

CANOE FOCUS



**The Surfers
Against Sewage
Campaign is back
for 2019!**

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**The 2019
Coaching and
Leadership
Conference
is for you...**

Read more on page 22

**Britain North to
South - The Hard
Way: A twenty year
perspective**

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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Let's go somewhere

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Welcome

I hope that you are enjoying yet another excellent edition of The Paddler and invite you to take a few minutes to read the Canoe Focus pages, not only to learn a little about what's going on in British Canoeing, but to be inspired by the fantastic work of our members.

It was great to see members from the West Midlands join Tom Watson MP, the Deputy Leader of the Labour Party, on a paddle from Tipton to Birmingham. He really enjoyed the day and Tom is one of a growing number of advocates of our Access Charter – Clear Access, Clear Waters (**P14**).

We were proud to recognise Andy Gee from Whoosh Explore Canoe Club, for his fantastic work in not only engaging the community through canoeing but also for protecting and improving the environment along rivers in Hertfordshire (**P15**).

Just a few weeks ago we hosted the ICF Slalom World Cup, also in Hertfordshire at the Lee Valley White Water Centre. Our athletes performed incredibly well, winning 3 of the 4 gold medals in the Olympic classes and another gold in the Extreme Slalom. Many more athletes have already enjoyed national and international success in each of our disciplines this year and you can catch up with some of these results (**P12 and P13**).

The World Cup demonstrated some other real positives. We were virtually sold out on the first two days as more than 6000 spectators watched the event. We had 220 dedicated event volunteers enjoying their experience and wanting to return and we attracted two new sponsors in Jaffa and Red Bull who were also very positive about their experience of working with British Canoeing. The highlights were screened on BBC 2 on the Sunday afternoon and had good viewing figures. We are now looking forward to hosting the European Slalom Championships in May 2020.

Jaffa is the official fruit partner of British Canoeing and there is a discount voucher for £1 off any of their fruit at Tesco. Please do make use of it. You may have noticed our promotion of a new members benefit provided by Halfords who are offering 10% off all of their instore products for members of British Canoeing. This is a great partnership as we know many of our members will want to visit Halfords to purchase bikes, car parts, camping and travel equipment.

I am pleased to report that we are still making great progress towards the targets within Stronger Together. Our membership continues to grow as more members are renewing and more paddlers are joining British Canoeing for the first time. Our Clear Access, Clear Waters campaign remains front and centre in our work. Our revised coaching and leadership qualifications are being received very well.

There are still some exciting new developments to be released before the end of 2019 and we look forward to sharing these with you in the next edition of Canoe Focus.

Of course all of this work is designed to inspire the passion for paddling. I hope you are noticing the difference and becoming increasingly proud to be a member of British Canoeing.

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

Two-time Olympian Rachel Schofield (née Cawthorn) calls time on competitive canoeing

One of the longest standing members of the Great Britain Canoe Sprint team, Rachel Schofield has called time on her career after more than 15 years in the sport.



Click here
to find out
more

British Canoeing partners with Halford

British Canoeing has announced a brand new partnership with Halfords Group, which will see members receive a 10% discount on the retailers' in store products. The discount will apply to all members of British Canoeing - who have either On the Water or On the Bank category of membership - for in-store purchases at Halfords and Cycle Republic.

British Canoeing Present at UK Coaching Conference

Presented by David Joy, British Canoeing CEO, Lee Pooley, Head of Coaching and Qualifications, and Ricky Snodgrass, Digital Education Solutions Lead, the British Canoeing presentation explored the coaching pathway.



Click here
to find out
more

STRONGER
TOGETHER
COACHING
& LEADERSHIP



Liam Heath hosts Japanese visit to celebrate 1 year to go to the Tokyo 2020 Games

With just under a year to go until the Tokyo 2020 Olympic Games, Liam Heath recently welcomed a group of schoolchildren from Motomiya, Japan as part of a partnership with the British Olympic Association. The group watched Liam complete a gruelling training session, before taking part in a question and answer session hosted by the reigning Olympic champion.



Click here
to find out
more

Providers trained to run the NEW SUP Coach Awards

On the 30th and 31st July, almost 20 providers attended the SUP Coach Award Orientation at the National Water Sports Centre, Nottinghamshire.

The providers got on the water throughout the two days, taking part in workshops covering SUP Sheltered Water, SUP Open Water, SUP White Water and SUP Race, working through delivering the relevant discipline specific training, as well as classroom based workshops talking through administration processes and supporting candidates.



Click here
to find out
more



Paracanoe to be broadcast live at Tokyo 2020 Paralympic Games

The International Paralympic Committee (IPC) has announced that Paracanoe will be amongst a further five sports that will be broadcast live from the Tokyo 2020 Paralympic Games, bringing the total number to a record 21 disciplines from 19 sports.



Click here
to find out
more



#SHEPADDDLES SPREAD THE LOVE!

Women's Paddling Ambassadors, a hashtag, a Facebook group just for female paddlers...what's that all about then? If paddlesport is for everyone, then why are British Canoeing making such a fuss about women?

Well, it all starts with boring statistics and figures. No, don't leave yet...we aren't going to quote them all here! We know you'd far rather be paddling than staring at a page of stats. Here's a basic overview; there are more men paddling than there are women. There you have it, short and (for us) not so sweet.





Available from: shop.britishcanoeing.org.uk

So, you just want more women paddling?

Nope. We also want those women to get to where they want to be in paddlesport. That means creating a welcoming and supportive environment at every level within the sport. Research shows (don't yawn at the back there) that women will hold back from presenting themselves for assessment far longer than men at the same paddling level.

