

NEWS LETT ER

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SUMMER 2017

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 August, 2017.



Mark Corti, Editor
newsletter@maidstonecanoeclub.net

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Old guys rule! Two stories this issue from our more ... mature ... racers - both still competing at the highest levels.

From the Chair

Summer has finally arrived and with it hopefully some sunny paddles on the Medway or further afield.

It is important to not underestimate the strength of the sun when you are on the water. A cool breeze and the water temperature can fool you into thinking it may not be that hot, so please take precautions. Wear a hat - especially if you're follicly challenged like myself and use a factor 30+ sunscreen.

The last few Sundays we have had tea, coffee and cakes available upstairs in the club. This is something I would like to see continue moving forward so if you have a few minutes to spare after your paddle come up and join us. All profits made will go to the club funds.

With the warmer weather, some of you may be thinking of trying out different craft. I am sure you know that we have two Paddleboards at the club. These are great fun and give a whole new perspective to the river when you are standing up. If there is anyone who would like to try a stable racing boat you are very welcome to come to the Friday evening session, or speak to myself or Bryn on a Sunday and we will be happy to help.

Happy paddling,

Brian Williams, Chairman
chairman@maidstonecanoeclub.net

Masters Canoe World Cup



Powering through under the hot sun

When Paul and Bryn decided to enter the Masters Canoe World Cup competition to be held in Belgium,

they informed British Canoeing and Bryn asked if they could buy British shirts. They were told they weren't able to buy the official kit. However, when they arrived at the venue and booked in, they were told they couldn't paddle in MCC colours but had to paddle under country colours – panic! where to get a shirt? One of the members of the team offered to lend Bryn one but forgot to bring it but Paul did get the loan of a British Shirt. Not a very warm feeling at the beginning of a race. As it turned out the other British masters had the same problems and paddled in their club vests.

It was a lovely venue and we found a good place on the bank under the trees and believe me I didn't move from there – the heat was brutal. Poor Paul was cooked at the end of a very creditable first lap, only determination, sheer guts and stubbornness got him through. However, being a true marathon athlete he paddled smoothly over the finish line in 6th place, totally dehydrated. Being an African and being excused any portaging owing to his advancing years Bryn fared better, put in a good run and was well pleased with his 7th place, in the 60s-65s including

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A Massive Marathon Thank-You

On Sunday 19th March I with the help of everyone organised a cake paddle from Tonbridge to Yalding.

I stuffed all my cooking into the hatches of everyone else kayaks (because I don't have one). And we set paddle. Michaela and Tom helped with supplying the cakes - apparently Tom's cooking!

We all had a lovely paddle and some had a swim and the weather was kind to us.

I would like to thank everyone that came on the paddle and made it in to a enjoyable day. The donations for the cake paddle totalled £185 which helped me reach my target for The Born Free Foundation £1070 so I could run the London Marathon.

I completed the London marathon in 5 hours and 24 mins. To be honest my predicted time was 5hrs 30 so there were no surprises although it was much harder than I imagined! Didn't put me off as I applied for the ballot next year.

A huge thank you to everyone in the club, from donations to cooking and car shuffle and most of all for supporting me and taking an interest.



Not a kayaking photo. But a fantastic achievement all the same! Well done, Lisa.

By Lisa Richardson
lisaa.taylor@virgin.net

Touring Trip to River Wye 23rd - 25th June

One of the finest touring rivers in all England, with everything laid on for you, courtesy of Maidstone Canoe Club! All welcome - suitable for general-purpose boats, tourers and opens. Contact Lee, lee@maidstonecanoeclub.net to book a space. Breakfast orders by June 21st, please!



Heading for a creditable 6th place. (The hat is on backwards for reasons of both aerodynamics and fashion).

Kingfisher!

Yesterday was such a lovely day I threw my kayak gear in the car with the hope I could slip off work early for a float down the river.

I work for myself so I have a good boss who understands my needs.

By the time I made it to the club the sun was still shining brightly and it wasn't until I was buckled in that I realised I had left my hat in the club and the sun was getting low and shining straight in my eyes. Never mind, mustn't complain about the sun.

