging it and taking us all 'under his wing' and ensuring we were looked after.

I'll be going back next year for sure. Who's coming?

Jon Roberts

Paddle to Dawlish Air Show 23rd August

(by Rachel V)

Enjoyed a fantastic day on Saturday: paddling from the Ness beach in Shaldon to Shell cove in Dawlish to watch the amazing Air Display. The weather was superb. We enjoyed plenty of sunshine as we paddled through the impressive Parson and Clerk rock stacks; explored an old Smugglers Cove, now only accessible by boat, complete with a blocked up tunnel at the back of the cave and a doorway and staircase cut into the sandstone cliffs.

Tim, Caryl, Phil, Tina, Nigel, Peter and myself then paddled to Shell Cove which was practically deserted when we arrived. Tina and Caryl bravely entered the water for a swim, but had to dodge a few jellyfish.

We enjoyed an uninterrupted view of the air display- which included the Royal Navy Raiders (Parachutists), the incredible Red Arrows, the Muscle Biplane and the grand finale was a display by the only two flying Lancasters left in the world, and two Spitfires, it was awesome!

A very big Thank- You to Tim Durrant for organising the trip and also for rescuing me with his tow- rope when I got into difficulty in choppy waters on the way home. Well I suppose there always has to be one little drama per trip! Thank-you Tim.

Rachel Vaughan.

Paddling the French Alps

(by Laura Wynne)

In July I set off to the French Alps, it was the best experience ever, the weather was amazing and the rivers were stunning, it was a long drive 15 hours in a car but well worth it for the outcome!

The first day I did the advance white water safety and rescue course. Darren wanted to see how good our swimming skills were in 40cumecs of water (!!! compared to 9 on the Tryweryn!!!- ed), it was so fast and cold but it was good to understand how powerful the water is before paddling on it. On the second day we set up rescue rigs for paddling in deep gorges.

The next course I did was my 5 star white water kayak over these two days we learnt about leadership on grade 3/4 rivers, picking lines and eddie hopping techniques. We worked so well as a team and it's a must on the French alps rivers. The rivers I paddled were river Guil, Ubaye race course (best white water river in Europe) and the Durance.

The Alps trip was the best. I would recommend it to anyone, clear blue water, goods levels, different rivers for everyone and an amazing team spirit! The trip was organized by Darren joy (fluid skills) and Lee Pooley, both fantastic coaches and leaders!

This winter I will need to log lots of leading hours on grade 3/4 rivers so if anyone would like to be lead down the upper dart, Plym, Erme, Tavy and many more rivers please get in contact with me.

Thank you Laura Wynne

Wynne coaching

River Teign, Red Rock Mud Run

(by Rob C)

After a few texts, emails, FB messages, Kay cajoled myself, Nigel, Jez & Rob Porter into doing a very silly event: running across the Teign estuary upstream of Coombe Cellars, across to the Red Rock & back. It was in aid of the Air Ambulance & sponsored by Red Rock Brewery & Salty Dog crisp.

When signing in, we found we could be a team! So Paignton Canoe Club entered. At bang on near 1 pm, the flag dropped & off we ran to the water, wading knee deep to the first sand bank before a short sprint to the next bit of water & some of the thickest, stickiest mud you have ever seen. Once around the rock & back we

went. Nige followed by Jez were flying, while myself & Rob P. were not natural runners! Across to the final bit of water, that washed our shoes clean & up the beach to finish. By some strange method of only the first one of a team counting, Nigel brought the PCC team home in Third place.

Did I mention it was sponsored by Red Rock Brewery? A free pint for the runners went down well & along with all the others as free refills were offered, the afternoon grew very hazy! As people drifted off we were left chatting & drinking, agreeing to do the event next year but with more training (But only in the drinking & not in the running). Thanks Kay for the idea & for Lisa for driving me home.

Rob C

The Red Rock Mud Race

(by Kay)

On Sunday the 10th August 4 members, 4 supporters and a dog accepted the challenge of the River Teign Red Rock Mud Race in aid of the Devon Air ambulance. Admittedly, originally it was my idea having watched the race for the last 5 years I was desperate to have a go, seemed like a giggle, Rob P was not quite so keen. So the cunning plan was to convince enough members of the club to take part so he had no choice I felt this was the least I could do since he so generously changed his name to mine on his gym membership! In the end Nigel, Jeremy, Rob C and Rob P were all up for the challenge – if you could call it that. A last minute childcare malfunction meant I, personally was unable to participate – gutted.

