



RAPID TIMES

A Recap of the last 7 months of Rapid Times

Firstly, I need to apologise that there has not been a Rapid Times for the last few months. There has been so much happening in the club. I thought we could now catch up with what has happened in the first 7 months of this year, and what is coming up in September and key dates in October. I can then get back into the monthly cycle of distributing the Rapid Times.

The Year So Far

At the beginning of the year there was a number of changes with the committee. Some long standing members decided the time was right to hand over the reins after great service to the club and committee.

The club calendar was finalised for 2016, with some exciting events, such as the 3 Lakes Challenge and the mid week white water sessions at Newark. We also ensured our annual visits to Ripon and Llangollen were included in the schedule.

As normal for the beginning of the year our fortnightly sessions were located at the warmth of the swimming pool at Lincoln Academy. We welcomed some new additions to our fleet of boats, these were specifically purchased for the pool and provided us greater flexibility in the number of participants we could accommodate on the Saturday evenings.

When we did move out to the river it saw a change of location from Kirkstread to Tattershall Bridge, which I think we would all agree has been a real success. Getting the boats to and from the trailers is far quicker and parking is easier than we had Tattershall.

The first trip of the year took place in January with a paddle of the Huntington Loop which was mainly attended by canoes and gave Dane the chance to test out his new pump when he nearly capsized while getting back in after a portage. The kayakers took to the water at Sleningford Mill in February, with water levels lower than what they would normally prefer, however they still managed to have a good time.

March was a quiet month for the club and so we entered into April and onto the river for the first time, with other club activities starting to increase. This is when we really see the commitment of our coaches and volunteers, who without their dedication the club could not function.

We ventured North in April to Lake District, where at the planning stage the idea of camping seemed a good idea, but reality was a bit different with a saturated ground and overnight rain, meaning Paul

Pattinson nearly had his own little island. However, the conditions for paddling was brilliant, with very little wind and beautiful clear skies. While the kayaks took to the white water, the canoes undertook the first of the 3 lakes challenge on Lake Windermere with a distance of 16 miles. With the brilliant conditions progress was swift and the welcoming committee was waiting at the other end. The second day saw some more paddling of rapids while the canoes paddled Coniston lake.

The month of May saw us introduce mid week sessions at Newark Weir for 5 weeks. This was very well received by the participants and enabled them to hone their skills and gave some more experienced members a chance to play. The club also had its annual come and try day, which was brilliantly attended by the public and we had one of our best days in regards to the number of people on the water. It has also been beneficial with new members joining the club from a direct result of the event.

May also saw us venture even further North this time across the border to Scotland and the second of the 3 lakes challenge of 26 miles on Loch Awe. Our base was located right on the Loch and was where we would complete the 2nd day, it was a superb location for both paddlers and non paddlers. Everyone who took part had a brilliant time and was rightly challenged in its completion by paddling into a head wind on the second day. I suspect this will be on the club schedule for next year with some people having unfinished business, as sadly due to illness Dane and Jon were unable to complete the 2nd day. However, well done to everyone who took part over the 2 days (Jon, Dane, Miriam, Evie, Amy, Harrison and Brian).



In June saw the club still being busy, with the final mid week session and ongoing Sunday river sessions. It was also time for the club coaches to go and chuck themselves into some cold white water for the matter of refreshing their White Water Rescue and Safety skills. With the exception of the midges, the course was excellent with some new skills learnt and others refreshed, which you may start seeing at up and coming river sessions.



The month of July started with the annual club expedition, which took place over 2 days with an overnight camp. This saw Jon, Miriam, Amy, Evie, Harrison and Brian paddling the River Nene from Fotheringhay to Orton Meres in Peterborough. We managed to do a few sections of the Nene not done last year and surf a few small weirs, the weather was excellent and all together it was a great paddle. A massive thanks goes to Jon for being the expedition leader and doing all the organisation, plus a big well done to Evie, Amy and Harrison, who are becoming old hands at the long distances.



July also saw the annual club beach day, which gave a chance for our members to get the boats into the sea and try out a few waves as weather improved during the day. The last club river session before the summer break had an Olympic feel with slalom and sprint events. Below are the results and pictures of those medalists. A big well done to all those taking part.

