



Autumn 2011

www.castlecanoeclub.co.uk

Castle Canoe Club

CASTLE CLUB DUTY ROTA:

Oct – Nov 2011

Sunday, 30 Oct – Jessica Neil

Sunday, 6 Nov – Jonathan Reid

Sun, 13 Nov: Alan Abramson

Sun, 13 Nov: Celine Alderson

Sun, 20 Nov: Marcus Baxendale

Sun, 20 Nov: Nuala Casey

Sun, 27 Nov: Kirsty Churm

Sun, 27 Nov: Sean Clarke

Sun, 4 Dec: Heather Cockell

Sun, 4 Dec: Claire Crawford

Sun, 11 Dec: Marie Czajkowski

Sun, 11 Dec: Laura Daly

Sun, 18 Dec: Kate Davies

Sun, 18 Dec: Adam Day



Upcoming Events

Sunday 13th November, Brighton trip

***18 – 20 November, Mile End Mill trip, contact
Nina (ninabury@hotmail.com)***

January 2012 Dart trip, contact Barbara

***There are more trips in the pipeline including
Pub Paddles, sea kayaking, the Dart, Wye, and
other rivers planned for the New Year. Please
get involved! And bring your own ideas for
trips, we will try to help make these happen.***

CCC Pool Sessions

Dates For Your Diary

2011

The following dates have been confirmed:

Monday 7 November 7.15 – 8.15

Monday 5 December 7.15 – 8.15

2012

Monday 9 January 7.15 – 8.15

Monday 6 February 7.15 – 8.15

Monday 5 March 7.15 – 8.15

Monday 2 April 7.15 – 8.15

- *Come for 7.00 to be ready to get on water prompt at 7.15.*
- *Cost is £5 per session (cheques preferable).*
- *Location: Britannia Leisure Centre, 40 Hyde Road, Hackney, N1 5JU*

It is a great chance to practice techniques like rolling and bracing in a warm safe environment. At this stage there is no coach booked and will be done informally by other members.

CCC Funday, Sunday 28th August 2011 'Jazz On A Summer's Day'



After receiving a warm welcome at West reservoir, at the Castle Canoe club's open day, we were helpfully shown where all the equipment was and headed to the boatshed before our first paddle on the water.

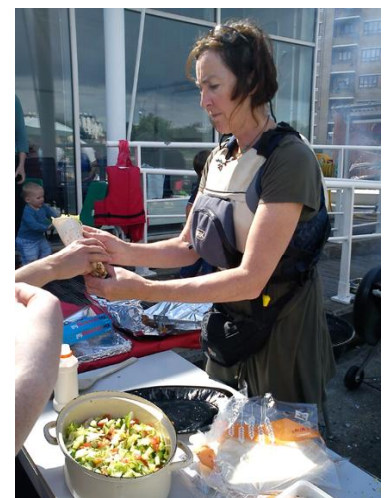
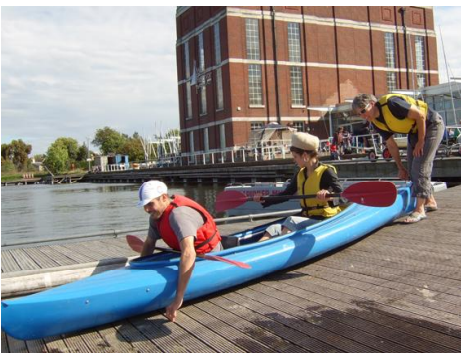
technique and we were off! Everyone there was really friendly, and kayaking is a superb way to get fit in an enjoyable and social environment.



Shane from the committee gave us a few tips on paddling

The smell of the BBQ cooking and the live jazz music made for a very fun and lively afternoon on and off the water!

*By Claire Knowles
(Visitor)*



Surf Weekend, August 2011

By Peter Emery



The last weekend in August four of us from CCC headed out to Westward Ho! in North Devon for a surf weekend with the English surf team. Hosted by Skern Lodge and led my Glyn Brackenbury, British Men's Long Boat champion no less. Myself, Nina, Lisa and Simon all took part.

Our previous experience varied from little to none. So surfing with the national team left us feeling just a touch apprehensive. But Glyn assured us on multiple occasions (mainly because I kept asking) that "the less experience the better". 'mmm' I thought.

The idea of the weekend was to raise cash for the English team to travel to the States for the world championship. To that end Glyn and Andy offered their coaching for free. At the same time promoting kayak surfing.

