

CANOE FOCUS

Championships round up

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Meet Paddle Cabin

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2021 #ShePaddles Ambassadors Announced

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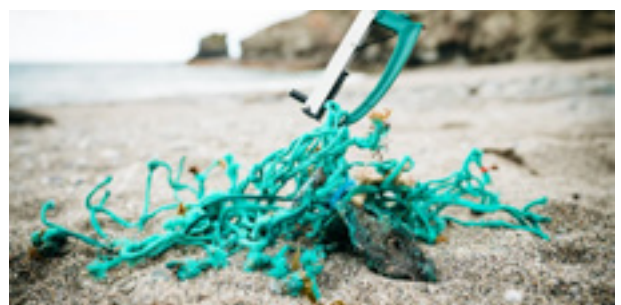


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Welcome

As I look out of the window and see the autumn colours starting to change, I am reminded that we are moving swiftly towards another year end. 2021 was a memorable year for us all and a very different year in the life of British Canoeing. Despite the many challenges there have been some real highlights too.

We can look back on a successful Tokyo Olympic Games and a hugely successful Paralympic Games, and some outstanding performances by athletes and teams in each of our disciplines, who after missing the season in 2020 have recently been back in action in European and World Championships. A full round up is presented on pages 12-15.

Membership growth has also been outstanding, rising from 63,000 to over 90,000 members during the last 12 months. I am pleased to offer a warm welcome to our many new members and a big thanks to all of you who have returned as members again in 2021. We are very grateful for your support and continue to work hard to provide value in your membership and to build an organisation that makes you proud.

One of the challenges we set in 2017 was to increase our commercial revenue income. I am delighted that we have secured several new commercial partnerships in the past year and pleased to welcome Aquaplanet, as our first official SUP partner.

Our established partnerships are equally as important to us, none more so than Peak UK, who recently celebrated their 10th anniversary of the launch of their custom gear.

Peak UK are also one of the biggest supporters of our Clear Access, Clear Waters campaign and the Paddle Peak River Clean team have been one of many paddling groups who recently supported the Surfers Against Sewage Million Mile Clean campaign. You can read more about Peak's story on pages 16-17.

As we look to the new year, we will be launching a new strategic plan for British Canoeing. Together we have delivered so much of what we set out to achieve in 2017 and this has given a really strong platform for the next few years.

We will be sharing the new draft strategy with members for comment in November. It will set out a vision and direction for British Canoeing for the next five years. Please look out for the final consultation and share your feedback with us.

Happy Paddling

David Joy
CEO, British Canoeing





NEWS

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

members.britishcanoeing.org.uk

www.britishcanoeing.org.uk/news

British Canoeing launches #WePaddleTogether

British Canoeing has launched a new equality, diversity and inclusion initiative #WePaddleTogether.

#WePaddleTogether aims to bring awareness to British Canoeing's commitment to improving equality, diversity and inclusion in paddlesport by listening to and learning from paddlers and wider social conversations.

To improve inclusivity across paddlesport, British Canoeing has outlined five key commitments that will be adopted and embedded across the organisation.



www.britishcanoeing.org.uk/news/2021/british-canoeing-launches-wepaddletogogether-campaign

Million Mile Clean Flagship Week

The paddling community has been supporting the Surfers Against Sewage (SAS) Million Mile Clean campaign, aimed to empower and inspire 100,000 volunteers to clean 10 miles of blue or green space throughout the UK during 2021.

The campaign has been SAS's most successful community campaign to date and has fast become much more than a campaign.

The Paddle Peak River Clean team have been supporting the campaign, with the Derbyshire based local community paddlesports charity deep cleaning the banks of the River Derwent between Ambergate and Belper River Gardens.



<https://www.britishcanoeing.org.uk/news/2021/the-million-and-one-mile-river-clean>

British Canoeing announce paddleboard specialist Aquaplanet as official SUP partner

British Canoeing is excited to announce a new partnership with paddleboard specialist Aquaplanet.

Whether you're new to stand up paddleboarding (SUP) or a seasoned pro, Aquaplanet offers a fantastic range of SUP boards for all levels and abilities, so everyone can enjoy being on the water.

The partnership will provide members of British Canoeing with £20 off any Aquaplanet SUP board.



www.britishcanoeing.org.uk/news/2021/british-canoeing-announce-paddleboard-specialist-aquaplanet-as-official-sup-partner

Fiona Pennie retires from international racing

Canoe Slalom legend Fiona Pennie has retired from international racing after nearly 30 years in the sport.

Fiona went out on a high at the 2021 World Championships with a gold medal in the K1W team event followed by fifth place in the individual event.

It was a touching conclusion to her career, as Fiona won her last international medal in Bratislava, the same course where she won her first, a bronze medal in the K1 event at the Junior World Championships in 2000.



www.britishcanoeing.org.uk/news/2021/fiona-pennie-retires-from-international-racing

Latest safety advice for Stand Up Paddleboard leashes

As part of our continual work to raise safety awareness for anyone paddling a stand up paddleboard, British Canoeing Awarding Body, alongside the SUP Technical Group, have produced a short instruction video.

The video includes the different leashes available, quick release systems, use of buoyancy aids and additional safety equipment for consideration.



www.britishcanoeing.org.uk/news/2021/stand-up-paddleboard-leashes



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Hydrophobe Top – £55



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GO
Paddling!

