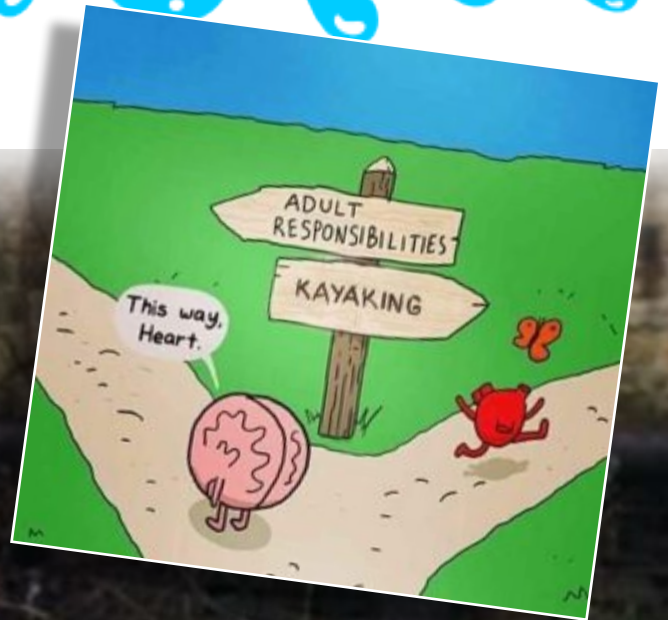
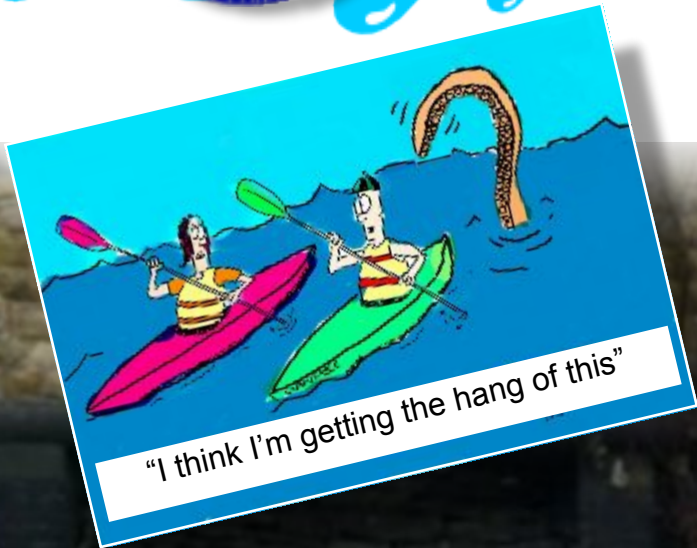


Halifax Canoe Club Winter Newsletter



More brandy butter?

Halifax Canoe Club operates on a voluntary basis; this means that everybody in the club has a role to play. Some people help with the organising by being part of the committee and others with help during events. You can all help when you follow the clubs guidelines. Please can you look after all the kit that you use? Do not wash your kit in the shower as the dirt blocks them. The floors in the changing room should be mopped after each session and the doors propped open to allow them to dry. Kit also needs to be put back properly, clothing hung back up so that it can dry and equipment put back in the correct place.



The club is more than happy for you to use the club kit but please ensure that you return it after use. If you need to borrow any kit from the club please inform Al Benson Equipment Officer by using this email address equipment@halifaxcanoe.org.uk. Remember that you are a member of the best canoe club in England. **Halifax Canoe Club Committee**



Saturday 28th January Open Boating Day £5



[Click here for more info.](#)

Under the expert guidance of Steve Davison, we are proposing a fun filled day of open boat paddling on the canal and river around the marina at Mirfield with a couple of weirs thrown in for added excitement. Who is this suitable for? Depending on water levels.. anyone with minimal or ample open canoe experience. As you wont be on your own in a boat, we will place inexperienced paddlers with some of our more experienced open boaters.

AGM – North Bridge Leisure Centre 3 February 7:30pm



[Click here for more info.](#)

The annual general meeting (a very quick meeting then on to the fun) which includes various paddling awards, games, competitions, a raffle as well as the legendary rubber duck award.

Open Boat & Slow Kayak trip 10th February

Fancy doing the the River Swale between Catterick and Morton-on-swale either 10th or 18th Feb? About 10 miles – nothing scary but did it a couple of times in 2016 and there was a nice flow on it. A map is attached. Let me know if you are interested and if there is a preferred date? **Chris Halligan**
janhalligan@tiscali.co.uk

2nd Annual (ish) Greek Night 2nd March 7.30pm



[Click here for more info.](#)

It`s back ! Like a Phoenix rising from the flames of 2017 comes the 2018 social scene.

Hot on the heels of what I`m sure will have been a fantastic AGM and party night in February comes our first stand alone social event of the new year.

Fine food, fine wines, fine ales, great conversation, superb dining companions – its got the lot. We`ll be going to Theo`s Greek Restaurant in Halifax again. Conveniently sandwiched between two slices of Wetherspoons pre-meal drinks and multiple nightcaps.

Incident Reporting

This reporting system is for all canoeing incidents, whether you are a member of British Canoeing or not.

Incidents reported should also include near misses this information will help us to identify canoeing issues and to establish an accurate picture of safety and other concerns across the country.

We will use this information to advise members and improve safety for everyone. So please include incidents such as those with other water users, access issues, pollution/environment, canoeing safety etc as well as major incidents or accidents.

If you have been involved in an incident as a result of canoeing activity you should complete the attached form.

A copy of the online British Canoeing Incident Report Form can be found **here**.

A pdf copy of the Incident Report form can be downloaded **here**. This can be used to record incidents on site where there is no access to the online form.

All information recorded by hand should, subsequently, be transferred and submitted on the online form.

