

The Promenade



An occasional digest of news, advertisement and gossip

March 2007

Editorial

by Steve Rayner

Welcome to another bumper issue of **The Promenade**, with reports of the winter's white-water trips (sorry there aren't more photos – I'll try harder next time!); as well as information about summer training.

Wednesday evening sessions at the Prom will be different this year (except for the first night, which will be a 'paddle for all!'). We will be running 'formal' training courses instead of 'turn up and paddle' evenings. Places will need to be booked in advance and, as numbers will be limited, I suggest you do so as soon as possible! The highlight of the training calendar will be the weekend at Biblins, near Monmouth, in June (run jointly with North Avon Canoe Club). Again, places are very limited so please book early. Keep reading for more details...

See back page for events list and dates!

I hope to see you all on the water soon!

Annual General Meeting

We will be holding our first AGM in May. The date and venue are yet to be confirmed but the provisional date is Monday 21st May. This will be a social event and there will be awards for paddlers who have caught the committee's attention over the last year – how's that for an incentive to come?!

We will also be looking for volunteers to serve on next year's committee. The club doesn't run itself so, if you enjoy what we're doing, please think about offering your services to help run it next year...

More details will be sent out in April.

STOP PRESS

If you read nothing else, please look at the events list on the back page and book places **now** on anything you want to take part in!

The Committee

Chair,	Steve Rayner	01874 623399
Coaching & Development		
Secretary,	Christina	01874 623399
Welfare	Rayner	
Treasurer	Peter Cloke	01874 636161
Events	Tim Bailey	01874 610265
Membership	Lee Stephens	01874 610578
Publicity	Steve Jolliffe	07702 433506
Equipment	Neal Parry	01874 665442

The Coaches

Name	Qualifications	Able to teach and assess
Steve Rayner	<u>Kayak</u> : Level 3 Inland, 4* Sea	Kayak: 1-4* (Inland)
Tim Bailey	<u>Canoe</u> : Level 3 <u>Kayak</u> : Trainee Level 3	Canoe: 1-3* Kayak and Canoe: 1-2*
Steve Jolliffe	<u>Kayak</u> : Level 2, 4* <u>Canoe</u> : 3*	Kayak and Canoe: 1-2*
Peter Cloke	<u>Kayak</u> : Trainee Level 2	Kayak 1*

Twisting in the Pool

There are four more pool sessions during March and April. More will follow and we'll let you have dates when we know them! Each session is an hour long, costs £6, and needs to be booked in advance. Specialist 'coaching clinics' are available for 2-3 paddlers to develop specific skills such as support strokes and rolling, while more generalised coaching is provided for others. All bookings and enquiries to Steve Rayner.

Summer Training 2007

Wednesday evenings at the Prom are changing! Our first session this year will be on 18th April, when all are welcome to come and join us for a paddle.

After that, we will be offering the following courses, open to paddlers aged 8 to 80! Places must be booked in advance and participants must be prepared to attend for all 5 evenings of each course. There will be a small charge to cover administration as well as the usual boat hire fees.

Kayak Beginners 25th April-23rd May.

Open Canoe Beginners 9th May-13th June.

These courses include the option of being assessed for the British Canoe Union One Star award; and the 'PaddlePower One' award for those under 11.

Kayak Improvers 20th June-18th July.

Open Canoe Improvers 20th June-18th July.

These courses include the option of being assessed for the BCU Two Star award.

There are also a limited number of places at the joint Brecon & North Avon Canoe Club **Summer Training Weekend** on the River Wye near Symonds Yat, 15th-17th June. This will cover 1 Star, 2 Star and 3 Star awards in both kayak and open canoe, and possibly the Canoe Safety Test. Cost £40.

For more information or to book places on any courses, contact Steve Rayner **now** (steve.rayner@breconcanoeclub.org.uk or phone!).

Bringing a Guest?

Non-members are welcome to join in Club events, so please feel free to bring guests. However, guests or prospective members will be asked to sign registration forms (and parental consent forms for under-18s). Once they have taken part in two Club events they will be asked to join and pay membership fees if they wish to continue.

