

Port of Plymouth **Canoeing Association**

Wet News 83. Sept 2013.



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October edition of Wet News.

Items for inclusion in the October edition of Wet News to reach the editor, Clive Ashford, by 21:00hrs on Sat 5 October please. Publication date Sun 6 October.

E-mail address:

cliveashford-newsletter@vahoo.co.uk Post: Please call me for my postal address if required. Tel: 01752 344425

The editor (Clive Ashford) reserves the right to edit / reject items submitted.

Disclaimer. Opinions expressed in this newsletter do not necessarily reflect those of the PPCA.

The prologue.

I produce a culinary delight which the Ashford household refers to as "prawn fried ricey thing" and which (predictably) features prawns and rice as the main ingredients. I recently produced a somewhat unique version of this dish by forgetting to include the prawns.

PPCA AGM, Mon 21 October.

The date of the 2013 PPCA AGM has been set as Mon 21 October. Secretary David Pedlow has sent me 2 versions of the AGM notice and told me to choose which one to put into Wet News. I can't see why I should have that particular burden placed on me so here are both versions. I recommend version two.

Version one. (Secretary David Pedlow).

This year's AGM will take place in the downstairs function room at Mountbatten at 7.00pm on Monday 21st October.

The agenda will be distributed after the committee meeting on 2nd October.

This notice is to remind members that proposals for changes to the Constitution, supported by a minimum of 10 members and to be voted on by all who are present at the AGM, should be submitted to the Secretary (preferably by email to secydave@runbox.com) before 21st September.

There is no time limit on submission of nominations for the election of committee members but, if possible, it would be appreciated if nominations, supported by a proposer and seconder, could be submitted to the Secretary in good time.

At the time of going to press, I am aware that Syd is standing down as treasurer; Zoe as youth development officer, and myself as secretary, and none of us is seeking re-election.

At the same time, of course, all the rest of the committee are standing down; but the other committee members, on present information, are prepared to stand for another term (should it be so decided), and will be seeking re-nomination from among the membership (the retiring committee have debarred themselves from acting as proposer or seconder to any nomination).

This means that, as they are every year, all places on the committee are open to competitive election, and it is hoped that members will seize the opportunity to put themselves forward to help directly in the running of their Club.

Version two, titled: What do you mean - demob happy? (David Pedlow).

The AGM is here again (to be sung to the tune of "Happy Days"), and this year will be happening at Mountbatten in the downstairs rumpus room at 7.00pm on Monday 21st October.

So all you budding constitutionalists had better get your skates on. Proposed changes to the constitution, supported by 10 members, should be emailed to good old <u>secydave@ runbox</u>.com before 21st September.

As the committee open boat approaches the Election Falls, there have already been three confirmed cases of Person Overboard - Syd, Zoe and myself - that **need** to be replaced from among the involved and excited spectators (just in case you hadn't realised - that's you lot) lining the banks.

But remember, anyone (supported by a proposer and seconder - details to Secydave please, **I've** got a waterproof computer) can have a go at jumping into the boat and pushing someone else out, as it goes through the narrows above the falls.

Just as long as there are 11 people in the boat (and an assistant leader standing on the bank waiting to be invited in) when it goes round and round in the eddy at the bottom, that's all that matters.

PPCA Forum. (Andy Nicholls, Publicity Officer).

Just a quick reminder for all our members both new and old. On our website we have a forum, this gets used mainly for general posting most of the year but over recent years during the winter season it comes in to its own. Coaches running trips on both Sea and Rivers will post to gauge numbers on trips. For the river trips it will be if the trip is going to run, where it's going to run and what the planned meeting points are going to be.

If you are not already signed up to the forum simply go to our website and follow the link to the forum, once there click the Register button at the top of the page towards the right. Fill in the form with as much detail as you want. User Names would be good if they relate to your real name preferably from the coaches point of view. The email address must be the current one registered with the membership secretary so we can confirm you are a member. Once the form has been filled in please send me a separate email to me on <u>publicity@ppca-canoe-club.org.uk</u> with the subject New Member, please include your real name, forum name and email address so that we can confirm that you are a member and get you activated as soon as possible. Failure to do this may result in your account not being activated or <u>even deleted</u>.

