

CLUB NEWS

MEET ADUR CANOE CLUB COMMITTEE: Fiona Callender

Hello to everyone from the committee.

I thought that this would be a good opportunity for all members to see who is on the committee, and what we do.

At the moment the Adur Canoe Club has a committee of 8 people and they are:

Gideon Reade – Chair and Chief Instructor – Gid has been on the committee for quite a few years now and puts a lot of effort and time into the club to make sure things run smoothly, as well as leading trips away.

Dave Brown – Treasurer – Dave has the hard task of keeping the accounts for the club in order. He plays a key part in making sure that the club has enough money to pay its bills and thankfully he does a great job.

Ali Gusterton – Youth Protection Officer – Ali is the main contact in the club for any child protection issues. She is dealing with all the instructors who have to get a CRB (Criminal Record Bureau) check for the BCU.

Jenny Westwell – Webmaster – Jenny is new to the committee after kindly taking over the role from Alex Brown who has gone off to University. Its Jenny's role to look after the website and make sure it's up to date.

Louisa Curtis – Membership Secretary – Lou is another new member of the committee after taking over from Cara Hamblin. Lou is the person who sorts out all the membership.

Graham and Vanessa Devenish – Kit Maintainers – Both Graham and Vanessa have the daunting task of keeping the cupboard tidy and the boat rack up to date.

Steve Bennett – Youth Development Officer – Steve has the task of developing the junior section of the club.

Fiona Callender – Secretary (that's me) – I'm the secretary for the club (and one that cannot spell very well) It's my job to sort out the committee meetings and to write the minutes up. I also keep the coach records up to date.

The committee meets 5 times a year, usually at the Royal Coach pub in Shoreham. Topics we discuss range from kit, events, membership to how to pay the bills. Adur Canoe Club is run purely by volunteers and the only reason it works so well is due to the dedication of its members.

There are currently positions available for:

Junior member: (Editor: STOP PRESS: New recruit just appointed: John Russell)

Social secretary

If you would like to be on the committee then please let me know at secretary@adurcanoeclub.org.uk

THE CLUB HAS LOTS OF SHINY, NEW KIT!

Early on this year both Fiona Callender and Lou Curtis applied for a grant from West Sussex Council for £2,500 for new kit and back in June a lovely big cheque arrived. Since then we have bought the following kit for the club:

- New buoyancy aids, small and large
- New junior paddles
- Safety kit such as first aid kits, towlines and slings
- Some new decks for the boats
- A new Pyranha G3 kayak
- A new Dagger Dynamo small kayak
- A new open boat – A Venture Ottawa
- New helmets
- Junior open boat paddles

Since buying the new kit, it has been well used and has enabled even more people to try kayaking and canoeing. Thank you West Sussex County Council!

POOL SESSIONS

Pool sessions are now running weekly, so you have plenty of opportunities to practice your wet exits, rolling and support strokes!

Don't forget: Thursday's 8.30-9.30pm at Wadurs swimming pool. Arrive around 8.15pm to ensure your place.

CONGRATULATIONS

- Janet Brown (*Editor: Hey, that's me!*): Sea kayak 3 star
- Louisa Curtis: Whitewater kayak 3 star

SLALOM RESULTS: CONGRATULATIONS TO ALL

Cardington 5th September

- C1 Women Division 4: Clare Thurgar 1st
- C2 Division 4: Clare and Gideon 2nd

Nene 29th and 30th August

- C1 Men Division 2: Dan Gusterson 2nd both days

Yalding: 24th and 25th October: Sarah Locke

This year the Yalding Slalom was a great success for the Shoreham group with around ten Adur paddlers competing. On Saturday the 24th of October we set out for the competition, first up was the division 4 K1 men. In this race Andy and Darrell were competing. Well done Andy who won first place for the veterans. Ray completed the men's K1 div 3 race; he was the clubs only representative for this race.