Having got ¾ of the way to East Farleigh without seeing much because of the sun, I drifted under some trees which blocked the sun and right in front of me sitting in the tree was a beautiful Kingfisher. A moment later another Kingfisher appears on the branch with the gift of a shiny silver fish which it offered to the first bird. I don't know if Kingfishers mate for life but I guess these 2 were married because the first one turned away and flew off across the river diving 3 times like a skimming stone and appeared with its own silver fish and proceeded to eat her own.

The snubbed one still above my head then proceeded to turn the fish in its mouth round and eat it himself.

What a privilege it is to be out and enjoy the wonders of nature so close to home.

By Jeff Skipper

(as opposed to all the other Jeffs or Geoffs)



Conserving their energy before the big event. Hats are in the "pre-race" configuration.

Masters Canoe World Cup

... cont'd from page 2

beating two paddlers who had been ahead of him last year in Germany. Altogether a very creditable performance from two late beginners of the sport.

I'm getting a little worried because hot weather appears to be a feature of these world competitions and the next venue is South Africa – I hope this useless but dedicated supporter can take the heat!!

DW followers will know Sam Palmer

and some of the other senior squad and we had an enjoyable Sunday afternoon watching them race. The way, Sam moved up through the competitors with his magnificent portaging was phenomenal.

We spent two beautiful evenings with Paul, Jo and their friend Marie eating at pavement cafes in Brussels. The best time of the day to be sitting outside, good food, some wine and enjoyable company what more could one ask?

The photos are thanks to Jo, of course!!

By Sandra Price



Thames Fort No. 1. Some modernisation required.

Queensborough Trip

Last time I set forth from Queenborough the tide was out and about three quarters of the way to the briny and with the wind trying to turn the kayak into a helicopter on my shoulder I had to call for help. I determined then to get some wheels.

This time with a trolley under my Expression 14 the fact that the tide was again out was not a problem. Wheels definitely recommended.

We set out through the Cardinal Markers and headed for Grain towards the dinosaurs that mark the rapidly diminishing Thamesport. It was a beautiful day but the water was choppy none the less and while the Expression was brilliant

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Tides & Totems

I've never really been a sea kayaker. In fact, a year before the trip I'd never taken my boat on the sea. Nonetheless, last June I found myself paddling through the legendary Queen Charlotte Islands in Northern Canada, a hundred miles from the last outpost of civilisation.

I was forty years old last year. The big 4-0.

I really wanted to do something special, something incredible. I hadn't been on a Big Trip for years – I'd done a lot of fantastic paddling trips in the UK and Europe, in canoe and whitewater kayak, but I hadn't been on a Proper Expedition for nearly a decade. I persuaded my wife that, as mid-life crises went, a Big Trip would be cheaper than a Porsche and less hassle than an affair, and so it was born. I just had to decide where to go.

A short browse through my bookshelf later and I found myself enthralled by tales of the Haida, famously-fierce Indians who made their home on a little cluster of basalt islands a few hundred miles off Canada's fabled Inside Passage. They were the totem-carvers – almost every totem pole you've ever seen was taken from this tribe, including the one at the British Museum – and they were one of the last tribes to give up their ancestral way of life. Deep in the forest, you can still find their villages – longhouse pits, fallen totem poles, unfinished dugout canoes. Better still, in an area of 10,000 km², there are less than 5,000 people – nearly all of them in a couple of small settlements. The one slight fly in the ointment was that my sea-kayaking skills were non-existent, and the islands are located on the Hecate Strait, one of the most dangerous bodies of



water on earth. Lacking the knowledge and experience of a Geoff Orford [Ed: see the Winter 2016 newsletter for Geoff's sea kayaking trip to Canada], going alone seemed foolhardy, and so I booked a trip with Kingfisher Expeditions, one of the few outfitters who travel in this part of the world. I also spent some time at Seapoint Canoe Club in Folkestone, eventually

getting my skills up to 3* level.

Taxi, plane, plane, hitch-hike, bus, Zodiac: the trouble with travel in remote areas is that they're hard to get to! Anyway, here I was, unloading 8 sea kayaks and a ton of gear, food and people onto a remote beach in the Gwaii Haanas. Sea urchin shells crunched

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Interview with a Paddler

Paul's a familiar figure at the Club, usually sharing a K2 with Bryn as they train for competitions in the UK and abroad. We caught up with him after a rare session in a plastic boat ...