Editors footnote. It may seem to be a bit of a chore having to fill in the forum application form and then send a separate e-mail to Andy, but we get something in the region of 50 spam applications to join the forum per day, so finding a genuine application among the requests from people offering dubious pharmaceuticals or even more dubious medical procedures etc can be a bit difficult.

PPCA Paddlepower 2013. (Linda Brady).



Well that is it for another year! Hopefully there are a few more children out there who, in time, will join our club and lower the 'average age' of our membership.

Over the last six weeks Ian, Paul and I have enjoyed the company of children aged between 9 and 12 years. We have paddled forwards, backwards, sideways, capsized, jumped in, jumped out, jumped over, kayaked, canoed. We have played with hoops, balls, orange bags and throw-lines. We have splashed and been splashed ... all in all a lot of

fun! The children have been a great group. Oh, ask any of the children about dehydration and if they have a bottle of water in their hands, beware!

To end the season we took burgers, BBQ's, hot chocolate and, in keeping with the club's tradition, a cake! We set up our beach party in Clovelly Bay and the children enjoyed playing in the mist.

Thanks to all of the parents who brought their children along and thanks to Mary and Lee for lending support when needed.



40th anniversary celebrations, Saturday 7th September.

The very excellent 40th anniversary celebrations took place on 7th September. Those of you who were there will have had a great time and those that weren't will have missed out. Full report next month.

PPCA Introduction to Sea Kayaking. (Terry Calcott).

The club will be running an all day session on Saturday 12th Oct for any budding NEW sea kayakers. If you have wanted to try sea kayaks out but never had the opportunity now is your chance.

The session is aimed at those who are paddling around 2/3 star standard and are novice sea kayakers. It will cover some theory and a lot of practical aspects of sea paddling, culminating with a sea paddle somewhere in the sound.

Club sea kayaks are available for use or bring along your own if you have one, if you would like to book a place and a boat or have any questions please let me know by email <u>terryc1@blueyonder.co.uk</u> or telephone 07828652775.

The river (white water) season is coming.

The PPCA river season kicks off with a beginners trip on Sunday 6 October, and continues right through to the middle of March. River paddling is just the thing for you thrill seekers but if you are new to the game may I suggest you come along to these trips early in the season. The learning curve is steep and the environment can unforgiving. A few swims are inevitable for the white water novice and the water temperature in Plymouth Sound is like a bath compared to our rivers, especially as the winter sets in.

As well as warm clothing the equipment required for river paddling is a boat, paddle, buoyancy aid, helmet and spray deck. (Spray deck is not required for open boat trips). Failure to have all the relevant equipment will result in you not being able to paddle.

River trips are divided into 3 categories:

- 1) Beginners. These trips are aimed at the kayak paddler who is either a white water novice or is not yet ready to step up to our intermediate trips. Intermediate kayak paddlers are welcome on these trips on the understanding that they give our beginners plenty of time, room and encouragement to develop their river / entertaining skills.
- 2) Intermediate. These trips are for the kayak paddler who now finds our beginners sessions easy.
- 3) Open boat. These trips are for our open boat enthusiasts.

There may (or may not) be opportunities for kayaks to join the open boat trips and vice versa, but please seek the coaches permission first, don't just turn up expecting to paddle.

Club boats on white water.

Club small boats, with accompanying equipment, to be used only on Club river trips, will be available for long term loan again this year, at a charge of £30. Members wanting one should contact the Equipment Officer. Alan Ede, by a text to 07799 556876 or an e-mail to alancede@hotmail.co.uk

In view of the increased interest in White Water open boating, club open boats will be available for designated Club Open Boat paddles, on a time by time first booked (with the Equipment Officer, Alan Ede, by a text to 07799 556876 or an e-mail to <u>alancede@hotmail.co.uk</u>) first served basis. However, because they are considered to be more fragile and more likely to need repair, there will be a charge of £5 per boat, each time they are taken out.

Endless River Adventures discount.

Andy Nicholls has negotiated 10% discount with Endless River Adventures, <u>http://www.endlessriver.co.uk/</u> To qualify we need to spend a minimum of £30 and quote reference number ERPPCM10. This offer ends on 1/9/14. See the website forum for further details.

Surfs up.

