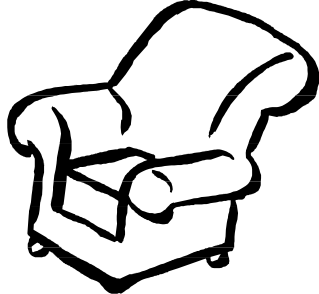




Waterfront

Issue 89

Feb 2002



From the Chair...

The air is buzzing, your credit card is burning a hole in your pocket, your wife/girl friend/partner/mother is pulling you towards the tea shop, the price will rise next week, that beautiful beast is just a 'yes' away.....
Where are you?

The International Canoe Exhibition at the NEC of course!

The Carpenter/Matthews experience is, sadly, not being repeated this year so don't forget the roof rack!

A rumour is about that Paul & Richard Batchelor, Pete Absolom & myself are putting in some extra training this year for the coming Marathon season but no it's for that epic paddle (with epic blisters) of a lifetime the DW, I must be mad at my age! Definitely not a 'tea shoppe' tour!

Richard Somerset

2002 Subscriptions

Subscriptions Reminder

A reminder if you have not yet paid your subscriptions due 1st January 2002. The rate for Adult and Junior Family members is £14 and for Family and Affiliated members is £28. Payment should be made as soon as possible to remain a member and to receive the next newsletter.

Please send your subscription to Brian Gandy, 32 Florence Road, Fleet, Hants, GU52 6LQ

Tuesday Nights

Our regular Tuesday evening session on the canal is back in a new location. From Tuesday 16th April we will be meeting at Basingstoke Canal Visitors Centre in Mytchett. See inside for more information on the benefits this offers and how to get there.

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David Mantell 01252 658984

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Lee Matthews 01428 714090

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Co-opted:

Charles Hicks 01252 850657 (Boat house)

Chris Belton 01252 522403

Ian Thomas 01252 677797

News

The 'honoured' locks are flowing!

With all the rain recently the River Thames is putting on a fast moving brown face. This time of year the weirs and locks are busy with two types of kayakers either:

1. Fun boaters
- or
2. Marathon paddlers

The former usually keep clear of the locks and the later keep clear of the weirs. But both are monitored and controlled by a stalwart team of lock keepers and wardens all the year round. Giving good advice when the rivers and weirs are flowing, warning you off when there are dangerous obstructions i.e. trees and other debris.

One such lock keeper at the popular play spot at Hurley weir, Brian Webb, as recently been honoured for 35 years of service with an MBE. So next time you portage or telephone for water and weir conditions consider who you might be in the proximity of or talking to and display your Thames licence!

Another award recently announced is the **Millennium Paddler Award**.

Millennium Awards are to acknowledge the thousands of hours of work volunteers put into canoeing. The target citations was 2000 hours: it was many times beaten.

Congratulations to all recipients and those in our region that you may know include Jean Boatman, Kevin & Maggie Dennis, Malcolm Hayward, Steve Finch, Craig Hill & last but not least our very own **Charles Hicks**. Well done to you all! I have a full list if anyone wishes to see it.
Richard Somerset

The club expands.

A new member to the club arrived just before Christmas, Joshua a baby son for Richard Knowles and Sue, they are already wondering when he will either be rowing or paddling the local rivers just like Dad! Congratulations to you both.

New Job

Congratulations to Brian Gandy who is the new secretary of the Marathon Racing Committee.

Found

Do you or do you know anyone missing a sweatshirt with Rag 89 Plymouth Polytechnic? Contact Lee Matthews

Another Three Star Success

Congratulations to TIM ROPER who passed his Three Star Kayak award at Horseshoe Lake, Yateley on Saturday 27th October 2001.

Tuesday evenings.

The long search and battle for better facilities for members, boats and supporters has been much discussed over the past 15 years or more.

As announced at the AGM in October, we are giving the favourite alternative to staying at Fleet Wharf a real test.

Our Tuesday evenings re-commence on April 16th at Mytchett Canal Centre for a trial period of about 8 weeks.

