



MAD PADDLES

NEWSLETTER July 2014

Club Matters- Andrew Millest

As usual during the summer the club has been popular with members and people who have wanted to come and try canoeing on a nice sunny evening. Mondays at Bollington and Thursdays at Brereton have been busy for the past few weeks and we would like to keep it that way because boat hire fees are a major source of club funds to reinvest in new equipment and to pay the bills on the canoe store! You may have seen our “come and try it” posters in local leisure centres and libraries; we know that these have already attracted people to come along, but please remember that word of mouth is a really good way to bring in people to the sport so mention the club to friends and colleagues.

Were wondering what has been happening about the potential new club site at Delamere Drive in Hurdsfield? Well, I can report that progress is being made, albeit slowly! With the help of Councillor Michael Jones and David Rutley MP, we have finally established a good link with the newly appointed assets development manager at Cheshire East and are working on an action plan that will allow us to submit a full planning application for a new building.

We have recently had a site visit from the Canal and Rivers Trust engineer and have word of mouth approval for our plans – written approval from CRT will come once the final plans are available. The second very important piece of work that needs to be done, to meet the needs of the Cheshire East planners, is a formal consultation with local residents to determine local feelings about the possible development; this is something we want the local councillor to do for us and we and the Sea Cadets are working to get this survey done as soon as possible. Small steps, but definite progress – by the time of the AGM in November we intend to be able to present a much better defined action plan and agree next steps with the members.

The World Quadrathlon Championships: From Two Points of View

Relaying around the World Quadrathlon Championship *Andrew Millest*

You may remember John Kavanagh writing in 2013 about his forays into the dark world of Quadrathlon – the sport that combines swim, kayak, bike and run, for those who are mad enough to do an event solo?

Well, in 2014 the World Championships were held for the first time in the UK, and John K, his sisters Mary and Margaret, and Ned Price, all from MADCC, decided they simply had to enter. I was tempted, but the only time I swim in open water is when I fall out of a kayak - I just don't see the appeal of doing freestyle in muddy water whilst being kicked in the face by the people around me!

So, after some casting around for suitably gullible people, a MADCC relay team entry was put together. Adrian Fisher is a great swimmer so was a natural choice for the muddy open water swim, Tony Machin is fast in a kayak, and Neil Evans knocks out very creditable times in the Bramhall park runs so was our runner, leaving me with the cycling leg.

The event was held at Brigg in Lincolnshire and the on-the-ground organisation was a wonder to behold! The local Quad club had a very slick reception team handing out timing chips, swim hats, numbers etc. and it felt suitably sporty having a number written on my leg (handy for identifying the corpses later...). MADCC weren't the only canoe club there, I recognised people from Chester and Worcester canoe clubs, proving what a fit bunch we canoeists are.

After Adrian causing some initial chaos by doing the typical kayak racer thing of pushing the start, the event was away. Adrian's strong swim was followed by a very quick kayak leg from Tony, then me doing a respectable time on the bike. Finally Neil did a great run, giving the MADCC team 2nd place in the team event, beaten by a team from Brigg Quad club.





The extent of support from other competitors, spectators, and the marshals out on the roads for the bike and run legs was really good, we were shouted on through with great enthusiasm – I predict that in 2015 there might be a few more solo entries in this sport!

John K was placed 7th in his age group, Ned 14th, Margaret 2nd, and Mary White was the star of the day being placed 1st and becoming World Champion in her age group!



(Photos courtesy of TWG Event Photography: <http://twgphotos.zenfolio.com/f155067444>).

Three Siblings in the World Quadrathlon Championships

Mary White

My twin sister, brother and I entered the World Quadrathlon Championships held in Brigg, Lincolnshire on May 25th this year. It was the first time the world championships had been held in the UK and the British Quadrathlon Association (BQA) were keen to see as many athletes as possible, across all age groups, on the podium. As Vet 50 winner of the British Trophy last year John Kavanagh was automatically selected to represent GB. My sister, Margaret Huyton and I were selected on our standard distance triathlon results in 2013 and kayaking experience.

