

S6 Ep9 Coaching White Water Kayaking – Refining your Technique with Ian Adey

Chris Brain: 00:04

Welcome to the coaching podcast. I'm joined today by Ian Adey and we are going to be chatting about white water kayaking. Hi Ian, how are you doing?

Ian Adey: 00:12

Yeah, good thanks Chris. Thanks for inviting us on.

Chris Brain: 00:14

Yeah, a real pleasure to have you on today. I'd love to hear a little bit about your paddling, where you've been, what you've been doing, and also how you've grown and developed as a coach. So, tell us a bit about yourself?

Ian Adey: 00:26

So, I started off paddling when I was about, I guess 13/14, when I lived in Surrey. So, started going to a local outdoor centre there who did some kind of kids sessions and got stuck in with those really. And I think fairly shortly they realised it was a bit easier to put me and a friend through some instructor qualifications and give us a job than it was to keep us busy on the kids' sessions. So, started out I guess instructing to a degree or coaching to a degree always gone hand in hand with paddling, and then started paddling more for myself as soon as we could kind of drive and a fair bit of time learning to paddle kayaks on the Thames weirs. So, I would say play boating, maybe not too many tricks, but a lot of time playing around and getting thrown upside down on the Thames and then moved up to the lakes, where I live now, 20 odd years ago and definitely kind of progressed more into white water river running. And then, throughout the last 20 years really, a combination of working, coaching, guiding and delivering courses, but also travelling most years to some of the better snow melt spots

to face the white water and spend as much time on the river as I can. In the last few years, mix of open boating and white water kayaking but definitely, if it's raining, I'll grab a white water kayak and go out to play. And then, a couple of years ago, decided that it was time to set up my own business to kind of now work solely for myself, running coaching courses.

Chris Brain: 01:56

Amazing and I know you're super experienced. We've been out on the water together and you are a really, really skilled paddler and it's just great to see you in action and you've got so much technical knowledge and understanding. I'd love to dive into that today. One of the things that I think would be really interesting for us to explore are some of the common misunderstandings and myths sometimes that people have around white water paddling and I know that when I'm out coaching myself, people sometimes misunderstand some of the basics or they misapply it. So, I'd love for us to chat a little bit about that and to hear what you think and, of course, how do you then deal with it in terms of teaching people, coaching the technical, tactical basics so they get it right? Where do we start? I'm wondering if we kick off a little bit about edging and leaning. What are your thoughts on that?

Ian Adey: 02:50

Yeah, good spot. We, I guess, put a statement out there that I think from observation and playing around people rarely edge a white water kayak at kind of a performance level and most of that's coming through leaning the boat. And I guess to give people a bit of a definition, if we talk about edging, is kind of keeping our body pretty much upright in the boat and putting the boat onto its side. So, kind of bringing one edge high out the water and one edge lower down. And leaning being that we keep our body, I guess, at 90° to the boat and lean over to the side and the boat follows us with it. So, if we're kind of leaning through a turn, if you were to take a photo, you could kind of orientate that photo, twist it, and the paddler would look like they're upright, or you could just lay it over to the side, and there's kind of the boat's definitely following the body through there. So definitely, a common theme I see with people, particularly at the introduction stage of white water, or as they're developing their skills, is they're being told to, quite often through kind of mismatch of words potentially, trying to edge

the boat rather than lean it. And that causes a few kind of interesting things because any sport that involves some kind of carving or gliding, the more I can lean the boat, the more I can encourage people to lean it rather than edge it, we're going to encourage people to kind of start with their bodies. Whereas, if we're getting people to edge the boat, we end up in almost a precarious balance position where we tend to be waiting to see what can happen, rather than with a bit more of a lean of the boat originating from kind of head, shoulders. We can kind of fling the boat around ourselves a bit more, and that's quite a common one. I've often seen it coming through even at a more kind of performance level. So, as people are developing their skills to start progressing into some steeper white water and they're potentially coming off or looking at boofing or launching their boats off some drops, that ability to reach down into the water when we're on a drop because I think most drops are pretty asymmetric. It's quite often that the angle that the water's at on the lip of the drop isn't horizontal, it'll be higher on one side and lower on the other. And, typically, we'd end up kind of charging up to come up the highest part of that drop. So, therefore, we're normally planting the paddle into the water on the side that's lower than us. So, quite often that ability to really be comfortable leaning the boat to reach down and get the blade into that water to be able to drive the boat off from there.

