

Aberfan Canoe Club Visit Cardiff International White Water Course August 2010

Wednesday evenings are club nights at the white water course where they release the water at a lower rate of 4 cumecs. This makes it more accessible for those new to white water... still fast though!

We met at the centre, sorted out equipment for everyone, then down the ramp for a warm up session and a recap on moving water skills.



We then ventured up the escalator for a run down the course...



Then a few last minute tips then off down the course.



We all made it down, some with our boats some without! After a bit more practice, there was no stopping people. Lots of runs & swims later we were all running the course together.





Packing up there were big smiles on faces even if people were exhausted in the pouring rain!

Thanks to Rob Lineham for organising. Rob, Paul & Peter for the on the water coaching & Peter for the bank support. Parents for driving & supporting & paddlers for taking part!