



RAPID TIMES

Welcome to the May edition of Rapid Times

In this newsletter we will be looking back at April, which saw us back on the river for our Sunday sessions and also a weekend trip to Windermere for both kayaks and canoes. There will also be a number of up and coming events to make you aware of, such as the mid week white water session at Newark Weir starting in May.

As the club starts to get busier, don't worry we will make sure you are informed of everything happening and what better place to find out that information than in the Rapid Times.

The Month that was known as April

April saw us back on the River Witham for our Sunday sessions and so far the weather for both of them has been great. That said we were disappointed that our planned taster session for 17th April, had to be cancelled. The main session went ahead, but the River Witham was running pretty quick and for beginners it would have been very difficult as an introduction. The club never take this type of decision lightly but from both a safety and enjoyment point of view, which we consider to be extremely important, it was the right thing to do. The taster session has been rearranged for Sunday 1st May.

The new location (Tattershall Bridge) for the Sunday sessions, seems to be working pretty well for the parking and getting boats on and off the water quicker.

The main event for the month was the club trip to Windermere, where the weather during the day was brilliant, but of an evening the less said about it the better. The trip enabled paddlers of both kayaks and canoes to go off and enjoy themselves and below are what people got up to.

Lake District Trip - 9th to 10th April

This was a camping weekend and I think everyone on their arrival wished it wasn't and that we were staying in a nice warm and dry hostel or B&B. However, forgetting the mud, puddles and rain, tents were erected and with a good 'ish night's sleep we were ready to get started some paddling. Congratulations to all those that paddled, whether it was Grade 4, white water or the 1st of the 3 lakes challenge, see below a write up of the 2 days (thanks Paul for the white water narrative).

Day 1**White Water - Kayaks - River Crake**

The kayak paddlers, Adam, Kev, Steve, Martin, Nikki and Paul were tackling the River Crake. Adam had been anxiously watching river levels all week and there wasn't much to choose from which had any decent amount of water flowing. We elected on the River Crake as a warm up paddle and save ourselves for the big one, the River Leven for the second day. The river runs out of the southern side of Lake Coniston down to the coast where it meets the River Leven at Penny Bridge. Our run would take us along Lake Coniston to the mouth of the river down to Spark Bridge some 4 miles away, which is the more interesting part of the river. The river is relatively narrow and often lined with trees, which makes it quite picturesque. A missed turning, waiting for a crashed car to be towed out of a wood and a mini committee meeting to decide how we actually get to the put in point meant a slightly later than intended start. Once on the water we paddled along the lake and to the start of the river mouth where it wasn't long before we encountered a series of weirs and rapids mainly grade 2. There's quite a lot of surfing waves which helped hone the skills required for tomorrow's paddle ahead of us. Despite our combined experience, never take the river for granted as a fallen tree had a few of us doing a limbo. Martin became the unlucky victim to take a swim as he capsized on the other side finding it hard to roll back up with only one hand on the paddle. Thanks Martin for allowing us to practise our White Water Rescue skills. We finalised the trip with a grade 3 rapid just above Spark Bridge, which we all got through with no problems. Despite only a small journey it left us hungry for more and we all looked forward to the next days paddling.

Day 1**Canoes - Lake Windermere - 3 Lakes Challenge**

It was a good turn out for the canoes, with Amy, Evie, Harrison, Richard, Barry, Trish, Dane and Brian all taking part. The journey to the put in was through the narrow lanes and bridges, however once at the Fell Foot end of Windermere and the kind permission of a local hotel to use their beach to put in, we were ready to go. It was a 1 way trip of 11 miles and the wind though light was coming across us. Barry had his map, so he knew our location and Richard had his GPS, so he could keep telling Barry where we really were. The scenery was very picturesque, and water relatively calm which made for some swift progress. We had an early casualty with Brian stupidly taking off his cap, forgetting that is where he had placed his sun glasses. They are now just a mere memory and part of the lake. Amy and Evie struck up the musical entertainment, with a bit of Old MacDonald, with various animals being nominated by the whole group. Before we knew it we had made it to about half way and lunchtime, with some hungry geese, as well as meeting up with our support team (Alison, Bev and Paul). Once back on the water we started to get a little more traffic from sailing and small motor boats as we came past Windermere and started towards the get out at Ambleside. The weather continued to stay fine, giving us great conditions for paddling. We edged closer and closer towards the end of the lake, Archie and Rachel Wardell had spotted us from the vantage point in an adventure playground on the lake, this allowed Archie to scream at us to attract our attention. After 3 hours and 40 minutes the 11 miles had been ticked off and we arrived at Ambleside to be greeted by our support team, along with Rachel and Archie. The journey has been written up by Dane and submitted to Go Canoeing, where our time will be added to the leaderboard. So that is 1 lake down and 2 to go. Next up is Loch Awe, which is 25 miles.

