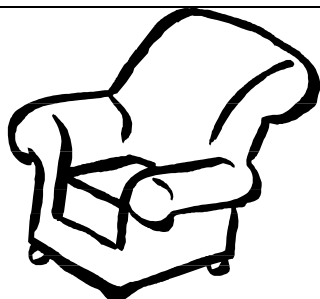




Waterfront

Issue 93

Feb2003



From the Chair...

The period between the deadlines to produce a 'from the chair' seems to come around too quickly sometimes and this is one of them!

We are on the threshold of a new era of the club with our new base, building and facilities at Mytchett. The boat store as reported later in this issue of Waterfront is progressing towards our opening goal in April on Tuesday 15th.

No more:

Trailer rota's

Trailer loading

Changing in the cold

Changing in the rain

Changing in the dark

Relieving in the bushes

Need I say more!

It is really encouraging to see the growing youth group within the club coming together to be able to participate in regional PaddlePower events.

This scheme has been running for 3 or 4 years and is growing in popularity.

Join in help out and let's hope the current momentum continues to Gold medals in some future Olympic Games!

Richard Somerset

Subscription Reminder

Member's whose subscription was due for on 1st January 2003 received a renewal notice with the last newsletter. You are reminded that your subs were due on 1st January. If you have not yet paid please send your payment to
Brian Gandy,
32, Florence Road, Church Crookham,
Fleet,
Hants, GU52 6LQ.
[01252 622 630].

If payment is not received by 31 March 2003, your membership will be deemed to have lapsed.

Subscription rates are:
Adults and Junior Family - £14. Family £28.
Affiliated Clubs £28.

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THE COMMITTEE

Chairman:

Richard Somerset 01252 683584

Treasurer:

Alan Small 01252 672693

Secretary:

Tony Gadd 01252 687611

Committee:

Michael Carpenter 01252 877903 (Pool)

Paul Jeffs 01252 615412 (Youth)

Liz Murnaghan 01276 514766 (Newsletter)

Lee Matthews 01428 714090 (Bankside co-ordinator)

Jane Roper 01252 622628 (Training Co-ordinator)

Co-opted:

Charles Hicks 01252 850657 (Boat house)

Matt Lockey 01252 684583 (Moving water)

Paul Massam 01252 372892 (Hasler Team Leader)

News

Boat Store Update.

Many hands make light work and that certainly was the case on our first work party weekend. We have just completed the second session and have cleared our space, built a new storage area for the BCA (our landlord) and erected a partition. We need to fit a two way light switch add some power sockets, paint the walls and floor before we start building the engineer approved racking system for all of our boats.

Lee 'our Mr Fixit' has quotes for several suppliers of scaffolding poles and fixings down from the original estimates which is very commendable. We have met regularly with the BCA (Basingstoke Canal Authority) to confirm the door positions etc and we are all happy with progress so far.

Dates for further work parties will be announced via e-mail and posted on the clubs web site but by all means contact a member of the committee for these dates and join in to build your boat store.

Richard Somerset

Taster Sessions.

We have been holding 'try a canoe' taster sessions at Fleet Wharf for several years now and I know some of you have started canoeing from these very sessions. This year we are planning to be even bolder and run two such sessions. The first at Mytchett on Saturday May 10th to attract a new element of membership in the area adjacent to our new boat store. The second is on Saturday 12th July at Fleet Wharf, which is on the same day as the John Pinkerton narrow boat trips during Fleet Carnival week. This date may change because it could get a little busy with us adding to the congestion at Fleet Wharf on that day.

Both dates you may have noticed have our Odiham pool sessions on the following day (Sunday) which could be an added attraction.

Richard Somerset

Club Website (www.bccc.uk.net)

As some of you already know the club website has undergone a transformation in recent months, to something I hope will prove a useful asset to the club. The aim of the redevelopment was to allow dissemination of information to all club members who have access to the internet and to design an online corporate image for the club. The result has, I hope, achieved both these goals.