Gill

#2021 SHEPADDDLES

AMBASSADORS ANNOUNCED

British Canoeing, Canoe Wales and the Scottish Canoe Association are excited to announce the sixteen inspirational #ShePaddles Ambassadors for 2021. The #ShePaddles Ambassadors will be pivotal in promoting paddling and encouraging more women and girls to get on the water.

MEET THE NEW AMBASSADORS...

Charlotte Ditchburn

Charlotte is looking to inspire and empower women and girls as a #ShePaddles Ambassador. Through her blog and social media pages, she wants to use her ambassador platform to share her successes and failures, and show women that anyone can get involved in paddling, no matter their shape, size or mental state.

Jen Warren

Jen discovered paddling in 2017 and has never looked back. Paddling has supported Jen's mental and physical health which is something she is looking forward to sharing more about. Jen is also looking to raise the profile of paddling for disabled women to highlight how enabling and beneficial it can be. Jen was also Vice-captain of the UK Invictus Team in 2017 and team member in 2016 where Jen was able to inspire more women to participate.

Katherine Midwinter

Katherine is looking forward to sharing lots of tips, tricks, myth busters and local contacts to help support the confidence of female paddlers, progression and development, as well as to support their clubs to increase opportunities for women. Katherine received club colours from the University of Southampton for "Outstanding dedication to the organisation of a club" due to her contribution to the Canoe Polo team as a committee member and player.

Gemma Palmer-Dighton

Gemma is thrilled to become a #ShePaddles Ambassador and is looking forward to championing paddlesport, particularly stand up paddleboarding. Gemma set up SUP Huntingdon which now has a rapidly growing community of over 500 members. She wants to share more widely how paddlesports and SUP is accessible and welcoming for people of all genders, ethnicities, ages and physical abilities.

Anna Stishova

Anna applied to be a #ShePaddles Ambassador because she wanted an opportunity to attract more Muslim and other BAME women into the paddling community. As a #ShePaddles Ambassador, Anna is also looking forward to sharing her experiences as a mother and the benefits that paddling has had on her family. Anna has also joined British Canoeing's Inclusion Advisory Group to help support the organisation grow a more inclusive and diverse paddling community.

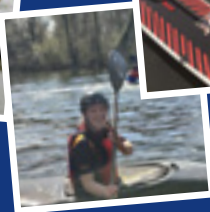
Laura Harrison

As a #ShePaddles Ambassador Laura is looking to motivate more women and girls to experience kayaking whilst strengthening British Canoeing's links with Girlguiding. Laura is a newly qualified Paddlesports Instructor and passionate about adventure and outdoor experiences.

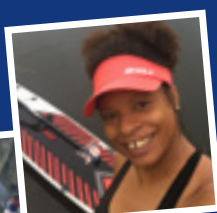
Charlotte



Jen

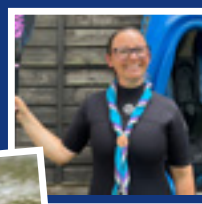


Katherine



Anna

Gemma



Laura



Lara



Shilpa

Shilpa Rasaiah

As a #ShePaddles Ambassador, Shilpa is looking forward to sharing her love and being able to help women, particularly from minority ethnic groups, try paddling. Shilpa has championed the inclusion of women paddlers within her club and helped to build a stronger women's community.

Lara Wyse

Lara hopes her paddling experiences will inspire young women to want to get involved, learn and enjoy kayaking for years to come. As a #ShePaddles Ambassador Lara is looking forward to using her platform to encourage more young women to find a passion in kayaking.

Lisa Dickinson

Lisa is excited to become a #ShePaddles Ambassador so she can help other women who are struggling with their confidence like she did and still does. Lisa is a qualified Paddlesports Instructor and White Water Leader and has been coaching other women and paddlers in her spare time to help build their skill and confidence.

Rachel Roberts

Rachel is looking forward to being a #ShePaddles Ambassador. She wants to continue to shout about the amazing community of female paddlers as well as the great times she has had on the river.

CANOE WALES #SHEPADDLES CYMRU AMBASSADORS

Clare Thomas

As a #ShePaddles Ambassador Clare is hoping to share her journey to help other women realise that they can reach their paddling goals no matter their age. Clare is also passionate about increasing the number of women working within the industry and the number of women role models within the community.

Lina Patel

Lina is a professional paddlesport and outdoor instructor as well as a director of the charity My Ebb and Flow which is for PTSD in veterans. Lina applied to become a #ShePaddles Ambassador to support change for the future, primarily for not wanting her daughter to experience some of things Lina has. She wants to develop a more welcoming and inclusive environment where women feel they can belong, contribute and thrive.

Katie Simmons

Katie hopes to share the importance of protecting and respecting the coastline and waterways to ensure they can be enjoyed for future generations and to ensure the wildlife can thrive. In the world of white water SUP Katie has also won several Wild Water races taking place in North Wales.

SCOTTISH CANOE ASSOCIATION #SHEPADDLES AMBASSADORS

Charlotte Crosland

Charlotte is looking to share the incredible feeling and experiences that comes with paddlesport with the wider community. Charlotte will use her time as a #ShePaddles Ambassador to inspire and empower women and girls to leave their comfort zones and try something new.

Vikki McPherson

Vikki discovered the joy of paddle boarding in July 2020 after encouraging her children to give it a go a year earlier. Vikki is now embarking on the Core Coach Training course with excitement so she can introduce young people and kids to paddle boarding.

