



Summer Newsletter 2011

Here we are again, another season upon us, the winter slowly dying out but still reminding us it's there from time to time!

Firstly, a big thank you to last year's committee for all your efforts in what turned out to be a very challenging year for everyone involved: A hectic season, followed by the change in premises, the awarding of Clubmark, just a few of the tedious issues which had to be dealt with.

We will of course be very sad to see Mark and Lynn moving to pastures new – everpresent when it came to Wednesday nights & Fundays, the triathlons, and of course latterly Lynn stepping in as Chair. You will both be missed immensely, and we thank you for the tremendous contribution you have given to the club, especially given the distance you have both had to travel. Thank you ever so.. and we hope you will join us on the water at some point in the near future, perhaps before the triathlon.

We also thank Ann and Miriam for their sterling work over the past few years in the roles of secretary and membership sec. Both these roles are tedious and time consuming, and come with very little thanks.. So a big thank you, and hopefully now you will both be able to get more out of your time on the water with us. And of course thank you to Paul for always being there when needed..

Looking forward, we are slowly addressing issues around the new club area such as improved use of storage, car parking, improved access to the beach, protection of the sandbanks etc, and additional changing facilities, as well as a port-a-loo. We will also be installing generator derived electric into the new welfare container, as well as installing a stud wall (with serving hatch!) to screen off the kitchen area. In the main area we will be installing notice/display boards to liven the place up. Hopefully by the time you receive this newsletter much of this will already be under way. We do not, at this point in time, intend to purchase any more containers, moreover to use resources we already have. That said, if we run into problems or excessive costs, then a container may be the simplest option, so it is not entirely ruled out.

Moving on, we have a busy and exciting season planned. Attached to this is the calendar, which at this

point in time is subject to change – so keep an eye on your emails, or the forum, for updates which are sure to come – as I write this I've been reminded of three more dates which need to be added!

A Word from Alfie:

A video has been put onto YouTube by Charles, showing members in the sluice at a 7.4 metre tide. This is great for anybody who hasn't been there to see what it's like.

As Richard said, we have got a new container, which we hope will serve as an indoor 'butty bar' for the upcoming season after some work. Hopefully we can stay in there when it's raining to eat our bacon butties. We are hoping work will start soon on a changing area, ready for the start of the season. With luck, this may encourage new members- or ex-members to join, when they know that there will be a place to get changed when the weather isn't on our side!

The Winter pool sessions have been successful with some new faces coming along. They have been an enjoyable time, and i know many of the clubs' juniors look forward to them all year. They are definitely a useful asset when it comes to practising the 'wetter' strokes of kayaking! Most people prefer the warm pool, rather than a cold harbour to do these!

We are looking forward to welcoming new members in the summer months who will hopefully stay with us for time to come.

Alfie Rice

Junior Rep

Membership

As of 1st April we enter another membership year. Fees this year remain exactly the same as last, i.e. £25 for full membership, £40 for family and £15 for junior.

To try and counter problems we have experienced in the past we will this year be sending membership forms by post (with a bit of luck with this newsletter). Please try and be prompt in your reply, as this will allow Julia (our new membership secretary) to be able to process

memberships, and car park passes, in an efficient 'batch processing' manner, rather than in dribs and drabs (technical phrase!).

I mentioned car park passes specifically, as hopefully you will be aware the approach to the containers, and it's surrounding areas, are now nothing but a construction site, and therefore we do not have the amount of space we had in our previous location. Because of this, we have been given permission to use the top car park, but it is imperative your pass is displayed in your windscreen when parking in this area. A certain amount of lee-way will be given by the harbour company in terms of keeping last years passes valid until the end of April, but after this your 2010 pass will not cover you – so it is in your best interests to get your membership form returned ASAP so a new pass can be issued.

Car parking this year is going to be an issue. At present we are in talks with the harbour company with the intention of obtaining parking closer to the containers. Word is this may be possible at times depending on progression of the construction works, however this is a fluid situation which may change on a daily basis – Keep your eyes peeled for emails or messages on the forum.

