

CANOE FOCUS

**Could you be
a future
community
champion?**

Read more on page 14

**NEW Stand Up
Paddleboard
Coach Awards**

Read more on page 17

**Go Paddling
Week is
ready and
raring to go!**

Read more on page 10

**Claire O'Hara
MBE**

Read more on page 8

I am Chris

This is my outdoors

“Swapping walking for paddling allowed me to look at the map anew and get a different experience of the outdoors. You’re no longer linking woodlands with ridges and footpaths, you’re linking them with lakes and rivers. Being on the water gives you a different perspective of the land and you interact with the outdoors in a completely different way.”

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for members of British Canoeing

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Let's go somewhere

Contents

Welcome

Welcome 4

News

News 5



Ivan Lawler MBE re-elected as President p5

Upcoming Events

What's On? 6

Featured Interview

Claire O'Hara MBE 8



Claire O'Hara MBE p8

Go Paddling!

Go Paddling Week is ready and raring to go! 10

New Women's Paddling Ambassadors Announced! 12



Go Paddling Week is ready and raring to go! p10

Access and Environment

Top Tips for Responsible Paddling 13

Could you be a future community champion? 14

We're supporting Non native Invasive species week (INNS) 2019! 15

Surfers Against Sewage Big Spring Beach Clean: Summit to Sea 15

Coaching and Leadership

NEW Introduction to Paddle-Ability Workshop 16

Introduction to Disability Awareness' eLearning 16

NEW Stand Up Paddleboard Coach Awards 17



NEW Stand Up Paddleboard Coach Awards p17

Trade Partners

Cotswold Outdoor - I am Chris 18

Jaffa - Chocolate Orange Nut Balls 20

KayakPro Hi-Res Compact Ergometer 22

Adventure

Wye Not? 23



Wye Not? p23

Welcome

Welcome to this late spring edition of Canoe Focus. It's great to see it packed full of news and views from all parts of British Canoeing.

Just a few weeks ago we hosted our AGM, National Conference and Volunteer Awards Evening. It was great to be able to celebrate some of the outstanding volunteer achievements (p9). I was really pleased with the whole weekend and whilst there is still much to do, there were some strong indications of progress and a growing confidence around British Canoeing.

I presented a progress report on our four year plan, Stronger Together. We have completed the first two years of delivery and we are on track to achieve the ambitions and targets we set for ourselves in 2017. The full 2018 Review can be found on our website, but headline achievements from the last 12 months include;

- > The Personal Performance Awards reviewed and relaunched
- > A new Go Paddling website launched and Go Paddling repackaged to connect with recreational and new paddlers
- > Membership increased by 3% and member satisfaction rates improved with 72% of members satisfied with their membership
- > 165 canoe trails and 8 challenges are now promoted on the Go Paddling website
- > The Access Charter was launched in Westminster and the Clear Access Clear Waters campaign is gathering pace
- > Our eLearning platform was launched with 30,000 modules completed
- > We launched the new Coach Award and Paddlesport Instructor
- > The Paracanoe and Slalom teams achieved their milestone targets for the year and topped the medal tables in their respective World Championships

- > British athletes won 105 World and European medals across all disciplines
- > We completed the UK Agreement to define roles of the 4 NGBs in England, Scotland, Wales and Northern Ireland
- > British Canoeing maintained its 'green' rating for the Advanced Safeguarding Standard and the UK Code of Sports Governance
- > Membership satisfaction around communications has improved from 57% to 64% being satisfied in this last year

Of course there is much still to do but we have now completed 27 of the 67 targets within the strategy and a further 37 are work in progress. It's exciting to see the developments in stand up paddling, with the recent launch of the Stand Up Paddleboard Coach Award (p17) and SUP being included in the National Sprint Regatta for the first time in March this year.

There's lots more planned for 2019, including a focus on our Clear Access Clear Waters campaign which is gaining some real traction not only within our membership, but with our partners, and in Whitehall and Westminster (p14).

Of course all of this work is designed to inspire the passion for paddling. I hope you are noticing the difference.

Happy paddling.