The middle distance quadrathlon consisted of a 1500m river swim, 7km kayak, 36km bike ride and a 10km run. We had been informed that the flow on the River Ancholme was negligible, but torrential downpours on the day before the event produced a fast flow. John is a strong swimmer and Div 5 kayaker and he made good progress on these two stages. He held his own on the bike and produced a much-improved run to finish in 3 hours and 9 minutes; over 10 minutes faster than the previous year and 7th vet 50.

With wind and current against us, Margaret and I found the swimming tough on the outward leg, but we were glad of the benefit on the return. About 100 kayaks on the river caused quite a wash to add to the flow so we had to concentrate fully just to keep our K1 boats afloat. Once safely out of the water we felt more comfortable and cycling on the flat country roads of Lincolnshire was a pleasure. By the time we set off on the run we were both very tired, but relied on our strength and stamina to get to the finish. I was 1st vet 60 in 3 hours and 40 minutes and Margaret was 2nd in 4 hours and 46 minutes.

The support of the other BQA members, MADCC competitors and their partners, the marshals and local people of Brigg was amazing and made the whole experience very special.



(Image courtesy of TWG Photos)

Cheshire Ring Race 2014: From Two Viewpoints

Cheshire Ring Race 2014

Andrew Gage

This year's race welcomed a broad selection of paddlers from around the UK, extending from Perthshire to Kent and Oxford across to Nottingham. We also welcomed Natasha Kimberely, perhaps our most global competitor, a Russian, living in France. Six other teams were more local, with Chester arriving with a record in their sights.

The Miners Arms were again hospitable, opening at 08:30 for toilets and hot drinks. The weather was kind to us, warm and dry, with only a shower or two to keep the paddlers company.

In consideration to the timekeepers (avoiding arriving at 01:30 and spending 10 hours on the canal bank at the finish) the start was staggered from 09:00 (Mike Fennell) to 15:00 (Chester). We had no personnel for marshalling on the course or roving marshal, so crews new to the race were truly on their own. Thankfully, all made it without incident and no-one got lost. Raynet were once again in attendance from dusk to dawn and continually prove to be an excellent security blanket.

With only two K1's in the race it was incumbent on Graham Cooke to beat the Russian/French combination, but being the gentleman that he is he allowed her a couple of hours grace and came second! So the trophy is on foreign soil for a year. Is that the first time; perhaps some of the longer standing club members can confirm or deny?

The Finish Times (below) shows the various combinations, with John Shackleton and Colin Wilson in a new category, I think, of C1 x 2. Colin's home built boat looked very skeletal and see through, but it stayed afloat and, obviously, helped to establish a new record.

The major competition came in the K2 x 10 relay, with three teams involved. Chester, clearly set on breaking the record, made a determined start, but could not maintain it and lost out by 19 minutes, although still came first.

The staggered start was successful, as the first finisher, MADCC K2 x 10, roundly exceeded their target time of 18hrs 45secs and stormed home in 16.41.30, closely followed by Falcon CC from Oxford. The last but one finisher was in by 08:28 and the timekeepers were eating breakfast at a sensible time!

It would be interesting if any competitor will address the question of whether competition along the finishing stretch enhances the event.

Last but not least Mike Fennell made it back at 20:11 hours on Sunday evening. In accordance with the principle of a target time of 24 hours the timekeepers did not attend the finish, but, in accordance with modern technology, his time was accurately recorded by his support crew notifying the race coordinator as he crossed the finish line by telephone.

We have received thanks and compliments from many teams and once again the club's friendly and helpful attitude has shone forth.

