

NEWS LETT ER

VOLUME 2
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AUTUMN 2012

The success of this newsletter relies on contributions from **YOU!** If you've been on a trip, in a race, or just have an opinion or some news you want to share, please send it to newsletter@maidstonecanoeclub.net

Articles should be short (between 100 and 250 words) and can be accompanied by a picture. The deadline for submissions for the next issue is 10th November, 2012.



Mark Corti, Editor
newsletter@maidstonecanoeclub.net

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DISCOUNT
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From the Editor

Well, it's been a busy summer at the Club, with people taking advantage of the (occasionally) good weather to get out and paddle.

I took a quick look through the photos on the website when I was writing this to remind me of what's been going on. There was the Washburn trip and the mildly epic Dee-in-spate, with a trip to the Cardiff White Water course thrown in for good measure. A number of Club paddlers went to the Soca in Slovenia, 140km of pristine turquoise river offering everything from placid grade 1 through to a technical IV/V slalom course. For those looking for a more relaxing time, there was the Estuary barbecue, a paddle from Hoo to Rochester, and, by the time you read this, a trip to the Victorian bottle dump of Burntwick Island. The Maidstone Marathon was the Club's big summer event for the racing section. The Fun Sessions, run by the Club for organisations like Demelza's Hospice, introduced people to paddlesport who perhaps otherwise would not have the opportunity - and also raised some much-needed funds for the Club. The late summer good weather, together with

the "Olympic Effect", have increased the number of new paddlers coming to the Wednesday and Sunday sessions to an unprecedented degree. And there's more to come - trips to the



Exe (a perfect introduction to moving water), the Washburn (faster water and bigger rapids), the Stour (beautiful touring river in Suffolk), 3* training on the Barle, kayak-surfing on the Gower.

A huge shout out is due to the Club members that have made, and continue to make, all these things happen. Organising trips, getting new people kitted up on a Sunday, coaching (both formal and informal), making tea for racers - all of these jobs make Maidstone Canoe Club the vibrant, vital paddlesport group that it is. So next time you see one of them, say "thanks". Buy them a drink. Above all, get involved!

See you on the river!

Mark Corti, Website & Newsletter Editor
newsletter@maidstonecanoeclub.net

The best kayaking trip ever?

So, a week of kayaking in Slovenia with members of the Maidstone Canoe Club is over.

After driving over 1,000 miles, over two days, we got to Slovenia, and as soon as we saw the water, we knew we were in for a brilliant time paddling. Turquoise waters, gushing rapids; you name it, Slovenia outshone it. The little town of Bovec, described by some books as an oasis for adrenaline junkies, was beautiful, and within minutes of getting on the water, this title as an oasis became evident. With excursions exceeding those you'd expect to find on your average kayaking trip, Bovec boasts

cont'd on page 2 ...



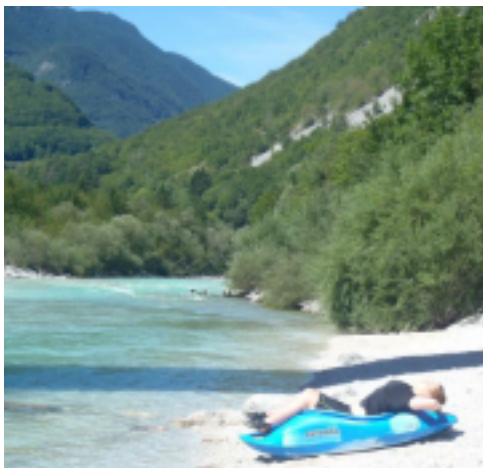
The best kayaking trip ever?

... cont'd from page 1

kayaking, white water rafting, hydrospeed, mountain hiking and biking, free climbing and parachuting, whilst the surrounding areas offer the more relaxed and laid back members of a group museums and natural spas, as well as beautiful lakes to walk around.