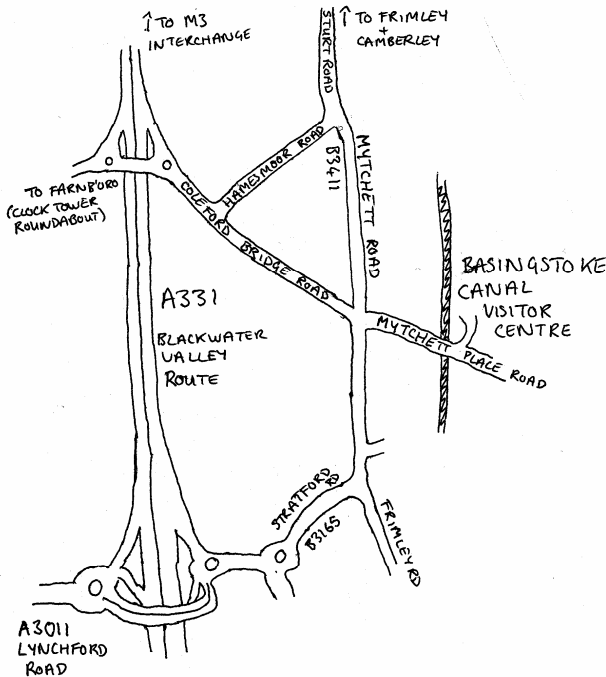
This will give us a chance to judge what the active paddling members think of the facilities and the planned facilities. Please come and try it. The Committee will be reviewing the trial towards the end of May. Your feedback is wanted and our findings will be published in the next edition of Waterfront

Kept on site we will have at least 10 of the general purpose boats with paddles, spray decks and bouyancy aids available to all as usual. We will also at last have access to 2 of the clubs Canadians which should be very useful for all those mums who watch with envy from the wharf week after week!

You can leave your own boat there as well, no more tedious loading & unloading the roof rack! The Canal Centre also has the luxury of real toilets and some where to change. The committee are also trying to rustle up a team to make teas and coffee.

The Visitor Centre is signposted from the Blackwater Valley Road and a map is provided on the next page.

How to find the Canal Centre



Pool Sessions

There have been problems with people booking pool sessions and then not turning up to take them. This restricts other peoples access to the pool and this antisocial behaviour will not be tolerated. The committee have decided that you will get a warning for the first offence and thereafter will have to pay in advance to book pool sessions.

Golden Jubilee Events

You have a choice of seaside locations in which to paddle and party

Surfing trip to Bude, Cornwall, over the Jubilee Bank Holiday (Friday 24th May-Tuesday 4th May), we will be camping in Bude close to the beach.

This will be a private trip and those participating will be required to fill in the usual club form.

Please phone or e-mail by mid March if you would like to come -

Arran and Elliot Steel -

Tel: 01252 617315

E-mail: arransteel@netscapeonline.co.uk

The Club has for many years been having a **Poole Camp** at the Spring Bank Holiday Weekend. This year the Weekend is 1st 2nd 3rd 4th of June and the chance to stay for the rest of the week for those with the time available.

This co-incides with Queens golden Jubilee weekend where everyone has the extra Tuesday. We hope that we will have a good turnout from the Canoe Club.

As regulars know April and Roger Moreton found the site many years ago, and since that time we have a long and friendly relationship with the farmer. It is wild camping.

The site has been booked as usual as a joint camp of the BCCC and the DERA Sailing Club.

Those who attend all camp in a variety of set-ups, we are only allowed 2/3 caravans and they are booked. Campers bring Canoes sailing boats, inflatables, sailboards, bikes, walking boots, kites and all sorts of other toys. Colin Cox and I have for some years now been Camp Co-ordinators for the admin. - we have always tried to ensure a light touch, and people join in with things they are interested in, or make their own entertainment.

In view of the Jubilee we hope that there will be an opportunity for some camp fun and celebrations together. We therefore hope that people will bring bunting, union flags, hats, table cloths, ideas etc and come prepared to have a party with all ages who come.

THERE IS ONLY ONE THING WE CAN'T DO AND THAT IS LET OFF FIREWORKS AS WE ARE IN AN AREA WITH ANIMALS IN THE FIELDS AROUND US AND THE FARMER and his stock MUST BE CONSIDERED

We have a super vantage point though and given a clear night we will see a great display going on over Poole. **CAMP FIRES** on the beach are a well established tradition.

Colin is on 01252 691182 and I am on 01252 624123 for bookings please so we can plan and give information.

We hope as many can come as possible and help us make it a weekend to remember.

Peter Merriman

TRAINING

I already have names for a 1 star course with just 2 places left. We should be able to run another later in the season as demand and coach availability dictates.

So calling now for all requests for courses for the new Summer season of 2002, remember first come first served!

Names and requests to: Richard Somerset
01252 683584
training@bcccanoeing.org.uk

We need your help!

