

CANOE FOCUS

**Welcome to
PaddlePoints!**

Read more on page 9

**The Healing
Power of
Paddling**

Read more on page 8

**Team
Announcements**

Read more on page 18

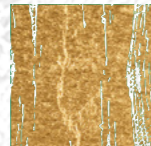
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Let's go somewhere

#12adventuresofchristmas
cotswoldoutdoor.com

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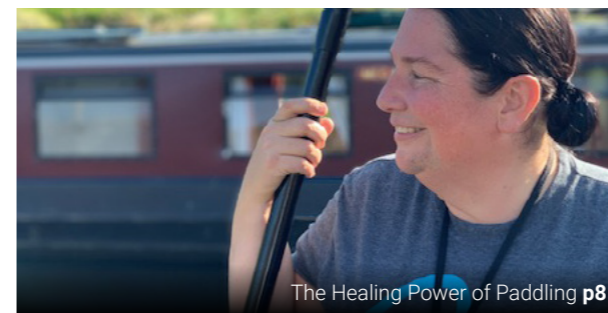
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Welcome

This issue of Canoe Focus fully reflects the diversity of our community, our activities and the things we care about.

With just eight months to go to the start of the Olympics and ten months to the Paralympics our performance teams have been finalising selection and preparation. The Tokyo Sprint test event gave paddlers the chance to test the unique Tokyo Bay setting and it was good to see our Paralympians, at the end of a long season, once again show their abilities. The Slalom selections are reported on **Page 16 and 17** but no report can do justice to the drama and fine margins of the season for all concerned. Every paddler was a credit to our sport and I congratulate Kim, Bradley, Adam and Mallory on their performances and selection.

We have always been a community that appreciates the wonders of the natural environment; respects nature and never takes for granted the fragility of the environment paddlers enjoy. Support for the climate campaign reported on **page 12** raises issues on a global scale and discusses the importance of our clean up campaigns to maintain our local waters.

To win support for access to more water it is vital that our role as custodians of our natural environment is maintained (**Page 13**). Our work on PaddlePoints provides a new digital platform to help paddlers find and enjoy great spots along our waterways. Developed for the paddling community (**Page 9**) your contributions to this platform will help us build a greater connection for us all on the water.

We are delighted to see the development and extension of the paddling community embracing SUP and our coaching qualifications can help support and

encourage this development further. (**Pages 10-11**) It is a fast growing part of the paddling scene and has been well represented in the regattas this summer.

Behind every paddler is a story of their journey – and remarkable they are too. The story of Emma Kitchen's paddling journey and the breadth of disciplines she now enjoys shows exactly why she is a great advert for our #shepaddles initiative (**Page 8**). Sport as an enabler and a way to find and fuel your passion is at the heart of Charlie's journey (**Page 23**) and I am sure he will achieve his ambition to be a leader in our sport.

We are massively well served by the quality, number and depth of service from our volunteer community and three ultimate examples of service are featured on **Page 6**. The recipients of our Award of Honour are fine examples of service, and receive both my congratulations and admiration.

Once again the breadth in this issue of Canoe Focus demonstrates the vibrancy of the family of paddlers that we represent and illustrates the bedrock from which we can build further. We shall be starting the process to set our new ambition and challenges for the next four years during 2020; so please ensure you join us on our journey.

Happy paddling.

Professor John Coyne CBE
Chair, British Canoeing

NEWS NEWS

Receive regular updates plus exclusive discounts for our partner products with a British Canoeing membership.

www.britishcanoeing.org.uk/news

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



Performance round up

Britain's world leading paracanoe team win medals at Tokyo Test Event

Members of Great Britain's sprint and paracanoe teams enjoyed success in Tokyo test event ahead of the 2020 Games next year.



K1 Team Gold for Great Britain's women at Canoe Slalom World Championships

Great Britain's women got off to the best possible start at the World Championships in La Seu d'Urgell, Spain winning gold in the women's K1 Team event to become world champions in this event for the first time in ten years.

British Canoeing announce partnership with dryrobe

We're thrilled to be teaming up with dryrobe to promote paddle sports across the UK and support our elite athletes. Our new partnership will also provide members of British Canoeing with access to unique benefits on dryrobe products. **Become a member today** to receive our exclusive partner discounts.