Afon Honddu

17th December, by Steve Rayner

A group of four intrepid paddlers set out on a crisp December morning to explore the Honddu from Llandefaelog to Brecon. None of us had paddled the river before, and we were surprised how many good 'play-spots' there were – as well as a couple of chunky weirs and two fences to negotiate! This is one of the most accessible of the Usk tributaries as it rises quickly and stays high longer than most after rain. And if you're lucky enough to paddle it in sunshine as we were, it makes for a very pretty and entertaining Grade 3 trip.

The Upper Dart, Devon

6th January, by Tim Bailey

So it's the beginning of January, it's been raining lots and it's very, very cold; it must be time to go kayaking! Dark and early on a chilly Saturday morning Steve picked me up for the 3 hour drive down to Devon, which gave me plenty of time to read the River Dart guide book. As I read on about such features as 'The Mad Mile', 'Surprise Surprise' and 'Euthanasia Falls' as well as the authors' arguments about whether the river should be classed as grade 4 or grade 5, I must confess to having doubts as to whether or not my enthusiasm would be enough to get me safely down the river. Nevertheless by 10.30 we had met up with a few of Steve's old paddling buddies, had arranged the shuttle and set off. The river was running at a medium to high level and although it was faster than I was used to

paddling on, I soon settled down to the relatively straightforward grade 2/3 beginning of the trip. Just as I was starting to wonder what all the fuss was about, I mean this isn't so hard after all, the river started to get more serious. I then spent the next 2 hours paddling right on the edge of my comfort zone and just about hanging on in there, ploughing through continuous standing waves, bouncing down drop after drop and fighting my way through a wide selection of potentially boat munching stoppers- great fun!!! My problems began once we were over half way down, just after I had started to relax thinking that I could cope with this after all, big mistake. I should have got suspicious after helping to rescue Steve (twice!) and having to dig out the spare paddles as the river decided to keep his and hide them from us, not a nice thing to happen especially as not only do we get attached to our paddles, they're not cheap. My swim occurred after I had been chatting with paddlers at the top of a sizeable drop and so I hadn't seen which line the leading paddlers had taken leaving me to guess which way to go; I guessed wrong, got properly munched by a large stopper and had to swim to the bank while being bounced down the rest of the rapid. A few bruises and mouthfuls of water later I managed to get to safety just above the next drop, reassuringly named Euthanasia Falls! That woke me up again and I stayed on full alert for the rest of the trip and we all managed to avoid any further mishaps. I have to say that this had been the best river that I've paddled on in the UK (although there are plenty more to try) and I enjoyed the day immensely. This was only slightly marred by the fact that as we were having so much fun, we paddled an extra few miles and so got off the river at a different place than planned meaning that someone had to wait with the boats while the others went to get the cars. An hour later I was finally picked up and was able to get warm and dry at last! As I said this didn't spoil the day and Steve drove me home again a very happy bunny after a great day's paddling,

my thanks go to all who went on the trip and got me home safely.

Afon Tarrell

20th January, by Steve Rayner

This is the trip that elevated Neal and I to the status of 'good paddlers' (I'll explain later)!

I'd wanted to paddle my local river, from Libanus to Brecon, for ages and was delighted to find it high enough, after a lot of rain, on a day when I was free. Neal and Dean were kind enough to indulge me and come along for the ride!

It didn't start too well, as we had to portage around a couple of tress only yards into the trip, but it soon improved and we discovered a lovely scenic river with sustained Grade 2/3 rapids all the way.

We decided not to run 'Zimmer Falls' (so-called because of its proximity to the old people's home, according to the guidebook – unless Verena knows different?!) and we had a quick look at 'Island Falls' before deciding it was safe to slide down the face of this long sloping weir.

Dean decided to entertain us by trying to paddle over a tree that Neal and I had elected to walk around – only to find himself stuck in an ungainly vertical pin and having to swim to safety (so even aspirant Level 5 coaches get it wrong sometimes!).

