



Port of Plymouth Canoeing Association Wet News 06 May 2016



Website:- <http://www.pcca-canoe-club.org.uk/>

Intro

As ever there is always much going on in the background from the committee as we move forward with our club making sure that things are going in the right direction and supporting the best interests of club, coaches and all members. So please come forward and highlight something that you feel will help however small or big it might be..... We are addressing coaching issues and talking to many other clubs at the moment to get their feelings. Making sure our costs are the best value for money, be you new or an older member. Purchasing new Boats to replace our aging fleet and giving it diversity, also equipment to support better accessibility for some to get out on the water.

If there is something you want to write about or feel passionate about then please send me an email newsletter@pcca-canoe-club.org.uk and we can look at including it in future iterations.

Committee

Your Committee is :-

- Chair – Tracy Jones
- Vice Chair – Mike Scott
- Club Leader – Andy Nicholls
- Assistant Leader – Ben Mitchell
- Secretary – Bob Grose
- Welfare Officer – Sheona Grant
- Intro coordinator – Wendy James
- Membership Sec – Paul Hewson
- Treasurer – Jenny Nicholls
- Equipment – Pete Anderson
- Publicity Officer – Nick Campbell
- Youth Dev Officer – Damean Miller

Full contact details can be found on the club website under “Contact Us” tab.

**Next Committee Meeting will be held:- TBC , any points you wish to raise contact Bob Grose secretary@pcca-canoe-club.org.uk

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PPCA QUIZ NIGHT – Paul Hewson

The club is holding a social night in the form of a quizyes there will be a few small prizes for the winning team. So come along and give your support if you can:

Date: **Monday 23rd May 2016**

Time: **2000Hrs (8pm)**

Location: **Mountbatten, Upstairs Bar - side room (where the AGM was held!)**

Teams: **5 per team**

Cost: **£10 per team (if not in a team of 5 then £2 per person)**

Two Star Assessment - Andy Nicholls

I have scheduled the first of this years 2 star assessments for **Saturday 18 th June 2016**. Start time to be confirmed in next months but it will be an all-day test. There is a 2 star progression chart which is downloadable from our website under the coaching tab. There will also be a few I will bring on Tuesday. These list all the skills you need to be able to do in both Canoe and Kayak. This assessment is approximately 10 weeks into the season so you should have had plenty of chance to get out in both kayaks and canoes to learn the skills before the test. If you are unable to make this date there will be another one later in the season most probably in September.

Progress in the sport you love....

RIVER LYNHER CHALLENGE – Dan Barnes

Help For Heroes Sponsored Row

Saturday 18th June

Saltash to St Germans

Leaving Saltash 15:30. open to all oared craft, anything goes.....

All welcome age/ability..

There will be boats in attendance along the route.

It's approximately 6 miles and the tides behind you.

Back at St Germans quay.

Entertainment for all ages, BBQ, tea coffee cake, games, duck race, etc.

With all proceeds going to Help for Heroes.

There will be live music to welcome the rowers back and the bar will be open.

For more information and sponsorship formers pleas contact Dan Barnes

danbarnes555@gmail.com

Do you shop online? – Andy Nicholls

Help Fund Our Club!



The Club has an Easy Fundraising account. Simply go to our website, you will see on almost every page, the above image. Simply click on it and it will take you to the sign up screen for our cause. You can download a reminder tool and then it will automatically pick up when you visit a website where we can collect donations. You do your shopping and Easy Fundraising will give us some money, it won't cost you a penny.

The Seventh Pearl of Wisdom – David Pedlow

It's Friday. I'm preparing my breakfast. Over my tinnitus I can hear the sports commentator working himself up to a crescendo "...and for the 750th day in succession David deftly slices his banana over the Muesli Yogurt mixture in his bowl – and yes! It's a record!!!!!!!

