

Manchester Canoe Club

January 2008

Happy New Year!! Hope you all had a lovely Christmas and New Year...and that you managed to get out and about in your boats over the festive season, there was quite a bit of rain to much delight ☺
Feel free to tell us all about it using the newsletter...!!!
Look inside for a round up of some of the final events that took place in 2007...and those starting in 2008!

Next issue.....28th March 2008, please get any write ups to me by the **21st March**
thanks ☺

Chairs Chat

Mark Davies

AGM Report

Firstly I would like to thank committee members Dominic Wells and Steve Tott, who are regrettably standing down from the committee, for their contributions over the past couple of years. Dominic has done a great job in organising working days at the site and Steve who did a great job in meeting new and prospective members at the club site, as New Members Officer. Secondly I would also like to thank all the other committee members, coaches and club volunteers (from gate judges, café helpers, slalom controllers, site maintenance workers and parents) for all their contributions, without which the club would not be able to function.

I would also like to welcome Ashley Dack onto the committee. Ash has been a club member for many years, being a successful paddler in Slalom Division one and who has also been in charge of setting up the communications at slaloms and collating the Canzain results. Congratulations also to Pete King as he has been awarded the Presidents Award for his contributions to the club. Pete has been a committed club member and coach since a very long time ago and who religiously attends club sessions and helps, guides and coaches all those looking and not looking for it.

Over the past year the club has moved on greatly. We have gained ourselves a large grant of just under £7,000 from the Local Network Fund, thanks to the hard work from Gill Davies. This money has been spent on the Junior Squad (Marlins) Boats. Because of the grant, and also the hard work from Dave Bradshaw, we have also gained ourselves a Junior Squad. Over the past few months we have seen the development of a number of committed young paddlers who have far surpassed their parents skills and who we hope will successfully represent the club at events over coming slalom season.

Other notable achievements of the club over the past year have been the

- 🚩 number of paddlers doing so well at slaloms and being promoted
- 🚩 the number of new coaches to the club and their inputs

- 🚩 the increase in the number and variety of club trips being put on by the club members
- 🚩 the increase in the number of paddlers attending club sessions, especially over the winter months
- 🚩 a number of gabions appearing (and disappearing) at the site
- 🚩 two owl boxes and three bat boxes being put up at part of the Mersey River Basin Campaign
- 🚩 the acquisition of new boats and the getting rid of the old ones
- 🚩 and any others I've forgotten to write down

New Constitution

A proposed constitution was read out at the AGM. Although no major changes have been proposed to this proposed constitution. It was however agreed that because so few received a copy prior to the AGM a copy would go out with this newsletter and an Extraordinary General Meeting arranged in a few months time for any amendments to be ratified and the new constitution to be voted in. The date of this EGM will be decided at the next Committee meeting.

Proposed Constitution

1. Name

The club will be called Manchester Canoe Club and will be affiliated to the British Canoe Union.

2. Aims and Objectives

The aims and objectives of the club will be:

- To promote all forms of canoeing and kayaking as a recreational & competition sport
- To offer coaching and competitive opportunities in canoeing and kayaking
- To manage the Club Headquarters at Dale Road, Marple.
- To ensure a duty of care to all members of the club.
- To provide all its services in a way that is fair to everyone.

3. Income and property

The income and property of the club shall be applied solely towards promoting the clubs objects as set forth in this constitution and no portion thereof shall be paid or transferred, directly or indirectly, to members of the club.

4. Membership

To ensure all present and future members receive fair and equal treatment. All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of practice that the club has adopted. Prospective members shall be given the opportunity of trying canoeing for a maximum of 3 sessions at the club site, after which they will be asked to join the club or not attend again. His/her application shall be considered at the next Committee meeting following the submission of the application, but pending election and provided that the first subscription has been deposited, applications shall be entitled to enjoy the advantages of membership. In the event of failure to secure election (*such as those reasons outlined in section 7*), the subscription deposited shall be returned. Classes of membership able to vote at the Annual or Extraordinary General meetings (AGM or EGM) are:

- **Full member** (age 18 years and over)
- **Youth member** (age under 18 years)
- **Family member** of the same household of a Full, Associate or Youth member (one vote per family only)
- **Associate member**, resident more than 40 miles from the club Headquarters and others at the discretion of the Committee
- **Group members**, who at the discretion of the Committee may be accepted, consisting of members of youth groups or school. The terms or subscriptions may be decided by the Committee in each case as seems fit (one vote per group only)
- **Honorary Life members**, being individual members who have been subscribing members for 25 years, who are now over 60 years of age, and who apply annually for the class of membership

5. Membership Fees

The cost of the annual subscription can be varied by majority vote at the AGM or EGM.