Questions have been asked about use of permits in the top carpark outside of normal canoe club hours. At the moment we cannot guarantee you will not be given a parking ticket simply because you have a parking permit. We don't feel it appropriate that we approach the harbour company to ask if our permits cover all areas 24/7, so our advice will be that if the canoe club area is empty, then use it.

Pre-Season Gear/Safety/Stock Check

This year's pre-season safety check will be Sunday 27th March at 11am. This is when we drag out all the club kit and ascertain all our requirements/repairs for the forthcoming season, and perform general maintenance on the boats, kit, and around the containers. We also take a stock check, which is also used for insurance purposes. As usual, as many as possible please to lighten the load (and to make the tea!). Bring a basic tool kit and repair materials – and some money for a pasty!

Wednesday Training Nights

We are lucky enough this year potentially to have eight more new instructors, which will provide a fantastic base for the club to progress to the next level. For those keen enough, the opportunity is there to progress to the new UKCC Level 2 status, all in one season.

This given, we should be able to offer more than we have done over the past couple of years, or, on the other hand, provide the same as we have done before, but with a little more structure. With that in mind, our provisional plans are to offer beginners courses starting on 4th May, 8th June and 3rd August. We plan to be running one 'improvers' course (incorporating the 2 star syllabus and more) starting 4th May and continuing throughout the season. The need for a second course

will be assessed as the season progresses, with the idea being that the new coaches could take on this responsibility. An addition this year, though not on the calendar, is the introduction of Saturday one star courses – where the students are able to do the course in either one or two Saturdays. This is very much a 'suck it and see' basis – if we have enough demand, why not?

The admin for these courses this year will kindly be undertaken by Kerry Rice. So if you know of anyone interested in a beginners course please ask them to contact Kerry on 01209 713485 or email martinrice1@gmail.com, and she will put them in the right direction.

As usual there will be a general paddling group on Wednesdays, but these will not be seen as priority, as most of our resources will be going into the courses.

Instructor Training

As mentioned above we have a group of eight people embarking on the coaching ladder this season, and all are involved in a level 1 coaching course from 29th April to 1st May.

To help all these guys with the paddling aspect, we will be running Wednesday night sessions as soon as the clocks change. These will involve role-play, capsizing, incident management, as well as the breaking down of all the strokes, so all our candidates are prepared come their training course at the end of April. If you're involved with these courses, be prepared to get wet – so dress up warm!! We will be doing rescues on a regular basis!

Further Training Opportunities

If anyone one is interested in training beyond 1 and 2 star (or paddle power), please ask them to contact Richard Sims on 01736 757311 or richsims@hotmail.co.uk We are aware of some people wishing to progress on to 3 star surf, and I have a provisional date of 25th/26th June, to cover both the training, and the assessment for those who are up to it. This training will be done by Steve Bowens. If interested please contact me at the earliest opportunity – before Steve gets booked by someone else!

I am aware interest has also been shown for 3 star sea. Again, Steve has offered help, so if interested please get in touch ASAP.

Triathlon

Of course the most important date this year is the Triathlon on 21st May. Hopefully now you will all be aware that we as a club are responsible entirely for the set up and marshalling of the entire course: the swim, the bike, and the run. It is estimated we will need around 40 adult marshalls on this date, in addition to our normal safety cover. Basically we need to badger everyone we can: mates, colleagues, family, whoever.. In order to muscle up the support needed to carry the event off. Our competent juniors are more than welcome to take part in the water safety as before. We

have divided up the organisation into three teams, each with a leader who will be responsible for the smooth running of each course. We are still in the process of nailing the exact details with the event manager, but as soon as everything is finalised we will be in touch with you all again.

Fundays

As in the past, Fundays are open to all, an ideal opportunity for all the family/friends to simply have a go at paddling to see whether they like it or not. The usual fayre, a barbecue if possible. Unlike last year we have tried to get the tides right! As per last year, £2 per person. The dates this year are: 29th May, 26th June, 31st July, 14th and 28th August: Anyone up for making a flyer to advertise?