Mark: So, how long have you been paddling?

Paul: I've probably been paddling since I was about 5, on and off. I was introduced by my uncle many, many years ago. Then did more through the scouts, 1 and 2* through Venture Scouts when I was 16-20, something like that. I probably gave up for way to many years – 10-15 years – and got paddling with Jo [Ed: Paul's partner] ten or twelve years back when we got our playboats and a couple of Acrobat 275s, just up & down here, a

bit of Canadian canoeing as well. I've got a sea kayak, done a little bit on that. And then started race paddling in a K1 nearly four years ago.

Mark: A bit of everything, then?

Paul: Yes, pretty much all disciplines! I'm

really enjoying it – I wouldn't like to say which one I enjoy most!

Mark: And what are you mostly paddling at the moment?

Paul: Mostly paddling a K1 at the moment. We did a lot of K2 work between myself and Bryn Price over the last 3-4 years, with several Devizes-Westminster attempts, all sadly didn't end the way we would like. And now back in a K1, thoroughly enjoying that and looking forward to the Nationals in about a month's time.

Mark: Always a tricky question for someone who's paddled in so many different ways, but could you tell us about your favourite day on the water, or favourite trip?

Paul: I'm going to be disloyal now because Jo's not listening! I had a five-day sea kayaking tour up in Anglesey,

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Heading for a creditable 6th place in the World Cup Marathon in Belgium this year (45-49 age category)

Queensborough Trip

... cont'd from page 4

heading into the waves it was exciting cutting across.

We left the dinosaurs and headed out to sea, keeping to the Grain shoreline 'til we got to the Thames No 1 Fort which is up for sale. Currently with a price of £500,000. As it was still low tide we were able to beach the kayaks and drag them up the sand bank and go exploring the Fort. Adam decided to remain in his kayak while Martin and I explored, ascending a precarious ladder lashed to some pipework at the first level then climbed concrete steps around what the estate agent call a five bedroom property.

Looking from the top we noticed that the tide had come in sufficient to liberate our kayaks, so we beat a hasty descent. If Adam hadn't remained in his boat we would likely have spent the night on the Fort, as even with Adam playing kayak tennis we still had to wade in to retrieve the boats, drag them back ashore and empty the water out. Many thanks to Adam.

From there we cut back to Sheppey and which was again quite exciting as we paddled round to Sheerness. On our return to Queensborough there was a massive ship unloading and as we were paddling round it when we were only 50 yards from it, the clown sounded its horn and I nearly had a heart attack. It was pulling out and wanted us out of the way so we sheltered under the landing stage.

All in all a perfect day. (the Isle of Sheppey isn't Scotland but it is closer.)

Jeff Skipper

jeff.skipper@sipp.co.uk

Interview with a Paddler

which was absolutely stunning! Sadly Jo didn't join me – she doesn't like sea kayaking or jellyfish – but it was amazing! The kayaking was incredible, the weather wasn't too bad (although it was the tail-end of a hurricane so it was a bit choppy in places, but all part of the fun!).

Bobbing along in a sea kayak, with seals around you, was stunning – absolutely incredible. Puffins were diving in and out the water – really quite something. That sounds really disloyal to Bryn as well, but he doesn't get a look-in against the sea kayaking!

Mark: What about gear? Do you have a piece of kit you wouldn't be without, or you wish you still owned?

Estuary BBQ - June 30th - July 1st

A Maidstone Canoe Club institution! Meet at the Strand, paddle to one of the estuary islands, and cook over a driftwood fire. Suitable for most boats and paddlers. Dinner, drinking, dancing and song around the fire - what better way to celebrate summer? See website for details, or contact Norman - normanwbrooks@yahoo.co.uk

Joss Bay Family BBQ - August 27th

All welcome - including kids, pets, wives & girlfriends. Beach party and barbecue over the Bank Holiday weekend - bring something that floats and something to cook on! See website or email Norman for more - normanwbrooks@yahoo.co.uk



The kayaks pulled up on the beach. Before they floated away! Adam is out of shot, preparing to play kayak tennis.



