



CANEWS

September 2015

EDITOR'S CORNER

Thank you to everyone who contributed to this issue:

Barry D, Sheila R, & Mike W.
Some great write ups of some Club and non club trips.

A little later than usual...but I hope this issue gives you some highlights of the past few months.

As always we are happy to hear any highlights, stories and even just a few words about a trip that you have enjoyed, so get writing and let us know what you have been up to!

Lets start with the caption competition:

Not many entries this time. Thanks Dot for your input. I crown you the winner!



Times are hard 118 118 are putting work out to tender!! Dot

'got your back' Dot

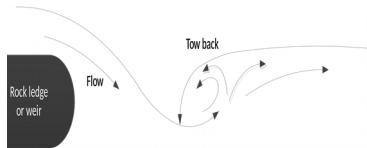
That Welsh beer will put hairs on...errr your face? Nic

WHY IS IT SO HARD TO SIDE-SURF AN OPEN BOAT?

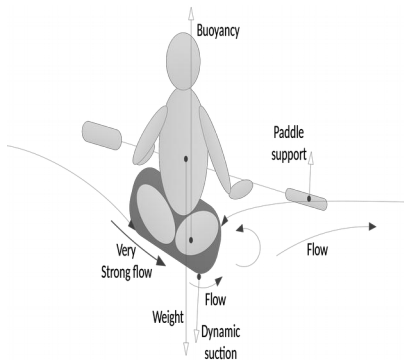
Paddlers who learn their white water skills in a kayak, then grow beards or get bad backs and transfer the skills to open boats, soon become aware of a number of differences in the behaviour. The size of the boat seems to dominate most aspects of its handling, and while it makes it harder to get into those small eddies and navigate through a boulder garden, the river features are smaller relative to the size of the boat, and so can feel less threatening. Paddlers who are confident side-surfing a play wave or stopper in a kayak might assume that the bigger boat will sit more securely in the same hole and be easy to side-surf. The look on their face when they find it almost impossible to balance usually shows how surprised they are, and after swamping they assume it is just a small matter of technique so go for another attempt, and frequently another swamping. It's always great fun for the rest of the group and a great source of photos and banter.

To understand the problem we need to give a bit of thought to the forces involved, including the hydrodynamics. The river feature caused

by a rock ledge or weir looks something like this:



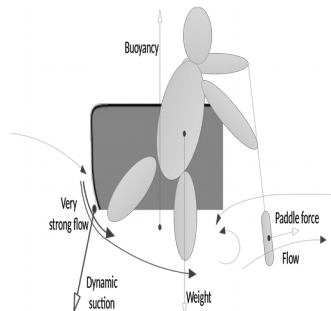
The flow over the ledge accelerates downwards then, as it loses its speed, forms a wave that will break if the conditions are right, and form a holding stopper if the feature is wide enough. The flow at the surface of the breaking wave is directed upstream, not as fast as the flow over the ledge, but may have a lot of volume and apply a large force to the boat, pushing it upstream and keeping it in the hole.



A good kayaker can sit in the hole effortlessly, needing little work from the paddle to keep a steady position. Some can throw the paddle away, proving that just minor body movements are all that's required to balance the forces and maintain equilibrium. The sketch shows that the combined weight of the boat and paddler act roughly in line with the buoyancy of the narrow kayak, so there's little to do to balance those static forces. The kayak must be tilted, or edged, to make sure the upstream edge stays above the surface of the fast moving flow, otherwise it will trip and capsize fast. This lesson is soon learned and the paddler, locked in with thigh braces etc., can control the angle of the kayak well.