It's important to us that, if women want to move into coaching and leadership roles, they flipping well get there!

It's just a hashtag; how does that make a difference?

#ShePaddles is just one part of a bigger movement. Yes, we want to create the chatter on social media but we are also producing some tangible things to help everyone understand how they can make a difference. Such as this **Engaging Women In Paddlesport document** - there are stats and figures in this but we promise it's an interesting read and has lots of great information too!

For the second year we've enlisted the help of ten inspiring ladies as Women's Paddling Ambassadors. They were chosen for a range of reasons but mainly just for their full on passion for paddling! Our ambassadors are busy spreading the love in a range of disciplines and at all levels of the sport. We're sure you want to know more, so you can read all about them [here](#).

We also figured that the only way to get a movement moving was to give it space! So we created the **Women's Paddling Community** on Facebook. An awesome group where almost 1000 female paddlers are sharing and supporting their paddling ideas and ambitions.

And...by popular demand

Driven and developed by conversations in the Women's Paddling Community and on the ground, we have a brand new #ShePaddles clothing range in our online store. Check it out and grab your gear [here](#).

Why can't we have #HePaddles too?

You can! We want everyone to share their love of paddling, so feel free to use whichever hashtags sum that up for you. But...what would be equally as awesome is if you celebrate the amazing female paddlers in your life.

#ShePaddles is definitely not 'just for girls'! Join the movement and spread the **#ShePaddles** love!

#

GO
Paddling!

BRITAIN NORTH TO SOUTH

THE HARD WAY:

a twenty year perspective

In this article the Chair of British Canoeing, Professor John Coyne CBE, discusses the epic journey taken by two paddlers in 1999 and encourages them to take 'the long view'. John had been made aware of the journey by a chance remark from a friend who said quite simply "My son did a long paddle in his youth." This throwaway line alerted him to not just a long paddle, but a truly epic one. William and James had paddled from the Sea north of Scotland to the Channel: a journey which had been reported in Canoe Focus in August 2000, edition no 126.

Twenty years ago, as we approached the Millennium and the milestone that it represented, two young professionals, William Burlington and James Hanson (a photographer and a film location manager) were facing milestones of their own – their thirtieth birthdays. They were determined they wanted to do something memorable, preferably historic that would not just serve their purpose – adventure before thirty – but would do some good. At the time a close friend was actively involved with the charity NCH, now known as Action For Children, and they responded by forging the idea to try to raise £75,000 for them. There remained just one decision to make – what to do?

Despite no background in canoe or kayak they decided that they would try to become the first people to paddle from the sea off northern Scotland to the sea off Sussex, entirely by inland waterways. Their craft of choice – a touring K2 was chosen because the canals and some of the rivers would be quite narrow. It also helped to be able to look in the direction they were going.

Twenty years on I met up with William and James to reflect on their journey and to get a perspective on it that time can bring.

It seemed astonishing that such an epic journey could be contemplated by someone with no background in paddling – only William had tried it on an outward bound holiday as a teenager. As they reflected back, they were acutely aware of what novices they had been, and yet how generously individuals and clubs had supported them. From attempting eskimo rolls at a club night in a swimming pool in central London, to sessions in Camden Lock, through to advice on technique at Richmond, Sunbury and anywhere that would have them enabled them to put together a survival technique in preparation for the off. They were loaned two K2 kayaks – "one quick and one robust" as they recalled. They bought a Rorqual and were most grateful to AC Canoes of Chester for the loan of an Explorer 515 which served them well; and for declining to have the kayak back at the end so they had a 'trophy' to hang from the ceiling.



The choice of route they explained was quite straightforward “Just look at a map and it’s pretty obvious,” they explained before adding “though we did do a detour into London and under Tower Bridge to help our sponsors.” When a route has never been done before it is not easy to classify it as obvious, (and however hard I looked it seemed less than obvious to me), but they carefully charted their route with a wind-swept starting point in Loch Eribol (briefly) then Loch Hope to the point where the Arun joins the channel at Littlehampton. In their planning they had two core principles – they would do the entire route together with no assistance and they would always put into the water at the start of the day at exactly the point they got out the evening before.

Their independence philosophy had its first test after about ¾ of an hour – the first portage. Reflecting on their planning and the actual experience twenty years on I was struck that the portages were recalled more quickly than the paddling. They had admitted in an article in Canoe Focus in 2000 that the one element of their planning that they had paid too little attention to was the portage – a term they had only learned in their preparation but admitted they had never really fully understood the significance of. Their first day was a day of “loch-portage-loch-portage-loch” before they arrived at their first planned stop and the welcome sight of their back up van and caravan.

When I asked James and William during the course of our discussion if there had ever been times when they felt like giving up James responded instantly with “Day one hour three - portage!”

The logistics had been meticulously worked out beforehand so the precision with which they had to operate to meet their back up team – sort food and provisions – and get some decent rest between days paddling was essential. One task they had that is familiar to paddlers today was the complexity of all the riparian rights and permissions that had to be secured along their route– virtually all 919 miles of it.

William explained that it had been easier in Scotland but even there they had to be sensitive to other users, and the best places to get into and out of the water. He thrust his hand into a carrier bag as we spoke and produced a huge wodge of paper. “These are just some of the letters we had to write and respond to before we even set off just to secure our right to paddle.” This is an experience all too familiar today with only 4% of England’s waterways uncontested.



