



## **NEWSLETTER SPRING/SUMMER 2010**

Welcome my name is Andy White and I am the new newsletter/social secretary. The previous editor Mark Hancock has moved on to become Secretary and this is my first edition of the news letter and it comes at a time of change for the club in that it has now got some new members on the committee and new facilities to play on at the International White Water Course near to Cardiff Bay International Pool where we are based. I live in North Cardiff and my other interests include golf, body boarding, mountain biking and skiing. I am not adverse to a pint or two and just love curries and Bbq's. I have been kayaking and canoeing for the last 6-7 years having taken a break of 35 years doing other things.

### **Phil Keable – the Man, the Legend, from a close friend**

Phil Keable has just decided to step down from the Club committee after 25 years as Secretary. We thought it would be a nice idea to remember Phil's achievements for the club over such a long period.

Apart from his secretarial duties, which were unobtrusive but key to the huge

growth of the club in recent years, he was also for many years the most active coach the club has had, having coached hundreds (possibly thousands – really!) through from their first pool sessions through to white water river runs. Very safety minded, and calm in a crisis, he did a great job of leading (and rescuing – thanks Phil) the nervous and gave many of them the enthusiasm to continue paddling for many years.

As a paddler he was, until recently, predominantly a kayaker who liked river running and exploring, though he has recently, regrettably, turned to the dark side (open boating.) Hopefully this is just a phase, not the start of a slide into insanity. He claims that he used to surf, but I've not seen it in the 15 years I've known him. If you want to be impressed, tempt him into a playboat and watch him demonstrate a degree of elegance and fluidity rarely achieved by any other man ( though admittedly a duck on a bike has the edge.)

So, finally thanks Phil for the many years you gave to the club – you've left Mark some mighty big boots to fill.

And I would like to add that he still does his bit of coaching but it would be remiss of us as a club not to say a big thank you for all of his dedication to the club. Things have to move on and another chapter opens up. So thanks very much Phil it took a while for me to grasp rolling but you stuck with me and I have yet to perform one in an unplanned, moment of despair. Not through want of trying though. Motto; "If in doubt bail out" Water isn't a breathable substance unless you're a fish. I have been described as a basking whale but never been dragged back in the water off the beach.

## COMMITTEE MEMBERS

Andy Green - [andrew\\_green@acolm.co.uk](mailto:andrew_green@acolm.co.uk) (Equipment officer)  
Jane Clemence - [janeclmence@hotmail.com](mailto:janeclmence@hotmail.com) (Welfare officer)  
Jon Lloyd [jonlloyd12@googlemail.com](mailto:jonlloyd12@googlemail.com) (Youth Rep)  
Andy White [andy2312white@aol.co.uk](mailto:andy2312white@aol.co.uk) (Social and newsletter)  
David Payne- [David.Payne@newport.ac.uk](mailto:David.Payne@newport.ac.uk), (Treasurer)  
Neal Fletcher [neal@mimic.demon.co.uk](mailto:neal@mimic.demon.co.uk), (Chairman)  
Sue Eades [sue\\_eades@hotmail.com](mailto:sue_eades@hotmail.com) (Membership Secretary)  
Mark Hancock [aeroquatic@yahoo.com](mailto:aeroquatic@yahoo.com) (Secretary)

**Andy Green** has now taken over as the equipment officer and has a new record of what we own as a club. As a member of the club you can borrow equipment through Andrew, on a booking out process, if you do not have the equipment to get you out onto the trips.

**Sue Eades** as well as being membership Secretary also has a number of club clothing for sale ranging from hoodies, T shirts, sweat shirts and polo shirts for orders please contact her above or speak to her at the pool - list attached at rear.