The downstream side of the kayak sits in the hole, with downstream flow underneath it and the breaking wave crest pushing it upstream. The flow under the hull creates a downward suction, in the same way that airflow over the curved upper surface of a plane's wing creates lift. The strength of this will depend on the flow speed, size and shape of the hull

cross section, and of course the length of the boat in the hole. Regardless of how strong it is, this force acts beneath the paddler and tends to stabilise the boat. If its line of action moves a bit upstream or downstream the kayaker will balance it by adjusting the angle of the kayak, his body position or with a paddle support on the wave. Modern kayaks tend to be fairly flat across the bottom, and a flat surface doesn't bend the flow or generate any suction. Provided the upstream edge is kept out of the water, all of the curvature in the flow will be under the downstream edge and that's where the suction will act. A nicely balanced, stable system.



A canoe manoeuvred into the same hole generates a different balance of forces because of both its size and shape. Weight and buoyancy are still there and acting the same way of course, a bit greater because of the heavier boat. But most importantly they're likely to be less well aligned. A typical open canoe is about 30 or 40% wider than a modern kayak designed for play boating or river running. This may not sound much, but the paddler's weight will be offset to the downstream side to try and edge the boat as he would a kayak. Although the downstream side will be deeper in the water, and the buoyancy will be concentrated on that side too, it is unlikely to be offset as much as the weight. The result of this is that the static forces alone are out of balance, and the boat would roll to the downstream side if no other forces were acting.

There are other, dynamic forces though, and they're big, partly because the canoe is wider and about twice the length of a kayak, so we can expect the forces to be at least twice as big, but that isn't the only reason.

The sketch of the canoe shows its likely position in the hole. The paddler might try to keep the upstream side high, but the canoe doesn't have the flat bottom and hard edge of

a play boat. Its rounded cross section bends the flow and creates a downward suction. If the upstream side becomes immersed in the very strong flow, as shown here, it presents a shape that resembles the upper surface of a wing designed for high lift. In this situation it is a great shape to develop a lot of suction, and the greatest suction is where the curvature of the fast flow is greatest, under the upstream edge. As soon as that part of the hull becomes immersed the dynamic force will increase dramatically and its line of action will snap to the upstream side. The paddler must react instantly to balance it, but moving his weight won't be enough. If he's smart he'll use the paddle, plunged deep into the downstream flow below the breaking wave, and try and gain some leverage to prevent the roll upstream. The force on the paddle may be strong but it doesn't have a very good line of action to counter the roll. When a kayaker uses his paddle for support, the vertical force acts well away from the centre of rotation of the boat and is very effective but the force on the canoeist's blade acts roughly through the centre of rotation. He feels he's doing a lot because the force is great, but really he's just pulling the boat downstream with a draw stroke, not doing much to stabilise it. It does help him to balance his body and move his weight downstream though, so it does help a bit, perhaps by reducing the immersion of the upstream edge. If he leans out far enough and succeeds in raising the upstream side of the hull out of the water, he'll bring the suction force back beneath him and then the separation between the weight and buoyancy forces will quickly roll the boat downstream again. This is not a stable system and we often see canoeists lurching from one side to the other, trying in vain to find that elusive point of balance that kayakers enjoy so effortlessly.

So the next time you're side-surfing your canoe, give cool consideration to the hydrodynamics and it might help you to avoid a cold immersion. Probably not, because the forces on a big canoe are more than you can deal with, regardless of whether you're a wimpy girl or a muscle bound macho man. Please don't give up trying though; it's really entertaining.



The upstream edge is clear of the flow, but can he balance there? Probably not – the gunwale is underwater.



With the gunwale lifted the boat lurches the other way.



Here the upstream edge is sucked down hard, immersing it in the flow. It's not easy to recover, especially with a cross draw stroke as used here, but he loves a challenge.

Barry

Julian Butler Race 2015

A very disappointing turnout this year despite lovely weather. Another disappointment was

my inability to handicap the race effectively, so that the finishing times were as far apart as the start times. Bev and Martin were the only close contenders and that was for second place, but Martin never recovered the 4 minute handicap I'd given him compared with Bev. She did say she tried really hard, and I believe her because she had the fastest time for the day. She left me behind in the early stages and I never saw her again until I finished, by which time she, and everyone else was well rested.

