

Totnes Canoe Club

Newsletter June 2011

Time is flying by and we are well into the second set of training sessions for this season. Although the Club's Exe trip was sadly cancelled, please do try and join us on the next monthly trip. There are peer trips planned via the Club's Yahoo group, and the annual surfing weekend is fast approaching.

If you have any questions, concerns, or ideas about the Club please speak with one of the Coaches – its your Club and we want to know how you want it to be.



Flat water K2

Club Trips

We have had the driest spring on record, so quite how we managed to arrange the Exe trip on the wettest day in months is something of a mystery. Due to the persistent and heavy rain on the day the trip was cancelled. We therefore look forward with even more excitement to the forthcoming trip on the River Avon.

An email will be sent out nearer the day, but to confirm for your diaries it is on Sunday 24th July. The trip is from Bantham Quay up with the tide to Aveton Gifford, then back with the outflowing tide. This is a particularly beautiful stretch of river and paddling along the tidal road is always entertaining.

Pool Session

The next session is on Saturday 25th June, 5.00 to 6.00 for beginners; 6.00 to 7.00 for improvers. The place to practice support strokes, rescues, or even learn to roll in the warmth.

Do please remember that the boats are provided – please do not bring your own without the prior agreement of the Committee.

Due to the bank holiday weekend the last session was rather light on coach numbers so apologies for having been spread so thinly.

Yvette will usually have the Club library of books and DVDs about kayaking at the pool sessions so do have a look and borrow something inspiring!

Kayak Marshalling

Further to last month's request for safety cover for various charity swims the Club has now been approached by the local Oxfam Group who in conjunction with transition Town Totnes and Amnesty International, are planning to hold a duck race sometime in September. We have been asked to provide marshals to disentangle any ducks caught in the river banks, and to retrieve any that have passed the finish line. Assuming the event goes ahead we will be looking for volunteers to help out.

Please note that the ducks will in fact be plastic and no wildfowl will be harmed in the process...

Olympics

Tickets have now been issued and we wait to see who has been successful in getting them for any of the Canoe and Kayak events.

K1 is single kayak, K2 is double (2 person) kayak.

C1 and C2 are canoes, single or double.

The main events are flatwater racing, and white water slalom. The boats are somewhat different than those we use in the Club and the definition of a canoe is that the paddler is kneeling and using a single blade paddle – the boats themselves look more like kayaks. Racing kayakers show their knees...



C1 >>

<< K1





Cardiff White Water Centre –

A Special Report

*by our Overseas Correspondent
(or Chas as he's usually known)*

My first time there and a beautiful sunny day, changing rooms, showers, a cafe – this is how kayaking should be! On a quick inspection it looked OK at 8 cumecs, but the first run found me just thankful to have made it to the bottom right way up, no eddies, no playing!

Subsequent runs revealed that one particular wave seemed to be out to get me; in ten runs I had two desperate levers off the bottom and one full on roll, all the others seemed OK and after getting used to it we did manage some eddying, ferry glides and even a couple of tentative plays!

After 10 runs (with a break after 5 for sandwiches and a cup of coffee) I had a quick go at surfing the bottom wave where the course empties into the bottom pool and then decided to quit while I was (more or less) winning. Don and Rowan did a few more runs, and I took some photos, then we watched the rodeo competition that was going on, as they turned on all the pumps to give 12 cumecs for the final.

A grand day out, but quite challenging for me; big respect to Ali and Saffi for running it on previous trips.



Editor's note:

One cumec is one cubic metre of water per second. So try and visualise what 8 or 12 look like. Ouch.

Pic right: advanced kayak skills No 42: how to paddle uphill



Club Trip - Totnes to Stoke Gabriel

A happy band of twenty paddlers set out from the boatshed and headed downstream with the tide towards Stoke Gabriel. The group's number was increased to 21 as far as the Sharpham Estate by an accompanying seal who then decided it had enough of our company and moved on to waters new.



Picture lifted from Google

We had a short snack break near Sharpham, and then the river banks steepened and the oak forests began to take over. A beautiful and unspoilt stretch of river reminding us just how lucky we are to have this as our home turf.

It was a breezy day with the wind gusting quite strongly at times, and although there was a headwind most of the way we made good progress. The last stretch from Ashprington Point was the most gruelling, and one paddler was suddenly blown clean over by a particularly strong gust – but we all had to be ready with bracing strokes just in case.

The tide was running out fast as we came into Stoke Gabriel and we had a short walk through the mud to get to shore, although not as long as Teignmouth Canoe Club who arrived some 15 minutes later!

We were rewarded with ice creams at the cafe at Stoke Gabriel as we changed and packed up ready for the short drive home. Thanks to all the drivers who made the shuttle straightforward, and special thanks to Linda and family for the minibus and trailer.



Contacts

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Committee and Coaches

Its worth remembering that all your coaches are unpaid volunteers, although the Club does contribute to training and qualifications. We would welcome others to the committee – and are especially keen to enlist some non-paddlers (parents, family or friends?).

Please get in touch if you would like to get more involved in the running of the Club

Yahoo Group

Go to <http://uk.groups.yahoo.com/group/totnescc/> and follow the joining instructions.

Do make suggestions for any paddling – even if only to say you fancy a paddle and want company, and then hopefully others will want to join you and can put together a plan.

This is also the place to share pictures, stories and generally interact with fellow members in the nice warm and dry virtual environment.



Surf Trip

You will have received an email about this recently. The weekend is for all members – not just the hardened surfers – and is a chance to spend a relaxed weekend camping and on the beach, with surfing optional. Just come for the company if you want! If anyone can ensure glorious sunshine we would be eternally grateful.

Contact Jon or speak with your coach for further information.