## CLUB WEBSITE – [www.cardiffcanoecub.org.uk](http://www.cardiffcanoecub.org.uk)

The web pages of the CCC are updated on a regular basis showing details of trips and planned training events. It really is up to you as members to make enquiries, turn up on the days and get stuck in. We all live very busy lives and the committee understands that its not possible to commit to all of the events and training provided and promoted but your attendance at some of them will soon get you talking to other members and making new friends and acquaintances and hopefully improving your paddle skills

## GRANT FUNDING SUCCESS

The club has recently applied for grant funding for an open boat and junior kayaks. The Grant for the Solo Open Canoe was successful and an Old Town Pack was purchased and is in use at pool session/training sessions as well as proving popular for river trips. At the time of going to press a grant application was being considered for junior kayaks and a decision is eagerly awaited. The Committee hopes to apply for additional funding for new Kayaks/Open Canoes as well as money towards help with Coaching costs

CONGRATULATIONS; TONY HOWELLS ON PASSING HIS UKCC L1 COACH AWARD

# TRIPS TO CONSIDER

## THE BIG PADDLE- SYMONDS YAT 15<sup>TH</sup> /16<sup>TH</sup> MAY

This is a weekend event organised by kayaking manufacturer PALM to celebrate their 30<sup>th</sup> anniversary. The event includes many things to do including...Tours (beginning or ending at Symonds Yat), Competitions (cardboard canoe race, paddles up), master classes, coaching, advice, information and come and try events (in lots of different craft) as well as a big party on the Saturday night. The weekend tickets cost £5 (which goes to charity) and camping is approximately £6 (for both nights). The tickets are available from [www.thebigpaddle.com](http://www.thebigpaddle.com) and there is a link from there face book page. This event is also proving popular with members with a number already having purchased there own tickets. Please note that this is not a club event and you will have to organise your own tickets/camping/transport/food etc

## STACKPOLE SEA KAYAL FESTIVAL (Bank holiday weekend 29<sup>th</sup> 31<sup>st</sup> May)

If you are thinking of having a go at sea kayaking then this is a great introduction into what is on our doorstep. There are Island and coastal trips planned with wildlife experts on hand to tell of the inhabitants of the shores to include grey seals

dolphins puffins and razor bills. The evenings are propped up with talks and a Bbq. Visit their website on the above heading. You need to pre book to ensure a place by ringing Bridget Wilcox on [01646 661 425](tel:01646661425)  
**Limited space left**



## SLALOM EVENTS 19/20 AND 26/27 JUNE

As a starting point for slalom events there is an easy course at Frome in Somerset on the weekend of 19<sup>th</sup> and 20<sup>th</sup> June. I am told this is very similar to the Bridgend event and is over 2 days with a choice of attending both or either days.



I attended the Bridgend course last year and as well as finding it fun and competitive it was a very friendly introduction to the sport. It was fully reported on in the last edition but suffice it to say I am thinking of doing it again this year on the weekend of 26<sup>th</sup> and 27<sup>th</sup> June. You don't have to go to both days but I promise you its fun and inexpensive. Anyone interested should keep an eye on the website as I will be putting the details up on nearer to the time. It is open to all age groups and is not a difficult or fast flowing course and you get plenty of time to practice on it.

## TRIPS FROM THE PAST

### XMAS PADDLE (RIVER USK, TALYBONT – CRICKHOWELL)



Just before Xmas we embarked upon the XMAS PADDLE culminating in a feast to behold at Crickhowell. This was to be my second proper river run in a kayak and I was slightly apprehensive. I had been and purchased a number of items from the canoe shop not least a couple of air bags to keep my kayak afloat in case I flipped, a knife and a whistle, a first aid

kit, drinks and chocolate bars. I don't know what I thought I was being taken into but I have seen the film "Deliverance".

We split into 2 groups and I must say I had the time of my life. I seem to recall dropping down through about 6 sets of rapids type things enough to make you realise that adrenaline comes in all sorts colours and textures but quite honestly with all the experience that was alongside me guiding, coaching and supporting I don't know what I was worrying about. It must just be my age!!

At the conclusion of the paddle, team members recovered the vehicles we all got changed in the car park and went for our xmas get together over lunch with other members joining us that didn't paddle, at the Bridge end Inn. They certainly looked after us with plenty of food and good quality too.

It will definitely be the trip to look forward to this year so look out for the detail.