And all too soon we arrived at Ffrwdgrech bridge, which we'd had a look at beforehand. We knew there was a large hole on river left, with a tree just below it to avoid, followed by another chute which looked quite easy from the bridge. Dean went first and made it look easy... Neal went next and made it look hard... I decided to wait for a while so that Neal and his boat (which were, by now, separated) could 'flush out' of the hole, then followed so that I could offer help with the rescue. However, I followed Neal's example and found myself vertical, then upside down, in

the hole. I stayed upside for a while as I washed-out downstream, then rolled up when I was sure I'd gone under the tree – just in time to find myself dropping sideways down the chute and into a second large hole! This one didn't let me go, so I joined Neal for a swim while my boat circulated in the stopper for a good few minutes before being washed out. So much for helping with Neal's rescue! Thankfully Dean was on hand, with a wry smile, to sort us both out!

The rest of the trip to Brecon was uneventful, although paddling into the Usk in spate was quite entertaining!

We checked the guidebook afterwards and were chuffed to find that it says, "visible from the bridge to the industrial estate is a stiff slot, the stopper of which has extracted one or two good paddlers from their boats over the years!" So there you have it: a delightful river with a cheeky sting in the tail that will separate good paddlers from the rest (and their boats)!

Southwest England Weekend

3rd-4th February

"A Good Learning Experience" by Mike Scruby

After a summer of gentle paddling, 12 year old Tom Scruby decided he was ready for more adventure and booked on the recent trip to Devon. We sent our intrepid reporter to investigate how he got on....

It was 9.30am on a crisp February morning in Dulverton. Several people were preparing kayaks and canoes in a car park on the edge of the River Barle, a tributary of the Exe on the southern side of Exmoor. Steve and Chris looked wide awake (they'd come down the day before for a romantic night on their own!) but Tom looked distinctly bleary eyed after a two and a half hour drive from Brecon. I felt I needed to find out what motivated this guy!

'So what makes you get up at 6am and drive 150 miles to get wet and cold?' I enquired.

'My Dad!' was the terse reply. 'To tell you the truth I'd rather be in bed!'

Perhaps we'd leave the motivational stuff until later!

By now several members of North Avon Canoe Club had turned up including Anna. I'd met Anna before on the White Water Weekend on the Usk in November when I'd quickly come to respect her experience and enthusiasm (she'd cut my forehead open with a paddle during a 'warm-up' game on the bank – I think just to make the point about wearing helmets at all times!). She immediately showed these qualities again by telling us that she'd been on the Barle many times and it was always freezing, 'the coldest river I know'!

'Great!' muttered Tom through chattering teeth.

Eventually the full group, Steve and Chris, and Stuart in canoes, and Tim, Andrew, Tom and myself (from Brecon) and George and Anna (North Avon) all in kayaks, set off.... upstream! 'Are you sure we're going the right way?' asked Tom looking exhausted already having paddled hard against the current and now being stuck fast on a rock. 'I'm not enjoying myself very much.'



His mood was set to worsen as we headed downstream towards a fallen willow leaning across the river. Tim shouted to 'paddle' to avoid it. This instruction was quickly repeated with more urgency as Tom

continued to drift towards it, 'PADDLE HARD!!' followed by an 'ooff....splash!' and Tom was over. Anna told him he needed to 'paddle with more attitude'. He was pretty fed up and seemed to have plenty of 'attitude' to me!

By lunch time things had hit rock bottom in more ways than one (it wasn't just the water level that was exceptionally low!). Tom was wet, cold and miserable. 'My body's numb, my brain's numb and I've got another day and a half to go. I feel a failure!' he said tearfully.

Fortunately, food and a hot drink began to revive his flagging spirits. This revival was helped by the sighting of a herd of deer only 100m or so away, and George (who for some reason had decided to eat his lunch still fully embedded in his kayak at the top of the bank) trying to shuffle across the field to get a better view. When I asked Tom what made him decide to carry on he replied that 'everyone was really friendly and encouraging, and George made me laugh!'

The afternoon proved to be equally wet and rocky with plenty of opportunity for splashing people who looked too dry. Foolishly, Tom decided to hitch a ride on the back of Steve and Chris' canoe which ended up with them capsizing him again. This time he managed to Eskimo rescue and came back up smiling, but it wasn't long before he was over again after his first serious encounter with a stopper. 'It just sucked me in and flipped me over' he said. 'I was pretty scared'.