David Joy
Chief Executive





NEWS

For the latest news from British Canoeing head to our website! If you're not a member sign up for free updates through regular newsletters

www.britishcanoeing.org.uk/news

www.britishcanoeing.org.uk/membership/join-us-online-here

Ivan Lawler MBE re-elected as President

Ivan Lawler MBE has been re-elected for a second term, as President of British Canoeing at the Annual General Meeting, held at Eastwood Hall, Nottinghamshire in March.

Slalom team announced after selection weekend

The canoe slalom team, which will represent Great Britain for the upcoming international season, has now been confirmed following a weekend of intensely competitive racing at Lee Valley White Water Centre over the Easter weekend.

Spring Photo Competition sponsored by Cotswold Outdoor is back!

The British Canoeing photo competition, sponsored by **Cotswold Outdoor**, is back for spring 2019 with a fantastic set of prizes to be won!

Have you taken a brilliant photo on the water? Maybe snapped some white water action or a serene paddle down the canal? Submit your photos by the 24th May and you could win one of three fantastic prizes from Cotswold Outdoor to aid you in your next adventure!



Click here to find out more

British Canoeing President Ivan Lawler MBE (pictured right) with new Vice President Jim Rossiter



Click here to find out more



Click here to find out more



Reigning Olympic Champion Joe Clarke qualifies once again for the British team

British Canoeing awarded 2023 ICF World Slalom Championships

British Canoeing has been awarded the 2023 ICF Canoe Slalom World Championships, following an announcement by the International Canoe Federation Board of Directors Meeting in Beijing.

The World Championships, which were last held in the UK in 2015, will once again be held at Lee Valley White Water Centre, the venue that hosted the slalom competitions at the London 2012 Olympic Games.



Click here to find out more



Linton White Water Course set to open in Yorkshire

A partnership project between the Canal & River Trust, Linton Hydro Ltd, British Canoeing, Sport England, Nun Monkton Estate and the Environment Agency has seen a new white water course open in Yorkshire. The course, which will officially open to paddlers later this year contains fish passes to aid the migration of fish up the River Ouse to spawn.



Click here to find out more



Gove given copy of Access Charter thanks to Colchester Canoe Club

On Wednesday 27th March, Colchester MP Will Quince, met with Michael Gove, Secretary of State for Environment, Food and Rural Affairs, to express the concerns of paddlers in his constituency and present him with a copy of the **Clear Access, Clear Waters Charter**. The work by Colchester Canoe Club and by others all over the country, shows exactly what can be achieved by writing to, and meeting with your local Member of Parliament!



Click here to find out more



What's On?



Boater X Series:

Sun 5th May, Sat 11th May & Sat 1st June 2019

Boater X sees four racers battle it out at the same time down a white water course in an action packed event.

2019 will see the first national series with three events taking place across the UK. Fast paced and full of energy, Boater X racing pits the best white water kayakers in a tough head to head format. Nothing is certain as competitors charge down a white water course, negotiating obstacles such as gates, buoys or even a kayak role zone - all the while fighting other racers for position.

www.britishcanoeing.org.uk/competition/whatson/boater-x

The three event series will see the following events taking place:

Sun 5th May 2019

Paddlefest – Cardiff International White Water



Sat 11th May 2019

Lee Valley – which also includes Great Britain Extreme Canoe Slalom team selection for the For the 2019 ICF Canoe Slalom World Cup and World Championships

Sat 1st June 2019

Paddle in the Park, Holme Pierrepont

PADDLE IN THE PARK

1-2 June 2019

National Water Sports Centre, Notts

BRITISH CANOEING

GO Paddling! WEEK

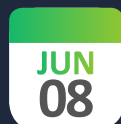


Paddle in the Park: Holme Pierrepont **Sat 1st and Sun 2nd June 2019**

Join us for a weekend at Holme Pierrepont, at the White Water Course, for our annual Paddlesport Festival full of paddling activities for everyone.

There will be plenty on offer across the weekend from workshops and skills clinics to have a go passes for flat water activities, as well as Boater X and raft racing which are great fun to watch!

paddleinthepark.info



Paddle to the Heart 2019: West Midlands **Sat 8th June 2019**

Paddle to the Heart returns to the West Midlands on the 8th June for this annual paddling event.