To ensure both safety cover and full enjoyment of paddling on the Canal we need to enlist some help from you.

The club is manned by part time enthusiast's and for us all to get the maximum enjoyment and use of our facilities we need some help

There are two categories of volunteer needed:

Bank supervisors – Qualifications some organisation skills i.e. 'you in that boat & you out of that boat' & 'come in number 99 or is it 66?' (First aid would be an advantage)

Water Supervisors – Min required is 3* and/or Level 1 coach

Courses are being arranged and the BCCC will pay ½ of the fees (if you agree to come along and support the Club after you pass).

Volunteers are now required for:

1st Aid - 4 hours, probably on a Saturday or Sunday

Level 1 Coach training course, (includes Canoe Safety Test) - 2 star & first required

If you can help or wish to attend these course please ring

Lee Matthews on 07950 232 2193 or E-mail

leem1001@netscapeonline.co.uk

ACCESS TO RIVERS IN ENGLAND AND WALES

You may have noticed in the latest edition of Canoe Focus a two page article on access and the BCUs campaign to enshrine a right of access to rivers in legislation. It is worth a read particularly when you consider that barely 1% of private or disputed rivers are available to canoeists to paddle on. Thousands of miles of rivers are simply not available to canoeists. This is essentially because of legislation which confers ownership of river beds to adjacent landowners. Even though landowners don't own the water in which we paddle their ownership of the river bed confers authority to restrict the use of rivers in whatever way they please. No other European countries operate in this way.

Strangely the Canoe Focus article does not make mention of the BCUs campaign pack. A phone call to the BCU will elicit this pack and it is a mine of information about access and what the BCU is seeking to achieve. In addition it encourages everyone to write to or make an appointment to see their MP and lobby for improved access. The pack will also contain the name, address and phone number of your MP.

It really is worth getting your copy of the pack and if my experience is anything to go by it is also worth writing to your MP. I did so and had a reply in a few days from Sir Paul Berresford, MP for Dorking and elsewhere, regaling me with his exploits as a child making his own canoe and paddling it on rivers without a care in the world. He did so in New Zealand where no doubt they have a more liberated approach to river access. He was sympathetic and has passed my letter to Margaret Beckett, Secretary of State at DEFRA to further consider and reply. If enough people do so then, in the words of the legendary Arlo Guthrie, they'll think it a movement and all you've got to do to join is write to your MP....with feelin !*

Come on folks, there's tens of thousands of unpaddled river miles out there just waiting for a change in the law to recognise that rivers are part of our national heritage and should be available to everyone with a responsible attitude towards the countryside.

Its time to GET WRITING ! Ring the BCU today - 0115 982 1100 - and ask for your Lobby Pack

If you would rather, I can provide most of the material by e-mail. If you would like it give me a ring on 01306 740790 or e-mail me at

martin@parkway.clara.co.uk

Now there's no reason not to become involved.

Martin Sanders

** Arlo Guthrie, talented son of the even more legendary American blues singer Woody Guthrie, wrote the cult 70s anti establishment and anti Vietnam war song, later to become a cult film, called Alice's Restaurant.*

Reflections on my first 6 months By Alan Small

Martyn, my son, first became interested in canoeing after spending a week at Calshott Activities Centre with his school. On his return he was keen to continue so we popped along to the Wharf one fine Tuesday evening in June in the hope that he could 'have a go'. I also hoped that I could leave him there for a couple of hours and have a bit of peace and quiet back home but it was not to be – 'you must supervise him for the evening' I was told by this friendly chap who seemed to be in charge (Richard Somerset as I found out later). Mind you, there weren't any boats there for him to have a go in – the trailer hadn't arrived but was expected imminently. Well, who needs a boat I thought – he can swim, just chuck him in. It seems though that that is not allowed, something to do with polluting the water. Anyway, the boats did arrive and Martyn had his go, and Richard asked me if I wanted to try. "I'd love to" I said (never lied before then!) "but I'm not wearing the right clothes". True actually, and a wonderful get-out. Secretly I would have liked to have a go, and vowed to find some appropriate clothing the following week. I'm sure Richard didn't believe me. He has heard it too often before from other parents.