Day 2**White Water - Kayaks - River Leven**

Despite the heavy rain on the Saturday evening the water levels remained constant. Sunday took us down to the River Leven where we would paddle a 3 mile section from Newby Bridge to Haverthwaite. The river was at medium level which would give us some good paddling on Grade 2 to 4 water. Backbarrow was the one to tackle head on, a Grade 4 which meant once you set off you were committed. We elected to stop off and view the rapid from the bridge before getting on. It looked nasty from our angle, a steep drop with high volume water being forced under the narrow bridge. We all studied the river to find the best approach, we'd make our decision whether to run it or portage it later on. The first part of the run was no harder than the day before with lots of little play spots to surf and the odd weir to shoot. As we approached Backbarrow we found an eddy to have a chat and decide who was going to run the Grade 4 section. Kev and Adam would go first with Steve acting as scout from the bridge; Paul, Martin and Nikki would gauge whether to run it on their success. With Kev and Adam successfully through Paul led the charge with Steve frantically directing the chosen line. Paul got through with a triumphant paddle in the air and a "Yes I've done it moment". This was closely followed by Nikki who got through with a superb roll after the drop. Martin on the other hand got caught out after the drop and had us practising the rescue skills again. A good run through the rapids had us all feeling jubilant. The next weir was a definite portage, a grade 5 which no one was brave or stupid enough to tackle. Further down river we passed through a fish counter, which produced a nice stopper. No problems going through but it caught Martin out when he got too close trying to go back down river, again another swim and a full on rescue with throw lines out of the bags. The rest of the journey was uneventful with one more interesting rapid at Fisherman's Island. All in all a very good end to a successful weekend of paddling for the kayakers.

Day 2**Canoes - Coniston Lake & Peel Island**

The journey for this trip was simple, as the campsite was located on the lake and all we had to do was walk our boats 100 yards to the beach. Barry sadly had decided he needed to dry his trailer tent out before the long journey home and Trish was packing up. It was left to Amy, Evie, Harrison, Dane, Richard and Brian to complete a mere 8 miles paddle. Again the weather was being very kind, however there was a chance the wind would be picking up against us on the return journey to the campsite. However, for the moment we were just enjoying the scenery and the relatively relaxing paddle. To everyone's amazement, except Richard who again knew where we were all the time via his GPS, we arrived at Peel Island. This was made famous by the Swallows and Amazons book. It was a little tricky to moor the boats and clamber up the rocks, but once up and a spot located for lunch it was a wonderful setting. After lunch a quick roam around the island and then back to the boats, with both Brian and Richard deciding to see what it was like to slide down the last part of the rocks to the boats. Once back on the water, we noticed the wind had, as predicted, increased and therefore we needed to stick to the shoreline a bit more to gain a bit of protection. We still made good progress and both Amy and Evie were again in fine voice, in some and not so recognisable chart hits. However, this time round, there was no Old MacDonald to sing along to. Before long we had made our way back to the beach of the campsite.

"Whilst preparing on Saturday I had the feeling that as well as a healthy whitewater group preparing to go on the water we also had a Canoeing group rather than the canoeists going out as something to do whilst the kayakers paddled. Both days rate as amongst the most enjoyable paddles I have had for a long time. The environment was fantastic and the people great. I cant wait till Scotland. Peel Island is becoming my favourite place, sitting on the rock looking over Coniston water was great". Dane Butler.

Pictures from the Lake District Trip



More pictures from Windermere and any of the club's past trips can be found on the club website <http://www.slea-paddlers.co.uk/>

What's coming up in May

May is a busy period for the club, with 2 x Sunday river sessions, a Scouts taster session, 3 x midweek white water sessions at Newark Weir, the annual come and try day and finally at the end of month is the club Scotland trip for canoes and kayaks.