Pulled up on a beach during a solo trip in Nova Scotia

Paul: A boat! Life's tricky without a boat! That's a really flippant answer. Nothing in particular – what bit of kit I'm using depends on what boat I'm paddling. I'm really not sure – so many different things. In the winter something that's going to keep me warm – proper thermals. In the summer, sunglasses or a baseball cap

(I'm a bit thinning on top!).

Mark: Final question: why do you paddle? Why paddling?

Paul: That's a really interesting question! I don't know – no good answer. From a race boat I like making things go quickly – I did a lot of running and a lot of cycling, and this is another example where you can go from A to B as fast as possible. I enjoy the physical challenge. It's good to get out on the water – even in Maidstone, surprisingly even in Tovil there's a fair bit of wildlife. This morning we saw a kingfisher, and loads of swans with cygnets. It's just good to get out and see something!

Mark: Fantastic – thanks, and good luck in the Nationals next month!

By Paul Curtis and Mark Corti

New Zealand - Paddling Paradise

I last visited NZ and Australia six years ago, paddling in various venues on inland rivers and lakes, and on the sea.

After three years of planning and saving I left the UK in February this year to visit just New Zealand this time, and hopefully complete some more paddling.

NZ is a long way to take boats, and wanting to paddle a variety of sea, river, surf and lakes, taking specialist or any boats was out of the question and sources of boats had to be found to hire locally while there.

With an excellent climate and topography suited to all paddlesport, from shorter very technical whitewater rivers (especially flowing from the Southern Alps to the sea on the west of the south island), to big classic grade 5 and 6 on the Buller River and its tributaries, and longer lower grade rivers, great for touring over several days with wild camping or huts, moving water paddling has it all. In addition the lakes are beautiful and have great access facilities in most cases and are situated throughout North and South Islands. Surf on both east and west coasts, north and south, with reef, beach and harbour

entrance breaks suitable for beginner and expert surf kayakers is easily found, but needs a little knowledge to avoid upsetting board surfers and putting yourself in danger. I found some enormous waves, 6m+, where the problem was not surfing them but getting out through the break to the green water; rips were essential. With a small population of only 6 million people in NZ you are likely to find plenty of isolation when out sea kayaking. Big swells from the Pacific Ocean on the east and the Tasman Sea on the west only really cause problems on the surf areas. Most of the coast can be toured providing the usual weather and sea conditions are taken into account, and although circumnavigations have been completed, apart from honeypot areas where you are likely to see sit on tops out to sea (and maori waka), sea kayaks will have the areas to themselves. Forget calling the coastguard if you get into trouble, you are on your own. Many of the more serious expedition paddlers in NZ use personal locator beacons, communicating via satellites.

Wildlife spotting from canoe and kayak is popular, with many commercial

operators offering boat hire on lagoons and rivers. Attitude to safety is healthy but not over cautious, the blame culture prevalent in many places and minds in the UK is happily mostly absent in NZ. You accept your own risk, even when hiring gear.

Maori culture is strong around the coasts and lakes and is evident in the number of waka clubs. Waka ama, the outrigger canoes, are found almost everywhere and are popular with many people going out after work for a quick paddle, training for racing or just for fun. Single, double, four, six, eight and giant war wakas are in use.

I tried a waka on the Tasman Trail at Kai Teri Teri. The crew were diverse; Jen, my wife, four Swiss and four NZ outdoor Education instructors (finding out about other craft than the kayaks and canoes they normally used) and a Maori woman giving us instruction, not just on the technical aspects of sit and switch waka canoe paddling, but also the lore, superstitions, history, beliefs and traditions of Maoris. For example, canoe paddles are highly regarded as personal possessions and are never carried blade toward the ground or held with the blade touching the ground. We also learned a Maori paddling chant which intimidated

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Launching a single-seater racing Waka Ama into the Tasman Sea. These craft have immense symbolic significance for the Maori people.

New Zealand - Paddling Paradise

... cont'd from page 6

some commercial groups we encountered near the Split Apple Rock. Bellowed out by the whole crew at high



Traditional Maori decorated canoe

volume it was inspiring.

