

NEWS LETT ER

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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, 2013.



Mark Corti, Editor
newsletter@maidstonecanoeclub.net

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From the Editor

As I write this, the best summer in recent memory is finally drawing to a close.

There's a slight chill in the evenings, the nights are beginning to draw in, and glassy-eyed parents across the country are counting down the days until the little darlings are safely back in school. At the Club, the beginner sessions are beginning to wind down after a frantic August, and regular members are returning from trips abroad with fond memories and tall tales (that's me on the right, running a 30-foot waterfall). Paddlers from the Club have been sea kayaking in Devon and Wales; running glacial big water in Austria; racing nationally in the Hasler Marathon series; and countless other trips both big and small. Closer to home, the Medway Canoe Trail provides a local mini-adventure, and there have been a fair few Club members camped at Oak Weir over the summer months.

Since the last newsletter, there have been successful Club trips to Scotland (see article), Nottingham and the Trweryn, an incredible first trip to Bulgaria (see article), and trips to the Stour and Hampton Court. September is even busier, with weekends at the Washburn (whitewater), the Gower (kayak-surfing), Wareham (sea paddling), the Stour (touring / camping), and the Derwent (the culmination of the summer-long Intro to Moving Water course). They're all open to Club members, at cost, so take a look at the calendar on the website and sign

cont'd on page 2 ...



Aaron at the World Championships in Catalunya.



It just looks smaller in the photo.

committee Meet a paddler

Aaron Jordan is a regular at the Club, and can be found in the gym or on the water most days. He was recently asked to join the committee.

Mark: So how long have you been paddling?

Aaron: Since I was about 7 or 8.

Mark: And how old are you now?

Aaron: 23!

Mark: What kind of paddling do you mostly do?

Aaron: Flat water. Normally marathon, but I give sprint a go!

Mark: Can you describe your best paddling experience so far?

Aaron: My best day on the water was probably when I went to the World Championship. It was an experience.

Mark: And when was that?

Aaron: It was in 2010, in sunny Spain!

Mark: So how did you do?

Aaron: 18th in the world.

Mark: And was there quite a lot of training to build up to it?

Aaron: I think that the training I did in previous years got me there. My fitness was from previous years, I just had a bit more speed from, mainly, training with Leanne [Brown – see interview in previous issue], because she does all the sprint. So, going from marathon to doing a lot of sprint with her

cont'd on page 3 ...

Sea Kayaking For Girls ...

Well one girl and four chaps to be exact.

Following the exploits of husband Keith on last years trip, I decided to persuade Geoff to run the trip to Arisaig in north west Scotland during half term.

It was with slight trepidation I packed our kit into more zip lock bags than is imaginable, loaded enough food to feed a large army and set off to collect Phil. Our

Luckily the sea was flat, there was no wind, the sun was shining, in fact just as it had been advertised. We paddled for a couple of hours and then Norman and Geoff slowed and disappeared behind a small island, this was our stop. A fantastic sandy beach, with a grass bank and small hill faced us, the tide pushed us up the beach and I had made it. Finding a soft spot on the grass near the facilities, we pitched our tent and had a

celebratory flat bread. The sky was blue the sea was turquoise and it was 9.30pm what a fantastic place.

We awoke several times to the sound of a disco, which we thought was on a boat out in the loch, it turned out to be across the loch on an island. After a hearty breakfast we set off for a sightseeing paddle up Loch nan Umah to 40 tick beach. The wind was light the sun was out and I was assured that I had had too much good weather to get my money back!

Our lunch stop was a beach with a
cont'd on page 2 ...



Just one of the fabulous wild campsites which make sea-paddling in Scotland such a joy. The ticks are just visible on the bottom-right of the beach.

overnight journey to the north was terrific, not much traffic and a fantastic moon. Having breakfasted in Fort William and picked up final supplies we set out for our put in north of Arisaig.

The tide was on its way in, but we had a couple of hours to pack the boats, good job really, as we hadn't test packed! As we launched the fear of what I was doing struck, the furthest I had paddled in my sea kayak was across the estuary at Gillingham, I was about to go 6 miles in a boat full of kit having been on the go for 20 hours.

Invitation To Clubmark Presentation Wednesday 11th September, 8pm

Achieving Clubmark accreditation is a proud moment for Maidstone Canoe Club. Chris Edge, our local BCU representative, will be coming to present the award and help us celebrate. All Club members, old and new, are warmly invited to come to the Club for the presentation and social evening. Please bring something to eat and something to drink! See website calendar for details and contact Catherine Dacey, welfare@maidstonecanoeclub.net for more information.