British Canoeing Insurance - Incident Notification

If an incident has occurred which resulted in:-

- An injury to a person
- If medical assistance was provided or an ambulance called
- Reported under RIDDOR (major incidents in the workplace)
- Damage was caused to property, equipment, vehicles etc

Then the incident must also be reported to British Canoeing's insurers. Details can be found **here**.



facebook

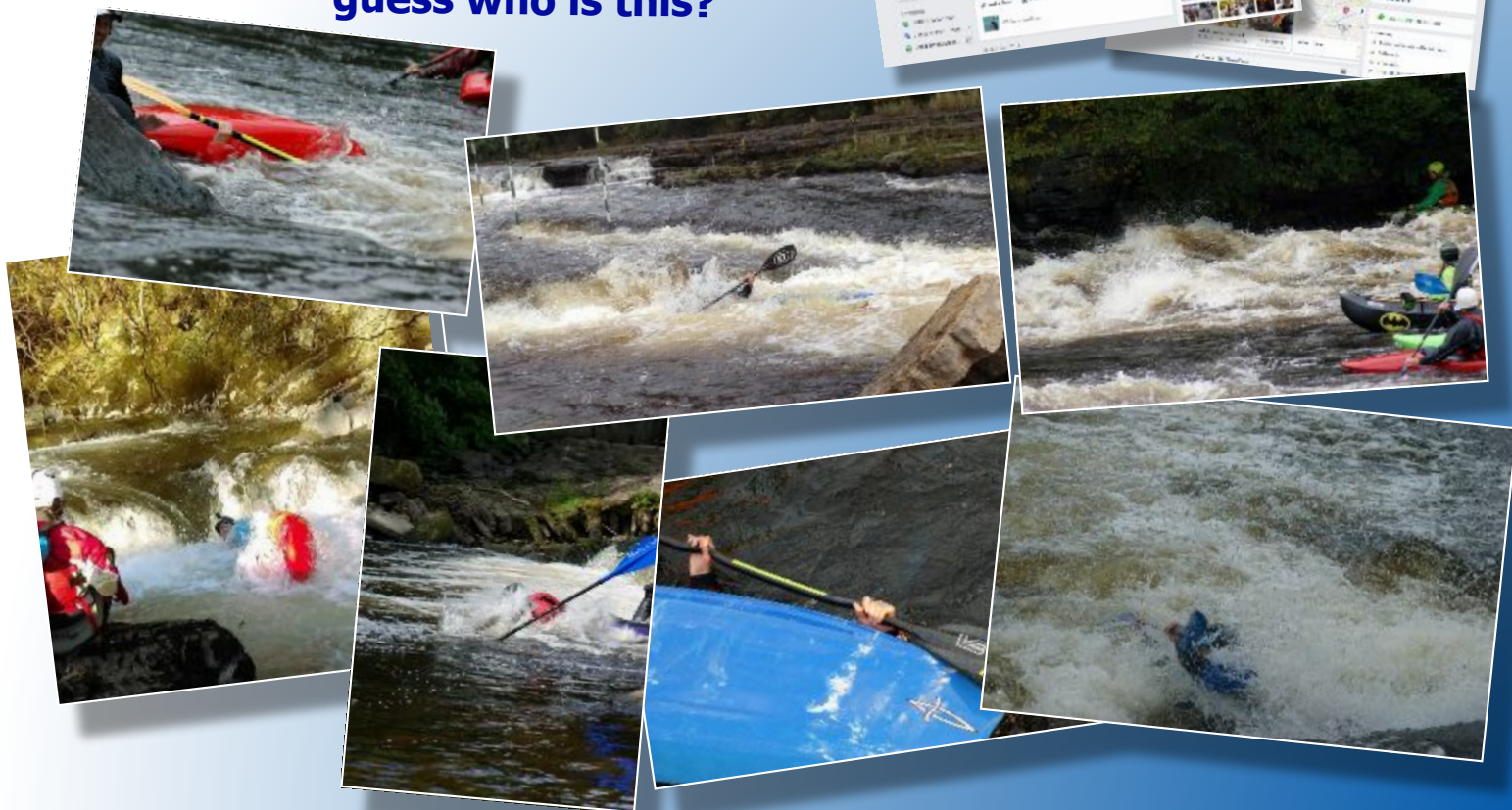


You may not realise it but HXCC is active on Facebook and if you haven't already joined us, you should consider checking out the HXCC page and the HXCC group.

<https://www.facebook.com/halifaxcc/>

<https://www.facebook.com/groups/Halifaxcc/>

The only place you can play "guess who is this?"



Winter Paddling and Safety Guidance

Paddling through winter can be as enjoyable as paddling in the summer sun, but there's often slightly more planning needed to keep you safe on the water. From cold weather clothing considerations to spare clothes and cups of tea, here are our top winter paddling tips.

1. Check the weather, check the water

The weather will make a huge difference to how enjoyable your paddle may be. Rain, snow and sleet could be a consideration in winter. Wind could potentially make your boat more unstable, but it will also add the dreaded wind chill factor. Don't forget the

Environment Agency has a really useful river and sea level tool on their website. [Click here](#)

2. Plan your session

If you plan your session, you're more likely to be prepared for the conditions you face. If you're out all day, more careful planning will be required in comparison to a short 1 hour session. Planning your session, even just loosely, will mean it becomes a lot more enjoyable for all involved.

Let a friend or family member know when and where you are paddling and what time you expect to return.

3. Be prepared for cold water and dress appropriately

It sounds pretty obvious, but when the winter sun is shining on your back, you sometimes forget how cold that water is... especially if you haven't fallen in it for a while!