Subscriptions for Membership are for one year. Subscriptions for all classes of membership except Family and Group, are payable upon election to membership and thereafter annually on the first day of the month in which the anniversary of the election to membership occurs. Subscriptions shall be due from Family and Group members on the same date as those payable by Full or Youth member with which their group or household is associated. The process of annual subscription may be varied following a majority vote at the AGM or EGM.

6. Arrears

Any member whose subscription is three months in arrears, from the date due for payment, will be considered to have resigned.

7. Discipline and Expulsion

The Club Committee has the power to expel from the Club any Member who breaks the rules of the club, or whose conduct in the opinion of the Committee renders him/her unfit for membership such as being a danger to themselves or others, conduct or character likely to bring the Club or sport into disrepute. All concerns, allegations or reports of poor practice/abuse relating to the welfare of children young people and vulnerable adults will be recorded and responded to swiftly and appropriately in accordance with the club's child protection policy and procedures. The club welfare officer is the lead contact for all members in the event of any child protection concerns. All complaints regarding the behaviour of members should be presented and submitted in writing to the Secretary.

The Committee will meet to hear complaints within 30 days of a complaint being lodged and the Secretary will give the Member 28 days written notice to attend a meeting of the Committee: this notice will give details of the complaints made against him/her. No Member will be expelled without first having had the opportunity of appearing before the Committee and answering the complaints made against them, nor unless at least two thirds of the Committee present who vote, in secret ballot, in favour of his/her expulsion. If a member is expelled any outstanding portion of the subscription paid will be refunded.

The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 30 days of the hearing. There will be the right of appeal to the Committee following disciplinary action being announced. The Committee should consider the appeal within 30 days of the Secretary receiving the appeal.

8. Officials and Committees

The General Committee shall have full control of the club's funds, management of the club, and the interpretations of its rules. Five duly appointed members will constitute a quorum.

The General Committee will consist the following:

- Chairperson
- Honorary Secretary
- Honorary Treasurer
- And up to eight others.

Of these eleven, nine should be adult members and two youth members, but in the event of a junior position remaining vacant an adult member may fill it. Members will usually be elected to the Committee at the AGM, or if necessary an EGM.

A Committee member can serve for a continuous maximum period of 2 years after which time the person must seek re-election at the AGM on, or immediately before, the 2 year limit. The re-election can be immediate, the Committee may co-opt other members but co-opted members are not eligible to vote. The Club may from time to time elect a President in recognition of past services to the Club. Candidates for this office are to be nominated through the Committee. He/she shall hold the office for one year, being then eligible for re-election. He/she shall be ex-officio a member of the Committee and shall not during their term of office be barred from holding another office in the club. The Committee may fill any vacancy that may occur pending the AGM when an officer or Committee member shall be elected for one or two years as the case may be.

9. General Meetings

The AGMs will be held between 1st November and 28th February each year to receive the report from officers of the Committee and a statement of the independently verified accounts and to elect members to serve on the Committee. Nominations for Principle Officers (unless made by the Committee) shall be signed by the Proposed, Seconder and Nominee, and presented to the Club Secretary at least 21 days before the AGM. A Special General Meeting may be called by the Committee whenever they deem it advisable, or shall be called by the Secretary more than 21 days prior to the AGM, proposed and seconded by two Club members with Full, Life, Youth, Associate or Honorary Life membership status.

10. Finance

All club monies will be banked in an account held in the name of the club. The Club Treasurers will be responsible for the finances of the club. The financial year of the club will end on 31st October. The club accounts will be independently verified on an annual basis. Any cheques drawn against funds should hold the signatures of two approved signatories. The list of approved signatories must include the Treasurer and Chairman.

11. Club Equipment & Assets

The Club's equipment must be used for the means it was intended and in the correct manner. Payment of damage to, and replacement of, club equipment will be made by members responsible for that damage or loss. Hire of club equipment including that of the Club Headquarters shall be set by the committee.

12. Membership of the British Canoe Union

All active paddlers are encouraged to be members of the British Canoe Union (BCU). Non BCU members will be required to pay the BCU affiliation levy at the time of their annual subscription. All levies from the Governing Bodies and charges to the Club shall be passed on to members without any additional charges.

13. Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.