Then tomorrow's paddle plans flash in my mind, and the appreciative roar of the crowd cuts off abruptly; to be replaced by an Albert Hall size gospel choir singing a single phrase that a well-wisher dropped into my brain after our Easter Saturday storm paddle, to a tagless bit of tune

"Is it wise, is it wise, is it wise, is it wise?"

Dispensing pearls of wisdom, Is it wise?"

Don't ask me what I did the rest of the day – it wasn't worth remembering.

It's Saturday. The temperature's about 4 degrees – sorry Adam, 277.15 Kelvin, in your universe – it's raining, trying to hail. Bekky, EMU & I are tying down our boats on EMU's car, and that blasted phrase is ricocheting round my brain, "Is this a **wise** thing to do?"

There's a word for it – "ambivalent". Jackie picked up on it – her parting shot, "Why don't you just go for a walk and look for orchids?"

By the time we get to Bigbury, mealy worms have hatched out and are rampaging through my gut. I look out at three foot of surf and my head tells me it's nothing. It says "look at the others; they're so much up for this."



Its real beginners stuff down there, but I want to go to the loo; I want to be sick; unbelievably there's been yet another hatch of mealy bugs. I get my boat down on the sand and start to head for the small wave East Beach, but Mark and Bekky whip me back to the main one.

I don't feel much better paddling out; but then I sort of catch a wave and don't swim, and suddenly the sun's out. Two or three rides later I'm swimming. Praise the Lord for drysuits. Mark notices, paddles in, helps me with the boat. He reminds me of the simple ways to get rid of the water (it seems so long since I last did this), helps me to relaunch – and then goes off to play in the bigger waves.

A few rides later I'm swimming again. This time I manage to get the boat in to the beach, empty and refloat it on my own. "Take a star, Pedlow!" Paddle out and push to catch another proper ride or two.

Smeg says he knows a nice cove where we can have a break without having to punch out through the surf afterwards, and he, Mark and I start off there. It's further than I thought. My arms are like rubber. My vision's gone monochrome tunnel. I could be considerably happier. We work our way out through the swells breaking on the reef; shimmy through a cliff gap between walls of white water, and crash onto the beach in dumping surf.

"Oops", laughs Mike, "Forgot to mention that it might be a bit rough!"

I stagger out of the boat, collapse face down in the sun on a nice flat rock, and wish I could stay there for ever. But Mike's got a flask of hot chocolate with evap (and God knows what else) in it, and the sugar(?) rush from that, backed up with a Mars Bar, gets me sitting up, looking round, and noticing.



It really is a super little cove; floored with wave ridged plains of rock; high cliffs all round; a dinky little cave eroded into the corner; flooded with sunshine. Magic really – yes, "Mike's Magic Cove".

And somehow (as so often after a short, brain processing break), launching's a breeze. The way through the reef is tide locked, so we paddle round the end, actively enjoying the big swells that nearly have us surfing down them. My arms and sight have come back, and when we get to the beach there are more waves for us to surf. What was I worrying about?

The next time I foul up turning back over the wave I manage to roll up. Progress! But the time after that, I'm swimming again.

I decide, "That's it" – but once the boat's empty and I've had a little recover, I'm working my way out again, suspecting that I shouldn't, but drawn to the action over towards the river mouth.

Yes. Well. I shouldn't have. Big sets come through just as I get there, and on the first, not even trying to set up for it, I roll out (roll out, for heaven's sake) on the landward side of the boat. Pop up the same side, and see the next swell poised above me, ready to break. Somehow I get my feet up against the boat and manage to push it away from me along the wave before it rampages down the surf front in full decapitation mode. No black eye this time!

Bekky paces me as I swim/stagger in; and Mark wrangles my boat. They empty it out, and just as I'm about to start dragging it back to the steps, Mark swings the boat on his shoulder, leaving me and my exhausted paddle to plod behind him to the car. Then he's off, back to really work those bigger river waves, while I slowly get myself together, and doze off in the warm car.

It's Sunday. Jackie's reminding me that we're back to paying Council Tax this month. The forecast is crap, but the cherry trees are just breaking bud. I ache all over, but oh! It's so good to feel alive and tingly.