Emy McLeod

As a #ShePaddles Ambassador Emy is looking forward to promoting paddlesports to other women by sharing her experiences. Emy is also looking forward to sharing the top tips she has learnt while setting up her own paddle boarding club and business that provides coaching, guiding and rental; Strathspey SUP.





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[^]Caravan and Motorhome Club membership is £48.60 when paying by annual direct debit.

RAINBOW PADDLERS AT THE PIRATE CASTLE

By Beate Hohmann

Every Friday at
The Pirate Castle,
Camden

The Pirate Castle is in the heart of Camden Town, a part of London that has a long LGBTQ+ history and is recognised far and wide for its “alternative” scene. I became Lead Coach at the Pirate Castle in spring 2019 and have been tasked with building up its paddlesport service offer to the entire community. Lockdown had me giving some serious thought towards who the LGBTQ+ community is and how we can improve our offer to serve the community much better.

That’s when I came up with the idea of creating Rainbow Paddling sessions that would focus on providing an alternative to the standard pub/club culture, enabling improved mental and physical health through paddlesport with an integrated social aspect. We’ve had great success with these sessions where the majority of LGBTQ+ people that come through our door have little to no experience in paddlesport. And what’s great is that we are getting all age groups, from young adults to people in their 60s and 70s. After each session, we have a get together where people can share their experiences and have that much needed social interaction which almost disappeared during the lockdown.

Rainbow Paddlers is entirely run by LGBTQ+ volunteer coaches, helping with the feasibility of the project, and we have already recruited several people from within the group who would like to become instructors. Progressive learning is integrated into the weekly sessions; some who attend just enjoy being on the water and others use it to progress with the help and guidance of our amazing volunteer coaches.

Feedback from within the LGBTQ+ community has been remarkable. I get regular requests from people outside of London to point them towards similar initiatives within their region and it would be fantastic to be able to do that. We have had people attending from as far as Hertfordshire, Kent and Surrey.

Below are some of the comments we have received:

I would like to thank you, Beate and the whole Pirate Castle Team for such a pioneering initiative. The Rainbow Paddlers has already had such a positive impact on my mental health and wellbeing. It has enabled me to make new friends and establish local connections. I am looking forward to many more sessions on the water.

What a fantastic initiative!!!

It feels great being in such a safe and welcoming environment.

I love to learn something new, being in a safe environment, surrounded by other queer people.



Stay warm to keep paddling through winter.

With the right kit there is nothing stopping you from continuing to paddle throughout the autumn and winter months. To help get you started, here's a head to toe guide highlighting some of the most useful pieces of clothing to keep you warm whilst out paddling.





Reversible Knit Beanie – £24



3 Seasons Gloves – £37



Thermoshield Top – £110



Hydrophobe Top – £55



Hydrophobe Trouser – £55



Aquatech Shoe – £42

Starting from the top...

HEADWEAR

Keeping your head warm is essential to maintaining your concentration and motivation whilst out paddling. By letting your head get cold you can quickly feel tired, disorientated and weary. Luckily, there are many options available to you. Gill's Reversible Knit Beanie is fully reversible and available in 3 different colourways. Another popular choice for activities on or around the water is the Floating Knit Beanie which (as the name suggests!) floats in water, giving you the reassurance that it won't get lost even if you manage to drop this in the water.

GLOVES

Your hands are one of the first parts of your body to feel the chill. If the water doesn't get your hands cold then the wintry breeze will soon make you wish that you had a good pair of paddling gloves on. Gill has a wide range of gloves suitable for kayaking, canoeing and stand up paddle boarding. A great transitional glove that takes you from Summer into Autumn and Winter is the 3 Seasons Gloves. The extended cuff length makes it easy to tuck underneath neoprene layers or spray tops and the lightweight neoprene construction offers warmth even when wet.

Another popular choice is the Neoprene Winter Gloves which are water resistant and feature a durable Sharkskin palm which provides superb grip in wet conditions.

BASE LAYERS

We recommend that you have plenty of thermal and base layers to keep you nice and toasty along your paddling trip. Our top tip when looking for any type of base layer is to make sure that they are made from moisture-wicking fabric and can dry quickly. Gill recommends their long sleeve Hydrophobe top and trousers which are available in both adult and junior options.

OUTER LAYERS

Cags, also known as spray tops, are a must in cold weather conditions. They help to create a protective outer shell keeping you dry and shielded from wind chill. When looking for a cag you want to pick something that repels water and offers good wind protection. A good choice would be Gill's Thermoshield Top which has a water-resistant laminated fabric with thermal micro-fleece lining. If you're out paddling in wet but mild conditions then the Pro Top is a great all-rounder due to its XPLORE® 2-layer fabric construction, fully taped seams for a waterproof seal and adjustable neoprene waistband.

SHOES

As we enter the colder months it's important to have a good pair of paddling shoes that offer warmth and grip. We would recommend thinking about a pair of neoprene boots and shoes, as they work like a wetsuit, warming the water when it enters the boots and creating a layer of insulation. We would recommend sizing up so you have room to wear a pair of thermal paddling socks.

SOCKS

Make your feet even warmer by wearing a pair of neoprene socks. A good pair of neoprene socks will offer good warmth as well as moisture wicking capability to ensure your feet don't get sweaty. Gill recommends their Thermal Hot Socks or Neoprene Socks.