In the event of the dissolution of the Club, any assets remaining after the satisfaction of all debts and liabilities shall not be paid to or distributed among the members of the Club, but shall be placed in trust with BCU until such time that they may be handed over to an appropriate body or bodies who will use them in the interest of local canoeing and kayaking.

14. Trustees

The property of the Club shall be vested in the names of not less than four or more than six Trustees, who shall be elected by the Club General Meeting. They shall remain in office until death, resignation or revocation or their appointment, after due notice by a two-thirds majority of the Club in General Meeting assembled. The Trustees shall be ex-officio members of the Club Committee.

15. Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.

12. Declaration

Manchester Canoe Club hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

MCC on T.V.

As most of you will know Manchester Canoe Club featured live on the BBC Politics Show on Sunday the 27th January. This was part of their report on River Access where they interview Tasmin from the BCU Access Campaign and Mark Birch from Manchester Canoe Club. You can see this report on the BBC website iPlayer, Politic Show North West at about 40 mins into the show.

Scotland 24th – 27th November 2007

That time of year again, the Scottish trip ☺

There was a bigger group attending Scotland this year, which required us splitting into three hostel type accommodation suites (I say 'suite' as they were by no means a hostel, other than they had bunk beds) just a 2 minute walk outside of Fort William town centre. I hope I don't forget anyone here, I'm trying to remember by house who was there: House one (with the best cook apparently!) Laurence Jay, Lance Davenport, Chris & Ruth Davidson, Ruth Robinson, Georgina Clarke, Andy Brookes, Bob Bathmaker. House two (the lads!) James Cordon, Dave Bradshaw, Paul Kelly, Tom Carlisle, Ashlee Dack, Clive Williams, John Perry. House three (the young 'uns) Kay Bradshaw, Joe Hubert, Laura Paddock, Ben Tott and me...and I really hope I haven't missed anyone!! We were set for the long weekend, not far from the town centre (or the pubs as some would say) and the rivers we were good to go...

River Nith – November 2007

Day one The River Nith Trip was the start of the Great Scottish Get Away 2007. It was the warm up river for the weekend however it was not that warm as we were driving up the wind was buffeting "Andy's Landy", especially as the roof was piled with 6 boats perched on top of it??!??!?

For those of you who do not know the Nith is in the south west of Scotland. It starts in the Glen Arlie Picnic site and finishes some 7km later at the Drumlanrig Bridge. It is a grade 3 river that is set in the very scenic Scottish countryside.

For some of us however it turned out to be a lesson in gorge swimming (or should I say George swimming!?)

There must have been about 20+ members of Manchester Canoe Club there were some day trippers and others that were carrying on for the Scottish weekend. We broke into manageable groups and headed on down the river.

The guide book billed it as an excellent intermediate river and they were not wrong... it was a great river with some exciting rapids and drops and waves. The water level was at a medium level but during the trip had raised something to do with the rain that was coming down at the time!??!??!

I think you can always tell a lot about a river by what the rapids etc are called so I suppose the giveaway would have been 'Start Rapid', 'The

Grave Yard', the 'Hundred Yard Rapid', and 'Dodds Folly'.

The expression "death on a stick" is sometimes used to describe exciting rapids and on this day we actually saw it. As I was swimming to the bank there was what looked like an overgrown cotton bud which on close inspection (and I wish I hadn't) was a sheep carcass on a low hanging branch??!??! After this I was determined NOT to swim again in this river. This theory worked as on the next continuous rapid (which Tom was guiding me through) I did my best ever white water roll, unfortunately in his bid to keep an eye on me and help if I was in difficulties Tom got totally trashed??!?!? (Tom – sorry but thanks).

It was a really great trip in awesome scenery a definite taster for the weekend.

Gorge (Ooops George)

Georgina Clarke

Spean Gorge

Day two of our Scottish trip and we were attempting the Spean Gorge, I say it this way as I was here last year and was advised not to go down the Gorge...granted the water levels were different but the 'don't do it' was stuck in my head and that this might be a difficult one...and it didn't fail to be!! But it was one of the best trips I have done in some time, although I don't remember a lot of it now!!

We got on at Spean Bridge, my nerves playing up a little bit, giving me a bit of a dickie tummie pondering about whether or not I should get on and do it! After a few words of encouragement and the information that you can portage around the bits you don't want to do (yeah right!! I would say it is much easier to give it a go and swim down it than get out and rock climb your way around with a boat! Although there was one that we had to portage and all bar one I think did, that was the constrictor and that was James!), I decided to get on.