Was yesterday a wise thing to do? **You betcha!**

Blast and Ballast - Adam Coulson

Following on from some lightweight writing about early experience on the white water of local rivers over the winter, I thought that I'd dip my toe into writing about a day out in longer boats. Karen and I have done a bit of sea kayak paddling but took the plunge (yeah) and bought some sea kayaks in the autumn so that we can paddle independent of the club in our own boats as well as getting to know them on club trips. Unfortunately the stormy winter has limited the use of these to a few trips to date. However as we both had a weekday off, preparations were made for a sea kayak expedition. Karen has been having a slight equipment problem in terms of falling out with her new boat (actually, more "of" than "with"). To be fair her early trips have been in some pretty inclement weather and choppy seas. However, not willing to be put off, further experience is required but preferably the right way up. One suggested solution to help in keeping craft the right way up was to add some ballast. Thus a call went out to my work colleagues who came up trumps with a number of empty plastic drinks bottles that we filled with the somewhat murky water of Mont Batten on a low spring tide. Our drinking tends to be done from glass bottles. The bottles were distributed between the hatches so as not to adversely affect the trim of the boat.



One of the problems of limited time off and laying plans in advance is a natural reluctance to cancel on the basis of the forecasted 20MPH winds. To avoid the worst of the chop and gain some assistance from the tide we elected to paddle one way from Mount Batten to Cotehele. Clearly the major disadvantage of one way paddles is the travel to leave a vehicle at each end, but this we did with reasonable efficiency and arrived at Mount Batten with the boats on top of the "start" car. Unfortunately also in this car were our buckets for wet gear and my dry clothes to change into. You'd have thought that some river paddling would have resulted in us being familiar with the logistics of what you need where! However, at least with a sea kayak there is space to stuff the dry-bagged kit that is needed at the other end – oh and before you ask, no we didn't strap on the buckets!



Thus we launched at lunchtime and began our paddle across the mouth of the Plym to Fisher's Nose and worked our way around in front of The Hoe. Karen reported that her boat felt more stable with the added weight and the sea state and wind in the Sound were a lot quieter than expected. We stopped to see the new Quality Hotel under construction – the Plymouth sea front will be much improved when the old one is demolished. Contrast this with the bijou Artillery Tower in Firestone Bay which now wines and dines rather than defends the people of Plymouth as it did some 500 years

ago – both very well! We rounded Devil's Point and slipped through the narrows on a gently rising tide, pausing just to miss a photograph of friendly local seal who took a good look at us. We were thinking that this was all very pleasant and easy when BANG! That 20MPH wind was blowing from the North East and picking up across the Hamoaze and we were headed straight into it. Thus the hard work began, and it was head down and paddle hard to maintain some forward progress.

Briefly we admired the distinctive mast and said "Hullo" to King Billy prior to running the gauntlet of the Torpoint Ferries. There are three running but it is not hard to time your run to miss them, as they never go off course and cross fairly slowly. However Karen was having increasing difficulty steering her boat into the wind and a bit of a tow helped maintain progress in the right direction. The ballast certainly didn't seem to help this. We made our way past the naval vessels tied up alongside, close enough to hear the various tannoys calling sailors to duties. Unfortunately a little too close for the liking of MOD Plod, who politely directed us out into the windy and choppy middle of the Tamar. We took a little shelter from the barges moored at the mouth of the Lynher before landing on the beach at Henn Point for a well-deserved stretch, lunch and coffee (in



that order). Here we were joined by the same Police Officers who wanted some more details as control room reckoned we looked like activists and were “casing the joint”. The attending officers did not but did their duty by taking down the details also “dutifully” supplied by us. The very polite officer declined to believe that Karen’s real name is Donald Duck and I was thankful that I had passed my DBS prior to this incident. We did lend a little assistance pushing their RIB off the beach where it was stuck, to help the situation, and smiled a lot.