Dressing appropriately is vital for winter paddling. This will always depend on the type of canoeing or kayaking you are undertaking, or the type of session ahead, but considerations should be made around:

- base layers
- wetsuits
- buoyancy aids
- hats, buffs/neck warmers, Poggies or neoprene gloves
- dry suits
- spray decks and cags

4. Be a social paddler

Paddling in groups, no matter how big or small, is always advisable but especially in winter for two reasons – 1. If you fall in and/or get into trouble, there is someone around to help you before hypothermia or other weather-related injuries set in and 2. Most sessions will take place in the dark with limited daylight hours in winter, so paddling in groups makes it a lot safer.

5. Take a phone or VHF radio

If you get into trouble, especially if you're paddling on your own, you need a way of calling for help. Always carry a phone in a waterproof pocket or aquapac and if you're paddling on the sea, it's worth investing in a VHF radio and a personal locator beacon too. These simple pieces of equipment really can save your life should the worst happen.

6. Take spare clothes

A change of clothes when you get off the water is vital, especially if you've got a little wet! Driving home in damp clothes isn't ideal, especially during the winter months.

7. Think about food and drink

Again, this will depend on the type of session you have planned. If you're only going to be on the water for an hour, perhaps a hot drink in a flask will suffice. If however you've got an epic challenge ahead of you, you need to think more carefully about the food and drink you pack. Flasks, energy bars and gels, meals and snacks all need to be considered... staying fed and watered can help you stay warmer for longer.

8. Stay hydrated

You might be surrounded by water, but you need to drink plenty of it too! Even though it's not Mediterranean temperatures outside, your body will still lose water during exercise.

9. Enjoy your paddling!

The most important point of all... enjoy your paddling through winter! There are so many ways you can mix up your winter paddling and try something new.



As well as the regular kayaking opportunities Halifax Canoe Club also gives it's members many other occasions for social get together's. Recently alongside the usual group meals out there have been some excursions, on foot, some of them in the dark and there was even a trip to Spain!



If you have any ideas or request for trips with or without kayaks please contact **Mike Scholefield.** events@halifaxcanoe.org.uk



Send us your pictures and videos with a short write up by email to Paul Wood, using the following address: marketing@halifaxcanoe.org.uk



Conistone 2018

paddleadvisor Trip reports

Our Annual visit to Conistone Methodist Chapel came and went again in early January this year. After a cosy Friday night full of arrivals, camaraderie, good natured banter and storytelling, Saturday morning dawned and Seventeen hardy souls ventured into the Water (after posing for photos) on the River Wharfe for a fantastic day full of thrills, spills and crazy seal launches. It's a beautiful river to paddle - crystal clear water and surrounded by the rolling hills and dry stone walls that decorate the Yorkshire Dales.

Our first "obstacle" to negotiate - the rather grandiosely named "Conistone Falls" was just at the right level to boof over, although it did claim a swimmer, but 1 out of 17 is good odds isn't it ? It also gave us the first refreshing splash to invigorate the soul and mind and sharpen the senses, ready for the meatier rapids we would meet further downstream. We carried on following the rivers meander, discussing the pheasant shooting going onto to our right hand side and the highly trained black labrador that crossed our path 3 or 4 times to retrieve the fallen birds from river bank left and soon approached our second feature - the fairly fast flowing, joy to paddle "Ghailstrills Strid". Sadly the pesky sniper was out again and claimed a 2nd swimmer but some fantastic throw line action by Al Benson (those white water safety courses clearly paid off) and majestic boat recovery by David Spencer ensured nothing other than pride was hurt. Once we were all re-seated in our kayaks, swiftly over the weir above Linton Falls then a team dismount to scout a route down the falls. Two clear routes were apparent and the water levels were low enough for most of us to have a run at either one or both options. Spectators gathered on the bridge, camera phones at the ready - clearly hoping to see some carnage and swimming but they all left disappointed, consoling their kids who'd probably been promised a capsize or two, muttering something about "professional Halifax Canoe Club white water kayakers, coming up here looking fantastic and all running the falls like they were being paid to do it!"

Editor's note - Ok, there might have been some creative licence and paraphrasing but we had no swimmers. Maybe the sniper had run out of capsize bullets or maybe all the training our superb coaches give tirelessly is paying off. 12 months ago I'd have looked at Linton falls and said "maybe next year" but the truth is, we're doing these drops and I thank everyone who has given me guidance.

We broke for lunch then carried on downstream enjoying the opportunities to ferry glide, break in and out etc. before someone said "That hill would make a great Seal Launch". My memory is a little vague about this part but four of us hauled our Boats up the hill and only two actually slid into the water (I was one) of them) - yay! Dave Spencer was the other- yay! Al Benson eventually got into the water but our 4th person? I guess you will have to watch the video that I'm sure will have surfaced by now, but I had stomach ache from laughing so much...

That evening, we were treated to a gorgeous curry feast, chicken rogan josh, fluffy rice, naan bread, chapattis and a veggie dahl (worth the cost of the weekend alone) generously provided by Jo Platt and Al whilst discussing the disheartening news that there wouldn't be enough water in the river to paddle on the Sunday, so a plan was hatched to go hiking on the Sunday instead.

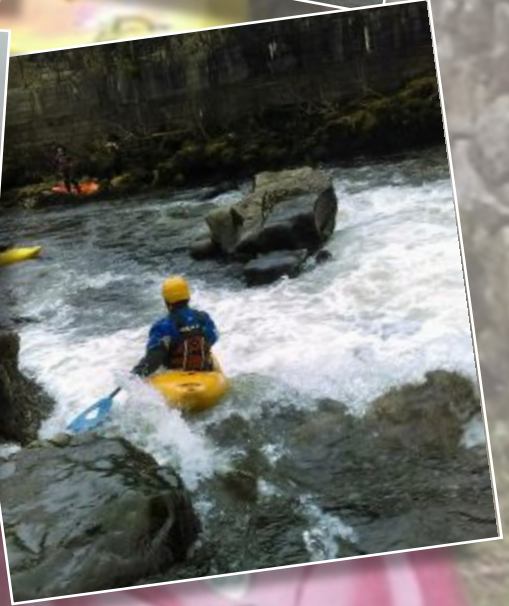
Sunday Morning rose and the rain gods hadn't been kind overnight so it was water boots off, walking boots on. The Lawlor family all came and joined us and we did a lovely loop of Conistone, taking in the sites, the lime kiln, the iron age settlement, the not so ancient sheep pen and discussing whether or not the Aztecs made it to Yorkshire! A refreshing glass of shandy at one of the many "Devonshire Arms" scattered though the Dales and it was home to write this and an early night.