So there you have it, a quick guide to some fantastic pieces of paddling clothing to help keep you dry and warm throughout the colder months ahead. Don't forget British Canoeing members receive 15% off all the items mentioned above as well as Gill's entire product range.

gb.gillmarine.com

CHAMPIONSHIPS ROUND UP

The International Canoe Federation and European Canoe Association have held senior World and European Championships across eight competition disciplines during September and October, with British paddlers winning 21 medals.

Britain top Paracanoe medal table at 2021 World Championships

Britain's World leading paracanoe team topped the 2021 ICF World Championship medal table with a fantastic ten medals in Copenhagen, Denmark.

Following a hugely successful Tokyo Paralympic Games, the British paracanoe team backed up that performance just two weeks later with a string of impressive performances across the squad.

Charlotte Henshaw and Hope Gordon started the competition off in emphatic fashion, winning gold and silver respectively in the women's VL3 on day one of the competition. The gold from Charlotte meant she retained the VL3 title she claimed back in 2019.

Emma Wiggs secured her ninth World Championship title as she defended her women's VL2 crown with a dominant performance, finishing over seven seconds ahead of the silver medal position.

Jack Evers and Stuart Wood produced the second British 1-2 as they brought home gold and silver in the men's VL3 final. Evers secured his first World Championship title in what was an extremely tight

race, just 0.12 seconds separating him and Tokyo 2020 bronze medallist Stuart Wood in second.

The third and final day brought medals galore with Britain winning six accolades. Charlotte Henshaw won her second world title of the week as she powered to gold in the women's KL2 final after winning the same event at the Tokyo Paralympic Games. Emma Wiggs also picked up her second medal of the competition in the same event with silver.

Laura Sugar won her first ever World Championship title in the women's KL3 just two weeks after winning Paralympic gold in Tokyo, whilst Hope Gordon finished just after her British teammate for a second silver of the Championships.

Rob Oliver concluded the wave of British medals in Copenhagen as he powered to silver to back up a dramatic bronze he won at the Paralympic Games in September.



Double medal success for Lizzie Broughton at Sprint World Championships

Britain's senior sprint team joined the paracanoe squad at the 2021 ICF World Championships in Copenhagen, with 31 athletes representing the team two years on from the last senior World Championships.

Richmond's Lizzie Broughton finished the World Championships

with a fantastic two medals from the four days of action in Denmark.

Lizzie, who medalled at both the 2018 and 2019 World Championships, continued to impress on the international scene by winning silver in the women's K1 1000m on day three of the competition, building on her bronze in 2019.

She then finished the competition with a flourish as she added a hard-fought bronze in the women's 5000m.



Elsewhere, Charlie Smith (Leighton Buzzard) claimed his first World Championships A Final finish in the men's K1 1000m, coming eighth, whilst Tokyo Olympian Katie Reid (Forth) enjoyed a fine Championships with her first ever World Championship A final, finishing eighth in the women's C1 200m and seventh in the women's C1 500m.

Fresh from her eighth place finish at the Tokyo 2020 Olympic Games, Deborah Kerr (Strathclyde) combined with Emma Russell (Chelmsford) for the first time at a World Championships to take a hard-fought fourth place in the women's K2 500m.

Impressive displays from British Marathon team

There were strong showings across the team as a 27-strong squad took on the Canoe Marathon World Championships in

Bascov, Romania in September, with a number of athletes having the chance to compete on the big global stage for the first time.

Off the back of a successful sprint World Championships, Lizzie Broughton returned to the international waters once again to claim a further two medals in marathon.

The Richmond paddler kick started the competition with a silver medal on day one, pulling off an outstanding final in the K1 women's race to power into second place on the final stretch, with British teammate Sam Rees-Clark finishing fourth in the same event.

Two days on, Lizzie returned to take on the standard distance and she put on a spectacular performance once again to cross the line in third to gain a bronze medal in addition to the silver.

Elsewhere, Chelmsford's Beth Gill became the first British woman to compete on the world stage in the women's C1 event and delivered two fantastic fourth place finishes in the short course and standard course events.

Charlie Smith narrowly missed out on a K1 U23 medal in fourth, with James Russell taking two top 12 finishes in the senior short course and standard distances.

Three Brits take on SUP World Championships

British paddlers Blue Ewer, Ben Moreham and Holly Pye competed at the 2021 ICF Stand Up Paddleboarding World Championships in Hungary.

The World Championships hosted at Lake Balaton in Balatonfured was the largest stand up Paddleboarding championships ever, with more than 480 athletes from 50 countries competing for titles in the technical, sprint, long distance and inflatable events.

In the technical open event, all three British competitors made it through the heats and quarter finals to qualify for the C Finals, and secure a top 25 finish.

In the Technical Open Men 1000m C Final, Blue Ewer was in second place.

In the Long distance Open Men event Ben Moreham was the first Brit to cross the line after 18 kilometres of paddling, securing 19th place in 1 hour 58:49.02, with Blue Ewer 26th place. Holly Pye was 13th in the Long distance Open Women event.

Holly was also in action in the Sprint Open Women 200m event, where she comfortably qualified through the heats, to claim another C final place in the quarter finals.

Holly was in third place in the C final in 1 min 09.63, which followed her victory in the women's SUP 200m national championship at Holme Pierrepont.



Four World Championship medals for Canoe Slalom team

The British canoe slalom team came away with a brilliant four medals at the senior World Championships which were held in Bratislava, Slovakia.