It had been a long day and he was ready to get out.

Tom and Andrew were struggling to stay awake as we drove to our luxurious accommodation at Buckfastleigh. 'Luxurious? They should pay us to stay here!' was the comment as they viewed their room. It was pretty basic but then it was a bunkhouse for cavers! Nonetheless, after a hearty meal, we gratefully fell into bed and slept soundly. Well, Tom slept soundly. I was rudely awoken in the middle of the

night by something clattering to the floor. Tom had decided that, as the bar from the top bunk was missing and he was worried about falling out, he'd use his kayak paddle instead. He didn't fall out but the paddle did, narrowly missing my head as I slept in the bunk below. (Another example of why you should always wear a helmet on Canoe Club trips!)

The second day dawned bright and cold. After a hearty breakfast we were off again to the start of 'the loop' on the River Dart. Here we were joined by more members of North Avon Canoe Club. Steve had suggested that as Tom had got so cold the previous day, and as the Dart was likely to be more challenging than the Barle, perhaps he shouldn't paddle. (Some of the others were going walking and this was an alternative).

'If I'd wanted to go walking I'd have joined a walking club!' retorted Tom. 'I don't mind getting cold and wet!' As it turned out he stayed upright and dry (ish) all day, which is more than could be said for some of us!

'I was a bit apprehensive about getting back onto the water, especially as the start was straight into a short section of rapids. But after the first few minutes I started to feel much more confident. Some of the drops felt quite big but I managed them all and it was fantastic!'

There was no doubt that Tom had discovered the meaning of 'paddling with attitude' and he had to be dissuaded from trying the kamikaze seal launch that all the young (and not so young) members of North Avon Canoe Club were doing:



After all, you've got to have something to look forward to next time! But he did finish the day by leaping 25' off Holne Bridge. 'That was awesome. Definitely the highlight of the trip!'

So after all that, would he go on another trip with Brecon Canoe Club?'

'Yeah, sure.....although maybe not on the Barle!'

And what had he learnt?

'If Tim says 'paddle hard' then paddle hard!....Oh, and if you're going to the Buckfastleigh Bunkhouse take your own mattress as well as a sleeping bag!'

And finally, would he like to write up an account of the trip for 'The Promenade'? He thought for a moment then shook his head.

'Nah! That sounds a bit boring. You can do that Dad!'

With thanks, as always, to Steve and Chris for organising the whole thing!

"Admiral Rayner and the River Dart Convoy" by Peter Sheath, North Avon Canoe Club

The coded message had arrived over the airwaves a few days earlier:

"NACC and BCC - rendezvous 710711 newbridge 0930 hours 040207".

In the cold dawn light the boats assembled – the frost was still on the ground as the Admiral and his Captains studied the conditions, assessed the met office report, and after a quick debate declared that the mission was "Green for Go".

The briefing was concise, and the guidelines for the first phase of the voyage were clear:

"Ok – we've got low water conditions so watch out for hidden dangers lurking just below the surface – you might not see them until it's too late and you could get broadsided"

"We're a big group so we'll have safety in numbers, provided we stick to a disciplined pattern"

"I'm putting Captain Anna Wedgwood in HMS Jackson out in front to scout, and Lt Nigel Stephenson in the C1 type frigate to guard the rear. Tim from Brecon and George and Sam will have a free-roving troubleshooting role. At all costs we protect Steph - her banana boat must get through"

"I'll be directing operations from the middle of the fleet from the aircraft carrier HMS We-No-Nah"

The convoy launched, safely negotiating the bridge and bobbing carefully down the first few rapids. Confidence amongst the less experienced boats was increasing and, with the sun warming the valley, an enjoyable, trouble-free voyage was in prospect.

Small stoppers and tight breakouts meant things got a bit congested: the biggest danger to an unwary paddler was being hit by a friendly boat.

Young bloods Tom, Stuart S and Sam were actively seeking some adrenalin moments, deliberately taking wrong lines, aiming for boulders and reversing down shoots. The others including young Tom Stephenson were managing well when around the next bend we suddenly encountered the first threat – the Washing Machine.