Sheila won the day by miles, and I'm ashamed to say that I succumbed to her feminine wiles and changed her handicap after tales of recovering from major operations and lack of paddling, and assuring me that she wasn't going to "race". I'm such a gullible softy! Bev saw Richard Jennings paddling with his wife at the top of the harbour, and he told her she was bound to catch the leader because she had just gone past, but Sheila obviously rounded the Avon loop at speed because she soon passed Bev on her way back and there was no catching her then.

I don't know what I was doing with my own handicap, I just didn't think properly about it, or got my sums wrong. I've never done the race solo in an open boat so didn't have a previous time of my own, but I should have known better because my finish time was in between previous times for those open boat stalwarts, the Two Old Mikes. They were only 2 minutes apart, albeit on different occasions. I'm not going to say which of them was the fastest, and therefore retains the course record for a solo open, because he'll never stop talking about it. It was tough going up the harbour against the wind and tide though, and I was worn out by the time I got to the sheltered waters of the Avon loop. It was all too much for our poor chairman. Still recovering from an operation on his foot, Ross hobbled onto his prized new possession, an inflatable stand up paddleboard, and limped about on it for a few metres, then sat down and paddled it like a sit-on-top, but with a blade on only one end of his paddle he didn't go very fast so was never a threat to the real paddlers.

Sheila & Bev's times were 2 minutes slower than their best and Martin's was 4 minutes slower. Not trying Martin, or just getting old faster than the ladies?

Thank you Nichola for being a smiley time keeper, and well done Sheila. Let's give her some more competition next year folks.

	Boat type	Start time	Finish time	Lapsed time	Position
		minutes	minutes	minutes	
Sheila Ryan	Sea kayak	0	68	68	1
Bev Deakin	Sea kayak	16	74	58	2
Barry Deakin	Open canoe	17	86	69	4
Martin Pollok	Sea kayak	20	79	59	3
Ross Macildowie	S. U. Paddleboard	10	Gave up		

Barry

Ringstead to Worborough Bay 7th June 2015

Well there it was on the Calendar, the annual Jurassic coast trip from Ringstead to Lulworth/ Worborough bay which I only did last year for the first time and knocked it off my bucket list. I really wanted to sign up but as I had a serious medical issue earlier in the year and only allowed back paddling from the 7th May I was dubious about having the stamina as it could be a bit of a stretch both ways. But the conditions were looking good and Nicky suggested a shuttle via Lulworth so plans were made to propose this option with my paddling pal Judith who had been nursing a bad back and a remedial paddle looked like the perfect medicine. So after an interesting start to the morning after loading the boats and just starting off we were delayed on Christchurch by-pass by a police car and several loose young highland cattle roaming recklessly; fortunately they got off the road and we were on our way via a quick car park stop at Lulworth. At Ringstead it was delightful to see a great group of Ringwood members all looking forward to a paddle it was lovely to see so many together for a trip and see old and some new faces all gearing up for a brilliant day out.



There were 17 of us in total going out but not that many came back! But the real story was not that dramatic. The excellent weather that Nicky arranged certainly helped the turnout, and we all set off into the sunshine making good time to Lulworth and Durdle and a little rock hopping along the way.