2019 Coaching and Leadership Conference: Workshop Choices

The 2019 Coaching & Leadership Conference will take place on the 23rd and 24th November at Eastwood Hall, Nottinghamshire. With a variety of workshops available, head to our website and **book your place today**.

Paddle clean up toolkit launched to help paddlers keep waterways clean

To celebrate World Rivers Day the Canoe Foundation has launched a paddle cleanup toolkit! Head to **our website** for tips and advice you might need to keep your local river free from plastic pollution.



British Canoeing athletes recognised by SportsAid

British Canoeing is delighted to announce that so far this year, 18 athletes have been recognised by SportsAid and have received a grant to support their development.



AWARD OF HONOUR

Three members of our community were recognised with British Canoeing's highest accolade at the Holme Pierrepont Open.



The Award of Honour recognises an individual's outstanding service, commitment and major contribution to the sport. Nominations are welcomed from members of all National Associations and the final selection is approved by the Board of British Canoeing.

Recipients; Tim Ward, Kevin East and Doug Caffyn have each played a significant role developing our sport and living out the spirit of British Canoeing.

Tim Ward

Tim Ward has spent a lifetime in canoeing, initially with the Scouts where he first picked up a paddle and then through his 40 year involvement in the sport. His contribution to both canoeing and freestyle specifically has been unique. Tim has acted in so many roles including Chairman, Coach, President, Team Manager and Event Organiser to name a few. Tim was Chairman of Freestyle GB for five years. During this time freestyle

saw one of its greatest successes with two senior British World Champions emerging from the 2011 World Championships. As Honorary President of Nomad and Marlow Canoe Club, Tim continues to work tirelessly to support progress within our sport. He is a true pioneer, inspirer and motivator not forgetting Dad to a World Champion.



Tim Ward

Kevin East

Kevin East has given a lifetime to canoeing and has been an instrumental access supporter for decades. He represents canoeing interests at the Port of London Authority, Parliamentary Waterways, National Trust and many other groups and has a wealth of knowledge on rivers. Kevin has played a leading role in supporting Regional Waterways Advisors and the waterways team in Nottingham and shaped policy and direction in the British Canoeing Places to Paddle team. Kevin is the Local River advisor for the River Crane, The Duke of Northumberland and the River Thames from Staines to Teddington. Kevin was instrumental in developing the all year access arrangement on the Lower Mole Flood channel managed by the Environment Agency. He continues to support this arrangement with numerous site visits. A member of the Canoe Camping Club for over 50 years Kevin organises many of the trips on the Thames Region's programme.



Kevin East

Doug Caffyn

The name Rev Caffyn is familiar to many paddlers, but few are aware of the immense contribution Doug has made to canoeing. Doug is a former chair of the British Access Committee and served two terms on the Environment Agency Southern Region's RFERAC (Regional Fisheries, Ecology, Recreation Advisory Committee) representing canoeing interests. In 2004 he submitted a thesis on 'The Right of Navigation on Non-tidal Rivers and the Common Law' providing a wealth of information and shaping thinking on the subject of access to water. In 2010 Doug submitted a second thesis; 'River Transport 1189-1600' providing paddlers with further evidence to rivers that were physically usable. Doug continues to provide ongoing support and advice on access related issues.



Doug Caffyn

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THE HEALING POWER OF PADDLING

#ShePaddles

Canoeing was a family affair for 38-year-old Emma Kitchen. Her father introduced her to the sport as a child building an open canoe in which they spent many happy holidays paddling around the Lake District and Scotland's Loch Lomond.

Aged 17 she followed in her brother's footsteps becoming a member of Lower Wharfe Canoe Club where she pursued kayaking. But that was before university life took hold followed by a 21-year hiatus from paddling.

Sitting along the bank of a sun-soaked canal, Emma tells us how emerging from an abusive relationship led her to find healing on the water and a new family in her local canoe club.

"I saw the freedom as an opportunity to come back to something I love and do something for me," she says.



"Paddling makes my soul sing. It calms me, it helps me heal. It is like a therapy for me."

"I do all three disciplines now; kayaking, canoeing and SUPing and I'm a member of two clubs, plus an online community! They're all different but everyone is welcoming and helps each other out."

Emma's four-year-old son also shares her love of the great outdoors and any opportunity to get on the water. "He can be a little tearaway," she says, "but once we're in the canoe he's often found falling asleep slumped over the buoyancy aids or trickling his hand in the water. Our time paddling really calms him."