Orders from the flagship – "Steer 340 degrees north for 20m then straighten up and paddle full steam ahead over the fall – Anna will lead and we'll follow at 30 second intervals. Good Luck."

We emerged relatively unscathed – a couple of swimmers pulled into the eddies at the bottom – and continued on our way.

The river entered a deeper section with rock walls on either side. "It's safe here" says the Admiral pulling the We-No-Nah into the bank "time to practise with the throw line".

Now I should have twigged earlier – it was after all an NACC white water trip – but my previous encounters with throw lines had involved rescues and I wasn't anticipating anything else. However I was distracted by some others getting out and dragging their

kayaks onto a rock platform a couple of metres above the river.

“Uh Oh, looks like it’s seal launch time so I guess this is where I get my hair wet.” With Anna egging me on and my son accusing me of being a wimp I somewhat reluctantly peeled off the spray deck and followed him up onto the rock. Once there I realised with a shock what the throw line was for – it had already been rigged up 5 metres higher up the bank and was being used to haul the boats up to the top of a ramp that resembled something similar to a ski jump.

“No way” I thought as kamikaze Nigel (kneeling and half a paddle!) bounced down the ramp and flew off the edge, soon to be followed by a shrieking Anna.

Unfortunately my kayak had already been secured on the launch pad.

“Just let go – no shoving please” I implored as I strapped myself in. Fat chance – the boat hurtled down the slope, momentary weightlessness, a full face of cold water and daylight again. Survival - not bad - quite good fun actually.

The others didn’t make so much fuss – Stuart S couldn’t get his deck on but did it anyway, Sam did it with style and George, being George, tried a mid air barrel roll and head butted the water.

The Convoy moved on and soon the choppy, disturbed waters of Lovers Leap appeared on the horizon.

“Pick your line, keep it straight and don’t hit the cliff at the bottom” were the instructions on the chart.

One by one the boats negotiated the stretch – whether it was complacency or carelessness I don’t know but I suddenly found myself wedged between two rocks and tipping the wrong way. My weak side for support strokes as well (should have made more use of those practice sessions!) and over we go. Somehow I lose my paddle as I jar it against the bottom but in reaching around to try and grab it I suddenly find myself rolling up again – I’m claiming a

hand roll. The only problem was I still had to get down the rest of the rapid without a paddle – second lucky break in a few seconds was to spot my paddle drifting along by my boat and pluck it back.

Quite enough excitement for the moment as the fleet found a haven for lunch and prepared for the homeward stretch. Only Triple Drop remained as a serious obstruction and, after a post lunch play, the boats were carefully manoeuvred into position at the top of the first fall.

“It’s not as bad as it looks – just follow the flow and paddle hard over the drops. It’s only ‘drop then break out’ three times”

And that’s exactly what we did – some with a bit more style than others and not without the odd heart stopping moment but all emerged at the other end.

The banana had tipped Steph out although she kept her hair dry and we were all impressed with the skill of Steve and Stuart W as they steered their two solo Canadians down the route.

A few more bump and scrape rapids; a play in the swirling eddies of the Spin Dryer and we were finally bouncing down the final approaches towards the welcome sight of our home port, Holne Bridge. We pulled in just below and by way of celebration (just in case they hadn’t had enough excitement for the day) the young ones jumped off the bridge. It looked a long way down.

The Convoy had safely made it – big boats, little paddlers, experienced sea dogs, apprentice deck hands and bananas – the Admiral counted us all in and off the water.

Upper Wye, ‘Concrete Bridge’ to Llanwrthwl

3rd March, by Stew Moffatt (North Avon Canoe Club)

A combined gathering of Brecon CC (Steve & Tim) and NACC (Mike & Stew) paddlers joined up on the Upper Wye on Saturday 3rd March to make the most of the late February rainfall. It all began with Steve’s

e-mail on Wednesday evening when the weather forecast promised to fill the rivers for Saturday.