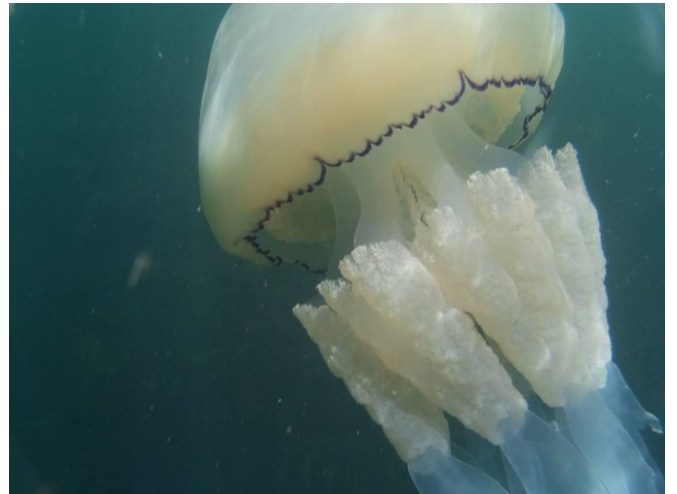


For some random reason we all decide to rack up just outside Durdle Door and drift about together for a bit enjoying the sunshine and the fantastic scenic coastline. Some one dared someone to have a walk along the boats and a game Richie Hampson was daft enough to oblige for our entertainment,



bravely (nimbly?) making his way along the backs of all our boats both sides without slipping into the water and re-entry to his boat to the delight of all.

We continued along the coast past the Ranges towards Worbarrow bay and the sea and wind created a bit of a backwash against the cliffs and a little more testing conditions for the weaker paddlers but we all made it just fine and were just in need of lunch and rest. The bay held more delights in the form of plentiful barrel jellyfish and Jonathan Wellard was having fun taking some great pictures, not with a go-pro or anything fancy – just his waterproof camera phone.



Unfortunately we had a casualty as on beaching at Mute Bruce caught and injured his finger and as we found out later sustained ligament damage so no wonder it was the end of his paddling for the day. Plans were made for his boat to be towed back to Lulworth and Bruce walked there surprisingly quickly. Dot and Lisa had also arranged a Lulworth shuttle but before lugging the boats uphill to the car park we all rewarded ourselves with ice cream. It was so hot and there were so many visitors to navigate I found it very hard work, worse possibly than paddling... So with Bruce and Sue it was finally 11 that enjoyed the whole round trip and we eventually joined them at Ringstead, finishing off with a nice cup of tea. A brilliant day out and well supported; already looking forward to next year.

Sheila R.

Round Isle of Wight ,not racing ! August 2015

Jamie has a knack at picking good weather ,so when he suggested a group of friends paddle round the Isle of Wight I think we thought that, that will be nice in the sunshine. So the days were set, the paddlers the same as we had in the Scillys, apart from Monica and Jonathen, so Cindy jumped in to make up the four , he checked out tides etc and we had a meet up .

So to Keyhaven, not the hottest or sunniest, but no wind to speak of and really very flat. All arrived slightly earlier and so we were on the water about an hour early . We decided to just go rather than wait for tide, and we made good speed out and around the Needles ,from here we would be punching a bit more tide . We put in to Freshwater Bay for a leg stretch and comfort break. I won't go into what I think about Freshwater bay but the best part is paddling out of it even if you are still aching !

This next stretch is dull, don't want to put anyone off, but, it is so dull. The cliffs aren't a picture post card, they go on and on and then you get some dull red cliffs which go on and on. We had a quartering sea so that helped to alleviate things and there are a few shoals that were playful , but Jamie had got tides right and although we had to push a bit of tide on this stretch there was no bad conditions .

We were looking as the day progressed for a bivi for the night . Most of the coast is small shingle beach with unstable cliffs above not the best with southerly winds, but luck was with us when we spotted a small rib up on a ledge .We landed here, think it was Atherfield Point . It was a great bivi .

There was a zip wire from the top of the cliff which the local fisherman used to lower and pull up his small rib. He came down later in the evening to get his boat up and we had a great chat with an interesting bloke who in his past had spent time treasure diving in the Caribbean , now he dived on wrecks off IOW, fished and did a bit of beachcombing .

He was well chilled. We had a great sunset that night with the sun setting behind the Needles , that made the 30k paddle worthwhile .



Early start the next day, but a beautiful morning. To catch the right tide we needed to round St Cathereines at 0900 and to be off Bembridge by 4 . We were on the button.