Now in its eighth year, join the West Midlands Regional Development Team for a day of fun on the water. Routes range from 1 to 9 miles and all lead into the heart of Birmingham City Centre.



ICF Canoe Slalom World Cup presented by Jaffa: Lee Valley White Water Centre **Fri ~~14th~~, Sat 15th & Sun 16th June 2019**

Friday's event is now **SOLD OUT** but it's not too late to join in on a weekend of World Cup action at Lee Valley White Water Centre, where some of the worlds best slalom paddlers will be taking to the water.



Limited tickets are remaining for Saturday 15th and Sunday 16th June 2019 so head to the events website for more information.

www.britishcanoeingevents.org.uk



Doggy Paddle 2019: Royal Leamington Spa **Sunday 14th July 2019**

The Doggy Paddle is a recreational canoe and kayak event in aid of the Guide Dogs for the Blind Association.

The trip runs from Royal Leamington Spa, the Midlands, along the rivers Leam and Avon, and ends in historic Stratford-upon-Avon. Find out more here: rlscc.com/page/doggy-paddle

CLAIRE O'HARA MBE

From mastering a roll at her local canoe club to receiving an MBE, Claire O'Hara has achieved more in her freestyle career than she could have ever imagined.

The most successful British freestyle athlete of all time, with a string of world championship and world record titles under her belt, Claire O'Hara has achieved more in her freestyle career than she could ever have imagined when she took up the sport at Leeds Canoe Club as a teenager.

Now living in Australia, we caught up with Claire when she returned to the UK for a very special date at Buckingham Palace, collecting her MBE for services to canoeing.

How did it feel when you heard you'd been awarded the MBE?

"You couldn't get a bigger pat on the back than this! I feel like I've already achieved so much within my career but to receive an MBE is an absolutely amazing honour."

Do you think your MBE can help to raise the profile of freestyle?

"I'm hoping my MBE will help to get the sport of freestyle out into the mainstream. Freestyle doesn't just happen in far flung places, it happens in cities across the UK and this will be the perfect opportunity to show that."

We're catching up with you at our annual Volunteer and Recognition Awards where you are presenting an award. Who has been key in helping you along the way?

"I've paddled for over 20 years and at every single stage, what I have done has been down to volunteers.

"From learning how to get in a kayak at the local canoe club through to the team at Leeds Canoe Club who spent hours with me in the pool learning how to roll, volunteering their time because they enjoy it so much.

"At every single level within paddlesport volunteering is so crucial and so important, and often so under recognised; but for those who are working with them at whatever level, they are valued so much.

"Even 20 years later I have a massive team of volunteers who support me - my coach Dennis Newton has been working with me since 2009 and is crucial to my success.

"The sport wouldn't exist without volunteers and it's amazing for me that even at my stage in my career I am surrounded by so many volunteers who make everything possible. Volunteers are crucial."



Did you imagine you would be so successful when you began paddling?

"Back when I started I just wanted to get a roll! So to win world titles and be able to represent Great Britain like I have done for the past decade has been bigger than I could have ever imagined."

Having taken a well earned break from paddling to have her first child, Claire is now planning her return to freestyle...



You've just become a mum, can we expect you back on the water any time soon?

"My biggest achievement by far is my little girl Sky who is here in England for the first time."

"Throughout my pregnancy I worked with professionals with the aim of being back on the water in time for this year's World Championships in Spain. I had every intention to paddle when I was pregnant but everything was complicated from very early on so I was on a very low activity programme."

"I've pretty much had 13 months off where I haven't been allowed to do anything, so it's going to be a big turn around to try and get back to fitness. Whether I go to Spain to compete, as a coach or just to soak up the atmosphere on the water, it all depends on how my training goes. My mind is in it, but let's see how my body copes."

"To have 13 months out of a boat hasn't happened since I was a child. I don't regret it because it was for the best reason but it has made me appreciate the sport so much more."

Congratulations to all of our volunteers who received their awards at the annual Volunteer and Recognition Awards at Eastwood Hall in Nottinghamshire in March.