Having had an extremely successful summer winning C1 women's silver at the Tokyo 2020 Olympics, Mallory Franklin replicated that medal success after racing first in the final, nailing a clean run of 99.34s.

She was denied gold by Germany's Elena Apel who went 0.31 seconds quicker despite picking up a two-second penalty.

Tokyo Olympian Kimberley Woods took bronze in a barnstorming women's K1 final to pick up her first individual World Championship medal.

Kimberley had qualified in eighth for the K1 final and put in a great run of 97.90 to move into provisional first place, despite picking up two penalties on her way down a tricky course, before eventually finishing in the bronze medal position.



The Olympic pair had already enjoyed medal success earlier in the competition as the duo combined with the retiring Fiona Pennie to storm to team gold in the women's K1 event to retain their title from 2019.

The experienced trio, who were also crowned European Champions this year, finished over five seconds clear of nearest challengers, the Czech Republic, to get the event off to a flying start for the British team in the very first race.

2016 Olympic Champion Joe Clarke stormed to the Men's Extreme Slalom world title to round off the World Championships for Britain.

In the first World Championships since the discipline was announced as an Olympic discipline for Paris 2024, Joe showed his power and speed by blasting his way to the front in the final, holding off the challenge of New Zealand's Finn Butcher to win gold, having won every single race to emerge victorious.

Lifetime best for Laura Milne at Wild Water Racing World Champs

A team of four British athletes took on the Wild Water Racing World Championships held in Bratislava, Slovakia.

Laura Milne took a top ten finish in the women's kayak final to achieve a lifetime best result, and just less than three seconds off a podium finish.

Just two years on from narrowly missing the final back at the 2019 World Championships, Laura put down a great run to take tenth place in a result the Pinkston Panther was delighted with.

Elsewhere, the trio of Frederick Brown, Jacob Holmes and Robert Jefferies finished 21st, 31st and 32nd respectively in the men's kayak individual competition, whilst they combined on day one to finish seventh in the team event.



Freestyle success at European Championships

Great Britain's freestyle team won two gold medals and one silver at the 2021 ECA Canoe Freestyle European Championships in Paris, Vaires-sur-Marne.

Ottlie Robinson-Shaw dominated the Women's Kayak Surface final, taking the lead with a huge score of 750 points in the first round.

With scores of 690 and 120 points in the second and third rounds, Ottlie's first score comfortably claimed the gold medal, with Zofia Tula from Poland over 280 points behind in second place.



Ottlie's performance ensured that the double Junior World Champion claimed her first senior international title.

In the Men's Kayak Surface Junior Final Toby Marlow put down a great first round, to take first place with 610 points, narrowly ahead of Tim Rees from Germany in second on 580 points.

The 18-year-old, who was 11th in the 2019 World Championships, continued to dominate the final, with an incredible 833.33 points in the second round, over 200 points ahead of Rees in second place.



With the rest of the field unable to match his performance, Toby recorded 440 points in the final round, with the gold medal and the European title already secured.

First in action on the water on finals day was Jennifer Leal in the Women's Kayak Surface Junior Final.

Jen, who recorded an 11th place finish at the 2019 World Championships, put down a strong first round to take the lead with a score of 240 points.

In round 2 Germany's Merle Hauser scored 440 points to take a commanding lead, with Jen saving her best performance in the third and final round, with 250.00 points to secure a fine silver medal.

In the Canoe Decked Surface final, Matthew Stephenson and James Ibbotson finished in fourth and fifth place respectively with strong displays.

Canoe Polo European Championships

Great Britain's under 21 women's team finished in fourth place at the 2021 ECA Canoe Polo European Championships in Catania, with all four of the GB teams placing in the top ten.

The under 21 women progressed into the semi-finals, but were defeated 6-1 by a strong French team. In the bronze medal match against the hosts Italy, Great Britain were defeated 4-1, to be denied a place on the podium, finishing the tournament in fourth place.

Captain Katie Farley, in her last under 21 tournament, was GB's top scorer with eight goals, with Katie Howes scoring seven.

Victories over Switzerland and Poland ensured the senior women's team qualified for the 5th-6th place match.

GB faced Spain for fifth place and were hoping to reverse a defeat in their opening match of the tournament. In windy conditions, Spain started strongly to take a 2-0 lead in the first half and go on to clinch victory 4-1.

GB's senior women finished in sixth place, with Captain Nicole Hudson top scorer in the tournament with 11 goals.

Following the disappointment of missing out on qualification for the podium places, the British under 21 men's team won four of their five matches in group G to finish the tournament in ninth place, with Caleb Bowden top scorer with 12 goals.

It was a similar story for the senior men, who continued to push for a top ten finish by winning four group matches and drawing with Portugal to secure top spot in Group G and ninth place in the Championships. Alex Lowthorpe was the overall top scorer with 11 goals.



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Here at Peak UK we take great pride in producing unique, custom printed equipment. September 2021 marked our 10th anniversary of us unveiling to the world the endless possibilities of sublimation printed, high performance garments. So where did the story start and what milestones (and nightmares) did we experience along the way?

What is sublimation print technology?

Sublimation printing is a method that transfers a design from sublimation paper onto fabric. Changing the solid particles of the ink into a gas, which in turn effectively dyes the fabric. Once a design is finalised on screen, it is printed onto a special wax paper using a sublimation printer. The design is then transferred onto the fabric, with the use of a heat press. From there the design is cut, sewn and seam sealed into a complete garment.