Using the rule of 12ths I calculated that we really should be getting going again as we wanted to be carried upstream by the maximum flow of the tide. I must admit that I seriously underestimated the effect of the wind against us as against the tide with us. This wind over tide did result in some slightly choppy water in places but I am guessing that this would have been much worse if they had been the other way around. And so



we passed under the bridges and reckoned that there would be better shelter from the wind as we paddled up the Tamar Valley. Well, not really – at least not until we were a lot further up where the valley has recognisable sides. On the wildlife front, some Canada Geese honked at us as we paddled past, probably worried about their eggs. High above, a buzzard circled looking for dinner. More domestic but equally scenic was a field of Devon Reds – slightly controversially on the Kernow side

of the Tamar. After we passed the Quay and boat yard on the Devon side we were able to cut off the corners of the meandering river as the water levels were so high. We knew we were getting closer as one of the rowing teams from Cotehele skulled past us heading down river with a cheery “Hullo”. Karen’s arm was starting to play up at this stage so it was a tow again that ensured that we both arrived at Cotehele suitably exercised.



Landing was very easy as the water was lapping over the top of the slip allowing us to literally paddle ashore as the sun was setting. Coffee and simnel cake never tasted so good as we packed up and headed back to Mount Batten.

So an energetic paddle with a huge variety of landscapes along the way – from the historic Plymouth Hoe, the Royal Naval Yards, the bridges and the reed beds and gentle country side towards Cotehele. We learnt that wind direction can make a huge difference even on an estuary, that ballast can help boat stability but also reduce manoeuvrability and that it is better to leave sufficient time for a trip to the Who’d Have Thought It on the way back! I’d do it again – not sure about Karen ...



A glance at the PPCA calendar will reveal that there are recreation sea kayak paddles on the first Saturday of every month. Clive is running intermediate sea kayak expeditions which are a little longer, starting away from Mount Batten on several Saturdays over the summer. There is a weekend trip to the beautiful Roseland Peninsula and a choice of one week or two on the Scilly Isles. There are even club boats available for use by members. And for the sharpening of skills various coaches give of their time on a Tuesday evening over the summer season until it gets too dark and Terry is offering basic sea kayak tuition sessions. What further

opportunities are required!

You will be much relieved to know that I am going to be so busy paddling that the keyboard will be hung up – at least for a while. Adam

North Coast Exploration – David Pedlow

The Plymouth forecast for the next day was (again) the pitts. Easterly, 20mph gusting 30+. No paddling on the horizon until Saturday, and then . . . I love Clive, bless his tiny cotton socks, but when he dreams up fancy dress paddles I tend to get the grumps.

Bob Grose, however, is no mere parochial paddler, and he had discovered that the following day’s conditions for the North Coast were beyond reproach. An ENE 10mph wind, gusting 15, with virtually no swell, together with a tidal flow starting SW and reversing to NE at 1400 hrs; so how about a trip Boscastle to Tintagel, even if we can only muster the two of us? He’s also very persuasive, and it wasn’t until after I put the phone down that the doubts swept in.



“All of the previous notes on the difficulties of exposed NW facing coasts apply . . . few landing places . . . For experienced paddlers in groups” (Cornwall Custom Kayaks paddling info for Cornwall). And of course there’s a history. The last time I saw Boscastle was from ½ a mile out on a very lumpy sea. Brooding black cliffs, the tops hidden in the overcast, the bottom half of what was visible hidden by breaking spray. Half a mile was more than close enough.

But there we go – in fact it wasn’t the weather, or the swell, that nearly scuppered the trip before it began – it was the two inches of water in the river below the slips, the pool just off the South Pier followed by a scramble over rocks to reach the sea, and last but by no means the least, the £5 per kayak landing fee on top of the £5.20 car park charge!



Notwithstanding, an hour and half after reaching Boscastle we finally eased the boats into the gentle waves beyond the pier and paddled into a magic, mystic, wonderland.