Having only started back on the water a year ago, Emma's confidence has grown so much, she now coaches at Lower Wharfe Canoe Club and is a #ShePaddles ambassador. "I love being able to help others grow their passion and develop their skills too."

"To anyone who is thinking about taking up canoeing I would say definitely do it. Find your local club, head down and give it a go. There are a variety of different disciplines so there is bound to be one to suit you. By going to a club you'll have the support you need to give you the confidence and guide you through your first time on the water."

Emma is now looking forward to getting to know more of the women in her online paddling community by taking part in a clean up event along the Leeds Liverpool canal.



Find out more about our #ShePaddles community at britishcanoeing.org.uk/news/2019/shepaddles-spread-the-love.

Welcome to PaddlePoints!



A new, exciting digital map available through the Go paddling website – built by paddlers for paddlers... In October, British Canoeing proudly unveiled PaddlePoints, a free mapping resource that quite simply helps paddlers find places to go paddling.

PaddlePoints has hundreds of route ideas on waterways across the country enabling you to easily access all our Paddle Trails that are already so popular on the Go Paddling website. Not only that, but through the new hub you will be able to share and input information on places to launch, park, hazards, weirs, clubs and much, much more.

British Canoeing acquired PaddlePoints in 2018 from the original creator, who had set the site up having seen a gap in the market. A lot of work went into consulting on the user experience and creating an easy to use, mobile friendly website that you can take anywhere.

British Canoeing Places to Paddle Manager Ben Seal, sees the launch of PaddlePoints as a great landmark for British Canoeing:

"One of the biggest challenges people face in our sport is simply knowing where they can put their boat on the water. PaddlePoints is game changing, and opens the waterways up for new

and varied paddles. We are proud that this has genuinely been created by paddlers, for paddlers and we have been really excited to relaunch it through the Go Paddling website."



Founder and now Lead Developer of PaddlePoints at British Canoeing Ben Sansom says the new PaddlePoints is just the beginning:

"The new design is slicker, quicker and provides a much better mobile experience. It also links with wider Go Paddling products such as Challenges and Trails and will give paddlers all the information they need to take to the water. This is just the beginning, there is lots more in store for PaddlePoints."

It is hoped that with more visitors to the site, many more PaddlePoints will be added. Over time, the information will become richer and more detailed, so that you have all the information you need to take to the water safely.

Anyone can view the information on Paddlepoints, and you can contribute to our digital map with comments or by adding new points by simply signing up for free.

So now you have your new PaddlePoints website it's time to get out and GO PADDLING!!!



Find out more at: gopaddling.info/paddlepoints

Stand UP Paddleboarding

British Canoeing now have a range of qualifications and awards for Stand Up Paddleboarding, providing more opportunities to enhance and grow the exciting world of SUP!

Courses cover paddling in a variety of environments including sheltered and white water and incorporates training for those looking to become a Paddlesports Instructor or SUP Coach. Each qualification also comes with a certificate of recognition so you can show off your newly learnt skills.

Delivered in line with the pace and confidence level of the individual, our qualifications are designed to develop both understanding and skills in SUP.



To find out more and book on to a course near you head to:




www.britishcanoeing.org.uk/canoe-near-you?category=courses



Personal Performance Awards

Personal Performance Awards

Gain valuable personal skills training and recognition in specific environments on an individual basis.

-  SUP Sheltered Water Award
-  SUP White Water Award
-  SUP Surf Award

Paddlesport Leader

For anyone wanting to lead a range of craft from their SUP on journeys within a sheltered water environment, up to 200m from the shore with winds up to and including force 3.

Paddlesport Instructor

Learn to run introductory or taster sessions for a variety of stable craft, as well as short journeys.

SUP Discipline Specific Module

This one day module introduces the basic techniques and understanding of SUP. A mix of theory and practical activity, this course ensures you have plenty of time to explore the various disciplines within SUP and the specific techniques that apply to each. Learn about the different types of boards, their characteristics and the different techniques used on them.



SUP Coaching awards cover:

British Canoeing is also offering four NEW pathways for anyone wanting to coach SUP progressive sessions.

Stand Up Paddleboard Sheltered Water Coach

For anyone wanting a formal and regulated qualification coaching SUP in a sheltered water environment.

Stand Up Paddleboard Open Water Coach

Looking to operate further afield and want to coach the skills needed to tackle bigger environments? Try our Open Water course which will teach you to operate up to 500 metres from the shore in winds of up to force 4.