Off we went and the start was quite a nice stretch of probably Grade 2 water which ran eventually in the gorge. As I say I don't really remember the trip so well, although I do remember my first swim! A stretch of G3 rapids with some stoppers to avoid, which I was doing ok on until right near the end of it and I didn't avoid one and was tipped over, my roll failing me and out I came..later learning that on the other side to where I had come out there was a tree rooted (which according to the UK rivers guide has been there since at least 1997!!!) and Andy had narrowly escaped getting stuck in it by

going through it upside down and rolling up on the other side of it (...show off!!). I was swiftly rescued by James who got me to the bank, my boat and paddle (I know always keep the paddle but really didn't cross my mind until I'd left go!) were waiting at the side for me to get back in. Around the bend I think was 'the fingers' which I really should have tried to eddie hop more on. We came to a stopping point where Dave was contemplating what was coming up next, which he thought was 'the headbanger' (and later know it was), to which surprisingly I ran pretty well...I say surprisingly cos I missed the eddie that Dave was sat in as a marker, which I was supposed to get, river left above the drop to get a view of what line to take I had no option but to carry on with Dave shouting at me from behind "river right, river right"...with that in mind off I went thinking oh hec (or words to that effect!) and luckily managed to even boof off the edge and land pretty nicely away from the hole at the bottom, which turned out to be pretty grabby. I found another swim along the way, not on any particular feature (not a named one anyway) where there was a narrow drop with a sharp left turn; Dave was stood on the top of it giving instruction as to the way down it but unfortunately something went wrong (I'm not even sure what on that one) and I was out of my boat again. I found Chris's line waiting for me and he pulled me into the bank, with Clive shortly following me. We both sat on the bank contemplating how to get back to our boats (as we thought they were both on the opposite side to where we were!) James was giving instruction and suggested jumping back in and swimming over to the right bank to get to the boats..so in Clive jumped and swam over to the other bank, only to learn that when he got there his boat was actually on the side he'd just left oops, luckily I hadn't jumped in yet!! The boat was taken over to Clive so he didn't have to jump in again! I still had to figure how to get around to my boat, but then came along a knight in pink armour!! Paul offered me a lift on his (pink) boat "sit on the back" he said so on I got. Sitting on the back of the boat Paul, with a little wobble, paddled me around to my boat, which luckily Ben had caught and had waiting for me around the bend. We were nearing the end; we all, bar James I think, got out and walked around 'the constrictor', which meant a bit of a climb up bank around the drop...there were a few paddlers from another group who paddled pretty up close to it and found a way to get down it, still glad I walked around it! We got back on and

then there was what came to be the final rapid, a cushion wave which a lot of us sat at the top looking at with some trepidation...we watched some of the more experienced paddlers go down it and although they all competed the rapid, some didn't make it look that easy! Dave was again sat at the top with us less confident paddlers giving his advice.."it's fine all you have to remember is to lean towards the wall", which is all well and good but it's the opposite to what your instincts want you to do!! I sat getting a little nervous watching some get out and walk around it, not having a clue how they were going to do that, I decided to give it a go. Off I started and in my head all the time lean right, lean right...it was good, I made it through in my boat whoohoo ☺. That was pretty much the end of Spean Gorge, there was a flat paddle to the get out point at the power station. I was glad I'd got on; it was a fun filled day of adrenaline for me!

Lower Roy to Spean Bridge

Day three; after a day that had pushed a lot of us yesterday (Spean Gorge), it was felt a little respite was maybe in order. The whole group split into two and some went off to paddle the River Orchy, whilst the rest of us (Laurence, Lance, Andy, Chris, Clive, George, Ruth, Bob, John and me (this will be the point where I've forgotten someone!)) paddled the Lower Roy to the Spean Bridge.

Putting on just after the middle section down a rather steep, muddy downhill trek, (for which I know fully understand why those that came up it last year looked close to collapse!!), the water levels were lower, or maybe just different, than the previous day's paddle and definitely lower than the previous year's paddle, as some of us had done it last year with huge wave trains and the stopper of all stoppers (that eventually put Dan to his fall!).

We moseyed on along the Roy which was a pleasant paddle. The water was probably really only at grade2 level for the most part with a Grade 3 fall at the end. There were a few scrapes along the way, a few more inches of water and it would have been a really lovely level to have paddled, on the other hand it did make us chose our routes a little more carefully so as not to get our selves stuck. It wasn't flat all the way down, there were a few nice little drops, but those few extra inches would have made all the difference.