The following week came and I had found some 'suitable' clothing. Mind you I was hoping I wouldn't see anybody I knew! I didn't get a chance to go on the water straight away because it was pretty busy with all the youngsters (that is anyone under the age of 45) but later in the evening my chance came. First of all though a question. "Can you swim 50 metres fully clothed?" "Yes of course I can" (What a stupid question. Those metal studs in my size 10's are a great anti-buoyancy aid. It's the next 50 metres getting back up to the surface that worries me.) Richard showed me how to get in the boat without falling in and I had a little splash around. Around was the operative word since that was all my boat seemed to want to do – go round in circles! I was also shown how to get out without falling in. That was a little more difficult I found but an explanation of the physics behind it helped me work out what to do. (You can't stand on water in case you didn't realise). Then came the embarrassing bit. Changing out of wet clothes in full view of every Tom, Dick & Harry along Reading Road South. (I got wet because the boat was wet inside and I sat in it, as well as the fact that water seemed to follow the course of gravity and run down the handle of my paddle straight into my lap. That chap Eurika or whatever his name was has got a lot to answer to.)

On the third session leaflets were being handed out advertising the forthcoming Barbeque afternoon being held at RAF Odiham's swimming pool. I thought that might be fun to attend so Sheila, Martyn and myself decided we would go. Prior to that though I felt it was time to start learning the 'lingo' so I did a little research on the Internet and looked up a few things in my dictionary. For example, at that stage I really didn't know what the difference was between a canoe and a kayak, and what was that about the canal being Grade 1 water? My dictionary defines a kayak as 'Eskimo canoe of light wooden framework covered with sealskins'. A canoe is 'boat propelled with paddle(s)'. Great, I am now the fountain of all knowledge, so of we go to Odiham and there are lots of boats in the water, many looking similar to each other, but there was one that was different. It wasn't made of plastic and it was long and thin. That must be the kayak I thought, and the others are canoes, so I said to someone who looked knowledgeable "Is that a kayak?". "Yes" he said. Super, I'm picking this up pretty quickly. It was only sometime later, when doing my One Star course, that I really found out the difference between a canoe and a kayak. Looking back at Odiham, that knowledgeable chap I spoke to must have thought I was pretty stupid when the place was actually full of kayaks and not a canoe in sight. Still I can't remember who it was and hopefully he won't remember me! Perhaps I should update my dictionary - I did buy it in 1973!

Martyn and I spent 4 hours in the pool on the Barbeque afternoon, and we were both shown how to exit a kayak when in an inverted position (in other words after a capsized which seemed at the time to be something likely to happen quite often). We practised that a few times, despite the discomfort of water rushing up your nose once your nostrils were pointing skyward (mental note to bring a nose-peg next time). A little later I noticed Martyn was being taught how to exit whilst wearing a spraydeck, something designed to stop water getting into your kayak when both up the right way and after a capsized. Unfortunately a side effect of this is that it also does a very good job of preventing you from getting out of the capsized kayak (unless you know what to do). I didn't get a chance to practice that myself, at least not under a controlled supervision exercise, but I was very glad that I had watched Martyn and learned from that since I needed that knowledge later when the very same Martyn, my son, did his best to commit me to the deep depths of the pool whilst trapped in my kayak. Richard had organised a game whereby two teams competed against each other where one paddler had to paddle from one end of the pool to the other with a second person carried somewhere on the boat, pick up a third person and paddle back to the other end, pick up a fourth person and so on. So you have a situation with one person in a proper position paddling the kayak, and numerous others hanging on for dear life to anything they can get their hands on, including the paddler. Richard suggested that I be one of the paddlers, and I needed to wear one of those skirt things (a spraydeck) because there was a very good chance of the kayak being swamped otherwise. Good idea I thought, we don't want to sink. What I hadn't foreseen was that with a number of wriggling, squirming, hyperactive 'participants' trying to stay on a kayak powered by an inexperienced 12 stone lump who couldn't steer a straight line to save his life, things became very unstable and it was Martyn who finally succeeded in tipping the boat beyond the point where the Centre of Gravity was no longer above the kayak but over open water. Result? - a capsized, with me trapped inside by a spraydeck. That's

when my earlier observation came in handy, and I was able to get out O.K.. Mind you, as I surfaced I noticed Richard's face was looking more than a little concerned until he could see that I was alright!

By the end of the four hours, which were very enjoyable (thanks Richard and the rest of the organisers), I was feeling very sore and achey, mostly I think down to the fact that the kayaks were a little on the small side for me and it was a bit of a tight fit, and the sitting position with legs straight out unable to move was something I was not used to. The following day I really suffered, virtually unable to walk due to aching muscles in my upper thighs. I got over it though and decided that this was a good sport to get into, and as a result we paid our money and became members.