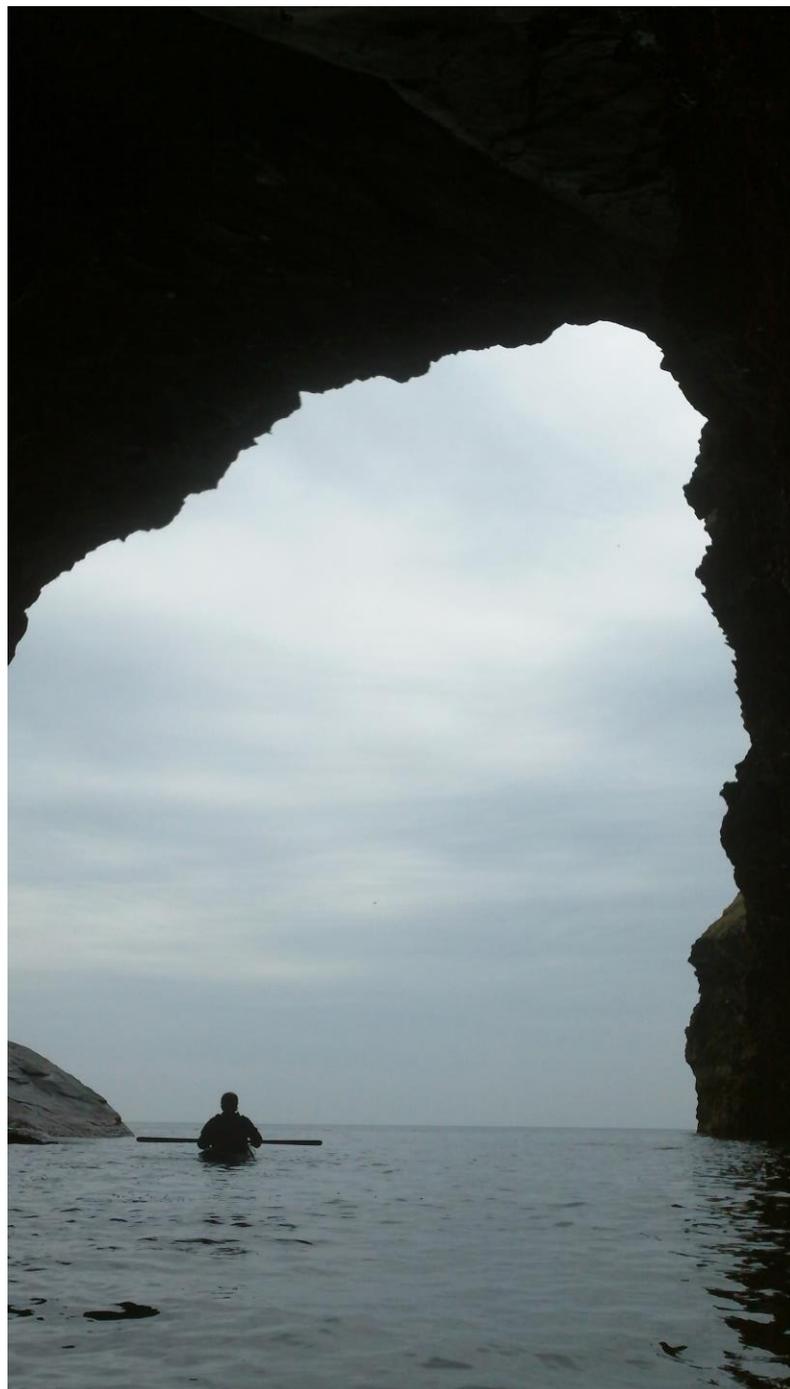
In general geologic terms the coast South from Boscastle would seem to form part of a metamorphic aureole surrounding the Bodmin Granite. What this means is that the rocks have been altered (don’t ask me from or to what –

though we did see some scrappy slate beds) and have been subjected to immense heat and pressure, causing multiple cracks and fault lines to develop in otherwise hard resistant rocks.

