
The Promenade



An occasional digest of news, advertisement and gossip
July 2008



Welcome

In this edition you can find about how to get involved in the club's favourite new sport – canoe polo – using the new kit we have bought. The final page includes the update on all forthcoming events right through to the New Year so you won't miss anything.

Stop Press

3rd Brecon Canoe Club Regatta

Saturday 6th Sep from 11.00 am.

A free day out for all the family - no charge for boat hire.

Meet at Glasbury Scout Hut (by the bridge) In the morning:
general paddling for all

12:30 BBQ- please bring meat, bread, salad, fruit, drinks, etc. to share!

From 2.00 pm: races, games, competitions, prizes

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Pool Prom

From September we have secured the use of Brecon Leisure Centre pool every Wednesday evening during term-time from 7.00 – 8.00 pm and will be running the following sessions:

Canoe Polo

Training and Practice Sessions

Canoe Polo is fast, furious, competitive fun – unfortunately almost none of us can play it - however that is about to change! This is your chance to get in at the beginning and find out if you love it. Join in at Brecon Leisure Centre on the first Wednesday of each month, starting Wednesday 3 September. We have been lucky enough to get grant funding for boats and safety equipment and Nigel Midgley, a Welsh national polo coach is going to help us get started. Nigel will be joining Steve and the other coaches to run training and practice sessions. Eventually we hope to put together one or more teams to compete in regional or even national competitions.

The first session will be open to everyone from 11 years to adult, although to get the most from it you should probably be around 2* standard (for advice on whether it might be for you, contact Steve Rayner (details below)

Even if you find polo isn't your sport you will develop your paddling skills and get some fantastic exercise – what have you got to lose? You can book your place by contacting Ian Penn (details below)

Training in warm water!

Structured training sessions for club members of all standards, from complete beginners to those who want to develop their support strokes and Eskimo rolls in a warm, safe environment. These sessions are on the second

and fourth Wednesdays of each month starting Wednesday 10 September 2008. For further information on the training that will be available, contact Steve Rayner, to book a place, contact Ian Penn (details below).

Missing Wednesdays?

Astute readers will have noticed that this programme does not include the third Wednesday of each month! This is because we will be selling these sessions to groups such as schools and local youth organisations. If you know anyone that might be interested in buying a session, or you would like to help us run any of them, please let Ian Penn know.

Contact details

Ian Penn at
pool@breconcanooclub.org.uk
or 07718 936413.
Steve Rayner at
steve.rayner@breconcanooclub.org.uk
or tel: 01874 623399

Money Prom



Great news! The club has been awarded a further £1,000 Community Chest Grant by Powys County Council.

This means we can now buy the rest of the safety equipment that we need for our canoe polo training in September and will contribute towards the pool hire cost for one polo session each month.

The Great Brecon Canoe Club Bag Pack mainly organised by Christina Rayner took place at Morrisons on Saturday 7th June and The Promenade caught up with one of the young members of the club - Holly Penn who took part, she told us:

"We all took part in the bag pack to raise money for the club, hoping that the people who were shopping at Morrisons would be generous. We were surprised and delighted that we raised around £900! WELL DONE EVERYBODY. We all worked hard and many of club members joined in. I hope that we will do it again and raise as much again, or more!

I was asked by a few people "what is the difference between a kayak and a canoe?" and I was asked whether they ought to take it up as a hobby - of course I said "Yes!" Some people took a leaflet about the canoe club and asked what they could learn about kayaking by being part of the club. Hopefully there will be new members who first heard about the club on the bag packing day.

I think I packed about 200 bags that day but it was definitely worth it!"

Congratulations

The following trained in unseasonably cold weather (and water) and were all chilly but delighted to pass the new **2*** which includes skills for both kayak and canoe:

Dave Beale, Paul Derrick, Sarah Dewfall, Jane Harrison, Ann Klappholz, Joanna Maurice, and most recently Holly Penn.

The following achieved success at the wonderful Biblins training weekend:

The new **Canoe 3*** Stephanie Coates the first club member to get it,

The new **1*** which again includes both kayak and canoe:

Nichola Coates, Vanessa Coates and Ruth Nicholson

(Steve thinks these folks may be the first in the club to get the new version of the exam but if anyone else out there has recently passed it let us know and we will put you in the next edition).

