

September 2010

THE WBB NEWSLETTER

Issue
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Kayak
Silver for
WBB Slalom
Team!



LONDON YOUTH GAMES

June 5th 2010 • Royal Victoria Docks • London •

Determined to better last year's results of 4th in Kayak Slalom and 19th in Sailing the WBB teams had been training hard throughout a cold and blustery spring. Race day however brought sweltering heat and little wind - perfect for our kayakers but tricky conditions for our relatively inexperienced sailors.

All in all we had a fantastic day. All of our competitors put in brilliant performances with many achieving personal bests.

Congratulations to the sailing team, who finished 16th, three places higher than last year and gained a huge insight into race competition. However, a special mention must go to the kayakers who battled all day with local rivals Kensington and Chelsea for the Gold medal. Unfortunately, after giving their all, our paddlers had to settle for Silver (by just 4 points!) but watch this space..... next year Westminster are going for Gold!!!



Star Performers:

Kadeem McFarlane: 1st Senior Male Slalom & 3rd Senior Male Sprint

Nikou Damestani: 2nd Senior Female Slalom

Caitlin Lister: Sprint finalist



PIMLICO PADDLERS: ROUND LONDON PADDLE

Phenomenal Fundraisers

The Pimlico Paddlers Round London Paddle was held on the 24th and 25th July. A 45 mile, 2 day fundraising event, the aim was to raise over £2000 for kayaking equipment for the Base.

The challenge was led by Dom and Matt and a further 14 Adult users took part. The group set out from the base at 06:51 paddling along the Thames through the heart of the city. They joined the canal system at Limehouse and continued through east London, underneath Islington (using the mile long tunnel – thanks to Jonathan Drakes Wilkes, Daniel Petev and Adam White for tunnel control), past Camden Market and around Regent Park.



Lunch was in Little Venice where a vegetarian feast was provided by Deborah Rothenberg and her family. The paddlers continued through west London to Ealing where they spent the night at Ealing Canoe Club and had a well earned beer and a BBQ.

The following morning, with slightly tired arms, the group set off to complete the loop. The 7 locks at Hanwell proved a challenge but the tea and brownies provided by the Weigall family at Putney saved the day and the group arrived back at the Base tired but happy at 18:15.

So far £2386 has been raised, £1023 of which has been spent on 2 white water spec kayaks for the France trip.

Thank you to everyone who paddled, volunteered their time to help and to all those who sponsored the event.

HALF-TERM SAILING TRIP

May 31st - June 4th 2010 • Grafham Water • Cambridgeshire •

10 youth members and 3 adult volunteers went with Adam to Grafham Water Centre on 31st May for five days of sailing.

Fortunately, the weather for the week was hot and sunny – a little too much at times! Unfortunately the wind forecast was not so promising...

The centre itself is modern and well-kept and our accommodation was in their new dormitory block which even had some rooms en suite! The catering was equally impressive with 3 hot meals a day with cocoa for bedtime and an all-day supply of drinks and fruit.

The wind on the Monday was good and we struck out onto the reservoir in a selection of crewed boats and a catamaran for an introductory sail.

Tuesday brought a light breeze but the following two days were a dead calm. Thankfully, the centre was equipped with canoes, kayaks and raft building equipment and we filled these days with a variety of sessions in these and of course, "Pico Pirates" – a game beloved by all children (and many adults!) which basically involves pirating and capsizing your opponents in pairs.

Thursday saw a light breeze and we went for a journey around the lake after an introduction to spinnakers, stopped off on the shore for a picnic lunch and then finished off with some race start practice and a large scale race.

Friday was again lacking in wind so we finished the week off with a half-day of fun and games.

The main intention of the week was to focus on racing for the benefit of the four youth games squad participants but unfortunately the weather was against our planning. Despite the obvious lack of wind, we did manage to run many productive and fun sessions for the group and everyone enjoyed themselves immensely.

Many thanks go to the three assistant instructor's; Elaina Ford, Helen Lee and Kai Lam. All three volunteered their time and enthusiasm which helped greatly towards the success of the trip.



SUMMER WHITE WATER TRIP

August 2nd - 13th 2010 • St Pierre de Boeuf • France •

Fun, sun and some serious paddling in the south of France!

After an arduous journey across France, we arrived at St. Pierre de Boeuf, a sleepy village in the heart of the Rhone Valley. Our designated campsite was just a stones throw from the whitewater course so ideally situated for a daily “warm-up” paddle across a lake to the top of the course.

Our first day on the water began with some practice swimming. When learning to paddle on whitewater it is inevitable that everyone will capsize at some point, so learning how to swim in a rapid is rather useful! It is also extremely good fun and brilliant for building water confidence.

Much to our delight, they had rebuilt the course since we were there last and added several new features. It’s a kayaker’s tradition to name each notable rapid and previously various sections had been given names like “the graveyard” and “death”, but now we had two three new sections to

name. After running them the group settled on “fluffy” (after the 3-headed dog in Harry Potter) for the big wave at the top of the course, “the devil’s cauldron” for the stopper on the lower section of the course and a narrow channel that led from the Devil’s Cauldron to the lake was named the “Styx”!

As each day passed the group developed more skills and more confidence and by the end of the trip, all in the group had run every rapid on the course, surfed every wave and ridden every stopper – and some didn’t capsize either!!

A huge thank you to all the volunteers that made this trip possible. To Matt, Dom and Dan for their help on the water, to Marta and Elaina for keeping us fed and watered and to Nigel for driving the bus.

Thanks too to coaches Adam and Mike for bringing us all home in one piece!

ACTION SHOTS



The group photo. Everybody say: Ninja!

COMING UP AT WBB

The summer may nearly be over but we have loads coming up at WBB this autumn. Below is a small selection of what we have in store.....

Thames Festival:

11th & 12th September 2010

WBB will have its usual stall at the Thames Festival this year. We will be located at a prime riverside location between Tower Bridge and City Hall. Feel free to visit us and join in the fun. On Sunday afternoon our kayakers will be playing Canoe Polo against Shadwell Basin so why not come down and cheer on the WBB team!

Upper Thames Paddle:

18th September 2010

- A youth paddle for member who have achieved their BCU 1 Star or Paddlepower Passport. The route is a 10 mile circular journey from Reading, encompassing the River Thames, St. Patrick's Stream and the River Loddon.

- Arrive at Base 8am, depart 8.30am. Return approx. 8.30pm

- Cost: £10 minimum (additional donations welcome). Parental

Consent Form must be returned to Adam by 12th September.

Shepperton Slalom:

25th & 26th September 2010

- Divisions 3 & 4 Slalom Kayaking at Shepperton Weir. Minimum ability BCU 1 Star or Paddlepower Passport.

- Arrive at Base 7am. Return approx. 6pm

- Cost: £10 for youth members. £20 for adult members. Details Form and Parental Consent Form must be returned to Adam by 19th September.

RYA Seamanship Course:

25th & 26th September 2010

- A two day advanced skills course for Level 2 holders with a season of sailing experience.

- 10 am - 6pm each day.



- Cost: Free to youth members. £50 to season ticket holders. £100 to non-members

And Finally.....

A date for your diary. **The WBB Members' Christmas Party. 12th December 2010**

- A paddle and sail through the city followed by prize-giving and good old fashioned party! All youth and adult members and their families welcome. Any ideas for this year's cabaret are also gratefully received ...

DON'T FORGET !!

We are CLOSED for watersports from 3rd - 11th September inclusive for a well earned rest for our instructors.

THANKS TO ALL OUR USERS FOR MAKING SUMMER 2010 A HUGE SUCCESS!

The WBB Team.