THEY CAREFULLY CHARTED THEIR ROUTE. STARTING BRIEFLY AT LOCH ERIBOL THEN LOCH HOPE TO THE POINT WHERE THE ARUN JOINS THE CHANNEL AT LITTLEHAMPTON.

I was fascinated to read the details and support in some of the letters. As in so many cases the letters were full of good will, and as in this example a significant £100 donation to NCH too. The mind-set to master the logistics “that was mainly down to William,” says James. I was left astounded at the detail that had to be in place to make the journey possible.

At a time when incidents with the fishing community are not unknown it was reassuring to learn that they had very few problems. Indeed the one occasion that they were chased by fishermen turned out to be because they had heard about their journey on local radio and wanted to make a donation - £20 dangling on the end of a fishing line!

They made their way remarkably to schedule. Paddling about 20 to 30 miles per day, often dependent upon portages, they made “steady but unspectacular progress” and generally met their relief crew –family and friends – at the duly appointed time without incident. Both underplayed the physical side of the journey and found the rhythm worked well when they got into their routine. “We were going at our pace, remember,” says William “It’s not like the Devizes to Westminster when you are racing other crews and the clock. I really take my hat off to those guys. We were just gently paddling.”

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Nonetheless a gentle 1000 miles is not without its physical challenges and William teased James that "He ended up with the bigger muscles because his technique was not as good as mine!" William was in front and James in the rear and they both recalled that whenever they passed people, the 'heckle' of choice was "The guy in the back isn't paddling."

It was clear that they enjoyed each other's company during the trip and that it has cemented a firm friendship. Though they had been at school together, they only became firm friends after a chance meeting in a pub in Sydney, Australia, when they were both travelling.

A friendship formed by sharing a K2 for seven weeks was a test of any friendship and a test that they clearly not only survived but prospered from.

They recalled one particularly long portage which took them through a picturesque archetypal English village. Quite by chance the village fete was taking place so the village was animated and busy, with most of the village out on the main street. Then along come two young men, with a K2 atop their shoulders as they make their way to the river. The village suddenly turns a curious gaze towards them and falls silent. A silence broken by the musical strain of the theme tune from Hawaii 5-0 as first one then all the crowd provide a musical accompaniment to their progress down the main street.

The progress through England was very measured and predominantly on canals or canalised sections of rivers. As members of BCU (now known as British Canoeing) they had their licences in place and they were in more familiar territory.

Once on the canal system they at least had the relief that "our maps told us that the tough portages were at an end" and the canal system minimised the need to paddle against the flow. They had had enough of that – nearly! They recalled that it had been tough paddling through Glasgow against the flow.

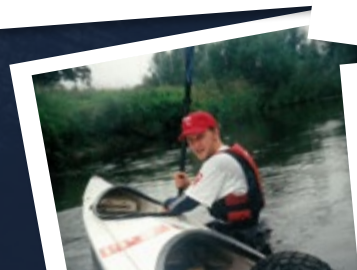
THERE IS A LOCAL GLASWEGIAN EXPRESSION TO QUESTION SOMEBODY'S SANITY – "DO YOU THINK I CAME UP THE CLYDE IN A CANOE?" THAT IS EXACTLY WHAT THEY DID!

Part of their daily routine as they made progress was to ensure that their story was heard locally and that they engaged the media and spread the word about their fund-raising, and their nominated charity – NCH (Action for Children). This was not the social media age that such journeys can utilise today. It required face to face contact, interviews for local papers, radio interviews and the like. Not always the most welcome activity after 25 miles of paddling – especially if it was a tough 25!

They clearly had a strong sense of commitment to their charity and a drive to meet their stated £75,000 target. The generosity that they encountered has stayed with them – small donations and small acts of kindness to them and their back up team that made the difference and made the endeavour worthwhile.

It was to ensure that they receive maximum visibility and out of respect for their charity that they took a detour into the heart of London. They had seen the sign 'To London' at the Braunstone Junction of the Grand Union canal. A sight that suddenly gave them added confidence (it was Day 42) that their target was in sight. It was still 200 miles to their destination but no doubt the very existence of a sign put a bit of zip into their paddles.

They met friends and supporters under Tower Bridge who had gathered to greet them and support them, which made them feel "like conquering heroes." It was a great opportunity for profile for the charity and their journey, but there was still a fair bit to conquer for the premature heroes. When the harbourmaster, not fully imbued by the spirit or significance of the event, moved them on they had to paddle up the Thames to Teddington.



Having had enough paddling against the stream they made sure their timings were right to catch the tide towards their overnight stop before joining the Wey navigation at Guildford.

A further contemporary challenge awaited them as they prepared to follow 'the lost route to the sea' - a journey on the Wey and Arun that once linked London to the south coast - the need for a portage loomed.

They would have to walk the tow path of the Wey and Arun which was derelict at the time despite the valiant efforts of the local Trust. A letter of February 1999, during the planning phase, from the Wey and Arun Trust had advised James of what they would face. The letter offers guidance on "those sections of the canal which are in water and could be navigated by canoe," advises them to use "The Cranleigh Waters which will take you almost into the village of Bramley through which, regretfully, a fair section of the old canal has been filled in and built over" and further advises "Putting the canoe into the Arun at Pallingham would require special permission because both the river banks and former towpath are no longer rights of way." I could not help but be struck by this cameo of our current challenges.

Their eyes lit up as they recalled the final stretch. "The River Arun is one of the fastest flowing rivers," remarked William "It was a bit of a joy ride - though not without its challenges." It was certainly a welcome morning utilising their newly acquired strength, confidence and technique as they approached the welcome party gathered in Littlehampton for their anticipated early afternoon arrival.