Maidstone Marathon Thank You

We had unseasonably good weather, and a whole host of able and conscientious helpers for the Club Hasler Marathon.

This is an annual event which cannot run without the commitment and help of many club members (and, on the day, two non members). Offers of help came prior to the day, and on the day itself, and all were gratefully accepted.

Turns were marshalled, times and numbers recorded, boats called to the start line, tents erected, refreshments produced, safety boats paddled, a new artificial portage erected and manned at the rowing club, a "gofer" taking results

to our very able IT man, and probably others who I have left out and to whom I apologise.

Geoff, is an invaluable member of the team. Vastly undervalued and modest, he enters the information on the computer, takes results and produces the final positions and result sheets. Without his expertise, the race would founder.

To every club volunteer, a VERY WELL DONE on behalf of your club.

Paul Newman

president@maidstonecanoeclub.net

CDG Night Out 27th September

The Coaching Development Group has been running for a year, and we're going out for some food and a few drinks to celebrate! All welcome - not only coaches, but anyone who's been involved in helping at sessions, organising, coming to meetings, and particularly anyone who is considering getting involved in coaching at the Club. Come along and have a chat! See calendar for details and contact Mark to confirm your space - mark@maidstonecanoeclub.net



The K2 start at this year's Maidstone Hasler Marathon

From the Editor

... cont'd from page 1

up for a trip! On the social front, there's a coaching group night out on the 27th (see calendar), and we're celebrating achieving Clubmark, the national award for sports-club excellence, on Wednesday 11th September. Bring some food, bring some drinks, and we'll see you at the Club! Clubmark will open new avenues of funding to the Club, and achieving it has been a long process, indefatigably spearheaded by Geoff Orford. It's going to be a busy autumn!

Finally, as always, huge thanks are due to all those who have contributed to the newsletter, both for this issue and over the last 18 months. It's inspiring reading what you've been up to. The

deadline for the next issue is November 10th – I look forward to hearing about more paddling adventures!

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



Leading the pack

committee Meet a paddler

.. cont'd from page 1

all of a sudden, I think I gained a little bit more speed and I think that helped quite a lot.

Mark: And your favourite piece of paddling kit?

Aaron: It's got to be a boat! You can't do anything without a boat. I paddle a Zedtech Predator at the moment.

Mark: Where would you like to be in five years?

Aaron: Representing Great Britain again. Definitely for marathon, and if I can bulk up enough then yes, I'd like to go for sprint, but mainly marathon. The sprint would be if I did get big enough and quick enough, but marathon would be my main aim and sprint would be "if it happened".

Mark: And what about for the committee? You've been co-opted to it!

Aaron: Yeah, apparently I'm on the committee now! I currently look after the canoe club, maintenance and sorting stuff out. I'm responsible for the nice bright colours in the toilets!

By Aaron Jordan and Mark Corti



Aaron in full flight.

The Bulgarian Adventure

It all started with a post paddle drink and pub chat,

when Tony asked, "Why don't you come to Bulgaria? We have some great rivers." It didn't really seem like a good idea; it was too far to drive and it sounded like a logistical nightmare. As time passed though, we seemed to come up with solutions to all the problems and a plan was hatched. One by one flights were booked and the trip was on.

We began with an evening meeting in the club car park to give Richard our heavy, kit-laden boats. Then, while the rest of us returned to work or school for a few days, Richard and Lee headed off in the van for the long drive to Bulgaria.

The rest of us flew out from Stansted very early on the Saturday morning. We were met at the airport by Richard with the boats and Chaf, our Bulgarian shuttle bunny and all round helpful and good natured guy. We had arrived in time for a typically Bulgarian lunch in the capital Sofia. The city was busy and colourful and had great free Wi-Fi. (Wi-Fi was generally very good everywhere.) We wandered around in a touristy kind of way before heading to our first hotel, nestling in the mountains a couple of hours away. The hotel was rustic and very welcoming and the views were beautiful.

The first river, the Iskar, was a gentle bimbler to warm up. The river didn't present any challenges but was pretty and enjoyable. We had a stand in guide on the first day, as Chachi, who would be guiding us for the rest of the week was away coaching the national rafting team. We then drove to our second hotel. It was pleasant enough but looked like it had seen better days. Much of rural Bulgaria looked like this; so many



Good fun on the Bulgarian rapids.

sad, neglected buildings unoccupied and falling down.

