

The Promenade



An occasional digest of news, advertisement and gossip November 2007

Editorial

Welcome back to **The Promenade**, which has been absent for rather too long, and I hope you haven't missed out on any of our events as a result.

We have our annual White Water Training Weekend in a couple of days' time (as I write), which is fully booked with lots of participants from both Brecon and North Avon Canoe Clubs. All we need now is some rain! But we also have a number of other events before Christmas, which I've highlighted on this page as well as listing them on the back page. So please make the most of what's on offer and join in!

Social Paddling!

Following the pool session on **15 Dec**, we will be arranging a **buffet supper** in Brecon leisure centre for around £6 a head. Please book with Ian Penn.

And on **1 Jan** we will be paddling the canal from Pencelli to the Star in Talybont again (in fancy dress this time!) for some warming **New Year fare**. Contact Tim for details.

I hope to see you all on the water soon!

Steve

STOP PRESS

Cardiff Bay - Sun 25 Nov

Come and see Cardiff from a new perspective - suitable for all paddlers. We will be paddling around 'The Bay' to see the wildlife on the river Ely, the Gin Palaces moored in the marina and the barrage that creates the bay. It may be November but we will have indoor changing rooms to get ready in and hot showers! Meet 10am at Channel View Leisure Centre (directions will be supplied when people book). The cost for the bay is £3 and there are 2 double sea kayaks and 3 single sea kayaks available to hire from the centre - on a first come first served basis - as well as our usual club boats. It's essential you book with Pete Cloke ASAP and let him know if you want one of the sea kayaks or a club boat on 01874 636161 or peter.cloke@breconcanoeclub.org.uk.

We will probably have a morning paddle for 1.5 hours, come back to the centre for lunch, then go off again to explore a different area of the bay in the afternoon.

Glasbury Paddlers are having a sponsored paddle on the **Wye 'from source to sea' on 1 Dec**. If you'd like to join them or add support for Neville Hall hospital, see www.glasburypaddlers.co.uk.

Easy White Water, Sun 2 Dec

An ideal trip for those who've just attended the White Water Training Weekend as well as anyone else who's paddled a little or lots of white water before! A local Grade 2-3 river for kayaks and canoes. Contact Steve Rayner to book a place!

The Committee

Chair, Coaching & Development	Steve Rayner	01874 623399
Secretary	Kathy Hosie	01874 625184
Treasurer	Peter Cloke	01874 636161
Events	Tim Bailey	01874 610265
Pool	Ian Penn	07718 936413
Social	Phil Luffman	01874 611453
Membership	Liam Hosie	01874 625184
Publicity	Jayne Foxley	01874 676428
Equipment	Lee Stephens	01874 610578
Welfare	Chris Rayner	01874 623399

The Coaches

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

Twisting in the Pool

Each monthly pool session is an hour long, costs £6, and needs to be booked in advance. Individual coaching is available in one-third of the pool to develop specific skills such as support strokes and rolling, while the rest of the pool is available for 'free' paddling. We still need volunteers (e.g. parents) to act as 'pool marshals' in the 'free' end of the pool.

Please contact Ian Penn for details or to book places.

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 Tryweryn

24th June 2007, by Keir Hughes (13)

After a busy assessment weekend in Symonds Yat which was brilliant but tiring, I finally got my 2 * kayaking award along with some others from Brecon Canoe club (well done Jack!) This meant that I had a chance to take a trip to The Tryweryn, Bala North Wales. After my success on the river Wye I was dying to have another shot at some rapids but was I brave enough?

Saturday's pool session was the night before and although I had said yes to the trip things started to look worrying. First I found out there was only me and the two Steves, Rayner and Jolliffe. I suddenly realised it meant a whole day away in North Wales, hundreds of miles from home, no other kids to mess about with, huge rapids to encounter, a three hour journey each way and worst of all a 6am start! I hate mornings! Things were starting to look not so exciting. Should I go to my friend's paintball party instead? Too late. EARLY Sunday came and dad dropped me with the two Steves in Brecon all my kit stuffed into two black bin liners! I felt like I was leaving home!

Although the Steves were chatting excitedly about the day ahead I slept over half way and when we arrived at just 9.20am (excellent timing according to Steve Rayner) I realised I hadn't eaten my lovingly wrapped bacon sandwiches. Too late now as before I knew it we were on the river. Steve explained that the course is grade 3-4 which is quite a challenge for a newly awarded 2* kayaker. It is a National White Water Centre in Snowdonia National Park. I thought "I'm here now so lets do it before I chicken out". I felt so nervous but as soon as I was kitted up and hit the water it was fantastic. Thankfully we decided to

take the morning steady and do the easier run. How lucky I was to have two coaches all to myself. One to one tuition and I needed it. It took all my strength and newly learnt skills just to keep afloat! I found it quite hard and had to use various new paddling strokes to guide my way through the white water. It certainly needs lots of concentration. After a much needed lunch, off we went to tackle the more tricky areas. Two rocks were approaching ahead and I knew there was enough gap to get my kayak through if I breathed in and held my breath -no problem. How wrong I was. My boat veered into the massive rock to the right and I just had time to shout loudly "HELP ME!" as I capsized. Having practised this more than a hundred times now still nothing prepares you for the surge of freezing water up your nose and in your face and rocks hitting your head. Thank goodness for helmets! As you scramble to pull the deck off who knows which way is up. Free at last, Steve joked I must have eaten too much lunch and was too heavy-ha ha. He's lucky we didn't see lunch come up again!

