

Totnes Canoe Club



Newsletter August 2012

Well its now September and we have had a very successful training season. The Club now has over 190 active members of all ages and abilities. Although the regular sessions are at an end there are still club trips and peer group trips to look forward to, as well as White Water training.

The wet summer has had some benefits, providing summer white water paddling on local rivers that would normally be far too low to paddle at this time of year.

So please join the Yahoo Group to see what's going on - and to make suggestions of your own. Its not all white water from hereon!



Youth Freestyle

by our Scary-stuff Correspondent, Rowan James

On Saturday the 11th August Connor, Sam and Rowan competed in the BCU's Youth Freestyle series at Hurley weir, Maidenhead. The competition is a great way of getting into freestyle kayaking as you get tutored by pro kayakers in the morning and then compete in the afternoon. Unfortunately for us one of the gates at the weir was going closing earlier than expected at around lunchtime so the competition was brought forward leaving no time for the training. I say unfortunately as it had been a little while since we last had a go on a decent sized wave. To put it politely we were a tad on the rusty side and we had only 20 minutes and about two runs on the wave before it was show time.

You get 45 seconds to show the judges what you can do which includes the time you take falling off the wave, rolling back up and getting back on the wave. We all had poor performance first runs and we were left wandering if we would even get a second. We did. By the time our numbers came around we were on a slightly better form, getting in a couple of spins and the occasional brown claw.

After lunch we got back on the water to find that the both gates were still open so we had a bit more of a play, by this time all nerves had gone, we were fully warmed up and on top form... pity the competition wasn't in the afternoon. We didn't fare too badly with Connor coming 3rd, myself 2nd and Sam close behind us in 5th. We had a great time and I can't wait for the next instalment of the youth freestyle series at HPP.



Left to right: Connor, Sam, Rowan





Beach Day

*based on reports from our man with a bucket & spade,
Paul Rutherford*

Various paddlers met at Aveton Gifford with the intention of paddling to Bantham for a day on the beach celebrating sandcastles, surf and sociability.

Paul Rutherford captained an open boat with a crew of Tallia, Issy and Frankie. The flotilla also consisted of Ian Stockman, Julie Perren, Sharon and Andrew Hayley and they all set off into a stiff headwind. Despite valiant efforts by all on board the good ships Rutherford and Stockman had to submit to the elements and turn back and then drive down to Bantham. Meanwhile Julie and the others successfully paddled down.

The intrepid paddlers were met on the beach by Elsie and her Mum Uma, Bronwyn Purdy, Steve Ritson and his daughter Faith, Trevor Nosworthy with Ollie and Lacie his grandchildren as well as David and Jamie Stacey. There was food, rockpooling, swimming down the river on body boards and a long bodyboarding session in the surf, much enjoyed by all (11 people in the surf at any one time).

A small group paddled back up to Aveton Gifford with the tide while the others drove.

It was a fun day enjoyed by all with sun (a rare treat), great powerful surf & good company.



Its not Kayaking, at least not as we know it





Sea Paddling with Ibex

Martin, Julie and Paul joined Ibex Canoe Club (who are based in Brixham) for a paddle from Kingswear to Brixham on a calm sea, starting in thick sea mist but ending in



blazing sunshine! There are some great sea caves under Berry Head to be explored and shared with climbers enjoying their sport. There is plenty of wildlife too. A great paddle provided you plan the tides correctly!



Olympics *(from Canoe England website)*

Canoe Slalom

David Florence made the C1 (canoe single) semi-finals with the fifth-fastest time of the session. Richard Hounslow finished 11th overall in the men's K1 (kayak single) event.

All British boats qualified for Canoe Slalom finals, but these ended in disappointment for the British team as David Florence crashed out at the semi final stage. Richard Hounslow failed to make his final after finishing in 12th place.

However, a breathtaking last day of C2 (canoe doubles) competition saw a fantastic GOLD for Tim Baillie and Etienne Stott, and SILVER for Richard Hounslow and David Florence.

In the women's K1 (kayak single) Lizzie Neave finished 11th after failing to make the final. She had qualified through to the semi finals in the second fastest time.

Canoe Sprint

Success for Ed McKeever in 200m Kayak Single – GOLD!! Congratulations to Liam Heath and Jon Schofield in the Mens Kayak Double 200m – BRONZE!!

