



## WVCC November 2011 NEWSLETTER

Dear All,

Welcome to the November 2012 Club Newsletter. A period of time has passed since the previous issue due to the lack of input from club members, however several members of the club have submitted various accounts of trips and activities both official and unofficial they have undertaken throughout the past few months. I hope you find them enjoyable and inspiring. Coaches regularly arrange trips on Sundays after the summer season has ended and prior to next year, and it would be great to see more out on the water in the autumn/winter months!

We are very lucky that both Rob and Alan have agreed to head up the club for another year and Graham will also continue with a modified secretarial role. Graham has done such an excellent job but the role has grown so much and it has been agreed that Alan and Rob will assist with some of the tasks. Caroline Doyle has decided to not to continue with the Child protection role for which the club greatly appreciates her work. Julie North has agreed to take responsibility of this important role. We are very lucky that more coaches are getting qualified which will greatly help to maintain the level and quality of courses.

The Club is also continuing to hold regular Pool Sessions at the Archbishop Sancroft High School in Harleston so paddlers can continue to hone and maintain skills in the winter months. Maintaining skills in the pool and paddling on trips in the winter makes lighter work during the summer courses.

For information on up and coming Club Activities please keep an eye on your e-mails and on the club website [www.waveneyvalleycanoeclub.org.uk](http://www.waveneyvalleycanoeclub.org.uk) *We hope to arrange some more paddling trips for the early part of the New Year!*

**Very Best Wishes for 2012 and Happy Paddling**

Newsletter contributions to <http://www.k.poulson@rattlerow.co.uk>

Ed.

## CARDINGTON WHITEWATER WEEKEND 2011

**For the second year running on the 25<sup>th</sup> and 26<sup>th</sup> June 2011, Waveney Valley Canoe Club participated in a joint weekend with Lowestoft and District Canoe Club, at Cardington Whitewater course in Bedfordshire, which was one of the first artificial whitewater slalom courses in the country. When not in use as a whitewater course/flood overflow, the course can be used for slalom competitions. The weekend was aimed at paddlers of all ages and abilities, and gave many paddlers from both clubs a chance to experience their first taste of moving water.**

Many paddlers pitched up on a showery Friday evening and camped over night on both Friday and Saturday nights, whilst others choose to come for a day. Most of us from WVCC ended up having our evening meal out of the elements under Andy Church's Gazebo. (Cheers Andy!) After breakfast on Saturday morning Keith Shuttleworth the senior coach from Lowestoft, and many other volunteers assisted in setting up the various obstacles on the course. The weather was a scorcher, so sun block and keeping hydrated was the order of the day. The water was pumped through the course from the River Great Ouse, the flow was monitored and a few paddlers got on the water to test the course. Although initially a good run, the flow was temporarily suspended whilst a few adjustments were made to enhance the flow in places.

After a safety briefing, paddlers from both clubs were on the course with coaches on hand from both clubs if anyone required advice on various whitewater techniques, including the basics of ferry gliding, surfing the 'top wave' against the flow of water and getting in and out of eddies as well as guided trips down the course on the Topo Duo a whitewater kayak for two of paddlers – later on, some of the more adventurous paddlers among us decided to expand the Duo into a four man kayak and negotiate the course with half the boat submerged but just about floating nevertheless!. Some of the more competitive paddlers amongst us battled with each other to stay in the top wave, whilst others were just contented with negotiating the course without capsizing!

The course itself consisted of various gates of differing narrowness, and different shaped obstacles in the water which created various waves and just prior to hitting the exit of the course a wall of obstacles and a very tight gap which made a very interesting combination and required paddlers to exercise control over their boat as it generated some very interesting re-circulating flows at the bottom!. – Some of the more energetic paddlers attempted to try and paddle back up against the flow through this gap but were thwarted nearly every time by the overwhelming force of the water! The coaches that were on hand at strategic points throughout the course on both days also made sure that paddlers from both clubs were well looked after by cooling down those that were obviously basking in the summer heat! – Some more than others!

On Saturday evening, after a good days paddling, kit was hung out to dry, and the Barbeques were lit, as paddlers from both clubs socialised, and the odd beverage or two was consumed and lots of banter was to be had. Sunday morning, the weather was just as glorious as the previous day, and the paddling resumed after breakfast until around 1400, until the electronic alarm was activated which automatically cut the flow of water to the course when water levels were insufficient. Some of the more adventurous paddlers negotiated the course on rubber rings! After causing a mass water shortage in downstream in Kings Lynn (only joking!), most of us mucked in and assisted Keith and the Lowestoft Club in disassembling the various obstacles that made the course, carefully stacking them away in the hut, trying not to trap fingers – we were warned that this could be very painful if that occurred! And inevitably it did to Keith, which brought a tear to the eye.

Then it was time to say our goodbyes and head home eastwards. The price of the weekend was very reasonable and included a small contribution to the for loo hire. It was clear to see that many paddlers of all ages and abilities from both clubs enjoyed themselves both on and off the water! With increasing levels of confidence being demonstrated especially among the younger paddlers who attended. Special thanks must go to the Keith and Carol Shuttleworth and LDCC for inviting us along and organising the weekend.

