

The Promenade



An occasional digest of news, advertisement and gossip

April 2008

Editorial

There's lots of exciting news in this issue – including details of the AGM which we hope you'll all come to – and lots of opportunities to paddle. Please read it all and come along to as much as you can! Steve

STOP PRESS

Evening paddling sessions begin at Brecon Promenade on Wednesday 9th April. All paddlers welcome, but there are limited places which will be first-come, first-served – so turn up early! 6.30pm until dark. Bring your own boat or hire one for £4.

Congratulations!

To Mark and Scott Andrews, Ben Cuthbertson-Smith, Holly Penn and Jack who achieved the 'Diamond Slalom Challenge Blue Award' on 15th March.

And to Ian Andrews, Andrew Cloke, Sam Flipping, Imogen Hosie and Holly Penn, who all learned to Eskimo-roll during the recent 'Self-Rescue Course'.

So Long and Thanks for all the Fun!

Tim Bailey has just moved from Brecon to North Devon. Without Tim's support and generosity of time the Club would not have got off the ground two years ago and would not be where it is today. Most of you will have felt the effects of Tim's enthusiastic approach at some time and on your behalf I'd like to thank Tim for all his help and wish him and Georgie, Robin and Lana the very best in their new venture.

AGM and Awards Ceremony

The 2nd Annual General Meeting and Awards Ceremony will take place on **Monday 19th May at 7pm** at the Scout HQ, Scout Lane, Brecon.

Please come and have a say in the running of the Club and celebrate success with the award winners. We need at least 12 members for a quorum!

Agenda

1. **Apologies for Absence**
2. **Agreement of the Minutes** of the AGM held on 21 May 2007
3. **Matters Arising** from the Minutes
4. **Chairman's Report**
5. **Treasurer's Report**
6. **Election of Officers** (Chairperson, Secretary, Treasurer, Welfare Officer, Coaching & Development Officer, Events Organiser, Pool Organiser, Social Secretary, Publicity Secretary, Membership Secretary, Equipment Officer)
7. **Membership Fees.** The committee recommends no change to the 2007 fees.
8. **Appointment of an Auditor**
9. **Awards Ceremony**

If you wish to raise any other issues, or are prepared to stand for or nominate someone as an Officer of the Committee, please inform the Secretary by 19th April. **The Club does not run itself – we need your help!**

Information on the roles and duties of each officer is available from the Chairperson.

STOP PRESS 2

The 1-3* Summer Training Weekend, 13th-15th June at Biblins is almost full. If you want a place, contact Anna Wedgwood **urgently**.

Awards Nomination and Sponsorship

The following awards will be presented at the AGM. If you'd like to nominate anyone, please let Steve Rayner know by 19th April:

- Swimmer of the Year, for the most swims or the most impressive swim!
- Achievement Awards for the most or best achievements of the year by an Adult Male, Adult Female, Junior Male and Junior Female
- Paddler of the Year, for someone who's made the greatest impression on us!

Last year, the awards were kindly sponsored by Fine Iron of Aberbran. If any members would be willing to sponsor the awards this year, please let Steve know.

Caption Contest

What were any of these three saying during the New Year's Day paddle on the canal?



The Committee

Chair, Coaching & Development	Steve Rayner	01874 623399
Secretary	Kathy Hosie	01874 625184
Treasurer	Peter Cloke	01874 636161
Events		
Pool	Ian Penn	07718 936413
Social		
Membership	Liam Hosie	01874 625184
Publicity		
Equipment	Lee Stephens	01874 610578
Welfare	Chris Rayner	01874 623399

The Coaches

Name	Qualifications	Able to teach and assess
Mick	UK Level 1	Paddlesport
Burke	Coaching Certificate	Start
Peter Cloke	BCU Trainee Level 2 Kayak Coach	Paddlesport Start
Steve Jolliffe	BCU Level 2 Kayak Coach, 4* Inland Kayak, 3* Canoe	1-2*
Nigel Midgley	BCU Level 4 Inland Kayak Coach, 5* Sea Kayak, 4* Canoe	1-2*, 3* white water kayak
Steve Rayner	BCU Level 3 Inland Kayak Coach, 4* Sea Kayak, BCU Level 3 Canoe Coach	1-3* (canoe & white water kayak)
Lee Stephens	BCU Trainee Level 2 Kayak Coach, 2* canoe	Paddlesport Start

Membership

You should all now have received requests for membership subscriptions. These must all be paid by the end of May, but it would greatly help the Club's cash-flow if you could pay earlier. We are offering the facility for you to set up Standing Orders this year to make it even easier next time!