We passed Roy Bridge and came across a section of water that needed a little bit of close

attention! A narrow section with a small drop, a few bounces and a bend in the river where the water slopped up against the wall river right; exactly where a tree had fallen and exactly what we needed to avoid! Laurence ran it first and then walked back up river to advise us of the best route through, and act as safety – just in case! ...it took a little more concentration than had yet been needed and a bit more oomph with our paddling strokes to make sure we avoided the tree but we made it through without any major mishaps. We continued to the split in rivers where we then joined the middle Spean, a quick loo stop and then quite a long slog to the get out...it certainly gave us plenty of exercise!! We were nearing the get out point at Spean Bridge and came across what I think is called the Railway Bridge falls (or the half-way falls as some call it, cos it's not near a railway bridge!!) which in high water has some big stoppers (which we deducted is the one Dan found last year heehee!!) and is probably Grade 3+, but today the water levels were lower and it was a nice ledge fall, still probably at a Grade 3. Most of the group attempted the fall, which put a smile on our faces as a good finish to the day.

Kelly Paddock

The last day - Grand Tully

Day four The last day of our 2007 winter Scottish trip left us with a bit of a dilemma of what to paddle on the last day. The local water in the Fort William area was on the decline very different from 2006 when the water levels were exceptionally high.

There were various proposals but some were to paddle for the majority of people as a group was proving a problem. Paul Kelly suggested Grandtully which runs out of Loch Tay between the villages of Grandtully and Strathtay, after some discussion we packed up from Fort William and set off.

A couple of hours later we arrived at Grandtully (Tully as most people refer to the site). In the light drizzle we had a walk long the site which is used for various canoe slalom events to show those people who hadn't been there before what to expect. The site is a section of class 2 / 3 rapid approximately 30m wide and 500m long.

With the cars parked at the SCA site we found a cafe for second breakfast (and for some a

chance to buy some curio's to take home) the hot chocolate was great.

As time was getting on we left the snug cafe (hard to do I must admit), got changed and put on the water in our various small groups.

The water proved to be flowing at a good pace which made a few less experienced paddlers in the group I was with rather weary. We decided to move down from the middle section to an easier piece of water under the road bridge. To get people use to the water we practised basic paddling techniques breaking in / out, ferry glides etc and as people became more confident even a few reverse ferry glides.

With day light starting to dip and some of the group although enjoying their paddling decided to call it a day, a few of us though went to the top of the site paddling the various rapids attempting to get as many eddies as possible on the way down. After a few runs and with the light fading we had to get off, walked back to get changed. After a brief chat, a sandwich and drink we set off for the drive home.

Lance Davenport

'Has Beens' in Nepal November 2007

This year at least 7 members (former and current) went to do battle with the raging rivers of Nepal.

In October the Wilbraham Brothers, Laurence and Dave, and Nigel Timmins were to be found floating down the Sun Khosi on a trip organised by Pete Knowles, aka Slime, celebrated author of the White Water Nepal guide books, in conjunction with Equator Expeditions. Nigel is a "Nepal Veteran" having been a member of the first kayak expedition to the Marsyanda River in western Nepal in the distant days when real boaters only used fibreglass. For the Wilby's it was a first Nepal trip, and they had a ball.

The logistics for the Sun Khosi are relatively simple, fitting easily into a two week break. The put in, only a half day drive from Kathmandu, is at a kayak centre at the start of the river. Here you spend a day and a half sorting gear out and having a warm up on the upper stretch of the Sun Khosi. Then it is off down the river accompanied by a flotilla of gear rafts and

paddle rafts. After 8 – 10 leisurely days on the river you arrive at the town of Chatra, at Nepal's eastern border with India, some 280kms downstream. The return to Kathmandu is either via plane (duration one hour) or by bus (duration 18 hours). No contest really. From the plane it is possible to see Everest; subject to visibility of course.

The Sun Khosi is a big volume river in the East of Nepal. It has numerous large rapids interspersed with periods of tranquillity during which you can take in the scenery, investigate the fishing traps constructed on the shingle banks and admire the skills of the local boating fraternity paddling their dungas (dugout canoes). One of the campsites is at the confluence of the Dudh Khosi so you can while the evening re-enacting the famous scene from the Everest film where Dr Mike Jones and Mick Hopkinson land on the beach and shake hands in true Livingstone / Stanley style.