**Alan Jary**

## **LOWESTOFT AIR SHOW PADDLE – 11/08/2011**

Paddlers – Rob, Pete, John and Keith

**The weather forecast and tide was not in our favour but being keen sea kayakers we went for it. The wind was 4-6 and it was quite choppy, condition that we would not run a trip but we were not going far We set off from Kessingland and shot up to Gorleston in now time with the tide and decided to watch the show from the shore in Robs bivvy to protect us from the wind and rain! The cloud came down and flying stopped apart from the odd plane.**

We decided to paddle out to the exclusion zone and hope the weather would break, we could see white horses about a mile out over a sand bank. Next minute we are in the thick of it waves breaking completely over us. Pete and Rob were paddling together next minute a wave caught Rob and moves him sideways for 40 metres and Pete catches the wave also and capsizes and rolls back (so he reckons he did look wet though) John and I made sure we hit the waves head on and ploughed on with our cheeks very tensed. If you can imagine a whale breaching the seas our kayaks were like that. In the dip of wave you could not see anything but sea but at least we had the lifeboat on station near by if there was a problem.

Paddling back was a different story, we tried to avoid the more choppy areas but a head wind and some tide still against us made it a slow job back to Kessingland. Different conditions helps to hone our skills, getting on and off the seas when its rough is more technical than if it's calm. If the going get tough and you want to get home you need to dig deep and put distance out of your mind. As far as an air show goes we saw the Red Arrows, Hunter and a few others and it was quite disappointing.

As far as the paddle is concerned we learnt what we could do and thinking back about the trip it doesn't seem that bad now! I took my camera to take some great shots I soon realised Nah it not going to happen I need to stay the right way up.

**Salty Dog KP**

## **SNAPE MALTINGS TO ORFORDNESS**

**Sunday 25<sup>th</sup> September was going to be a long day. Fritton was holding a Triathlon starting at 7 am. And WVCC were supplying safety cover. I along with nine other members, all who suffered from insomnia, had arrived at 6.30am and witnessed the sunrise over a calm and misty lake. All went well with the swimmers completing the two mile course.**

Bob, Keith and I then headed for Snape for a 10.30am meet. Unknown to us, there was a food festival being held, so no possibility of parking and launching there; therefore portage across the road at the bridge and then a car shuttle to Orford.

Thankfully Dave had his large van for the return. It was good to get in the water and start our 11 mile paddle, with the sun shining and as we passed Snape, delicious aromas were wafting across the river. The wind was light but as we paddled out into the broader stretch of the river, there was a fair breeze. We passed St. Botolph church at Iken before the next long stretch to Aldeburgh. The breeze had increased as we approached Aldeburgh and with the tide against the wind, there was quite a chop so it was good to haul out by the yacht club for a well deserved lunch. I had forgotten mine which my wife had thoughtfully packed for me (it happens when you reach 65) so only had emergency rations i.e. a can of Coke and two muesli bars from the nearest garage. Bob and Pete took pity on me with a sandwich and crisps-thanks.

The weather was so warm it was off with the cags. Dave said the last leg was going to be a bit of a slog as we were now heading directly into the wind. It was, even a catamaran which shot passed us as we approached Orford capsized which made me feel much better (as I was at lagging). The slip way at last. Thanks to all our fellow paddlers for a great day out: Dave, Alan, Paul, Pete, Keith and Bob.

**JR**

## **29 Degrees Centigrade Sunday 2 October 2011**

**Paddlers - Paul and Alan Jary, Bob, Rob, Pete, Anita and Keith**

**The week's excellent weather was building up to be a hot Sunday after so many Salty Sea disappointments in the year because of strong wind. This trip will go down as a vintage paddle and perfect in every way. The plan was to meet at Winterton on Sea at 8am and drive to Cart Gap near Eccles North Norfolk, we decided to leave a car at Winterton and leave a car at Caister just in case we wanted to go that extra 4 miles!**

As we arrived at Cart Gap the RNLi which has a two-boat station were getting ready for their Sunday morning practice. By 09.30 we were all on the water and not a cag was worn we had the tide with us and NO WIND the sea was a millpond. The RNLi started to practice using a floating maniquem for rescues, we were all keen to help being rescued or even do it ourselves.

In no time we were at Sea Palling Rob calculated we were doing nearly 5 knots (5.5mph) he is a teacher you know. We were missing our old mucker John and whilst some were playing in the rocks we decided to ring him. It was so calm Alan even handed his phone about. We just wanted John to know he was being missed having endured a lot of challenging paddles recently. On the journey we saw 1000's of geese flying overhead and the occasional seal and by 11.20 we were at Winterton absolutely unbelievable. The choice for a lunch stop was near the loo's or out of the way from folks? Anita is a good sport and agreed we should be on our own. Lunch in the sun on the sand, again the Jary's bring out their meat pasties, I swear they get bigger and soon they will need a little floating trailer for their pasties brown sauce, sweet and chairs. We all look on green with envy - Ginsters do not stand a chance to compete. Rumour is that Paul is looking at getting another kayak just to hold his provisions!