Finish Times

Name	Cat.	No.	Start	Finish	Time	Position
Mike Fennell	C1	3	0914.40	2011.35	34h 38m 35s	Only C1
Graham Cooke	K1	8	0933	0828.48	22h 55m 42s	2 nd K1
John S.& Colin W.	C1x2	9	1000	0546	19h 46m	Only C1x2 New category
Virgin Voyagers	K2	14	1010	0708.33	20h 58m 33s	2 nd K2
JEDI	K2x 4	13	1020	0502.15	18h 42m 15s	Only K2x4
Natasha Kimberely	K1	4	1032.10	0747.10	21h 5m	1 st K1
Fordcome Paddlers	K2	10	1050	0720.26	20h 30m 26s	1 st K2
Falcon CC	K2x6	6	1055	0446.20	17h 51m 20s	Only K2x6
Mad Are We	K1x4	1	1047.30	0508.10	18h 20m 40s	Only K2x4
MADCC	K2x10	11	1202	0443.30	16h 41m 30s	2 nd K2x10
Nottingham Ladies	K2x10	2	1227	0537.30	17h 10m 30s	3 rd K2x10
Freestyle	K1x3	12	1239	0552.33	17h 13m 33s	Only K1x3
Chester CC	K2x10	7	1450	0535	14h 45m	1 st K2x10

CHESHIRE RING 2014

Margaret Huyton

Some weeks ago, Mary and I were asked by Neil if we would be part of a ladies team for the ring race. We were a little surprised as we could not think of 8 other ladies who would join us.

Nevertheless we agreed. We heard nothing so assumed it was off. Then the emails started, we were now in a mixed team and could no longer paddle our own boat together. I asked to be paired with John as he always looks after his big sister and Mary asked for Ned. A 'scratch' team emerged leaving time for only a couple of sessions training with our partners. Chris and Rebecca, Neil and Rachel and Adrian and Charlotte made up the team.

Chris and Rebecca got us off to a flying start on the first leg to Poynton. Mary and Ned took over for the long portage round Marple locks. John and I paddled up to Duckinfield where there was a delay due to the next pair being stuck in traffic. Adrian and Charlotte were soon away and to Manchester. Neil and Rachel had the entertaining run through the streets of Manchester. We continued in this manner. The weather was mainly kind to us and it was good to see club members out supporting us

in various places. The other Macc team, K1x4 were with us much of the time and we kept meeting different folk at the changeovers. It was very interesting to hear where they had come from - one lady from Russia, a man who had done the quadrathlon we competed in recently, and a pair in home-made canoes. Andrew's daughter Sarah had managed to achieve where we had failed; a team of 10 ladies from Nottingham canoe club, well done.

Rebecca and Charlotte did exceptionally well. Young girls they may be but they paddled like professionals. Despite our minimal preparations, we finished in 16 hr 41min 30 sec. Not bad.

A big thank you to the organisers, especially for those who turned out very early in the morning to time us in.

July's Moving Water Trip to Matlock

Bill Fox

A hot summer's day, 9 paddlers, rain the day before to help keep the Derwent's water level up. Good omens!

A good start at the get-in – Paul's kayak escaped his grip and Pat and Roger had a quick warm up retrieving it. We paddled up gently to the upper fall where there was a enough water flowing for plenty of practise at ferry gliding, surfing the wave at the top, and breaking in and out of the flow. Roger practised his stern dips, and egged Stephen and James to try various moves; Aaron was practising crossing the flow from one eddy to another; it was a good spot to try those reverse ferry glides. John had trouble with a low edge, and so a cooling swim.

On down to the fall at the get-in for more practise; the surfing wave didn't hold very well, but still enough flow for ferry gliding and practising those turns.

Down to the next fall; avoid the shallower spots, and find good spots to break out and in; and have a go at getting the angle of attack right and paddle back up stream from one eddy to another.

Then down through the slalom poles to the lower part of the site where the magnetic rock was easy to see, but had plenty of water around, giving the challenge of paddling from eddy to eddy above, across, and around it. Now with the more concentrated flow it was more challenging for ferry gliding, and paddling upstream from one eddy to another. Finally the small central wave to surf.

Three hours exercise on the water and we were ready for rest, recuperation and refreshment in the warm sunshine!

Editor's note

Please send any contributions for the next newsletter to frank@frankfisher.org and/or alexfisher1998@btinternet.com Thanks!