Kayak Slalom			
William	Hillaby	Gold	00:43.3
Ben	McNiffe	Silver	00:44.0
Stephen	Walker	Bronze	00:49
Ella	Siddiqi	Gold (Female)	00:53

Kayak Sprint			
William	Hillaby	Gold	00:32.4
Ian	Whitworth	Silver	00:32.7
Joe	March	Bronze	00:33.2



Canoe Sprint			
Stephen	Walker	Gold	00:30
Toby	Walker	Gold	
Ben	McNiffe	Gold	
Ian	Whitworth	Silver	00:33.5
Ryan	Whitworth	Silver	
Ryan	Tittershill	Silver	
Matt	Settle	Bronze	00:34.5
William	Hillaby	Bronze	
Ella	Siddiqi	Bronze	



Canoe Slalom			
Joe	March	Gold	01:45
Cohen	Johnson	Gold	
Jonathan	King	Gold	
Matt	Settle	Silver	01:58.00
William	Hillaby	Silver	
Ella	Siddiqi	Silver	
Ian	Whitworth	Bronze	01:58.2
Ryan	Whitworth	Bronze	
Ryan	Tittershill	Bronze	



Coming to a river near you from September

It has been a pretty full schedule for the first part of the year and August tends to be the time that the club takes a breather allowing people to recharge the batteries with their holiday's. We pretty much get back onto the river at the beginning of September.

4th September

River session at Tattershall Bridge.

Please be ready (kit on and a boat allocated) to be on the water for 10am. We will be planning to get off the water at 12pm. OSM invites have gone out for this session.

11th September

Club Surf competition

This will be held at Nene White Water in Northampton. The course is open from 2pm to 6:30pm, all members are welcome to attend, as we will take the opportunity for a bit of coaching on white water, then hold the surf competition towards the end of the day to showcase skills. This also gives even our youngest members a chance to give white water a go as the course is very beginner friendly. The results and awards are distributed at the club AGM later in the year.

18th September

This will be the final river session for 2016, as we start to move our fortnightly activities inside to the pool. As normal the session will be held at Tattershall Bridge. Please be ready (kit on and a boat allocated) to be on the water for 10am. We will be planning to get off the water at 12pm.

24th September

Pool session

This pretty much indicates the beginning of our winter program.

Our pool sessions are broken into 2 sessions (5pm to 6pm and 6pm to 7pm). The sessions are allocated by invitation across all members based on their current skill levels. This is to help with coaching and ensure those attending are grouped with others at a similar level. Plus there are a maximum number of people we can have in the pool at any one time. As normal we would ask in advance to show your interest via OSM, to give us a guide on numbers, however please be assured this in no way commits you to attending, it purely helps us plan the session.

I will cover the October activities more detail in the next newsletter, but a couple of key dates are shown below;

1st to 2nd October

Llangollen Weekend

This is an annual visit to Wales for the club and provides great opportunities for both kayaks and canoes. The white water will be identified nearer the dates, based on the river levels, while the canoes will definitely be paddling Bala Lake for one of the days, which is the last of the 3 lake challenges. We have booked a hostel that sleeps 30 people, with a cost of £12.50 per head. A deposit of £5 per person will be needed to secure your place. Full details are included within the OSM invite that has just been sent out.

8th October

Mens Health Rat Race (Holme Pierrepont, Nottingham)

This is a very important date for the club, as on an annual basis are asked by the organisers of this event to provide water and bank side support for the participants. The club are paid for this support and it is a key contributor to our funds which has allowed us to previously purchase kit, boats and the trailer. If you are able to offer your assistance on the 8th October it would be greatly appreciated. A note has already gone out to all members and further details about the day will be distributed shortly. For those that have already confirmed their support, thank you very much, for anyone else happy to spare their time for the club please drop me a quick message to b.warddell@btinternet.com.

Club Messages

Paddler of Year 2016

This years Paddler of the Year is out there waiting to be discovered. Paddler of the Year can be someone who you feel has made the most improvement or who has contributed to the club the most. They don't even need to paddle, but they do need your vote. You'll be asked to vote for your Paddler of the Year in the coming months with the winner being announced at the AGM in November. All we ask for now is look around you and get a feel for who you think deserves to walk away this prestigious award.

Finally, thank you to all our members, committee and coaches for a superb year so far and there is still plenty coming to keep us occupied for the rest of the year.