We arrived on the windswept beach of Westward Ho! ready to go on the Saturday morning. Hard flat sand in all directions. Arguably the best surf beach in the country. In front of us stood a bunch of guys looking part surf dude, part kayaker and part scuba diver. Adorning exotic carbon surf boats with snazzy paint jobs. Glyn made the introductions: "This is Andy McCulloch, British Masters Long Boat Champion, Sam Davenport British Mens Short Boat Champion, Aidan Brackenbury British Junior Long Boat Champion, Dylan Petherick British Junior Short Boat Champion and Andy Howlett BCU Level 4 surf coach" Andy introduces Glyn 'Glyn Brackenbury BCU Level 5 surf coach, England team coach and British Men's long boat champion'. "Gosh" I said, or a similar four letter word.

Day one we were given Jackson play boats. Not the most graceful surf boats in the world but easy to manoeuvre and easier to roll. The beach is perfect for beginners because its shallow plain creates steadily larger waves the farther you go out.

I found the play boats quite jittery in the waves and I found myself going over a lot. The water was pretty shallow much of the time, so this meant punting rather than rolling back with a face full of sand and salt. Lisa didn't go over once! Great fun, but the strong on shore wind created choppy waves leaving us exhausted, salt encrusted and red eyed.

Day two Andy ushered us into surf boats. My boat was a carbon fibre long boat with an Evel Knievel paint job. If like me you don't know much about surf boats they have flat bottoms, curving at the tips, with steep side walls and very sharp edges. My first ten minutes in the boat felt like a learner driver stepping into a Lamborghini. The boat raced off on the smallest of waves and its sharp unforgiving edges punished the slightest lack of control or commitment. We learnt that the trick was to dab the paddles at high speed to race the wave down then brake if necessary. From there you can carve along the wave in each direction; thrilling if you get it right.



Speaking for myself after a while the terror subsided and I begin to go for it a little more. The more I tried the more fun it was. I have no idea if I was any good but things were starting to click. By the end, to the untrained eye and from a distance, you could even say I was surfing.

Looking back this was an incredible opportunity. We had the best coaches, best boats and best beach there is in the UK. Also a very approachable cheap package for beginners. If Skern Lodge run these weekends in the future I couldn't recommend it more. Plus you get to see the proper guys in action.



The Legacy

'Laughter & Fun on the Legacy'

photos by Jamil Bashir
captions by Barbara McFarlane

As the evenings draw in we are about to embark on our last club trip to the Legacy. We have had some wonderful days and evenings by flood light on the course.

We have come to know the various waves intimately ... sometimes more intimately than we would like. We have given them names such as 'the typewriter', 'the stopper with the smile'. We have had good days when we have inadvertently done pop outs and said 'did you see that!' ... and bad days when we have swam the course 2 or 3 times and been rescued by the indomitable Alan's throwline. Karina has become the queen of the bottom stopper, skimming through the foam.

The good news in that is will open 12th November till the 24th December to canoeing and kayaking only during dedicated time slots: (legacy course Fridays 5pm -7pm and Saturdays 10am – 1pm), (Olympic course Saturdays 12 – 2pm). So we will be back for some more punishment on the waves... hope to see you there.



“Oooh!”

“Easy
does
it!”

'Laughter & Fun continued...'



CCC Water Polo

The warmest October on record!



Britain experienced its hottest October weekend on record, with highs of 30 degrees. What better way to enjoy the mini-Indian summer, than visiting the West Reservoir.

This turned out to be one of the Castle Canoe Clubs busiest days of the season, with nearly 40 first timers.

Fun was had by all & there was a fantastic turn out for the Polo...



Winter Paddling – What To Wear

By Christine Dove

Those of us who have been paddling a number of years soon forget that those newer to the Club or new to winter paddling may not be sure quite what to wear when out on the water, so see below for a round up of paddling wear, focussing on performance and comfort. So, where to begin

1. Base Layer

Body : Underwear, swimming costume, bikini, swimming trunks can all be worn. The best material to wear over this / next to the skin is a layer of thermal clothing. Thermal clothing tends to be close fitting and usually made of polypropylene which wicks moisture away from the body, dries quickly, and has the advantage of remaining warm even when wet. You can get all manner of items in this material from underwear itself to long or short sleeved tops, long johns, balaclavas, socks etc. Man made fleece material is also good though tends to be more bulky, but could be worn as a second layer. Wool is OK, but cotton is the worst thing to wear, as it holds water making it heavy and cold when wet.