They arrived, on schedule, on Day 51, at 1.30pm on the beach at Littlehampton to be greeted by family, friends, supporters and their charity.

Not to mention a film crew with a cameraman balancing a camera the size of a planet on his shoulder knee deep in uncertain waters as the happy paddlers reached their ultimate goal. I asked whether they marked their arrival in any

particular way. "A few hugs and kisses and then a few beers," responded James instantly.

On being pressed whether there was anything more significant William did confess that he had picked up a pebble on the shore of Loch Eriboll at the start of the journey and carried it with him all the way. He threw it into the sea at Littlehampton as the symbolic manifestation of the 919 miles they had completed.

They had become the first people to link the north and south coasts in this way - "But never recognised by The Guinness Book of Records," comments William, with just a hint of pique. It was certainly a journey worthy of recognition. It was an exceptional feat for the experienced canoe and kayak fraternity let alone for two novices choosing it as their first encounter. It was also massively significant for their chosen charity for whom they gave profile and a very welcome £86,000 raised (equivalent to £150,000 in 2019).

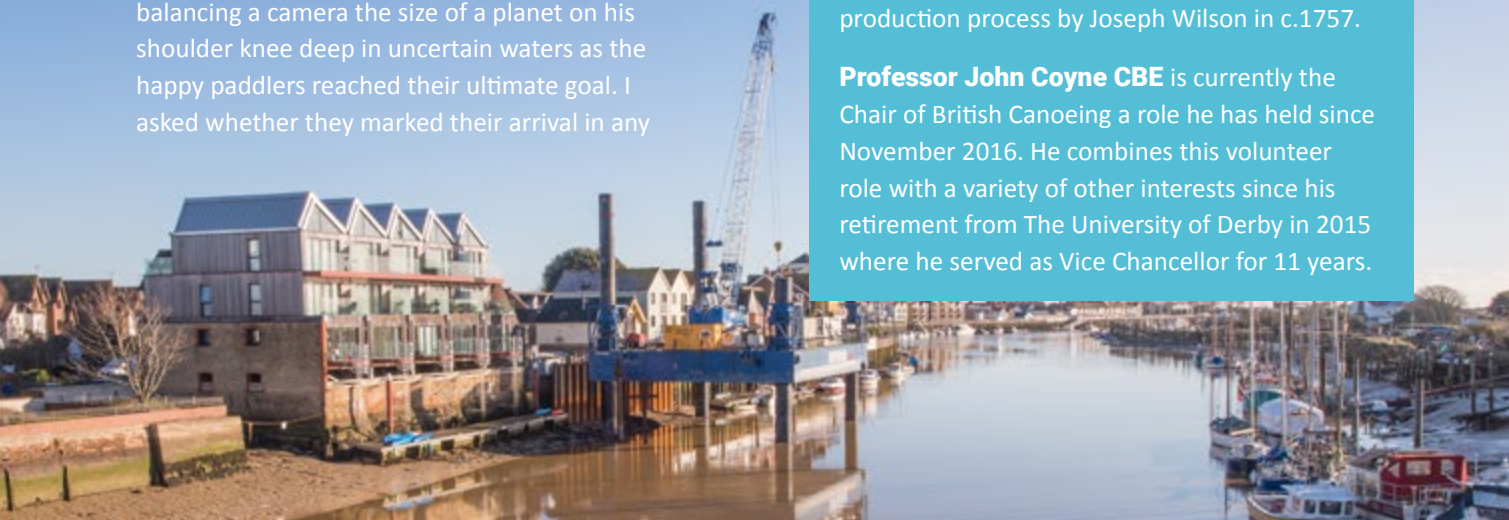
It is clear that even twenty years on, the very act of recollection resurfaces and makes real the accomplishments of the journey. As I left them I was still not convinced that they truly appreciated the significance of what they had done or the admiration it inspires in those of us used to less challenging pastimes.

Biographical note:

William Burlington is now, amongst other responsibilities, Chancellor of the University of Derby, and in 2019/20 will be Derbyshire's High Sheriff

James Hanson is now leading his wife's family business in Sheffield from a home in Derbyshire. He runs a business which, perhaps fittingly, is still capable of deriving its productive power from water using a water wheel integrated into the production process by Joseph Wilson in c.1757.

Professor John Coyne CBE is currently the Chair of British Canoeing a role he has held since November 2016. He combines this volunteer role with a variety of other interests since his retirement from The University of Derby in 2015 where he served as Vice Chancellor for 11 years.



British paddlers win international medals

Congratulations to the British paddlers who have won international medals and achieved great performances across a range of competition disciplines so far this summer...

Polo

Congratulations to the **British women's canoe polo team** after winning the **gold** medal at the 2019 Flanders Cup in Mechelen.

Having navigated their way through the early stages of the competition, the senior women's side faced a strong French team in the final. Backing up their 2018 Flanders Cup title, the experience and class of the team came through once again as they claimed a 7-4 victory in the final.

The **women's U21 team** claimed a brilliant 4-2 victory over Switzerland in the **bronze** medal match. The team had some great results on the way to the third place play-off including an emphatic 11-0 victory over Poland.

The British teams will next be in action at the 2019 ECA Polo European Championships in Portugal at the end of August.

Marathon

Congratulations to **Lizzie Broughton** (Richmond) and **Tim Dowden** (Norwich), who both won **bronze** medals at the 2019 ECA Canoe Marathon European Championships in Decize.

