



News Letter February 2018

Tynemouth Canoe Club

**A belated Happy New Year to all our members.
We hope to see you out paddling on our outdoor sessions this year.**

2017 was a good year for us with over 130 members joining our club, several camping trips, river trips, beach trips, our adults only High Borrans weekend, training courses, Paddleability events, a British Canoeing rafting competition team winner, several members achieving star awards and helping out another local club by donating some of our older equipment and then us purchasing some brand new kayaks.

Due to our lovely unpredictable British weather last year, we were unable to run all the sessions that we had planned, so we are hoping 2018 brings better weather. Fingers crossed.

Volunteers

We always need volunteers to help to run sessions, do club administration, update the website, serve on the committee or many other things. If you would like to help drop a line to info@tynemouthcanoe.co.uk

Container

The container where we store our kit at Tynemouth Pool is on its last legs and needs replacing. It is only Bob's magnificent welding that is keeping it together. Do you know an organisation that could help us to replace it? Let us know before it drops to bits.

High Borrans 2017

We love to hear from members about their personal experiences when out with the club, whether it be on a river trip, camping weekend or just messing about at the beach. Paul Balbirnie & Jamie Watt are both relatively new members, and both attended their first **High Borrans** weekend with us in November and kindly offered (with a bit of persuasion) to put down their thoughts after they had time to recover.



Paul: I joined TCC in April 2017 and looked at the various events planned on the calendar. I had seen the High Borrans trip planned but immediately thought "School dinners and lights out at 10 pm". As the trip drew nearer I started to hear the buzz at pool sessions from members who were returning after the previous year. I enquired if there were any places left, and even though it had been fully booked for months, I managed to get a cancellation at the last minute. That was the excuse I needed to buy a boat. Off I went to North East Kayaks and ordered a boat with all the trimmings, the only problem being, it was touch and go whether the boat would be ready in time. As it happened the boat arrived the day before and Ronnie kindly brought it straight to High Borrans for me.

On Friday night when sitting in my new boat drinking beer in the lounge, I had to endure lots of wise cracks about what would be left of it due to the low river levels, but it was all good banter and a good night, maybe a bit too good! On Saturday morning after a late night or should I say early morning, we arrived at the River Lune. I was the classic example of "all the gear no idea". Luckily, Dave the coach was superb and along with Laura, gave lots of positive encouragement. We also nominated Andrea as the official group Guinea Pig, so she was pushed down the rapids first to see what happened (It's a dirty job Andrea but someone's got to do it). At the end of the weekend I had definitely gained some confidence as a novice paddler.

After that weekend I paid my deposit for next year and hopefully I will get plenty of practice in so that I can progress to another group (as long as I can push Andrea down the rapids first). Great laugh, great company and the food was much better than at school. The 10pm curfew might have been a good idea though!



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Jamie: 468,000.....The number of minutes I was looking forward to coming along with TCC to the Lakes since booking up just after becoming a member. And whilst on numbers it was probably 20 times I heard from my wife Nicola "will you stop going on about that bloody weekend".

So here goes, sharing the experience of my first High Borrans Trip.

Friday afternoon's drive across the Pennines from Whitley Bay via Gateshead, to pick up a fellow paddler was easy if not a little noisy. Twenty three year old Land Rovers are not built for speed or comfort but are brilliant for carrying the huge amounts of kit that I've amassed in the year I've been paddling. (Note to self.....don't let Nicola see this as she thinks I've only borrowed it all!).

However we made sure there was space left for the liquid refreshments we were advised to not forget through welcomed emails from John and Andrea in the lead up to the trip.

You'll hear from others that the food at High Borrans is great and they're right too, so I won't add anything further other than to say it's a good job the meals are up to it as paddling for four or so hours a day leaves you famished.

Friday night was fun as was Saturday although for some, including me it was an earlier night as the toll of paddling and the alcohol took effect.

Saturday night involved a quiz and for someone who normally turns about foot when entering a pub with a quiz night on it was surprisingly entertaining. I now know what the Warren Commission was and what a papal conclave does, but as I'm unlikely to be in quiz for another year I doubt this enlightening will serve me as well as the paddling skills learnt over the weekend.

And on that point; the paddling on rivers Lune, Leven and Kent, all three I'd never been on before was superb, frightening at times and wet too having swam a couple of times but thoroughly exhilarating and the reason I'm sure why many come year after year.

The social aspect of this sport both in the Library/bar afterwards but more so on the water with huge amounts of supportive coaching was invaluable for a relative newbie like me. The mickey taking over a beer afterwards sharing the experiences of the day is a high-point too.

If asked what was the one thing you'll remember for years, easy.....the flip-chart on Friday night 😊

As someone who's bit of a people watcher the intricacies of putting your name next to a group for the weekends paddling was fascinating and hilarious in equal measure. You certainly get a snapshot of all personality types from tentative to full on Braveheart and in my case how beer can have an effect on what you plump for!

And if you're reading this before heading off for your first trip and you've not paddled much then your choice should probably be Ronnie minus one at least. And for clarity Ronnie's a great paddling buddy but a huge adrenaline junkie.

I'll stop now as writing this has made me all melancholic and in need of a paddling fix.

And so as I started this rambling with a number I'll end on a similar theme.....900, which is as you will all have guessed is the number of seconds it took me to pay my deposit for the 2018 trip online after the date was announced!