The **Foundation Safety and Rescue Endorsement Course** was

successfully completed by:

Dave Beale, Paul Derrick, Sarah Dewfall, Stephanie Coates, Joanna Maurice and Ian Penn.



We don't really want to practise this one.



Paul encourages Steve to keep swimming

The course involved getting very, very wet and cold every night for 4 weeks – it included the ability to fall out of (and occasionally get back in) both kayaks and canoes, plus the opportunity to work out who to try and swim towards if you need a throw line.

Welsh Canoeing Assoc. Club Championships coming to Brecon Promenade soon

Invitation to Race on the River Usk

Everyone is Welcome

Sunday 7th Sept

Distance: 8 miles

Start: 11.30 hrs at

Newbridge on Usk

Finish: St. Julian's

Hotel, Newport

Organised by: Croesyceiliog Canoe Club, founded 1971, affiliated to the Welsh Canoe Association. Member of Newport Sports Council

For details contact:

Alan Baker

20, Larkfield Close,
Caerleon, S.Wales.

NP18 3EX

Tel 01633 421629 E mail:

uskrace@croesycanoe.co.uk

Web www.croesycanoe.co.uk

The Welsh Canoeing Association is organising an inter-club competition from September 2008. The aim of these 'Club Championships' is to encourage paddlers from different clubs to meet and have fun together - they are not intended to be taken too seriously, and will be open to anyone (of any age and ability) who wants to have a go!

The first stage will be a series of five competitions in each region (ours is Southeast Wales) including a Sprint Regatta which we have been asked to organise in Brecon, in association with Glasbury Paddlers, a Long Distance Race (which takes place on 7 Sep on the Usk near Newport - see below for details), Slalom, Polo and a Wild Water Race. Apart from the long distance race, no dates have yet been fixed, but we will be letting you know as soon as they are! And if you'd like to take part in the Usk race, please let Steve Rayner or the organiser know as soon as possible!

Paddle reports

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The Long Swim? Builth Wells to Llyswen 8th March 2008

By Liam Hosie

The day started bright and dry(ish) when we met in the Theatre car park. There were four of us, the others being Steve Rayner, Mike Scruby, James Hosie. James and I transferred our kit and ourselves to Mike's car, to save vehicles, fuel etc. and we all headed for Builth Wells. At the Groe in Builth we unloaded all the kit and Steve and Mike carried out a shuttle run to Llyswen. Whilst they were gone five kayakers arrived, they were heading as far as they got by three o'clock, so they said. Mike and Steve returned and we launched the boats, kayaks for Mike and James and canoes for Steve and myself.

We set off from just above the bridge leaving the five kayakers still preparing. The run from Builth for the first half mile or so was pretty flat but helped to warm us up. The wind was behind us at this point which was a help. James was suffering a little having spent all the previous day playing rugby in a schools tournament and climbing at the rope centre all evening with scouts. We met the first set of rapids where Mike capsized but made an impressive recovery, the cold water helped wake him up. Shortly after this Steve encouraged him to try surfing on a wave but he didn't quite get on to the wave and capsized again. This time he didn't manage to right himself and had to go for the ejector seat and a swim, our first swimmer for the day (but probably not the last).

The weather had now changed to drizzle that would stay with us most of the day and the wind changed so there were times when it would just blow the canoes across the river whilst you tried to paddle forwards. At one point I was paddling forwards on a decent flow of water but the wind was just holding me in same place: hard work.

James joined me in the canoe for next flat section for a rest and Steve towed his boat. We had a lunch stop before Erwood where James was getting cold and wet but a change of clothes and a hot chocolate drink soon warmed him up. We set off after lunch on to Erwood bridge where Steve surfed the wave below the bridge, I tried to get back up to it, having overshot, but the flow was too great and the wind was against me. Then on to our first large (grade 3) rapid. This was where we named our second swimmer - yes it was me! I tried to go through the main shoot but didn't get it quite right and found myself swimming. I grabbed the throw line attached to my boat and made for the bank as instructed but arrived at the bank to find the line had detached from the boat, now being rescued by Steve. Whilst emptying my boat we noticed the five kayakers had caught up with us, two of them had gone for a swim at the same point. It was here that James' drinks bottle was lost, so if you see a red aluminium drinks bottle floating under the Severn Bridge it is probably James'.