Friday Night Paddles

Generally these are done on an 'at your own risk' basis. The reason for this is that Friday becomes a good night for the instructors to be able to have a play themselves. Clearly, they will not be entirely dropping their responsibilities as they are still legally responsible for what happens on the water, but what it does mean is that the general standard required would be closer to 2 star rather than one.

Generally, if you are on the improvers course we will let you know whether there is a paddle appropriate to your ability, taking place (in some cases the Friday night leisure paddle may count towards your course). If in doubt, discuss it with your coach. Don't be shy!

Leisure/Placid Paddles

On the calendar there are many opportunities listed as leisure paddles. These are intended to be no more than what is required for the 2 star course ie. Approx 2hrs duration (excluding stops) or 4 miles. It has been highlighted we need to include more paddles on completely placid (flat) water. Examples would be trips on the Fal, Helford or Camel, or possibly around the coast when completely flat (it does happen sometimes!). Obviously the level of calmness will depend totally upon conditions, so final calls on where these paddles will be can't be made until the last minute: For this reason you must keep your eye on the club forum and texts. This said, if there is anyone out there who would like to take responsibility for organising a 'placid' programme, that will work in conjunction with the normal calendar, please get in touch!

Fit Family

The idea for the 'fit family' was to get people out for a general fitness paddle on flat water, using longer kayaks, but without the need to use the tippy racing kayaks. To a certain extent this has been very successful, probably being the most popular winter session of them all. However, concerns have been raised that it was for 'families only', which is absolutely not the case: The session is intended to be open to all members of the family, not just the adrenaline junkies amongst us: Yes, there is a fitness aspect to the session, but you only paddle as hard as you want to:

And the sessions are organised so we all take a turn in coming last!

'Fit family' was introduced as a winter session for those who did not fancy the rigors, and cold, of sluice, river, or surf sessions throughout the winter – it was intended for people of all abilities to get out on the water during the winter, to simply paddle in order to keep fit. Nothing more, nothing less: No racing. No Macho-ism, just paddling to keep fit, by all members of the family...

I was aware last year the sessions came perhaps to too much of an abrupt end, so this year they are continued to the end of April, a month later than last year, by which time the normal calendar will be taking off more.

Sea Trips

Last year we tried the option of sea trips being performed in two sections, the idea being the more advanced paddlers being able to have a full days' paddle, but with the option of being met at some point (Lunchtime) etc, by those not wishing to paddle for such a distance and in calmer conditions. All though it seemed complicated in practice these worked well, with two excellent trips taking place: From Porth (North of Newquay) to Portreath, with a break at St Agnes, and another from Mullion to Marazion, with a break at Praa Sands. The conditions on both trips went exactly to plan, with a good stiff paddle in the morning, followed by a relaxing trip in the afternoon. Enjoyed by all who took part, and a great way of involving greater numbers. Again keep your eyes peeled for messages on the forum and/or texts.

Overnight Sea Trips

These trips are not intended to be for the adrenaline junkies amongst us, more a chance to relax and get away from it all: Pack your kayak with a tent, sleeping bag and stove, and off we go to explore the surroundings! Watch the sunset, chill by the fire, a solid night's sleep in the fresh air, then cruise back in the morning. Provisional dates this year are 14/15th May, 20/21 Aug & 24/25 Sept. If it's possible to squeeze one in in July we will do so.

Lizard Weekend

Charlie Haskell has kindly offered to put us all up for the weekend at his place, which from memory is somewhere between Helston and Gunwalloe. Provisionally the date will be 17th-19th June.

Although a superb residence, Charlie won't have enough bedrooms for us all, so camping will be the order of the day.

The itinerary for the weekend will be decided nearer the date, but will include leisure trips around the Lizard Area, as well as possible surfing/lounging on the beach. An ideal chance to explore further places like Kynance Cove, Gunwalloe etc, which we paddle past so often on our sea trips, but very rarely take the time out to enjoy.

More details will be put on the forum as and when available. Thanks in advance to Charlie and his good lady for making this all possible.