A bacon buttie or two (in some peoples case) later it was the div 4 women's K1. We had huge triumph in this race with the Adur women, with Clare coming first, Sarah second and Lou third; all three women got promoted for the second day! It should also be taken into account that Clare didn't actually intend to compete in this race, it was only when she was half way through practising for the C2 when she decided she might like to give the K1 a go too! They were followed by Annie and Debbie Locke, who achieved 9th and 10th place. Sarah and Annie also won firsts for their age groups. A congratulations also, to Clare and Gid who entered the C2 and came first to receive a promotion!

On the second day of races the high level of success continued, with some of the paddlers receiving not only medals but trophies too! The start the day off there was the men's C1 where Neil Setford Thompson won the Kent/Sussex trophy! In the men's K1, Danny also had success, winning that trophy (if they can retrieve it from the previous owner!). In the women's div 4 K1 Annie had success when she got a promotion! And then in the women's K1 div 3 Lou and Sarah should also be pleased as Lou achieved third place and Sarah fourth. Darrell also entered the men's div 4 K1 but narrowly missed out on coming last, although it could be argued that this might have been something to do with the fact that the slalom boat he was paddling started to sink after about gate number 6!

On day two the club was also represented by members of AOAC, Stewart Lindfield and Simon Wheatland took part in the men's Div 3 K1 on Sunday, while Jan Lindfield came 7th in the Div 3 K1 ladies. Charlie and Abigail Muttitt competed in the women's Div 4 K1 together with Margaret Williams-Fuller. Martin William-Fuller came 10th in the men's K1 div4.

Congratulations to everyone involved and thanks to Danny for making the weekend happen and a lot of fun!

Saturday

- C1 women Division 2/3: Clare Thurgar 2nd
- K1 women Division 4: Clare Thurgar 1st
Sarah Locke 2nd
Louisa Curtis 3rd
Annabel Locke 9th (highest under 12)
- C2 Division 4: Clare and Gideon 1st

Sunday

- K1 women Division 3: Louisa Curtis 3rd
Sarah Locke 4th
- K1 women Division 4: Annabel Locke 2nd

YAHOO GROUP E-MAILS

Please subscribe to the Adur Canoe Club's e-mail notification service if you can. Send an e-mail to: adurcanoeclub-subscribe@yahogroups.com Or visit: <http://groups.yahoo.com/group/adurcanoeclub/>

BCU REVIEW OF COACHING SCHEME: Gideon's comments to the BCU on behalf of Adur CC

"Adur Canoe Club wishes to add its voice to those calling for a serious, fundamental, and open, review of the new BCU UKCC scheme's suitability for voluntary clubs & coaches. The current, private, review is not regarded as suitable.

Here at Adur CC we have been concerned about the costs, effort, and remits of the new UKCC scheme since it was announced. In particular we are concerned about the scheme's deterrent effect on the flow of new, voluntary, coaches for our club. More recent announcements have occasionally looked positive, but more often seem to represent even further additions to the costs and effort involved.

Nonetheless, we are actively engaged with the new scheme, with four or five new level 1s, one with new L2 in progress, and two L1s actively looking for L2 training. This is showing us some of the strengths of the new scheme, but for sure these candidates are making exceptional efforts and facing considerable costs, even with the club paying 50% of fees, and scavenging around for grant funding elsewhere.

We also note that the new scheme was to some extent sold on the basis the courses would be government funded, which does not seem to be the case.... and in the current economic climate seems likely to become even less so.

We are very willing to make specific or detailed contributions to any review later. Adur CC has around 15 BCU coaches and five UKCC coaches".

CLUB TRIPS

SHOREHAM AIRSHOW PADDLE: Clive Edwards



A few pictures from Clive of the club session while the airshow was happening: how many people can *you* get in an open canoe?



PICNIC PADDLE: Suzanne Fox



Suzanne on the Picnic paddle

OTHER NEWS

WHO (OR WHAT) WAS THE DUFFEK?