Eleri Spencer

Young Volunteer of the Year sponsored by Wave Sport

Graeme Haigh

Volunteer of the Year Sponsored by Jaffa

Helen Griffith

Impact on Equality and Diversity sponsored by Pyranha

Norwich Canoe Club

Club of the Year sponsored by Errea

Fiona Quinn

John MacGregor Outstanding Challenge Award sponsored by Towergate Insurance

Cliff Melhuish

Impact Award sponsored by Cotswold Outdoor

Andy Garlick

Clear Access Clear Waters Award sponsored by Peak UK

Woodmill Activity Centre

Go Canoeing Award sponsored by Palm Equipment



Clare O'Hara presenting Eleri Spencer, Young Volunteer of the Year with her award.



You can find out more about all of this year's winners by **clicking here**

GO PADDLING WEEK IS READY AND RARING TO GO!



Will you be a part of the biggest paddling event in the UK?

Go Paddling Week runs from 25th May - 2nd June and we want you to be one of 10,000 people getting on the water during the week.

Is Go Paddling Week for me?

You can tell if Go Paddling Week is something you can join in with using the simple flow chart below:



What's Go Paddling Week all about?

Go Paddling Week is a celebration of all things paddlesport. It is an opportunity for existing and new paddlers to spend time on the water, enjoying the great variety the sport has to offer.

By taking to the water during the week and registering that you have done so, on the **Go Paddling Week website**, you are contributing to the target of 10,000 people paddling. Whether you're a club or centre, an independent paddler or someone brand new to the sport we have some ideas to help you to take part.



Clubs and Centres

The week is perfect for getting new people engaged with your activities. Open days and introductory activities are a fantastic way to showcase what you have on offer. Delivering the new Paddle Start Award is a great way to engage people to come back to progress to the Discover Award and then on to the new Personal Performance Awards.

Go Paddling Week is also an excuse for a fun social event for existing members. Get together for a group paddle, do something new and fun and have cake and a barbecue after! The British Canoeing staff at Holme Pierrepont had some great (and ever so slightly competitive) fun last year, with their school sports day themed paddling games!

New to the Sport

If you've never paddled before or know someone wanting to get into the sport the week is the ideal time to start. Clubs and Centres across the UK will be welcoming newcomers with taster sessions and events.

We don't want people to just have a first experience and move on. The new Start and Discover Awards have been designed to give new paddlers the skills and confidence to get going on the water. They are the perfect starting platform for paddlers to move onto the Explore and Personal Performance Awards.

Using our dedicated activity finder on the **Go Paddling Week website** you will be able to find the perfect place for you to begin your journey into paddlesport.

Share Your Fun!

We love to see your smiles during Go Paddling Week. Don't forget to tag **@BritishCanoeing** in your social media posts throughout the week, so we can see and share your paddling fun.

There will also be some awesome spot prizes and a photo competition for all those who enter their participation during the week to take part in!

You will be able to log your participation as soon as the week starts here.

Independent Paddlers

Heading out on an independent adventure with friends or family is a brilliant way to take part in Go Paddling Week. You can check out our Paddling Trails to find new inspiration on places to paddle. Or, if you fancy a bigger adventure, why not take on one of our Challenge Routes and see if you can get to the top of the leaderboard?!

**25TH MAY
TO
2ND JUNE**



Visit
gopaddlingweek.info
to learn more

**TAKE
TIME
TO JOIN IN**

New British Canoeing Women's Paddling Ambassadors Announced!

British Canoeing are excited to announce our Women's Paddling Ambassadors for 2019. Following an amazing response to the application process ten women were selected from a variety of disciplines and levels within the sport.

The Women's Paddling Ambassador programme is now in its second year and is part of British Canoeing's initiative to get more women paddling, more often. Our fantastic ambassadors will spend the next year inspiring new and existing paddlers with their own experiences. Look out for their great stories on the British Canoeing site and social media in the coming months.

If you would like to meet the new Women's Paddling Ambassadors they will be **attending the 2019 ICF Canoe Slalom World Cup** on Saturday 15th June.

You can buy tickets to **the World Cup** [here](#)

Jo Moseley

I love the sense of joy, confidence and freedom SUP gives and I am keen to share this with other women.



