



**Summer 2011**

[www.castlecanoeclub.co.uk](http://www.castlecanoeclub.co.uk)

# Castle Canoe Club

## CASTLE CLUB DUTY ROTA:

### July-Aug 2011

Sunday 10 July – Erika Bujaki  
Sunday, 10 July – Robert Neame  
(tel. 07903 858408)  
Tuesday, 12 July – Reuben Smart  
(tel. 07964 272208)  
Sunday, 17 July – Jonathan Reid  
(tel. 07951 500310)  
Sunday, 17 July – Maurice Heneghan  
(tel. 020 8444 6554)  
Tuesday, 19 July – Darren Ziff (tel.  
020 7272 9698)  
Sunday, 24 July – Rachel Dixon  
(tel. 07525 154020)  
Sunday, 24 July – Karen Banner  
(tel. 07834 151529)  
Tuesday, 26 July – Simon Forrest  
Sunday, 31 July – *Vacancy*  
Sunday, 31 July – Jawad Botmeh  
(tel. 020 7241 4367)  
Tuesday, 2 Aug – Judith Goodman  
(tel. 0208 472 9895)  
Sunday, 7 Aug - *Vacancy*  
Sunday, 7 Aug – Anne Marie Donovan  
(tel. 07521 388389)  
Tuesday, 9 Aug – Laurence Budge  
(tel. 07958 308635)  
Sunday, 14 Aug – Teresa Webb  
(tel. 07958 308635)  
Sunday, 14 Aug – *Vacancy*  
Tuesday, 16 Aug – Rob Dowler  
(tel. 07802 763674)  
Sunday, 21 Aug – Alan Brooks  
Sunday, 21 Aug – Patience  
Champion (tel. 07803 265442)  
Tuesday, 23 Aug – Ian Johnson  
(tel. 07879 670732)  
Sunday, 28 Aug – Sasha Jespersen  
(tel. 07818 227334)  
Sunday, 28 Aug - Peter Bale (tel.  
07900 364200)  
  
Tuesday, 30 Aug – Miia Chambers  
07932 040565



## Upcoming Events

***6/7 August Symonds Yat Trip***

***21 August 3-5pm Legacy***

***28 August FREE Fun Day 10am-4pm. Bring family & friends, there will be activities for kids and a BBQ (cost £6 for food).***

***4 September normal club session CLOSED all welcome to enter WWF Blue Mile event see [bluemile.wwf.org.uk](http://bluemile.wwf.org.uk)***

***September/October Mile End Mill trip, contact Nina***

***October look out for White Water Safety & Rescue Course & Aquatic First Aid***

***January 2012 Dart trip, contact Barbara***

# Memnirs

## Shepperton Weir 5<sup>th</sup> June 2011



Following 3 successful sessions training on the West Reservoir, those who had taken part in the Intro to White Water took off to Shepperton Weir, Surrey.

Upon arriving at the weir the team met up with Terry and John from GLL. Their expertise was gratefully received in coaching a group of 9 beginners, putting their recently acquired White Water Skills to the test.

We started off looking out for eddies and learning to cross them for real, before practicing our low brace turns & sweeps.

The highlight was getting to the weir where we took turns to ferry glide across, championing each other along!

The action packed afternoon was rounded off nicely by putting our feet up & have a cream tea at the café!

## Symonds Yat 27<sup>th</sup> – 29<sup>th</sup> June 2011



The equipment can be hired from the West Reservoir Centre for use away from the centre.

Symonds Yat is a lovely place to do many water sports.

You can kayak and you can canoe and there are even some boats you can have a tour on.

There's a great rapid that you can go down again and again and again and it's still really fun.

If you don't have any water sports gear you can hire some.

So why don't you come and have fun at Symonds Yat? Me and my family and friends went and we had an amazing time!



**Ellen Pavely**  
Age 9

# The Legacy

'Fun & Fear on the Legacy 2<sup>nd</sup> August 2011

*photos by Jamil Bashir  
captions by Barbara McFarlane*



“Oooh!”



“Easy  
does  
it!”



# 'Fun & Fear' continued...

“No comment!”



“Urgh!”



## *'Fun & Fear' continued...*



“Oops!”



“More edge!”

# GREECE 2011

By Christine Dove



Over Easter 2011 six long term members of RCC signed up for a Gene 17 trip to explore the white water rivers of Northern Greece towards the Albanian border. After collection at Athens Airport by Spiros (who was to lead us on the rivers along with Simon Westgarth) and his girlfriend Helene, all 8 of us, paddling kit, bags and a small dog squeezed into a van for the 5 hour drive to the north west. We were met by Simon Westgarth in a local taverna in a small mountain village where we had the first of many really good meals based around fresh salads and grilled meats – yummy! The first day finished with a further half hour drive to the hamlet of Plaka Bridge and the Hotel Teleneio which was to be our home for the next 6 nights. We were very pleased to find our rooms large, warm and cozy with open fires and central heating, as it was distinctly chilly out, with fresh snow on the mountain tops. The first morning started with a kit check! We were all a bit nervous of coming under scrutiny; the majority passed muster with a few comments, but Dave P was swiftly separated from his BA which was ceremoniously dumped as being too old and lacking in buoyancy. With recommendations for a new helmet, paddle and shoes asap too, it could be an expensive time ahead for Dave.... Boat out fitting was completed down by the river (we were declared to be one of the least fatty and fussy group when it came to fitting out boats!) and we were soon ready for our warm up paddle on the River Arachthos heading down river from Plaka Bridge for a couple of hours.

