

CANOE FOCUS



**ICF Canoe
Slalom World
Cup, presented
by Jaffa.**

Read more on page 6 & 7

Adventure is...

Read more on page 14

**Interview with
Steve Backshall
on his world
first paddling
expeditions**

Read more on page 8

Ajay Tegala, National Trust Ranger

📍 Wicken Fen Nature Reserve

In partnership with



I am Ajay

This is my outdoors

"When I get to be out on the water it's such a relaxing moment, with the sound of the reeds going past. The general calmness of being on the water makes me feel very relaxed and content. I'm very lucky."

15% discount
for members of British Canoeing

Full T&Cs apply. Not to be used in conjunction with any other offer or discount. 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.

You can also use your discount with:

**SNOW
+ ROCK**

runnersneed
the running specialists

 **CycleSurgery**

Trusted by our partners since 1974

Stores nationwide | cotswoldoutdoor.com

COTSWOLD
outdoor

Let's go somewhere

Contents

Welcome

Welcome note from Professor John Coyne CBE 4

News

News 5



Performance

World Cup Highlights 6

Thank you Canoe Crew! 7



Featured Interview

Steve Backshall on paddling to rediscover the golden age of exploration 8



Access and Environment

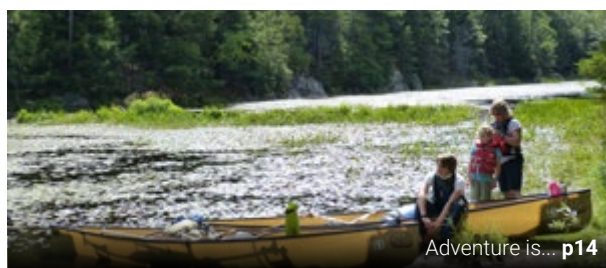
David Bain - It's all about the adventure 10

First ever Clear Access, Clear Waters Community Champion 12

Go Paddling!

Record breaking numbers take part in Go Paddling Week! 13

Adventure is... 14



Adventure

Adventures in film making 16



Our Partners

Jaffa - Word Search 18

Cotswold Outdoor - I am Ajay 20

Coaching and Leadership

Become a Stand Up Paddleboard Coach 22

The 2019 Coaching and Leadership Conference returns this November 23



Upcoming Events

What's On? 24

Welcome

Welcome to the latest packed edition of Canoe Focus. Once again we have evidence of the energetic and active community that we represent and a full range of articles reflecting the depth and breadth of our membership's interest.

It was a proud weekend for me to welcome the Canoe Slalom fraternity from across the world to the first World Cup of the season at Lee Valley on June 14th. We had all five continents participating and most of the major participants, indeed legends in action. It was hugely rewarding to have the largest medal haul in our history with four gold, two silver and a bronze across the six events. In particular, Etienne Chappell won the first ever gold in a World Cup in the UK in extreme slalom and Mallory Franklin won double gold in C1 and K1. Besides the success on the water I was enormously proud to be associated with the fabulous team of volunteers from across our paddling community and beyond that made the event so efficient, enjoyable and welcoming. They did not let the inclement weather dampen their enthusiasm. They were the finest example of volunteers in action that you could find anywhere. The Jaffa Canoe Crew in their Jaffa orange tops were ever present and a visible manifestation of our excellent new partnership with Jaffa.

As I write this I am returning from a most positive meeting at DEFRA in support of our Access campaign and in order to further flag up to government the environmental credentials of our membership. We are blessed by terrific support from across our clubs and individuals who go the extra mile to ensure that we protect and preserve the environment. It is delightful to be able to celebrate our first Clear Access, Clear Waters champion in this edition. This work is gaining traction with our role and position within the government departments rising daily.

Having good examples to point to and high profile champions helps. Speaking of champions we have appreciated the support of Steve Backshell and it is good to hear from him on the age of adventure in this edition. We have also seen fabulous support from one of our key trade partners - Peak UK and in particular Pete Astles' leadership of the campaign to open up the River Derwent and keep it free from plastic pollution.



We appreciate the medal success of our athletes but we also never lose sight of the broad base of our organisation with its emphasis on adventure, an appreciation of the outdoors, environmental concerns, health and wellbeing and the simple joy of being on the water. It is very pleasing to be able to capture this sense of adventure in this edition.

I hope you enjoy this Canoe Focus and find something that captures your own spirit of commitment to British Canoeing.