Amiee Caitlin Williams

I have been coaching in the UK and abroad for the last 6 years. I can't imagine a life without paddlesport.



Donna Navarro

After several surgeries for lumbar scoliosis I discovered Yoga and SUP. Which keeps my spine healthy and allows me to be active.



Rebecca Pope

My paddling journey has been a cocktail of challenges, achievements, lessons and friends and I'm not afraid to share any of it.

Vicki Birch

I have been paddling for 5 years and am a Level 1 Coach. Paddling has given me a sense of purpose and zest for life.



Emma Kitchen

I can't imagine my life without paddlesport now. It's allowed me, and my 3 year old son, to have some truly amazing adventures.

Ruby Isserlis

Canoe polo is my passion. The opportunities paddling has given me are immense. It makes me smile every day.



Kate Waite

I've been kayaking for 12 months now and want to share how accessible the sport is. You don't have to be super-fit and sporty!



Shona Brownlee

I began paddling later in life after losing my right leg. I really feel it is a sport that can be accessible and enjoyed by all.



Lizzie Neave

I have been a paddler for most of my life. I love that there is always something new to learn, or new places to explore.



TOP TIPS FOR RESPONSIBLE PADDLING

01



Know the basics

Whether you're hitting the water for the first time or need a refresher, the information on offer can be intimidating. But do not fear! The Go Paddling website is full of bite sized information to give you a head start on the water or refresh your memory on the basics. As well as practical tips you can find your nearest hire provider or centre so you can get on the water and have fun.

02



Improve your confidence

Once you've had a go on the water, you may want to venture further afield or paddle independently. This is where Paddle Awards come in - three introductory awards that are designed for those new to paddlesport. If you've mastered the basics take a look at our Personal Performance Awards! There are 12 discipline specific awards to choose from designed for those who want to take their next step.

03



Make sure you're licenced and insured

In order to paddle on British waterways you need a licence*.

A British Canoeing on the water membership gives you access to over 5000km of UK waterways and combined liability insurance. Your membership also includes a host of other benefits, offers and discounts!

04



Protect your belongings

Look after your belongings when paddling and take the relevant precautions to protect them such as dry bags and cases for phones and gadgets. If you are an 'On The Water' member you can take advantage of discounted rates for craft insurance through our partners at Towergate. Policies cover accidental damage and theft, so it pays to be protected!

05



Be aware of your environment

Leave no trace and dispose of all litter correctly - even if that means taking it home with you. Follow check, clean, dry on ALL waterways to help stop the spread of invasive species. Avoid activities which could disturb wildlife or damage the environment, such as seal launching and paddling in shallow waters where spawning fish could be disturbed - use designated launch points and portage where necessary.

06



Join the campaign for fair, shared and sustainable access

Last year British Canoeing launched it's charter in Westminster campaigning for Fair Shared and Sustainable access. Get involved in this campaign by writing to your MP, organising your own clean up event or simply spreading the word.

*If you are paddling independently from your canoe club or organised activity session then you will not be covered by a licence or insurance.

Could you be a future community champion?

In partnership with Peak UK **we are looking for Clear Access Clear Waters Community Champions** who can inspire a movement to campaign for fair, shared and sustainable open access!

Each month we will select one champion (either a club, group or individual) who has truly inspired others and really gone above and beyond to champion the cause. We will be shouting about their achievements, whether that's campaigning, organising events or spreading the word - whatever your inspirational efforts we want to know!

Successful champions will receive a bespoke, limited edition Clear Access Clear Waters Community Champion Buoyancy Aid to wear with pride! They are not available to buy and you will be the envy of your club.



Head to the
British Canoeing
website to find out
more and submit
your nomination



Clear
Access
Clear
Waters

**COMMUNITY
CHAMPION**



We're supporting Non native Invasive species week (INNS) 2019!

INNS Week runs from the 13th – 17th May 2019 and this year the campaign is all about improving awareness of invasive non-native species and their impacts on a range of environments.

Did you know...