The river itself was brilliant. Our group comprised of both very novice white water paddlers, and much more experienced kayakers. Before leaving the UK, we were sure that the novice paddlers would only get to do flat water. Slovenia surprised us though, and none of our group paddled lakes. We found that there was plenty moving water for everyone to paddle within a half hour radius of the campsite in Bovec, from grade 1-2 sections, right through to a grade 5 slalom course, which, even Bill and Niki Norman found tricky! This diversity is made better by the fact that a grade 2-3 section is followed immediately by a grade 1-2 section, so the novice paddlers were able to meet us after lunch, with no need of shuttling wet kayakers to a new get in. Mix this with clear waters and sandy beaches, and most people would agree that you find yourself in some sort of Caribbean paradise.

The temperature, such a disadvantage in British trips, was perfect in Slovenia. We found that paddling, and even rolling, in just rash vests and shorts was more than ample. It certainly made paddling that little bit nicer. Another advantage of the very un-British weather was the evenings; instead of retiring to the pub or separate tents as a resort of the less-than-pleasant weather Dartmoor and Wales offer, we found ourselves sitting outside; Bill and Niki even got a game of volleyball in!



Eli conquering the mighty Soca

For me, the white water safety and rescue course we did earlier in July proved to be incredibly useful, if only for the correct technique for swimming on moving water. It seems that everyone used some aspect of the knowledge they gained through this course; Rob, Lawrence, Bill and Niki all got practice with throw lines, Lawrence and Bill got to retrieve a trapped boat, Mark got to rescue a swimmer, and Richard was key in performing rescues.

We found that all of our group pushed and were pushed harder and further than perhaps any of us had been pushed before; all of our techniques have improved, from increasing the success of rolls to improving breaking in and out of eddies, to reading the river and the water in front of you. By the end of the week the improvement was amazing; if only we had a river as beautiful and challenging as that in Maidstone! The general consensus amongst paddlers is that this has been the best kayaking holiday ever.

By Eli Payne

Meet a paddler

This issue's interviewee is Paul Tucker, Club paddler, trip stalwart and recently-qualified Level 1 Coach.

Mark: So how long have you been paddling for?

Paul: Since age eight on and off, through Scouts, but seriously for the last 5 or 6 years, I suppose.

Mark: And what made you get back into it?

Paul: It was something I did on holiday. We did a bit of open canoeing, and it was "hey, I like this, I'm pretty good at it", so I came back, found Maidstone Canoe Club, got introduced to everybody, got on the water and never looked back!

Mark: What kind of paddling do you mainly do now?

Paul: I'm torn between flat water, on the coaching side of things, trying to give continual improvement to people and larking about, and whitewater - although my bent is more towards whitewater now.

Mark: So what's been your favourite moment on the water so far?

Paul: Actually, it was quite recently. I've had a couple of reasonably hairy



Paul Tucker, focussed on the Trweryn trip this summer.

experiences in sticky holes, and just recently we went up to the Trweryn and I made a mistake, got caught in a hole again, and had to sidesurf, and I actually managed to get out by throwing and end, dumped the back of the boat into the green water that's flowing underneath, and it popped me out! It was brilliant, I was worried I'd be upside down, but it worked. There was an awful lot of shouting going on at the time!

Mark: Fantastic! And finally, what would your ideal day on the water be?

Paul: Crikey! I've had so many good experiences thus far, I'm always looking forward to the next good experience! There are always more good days, more improving days, more fun days to be had, the more you learn and the more you get to know the team you are paddling with.

By Paul Tucker and Mark Corti



Exe Trip: 19th - 21st October Introduction to moving water and 3* training

The annual Exe Trip is a fantastic opportunity for paddlers who have some experience on the Medway and would like to get some experience on moving water in a safe, coached environment. Practice breaking in and out of eddies and ferrying safely across moving water on one of the most beautiful rivers in the south-west. Please contact Geoff Orford, memsec@maidstonecanoeclub.net. We also need more experienced paddlers

to come along on this trip and assist - please help, as this is the Club's main introductory moving-water trip. This year, Bill & Niki will be running 3* training and assessment on the nearby Barle (water levels permitting). This is the next step up from the basic 1* and 2*, and is the stepping-stone to the 4* river leader award. Please contact Bill, cdg@maidstonecanoeclub.net.