We met Chachi, and drove to our second river, the River Sandanska Bistrica. Unfortunately, as he hadn't been able to paddle with us on the first day, Chachi hadn't seen us paddle and



Lots and lots of boats, and quite a big van.

at this point there was a bit of a gap between his perception of our ability, and our actual skills! On the way to the 'get in' we stopped to look at a section of the

river. It looked very manageable. What we didn't realise was that this was the easiest section on the river. The water was clear and pretty, very much like rivers in the French Alps. It was also very fast and narrow with very few eddies! The group had become a bit spread out as we got on and people had to move downstream to find somewhere to wait in the few eddies that were there. The fast water and rocks caught a couple of people out and a little rescue practise ensued. It was fast and fun, but we had long since seen Chachi and the first three paddlers. Then we rounded a corner to find three people out of their boats, a boat pinned on a rock in the middle of the river and a paddle missing (never to be seen again). Knowing that the river was going to get harder, it was decided that most of us should walk out. Paul T, Zach and Pete however, had managed to keep up with Chachi and blasted down the whole river in about twenty minutes. Have a look at the video on the website. It looks very exciting!

We spent the rest of the day eating lunch and wine tasting. Every cloud has a silver lining! The food in Bulgaria was tasty and interesting. Some people really liked the kebache (like spicy sausages). I realised on about the second day that I had eaten five meals in a row with cheese on or in it. The salads were good and most came sprinkled with white cheese. For breakfast I'd had something like a Frisbee covered in honey, but cheese fell out of it when I had folded it in half to eat it; it was delicious.

The next day we went to Chachi's

cont'd on page 5 ...

Could You Spare A Few Hours For Your Club In 2014?

The beginner courses this year have been a huge success, and amazingly rewarding for the coaches who deliver them. Helping a nervous novice take their first tentative strokes on the water, and then seeing them grow into a confident paddler looking forward to their next trip is a fantastic experience. We need your help to do this again in 2014.

Come along to the CDG night out (27th September) or speak to one of the coaches about how you can get involved. It doesn't need to be every week - just a few sessions during the year would really help.

Introductory Courses

As the introductory courses wind down and the summer draws to a close,

I thought it might be interesting to take a look at how they went. With the help of numerous coaches and Club members, we were able to offer 136 spaces this year to new paddlers, and filled 105 of them. That's over 100 excited new people who have achieved (or are working towards) their 1*. The courses in July, August and September were completely full, despite us putting on extra sessions on Monday and Friday nights. The latest course filled up in just 3 days! The feedback forms have been overwhelmingly positive, with the friendliness of the Club, as well as the support from coaches and others, being singled out for particular praise. Around half the paddlers on the courses were female, which builds on the "Ladies' Day" which Niki ran last year and

cements Maidstone's reputation as a friendly and inclusive Club for everyone. Many of those who completed the course have joined the Club, and there plenty of new faces on Wednesdays and Sundays. They are now looking around for places to go and people to paddle with, so if you see someone you don't recognise – say hello and make them welcome!

None of this would be possible without our hard-working coaches and members, so a huge thank you to: Niki Norman, Bill Norman, Rowan Speers, Andrea Head, Paul Tucker, Jamie McConville, Alan Nevard, Steve Chinn, Rod Stoddart and of course our inimitable Bo'sun, Richard Clark, and other people who remain nameless but nevertheless deserve gratitude.

By Mark Corti

mark@maidstonecanoeclub.net



Another beautiful deserted beach on the West Coast of Scotland. Ask Geoff about dates for next year's trip.

Sea Kayaking For Girls ...

... cont'd from page 4

lovely grassy bank with a huge population of ticks which made their way to Keith's legs, being on holiday he insisted on wearing shorts! It seems that all wild creatures in Scotland are very friendly and inquisitive, whilst eating lunch on the grass the local population of Jackdaws emptied the boat hatches and tried to eat our survival bag. They obviously recognise kayakers as a good food source. But they weren't ready for Geoff chasing them off!

The trip back was a little windy and so conditions were bumpy, but they were made worthwhile by the puffins and guillemots swimming along side us.

