



Issue 5  
June 2021

# Sudbury Canoe Club Newsletter

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*SCC Celebrating 25  
years! (2020)*

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## (COVID-19)

Coronavirus restrictions remain in place across the country. In England:

- You can meet indoors in a group of up to 6 people or a group of any size from 2 households
- You can meet outside in a group of up to 30 people
- Work from home if you can and minimise travel
- If you have symptoms get a test



## Your Committee.

**Chairman:** Peter Narvidge  
**Secretary:** Louise Horsley  
**Treasurer:** Catherine Brighton  
**Membership:** Kyrstie Hall  
**Junior Officer:** Heather Palmer and Kyrstie Hall  
**Fundraising:** Steve Timms  
**Adult Rep:** Fred Welham.  
**Safety Officer:** David Harkness  
**Kit Officer:** Anthony Wheadon  
**Events:** Peter Narvidge and Kyrstie Hall.  
**Junior Reps:** Taylor Horsley and Dylan Roques  
**Trainee Junior Rep:** Joshua Halden

## AGM UPDATE

Following the AGM meeting on the 22nd May I would like to introduce your new committee. Heather Palmer has taken up the post of Junior Officer supported by Kyrstie Hall. Anthony Wheadon (Geordie) has taken up the role of Kit Officer, and finally Louise Horsley will be continuing in post as Secretary.

Events will be coordinated by Peter Narvidge and Kyrstie Hall supported by other members as appropriate. This will allow trips with specialist interest to be coordinated by those members with a shared interest for example, sea trips to be organised by those with an interest in sea kayaking and White Water trips to be organised by those with an interest in White Water and freestyle, and so on. If you have any particular trip ideas that you would like the club to take forward please let Kyrstie or Peter know and they will be happy to look into the options available and speak to members of the club with a particular interest in that discipline.

There has been an amendment to the constitution to ensure that the club is more inclusive. The main change is around allowing members who have a business interest to now stand on the committee. If you would like a copy of the Constitution this can be made available. Minutes of the committee meeting will be sent out via email.

As you know the committee have agreed that membership fees this year will be waived in light of limited paddling in the previous year. However we would ask that you complete a membership form to allow us to confirm who our members are for the next year. This will allow us to ensure that all current members are receiving emails and appropriate updates these forms will be sent out by email.

If you have any questions regarding any of the above information please do not hesitate to contact us at [SCC.onthetour@gmail.com](mailto:SCC.onthetour@gmail.com)

Peter, Chairman

## Celebrating Success

Four members completed their FSRT and all passed with flying colours. Well done to David Harkness, Lucy Brighton, James Ward and Garth Bretherton. And as always a huge thanks to Dan McGaley for running the course. There is a second course coming very soon with five available places so please let us know if you would like to take part. They certainly look like they were having fun!



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## Events

### TRIPS

20/06/2021 10am-1pm Nene  
White Water Centre, contact  
[jon\\_halden@hotmail.com](mailto:jon_halden@hotmail.com)

10/07/2021 2:30pm-5:30pm Nene  
White Water Centre, contact  
[jon\\_halden@hotmail.com](mailto:jon_halden@hotmail.com)

25/07/2021 10am-1pm Nene,  
contact  
[peternarvidge@virginmedia.com](mailto:peternarvidge@virginmedia.com)

13-15/08/2021 Llangollen, Wales,  
contact [jon\\_halden@hotmail.com](mailto:jon_halden@hotmail.com)

25/09/2021 Matlock, contact  
[peternarvidge@virginmedia.com](mailto:peternarvidge@virginmedia.com)

23-24/10/2021 GB Freestyle  
Team Selection, HPP, Nottingham

29-31/10/2021 Dart trip, contact  
[peternarvidge@virginmedia.com](mailto:peternarvidge@virginmedia.com)

31/12/2021 New Years Eve  
Paddle

### TRAINING

FSRT date TBA.  
November 2021 First Aid

Please use the email addresses  
alongside trips to register your  
interest and you will be given the  
finer details of the arrangements.

If you have any trip ideas or  
training you would like let us  
know at  
[SCC.onthetour@gmail.com](mailto:SCC.onthetour@gmail.com)

Written by:

Peter Narvidge and Louise Horsley

Edited and published by:

Louise Horsley

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## Message from Jon re: White Water trips

The club are running a trip to North Wales [13th - 15th August](#) and as a lead up to this a trip to Northampton White Water Centre. This trip was Initially planned for [the 20th June](#) but due to Father's Day we understand some people may not be able to make this so are offering a secondary date (see below.)

### CLUB COACHED SESSIONS

Myself, Garry Shields and Dan McGaley will make sure one, two or all of us will aim to be around at the club sessions so that we can start to working on the flat water introducing moving water skills to implement at Nene and then Wales. We would advise if you have not had any white water experience before that you try to attend a club session(s) and Nene before Wales. If you are not sure if this is something that would be suitable for you drop me a message or speak to Gary / Dan and we will chat it over with you.

NENE Sunday 20th June 2021 10 - 1 &/or Saturday 10th July 2021 2.30-5.30

Spaces for coaching will be limited. If you would like to book either one or both dates please contact me as soon as possible / before email: [jon\\_halden@hotmail.com](mailto:jon_halden@hotmail.com) or tel: [07834628470](tel:07834628470). If you would like to go but either date aren't feasible for you do contact and we will see whether we can work something else out. There will be a charge of £15 for course fees.

NB: other members are welcome to book in to the Nene independently, if you feel you satisfy their 'Whitewater Paddler' requirements would be nice to see some familiar faces buzzing around the course.

### NORTH WALES, Llangollen 13-15th August

Again there will be limited coached/led spaces for this trip although may be able to open up further depending on coach/leader availability. If you would like to book a space please contact me as soon as possible email: [jon\\_halden@hotmail.com](mailto:jon_halden@hotmail.com) or tel: [07834628470](tel:07834628470). Will arrive Friday evening for two days of paddling on Saturday and Sunday 9.30/10.00am - 3.00pm approximately - although finer details are yet to be confirmed. You will be responsible for your own accommodation / food / transport and any other incurred costs associated with the trip. Accommodation Suggestion: (which includes Tent, Caravan, Motorhome, PODs etc) <https://www.theabbeyfarm.co.uk>

If you need to borrow gear for this, please let us know and we can make it happen. Under 18s are welcome but we would ask that a responsible parent/carer attends, they do not have to paddle but have to be present/easily contactable (chief photographer) and will need an appropriate buoyancy aid if bank side at course.

NB: other members are welcome to come and join us in Wales but we would ask that you feel comfortable paddling grade 2/3 water as a peer paddle with other members from the club. It would be great if you could let me know if you are coming just to ensure that no one is paddling alone.