

Lee Pooley 00:00:13

Hi, my name is Lee Pooley. I'm the director of coaching and qualifications at British Canoeing and this is the British Canoeing awarding body coaching podcast. Now, this is the last in the series of looking inside the buoyancy Aid and what you carry in your boat or on your board and with that in mind talking about on board I am delighted to have Tom Westaway with me today. Hi, Tom.

Tom Westaway: 00:00:36

Hi Lee.

Lee Pooley: 00:00:37

So Tom just for listeners, just to make sure that everyone knows in last the series we're going to look at stand up paddle boarding. So can you give a listeners a bit of a background to you as a paddler, coach, leader?

Tom Westaway: 00:00:49

Yeah, so my main sort of focus is in White Water. I started off white water paddling as a kayaker predominantly and then I've always been an instructor, canoeing Park kayaking and all that type of stuff but always was a personal White Water kayaker. Someone put me on a board and haven't really stepped off yet and I've actually started up my own White Water SUP coaching business based in the southwest and it kind of ranges from taking people who are new to White Water entirely, people who have existing White Water knowledge or paddle board knowledge or people who are current White Water paddle boarders and taking them further on their journey.

Picking up momentum with it and it's been really good to watch the community grow and see everyone really of take it to the next level which is very much happening in the UK. And the sports definitely growing and it's really cool to be a part of that.

Lee Pooley: 00:01:43

Yeah, absolutely Tom and delighted to have you here talking about, standard paddle boarding today, specifically around white water, which also is the focus that we're going to be chatting through today. And one of your local Rivers is the river Dart, isn't it?

Tom Westaway: 00:01:57

Yeah, local river is River Dart. I was on it today and it is obviously just such an amazing venue. It's got different sections for everybody and it's not always reliable, but when it does deliver it very much delivers.

Lee Pooley: 00:02:10

Absolutely. Yeah, probably one of the favourites in the country actually, so yes, very nice to be located down there. And yeah, one of my favourites. So Tom, let's dig into the first part of this podcast is to think about what you carry in your buoyancy Aid and why?

Tom Westaway: 00:02:27

Okay. Yeah cool. So the main tool probably the most important one actually and the one I probably use the most of the time is my phone. Phone's in a waterproof case. The phone is obviously it's your biggest tool if stuff goes wrong that really gets the ball rolling for when things go wrong, but when things aren't going wrong, it's a really incredible tool for me to give some sort of video analysis for people that I'm coaching. Videos don't lie, do they? And Yeah, that's a sort of really really good kit that I carry.

Just thinking if I open up, I've got my phone right in front of me, I've recently started tethering my phone to my buoyancy Aid now I've always been a bit ummming and ahing about that. My friends have always done it. I've always been a bit like it's all got in the way. I've nearly dropped it onto my board quite a few times. So I've made that decision. It's not got in the way yet. Next to my phone is my knife. It's nice and easy to reach I can reach that with one hand, which is quite good. Next to my knife is actually just a small little Allen key wrapped up in duct tape. It doesn't fit everything. But what it does fit is the fin boxes on the bottom of your board.

Super useful if you start getting to shallow sections or the rivers dropping off or you just decide you want to go finless. You don't have to break in to your board bag. You can just whip your board over. Take these fins out pop them in your buoyancy Aid or whatever so that's really sort of a smoothed out my paddling which is a nice little one. I'll always have a swim tape with me, swim tape, sling whatever you want to call it. It's like a classic five metres eyes on either side. Tend to carry somewhere around four to five carabiners.

Carabiners are just so so useful aren't they? How often do I actually use them in my day-to-day coaching? It doesn't happen. But when you need them, it's so good to have them. I'll also carry two prussics because again, they're even rarer aren't they, but when you need them, they can be very very handy.

And one thing that does sort of sit in my buoyancy Aid most of the time, it can find its way out, but it's quite good to have it in those just a pulley. I never used to have one. And me and my friends, what were we trying to remove> I think we were trying to pull someone out the river and just didn't have one and someone else came along, threw one in the system and I went right. We're having a pulley, I'm getting a pulley. So that was a bit of a light bulb moment for me. Something else it's always been in my buoyancy Aid and as time has gone on I finding is probably going to find its way into my board bag is actually my leash is an elasticated one. It's not like a coiled one. It's elasticated and it packs down really well and it just used to sit in the bottom of my BA.