Professor John Coyne CBE
Chair





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

Mass paddlers descend on Brindley Place armed with rubbish collected from Birmingham's canal network

Almost one hundred paddlers braved the rain on Saturday 8 June to take part in Paddle to the Heart, an annual mass paddle event celebrating the waterways of Birmingham - and ridding them of rubbish. Paddlers donned their gloves and litter pickers, fishing out over 30 bags of rubbish and several large items from the water - including bollards, a fire extinguisher, a child's ride on tractor and even a toilet seat!




[Click here to find out more](#)

Canoe Sprint World Championships team announced

With back to back World Cup gold medals, Liam Heath will lead the GB Canoe Sprint team at the World Championships in Szeged, Hungary in August.


[Click here to find out more](#)

Fun in the sun at Paddle in the Park 2019!

Paddle in the Park 2019 took place over the weekend of 1-2 June as part of the annual Go Paddling Week orchestrated by British Canoeing, at the National Water Sports Centre, Nottingham.

The annual event, encouraging a mix of complete novices and seasoned pros, saw paddlers from across the UK descend upon the park for a weekend of family fun, alongside the chance to develop skills from some of the best in the business too.




[Click here to find out more](#)

British Canoeing Boater X Champions crowned

Congratulations to the winners of the inaugural British Canoeing Boater X series! Solomon Entwistle, Emily Buchanan, Gareth Farrow and Sennah Nader-Humphries were crowned national Boater X champions, based on points awarded from three events which took place at Cardiff, Lee Valley and Holme Pierrepont.

16,878 people joined in with Go Paddling Week 2019!


[Click here to find out more](#)

Paracanoe Talent Club Partnership Programme

British Canoeing is delighted to announce that Royal Leamington Spa Canoe Club, Norwich Canoe Club and Wey Kayak Club have signed up to the Paracanoe Talent Club Partnership Programme which is aimed at developing the next generation of elite athletes.




[Click here to find out more](#)




[Click here to find out more](#)

World Cup Highlights

2019 ICF LONDON
CANOE SLALOM
WORLD CUP

After a fantastic three days at Lee Valley White Water Centre, Great Britain finished as top nation at the London Canoe Slalom World Cup, in front of a home crowd!

With a total of **three gold**, **two silver** and **bronze** in canoe slalom and a further **gold** in extreme slalom, this was **GB's best ever result at a World Cup!**



Joe Clarke
Mallory Franklin x2
Etienne Chappell

Gold



Adam Burgess
Kimberley Woods

Silver



Ryan Westley

Bronze

The ICF Canoe Slalom World Cup presented by Jaffa played host to **the UK's first international Extreme Slalom competition event**



Great Britain's Etienne Chappell **won Gold!**

SELL OUT!

Friday's event was SOLD OUT with 2000 spectators.



1500 spectators

took to the water or ergo machines to have a go at paddling for themselves!

Almost **10,000 oranges**



is what it took to fuel athletes, spectators and our Canoe Crew.



6325 tickets sold!

58,621 refills from our Thames Water refill stations across the site.



There will be more slalom action as The European Canoe Slalom Championships will be taking place at Lee Valley White Water Centre between the **15th and 17th May 2020**

You can sign up to receive information on the **British Canoeing International Events** website.



2020 ECA LONDON
CANOE SLALOM
EUROPEAN
CHAMPIONSHIPS

COMING SOON

sign up for info >



Thank you Canoe Crew!

Holding a major event like the 2019 Canoe Slalom World Cup presented by Jaffa would not have been possible without the 225 volunteers who formed our Canoe Crew!

From water safety and event operations to technical officials, VIP, hospitality and our very own mascot MacGregor - we couldn't have done it without you!

If you would like to form part of the Canoe Crew for future major events **sign up to our International Events newsletter** to keep updated on opportunities.



Steve Backshall on paddling to rediscover the golden age of exploration

Following a busy year which has seen Steve conquer 10 world firsts and become a first-time dad, we caught up with him on how he has used paddlesports to rediscover the golden age of exploration..



"I've always thought of canoes and kayaks as being the perfect expedition tool, and on these expeditions more than any other this has proven to be true."

You've been away a fair bit recently, what can you tell us about your expeditions?

"Over the course of the year I have done 10 expeditions, each one having an element of a world first - something that has never been done before.