1st and 15th May

River Session - Tattershall Bridge

- The river sessions take place on a Sunday morning and not a Saturday evening as we do for the pool sessions.
- The start time is 10am, this is the time we want to be on the river, so please arrive 30 minutes before. This allows time to get changed, fitted with a boat and get down to the put in on the side of the river.
- The river sessions are 2 hours long, so we will be getting off the water at 12pm. We will endeavour to take a break half way through, so please feel free to bring some snacks. A hot drink will also be a good addition especially for the first few sessions, until the weather properly warms up.
- Each session will start with a 10 minute warm up either on the bank or river.
- Please ensure that the people paddling have a change of clothes, they will be on the water so at least some part of them will get wet, if not all parts. It is also important that the paddler has suitable clothing while on the river to keep them warm, a wet suit would be great but it is not mandatory. The club can, as part of the session fee, supply a cag, spray deck (when a deck test has previously been viewed by a coach), paddle and boat. All other appropriate clothing needs to be supplied by the paddler.
- At the start and end of the session, the paddlers will be asked to transport their boats back to the trailers. Parents are more than welcome to help with this and any support in getting the equipment back onto the trailer would be greatly appreciated.
- The Sunday river session on the 15th will be followed by a Scout taster event, as the club are always happy to support local groups, if they want to try their had at kayaking. This group of scouts are from Caythorpe and later in the year we have sessions for the Sleaford pack.

11th, 18th and 25th May

River Session - River Trent (Newark Weir) - White Water for Kayaks Only.

- These are midweek sessions (Wednesday) and are aimed at paddlers of 2* standard and above or those who have already been introduced to a moving water environment such as the Nene White Water Centre.
- Those who are suitably qualified will receive an invitation via OSM.
- Arrive at Newark Weir, Newark (Mill Lane NG24 4TT) by 18:30 to get on the water as soon as possible.
- Time on the water will be about an hour and half, daylight permitting.
- Opportunity to gain confidence on moving water, covering topics like breaking in, breaking out, ferry gliding, surfing, and rescues if necessary.
- Those wanting to use club kit can collect it from the Scout Hut at 17:30 on the day or if you can't make this time contact Dane at dane.butler@btinternet.com to arrange kit to be transported on your behalf.

21st May

Come and Try Day - River Sleaford - The National Centre for Craft & Design (Hub) Car Park, Sleaford

- This is an annual event run by the club, normally run in conjunction with the Go Canoeing week, from 28th May to 5th June, but as this clashes with the Loch Awe trip, we have brought forward our Come and Try day.
- The club bring all their boats down to the river side for anybody to try out on the Slea.
- We start at 10am and run through until 4pm.
- There is no charge for people to get on the water, donations would be nice, but not mandatory.
- This event is normally well attended by both club members and the public. The weather is obviously a big driving force for the public wanting to have a go, but for members it is just another excuse to mess about on the water and that is not just the kids.....Kevin!!
- A poster has been included in the newsletter about this event. So please feel free to print off a copy or two and have it put up in a school or newsagent near you. There will also be spare posters available at the next few river sessions for you to take and pass round friends and family.
- If members can spare some time on the 21st it would be appreciated, as there is always a job to do, whether this is talking about the club, getting people ready, helping them into boats or even escorting them while they are on the River Slea.

28th to 31st May

Loch Awe - Scotland

This is a trip for both kayaks and canoes. I am afraid there are no longer spaces available for this trip, as a specific number of rooms had to be booked at the hostel.

While the kayakers will locate the best water to paddle after the 6 or so hours of driving needed to get up to the Loch, the canoeists will be tackling the longest of the 3 lakes challenge or 25 miles. This is planned to run across 2 days, with as much as physically possible being achieved on the 1st day.

There will be a write up in the next newsletter, letting you know what the kayakers got up to and how the canoeists faired on their 2nd lake.

Other News

Go Canoeing Come and Try Week

Go Canoeing Week 28 May - 5th June. British Canoeing are asking us to collect any canoeing or Kayaking miles accrued through the week of Go Canoeing week. Remember and keep note of any miles you do, making sure you let Paul know and he will forward it on as a total effort from the club. If you want more details please visit <http://www.gocanoeingweek.org.uk/>

Membership

The club would like to offer a very warm welcome to Jonathan King, who is our newest member. Welcome Jonathan and we look forward to supporting you in developing your kayak and canoeing skills.