## SEA KAYAKING TRIP OUR FIRST OF THE YEAR (Sue Eades)



It seems that Easter came one week too early, as the weather at Whitesands was windy with a big swell, so sea kayaking was not an option. (There was huge surf to play in though!) The following weekend was the exact opposite, sun, little swell and light winds- a perfect weekend forecast for sea paddling, so we headed back to west Wales. We decided to head for Cardigan, a new area for us that lived up to its reputation. On Saturday we met up with 2 Dragon paddlers, so were able to do a car shuffle between Aberporth and Poppit sands. We enjoyed some fun rock hopping before stopping for lunch at Mwnt, a lovely beach which has toilets and an ice cream shop. Very civilized! We then paddled round Cardigan Island and there were 'picked up the flood tide to help us to Poppit Sands.



However Sunday's paddle was even better. No 2<sup>nd</sup> car today, but as there are no significant tidal streams in this area, we were able to paddle to Traeth Bach "The Witches Cauldron" and back without too much planning.

As we headed south round Cemaes Head and Pen yr Afr, the cliffs were spectacular - it is the highest point on the coastal path. There were also great caves, 3 natural arches to paddle through and a beach with close on 100 seals!

We had a fairly hard paddle back as the NE breeze had picked up, but once round Cemaes Head the flood tide once more helped us back to Poppit Sands. A great weekend!

## CARDIFF INTERNATIONAL WHITE WATER COURSE

This facility is now open and has attracted many of our members already. You will see that there are a number of planned meetings at the centre which I for one will be making the effort to attend having spent one very fine Friday evening there last week. To say that it tests your soul and mind is an understatement. The Xmas trip was a test but this was something else. From the sidewalk it looks sort of ok but when you are on it, it is a different story. Concentration is the key and a bit, well a lot of strength for me anyway was required. Technique would have been good but this is something that isn't quite in my toolbox yet. A little warm up paddle in the lagoon gets you used to the water temperature then the ascent when you are ready to the course is via a long conveyor belt.

They could do with some music being piped along this section and I could think of a few from jaws and horrible grizzly films. You are then dropped into the pool at the top and as you round the bend the course is before you and as you take stock, wedge yourself against the inside of the boat, the current takes you forward!! The blue barrels are looming together with the first gush of water.



The paddler in front of you disappears from sight and you look for some inspiration of a flash of a paddle or a new vision of the route to take. Before you know it you're up to your armpits in rattlesnakes and crocodiles all trying to get you out of your boat. After you hit the first drop there's another and another. Concentration.... forward position, I have since been told and low paddle position (BRACE) is a must as I found out to my detriment. Front crawl and breast stroke do not work in this environment and concrete and 9cubic meters of water per second envelop you. My advice and this is borne through 3 lots of experience is to go down backwards



On my 4<sup>th</sup> attempt through guts and determination (or sheer blind luck/call of prayer) I made it to the pool at the bottom, in my boat, the right way up. 5 and 6 were the same and a great sense of achievement was yet again met with fear and trepidation as I was cordially invited to be a passenger in the “**duo topo**”

**NOT FOR THE FAINT HEARTED!!!!**

What the hell, I have mastered this .Haven't I!!, Steve you had some bottle even considering the invite yet alone going through with it. "Just keep paddling" he said "I will steer". I am shaking just typing this and it's nearly a week ago. Jaws music in your mind we are on our way up the conveyor, Bahdum! Bahdum! Bahdum! You got it yet?

Well talk about immersing yourself at 90 mph in a turbulent caldron, like a rocket. With all my interest and confidence firmly placed in Steves' hands. Somehow we got round the top hairpin bend, my arms and shoulders didn't want to play I think adrenaline was taking over my whole nervous system. I have done some crazy stuff in my lifetime but this was ranked fairly high amongst them. The larger stopper wave was yet to come and Steve set us up to hit it straight on in the middle. We very soon found out why they are called stoppers. WE STOPPED and nearly started going backwards. It felt as if I was about six feet under the water. PADDLE he shouted I was but it wasn't having any effect then suddenly I felt a big surge forward and off we went again

to the last bend. The water pushed us towards the left bank "paddle left, paddle left!" Oh my god where is my energy coming from. I didn't know which was left and right but down we went to the last drop and through the finishing line. MADE IT, PHEW!! Fantastic! I was then off to a darkened room for a lie down for a long, long time.