Twisting in the Pool

There are a few more Saturday pool sessions at Brecon starting at 5.15pm for an hour – see the events list for dates (the next is on 26th April). The cost is £6, if you want a place please let Ian Penn know.

Following our campaign to ask the council to re-consider the leisure centre opening times, some clubs have now been offered the use of the pool on Wednesdays from 7-8pm, starting in September. This is excellent news and is a huge concession from the council and the leisure centre managers for which we are very grateful. We are currently negotiating with the leisure centre and other clubs to agree how often we will be able to use the pool. Watch this space!

Summer Training

The Wednesday evening **Developers' Kayak and Canoe Course** is now full. Places are going fast on the 1-3* **Summer Training Weekend**, 13th- 15th June at Biblins near Monmouth. If you want a place, please contact Anna Wedgwood of North Avon Canoe Club by **30th April**.

Foundation Safety & Rescue Training, Wednesday evenings from 4th June. This will lead to the Canoe Safety Test (and Junior Canoe Safety Test) award. It covers a variety of safety and rescue topics and techniques. Participants need to have the old or new 2* award or equivalent.

Beginners' Kayak and Canoe Courses

We may be able to offer beginners' courses during the summer term, leading to the new one-star or Paddlepower Passport awards. This will depend on how much demand there is for beginners' courses and on how smoothly the other courses go!

Wednesday Evening Paddling

At the same time as running courses this summer, we will be able to offer casual paddling on Wednesday evenings for those who do not need any coaching (i.e. not beginners) but who want to get out on the water with an experienced leader. Just turn up at 6.30pm – first-come, first-served. We will mainly be at Brecon Promenade, but check the events list for any other venues.

Finance Matters

Thanks to lots of hard work by the Treasurer over the last two years, we have recently been awarded a grant of £7,000 by the Sports Council of Wales to buy boats and equipment for the river and pool and a trailer for our pool boats. Well done, Pete!

We have also been given £200 by the Rotary Club of Brecon to help us with the contribution we will have to make to the trailer. Thanks, guys!

The Kit Store

Thanks to the recent grant, we will have 6 new boats on the river this season, together with various equipment include a few cagoules to encourage novices to get wet without getting too cold! Thanks are due to PSM Outdoors of Hay-on-Wye for giving us a great deal.

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 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!

Forthcoming Paddles

There are lots of opportunities coming up – check the events list for booking details:

- A family canal paddle on 27th April
- A family river paddle on 11th May
- Kayak surf training for 2* paddlers on 8th June – which will become a sea trip if there's no surf or a white-water trip if the sea's too rough!
- A family day at the beach and an adventurous sea trip (for a few 2* paddlers) on 13th July
- Sea kayaking for 3* paddlers in Pembrokeshire 23rd-25th August

We're also hoping to organise a trip around Cardiff Bay and a race on the canal – watch this space!

River Wye Expedition

18th-19th August 2007, by Liam Hosie

The weekend started on Thursday evening with telephone calls criss-crossing Brecon and the local area. The weather forecast for the weekend was not good. It was to be very wet on Saturday and maybe not so wet on Sunday. A few people chose to drop out, so the expedition team was reduced to about nine.

Saturday morning dawned with dry weather, the gods were maybe with us, the team gathered in the car park of The Boat Inn at Whitney on Wye, unloaded the boats and equipment and waited for the last two to arrive, they didn't. The decision was made to set off so the car shuttle took place. Just as we launched the boats, 4 Kayaks and 2 canoes, various other canoes appeared having set off from Glasbury earlier. They chose to land at The Boat causing some congestion but we got away, Steve and Jess in a canoe, Imogen, James, Andrew and Stephanie in Kayaks, Christina was left in charge of transport and spent the day touring Herefordshire.