On the first day of the Championships Lizzie won the first medal, in the Ladies Short Course Race. Coming into the final and decisive portage, she was in a group of four, but Hungarian Vanda Kiszli dropped her boat and fell out of medal contention.

Despite a slight struggle getting her boat out of the water, Lizzie managed to maintain third place and claim the **bronze** medal, just five seconds behind silver.

In an incident packed race **Tim Dowden** secured the **bronze** medal in the Junior Men's K1 - his first race at European Championship level.

Freestyle

Ottlie Robinson-Shaw retained her junior women's title at the 2019 ICF Freestyle World Championships in Sort. In the final despite flushing out in her first ride, Ottlie managed to get back to the feature and still put down an outstanding ride scoring 536.67 points.

The 17-year-old also delivered some fantastic moves, including a McNasty and huge Loops in her second round. The 2019 gold medallist showed off some epic moves in her final victory ride.

It was a second medal for Ottlie who claimed the **bronze** medal in the women's squirt boat event on the first day of the Championships. Also on the podium was **Alex Edwards**, who took **silver** and **Sam Wilson** **bronze** in the men's squirt.



Canoe Polo women



Wildwater Racing

There were some fine individual and team performances at the 2019 ICF Junior and Under 23 Wildwater Canoeing World Championships in Banja Luka.

Laura Milne qualified for the Women's U23 Kayak Sprint Final, in which she placed 14th. It was a great result for the Scottish paddler from Dunblane in her first season at U23 level.

In the Individual Classic races **Francis Huntingford** from Exeter led the way taking 15th place in the Men's U23 Kayak.

In the team classic events **Jodie Ball**, **Laura Milne** and **Esme Durrant** combined to take fourth place in the Women's U23 race, just one place off a podium finish. In the Men's U23 **Freddie Brown**, **Calum Gingell** and **Francis Huntingford** put down a strong team performance to take fifth place.

Slalom

Great Britain won three team medals at the 2019 ICF Junior and U23 Slalom World Championships in Krakow. **Etienne Chappell**, **Jonny Dickson** and **Ben Haylett** went clean and fast down the course to post an unbeatable time of 91.49, triumphing in the junior men's K1 team event and taking the **gold** medal.

The trio of **Kurts Adams-Rozentals**, **Alfie Boote** and **James Kettle** put down a strong run in the junior C1 team event to go top of the leader board and hold onto the **bronze** medal.

Bethan Forrow teamed up with **Ellis Miller** and **Lois Leaver** to win the junior K1 women's **bronze**. The team picked up two penalties but managed to keep their composure to take third place.

Bethan Forrow (C1) and **Etienne Chappell (K1)** also claimed individual **bronze** medals at the U23 and Junior European Championships in Liptovsky.

Sprint

European Championships

Daniel Atkins (Reading) claimed the **gold** medal in the K1 Junior Men 200m at the 2019 ECA Junior and U23 Canoe Sprint European Championships in Račice.

On the final day of racing Daniel made a blistering start in the K1 Junior Men 200m to lead the race from start to finish, coming home in 37.195, 0.3 seconds ahead of Nikita Barannikov from Russia.

Philip Miles won the **silver** medal in the K1 Junior Men 1000m. Starting in lane 7 Philip was in fifth place with 250 metres to go, but a strong finish saw the Leamington Spa paddler move into the silver medal position.

World Championships

Daniel Atkins also added the World Championships title to the European one he won in Račice. After dominating the rounds, it was a tense photo finish but he converted the hard work he has done over the winter, training with reigning Olympic Champion Liam Heath MBE, to come through with the win.

Overall the team made 8 A Finals across 6 Olympic disciplines.

Extreme Slalom

Etienne Chappell has won the Extreme Slalom Junior World Championship crown after triumphing in extreme conditions in Krakow. After winning senior extreme slalom gold at the World Cup in Lee Valley earlier in the season, Etienne became the first men's junior World Champion of the upcoming discipline.

Battling the tough conditions, the Welsh paddler showed his class and speed in the event throughout. He started the day off confidently with a victory in the time-trials, qualifying in 51.05.

Easing through the heats and quarter finals, stormy conditions threatened to derail Etienne's chances of reaching the podium. However, he battled the elements to storm the final and claim the World title.

Etienne Chappell

World Championship Slalom Team

Daniel Atkins

Ottillie Robinson-Shaw

Clear Access, Clear Waters



Highlights

It's been a busy few months for the access and environment team, with lots of work taking place to support the Clear Access, Clear Waters Charter and keep it in the forefront of people's minds!

Here's some highlights!

We went paddling with Tom Watson - The Deputy Leader of the Labour Party!

As part of **'Adventures 4 Health'** British Canoeing joined the Deputy Leader on his paddle challenge through the West Midlands in July.

Starting at Malthouse Stables (Tipton) and finishing in Brindley Place (Birmingham) Mr Watson took on the 9 mile paddle trail with members of local clubs, the West Midlands Regional Development Team and Ben Seal, Places to Paddle Manager at British Canoeing.

