



# Cambridgeshire Canoeing Association (CCA)

## Newsletter March 2008

Cambridgeshire Canoeing Association is a county-based, informal group of canoeists who exist for mutual support and promotion of canoeing in its widest sense. It is a BCU sub-committee. The CCA is open to all. Consideration will be given to applications by canoeists for financial support for suitable projects. CCA produces two newsletters a year which detail its activities and other county-based activities for which information is known. Events are also listed on Cambridge Canoe Club Website (<http://www.cambridgecanoeclub.org.uk>)

**Trophies:** the CCA awards two trophies annually:

The Marathon Trophy is for the highest placed paddler (based on a points system) in the two county marathon races (Cambridge and Huntingdon Great Ouse) held in one year (Not awarded in 2007).

The Reed Trophy is for the youngster (U18) who has contributed most to the sport during the year (Helen Wright (HCC) 2007). Nominations for 2008 welcomed by the committee (before October, please).

**Avian Flu:** Dead wildfowl? Defra no longer wish to know about these.

**Alien plant:** Floating Pennywort is now found in Cambridgeshire waters. This is an extremely aggressive plant which covers the water surface and clogs navigation. Sightings need to be reported to the Centre for Aquatic Plant Management, CEH Wallingford (Jon Newman, see <http://www.nerc-wallingford.ac.uk/research/capm/index.htm>). The Cam Conservators are appealing for help in the late spring for manual removal. Please look out for these requests and support the clearing of our rivers.

**Salmon disease:** Cambridgeshire is not renowned for salmon, but if you have been paddling on the continent you may well be bringing back a new parasite of salmon with wet boats and kit. This parasite (*Gyrodactylus salaris*) can survive for up to one week in wet conditions but is killed by thoroughly drying all equipment for at least 48 h in sunlight or washing in sea water or in salt solution of 3% or more. Please act responsibly.

Interested in serving on a BCU Eastern Region committee? Contact our Paddlesport Development Officer Jeff at [jeff.toser@bcu.org.uk](mailto:jeff.toser@bcu.org.uk)

**Waterways News:** The EA website has the autumn edition of Anglian Waterways News. It can be downloaded from [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk) Follow trail, home page, Anglian, navigation.



## **Crayfish plague**

Crayfish plague is a fungal disease, carried by the fungus *Aphanomyces astaci* on introduced Signal Crayfish and is a serious threat to our native crayfish populations.

Signal crayfish are widely present in the lower reaches of most rivers in East Anglia, but the head waters, certainly on the R. Cam are free. This means that if you are paddling different waters from usual you must consider the possibility of carrying disease within a wet boat or on clothing. The easiest way to get rid of any infection is to dry off the boat and clothing completely, preferably in sunshine, and if this means taking out the air bags on a regular basis, do so. Chemical disinfectants are also suitable; more information from the Environment Agency.

## **CCA programme**

### **Saturday 17 May. Hire of Cardington Artificial White Water Course**

**(CASC) 8.30 am - 4.00 pm.** Come and test your skills on this moving water course near Bedford. The course will be designed for novices in the morning and made more technical after lunch. The more help we have in the morning to erect the course, from 8.30 a.m. onwards please, the sooner we can get on the water. Fees: £3 for everybody – adult or junior with £2 extra for non-BCU members (bring BCU cards). All paddlers welcomed. Contact: Arthur Davis, [arthur.davis@tinyworld.co.uk](mailto:arthur.davis@tinyworld.co.uk) tel 01223 832128

### **Sunday 1 June. River tour. River Rhee / Cam, Barrington to**

**Sheep's Green.** Meet Barrington (TL 396498) at 10 am for 11 am paddle start. Distance c. 13 km (8 miles). The Rhee is one of the main tributaries of the River Cam and is a small windy river with four weirs (which can be portaged). The tour will finish with refreshments at CCC Club House, Sheep's Green, Newnham, Cambridge (showers), Car park TL 447 573. You will need to bring a packed lunch and a drink, waterproofed clothing, sun block and a hat. Small charge, See note above on Crayfish. BCU membership or event ticket is required for insurance cover. Contact May Block 01223 311715.

### **Sunday 14 September, Huntingdon Great Ouse marathon,**

**Riverside, Huntingdon.** A BCU Hasler series marathon race. A good venue on a wide, placid river, so ideal for novices, Lightnings and experienced paddlers alike, good parking, beginning and ending at Huntingdon Riverside. Bank help always needed. Training given. Contact: Richard Stagg, 01223 503414, [richard.stagg@ntlworld.com](mailto:richard.stagg@ntlworld.com) for more details and entry forms. Closing date 12 September.

**Monday 3 November ACM.** Cambridge Canoe Clubhouse. 7.30 for 8.00

## **Others events to which County paddlers are welcome**

**Sunday 16 March, Cam Marathon.** Beginning from the Club House of Cambridge Canoe Club, Newnham, Cambridge, this is the first of the two county races in 2008 (the other being Huntingdon Gt Ouse Marathon on 14<sup>th</sup> September) which are qualifying events for the Cambridgeshire Marathon Shield. A good race for new paddlers (GP boats as well as Lightnings) with no portages in the lower divisions. Higher divisions race through the City as well as into the countryside, down to Fen Ditton and up to Grantchester. Contact: Richard Stagg 01223 503414, richard.stagg@ntlworld.com Closing date 14 March.