And I used to whip it on and off when I was coaching. But I've kind of just found ways around that especially with sort of current guidance coming out. I just find other ways around it. And if I'm getting my leash out, it's for a very specific reason now, I mean, I think it was actually today. We were just going through what I've got my buoyancy Aid with some clients and I think I ended up saying to them right, this is now going in my board bag. So I've covered phone, knife, key, swing, carabiners. Yeah, that's pretty much it. I think that's actually in my buoyancy Aid.

I'll have a whistle on the side of my buoyancy Aid that is again you never use it. But wow, I think having a whistle where you can just lean your head and then blow into it that's quite a good thing the amount of times. I've been holding on to a tree or a board and my paddle and I've just dipped my head down and blown into a whistle because I'm trying to communicate someone up river I've thought can you imagine if I needed a third arm to blow this whistle that wouldn't have been very ideal. Something else that is quite very useful as well is actually just another just a watch just on the side on one of the straps. That's quite good, again the days are getting shorter. Good to keep an eye on the time.

Lee Pooley: 00:06:29

Yeah, absolutely. Quite a lot of your kit, talking about carabiners, prussics obviously and a pulley so that's what we would determine is almost like a pin kit, isn't it? So if your SUP gets pinned it's a way of taking is that a normal occurrence? I would imagine that a paddle board is a lot easier to pull off compared to a kayak or a canoe, but I could be completely wrong.

Tom Westaway: 00:06:53

No, I think what it is is it's different, isn't it? So I've had it happen. Once it was quite a bad pin. The thing like to consider is that I got to the board. The client was below it. She was just sort of sat in the eddy and it was hopeless, it was never gonna come off and I kind of started that process of it where am I going to actually sort of set this up but then you do remember that the boards are made of air and luckily it was valve-end out of the water. You just set the valve off and it's very strange you set the valve off it makes an almighty noise and you're just pushing you see the board start to wobble and then it just pinged off this bridge that it was on. Jump back on the board stop the air coming out and fortunately we were right at the get out that we could have paddled that board down really really easily and that was quite a good right actually, you can let the air out. If you get it off in time and you get the valve shut again, you're back in business. That was quite cool.

Another thing that sort of Again, this is where if we really wanted to figure out we could probably just commit to getting it done one day but the D rings on a paddle board, I mean when you setting up all these forces, I mean are they strong enough? If you wrap a rope around it Carabiner and all that and you start pulling these three to ones five to ones whatever. Are the D rings really going to hold? Another solution it could be bind up three or four D rings bring it into one central point. it's a lot of set up you're talking about is sort of very specialized stuff isn't it, you kind of got to have a bit of an understanding about equalizing and all that. Releasing the air pressure. That was a huge one for me. I do paddle boarding quite a bit. I've had one minor pin and that one was like a major pin.

I just recently come off a course where we've been told. It was a rafting course and they're to move a raft you need this, this, this and this I remember loading up in my BA and thinking I'm carrying a lot of stuff here and that's climbing back on your board in particular and paddle boarders move about a lot especially on their board and in the water and I

remember thinking What I'm more likely to be like coming on and off my board. I think it's far better for me to Ditch off maybe some of that. Maybe lose two pulleys. Maybe get rid of some of the stuff that I won't necessarily need. If it's pinned, that badly, just let the air out, find a way if you can't reach the valve and I don't know for whatever reason you can't leave the board there until the river drops, it is made of air and they can be repaired: some people talk about puncturing a board.

I don't know if I could bring myself to do it but it's an option isn't it? Rafters talk about it, if it really came to it you could do it. I've never seen a reason as to why you would need to pop a board. I'm sure it is out there. I'm sure people have had to do it.

Lee Pooley: 00:09:46

Yeah, and it does make you think about you the amount of kit that you take and being cumbersome isn't it and not being agile and being able to paddle well actually could get you into more problems couldn't it? So, usually paddling well and reading the water tends to keep you out of the problems. But if you load yourself up getting in, and not being as agile could obviously cause issues. And so that's in your buoyancy Aid and what I'm really intrigued with because I have never White Water supped and I know you said that you'd take me out which I'm looking forward to and I'm thinking do you put kit on, do you keep it clean? What do you do Tom?

Tom Westaway: 00:10:23

So it has been a little bit refined. I think what's actually quite important to talk about before we break open the bags and what's in there is actually how you were attach it to the board because that's changed after you can call it an incident if you want. If you take most paddle boarders and they'll just whack something quite a lot of people just put it under the bungees again.