The Beginning:

2004: Athens Olympics: We had a great idea for some special looking kit for the Athens Games. We knew of sublimation print technology from the cycling industry and wanted to see if we could make it a fully-fledged paddlesport reality. Some super special garments were manufactured, with the printing out sourced, just in time for Helen Reeves to claim a bronze medal at the 2004 Games, with Nick Smith and Stu Bowman finishing in highly respectable fourth place.

2010: Testing: After having shelved the idea for a little while, our test team of slalom and freestyle athletes got their hands on a special batch of gear. Still the sublimation prints were being produced for us by an external company. However, the heat press application and the sewing manufacturing was done in our Nottingham premises, on a small swing arm heat press. With lots of trial and error based development with timings, temperatures, pressures and techniques!

2011: Slalom World Championships: After investing in a Mutoh printer, and cramming it into Pete's small office, the real fun could begin! Still using a relatively small A2 swing arm heat press, we created a full British Slalom Team worth of gear for the very first time.

Due to the limiting size of the heat press, we had to be clever with our patterns, early versions of the long sleeve custom Speedskin topdecks had an extra seam across the bicep to accommodate this.

Pete and Paul travelled out to Bratislava to both exhibit sample outfits of the best custom gear available and photograph the team during racing for allocation spots for the London 2012 Games (more on that soon). After a minor incident involving Paul almost being kidnapped by a drunk Slovakian local...long story, the slalom world at least knew where to get the best looking gear around..

2012: Moving Premises & 2012 Olympic Games:

In the spring of 2012 we partially moved into our new purpose-built factory, in Darley Dale. With only the machine room and one working toilet completed on the building site, full scale custom kit manufacturing begun, delivering as always just in time for the Olympic Games. A much larger, compressed air operated heat press started delivering super crisp prints. To top it all off, that summer our great friends, Tim Baillie, Etienne Stott, Richard Hounslow and David Florence, won gold and silver medals at London 2012, respectively, in the C2 category. Olympic C1 legend, Michal Martikan, also won a bronze medal sporting the finest looking Slovakian outfit.

2013: Custom Polo PFDs and Freestyle Gear:

Production of fully custom printed Polo PFDs opened up huge potential for personalisation, to a previous realm of simplistic bold, block colours. Our local sponsored team, Viking Canoe Polo have been enjoying a unique look ever since. Our freestyle team started to enjoy the custom, unique outfits with performance cuts adapted from the slalom range.

2014: Jackets for all: We started offering custom jackets, great for WW paddlers, coaches and paddlesport providers. The British Raft Team looked the part for the 2013 World Championships in NZ, in matching Racer Custom and Semi Short Jackets.

2015/16: Suit you Sir! Custom printed Semi and Deluxe Suits entered and left our custom catalogue... now that is unique!

2016: Polo Switch: We switched production of all Polo PFDs to a custom printed version. Doing away with the need for stock of 13 different coloured rolls of nylon as well as the time consuming application of heat transferred and sewn fabric player numbers. The rolls of nylon fabric haven't gone to waste, recently we've been using that material to manufacture kit bags.

2016: Big printer, calendar unit and the Rio Games: Up until this point our custom printing had been limited to the sleeves and front and back panels of PFDs. This was mainly because the heat bed was ultimately too small to print each panel piece of a complete garment in an economical way. Cue the installation of full width, roll to roll Roland RT640 printer and matching full width calendar heat press unit. Thus ensued a whole host of trial and error based development again...! The roll to roll machinery meant that print times were dramatically improved, a set of 10 Polo PFD's that previously would take a whole morning to print, could now be completed within an hour.



Once the printing techniques had been perfected, we launched the Racer ST, a 3 in 1 revolutionarily product for high performance slalom kayaking. Used at the Olympic Games in Rio exclusively by Team GB, Joe Clarke claimed the gold medal in MK1 with Richard and David claiming another silver medal in the C2 category.

2019: Roland Heros: We were crowned as the inaugural winner of the Roland Hero prize, from the digital printing solutions brand Roland DG. A worldwide competition, against many other unique companies that were all producing high quality goods using Roland DG products. A real honour and a testament to the hard work and investment put in over the previous decade.

2020: Even bigger & quicker printer, custom website: A further investment for the Tokyo Games, an upgrade to the XT640 printer. Now twice as quick, print times have really been slashed from our initial trials on a A2 swing arm heat press back in Nottingham! We developed an online custom kit creator feature, with a choice of 10 body and trim colours for our whole catalogue of garments.

2021: Tokyo Games: The installation of the XT640 is timed perfectly with the launch of the updated Racer ST, the ST2020, an even more refined garment. We successfully outfitted 32 out of 34 competing nations for the Tokyo 2020/1 Olympic Games, mid-pandemic and with a global shortage of materials. Our long term team paddler Mallory Franklin won a fantastic silver medal in the C1W event and Peak UK custom printed garments went on to win 9 out of a possible 12 medals!

What do the next 10 years have in store for our custom printing story? Well we're not too sure, but if the last 10 are anything to go by, expect a few printer upgrades, some new kit added to our range and a good handful of Olympic medals as a definite!

MEET PADDLE CABIN, NEW DELIVERY PARTNERS AND SUP COACHES

For both of us, paddleboarding is not just about the sport, it's a way of life. We both grew up next to Paddle Cabin's home, yet we met at sunrise at the summit of mount Snowdon, our favourite mountain, back in 2014 and never looked back.