On to Hell Hole. Here we got out of the boats and walked down the bank to inspect the rapids. There were three choices of how to take this, go through the main shoot to the river right with steep rock banks alongside, go river left over shallow drops that would involve having to pick our way round (quite technical) or portage along the bank (hard work). We all decided to go down the main shoot. James elected to go in the canoe with Steve, then Mike followed whilst I was on the bank with a throw line for safety. Then it was my turn, Mike went as safety, and I walked back up the bank to my boat and donned my helmet. The run through the main shoot was not as bad as expected, especially after the last major rapid where I had already had a swim, as I went through I thought I was going to hit the rock wall on the right but somehow the water seems to steer the boat at the right time to take you through the gap. Good fun!

Then on to Devil's Elbow. It was here I managed to get my boat stuck broadsides on the rocks next to the main flow. I wasn't going anywhere. Steve, with some thought and clever rope work managed to pull the boat

off and into the main flow and I shot through. I tried to breakout in to the next eddy but it was smaller than it looked and I missed it but managed the next one on the other side of the river so that everyone else could see I was OK and not swimming again.

We then carried on to Llyswen - battling the wind and as we arrived the rain started. We carried the equipment up to the car park and had to change in the now quite heavy rain. Steve and Mike set off a bit damp to Builth to retrieve Mike's car, we then loaded up and headed home from what was a good days paddling and a good trip, with only a short swim!

Funday on the Wye

A lovely sunny day in June saw about 30 members take to the water at Glasbury - pretty much all the club's boats were in action. The weather held, the rapids were gentle and the lunch stayed dry (in spite of some serious sabotage attempts by some of the youngsters - you know who you are!). All had great fun playing in the weir at the end of the trip. A



Steve seems quite pleased about this.

A number of coaches showed a hitherto unsuspected genetic link to salmon in their extraordinary determination to paddle their canoes and kayaks upstream - in some cases using only a long pole!



Canoe or Kayak? We'll take both!



Hmmm will it be egg mayo?

To the Lighthouse

By Jo Maurice

"I think that's an egret" says Steph. I open one eye and squint up into the blindingly blue sky.

"What the white, flappy thing?" I ask (trying to be useful).

"yep" she says (possibly not feeling I am being)

"If you say it is I'll back you all the way" I say and lay back down beside the kayaks. We are in a sunny car park on the Gower, waiting for the tide to turn and for our fellow paddler Paul and our trusted guide Steve Rayner to get back from shuttling the cars. This welcome respite is involving much surveying the local bird population by Steph and surveying the inside of eyelids by me. We have given up commenting on the stench of the salt water covering the mud flats as the tide rises rapidly - although it truly stinks. Five more minutes pass and Steph says
" I think that could be a chough!"
"What the black, flappy thing?"
"Oh, I think it's a crow after all!" she says - crestfallen.

At that moment the chaps return and all is suddenly activity as we throw on our buoyancy aids, pull on our decks and grab paddles... then Steve sits down - we all stare at him puzzled: "waiting for the tide to turn" he says "five minutes!" We all sit down again.

Ten minutes later we are launching into the surprisingly smelly water which is now full of floating mats of slimy looking vegetation. Not falling in has become very, very important.... Paul is on his maiden sea voyage in his pride and joy; a beautiful, shiny, sea kayak - shiny and tippy... if he stops paddling he wobbles alarmingly. Steve is in a sea kayak and Steph and I are sharing one sea kayak and one other kayak described as all purpose but it looks like a barge to me - to my eternal gratitude Steph has volunteered to start in the all purpose barge.

We set off and paddle out of the little estuary. Paul is looking determined but still tippy. I am feeling happier by the minute, Steve is disgustingly cheerful and Steph has the serious expression of someone wrestling with steering.