Polo Sessions

We are fortunate this year to have the services of Joe Leech, a skilful and experienced national league player, who has kindly offered to run some sessions for us. As with last year, these sessions will be on Tuesday nights from the Club (6pm). All are welcome to these sessions: if you like chasing balls around, come and have a go!

Summer Holiday

Over the last couple of years we have spent a week's holiday in both Pembroke and West Cornwall, with both trips being well attended. A year previous to this, a group went over to the Scillies. Unfortunately they did not experience good weather, so paddling opportunities were limited.

Interest has been expressed by a number of people to go back to Scilly in the hope that better weather will be enjoyed. Ann (Pascoe) is looking into the possibility of taking two trailers of boats over to assess whether the trip will be viable for a larger group. Watch this space for any advancements.

And finally from me...

Website

Our website is currently in the process of being updated so you may notice changes in the level of information on offer. Over the next couple of weeks a new 'temporary' page will be put up, listing basic contact detail, but it is hoped that by the end of April a complete new website, incorporating a forum and messaging service, will be up and running – so the need to have to use the yahoo group, which so many of you have had problems with, will be negated.. Watch this space...

A note about my personal email: Due to ease of use for club business I have decided to use Windows Live Mail, which allows me to mail the whole canoe club group, which I couldn't do with my last mail client. To support this, I have setup a new address: richsims@hotmail.co.uk. Please use this address in future, rather than the old 'blokie' address I have used for so many years.

Above All Else..

We are here to help! If you feel we have been remiss in what we are providing for you, or have ideas of how the club could be improved, please get in touch with either Phil or myself. We accept the past winter has been difficult, but we are working hard to try and ensure we look after all aspects of the club

Club Committee & Contacts

- President: Doug Sims
Tel 01736 757961
- Chair: Richard Sims
Tel: 01736 757311
Email: richsims@hotmail.co.uk
- Secretary: Phil Simpson
Tel: 01736 754974
Email: a.simpson@btinternet.com
- Treasurer: Jonathan Beavis
Tel: 07789 943667
Email: jonathan.beavis@natwest.com
- Membership: Julia Simpson
Tel: 07971 756326
Email: a.simpson@btinternet.com
- Gear Steward: Alan Wicks
Tel: 01736 752732
Email: dorothyandalan@btinternet.com
- Training Officer: Richard Sims, As above
- Course Administrator:
Kerry Rice
Tel 01209 713485
Email: martinrice1@gmail.com
- Newsletter & Junior Rep:
Alfie Rice. Detail as for Kerry & Martin
- Fundraising & Publicity:
Martin Rice
Tel: 07888 720627
Email: martinrice1@gmail.com
- Welfare Officer: Ann Pascoe
Tel. 01326 561455
Email: ann.pascoe@yahoo.co.uk
- Volunteer Co-Ordinator:
Andy James
Tel: 07547 410778
Email: ahhjames@hotmail.co.uk
- Committee Member:
Rob Bainborough
Email: sarah.cope@virgin.net

