



Editorial

Paul Hewson

Well, I'm sorry this is late. Yes, I went on Holiday but I came back to find my employer (a) expects me to work for my pay, (b) I just noticed April has only 30 days and (c) my employer has rescheduled things so that I am working late on a Tuesday for the next six weeks. I'm not cross, jealous, sulking or anything that may have limited my energy for newsletter editing.

Anyway, there's a lot included this time. We have a new member to introduce, new as in new as well as new as in (I think) born this millenium: see page 2. There is a report of the first estuary paddle on page 7. Finally, there is some actual news from Paddle UK, first

concerning personal data on page 3 and some refinement in policies around advertising *ad hoc* (unofficial) activity on page 5. Also, there is an acknowledgement that we do have to consider sewage these day, please see page 4 for more information. Finally, for a summary of the club's activities please see the Chronicle on page 11.

As always, comments, questions, material to include in future editions: newsletter@ppca.org.uk. Now that we've had a couple of new member introductions recently maybe a few more people will be encouraged to send in a couple of sentences about them.





Welcome New Members

Hello everyone, my name is Maddox and I started kayaking at 12 years old. I got into kayaking through my Granny who spends a lot of time out on the water. I started on the intro course last year and it was very enjoyable and gave me lots of confidence out on the sea. One of my favourite parts so far has been the winter pool sessions during which I have learnt how to save someone on the water who has capsized. I can also now roll which I am very

proud of! I am very grateful to all the instructors who have helped me along the way. I certainly could not have come this far without them. I am very excited to be getting back on the water in the summer and in the far future I could see myself maybe doing some white water on the rivers . . .

This is a great physical activity for anyone who wants to try something different! I would certainly recommend it to my friends.



Maddox



Personal Data and Paddle UK

Mark Perry (Committee Chair)

Our national organisation, Paddle UK (PUK), has introduced new rules that will come into effect in 2027. These rules mean that clubs like ours must now make sure that member details are recorded directly in the Paddle UK system. Until now, we've been keeping our own club records, which we believed was enough. However, Paddle UK has confirmed that member information must also be held in their central system.

What this means for you

:

- In the next few days, you may receive an email from Paddle UK.
- This email will confirm that your details are being added to, or linked with, our club within their system.
- You don't need to take any action. When you signed up or renewed your membership, you already agreed to this through the 'Paddle UK – data upload consent' on our forms.

What information will be shared

:

If you don't already have a Paddle UK record, the following basic details will be added:

- Name
- email address
- Date of birth
- Username (your email address)
- gender (set as "Prefer not to say")
- address (at least one line and postcode)

If you have any questions or concerns, please feel free to get in touch.

P.S. Paddle UK is also reviewing its paddling standards as part of these upcoming changes. Our Club Leader, Adam Coulson is working very hard to determine exactly what that means. We will share more information about what this means for our club activities as details become clearer.



Water Quality

Adam Coulson (Club Leader)

I am sure that we are all aware that we can no longer have a lot of faith in our water companies, who have been accused of putting investors' return above operational improvements. That's the politics done! Sadly, headlines like those below (with thanks to Plymouth Plus and Plymouth Live) are not that unusual.

I can also state that I have been adversely affected by water quality issues on more than one occasion, and that it's not an especially

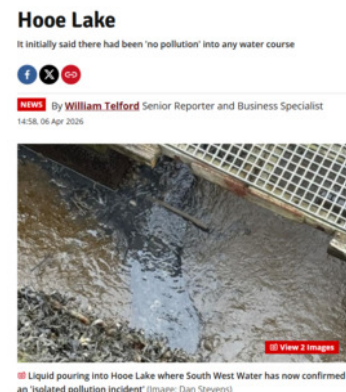
pleasant experience. When paddling on the surface we may be spared the worst but beware if you should enter the water! I'm sure that everybody has their favourite sources of information regarding weather, sea conditions, tides, marine traffic, river levels and mapping. Leaders will generally check on these as is appropriate for their trip but paddlers might also want to check out water quality too. This is especially the case if planning to enter the water e.g. practice some rescues or partake in a rolling session.