" We are aiming for that lighthouse" says Steve pointing at the horizon in what seems to me a completely random fashion.
"What lighthouse?" we all ask Greek chorus style
"Look at the headland - follow the skyline and you can see it"
"Oh yes" says Paul who is 6 foot plus when he's not sitting down... but
"Oh yes" says Steph who is a bit shorter than me.. so it can't be height thing, then a wave lifts me up - I think I see a little smudge
"Do you see it Jo?"
"umm maybe, although it could be salt on my sunglasses!"
"Well just aim at that then, we'll tell you if you are going in circles"
Thanks Steve.

We are paddling through a large bay, quite far out, so we don't really seem to be moving in relation to the land. The sun is shining but the sea water is cold as it runs down your arms and there is a sharp breeze whipping white heads on the top of the waves. The water is a dark, slate grey with greeny depths. After a while your body establishes a rhythm of its own and you don't notice that you have stopped thinking about the repetitive movements and the slight adjustments for changes in swell. Sometimes the back of the boat lifts a little as a wave surges you forward - we are heading out to sea on the ebbing tide. If one of us is near to another we chat for a while. Chatting is good because you don't even

notice the exercise, but then we move apart again and the rhythm takes over - that's good too.

After another half hour or so I realise I can actually see the lighthouse. Over the next hour it steadily gets larger. Finally, Steve surges on ahead to lead us past it. Suddenly we are out of the bay and the chop is quite big and coming from three directions at once. Protected by the nice, stable sea kayak I am OK but we nearly lose Paul whose tippyness is being seriously tested however he stays up. Poor Steph is disadvantaged by not being in a sea kayak and the wind keeps turning her round - Steve points at the shore and says the magic word "lunch"- we all follow him in - surfing the last few feet on miniscule ripples. I've got Marmite sandwiches and so has Paul - Steph has got ham and piccalilli - don't know what Steve has but he wolfs them down - so something he likes obviously.

After lunch Steph and I swap boats. We set off again - the tide and wind are with us so no problems in my barge. We are aiming for a channel before the headland but oops there is a beach where it ought to be. Steph offers to race us round using the land route over the top but in the end we all paddle round. On the other side of the headland waves are rolling in. Steve goes for a little surf which we decline to join in, after a bit of a battle he comes back laughing to tell us it's "grabby" - all quietly relieved we didn't try it then.

We head back around the headland but we have our backs to the waves which are picking us up and trying to surf us towards the beach. I discover why Steph looked so serious with the steering. Paul goes surfing on a fairly healthy size wave - I missed the vital moment so I can't tell you exactly what happened but it involved a sea rescue and Paul showing a very nimble twist to get back in.

When we land back on the shore we endure the awful realisation that the tide is out and we need to carry the boats for a very long way. All our arms feel about a foot longer - sea kayaks are HEAVY. Finally we load the trailer, change and STOP FOR ICE-CREAM - heaven. Then back home - tired shoulders, salty skin. When can we go again?

Contact Us - The Committee

Chair and Publicity - Jo

Maurice,
editor@breconcanooclub.org.uk

Coaching Steve Rayner
01874 62339
steve.rayner@breconcanooclub.org.uk

Secretary Kathy Hosie
01874 625184

Treasurer Peter Cloke
01874 636161

Events/Social Ruth Nicholson

Pool Ian Penn 07718 936413
pool@breconcanooclub.org.uk

Membership Liam Hosie
01874 625184

Equipment Lee Stephens
01874 610578

Welfare Chris Rayner
01874 623399

Contact us - The Coaches

Mick Burke (UK Level 1 Coaching Certificate)

Able to teach and assess Paddlesport Start

Peter Cloke (BCU Trainee Level 2 Kayak Coach)

Able to teach and assess Paddlesport Start

Steve Jolliffe (BCU Level 2 Kayak Coach, 4* Inland Kayak, 3* Canoe)

Able to teach and assess 1-2*

Nigel Midgley (BCU Level 4 Inland Kayak Coach, 5* Sea Kayak, 4* Canoe) Able to teach and assess 1-2*, 3* white water kayak

Steve Rayner (BCU Level 3 Inland Kayak Coach, 4* Sea Kayak, BCU Level 3 Canoe Coach)

Able to teach and assess 1-3* canoe & white water kayak.

Lee Stephens: (BCU Trainee Level 2 Kayak Coach, 2* canoe)

Able to teach and assess Paddlesport Start

Bringing a Guest?