What a fantastic weekend.

Mike Scholefield



Conistone January 2018



TWO CANOE TRAILS IN OUR AREA



Peak Forest Canal; Dukinfield Junction to Marple Bridge



CANOE TRAIL

This journey takes you through stunning countryside with a deep industrial heritage. The navigation passes through two tunnels and crosses a great aqueduct, 97ft above the River Goyt, before reaching the flight of 16 locks at Marple.

Key Info

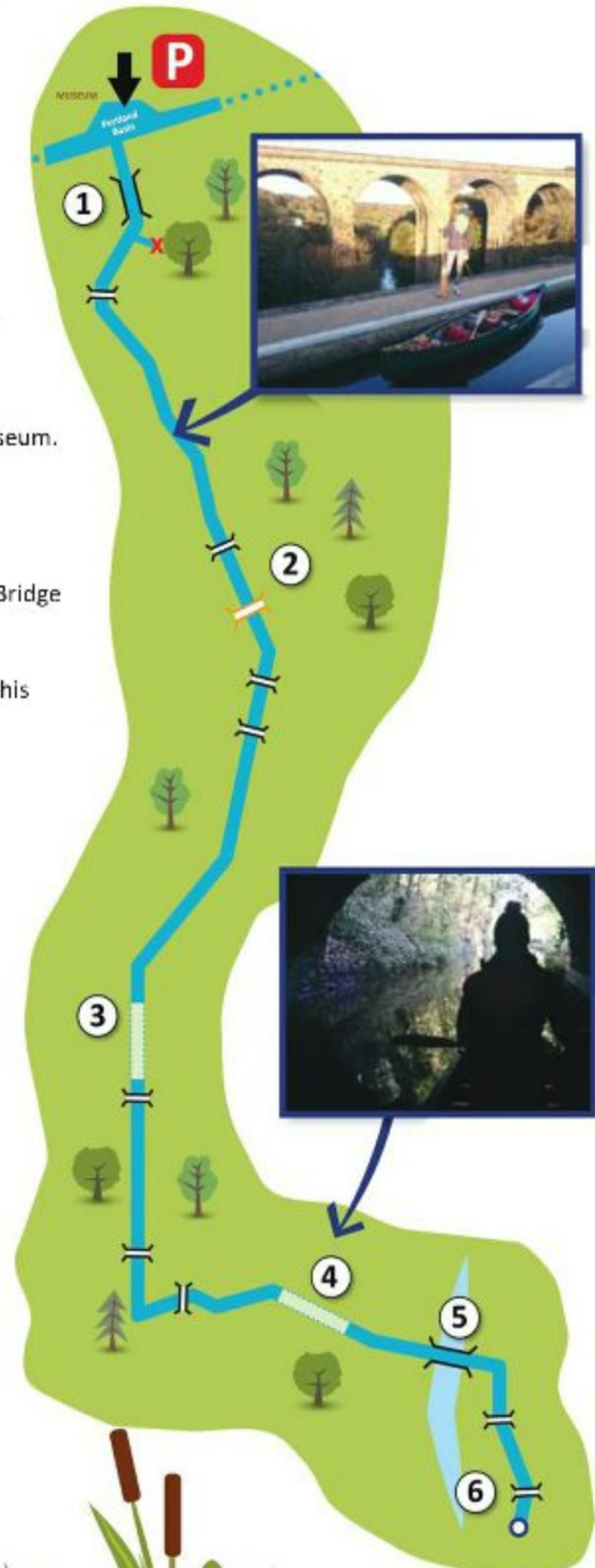
Start: Portland Basin Museum
Carpark, Ashton Under Lyne OL7 0QA
The water level can be a foot or so lower than the ground at access

Finish: Station Road, Marple SK6 7BY
There are three free car parks near the station.



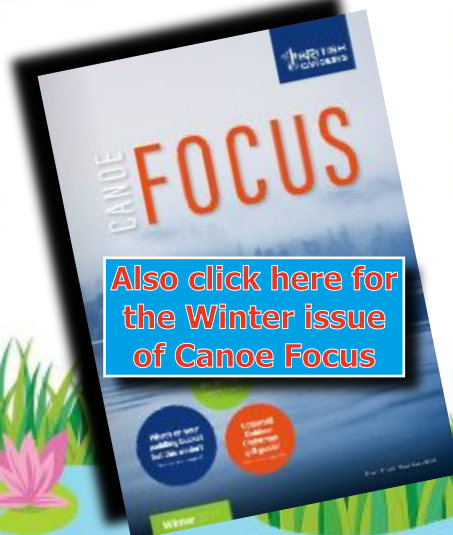
Scan or visit
bit.ly/Dunkinfield-Junction
to find the map in
Mapometer and download
the GPX file

Distance: 7 miles
Time: 2-4 hours (approx)
Locks/Portages: 8 locks and 2 tunnels
OS Map: Landranger 109 Manchester



- 1 Head out of Portland Basin along a narrow cutting that goes under a footbridge and which is directly opposite the main entrance to the museum. Follow the canal around to the right to start your journey.
- 2 At around 2 miles you will reach Dunkirk Lane Country Park before continuing to industrial Hyde. The M67 flyover brings noise to your peaceful paddle as you skirt Hyde. Continue over the pretty crossover Bridge No. 6 and on into the middle of Houghton Nature Reserve.
- 3 Further south you reach a deep cutting, followed by Woodley tunnel. This can be paddled, if you have a good torch, or portaged if you prefer.
- 4 You now turn sharp east towards Romiley and the Hyde Bank Tunnel. Again you are able to paddle this. To portage get out on the right hand side and follow the footpath to the right, past Hyde Bank Farm Tea Rooms. Keep bearing right, away from the railway line, until you reach a set of steps back down to the canal.
- 5 After the tunnel you pass over a beautiful, three arched, grit stone aqueduct. This is now a registered monument. It is worth getting out of your boat to peer over the wall and marvel at the River Goyt 100 feet below.
- 6 You now come to the flight of locks which climb steeply up to Marple. This is the end of your canoeing journey although you now have a 1/2 mile walk to your car at Station Road.