Milo Duffek was a Czechoslovakian Slalom paddler. He 'astonished' the slalom community with his new stroke in the 1953 Slalom World Championships in Merano Italy. Prior to this all turning was done using sweep strokes, particularly reverse sweeps that although turning the boat quickly have the obvious drawback of slowing the boat.

Milo Duffek was able to turn faster and tighter to the gates without the dramatic loss of forward momentum and therefore post times down the course far superior to any other paddlers. In theory, he should have walked away with a

Gold medal. However there is speculation that he purposefully incurred a 100second penalty on his second round to avoid press attention so he could defect from communist Czechoslovakia by leaving Merino with the Swiss National team.

The stroke, however, did get press attention and was observed closely and copied by all the slalom paddlers who dubbed it the 'Duffek'. Over time, the stroke was given the more 'descriptive' name of the Bow Rudder.

Thanks to Dunk's post on *KayakQuixotica.com*, *Playak.com* and *Rapid Magazine* online.

YAK THROW BAG SAFETY NOTICE

Yak Throw lines - sold May 2009 & September 2009
Yak have identified a potential safety issue with a small number of the following Yak Throw lines, sold between May 2009 and September 2009:
15M 6222-15 20M 6222-20 25M 6222-25
The joining of rope used within the line causes the safety issue. This means when weight is applied to the line, it may separate.



Feed the throw line through your hands slowly looking for a join, this can be easily felt as a rough burr. Take care not to burn your hands during this process, if the rope is gripped too tightly or pulled too quickly.
If you are unsure, or require more information please contact Yak Customer Service team on 023 9252 8621, Monday to Friday 8.30am – 5pm.
If you find a join, stop using the throwline and return it to YAK Paddling, Mumbly Road, Gosport, Hampshire, PO12 1QA. We will of course replace your throw line and cover the cost of return.

CLIVE'S CLOSE ENCOUNTER ON THE WEY



SHOREHAM FOOTBRIDGE

The Connect2 Shoreham Harbour Bridge Replacement project is one of 79 Connect2 schemes nationally. The project aims to replace the existing footbridge spanning Shoreham Harbour from Shoreham Town Centre to Shoreham Beach.

The existing bridge was built in the 1920s and is now nearing the end of its working life. The new bridge will be wider, facilitating use by both pedestrians and cyclists.



ARE YOU A "BOB" OR A "PLAYER": Jerry Hansen

Several years ago I was looking at a paddler nicknamed "Bob". He was running a bit of grade 4/5 on the Isare in France. I soon found out why he got his nickname: he just bobbed down the middle of the river. He didn't stop to play once, but never the less had a good day's paddling. He didn't realise that if he worked on his personal skills he would have had an even better day.

Now this puts me in mind of some of you! Not in a bad way, but when you get on Alpine white water, it's powerful, cold as ice, with the air temperature at about 30 degrees, it's pretty tough. I should know I lost a boat on the Isare!
Are you ready to be a "Player"? Answer these questions:

- 1 Are you paddle fit and tough
- 2 Have you got the correct kit: remember the smaller the boat the higher the skill needed
- 3 Can you read the water
- 4 Can you break out into the smallest eddy
- 5 Can you roll first time
- 6 Do you know which side to roll on when you are being churned around
- 7 Can you do a strong and powerful high brace (not wussy stuff)
- 8 On the Adur test if you can capsize into the current and high brace out of it
- 9 Can you scull forever, same test as above. (the Isare is only 2 ft deep in places)
- 10 Can you recognise a deep recirculating stopper (one on the Isare)
- 11 Can you recognise other stoppers that will kill you (Dart, Bath etc)
- 12 Can you put on the power (dynamic paddling)



- 13 Have you been on a rescue harness in fast moving water (if not try it)
- 14 Do you have good throw line skills
- 15 Can your mates depend on you
- 16 Do you have confidence in your ability; is it justified
- 17 Do you know your limitations
- 18 Can you have fun