That's what you do on flat, isn't it? With all the sort of turbulent water and stuff. It can come out. So the obvious thing is carabiner on your bag onto the bungee because it's the easiest thing there. I was paddling in the Lake District. I think it was on the Leven went down through this sort of steep bit hit a feature and the bag hit the water. And got pushed all the way back in between my feet.

It wasn't dangerous at that time, if for whatever reason my foot had gone in the stretch bungee that might have caused some issue, but I just remember looking down and thinking that's not ideal. So the obvious solution was actually to clip it to one of the metal rings so it doesn't move.

So that was a really good moment. Actually let's put it in a way but it doesn't move and to further that securing it on the left and right side because I've had it before if I know I'm going to be rolling my board quite a bit if it's really high water. It's really pushy. I've rolled my board back up. I've got back on and my bag will have just made its way out of the bungees. It'll be hanging off the side of the board. Whereas, if you clip it left and right that's really really good. The problem you have here is you end up losing a lot of carabiners. So if you attach it in the good practice way that I've just mentioned there that's two biners you've lost already and I think I said I carry four, that's four in my BA. So maybe two more on the bag.

But another thing to add on is so that's how you attach it. And then there's what you're attaching it with something that's very very sort of crucial and this is non-negotiable for me when people are coming to me for white water paddling. It's using wire Gates or snap gate carabiners because you can imagine it you're crawling back onto your board and it's not always ideal is it you don't know where you're going to be you'll be dragging yourself back on and it's not always ideal is it, you don't know where you're going to be. I haven't seen it happen, but very respectable people who live up in North Wales have seen this happen. You crawl back on and the snap gate will clip your buoyancy Aid and then suddenly, you are stuck to this board.

And if you're in a flat bit you could probably deal with it. If you're going down a rapid. I mean you are properly helpless at that point. So, it needs to be a screw gate it needs to be done up so that can't happen.

Does it need to be a rated one? I don't think so. Not really. I mean you're just securing your bag to your board. It doesn't need to be super strong really, put that stuff in your Buoyancy aid. So that's how I would attach things to my board. What I'm actually attaching to the board. I carry two bags with me. I've got for me it's my orange bag and my black bag. In my orange bag I'm breaking that out if it's either lunchtime, so it's got food in or something's

gone wrong. So in that is stuff just like my first aid kit, group shelter, a local map of the area that's quite a key one. Everyone goes I've got on my phone, but have you ever had your phone die in the river? It's miserable. But if it happens when when bad things have happened as well then suddenly you've snowballed it haven't you. A spare layer, that's saved not me, it saved my client once her drysuit ripped wide open and the spare layer having synthetic insulation that's a really good thing to have. If you get down it doesn't really work at all. Put a hat in there as well.

I think I mentioned I've got food. Food is like there's two types of food, isn't there's the food you intend to eat for the day. And then there's your backup food for the client that turned up with no food, or your may who's just not feeling it. For me it's always been like a bar of sreen because it's brilliant, isn't it who doesn't like sreen and it's just easy to eat, which is really really cool. And yeah I believe that's about everything in there.

And in my other bag, that's like my board mending kit. So I guess you call the orange bag the people or the situation mending kit. In the board kit that's got stuff to fix equipment. So you can imagine this isn't just a black bag and everything's loose in it, it is all sort of individually organize a little bit but I believe in there there'll be a multi-tool. In particular the things that I was after in that are some pliers because on a US fin the screw that holds it back in it. They're placed behind which is a really good idea. So the Rocks hit the fin and they don't hit the screw.

But it rarely works they always bend and if you ever tried to undo one a bent screw with your hand, it's impossible. So having some pliers has definitely helped me out a few times also in just a couple of the screwdriver elements in a multi-tool. That's for paddles just go loose, it's a bit annoying, especially for if you're coaching someone and you're like reach over and really pull on that paddle and you see the paddle shrink in size. So that was quite a good one to have in there a bit of a multi-tool. That's fixing paddles, for the board it would be.... I have some PVC material in there. I mean when you buy any sup you get a little orange container that's got PVC and glue. I do have that in there with me how well would it work? I'm not too sure actually because that stuff sort of takes a while. I currently some stuff I bought from the internet called tear aid type B. I think it was. After speaking to people that fix paddle boards for a living they were sort of questioning how well that works and I've got some stuff on order some flexi tape.