We met at Rhayader and agreed to run 5km further downstream to Llanwrthwl in the expectation that the river would soon push us through: the put in was the usual bridge half way up to Llangurig. As it happened, the gorge section was more interesting than expected as the river was at an ideal level (any higher and many sections wash out, any lower and there's not much force in the water) so we kept stopping to play and it all took longer than expected.



The best points were Letterbox, Glyn Gwy Gorge “a series of shoots, twists and turns through boulders, small stoppers and surf waves in medium flow” as accurately described by the ever-helpful www.ukriversguidebook.co.uk/ and then Cwmcoed falls (see Tim getting a faceful) before running Rhayader town falls.

As we continued downstream, the flow increased with more inputs from the tributaries such as the Elan, and there were a few more grade 3 rapids which none of us had ever done before. One highlight here was a sign on a tree: “Strictly no Canoeing”

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Brecon Canoe Club Polo Shirt Order

Please return this form with payment to Lee Stephens, 2 Griffin Meadows, Felinfach, Brecon, Powys LD3 0UJ

I would like to order the following polo shirts at £15 each (cheques payable to ‘Brecon Canoe Club’). Enter the number of shirts you require in each size:

Kids Age 5-6: _____ 7-8: _____ 9-11: _____ 12-13: _____

Adult Small: _____ Medium: _____ Large: _____ X Large: _____ XX Large: _____

Name: _____ Address: _____

– which was a little late as we were already well on our way!

Good Paddling + Good Weather + Good Company = a Great Day Out!

The Kit Store

You are welcome to use your own boats or hire them from the Club at £4 (‘per seat’) for an evening or £8 for a day. *Please remember to book boats in advance with event organisers so you’re not disappointed on the day.*

All Club paddlers should bring:

- To the pool: swimming costume and T-shirt
- On spring, summer & autumn trips and training sessions: comfortable clothes with spare warm layer, windproof/waterproof jacket, close-fitting shoes (e.g. wetsuit boots or daps), cold drink, snacks and packed lunch, personal 1st aid kit and medication, sun-hat and sun-cream
- On winter and white-water trips: comfortable warm layers, spare warm layer plus warm hat and gloves, sleeveless wetsuit and canoeing cagoule (or dry-cag and dry-trousers), wetsuit boots, hot drink, snacks and packed lunch, personal 1st aid kit and medication, survival bag, throw-line (on white-water)

Please feel free to consult one of the Club’s coaches before buying any kit, as we may be able to help save you money by making sure you buy what you really need!

Club Polo Shirts for Sale

We are planning to get some blue polo shirts with the Club's logo embroidered on the front. These will be available for members to buy at £15 each, but we need at least 10 orders before we go ahead. Please complete the order form on the previous page if you're interested.

Web-Master Needed!

Are there any experienced web-masters out there who might be interested in developing and maintaining the Club's website (if not, you'll just have to put up with the painfully slow rate of progress we've managed so far!). All offers of help to Steve, please.

Newsletter Items

If you have anything you'd like to include in the next newsletter – photos, advertisements, articles, questions you'd like answered...please let me know!

Classified Advertisements

PSM OUTDOORS in Hay-on-Wye has asked me to include the following message: "I have managed to negotiate some excellent prices on all the top end kayaks from Pyranha, Liquid Logic and Dagger for 2007. All kayaks with an SRP of £799 (these include the Burn, Ammo, Recoil, Hoss, Lil Joe, Nomad, Mamba, Agent, etc.) include £150 worth of paddling kit of your choice, FREE – or you can buy the boat only for £700 (£629 for Lil Joe and Hoss) which I know is a very keen price. "There are some excellent starter packages available too on entry level £299 kayaks and mid priced £499 kayaks too. "I would be grateful if you could pass on the info to your club members and remind them to tell me they belong to Brecon Canoe Club when they come in to the shop to qualify for a discount."

Brecon Canoe Club Events List, February 2007

The number of places on events will be limited by availability of boats, equipment and coaches. Please book early to avoid disappointment, especially for white water trips! All events are subject to change due to weather, water conditions or other circumstances beyond the Club's control.

Please contact Steve Rayner for more details or to book a place on any event.