Just before Chatra the Sun Khosi is joined by the Tamur River. With transport the trip decamps from the Sun Khosi and drives up the Tamur to take in a day trip back down to the confluence. This is a real roller coaster of a run and is virtually non stop rapids, providing an exhilarating end to a fantastic trip. All reports indicate that the Sun Khosi tour was very successful. Inevitably there were several swims, a raft flip on one of the larger rapids, and a minor outbreak of the Khatmandu two step but everyone enjoyed themselves.

In November Ian Beecroft, Graham Helsby, Ross Purdy and myself joined with 4 other paddlers to undertake a tour of western Nepal with the objective of paddling 5 rivers. Ian had put this trip together in conjunction with Paddle Nepal, one of the many rafting companies based in Khatmandu. He had arranged a bus for the duration of our stay, a kayak guide to lead the rivers and a raft team for a multi day river trip.

We were to be in Nepal for two weeks and our land transport was a "Tata" bus of the local variety, capable of withstanding a nuclear war. Not the most comfortable but very solid. It came complete with a crew of 3, the driver, bus boy and a minder. The driver's role is self explanatory. Bus boy was the driver's assistant in all areas apart from driving: - he would leap out at checkpoints to get papers stamped, climb on the roof to prevent overhead cables snagging

on the boats, act as rear view mirror with a combination of drum beats and whistling, clear cattle from the road and keep the vehicle clean and tidy. The minder didn't do a great deal, if anything at all, apart from keep an eye on things and shout at bus boy. Many hours were spent on the bus; the trip time from Khatmandu to the Karnali was approx 30 hours, so it was somewhat sad when we finally left it.

The main objective of our trip was the Karnali River, the largest volume river in Nepal. This river is run commercially with raft trips taking up to 11 days. We planned to run it as a 4 day / 4 night trip with raft support. There are 2 ½ days of big rapids, very much like the Colorado River in the States, followed by a relatively calm paddle out for 1 ½ days. On this river we had a Nepali support team of three. Binay was the river leader / guide, a very experienced kayaker and member of the Nepalese Rodeo team. Chungy rowed the oar raft and Razu, a trainee paddler, came along as cook. Camping on sandy beaches we were well catered for: early morning tea, breakfast, lunch, afternoon tea and evening meal.

Binay led the way. Generally he read the routes from his boat, several times he got out for a quick look, just to confirm his memory and occasionally everyone got out to inspect. The rapids consisted of big wave trains with large holes lurking in the background. Avoid the holes and you were in business. In some cases big moves had to be made, in others the occasional chicken chute was used as well as a portage on one rapid for all of the team, except one. The water is very powerful, the best policy being to roll with it rather than resist with support strokes which can lead to dislocations; often easier said than done.

As on the Sun Khosi the Karnali has a large dunga population. On one section we came across a fishing co-operative with a fleet of at least 12 boats, many of which were crewed by boys no more than 10 years old. Each boat had a crew of 2, the "driver" standing at the back powering the craft with a stick that acted as both punt and paddle and the "hunter", sitting in the prow and casting the net. Incredible to watch, and not a crash helmet or buoyancy aid in sight.

The river was running quite high making the paddle out very pleasant, some sections very much like the River Dee in flood, but with warm

weather. We arrived at the take out within an hour of the bus – superb planning.

From the Karnali we headed to the Marsyandi River, not as big as the Karnali but a much cheekier river, not as forgiving and demanding a higher level of technique. Now we would be doing day trips and had no need for raft support so Chungy and Razu departed. We had left the Karnali in a buoyant mood, there had been several capsizes but no swims: confidence was high. As we drove up the Marsyandi valley the river and its virtually continuous rapids could be viewed perfectly. The high spirits ebbed away and a sleepless night was had by some of the party. Come the morning, a slightly nervous group of paddlers entered the water. We had travelled no more than 150m before the river claimed its first victim and there were to be several more before the end... The section we paddled was virtually non stop grade 4, 4+ & 5-. There was very little respite, if any, between rapids. No more than 50m before the next horizon line loomed or boulder choke appeared. We were on the river for 2 days, paddling approx 15 – 20 km each day, and were physically drained – as much from apprehension as physical exertion.

Bearing in mind the continuous nature of the rapids and the degree of difficulty, the use of guide proved invaluable. Without Binay's knowledge we would have had to either scout more rapids or if possible, eddy hop, reading the route from our boats. However, in hindsight there were two rapids we should have inspected. These errors of judgement, brought about on our part by tiredness and a determination to keep moving, proved costly, leading to 3 nasty swims and a broken paddle.