Chris Brain: 05:38

And this makes so much sense for me. If I think back to when I was learning to paddle myself, often this idea of edging a kayak felt like very much a static skill. So I was learning to balance on the spot. It felt for me the equivalent of trying to stand on one leg and that kind of shifting your body weight and your balance around. So, as soon as I got onto the river, I really recognised that what I was trying to do didn't feel like what was actually needed. So, I was trying to do this static balance of keeping my head in and sort of sit up in my boat, whereas I totally recognised that what I needed to do is what you've just been talking about, the idea of rolling into the turn, kind of letting your body carve out almost into it. I visualise it a bit like I would do on a bike. I don't actually ride a bike very well. I know you can ride a bike, but when I think about coming around a corner on a bike, I know that I want to put my weight into the turn. So often I think we can use this term edging and leaning as if edging is the right one, leaning is the bad one. But I totally agree, we often want to lean into the turn.

Ian Adey: 06:54

Yeah, and I think putting that concept across really early on in people's paddling. As we're kind of crossing those eddy lines which tend to cause most capsizes or most wobbles or most sort of unstable moments in paddlers sort of early on in their careers as they're coming across that if we can encourage people to kind of keep the boat flat and drive across that eddy line, then as the boat starts spinning then they can commit and lean into the turn and it's normally those kind of spin points that make the biggest difference and by leaning into it we get all of that kind of control and stability. I think progressing on from that as we cross those eddy lines or we land the drops and have a little bit kind of forward speed over the water and the boat kind of picks up by sort of leaning into different quarters of the boat and maybe we're leaning over the front quarter of the boat. We can start to engage those rails to get it to change that shape of the turn for potentially setting up tasks where people can have a bit of a play with unweighting the front of the boat, weighting the back a little bit more and playing around from there.

Chris Brain: 08:05

So, as a coach then, how do you find yourself managing this? What do you set up on the water to really help people get it?

Ian Adey: 08:17

Yeah, there's a few things actually. I think modern boats are way wider and way more stable than older boats. I think, even if we look at sort of boats, anything from the year 2000 onwards, I guess, and most boats beyond that now are pretty brittle if they're still around, but any of the kind of modern, wider boats that start to have rails and I think one of the key things for me is people having confidence in the ability to be able to lean the boat without worrying about falling in. And a few simple tasks I quite often do is just to get people to pop the paddle across their spray deck so the paddle's flat in relation to the water and just have a go at leaning to the side where they've got the paddle as a bit of a clear marker so they can see, okay, I can pop the paddle across my deck, lean right or left. And if I just get the paddle to just hover at the surface of the water as they lean it, it's going to give me a really gentle lean. And when people are

happy doing that, we can start raising the paddle up a little bit more. Maybe pop their hands underneath it or even their fists underneath it. So now the paddle's sat maybe a foot above the water. But if I lean across to the side and generally speaking with most paddlers' height and most sort of modern boat widths, you can lean the paddle or lean the boat really quite comfortably a fairly long way over, and getting people happy and stable in that position from there. And then as people progress, linking that into the ability to then drive and accelerate the boat from that position. So, maybe we're starting to paddle around and just paddle on the inside of some turns as we're leaning into that. Maybe do some circles on flat water as we're kind of letting the boat start to spin, but counteracting that just with a bit of acceleration on the inside of the turn or being able to then actually commit to a larger sort of more powerful paddle strokes to let us to pull out of that turn as we kind of commit to that side.

Chris Brain: 10:10

And are you encouraging people to think about what's happening in the boat or is it more about what's happening out of the boat? I'm just thinking back to when I was developing my skills on this and it felt very much like the message was lift your knee or lower your knee or it was all about what the knees are doing inside the boat. Yet again, I felt like when I was doing it out on the river, it was actually quite different to that.

