



CUCKMERE VALLEY CANOE CLUB

June 2018

See inside for
the season's
calendar of
trips & events

Throwline

A hit with all the family

We tried our first Family Day - throwing our doors open to non-members and giving them a taste of paddling with CVCC. It proved a great success. Why have a Family Day? As a Club that is passionate about paddlesport, we always want to create new enthusiasts and recruit new members. We also wanted to show our support for the local community and our ability to inspire people to get fit and connect with the environment, as this is part of our argument to Rampion as to why they should give us a grant for the purchase of more boats. More boats means more events and so more people paddling - and happy! (We find out if we've got the funding in July...)

The day was only a success thanks to the hard work and enthusiasm of all involved. We got 57 people kitted up and onto the water. Many, many thanks to the coaches - Ian P coordinating the flow of people and activities, Tony & Thomas getting members off on the Sunday paddle and then helping with the families, Kevin leading on SUP, Steve D, Justin E, Emily and Ashley taking each family group onto the water and Carol demonstrating an Open and supporting the younger paddlers. Thanks to Helen F and Liz B for ensuring everyone was happy and kitted up before they got near the water. And thanks to Megan E, Paula L, Charlotte F, Frances J and Helen R for meeting, greeting and feeding people.

The comments we received say it all:
"Thank you to all at CVCC for a fabulous morning try-out."
"Fabulous experience. Everyone really helpful and friendly. Progressed lots in one session. Thanks."
"My family and I would like to thank you all for a fantastic day! Coaches and volunteers. We have found a new hobbie!!"



Justin E receives the first Coach's Recognition Award

For his kind support and guidance to new paddlers - building up confidence and offering endless patience and encouragement.

If you want to nominate a coach for the next award, please email your suggestion to feedback@cvcc.org.uk

Go Canoe & Bring a Friend are back

If you have friends or family that want to try out paddling with CVCC, then you can either book them in as a friend on a Sunday, or they can do a Go Canoe session.
Bring a Friend: We can have two non-members paddling with us each Sunday, so you do need to book in advance. It costs £10 per friend. Book at cvcc.org.uk, log in and go to Information>Bring a Friend.
Go Canoe: Sessions open to anyone, aged 8+. £12 per person, per session. Every Tuesday 6-8pm 26 June - 14 August, plus once a month on a Sunday 10.30am-12.30pm 17 June, 29 July, 19 August & 16 September. Book at cvcc.org.uk, Information>Go Canoeing Sessions.

Email cvcc@cvcc.org.uk with any questions.

Paddlepower Awards for Juniors

All juniors aged 16 or under can achieve an official British Canoeing award while enjoying their Sunday morning paddle. CVCC offers two different levels, both of which can be achieved by simply completing

a Paddlesport record book with the coach leading the session.

Paddlepower Start: This level can often be achieved after your first taste of canoeing.

Paddlepower Passport: Gradually moving you on from your initial taste of the sport, through various

skills and knowledge, giving you a really good base from which you could choose to set off onto the next level. (Paddlepower Passport is recognized as an equivalent award to British Canoeing 1 Star).

To get started, talk to the Junior Reps, Morgan L or Frances J.

Season's Calendar 2018

The season is well and truly open...

Hopefully you have already been able to get down to the Barn for a Club Sunday paddle. These are now every Sunday from 9.30am-12.30pm until the end of October. There is also a whole host of trips and special events.

June

9 June - Join Bewl Canoe Club at Pells Pool
7.30-9.30pm Pells Pool, Brook St, Lewes BN7 2BA
Develop your skills in an outdoor pool session. All levels welcome. There will be a cost to cover pool hire. To book, email Hannah at Bewl Canoe Club secretary@bawlcanoeclub.co.uk

17 June - Thames Paddle 'Message in a Bottle: Source to Sea'

Bewl Canoe Club are booked in to join a leg of this month-long paddle aimed at raising awareness of plastics in our seas. Find out more at thewhalecompany.co.uk/source2sea
Bewl have invited us to paddle with them from Hurley Lock to Bray Lock (17km). You will need your own kit. If you are interested, please email nicola@seventhcorner.co.uk for more details.