Jo's passion for paddleboarding grew over the last few years and knowing Hayley's love for the outdoors and passion for well-being, she introduced Hayley to the sport and the water quickly became the place she felt at her happiest. In fact, being on the water triggered a sense of relief that Hayley had been searching for since her diagnosis of breast cancer. Thanks to paddleboarding, she gained a renewed appreciation for life post-treatment at the age of 27, through the spark of adventure on the water and the peacefulness of nature surrounding her.

Last year was a year like no other, with the impact of Covid-19 and personal challenges with difficult relationship breakups, loss and health problems. Paddleboarding got them through a difficult time to heal, boost their mental health and inspiring more change than expected. Hayley moved back to Kent and struggled to find a local paddling community and place to call home on the water.

We were approached with the opportunity to set up Paddle Cabin to give access to the water on an inaccessible part of the River Medway in Kent. Having previously worked for several adventure activity companies, for Hayley, this really was a dream come true, to run her very own slice of adventure. For Jo, with her career in helping businesses be more responsible, this gave us the opportunity to make the Paddle Cabin as responsible as it can be, from water safety to environmental impact to our charity partners.

We wanted to offer ways for everyone to experience the paddleboarding way of life through our three-pronged purpose around learning, well-being and community. From building skills and confidence on the water, feeling connected to nature and refreshed,

to finding your tribe through our members and club events, there really is something for everyone. Paddle Cabin activities for our members include coming together for our social campfire paddles, river clean-ups, calming the mind through our SUP Meditation or SUP Yoga, SUP Singles night (paddle dating) and SUP Pups sessions to give you the confidence to take your dog out on the board with you.

We loved introducing all our friends and family locally to the sport through teaching, coaching and exploring and loved how everyone wanted a slice of the paddle boarding life. There is so much beauty on and in the water in Kent everywhere you paddle and we loved introducing locals to this beauty on their doorstep they had not yet discovered. So we formally began our coaching journey in November 2020, taking the route of a SUP Sheltered Water Coach, which enables you to coach in up to Force 3 winds, up to 200m from shore.

Becoming SUP Coaches

Becoming a coach rather than an instructor was really important to us, to be able to create and live by our own coaching philosophies and focus on helping individuals meet their own personal SUP goals. We loved learning all the theories, stages of learning, leadership and coaching styles.

Part of your SUP Sheltered Water assessment is to submit a reflective log of 15-20 coaching sessions. This part was completely invaluable to practice, improve and learn. You also have to complete a written assessment on a case study, producing a training plan for a specific paddler and then undertaking a discussion with your assessor about both your log and training plan.

And then, it's assessment day! This consists of a 90 minute coaching session with your guinea pigs on the water in force 3 winds, and demonstrating your water safety skills in a number of scenarios around water rescues. There are some additional bits you need, such as safeguarding training and first aid qualifications. British Canoeing have a whole range of brilliant resources in their digital library from podcasts to videos to webinars. We found their eLearning modules so useful to brush up our skills on so many different topics, from buoys, to paddle-ability, to nutrition and fitness and environmental protection of our waterways – so it is well worth a look.

We both have Jenna from Flying Gecko Outdoors to thank for her encouragement and patience. We were able to go through the coaching qualifications so quickly thanks to her time and effort. Creating a supportive environment that encourages more female paddlers into the sport is really important to us, and interestingly, our members are already 80% female so we seem to be creating that welcoming culture which is amazing! It is tough setting up a business from scratch, especially in a pandemic and this is when those cheerleaders really help you achieve your goals so thank you Jenna!

Becoming a Delivery Partner...

We have been overwhelmed by the amazing encouragement from the paddleboarding community across the UK with invaluable advice and guidance. It makes us so proud to be part of such a supportive and growing community as we started up the Paddle Cabin over the last five months. For us, doing our training through British Canoeing was the right route for what we set out to achieve, so becoming a Delivery Partner was a no brainer and we were so excited to join the programme when it launched.

We loved our coaching journey with British Canoeing, and we trust in its reputation to deliver excellent operating plans and governance, which is so important when we are starting out. Being a Delivery Partner gives us credibility as a new business to demonstrate the quality of our experiences and sessions, and a little boost of confidence that we need. It is a really supportive scheme so we wanted to be a part of it as every time we have a question or concern, we can just reach out and get some help and advice to make sure we are doing things right, and with their support. We have definitely had our fair share of advice so far – thanks guys! We love British Canoeing's promotion of responsible paddling, and focus on learning and development so being part of the Delivery Partner scheme gives us more opportunities and ways to learn and keep developing.

We can't wait to see how the scheme develops over time and be part of that journey for SUP!



What's next?

Our journey is only just beginning and we are so excited to see how it unfolds. We want to be a key pillar of the paddleboarding community in Kent, working with all the other amazing SUP organisations in the county to introduce more people to the paddleboarding life and we are exploring some exciting ways to collaborate over the next year! We also aim to be a training provider and to help aspiring coaches access training locally from our cabin to help grow the sport in Kent and to offer the Personal Performance Awards from our home. We already offer discounted sessions that are means tested so that those who can't afford to paddleboard can access the sport, and next year, we want to be able to deliver paddleability sessions to help make paddleboarding more inclusive. As our members base keeps growing, we would love to do more trips around the UK for our members to explore new and different paddling environments, and hopefully we are able to take these overseas at some point! So... only a few plans hey!