Stand Up Paddleboard White Water Coach

The white water presents exciting challenges and develops skills, confidence and safety awareness operating on grade 2 and 3.

Stand Up Paddleboard Race Coach

Focus solely on your SUP race skills in open water environments. Technical, tactical, physiological and psychological aspects are all part of this programme.

“RIGHT HERE, RIGHT NOW IS WHERE WE DRAW THE LINE. THE WORLD IS WAKING UP. AND CHANGE IS COMING, WHETHER YOU LIKE IT OR NOT”.

On Monday 23rd September, climate activist Greta Thunberg (16) addressed the UN Climate Conference in New York, chastising world leaders for failing this, and future generations on climate change.



Greta Thunberg

“You are failing us. But the young people are starting to understand your betrayal. The eyes of all future generations are upon you. And if you choose to fail us, I say: We will never forgive you.”

Thunberg’s incredibly powerful speech reflects a growing global movement of people who have simply lost patience with the lack of action from successive Governments across the globe. Strikes in major cities at home and in the US are a clear indication that the young generation have been mobilised and are taking up the fight to stem global warming.

At home, the effect humans are having on the environment and our rivers is plain for all to see. Incidents of pollution, declining biodiversity and river systems clogged with plastic and junk are now almost ‘accepted’ as attributes of our waterways. A bag in a tree, a coffee cup in a bush, plastic bottles collected in the reeds and sanitary wipes woven into a nest. This is not the environment that our youth should have to inherit.

Over the last 12 months, British Canoeing has championed the need for paddlers to step up and help protect and enhance the special places we paddle. Scores of river clean up events run by clubs, centres and individuals have retrieved literally tonnes of junk from the water. It is incredibly inspiring to see the efforts of dedicated paddlers who are willing to

help tackle the rising tide of rubbish in rivers and seas – but if we stand any chance, any chance at all of handing on our rivers to Greta Thunberg’s generation in good condition, we need **sustained mass action**.

While access to many of our rivers in England remains contested, we cannot wait for Brexit to be over nor for a future Government to finally decide to legislate. The time for ‘mass action’ to preserve our rivers has passed. The time to **recover** our waterways, back to good health, is now.

This Autumn in partnership with Surfers Against Sewage, paddlers up and down the country removed hundreds of sacks of litter and plastic pollution from our rivers. But for our community to make a real difference, it is vital that these efforts are sustained and not isolated acts of goodwill.

We can all draw inspiration from the spirit of all those energised campaigners who are standing up against climate change. This generation stands little chance of handing clean rivers with clear access to Greta Thunberg’s generation if we do not stand up as individuals to be the guardians of our rivers.



Clean up your waterways

with the help of our free paddle clean up toolkit

September saw the celebration of World Rivers Day, and the launch of our Paddle Clean up Toolkit. This essential guide provides you with all the tips and advice you might need to keep your local rivers free from plastic pollution.



Access and Environment Officer
Chantelle Grundy says:

“We really want to continue our support of clean ups by providing a helpful resource with lots of tips and advice on how to carry out a paddle clean up. Encouraging clubs and centres to begin to think about ways in which they can reduce their own use of single-use plastics to help stem the flow is integral to us all making a difference on our waterways.”

Designed and written with the help of Clare Osborn of **Clare Talks Rubbish**, the information contained in the toolkit has everything you need to plan and promote a clean up along the stretch of waterway you paddle.

Inside you’ll find activities and ideas to extend your knowledge of plastic pollution, get all your club members involved as well as information on how we can all reduce our impact!

So whether you’re part of a club, centre or social group who really want to look after the environment and places they love to paddle, download it free from our website. Just search ‘Paddle clean up toolkit’.

So if you’re planning a clean up in your area, **download our free toolkit for a step by step guide** plus lots of information on how to promote the event to your local clubs and get everyone involved.



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Why not plan a treasure hunt down the local river or canal? If there are enough of you, turn it into a competition!

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For those who like to spend Christmas outdoors, we've got just the thing, whatever their adventure and whatever their outdoors. We've picked out our favourite kit for those who love to take to the water, so they can get out and explore more.

Discover adventure-inspired gifts, selected by our experts, in-store and online.