In the evening another group landed

on the beach and set up camp further along the grass. They advised that the weather was due to break with high winds and rain. It was decided that we would go back to the put in the next day and move the cars to a more convenient point should the weather take a turn for the worse. It was difficult to see that this would happen as the paddle back was fantastic with mirror seas, little wind and blue sky. Keith even caught a fish for lunch, which he rapidly stowed on his boat when the seals appeared. The trip back was slightly longer than anticipated as we took an inlet too soon and had to retrace our steps.

On arrival at the beach the tide was

The Bulgarian Adventure

... cont'd from page 4

rafting base and paddled the River Struma. This was much bigger volume and great fun. There were several challenging rapids to negotiate and then a portage around a rapid which was too difficult due to the lowish water levels. The second section of this run was much easier with lots of bouncy waves. We paddled on this river for the rest of the week. Video of some of this can be seen on the forum too.

Unfortunately, shortly before we flew out to Bulgaria, the country experienced record high temperatures for the time of year, which meant that the snow melt feeding the River Arda, which we were to have paddled, had come early and the river was now too low for us. We changed hotels for the last three nights and moved to a modern hotel with a lovely swimming pool and air con. We enjoyed exploring the town of Blagoevgrad and trying the many flavours of ice cream.

All in all it was a fantastic week and everyone enjoyed the great Bulgarian Adventure! Thank you to Tony and Dido for organising everything, and especially to Tony for translating, ordering and generally looking after us. Also thank you to Richard for transporting the kayaks.

By Niki Norman

niki@maidstonecanoeclub.net

right out so we had lunch, paddled round the rocks and as the clouds gathered made haste to the cars, packed up and headed for the luxury of a bunk house. As planned, the bunkhouse had good beer, good food but no bunks! Geoff and Norman set off to find a good camping spot. They returned with tales of Loch views, car parking, full facilities including shower, with a wooded aspect. It was in fact the lay by next to the village hall, but there was a flushing toilet and hot water. We all had dinner, bent a few tent pegs and waited for the wind and rain which duly arrived.

Monday morning dawned grey and windy, we decided to pack up and go to Loch Moidart and paddle to Eilean Shona. As the wind was still quite strong we drove along the loch to where we had seen some dolphins.

cont'd on page 6 ...

Sea Kayaking For Girls ...

... cont'd from page 5

Sitting in the lay by waiting for the wind to die down we met a couple of people who were looking for otters, and there it was, swimming by!

As opening time approached and the wind began to die a little we returned to Glenug for a bowl of soup and a pint. The afternoon paddle was 5 miles to Shona, the tide was low and we struggled to maintain enough water to keep going, there were frequent shouts of keep left as the channel moved. Heading up the loch towards the sea the wind picked up and the tide turned, the paddle became a little more exciting, if that's the right word. As we approached the end of the loch it was explained that we needed to turn right and the right again to get to the sheltered beach. As I drew nearer I realised that the waves were quite big and the troughs between them bigger, I needed to go through a gap between two rocks, watching the waves I convinced my self there was a pattern to the flow and every 4 or 5 waves was a flat, I needed to paddle like mad through the gap on the flat and then go right, checking that Keith was with Geoff I set off, Norman had gone through and I watched as he disappeared behind the crest of the wave coming towards me, I saw my chance and went, through the gap was fine, what I hadn't anticipated was the sea the other side, it resembled a boiling pot, there were waves from every direction and I could only see the top of Norman's head every

now and then as he crested the waves. At this point I wondered why I had come and where Keith was, looking over my shoulder wasn't an option. At the first chance I spun on a wave and headed as best I could in the general direction of Norman, then I saw where we were turning in to the sheltered bay.

With a little terror and a little hope I made it through the gap into slightly quieter water although the surf in was quite fun. Looking back I could see Phil coming in, I waited but no Keith, no Geoff. Then turning forwards towards the beach Keith suddenly appeared from behind a rock, Geoff had taken a short cut and they came in through a small gap. Relieved I beached just happy we were all there.

Tuesday was the trip to White Sands Beach, this had been Keith's trip of nightmares last year. So it was with trepidation that I set out, we had a light breeze and sunshine but the weather can change. We had a great paddle back down the loch, as the tide was higher we exited straight into the loch and didn't have to hit the sea first. We paddled round Shona to white sands where we had lunch. The trip back was across the top of the island in the sea. The wind was up but not too bad, as we paddled back it got stronger and the sea rougher, but the sun was shining and we weren't being blown towards the rocks it was great. Then to top it all after dinner we had a fantastic sun set.