-  Around 2000 non-native plants and animals from all over the world have been introduced to the UK by people.
-  The damage they cause is usually irreversible.
-  They can interfere with recreational activities, for example, invasive aquatic plants block waterways preventing paddlers from using them.
-  They are easily spread - many are small and can survive out of water for over two weeks on damp clothing or equipment.
-  Some can be harmful to our health, for example the sap of giant hogweed

produces a chemical which causes nasty skin burns on contact with sunlight.



We are all affected by invasive non-native species in some way, and we all have a part to play in preventing their spread.

How people can help

Everyone taking part in recreational activities in water should Check Clean Dry their equipment and clothing after leaving the water to avoid spreading invasive aquatic species.

@InvasiveSp #InvasivesWeek #getINNSolved
www.nonnativespecies.org/invasivespeciesweek

SURFERS AGAINST SEWAGE BIG SPRING BEACH CLEAN: SUMMIT TO SEA

A huge well done and thank you to all paddlers who have been getting involved with clean up events! We've had a fantastic response to the Surfers Against Sewage Big Spring Beach Clean: Summit to Sea campaign.

We've had clubs up and down the country registering their events and collectively we will have prevented a staggering amount of litter ending up in the oceans. We love hearing from paddlers who have been getting involved - here are some highlights!



Pennine Canoe and Rowing Club collected 8 bags of litter (and half a trampoline!) from the River Calder.



Royal Canoe Club stopped 5 bags worth of litter entering the tidal Thames



Whoosh Explore Canoe Club collected 66 bags of rubbish from the River Stort



Lincoln Canoe Club collected a range of bizarre items including a mannequin.



Click here to see some of the highlights

NEW Introduction to Paddle-Ability Workshop

British Canoeing Awarding Body is pleased to launch the NEW Introduction to Paddle-Ability workshop, aimed at anyone who would like to develop their understanding of working with paddlers with a disability.

Through a series of practical exercises, attendees will begin to investigate the challenges, real and perceived, that people with a disability face in accessing paddlesport. Through this process, participants will gain a better understanding of how they can adapt their approach and break down barriers to engage people with a disability.

This workshop introduces a range of bespoke, adaptive and off-the-shelf equipment that is commercially available and how this can be used to work with people with a range of impairments.



For further details, please visit the **British Canoeing Awarding Body website** or to find upcoming courses and information, **please click here**

'Introduction to Disability Awareness' eLearning

Why not try the online '**Introduction to Disability Awareness**' eLearning which will give you an insight into the different types of disability, acceptable terminology and what you can do to help.



NEW Stand Up Paddleboard Coach Awards

British Canoeing Awarding Body is delighted to announce **FOUR** new **Coach Award pathways** for those looking to coach **Stand Up Paddleboarding**

The Coach Awards offer discipline specific pathways across all disciplines and environments and are designed for people whose core function is to coach paddlers who want to gain/improve paddlesport skills within the discipline chosen. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in the given discipline/environment. The coach is able to plan, deliver and review progressive sessions safely, effectively and independently.

The new awards will be available in the **summer of 2019** with full details being released on the website over the coming months.

The new pathways are:

Stand Up Paddleboard Sheltered Water Coach:

An ideal award for anyone wanting a formal and regulated qualification coaching SUP in a sheltered water environment, introducing fundamental skills up to 200 metres from the bank and up to force 3 winds.

Stand Up Paddleboard Open Water Coach:

For anyone operating further afield and wanting to coach the relevant skills that the environment presents, then the Stand Up Paddleboard Open Water Coach could be the right choice. Operating up to 500 metres from the shore with winds up to force 4.

Stand Up Paddleboard White Water Coach:

The white water environment presents exciting challenges, for coaches working on SUP in this environment, developing skills, confidence and raising safety awareness. The qualification enables the coach to operate on grade 2(3).

Stand Up Paddleboard Race Coach:

This is an ideal qualification for anyone wanting a formal award that specifically concentrates on developing race skills on a SUP in open water environments. Both technical, tactical, physiological and psychological aspects are all part of this programme.





Aquapac Waterproof Electronics Case £20



Osprey Ultralight Drysack 12L £12



Salomon Outline GTX Shoes £115



The North Face Stratos Jacket £140

An all-weather watersports staple. Fully waterproof and breathable HyVent will keep you dry and comfortable all day, with pit zips offering extra climate control. Fully sealed seams and brushed collar lining make it as comfortable to wear as it is practical and stylish.