The erosion pattern produced along the coast as a result features long very narrow inlets called “Guts” (or “Zawns” in the local dialect) and very location typical islands, with almost vertical sides and a pepper pot domed top, as the sea works into the faults and isolates the headlands. Indeed,



if you go in to Eastern and Western Blackapit, you will see the process happening before your eyes. Both have what are clearly active fault lines at their tips, and it can only be a matter of 100 millenia or so before they meet and cut off the National Coastwatch Lookout station. A sad end to so beneficent an institution.



The pattern repeats all along the coast – the most recently freed islands separated from the mainland by only metre wide channels, older examples such as Meachard Island and The Sisters now well out to sea.

With virtually no swell we were able to explore every nook and cranny, and venture into the myriad caves that start where the fault lines, which on some of the cliff face exposures are as clear as the lines on your hand, meet the sea.

By and large the high cliffs come in various shades of black, but along Meachard Island, and in particular in the Rocky Valley inlet there are narrow beds of a bright yellow, apparently softer rock which look almost organic. At the state of tide we visited, a low waterfall runs into the inlet, and for all the world it looks as though it is running over an eroded tree trunk carried in by the gales. In other places and especially in the small cave at the back of Eastern Blackapit the rock face is stained with ochres – red, green and brown – giving the walls a strangely marbled effect.

Our paddle was about 15km. After pausing at Benoath Cove, the sandy floor of which was rapidly disappearing at half tide, it became clear that the change of tidal flow from SW to NE was having an effect on the sea state (some of the island channels became quite lively) and we settled for gazing at Tintagel from the Sisters, before retracing our steps.

We thought that (given the right conditions) carrying the paddle all the way to Tintagel would be a good one for the intermediate sea paddle, until it struck us that the combination of car park and landing fees would probably induce an apoplexy in our revered trip leader.

Diary Dates:- As @ 15 May 2016

NB. – Make sure you check online for the most up-to-date version of the calendar and for details within the forums of any trips being run.

| Day | Date | Start Time | Paddle Type | Session Leader/ Coaches | |
|-----------|--------|------------|--|--|---------------------------------|
| Saturday | 14-May | 10am | rec paddle | Doug Sitch | |
| Monday | 16-May | 6pm | Paddle Power | Andy Nicholls | Paul Hewson |
| | | 6pm | Sportivate 1 | Sami Pluckrose | |
| Tuesday | 17-May | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Alan Ede |
| Wednesday | 18-May | 6pm | Intro To Sea Kayak | Terry Calcott | |
| Friday | 20-May | 6pm | open family | Ian Ruse | |
| Saturday | 21-May | 10am | rec paddle | Joy Ashford | |
| Monday | 23-May | 6pm | Paddle Power | Andy Nicholls | Paul Hewson |
| | | 6pm | Sportivate 1 | Sami Pluckrose | |
| Tuesday | 24-May | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Pete Anderson |
| Wednesday | 25-May | 6pm | Intro To Sea Kayak | Terry Calcott | |
| Friday | 27-May | 6pm | open family | Ian Ruse | |
| Saturday | 28-May | 10am | rec paddle | Clive Ashford | |
| | | 9am | T2 Starter Session | Andy Kittle | |
| | | 1pm | SOT2 Safety Course | Andy Kittle | |
| Monday | 30-May | 6pm | Paddle Power | Andy Nicholls | Paul Hewson |
| | | 6pm | Sportivate 1 | Sami Pluckrose | |
| Tuesday | 31-May | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Alan Ede |
| Wednesday | 01-Jun | 6pm | intro to sea kayaking | Terry Calcott | |
| Friday | 03-Jun | 6pm | open family | Ian Ruse | |
| Saturday | 04-Jun | 10am | sea kayak | Terry Calcott | |
| Monday | 06-Jun | 6pm | Paddle Power | Andy Nicholls | Paul Hewson |
| | | 6pm | Sportivate 1 | Sami Pluckrose | |
| Tuesday | 07-Jun | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Brian Taylor Ian Brimacombe Chris Doidge Clive Ashford | Pete Anderson Linda Brady |
| Friday | 10-Jun | 6pm | open family | Ian Ruse | |