Click here to
find more
kayak and
canoe trails.



Also click here for
the Winter issue
of Canoe Focus

River Aire, Bingley Moderate Challenge Trail

Please be aware that the grading of this trail was set according to normal water levels and conditions. Weather and water level/conditions can change the nature of trail within a short space of time so please ensure you check both of these before heading out.

Distance: 3.75 miles, 2.5 miles on river, the canal back is 1.25 miles Approximate Time: 1-2 Hours The time has been estimated based on you travelling 3 – 5mph (a leisurely pace using a recreational type of boat).

Type of Trail: Circular

Waterways Travelled: River Aire and Leeds Liverpool Canal

Type of water: Urban and rural river and canal.

Portages and Locks: There are three portages: - two weirs on the river, and one set of locks on the canal. See full details in useful information.

Nearest Town: Bingley

Vehicle Shuttle Required:

Yes (but you can walk between the start and finish points)

**Start: Beside the River Aire above Bingley Weir, SE 1043 3947
Bingley BD16 2QB**

Finish: Canal beside new flats in Bingley; SE 1192 3912 BD16 2TW

O.S. Maps: OS Landranger Map (1:50 000) Leeds & Bradford Sheet 104

Licence information: A licence is required to paddle on this waterway.

See full details on British Canoeing website [HERE](#).

Local Facilities: Toilets and cafes in Bingley town

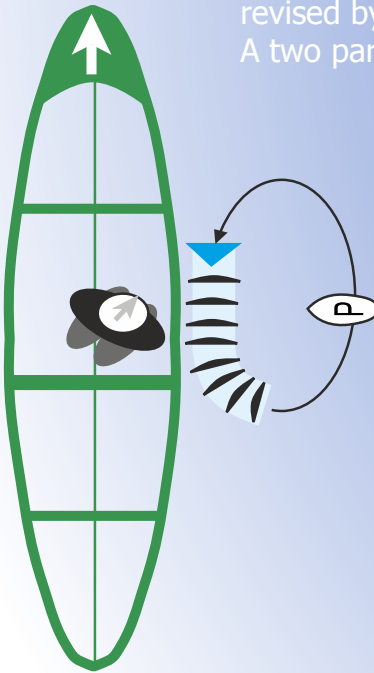
Route Summary

Be surprised at this picturesque industrial landscape of this part of the Aire Valley. The trip is essentially one of contrasts from the moving water of the Aire to the placid waters of the Leeds-Liverpool Canal, from the industrial mill chimneys to the rural landscape on the fringe of Bingley. Set in the foothills of the Pennines the busy little town of Bingley is a good site from which to undertake a canoe trip. Bingley is a small town on the fringe of industrial West Yorkshire, Keighley being upriver, and the conurbation including Shipley and Bradford to the east. Much of Bingley is an island set between the river in the south and the Leeds- Liverpool Canal to the north. The industrial landscape of this part of the Aire Valley provides a picturesque and pleasantly surprising recreational canoeing experience.

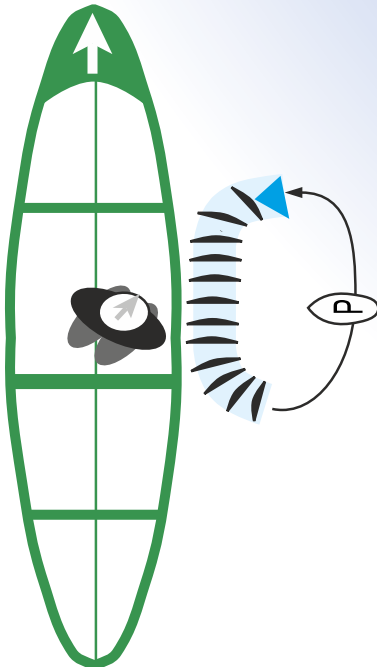


FORWARD STROKE

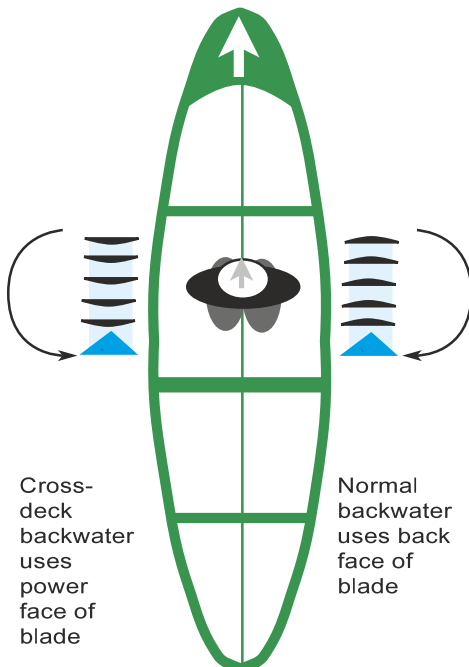
Guide to Canoe Strokes taken from cards drawn by Bill Lodges and revised by Andy Houghton
A two part guide to Canadian canoe strokes, part two in the next newsletter.