They registered at 12.30 as the Paignton Canoe club team. Obviously nerves were high bearing in mind all of us only participate in activities in a sitting position. The river beach was peppered with lycra clad toned physiques with gaffer taped trainers for the experienced runners. Then there was our lot, sorry lads. Mr C was the only one who even attempted a warm up, the others just looked on in disgust at the thought of physical exertion. The doubt of what they had signed up for grew and I felt physically sick with worry – what had I hoodwinked this lot into?! Soon enough the competitors were at the line, the rules read across the PA system, the smell of the BBQ wafting across the river and then the golden carrot was mentioned – a FREE PINT. You should of seen the lads perk up at that point, the race was on, the gauntlet thrown down, could they make Red Rock and back before the other competitors had returned and emptied the kegs. If ever an incentive was given, that was it. Sod the women and children, there was beer at stake, it was every man for himself.

Chariots of fire blared out over the PA, the flag was down and then they were off. Leaving the beach as a group they soon dispersed and disappeared into the mass of runners, waders and wallowers crossing the Teign at low tide. It was tense, will they make it? How bad can it be? I stood waiting for their return like the mother of a fat kid at school sports day. Then it was all over, 10 mins and they were back, first in was Nigel closely followed by Jeremy then Rob C and Rob P. I was stunned to learn

that our primed group of fine athletes had come Third in the team section! Yes that's what I thought , third – how did that happen?

The prizes were given, the BBQ was served, free crisps for all donated by Salty dog crisps. Then the fun began the free beer started flowing. The lads ensured they got their entry fee –and then some –back in drink. I would like point out that Paignton Canoe club members rose to the challenge of assisting with the effective disposal of the 2 free kegs generously donated by Red rock Brewery, and virtually drunk every single competitor off the beach. Sorry lads but this doesn't class as charity work. Unfortunately there wasn't a prize for this.

Proceeds of the day raised over £600 pounds for the Devon Air Ambulance, a very worthy cause. Pictures of the lads can be seen on the facebook page and also a very athletic looking Jeremy on www.thisissouthdevon.co.uk. But well done Lads, I'm very proud, and I promise I will take part next year even if I have to gaffer tape the kids to me! And yes I'll sort t-shirts for next year.

Kay

Upcoming Events and Trips

All Paddle sport has a certain risk to it. It is not and never will be 100% safe. Anyone attending any and all Paignton canoe club activities does so at their own risk.

Pcc rules can be found at: <http://www.paigntoncanoeclub.org.uk/ClubRules.html>

Tuesday Night Summer Paddles

Meeting times will be at 7pm (unless stated otherwise). There will be no changing facilities at these locations and the club trailer will not be brought due to parking and security issues. If you wish to hire a club boat and/or club Kit for any Tuesday club session please contact us at least 2 days before for us to organise.

Sept

- 2 Stoke Gabriel to Totnes - Meet at Longmarsh car park Totnes 6.30pm to run shuttle to Stoke Gabriel. finish in the dark (ideal for canoes)
- 9 Meadfoot to Babbacombe and return- Lights advised, possible stop off at pub
- 16 Goodrington-Meet Youngs park road. Coffee on the beach?

- 23 Kingswear to Dittisham, Ferry Boat Inn & return – Meet Darthaven Marina car park (ideal for canoes bring money for pub)
- 30 AGM - Paignton Sailing Club, Paignton Harbour (No paddling, see below)

Annual General Meeting Tuesday 30th September

There will be no paddling on Tuesday 30th September instead will be the club's AGM held at Paignton sailing club, Paignton harbour, meeting at 7.00pm for a 7.15pm start.

All members are invited. This is where official club stuff is done. Including reports of the previous year from the chairman, treasurer and secretary; any and all members can bring up and discuss any topics, ask any questions, put forward ideas and suggestions they wish with regards to the club and paddling. Any member can put themselves up for election onto the committee and the committee is elected for the next year by the membership present.

It is also an informal social get together for everyone as well. And the ideal time to pay your subs for next year's membership. So come along have a few drinks and have your say on how the club is run.

Beginners / Improvers Moving Water Intro and Practice

(by Rob Porter)

Date: Saturday 27th September

Location: Totnes

Meet: Longmarsh Carpark, next to Totnes Rowing Club.