Time to watch how the professionals do it. With ease Steve Rayner took the grade four which involved kayaking down a waterfall like in the posters! Amazing. As I was watching him I caught my foot on a slippery rock and found myself on the floor with a cut hand, blood everywhere. I can't believe the only injury of the day was out of my boat not in it! Steve had managed to make it look stylish not like the lady in front of him who had capsized at the top and was dragged down the waterfall under water. Suicidal! Until that happened Steve Jolliffe was all set to go as well but after seeing her he decided to opt out. Maybe next time Steve!?

Not put off, we thought we'd have a go at slalom racing. Lots of flags to keep in between can't be that difficult can it? Think again. Green flags mean go down (I think) and red mean manoeuvre and go back up river. Sounds simple but green and red had

been placed within 10cms of each other, well that's how it felt when I failed at a fifth attempt to go down correctly let alone back up against the strong current! Both Steves had a go and found it quite difficult which made me feel better about my attempt. At four o'clock the water stopped. Steve R explained that the water flow at The Tryweryn is controlled by a dam and can be stopped and started by opening and closing. This means that water is flowing even if rivers everywhere else are dry. Just to see how things looked from above we dried and dressed and took the long walk to the top and looked out over the route we had kayaked. We also saw where the white water rafts go down which is called The Graveyard because there are lots of rocks beneath the surface and above and it is a Grade 4 run. With Steve J walking ahead Steve R was explaining how things were laid out and suddenly slipped on the rocks straight into the water and got a wet foot! So funny to see even coaches make slip ups. At 5.30 we left for the long journey home. This time I managed to stay awake to see the pretty Welsh villages and scenery you drive through. After a stop at a pub which was shut we settled for large bags of chips and a burger for me. Lush. With Steve R back in the driving seat we saw there was a large vehicle and trailer ahead and so he quickly took a short cut off the main road and was hurtling along side trying to outrun it as he didn't want to get stuck behind it the rest of the way home. It was so funny seeing him race the trailer and beat it! Back at Brecon by 8.30pm I was exhausted but full of chatter and excitement of such a brilliant day's kayaking. My first experience of white water was definitely one to remember. So you lot who skipped out that Sunday- you missed a real adventure. The steep rocky mountain river takes your breath away. Your experience of the rapids on the Wye at Symonds Yat is just the beginning believe me!

River Wye, Whitney to Hereford

18th-19th August 2007, by Steve Rayner



A few brave souls set out in the rain to paddle from Whitney-on-Wye to Hereford, via the campsite at Preston-on-Wye. In the event, the weather was kind and we had a great weekend. And yes, I really did sleep under my boat!



Sea Kayaking Pembrokeshire

24th-26th August 2007, by Stephanie Coates

As a beginner I was both excited and apprehensive to go paddling in the sea. My only previous experience had been a cold weekend surfing with the University Canoe Club where I spent more time swimming than paddling in a very cold Mull of Kintyre.

However I knew I'd be in good hands with Steve and experienced paddlers from North Avon Canoe Club –such as Ralph who has been doing this annual trip for many years. I learnt that the wind and tides are important when planning a trip. Luckily

this year the tides were such that we didn't have to get up very early. On the first day we left our very civilised and family friendly campsite near St David's and headed round the coast to Porth Clais to avoid the worst of the wind and waves. From the narrow harbour we turned east hugging the rocky coastline. The water was beautifully clear and nice and calm with a gentle swell which made interesting little water features where it went between rocks, through natural arches and into caves. Ralph explored all of these wavy bits and caves followed by Steve and the rest of us although it was easy to miss out the more challenging detours and just amble along enjoying the scenery and the wildlife. Just over halfway we headed up another narrow inlet and stopped for lunch at the pretty port of Solva. Then we set off again and rock hopped our way to Newgale beach passing through more arches and exciting channels between rock stacks and the cliffs to avoid the strengthening wind and waves, meanwhile Stewart was juggling rod and paddle to catch some mackerel. Finally we grouped offshore of the break point, the waves were quite large between us and our destination: Newgale Beach. I was in a short boat, which had been really tiring to keep straight in the cross wind, but now I had an advantage over everyone else in their long sea kayaks which are difficult to turn. Luckily I hung back and let the pointy boats go first, from what I could see over the wave crests they shot forwards with a wave and a couple collided one bailing out but it was quite hot by then anyway. That was probably the



hardest day for me, Steve's GPS told us we had done 18km, and with the heat and being nervous I was exhausted. Later we had a BBQ and the mackerel was delicious.