The site boasts the following features:

- News – find out the latest news of club events as and when they occur;
- Marathon – find or download race dates, results and training times;
- Images – browse through a selection of images depicting popular club events;
- Directions – get door to water directions;
- Downloads – download the latest newsletter, video clips, desktops or club forms;
- Links – get direct links to the most popular canoe & kayak related links;
- Calendar – this interactive calendar allows you to see quickly and easily exactly what events are on, where they are and who to contact for more information;
- Games – try your hand at crazy kayak 2, and see if you can beat my score;
- Youth section – a new section for all youth member related content;

The site is currently over ten times the size of the old site and has room to grow. I am hoping to introduce a password protected area for club members which will include a forum/chatroom and an area for members to upload their own content.

If you have any photographs, video or suggestions for other content to go on the website, or simply wish to make a comment/criticism, send me an email.

Matt Lockey

Quiz Night Fri 28th Feb

A few seats still available, contact Brian Gandy [01252 622 630].

Club Marathon

This will be held on the . earlier date this year of Sunday 18th May. It will be held at the canal centre Mytchett . Volunteers wanted to help with car parks, entries, marshalls etc. Names please to Brian Gandy (01252 622 630)

TRAINING

Coaching Corner.

The Tuesday wharf evenings will soon be upon us and we expect many paddlers looking to be amused, organised and coached in their Star awards or the PaddlePower scheme so how can I help I hear you say?

The first step is to qualify as a level 1 coach for which you simply require a 2 Star award, Canoe Safety Test, 4 hour first aid and a level 1 coach training session. These courses need not cost you anything with Southern Region paying for 50% and the club paying the other 50%.

Many local centres hold these courses on a regular basis, Pangbourne or Longridge (Marlow) being the closest.

It might surprise you how much you have learnt up to 2 star level and this knowledge can be passed onto someone else and can be very rewarding.

You will also see elsewhere in this issue an article on Paddlepower. This is a scheme aimed at our youth group and will take a beginner through to 3 star level. As always make your requirements known to either Paul Jeffs or Jane Roper for all youth or training requirements.

YOUTH

We're planning exciting things for our younger paddlers this year. If you want to be kept informed, you must be on our youth email list. We will also be using the new youth section on the website to announce events and activities, but if you want to ensure you stay informed just drop Paul Jeffs a quick email on pjeffs@iee.org.

The BCU Southern Region organises a paddlesport challenge series during the colder months. The BCCC has joined the series late in the season, and we had two teams (Red and Blue) at the first event of the year 'The Generation Game' at Reading on 18 January. 14

of our youngsters and several parents had a great time at this indoor event, involving paddlesport-related activities. The slalom course designed by one BCCC team, involving a sunken car, volcano etc. is still the talk of the judges! Lewis Hayter passes on his thanks to all the participants!

Our two teams came 5th and 6th. Well done the Blues! Well done the Reds!

Here are the results:

- 1st - Reading Sea Scouts
- 2nd - Pangbourne Penguins
- 3rd - Pangbourne Pros!
- =4th - Black Swan
- =4th - Reading Warriors
- 5th - Basingstoke Canal CC Blue
- 6th - Basingstoke Canal CC Red
- 7th - Reading Amazons

The next regional junior activity is canoe polo - scheduled for the 6th, 13th & 20th of March (Thursday evenings) at the Willink pool Burghfield. Time is 7 till 9. It sounds like an inter-club competition the first two weeks, then a non-competitive session with paddles (teams; based on size, will be made up from those available.) We'll know more in the next couple of weeks. Cost £2.50/session, maybe £1.50 the third session. Sounds like FUN!!!! It would be great to get at least one team together. Please let me know if you're interested. We'll try and pre-arrange transport like the last event.

The final two events in this challenge are a marathon/sprint event on 26 April and a fun/awards afternoon on 11 May. The events are very informal and easy to take part in. Why not give it a try? We still have places for new team members! For more details email Paul Jeffs at pjeffs@iee.org or 01252-615412.

In addition to these events, we're planning our own BCCC events for younger paddlers. The big one will be Cardington on 17/18 May - a chance for all young paddlers to learn some moving water skills in safe, controlled conditions and have fun too!