24 June - Women's Day

No men allowed for this one but female members are welcome to bring along friends and family free - as long as they are aged 8+ and, of course, female. No booking or prior experience needed.



30 June - Bewl Canoe Club at Pells Pool plus BBQ

7.30-10pm Pells Pool, Brook St, Lewes BN7 2BA
A second pool session but this time with a BBQ afterwards. There will be a cost to cover pool hire and bring along some food to throw on the barbie. To book, email Hannah at Bewl secretary@bawlcanoeclub.co.uk

July

7 July - Paddle on Bewl Water

12-5pm Bewl Water, Bewlbridge Ln, Wadhurst TN3 8JH.
The paddle begins at 2pm but do come earlier with a picnic to eat on the bank. No booking needed, but you will need your own kit. Come along and meet up on the slipway.



8 July - Paddle Round the Pier, Brighton Beach

This is not a club event but CVCC is entering a team 'Cuckmere Alien Invasion', so do come down and cheer. It is a fun, family day. The 'Paddle Something Unusual Race' begins at 12pm. After that there is a mass paddle round the pier which anyone can join. For more details, visit: www.paddleroundthepier.com

15 July - Juniors' Day

A usual Sunday paddle but members are welcome to bring along junior friends free - aged 8+ . No booking or prior experience needed.

21 July - River Medway Trip

9am-4.30pm, Tonbridge. Led by Justin E, this is a lovely day trip for all members. There is no white water but some fun challenges, such as the canoe pass. Club boats can be used but you need to be able to get it from the Barn to Tonbridge - or arrange for someone else to take it and bring it back. Meet at 9am, Lower Castle Field Car Park (TN9 1HR), we will then shuttle to Yalding to be on the water by 10.30am. Back at the car park by about 4.30pm. Parking costs £5.90. Bring a packed lunch. Book online bit.ly/MedwayTrip2018

August

5 August - Bodiam Trip

9.30am-4pm Bodiam Boating Station, TN18 5PP
A great new addition to the annual CVCC calendar. Led by Ian P with Tracy. Meet at Bodiam Boating Station. Car parking is £5 (includes launch fee). Paddle for about 2 hours along the River Rother, then a 2-hour stop, long enough to enjoy a packed lunch, pub lunch plus a tour round Bodiam Castle for those interested (separate National Trust entry fee). Paddle back to Bodiam Boat Station to arrive approx. 4pm. Suitable for all levels. Either bring your own boat or reserve a club kayak/canoe. Book online bit.ly/Bodiam2018

10-12 August - Wye Trip

This is a great trip away, full of camping and canoeing; open to all members plus friends and family. (For those that don't want to paddle there is lots to do and see around the Wye Valley). Meet on the campsite on Friday for chat and a gathering of BBQs. Saturday is a gentle paddle on the Wye. Either bring your own boat or use a hired canoe. We will be dropped up river and will paddle back to the campsite (set-off 9am, paddle, pause for your packed lunch, and paddle back to the site for about 5pm). All skills are welcome. Children must be 4+ to be in a boat. Those with their own boats can peer-paddle on Sunday, including the rapids at Symonds Yat and the seal dive. Book camping directly with Lucksall Park, quote ref. 40870; they do have glamping options: www.lucksallpark.co.uk. To book a canoe, or if you have any questions, email nicola@seventhcorner.co.uk
The cost is £55 per canoe. You can either book a two-person or three-person canoe or just one place and we will pair up paddlers.

12 August - River bank & beach clean up

As part of the usual Sunday paddle, we will be helping care for our water environment by collecting plastics and litter along the way.