Ian Adey: 10:36

Yeah. Yeah, definitely and all of those things do work to a degree and we do do all of those things and they're definitely not non-existent. There are times when we will pull up on our thigh grips on one side to help change the shape of the boat in the water. But, for the most part, what I'm trying to do is get people to engage their weight down into the boat because I want their weight to be over the lowest part of the boat because that gives them the most stability in it. So rather than trying to lift the boat, I'm trying to get them to weight over the side of it. So, if I want, let's say we're playing around with some turns, even on flat water or some eddy lines, we're having a play with reaching out over the side of the boat with the top of our body, but we're actually kind of sinking our weight into the rails on the side of the boat.

Chris Brain: 11:23

Yeah, that makes a lot of sense to me for sure. I'd be interested to hear what you think about vertical paddles as a white water paddler. I'm thinking for a whole range of skills there really, but of course primarily thinking about making the boat move forwards with some purpose and I just know that I think I've had this myth busted on myself before about whether or not I actually use a vertical paddle when I'm paddling forwards. So, before I tell you too much about what I think, what do you think?

Ian Adey: 11:55

Coming back into it at a really basic level, I want my paddle strokes to be as effective as I possibly can. And for me to be able to do any movement effectively, I need to get my body into a position where I can push or pull as hard as I can, and if we kind of think through a paddle stroke, we've got a top hand and a bottom hand. As soon as my top hand crosses over my face and kind of goes beyond the further beyond that sort of central position in line with my head, my elbow starts swinging across my body and my shoulder comes into position where I'm just not able to push or pull anywhere near as powerfully. I guess, if you have a think about doing some press ups, if you to move your say right hand over to your left-hand side, it's starts putting loads of pressure on the outside of your shoulder joint. So, whilst a vertical paddle the concept is great that we're going to get less turning effect from a paddle stroke and more drive going forwards, we have to offset that with a balance that, as I move my hand too far across my body, I start to lose a lot of my strength to be able to push from that. So, there's the balance between the two as we go, and also as I start kind of contorting the top half of my body, I quite often see that people that are really focusing on just trying to get the paddle vertical as they paddle forwards end up reducing the amount of kind of core motion they're getting and engagement. It becomes far more sort of centred around the arm joints, rather than engaging kind of the core to be able to swing and use the lower body. And you'll see some, if you look at any online photos of people flying off the top of drops and look at all the top paddlers out there like Nouria Newman and Aniol Serrasolses, any of the top folk flying off the lip of the drop, classically the freeze frame photo as they're taking that kind of key stroke on the lip and you'll look and their paddle will be pretty much 99% of the time be absolutely dead

vertical in the photo, but then when we actually look at the shape of their boat and their body, everything's lent over to match it. So, whilst the paddle is dead vertical in the photo, if we're kind of took that freeze frame photo and just rotated it, they're quite a long way off that vertical paddle. So, kind of coming back into that leaning concept, I guess that the more you lean over, there's other advantages that that can come into that, particularly for those kind of key, important strokes we take on rapids. And whether that's like flying off a big waterfall or just accelerating the boat off the side of a small rock on the river, getting out over the side of the boat can get the advantage of the vertical paddle but without the disadvantages that come with contorting body movement a bit.

Chris Brain: 14:57

And I think I certainly had that highlighted to me myself. I remember teaching quite a while back going quite a number of years now. Vertical paddles are definitely the thing if you're making that boat move forwards. And it was during a coaching session where somebody said, "Yeah, but you don't do that that much, Chris." And I was like, "I think I do, have a look." And then they said, "No, no, I'm watching you and you're not really doing it as vertical as you're saying." And it was only when I videoed myself paddling and I had a look at it and I was like, "You know what? They're totally right. I'm only ever vertical paddle when my boat is slightly on edge a bit", on edge just like you've been describing there. So, it was really interesting that what I was telling people to do was definitely different to what I actually did when I was just out there paddling and not really thinking about it. Do you find that's really common with people?