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Chris Hopwood, Cotswold Outdoor Expert

📍 Betws-y-Coed, Wales

In partnership with



I am Chris

This is my outdoors

For Cotswold Outdoor store expert Chris Hopwood, being on the water is more than a hobby. It's an escape from daily life, a chance to reconnect with the outdoors; a different way to move through the landscape he knows and loves, and see it in an entirely new way.

Starting out in paddling is all about getting your kit right. Take your waterproof jacket, lightweight clothing and technical shoes to the hills, the trails or the water and be prepared for whatever adventure has in store.

15% discount
for members of British Canoeing

Full T&Cs apply. Not to be used in conjunction with any other offer. Selected lines are exempt. Maximum 10% discount on bikes. Only valid upon production of your British Canoeing membership identification in-store or use of code online. Offer expires 31.12.19.

COTSWOLD
outdoor

Let's go somewhere

CHOCOLATE ORANGE NUT BALLS



A great energy hit on or off the water, Phil Sharma-Woodland, British Canoeing Performance Nutritionist shares a **simple citrus inspired recipe.**

CHOCOLATE ORANGE NUT BALLS



Phil Sharma-Woodland | Performance Nutritionist | British Canoeing & EIS

INGREDIENTS:

100g Mixed nuts

2 tbsp Peanut butter

50ml Water

100g Dates

10 drops Orange extract

Drizzle of Honey

50g Ground almonds

METHOD:

1. Place the mixed nuts, dates, & ground almonds into a mixing bowl.
2. Spoon in the peanut butter & mix thoroughly.
3. Add 10 drops of orange extract to 50ml of water, then sprinkle into the mixture.
This adds flavour & also helps bind the ingredients together.
4. Add the honey.
5. Mold the mixture into balls (golf ball size) & place in fridge for an hour to firm up.

SERVING: 15 - 20 Balls

STORAGE: Store in an airtight container, in the fridge, for 3-4 days

NUTRITIONAL INFO: Energy- 156kcal, Carbohydrate- 8.6g, Protein- 5.4g, Fat- 11g



Use Jaffa oranges in this recipe!



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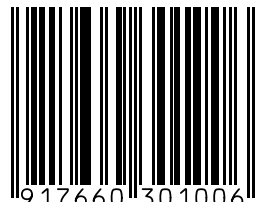
In celebration of our partnership with British Canoeing, redeem this voucher in any Tesco store across the UK to receive £1 off your Jaffa citrus!

Great for snacking, and creating our delicious recipes!



Save £1 On Jaffa Citrus At Tesco

Hand this coupon to the Tesco checkout operator to receive the benefits as above. This coupon has no cash redemption value and no change given. Can be redeemed only once and by the person to whom it was issued. Valid in the UK and IOM only and across all Tesco stores. Not redeemable through Tesco.com. Offer is subject to availability. Copied, damaged and defaced coupons will not be accepted. This coupon is, and shall remain the property of Tesco Stores Ltd and is not for resale or publication. Offer expires 31.12.2018



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KayakPro Hi-Res Compact Ergometer

British Canoeing's partner KayakPro has released its Hi-Res version of its popular Compact ergometer.

It is a specialist innovation to allow Slalom, Canoe Polo players and 200m flat water athletes to **increase their strength and force.**

It has resistance levels some **15-20% higher than the standard** Compact version.

"Since its initial test release, we have had a lot of positive feedback" says Grayson Bourne owner of KayakPro – Athletes such as Hannes Aigner [GER] and Pavel Eigel [RUS] **Hi-Res owners, winning both Gold and Bronze medals respectively** at the 2018 ICF Canoe Slalom World Championships.

"These are great results for athletes and great results for us too; It's been a remarkable year for us with this new product," commented Bourne.



Interested?

www.kayakpro.com/kayakcanoe/hi-res-compact

UK Pricing: **£2050**
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Steve@kayakpro.com



(article written by John Breen, Photo's
by Rich Rendall, John Breen and Ken Johnson)

Wye Not?