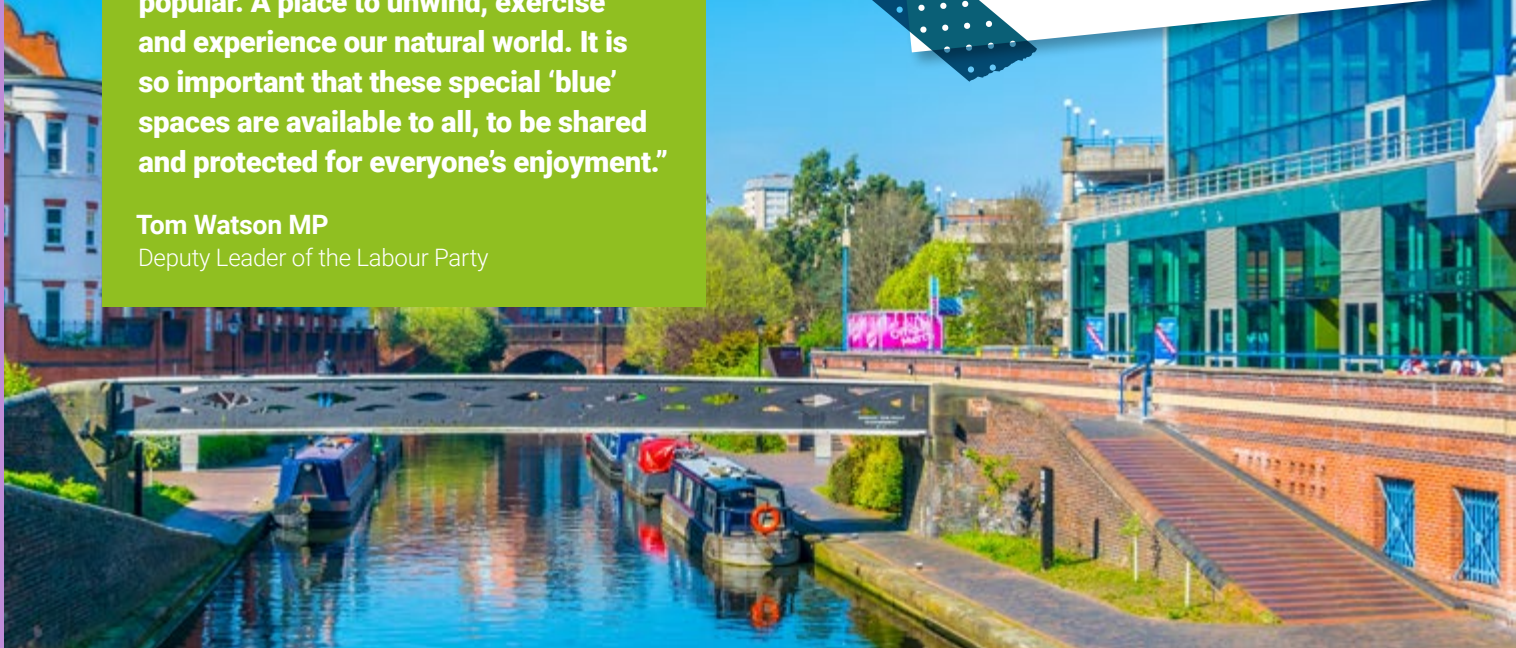
As well as promoting the excellent health benefits of paddling, the trip was used to highlight British Canoeing's campaign for fair, shared, sustainable open access for paddlers on inland waterways of England: **the Clear Access, Clear Waters Campaign.**



"Being out on the water in a canoe, I can see why our waterways are so popular. A place to unwind, exercise and experience our natural world. It is so important that these special 'blue' spaces are available to all, to be shared and protected for everyone's enjoyment."

Tom Watson MP

Deputy Leader of the Labour Party



Our latest Clear Access, Clear Waters Community Champion is announced!

Chantelle Grundy went along to **Whoosh Explore Canoe Club** in Hertfordshire to surprise member **Andy Gee** who has been crowned our latest Clear Access, Clear Waters Community Champion!

Andy was put forward for the award by his club for going above and beyond, engaging the local community (including pensioners, scouts, guides and school groups) to help rid their local waterways of litter, pollution and invasive non native species.

"I got involved with the clean ups as I don't like to see the river in such a mess, it's much better to go paddling and see it lovely and clean.

"It's great to get lots of people on the water collecting litter, as once you've seen it with your own eyes and experienced it you really understand the problems it causes; it makes you really careful about how you dispose of your litter properly." said Andy.

Every week Andy hosts a 'Pensioners Paddle Group' which not only gives pensioners the chance to get out on the water and experience paddling, but combines the session with a wider purpose. Andy also applies this philosophy to activity sessions he holds with local scout, guide and school groups; using it as a chance to educate the next generation about the environment whilst they take part in paddlesports.



As we are all aware, looking after the environment isn't just about collecting litter from the waterways. Invasive non native species also have a part to play in damaging the environment. Peter Nash, who nominated Andy explains;

"Andy is always helping to keep boats clear of any invasive species, including collecting floating pennywort where it builds up next to locks. As a result, our paddlers have prevented it from getting broken up by passing narrow boats on our stretch of river." Peter Nash, Whoosh Explore Canoe Club

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!**

THE SURFERS AGAINST SEWAGE Autumn Campaign Summit to Sea is back for 2019!

Plan a clean up event between the 19th – 27th October and **help us make this the biggest campaign yet!**



British Canoeing and The Canoe Foundation are once again delighted to be supporting Surfers Against Sewage as Community and Charity Partners for their Autumn Beach Clean campaign, and are calling for volunteers to register their clean up events on inland waterways, beaches, urban areas and even mountains!

Thanks to the help of paddlers, the spring campaign which took place earlier this year, was the BIGGEST yet for Surfers Against Sewage with **45,771 volunteers** across the UK joining community clean up events.

Following this overwhelming success, we are hoping to make the Autumn Campaign even bigger than ever!



"Our support over the past two campaigns has really highlighted the amazing work paddlers up and down the country do on a regular basis to clean up our waterways, support our vision for fair, shared and sustainable open access on water; and demonstrate our commitment to protecting the environment."

