

The Promenade



An occasional digest of news, advertisement and gossip December 2007

Editorial

A bit like a London bus – you don't see one for months, then two come along in quick succession! But this one's more of a minibus – just a short newsletter to let you have some paddling and pool session dates for the New Year – plus one or two other bits of news. **Don't forget to ask Santa for lots of paddling goodies!** Merry Christmas,

Steve

Congratulations

To Stephanie Coates and Peter Cloke, who were the first Club members to obtain the new **White Water Kayak 3* Award**, at the recent white water training weekend.

Slalom Paddling Opportunity

Nigel Midgley is a local coach with extensive slalom paddling and coaching experience. He is planning to start some slalom coaching in our region with a view to preparing paddlers for competitions. Anyone who fancies an introduction to slalom is welcome; there are no age limitations, but enthusiasm is essential! Contact Steve Rayner to find out more.

White Water Trips

There'll be a number of white water trips in the New Year. Where we go and what we do will depend on water levels as well as who wants to come. So if you're interested in any trips, whether you're a newcomer or a seasoned expert, please check the dates in the events list and let Steve know if you'd like to join him!

The Committee

Chair,	Steve Rayner	01874 623399
Coaching & Development		
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

STOP PRESS

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.

Caption Contest

Thank you to Lee Stephens for the only entry in the Caption Contest:



The Coaches

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

Twisting in the Pool

Some of you may be aware that Brecon Leisure Centre will be closing at 5pm at weekends from 3rd February. The good news is that we can still use the pool after closing time, but our sessions will now take place at **5.15-6.15pm**. Dates for all next year's sessions are in the events list on the back page.

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.

Usk, Talybont to Llangynidr

20th October 2007, by Ian Penn

After an eighteen years absence from paddling was it going to be like the "riding a bike" scenario, or an embarrassing swim to the bank and empty your boat every five minutes situation?

Yes, eighteen years ago I was a fanatical white water paddler hitting the water up to three times a week, travelling hundreds of miles to paddle the white stuff, never content with an odd rapid and time to drink in the scenery.

A trip to the, then new, white water course at Holme Pierpoint in Nottingham or the Afon Tryweryn in North Wales from my parents home in the "Black Country" was what me and my paddling partner (Bob) lived for.

So why pick up this physically demanding and very wet sport now? Kids of course.

I had deliberately refused to commit to paddling with Holly as time constraints with our current life are so demanding and it always seems so unfair to leave my beloved with everything to do.

After a fair bit of badgering from Mr and Mrs Rayner through the last twelve months, I decided to hire an open canoe for me and Holly to tackle the first club white water run of the winter from Talybont to Llangynidr. An opportunity to "bond" with my daughter and show her that her old man can do it, as well as talk about it (hopefully).

Surprisingly, my canoeing bag from all those years ago was still intact and the only victim of all that time was a pair of woollen socks, which had disintegrated! A testament to good planning and buying good kit I think. Predictably my waistline has expanded and so has my chest and head, which I really don't understand, so kit was a tad uncomfortable on this trip.

The day started by meeting "quantities unknown" in the car park at Talybont, this was good, they were friendly and unchallenging! When I've done this in the past its been a somewhat off-putting, as some paddlers are awfully competitive and you just know



there sizing you up, just dying to see you swim or ready to boast about their latest purchase. The North Avon lot seemed quite normal, and what's more they stayed that way!

The trip was a bit of a scrape in places but to be frank this suited me and Holly, as it meant we had lots of steering practice and opportunities to discuss tactics (i.e. me shouting at Holly, and her doing a fair amount of teenage squawking back at me!). I did note that no effort was made by my daughter to get out and tow us to free flowing water (I blame all coaches in this instance for not making it clear to children that parents are to be cosseted at all opportunities). The mill rapids and waterfall presented our biggest challenge for the day, kayakers taking the waterfall, and me and Holly taking the shoot around, only one swimmer here which was rather surprising really as three of the kayakers were new to white water, or perhaps this is due to the excellent coaching being delivered by our instructors!

We had started in a murky unpromising day, but as the mist and murk lifted we were treated to a rich autumnal feast of colour, richly coloured trees bedecked the flanks of the river the whole way – what a treat.

My day was perfectly rounded off that evening when I checked the email and found a mail from Stew of NACC, he had been kind enough to send some photos of the trip; cheers Stew!

What will I take from this revisit to an old passion? Yes, I would love to paddle again; yes I would paddle Canadian again, preferably with another adult. It's a fantastic way to take in this wonderful area, and not a bad way to spend a day with your daughter! Hopefully she feels the same!!

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 Ian Penn if you'd like one or more!

Classified Advertisements

For Sale: 16ft Coleman open canoe (with paddles), suitable for tandem paddling on flat water. Anyone interested can view the boat at any time. Price in the region of £150. Peter Rowlands, 01874 622705.

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

Promenade Distribution

The Promenade is available to download from www.breconcanoeclub.org.uk/newsletters. Paid-up members also receive one hard-copy per family. If you have received a hard-copy but would prefer to receive only electronic notification in future (saving us the cost of postage), please e-mail the editor.

Brecon Canoe Club Events List updated December 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
Sat 15 Dec 7-8pm	<u>Pool Kayak 'Fun and Games' Session</u> plus limited opportunity for some coaching Followed by 'Christmas buffet'	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
Sun 13 Jan	<u>White water trip</u> where we go will depend on water levels and who wants to come	Somewhere near Brecon	Steve Rayner 01874 623399
Sat 26 Jan 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 3 Feb	<u>White water trip</u> where we go will depend on water levels and who wants to come	Somewhere near Brecon	Steve Rayner 01874 623399
Sun 17 Feb	<u>White water trip</u> where we go will depend on water levels and who wants to come	Somewhere near Brecon	Steve Rayner 01874 623399
Sat 23 Feb 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 8 Mar	<u>White water trip</u> where we go will depend on water levels and who wants to come	Somewhere near Brecon	Steve Rayner 01874 623399
Sat 15 Mar 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 30 Mar	<u>White water trip</u> where we go will depend on water levels and who wants to come	Somewhere near Brecon	Steve Rayner 01874 623399
Sat 26 Apr 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sat 17 May 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sat 28 Jun 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sat 12 Jul 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 7 Sep	<u>3rd Annual Regatta</u> family fun paddling, competitions and barbecue	Glasbury	Steve Rayner 01874 623399
Sat 27 Sep 5.15-6.15pm	<u>Pool Kayak Coaching Session</u> Either just practise your skills or ask for some coaching	Brecon Leisure Centre	Ian Penn 07718 936413