What next? Well, we wanted to learn the correct way to handle a kayak, and with all the activity going on on a Tuesday evening there didn't seem to be the opportunity to monopolise someone 'in the know' to teach us what we wanted to be taught, so the best thing would be to go on a course, and it so happened that there was one taking place shortly and there was space for one more person (Martyn). I couldn't do it because it was 2 evenings a week for 2 weeks, and 2 Saturday mornings, and I work Saturdays. I would take Martyn along for the evening sessions, and Sheila would take him on the Saturdays. Perhaps then I could learn from Martyn. Anyway, on the first evening it turns out that they had a spare kayak and could take one more person, and so the parents that were staying to watch their loved ones were asked if anyone wanted to join the course. I was keen, despite the work problem, but so was one other parent, but she did the decent thing and it was age before beauty and so I joined the course. Very useful it was too, being run by Dave Mantell and Richard Somerset, and it seemed to me at that point that these were the only two active canoeists in the club (such was my ignorance). One downside on the course though, shared I think by all the other trainees (mostly under the age of 12), was that we had to capsize in the canal - that horrible looking, dirty, stinky liquid that looks like something out of Quatermass! (In all honesty though it is not as bad as it looks - the water is actually quite clean - have a look in the winter months - you can see the bottom of the canal - what makes it horrible looking is the bed of the canal being churned up by passing barges etc - its only dead leaves - o.k. and a few supermarket trolleys and empty cans).

What made the day of the capsize worse though was that on arrival at the Wharf you were greeted by a Surrey Ambulance parked in the corner - was this just a precaution on the trainers part, or was there a real danger here! Thankfully it seems that the ambulance crew always park there whilst waiting for their next 'shout' so our fears were dispersed, or were they? There was some reluctance on the part of some trainees (all trainees?) to actually tip the boat over but we did it in the end and all passed our One Star course and are now proud owners of the appropriate badge and certificate. My knowledge of the lingo is improving as well, although I'm still stuck on 'Skeg'. The last time I heard that was by Craig Charles on Red Dwarf - I can't yet make the connection between inter-galactic space travel and paddling, so if anyone out there can hear me please send answers by E-Mail to alan.small@ntlworld.com thanks.

To be continued....provided there are not too many complaints to the Editor

Training Times (until April 16th)

Wednesdays 1930 Crookham Wharf
Thursdays 1515 Crookham Wharf
Saturdays 0920 Crookham Wharf

Just turn up with some kit and we will find a boat suitable for you.

For any further information ring Charles Hicks on 01252 850657 or Paul Batchelor on 01252 845510 or e-mail

batchjp@aol.com

Hare & Hound Results Jan02

(Dec 01 Cancelled)

1 st	Paul Massam	K1	61.32	10points
2 nd	Richard Batchelor & Paul Batchelor	K2	47.22	9
3 rd	Paul Stearn & Simon Forrest	K2	47.25	8
4 th	Charles Hicks & Pete Absolom	K2	59.27	7
5 th	Alan Coleman	Lannce	65.55	6
6 th	Tina Murrey	Lannce	74.42	5
7 th	Jonathan Johns	Hobbie	74.00	4
8 th	Liz Murnaghams & Brian Gandy	K2	61.26	3

Weil's Disease

There is always a danger when alerting people to the hidden dangers of a sport that it will put them off, but we would be wrong to not alert every single member of this particular risk. Importantly I would urge you to take sensible precautions as outlined in this extract below taken from a recent BCU notice.

The Basingstoke Canal has a regular water quality test at least four times per year and has ALWAYS passed!

What is it?

Weil's disease is a bacterial infection carried in rats urine which contaminates water and wet river banks. The bacteria does not survive long in dry conditions. The risk of infection is greater where stagnant or slow moving water is involved, but cases have occurred on swift moving streams as well as lowland rivers. There is an enhanced risk following a flash flood when rat's runs are washed out.

How serious is it?

It can be a serious illness requiring hospital treatment and can lead to kidney or liver failure. One patient in 19 dies with it. Weil's disease is a 'notifiable' illness.

How do I catch it?

The bacteria are absorbed through the skin and mucous membranes of the mouth and eyes. It gets into the blood stream more easily if you have a minor cut on your skin or feet when you do capsized drill or roll.

What should I do about it?