However, where the Newmans go, so does the bad weather. Two days after we landed in Christchurch on the South Island a cyclone or tropical storm arrived with wind and rain. The plains of Canterbury had been experiencing a drought. No more. The Waimakariri River which Helena Smith, a past club member paddled while racing the Coast to Coast with her husband, James, went from being a bony non-starter with a trickle of water, to way beyond the grade two braided river Coast to Coasters hope for. A roaring silt laden grade four with big waves and an inaccessible gorge prevented hire of boats to paddle it. Shame. It was sobering to read the morning news reporting a paddling death on the Kaituna River. A grade 5 which pinned a paddler unable to make one of the difficult moves completed many times before. The boat and paddle floated downstream, but the paddlers spraydeck caught on a log and the water pressure prevented her from freeing herself to the surface for a desperate swim.

The next aim was to complete five days on the Whanganui River Trail, one of the great trails of NZ. We paddled the first section last time we were in NZ and enjoyed the gorge architecture and wildness with a scenic grade 2 river. On the way to the river we stopped at a

garage in a village to refill the gas canister in our campervan. The following morning we realised, after reading the newspaper in a cafe, that we left Edgecombe just 2 hrs before the river banks broke after the cyclone and the village went under two metres of water. A lucky miss. But the extra water raised the Whanganui river by 6 metres in the gorge, wardens at the campsites had to be evacuated by helicopter and the paddle was not on. After driving to the town at the mouth of the river and meeting up with the local canoe club we headed off to the North Island.

The three years planning was prompted by paddling with Mick Wibrew, Dave (The twig), and Richard Olsen (Hon Life Member MCC) in Melbourne, Australia at the World Masters Games. I had raced in another WMG in Edmonton, Canada, decided the programme was not worth it in Turin and wanted to do it again in Auckland. So, a chance for WMG, 70th birthdays for Jen and me, a chance to investigate the world famous

beekeeping and manuka honey in NZ, and a holiday in a shaky, earthquake and cyclone prone place.

The WMG paddling was diverse. Surf skis and waka on the sea and dragon boats, racing canoes and kayaks on Lake Takapuna, an extinct (good!) volcanic crater in Auckland. Representing Maidstone Canoe Club and myself in K1, much to my surprise (everyone's surprise), having had a miserable winter of virtually no training, followed by just over two months of travelling in a campervan, and poor initial results in the longer distances I gave it a blast in my last event and picked up second in the 200m sprint [Ed: over-70 men's race, silver medal - see photo on page 1]. Beaten by a Russian Federation paddler (ex world Champion), who, when on the start line I asked if I could have some of what he had been taking, was not impressed. Never mind. Maybe next time in Japan.

By Paul Newman

president@maidstonecanoeclub.net



A rare sight: Paul Newman taking instruction in canoeing.

Sea Paddling in Poole

28th - 30th July

If you didn't make it to Scotland (or even if you did!), this is a lovely paddle on a dramatic section of coast. Suitable for beginner sea paddlers as well as offering plenty for more experienced coastal cruisers - speak to Geoff, memsec@maidstonecanoeclub.net.

Touring In Norfolk

18th - 20th August

A lovely flat-water paddle in one of the best touring areas in the UK. Salhouse Broad is renowned for it's wildlife sightings, and offers access to several lovely routes through this glorious corner of England. Contact Michaela, michaelac.wragg@gmail.com

Tides & Totems

underfoot as we hauled it all up the beach and into the shelter of giant cedar trees, daubed with thick green moss and hung with long strands of lichen. Empty now, the Zodiac's twin Evinrudes roared as it sped off towards the horizon, and we were alone.