Date & Time	Event	Venue
Sat 3 Mar 7-8pm	<u>Saturday Pool Coaching Session</u> For all members. 1-hour session for £6. Booking essential.	Brecon Leisure Centre
Sat 31 Mar 7-8pm	<u>Saturday Pool Coaching Session</u> For all members. 1-hour session for £6. Booking essential.	Brecon Leisure Centre
Sat 14 Apr 7-8pm	<u>Saturday Pool Coaching Session</u> For all members. 1-hour session for £6. Booking essential.	Brecon Leisure Centre
Sat 21 Apr 7-8pm	<u>Saturday Pool Coaching Session</u> For all members. 1-hour session for £6. Booking essential.	Brecon Leisure Centre
Wed 18 Apr 6.30-8.30pm	<u>Start-of-Season Paddle</u> All welcome, but number of paddlers at a time may be limited. Just turn up!	Brecon Promenade
Wed 25 Apr 6.30-8.30pm	<u>Wednesday Evening River Session</u> 1st week of 'Kayak Beginners' course. Booking essential.	Brecon Promenade
Sat 28 Apr 7-8pm	<u>Saturday Pool Coaching Session</u> For all members. 1-hour session for £6. Booking essential.	Brecon Leisure Centre
Wed 2 May 6.30-8.30pm	<u>Wednesday Evening River Session</u> 2nd week of 'Kayak Beginners' course. Booking essential.	Brecon Promenade
Wed 9 May 6.30-8.30pm	<u>Wednesday Evening River Session</u> 3rd week of 'Kayak Beginners' course.	Brecon Promenade
Mon 21 May 7pm	<u>Annual General Meeting (date to be confirmed)</u> Please come and help us agree the future direction of the club!	To be confirmed
Wed 16 May 6.30-8.30pm	<u>Wednesday Evening River Session</u> 4th week of 'Kayak Beginners' course.	Brecon Promenade
Wed 23 May 6.30-8.30pm	<u>Wednesday Evening River Session</u> 2nd week of 'Open Canoe Beginners' course. Booking essential.	Brecon Promenade
Wed 30 May	<u>Wednesday Evening River Session</u> Last week of 'Kayak Beginners' course.	Brecon Promenade
Wed 6 Jun 6.30-8.30pm	<u>Wednesday Evening River Session</u> 3rd week of 'Open Canoe Beginners' course. Booking essential.	Brecon Promenade
Wed 13 Jun 6.30-8.30pm	<u>Wednesday Evening River Session</u> 4th week of 'Open Canoe Beginners' course. Booking essential.	Brecon Promenade
Fri 15-Sun 17 Jun	<u>Training Weekend</u> Limited spaces on weekend run by North Avon Canoe Club, covering 1-3* kayak and canoe, and possibly Canoe Safety Test. Indoor accommodation or camping.	Biblins Youth Site, near Monmouth
Wed 20 Jun 6.30-8.30pm	<u>Wednesday Evening River Session</u> 1st week of 'Kayak Improvers' and 'Open Canoe Improvers' courses. Booking essential.	Brecon Promenade
Wed 27 Jun 6.30-8.30pm	<u>Wednesday Evening River Session</u> 2nd week of 'Kayak Improvers' and 'Open Canoe Improvers' courses. Booking essential.	Brecon Promenade
Wed 4 Jul 6.30-8.30pm	<u>Wednesday Evening River Session</u> 3rd week of 'Kayak Improvers' and 'Open Canoe Improvers' courses. Booking essential.	Brecon Promenade
Wed 11 Jul 6.30-8.30pm	<u>Wednesday Evening River Session</u> 4th week of 'Kayak Improvers' and 'Open Canoe Improvers' courses. Booking essential.	Brecon Promenade
Wed 18 Jul 6.30-8.30pm	<u>Wednesday Evening River Session</u> Last week of 'Kayak Improvers' and 'Open Canoe Improvers' courses. Booking essential.	Brecon Promenade
Fri 24-Mon 27 Aug	<u>Sea Kayaking Weekend (Bank Holiday)</u> Limited spaces on weekend run by North Avon Canoe Club. 2* standard paddlers only, with family camping (no unaccompanied juniors).	St Davids, Pembrokeshire