Some Wye Shots



September

1-7 September - Allier Trip

A week in the beautiful Allier valley in Central France, paddling a craft of your choice (open boats, kayaks, sit-ons). One full-day paddle on Grade 1-2 water - more if people want. Trip will also include kayaking on Grade 2-3 . On 'rest days', there are opportunities for rock-climbing, biking, river-swimming, relaxing by the pool in your gîte, or sight-seeing in the Massif Central. Transport cost (based on 3 sharing a car) - approx. £105 (£150 ferry return, €66 motorway toll and €120 fuel). Option to fly Ryanair to Clermont Ferrand and hire equipment on site. Accommodation (per person per week) - from €60 in campsite to €110 in a gîte, depending on degree of luxury and number sharing. B&Bs, hotels and chalets also available. Boat hire (open canoes or sit-ons) - €15 per person per day approx. Email liz-beard@hotmail.co.uk ASAP, so she can point you in the right direction to book your accommodation and answer any queries.

8 September - Bewl's Hampton Trip

Bewl Canoe Club have invited us to join their Thames paddle, from Hampton Wick (Kingston) to Hampton Court. More details to follow.

9 September - Big Splash

So called due to the puddles that are usually around as the sun gives way to rain... But this normal Sunday paddle is full of extra activities including games on the water and a BBQ on the slipway. Members can bring friends and family. No booking needed.

29 September - Lee Valley Trip

6-8pm Lee Valley White Water Centre, Station Rd, Waltham Cross EN9 1AB. A great chance to either gain your first experience of white water in a safe environment, or to hone your skills. Open to all members, kit will be provided. There will be a cost to cover hire of the course. Details to follow.

October

20 & 21 October - Gower Peninsular Trip

Join the Surf Group's annual trip to the Gower Peninsula in South Wales which has world-class surf beaches. There will be an opportunity on this trip to gain the British Canoeing 3* Surf Award. For more details, email colinbeard@hotmail.co.uk

21 October - End of Season Paddle

All too soon, it is the end of the season. This last Sunday morning paddle is marked with coffee and cake, so bring some along to share.

November

16 November - CVCC AGM & Social

7-11pm A pub (somewhere yet to be determined). Come along for a chat, a quiz, a buffet and to have your say about the plans for 2019.



Is it too early to mention Christmas?

We think not, as the CVCC Christmas Party is already planned.

8 December - The Langham Hotel, Eastbourne
7pm-Midnight

We have decided to up the ante, and rather than doing a meal in a pub, we are joining a Christmas Party Night at The Langham Hotel, Eastbourne. This includes a four-choice, three-course Festive Menu with coffee, followed by disco and casino with Blackjack and Roulette (fun money provided). Hats, crackers and a party novelty box for everyone. What more could you want? All for £39.50 per person. If you want to make a night of it, you can get a special room rate of £70 B&B for double or £40 B&B for single room.

You do need to book by 28 August - email paula@cvcc.org.uk to book.



The Langham Hotel
43-49 Royal Parade
Eastbourne,
East Sussex BN22 7AH
www.langhamhotel.co.uk



Paddle Tales

By Colin Beard



From the Mountains to the Sea with CVCC. Newtonmore to Spey Bay: 80 miles in five days.

I could hear the roar of an approaching rapid. Nick steadied our heavily laden open canoe as I stood up in the bow to try and get a better look. We were on a five day trip down the River Spey with all the gear needed for wild camping on board. I tried to suppress the thought of our canoe being swamped by waves or worse the indignity of capsizing. I noticed the river narrowing and turning slightly to the left. Over a horizon line, I could see a classic downstream V followed by standing waves and haystacks characteristic of a fun, bouncy ride to come. We drifted closer. But I still could not see the bottom of this rapid. Was there a rock waiting to capsize us? Too late to stop, we were already committed to shooting the Washing Machine...