It was a very relieved, but satisfied, team that left the Marsyandi behind and headed for Samosas and cold beer. What a great river. From here we headed back to Khatmandu, via the Trisuli River with its wonderful wave trains. By this time most of us were in stay dry mode – we'd survived this far so just take it easy and keep the water out of your face.

The overall cost of the trip was around £1200:	
Air fare	£650
The "Nepal" package including bus, Guides, raft trip & boat	£300
Accommodation, food, and general spending money	£250

If anyone is interested in undertaking a trip to Nepal, the Sun Khosi would be an ideal club trip, then please do not hesitate to contact me.

The other 4 members of the Karnali team were Neil Harvey, who has an impressive CV of rivers paddled despite claiming to be predominately a climber and windsurfer.

Doc Martin from Dublin, a former international slalom paddler and Elizabeth and Matthias, both highly competent paddlers from Switzerland who thrive on creek boating.

Dave Higson

The River Lune 2nd December 2007

We had a smaller group this year, maybe the amount of water we had last year put some people off. Still, there were about 16 of us, including John Perry and two of his friends from Bury CC.

It had been raining the previous night, and so we were expecting the river to be up, but hopefully not as high as last year. This proved to be the case, and the water level was very healthy, high, but not so high that the water had covered over the gorges. Probably the best level for the Lune.

After the usual faff for the shuttle, we all launched and split into two groups, which made managing the trip a bit easier, though we often caught sight of each other.

The first tricky section is the **First Gorge**, where the river is narrowed down between rock walls. Diagonal waves cross from both sides of the river, so paddling this gorge involves some commitment, as trying to brace your way down is a recipe for disaster, as just as soon as you have braced for a wave on one side, you are met by a wave on the other side of the boat. Gorges are a feature of this river, and the reason why it is a permanent fixture in the calendar. No matter what the water level (within reason), there will always be sufficient water to paddle. When the water is high, it flows over the gorges, and the technical difficulty reduces to compensate for the extra power of the water.

The next gorge section is known as **John's Stone**, named after an unfortunate member of another canoe club who always got himself pinned on the rock guarding the bottom of the gorge. This gorge has a series of stoppers stretching across from the left bank. These are easily avoided by running down the right bank.

However, the rock at the bottom really wants to be negotiated left to right to punch through the diagonal wave that feeds you onto the rock. This all makes this the scene of more capsizes than any other section of the river. This year the rock was almost covered, making it a bit easier than usual, but we still had a couple of capsizes. The most infamous gorge of the Lune is known as the **Strid**. In low water this is a narrow dog leg channel, with a boulder in the middle of the corner. At these levels, it doesn't look possible to get even the shortest boat through, but I have seen a river racer squeeze through! This time the boulder was well covered, and was creating an eddy on the right above a one and a half metre drop, with the water falling off the rock towards the left hand wall. Several people were caught out dropping off the rock, and more had problems with the stopper at the bottom. The next gorge has a wall on the right bank and the water runs into this before heading off to the left. Again this takes some commitment, as the novice paddler will lean away from the wall and finds themselves capsizing on their upstream side. This gorge was the scene of a tragedy last year. A tree was caught in the river on the exit from the gorge, and an experienced paddler had capsized above this and got caught on the tree under water. Fortunately the tree is now gone, and the Lune is once again the exciting but relatively safe paddle it always was. The first group left the river at the next bridge, but we pressed on to **Stangerthwaite**. This meant portaging a horrible small weir before reaching the major obstacle of Stangerthwaite weir. The high level of the water meant that the autoboo line off the central part of the weir was not on, but another line down the left bank had opened up. This created a committing grade four fall, so only a few of the group tackled it. The remainder portaged on the right hand bank. At first they tried to launch from a concrete slope by the side of the main weir, but one of John's friends from Bury capsized at the bottom of the slope and found himself being drawn into the main weir. Disaster was averted by the quick thinking of Brendan Orton with a throwline. Unfortunately Keith's boat was sucked into the weir, and we could do little more than watch it bounce about in the stopper for the next fifteen minutes until it finally flushed out. After this incident this launch spot was abandoned in favour of walking through the mill yard, where signs indicated that this was the approved access, so long as you kept quiet and passed

quickly to avoid disturbing the occupants of the recently refurbished mill.

We passed through the old Stangerthwaite slalom site with its big slides and long stoppers, through the final gorge and past the confluence with the Rawthey. The get out involved the usual trek through the woods to the lay-by.