Back on the water we arrived in Caister after another 40 minutes. Total paddling time was 2.5 hours with messing about at Sea Palling. Can life get any better than that!

The conclusion is probably not.

## **Salty Dog KP**

### **BAWDSEY—WOODBRIDGE (& return) November 13<sup>th</sup>**

**A warm November day saw six club members gather at Bawdsey Quay, across the estuary from Felixstowe. Trip leader Dave Cassell had planned the trip to perfection with ideal tidal conditions, sun and a light breeze, though perhaps not all of these things were entirely in his control.**

For me this was to be my first experience of an estuary paddle. A quick check with Dave beforehand convinced me that my normal boat, a 10ft Fusion, was not really up for the job but that I could borrow a sea kayak from the club. However a chance discussion with the nice people at Norfolk Canoes meant I had the loan of a 17ft Scorpio demo kayak for the weekend.

A pre-trip briefing revealed that there was plenty of safety equipment carried by Dave, Alan Jary and Keith Poulson-flares, shelters, split paddles etc. Once I realised I could lose paddles three times and still be able paddle home, I was suitably reassured and we were ready to set off. Hitting the incoming tide we cruised up the Deben estuary. With my bird watching eyes sharpened there were numerous Little Egrets, Herons, Redshank and a few Black-tailed Godwits, plus a fair few small waders. My ID skills do have limits when I'm paddling hard. After an hour of good paddling, Dave spotted the ideal spot for a coffee break -- land in thick mud then drag boats through more thick mud. John Ricketts was assigned to choose the lunch stop – no more Cassell-style mud. Onwards up river a few seals took a quick look at us, but weren't impressed.

Passing the Viking burial sight of Sutton Hoo and with Woodbridge tide-mill in sight we landed on a nice jetty – good call John. Suddenly there were passers-by in sight, all admiring Lenny North's Tilley Hat – this years' must-have paddling accessory, just check out the photos. Just as our boats threatened to float off the quay on the rising water, the tide turned and we headed back down the estuary. A head wind with a fast flowing tide created some nice waves and the benefits of a sea kayak were suddenly obvious – cutting through the waves rather than bouncing over them. My morning precaution of a sea-sickness tablet proved unnecessary. With muscles starting to complain home was back in sight. Only as we drew level with the quay did the power of the tidal flow become obvious as we cut out of the flow onto the beach and avoided the estuary mouth. No trip across the North Sea for the pride of WVCC! According to our leader the trip was a gentle six miles each way. A look at the map suggested it was closer to eight. An excellent workout and a totally new view of the Suffolk coast, with a good bunch of people. To anyone who has never been on a club trip – go for it and e-mail the leader.

## **Salty Dog Virgin PH**



# Christmas Party 2011

Saturday 10<sup>TH</sup> December 2011

7PM - 10PM

Broome Village Hall

## An Evening of Festive Fun

### You Will Need to Bring;

Some Festive Enthusiasm.

A Plate of Food for the buffet.

& Any Soft Drink or Alcoholic Drink You Require  
(Tea, Coffee & Squash Will be provided)



*Sues Canoes will be in attendance with some Paddling Items for sale, however if you require a specific item please contact them before hand and they can deliver on the night on 01953 885569.*

### Activities will include;

- BIG QUIZ
- RAFFLE DRAW
- ANNUAL AWARDS PRESENTATION.

*Merry Christmas and Happy New Year 2012  
from all at Waveney Valley Canoe Club.*



## WINTER POOL SESSION DATES 2011/2012

Sunday 4th December 2011    Sunday 18th December 2011    Sunday 8th January 2012  
Sunday 22nd January 2012    Sunday 5th February 2012    Sunday 19th February 2012  
Sunday 4th March 2012    Sunday 18th March 2012    Sunday 1st April 2012

VENUE; Archbishop Sancroft High School, Wilderness Lane, Harleston, IP20 9DD

TIME; 5.30PM - 6.30PM

COST; £3.00 Per Head, Families £6.00

Due to Pool Regulations only pool boats can be used, although junior kayaks will be available. Bouyancy Aids & Helmets as mandatory, these can be provided at the pool or you can bring your own. Suitable attire includes swimming costume, shorts and T-Shirt. **Coaches will be on hand to provide coaching, safety cover and assistance.**

### FOR SALE

For those interested in buying or selling paddling related items please see the website [www.waveneyvalleycanoecub.org.uk/For\\_Sale](http://www.waveneyvalleycanoecub.org.uk/For_Sale) Please send on information to Alan who will upload to the web and e-mail to members as necessary if you wish to sell something.

At the moment we have a selection of second hand racing craft for sale online, so should you or anyone require a racing kayak please give the website a look. For further details contact John Rickett on **01502 679981**. John also has a Red WVCC Hoodie Brand New for sale, Never worn, £12.00, Size: Medium

**Alan Jary**

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### Key Committee Members

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