If you feel ill after canoeing, in particularly from 3 to 19 days following, and have any of the features in the case history CALL YOUR DOCTOR EARLY!. The most common early symptoms are: temperature, an influenza like illness and joint and muscle pains. (Pains in the calf muscles are often particularly noticeable) Conjunctivitis may be present or develop, although the absence of any of these symptoms does not mean that the illness is not

Leptospirosis - nor does a symptom in isolation indicate that Leptospirosis is present. Weil's disease is indicated if jaundice is present.

TELL YOUR DOCTOR YOU HAVE BEEN CANOEING AND WHERE. IF WEIL'S DISEASE IS SUSPECTED , ANIBIOTICS MUST BE ADMINISTERED IMMEDIATELY - WITHIN 24 - 48 HOURS OF ONSET. A BLOOD TEST SHOULD BE UNDERTAKEN TO CONFIRM THIS NOTIFIABLE ILLNESS. IF THE LOCAL PUBLIC HEALTH LABORATORY IS NOT EQUIPPED TO UNDERTAKE EN ELISA TEST THE SAMPLE SHOULD BE SENT DIRECT TO THE LEPTOSPIROSIS REFERENCE UNIT AT HEREFORD. MARKED URGENT IF NECESSARY.

In summary.

Avoid capsized drill or rolling in stagnant water or slowly moving water.

Wash or shower after canoeing.

Cover minor scratches on exposed parts of the body with waterproof plaster.

Use foot wear to avoid cutting your feet.

If you have flu like illness after canoeing go to your GP early, tell him you are a canoeist.

EARLY IDENTIFICATION OF THE ILLNESS IS VITAL. YOUR DOCTOR IS REMINDED OF THE EXISTANCE OF: The Leptospirosis Reference Unit, Public Health Laboratory, County Hospital, Hereford, HR1 2ER

Results of blood tests have been known to take 2-3 weeks through the normal laboratory system. Water Sports persons have become seriously ill and some have died, through slow diagnosis and treatment since 1987. The local public health laboratory should be equipped to undertake an ELISA test, from which a result can be obtained within 3 hours of commencement. Otherwise the sample should be sent to the Leptospirosis Reference Unit at Hereford.

Frank Luzmore K2

Frank Luzmore was a founder member of Richmond Canoe Club and each year they hold a K2 race in his honour. (and to rake in a few hundred quid). It's not your average marathon, for starters its 13 miles downstream from Elmbridge to Richmond taking in 3 portages and the start of the tidal section. Secondly, the only concession made to ability is to split the men's races into "A" and "B" classes with men's "A" being Div3 and above. For the mixed crews it's a bloke of any ability paddling with a bird of any ability. This meant Charles (Div 8) and me (Div7) competing against Yael (Very fast) and a friend (Also very fast) from Tonbridge CC But who said life was fair? Paul and Richard had got into the men's "A" race by virtue of Richard's status. This put them up against the likes of World Champion Conor Holmes, and a fair chance of coming in last. Richard talked the Race officials into putting the Batchelor boat into the "B" race where they could scrap it out with Paul Stern and Simon Forrest.

Elmbridge CC have a Boat house with all mod cons. In the ladies changing room the talk was "What are you going to wear?" One Helly or two? No one asked "Does my bum look big in this?"

The start was entertaining. Men's A went off first and the starter had no control at all . When it was obvious that they were all going to jump the Gun he just blew his hooter anyway. The other starts followed in a similar vein. Charles and I also slow to the off, probably because he was doing all the paddling at this stage. I was wobbling like a jelly in the choppy water and spent much off the time in a low brace support. Charles later confessed to 18" of the bow being under water at times in the 3 foot waves. Once all the speed merchants had disappeared into the fog it calmed down a lot and I was able to relax. We

Trumpeting Waterside "A"

Perhaps a portage or two too many, but remembered as a superb race from some years ago and one that I had not done for several years. Would love to do it again.

Who would take on the challenge with this aged crock? Who would want the enjoyment of getting to the finish in a wet, cold, dirty and tired condition? Well, your Newsletter editor would! Get to Great Bedwyn early - it gets busy.

So we do. Park next to the check-in at the village hall. Checking-in is well organised and takes just a minute or two. Refuse some juicy, greasy bacon butties. Out to the car park to get ready and have a look around at the competition. The

caught up some of the other boats and were able to leapfrog them at the portages. An ornate gate was all we saw of Hampton Court Palace, John Lewis's at Kingston upon Thames was discussed as a "Teashoppe" location but we didn't stop for anything.