- 1. Arc'teryx Men's Conveyor Belt £30
- 2. Osprey Women's Aura AG 65 Rucksack £190
- 3. Montane Women's Neutron Glove £35
- 4. Rab Women's Braid Beanie £23
- 5. Bridgedale Men's Midweight Merino Comfort Sock £18
- 6. Hydroflask £38
- 7. Icebreaker Men's 260 Zone Long Sleeve Crewe Top £90
- 8. Rab Men's Electron Jacket £240
- 9. Jack Wolfskin Men's Scandic Jacket £100

Something for
everyone

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SLALOM WORLD CHAMPIONSHIPS ROUNDUP

In what was a roller coaster of a week in Spain, Britain secured all four Olympic boat quota places at the 2019 Canoe Slalom World Championships in La Seu d'Urgell, ahead of the Tokyo 2020 Olympic Games next year.

In the men's C1, Great Britain secured the Olympic quota spot through **David Florence's** sixth place finish in the final. However **Adam Burgess** was the athlete to finish top of the British selection points race. The Stafford & Stone athlete had a long wait to see if he had done enough to top the points standing.



Adam Burgess

Adam said:

"It's bizarre because it has not gone quite how I expected today. The final was so hard to watch all the way through and you couldn't have written it going down to the last boat."

With the Olympic boat quota spot achieved during the heats, **Kimberley Woods** was the only British finalist in the women's K1 event, giving her maximum points in the British selection race to top the standings. The Rugby athlete posted a solid 99.65 including one touch which saw her take her best ever finish in a World Championships, coming sixth.



Kimberley Woods

Kimberley said:

"I am lost for words! It is my first senior World Championships final in four years, so I was happy to be in the final."

On the final day, **Mallory Franklin** secured Britain's women's C1 boat quota spot and topped the selection process at the same time as she finished 11th in the semi-finals. Despite a tricky run where she capsized at gate 14, Mallory showed true grit and determination to complete the course and ensure that Great Britain would be represented in C1W when the event makes its debut in Tokyo.

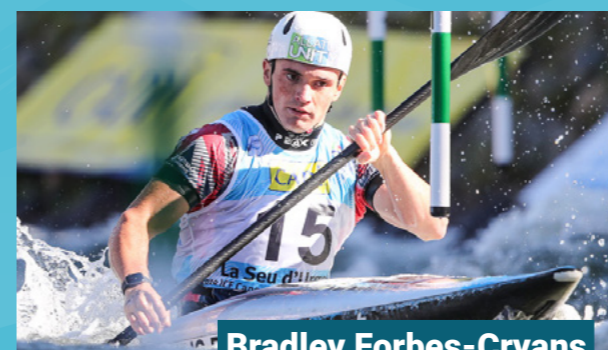


Mallory Franklin

The Windsor paddler said:

"I am really happy that I came out on top of the selection standings, but I would have liked to have done it in a better style. That run was definitely not my best canoeing and I have struggled a lot this weekend in putting runs down and being able to hold things mentally. I am just relieved to have come out of the weekend with something positive."

Bradley Forbes-Cryans finished Britain's top boat in the men's K1 to secure the British team's Olympic quota place after finishing just outside the medals with a fourth place. The Scottish athlete put down one of the best runs of his life, and without the slightest of touches on gate 10, he could've secured a podium finish in his first senior World Championship final.



Bradley Forbes-Cryans

Bradley said:

"I was really, really pleased with the run today. I just came into this competition with no expectations whatsoever and normally I have made this a real make or break competition for me. I picked up a small penalty which has cost me a medal today, but I am really happy with my performance across the weekend."

2019 WILDWATER WORLD CHAMPIONSHIPS

Former two-time Wildwater World Champion **Hannah Brown** narrowly missed out on a medal at the 2019 World Championships after finishing fourth in the women's kayak final.

As one of three British athlete's taking on the finals in La Seu d'Urgell, Spain, Hannah put down a strong run to initially take the race lead at the halfway stage of the competition, after delivering a time of 61.20.



It was then a waiting game for the 2017 bronze medallist as she had to watch the remaining athletes take to the course to see if her time was to be enough to make the podium, but unfortunately she missed out by just half a second to take fourth position.



Hannah Brown

The team also picked up a medal during the team competitions, with the trio on **Kimberley Woods, Mallory Franklin** and **Fiona Pennie** claiming gold in the women's K1 team event. It was the first time in 10 years that a British team had won gold in that event, in 2009, also in La Seu d'Urgell.

