



RAPID TIMES

Welcome to the April Rapid Times

Welcome to the April edition of the Rapid Times. In this newsletter we will cover off the club news, which is a new section of club notices. We will go through the activities that have taken place during January, February and March. We will then look forward to April, May and June, where the club activities start to really pick up.

Club News

Club Social Media and Web Site

The club web site has now gone mobile. A simplified version of the site is now available. Please add the following link to your mobile or tablet browser and this will go to the mobile version of our web site.

<http://www.slea-paddlers.co.uk/mobile.html>

The introduction of the mobile site is a nice addition to keeping people informed, but it doesn't replace main site which is where you will continue to find all you need. This includes minutes from club committee meetings, event photos and videos, as well stacks of information in the club house. The password for the club house is on the OSM invites.

Don't forget that the club also has a Facebook page which showing videos, photos and news. This can be found on Facebook by searching for Slea Paddlers Canoe and Kayak Club within Facebook.

Annual Equipment Check

Every year the club has a equipment check, goes through everything to ensure the quality is reviewed to identify any items that might need replacing. An email was sent out to all members listing what we cannot account for from our inventory list. We would ask if you can review the list and check whether you have any of the items. If you please let Jon know by emailing him on girdy@talktalk.net.

Volunteers Needed

As you will be aware the club relies heavily on the support of club members and other volunteers to keep everything running smoothly.

The club is currently on the look out for some volunteers to fill a couple of spaces on the committee;

Vice Chairman - a self explanatory role, who will be the deputy to our Chairman Dane Butler.

Funding Officer - we are looking for someone who can help the support the club in applying for grants that can provide extra funds to purchase equipment.

If anyone would like to know about these roles in any further details, please contact Dane Butler.

Membership for 2017

There has been a great response to the membership so far for this year. For those new members welcome to the club and for those who have renewed thank you very much. The support of our new members is always very appreciated. For the people who have not yet renewed their membership to date, I do have to mention that at the end of April we will be removing the details of 2016 members that have not renewed. This will mean you will no longer receive OSM notifications, club updates and our internationally acclaimed Rapid Times newsletter.

The current membership forms can be found on the club web site and copies will also be available at our upcoming river sessions.

A look back at the last 3 months

January

At the beginning of the new year the coaches and committee held meetings to agree and finalise the 2017 plan for clubs sessions and river trips. All the dates are now available on the main club and mobile web sites, so please take a look if you haven't done so already. As always OSM invites will go out at least a week in advance of any club session or river trip.

The pool sessions were back underway in Lincoln with good attendances continuing following the Christmas break. The objective was to progress the skills needed for the river, with support strokes being a key feature, as well as people starting to learn how to roll during our second session.

There was also 2 river trips that took place during the month, one for the kayaks which was held at Sleningford Mill near Ripon. While the canoes took to the River Sleas, starting out at South Kyme paddling out onto the River Witham with a finish at Tattershall Bridge which in all was about 6 miles.

Both events were really well attended with the weather being good on the River Slea and River Ure.

The River Slea event had a number of people paddling in canoes and kayaks with the aim to going up to Tattershall Bridge. This gave everyone a chance to try out their paddling skills from the pool and getting used to going on a good distance river trip. It was lovely blue skies with a little chill in the air, that needed people to be properly dressed for the event.



As for the kayakers taking to the River Ure in Yorkshire, the greatest worry was whether there would be enough water. Luckily there was a bit of rain overnight which brought the levels up enough to play on. During the morning the majority of time was spent on the upper section, with paddlers being shown how to ferry glide, breaking in and out of the flow and surfing waves. There was only one capsize which gave a bit of practice for rescues from both the boat and bank side. The more advanced paddlers then ran the lower section which finished with a drop and bit of a wave, which was successfully navigated. After lunch we introduced the canoe while people paddled the upper section again and using the techniques taught in

the morning. The final part was again running down river to the lower section, which this time saw a couple of the paddlers come out of their boats and need rescuing. Overall it was a really good days paddling.



There are a couple of videos on the club Facebook page and website of the Sleningford trip, so please feel free to take a look.

February

The month of February was a bit quiet, with a couple of pool sessions.

With the club being so strongly linked to the local community, during February a pool session was run for the 3rd Sleaford Beaver group. On an annual basis the club runs river sessions for the Cubs and scouts, however Beavers are normally too young do a session on the river. For the first time we have offered the chance for Beavers to try out kayaking in the warmth of the pool. We ran 2 sessions which were really

well attended, we did a bit of coaching to help them enjoy the session a bit more before playing skill orientated games to get them used to paddling a kayak and give confidence on the water. Everyone had a great time with a lot of smiles all round, even though a couple of the coaches mentioned how tired they were afterwards.