If you have a look at the "Friends Paddles" section of the forum you will see a number of posts by Phil Lucas inviting club members onto surfing trips. If you then look at the replies to these posts you will get the impression that people have been turning up and have ended up with huge grins on their faces. If you think your face can stand that amount of abuse (my grumpy old facade would suffer serious damage if I tried it) then do yourself a favour and join in the fun. Unfortunately as these are non-club trips you will need your own boats etc.



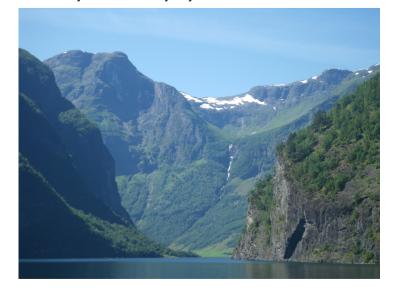


Phil Lucas ripping and shredding.

A short Norwegian paddle. (Bruce and Susann Burton).

This is not a story about desperate ventures on roaring mountain streams, but rather a gentle two day outing. Susann and I had already spent two weeks in Norway hiking and biking in two different areas, both quite close to Bergen. As a finale to our trip, we had booked a two day paddle with a company based in Flåm [like many Norwegian words, this has a funny symbol above the 'a' which tells you how to pronounce the vowel, but as my keyboard doesn't carry these and anyway I have no idea what sound

they indicate, this will be the only attempt to get the spelling correct]. We arrived in Flam after a spectacular train journey from Bergen on the regular train and then the famous Flamsbana railway. This is a major engineering achievement that is said to be the steepest non-cog railway in the world. The only problem is that we had to share it with most of the contents of a cruise liner. Flam itself is a little village at the head of the Aurlansdfjorden, somewhat spoilt by the fact that it is a major destination for cruise liners (there were two there when we arrived) and there are loads of tourist places selling plastic trolls and very expensive Norwegian knitwear.



We met up with the other paddlers on our trip, who turned out to be a large (and apparently very rich) American family who came from a very swanky township in California. Nevertheless they were good company. Before we started, our guide made us go through some basic training, including a wet exit from our double kayak. You will be pleased to know, dear PPCA readers, that we had no trouble completing this.

Our first day was a gentle paddle down the Aurlansdfjorden for about 14km. The pace was a bit slow and there were several stops. However the scenery was just spectacular. High mountains on either side dropping abruptly into the deep water (which, or course, is what a fjord is) and multiple waterfalls. The conditions were just about perfect, hot sunshine and no wind, with the water like glass.

At about 18.30 we reached the place where we were camping. It was basically a small field next to the fjord that the farmer allows people to use. Apparently Norway has a very enlightened free-to-roam policy which allows people to go more or less where they want, as long as it isn't right next to a house (within 200 metres, I think) or affects a farmer's livelihood. We set up tents there and had our evening meal. A problem with Norway in summer is that it really doesn't get dark. It sort of gets gloomy for a couple of hours. This makes sleeping, particularly in a tent, a bit of a problem.

The following morning we set off again and soon turned the corner that led into Naeroyfjord. This was even more beautiful and is a UNESCO World Heritage Site. This means that there is little development and the fjord is too narrow, and in places too shallow, to allow cruise ships to get up it. Again the conditions were just about perfect and we enjoyed some 18 km of gentle paddling to reach our destination of Gudvangen.

We were extraordinarily lucky with the weather. One of the people I talked to said that it was the best two days he had experienced in many years of guiding. It can get very windy and it rains a lot in Norway. However the beauty of the scenery is just outstanding and I would thoroughly recommend the experience.

The week before we did this trip, we had spent time cycling in the Hardangerfjord area to the south of Bergen. This is an area of multiple islands (677 according to one leaflet that I read) and would be a wonderful area in which to kayak. There are also many roaring mountain streams, for those that are so inclined.

Eddystone Paddle – 2013 (The Perfect Day) (Terry Calcott)

The Eddystone rocks are located some 14 miles SSW of Plymouth and on a clear day the lighthouse is visible from the shore. The history of the Eddystone and its lighthouses are well known around the world and Smeaton's iconic tower stands proudly on the Hoe, the stump of which is still standing firm on the Eddystone reef alongside the present Douglass lighthouse.



Members of the PPCA have paddled out to the rocks over the years. Clive, Joy and Martin being most recent a few years ago, a trip I was signed up for but had to miss out on. As an avid sea kayaker it is a paddle that I had on my tick list and last year a few of us talked about doing it but the weather window never materialised. Then a few months ago the thought crossed my mind again and I came up with a plan and asked 5 other club paddlers if they would like to join me on the 28 mile round trip to the Eddystone.

