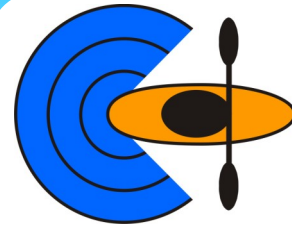


P CLEVEDON PADDLER



**CLEVEDON
CANOE
CLUB**

*'Summertime, and the paddling is easy...'
Pretty warm too.*

Editorial note

Many of you will have noticed that Spring seems to have sprung without a Newsletter arriving. This is due to a lack of interesting and diverse items. This newsletter can only exist with contributions from club members—these can be about anything even vaguely kayak related. Look on the back page for contact details. For the Autumn edition I want stuff from all of your summer holidays please. *Ed.*

Pool sessions

A few things about the last series of pool sessions which finished in March.

We had attendance from 86 different individuals over the 10 sessions, (obviously not all at the same time). On many occasions, however, we had an extremely poor turnout, and that led to an unprecedented loss of over £200. To be fair, the weather did play a part a couple of times.

After the last session, we received notification that the Strode Leisure Centre were no longer going to open after 6pm on Saturdays. This means that when we return on the 13th of November, pool sessions will take place on Saturday afternoons from 16.30 to 18.00.

Martin Aspinall

Congratulations

3* Whitewater

Alex Aspinall
Chris Sargent
Jon Elliot
Dan Gilbert
Rhys Gilbert
Martin Stanfield

3* Flatwater

Steve Holland
Julian Hellings
Lindsay Bishop
Alison Holland
Clive Bishop

1* Star

Tim Fell	Phillip Swann
David Rintoul	Philip Carr
Stephen Andrews	Nick Wilcox-Brown
Stephen Griffiths	Ian Stevenson
Dawn Freeman	Chris Colbourn
June Seville	Jon Oliver

A Cornish Odyssey:

A tale of Sea Kayaking and lost underpants

Last summer I decided to take a week's solo sea trip in Cornwall; Fowey to Falmouth suited the supposedly prevailing weather.

At 50 nautical miles it was a distance that I could have covered in two days, but I wanted to look around and poke into every cove and cave so I set a target of 10 miles per day. The biggest problem and a headache of any solo paddle is the shuttle: '*Arrive at campsite in Polruan (selected as it was only ½ mile to the harbour in the morning), put up tent and leave gear in security of campsite, drive to Falmouth and leave car, get train to Truro, Train to Par then a bus to Fowey and finally take ferry back to Polruan*'; this took an entire day and then trekking up the hill to the campsite from Polruan harbour I began to realise that it was somewhat further than the 1/2 mile I had reckoned on by using Google Earth!

Day 1

I awoke at 5am and in the silence that goes with it, strapped the wheels on the kayak and left the campsite. It took 40 mins to drag the boat to the harbour but I was rewarded with a remarkably calm and clear blue sea, into which I quietly slipped off, leaving Polruan to sleep for a few more hours.

The *Southwest Sea kayaking guidebook* suggests paddling straight across St Austell bay as there is not much to see. However sticking to my plan of exploring every cove I followed the bay around. I was rewarded with what were to be some of the finest rock gardens of the trip, and as I passed Par sands, a lone seal popped up, snorted at me then stayed with me for the next two miles. So much for a boring stretch.



For a lunch stop I chose a secluded but steep pebble beach. Unable to drive my boat very far onto the beach, and, keen to keep my feet dry I decided that my balance was good enough to stand up and run along the front the deck. Predictably the moment I stood up I lost all balance and within seconds (and several expletives intermingled with a wild flapping of arms) I was fully immersed. At times like this there is a great advantage to paddling alone! I dragged myself onto the beach and righted the upturned kayak which was now swamped. As the beach was so secluded I elected to remove and dry all wet clothing whilst lunching!

After a very pleasant hour I put my shorts and top back on and pushed out from the beach, as I looked back I saw my underpants hanging on a rock! It seemed quite comfy without them and I wasn't going to try the balancing act again, so, as far as I know, they're still there.

