



HERE'S TO THE START OF THE 2024 SUMMER SEASON

The sun is shining (sometimes), the weather is warmer (finally), and the days are longer (thankfully), which can only mean one thing...the start of the Axe Vale Canoe Club Summer Season has begun!

CLUB NIGHTS

Wednesday evening club nights have now started for members!

Come enjoy a few hours on the water – either out on the sea or a gentle paddle up the estuary. The clubhouse will be open from 18:00 and we aim to be on the water for 18:30. We usually get off the water by 20:30. Tea and coffee is available after!

OPEN CANOE WEEKEND

There will be a varied programme of skill development (equivalent BC Discover to Open Canoe Award levels) and scenic paddles along the Jurassic coast. It is also a great way to make and renew friendships in a relaxed and welcoming environment.

The event starts at 17:00hrs, Friday 28 June and finishes at 16:00hrs Sunday 30 June 2024 and is based at Axmouth in Devon - camping facilities are available. You can arrive on Friday evening or early Saturday morning ready for the 09:00 start on Saturday.

We have arranged for the separate camping field as usual at Axmouth Camping Site, which is located on the side of the estuary at Axmouth, and gives direct access to the water when the tide permits. The full Axe Vale Canoe Club facilities will also be available for use with courses and trips. These facilities are also used when the tide prohibits access at the site. The site accepts caravans, motorhomes and tents, however power is only available in the main field; there are toilets, showers, laundry and shop on site. See our web pages for more information or talk to one of the club's coaches.



DON'T FORGET TO RENEW!

Membership subscription is now open to renew for 2024!

Membership subscriptions run from 1st April each year so please try to renew before 30th April so that you can continue to participate and enjoy the club sessions, coaching and summer trips.

You can pay by a variety of methods including Cheque and Bank Transfer. Some renewals cannot be paid by PayPal as we have to pass all the money to AYC, so please try to use a Bank Transfer.

We use WebCollect to manage our membership subscriptions. Please click [here](#), sign-in to your account, and you will then be taken to a page with a list of all your current subscriptions.



RIVER AXE RACE 2024

The River Axe Race saw paddlers assemble 5 miles south of Axminster at Whitford Bridge, before paddling down the River Axe to finish at Axmouth Harbour.

Having gone from strength to strength over the last 40 years, this year we welcomed 109 competitors, with some from as far afield as Cardiff and Lincolnshire, and paddlers' ages ranging from 10 to 81 years old. From new faces to the familiar, it was great to see so many compete. Congratulations to the following club members who came away with medal positions on the day: **Peter Newby, Adrian and Liz Shepard, Clare Herbert, Jenny Hyndes, Carl Strotton, Dylan and Tom Hooker, Abigail Mortimer, and Megan Shaw.**

A big **THANK YOU** to everyone that helped out – from getting people on and off the water, acting as safety boats along the stretch of the race, and helping to cater back at the clubhouse – without you the day wouldn't have been as successful as it was and we hope that you can join us again next year. For more information about this year's race, do check out our write up in **[the Midweek Herald](#)**.



AXE VALE CANOE CLUB JUNE 2024 NEWSLETTER

SUMMER WEEKEND TRIPS

Take a look at the weekend trip programme on our web pages.

Please also check the club's Facebook page for other trips that are arranged sometimes at short notice to take advantage of good weather.

If you have any suggestions for paddles contact Emil Conway, Club Coaching Chairperson: info@axevalecc.co.uk

PROPOSED SUMMER TRIPS

More trips to be added in due course, including half-day paddles from the club.

9 June – Paddle to Beer, Adult course attendees trip

16 June – Breakfast paddle, local to club, Open to all and all craft

23 June – South Devon coastline, All members (Explore+)

14 July – Portland Circumnavigation, Experienced

21 July – Stoke Gabriel to Dartmouth, All members (Explore+)

WELCOME TO THE NEW AXE VALE CANOE CLUB COMMITTEE, 2024- 2025

Club Chair – **Tash Khan-Davis**

Vice Chair – **Tom Kealy**

Treasurer – **Colin Schofield**

Secretary – **Angela Quick**

Chair Coaching – **Emil Conway**

Premises Officer – **Richard Denton**

Safeguarding Officer – **Clare Herbert**

Social events Officer – **Deb Stamp** Proposed

Communications Officer – **Charlotte Bailey**

Safety – **Ross Dell**

Co-Opted Members – **Carl Strotton, David Turner, Karen Shaw**



YOUR CLUB NEEDS YOU – LOOKING AFTER BORROWED KIT

We are incredibly lucky as a club to have such a variety of kit for members to borrow on club nights and club trips – from canoes, to various kayaks, spraydecks, paddles, helmets, waterproofs, buoyancy aids, etc.

However, this kit will only be around for as long as we continue to take care of it. If you do borrow and use the kit provided by the Club, please can we ensure that it is looked after. This includes cleaning any kit used after a paddle and making sure it is put away appropriately in the right place.

We now have some fantastic new signs in the kayak store to help aid in the finding of correct kit so do make sure any dry kit returned, or moved from the cage back to the store, is put in the right place for the next person.

THE PRICE IS RIGHT – HOW WELL DO YOU KNOW YOUR KIT?

Ever wondered how much a particular piece of kit costs? Here is quick quiz to see how well you know your kit!



Spraydecks

- a) £70
- b) £65
- c) £80



Helmets

- a) £20
- b) £30
- c) £40



Cags/Trousers

- a) £45
- b) £50
- c) £55



Air bags

- a) £10
- b) £30
- c) £50



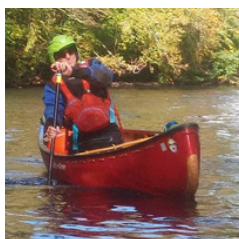
Canoe Buoyancy

- a) £100
- b) £90
- c) £80



Canoe Paddles

- a) £60
- b) £70
- c) £80



Canoes

- a) £700-£1500
- b) £800-£1700
- c) £500-£1000



Kayaks

- a) £600-£1000
- b) £400-£900
- c) £700-£1400



Kayak Paddles

- a) £40-£100
- b) £20-£40
- c) £100+

Answers can be found at the end of the newsletter.

WATER QUALITY TIPS

There is rising concern about contaminated river and sea water amongst paddlers and other water users. Increased heavy storm rain combined with agricultural runoff and sewage discharge from Combined Sewerage Outflows are behind this. The risk of infection is caused by microorganisms in the natural environment. Bacteria and viruses can be picked up through cuts or through ingestion.

Water quality tips for paddlers



Cover cuts and abrasions, including blisters, with waterproof dressings.



Avoid swallowing river water and only drink from your own water bottle.



Check the weather. Poor water quality is more likely after heavy rain.



Check, clean, dry equipment to remove contamination and invasive species.



Always wash your hands before eating or drinking.



If you become sick, contact your GP with details of when and where you paddled.



Report pollution to the Environment Agency hotline: 0800 807060

PADDLEUK

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Please find below the answers for the previous quiz! Correct answers are highlighted.



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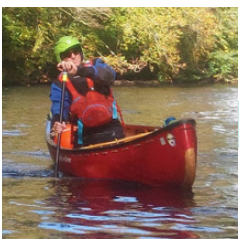
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