FORWARD STROKE



REVERSE STROKE



Cross-deck backwater uses power face of blade

Normal backwater uses back face of blade

J-STROKE

Start position (Plant or Catch)

- Blade enters water with trunk rotated, knees pointing to paddle side (stroke powered by trunk unwinding)
- Lower arm extended for maximum reach, top (grip) hand high
- Body slight forward lean (use back muscles)
- Both hands outside gunwale - keep shaft vertical

During stroke (Power)

- Blade covered, right angles to keel, power face toward stern
- Blade follows keel line straight back
- Body unwinds, hands keep shaft vertical

Steering (Correction)

- As paddle reaches hips, top hand turns power face outwards, thumb of top hand points down towards water
- Lower hand pushes blade away from boat, using power face to push against water, top hand just above gunwale
- For extra turning, lever paddle off gunwale (beware trapped fingers)

Recovery

- Lift blade cleanly out to side, skim forward close to water
- Power face upwards, front edge raised slightly (will not dig in if it catches water)

C-STROKE

Used when extra inside steering is required (towards the paddle side) e.g. windy conditions, correction during ferry glide, moving away from bank

Start position (Plant)

- Initial bow draw which continues into a J-stroke
- Steering is achieved before and after the power stroke

During stroke (Power)

- As for J-stroke
- If blade is kept deep and goes partly under the hull this minimises tendency to turn the bow away from the paddle side (beware of blade tripping up boat if wind is pushing boat towards paddle)

Recovery

- As for J-stroke

Stroke Development

The C-stroke leads into both the Box Stroke and Circle Stroke used for tight inside pivot turning

BACKWATER STROKES

Alternate both backwater strokes to move backwards in a straight line Move forward in the boat before starting, to adjust trim, lightening stern

Backwater Stroke

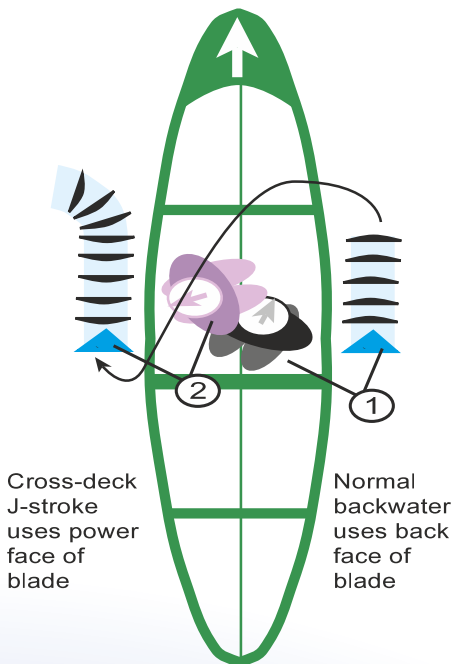
- Rotate trunk to use major muscles
- Use the back of the blade square to the keel line, close to gunwale
- Bottom arm pushes blade down and forward
- Top arm outside gunwale to keep blade close to boat

Cross-deck Backwater Stroke

- Maintaining normal paddle grip, rotate trunk and place paddle in water behind body on opposite side to normal paddling side
- Use power face of blade to make stroke as above
- To repeat either backwater stroke the recovery is with power face towards paddler
- Don't apply full power at the start of cross-deck stroke as top arm muscles are exposed to damage

The backwater strokes provide a dynamic solution to stop and reverse forward motion in an emergency. For longer distances travelling backwards other strokes remove the need to use cross-deck.

REVERSE STROKE



REVERSE JED

or Backwater followed by Cross-deck J-stroke

Backwater Stroke

- As detailed

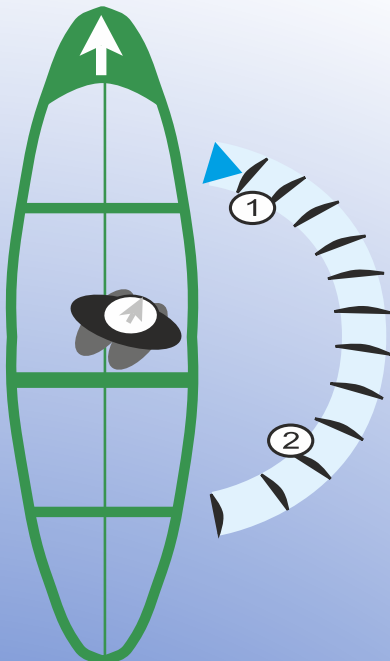
Cross-deck J-Stroke

- Adjust body as paddle taken across deck so that knees are facing outside gunwale (may use several strokes to complete adjustment)
- Plant as for Cross-deck Backwater, using power face for stroke
- At the end of the power stroke drop the thumb of grip hand and make steering correction as with J-stroke
- Recover as for J-stroke
- Continue the J-strokes on the cross-deck side

Provided the body adjustment is made at the initiation of the cross-deck combination stroke it removes the need to keep switch paddling (backwaters) and overcomes the awkwardness of reverse J.

The added advantage is that paddlers unfamiliar with the combination will struggle to unpick what you have done to change direction. Named after Jed Yarnold who had me fooled with it for too long!