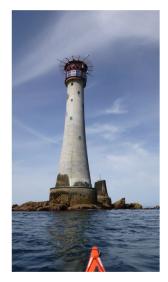
Although within eyesight of land (on a good day) the paddle is committing, it is an open water crossing to the rocks and is unsupported (no safety boat). It would require training and planning for it to be successful. The training consisted of a series of longer sea paddles to build up the stamina and fitness and for the group to work together, practice towing and rescues. With the average age of the group being 50, the term athletic or fit (apart from Mark) is probably the wrong word but after our training was complete we did feel ready for the challenge.

The planning consisted on coming up with a float plan and having all the relevant data and equipment available, tides, tidal stream, shipping, weather, coastguard info, kit, paddling and spare, first aid, repair, GPS, VHF an endless list, and most important lots of food and water. Obviously talking to people who had made the trip before was essential and the consensus from them all was when the weather window opens up just drop everything and go for it.

So that's what we did, looking at weather forecasts is second nature for kayakers but it became an obsession with me and finally a period of high pressure came in and I picked the day, Wednesday 21st August. Unfortunately not all of the 5 were available (sorry Linda and Paul) and the group was whittled down to a 4, myself, Mark, Mary and Merryl. A few phone calls and numerous emails later we met at Mountbatten at 07:30 ready to pack our boats. I logged our float plan for the day in with Brixham Coastguard and left our details with a few others on shore. Clive, Linda and Sarah J came down to bade us farewell which was a very nice of them, and we were on our way at 08:30.

Well what can I say about the weather, it was fabulous and we left with a mirror sea and a stillness in the air indicating a wind speed of not much above zero. We were coming onto spring tides and the ebb assisted us out of the Sound. Large fish were breaking the surface as we followed a direct line to the western entrance of the breakwater, probably Bass but I'm no expert. I had briefed the team that we would not stop to take photos unless it was a basking shark or a monkey, the chances of seeing either was slim and nil. If you know Merryl or Mary you will know why I put a no photo while paddling inclusion in the plan.

The plan was to set a paddling pace of between 3 to 4 knots and an eta at the lighthouse of around 12:30. Once at the Breakwater we set a compass bearing of 209 degrees and set off for the Eddystone. With good spirits and plenty of chat and banter the miles melted away and within a few hours we were clear of Rame head and started picking up a bit of westerly tidal stream. We altered course accordingly and continued on with the lighthouse a clear beacon now in the distance. We had factored in breaks every hour of around 10 minutes to take on water and have a snack. We



had enough sweets and snacks to stock a small shop and Mary being Mary had brought along freshly made Blueberry breakfast muffins and flapjack. It was also an opportunity to raft up and get the legs out and have a good stretch. A pair of playful porpoises joined us and showed themselves every so often. Gannets were flying high overhead and made solitary dive bombs into the sea ahead of us. Squadrons of Manx Shearwaters skimmed low across our bows. Every paddle stroke brought a cry of jellyfish; the sea was awash with compass and blues everywhere.

As we carried on a low drone could be heard behind us, it was Project 305, a luxury motor boat on sea trials from the dockyard. It was only doing about 10 knots but the wake it produced was huge. Just after midday and only a few hundred metres off the Eddystone we clearly saw why the reef is so called. The water was full of different eddies and some patches of turbulent water. We paddled around the rocks and took the obligatory photos from every angle. After watching the small swell for some time I decided we would be able to land, unfortunately the stump was a no go as it was a low tide and a shear climb over slippery weed. A small cluster of rocks beckoned and out I leapt onto the red gneiss rock (did you know the eddystone rocks are very unique). Easily pulling my boat clear, I beckoned to Mark to come in next quickly followed by Merryl and Mary. Everyone beaming with the chance to land and stand

up, Mary produced a bottle of bubbly form the bowels of one of her sea kayak hatches. It must have looked a strange sight to the passing fishing boats 4 people stood up with a glass of champagne (we only had a sip) and eating our lunch, but what a picnic spot quite amazing (sorry Joy). Such a relief to stand up and also let nature takes its course after so much fluid intake. Although it was a fantastic setting and it would have been lovely to stay longer I knew that we still had 14 miles to cover to get back to Plymouth.