Level 1 Coaches Course

Dan And Nikki will be doing their Level 1 coach training over two weekends in May The club offers them our full support and wishes them good luck in their pursuit to become qualified coaches.

Go Outdoors Discount

As you may know the club uses Online Scout Manager for managing membership and events. As a member OSM have recently offered a 10% discount for Go Outdoors. This is a one off discount valid until

January 2017. If you are not in receipt of this email from OSM, then a copy of the voucher is at the bottom of this newsletter.



TINY RAPIDS

Youth Committee Newsletter

We are Slea Paddlers Youth Committee, representing the youth of our club.

Hoping to give opportunities, as well as a voice to our youth members, we aim to inspire the next generation of canoeists and kayakers.

If anybody is interested in joining our Youth Committee, and you are between the ages of 11-17, then please approach Amy (the Chairman of the Youth Committee).

Firstly, congratulations to those youth members (Amy, Evie and Harrison) that took part and completed the 11 miles of Lake Windermere. It was a brilliant effort and morale was kept high with singing and sharing of sweets. Next up is the 25 miles of Loch Awe.

Below are details of this year's expedition planned for 2nd & 3rd July. If you are interested in getting involved, please let Amy know ASAP. It will be on a first come first served basis as there is a limited number of open boats.

As each open boat has 2 paddlers, you can ask a friend to join in, but they need to attend each practise session and be club members by July

The first practise paddle is this Sunday 1st May, as communicated in a separate email in April.

You need to attend all the practise paddles if you want to take part.

Canoe Expedition - 2nd and 3rd July 2016

Jon, in conjunction with the youth committee, is organising a 2 day mini-expedition on the river Nene near Peterborough on the weekend of 2-3 July. This will be a picturesque flat water paddle with an overnight camp. The expedition will be an independent one so all supplies, food and gear will need to be transported by canoe. The route with web link to the campsite is as follows:

Day 1 (Saturday)

Start point- Fotheringhay (South of Peterborough)

<http://www.paddlepoints.net/PaddlePoints.aspx?PaddlePointId=5759#>

7 mile paddle.

We would camp at Yarwell Mill Saturday night with evening entertainment to be arranged by The Youth committee.

<http://www.yarwellmill.co.uk/>

Day 2 (Sunday)

10 mile paddle to Orton Mere

<http://www.paddlepoints.net/PaddlePoints.aspx?PaddlePointId=5759#>

We have 4 club canoes available for this trip and paddlers must be competent in a canoe- preferably 2*. As this is an independent trip, paddlers will be expected to be self-sufficient at the campsite- set up camp, make their own meals. Parents who wish to camp on the Saturday night can do so but need to make their own separate arrangements with the owners.

There will be both male and female adult paddlers to include DBS-checked coaches accompanying the group for paddling and camping, however the idea is to make it as independent as possible for competent young paddlers. Paddlers attending the trip will be expected to take part in training which will take place during the following Sunday morning club sessions:

Kit check/loading a canoe for expeditions- club session- 1/5/16

River journey practice with loaded canoe (5 miles)- club session- 15/5/16

Canoe rescue skills- club session- 12/6/16

A final briefing will take place early evening on 29/6/16 (time and venue to be confirmed)

The total cost will be £20 per paddler to include campsite and normal club river fees.

Details of kit required will be provided before the first training session on 1/5/16. Some items may be available from the club

The lead coach for this trip will be Jon. Please email Jon if you have any questions

girdy@talktalk.net

Slea Paddlers Come and Try day *River Slea, East Gate Car Park,* *Sleaford.*



Sat 21st May 2016 10am - 4pm

*Take an opportunity to have a go in our
Canoes, Kayaks and Stand up Paddle Boards*

Terms and Conditions.

Parental consent required for anyone wishing to paddle under the age of 18. Minimum aged 8 to paddle solo. If you require any more information contact the Club Chairman Dane Butler at Dane.Butler@btinternet.co.uk or visit our website www.Slea-paddlers.co.uk



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