Chantelle Grundy

Access and Environment Officer at British Canoeing

How to get involved?

Head to the River Cleans section on our website (www.britishcanoeing.org.uk/go-canoeing/access-and-environment/river-clean-ups) to find out everything you need to organise and host your waterways clean up

including how to invite your local MP so you can spread the word about the amazing work you're doing!

Let us know!

You can also email your pictures and good news stories to access@britishcanoeing.org.uk

We'll be sharing the achievements of your amazing clean ups with government and across our social media channels.

or tag us on social media.

Register!

To register your event as part of the campaign you can head to head to the registration page on the Surfers Against Sewage website here (www.sas.org.uk/our-work/beach-cleans/organise-beach-clean/)

or you can email beachcleans@sas.org.uk

All clean leaders will receive a step-by-step guide and all of the equipment needed to organise clean ups free of charge from Surfers Against Sewage.



40 CELEBRATING FORTY YEARS

Palm recently celebrated its 40th birthday

In 1979, Andy Knight turned making kayaks as a hobby into a business – Palm Glass Fibre Moulding. From a small shed with a leaky tin roof on the Somerset coast with a single secondhand sewing machine to Palm Equipment International Ltd, with world class rotomoulding facilities in the UK, its own garment factory in Vietnam and retailers across the globe.

The reputation of Palm's buoyancy aids and paddling gear has reached the farthest corners of the world. And at their UK headquarters Palm manufacture and import sit-on-tops, kayaks and canoes from Islander, Dagger, Wilderness Systems and Mad River Canoe. Last year, Palm acquired Islander Kayaks and have made available for sale the world's first recycled marine waste kayaks.

Andy attributes Palm's success to the growth and fellowship of the paddling community – along with Palm's relentless mission to improve the gear we paddle with.



Join them in
celebrating this
milestone by
sharing your Palm
paddling stories with
#Palm40years



Click Here

To read more about
Palm's history.



7 benefits of Oranges and Easy Peelers!

Oranges and easy peelers are the ideal snack for hardworking paddlers. Full of goodness, including vitamins A, B & C, calcium and potassium, they're perfectly pocket-sized and even come in their own biodegradable wrapper.

For even more benefits of these bright little superfruits, read on.

Vitamin C

Need more vitamin C in your diet? It helps prevent injury and aids muscle repair. If you're an active person, it is important to get your daily recommended intake. Just two Jaffa oranges or easy peelers mean you've got your vitamin C needs covered.

Cholesterol

Citrus fruits such as oranges could help reduce cholesterol. Research suggests that hesperidin, a clever antioxidant found in oranges, is an expert in bringing down high blood pressure and cholesterol.

Water

Jaffa oranges and easy peelers are full of water, so if you don't like the taste of plain water, the citrus zing is a welcome change to keep you hydrated

Versatility

Oranges are a tasty addition to your breakfast smoothie, a pick-me-up in the afternoon, and even make up a delicious sauce for your dinner. Head to Jaffa.co.uk/recipes for recipe inspiration!

Glucose Levels

Easy peelers can help maintain blood glucose levels, preventing sugar crashes later in the day which can affect your performance

Multi-Purpose

Perfect for on-the-go. Unlike plastic wrappers that must be thrown away, orange peel can be kept and used for its zest in lots of recipes

Low Maintenance

Easy to keep fresh, oranges can happily sit on the side for a week and still taste delicious. To keep them at their best for longer, just pop them in the fridge. They taste great...



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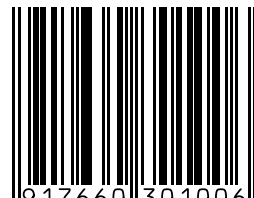
In celebration of our partnership with British Canoeing, redeem this voucher in any Tesco store across the UK to receive £1 off your Jaffa citrus!

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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When you're heading out onto the water, minimising the weight and size of your load is a top priority. Here's our expert guide to lightweight adventure camping.



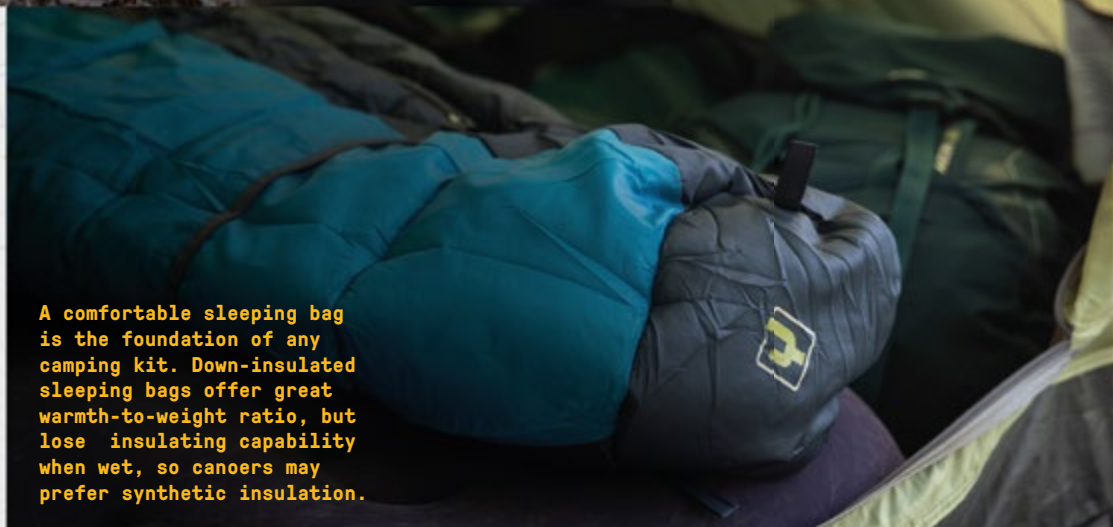
Dry bags are essential for keeping your kit dry on the water. A ripstop fabric will be extra durable, and straps are a great feature when it comes to carrying your kit.