Meet a paddler

Geoff Orford, treasurer, membership secretary, and committee member, talks to us this issue as part of our series spotlighting the paddlers who volunteer on the Club committee.

Mark: So, how long have you been paddling?

Geoff: [laughs] About 30 years.

Mark: And what made you start?

Geoff: My two daughters wanted to get into kayaking, so we looked up a local canoe club, came down here. Met Paul Newman, and went on from there. One daughter gave up, but the other one got into slalom paddling, and I was carting her all over the country for slaloms, mostly sitting on the bank, so I thought I'd get in a boat myself. There was another guy whose daughter was paddling as well, so we teamed up, and went from there!

Mark: So what kind of paddling do you mostly do now?

Geoff: Easy paddling, now! As befits my age! When I can I get out on the sea, but not too much this year - the weather's not been that great, but hopefully I'll be out again next year.

Mark: What do you do on the committee?

Geoff: You've got that wrong. It's "what don't I do on the committee!" [laughs]. I'm treasurer, as you know, membership secretary, generally trying to get people



Geoff Orford, in his boat on the Scottish coast earlier this year, where the sun always shines and the water is always blue.

involved, look after the paddlers on a Sunday, making sure they've got boats, paddles and that sort of thing. Answer the queries that come in from people that want to come down and paddle. Try and persuade people to pay their membership fees!

Mark: What would be your ideal day on the water?

Geoff: It's got to be up in the Scottish Isles. With the sun shining, preferably! It's beautiful up there, the scenery's fantastic, the paddling's great, chance of seeing wildlife, the wild camping I like, so go with a few mates, and it's really good.

By Mark Corti and Geoff Orford

Eigg Muck and Rhum, and That Was Just for Breakfast!

It was with some trepidation that we met at Geoff's house for an overnight run up to the wilds of Scotland.

The group consisted of a mixture of youth and experience, but it would be impolite to say who was which, other than it was clearly not Keith Phil or Alan who had the experience.

Long drive through the night saw dawn break on the snowy wastes of Glencoe, before we arrived at Fort William in time for an important briefing, accompanied by that local delicacy, the 'Full English'.

Fully refreshed, and now, some of us finally realising what we had let ourselves in for, we arrived at a secluded bay which was the preferred launch site for our assault on the Inner Hebrides. (It would be a long range assault, as getting near them would be clearly impossible). As we leapt out of the cars, it was obvious that we couldn't launch. The toupee test failed as soon

as I left the car, it was far too windy. After a short discussion, plan B was agreed on, and we arrived at the pub. Buoyed with additional 'local knowledge', we headed inland for a sheltered slipway, and successfully launched. Although still blowing, we were partially sheltered by the island of Shona. Once underway, it was obvious we were in trouble. Alan had brought his left handed kayak, and was unable to steer. A short but very verbal time later, we were underway and rounding Shona under a backdrop of mountains and castles. Fabulous. As we moved into open water the sun shone and we were in the company of seals, divers and other wildlife. Lulled into a false sense of security, we landed at the perfect sandy beach, after a short portage. The sand was white, the sun shone, the grass was covered in primroses and orchids, what could possibly go wrong. We pitched our tents and had a meal, and slept to the sound of the gently lapping waves

and woke to the sound of cuckoos. Wild camping, sea kayaking, heaven on earth.

The morning was fair, sunny, but a
cont'd on page 4 ...



**Touring on
the Stour
15-16 Sept**

The River Stour in Suffolk is a great river for touring, very varied with some small weirs. A group from the club paddled it in May and really enjoyed it, pictures on the website. The paddles are about 8-10 miles each day so not too demanding. The campsite is basic but right by the river and good for camp fires and BBQ. If you are interested in going please contact Geoff on memsec@maidstonecanoeclub.net so that the campsite can be booked.

Eigg Muck and Rhum, and That Was Just for Breakfast!