The plastic sea boats slid easily off the rock and the occasional sound of barnacle on composite hull made me smile as they launched. Once afloat we set our compass bearing for the breakwater eastern entrance and a bit of offset as the westerly tidal stream would be with us for a few more hours yet and off we paddled.

The spirits were high and Merryl's smile matched the sun overhead, everyone was so jubilant at having paddled to the lighthouse and not wanting the day to end. The paddle back had much the same wildlife encounter as on the way out with a few new ones, shoals of small silver fish? (herring or mackerel maybe) churning the surface and making a right old noise and some flying fish launching out of the water. The breakwater took an age to come into view and during one of our 10 minute



breaks we noticed the 15:00 Brittany ferry coming out of port. Time to sit and watch its path of transit. although we knew it would pass well in front of us no need to put this to the test. Although not quite a slog the last few miles were noticeable on the body and on passing cable beach we decided to land and have a quick leg stretch before the finish.

We paddled on and landed at Mountbatten slip, just over 29 miles by GPS and 9 hours after our start. Taking into account all our breaks and lunch we did just over 7 hours of paddling. Nothing remarkable in the achievement in sea kayaking terms but for a group of regular club paddlers it was quite something. A challenge for all of us for different reasons,

the trip gave a focus for the summer months with the training paddles and planning, the group were fantastic throughout and most definitely up for it and culminating in a fine weather window made for the Perfect Day.

Old Nosey, our roaming reporter...

...would suggest that when you go away for a weekend's open boating, it's generally a good idea to take some clothes with you rather than leaving them in the dining room. Tracy Jones.

And in the interest of fairness Old Nosey, our roaming reporter, would suggest that if you enter the Morley Arms pub and espy some fellow PPCA members ensconced in a cosy little alcove, then you would be well advised to look where you are going rather than walking into a pillar. Ivor Jones.

That's all folk; see you somewhere cold and wet. Good paddling, Clive.



Picture Bazaar

noto by Terry Calco

The PPCA sea kayak Pooh Sticks competition gets under way.

Diary dates.

These diary dates are correct at time of going to print, please check the website forum or speak to the session leader for any changes nearer to the event.

Date September.	Type of paddle	Location	Session leader
Tues 10, 18:00	1* plus 2* kayak Open boat 3* sea 3* plus	Mount Batten	Neville Cannon / Andy Kittle Mark Cox / Fred Jones Martin Mills Dave Fisher / Ken Hamblin Chris Doidge
Thurs 12, 18:00) 1 star course	Mount Batten	Clive Ashford / Andy Kittle

September (continued). Fri 13, 18:00 Open boat		Mount Batten	lan Ruse 07980 355019.			
Sat 14, 10:00	Recreational paddle	Mount Batten	Neville Cannon 07773 342787.			
Sun 15, 09:00	Go Canoeing	Mount Batten	Andy Kittle			
Tues 17, 18:00	1* plus 2* kayak Open boat 3* sea 3* plus	Mount Batten	Neville Cannon / Stephen Pryor Mark Cox / Fred Jones Martin Mills Dave Fisher / Ken Hamblin Chris Doidge			
Fri 20, 18:00	Open boat	Mount Batten	lan Ruse 07980 355019.			
Sat 21, 10:00	Recreational Paddle	Mount Batten	Neville Cannon 07773 342787.			
Sun 22, 09:00	1 star course	Mount Batten	Alan Ede / Stephen Pryor			
Tues 24, 18:00	1* plus 2* kayak Open boat 3* sea 3* plus	Mount Batten	Neville Cannon / Stephen Pryor Mark Cox / Fred Jones Martin Mills Dave Fisher / Ken Hamblin Chris Doidge			
Fri 27, 18:00	Open boat	Mount Batten	lan Ruse 07980 355019.			
Sat 28, 10:00	Recreational paddle	Mount Batten	Doug Sitch 07966 740025.			
Sun 29, 09:00	1 star course	Mount Batten	Alan Ede / Stephen Pryor			
Mon 30	Closing date for the PP See August Wet News					
October. Sat 5, 09:00	Go Canoeing	Mount Batten	Ian Brimacombe			
Sat 5, 10:00Sea kayak paddleMount BattenTerry Calcott 07828 652775.Times and venue will appear on the club forum a few days ahead of this trip.The club sea kayaks can be booked with the Club Equipment Officer, Alan Ede, by a text to 07799556876 or an e-mail to alancede@hotmail.co.uk						
Sat 5, 10:30	Intro rec Paddle	Mount Batten	John Mitchell 01752 219246.			
Sun 6, TBA	Beginners river trip. See website forum nea	TBA rer the date for details.	Chris Doidge 07973 285969.			
Sat 12, 08:30 Intermediate river trip. TBA Clive Ashford 01752 344425. Meet at Plympton B&Q car park ready to leave at 08:30. Please allow time to swap boats around to take as few cars as possible to the river.						
Sat 12, 09:00	Go Canoeing	Mount Batten	Linda Brady/Mary McArdle			
Sat 12, 10:00	Recreational Paddle	Mount Batten	Neville Cannon 07773 342787.			
Sat 12, 10:00	Intro sea kayak paddle See newsletter item for	Mount Batten more information / details.	Terry Calcott 07828 652775.			
Meet at Plympt	Beginners river trip on B&Q car park ready t possible to the river.	TBA o leave at 09:00. Please allow tin	Julie Elworthy 01752 823381. ne to swap boats around to take			
Sat 19, 08:30 <i>Meet at Mount</i>	Open boat river trip Batten ready to leave at	TBA 08:30.	Ted Fearon 07973 964433. Ian Pitchford			