High Borrans 2018

This year's trip will take place from Friday 15th – Monday 19th November. The event is fully booked but we are operating a waiting list. If you're interested drop a line to John jbrownless814@btinternet.com

Fancy taking your paddling career a step further? Think about coaching or leading

All clubs need ongoing progression of paddlers in order to survive and grow. The next step may be up to coaching or leading. Without coaches and leaders we can't put on any indoor or outdoor sessions.

If you think you would like to do coaching or leading send an e-mail to info@tynemouthcanoe.co.uk or have a chat with one of our coaches. For full information have a look at the British Canoeing website

<https://www.britishcanoeing.org.uk/coaching-leadership/>

We actively support all our members who wish to progress into coaching. Funding is currently available through Tyne Wear Sport so if you would like to know more please get in touch.

<https://www.tynewear sport.org/coach-bursary>

We will help in any way possible if you are interested in coaching in any aspect of the sport.

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Boxing Day Paddle – Durham to Finchale Abbey



15 of our members braved the cold, decorated their helmets in a Christmassy theme and attended the annual Boxing Day paddle at Durham, along with paddlers from other regional clubs. Luckily the river level had risen from “empty” the day before to low, in other words we could actually float down instead of walking.

We all agreed that our lovely Pauline deserved to win the Alan Todd Memorial Trophy for her superb decorated Pingu Igloo helmet. Well done to everyone who took part.

Spanish Trip 28th May – 4th June 2018

Ann Brandon has been kind enough to spend months and months organising our first overseas trip for 12 of our members in May this year. They are off to do sea kayaking in warmer seas for a fabulous week paddling around the Spanish seaside, with crystal clear blue waters and wall to wall sunshine. We hope they all have a fabulous time and we are looking forward to hearing all about their adventure and seeing all the photographs on their return.

River Trips



Jamie enjoying a swim

A number of our newer members have been out on grade 2-3 river’s over the last few months and part of that learning curve is dealing with swimming in freezing water while trying not to lose your paddle or your boat. Huge thanks go to Ronnie for leading these trips, for giving up her free time and for the teaching and confidence building she has worked on with our members. It’s been brilliant to watch their ability and confidence grow after paddling these more challenging rivers.

Our club relies heavily on all its volunteers and coaches who give up their spare time week after week to run pool and outdoor sessions and their efforts are always appreciated, as without them, we could not run your club as we do.

Go Canoeing Week 26th May to 3rd June 2018

We will be holding a kayak taster session for novices on Sunday 3rd June at Cullercoats Harbour, to tie in with British Canoeing’s Go Canoeing Week.

This is always a very busy event and we are always looking for volunteers and coaches to facilitate in any capacity for this event, whether it be setting up the event shelter, moving equipment from our storage hut at Longsands, making sure all participants have all the correct kit and are ready to go on the water at their time slot, additional help on the water, basically anything to make the event run successfully.

Paul Balbirnie is co-ordinating the event for TCC and he will be very grateful for any help you can offer, so, if you have 2-3 hours that you can spare to help, we would love to hear from you.

Additional Pool Session Dates for your diary

Saturday 3rd February 4-5pm - Rolling Clinic – Fully booked

Saturday 7th April 4-5pm – Safety and Rescue

Saturday 5th May 4-5pm - Details of event to follow

If there is a particular skill you’d like to develop or improve please email info@tynemouthcanoe.co.uk . We’ll try to include it in the program

1* & 2* Training Course

Our Coaching and Safety Officer, **Garry Lant** is running another 1*&2* training course, starting around March 2018. If this is something you would like to take part in, please email info@tynemouthcanoe.co.uk to register your interest.

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Tees Barrage

Wanted to get a sense of whether people would be interested in attending Club Night session(s) at Tees Barrage International Whitewater Centre.

<https://tbiwwc.com/>

Some of you like me will know all about the course and have paddled it many times before and therefore Club nights are probably not for you. Having said that if you have a family member (like me) who is starting out or personally haven't ventured much beyond the pool or slow moving flat water like the Wansbeck then this could well be the thing that gets you to experience what Whitewater paddling has to offer. Club nights are normally held on a Friday evening 6-8pm. The cost is reduced to £8 to reflect the shorter time on the water, but invited clubs have the exclusive use of the course. There are no rafts, general public or slalom paddlers invited.

Because of this, the standard of the paddler only has to be 1* rather than 3*, as this is designed for the intermediate/ first timer on moving/ running water or to progress their skills in a safe and controlled environment.

The course is put on reduced flow, so the top part up to Happy Eater (first corner for those that know it) is the same as normal, but after this the flow reduces so that Acid Drop (just before bottom pool) is literally flat/ flooded and has moving water only. Most newbies paddle up the course from the bottom pool, practice ferry gliding etc or get in after Happy Eater and just use the bottom 2/3 thirds, till they feel confident enough to try the top part.



The number of paddlers on a Club night is limited to a maximum of 70, anything above this makes it too busy and the whole enjoyment factor diminishes.

They would give us exclusive access if we were to take 40+ paddlers but I don't think sharing with another Club with paddlers of similar experience levels would be an issue and a great opportunity to make new friends of course.

Feedback from clubs that took part last year is very positive with members improving, gaining confidence to move up to more challenging waters and have already booked more dates for this year.

I've spoken with the committee and am offering to firstly test the water with you all and then if there are enough interested to take it forward to TBIWC and agree dates etc.

So if you are interested, would maybe want more info before agreeing please drop an email to northeastwatties@virginmedia.com

Cheers *Jamie*