What began as a joke conversation between three paddling friends, turned into a fully fledged source to sea journey along the River Wye. John Breen shares highlights of his 6 day 272km stand up paddleboard journey with his fellow paddlers from Welshpool Canoe Club.

Start: Mon 18th of March

Finish: Sat 23rd of March at 16:05

Time: 126 hours and 4 minutes

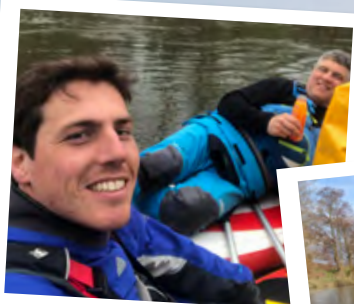
Distance: 272km

Speed: Average of 7km an hour

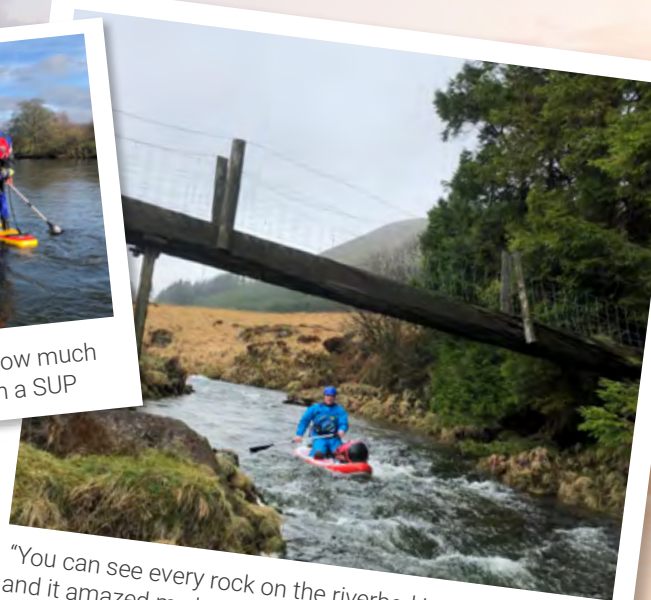
Paddlestrokes: 69,129

Carrying all their own kit and stopping for supplies in the villages they past, the group of paddlers spent 6 days completing the source to sea journey of the River Wye. Welcomed by heavy rain, sleet and wind, the team battled a range of weather and terrain, with some places too shallow to paddle meaning they hiked certain parts, carrying their boards along behind them.

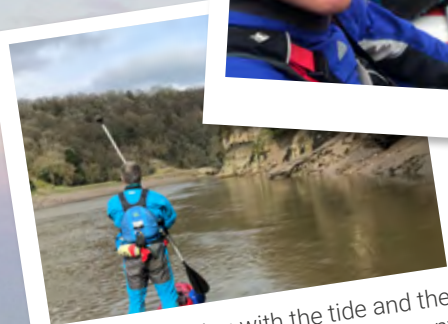
Following 4am starts, a puncture on the first day and some tricky rapids which hampered their progress, the team were not deterred and continued their journey taking in some fantastic views and scenery along the way.



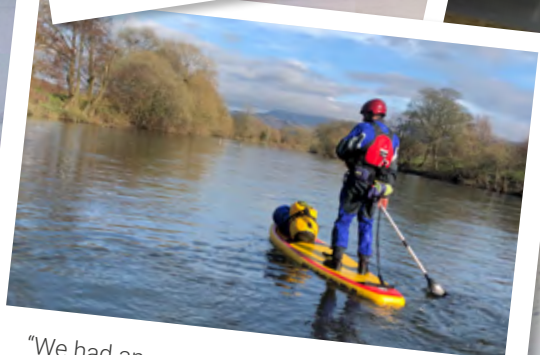
"It's unbelievable how much more you see on a SUP"



"You can see every rock on the riverbed in the clear water and it amazed me how you could see the gradient change of the river as it dropped away down the valley."
John Breen.



"We were flowing with the tide and the silt banks grew higher as the tide went out. The cliffs rose above us and the scenery was spectacular."



"We had an amazing adventure with perfect river levels and near perfect weather. We had no access issues and we did our best to be mindful and not leave anything behind."



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