Here are a couple of links to live information that you may find useful:

- National Storm Overflow Hub
- Surfers Against Sewage

These links together with several other useful internet links can be found on our website here.

Stay healthy! Adam





Informal ad-hoc activity in PPCA

Adam Coulson (Club Leader)

As a club we have previously been advised by British Canoeing not to allow the advertising of what is often referred to as “Peer Paddles” on club media e.g., website forum or Facebook page.

However in the Paddle England advice on Club Activity it is acceptable for individual members to advertise activities that they are proposing to undertake and wish to invite others to join in.

Therefore, members can now share their paddle plans as they wish as long as they fulfil the criteria below, lifted from the Paddle England advice. It should be made very clear that:

- This is not a club organized activity.
- There is not a club approved leader.
- Paddlers attend at their own risk i.e., they are not covered by club insurance.
- Club equipment may not be used.

I hope that this facility is used so that members can get out and practice skills together or join in on spontaneous “bimbles”. (don’t ask me for a definition of that!)

Adam



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| Informal Ad-Hoc Activity | Examples | Standards for Deployment |
|---|--|---------------------------------|
| <p>Only involving members who are considered 'independent' in the chosen environment. May be impromptu, not advertised to all members. Only-on water with a proportionate float plan.</p> <p>Not Insured under the club insurance.</p> <p>Independent activity is not covered by club associate membership. Those taking part in such activities are recommended to have Paddle UK On the Water membership that provides Insurance and Licence.</p> <p>Club members need to understand that these activities are not within the clubs safety framework, but their actions will still reflect on the club.</p> | <p>'I'm going paddling this evening, anyone want to join me?'</p> <p>Litter picking/river clean-ups and catering for club members.</p> <p>Provision of advice and guidance (e.g., where to paddle).</p> <p>Use of club equipment outside of club sessions.</p> | |



Plan A.A.A.

Clive Ashford

I don't object to a bit of rock hopping, but my days of high-octane sea kayaking are behind me. (If they were ever really with me to start with.) So, instead of leading sea kayak away days this year I thought that it would be a good idea to run some estuary away days instead. Easy to organise, stress free gentle paddling. What's not to like?



Photo: Joy Ashford

The first estuary paddle of the year was due to take place on Sunday 12 April, and so I started the meticulous planning that such an event demands a few days prior to the date and formulated a plan A.

Those of you that have allowed yourselves to be subject to my (probably dubious) whitewater coaching techniques will be aware of the concept of only having a plan A, and

that if that particular plan A goes wrong then you need to hatch another plan A. Possibly quickly. Well, the same concept applies when it comes to the afore-mentioned meticulous planning of an estuary trip. The 12 April trip was subject to 3 incarnations of plan A.

Plan A number 1. The first incarnation of Plan A involved launching at Saltash and exploring the Lynher Estuary. This plan was



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published on the Tuesday before the event but as the date got closer the forecast indicated a force 4 westerly wind. The Lynher Estuary is quite exposed to a Westerly wind. A new plan A was required.

Plan A number 2. The second incarnation of plan A was to launch at Totnes and to explore the upper reaches of the Dart Estuary. So, on the Friday before the event suitable amendments were published. I relaxed. That was a mistake. Late that evening Joy sent me a copy of a poster from the Totnes rowing club advertising a stand-up paddleboard event that they were organising for the same date. I had intended launching from the car park adjacent to the Totnes rowing club and to use exactly the same stretch of water that they were planning to use. My second incarnation of Plan A needed to be scrapped.

Plan A number 3. The third incarnation of plan A involved launching at Halton Quay in the Tamar Valley and paddling on the Tamar Estuary. Again, suitable amendments were published, but not before I mentally deleted the bit about estuary paddling being easy to organise.

In the end 7 paddlers proved their ability to negotiate the somewhat fluid state of plan A, and to arrive at Halton Quay in plenty of time. Very impressive. The force 4 Westerly wind was very much in evidence, but as the Tamar Estuary sits in a deep valley with many meanders, I was expecting to find plenty of shelter.

From Halton Quay it is possible to see the quay associated with Pentillie Castle. This quay was used as a set for the TV series

“Beyond Paradise.” My paddling companions seemed to be completely underwhelmed by this fact. Oh, the trials of being a tour guide.