Date	Day	Meet Time	High Tide	Tide Height	Cat	Leader	Session	Notes	Contact
24-Mar	Thurs	7.30pm			1	Phil Simpson	Committee Meeting		
25-Mar	Fri	8pm			9		Social - meet for a pint, Bird In Hand	Come relax and discuss anything clubwise, paddling etc.	Phil: a.simpson330@btinternet.com
26-Mar	Sat	5.45pm			1		Pool Session, Redruth School Pool	Juniors £3 @ 6pm, Adults £5 @ 7.30 - 9pm	
27-Mar	BST						British Summertime Begins - At Last!		
27-Mar	Sun	10am	11.59am	5.2m	1	Richard Sims	Pre Season Gear/Safety Check		Ann - 01326 561455
30-Mar	Wed	6pm	3.25pm	5.8m	2	Richard Sims	Instructor Training from Club	Introduce/Re-aquaint ourselves with all things instructing	Richard - 07966 030975
01-Apr	Fri	6pm	5.13pm	6.2m	1		Paddle/surf from club, followed by a pint perhaps!	Let your hair down! First Friday paddle of the Season	
02-Apr	Sat	2.15pm	5.44pm	6.4m	4		Sluice Session from Club	Intermediate ability - 2 star or equiv. as a guide	
03-Apr	Sun	tbc	6.13pm	6.5m	5	Richard Sims	Sea or Leisure Trip	Detail to be confirmed dependant on conditions	Richard - 07966 030975
05-Apr	Tue	6pm	7.10pm	6.6m	7	Jo Leech	Polo Practise from Club		
06-Apr	Wed	6pm	7.39pm	6.5m	2	Richard Sims	Instructor Training from Club	Introduce/Re-aquaint ourselves with all things instructing	Richard - 07966 030975
08-Apr	Fri	6pm	8.42pm	6.1m	1		Club Meet	General paddle from club, followed perhaps by a pint!	
09-Apr	Sat	9am	9.05am	5.9m	1		Fit Family - Paddle longer boats from club	General Technique & basic fitness - All welcome	
09-Apr	Sat	5.30pm			7	Paul Bashforth	Cornish League Polo - Redruth School Pool	Pitting our wits against other local teams	Paul - 07976 901510
10-Apr	Sun	10am	9.51am	5.6m	1		Club Meet	Leisure Paddle or Surf from Club	
12-Apr	Tue	6pm	12.18pm	5.2m	7	Jo Leech	Polo Practise from Club		
13-Apr	Wed	6pm	1.49pm	5.4m	2	Richard Sims	Instructor Training from Club	Introduce/Re-aquaint ourselves with all things instructing	Richard - 07966 030975
15-Apr	Fri	6pm	3.56pm	6.3m	1		Club Meet	General paddle from club, followed perhaps by a pint!	
16-Apr	Sat	2pm	4.44pm	6.8m	1		Fit Family - Paddle longer boats from club	General Technique & basic fitness - All welcome	
17-Apr	Sun	2pm	5.30pm	7.1m	4		Sluice Session from Club	All welcome today!	
16&17/4	Sat/Sun				6	Simon Hammond	Widemouth Handicap Surf Comp, Bude	Excellent event for your first comp, for beginners to pro's	info@shorelineactivities.co.uk
19-Apr	Tue	6pm	6.56pm	7.3m	7	Jo Leech	Polo Practise from Club		
20-Apr	Wed	6pm	7.41pm	7.2m	2	Richard Sims	Instructor Training from Club	Introduce/Re-aquaint ourselves with all things instructing	Richard - 07966 030975
22-Apr	Gd Fri	TBC	9.10pm	6.4m	3		Leisure Paddle		
23-Apr	Sat	TBC	9.35am	6.1m	1		Reserve Date For Gear/Safety Check		
24-Apr	Sun		10.27am	5.6m			Get some brownie points - spend time with family		
25-Apr	Easter M.	TBC	11.32am	5.2m	5		Sea Trip		
26-Apr	Tue	6pm	12.54pm	5.0m	7	Jo Leech	Polo Practise from Club		
27-Apr	Wed	6pm	2.12pm	5.1m	2	Richard Sims	Instructor Training from Club	Introduce/Re-aquaint ourselves with all things instructing	Richard - 07966 030975
29/4-1/5	Fri-Mon				2	JP Eatock	Level One Instructor Training Course	All those signed up to be instructors, this is for you!	
29-Apr	Fri		3.58pm	5.8m	1		Club Meet	General paddle from club, followed by a pint!	
30-Apr	Sat	5.45pm			1		Pool Session, Redruth School Pool	Juniors £3 @ 6pm, Adults £5 @ 7.30 - 9pm	
01-May	Sun	TBC	5.10pm	6.2m	3	Any Offers?	Leisure Trip. Detail TBA		
02-May	BH Mon		5.42pm	6.4m					
30th/1st	Sat/Sun				6	Rich Berry	Gower Surf Comp, South Wales	English Ranking Event	gowermad@live.co.uk