Rounding St Cathereines was lovely and we were enjoying good weather and favourable tides . Just a quick landing before Ventnor for leg stretch to get ready for the long stretch across Sandown Bay . Culver Cliffs our target at the end of the bay, seemed to be a long way of rather boring open water paddling, but needs must and so off we paddled. Tides were stonking us along and we did it in about an hour and a quarter and we were just taking it fairly easy.

Dark clouds seemed to be massing behind us over the SW so our hope was, we weren't going to get caught in it, and lady luck was with us. Rounded Culver Down, quite a spanking tide running here, and put into

Whitecliff Bay for leg stretch and a wee .Would you believe it, not a toilet on the beach although they have buildings, shop and a caravan site above. The Isle of Wight definitely goes all out for tourism!!

The trip starts to get more interesting here on. There is life, things to look at and a more interesting coast. Jamie mentioned that it would be nice to clear Ryde sands whilst there was water over them, rather than paddling out and adding a bit of extra paddling, so we just hit on for Ryde trying to coincide our arrival with that of a close up view of a Hovercraft and a landing for fish and chips. We missed an up close Hovercraft (bad planning Jamie) but got the fish and chips spot on . Yummy, needed that.

The weather was closing in and we needed to find a bivi for the night, we had had a long day on the arse, 42k , so it was hunt for camp site time .We stopped just before Wooton Creek, it wasn't the best but it had begun to rain so it was a wet set up and just needed to be done . Jamie found a little dry nest under some trees and slung his excuse for a hammock, I think it was a baggage net nicked out of a rail carriage. He bravely let the Cracken (you know who I mean) sleep in his lair, a stalwart thing to do, don't think it will happen again though!! . Cindy had a new Fishermans shelter to erect over her bivi bag , well that was worth watching , I think it only had 2 poles but she found 36 ways of putting them inpractice is the moral of the



story .

I didn't go unscathed as my super erected tarp pulled a peg out of the stupid IOW clay

as it got wetter and then it dumped itself on my head in mid sleep.

The morning was beautiful, we had no rush to leave as we needed to wait for the tide to come in, so we got all kit out and dried off. Jamie and I had a short walk to pub at Fishbourne and had a breakfast.

Last leg 28k to home. We had heard weather forecast and it wasn't meant to be too bad, wind was supposed to come from SW so we, in theory, should be in the lee of the Island. Mmm

Off to Cowes keeping in close out of the tide , it was good going . But when we rounded Egypt point and put in for leg stretch at Gurnard things were starting to going against us. It looked like it was going to rain and the vis further up the Solent was rubbish.

We got going again and it was straight into the wind that seemed to be increasing, even hugging the shore you were still in it, so much for being in the lee of it . It started to rain, yeah lets have it all, a trips not a trip if it all easy going!!

The consensus at this stage was to cross to England slightly earlier, although a longer crossing. Thought pattern was we would hopefully go nearer to slack tide so would miss the wind over tide bit which would have gotten even worse the closer we got to Hurst as the tide would have been stronger ebbing against wind which even at this stage had whipped up a bit .

So we set off across halfway between Newton Creek and Yarmouth with allowance for the ebb to take us down. This was an exciting bit which seemed to go on for far too long and required hard paddling and no cock ups. Thankfully we had none. A self rescue would have been very difficult if not impossible; I think I might have had to use the radio!

But we got to Pennington Marshes, relieved and knackered It was a slog, still, against wind, back up into Keyhaven but all good things come to an end and we landed safely back where we had started.

All in all a great trip, well organised Jamie .A trip I have wanted to do for a long time and I know Dot has wanted to do it too. I certainly would not do it again and my thoughts of the IOW stay the same, its best that it is cut off from us by water. Great company and good laughs interspersed with some long hours of paddling, we had paddled for approx 19.5 hrs excluding breaks ,done 62miles at approx average of 3 mph, and we had smelt the flowers along the way ,the way to paddle in my book , cheers Jamie, Dot and Cindy .

Mike W