Katie had been kindly volunteered as chauffeur and was waiting for us at the finish. It was a fair walk to the car. Richmond CC may have a Boat house but it's in Central London so parking is limited. We met Paul B. He had had a "falling out " with Richard over helpful hints on steering the Club Stealth K2. (Note Falling Out as distinct from falling in. In the former case you don't talk to each other, in the latter you get wet then don't talk to each other.)

By the time we got back to the boat house we had missed prizegiving and the food was being put away but they found us some soup and rolls . We looked at the all important times ; Paul and Simon were just beaten by Paul and Richard. Yael plus 1 won the Mixed class comfortably beating Charles and me, but we were under 2 hours so pleased with our result.

Paul's car was blocked in at the car park so Richard had to cycle to University to collect his room key ,as if he hadn't had enough exercise.

The Times	
Holmes/Harris	1hr 27' 36"
Y.Ford/C.Neal	1hr 36' 01"
P. Batchelor/R.Batchelor	1hr 38' 47"
P.Stearn/S Forrest	1hr 40' 17"
C.Hicks/L.Murnaghan	1hr 57' 05"

Liz Murnaghan

boat looks good. Really sleek, slim, shiny carbon kevlar K2. Matching singlets and lycra shorts - very fetching. Keep the matching spray decks in the car - they will get in the way at portages. Light-weight footwear. A few exercises to stretch the muscles, then its time to go.

Short carry to the canal. Put in and paddle a little way up to Church Lock for a brief warm up, turn and get to the start. No rush as the starts are at 30 second intervals. Three in the line at the start. "Are you ready? Go!" Start with the left arm - one, two, three, four? left, right, left, right?.. Feel the power, right from the first stroke. The canoe surges forward. Both paddlers in unison. Little bit of splashing and spray, but that's only to be expected. No wash from the others, though - they were dropped right from the word "Go!". Keep the power on, but ease out the length of the stroke. Keep the top hand high and the paddles close to the side of the boat.

First portage approaching on the right. Don't ease off too soon. Come in at an angle. Now! Lean the boat left - lean on the left blades with a reverse stroke - bring the stern around flush with the bank. Stop! The wash runs forward and laps over the closed lock gate. In one movement the left hand is holding the front of the cockpit, feet under the butt, up and out onto the canalside. Paddle in the right hand, grab the cockpit with the left and run! Across the grass onto the path. Sliding a bit on the mud. Down the path to the far side of the lock. Drop the canoe into the water and in one continuous movement -left foot in: right hand on the bank to steady things: right foot in: paddle in both hands: slight push off the bank: draw stroke cum forward stroke on the left. Away! One, two, three, four?. Left, right, left, right?.

Feel the power again. Front and rear paddlers together stroke for stroke pass a single K1 with a K2 in sight to chase. Another portage. Then a few hundred yards to Little Bedwyn and a third portage. Nearly caught that K2 - take them on the portage. Repeat the portaging technique -again on the right-hand bank. There is work being done to the lock, restricting the access to the canal, so up on the shoulders with the boat upside down - helps to drain the canoe of excess water and so keep the weight to a minimum. Squeeze pass the other K2. The get in this time is a deeper drop to the water. No matter. Keep the pace on. Be sure of foot. In with the boat. Down into the boat together. Another push off and another draw stroke on the left which is immediately turned into a forward stroke. One, two, three, four? get the rhythm back again. Only 18 more portages to go! Take a swig from the drink pouch. Look out for the support crew at Oak Hill. Hungerford and Kintbury. They will take the split times not just for the record, but to see where time was gained and lost.

Approaching Newbury. Nice to have a current to go with for a change. Portage the low swing bridge. Run along the road - mind the cars and the pedestrians. In on the left. One last portage. Out on the left, down the steps at the bottom of

the lock. In and away with a fast millstream coming at right angles from the left. Under the old road bridge. Paddle hard in the swift current. The klaxon sounds - the finish. Out of the boat. Put it on the roof. Over to the Waterside Centre. Nice warm showers and exchange experiences with other paddlers. Hand in the race number plate and get a welcome cup of soup and a bread roll. Gather round the results. All high tech these days on a computer screen. 1 hour 45 minutes and still two Elmbridge crews beat that time! And also 9 minutes behind the record. Back to the training programme. Have a long chat with the coach! Try harder next year.

The Waterside is a series of four marathon races held on the Kennet & Avon canal in February and March. Waterside "A" is the first over 13.5 miles from Great Bedwyn to Newbury. 308 competitors entered this year's race, including seven from the BCCC.