... cont'd from page 3

little blowy. Mission for the day was a circumnavigation of Shona, which would finally see us on the open ocean. We headed anti-clockwise, past the castle and along the channel separating Shona from safety, and out into the waves. The sun shone and we arrived at white sands in time for lunch. After lunch we struck out along the seaward cliffs of Shona, it was beginning to get a little choppy and us newbies began to look at each other a little nervously. We shouldn't have worried about the chop, within ten minutes it was a full blown hooly, with six foot waves hitting us broadside and driving us towards the cliffs. The group was strung out, and for a while it was every man for himself while we made our way a couple of miles to the shelter of some rocks. Bit of a baptism of fire, but we made it and shot a gap in the rocks to our base camp. Once the screaming had stopped, we made a brew and considered our experience. It began to blow properly. And then it rained. We went to bed, it rained, and it blew. We staggered into a huddle and decided that the only thing we could do was hunker down in our tents and wait. At this point, Alan's left handed kayak troubles paled into insignificance. My 'tent' (dubbed the coffin, by my wife) was basically a six foot sheet of ripstop which was only 2ft 6 inches high. All I could do was lie down, full length, face up. By now it was hammering down and my tent was slowly being alternately blown flat and filled with water. I could hear the callous laughter of others in their luxury accommodation. It was now a force 9 with the rain coming in horizontally. All night, all day, all night, grim. After 36 hours, the day dawned a little brighter and we decided to cut and run back to the slipway. The wind was



Wild camping on an inaccessible beach in Scotland

behind us, so a short time later we were unloading. Then the hail started. Freshly soaked, it was back to the pub, which had the most fabulous bunk house, for a meal, a dry off, and a night not staring at a patch of green ripstop. Next day, it was still too rough, and a vote was taken to get off the sea and paddle the Caledonian canal. So an hour later we arrived at Neptunes staircase, in the shadow of a snow clad Ben Nevis, in the bright sunshine. We paddled up to Loch Lochy, and, in the canal basin camped for the night. Full facilities were available, such as a shower and a tumble dryer, so the world looked a better place.

The next day, we paddled the length of Loch Lochy, about 15 miles, stopping

on a deserted beach for lunch. It was still choppy, but a great paddle.

Next day, we struck camp and headed the 8-9 miles back to the cars along the canal, accompanied by massive cruise ships.

The Caledonian canal is a genuinely great paddle in the best scenery.

Then it was the long slog home, tired but full of experience.

I have to thank Geoff and Norman for being brave enough to take three new paddlers out of their comfort zone and deliver them back in one piece.

I learned so much about sea kayaking and wild paddling, I sold my boat.

By Keith Dacey

Gear Review: Palm Extreme PFD

At the forefront of paddling technology, Palm have produced possibly the best BA ever.

The Extrem Vest or EV is both stylish and practical with multiple safety features and masses of storage.

Access is via the front, like a waistcoat, rather than through the bottom, so if you have mobility issues it can prove easier to get on. Even if you don't it's a much more pleasurable



cont'd on page 5

Committee News

The committee has been busy as usual, so this is just a few highlights of what has been discussed at the committee meetings since the last newsletter.

One of the more important items was the purchase of a Martin Howes Memorial Shield to commemorate our late Chairman. This will be presented each year to the winner of Group C in the Medway Marathon, which Martin

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Gear Review: Palm Extreme PFD

... cont'd from page 4

experience than squeezing all your chunky kit through the tiny opening in the bottom of your BA because you forgot to release the straps. Fixing the two sides together is achieved through Velcro and four buckles. In addition to this a removable safety harness is included which also serves to keep the two sides together.

From a comfort point of view, I found it to be the most comfortable BA ever made. The Flex Formed Foam moulds to your body shape and is positioned in all the important places, providing not only ample side protection but also fully body coverage, without causing issues with freedom of movement. The PVC-free lining makes it more breathable so when providing bank support or just milling around by the water it is still comfy to wear in dry clothes.

As a white water BA the Extrem Vest is armed with a wide array of safety features. From the dual cowtail parks on the front to the welded O-ring on the back, and the easy access knife and whistle pockets make sure your safety kit is easy to get when you need it. The front pocket is big enough to store your

mobile, keys and a small first aid kit as well as a sling and a pin kit. The back pocket can be used for documents or safety gear but is also designed to accommodate a hydration pack and keep it cool.