03-May	Tue	6pm	6.12pm	6.5m	7	Jo Leech	Polo Practise from Club		
04-May	Wed	6pm	6.43pm	6.5m	2		1 Star Course Wk1		
05-May	Thu	7.30pm				Phil Simpson	Committee Meeting - Clubhouse		
06-May	Fri	6pm	7.51pm	6.4m	1		Club Meet - Followed by a pint!	General paddle from club, followed perhaps by a pint!	
07-May	Sat		8.29pm	6.3m				General Technique & basic fitness - All welcome	
08-May	Sun	TBA	8.55am	6.1m	3		Leisure Paddle. Detail TBA		
7&8 May					6	Pete Blenkinsop	Cornish Open Surf Comp, Godrevy	English Ranking Event	blenks@hotmail.com
10-May	Tue	6pm	11.14pm	5.7m	7	Jo Leech	Polo Practise from Club		
11-May	Wed	6pm	11.14pm	5.7m	2		1 Star Course Wk2		
13-May	Fri	6pm	2.26pm	5.9m	6		Surf Meet. Venue TBC	Surf at local beach, dependant on conditions	
14-May	Sat		3.25pm	6.2m	6	Marc Holland	Welsh Open Surf Comp, Freshwater West	General Technique & basic fitness - All welcome	
14-May	Sat				5		Sea-Trip/Overnighter. Detail TBA	English Ranking Event	
15-May	Sun	TBA	4.17pm	6.6m					
17-May	Tue	6pm	5.53pm	7.0m	7	Jo Leech	Polo Practise from Club		
18-May	Wed	6pm	6.37pm	7.1m	2		1 Star Course Wk3		
20-May	Fri	6pm	8.09pm	6.8m	1		Prepare for Triathlon		
21-May	Sat	Early!			1	Mark King Ann Pascoe Paul Bashforth	Marazion Middle Distance Triathlon In Association with Hayle Tri - We are helping to run the event as our main fundraising activity for the year	Paddlers needed for water cover, Adults needed as marshalls for Bike and Run course. 30 Helpers required: Friends, Family, Colleagues...	Mark - 07800791693 (Water Cover) Ann - 01326 561455 (Bike Course) Paul - 07976 901510 (Run Course)
22-May	Sun	tbc	9.18am	6.1m	3		Leisure Paddle/Sea Trip. Detail TBA		
21&22 May	Sat/Sun				6	Steve Bowens	St Ives Bay Surf Comp	English Ranking Event	steve.bowens@falmouthmarineschool
24-May	Tue	6pm	11.25pm	5.6m	7	Jo Leech	Polo Practise from Club		
25-May	Wed	6pm	11.25pm	5.6m	2		1 Star Course Wk4		
27-May	Fri	6pm	2.14pm	5.3m	6		Surf Meet/Leisure Paddle. Detail TBA	Paddle followed by a pint	
28-May	Sat		3.09pm	5.5m				General Technique & basic fitness - All welcome	
29-May	Sun	1pm	3.55pm	5.8m	1		Funday/BBQ - All Welcome. Invite friends & Family		
30-May	BH Mon	TBC	4.35pm	6.1m	5		Sea Trip. Detail TBA		
31-May	Tue	6pm	5.12pm	6.2m	7	Jo Leech	Polo Practise from Club		
01-Jun	Wed	6pm	5.48pm	6.4m	2		1 star Course Test		
03-Jun	Fri	6pm	7.00pm	6.6m	1		Club Meet	General paddle from club, followed perhaps by a pint!	
04-Jun	Sat		7.41pm	6.6m					
05-Jun	Sun	11am	8.23pm	6.5m	6		Surf - A Day at the Beach. Detail TBA		
07-Jun	Tue	6pm	10.01pm	6.2m	7	Jo Leech	Polo Practise from Club		
08-Jun	Wed	6pm	10.59pm	6.1m	2		1 Star Course Wk1		
10-Jun	Fri	6pm	12.43pm	5.8m	6		Surf or Leisure Paddle. Venue TBA		