"We have been to seven different countries and spent over 120 nights under canvas; we've spent weeks and weeks on rivers that don't even occur on maps, discovered a waterfall not even visible via satellite imagery, and I guess, rediscovered the golden era of exploration now - which is kind of amazing.

"An enormous amount of it has been done in kayaks, canoes, and on stand up paddleboards - we've done the lot."

Expedition with Steve Backshall starts Sunday 21st July on Dave



What made you decide to do this in the first place?

"This has been a dream of mine for a long time. It was back in 1997 when I started putting together a little black book of expedition ideas, and in 2006 I developed it into the idea of doing it as a compendium over the course of 12 months and I have been pitching it like that ever since. The thing is, when you pitch it to TV companies like that they look at you like you are insane!

"Quite often in televised expeditions there is an element of set up and stage. Every part is risk assessed and that's what TV companies expect. They'd ask me what we were planning on seeing and what was going to happen, and we just wouldn't know, these expeditions were for us to go where no one had ever been before so trying to convince these companies for funding when we had no idea what was going to happen was a big gamble, it has taken 12 years of pitching to finally get it off the ground.

Could you tell us some more about the paddling elements?

"We paddled two rivers in Suriname which have never been paddled before, and in fact neither of which actually occur on any maps. One of them we named 'The Ghost River' and the other is still very much named 'No Name Creek'. Overall we spent about three weeks on these rivers in the middle of the rainforest and they don't actually exist on record.

"I've always thought of canoes and kayaks as being the perfect expedition tool, and on these expeditions more than any other this has proven to be true. You can take with you everything that you need, you move silently, and you're in tune with the rhythms of the environment you're going through, and that's just sensational.



Image Credit: True To Nature

"I also tried my first ever expedition on a SUP which was great. It offered more elevation than a kayak so from the perspective of being able to spot wildlife and see your way on and through rapids, it was incredible.

"We also paddled in the Himalayas, where we attempted the last undescended white water river in Bhutan. The chance to return to the country was an incredible honour, it is somewhere dear to my heart and the river was absolutely insane.

"The river actually turned out to be a gorge with vertical rock walls hundreds of metres high, so we were totally locked in. It was impossible to portage rapids so we were having to run a lot of class 5 water, blind.

You mentioned that nothing was staged and you didn't know what to expect, how did you stay safe?

"Everyone I was with were superb - Sal Montgomery was my safety kayaker, she is just remarkable and has such an intuitive feel to the water. She was heading down the rapids and she was getting battered.

"In Suriname we had to study the lay of the land from what we could see via satellite imagery which was mainly specs of silver, which was obviously sunlight reflecting off water so we used this so we could piece together a virtual map which was really exciting.

“

"It terrified me, but at the same time having that opportunity to go in to a place where no one had ever been, and knowing no one else will have the honour of seeing the stunning scenery with fresh eyes, without any map or logistics was a huge privilege."

What were some of the biggest challenges?

"The amount of dead fall, trees and vegetation blocking the way when you're paddling is huge and is incredibly challenging. Hacking through it day in day out, meant progress was really really slow. The biggest day we had out of the entirety of the five weeks in Suriname was 10km and we had other days where we covered no more than 500 metres.

"When we hit a massive tangled area of vegetation we'd have to hack through up to our chests in water, knowing that the water is full of massive black piranhas, electric eels, stingrays and crocodiles.

"But obviously for me that was the biggest attraction. Because all the incredible wildlife have never been hunted or fished the quantities are how it would be in a primal forest, before we as human beings ever turned up.

"What a privilege to be in one of the few forests left on the planet that is untouched by us."

How did you juggle your expeditions with becoming a first time dad?

"Logan was born about 5 days after I got back from my Artic expedition so the timing was pretty tricky. For it to happen the year I became a dad was a disaster if I'm honest but this whole project has been a dream of mine for so long I've been trying to get off the ground since 2006 so I really wanted to make it work.

"I could have done with being in the country but instead I was, at times, away for five weeks without being able to speak to home, and it was so painful. But this is a project I have devoted my life to building up. All the stories and destinations are things I've spent years researching, I just couldn't give it to someone else.

"Helen was very understanding and encouraging of me to carry on and now it's done and finished I'm very glad I did and I'm hoping to take a little bit more time now to be a dad."



Steve Backshall Expedition book is available on 18th July, published by BBC Books.

ITS ALL ABOUT THE ADVENTURE

Ex British Canoeing athletes take on plastic pollution in some of the most remote parts of the UK.