Paul Jeffs

Paddlepower Whats that?

This season the regular Tuesday evening sessions will be using the Paddlepower scheme developed by the BCU. Unlike star tests it is modular with no nasty tests at the end. Paddlepower 1 is equivalent to 1 star and Paddlepower 2 covers a wider range of skills. to take you to around 3 star level. The old star tests are still available but with paddle power there is more emphasis on trying different boats and having fun.

Included in your membership will be a new logbook and you get stickers for completing each of the challenges This is not a secret plot by the marathon racers to get you into the shiny new Lightning boats (Although that would be nice) but to see how much fun you can have in a variety of boats including slalom boats and open canoes. With half a paddle can you handle twice the boat? Can you complete a diamond slalom challenge?

TRIPS AND TOURS

BCCC Cardington Youth Event – 17/18 May

This year, the club's regular Cardington event is being re-focused, specifically to give the club's **younger paddlers** and youth members an introduction to moving water kayaking in a controlled, safe and fun environment.

This should be a fun weekend for all. You have two options to attend – for either one of the two days – or for the whole weekend. The choice is yours.

There will be both coaching in moving water techniques as well as some fun competitive events aimed at all abilities (with the emphasis on fun). The course will be staffed by the club's own whitewater enthusiasts and coaches. The river runs alongside the site and can be used for placid water training or some recreational/family paddling. The early part of Saturday will be used for finalising the course. The late afternoon of the Sunday will be used for

decommissioning the course. We can also expect some playboating and whitewater demos!

You can stay overnight on-site in your own caravan, camper or tent (nights of 16 and/or 17 May), stay in a nearby hostelry (e.g. Travel Inn), or pop up for the day (17 or 18 May). Bring your own food and drink – picnic or whatever. We will be bringing boats and equipment – so young paddlers need just bring their paddling kit and spare clothes. Mid May, we hope, will give us good weather and warmer water!

Places will be limited to ensure we maintain a safe environment for all.

Contact Lee Matthews on ***dusty.leemathews@tiscali.co.uk*** or 01428-714090 to book your place now!

If you want to offer to assist, to coach, or otherwise help during the event – contact Paul Jeffs at ***paul.jeffs@tesco.net*** or 01252-615412.

Never heard of Cardington? The Cardington course is an artificial moving water course located in the Priory Country Park outside Bedford. It's used by clubs from all over the country for training and for slalom competitions. Water flow and course design can be used to emulate a wide variety of river conditions. The BCCC has held successful family events there for several years.

Henley trip.-5th July

Last year Debbie organised a superb day out on the Thames at Henley to co-incide with the last days rowing and skulls racing at Henley during Henley regatta week. Strawberries and cream with a little Champagne for lunch followed by a fish & chip supper and fireworks in the evening.

This was a great day out and is to be repeated on Saturday July 5th. Kayaks and open canoes are welcome, full details nearer the day.

Richard

The Dart Sat 25th Jan

The email said "Meet 10am in the café at Dart Country Park". I was there, where was everyone else? It turned out that the old car with old boats on top that I whizzed past on the Devon expressway contained Paul and Nigel. Bruce was already there. They had all made an earlier start than me so decided to have breakfast. When Richard, Matt and Tim turned up they thought this was a good idea too. So what with one thing and another it was some time before we actually got on the water.

The weather was unseasonably *warm* and *sunny* so there was no sense of urgency to get moving. Matt and Andrew both had diddy little boats so there was no rushing downstream either. We played on lots of waves, Buckfast weir was inspected then run down the right hand side. It was a bit of a bump and a scrape, not much water flowed over the lip and you could sit for ages contemplating how much plastic you had left to lose from your hull.!

Near the take out at the Little Chef there is a wave that Alan had everyone surfing and we couldn't progress downstream until a satisfactory "Yee Ha" had been achieved by everyone.