11-Jun	Sat		1.52pm	5.8m					
12-Jun	Sun	TBA	2.56pm	6.1m	3		Leisure Trip. Detail TBA		
14-Jun	Tue	6pm	4.49pm	6.5m	7	Jo Leech	Polo Practise from Club		
15-Jun	Wed	6pm	5.39pm	6.7m	2		1 Star Course Wk2		
17-Jun	Fri	6pm	7.11pm	6.8m	1		Lizard Weekend	Courtesy of Charlie Haskell and Family - We are invited to Charlie's place for camping, sea-kayaking, surfing etc: Something different, using Charlie's place as a base	See Forum
18-Jun	Sat		7.54pm	6.7m			Lizard Weekend		
19-Jun	Sun	TBA	8.35pm	6.5m	5		Lizard Weekend		
21-Jun	Tue	6pm	9.56pm	6.1m	7	Jo Leech	Polo Practise from Club		
22-Jun	Wed	6pm	10.39pm	5.8m	2		1 Star Course Wk3		
24-Jun	Fri	6pm	11.30pm	5.6m	3		Leisure Paddle or Surf. Venue TBA		
25-Jun	Sat		1.04pm	5.1m	6	Steve Bowens	3 Star Surf Training & Assessment		
26-Jun	Sun	11am	2.12pm	5.2m	1		Funday/BBQ - All Welcome. Invite friends & Family		
28-Jun	Tue	6pm	4.02pm	5.8m	7	Jo Leech	Polo Practise from Club		
29-Jun	Wed	6pm	4.45pm	6.1m	2		1 Star Course Wk4		
01-Jul	Fri	6pm	6.07pm	6.8m	1		Club Meet - Followed by a pint!		
02-Jul	Sat		6.47pm	6.9m					
03-Jul	Sun	4pm	7.30pm	7.0m	4		Sluice		
05-Jul	Tue	6pm	8.58pm	7.0m	7	Jo Leech	Polo Practise from Club		
06-Jul	Wed	6pm	9.47pm	6.8m	2		1 Star Course Test		
08-Jul	Fri	6pm	11.35pm	6.2m	6		Surf or Leisure Paddle	Sea Trip led by JP - Fun and frolics the name of the game!	See Forum
09-Jul	Sat	TBA	11.08am	6.2m		JP Eatock	Sea Trip - All Details tbc		
10-Jul	Sun	TBA	1.22pm	5.9m	3		Leisure Trip		
12-Jul	Tue	6pm	3.42pm	6.2m	7	Jo Leech	Polo Practise from Club		
13-Jul	Wed	6pm	4.40pm	6.5m	2		Training Night		
15-Jul	Fri	6pm	6.15pm	6.9m	1		Club Meet		
16-Jul	Sat		6.55pm	7.0m					
17-Jul	Sun	4pm	7.34pm	7.0m	4		Sluice		
19-Jul	Tue	6pm	8.45pm	6.7m	7	Jo Leech	Polo Practise from Club		
20-Jul	Wed	6pm	9.19pm	6.4m	2		Training Night		
22-Jul	Fri	6pm	10.35pm	5.9m	3		Leisure Paddle or Surf. Venue TBA		
23-Jul	Sat		10.54am	5.6m					
24-Jul	Sun	TBA	11.49am	5.4m	5		Sea Trip. Detail TBA		
26-Jul	Tue	6pm	2.27pm	5.4m	7	Jo Leech	Polo Practise from Club		
27-Jul	Wed	6pm	3.32pm	5.8m	2		Training Night		
29-Jul	Fri	6pm	5.08pm	6.6m	1		Club Meet		
30-Jul	Sat		5.50pm	6.9m					