Waves of Sustainability, an initiative created by ex slalom athletes Tommy Brady and David Bain, in collaboration with Breitling, saw the duo circumnavigate a harsh section of British coast, focusing on The Isle of Lewis and Harris in the Outer Hebrides, to raise awareness of non-biodegradable plastic being disposed throughout the UK and undertake a series of beach cleans.

Despite undertaking the 6 day mission battling 0 degree northerly winds and snow storms, David Bain shares how even when enjoying paddling and adventures there is always time to make small positive changes and work to protect the special areas which we as kayakers have the privilege to explore.

Why did you choose The Outer Hebrides of Scotland for your expedition?

I think in the UK we are extremely lucky to live on an island with some of the best sea kayaking in the world and The Isle of Lewis and Harris really stood out on the map as they are completely exposed to the Atlantic. I wanted to show that even the most remote parts of the UK are still affected by our habits, even if we live in the middle of the country.

That's the key, trying to get people who are in big cities, when they buy their daily coffee to realise that their purchase decisions don't just affect them or their local area, they actually have an impact on remote environments too.

What surprised you the most on your trip?

"I wasn't surprised at what we found, I knew how bad it would be but the interesting thing was the difference between the beaches. The extent of the plastic depended massively on the tidal flow and the direction of the wind.

"By the end of the trip we could look on a map and we knew exactly which beaches would and wouldn't be hit, but the ones that were hit were covered in layers of plastic. That was the thing that surprised us the most, there were layers and layers of it, as soon as you cleared the first layer you'd move the seaweed and it would reveal another layer. "

A lot of paddlers are taking on high profile expeditions to highlight the issue of plastic pollution, do you believe this is the only way to make a difference?

"There have been a lot of people who have done these sort of expeditions really successfully and ours wasn't about being any harder or easier than theirs; it was good to be amongst them and do something amazing ourselves to personally make a difference.



"You don't need to make your whole life purely about sustainability in order to make a difference but positive action is needed and good decision making is key. That said, paddling is about enjoying the outdoors going kayaking. As whitewater paddlers neither of us had actually spent much time on the sea but since starting I have realised that there is a whole discipline of kayaking that is yet to be explored for me, and so many others.

"I wouldn't consider myself an activist, but I believe that everyone can do their own little bit.

"If you're going on a trip and you come across some rubbish; throw it in the back of your boat. It doesn't take any time, it's not going to hinder your experience so you might as well.

"It can be frustrating, but for every item you pick up it's still one less thing that's going to be there, every little piece you pick up makes a difference."

Are attitudes changing, do you think we will finally see a difference being made?

"The popularity of clean ups on and off the water is on the up, and during our expedition they were really well received by the local community and other paddlers. People understand it now and get that action is needed. Nobody is asking people to go and clean someone else's kitchen, projects like these are showing everyone that we need to take care of our own playground and the outdoors.

"If people do something, it is better than nothing and it's not about hindering anyone's paddling experience to try and do litter picking everywhere, but just doing your part as and when you can is the right thing to do."



"Your small voice joins a lot of other small voices which makes a big voice in the end"

Photos courtesy of Waves of Sustainability

Instagram:

@davidpbain @tommybrady7

#WavesOfSustainability



Clear Access, Clear Waters Community Champion

Congratulations to **Bayley Sidall** from **Sheffield Hallam University Canoe Club** who has been crowned our first ever Clear Access, Clear Waters Community Champion!

We visited Peak UK, where Bayley and his canoe club were visiting for a factory tour and surprised him with an award presentation to congratulate him for all his hard work and present him with his Peak custom made buoyancy aid and certificate.

Bayley, who himself had never tried paddling until 2018, was nominated for his work with Sheffield Adventure Film Festival earlier this year where he helped to organise a large scale clean up on the River Don, which saw over half a tonne of rubbish removed. The clean up saw Bayley take the lead working in partnership with a number of organisations and high profile paddlers such as Cal Major, and generate a significant amount of media coverage all whilst encouraging new and existing paddlers to take to the water and support the ethos of the Clear Access, Clear Waters campaign.

"I had no idea about the award and am shocked to have won, I didn't even know I had been nominated," said Bayley

"I only began paddling in September 2018 after joining my university canoe club. As someone who had never paddled before I was shocked at the amount of litter and pollution in the water. I have always been aware of it outdoors, but since starting paddling I have definitely become more aware of it.