High tide was approx. 14:40 so the plan was to launch at 12:30, paddle upstream and find somewhere to stop for a late lunch. The plan came together like a dream. We paddled in gentle sunshine, and once we had completed the first mile, we turned a corner and lost the worst of the wind. Shortly after we came to Cothele Quay which proved to be a very pleasant place to stop for lunch.

Today the Tamar valley is a green and peaceful place but that wasn't always the case because, like a lot of our countryside, the Tamar valley has a long industrial past. Almost everywhere you look you can see evidence of the areas long mining tradition where tin, copper and arsenic were once extracted and sent down the estuary for further processing and distribution. The valley also has an agricultural history as evidenced by the many dis-used lime kilns that were evident at every abandoned quayside. It's hard to imagine the fume filled and noisy environment of yesteryear when, no doubt, there were fewer trees gracing the surrounding slopes.

Not only would the banks have been a hive of industry but, as boats would have provided the most convenient method of transport, the river would have been full of craft of various sizes plying their respective trades.

After lunch we once again set about our watery pastime. We continued our tide assisted journey upstream around many meanders, the view changing at each bend in the river. Eventually we reached Morwellham



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Quay, which is the highest navigable point of the river, (for large boats) and which was a major river port used for all aspects of river trade, most notably for the export of copper and arsenic. Wikipedia* inform us that Morwellham Quay was capable of handling ships of to 200 tons. I have lost my "shipping tonnage to London bus" conversion table, but I have found out that the Mayflower was about the same size. (Wikipedia again*)



Photo: Joy Ashford

At Morwellham we also saw the tail-race associated with the hydro electric power station situated on the quay. This power plant utilises the water extracted from the river Tavy at Tavistock and which arrives at Morwellham via the Tavistock canal. The canal crosses the watershed through a tunnel that Wikipediæ informs us is 2.32 kilometres in length.

Pete told us a tale about traversing this tunnel in a kayak.

Our arrival at Morwellham Quay coincided with high tide, so we turned around and retraced our paddle strokes. The views were reversed as we once again bobbed past places like Sheepridge Wood, New Quay, Tuckermarsh Quay and Calstock, where we paddled under the impressive Calstock Viaduct. Earlier we had witnessed a train crossing this viaduct on its way to Gunnislake. (The inner child in me still regards seeing a train is something exciting. I'm not expecting you to understand such a thing, but our very discerning chairman did appear to share my excitement.)

Between Calstock and Cothele Pete spied a seal lurking in the water. Who'd have thought it? A seal in the Tamar Estuary, maybe 15 miles from the sea? Well, in truth I have often seen a seal in the same section of river, so I wasn't very surprised at all, but it does seem unusual.

We paddled past Cothele and the estuary, which is now read lined, gradually opened out. We turned the final bend and could see the little chapel that marked the spot where we had parked our cars. This was good because we could see the end of our little adventure, but it was about a mile away. A mile of paddling straight into the wind. Those of us in small boats found this a but splashy and maybe a bit of a bash. Those in sea kayaks probably found the going a bit more pleasant but I don't think that anyone was sorry to finally arrive at Halton Quay and to get out of their boats. We had to clamber over a small wall to get out, a wall that was adorned by mud. I can report that the mud at Halton Quay is of the finest quality and definitely qualifies as gloopy. I know this because my stiff little legs didn't want to support me and I finished up a tad brown.



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When walking, our daughter says that no matter how far you have walked, you have always walked far enough. The same applied to paddling. I can report that we paddled 12 miles and that that was quite far enough, thank you very much. In fact, if we had finished just before the last mile of bashing into the wind, then that might have been even better. We changed, loaded boats onto cars, said our fond farewells and made our merry way home. In my case happy but tired and

looking forward to a well-earned beer. Or 2.

Easy to organise and stress free? Not particularly, but on a weekend when the Saturday rec paddle was cancelled due to the wind, we had a very enjoyable and meaningful paddle amid beautiful surroundings. I have deemed the day to have been a success and I'm looking forward to the next one. Sunday 10 May. It would be nice if you joined me on whatever plan A that I can devise.