The paddle downstream was quite calm apart from the wind that made paddling the canoe difficult at times if you wanted to go in a straight line. As the day moved on I thought I was getting the hang of handling the wind, especially if I tried to tuck in near the bank out of it, until we came past a fishing hut on a bend with three or four people there watching, I was caught out by the headwind and came to a near standstill and ended up zigzagging across the river taking the longest route. It was hard work. During all this time it didn't rain all the time but there were plenty of showers.

Lunch was taken on a small beach on the inside of a bend and included some skilful stone skipping. After lunch we pressed on and as the afternoon wore on tiredness started to creep in, fortunately James spotted and picked up a tennis ball so an impromptu game of polo ensued that

boosted spirits and kept us going. Eventually we reached the camp site and could hear chatter and some loud music. There was a stag party at the camp site and we wondered about how much sleep we may get. Having hauled the boats up a very steep and slippery bank, without falling in (just), we started to pitch camp. The stag party turned the music down and did not disturb us. Kathy arrived with our tent and equipment and Andrew elected to go home with her and not camp. Stephanie was also only joining us for the day. Tents pitched, and Steve's canoe – he was sleeping under the canoe (see previous newsletter for photo) – we set off to find a pub for dinner. A good evening and some good food was had by all. Kathy dropped us off at the camp site and we went to bed. The following morning dawned dry and bright and Steve's canoe didn't fall on top of him. The river had risen a bit in the night and was flowing faster than the day before, a few canoes went past at quite a rate as we had breakfast.

Boats launched, the hardy travellers set off. The wind was behind us so we rafted up the two canoes and some sailing ensued for the first couple of miles towing the two kayaks. Paddling was easier than the day before and very flat. James decided to try paddling the kayak with a canoe paddle C1 style and managed very well for some distance. The weather was much improved from the day before, the sun tried to shine but hid behind clouds most of the time and we did have a few showers. Paddling was flat but the river was winding back and forth and where the tress disappeared the wind would blow causing paddling difficulties when ever you didn't want them. As we neared Hereford there were quite a lot of fishermen but we kept to the opposite bank and tried not to disturb them. A phone call from Christina confirmed that our landing point was currently a building site so she had managed to find a point under the main road bridge near to Asda's car park. We landed and hauled the boats up to a footpath and then carried the equipment and boats to the Land Rover in the car park.

Wye-t Water Touring

Newbridge-on-Wye to Builth Wells, 17th
February 2008, by Steve Rayner

Two coaches (me and Steve) accompanied two novice open boaters (Fliss and Steph) down this beautiful stretch of the Wye; a first descent for the Club. We were pleasantly surprised by the quality of the river, which consisted mostly of Grade 1 and 2 rapids and was much more interesting than the guidebook suggested. It even had a simple Grade 3 rapid to keep us on our toes!

Wye-t Water Immersion!

8th March 2008, by Liam Hosie

You'll have to wait for the next newsletter for this one...

A Tale of Three Rivers

30th March 2008, by What the Dickens?

River the First – Afon Cilieni (Grade 3-4, Pentre'r Felin to Park Farm)

It was the best of plans, it was the worst of plans, it was a place for wisdom, it was the place of foolishness, it was the rapid of belief (when we inspected it from the bridge), it was the rapid of incredulity (as we found it was harder than it looked!), it was Light before my capsize, it was Darkness after my capsize, it was the Eskimo roll of hope, it was the cry of elation, we had everything hard behind us, we had nothing much before us, we were both going direct to join the Usk – in short, the water was high, the river was fun, the sun was out, and it took us just 45 minutes. What should we do next?

River the Second – Nant Bran (Grade 3, Soar to Aberbran)

Launching from Pete's garden, we enjoyed a leisurely trip down the pretty wooded valley of the Nant Bran, taking in several Grade 3 drops (his turn to roll, this time) to arrive at Aberbran just 50 minutes later! Back to Pete's for lunch with his family on the terrace, while we contemplated what to do for the afternoon.