Over the course of the week, we paddled 3 sections of our local river, the River Arachthos, a section of the River Kallarikitos, the River Acheron and the River Vikros. The water was always clear green / blue running mainly in dramatic gorges with a variety of rocky rapids up to Grade 3+. Water levels were lowish and the weather was on the chilly side of what we had hoped for – I even wore my drysuit on a couple of occasions!

Getting to the Acheron, required a fairly long drive. The river was low volume and only just sufficient water to paddle. Despite this, there were several groups of paddlers around including a Polish, Swiss

and even UK group. This river included the infamous (?) Gates of Hades, where you have to paddle holding a coin in your mouth – a gift for the gods I presume to let you pass through? I was expecting something horrendous here, but it was a gentle, but narrow drop into first one and shortly after another sheer sided canyon. Unfortunately that day ended with Lee nearly submerged as his boat filled with water from a rather large split to the underside. Despite Simon & Spiros' best efforts at repair during the week, the boat remained pretty leaky and it ended up with us all contributing towards the purchase of a new shell.

Another long drive took us further north, close to the border with Albania and to the mother of all walk ins to the River Vikros – about an hour down a steep path in the blazing sun – I don't think my shoulder will ever be the same! Ralph nobly helped to carry boats down and didn't even have a paddle after all the pain as he had decided to walk in the gorge that day. The river was low, starting with some fine boulder gardens and then easing up on the white water, but not the scenery which remained stunning. The trip ended with a big double weir, with Lee running the second drop blind having decided to give the break out between the drops a miss!

All in all a great trip with some pleasant, but not pushy white water in stunning scenery, good company, good food. For anyone thinking of an independent trip to paddle white water in Greece, it would be wise to take a driver for shuttles. Most of the rivers are deep down in gorges and the roads snake up and over the mountains dropping down to river level again only to cross. In other words, the shuttles could take hours, so bring a non paddler or practice your Greek and get the locals to help! We finished our trip with a couple of days in Athens to soak up a bit of culture and this rounded the holiday off perfectly.



# *Level 1 Coaches at the West Reservoir*

By Nina Bury

**Castle Canoe Club**

**The West Reservoir Centre**

**Green Lanes London**

**N4 2HA**

As part of our development of skills within the club, 3 members - Nina, Neil and Phil - joined a course run by West Reservoir staff in March to become Level 1 Coaches in kayaking and canoeing. The idea is we'll now be offering basic BCU One Star level coaching to anyone who is interested during our regular club sessions. This means we can help you with improving your technique and establishing basics such as: moving in a straight line, efficient paddling, turning, stopping and moving backwards. We'll also try and keep you informed about other things you might need to know, like equipment and safety.

It took 5 days in all as we moved from learning basic coaching skills and theory to applying them to kayaking and canoeing. This involved quite a lot of revising (or in fact learning!) good technique for fundamental paddling skills. We also had to plan our own 'lessons' and teach each other. The last day was Foundation Safety and Rescue. This covered really important basic principles, but got a bit practical later as we practised our 'all-in' rescue. Everybody had to capsize and swim, then we had to work out how to empty the boats and get ourselves back into all of them as a team without returning to shore. We thought we'd been quite clever and were looking forward to warming up when we were told we hadn't picked the best strategy and had to do it all again. So I won't be forgetting next time – big boat first! Anyway, now that Phil, Neil and I

have done the course, we're always more than happy to give tips when we're on the water. We're aiming to run some more formal planned lessons but can also provide an ad hoc session if we're around. Just to let you know though – we're only Level 1! For tips on rolling or anything past the fundamentals you'll need to find someone with more experience and skill... Look out in the calendar for the next coached sessions run by West Reservoir staff – or take advantage of our more experienced members' talents. Also, make sure you look out for the next Foundation Safety and Rescue course – really worth doing for anyone, whatever your level, especially if you're thinking of going on trips and paddling other places than the Reservoir!

# End of Summer Castle Polo Tournament

## 11<sup>th</sup> September 2011

### Played Polo this summer? Enjoyed it? Read on!

by Shane Cashin

Over the last few months, many new faces have joined the polo pitch, some briefly and others who keeping coming back for more punishment. To celebrate the clubs continuing success in this area we are looking to hold a big end of summer tournament followed by lunch or a picnic in the park.

It is friendly so all are welcome, no excuses about not being good enough. However people will need to be in polo boats with spray decks....Turn up early, so 9.45 is good so that we can be changed and ready to go for 10.

If you have not seen it before you can follow the events of this part of the club our facebook page

CCC-P

[https://www.facebook.com/home.php?sk=group\\_196119263759722&ap=1](https://www.facebook.com/home.php?sk=group_196119263759722&ap=1)

The plan is for a number of teams to compete against each other in a tournament style. Teams will be made up from CCC and other local clubs. It will be aimed at anyone that wants to have a go from complete beginners to improvers. If there is enough interest it may be split into a complete beginners group and an improvers group.

A list will be put up at the desk for you to sign up so we can plan for numbers.

Between now and then there will be a chance for you to learn the rules and get some game practice on Sundays or Tuesdays.

Just a reminder that the polo sessions are split into two parts

The aim of the first half is to polish skills and improve game play. Players must be in polo boats and wearing helmets. We'll be emphasising rules, team work throwing, paddling and rolling practice. We would encourage newer players to come and watch or to practice their basic canoeing skills off the pitch. Forwards, backwards, sideways strokes, and low / high brace.



Second half will be games for everyone including beginners. Anyone is welcome and we would encourage people to come and join in. the games will mostly be non pushing so that it is not too scary. Turning up on time is really useful as it allows us to decide on teams and balance the play earlier rather than later, but late arrivals will not be turned away, so come and give it a go.





# 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.