The Newsletter Editor and me? Well, to tell the truth, we managed 2 hours 31 mins 36 secs. No matching outfits. No shiny top of the range boat. But we did try to emulate all the above portaging and other techniques. and we were very pleased, too, with our result. Mighty pleased also that we don't have a coach to answer to.

And go on - blow the trumpet for the other Club members!

Paul Batchelor and son (Richard, now of Reading CC*)

1hr 57 min 57 secs

Richard Somerset and Pete Absolom

2hrs 17 mins 23 secs

Simon Forrest

2 hrs 7 mins 48 secs

Paul Massam

2 hrs 32 mins 35 secs

If you want to try Marathon - no, they are not all as hard as that -meet us Saturday mornings at Crookham Wharf about 9 a.m. or 'phone Paul Batchelor on 01252 845510.

* We don't hold this against him 'cos he's a very, very nice lad

Brian Gandy

Event Guide

If you want to expand your paddling skills beyond Club nights and Pool sessions then look no further than the calendar on the last page of this newsletter. Below is a brief guide to what is involved and if you want to take part just phone the organiser listed and find out more. Please plan ahead, we may be able to fit in a last minute change but if no one phones then events get cancelled due to lack of interest.

Teashoppe tours

A gentle paddle on flat or slow moving water as a member of a group. The distances vary but 6 miles is usual. The pace is leisurely with stops for lunch, ice creams or fruit picking as appropriate. Suitable for anyone who can paddle well in a straight line, ideal for the journey element of 1 and 2 star tests.

Marathon training

Not quite such a gentle paddle. We will find you a partner for a double or paddle single with some of the slower ones.! Beginners boats are just as stable as a plastic pig and go much better in a straight line. Sessions last about an hour and choose a daylight one to start with. Suitable for anyone.

Hare and Hounds

3 or 6 mile timed event on the canal. You may be paddling on your own for some of the time but other paddlers will be around. An ideal introduction to marathon racing or to build up your strength. Suitable for anyone with 1 star skills. Gain points to win trophies at the AGM.

Marathons

A timed race on the canal or local rivers. Distances for beginners are no more than 4 miles. There is a small fee to enter but food is provided when you finish. BCU membership or a day ticket needed. Try a Hare and Hounds or a marathon training session and someone will soon try and talk you into racing for real!

Introduction to White water

A visit to a local weir to sample the frothier stuff. (Grade II water that is) Suitable for those with 2 star skills and above.

Other events

These are too diverse to cover briefly but will be the subject of separate write ups in the newsletter which gives more information.

EDITOR'S BIT

Good luck to our Devizes to Westminster Paddlers. No apologies for the marathon bias in this issue. If you want to see something else then write it. There is no truth in the rumour that I'll print anything, it still has to be legal, decent and honest. I'm waiting for your offerings.

Please forward articles to:-

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or E mail:

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(Articles preferred in *.rtf - rich text format)

***The closing date
for issue 89 is 19th
May 2002.***

A few dates for the calendar.

Feb0	
2	
23/2	International Canoe Exhibition
4	
24th	Pool session at RAF Odiham Contact Michael Carpenter 01252 877903
24th	Thameside 1 Contact Paul Batchelor 01252 845510
Mar0	
2	
1st	QUIZ NIGHT Phone Brian Gandy for details
3rd	Waterside C Contact Paul Batchelor 01252 845510
10th	Pool session at RAF Odiham Contact Michael Carpenter 01252 877903
16th	Club Hare and hounds Contact Paul Batchelor 01252 845510
17th	Waterside D Contact Paul Batchelor 01252 845510
24th	Pool session at RAF Odiham Contact Michael Carpenter 01252 877903
29th	Devizes to Westminster until 2nd April
Apr0	
2	
7th	Tonbridge Marathon Paul Batchelor 01252 845510
14th	Pool session at RAF Odiham Contact Michael Carpenter 01252 877903
16th	START AT CANAL CENTRE ON TUESDAY NIGHTS
20th	Club Hare and hounds Contact Paul Batchelor 01252 845510
28th	Pool session at RAF Odiham Contact Michael Carpenter 01252 877903
28th	Wey Marathon Contact Paul Batchelor 01252 845510
May0	
2	
5th	Reading Circuit Marathon Contact Paul Batchelor 01252 845510
11th	Introduction to White water North Walls Slalom Contact Liz