We loaded up boats and drove to the Newbridge car park for a late lunch. It was then time for more playing. Matt and Richard took lots of photos with Matt's latest toy.. The large rock in the middle of the main flow through Lovers leap held magnetic attractions for some, but all survived

The only event of any interest occurred at the first drop of Triple falls. Richard nobly offered Nigel some help to exit the stopper with dignity. Mission accomplished there then followed a bit of a mix up and both exited their boats. Nigel has a theory that this is all due to the neck seal on his dry cag which needs repair.

The light was definitely starting to go so playtime had to give way to paddling and we returned to the Dart Country Park before our carriages turned to pumpkins. For some it was time to go home, for those lucky enough to get a 2 day pass from the other half it would be more of the same tomorrow.

Liz Murnaghan

Hurley Weir Rodeo 2003

Some of you may have been contacted by me via email a few weeks ago regarding the Thames Weir Rodeo. The Rodeo is held at Hurley Weir once a year and has some of the best freestyle playboaters in the country competing for a £1,000 cheque. If you would like a video of the event then contact me and I'll get a copy to you asap. Due to popular demand however, I will be issuing the video on CD's as an mpeg – but if you would like a copy on VHS then again, let me know.

Matt Lockey
0791 962 2601
mail@mattlockey.net

FEATURES

New to paddlesport? Read this before you go to the International Canoe Exhibition and spend all your pocket money. Ed

Boat choice - a personal view.

Some years ago I was very much committed to another water sport, scuba diving. After a few years I was, like now, involved with training people in the art of breathing underwater. One thing that I noticed with beginners to this sport was that after two or three weeks they didn't rush out and purchase wetsuits, aqualungs or even fins but (and I'm sure I didn't do this!) purchase divers watches; was it the poser appeal or what? It is quite likely that like my diving friends, when you start canoeing or kayaking you want to purchase a boat of your own. My advice has always been to wait and concentrate on comfort and purchase a thermal and cag. Boring this might be but what is more important than being warm and comfortable?

But eventually you have decided to buy a boat. This expense is not something to rush into because there are so many types even within the many disciplines that you can choose from. One of the many benefits of joining a club such as ours is that you can try many of these different boats any evening or weekend the club meets.

The vast majority of first boats are either a very low cost fibreglass Snipe or Commanche or similar design a parent will say, "Use this and let's see whether you are still canoeing this time next year". Others will choose a compromise between a GP (general purpose) and a semi-playboat that abounds the magazines and shops at the moment but made of a modern plastic. Let us assume you wish to use your boat on the canal and to use it to progress your skills towards 1, 2 and 3 star awards.

What do you look for?

Colour

Name

Price

Or

Boat length

Cockpit size

Underwater hull shape

Above water hull shape

Or a combination of all of these?

What I believe you should be looking for is:

1 a large enough cockpit - easy to get into and out of

2 comfort - you could be sitting in it for some time

3 buoyancy or volume- if/when you venture to moving water you want to float and not play submarines

4 boat shape - do you want to stay upright in waves or use the water to make rodeo moves?

and finally, does it fit your roof rack, garage and pocket?

Boat length.

Basically the shorter the boat the more manoeuvrable it is but this comes with a drawback in that it will take more effort to paddle in a straight line.

Longer faster - shorter slower

Cockpit size.

Getting into a kayak for the first time can be a traumatic experience, positioning legs and bottom in the right places without tipping over. A large cockpit and centre buoyancy design is very important for safe and comfortable use.

Boat/hull shape

Boat design dictates its handling both on placid and moving water. You must ask yourself:; Do I want to have an easy time paddling or do I want manoeuvrability and tippiness. One thing to remember is: Round is smooth and stable while edges (flat bow and stern) mean twitchiness.

Boat buoyancy and volume is important to consider but more so with small boats designed for white water and play use. But these boats can be a real handful when running a river. Low buoyancy and short boats will not take you through holes, stoppers and drops. You need momentum and need to 'paddle paddle paddle' hard to get through these features. Standing waves are fun but will be a wet ride in these designs.

In summary, your heart and ego might point you to a short, stubby, low buoyancy, bright sparkly boat but your head should choose a 3 metre round hull, high buoyancy boat.