Non-members are welcome to join in Club events, so please feel free to bring guests. Guests or prospective members just have to sign registration forms (and parental consent forms for under-18s) and they can paddle at two club events, after that they will be invited to become fully fledged members if they wish to continue.

Club Polo & T Shirts for Sale

Gorgeous royal blue polo shirts with the Club's logo discretely on the front a snip at £14 each and T-shirts with the logo printed on the back a bargain at £10 each. Please see us at events or contact Ruth Nicholson to get yours.

Ads

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

Wanted: Pair of Universal Roof bars to fit on to roof rails.

Reasonable price paid for the right item.

Ian Penn tel: 0771 8936413

Events

Key

New events are red.

Pool sessions are Blue.

Residential 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 – details:

Steve Rayner 01874 623399 steve.rayner@breconcanoecub.org.uk

Ian Penn 07718 936413 pool@breconcanoecub.org.uk

Date & Time	Event	Venue	Organiser
Wed 23 Jul (time TBA)	White Water Safety Training for kayakers with experience of Grade 2 trips	Trehafod, near Pontypridd	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
Sat 6 Sep NB Change of Date	3rd Annual Regatta family fun paddling, competitions and barbecue	Glasbury	Steve Rayner 01874 623399
Sun 7 Sep	River Usk Canoe Race first in series of regional Club Championship competitions – 8 miles, open to all!	Newbridge-on-Usk to Newport	Steve Rayner 01874 623399
Wed 3 Sep 7-8pm	Canoe Polo training and practice	Leisure Centre	Ian Penn 07718 936413
Wed 10 Sep 7-8pm	Kayak training in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
Sat 13 Sep (time tba)	Canal trip make the most of the Autumn weather with a lovely paddle on easy water	Brecon Canal	Ian Penn 07718 936413
Wed 24 Sep 7-8pm	Kayak training in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
Wed 1 Oct 7-8pm	Canoe Polo training and practice	Leisure Centre	Ian Penn 07718 936413
Sunday 5 Oct (time tba)	Cardiff Bay Sea Trip see the bay from a new angle	Cardiff Bay	Pete Cloke
Wed 8 Oct 7-8pm	Kayak training in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
Fri 17-Sun 19 Oct	White Water Training Weekend organised by North Avon CC. Introduction to WW, 3* assessment and 4* training. Bunkhouse accommodation. EARLY BOOKING ESSENTIAL!!	Upper Cantref Farm, near Brecon	Steve Rayner 01874 623399

Date & Time	Event	Venue	Organiser
Wed 22 Oct 7-8pm	<u>Kayak training</u> in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
Wed 5 Nov 7-8pm	<u>Canoe Polo</u> training and practice	Leisure Centre	Ian Penn 07718 936413
Wed 12 Nov 7-8pm	<u>Kayak training</u> in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
Wed 26 Nov 7-8pm	<u>Kayak training</u> in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
Wed 3 Dec 7-8pm	<u>Canoe Polo</u> training and practice	Leisure Centre	Ian Penn 07718 936413
Wed 10 Dec 7-8pm	<u>Kayak training</u> in the comfort of the pool	Leisure Centre	Ian Penn 07718 936413
1 Jan 09	<u>New Years Day paddle</u> along the canal, with soup on arrival.	Canal - Pencelli to Talybont-on-Usk	Steve Rayner 01874 623399
TBA	<u>WCA Club Championship Competitions</u> fun competitions open to all – Sprint Regatta, Slalom, Polo and Wild Water Race	TBA	Steve Rayner 01874 623399
TBA	<u>White Water trips</u> as usual Steve will be arranging a series of white water trips, of varying difficulty to suit different abilities, throughout the winter season	TBA	Steve Rayner 01874 623399

Promenade Distribution

The Promenade is available to download from www.breconcanoeclub.org.uk/newsletters.

Members receive one paper copy per postal address. If you have received a hard-copy but would prefer to read the newsletter on line (saving the environment and printing/postage costs), please e-mail editor@breconcanoeclub.org.uk

Contact us and the Legal bit

The Promenade is the official newsletter of Brecon Canoe Club, edited by Jo Maurice. If you have any comments, articles or ideas for future publications please email Jo at editor@breconcanoeclub.org.uk.

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