



Thameswey Canoe Club Newsletter  
Issue 2 February 2009

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LATEST NEWS

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Hello and welcome to the second issue of the Thameswey Canoe Club newsletter. We hope you all had a good Christmas and are managing to keep your New Year's Resolutions (or not!). 2009 looks like being another great year for the club with lots of exciting things planned. So, keep reading and remember to let us know your comments.

\*\*\*\*\***Stop Press**\*\*\*\*\*

[www.thameswey.co.uk](http://www.thameswey.co.uk)

Our website has had a wash and brush-up for the new year. It's now easier to use, more interesting and will be updated regularly to keep you informed about what's going on in the club. The new website will be launched in February so, check it out and let us know what you think.

Here are the paddling dates for the next 3 months ...

15 <sup>th</sup> Feb	Lake Session
22 <sup>nd</sup> Feb	River Usk: Aberbran to Brecon
1 <sup>st</sup> March	River Barle
8 <sup>th</sup> March	Milton Road Pool
15 <sup>th</sup> March	Lake Session
22 <sup>nd</sup> March	River Teme
5 <sup>th</sup> April	Milton Road Pool
8 <sup>th</sup> April	Lake Session
12 <sup>th</sup> April	Sutton Courtney
15 <sup>th</sup> April	Lake Session
19 <sup>th</sup> April	Lake Session
22 <sup>nd</sup> April	Lake Session
26 <sup>th</sup> April	River Dee (Grade 2/3)
29 <sup>th</sup> April	Lake Session

**Summer is nearly here and the Lake beckons!**

Well, if not summer then at least April which means we'll be back at the Lake on Tuesday evenings again. The Training Committee have been working hard through the winter to bring you more and better training, building on the things that worked last year and improving things that didn't work as well as we would like, and integrating the new BCU PaddlePower and Star Awards syllabus.

We'll be offering a mix of formal training courses, inductions for newcomers, fun sessions, supervised and unsupervised paddling, and some special training groups. We are putting the finishing touches to the program and we'll be sending it out to you in the second half of March, keep an eye out in the next newsletter! We are planning courses for One and Two Star Awards which will lead straight into an assessment at the end, no more training without the chance of being assessed for the award! We can also offer the Three Star Awards for both kayak and canoe, and the Foundation Safety and Rescue Course – all subject to demand. For more information see the website or contact Paul Gibson, our Training Officer.

Fancy the challenge of paddling 22 miles up the Thames in a race against lots of other people in crazy boats? On the 5<sup>th</sup> September the annual Great River Race takes place in London. If you want to find out more take a look at

[www.greatriverrace.co.uk](http://www.greatriverrace.co.uk).


If you're interested in taking part please contact Alan Fagan.

This is a quick reminder about membership renewals. If you have received a reminder please pay promptly. Your membership fee goes towards paying for the upkeep of the club's kit.

### Your club needs you!



At each lake session we need volunteers to help us register all paddlers on and off the water, issue appropriate kit, welcome newcomers and collect fees. Many thanks go to the people who have already volunteered and to Alan for organising a rota but as there are not enough volunteers we have decided to ask all members (or their parents) to participate. The rota will come out to you all shortly. If we all do our bit it should save the few having to take on too much. Thanks.

 ... if you would like to submit articles for the next issue of the newsletter or if you have any comments or suggestions please let Rachel know at [rachel\\_cawte@hotmail.co.uk](mailto:rachel_cawte@hotmail.co.uk)

### Meet the Committee ....

Mim Smith – Youth Officer



Hi, I'm Mim and I am here to represent the youth members of the club on the committee. If you have any questions, ideas, or suggestions about the club please let me know so that

your views can be heard at committee meetings.

Canoe England and BCU members can take advantage of 20% discounts at Cotswold Outdoor during these times:  
26th March - 29th March  
4th June - 7th June  
6th August - 9th August  
22nd October - 25th October

Our local paddling shops also offer a minimum of 10% discount for being a member of Thamesway Canoe Club:

Outdoor Active nr. Woodford  
[www.outdoor-active.co.uk](http://www.outdoor-active.co.uk)

Cheltenham Canoes in Cheltenham  
[www.cheltenham-canoes.co.uk](http://www.cheltenham-canoes.co.uk)

Performance Kayaks nr. Weston-super-mare  
[www.kayaks.co.uk](http://www.kayaks.co.uk)

Every issue we want to include a Trip Report to give you a flavour of the club's activities. The following article was written by Alan following his paddle on the River Usk on 25th January 09.

"In dawn's early light, seven of us met up with six Swindon Club paddlers in Abergavenny. The temperature was above freezing, the weather dry, and the river brim full, brown and swift. The stretch from the put-in at Talybont to Mill Falls took no time at all and was generally without incident. Mill Falls was inspected and Johnathan and I gave it a miss. There was a strong flow of water, full width with several large stoppers. There were ten successful runs, with one swimmer. We then had a bit of bad luck in the stretch immediately above Llangynidr Bridge, when one of the Swindon lads, James, dislocated his shoulder. An ambulance was called and most of us were out of our kayaks, either helping the casualty or inspecting the flow under the bridge. Johnathan, who was parked in an eddy upstream made his way to another further down. Unfortunately, he didn't make it and found himself reversing towards the bridge. In attempting to miss the cutwater he capsized and shot under the arch. After shouted warnings, rapid launching of kayaks and a sprint along the bank, he was rescued, with help from another trio of kayakers who were below the bridge....." Want to read on? Alan's full report is on the website.