The 500kg rated continuous straps and Cordura panels make the vest super tough and the Solas reflective panels make it easier for you to be seen in the dark or in gloomy gorges. With so many features it's hard to deny this is a brilliant buoyancy aid. So, If you need a new BA for white water, or even touring, this is definitely one to consider. It comes in two colours; three sizes; XS/S (65N), M/L (70N), XL/XXL (75N) Red or Saffron.

By Kent Canoes

The Palm Extrem PFD retails for £169.99 and is available at Kent Canoes. Kent Canoes are offering a 15% discount for Maidstone Canoe Club Members until September 30th (10% after that). Please show your membership card to get the discount. Support your local canoe shop!

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

Thames Diamond Jubilee Paddle

I applied to enter the Queens Diamond Jubilee Pageant in late 2011 when I saw it advertised on the web.

The entry form wanted to know all my kayaking qualifications, of which I have none, but I did put in my sea kayaking experience, of which I have plenty. I did not expect to get selected but got an e-mail earlier this year congratulating me on being successful. Over the next few months I received loads of info and forms to fill in regarding safety and security. The guy in charge of the kayak section, Harry Whelan from the Cremorne Kayak Centre on the Thames, sent instructions about when and where to register which I duly did in the afternoon of Saturday 2nd June at Shadwell Basin. My boarding pass was checked against my drivers licence and I was issued with a security wrist bracelet. There was a boat scrutiny but very cursory although one entrant, a lady from Hungary I think, was told her boat was too short but would be able to borrow a sea kayak, she was not impressed as she had painted her boat with flags and other stuff. In the evening there was a briefing by people from the

Port of London Authority and Harry, it was stressed that we had to paddle in formation according to the plan, at the back of the man powered craft in three columns; every boat had a number

cont'd on page 6



Committee News

... cont'd from page 4

regularly paddled in. Also of importance was a report from the Fire Officer, recommending some changes to be made to the Clubhouse to increase safety in the event of a fire. The Club Bosuns, Leanne Brown and Richard Clark, are currently preparing an inventory of the boats the Club has, with recommendations for repair – if you notice any damage to Club boats, please mention it to them.

Finally, the committee has made some funding available to help with the costs of gaining BCU coaching awards. Please contact the committee, suggestions@maidstonecanoeclub.net, if you would like to apply for funding for this.

By Mark Corti

newsletter@maidstonecanoeclub.net

Thames Diamond Jubilee Paddle

cont'd on page 6

which corresponded to a prescribed place in the plan. I did think that whoever organised the plan did not know much about keeping paddlers in formation but Harry seemed to go along with it. It was stressed over and over that we must be able to paddle at 4 knts or we would have to drop out, this is about my cruising speed in a sea kayak. As we had to be on the water by 8:30 Sunday morning I had decided to stay the night, we had use of the floor of the centre but I chose to sleep in my car, not a good choice as it rained all night.

Boats were decorated and ready to leave at 8:30 to paddle up to the Cremorne Centre near Battersea Bridge on the flood tide. A most enjoyable paddle up with the group, there were only three other paddlers I knew, from Hastings CC. Plenty of people were already lining the banks and the paddlers were in high spirits. We arrived at Cremorne about 10:30 and had to wait until 1:00pm to get back on the water but food was provided and with plenty to see the time passed quickly. All the boats had to be carried up to the centre and down again, some of the participants were amputees from the army who insisted on helping to carry their own boats, even one guy with two artificial legs, which got a round of applause from the crowd lining the banks.