We spent the first hours of the trip getting organised – setting up our boats, dividing gear & food between us, setting up tents for the first night's camp, and being briefed by the guides on everything from toilet etiquette to bear protocol. Canada has a long tradition of back-country guiding, and produces some of the finest guides in the world - the two young ladies leading our trip were no exception. The other members of the team were all North Americans and experienced outdoorspeople, so the camping part went pretty smoothly from the outset. What was interesting was that, although they'd all kayaked a bit before, none of them were particularly experienced. Which was reassuring, because my main worry on my first sea kayak trip was whether I'd be able to keep up. We took a short shakedown paddle over to a neighbouring island and explored the remains of the Haida village there. The moss had carpeted everything in a deep green layer, but as our eyes adjusted we could start to see the remains of the longhouses – fallen ridgepoles, corner posts rotten but still standing, deep fire pits. A black-tailed deer wandered unconcernedly with her fawn. As I sat outside my tent that night, writing my diary and surrounded by the sound of the ocean and the smell of the campfire, the everyday stresses of home fell away, not to be thought of again for a fortnight. It was a fantastic start to the trip.

The next day dawned fine and calm, and after a delicious breakfast (blueberry pancakes, maple syrup, crispy bacon, coffee) we set off on our first full paddle day. The ocean was like a millpond – so still and quiet that when the humpback surfaced a kilometre away we could hear the puff of spray as it blew. We took it easy, paddling slow along the rocky coastline. Lionsmane jellyfish hung in the water, waving gently under our boats; giant kelp forests spread glossy-green ribbons over the surface; seals watched from the rocks. And everywhere, silence except for the ocean.

We stayed that night at one of best-preserved villages on the islands, Windy Bay. Each of the larger archaeological sites has a Haida "Watchman" in residence – a member of the First



Behind the distant islands, a minke whale was cruising. To the left, bald eagles fed on the carcass of a sealion.

Nations tribe who spends the summer in a log cabin at the site, acting as both guard and interpreter. We camped in the shadow of the Legacy Pole, a 13-metre pole erected in 2013 to commemorate the foundation of the national park and the prohibition of logging within it. The landscape bears the marks of these First Nation peoples; huge cedar trees have long scars where strips were pulled from their bark to make ropes; shell middens, metres high, form the shoreline.

The days settled into a routine: crowding round the VHF to listen to the weather forecast, planning our route, breaking camp and loading boats, paddling on the ocean. Then lunch on a deserted beach, and more paddling to the night's camp spot. Evenings were spent on camp chores, exploring the shoreline or forest, and sitting around the fire. I'd managed to squeeze my travel guitar into my boat, so most evenings I played quietly to myself at the water's edge. At one camp, I found a waterfall a few hundred metres away from my tent – clear water tumbling over smooth black basalt into a deep pool. I jumped in and swam, invigorated by the freezing torrent, intoxicated to be in a beautiful spot in a landscape of special places. Within the routine, a constant rhythm of extraordinary experiences: a minke whale

visiting our camp, cruising 10m offshore in a deep bay. Making my first bow-drill and starting the fire. Watching a waterlogged bald eagle swim to shore, still clutching the huge salmon it had caught. Paddling with a giant sunfish, a rare pelagic species from the vast ocean. Playing "God Save the Queen" to a bemused sealion on a horn made from giant kelp.

Eventually, we ran out of islands. We had headed south until we reached the end of the archipelago. Here, on S'gang Gwaay, is the last of the Haida villages to be abandoned at the end of the 19th century. Due to its remoteness it has remained remarkably unlooted, and an impressive stand of both frontal poles (placed at the front of important houses) and mortuary poles (hollow poles in which dead relatives were placed) guards the ocean. As we explored the village, talking to the Watchman about the symbolism of the pole carvings – the Raven the Trickster, the Pine Maarten who makes earthquakes, the Spirit Bear - a minke whale swam by, blowing noisily into the sunshine. It was the perfect end to the trip.

By Mark Corti

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<http://www.kingfisher.ca/>

Featured Upcoming Events

Please see the website for full details of these and other upcoming events, trips, tours & training. Follow us on Facebook or Twitter to be notified when new events are added to the Calendar.

Saturday, June 10th, 9:45am: Coach Level 1 Course

There are still 2 spaces left on this. Funding is available for those willing to volunteer their time after training. Please note the training room at the Clubhouse will be used on and off all weekend, and the following (17th/18th).

Monday, June 12th, 7pm: Committee Meeting

Agenda items & apologies to the Secretary. If you've got anything you'd like the Committee to discuss, please speak to one of the Committee members or email suggestions@maidstonecanoecub.net.