I continued to Mevagissy, where I bought some fishing line and a lure which I decided to trail for the rest of the trip in the hope of catching dinner.

Evening arrived and I began looking for a place to stop for the night. I found another secluded beach and hung around offshore in case a fish was lucky enough to become dinner, before landing with high tide.

A Cornish Odyssey cont.

Day 2

I awoke early to find the sea only a couple of feet from the tent; perfect planning. Unfortunately, after taking a photo I fell back to sleep and when I woke again the tide had gone back out.

I stopped for breakfast at Gorran Haven, which necessitated a small surf landing whilst dodging out of control sit on tops, hired from the beach. Here I enjoyed a Cornish pasty, lost my monocular and shortly after re-launching, found and explored a spectacular cave.



I was passing through to two tide races: Dodman Point and Nare Head. I was being savvy with the tide times so neither gave any real trouble, although Nare Head was quite lumpy. I made camp that night on the harbour side beach at Port Scatho. I strolled to the local pub and had a pint or so of Doom Bar and reflected on my progress. My 10 mile per day limit had fallen apart, and I was ridiculously ahead of schedule with Falmouth now only a half days paddle away. On the other hand, a previously un-forecast storm was now due to arrive.



Day 3

My view on solo paddling is that you choose routes and conditions well below your usual limits that you would tackle in a group. So today I awoke to a bit of a conundrum: the storm was now forecast for lunch time and today took me around Zone Point, the third and final tide race of the trip. As for the other races, I had planned to do this one at slack tide, which predictably came around lunchtime! Doing the race in a storm is a complete no-no, so it was either pull out and find a bus to Falmouth, or run the race on a full

morning tide and make Falmouth before lunch. I opted for a compromise: Paddle to the race and make the decision there. After a careful look, followed by a VHF chat with a small fishing boat that I had just watched come through, I choose to continue. The race was certainly exciting but not as bad as expected, unfortunately as I left the race the first hints of the storm arrived and sea conditions began to deteriorate to the point that I was unsure if I had actually passed the race at all. Previously calm seas became lumpy and confused and a howling South Westerly kicked up, progress became painfully slow. I gave up and stopped for another camp at St Mawes.

A Cornish Odyssey cont.

Day 4

The sun was out but the wind was up and sea conditions were no better so I decided to head for the beach at Falmouth and call it a day. I did a final 8 miles of which crossing the relatively sheltered 'Carrick Roads' presented the most challenging paddling of the whole trip; Leisure boats, fishing boats, ferry's and tour boats all seemingly making up their own imaginative versions of the maritime rules of the road, then just as I thought I was safe a Royal Navy Destroyer passed off the bow! I surfed onto Gyllyngvase Beach where my arrival created much excitement amongst the holiday makers, who helped me carry my fully laden kayak up the beach (*nice of them! I expect they didn't know what they were getting into!—Ed.*). I treated my self to a celebratory ice cream at the beach café.

Day 5

Today the palm trees were bending almost horizontal and rain had arrived so I spent the entire day looking around the National Maritime Museum, which I would highly recommend to anybody who has even a passing interest in boats and the sea. Go at high tide and you can stand below the waterline in a glass room and watch the fish swim by!

On the sea, solo or with a group, even on the shortest journey, I always carry a full flare pack, VHF radio, throw and towlines, spare paddles, bailing pump, charts and maps of the area GPS, Compass, survival bag, survival shelter and a 'bale out pack'. When attempting a trip make sure you do too.

Now go and have an adventure.

Ian Reinge

Sea kayak build—*Ian Reinge*

Well, after a year and a half, I finally got around to starting the new Sea Kayak; here are some snapshots of the progress so far.

Construction is marine ply, to be sandwiched in clear fibreglass and carbon fibre. I've long way to go yet but hopefully it'll be ready towards the end of the Summer, appearing on the lake for testing before putting to sea.