But ultimately the choice is yours!

Have fun!

Richard Somerset

A follow up to the Neptune Award (Dec 02)

Swimming Part II

I read "Waterlog" by Roger Deakin over Christmas. It is an account of all the open air swimming he undertook throughout a year. It starts in the moat of his house and encompasses the seas, rivers, lidos and even the odd canal in the British isles. Included are all sorts of trivia, and not surprisingly the benefits of regular immersion in cold water. These include strengthening of the immune system. A lowering of the pulse rate, blood pressure and cholesterol, an increase in anticoagulant chemicals in the blood and enhanced production of sex hormones (in both men and women) which improves fertility and stimulates the libido. (See page 108 of the book for more information)

Swimming Part III

Possibly the last words on the matter must go to Brian Gandy "We stopped at the wharf and got out the wrong side" 14.01.03

Liz Murnaghan

CANOE POLO AND POOL.

With the recent interest in Canoe Polo at the pool sessions we are going to purchase some legal helmets with face guards. So the next time you are at the pool and see some people sporting some flashy posey gear it will be your clubs polo team!

The matches with Paul Mant's scouts continue, we came close to winning last time out! Those of you with Internet access might be interested in the following links:

<http://www.canoe-polo.org.uk>

<http://www.clydespolopage.com/>

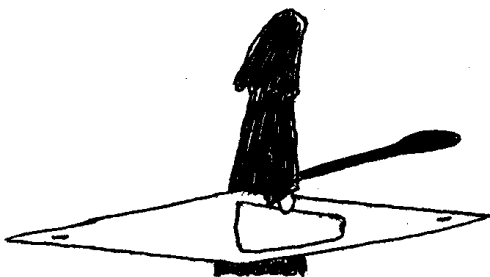
<http://www.canoe-polo.com/>

On an administrative note everyone playing Polo will be required to wear a Buoyancy Aid. It is for your safety. Please put your boat away after use, cluttering up the poolside is not acceptable.

Richard

MARATHON

Or as it is known to playboaters "The Dark Side"



From the canal bank.

Some of us are still out on the canal regularly at least once per week keeping ourselves in trim for the coming Marathon season. I say Marathon but my 'fitness' has certainly kept me going for miles and miles on sea trips over the last few years and I seldom get tired on White Water trips either so practice pays.

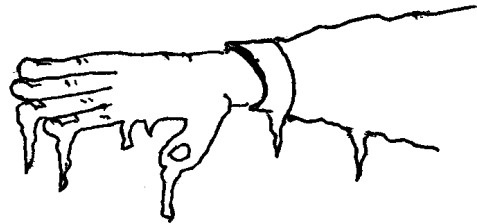
You must have seen films of ships in arctic conditions cutting through ice and snow with

spray freezing on contact with the superstructure of the ship.

This was what it felt like one Tuesday evening a few weeks ago. Ice forming on the decks of our boats, paddles, hats and glasses of those wearing them, crazy or what?

Richard Somerset

"It was so cold..."



Waterside training

Following the write up in Waterfront and a bit of gentle arm twisting the Club now has a committed team of paddlers to have a go at this race series. Some say "If they are not committed by now then they should be", but watch what you say because the majority are or have been committee members. I have nothing to say on the sanity of committee members.

Thanks must go to Charles for his sterling work in keeping the boats watertight. The blue Mirage is showing it's age and can leak copiously, especially with a 27 stone load. The Falcon also needed some work, something to do with a lady driver in the dark. Brian's paddles however were beyond repair, something to do with a gentleman driver in the dark. Do you need to know any more?

We have braved all sorts of weather except the hot variety. When the canal is frozen we visit the Wey to sample real portages and currents. Nothing is allowed to interrupt training (well apart from whitewater, sea or ski trips)

The fun starts on Sunday 23rd Feb.

Hare and Hounds Results

February's race went ahead and produced some record times, but this probably has something to do with ice on the canal and everyone turning

short. Liz also had a record time of her own, a mere 1 hour and 38 minutes and that was just the car journey from Camberley to Fleet wharf!