More information on the World Championships is available below:

-  **Woods and Burgess secure GB Olympic nominations**
-  **Canoe Slalom World Championships day five**

Speaking after her final, she said:

"I'm absolutely gutted because I was so close yet so far and I think my run wasn't perfect. I had two big mistakes so to be that close is crazy. It is probably a measure of my raw speed but also lack of time in a wildwater boat and it is costly.

"Wildwater is close to my heart so to come here on the world stage and be that close is really cool yet frustrating."

In the same event, **Victoria Murray** posted a 66.71 to finish 15th in the Scottish paddler's first ever World Championship final.

Elsewhere in the men's kayak final, **Ben Oakley** finished in 11th after delivering a time of 55.74.

TEAM GB ANNOUNCES CANOEING ATHLETES SELECTED FOR THE TOKYO 2020 OLYMPIC GAMES

Reigning Olympic champion Liam Heath MBE heads the list of five canoeing athletes named by the British Olympic Association (BOA) for Tokyo 2020.

Liam Heath MBE will compete at his third Olympic Games having won sprint bronze in the K2 200m alongside Jon Schofield in London and then silver in Rio before being crowned Olympic champion in the K1 200m.

He held the grand slam in 2017 (Olympic, World and European titles) and has been unbeaten in the K1 200m since then. Liam will be looking to retain his title and cement his place as the most successful British canoe sprint athlete of all time.

Liam is joined by four canoe slalom athletes, who will all make their Olympic debuts in Japan.

Mallory Franklin will race in the women's canoe single (C1) class, the first time this event has been included in an Olympic Games. She has made a meteoric rise through the sport, winning a record eight individual international medals in 2018 alone, to become Great Britain's most successful female paddler. World Champion in 2017, this year she won her first senior European crown, followed by World Cup gold on her home course at Lee Valley.

Kimberley Woods will take the seat in the women's kayak single (K1) to finally realise her Olympic dream, having had her first insight as a member of the Team GB Ambition Programme at Rio 2016. Woods is a World Cup medallist in this event and in 2018, was a World Championship bronze medallist. She recorded her highest finish at the senior World Championships two weeks ago coming sixth, to claim her 2020 Olympic spot.

In the men's kayak single (K1), **Bradley Forbes-Cryans** put down the run of his life at the World Championships last month, to finish just off the podium in fourth place and secure his Tokyo berth, beating some of the world's biggest names in the process. Forbes-Cryans is a World Cup silver medallist and won silver at the U23 World Championships last year.

Completing the canoe slalom quartet is **Adam Burgess** in the men's canoe single (C1). Great Britain's first ever C1 U23 World Champion in 2015, Burgess has been growing in stature over the last few years becoming the 2018 European Championship silver medallist and a World Cup silver medallist this year.



Liam Heath MBE - Men's Kayak Single (K1) 200m
Mallory Franklin - Women's Canoe Single (C1)
Kimberley Woods - Women's Kayak Single (K1)
Adam Burgess - Men's Canoe Single (C1)
Bradley Forbes-Cryans - Men's Kayak Single (K1)

Image by Sam Mellish

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TRUE or FALSE

1. You should eat at least five portions of fruit and vegetables a day – TRUE
2. Apples float in water but pears do not - TRUE (Pears don't absorb oxygen once they have been picked, which means they are usually too dense to float on water. Apples do absorb oxygen even after they are picked, which means they are usually light enough to float on water.)
3. Grapes become raisins when they are cooked - FALSE (raisins are dried grapes)
4. Cucumbers are a vegetable – FALSE (cucumbers are a fruit)
5. The seeds of strawberries grow on the outside rather than inside, unlike other fruit - TRUE
6. Watermelons don't contain water – FALSE (watermelons are mostly made up of water; each bite contains about 92 percent water and 6 percent sugar)
7. The longest recorded spit of a cherry stone is 28m – TRUE
8. There are over 7000 types of apples grown all over the world - TRUE
9. Cherries belong to the rose family – TRUE
10. Bananas don't contain vitamin C – FALSE (bananas are a good source of vitamin C)
11. Kiwi fruits contain half as much vitamin C as oranges - FALSE (on average, kiwi fruits contain twice as much vitamin C as oranges)
12. Under certain conditions, vegetables can be grown in space – TRUE (potatoes were the first vegetable to be grown by astronauts, and scientists are still experimenting with what they can grow within their spaceship gardens)
13. Around the world, more oranges are used to make juice than eaten raw – TRUE
14. Pineapples take up to two months to grow – FALSE (it takes around two years on average to grow a pineapple)
15. Tomatoes are a vegetable – FALSE (tomatoes are a fruit)

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GET CHANGED, STAY WARM WITH DRYROBE

Brand new partnership with British Canoeing

At dryrobe we're thrilled to be teaming up with British Canoeing. Not only are we stoked to be supporting the performance athletes, but we're excited to help promote paddle sports across the UK, as well as offering unique benefits to British Canoeing members.