If you answer “yes” to all of the above, have a go at being a “Player”, if not then develop your skills. Perfect technique along with good power will help; poor technique will let you down every time. If you are working up to being a “Bob”, work on

- 1 Dynamic paddling (body posture)
- 2 High brace (body posture)
- 3 Sculling (body posture)
- 4 Rolling: open your eyes to see which side to roll on (light/dark)
- 5 Edging skills
- 6 Paddle up the rapid at Symonds Yat. (*Editor: might be a bit harder now its been improved!*)

If you are not sure about any of the above, ask: your instructors will try and help. Personally I'm getting a bit old for this, and I'm not paddle fit (17: know your limitations). Jerry.



BIGGING IT UP IN SCOTLAND: Ray Cooper

This years Scottish Paddlefest was on the Garry, grade 3+ and the Moriston grade 4/5, both dam release. Last year I paddled the Garry and settled down to watch the carnage on the Moriston, this year I was going to paddle both. The Saturday was pretty awesome and with my paddling buddies from Inverness we rattled down it a number of times and had a great time.

On Sunday I met up with my three paddling buddies. It was relatively quiet at the top put in, so we scouted the first section especially the first big fall, a monster at around 16 feet high with the waters folding in from 3 sides.

A group of kayakers came down and one of them seemed to get it all wrong, ended upside down but survived. “I’m up for it”, I said, full of bravado and courage.

We got on the water below the main dam outflow to warm up. I’m sitting in my big creek boat, which the day before felt like a big solid armchair, now felt very small. Even the warm up area was daunting as the eddies recirculated back into the dam outflow. My throat was dry, my body alert, eyes on stalks and warmed up, Matt, our leader, signalled us to move and we concentrated on our lines down the rapids. We had to make the eddy river centre before the big falls – a point of no return – once in the eddy there was no way out other than down! We all made the small eddy in the middle of the river and breathed a sigh of relief; we had made it this far!

Another paddler tried to attach himself to the back of our group but missed the small eddy by quite a large margin, he was heading backwards towards the big fall with a look of panic on his face. He grabbed out at the rockface and was clinging by his fingertips with the current threatening to dispatch him into the chasm below. He shouted for our help as his paddles disappeared down the falls without him. He was in a sticky situation! Matt reacted, leapt out of his boat onto the rock formation and managed to secure a line to the front of this guy’s boat. We pulled him in to the safety of the eddy and I can honestly say I don’t think I have seen anybody quite so relieved to be bobbing about in a small eddy in the middle of a kicking river! He was safe and we made the decision to leave him for his mates to catch up with him.

After a quick recap on lines, we were off again. We get the nod to go: my two fellow paddlers were both looking at me: they wanted me to go next! It was on, the crescendo of sound at river level is overwhelming! I know my lines: I’m aiming for a large rock on river left and I’m on target. Things are moving very quickly, I can see my next marker, the water is coming at me like an express train from the far left channel. I fight hard to stay on line: the river was determined to push me over the edge before I am ready.

I paddle a bit further and concentrate hard, but the river was winning: I wasn’t going to make my intended line! However I was far enough across to know I was good to go – I turned with the flow, boofed the edge and was airborne, it was just one solitary second, but it was awesome! The water enveloped me from three sides, I could feel it trying to tear off my arms, my helmet, anything so the river could win our battle. I knew where I was, I plunged deep into the pool, fighting to stay right side up. I disappeared for 2 seconds before I resurfaced, a couple of braces and some strong paddle strokes pulled me clear of the white inferno. Matt was there to greet me, man did I let out a huge yell and smile – it was ACE! SWEET!

I eddied out to watch my buddies come down – we all made it! In the eddy it was like we hadn’t seen each other for years, we were stonking! This trip isn’t going to be forgotten for a long while! Welcome to the big boys playground – wahooooo!



ARTICLE ABOUT "SURFERS EAR": essential reading for all!