However, I am now looking forward to the next visit to hone my skills even more come along and give it a go its worth it. £10 to park and play if you have all your own gear.



## **CANOE & KAYAK STORES**

**Up and Under-Penarth Road  
CIWW International sports Village  
Swansea Canoes-Swansea**

## **NEWPORT SLALOM TRAINING**

Croes y cielog canoe club Newport holds specific slalom training on the first Tuesday of every month it costs £5 per head for an hour and runs from 8pm till 9pm for details of how to get there visit their website. They do have boats for use and give good, friendly advice on entry and exits of gates to prepare you for the courses on the river.

## SWANSEA CANOES 01792 792820

The shop is managed by a club member (Chris Constantine) Give Chris a ring on his work phone for member discounts and he will deliver to the Tues night sessions at the pool .Chris is identifiable doing his somersaults in his play boat. Nutter!!!! Here he is having a play at the white water centre.



## COSMESTON LAKES

It is hoped that this facility will be available again this year for our members. The details will be posted on the web page but don't forget you need a buddy, a helmet, a buoyancy aid and a paddle. A boat would be useful as well. We shall hopefully be hosting a club open night there with a "bring along bbq" and the opportunity to try out some of the club boats and have some tuition on open, still water. Keep an eye out for details

## CLUB CLOTHING ITEMS

<b>T shirt</b>	£8.25
Name	£1.75
Printing on back	£3.00
Total =	
<b>Size</b>	9/10 30" 11/13 33" S 36" M 38/40" L 42/44" XL 46/48"
<b>Colour</b>	Black, Dark Royal, Emerald, Navy, Pink, Purple, Red, Sky Blue, Sunflower, White
<b>Polo shirt</b>	£10.25
Name	£1.75
Printing on back	£3.00
Total =	
<b>Mens</b>	S 36" M 38/40" L 42/44" XL 46/48"
<b>Colour</b>	Black, Dark Royal, Emerald, Navy, Pink, Purple, Red, Sky Blue, Gold, White
<b>Ladies</b>	8 30" 10 32" 12 34" 14 36" 16 38" 18 40"
<b>Colour</b>	Black, Dark Royal, Navy, Pink, Lilac, Red, Sky Blue, Gold, White
<b>Sweat shirt</b>	£12.50
Name	£1.75
Printing on back	£3.00
Total =	
<b>Size</b>	9/10 30" 11/12 32" 13 34" S 36" M 38/40" L 42/44" XL 46/48"
<b>Colour</b>	Black, Dark Royal, Emerald, Navy, Fuschia, Red, Sky Blue, Gold, Marl Grey
<b>Hoodie</b>	£15.50
Name	£1.75
Printing on back	£3.00
Total =	
<b>Size</b>	9/10 30" 11/12 32" 13 34" S 36" M 38/40" L 42/44" XL 46/48"
<b>Colour</b>	Black, Dark Royal, Forest, Navy, Red, Marl Grey