We're proud to be working with an organisation that shares our goal of getting more people active outdoors, as well as supporting an awesome community of paddlers in advocating good environmental practices on Britain's waterways.

Since its launch in 2012, dryrobe has become an essential companion for watersport enthusiasts across the world. Born from necessity, dryrobe lets you get active outdoors, whatever the weather. With enough space for you to pull your arms in, you can get changed anywhere whilst the super-warm synthetic lambswool lining and waterproof outer protects you from the elements, in any climate. Perfect for staying warm pre and post paddle.

We will also make sure that podium performance athletes with British Canoeing have dryrobes, to help keep them warm and dry during training and at competitions. This limited edition design is also available to purchase online. Head to dryrobe.com to find out more.

Gideon Bright, dryrobe founder and Director, commented: "Our mission at dryrobe is to help inspire, enable and improve the experience of an active outdoor lifestyle, for everyone. British Canoeing embraces this ethos wholeheartedly, which is why we're proud to be supporting the incredible work they do, with both elite athletes and their active community of paddlers across the country."

Gareth May, British Canoeing Business Development Manager, said: "We are delighted to be working with dryrobe whose vision and values very much reflect our own from a performance through to recreational paddling perspective."

"One of our Stronger Together ambitions is to provide enhanced offers for paddlers and this partnership will give members of the paddlesport community another unique benefit for being a part of British Canoeing."

 dryrobe

Image by Kim Jones



For more information on British Canoeing, head to:

britishcanoeing.org.uk

PADDLING HAS CHANGED CHARLIE'S LIFE FOR THE BETTER

Born with Spina Bifida and a difference in leg length, 15-year-old Charlie Knowlden has always struggled to walk. Awkward stares and issues fitting in led to feelings of low self-confidence. But everything changed for him when he took up kayaking. Here he tells Canoe Focus how being out on the water has changed his life for the better.

"I've always been self-conscious about the way I walk, getting awkward stares from people and feeling an overall sense of not fitting in," he says. "Kayaking has been so good for me because it has helped me feel accepted. When I'm on the water with my friends, I forget about the fact I'm disabled. It's a release from a world that can be so judgemental."

Charlie started kayaking just after starting his second year at high school. His friend Tom suggested they join a 'learn to kayak' session at his local club, Stourbridge Arm Canoe Club and the pair were instantly hooked.

"I've been kayaking for almost three years now. Due to my disability, participating in sport had been difficult, but paddling provides an opportunity for me to get fully involved. It keeps me fit, active and provides a rush of adrenaline when I do the more extreme stuff. If I could, I'd paddle every day, but currently I get on the water twice a week."

"I'm a member of Stourbridge Arm Canoe Club - a really friendly, welcoming club who have become a second family to me. Saturdays are a general club session and Wednesdays is polo, which can be brutal but great fun! We also have regular away-days or weekends which I love, particularly when we head to Wales to paddle the Dee and Tryweryn rivers, or wind along the Dart in Devon."

Charlie now hopes to train as a paddle instructor, passing on his passion and knowledge of the sport to younger generations.

His one piece of advice for someone thinking of taking up the sport?

"Go for it! Kayaking is cheap to start out with as you can borrow club equipment and there are plenty of different activities to do so you'll never be bored. My favourite disciplines are white water paddling, slalom and freestyle. Paddlers are one of the most welcoming communities and changed my life for the better."



What's On?

NOV
15

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

MAR
14

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.

[Find out more here.](#)

NOV
23

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.](#)

MAY
15

ECA European Slalom Championships
Lee Valley
Fri 15th - Sun 17th May 2020

Lee Valley White Water Centre will host the European Championships in 2020 in the run up to the Olympic Games. This competition will allow the European slalom athletes to get in last minute performances and set the standards for Tokyo.

Tickets are now on sale at:

www.britishcanoeingevents.org.uk