Start: 10:30am Finish: Approx 3pm

This session is aimed at club members wanting to try white water paddling for the first time over the winter and also those that want a refresh from last winter. The session will cover basic paddling strokes, skills and manoeuvres used on moving water. Requirements: Either BCU 2 star Kayaking part or the recent club course.

Kit required: Paddling kit including helmet. Plus lunch. Check with committee member if you require a club boat.

Please let me know as soon as possible if you want to attend.

robporter98@hotmail.com or 07717 516684

Rob Porter

Big Sea Kayak Symposium

(from David Clare)

Please find attached the poster for the "Big Sea Kayak" Symposium (hopefully the PDF attached to this email –ed) taking place at the Mountbatten Centre in Plymouth 26 - 28th September 2014, everything from introduction to sea kayaking all the way to 5 Star Sea training, even activities for non paddling partners.

Please pass the poster on to all your club members.

Many thanks

David Clare – Canoe England, Canoeing Development Support Officer (south)

Club Kit Clean 6th October

We are planning on having the club kit clean, inspection, organise and sort through at 7pm Monday 6th October at Paignton harbour. This is where we clean, fix and sort all the club's boats and kit ready for the new winter season. Any and all help will be greatly appreciated, please bring cleaning equipment.

All club kit that has been taken away for the summer will need to be returned to this by the absolute latest please.

October start of Club Winter Season

October-April is the club winter season, this means:

- All club kit borrowed for the summer needs to be returned in a clean and functioning condition with all attachments in place please.
- Club membership fees for 2014/2015 will be due at the start of October.
- Starting on October 7th Tuesday night sessions will be back in the pool.

Tuesday night Winter pool Sessions

October-April

Meeting at [Torbay Leisure Centre](#) pool, 9pm to 10pm

Cost: £3 per member per session

Non-Members may have 1 free taster session

You may bring your own kit to use in the pool as long as it is clean please. Alternatively club boats are available to hire for £2 per session. Club paddles, helmets, spray-decks and buoyancy aids may be used for free. All club kit is subject

to availability as any club training courses get priority of use. See the club kit page for full details on kit.

There is usually a club course using the pool for training purposes they will be using the far third of the pool which will be roped off for this.

The pool session can be used for general kayak training and practicing of skills: rescues, strokes, rolling, play-boating etc. Or if you wish just take the opportunity to paddle in the warm. It can get crowded so for the benefit of everyone please follow our club rules.

Every now and again the Tuesday pool session will be given over in its entirety to a special activity such as kayak football. Please see the events calendar, club forum and/or newsletter for specific dates and info.

All paddling trips and events are entirely weather dependent and because of this are often organized (and can be cancelled) at the last minute. So please keep yourself up to date with what's going on using.....

Club Communication

Emails: info@paigntoncanoecub.org.uk

newsletter@paigntoncanoecub.org.uk Please use this for anything relating to the newsletter and only the newsletter. Please do **not** give this email out to non-members.

Website: <http://www.paigntoncanoecub.org.uk>

Club Forum: (for members only)

<http://www.paigntoncanoecub.org.uk/members/phpBB3/index.php> to access this and any other password protected part of the site you will need.

Username: pcc

Password: water

This is for all members and only members to use. Feel free to contribute, your input matters and we want to hear it.

Facebook: Love it or hate it, it's used a lot. PCC has a facebook page <https://www.facebook.com/groups/44208464189/> which we allow anyone to join and use, so please only put on there what you want the whole world to see.

Committee Telephone Numbers: (For Members only)

http://www.paigntoncanoecub.org.uk/restricted/Members_Contact.html

All Committee members are unpaid volunteers with separate full time Jobs

The Next Newsletter

We want you to contribute to the Newsletter. ALL MEMBERS please email to newsletter@paigntoncanoecub.org.uk anything you want to put into the newsletter.

Newsletter Info (including what we are looking for) can be found at:
<http://www.paigntoncanoecub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1434&p=5196#p5196>

We store members' names, email addresses and telephone numbers on a Gmail account, if you do not wish to have your details stored in this way then please email newsletter@paigntoncanoecub.org.uk and request to have your details removed.

The cut off date for content for the next newsletter will be the 28th of this month.

Happy Paddling
Jeremy