TURNING STROKE



SWEEP STROKE (OUTSIDE TURN)

General

- Trunk rotation is important throughout stroke
- Forward sweep uses power face of the blade
- Optimum blade path is semi-circle around paddler, watch the path of the blade to achieve rotation
- Shaft low to extend sweep (top hand at waist level throughout)
- Choke lower hand (bring up the shaft towards top hand) to extend reach

Two phases of stroke

One

- Reach forward, blade near bow, thumb of top hand pointing upwards
- Sweep away from bow - turns boat away from paddle

Two

- Blade in to stern, pulls stern towards paddle
- Paddle reaches as far back as is comfortable

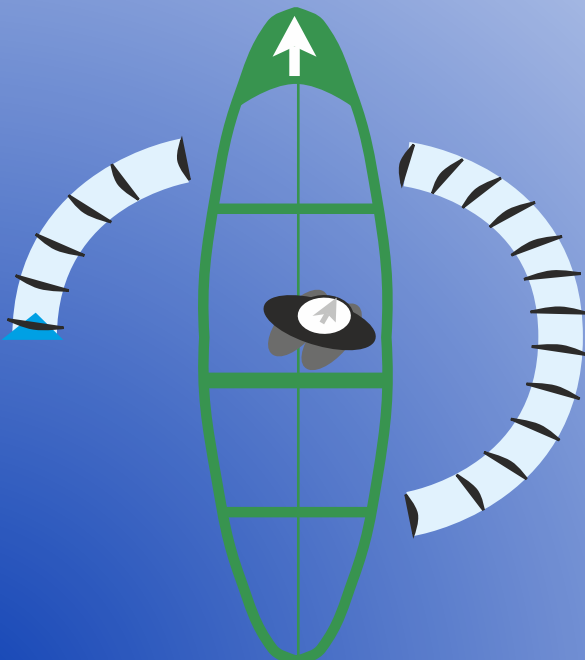
Recovery

- Lift blade cleanly out and recover with power face up

Reverse sweep stroke

Performed with back face of the blade, stroke is weak after initial push away from stern. Inside pivot turn is more effective.

TURNING STROKE



OUTSIDE PIVOT TURN

- Turns bow away from paddle side (paddle on outside of circle created)
- Power face of blade used throughout
- Start with a cross-deck reverse sweep from the hips to the bow.
- Lift paddle across bow and continue with full forward sweep
- This will require the trunk to be 'wound up' (rotated) to the start position then unwound through the stroke
- Recovery as for forward sweep

Three outside turns:

1. Forward strokes without steering correction

The boat will turn away from the paddling side

2. Forward sweep stroke

More turn than above but still some forward motion

3. Outside pivot turn

Stroke should turn boat without moving forward (pivot on axis)

Part two of this guide will be in the next newsletter

CANOE Tube

Click on the red icon for HXCC videos



River Irwell trip



Canoe Club of the Year 2016



Flat water loop at HXCC



Halifax Canoe Club's River Rothay trip



River Leven 2017



Tees Barrage in the dark

Thank you to all the actors and film makers, keep the videos coming.



10 Tips for Dealing with Fear on the Water



1. Identify where your fear is coming from

I find it really useful to try and figure out why I am scared on the river. Often times, fear comes from the unknown, from being uncomfortable due to lack of control in a certain situation: Do I know where I am supposed to go? Is the group moving too fast? Am I anticipating running a rapid that scares me? Do I feel within my skill level, safe, supported? These are important pieces that you can start to address both in the moment and before you put on the water.

2. Breathe

This is one of the most important things you can do. Taking a few deep, intentional breaths can help us refocus, calm down, and connect our mind and body.

3. Remove yourself

Catch an eddy, or take a few minutes to get some perspective. Sometimes you need to step outside your current situation to decide if your fear is rational or irrational and how you want to deal with it.

4. Remember it is okay to walk

Lately, I find myself scared in the anticipation of paddling, especially on a new or unknown stretch of river, or if I know I need to decide to run a certain rapid. In these moments, I get anxious about making a decision. To manage this fear, remove the pressure. Remind yourself that everybody walks sometimes, and that running a rapid one day doesn't dictate what you will do another day. If you aren't feeling it, don't send it.

5. Find a good crew

Paddle with people that make you feel safe, supported, and move at a pace that is similar to yours. Go with people that know and understand your comfort level so you can progress as you feel ready.

6. Admit you are scared!

This has been a big one for me. Sometimes, just acknowledging that I am scared takes some of the pressure off. Everyone gets scared or nervous. It is okay to feel that way. Claim it, own it, and tell others so you can start to deal with fear and find the support you need to have success on the river despite of it.

7. Move in steps, break it down

Take the time to focus on individual moves vs. one overwhelming rapid. Take the time to scout, find eddies. If you don't feel 100 percent ready to run a rapid, or maybe you aren't sure of your line, ask someone if they would lead you down before you attempt to run it on your own. You don't need to go from zero to hero all at once.

8. Find a Mantra

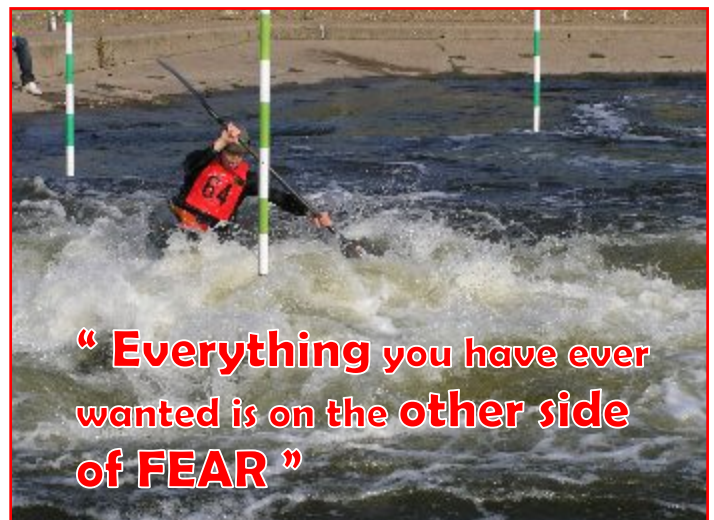
Do you remember The Little Engine That Could? She made it up the hill by repeating to herself "I think I can, I know I can.." Find a mantra or saying that works for you and will help you focus. "I am confident, I am capable..." It is the idea of "fake it until you make it," a method for literally creating your confidence.