It does say you know about that sort of, I think people use it for inflatables like rafts. So problem is to actually test all this you need to go and pop a board don't you and they're not cheap. So yeah, does it work ask me after the situation. Other things that will be in that bag are more of those screws actually just to be able to hold US fins in. I do carry spare fins not loads, if a whole group turned up without about fins, I wouldn't even bother but one goes my fin doesn't fit or I've left my fin at home. I could definitely help them out. I carry two different types of fins. I'll carry a US river Fin and the typical sort of side screw fins that you see on most typical white water boards. All the other ones. I mean you can't accommodate for everything can you? How big would this bag be? And the other two big bits of equipment and these are the two it's sort of down the middle. Most people go yeah, that's good and a lot some other people go why do you carry that. So I do actually carry a pump on White Water.

Again that pin that we had to deal with, we've already discussed that if you take the air out, the board you might get it loose but the board may have to go completely flat before you get it out. You could walk out but if you've got away, if the board's not damaged and you can just pump it back up on the river. That would be amazing. So that is why I do carry that and I also do carry a spare paddle. And I think the thing that puts a lot of people off about carrying these things is that they are really big.

When your average paddle sorry your average split paddle and your average pump are quite cumbersome. And if you're leading in particular, or even if it's your first time and you've spread the kit out quite efficiently you are looking at this thing that you can trip over, you could land on, you could hurt yourself, it is quite daunting. I've actually been quite lucky enough to end up with quite a small pump that fits into a bag really well, and I've got a five piece split so you can imagine how small that packs down.

We were paddling in Albania not too long ago and I won't mention who it was but someone broke two paddles in one day one morning actually and I mean he was quite lucky. He was more than happy to just paddle down using the T grip and the water but it did sort of come to what we ended up doing was hand paddling. Yeah, just throughout the longer sections, it is a surfboard essentially isn't it? You can lie down Surfer paddle and then that got us on to another conversation these I don't have in my gear. Will I add them maybe depends how expensive they are to be honest, but it's actually just a neoprene webbed hands. They're

quite cool actually and do you know it could be a nice alternative to a paddle, if you don't want to carry a paddle, they don't snap too often do they but when they do you want something and if you can just put these in someone's hand you go put these on it'll keep your hands warm, but also it will work. Maybe that could be a little backup. But yeah, that's kind of what I have on my board kit.

Lee Pooley: 00:20:04

Yeah, it's great insight and I remember those webbed gloves years ago when we were coaching people to hand roll and they used to practice hand rolling with web gloves. And it does make a difference, it increases the resistance, doesn't it? So imagine prone paddling you'd get up a reasonable amount of speed. I mean, I've not seen a five split and obviously yeah, that must go down to a reasonably small size.

Tom Westaway: 00:20:33

Yeah, it's really tricky because I end up asking myself if I didn't get hold of this five piece. Would I take the spare on the river with me as much as I do now? If I'm being completely honest with myself it probably would be a no, but if you were to ask me should I still take it? Let's say the five piece went I think it's nice to have a backup option and to be honest. It kind of does depend actually. I think we'll probably end up talking about in a minute, but the situations change, don't they?

Lee Pooley: 00:21:10

Absolutely. I think one of the things that I'm really impressed with is your discipline that your emergency food is a soren. I mean, I'd be tempted to eat that during the day. So I always thought that I shouldn't have emergency food that I like!

Tom Westaway: 00:21:27

Yeah, don't get me wrong. It's not the original! Yeah, if you sat waiting for the shuttles they're the ones ... this is definitely an emergency.

Lee Pooley: 00:21:37

Definitely a winner for me and it has to be the original. I don't like this messing around with new flavors. So in terms of what you were describing there. Tom is that you were talking

about your own personal preference of actually what you'd carry when your paddling which I think's fantastic but obviously when you are guiding leading different people or paddling with your friends does that change what you carry?

Tom Westaway 00:22:04

Yeah, I'd be lying If I said it didn't so it definitely does change. If we look at the let's do two sides. So you got me when I'm working when I'm representing myself my business and what I deem to be good practice in the sport. I've got all this gear. I'm not a hero. I've not got it all on my board I go look what I can carry, can you carry this? It's like any group thing isn't it's like right this is the really important stuff. I'll keep this.

But you haven't got a lot. Why don't you put your stuff in this bag and then that goes on your board and do you know what that instills the good practice further, doesn't it? If you've got one person and they're carrying a huge amount of kit. That's just gonna really ruin their day isn't it? So, trying to encourage that look this is our group kit, it doesn't matter who owns it, this is gonna come in useful to us if something goes wrong. We all need to share in this taking down of the river, we all need to bear some responsibility here.