"I am really looking forward to holding more events, and getting involved with Clear Access, Clear Waters and Paddle Peak in order to help spread the message."

Could you or someone you know be our next Community Champion?

Submit a nomination today!

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.

If you, or someone you know is worthy of a nomination you can find out everything you need to know here!



Clear
Access
Clear
Waters

**COMMUNITY
CHAMPION**

Record breaking numbers take part in Go Paddling Week!



A big thank you to everyone who took part in Go Paddling Week this year between 25 May - 2 June. Despite the weather being a little bit hit and miss during the half term break, a record breaking 16,878 of you took to the water and told us all about it!

16,878 

people took to the water

"We went on a long paddle from Buxton to Salhouse broads and camped overnight with my son. It made for great father-son time!"

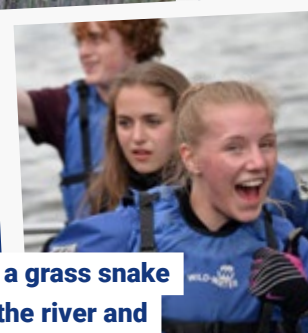


2,749 

paddles registered in Berkshire - the highest number of paddles for a county!



"Great paddle! I saw a grass snake swimming across the river and eight cygnets!"



Far & Wide

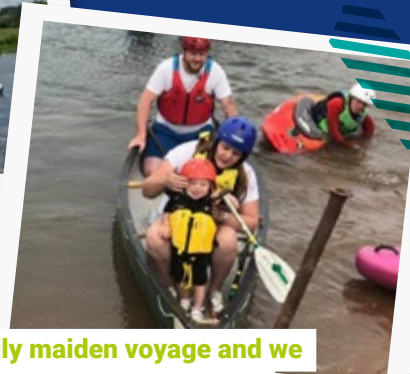
Paddles as far south as Jersey, and far north as Isle of Skye!



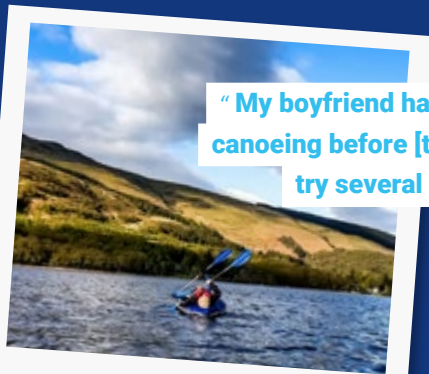
134   

clubs and centres ran sessions

"Got up close and personal with kingfishers and herons on a quiet bank holiday paddle."



"My boyfriend hadn't tried kayaking or canoeing before [the week], so he got to try several types of craft!"



"It was our family maiden voyage and we tested a new way to the children's primary school! Come on summer we want to paddle to school!"





Each day we read tales of people who have gone further, faster and harder than anyone else has before; stretching the limits of human endurance in the name of adventure. Seeing this it's easy to forget adventure doesn't have to be something which takes us far from home. It doesn't have to be a world first or best. We can all choose to have an adventure, it can be right on our doorstep it doesn't have to be an epic, but it is better if it's in a boat!

**IF WE WERE
MEANT TO STAY
IN ONE PLACE
WE'D HAVE
ROOTS INSTEAD
OF FEET ”**

- Rachel Wolchin



From tiny acorns...

“ We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.

- Jawaharlal Nehru

An adventure is personal; it can be as small or big as you choose. It may be a first time on the water, it might be exploring somewhere new or a first weekend away with the boat.

Getting the basics right is the first step to any paddling adventure. On the **Go Paddling website** lose yourself in hundreds of paddling trails, challenge routes and useful information. Alongside awesome articles you can find places to put your paddling into practise; by searching the **Course Providers** map for an organisation delivering the Start and Discover Paddle Awards.



...mighty adventures grow

“Anytime I feel lost, I pull out a map and stare. I stare until I have reminded myself that life is a giant adventure, so much to do, to see

- Angelina Jolie

One of the best things about any adventure is the planning. Poring over maps, getting gear together and working out logistics really brings an idea to life. All the British Canoeing paddling trails and challenge routes pull together bundles of information to help you plan. But these are independent adventures and it's up to you, the paddler, to use this information to create your plan.

Reading articles such as this **one on** preparing for the Three Lakes Challenge will give you some great pointers on how to plan your mighty adventure.