The River Trip

During the week before the big trip, I was anxiously studying the Spey's river-level information (canoescotland.org/where-go/wheres-water). I was disappointed to see that water levels were predicted to be low, but in reality his provided the perfect fun paddle for us with no washed out rapids. Indeed, the section from Newtonmore to the sea seemed designed for canoe touring. The river down to Loch Inch felt quite small with long flat sections, mainly grade 1 rapids and some manoeuvring round fallen trees. The bird life was outstanding: I spotted twenty species without trying and as we left Loch Inch we spotted an osprey, an exciting end to our first day. Over the next two days down to Cragganmore, the weather was kind, allowing us to enjoy the hypnotic rhythm of paddling. As we were pushed inexorably seaward, we had plenty of time to view the snowy summits of the Cairngorm Mountains. However, after Cragganmore the weather and character of the river changed. Leadon skies produced a steady drizzle and the Spey picked up

speed. We encountered several rapids which made us think, but there were no spills, only thrills. One would expect a river to slow down as it ages and approaches the sea but not the Spey...

Navigating the Spey

A canoe packed with tent/tarp, bedding, spare clothing, food for five days, and other sundry equipment is not going to behave in a rapid like an empty one. Getting the right line early down a rapid in a packed boat is very important. If you get the line wrong, it is hard to correct a heavy boat and you could deliver your bow-seated paddling pal into a tree (sorry Kevin) or hole, or onto a rock! Fishing is big business on the Spey. It is a good idea to be friendly to fisher folk. The correct procedure is to make your presence known with a whistle. A series of signals ensues, after which your desired line is established. This works quite well and as you glide by quietly you say 'good luck' Most encounters are really friendly and on two occasions a ghillie gave valuable advice about downstream hazards.

Wild camping on the River bank

If you are wondering, our hire company provided trowels and yes there is a strict toileting code. We found some fabulous wild camping sites which are probably kept secret by those who use them, so I will not give details. The key to successful wild camping on the Spey is to look for an area away from roads which is not obviously managed by an estate. Always make sure you carry plenty of water and include a tick fork in your medical kit!

Conclusion

The river Spey is a living river: the word "unspoilt" does not do it justice. Despite the wild feel, there are always campsites to find and, if needed, villages and towns along the way. The local malt whiskies are legendary. If you venture this way, then you become part of the Spey ecosystem which must be respected at all times both for your own safety and for the future enjoyment of others.

Oh and in case you wondered, we got a good lathering in the Washing Machine and much bailing ensued!

Planning the Trip

Living in Sussex and paddling the River Spey is always going to be a gamble. You cannot just drop everything and go when the weather and water levels are favourable, as a great deal of planning is necessary (most of which happened in the pub).
Time to go: early May (fewer midges?)
Number in group: 8 maximum (inconspicuous wild camping)
Boats, minibus and trailer: hired from a private company 'In Your Element' iye.scot
Transport to/from Scotland: two cars with roof boxes
First and last nights: newtonmorehostel.co.uk (Thanks for organizing this Steve D).
Transport from Spey Bay to Newtonmore bunkhouse: minibus and trailer provided by 'In Your Element'
Wild camping: tents, tarps and food were organized by paddling pairs.
Group members were given different things to organise. I was responsible for maps and compiling a mini expedition medical kit. It was very useful to have a 'local', who had grown up in Grantown, as a team member to advise us on local matters and book the canoes - thanks Justin.
Before we set off we all had a trial boat pack up and paddle in Sussex. This helped us to get used to paddling a fully packed canoe and practice with our future partners. I am a kayak and surf coach and so had many new canoe skills to learn! To provide variety we did, however swap some paddling partners during the trip.
Thanks go to the whole team: Steve Douch; Steve Bray; Justin Lawrence; Nick Baldwin-Charles; Pat Cox; Kevin Galway; Nick Cluton; Colin Beard



Moving Water

By Steve Douch

Seven sessions, a handful of club paddlers and some serious whitewater

Earlier in the year I decided to run a Moving Water Group for those that were interested in working towards the 3 Star Whitewater Award. Rather than call it a 3 Star Training Group, I chose instead to call it the Moving Water Group. I did so because I do not think that paddlers should concentrate on collecting awards and taking assessments, in the hope of a new badge and certificate; paddlers should be exposed to new challenges and paddling environments, in order to gain experience and become better paddlers. So my intention was to enable this and put assessments and awards to one side.