Head & Feet : Fleece, wool or thermal socks are nice for the feet, and hats reduce heat loss and protect the ears from the effects of cold water. You can also get neoprene 'socks' and neoprene caps, or thin stretchy skull caps

'Thermals' can be purchased at specialised kayaking shops (Brookbank, Whitewater The Canoe Centre at Shepperton), but also, and probably more choice at all outdoor equipment shops (such as Blacks, Millets, Cotswolds, Katmandu). Manufacturers include Helly Hansen, Berghaus, Lowe Alpine, as well as own brand ranges, such as Peter Storm and Katmandu. Silk or merino wool options are more expensive but very effective and all types of thermals are useful for other outdoor sports such as running, cycling, walking etc. Manufacturers of specialist kayaking thermals and fleeces include Bomber Gear, Yak, Peak UK, or Chill Cheater, who as well as thermals have developed their own aquatherm fabric which is stretchy, windproof, lightweight and warm and is made into all sorts of items.

2. Mid Layer

Over the thermal layer(s) a wetsuit is ideal if you think you might be spending time in the water. It works best when a layer of water trapped between the neoprene and the body warms up and forms a further insulating layer. Ideally for kayaking you want a sleeveless suit with long legs. This gives maximum protection to the body and particularly the legs against impact from rocks, whilst still allowing good arm movement when paddling. Alternatives are shorty suits, or neoprene shorts or neoprene trousers.

3. Top Layer

Over the top of your base and mid layer will go a cag of some sort.

- a) Dry Cag – usually has latex wrist and neck seals, which should keep you reasonably dry even after rolling or swimming, but can be a struggle to get on and off.
- b) Semi-Dry Cag – usually soft neoprene wrist and neck seals which do not stop water getting in as efficiently as a latex seal but can be nicer on the skin.
- c) Centre Type Cag – usually thinner nylon material and looser neoprene cuffs with Velcro neck closure. Not nearly as effective as a) or b) at keeping you dry or warm, but does keep the wind and splashes off.

Both a) & b) usually come with a double seal waist to allow the spraydeck to be pulled up between two layers of cag, which considerably reduces water getting in around any gaps between the spraydeck and cag.

Dry Trousers are robust waterproof trousers, ideally with latex ankle seals, or combined with integral socks, which keep wind / water off the legs, although if you do take a swim they can fill up with water!

Neoprene boots or bootees are much more comfortable than any other footwear in a kayak, especially those with restricted foot room. Ideally these should have a sole with some grip as getting in and out of the boat or portaging sections can often be on muddy banks or slippery rocks.

Finally as a top layer, the most expensive, but probably the best option to keep totally warm and dry, is a full dry suit with latex seals and made of waterproof breathable fabric.

4. Other Essentials

Spray Deck may be nylon (easier to fit and remove, but does hold a layer of water in the lap!) or better is neoprene, which keeps you warmer in the boat and has a tighter seal. There are many different makes, but they tend to come in three main shapes – large (for large cockpits), small (for smaller slalom cockpits) and keyhole (which fits most modern river running and playboats). Waist sizes tend to be small, medium and large, but bear in mind when buying, that you wear more layers in winter... Some spraydecks have extremely re-inforced sections around the rim which make for longer lasting equipment, but are extremely hard to get on and quite possibly hard to get off too....

Mitts / Pogies both keep the wind off the hands reducing the wind chill, which is what really cools you down. The best mitts made specifically for kayaking, are of neoprene with slots for your fingers and thumbs and an open palm allowing you to grip and feel the paddle. Pogies are simple nylon or neoprene 'bags', which Velcro around the paddle and you slip your hands inside to grip the paddle. Some people find these difficult to get used to at first, but speaking from experience, I find them very effective.

Buoyancy Aid assists in keeping you afloat in the water and should have a minimum of 50N buoyancy which should support a paddler of 70 kg +. A pocket is good to hold keys, whistle, chocolates etc and bright colours are useful to spot someone in the water. The fit should be snug, but the cut allow free arm movement. Many buoyancy aids available have many extras, such as harness, cowtails, etc, but these are only of use if you know what to do with them. Keep any long or loose straps or loops to a minimum as they could snag on things in or out of the water.

Helmet should fit well, protect the head, but be adjustable to allow a hat or skull cap to be worn underneath in winter. Helmets should be CE approved – CE1385.