We assembled on the water and drifted about waiting for the procession to come down river, a good atmosphere with plenty of banter with the crowds but there was no attempt to get us in our planned places. Eventually the procession appeared and we waited to join in our appointed place behind the dragon boats. Almost immediately the plan went wrong, as the rowing boats and dragon boats slowed down and stopped to raise their oars when passing the Queen most of the kayakers took the opportunity to squeeze between them and head for the front, I being a good citizen, stopped behind the dragon boats. When we set off again there were about two or three kayaks with me. I pushed on past some of the dragon boats and rowing boats but there was no chance of catching the other kayaks. I thought it likely that Harry would get it in the neck from the PLA but nobody seemed to worry much. So I paddled mostly by myself near the north bank and got lots of shouts and waves from the crowds. I paddle alongside the Maori Dragon boat for a while but every now

and then they raced the other dragon boats and well exceeded the four knots, the atmosphere was great everybody was having a great time despite the weather. Towards Tower Bridge I caught up with a couple more kayaks and we more or less kept together till the end when it really chucked it down. It was a fantastic experience and I got plenty of feedback from friends and relatives who saw me on the TV, some from New Zealand, Australia (Baz Walsh) and South Africa.

By Geoff Orford

memsec@maidstonecanoeclub.net



Upper Dart Trip

The Upper Dart is a step up from the Dart Loop, with continuous grade IV rapids at most river levels. A number of people have expressed an interest in running it this winter, with an experienced paddler familiar with the lines guiding it. If you fancy the challenge this river offers, or are familiar with the river and would be prepared to guide a few of us down it, please get in touch with Mark Corti, mark@maidstonecanoeclub.net.

Please note this trip is not suitable for those new to white water.

Coaching on the Soca in Slovenia

The beautiful rugged Julian mountains provide a wonderful backdrop to the Soca river as it meanders its way through the valley from Velika Korita passing by Bovec, to Tolmin.

The Soca river offers paddlers grade 1, 2, 3, 4 and 5 rapids in crystal clear

perspective offers the beginner the challenges of an introduction to moving water as there are many pools and grade 1 and 2 sections; the intermediate paddler the opportunity to hone technical skills in low water and experience the fun and excitement on running high volume water (dependant



water. For days off the river there are mountain trails for bikers and walkers. For those who do not mind heights there is a cable car that takes you to the ski range high up in the mountains providing glorious 'bird eye' views of the valleys below. There are opportunities for climbing, abseiling and caving to name a few non paddling activities. There are many restaurants, cafes selling at reasonable low costs food, beer, wines and juices, and a fantastic wide range of ice cream.

The Soca from a coaching

on time of year – spring/summer weather). Access and egress to the river is well marked. Many sites have toilets facilities. There may be opportunities to access formal courses and assessments for those interested in gaining BCU awards. For those who would like to experience rafting, hydro speed, rubber rings etc there are many local businesses to choose from. This venue comes highly recommended.

By Bill Norman

cdg@maidstonecanoeclub.net

Featured Upcoming Events

Thursday, August 30th - Sunday, September 2nd: Washburn and Northern Rivers Trip

After the success of the earlier Washburn Trip (photos on website), Bill & Niki are organising another one. There is a Washburn release on Sunday, and the plan is to arrive at the campsite on Thursday (or Friday, if you like) and paddle some other local water on the Friday and Saturday. Options include a section of the River Tees, the fish ladder on the Ouse, or Teesside White Water course. Contact Niki, niki@maidstonecanoecub.net

Friday, 7th September - Sunday, 9th September: Gower Surfing Trip

This is a week end surfing at one of Wales best surfing beaches. The campsite is right next to the beach with great walks and stunning scenery. This is a great place to paddle for all levels whether you catch a big wave or just stay in the shallows and "paddle" the choice is yours. Contact Rod, rodjaney@blueyonder.co.uk

Friday, 7th September - Sunday, 9th September: PyrahnaFest at the Trweryn

This year's PyrahnaFest at the Trweryn is taking place on the 8th/9th September. A few people from the Club are likely to be going up there - please contact Paul Hignall, pmh.777@blueyonder.co.uk

Sunday, 9th September, 10 a.m.: Autumn Medway Rubbish Clearance

Rubbish collection in association with Medway Valley Countryside Partnership. Start at the club at 10:00 and collect rubbish from the river and the banks where it is accessible from kayak or canoe. Deposit the rubbish at Allington outside the MVCP office. Please join in to help keep OUR river clean.