Bivvy bags are a more lightweight and packable option than tents, but offer significantly less protection. Many bivvy-ers opt to bring a tarp to sleep under.

There are two types of sleeping mats. Self-inflating mats are more convenient and tend to be more comfortable. Air-filled mats require you to blow them up manually and tend to be lighter and easier to pack down.

A comfortable sleeping bag is the foundation of any camping kit. Down-insulated sleeping bags offer great warmth-to-weight ratio, but lose insulating capability when wet, so canoers may prefer synthetic insulation.



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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 or discount. Selected lines are exempt. Maximum 10% discount on bikes. Exclusively for Explore More cardholders. 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

THE
2019

COACHING AND LEADERSHIP CONFERENCE IS FOR YOU...

Aimed at all clubs, centres, parents, paddlers, coaches and leaders, this year's Coaching and Leadership Conference has something for everyone!

Take your pick from 19 workshop options...

The programme has been designed so that you can personalise your own learning journey. Whatever your interest or developmental need, the workshops aren't just aimed at coaches and leaders. We're confident there's something for everyone! To name a few, choose from –

NEW Introduction to Paddle-Ability

Aimed at anyone who would like to develop their understanding, attendees will begin to investigate the challenges, real and perceived, that people with a disability face in accessing paddlesport, giving you an understanding of how to adapt your approach to engage people with a disability.

Camp Craft and Expedition Skills

This classroom-based workshop will look at the leave no trace philosophy, expedition nutrition and hydration, paddling a loaded craft, as well as wildlife considerations – bears, bugs and beasts! From day trips to multi-day expeditions, paddlers will be provided with top tips and a valuable insight to making the most out of journeying with your chosen craft.

Open Water SUP Skills

This on-the-water workshop is aimed at people looking to take their Stand Up Paddleboarding to more adventurous open water environments whilst being more independent, either as a team or individual.

Physical Development for Paddlers and Athletes

This workshop is designed to assist coaches to understand paddlesport from a physiological demands perspective, using this information to develop suitable plans, from a macro to micro scale, to better prepare your paddlers and athletes and implement this at your club.

Wearable Technology in Paddlesports

The use of wearable technologies that monitor health and training loads has become increasingly popular amongst paddlers, leaders and coaches. This classroom-based workshop aims to develop the coaches' understanding of how wearables can be used to enhance training, motivation and performance whilst considering the negative affects their use can have on a paddler's physical, psychological and psychosocial wellbeing.



BE INSPIRED BY OUR SPEAKERS

Of course, we've managed to secure some truly inspirational keynotes:

Sophia Jowett

Who will explore the importance of quality coach-athlete relationships.

Marianne Davies

Who will explore what it means to coach people, how to design practice that is representative of a performer's needs and how to create learning environments that support motivation and skill acquisition.

Steve MacDonald

Who will take a practical focus, drawing together strands from coaching relationships and designing practice that is representative of performance needs to our own coaching practice.

To feel truly inspired, make new connections and learn new skills, you need to be in the room.

So, what are you waiting for?

Join us at Eastwood Hall, Nottinghamshire on the 23rd and 24th November and you will be able to:

- > Connect with like-minded coaches, leaders and clubs across all disciplines
- > 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
- > Update your CPD for three years!



Make sure you don't miss out!

Read the full programme and book online today.



What's On?



Polo British Open:
Holme Pierrepont
Sat 14th – Sun 15th Sep 2019

The Canoe Polo British Open once again returns to Holme Pierrepont with the top teams from across the country competing for the title. [Find out more here.](#)



Slalom British Open:
Lee Valley
Sat 5th – Sun 6th Oct 2019

With some of the country's top slalom paddlers set to compete, the event will showcase a fantastic weekend of paddling which will see the British Open champions crowned.

www.canoeicf.com



Coaching and Leadership Conference:
Eastwood Hall,
Nottinghamshire
Sat 23rd – Sun 24th Nov 2019

The conference brings together instructors, coaches, leaders and guides, with varied experiences and disciplines, who are invited to engage, discuss and reflect on the insightful keynotes and workshops throughout the weekend. [Find out more here.](#)



Hasler Finals:
Southampton Canoe Club
Sat 28th Sep 2019

The Hasler series is the heartbeat of British marathon canoeing. The finals is the culmination of the series which will see 2,700 competitors compete across 8,500 races. Around 40 clubs will qualify for the finals where they will battle it out to be Hasler champions.

www.southamptoncc.co.uk



Regatta London:
Central London
Sun 29th Sep 2019

For one day only, kayaking, canoeing, rowing and paddle boarding will take over the River Thames. This pioneering event will fundraise for great causes, connect sport with the environment and inspire people from across the country to take up paddle sports.



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



Stronger Clubs Conference:
Eastwood Hall,
Nottinghamshire
Sat 14th Mar 2020

The conference aims to bring together club officers, club coaches, event organisers and volunteers who all contribute to the growth and development of paddlesport in England. The day will provide the latest insights from across paddlesports to keep your club up to date, helping your volunteers to feel better informed, better equipped and even stronger together.

Programme and information published early September.