A valiant effort by the Women's K4 of Jess Walker, Rachel Cawthorn, Angela Hannah, and Louisa Sawers who used the home crowd roars to drive their boat home to a 5th place, a fantastic achievement securing Great Britain's best ever women's result at an Olympic Games.

Rachel Cawthorn did herself proud in the K1 500m to finish 6th. Jess Walker competing in her second Olympics at the age of just 22, made her second final in the K1 200m, where she fought hard finishing 7th in an extremely close race.

For Beijing Gold winner Tim Brabants the past 18 months had been far from ideal preparation in defence of his Olympic title, but as a true Champion he didn't let his title go easily. He eventually finished 8th in his fourth consecutive K1 1000m Olympic final.

The women's K2 500m crew of Abigail Edmonds and Louisa Sawers took 3rd in the B final finishing in an overall position of 11th.

Richard Jefferies competed in the C1 1000m and C1 200m finishing 15th and 17th respectively.

Aveton Gifford, Bantham and the Avon

Full details of this forthcoming trip will be emailed out shortly by Paul Tweed, but in the meantime please do make a note in your diaries if you haven't already. Its on Sunday 23rd Sept and we will paddle from Bantham Quay up with the tide, stop for lunch on high tide, then paddle back on the falling tide. That's the theory anyway!

People with kit and full cars can meet at the top end of Bantham car park, changed and ready to be on the water at 10.00. The Quay is down a steep path just before the car park entrance. Those needing kit or sharing lifts should meet at KEVICC car park at 8.30 in order to sort kit etc

High tide will be around midday by the tidal road, Aveton Gifford. The formal Club trip will finish at Bantham Quay at around 2.00 but some folk may wish to continue downstream as a peer trip to spend the afternoon on the beach.

This paddle is (as are all the others!) along a beautiful and unspoilt estuary, much inaccessible by car or footpath. This one has the added bonus of enabling you to paddle along a public highway for some of the route. The trip should be suitable for all but youngsters could struggle if there are strong winds in either direction.

21 October – Raft Race

Calling all experienced white water kayakers – we need as many people as possible to marshal this event. Please let Roger know if you can help out on the day, from 9.00 to about 4.00. Totnes Rotary are organising things and will be publicising it shortly. The rafts themselves will be restricted to inner tubes and string. Food is provided. The event will be great fun and is really good PR for the Club.

Totnes Weir Hydro Scheme

Discussions are ongoing and productive. We hope to have some good news regarding improved access to the river to report very soon.

Stay Informed

Check out the following to get the most from your membership

Yahoo Group:

<http://uk.groups.yahoo.com/group/totnescc/>

For arranging peer group trips and sharing information about kayaking. Boats and kit can be borrowed by Club members for use on peer trips free of charge. As mentioned before, these are not official club trips run by a coach – they are purely a group of friends paddling together, sharing their knowledge.

Forum:

www.totnescanooclub.org.uk/forum/index.php

To see instructions on how to join the forums:

www.totnescanooclub.org.uk/forum/viewtopic.php?f=5&t=36

All sorts of discussions about the Club and activities

Sea Kayak Gathering in Pembrokeshire

Back in July there was a large gathering of sea kayakers from all over the country in Pembrokeshire. Our very own Paul & Julie went to see what was happening and brought back the following pictures. This was not an event for beginners and many adventures were had.





Mothecombe & the Erme

About 25 people attended the River Erme trip putting the boats in the water below Mothecombe and then paddling to Fleet House and back. Fleet House is at the tidal head of the river with a friendly little weir with a nice chute.

We usually get to the weir at high tide and its always a bit of a scrape at the top. This time it was a very hard paddle as the week before had seen near record water levels on the River Erme. Some of the younger paddles needed towing and later turned back as we found it too tough in the strong flows. A few paddlers did make it to Fleet House weir. There's always next year!



White Water Course

This is being organised by Jeremy and details will be circulated shortly. Places on the official course are strictly limited and are allocated on the basis of who is likely to benefit most from the training. Sadly we do not have sufficient coaches qualified to teach and lead on moving water.

But don't despair if you want to try white water and are not successful in getting on the official course. There will be many peer trips suitable for beginners where experienced paddlers will share their knowledge. Keep an eye in the Yahoo Group.

Anybody embarking on white water – whether the official course, or as a peer trip – must attend a white water safety and rescue session and be a competent 2* level paddler.