Having packed up camp we retraced our steps with a detour in the bottom of the loch to look at a potential put in and campsite and then headed off to white sands for the night. Another spectacular sunset, and I don't think it really went dark.

In the morning we paddled round to Glenug for water and to dolphin point for lunch. Paddling back the wind got up and Keith struggled with his boat. After a small snack we went for a walk to the headland. We could hear cuckoos and saw some buzzards circling on the thermals. As we watched the buzzards we saw a cuckoo and then another and another, we think we saw 10 in all. On our way back we were treated to one sitting on a rock posing for photos. Keith went and found Phil, who missed out on seeing them last year, he got a picture too!

Back at camp we had dinner, can't believe it's the last night. What a week, blue sky, turquoise sea, temperatures in the mid 20's and very little rain. In all we covered about 50 miles. The scenery was stunning, the weather fantastic, and as for the company, it goes without saying, I can't wait for next year.

As a foot note, sea kayaking trips are very good value unless you are married to Keith, last year he came back and bought a boat. This year he has a new seat, paddle and flash wellies!

By Catherine Dacey

welfare@maidstonecanoecub.net

News from the Committee

It's been a while since the last "News from the Committee" article, but that doesn't mean that nothing has happened!

There's been a lot going on over the year, and there's not space to tell you about all of it, but here are a few things which might be of interest:

- Clubmark Accreditation Party. After years of work by Geoff Orford, Paul Newman and several others, Maidstone has finally been awarded Clubmark by Sport England. This is a national accreditation recognising the quality of amateur sports clubs. To celebrate, we're having a social at the Club on Wednesday 11th September, 8pm. Please do come along and help celebrate!

- new racing boats! If you've wondered who the shiny new white, orange and blue boats belong to - they're

ours! This new purchase goes some way towards addressing the long-standing shortage of modern boats to bring new racers along in. Some older boats are being sold off, and it's likely a couple more new boats will be purchased with the money. If you fancied giving K1 paddling a go, there's never been a better time - drop in on Friday nights and have a chat to Dean.

- new general-purpose boats. The beginner sessions this year highlighted that we're short of boats for larger paddlers. There's now a new Karnali in the shed, with another new large boat coming in the next few weeks. Thanks to Richard, our Bo'sun for the GP boats, for sorting this out (and generally keeping the boats afloat!)

- Clubhouse booking. To avoid clashes with use of the Clubhouse, please book through Brian Marston,

chairman@maidstonecanoecub.net if you're planning to run a course or use the Clubhouse outside normal sessions.

- Clubhouse maintenance. Speaking of the Clubhouse, I hope you've all noticed what a fantastic condition it is in! Aaron, supported by time off from Dean Jordan's company, has been bringing the place up to scratch. Leanne has taken responsibility for weekly cleaning. As I'm sure you agree, the hard work is really paying off - make sure you say 'thanks' to them when you see them!

That's just a couple of highlights from this year. As always, email suggestions@maidstonecanoecub.net if there's anything you want brought up at the next meeting, or have a chat to someone on the Committee.

Mark Corti

mark@maidstonecanoecub.net

Featured Upcoming Events

Please see the website for full details of these and other upcoming events, trips, tours & training.

Friday, August 30th - Sunday, September 1st: Washburn & Northern Rivers Trip

Fantastic dam-release white water fun on the Washburn, plus whatever else is running! Contact Niki, niki@maidstonecanoecub.net

Wednesday, September 4th (and all Wednesdays in September): 2* Training

Niki will be running 2* training sessions on Wednesday evenings at the Club. A great follow-on to the beginner courses and a good path to moving-water and other trips away. niki@maidstonecanoecub.net for details.

Friday, September 6th - Sunday, September 8th: Gower Kayak Surfing

Possibly the most fun you can have in a kayak, Rod is once again organising a trip to the legendary surf on the Gower Peninsula. Email rodstoddart@yahoo.co.uk for details.

Friday, September 6th - Sunday, September 8th: Intro to Sea Paddling Trip

Geoff is organising a trip to Wareham for those interested in trying some sea paddling. Suitable for those with limited experience - please speak to Geoff, memsec@maidstonecanoecub.net to have a chat.

Saturday, September 7th & Sunday, September 8th: 2* Training.