The next day the wind died down and sea fog rolled in. We were to paddle from Fishguard to Newport, thanks to some dodgy chicken I was kindly lent a spare sea Kayak for the day. The main features are a more streamlined profile with an upturned bow at the front and a retractable skeg to help keep the boat straight and paddling was much less tiring. We hugged the coast again and there was quite a swell which made for a bumpy ride, I reassured myself by comparing it to some of the naughty ponies I rode as a kid. We stayed in our kayaks all day and had lunch rafted up in a sheltered bay. After rounding a breezy Dinas Head past some lads in a toy dingy we set out across Newport Bay where we were soon surrounded by fog and saw some seabirds (Manx shearwaters?) close to.

We then paddled back to Newport beach for another ice cream and pub dinner.

On my final day we made a short trip in short boats from Broad Haven. We paddled close by a seal and had lunch on a remote beach. Paddling back against the wind and waves I was starting to get the hang of sea kayaking!

2nd Annual Regatta, Glasbury

9th September, by Steve Rayner

Thank you all for coming and making this such a successful day – and especially to Phil and Glyn for their excellent work with the barbecues.



Congratulations to all our winners:

Junior Division

1st **Scott Andrews**

2nd **Mark Andrews**

3rd **Ben Foxley**

Event winners:

Kayak Sprint, Sea

Kayak Sprint &

Kayak Slalom: Scott Andrews; Open Canoe

Sprint: Mark & Scott Andrews; Tug'o'War:

Ben Foxley & Elinor Scruby.



Youth Division

1st **James Hosie**

2nd **Andrew Cloke**

3rd **Jack Rees**

Event winners:

Kayak Sprint: Jack

Rees; Open Canoe

Sprint: Robin

Cloke, James &

Imogen Hosie; Sea Kayak Sprint: James

Hosie; Kayak Slalom: Andrew Cloke;

Tug'o'War: Andrew Cloke, Graham Price &

Jack Rees.



Senior Division

1st **Tim Bailey**

2nd **Mike Scruby**

3rd **Ian Andrews,**

Penny Scruby,

Roger

Event winners: Kayak Sprint: Ian Andrews;

Open Canoe Sprint: Tim Bailey & Roger;

Sea Kayak Sprint & Kayak Slalom: Tim

Bailey; Tug'o'War: Mike & Penny Scruby.



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 & T Shirts for Sale

We have some blue polo shirts with the Club's logo embroidered on the front and T-shirts with the logo printed on the back. Polo shirts are £14 each and T-shirts £10 each. Please see us at events or contact Steve Rayner if you'd like one or more!

Caption Contest

What was Pete saying at the regatta when we persuaded him over to the 'dark side' by trying open canoeing for the first time?! The best responses will be published next time!



Classified Advertisements

Canoe and Kayak Coaching

From beginners to white-water.
One-off sessions, courses or trips.
BCU 1-3*, Canoeing Safety Test.
Individuals or groups.
Weekdays preferred. Commercial rates.
Contact Steve Rayner 01874 623399 or
steve.rayner@brynbolgoed.co.uk

Brecon Canoe Club Events List updated November 2007

New events are red. Pool sessions are Blue.

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

Contact event organisers for information & booking.

(e-mail addresses are firstname.surname@breconcanoeclub.org.uk).

Date & Time	Event	Venue	Organiser
Fri 16-Sun 18 Nov	<u>White Water Training Weekend (River Usk and/or Wye)</u>	Canal Barn Bunkhouse, Brecon	Steve Rayner 01874 623399
Sat 24 Nov 7-8pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 25 Nov	<u>Explore Cardiff Bay</u> suitable for all paddlers. £3 fee. Booking essential!	Channel View Leisure Centre, Cardiff	Peter Cloke 01874 636161
Sat 1 Dec	<u>Glasbury Paddlers sponsored paddle</u> from the source to the sea	River Wye	www.glasburypaddlers.co.uk
Sun 2 Dec	<u>Grade 2-3 river near Brecon</u> especially suitable to those who've just done the white water training weekend – or anyone else with white water experience.	Somewhere near Brecon	Steve Rayner 01874 623399
Sat 15 Dec 7-8pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching Followed by 'Christmas buffet' for £6	Brecon Leisure Centre	Ian Penn 07718 936413
Tue 1 Jan	<u>New Year's Day Canal Paddle & Lunch</u> Pencelli-Talybont, soup at the pub. Fancy dress required!	Pencelli Canal Basin	Tim Bailey 01874 610265
	A range of other <u>White Water Trips</u> suitable for 'beginners' to 'experts' will be arranged for the New Year		Steve Rayner 01874 623399