Editor: This is the "abstract": I have a copy of the full paper if anyone wishes to read it.

External Auditory Canal Exostoses in White Water Kayakers: British Journal of Sports Medicine July 2008

Alison Cooper, Richard Tong, Richard Neil, David Owens and Alun Tomkinson

Objective

To identify the presence and severity of External Auditory Canal Exostoses (EACE) in a group of white water kayakers related to the duration and intensity of kayaking and the number of ear infections reported.

Design

A community based volunteer cross sectional study was completed with 92 kayakers (69 male, 23 female, mean (standard deviation) age 29.3 (8.72) years) and 65 control volunteers (37 male, 28 female, mean (standard deviation) age 36.9 (14.9) years). Following exclusions 269 individual ears were examined (154 kayaker, 115 control). Participants completed a questionnaire and underwent otoscopic examination. Main outcome measures were the presence and severity of EACE, the duration and frequency of kayaking and self-reported ear infections. Exclusion criteria included other cold water exposure, known ear pathology or poor visualisation of the auditory canal.

Results

The findings demonstrate that 69.5% of kayaker ears and 1.7% of the control group were found to have EACE. Severity of EACE was significantly associated with the duration ($p < 0.01$) and frequency ($p < 0.05$) of kayaking with 90.6% of kayakers that had participated for over 10 years having evidence of EACE. A significant relationship also existed between the number of self-reported ear infections and the severity of EACE ($p < 0.01$).

Conclusion

There is a positive relationship between the duration and frequency of white water kayaking and the presence and severity of EACE and associated ear infections.

Editor: final comment in the article: "There is some evidence that earplugs may prevent the formation and recurrence of EACE".

NEW PADDLERS CODE: Highlights of "The Floater" CKUK magazine Nov 09

"Distribute as you think appropriate!"

1. **RESPECT OTHERS:** Be aware you are not the only one on the water. Be friendly. If you see someone quietly fishing on the bank of a lake or river, call out to them or splash the water vigorously to attract their attention. Better still paddle up and have a lengthy chat about the weather, get tangled up in their fishing lines and/or nets, capsize and make a pigs ear of the ensuing rescue, scaring away any fish. Anglers love all this, apparently.
2. **THINK SAFETY:** If you see others in trouble on the water and you have the ability and/or equipment to help, on no account spoil your enjoyment by doing so. These people got themselves into whatever mess they are in and they need to learn to go out better prepared and better equipped next time.
3. **GO EQUIPPED:** Take the minimum equipment, and always try somewhere new on water that is way beyond your abilities. That way you are more likely to get into trouble requiring dramatic rescue. This ensures plenty to talk about, gives emergency services valuable experience and may result in much-needed media coverage.
4. **RESPECT PRIVACY:** It may be a riverbank to you, but for some it is their garden: the perfect place for alfresco dining. Don't spread your dripping gear all over their precious lawn, though. Use their patio furniture. Better still, chop it up for firewood.
5. **RESPECT NATURE:** Remember boats can hurt wildlife. Be sure to whoop and shout all the way down the river. Any wildlife will be long gone before you get anywhere near close.
6. **LEAVE ONLY FOOTPRINTS:** The get-in can be hard to find: it helps if you leave a well-trodden path, especially in environmentally sensitive areas. Better still, drag your boat over rocks and stiles, leaving scrapes of brightly coloured plastic. Remember a banana skin takes 15 years to biodegrade, so why not hang one from a tree to mark the best place to recce that hard-to-spot drop.

"PLEASE NOTE: for those with a defective humour-filter, the Floaty one likes nothing more than paddling with his finely-sharpened tongue planted firmly in his bare faced cheek, and no real patio furniture was harmed in the making of this column".

Editor: please read the above with your sense of humour firmly attached. I loved it!

FORTHCOMING EVENTS

See website (or notice board) for forthcoming events.

RETAILERS/ FOR SALE

Nothing new, so I have left these out in this newsletter!