### CCC TRIP LIST SPRING/SUMMER 2010

2010	<i>Swimming Pool</i>		<i>Cosmeston</i>	<i>Weekend Trips</i>	
Week beginning	Tuesday (Bay)	Wednesday (Splott)	Thursdays	Saturday	Sunday
29 <sup>th</sup> March				EASTER WEEKEND WHITESAND (SE/DP)	EASTER WEEKEND WHITESANDS (SE/DP)
5 <sup>th</sup> April					RIVER TRIP - LOWER TAFF (TH)
12 <sup>th</sup> April	Foundation + Safety Training – PK/MH		FRST – PK/MH	COACH UPDATE WEEKEND -TBC	COACH UPDATE WEEKEND –TBC
20 <sup>th</sup> April	Foundation + Safety Training – PK/MH		FRST – PK/MH		RIVER TRIP – WYE (MH)
26 <sup>th</sup> April	Foundation + Safety Training – PK/MH	Rolling – NF	FRST Assessment – PK/MH	MAY DAY WEEKEND – WHITESANDS (DP/SE)	MAY DAY WEEKEND – WHITESANDS (DP/SE)
3 <sup>rd</sup> May				Canoe Camping – (DP)	Canoe Camping – (DP)
10 <sup>th</sup> May		PaddlePower – (DP / SE)		BIG PADDLE - MH	BIG PADDLE - MH
17 <sup>th</sup> May		PaddlePower – (DP / SE)			SEA TRIP – (SE)
24 <sup>th</sup> May		PaddlePower – (DP / SE)		TRYWERYN WEEKENDER – (TH)	TRYWERYN WEEKENDER – (TH)
31 <sup>st</sup> May	One Star Training Workshop DP/TH/AG		1* Workshop DP/TH	Canoe Camping – (DP)	Canoe Camping – (DP)
7 <sup>th</sup> June	One Star Training Workshop – DP/TH/AG		1* Workshop DP/TH		
14 <sup>th</sup> June	One Star Training Workshop – DP/TH/AG		1*Workshop – DP/TH		Club Open Day- NF One Star Assessment DP/TH
21 <sup>st</sup> June				Slalom (Ogmore) – SE/DP	Slalom (Ogmore) – SE/DP
28 <sup>th</sup> June		Rolling –NF			SURF/SEA TRIP –NF
5 <sup>th</sup> July					
12 <sup>th</sup> July	Two Star Training MH/DP		Two Star Training MH/DP		RIVER TRIP – WYE AG
19 <sup>th</sup> July	Two Star Training MH/DP		Two Star Training MH/DP	Canoe Camping – MH	Canoe Camping – MH
26 <sup>th</sup> July	Two Star Training MH/DP		2* Training – MH/DP		Two Star Assessment MH/DP
2 <sup>nd</sup> August					SEA/SURF – NF
9 <sup>th</sup> Aug	PaddlePower – DP / SE			YOUTH FREESTYLE COMP (CIWW)	YOUTH FREESTYLE COMP (CIWW)
16 <sup>th</sup> Aug	PaddlePower – DP / SE			TRYWERYN – TH	TRYWERYN– TH
23 <sup>rd</sup> Aug				Canoe Camping – MH	Canoe Camping – MH
30 <sup>th</sup> Aug					
7 <sup>th</sup> Sept	Three Star Training Workshop –MH/SE		3*Training MH/SE		Three Star Training MH/SE
14 <sup>th</sup> Sept	Three Star Training Workshop – MH/SE		3* Training MH/SE		RIVER TRIP – WYE DP
21 <sup>st</sup> Sept	Three Star Training Workshop – MH/SE		3* Training MH/SE		THREE STAR ASSESSMENT MH/SE
28 <sup>th</sup> Sept					RIVER TRIP – USK MH

DP = Dave Payne: SE = Sue Eades: MH = Mark Hancock: NF = Neal Fletcher:  
AG= Andy Green TH = Tony Howells

**Contacts**

Neal Fletcher  
02920486225  
07920594192

Mark Hancock  
02920473304  
07717314212

*Dave Payne –  
01633 681201*

*Sue Eades  
02920843073  
07866 450756*

*Tony Howells –  
07900 226384*

*Andy Green –  
07919 366635*

*Andy white-  
02920 763128  
07977 541410*

## FOR SALE

### CONTACT

### ITEMS

DAVE PAYNE

FAMILY CANADIAN CANOE WITH PADDLES AND  
BA'S,  
INVADER KAYAK WITH PADDLE DECK AIR  
BAGS AND BA - £150

MICHAEL NORRIS  
mnorris\_01@yahoo.co.uk

MEDIUM SIZED BA FOR ADULT CREWSAVER £14  
MUSTO DRY SUIT MEDIUM GOOD CONDITION £65  
HAMMOND DRY SUIT MEDIUM VGC- £95  
FOAM BLOCK .5X.5 FORM UP AND UNDER - £20

ALAN BAKER  
CROESY CIELOG  
CANOE CLUB

INA ZONE 240 £280  
VIRTUALLY NEW HOSS £550  
Ring Sue Eades for details

JANE CLEMENTS

DAGGER SHOWDOWN ALMOST NEW £300  
PROTEC YOUTH RED HELMET £20

GETHIN GRONOW

ROBSON SUPERSONIC – BLUE £200 ONO