*It's in Wikipedia. It's bound to be correct. OK?



Photo: Joy Ashford



Creek Chronicle

Adam Coulson

Warm Wet Training Events

- Tuesday 3rd March Pool Session
- Tuesday 17th March Pool Session
- Tuesday 31st March Sea Kayak Pool Session

Wet Recreational Events

- Sunday 1st March To celebrate the first day of spring, Clive led a group of 6 intrepid white water warriors on a very pleasant river trip on the Loop. There were smiles.



- Saturday 7th March Adam and a group of 12 were first to launch from Mountbatten on the monthly Sea Kayak Paddle. We crossed to Drake's Island to catch the ebbing spring tide across The Bridge to Cornwall. The big flow on the Cornish side caught everybody out on their ferry glide angles. That same tidal flow carried us across Cawsand Bay to Pier Cellars and on to Penlee, where we turned right. The swell was working a treat along that section and much fun was had by some in slots and pour overs – no club equipment was harmed in the process! Lunch at East Gear was slightly marred by the sad presence of a traumatised dolphin carcass on the

beach. The return was via Penlee and then straight across the Sound pausing just for James to perform a practice deep water rescue on an overheating Stephen. Andy led the short paddle today with a total of 11 venturing along the Hoe. It was, I believe, one of our youngest member's first paddle with the club on the sea.



- Sunday 8th March A lack of rain might have resulted in some diminution of interest in white water paddling such that the main event was cancelled due to a shortage of takers.



- Saturday 14th March Seven ventured forth and Terry wrote: A sunny blue sky start and a calm sea. Out along the Hoe to Devils Point then to Penlee Point. Lunch was at Cawsand. The return was via Drakes Island under a darkening sky.



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A leisurely 9 miles. Thanks to Brim for leading today's paddle.

- Sunday 15th March Phil was very pleased to welcome a total of 10 for a white water trip at lowish level from Newbridge down to Ashburton. We played on all of the Loop features and then buzzed down the lower to Strawberry Fields (where coffee during the long shuttle was most welcome.)



- Saturday 21st March It sounds like Helga was very happy: Huge thanks to Gavin for taking 5 happy paddlers out on a beautiful calm and sunny March Saturday. Round the back of the breakwater, nearly to Rennie Rocks and

one of the Bovisand beaches for lunch. Particularly interesting coming back with the tide being so low. Fab day out.

- Sunday 22nd March Clive and Julian led a couple of paddlers down the Lower Dart. If you want to see Clive showing off see link to facebook



- Saturday 28th March Cancelled due to wind
- Sunday 29th March Cancelled due to low levels and lack of interest

Dry Events

- 11th March Committee Meeting



The PPCA Committee

PPCA is a friendly Club, and we'd love to hear from you! The Club is run by a committee of unpaid volunteers, most of which work full-time. Contact details are listed below. For non-urgent enquiries, please email the person you require rather than telephoning.

If you are new to paddlesport or thinking of taking it up then please contact our Intro Coordinator who can point you in the right direction. Our Intro Coordinator can also answer any questions you may have about our Club, courses on offer etc, drop them an email at intro@ppca-canoe-club.org.uk

| | | |
|---------------------------|----------------|--|
| Chair | Mark Perry | chair@ppca.org.uk |
| Vice-Chair | Anita Maidment | vchair@ppca.org.uk |
| Club Leader | Adam Coulson | leader@ppca.org.uk |
| Assistant Club Leader | Vacant | acleader@ppca.org.uk |
| Club Secretary | Jackie Perry | secretary@ppca.org.uk |
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| Welfare Officer | Alan Ede | welfare@ppca.org.uk |
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| Treasurer | Julian Miles | treasurer@ppca.org.uk |
| Equipment Officer | Pete Anderson | equipment@ppca.org.uk |
| Publicity Officer | Sarah Carlson | publicity@ppca.org.uk |
| Youth Development Officer | Jane Hitchings | youth@ppca.org.uk |
| Health and Safety Officer | Damean Miller | safety@ppca.org.uk |
| Club President | Clive Ashford | president@ppca.org.uk |

Thank you to everyone who contributed material, especially the material we just stole from Facebook.

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