Become a Delivery Partner

The Delivery Partnership is open to businesses who provide paddlesport activity. This includes sole traders, activity centres, hire providers, small and large organisations, charities, etc., across the UK and Internationally. Find out more and become a Partner today! <https://gopaddling.info/british-canoeing-delivery-partner/>

Become a SUP Coach

Looking to start your journey as a SUP Sheltered Water Coach? The Coach Award is designed for people whose core function is to coach paddlers who want to gain/improve paddlesport skills within the discipline chosen. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in the given discipline or environment. Find out more here -

- Canoe Wales
- CANI
- Paddles Up Training
- Scottish Canoe Association

Canoe Foundation funded projects completed during Covid recovery

Despite 18 months of upside down living for many across the UK, the Canoe Foundation can proudly announce that two recently funded projects have already come to fruition. Despite difficulties with furlough and contractors, work has now been completed at both Rudyard Lake and Llandysul to improve physical access on the site. But, this is just the tip of the iceberg, with over £120,000 awarded in grant funding over the last 18 months. So keep an eye out for more projects completing soon!

New pontoon installed at Rudyard Lake, Staffordshire

The Canoe Foundation is pleased to announce the opening of a new pontoon and canoe trail app at Rudyard Lake in Staffordshire, after the Foundation awarded a £5,000 grant towards the works.

The EZ pontoon provides a stable platform for both launching and recovery at the lake. It's the perfect place for a family paddle or adventure paddle with friends, with the new app complimenting your paddling journey. The app provides you with GPS tracking around the lake, as well as educating you about the history, heritage and wildlife spots.



The new pontoon and app means that many people can now enjoy better quality access and education at the lake.

Read more www.canoefoundation.org.uk

Work completed at Llandysul Paddlers Site to improve river access and stop the spread

The Foundation funded work at Llandysul has been completed. The £2,500 grant awarded has helped towards the installation of a new wash down station to prevent the spread of invasive non native species on the River Teifi, as well as improvements to the car park, disabled access and concrete bank step.

The funds, which were match funded by the club, mean that the site is now more sustainable in terms of protecting the river access point and preventing the spread of invasive non native species.

Read more www.canoefoundation.org.uk

The Canoe Foundation relies on donations to improve places to paddle across the UK. Please consider donating a one off or regular amount to the Foundation to help them continue with their work and ensure everyone has sustainable, effective access to our waterways and coastline. Thank you.

Donate here www.canoefoundation.org.uk



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Clear Access
Clear Waters

GO GREEN MEMBERSHIP

supports cleaner, greener waterways!



Clear Access
Clear Waters



All British Canoeing members can now choose a Go Green membership option when they join. Our Go Green option helps make our membership more environmentally friendly, contributes back into vital river clean up projects and offers members more choice.

When members choose to Go Green they are opting into receiving all of their membership information digitally, including a digital membership card and communications. Alongside this all members are now able to access our fantastic member benefits through our online **Members Hub**. Giving members instant access to all their membership details with no paper in sight.

Recycled paddle clean up kits available through Go Green Membership

If you choose to Go Green when purchasing your British Canoeing membership, you will also be helping to support vital work to keep your local waterways clean and safe. British Canoeing is committed to ring-fencing £2 of every Go Green membership to support the British Canoeing **Clear Access, Clear Water campaign** and funding river clean up initiatives such as Paddle Clean Up Kits and Litter Picking Stations.

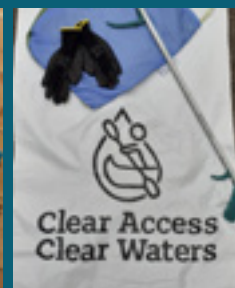
With help from the 2 Minute Foundation, litter picking stations around the UK are now stocked with repurposed tent bags. After seeing the aftermath of rubbish left behind from festivals around the UK, broken tents were collected and transformed into tent bags. These bags can now be used for litter collection during paddle clean ups in locations all over the UK.

So far money from Go Green memberships has gone towards creating 50 paddle clean up kits, filled with vital tools to help keep our British Waterways cleaner and safer for everyone. Each paddle clean up kit includes:

- 15 Clear Access, Clear Waters clean up sacks
- 2 repurposed tent bags
- 30 gloves
- 6 rubbish pickers from Waterhaul

Notably these rubbish pickers have been made from recycled face masks and recycled ghost fishing nets. Waterhaul are transforming NHS single-use face masks into tools like these rubbish pickers for their Retask the Mask Campaign, helping transform waste into tools to combat waste.

If you are looking for more ways to get involved with the Clear Access, Clear Water campaign, on top of choosing a **Go Green British Canoeing membership**, then why not organise your own paddle clean up with friends. You'll find lots of ideas on how to do this on our Clear Access, Clear Waters website: clearaccessclearwaters.org.uk



Go Green today! Choose our Go Green membership option when you **renew or join**. Or by getting in touch with the membership team: membership@britishcanoeing.org.uk | 0300 0119 500

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"There is nothing I love more after a day of training on the water in the cold & wet than to warm up with a comforting bowl of Vegan Jaffa Orange, Carrot & Fennel Soup"

Rob Oliver



Tokyo 2020 Paralympic Canoeing Bronze Medallist
2021 ICF World Championships Silver Medallist

*To read the full blog with Rob Oliver
& to find his favourite recipe head to*
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