March

In March saw the club finish their pool sessions with the final 2 dates until we come back inside on 30th September. It has been another really successful time in the pool over the winter with most sessions being run at near capacity.

We have also seen some great progress from those attending the pool which the coaches will be looking to build on when we start the river sessions on the 23rd April. A separate email will be sent to all members closer to the time confirming details of the river sessions, such as the timings, recommended clothing and format. There will also be OSM invites going out a week in advance of the sessions.

March also saw a warm up event for the 3 lakes challenge which starts properly at the end of April on Lake Windermere. This warm up was a British Canoeing challenge in its own right of the Trent Loop in Nottingham and those attended definitely deserve congratulations in completing with some stern weather conditions.

There were 16 club members setting out to paddle the Trent Loop. The 13 mile route takes you up the River Trent then crosses over to the Nottingham and the Beeston canal, through the centre of Nottingham before winding it's way back to the River Trent which then takes you back to the start point. A serious paddle not to be underestimated with 3 portages on top of the paddling. I would like to congratulate all paddlers who undertook the challenge who finished in a total time of 5hrs 45minutes. Well done to all.

The wind strength was quite significant on the day with people paddling into it for the 1st half of the trip. However, because it was a loop the wind was behind them on the way back and at one stage with the sails up on the canoes it was recorded that we clocked about 8mph.

The tired but worthy paddlers were:-

Barry Mair, Dane Butler, Patricia Matthews, Richard Arden, Steve Callaby, Kevin Matthews, Miriam Holden, Jon Hird, Paul Pattinson, Amanda Huckle, Brian Wardell, Robert Huckle, Daniel Marsh, William Hillaby, Ryan Tittershill and Matthew Huckle

Well done everyone!!!



What's Coming Up

April

The club starts back out on the river in April, this also means that we move from a Saturday evening to a Sunday morning. Due to the success of last years river sessions, the club will be going back to Tattershall Bridge, as this provided a great location for paddling and parking close to the river but also the putting in and taking off the boats.

River Session Dates

9th April
23rd April
7th May
21st May
11th June
25th June

The Sunday sessions will start on the river at 10am, therefore everyone should be looking to get to Tattershall Bridge for 9:30am, which will give time to get kitted up and allocated a boat. As April can still be a bit cold, please ensure that suitable clothing is worn, we would also suggest bringing a snack and refreshments that fit the

weather. It will be appreciated if everyone can help with getting equipment back into the trailers and boats strapped down at the end of each session, as this makes the whole process a lot quicker.

On the 29th and 30th April, the club has its annual weekend away in the Lake District. The canoes will be doing the 1st of the 3 lakes on Lake Windermere. While the kayaks will be finding some white water on the local rivers, which will be decided closer the time based on the river levels.

On the Sunday, again the kayaks will be off on the moving water, while it is likely the canoes will take to Coniston Lake which is thought to be the location behind the Swallows and Amazon book.

May

The club activity will really start to pick up in May, with not only the river sessions, but following last years success we will be running the mid week sessions at Newark weir. These start on 3rd May and will be invitation only sessions, which will be sent out via OSM and managed by our development officer, Paul Pattison.

These sessions be run on each Wednesday evening at Newark Weir with the last one taking place on the 14th June. In all we have 7 sessions planned and is a really great addition to building white water skills.

On the 1st May, the club will be endeavouring to have a presence at the South Kyme Open Day, which will be taking place on the River Slea. It is a lovely location and we have paddled there numerous times with always a warm welcome from the locals.

The month of May also sees the club returning to Loch Awe in Scotland, which was a great success last year. It is looking to be really well attended again this year, with some new faces taking up the challenge. This will be the 2nd of the 3 lakes challenge for those taking part this year and it is a beautiful location and fingers crossed everyone will complete the 2 days paddling this year.

June

There is no let up in the activities in June, with the month kicking off with the annual come and try day. Last year saw an amazing turn out by the people of Sleaford with us achieving our highest number of paddlers on the river in one day. The weather is always a key factor, but it is enjoyable day and allows the club to support the community in giving people the opportunity to paddle boats from our fleet.

The mid week sessions will conclude in June on 14th, while on 18th June will see the kayakers travelling North to the Tees Barrage White Water centre.

We will also have Sunday river sessions during the month on 11th and 25th.



TINY RAPIDS

Youth Committee Newsletter

The youth committee has been busy and held their 1st meeting of the year. This was looking at what trips they would like to do with the club and planning activities for the coming months.

Congratulations is given to Matthew Huckle and Ryan Tittershall on completing the Trent Loop in March. It was not an easy paddle with the weather conditions, so well done on a brilliant effort.

Good luck also goes to Matthew and Ryan as they plan to do Lake Windermere in April. Hopefully, the weather will be a bit kinder to you than on the Trent.