30-Jul	Sat					Steve Chivers	Woolacombe Surf Comp	English Ranking Event	
31-Jul	Sun	3pm	6.32pm	7.2m	1		Funday/BBQ - All Welcome. Invite friends & Family		
02-Aug	Tue	6pm	7.57pm	7.4m	7	Jo Leech	Polo Practise from Club		
03-Aug	Wed	6pm	8.41pm	7.2m	2		1 Star Course Wk1		
05-Aug	Fri	6pm	10.14pm	6.6m	1		Club Meet		
06-Aug	Sat		11.40am	6.2m					
07-Aug	Sun	TBA	11.41am	5.9m	3		Leisure Paddle. Detail TBA		
09-Aug	Tue	6pm	2.23pm	5.6m	7	Jo Leech	Polo Practise from Club		
10-Aug	Wed	6pm	3.38pm	6.0m	2		1 Star Course Wk2		
12-Aug	Fri	6pm	5.21pm	6.6m	1		Club Meet - Followed by a pint!		
13-Aug	Sat	TBA	6.01m	6.8m		JP Eatock	Sea Trip - All Details tbc	Sea Trip led by JP - Fun and frolics the name of the game!	See Forum
14-Aug	Sun	2.30pm	6.35pm	6.9m	1		Funday/BBQ - All Welcome. Invite friends & Family		
16-Aug	Tue	6pm	7.41pm	6.9m	7	Jo Leech	Polo Practise from Club		
17-Aug	Wed		8.12pm	6.7m	2		1 Star Course Wk3		
19-Aug	Fri	6pm	9.14pm	6.2m	1		Club Meet - Followed by a pint!		
20-Aug	Sat		9.27am	6.0m					
21-Aug	Sun	TBA	10.03am	5.7m	5		Sea Trip - Possible Overnighter. Detail TBA		
23-Aug	Tue	6pm	12.03pm	5.1m	7	Jo Leech	Polo Practise from Club		
24-Aug	Wed	6pm	1.42pm	5.2m	2		1 Star Course Wk4		
26-Aug	Fri	6pm	3.59pm	6.1m	6		Surf - Followed by a pint! Venue TBA		
27-Aug	Sat		4.45pm	6.6m					
28-Aug	Sun	2pm	5.29pm	7.1m	1		Funday/BBQ - All Welcome. Invite friends & Family		
29-Aug	BH Mon	TBA	6.10pm	7.4m	5		Sea or Leisure Trip. Detail TBA		
30-Aug	Tue	6pm	6.52pm	7.6m	7	Jo Leech	Polo Practise from Club		
31-Aug	Wed		7.35pm	7.6m	2		1 Star Course Test		
02-Sep	Fri	5.30pm	9.02pm	7.0m	4		Sluice		
03-Sep	Sat		9.26am	6.7m					
04-Sep	Sun	TBA	10.16am	6.2m	3		Leisure Trip. Detail TBA		
3&4 Sept	Sat/Sun					D Pearce	Morgan Porth Surf Comp (TBC)	English Ranking Event	wibbler_d_nut@hotmail.com
06-Sep	Tue	6pm	12.40pm	5.5m	7	Jo Leech	Polo Practise from Club		
07-Sep	Wed	6pm	2.14pm	5.6m	2		Reserve Training Night		
09-Sep	Fri	6pm	4.20pm	6.3m	1		Club Meet - Followed by a pint!		
10-Sep	Sat		5.02pm	6.6m					
11-Sep	Sun	2.15pm	5.38pm	6.8m	4		Sluice		
13-Sep	Tue	6pm	6.40pm	6.9m	7	Jo Leech	Polo Practise from Club		
14-Sep	Wed	6pm	7.10pm	6.9m	2		Reserve Training Night		

16-Sep	Fri	6pm	8.08pm	6.6m	1		Club Meet - Followed by a pint!
17-Sep	Sat		8.19am	6.4m			
18-Sep	Sun	TBA	8.50am	6.2m	3		Lelsure Trip. Detail TBA
20-Sep	Tue	6pm	10.48pm	5.3m	7	Jo Leech	Polo Practise from Club
21-Sep	Wed	6pm	10.48m	5.3m	2		Reserve Training Night
23-Sep	Fri	6pm	2.29pm	5.6m	6		Surf, Venue TBC
24-Sep	Sat		3.30pm	6.2m			
25-Sep	Sun	TBA	4.19pm	6.7m	5		Sea Trip - Possible Overnighter. Detail TBA
27-Sep	Tue	6pm	5.47pm	7.6m	7	Jo Leech	Polo Practise from Club
28-Sep	Wed	6pm	6.30pm	7.7m			General Paddle if light permits
30-Sep	Fri	6pm	7.58pm	7.4m	1		Final Meet if Weather/Light permits