| | | | | | |
|----------|--------|----------------------------|--|---|---------------------------------|
| Saturday | 11-Jun | 10am | rec paddle | Ian Brimacombe | |
| | | 9am | OSC 2 | Andy Nicholls | |
| Monday | 13-Jun | 6pm | Paddle Power | Andy Nicholls | Paul Hewson |
| | | 6pm | Sportivate 1 | Sami Pluckrose | |
| Tuesday | 14-Jun | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Brian Taylor Ian Brimacombe Doug Sitch Clive Ashford | Pete Anderson Linda Brady |
| Friday | 17-Jun | 6pm | open family | Ian Ruse | |
| Saturday | 18-Jun | 10am | rec paddle | Doug Sitch | |
| | | 9:30am | 2 Star Assesment | Ian Brimacombe | |
| | | 9am | T3 Starter Session | Ben Mitchell | |
| | | 1pm | SOT3 Safety Courses | Ben Mitchell | |
| Monday | 20-Jun | 6pm | Paddle Power | Extra Week if needed | |
| Tuesday | 21-Jun | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Brian Taylor Ian Brimacombe Doug Sitch Clive Ashford | Justin Frost Linda Brady |
| Friday | 24-Jun | 6pm | open family | Ian Ruse | |
| Saturday | 25-Jun | 10am see forum | rec paddle Mid Summer Camp | Doug Sitch Clive Ashford | |
| Sunday | 26-Jun | | Mid Summer Camp | Clive Ashford | |
| Tuesday | 28-Jun | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Brian Taylor Ian Brimacombe Doug Sitch Clive Ashford | Justin Frost Linda Brady |
| Friday | 01-Jul | 6pm | open family | NO PADDLE | |
| | | Roseland Sea Kayak Weekend | | | |
| | | Axe Vale Canoe Weekend | | | |
| Saturday | 02-Jul | 6pm | sea kayak / rec Paddle? | Ian Brimacombe | |
| | | 9am | OSC 3 | Andy Kittle | |
| | | Roseland Sea Kayak Weekend | | | |
| | | Axe Vale Canoe Weekend | | | |
| Sunday | 03-Jul | Roseland Sea Kayak Weekend | | | |
| | | Axe Vale Canoe Weekend | | | |
| Tuesday | 05-Jul | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John elworthy Andy Nicholls Clive Ashford Terry Calcott | Julie Elworthy |
| Friday | 08-Jul | 6pm | open family | Ian Ruse | |
| Saturday | 09-Jul | 10am | rec paddle | Terry Calcott | |
| Tuesday | 12-Jul | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John elworthy Jenny Nicholls Clive Ashford Terry Calcott | Julie Elworthy |
| Friday | 15-Jul | 6pm | open family | Ian Ruse | |

| | | | | | |
|----------|--------|------|--|---|----------------|
| Saturday | 16-Jul | 10am | rec paddle | Joy Ashford | |
| | | 9am | T4 Starter Session | John Elworthy | Julie Elworthy |
| | | 1pm | SOT4 Safety Course | John Elworthy | Julie Elworthy |
| Tuesday | 19-Jul | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John elworthy Jenny Nicholls Clive Ashford Terry Calcott | Julie Elworthy |
| Friday | 22-Jul | 6pm | open family | Ian Ruse | |
| Saturday | 23-Jul | 10am | rec paddle | Doug Sitch | |
| Tuesday | 26-Jul | 6pm | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John elworthy Jenny Nicholls Doug Sitch Terry Calcott | Julie Elworthy |
| Friday | 29-Jul | 6pm | open family | Ian Ruse | |
| Saturday | 30-Jul | 10am | rec paddle | Ian Brimacombe | |
| | | 9am | OCS 4 | | |
| Sunday | 31-Jul | 6pm | | | |