We love to see you out on your adventures. Don't forget to share them with us by tagging **@britishcanoeing** in your social media posts!

Adventure is...out there, go find it!

OUR TOP 3 ADVENTURES

Exploring your local waterways or trying a new discipline may well be your chosen adventure. In case you want a nudge in the direction of a few ideas here are our current top three paddling adventures:



The London Legacy Loop Challenge

A six and a half mile route around the iconic Queen Elizabeth Olympic Park. This route travels the oldest canal in London, celebrating victories of engineering and sporting glory. With no locks and a fairly short distance it is suitable for most paddlers. There is also the option to hire boats at the start from **Moo Canoes**, in Limehouse Basin.

The River Wye 85 Mile Challenge

Our longest challenge route, designed to be taken on over multiple days. This beautiful challenge is a journey along the border of England and Wales. The route is mainly flat water with some simple grade 1 rapids and fast moving water as well as a grade 2 rapid at Symonds Yat. Enjoy the unspoilt wonders of the Wye as you challenge yourself to complete this adventure.

Windermere Challenge

There's nothing quite like experiencing this beautiful lake from the water itself. The 11 mile challenge route gives you a brand new perspective of a sometimes crowded summertime spot, and the best bit? You can challenge yourself to set the fastest time on the leaderboard too!

ADVENTURES IN FILM MAKING

Charlie Fripp, Producer of the Yukon Assignment (www.yukonassignment.org) and Lecturer in Television at Falmouth University shares her top tips for capturing your paddling adventure on film.

If you had told us five years ago that our canoeing adventure documentary, "The Yukon Assignment" would take this long to complete (almost two years!), or that it would screen to sell out audiences at cinemas across the UK from West Cornwall to Inverness, as well as having a tour supported Travel Yukon (the Yukon tourism board), we probably wouldn't have believed you.

Planning for the journey itself, began way before the concept for the film, when professional adventurer and outdoor instructor Chris Lucas, decided to take his father on an amazing journey in the Canadian wilderness. It was always going to be an intense adventure, full of risks and challenges, not least the 500 miles of paddling down the Wind and Peel Rivers and the risk of bears to whom the Yukon is home.

As Producer, I didn't know what Chris would come back with and it weighed heavily on me that it was a very genuine wilderness adventure.

The result was nearly 100 hours of footage, which then needed to be crafted into a story.

Chris is a natural cameraman and the first thing that struck me about the footage, was the awesome colour of the water and the scale of the landscape. It definitely felt like a film that needed to be seen on the big screen.

There are many parallels between adventuring and film making. You need to plan, be prepared and know where the final destination will be, but you don't always know what will happen along the journey or how exactly you'll get there. Perhaps most importantly, you need to have the grit to continue, in those moments when everything seems impossible and that road ahead of you seems too challenging.



Would we recommend making a film of an adventure?

It does come with compromises, you need to take additional kit and the means to charge batteries (we used solar panels) and of course, additional expense. It means making time to film along the adventure, especially in those moments that are more challenging, which are precisely the moments which are more difficult to capture. But it is amazing to be able to share the adventure and to inspire others.



TOP TIPS FOR (ADVENTURE) FILM MAKING:

The Story:

- 1 Story is at the heart of everything. What is your story? What is it really about?
- 2 Who is your audience, who might be interested in your story and why?
- 3 Think about traditional feature films, does your story have a beginning, middle and end? Do the characters change or learn something about themselves or each other?

Filming Tips:

- 4 Use a tripod, where you can, unless you are very sure of your filming ability, it will look more professional.
- 5 Hold the camera still for at least 10 seconds WITHOUT moving anything. Film with your hands behind your back if you have to! Don't be tempted to pan or zoom, until you have your basic shot secure.
- 6 Make sure that you have enough shots from different angles, so that the footage will cut together, so you can shorten time – for example a reaction shot, a cut away to the landscape, a shot from over the shoulder.
- 7 Try to run more than one camera simultaneously



- 8 Film even if you don't feel like filming. Especially if you don't feel like filming, these are the moments you will be grateful for when you get back home.
- 9 If something happens and you don't film it, capture your reaction as soon as possible, nothing can make up for the spontaneity.

Editing Tips:

- 10 Think about how you want to make people feel, what is the overall tone of your film?
- 11 Think about every shot, does it add something? If it doesn't, lose it.
- 12 Does the edit make sense to someone who wasn't there?
- 13 Remember, no one knows what is left on the cutting room floor, sometimes your favourite footage doesn't work within the film.