What to Buy

To enjoy winter paddling, aim to be as warm and comfortable as possible. With that in mind, consider as first purchases items not available from the Club,

- thermal base layer clothing,
- wet suit (especially if likely to swim) or neoprene leggings
- neoprene bootees or watersports shoes
- neoprene mitts next,
- dry / semi dry cag
- neoprene spraydeck if loads of money available,
- buoyancy aid
- helmet
- drysuit

For thermals try Blacks, Cotswold (discount to BCU members), Millets, Katmandu,

For more specific kayaking gear try Brookbank, Whitewater The Canoe Centre, Robin Hood Watersports, Crewsaver. It is probably best to try some of these items before buying, but all of these shops do mail order too.

And Finally

Don't forget to look after your kit. Salt water and chlorine are particularly bad for neoprene, but it is always a good idea to rinse all kit through after use and ensure it is dry before putting it away.

Happy (warm & comfortable) paddling!

Christine Dove
September 2011



Committee Members

Nina Bury, Chair

I started kayaking very casually on the West Reservoir a few years ago. Then I discovered canoe polo at Castle - a chance to get some skills while conveniently being distracted from the fear of falling in by throwing a ball around. It got even better when I started going on trips with the club and somehow I got involved enough to be voted onto the Committee... I'm excited that we're running more trips and courses like the Introduction To Whitewater, and that polo is really taking off – and as chair I'll do my best to help the club keep developing and

Shane Cashin, Treasurer

I took paddling up at uni in Ireland and did quite a lot of canoe polo and a few trips. I found castle by accident last year and re-started. While messing around with some canoe polo again at castle, new people started to get involved and we had some great games which has really encouraged me to start paddling again. I went to Scotland and the Wye trips and had a great time. Looking for to doing more this year.

Barbara Mcfarlane, Membership Secretary

I have paddled for 23 years, I enjoy white water and open-boat and have co-ordinated various White Water trips before joining Castle. After having children, I found that surf kayaking and sea kayaking combines well with family holidays in Pembrokeshire! You will often see me in a sailing boat on the West Reservoir, I took up sailing in 2004. I am keen to see Castle Canoe Club organise a range of trips which will be good social events as well as good paddling.

Committee Members continued....



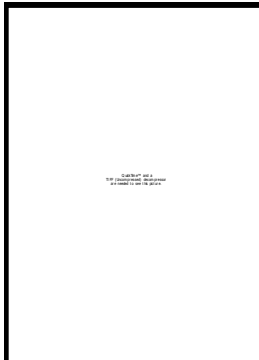
Nicola Knowles, Newsletter Editor

Hi, I'm Nicola. I discovered an interest in canoeing whilst I was at school. I went from canoeing in the school pool to local reservoirs and then canoeing in the Lake District with friends. Before I made it over to Castle Canoe Club it had been about 10 years since I had last been on the water. Now really looking forward to polishing up on my paddling skills, learning new tips and maybe trying some white water... I'm excited about being on the committee and keeping everyone updated with the newsletters.



Philip Seely, Duty & Safety Officer

Hi! I'm Philip. I took up kayaking and canoeing about five years ago just because I thought it might help with a chronic back problem. Seemed to help, and I found all sorts of other great reasons to get out paddling. Not least the great friends you can make and the adventures you can have. Sure beats working in the office (my usual activity).



Claire Houvet, Joint Social Secretary

Hi, I'm Claire, I'm I started kayaking in the reservoir in summer 2008. Not only do I enjoy paddling but also love interacting with people. I am joint Social Secretary for the second time, this year together with Jasna. Last year, I organized 5 events which had a fantastic turnout and were really enjoyed by many club members. My Asian roots partly explain my enthusiasm in organising social events and gatherings. I was born and spent my childhood in the Philippines. I love travelling and kayaking gives an exciting opportunity to explore sites from a different perspective. I look forward to seeing you at the Club either during paddling or for a chat in the reservoir café.

Committee Members continued....



Peter Emery, Secretary

I went on a sea kayaking holiday a couple of years ago and was hooked. The only way forward was to join a local club to meet people, get wet and improve my skills . I live right next to the reservoir and so I realised I had no excuses. CCC is a friendly and inclusive bunch. I've been on several club trips and my ability has moved up a notch. I've dabbled in white water, water polo and lots of other funny shaped boats available as well as sea. Jack of all trades and master of none. But no going back.



Jasna, Joint Social Secretary

Hello, I'm Jasna. I started paddling in winter 2008. I am joint Social Secretary this year together with Claire. I came from former Yugoslavia. I grew up by the sea and love the water. I live near the Club and the reservoir is a jewel in this area. I am now taking part in an introduction to White Water paddling and I am very excited about it.