Saturday, 15th September - Sunday, 16th September: River Stour, Suffolk - Touring Trip

The River Stour in Suffolk is a great river for touring, very varied with some small weirs. A group from the club paddled it in May and really enjoyed it, pictures on the website. The paddles are about 8-10 miles each day so not too demanding. The campsite is basic but right by the river and good for camp fires and BBQ. If you are interested in going please contact Geoff on memsec@maidstonecanoecub.net so that the campsite can be booked.

Saturday 15th September, 9:30 - 16:30: Women & Girls Come and Try Day

Niki is organising a 'Women & Girls Come and Try Day', where it will be possible to try canoeing, kayaking and the Bell Boat. Please pass on this information to anyone you know anyone who may be interested. For more info or to reserve your place please email Niki at niki@maidstonecanoecub.net. We also require helpers and coaches (male & female) to assist with this.

Saturdays, September 29th; October 13th; November 13th; all at 8p.m.: Pool Sessions

Pool Session at Larkfield Leisure Centre. Rescues, rolling, playboating, support strokes - in the warm!

Saturday, 20th October - Sunday, 21st October: River Exe, Intro to Whitewater and 3*

The Exe is a perfect introduction to whitewater kayaking, as well as a lovely river and fantastic trip (with a fabulous pub!) This year, Bill & Niki are running 3* training and assessment simultaneously. Please contact Geoff, memsec@maidstonecanoecub.net, if you'd like to come on this popular trip, as we need numbers to book the campsite. Please email Bill cdg@maidstonecanoecub.net if you are planning on doing your 3* training and assessment.

Club Contacts & Committee

Paul Newman (Chairman)

chairman@maidstonecanoecub.net

Brian Marston (Vice Chairman)

vice-chair@maidstonecanoecub.net

Jane Addy (Secretary)

secretary@maidstonecanoecub.net

Geoff Orford (Treasurer, Membership Secretary)

memsec@maidstonecanoecub.net

Leanne Brown (Racing Bosun,

Marathon Co-ordinator)

bosun-racing@maidstonecanoecub.net

marathon@maidstonecanoecub.net

Richard Clark (General Paddling Bosun)

bosun-gp@maidstonecanoecub.net

Lee Horton (First Aid Officer)

first-aid@maidstonecanoecub.net

Catherine Dacey, Dean Jordan

(Welfare Officers)

welfare@maidstonecanoecub.net

Bill Norman (Coaching Development Group)

cdg@maidstonecanoecub.net

Mark Corti (Newsletter, Website)

newsletter@maidstonecanoecub.net

web@maidstonecanoecub.net

Other Committee Members:

Andrea Head

Mick Wibrew

Norman Brooks

Suggestions for the committee can also be made at suggestions@maidstonecanoecub.net and will be discussed at the next committee meeting.

Cut-Out-And-Keep Calendar - September

| Monthly View | | | | | | | September 2012 |
|--------------|---------------------|---------|-------------------------|---------------------------------------|---------------------|--|---------------------------------------|
| | ◀ August | | September 2012 | | | October ▶ | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 35 | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| | | | | Washburn & other Northern Rivers Trip | | | 09:30 Regular Paddle |
| | | | | | | | 09:30 Poole Harbour Race |
| | | | | | | | 09:30 Race Training |
| 36 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 18:30 Race training | | 17:30 Regular Paddle | | Gower surfing trip | | |
| | | | 18:30 Race training | | 18:30 Race Training | PyrahnaFest at the Trweryn | |
| | | | | | | | 09:30 Regular Paddle |
| | | | | | | | 09:30 Autumn River Rubbish Collection |
| | | | | | | | 09:30 Race Training |
| 37 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 18:30 Race training | | 17:30 Regular Paddle | | 18:30 Race Training | River Stour Suffolk | |
| | | | 18:30 Race training | | | 09:30 Women & Girls Come & Try Day - Morning Session | 09:30 Regular Paddle |
| | | | 20:00 Committee Meeting | | | 12:30 Women & Girls Come & Try Day - Afternoon Session | 09:30 Race Training |
| 38 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 18:30 Race training | | 17:30 Regular Paddle | | 18:30 Race Training | 09:30 2* Training Weekend | 09:30 Regular Paddle |
| | | | 18:30 Race training | | | | 09:30 Race Training |
| | | | | | | | 09:30 2* Training Weekend |
| | | | | | | | 10:00 Kent Canoe Demo Day |
| 39 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 18:30 Race training | | 17:30 Regular Paddle | | 18:30 Race Training | 08:45 Bell Boat Helm Course | 09:30 Regular Paddle |
| | | | 18:30 Race training | | | 20:00 Pool Session | 09:30 Race Training |