River the Third – Afon Honddu (Grade 3, Llandefaelog to Brecon)

This one involved negotiating several trees and fences across the river – some of which we

managed to limbo under and some of which we had to portage around. A hairy moment as Pete nearly lost it again on Llanddew weir, but we both made it safely to Brecon without further mishap. This was a long trip – it took a whole hour and 20 minutes!

Three rivers in one great day – what a buzz!

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.

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

Crewsaver 100N Lifejacket, size Large Child, chest 66-76 cm, weight 20-30 kg. In good condition, having had little use. Price £15. Contact Liam Hosie 01874 625184.

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 April 2008

New events are red. Pool sessions are Blue. [Weekends are boxed.] 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
Wed 9 Apr 6.30pm	River Training Developers kayak & canoe course (week 1). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Wed 16 Apr 6.30pm	River Training Developers kayak & canoe course (week 2). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Wed 23 Apr 6.30pm	River Training Developers kayak & canoe course (week 3). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Sat 26 Apr 5.15-6.15	Brecon Pool Kayaking coaching & polo	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 27 Apr	Family trip on the canal from Brecon to Pencelli. Priority to course participants.	Brecon Canal Basin	Steve Rayner 01874 623399
Wed 30 Apr 6.30pm	River Training Developers kayak & canoe course (week 4). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Wed 7 May 6.30pm	River Training Developers kayak & canoe course (week 5). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Sun 11 May	Family trip on the Wye from Glasbury to Hay. Priority to course participants.	Glasbury Bridge	Steve Rayner 01874 623399
Wed 14 May 6.30pm	River Training Developers kayak & canoe course (week 6). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Sat 17 May 5.15-6.15	Brecon Pool Kayaking coaching & slalom	Brecon Leisure Centre	Ian Penn 07718 936413
Wed 21 May 6.30pm	River Training Developers kayak & canoe course (2* test). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Wed 4 Jun 6.30pm	River Training Foundation Safety & Rescue Training (week 1). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Sun 8 Jun	Kayak Surf Training or Sea trip or White Water trip depending on sea state! Competent 2* paddlers only.	Llangennith (Gower) or Afon Tryweryn, N Wales	Steve Rayner 01874 623399
Wed 11 Jun 6.30pm	River Training Foundation Safety & Rescue Training (week 2). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Fri 13-Sun 15 Jun	Summer Training Weekend kayak & canoe training 1-3*. Bunkhouse accommodation. Organised by North Avon Canoe Club.	Biblins, River Wye anna.wedgwood@btinternet.com	Anna Wedgwood 01249 782591
Wed 18 Jun 6.30pm	River Training Foundation Safety & Rescue Training (week 3). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Wed 25 Jun 6.30pm	River Training Foundation Safety & Rescue Training (week 4). Or come and paddle.	Brecon Promenade	Steve Rayner 01874 623399
Sat 28 Jun 5.15-6.15	Brecon Pool Kayaking coaching & polo	Brecon Leisure Centre	Ian Penn 07718 936413
Sat 12 Jul 5.15-6.15	Brecon Pool Kayaking coaching & slalom	Brecon Leisure Centre	Ian Penn 07718 936413
Sun 13 Jul	Family day on the Beach , AND Sea trip for a few competent 2* paddlers	Oxwich Bay (Gower)	Steve Rayner 01874 623399
Sat 23-Mon 25 Aug	Sea kayaking and camping weekend, for 3* paddlers (organised by North Avon CC).	St David's, Pembrokeshire	Steve Rayner 01874 623399
Sun 7 Sep	3rd Annual Regatta family fun paddling, competitions and barbecue	Brecon Promenade (NB change of venue!)	Steve Rayner 01874 623399
Sat 27 Sep 5.15-6.15	Brecon Pool Kayaking coaching and polo	Leisure Centre	Ian Penn 07718 936413
Fri 17-Sun 19 Oct (change of date)	White Water Training Weekend organised by North Avon CC	Upper Cantref Farm, near Brecon	Steve Rayner 01874 623399