Above all, enjoy the process; just as with any adventure you need to enjoy the journey as well as reaching the final destination.



The Yukon Assignment is screening at cinemas across the UK on the 16th of June, including being released online for Father's day.

Full details at www.yukonassignment.org

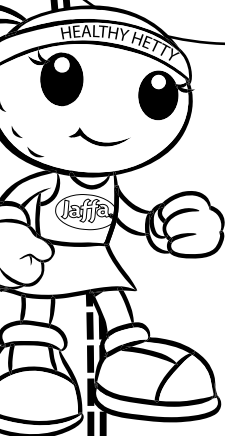
Word search

Did you know?

- Your body is like a sports car. If you fill it with the best kind of fuel, you will:
 - o have energy to grow and play
 - o fall ill less often
 - o become stronger
- You can get good fuel from eating a balanced combination of foods
- You should aim to eat five portions of fruit and veg a day

Choose 'lean' meats

We can't get enough vegetables



E	V	I	T	A	M	I	N	S	M
N	F	C	T	S	G	Z	H	I	I
E	F	A	T	S	Q	W	F	N	N
R	P	R	C	F	R	U	I	T	E
G	R	B	Q	T	U	J	B	W	R
Y	O	S	S	D	O	B	R	A	A
F	T	L	Z	Q	Y	X	E	T	L
V	E	G	E	T	A	B	L	E	S
F	I	F	P	S	N	D	V	R	F
F	N	U	T	R	I	T	I	O	N



We need exercise every day

We love fruit

Eat 100% whole grains

Words for a word search

- fats** – give you lots of energy
- nutrition** – the body needs nutrients to be healthy. Different nutrients can be found in different food groups such as protein, carbohydrates, fibre, vitamins, minerals and fats
- fruit** – eg strawberries, oranges, apples
- vegetables** – eg broccoli, carrots, onions
- protein** – provides amino acids that build muscles
- fibre** – helps you digest food
- vitamins** – needed for the body to grow
- minerals** – needed for strong muscles, teeth and bones
- water** – keeps your body temperature normal
- carbs** – gives you lots of energy
- energy** – your body needs to function properly



Available At

TESCO



Proud Sponsors Of



www.jaffa.co.uk

[@/lovejaffacitrus](https://www.instagram.com/lovejaffacitrus)

[/jaffafruit](https://twitter.com/jaffafruit)

[/lovejaffa](https://www.facebook.com/lovejaffa)

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



9 917660 301006



**Craghoppers Men's
Nosilife Adventure II
Long Sleeve Shirt £65**



**Craghoppers Women's
Nosilife Adventure II
Long Sleeve Shirt £60**



**Craghoppers Men's
Nosilife Pro II
Convertible Trousers £75**



**Craghoppers Women's
Nosilife III
Convertible Trousers £65**

Keep the bugs off when on the water and stay protected from the sun in Nosilife. Craghoppers' innovative Nosilife clothing has built-in insect repellent technology, designed to last the life of the garment. It's also anti-odour and moisture wicking to ensure you stay dry and comfortable on warm days outdoors.



**Smidge Insect
Repellent 75ml
£8.50**



**CamelBak Podium Chill
Insulated Bottle 610ml
£14.99**



**Bloc Daytona
Polarised Sunglasses
£40**

Sun protection is essential in the warmer months, especially when days are spent enjoying the outdoors. Having the right kit to keep you protected on the water, on the trails and even on the mountains will ensure you stay well and comfortable on those long summer adventures.

**Tilley TWS1 Paddlers Hat
£90**



Tilley's Paddlers Hat was designed with you in mind. Offering UPF 50+ sun protection and an abundance of shade, it's perfect for when the sun is shining. Extra ventilation and moisture-wicking sweatband are designed to keep the sweat away and out of your eyes.



**Hunter National Trust Print
Norris Field Wellies
£110**



Trusted by our partners since 1974
Stores nationwide | cotswoldoutdoor.com


Ajay Tegala, National Trust Ranger
📍 Wicken Fen Nature Reserve

In partnership with



I am Ajay

This is my outdoors



Water is the lifeblood of Wicken Fen Nature Reserve, where you'll usually find Ajay Tegala working as a ranger. Ajay spends every moment he can outdoors, helping to protect and conserve wildlife, habitats and beautiful places for all to enjoy. His favourite place to be is on the water, so he needs kit to take him from field to boat and back again. This summer, prepare for better weather on the water and off it, with kit for every adventure and every outdoors.