The group have so far attended an intro session at the Club, and been to the River Adur to train on an outgoing tide, where waves and eddy lines are an introduction to moving water skills. We then

went back to the Cuckmere for an introduction to rescues techniques. Just recently, some of the group were introduced to the Nene Whitewater Centre at Northampton, which I consider to be the best facility to start your whitewater training. Some will say that Lee Valley in North London, is far superior, but I find it is more like an Alpine river than a UK river and can be intimidating and a bit 'full on' for newcomers. So Northampton was where we started at a whitewater training facility. Over the next few months we will return to the River Adur and then back to the Nene to consolidate the skills learnt so far.

I am not working to any set syllabus and am trying to deliver the skills that an intermediate paddler should know for a Grade 2 whitewater environment. If at the end of the season, members



of the group feel they are ready to take an assessment it will be possible. But for me, if I see them as better paddlers that I can trust to look after themselves and look out for other members of a paddling team, I will feel I have achieved my aim. In the past, I have seen paddlers with high level awards that I would not wish to paddle with and, in contrast, excellent paddlers who hold a 2 Star award running serious whitewater rapids. I suppose what I am saying is: don't go chasing awards and become a badge collector, instead try to expand your experiences and collect skills that will make you a better paddler.

Here are some of the pics I took at the Nene centre, combining my passions of paddling and photography...