**Sunday 13 April.** Canoe England is running a **Club Forum** at Bury St Edmunds. Designed to give information for club volunteers, rather than coaches, and it will concentrate on information to help Chairs, Secretaries, Tea Makers, get more for and from their club. Closing date 2 April.  
[www.canoe.england.org.uk](http://www.canoe.england.org.uk)

**Bank Holiday 2 – 5 May.** Cambridge Canoe Club extend a warm welcome to all County paddlers who wish to join them at Symonds Yat. Ideal for novice paddlers. This is a good family event with lots to do for non-paddlers. Contact Terry Eley 01954 210814 [elsayyts@screaming.net](mailto:elsayyts@screaming.net).

**Saturday 21 June. Coach update** day Norfolk. Open to all. Contact PDO [jeff.toser@bcu.org.uk](mailto:jeff.toser@bcu.org.uk)

### **Sunday 6 July, SportFest**

More information on [www.cambridge.gov.uk](http://www.cambridge.gov.uk) follow: City Council home page, leisure, entertainment, sport then Sportfest. To be held at Chesterton, Manor and Netherhall Schools. Canoeing help will be required probably 10.00 a.m. – 1.00 p.m. Please contact Arthur Davis to confirm arrangements beforehand. 01223 832128 [arthur.davis@tinyworld.co.uk](mailto:arthur.davis@tinyworld.co.uk)

### **12 OR 13 July. Eastern Region 'Go Paddling Day' Swanton Morley, Norfolk.**

Open to all. Contact PDO [jeff.toser@bcu.org.uk](mailto:jeff.toser@bcu.org.uk)

### **BCU Coach Education Programme Cambridgeshire – David Savage LCO 'Old' Level 2 coach trainees**

In response to local demand I am running an 'Old' Level 2 assessment at Mepal Outdoor Centre on 20<sup>th</sup> April 2008. The cost will be £50. This is your last chance to be assessed for 2\* *locally* as I won't be running any more.

**Old level 1 coaches** I have planned a L1 re-orientation day to enable 'old' Level 1 coaches to transfer to the new level 1 award. This is necessary if you wish to be able to coach and award Paddlepower Passport (for under 16s) and 1\* for 14<sup>+</sup>. If you don't need to be able to do this, then you can carry on as you are for the time being, but transfer would be a good idea!

As the prerequisite for the L1 coach award is 'new' 2\* which requires the demonstration of basic skills with both single blade (canoe) and a double

blade (kayak) paddle, you will need to hold either a 'new' 2\* award or the 'old' 2\* in both canoe and kayak. I am running a separate conversion course for existing kayak 2\* holders to gain the new 2\*. This day will also include rescue updates for both canoe and kayak. You must attend the 2\* day before the re-orientation.

**Old L2 and 3 coaches** who don't have 2\* canoe but who want to be able to award 'New' 2\*. You have to gain the new 2\* award, even if you are short-sighted, blinkered and narrow-minded enough to insist that you only want to paddle kayaks!

**All coaches who haven't attended an update/revalidation in the last three years**.... And there are lots! If you don't attend one (and they are taking place all around the Region – see CODE or the BCU website) you won't be able to continue coaching as your award, and thus your insurance, will become invalid. The BCU ask Local Coaching Organisers to run one day in their County every three years. I ran one last June, but am going to run another day this summer to give you the opportunity to revalidate locally.

All these courses are bookable only online, at [www.mepal.co.uk](http://www.mepal.co.uk).

1. L1 coach training and assessment Sat/Sun 1 & 2 March and 15/16 March 2008, 9.00 – 5.30 pm. £180
2. 'Old' Level 2 kayak assessment Sunday 20th April 2008. 9.00 – 4.30 pm. £50.
3. 'New' 2\* update for coaches holding kayak 2\* but not canoe 2\*. Saturday 19th April 2008. 10.00 – 4.30 pm. £30.
4. L1 coach reorientation day. Saturday 24th May 2008. 10.00 – 4.00 pm. £30.
5. Coach revalidation day (Attendance at 3 or 4 above does not exempt you from revalidating!) Saturday 5th July 2008. 9.30 – 4.30 pm. £20 including lunch.
6. L2 coach training (at Oulton Broad). Saturday / Sunday 14 / 15th & 28 / 29th June 2008. £180.

### **Officers of the CCA for 2007**

**Chairman** Arthur Davis 01223 832128, [arthur.davis@tinyworld.co.uk](mailto:arthur.davis@tinyworld.co.uk)

**Treasurer** Ron Payne 01223 880342

**Secretary** May Block 01223 311715, [FamilyBlock@aol.com](mailto:FamilyBlock@aol.com)

**Regional Access Officer** – Dave Savage 01223 424935 [david@mepal.co.uk](mailto:david@mepal.co.uk)

**Regional Coaching Officer** – Steve Scorer 01234 376410

### **Local River Advisors**

R. Cam, upstream of junction with River Gt Ouse, May Block, as above

R. Gt Ouse, below Bedford, Dave Savage, as above

R Gt Ouse, Harold to St Neots, Brian Stanbridge 01234 403933 or 07867 531400 [brian@ice.gb.com](mailto:brian@ice.gb.com)

Little Ouse East, Alan Cox 01842 810793, m 07961 949046, [alancox100@hotmail.com](mailto:alancox100@hotmail.com)

More copies of this newsletter and further information are available from the Secretary May Block 01223 311715, or email [FamilyBlock@aol.com](mailto:FamilyBlock@aol.com).