Saturday, June 17th, 7:45pm: Pool Session

Fun and frolics in the warm, as usual! Clean boats only - they will be inspected before being allowed into the pool. Speak to Lee or Richard if you need to borrow a Club boat.

Monday, June 19th, 6pm: Tips & Tricks - Games

Mary Cutts will once again be delving into her games compendium and sharing some of her expertise with us. An absolute must for anyone involved in helping with courses - games are the single best way to teach people to kayak! (Plus it will be a ton of fun - see you there!)

Friday, June 23rd - Sunday, June 25th: Wiver Wye Twip

Camping trip to one of the best touring rivers in Britain. Glaxbury to Symmonds Yat, camping overnight. Speak to Lee, lee@maidstonecanoecub.net.

Friday, June 30th - Saturday, July 1st: Estuary Barbecue

#microadventures were practically invented by Norman. Spend the night under the stars, smelling the smoke of the driftwood fire, supping on sausages. Suitable for most - see website for details!

Friday, June 30th - Sunday, July 2nd: Whitewater Tryweryn Trip

Annual trip to this dam-fed grade 3/4 funfest. Speak to Tony, tknitzov@yahoo.co.uk

Saturday 1st July & Sunday 2nd July: Whitewater Safety & Rescue Course

In association with Pirates Canoe Club. Speak to Paul French (pfjfrf@aol.com) for details - if you're paddling moving water (or would like to) and haven't done this course, you definitely should!

Tuesday, July 4th, 6pm: Tips & Tricks - Playboating

Playboats NOT required! Learn the basics of playboating tricks and how to teach them. A fun, wet session for everyone interested in helping others, or learning more about playboating.

Thursday, July 6th - Monday, July 10th: Thames Camping Trip

A 60-mile trip down the Upper Thames. Join in for a day or two, or the full length! Camping spaces limited - email Mike Lambourne if interested. mike.lambourne@btinternet.com

Sunday, July 16th & Sunday, July 23rd: 3* Kayak Touring

Pick up skills handy for your touring trips - efficient wake-surfing, towing techniques for when things go wrong, navigation & planning, etcetera. See website for more.

Friday, July 28th - Sunday, July 30th: Wareham & Poole Sea Paddle

A fantastic intro to paddling on the sea. Exact route to be determined depending on tides and weather, but usually a trip to Old Harry seastack is taken. Speak to Geoff (memsec@maidstonecanoecub.net) for details - help and boats available for less-experience paddlers, just ask!

Saturday, July 28th, 8:45am: FSRT

If your paddling buddies haven't done this, who's going to help you when you fall out? Foundation Safety and Rescue Training. Tell them to do it in July while it's warm!

Saturday, July 28th, 7:45pm: Pool Session & Demo Night

Kent Canoes will be showing off their latest collection of shiny shiny boats! Come down and have a play! Regular rolling, capsizes and general practice also.

Saturday, August 5th, 8:45am: Aquatic First Aid Level 1

This is a Ronseal course. Exactly what it says on the tin. Everyone should have some first aid knowledge - get yours here!

Friday, August 18th - Sunday, August 20th: Norfolk Touring

Michaela's trip to Norfolk. Come camping in the sunshine. Probably! Swans, otters, and good company guaranteed.

*Any two of these may be supplied.

Saturday, August 26th, 8:45am: Aquatic First Aid Level 2

An intermediate first aid course. Combine with a recent Level 1 for a 16-hour first aid course as required for coaches, river leaders, etc.

Saturday, August 26th, 7:45pm: Pool Session

You know the drill. Clean boats, clean water. Capsizes, rolls, braces, fun!

Sunday, August 27th, 10am: Joss Bay Barbecue, Paddle & Beach Party!

Bring your best baggies and take your floating-craft-of-choice to play in the surf at Joss Bay. Kids, pets, wives & girlfriends all welcome. As long as they float.

Every Wednesday, 5:30pm: Regular Paddle Session.

Every Friday, 6pm: Race & Fitness Training

Every Sunday, 9:30am: Regular Paddle Session.

Club Contacts & Committee

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