Dec 02				
1 st	Chris Absolom	Hobbie	65.02	10pts
2nd	Paul Massam & Tina Murrey	K2	59.06	9
3rd	Pete Absolom	K1	59.39	8
4th	Paul Batchelor	K1	54.19	7
5th	Dave Belbin & Tina Parsons	K2	45.20	Visitor
6th	John F Corbett	GP	81.37	6
7th	Richard Somerset	K1	57.10	5
8th	Alan Coleman	K1	71.00	4
3 miles				
	Roy Whiddett	GP	43.00	
Jan 03				
1st	Roy Whiddett	GP	87.15	10pts
2nd	Alan Coleman	K1	68.14	9
3rd	Gerry Rogers	K1	65.17	Visitor
4th	Lis Coleman	Laance	69.21	8
5th	John F Corbett	Tiger	81.34	7
6th	Brian Gandy & Chris Absolom	K2	59.44	6
5th	Liz Murnaghan & Pete Absolom	K2	59.22	5
6th	Richard Somerset & Paul Massam	K2	57.40	4

WHITEWATER RACING

This is a fun event for all of you who fancy a shot of adrenalin. Just paddle your boat from the top of the Nene Whitewater course to the bottom as fast as you can. No need to paddle a wacky racer any plastic pig is suitable, although one just under 3.50m can make the most of the handicapping system. The date is 26th April. Contact Liz Murnaghan for more info.

SLALOM

So you have had a go playing around the poles on the canal, why not test your skill against the clock and throw in some gently moving water? There are a lot of low key events around the country but I propose we start with a trip to Winchester on 10th/11th May. Contact Liz Murnaghan for more info.

EDITORS BIT

I seem to have done a lot of paddling recently, most of it in a K2 training for the Watersides. The moment of truth is soon and we will know whether or not we have done enough work. If you don't want the next issue to be full of marathon reports (there are 4 Waterside races each one longer than the one before) then I suggest you get into a boat, go out have fun then send me an email detailing all your exploits. Send reports to liz.murnaghan@ntlworld.com or post to 10 Elsenwood Drive' Camberley Surrey GU15 2AZ Copy date for the next issue is 18th May

Following a recommendation from the BCU we must draw your attention to the following statement: “Canoeing and Kayaking are “Assumed risk” - “Water contact sports”

A few dates for the calendar.

28th	QUIZ NIGHT See inside for details
Mar03	
2nd	Thameside 1 Contact Paul Massam 01252 372892
8th	Paint the barn Contact Richard Somerset 01252 683584
9 th	Waterside B Contact Paul Massam 01252 372892
9th	Pool session Contact Mike Carpenter 01252 877903
15th	Hare and Hounds Contact Paul Batchelor 01252 845510
14/16th	International Canoe Exhibition
23rd	Waterside C Contact Paul Massam 01252 372892
23rd	Pool session Contact Mike Carpenter 01252 877903
23rd	River Mole tour Contact Martin Sanders 01306 740790
Apr03	
6th	Waterside D Contact Paul Massam 01252 372892
15th	Start paddling at Mytchett if all goes well!
13th	Pool session Contact Mike Carpenter 01252 877903
19th	Hare and Hounds Contact Paul Batchelor 01252 845510
26th	Nene Whitewater race Contact Liz Murnaghan 01276 514766
27th	Pool session Contact Mike Carpenter 01252 877903
27th	Wey marathon Contact Paul Massam 01252 372892
May 03	
4th	Reading Circuit K2 Contact Paul Massam 01252 372892
10/11th	Winchester slalom Contact Liz Murnaghan 01276
11th	Pool session Contact Mike Carpenter 01252 877903
17th	Hare and Hounds Contact Paul Batchelor 01252 845510
18th	CLUB MARATHON Contact Brian Gandy 01252 622630
17/18 th	Youth Weekend at Cardington See inside for details
25th	Woodmill Marathon Contact Paul Massam 01252 372892
25th	Pool session Contact Mike Carpenter 01252 877903