Two days of training for the BCU 2* award. The assessment will be on September 28th. Please contact Bill, cdg@maidstonecanoecub.net to reserve a space.

Wednesday, September 11th, 8:00pm: Clubmark Presentation Social

A big milestone for the Club. Please come down and show your support by having a drink with us at the Clubhouse. All are very welcome.

Friday, September 13th - Sunday, September 15th: Intro to Moving Water, Derwent Trip

Part of Niki's "Intro to Moving Water" series, a trip up to the beautiful Derwent in Derbyshire. Have a chat to Niki at the Club or on niki@maidstonecanoecub.net to see what's involved.

Friday, September 13th - Sunday, September 15th: Suffolk Stour Trip

A mellow paddle through Constable Country on the fabulous Suffolk Stour. Gentle, flat-water paddling to a riverside campsite. Another great first trip away - speak to Geoff, memsec@maidstonecanoecub.net to book your space on this popular trip.

Saturday, September 14th, 8pm: Pool Session

At Larkfield Leisure centre. Please speak to Richard, bosun-gp@maidstonecanoecub.net if you need to borrow a boat. Please ensure all boats are CLEAN - they will not be allowed in the pool otherwise!

Club Contacts & Committee

Brian Marston (Chairman)

chairman@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 Horton

Mick Wibrew

Norman Brooks

Rod Stoddart

Steve Anstee

Paul Tucker

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

Sunday, September 22nd, 10am: Demo Day from Kent Canoes

Kent Canoes will be bringing a selection of boats & kit down to our regular paddle at the Club. A great opportunity to try out different boats and paddles.

Friday, September 27th, 7:30pm: CDG Big Night Out

The coaching group is going out for something to eat and a few drinks. Open to everyone considering getting involved in coaching at the Club, as well as all those already helping out! Email mark@maidstonecanoecub.net to book your space.

Saturday, October 5th: Foundation Racing / Sprint Canoeing Module

The first in a series of course run by Paul Newman. This one focusses on racing, and is of interest to both coaches and paddlers. See website for details and contact Paul, president@maidstonecanoecub.net

Sunday, October 6th: Foundation Safety & Rescue Training (FSRT)

Essential rescue knowledge for all paddlers! This course covers a variety of ways to help members of your group who get in trouble. Paul Newman, president@maidstonecanoecub.net

Saturday, October 12th, 8pm: Pool Session

At Larkfield Leisure centre. Please speak to Richard, bosun-gp@maidstonecanoecub.net if you need to borrow a boat. Please ensure all boats are CLEAN - they will not be allowed in the pool otherwise!

Friday, October 18th - Sunday, October 20th: Exe Camping Weekend

The long-running Exe weekend., paddling on the Barle & Exe. Grade 1-2 rivers which are excellent for those new to moving water, and a couple of grade 3 sections which can be portaged if necessary. Speak to Geoff, memsec@maidstonecanoecub.net.

Friday, October 18th - Sunday, October 20th: 3* WW Kayak Training and Assessment

Bill & Niki will once again be running training to 3* level for whitewater kayak, with an assessment on the Sunday. This will be run on the Exe trip - see above for details. Please speak to Bill or Niki, cdg@maidstonecanoecub.net, if you are considering this.

Sunday, October 27th, 8am: Mini-Tour: Yalding to Maidstone

The clocks go back today, so take advantage of the extra hour and come on a longer paddle down the Medway! Ideal for newcomers and beginners, this is a lovely paddle downstream back to the Club. Please see website for details and contact Steve Chinn, stevec@maidstonecanoecub.net, for more info.

Tuesday, October 29th, 7pm: Coaching the Mind

Coaching update module looking at the often-overlooked aspect of mental preparation for training, trips and races. Fascinating talk by Paul Newman - contact president@maidstonecanoecub.net for details, and see previous issue of the newsletter for a write-up.

Saturday, November 9th, 8pm: Pool Session & Demo Day

At Larkfield Leisure centre. Please speak to Richard, bosun-gp@maidstonecanoecub.net if you need to borrow a boat. Please ensure all boats are CLEAN - they will not be allowed in the pool otherwise! Kent Canoes will be there with a variety of boats to try.

Tuesday, November 12th, 7pm: Fitness for Paddlesport

Paul Newman delivers this foundation module aimed at all paddlers - not just racers! Looks at diet, training, etc. All welcome. president@maidstonecanoecub.net