Upcoming events

MARLENS Festival — 18th & 19th of September

Penbrokeshire camp — 24th to the 26th of September

Paddlepower Passport — 3rd, 10th, 17th & 24th of October

2* Course — Early October—contact [Gavin Price](#) for details

For information on any these trips contact [Events@](#)
or go to [The Events Page](#)

August Kayak Festival at WOEC (Weymouth Outdoor Education Centre)

This ran for four days down on the Dorset Coast with WOEC instructors leading a variety of trips, depending on your ability, or will to gain experience. Choices included rough water handling, a circumnavigation of Portland Bill and trips to Lulworth Cove and Kimmeridge Bay. About 30 paddlers took part, either for all or some of the time. Each day began with a briefing of the weather conditions and what was on offer. Venture Easkys and other equipment was available for hire from the centre, (I had a go in an one of the Easkys and thought it was very wide and short compared to my Capella). I did a trip from Ringstead to Lulworth Bay and back. The sea was flat calm—good for rock hopping—and the scenery is spectacular along the chalky cliffs, we saw a pair of Peregrine Falcons up close and a Red arrow soared past. The second day we started at Kimmeridge Bay and paddled up and around St Albans Head, on flat water but very strong winds, 16mph, and gusting to 25mph. Easy going, but not on the way back! I made the mistake of tucking too close into the rocks to avoid the flood tide coming toward me, but managed to battle out and paddle hard back till we found shelter from the wind. Good experience for me!

I practised edging, and others practised Eskimo rescues after edging too far! I had a go at a roll, in the bay, not successfully but maybe next time. All in all, a brilliant weekend, in a great location, with clear blue seas and good company. Lots of help and advice from instructors, and we learnt about two new quiet access points.

Carol Price

Notifications

Don't forget the [Club Forum](#), where you can find out here what other people are doing, get advice and organise your own trips.

And, if you want to hire out any equipment, then contact gm@clevedoncanoclub.org.uk for more information.

Annual General Meeting, 8th May

This took place at the 2nd Clevedon Scouts HQ. After a slight delay to achieve a Quorum of 39 members, Nigel Barnes, taking the role of Master of Ceremonies, opened the Club's 2010 AGM

Nigel started the meeting with a short speech urging all Club members to get involved and participate, before showing a Cup, won by Tom Barnes in a National Freestyle Competition last year, as an example of what the being in the Club can lead to. Tom achieved this after joining the Club 3 years ago as a beginner.

Nigel then invited Clive Bishop, as Acting Chairman, to open the AGM.

Clive started by thanking the outgoing Committee: Alison Holland, Steve Holland, Martin Aspinall, Julian Hellings, Neil Isaac, Adrian Eastman, Daniel Bouvet, Mike Perrott, Alistair McDonald and Annette Colbourn.

Clive advised that the BCU is aware of the work done by the Club. The outgoing Committee had looked into applying for Club Mark Status but since it was long term project, it was decided to pass this on to the new Committee.

Grant monies over the last 18 months had been used up under the Terms of the Awards, having been spent on equipment and Coach training.

Membership Report

The current membership stands at two hundred and thirty five; one hundred and fifty six adults and seventy nine children.

The outgoing Committee had served a term of eighteen months, after moving the AGM from November to May. Sixty three Club Members have gained new qualifications in canoeing, white water and sea touring

Trips

Many trips are privately organised through the Club Forum or by Mike Perrott as Lead Coach, involving a lot of time and effort in the organisation. There had been trips for Surfing, Sea Kayaking and Touring.

Clive went on to appeal for volunteers for the MARLENS Festival in September. This is a chance for members of the public to have a go at paddling. The event is usually run by the same small group of volunteers, which makes it a very long 2 days and more help is always welcome.

He also reminded everyone that the current Committee would be standing down, that there were four elected positions on the Committee—Chair, Secretary, Treasurer and Membership Secretary—and the requirements for nomination to these positions.

He gave a quick overview of the remaining positions available on the General Committee—Lead Coach, Events and Social Secretary, and Junior Representative.

Clive then offered his congratulations to Alex Aspinall on doing the newsletters and to Alex Mason for the new website, which is a work in progress.