Boat Love

By Chris Brocklebank

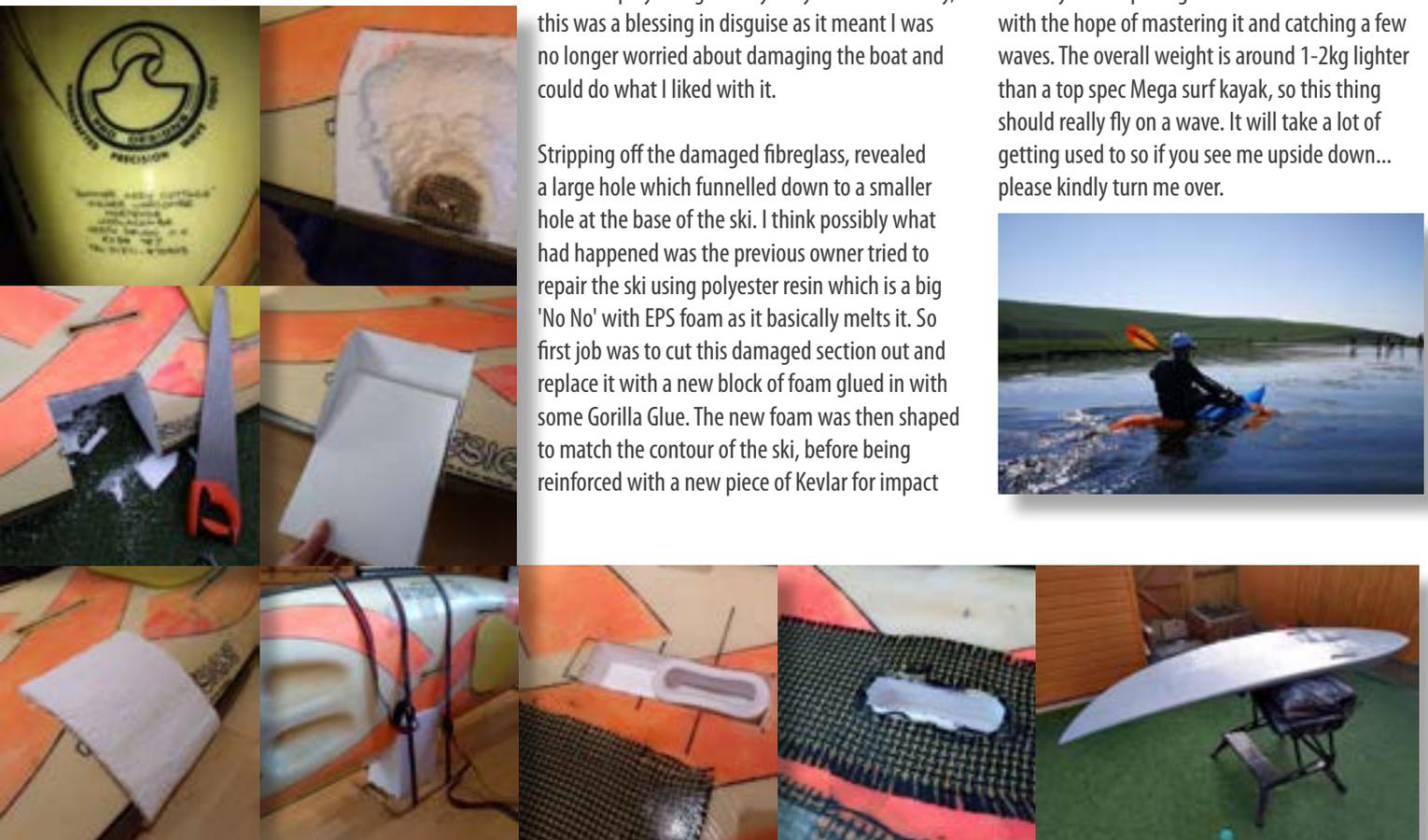
From this



To this



Via all this



I hate winter. I also hate having nothing to do. So whilst the barn has been on lock-down for the closed season, I decided to start a little project to keep me busy until the sun re-appeared in 2018. The project started when I stumbled across an old advert on Facebook selling a pretty old waveski. A waveski is a bit like a sit-on surfboard (paddled like a kayak) with a foam core surrounded by fibre glass.

I managed to track the lady down and contacted her to see if it was still available... to my surprise, it was! I went to see the ski the next day and managed to get it for an unbelievable price due to its age and some light damage. It was built by a well-known shaper, Alan Neighbour, who owns Pro-Design Waveskis (it even had his address and telephone number on the back!) The lady said she made contact with him when she first bought it, he explained he remembered building it and that it had been used all over the world in competitions! It was made with epoxy resin, Kevlar rails, and fibreglass top and bottom.

Once I got it home and had a closer inspection, I discovered a big cavity in the foam which was covered up by a large heavy duty sticker! In a way, this was a blessing in disguise as it meant I was no longer worried about damaging the boat and could do what I liked with it.

Stripping off the damaged fibreglass, revealed a large hole which funnelled down to a smaller hole at the base of the ski. I think possibly what had happened was the previous owner tried to repair the ski using polyester resin which is a big 'No No' with EPS foam as it basically melts it. So first job was to cut this damaged section out and replace it with a new block of foam glued in with some Gorilla Glue. The new foam was then shaped to match the contour of the ski, before being reinforced with a new piece of Kevlar for impact

resistance, and two layers of fibreglass to get the rigidity. The ski was originally constructed with epoxy resin which is compatible with EPS foam. Epoxy is much more pleasant to use as it doesn't smell so much as polyester, but you do have to pay attention to the mixing ratios. I wanted to make some improvements to the ski so I fitted a SUP handle to make it easier to carry, and a plug so I could use a leash. Waveskis are very lightweight, so if you were to let go, it would rocket towards the beach, doing damage either to itself or whoever was in the way, so using a surfboard leash is advisable.

The ski took a lot of sanding to blend in the new fibreglass/resin with the old. Once I was happy, I gave it a few coats of high build primer to try and cover any imperfections, before adding some vibrant colour. I then coated it with a high-performance auto lacquer which should provide some UV protection. The finish is by no means perfect, it is very difficult to achieve at home with spray cans as appose to professional sanding tools and spray gun. To finish the ski off, I will be adding a new foam seat pad, lap belt and footstraps.

So this year I hope to get this down to the sea with the hope of mastering it and catching a few waves. The overall weight is around 1-2kg lighter than a top spec Mega surf kayak, so this thing should really fly on a wave. It will take a lot of getting used to so if you see me upside down... please kindly turn me over.