Then you got the other side where I'm going out with my mates. So some of those things are non-negotiable you should have a first aid kit. you can always get hurt, first aid kit's quite good. Phones, they just always come with you, group shelter, they kind of walk hand in hand in my opinion with the first aid kit. Because whenever you see any of my mates' setups, they'll have a little duffel bag a little watershed or whatever and they'll open it up and it'll be the first aid kit and the group shelter just sitting next to each other and as long as one of them are coming on the river with us. That's the really bad stuff sorted and I don't know if we're going down the loop we'll probably be going down with the acceptance that if a board were to burst. We could either walk it out or we're both going to get on the board and have quite a funky descent.

If a paddle were to snap, that would just be something that we get to watch, we'll send them down first and however watch how they go down without a paddle but that's kind of where me and my friends are out at the moment with white water paddle boarding. And it's fun and we definitely understand the risks and we understand the consequence of not taking a pump a paddle all that type of stuff, if it means I walk out, I walk out. If someone

fell over and split their face open and you go right who's got the first aid kit and then there isn't one that isn't acceptable really is it like you do need to be able to do about it's not like, alright. I'll walk back to the car. So yeah, I think it definitely does change. It depends who you're with and what you're doing definitely.

I don't think it can be boiled down to if you're working or if you're playing I think it needs to be what you are doing. Definitely, If we're going on a river trip, and we snap a paddle is it 11 miles until the next get out? If so, let's be able to fix this board. If it's your local run and you go I know it's a 20 minute job, I'll get to the road. Then you've made that decision. All of these things just come up with they're backed aren't they? They're backed by an understanding.

Lee Pooley: 00:25:11

Yeah, I was imagining as well Tom if it's like a park and play if you pulled up at Newbridge car park on the Dart and were just doing work on the wave. You probably would just have a bag or something on the side if you weren't descending.

Tom Westaway: 00:25:27

Yeah, no, that's exactly right. We've all done those sessions where you can see the van, where you haven't left your base and they're great, aren't they? Because your equipment doesn't even have to touch the water you carry it down on your back and put it on the land your board gets wet you get wet. All your kit's still dry.

I'll tell you one thing as well that I've definitely found that's definitely sort of helped me. I've had a sort of underlying back injury ever since I was about 22 23 and anyone who's tried to lift a paddle board on the side of the river they've got a bit decision to make because they'll have all their gear attached to their board. And a lot of people just try and lean over or try and pick up the board and all their weight is at the front of the board really far away from them. It's really leveraged and you see people just arching their back, almost like a deadlift but walking side ways down the side of a rapid slipping over and it can be a bit of a nightmare. Obviously, what a lot of people do is they'll take it off and then they'll sling it around their shoulder.

One thing that I've started doing and it's definitely helped in some of the bigger carries is I've got my two bags. Like I said, I've got my people bag and board bag. But what I actually do is I have them in a netting bag, rafters use them.

And what it does is sort of contains them both and it's got these little rucksack straps so I can wear it as a rucksack. I'll have my board under my arm, paddle in the other hand for a bit of support and that's really for me. I know this is all subjective, but for me, that's a really good way of moving about on the river. There are a couple of things to consider here number one, if you were to fall into the river for whatever reason you would be wearing a rucksack, so that is something to bear in mind. I've never fallen into a river whilst walking but I imagine some people have and it's probably not ideal. Something else to bear in mind is if you are going to adopt a system like that because there are big dry bags that could probably just take everything, And they have rucksack straps as well. The thing you need to bear in mind is that you want to try and keep that clean line principle?

And if you've got these rucksack straps, they're really loosened off big Loops big for potential trees or anything to go into you want to be minimizing that as much as possible. Mine is really good. I can crank it right up. I put them face down. So they're completely out of the way that that thing is secured so it doesn't move And the pull cord that tucks away inside the bag. So it is as clean as it can possibly be. Is it as clean as not having it? No.

But for what it affords me, I think it outweighs that issue to be completely honest. Yeah, just yeah, I wouldn't go investing so much money in it. But yeah just having a system that you can carry a board effectively with your kit that definitely helps quite a lot particularly if you're leading and you're doing this quite a lot, being able to sort of play a long game. I imagine will definitely help you out.

Lee Pooley: 00:28:40

Yeah, absolutely, Tom, it's amazing how much physical demand it does have on you and the impact it has over you on the years. In and out of cold water carrying, and physical exertion it does have its toll on you over the years. Got question for you Tom, obviously, that paddle boarding in it's sense is there's very little protection from the water, if you're in a kayak you can put your kit inside. Do you double bag or do you single bag? What is the things that there is no question you don't want to get that wet?