15% discount
for members of British Canoeing

Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. 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

BECOME A STAND UP PADDLEBOARD COACH!

If you're looking to coach Stand Up Paddleboarding (SUP), then the **NEW SUP Coach Award pathways** are for YOU!

Qualification Pathway



The NEW SUP Coach Awards allow you to coach anyone looking to start their journey into SUP or those looking to continue to develop and progress their SUP skills.

The **FOUR NEW** Coach Award pathways include:

- > Stand Up Paddleboard Sheltered Water Coach
- > Stand Up Paddleboard Open Water Coach
- > Stand Up Paddleboard White Water Coach
- > Stand Up Paddleboard Race Coach

To become a SUP Coach, you would attend two components of face-to-face training, as well as engage in active, independent learning to

develop your coaching skills out on the water. This is concluded by a 1 day assessment.

Existing UKCC Level 2 or Coach Award coaches can bypass the Core Coach training and go straight to the Discipline Specific training.



The NEW SUP Coach Awards are available from the 1st August 2019. Find out more on the **British Canoeing website**.



SAVE THE DATE:

The 2019 Coaching and Leadership Conference returns this November

The 2019 Coaching and Leadership Conference will take place on the 23rd and 24th November at Eastwood Hall, Nottinghamshire.

The conference brings together instructors, coaches, leaders and guides with varied experiences and disciplines. All are invited to engage, discuss and reflect on the insightful keynotes and workshops throughout the weekend, enabling you to think differently about how coaching and leading can enable your participants to thrive.

This year's theme revolves around the interpersonal relationships between the performer and coach. The focus will be on making a difference, through generating knowledge and understanding of the effectiveness of quality relationships - enabling you to develop strategies and practical applications in your coaching.

We are delighted to welcome our Saturday keynote speakers:

- **Sophia Jowett**
In Coach Leadership, Coach-Athletes Relationships Matter Most
- **Marianne Davies**
Re-weaving the Coaching Rainbow
- **Steve Macdonald**
What's best next?

The Sunday programme will include a range of workshops to suit your own interests including:

- > Wearable technology in paddlesport
- > Coaching in a dynamic environment
- > Smash and Bash
- > Open Water SUP Skills
- > NEW Intermediate Paddle-Ability Workshop

This year's diverse programme includes activities and unique experiences such as the interactive internet café to explore the British Canoeing eLearning, a Coaching Diploma hub to get your questions answered, as well as a range of exhibitors and paddlesport retailers.

We are also delighted to include the 2019 Coaching and Leadership Awards on the Saturday evening.

Early bird delegate packages start **from £99** for the full weekend, with a variety of single day and residential options available.

This is a great opportunity to update your CPD, network with fellow coaches and paddlers and reflect on your coaching practice at this not to be missed event.

For the full programme and to book online visit the **British Canoeing website.**



What's On?



WMRDT Sea Kayaking Weekend:
Anglesey Outdoors
Sat 7th Sept 2019

The fantastic Anglesey coastline, a positive learning environment & plenty of fun – join our next sea kayak weekend!

Delivered by coaches Charlie Miller and Sue Couling brave the waters of Trearddur Bay, Anglesey. Train on rescue procedures and safety at sea as well as test your limits and explore the incredible geography of Anglesey.

cwsm@freenetname.co.uk



Southern Region Film & Photography Festival:
Abingdon, Oxfordshire
Fri 15th November 2019

Come and join us for our Film and Photography Festival at the Amey Theatre with guest speakers including Ivan Lawler!

Celebrate the joy of epic adventures, amazing athletes, members, clubs and centres through sharing experiences and celebrating the many successes in our sport and other epic outdoor sports.

james.hinves@britishcanoeing.org.uk

2020 ECA LONDON

CANOE SLALOM

EUROPEAN

CHAMPIONSHIPS

COMING SOON

sign up for info >

BRITISH CANOEING

Holme Pierrepont Open

31 August - 1 September

JOIN US FOR THE

Canoe Sprint & Paracanoe National Championships

Freestyle European Open

Wildwater Racing GB Open

Plus: have a go on the water, obstacle course racing, open water swimming, food & drink stands, kids activities

britishcanoeing.org.uk/competition/whatson/

FREE ENTRY