9. Plan For and Know your consequences

Visualize the moves you want to make and how you want to do them. Know your consequences. Have a Plan B, and know what will happen if you miss your move so you can minimize the risk. Is the rapid pool-drop, or continuous Class V siphons? If you aren't okay with the consequence, maybe your fear is healthy and you should walk away.

10. Laugh

Find a way to release some of the tension. When scared or nervous, most people tense up, losing their ability to react to the water. Shake it off,



“ Everything you have ever wanted is on the other side of FEAR ”

15 SKILLS ATHLETES CAN TRANSFER FROM SPORT TO THE WORKING WORLD



TEAMWORK

Understanding how to work effectively as part as a team



COMMUNICATION

Sport provides athletes with important communication skills



GROWTH

Athletes are always looking for opportunities to grow and develop



EMOTIONS

Athletes understand how to manage their emotions effectively



TENACITY

Athletes learn how to work hard and demonstrate this on and off the field



COPING

Athletes have the resources available to deal effectively with setbacks



RESILIENCE

Athletes have developed key skills to be resilient



LEADERSHIP

Athletes understand what it takes to be a great leader



LEARNING

Athletes have a strong sense of continuous learning



DETERMINATION

Athletes have high levels of determination



PRESSURE

Athletes have learnt how to work effectively under pressure



CONCENTRATION

Athletes can maintain concentration levels



COMMITMENT

Athletes understand the importance of being committed to a team



GOAL SETTING

Athletes understand how to set process, outcome and performance goals



MOTIVATION

Athletes understand how to maintain high levels of self motivation



1. Briefly tell us about your background: where did you grow up and how did you get into canoeing?

I grew up in Hampshire and I started to paddle with the Sea Scouts, spending most of my time out in the Solent. I stopped after I moved to Yorkshire.

2. What brought you to Halifax Canoe Club?

My sister's kids all raced in slalom and I visited them on a river trip and at a race – I got the itch again! I did a couple of slalom training sessions and did my first race 3 weeks later – I was hooked!

3. Describe how you are involved in the Club?

I'm the club secretary – I look after the membership and the committee meetings as well as some of the official stuff that we have to do. Nothing major and fairly easy – we all support each other in the committee.

4. What does "getting outside" mean to you?

Not being inside! Being outside is enjoying the environment, the sound of the environment, people having a laugh around the campfire after a paddle or a race.

5. What is the craziest thing you have done?

If I told you I'd have to kill you... but canoeing wise I got a bit tipsy one evening and ran around the campsite pretending to be superman. I had a cape. But let's not talk about it.

6. What are your favourite outdoors/travel destinations?

I love Denver in Colorado and Orlando for holidays. In the UK Grandtully and Llandysul are my favourite places to race and Tees Barrage is loads of fun for a paddling day trip.

7. What is your favourite paddling snack?

A Cornish pasty. Mmmm....

8. Favourite Films?

Shawshank Redemption and Breakfast Club

9. What is your favourite paddling memory?

I have a couple – a superb run down the rapids at Slenningford and being promoted to Division 3 in slalom (see question 5 for what happened after the promotion)

10. What are your paddling ambitions over the next few years?

I'd like to nail my roll and also be promoted to Division 2 in slalom.

11. What is the earliest memory you have of being outside?

A camping trip to Kent springs to mind – it was tipping it down with rain and my mum couldn't put the tent up properly!

12. What boats do you paddle?

A Pyranha Burn Mk2 and a Vajda Matrix slalom kayak (or a pointy nose stick dodging boat as it's also known!)

13. What is your favourite song (or album) right now?

One Love by David Guetta

14. What is your biggest challenge nowadays?

Managing my time – I never have enough of it! Anyone got any going spare they can lend me?



If you would like to be interviewed email your answers to marketing@halifaxcanoe.org.uk

Water Rats = fun days paddling during the week

If a pleasant day's paddle rather than a blast down big water is your bag then maybe you should join us for one of our weekly ventures.



Canoe, Kayak, SUP or even Sit-on's are all welcome on any of our Tuesday trips (other days are available). All that is needed is an ability to paddle on grade 1 – 2 water, a packed lunch, a hot thermos and warm clothing (pretty essential this time of year). You don't even need to belong to Halifax Canoe Club. Yes I know some people do still need to work during the week, but for us grey lot it's nice to get out and about.

We usually arrange circular (down river, back on canal) or "there and back" trips on canals depending on where we choose to paddle. Starting about 10,00 and finishing mid-afternoon, weather permitting.

Over the past year or so we have travelled as far afield as the Rivers Weaver in the West, Ouse to the East, Eamont to the North and the Don to the South. With regular favourites being the Calder and Hebble at Sowerby Bridge and Brighouse.

So if you fancy a day out with guaranteed sunshine (ever the optimist) and conviviality then check out the Water Rats Facebook page (Link on the canoe club website) and join in the fun.

Steve Davison steve@mediatefirst.co.uk



Kayaking Energy Recipes

Easy No-Bake Peanut Butter-Chocolate Cookies

These cookies are quick and easy to make and will supply you with a quick shot of extra energy when you need it, even better with a tea or coffee.

Total time: 40 min Prep: 5 min Inactive: 30 min Cook: 5 min Yield: about 60 cookies

Ingredients

2 cups sugar
1/2 cup milk
1 stick (8 tablespoons) unsalted butter
1/4 cup unsweetened cocoa powder
3 cups old-fashioned rolled oats
1 cup smooth peanut butter
1 tablespoon vanilla extract
Pinch of salt to taste

Method

- 1.** Line a baking sheet with wax paper or parchment.
- 2.** Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally, then let boil for 1 minute.
- 3.** Remove from the heat. Add the oats, peanut butter, vanilla and salt, and stir to combine.
- 4.** Drop teaspoonfuls of the mixture onto the prepared baking sheet, and let sit at room temperature until cooled and hardened, about 30 minutes.
- 5.** Refrigerate in an airtight container for up to 3 days.