Tom Westaway: 00:29:14

I mean anything that I don't want to get wet. I put in a really good dry bag. So, I can never pronounce it properly. I don't want to go talking down about brands here, but you've got the typical dry bag it's the first dry bag you buy and they're good. They work really really well, but I was always taught put whatever you've got put it in one of those papery feely dry bags and then put that inside them. That's what I do for like my board bag. Then I've got my people bag: that map, the food, all that sort of stuff, my spare layer, right? Well you don't want that being wet do you? That just goes in my Watershed. I haven't known anyone to have one of them fail on them, really and neither have I, mine's never failed and I fully trust that thing a lot, but you are right, they're so exposed aren't they? Water is just rushing into them and a lot of my guys they'll come off the water and they'll go oh God, how do you keep your stuff dry? And I go well I keep it in this. That looks good. Yeah, you are gonna have to pay for it.

It's like a builder's tools isn't it, that you it costs money, but they work. So yeah, I think if I want to keep something dry it goes in my really good dry bag. There was just one if people are going to listen to this about white water paddle boarding. There's something just popped in my head because this has happened to me three times now, and I don't know if the message is just not out there or people are just buying things without really looking too much into it, but If you're getting into white water paddle boarding, and you're thinking about getting out of the wetsuit and into something a bit more expensive a bit more high-tech. The obvious choice is a dry suit and that does make sense, they do work like there's no point going into all the brands that they're all out there and go and talk to anyone about what is on offer but a couple of people have been on my sessions a few times and they've rocked up in splits. For those of you maybe don't know splits would be like, dry pants or dry trousers and then a dry CAG on top and they sort of bind together in the middle in some way.

If you like kayaking or canoeing, you can kayak in splits because it's essentially a dry suit until you swim right and about it's sort of the same in canoeing. I have paddle boarded in splits and I do find that when you fall off if you fall off from a height and you get this impact like you hit the ground it forces all the air out of your splits and it can come up and what that does is that allows for the water to run in. So if you are paddling with splits, you do

need to be aware that it isn't 100% dry, I actually have started using splits at the moment only because I'm coaching. I'm not spending a lot of time in the water. If someone's going for their British Canoeing White Water SUP PPA or something like that and we're doing some rescues. There's no way I would be in the water being a dummy being a rescue person in my splits. I would be a hundred percent in my dry suit. So if you're looking at trying to make that transition splits are good if you're not going to be in the water, whitewater SUP, you spend a lot of time in the water just have that sort of conversation with yourself.

Lee Pooley 00:32:32

Tom you've given us a extremely great insight into the way that you make decisions about how you pack your buoyancy aid pack your kit, it's not just about whereabouts you put it on the craft in the bags actually how you lash it down as well. Really insightful and I'm really impressed that about that five piece split and before we let you go Tom is always a question and so what's on your bucket list for the next six months?

Tom Westaway: 00:33:03

Ooh, my bucket list. So last winter, I paddled the upper Dart with my friends as kayaker support. And I was on my paddle board. It was quite low. So we took I think the local boys would call it the chicken lines. But yeah, I just wanted to get down but I think my paddling's got better. And what I want to do is I kind of want to put a load of time into that and start seeing maybe me and my friends being on there with one kayaker as safety and then as we gain that understanding and we can learn how to look after each other in the more advanced environment then maybe we don't have a kayaker with us. Maybe it's we're independent now. So on my bucket list, it's very sort of, on one hand that's kind of tunnel vision because it is my local I shouldn't pour too much time into that but I can't help it. It's my local and that's where I kind of want to be.

Bucket list elsewhere. I mean you've got the whole world haven't you so I recently came back from a trip to Albania Montenegro and kind of really think that there's some beautiful places out there and I'd love to be running some trips currently talking with the people out there seeing if we can put something together. I'd love to be running trips out there getting involved with everyone who is out there. I also had the opportunity to be paddling with the European White Water Sup paddlers mainly from Czech Republic the guys who own tambo

and in my opinion, they are some of the best paddle boarders in the world and that really opened my eyes as well. So if I can say bucket list, this would be very intrinsic but I kind of want to be getting to this level where I paddle how they paddle, I approach things how they approach things and that's kind of where I want to get myself really.

Lee Pooley: 00:35:03

Brilliant. Tom, thanks very much for your time much appreciated. I know you're busy and I will take you up on you on your offer very soon about getting me out on the white water in a sup. So, thank you very much and take care.

Tom Westaway: 00:35:14

Cheers Lee. Bye.