Annual General Meeting cont.**Treasurer's Report—Martin Aspinall*****Current Account***

1/11/08 Opening balance	£993.15
Income	£8299.77
Expense	£8996.46
31/10/09 Closing balance	£296.46

Maintenance Account

1/11/08 Opening balance	£823.25
Income	£1842.72
Expense	£2067.00
30/10/09 Closing balance	£598.97

Long-term Account

1/11/08 Opening balance	£3531.88
Income	£2433.77
Expense	£3900.66
30/10/09 Closing balance	£2064.81

During the last 18 months, the Club fleet had been insured. We have also managed to start saving for the future replacement of equipment, and the Club was now using Internet banking. Martin also had a plan to introduce a rolling equipment replacement plan, but had not been able to start it.

In conclusion, Martin announced that he had decided to take a break as Treasurer, and from the Canoe Club Committee due to work commitments. Clive thanked Martin for all his hard work as Club Treasurer and reminded everyone that the post of Treasurer is a very busy position, involving some tedious tasks.

New Constitution—Martin Aspinall

Martin told the Club Members that the existing Constitution was a model originally taken from the BCU Website. A copy of the new Constitution was sent out to all Club Members with the email notifying the AGM Meeting.

Martin added the task of acting as a "Data Guardian" to the post of Membership Secretary. Martin added that the necessity for this post, is a reflection that we all live in an "IT World".

He also added to the new Constitution: The position of Lead Coach, Newsletter Editor and Webmaster. Nigel invited any comments or questions from the Club Members on the new Constitution.

Mike Perrott congratulated Martin on updating the Constitution, and Nigel passed the introduction of the new Constitution as unanimous.

Annual General Meeting cont.

Arthur Knott Youth Award—Clive

The 'Arthur Knott Youth Award' was set up by the Club, in memory of Arthur Knott – who was a champion of the Marine Lake –and the driving force behind MARLENS. Clevedon Canoe started and evolved through Arthur Knott's "endeavours and bloody mindedness".

Alex Aspinall had contributed much to the Club, had progressed well with his canoeing, and had done very well as Editor of the Newsletter. For these reasons, the Committee decided that this year the Arthur Knott Youth Award should go to Alex Aspinall.

Election of Officers—Nigel

Nigel asked each person applying for an Executive Post to stand and give a brief description of their qualifications for the post.

Chair—Alex Mason was nominated by Steve Holland and Clive Bishop – Alex advised that he had previously acted as Chair for a Walking Group.

Secretary—Annette Colbourn, nominated by Mike Perrott and Martin Aspinall. Annette advised that she had covered this post for the last 5 months.

Treasurer—Alison Holland, nominated by Lindsey Bishop and Julian Hellings. Alison advised that she had acted as Treasurer for another Committee in the past.

Membership Secretary—Julian Hellings, nominated by Clive Bishop and Mike Perrott. Julian advised that he had been covering this post for a few months.

These nominees were all elected. Nigel asked for volunteers to make up a General Committee of 8 people. The following people volunteered – Nigel Barnes, Tom Barnes, Mike Perrott, Martin Stanfield, Gavin Price, Paul Farmer, Geoff Ballard, and Phil Harris, and were all accepted.

The Palm Big Paddle—Symonds Yat

Nigel told the Club Members about a celebration of paddling being held the following weekend at Symonds Yat, organised by Palm Equipment Ltd, before concluding the AGM. The evening concluded with a short Coaches meeting and BBQ.

(This report was taken from the recorded minutes of the AGM, but is not exhaustive.)

Martin Aspinall



The Cardiff WW Centre opens its gates (and shuts it's valves) for less flexible paddlers

Don't forget, anyone can contribute to this newsletter.

People—go on trips, send me pictures and reports (and videos). Please. Also, what do you all think about competitions: Caption competitions? Picture competitions?

If you would like an article published, or even a regular Column (yes!), give me a shout at

editor@clevedoncanoecub.org.uk

DEADLINE FOR NEXT ISSUE 30th NOVEMBER

HOW FLASHY DOES THIS HAVE TO BE TO BE NOTICED!!! Please, I'll accept **ANY** article, about **EVERY** discipline of paddlesport! **PLEASE!**

ANYTHING!