Dave Bradshaw

Early 2008 for Slalom beginners

Many of you have worked hard through the autumn and some even kept up the good work through the winter. What you want to do now is to get to an event and become a Div 3 paddler. As soon as that barrier is passed Div 2 beckons. Its easy to miss out on the early events unless you know where to look. Its also as well to get some dates booked before other members of the family arrange something else for the weekend...especially if you rely on them for transport. So here are some early dates with comments, which may help your choice.

March 9 th	Stone	Div3&4 Sunday only
April 5/6	Marple	Div3/4 Double
April 25/26	Oughtibridge	Div3/4 Double
May 10/11	Wagon Lane	Div3/4 Double
June 7/8	Sowerby Bridge	Div3/4 Double

There is also a non ranking event at Stone on 24th February.

So a bit of determination gives you enough fairly local events to make Div2 by the end of June!! (April!!!!!!)

What do the words mean? Fairly obviously Div3/4 means that the event caters for both divisions. Double means there are two separate events on Saturday and Sunday. You can get promoted at either: even better get promoted on Saturday and paddle in Div3 on Sunday.

Stone is some 60 miles South down the M6. The event has always been well run and attended. There may be camping available on Saturday night, which means you can have plenty of time to practice. Arriving at 10 for an event starting at 10.30 may mean you miss entering and may well have to do the first run blind. Try to be early. The water here is easier than Marple but courses can be tricky.

Marple, well get the date in your diary! Help getting the course up on Friday afternoon has been known to earn valuable coaching. The course for Sunday is altered. If possible try it on Saturday before you go home, or of course stay the night.

Oughtibridge (pronounced "ootibrid" if you have to ask the way), is over Woodhead and turn off the A616 after about 5 miles. Again riverside camping is available. Water pretty easy but the site was washed out in floods last year. Only about 30 miles away. Event is run by Sheffield CC.

Wagon Lane is again nice with camping on the spot. You find it south of Bingley. Don't take the bypass but keep straight on and turn right by the school. The first breakout can be interesting till you've done it the first couple of times, the hard part of the course is at the beginning. Organisers Bradford and Bingley (as in building society) CC. Forgot to mention you can also watch cricket and use the Social club.

Sowerby Bridge is not as nice, in that there is no camping, but it's a fairly short drive. Courses variable; they seem to have a couple of designers with different ideas about what Div 4 paddlers can do. Halifax CC.

Advice: get as much work in as you can: get the trauma of your first slalom over ASAP: Remember you may have to beat the bods you've been training with for promotion! Get as much practice on the course as you can, but don't leave your best run behind by getting worn out.

I would suggest that as soon as possible you declare intent to go to early slaloms. If you can do this on the bulletin board others can join in. Maybe swap lifts or share a tent. At the same time if there is anything of a crowd going it's more than likely that one or more coaches will happen to be there to help you. There is no good luck message. Rely on what you've learnt!!!

Peter King

Louis Renshaw

I heard today (26 November) of the death of Louis. For more years than I can remember

Anne and Louis have turned up at slalom after slalom, long after the days when their sons paddled, and very quietly and competently judged (including this years) to support the club. The clubs thoughts go out to Anne, Peter, Mick and Robert.

Peter King

Canoe Expo 16th – 17th February

The UK's largest canoe and kayak show, held in Coventry, organized by Mark Birch of Brookbank:

"Our Mission is to host a showcase event which celebrates canoeing and kayaking to the enthusiast, newcomer and occasional paddler on a level not seen before in the UK.....an event that captures and enhances the enthusiasm that exists for canoeing and kayaking in the UK and inspires the newcomer."

See their website for more information

www.canoexpo.com

Up and coming trips

There is nothing listed in the events section of the calendar as yet...if your wanting to run a trip or want people to join you on a trip don't forget to advertise it as soon as possible, and let Dave Bradshaw know so that he can add it to the website calendar. Keep your eye on the Bulletin Board too for other last minute trips.

And the slalom season will be starting again, so have a look at www.canoeslalom.co.uk for up and coming slalom's you might want to enter.

Goyt Race: 9th February at 2pm

What is it?

Division B & Open race, part of the national Whitewater Racing calendar, and also part of the Manchester Canoe Club Quinzaine series of competitions. It is a straight time trial down the Goyt, from below the horseshoe weir in Brabyn's Park, to the bottom rapid on the club site. Unless it is very high, it is suitable for anyone, and you can do it in any kind of boat. Entries are taken from 12:30pm...see MCC's website for full details or contact Dave Bradshaw for more info.