■ Pool Sessions
 ■ Regular Paddle Sessions
 ■ Race Training
 ■ Coaching & Star Awards
 ■ Trips & Tours
 ■ Social Events

Cut-Out-And-Keep Calendar - October

Monthly View

October 2012

| | ◀ September | | October 2012 | | | | | November ▶ | |
|----|---------------------------|---------|---|----------|---------------------------|--|---|------------|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
| 40 | 1 18:30 Race training | 2 | 3 17:30 Regular Paddle 18:30 Race training | 4 | 5 18:30 Race Training | 6 | 7 09:30 Regular Paddle 09:30 Race Training | | |
| 41 | 8 18:30 Race training | 9 | 10 17:30 Regular Paddle 18:30 Race training | 11 | 12 18:30 Race Training | 13 08:00 2* Assessment 20:00 Pool Session | 14 09:30 Regular Paddle 09:30 Race Training | | |
| 42 | 15 18:30 Race training | 16 | 17 17:30 Regular Paddle 18:30 Race training | 18 | 19 18:30 Race Training | 20 Exe Trip - River Trip, Introduction to Whitewater & 3* Whitewater 3* Whitewater Training & Assessment | 21 09:30 Regular Paddle 09:30 Race Training | | |
| 43 | 22 18:30 Race training | 23 | 24 17:30 Regular Paddle 18:30 Race training | 25 | 26 18:30 Race Training | 27 | 28 09:30 Regular Paddle 09:30 Race Training | | |
| 44 | 29 18:30 Race training | 30 | 31 17:30 Regular Paddle 18:30 Race training | 1 | 2 | 3 | 4 | | |

Pool Sessions
Regular Paddle Sessions
Race Training
Coaching & Star Awards
Trips & Tours
Social Events

Fun Sessions
Races
All Categories ...

Cut-Out-And-Keep Calendar - November

Monthly View

November 2012

| | ◀ October | | November 2012 | | | | December ▶ | |
|----|---------------------------|---------|---|----------|---------------------------|--------------------------|---|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
| 44 | 29 | 30 | 31 | 1 | 2 18:30 Race Training | 3 | 4 09:30 Regular Paddle 09:30 Race Training | |
| 45 | 5 18:30 Race training | 6 | 7 17:30 Regular Paddle 18:30 Race training | 8 | 9 18:30 Race Training | 10 20:00 Pool Session | 11 09:30 Regular Paddle 09:30 Race Training | |
| 46 | 12 18:30 Race training | 13 | 14 17:30 Regular Paddle 18:30 Race training | 15 | 16 18:30 Race Training | 17 | 18 09:30 Regular Paddle 09:30 Race Training | |
| 47 | 19 18:30 Race training | 20 | 21 17:30 Regular Paddle 18:30 Race training | 22 | 23 18:30 Race Training | 24 | 25 09:30 Regular Paddle 09:30 Race Training | |
| 48 | 26 18:30 Race training | 27 | 28 17:30 Regular Paddle 18:30 Race training | 29 | 30 18:30 Race Training | 1 | 2 | |

■ Pool Sessions
 ■ Regular Paddle Sessions
 ■ Race Training
 ■ Coaching & Star Awards
 ■ Trips & Tours
 ■ Social Events
 ■ Fun Sessions
 ■ Races
 ■ All Categories ...