October (cont Sat 19, 09:00	inued). 1 star course	Mount Batten	Andy & Jenny Nicholls			
Sat 19, 10:00	Recreational Paddle	Mount Batten	Joy Ashford 01752 344425.			
Meet at Plympt	Beginners river trip. on B&Q car park ready t possible to the river.	TBA o leave at 09:00. Please allow tir	John Elworthy 01752 823381. ne to swap boats around to take			
Mon 21, 19:00 <i>Please make a</i>	AGM special effort to attend t	Mount Batten his important meeting.				
Meet at Plympt	Beginners river trip on B&Q car park ready t possible to the river.	TBA o leave at 09:00. Please allow tir	Ken Hamblin 01752 365404. ne to swap boats around to take			
Sat 26, 09:00	1 star course	Mount Batten	Andy & Jenny Nicholls			
Sat 26, 10:00	Recreational Paddle	Mount Batten	Ian Brimacombe 07720 957304.			
Meet at Plympt	Intermediate river trip on B&Q car park ready t possible to the river.	TBA o leave at 08:30. Please allow tir	Doug Sitch 07966 740025. ne to swap boats around to take			
The club sea ka		TBA b forum a few days ahead of this h the Club Equipment Officer, Al <u>ail.co.uk</u>				
	Beginners river trip. on B&Q car park ready t possible to the river.	TBA o leave at 09:00. Please allow tir	Julie Elworthy 01752 823381. ne to swap boats around to take			
		TBA o leave at the time advised on th round to take as few cars as pos				
Sat 9, 10:00	Recreational paddle	Mount Batten	Terry Calcott 07828 652775.			
Meet at Plympt	Intermediate river trip. on B&Q car park ready t possible to the river.	TBA o leave at 08:30. Please allow tir	Clive Ashford 01752 344425. ne to swap boats around to take			
Sat 16, 10:00	Recreational paddle	Mount batten	Neville Cannon 07773 342787.			
	Intro sea kayak paddle letter / forum item for mo		Terry Calcott 07828 652775.			
Meet at Plympt	Beginners river trip. on B&Q car park ready t possible to the river.	TBA o leave at 09:00. Please allow tir	John Elworthy 01752 823381. ne to swap boats around to take			
	Open boat river trip. Batten ready to leave at	TBA 08:30.	lan Ruse 07980 355019.			
Sat 23, 09:00 Beginners river trip. TBA Doug Sitch 07966 740025. Meet at Plympton B&Q car park ready to leave at 09:00 Please allow time to swap boats around to take as few cars as possible to the river.						
Sat 23, 10:00	Recreational paddle	Mount Batten	Joy Ashford 01752 344425.			
Meet at Plympt	Intermediate river trip. on B&Q car park ready t possible to the river.	TBA o leave at 08:30. Please allow tir	Ken Hamblin 01752 365404. ne to swap boats around to take			