Ian Adey: 15:53

I still have that challenge. Definitely when I started out coaching, I was repeating the information that I had been given as I learned to paddle. And it took me a while to kind of go actually that's not what I'm doing. Am I doing it wrong? And then looking at other people, going actually they're far better than I am. Their technique is really slick. Maybe what I'm doing is actually what they do and not necessarily what's always been said and definitely a key part for my coaching development was being able to go actually questioning what I'm told or what I thought and matching it against it. Making sure that what I put across or teach in my coaching is what is being done at the top level of the

sport. And looking back and going actually the techniques the top folk are doing are the same that we can do on grade 1, grade 2. We don't need to re-learn how to paddle or use new techniques on harder white water. We can introduce those really quite simple body movements and simple strategies right early on as kind of people's introduction to getting in a boat.

Chris Brain: 17:06

And you're totally right what you said before that boat design has changed. So, I think it's true that what we did pre-2000, like you say and I was pretty new at paddling at that sort of stage, pre-2000 is definitely different to what we do now. We think of the vast majority of modern creek and river boats being really, really high performing and actually completely different to paddle to some of those boats from the late '90s. The technique is different.

Ian Adey: 17:38

Someone challenged me on this the other day. We had a really mixed group of boats on the water and I looked and thought, which of these boats are the concepts applying to? We were looking at how if I jump into an older boat now and paddle it with the techniques that I use now, actually the boat does perform. It's only when the boats get really, really narrow that my ability to kind of get out over the side of the boat becomes reduced, as I start to just worry about tipping in and if I've not got that blade pressure to support me, I'm backing off a little bit. Yeah, I think, like you were saying about when you watch yourself on video, we've got that option now as coaches and it's super useful and one of my jobs at the moment I've like few video clips of that I've taken or used myself recently and actually I'm doing something funny with my top arm at the end of my boof stroke and it's really bugging me on the videos, that ability to go right okay I can go and fix that and over the next few weeks. I'm going to try and create a little opportunity to go right I want to go out, film myself, tweak, make those tweaks and changes and that video for self-analysis for ourselves, but also for our students can be really key.

Chris Brain: 18:53

Do you find yourself using video a lot when you're coaching? And, if you do, what are you actually looking at when you're using that?

Ian Adey: 19:03

Yeah, I think video definitely has a place, but I think there's the temptation and as I was developing some coaching strategies and early on using video, I became really reliant on it with students. And I think I definitely use it a bit more sparingly now than I did and I try and focus the students' viewing of the video to focus on a really key aspect of it. So, frequently before people look at the video, I've got them to maybe think through what they're expecting to see, because it's really easy to kind of develop a situation I find where we're relying on looking at the video for our feedback to know what we need to tweak or change or what worked. And, that's great if we always had the video camera there, but as we're out paddling and playing for ourselves going, if I can get that feedback kind of intrinsically or I know that I did this and the effect was that and then looking at back and going, I'm going to use the video to confirm that or I'm going to use the video to just highlight a really specific part of it. To go from there or just using the video to show they absolutely aced that move. It's just really cool to have a nice little photo, a nice clip to go with it.

Chris Brain: 20:17

And do the students respond well to that? Do they really get a lot from the video, do you think?

Ian Adey: 20:23

Yeah, I think so. There's definitely the potential that people can look on it negatively sometimes because there's that, we ran that rapid or we got down that drop and we got loads of success because we're upright at the bottom of it. And, for a lot of people, that may be the outcome that we're looking at. For other people that are going to look at that video and go, I am gonna look at that, but if I focus on my posture at that moment, there's always something that we can tweak and change. So, I think video can be super useful but we just have to be a little bit cautious in how we're using it and

I've definitely become more reserved in using it for key parts, rather than just looking at the picture the whole time.

Chris Brain: 21:08

And do you find yourself repeating rapids quite a bit when you're coaching white water, especially if you're going to video them and getting people to do that again? Do you find yourself using loops around to do drills in that sort of way or is your coaching more based on moving down the river as such?

Ian Adey: 21:27

Really depends on the person I'm coaching. There is a massive benefit in repeating and going again. We can get loads more practice in in a time window and we get the opportunity to make a small tweak, try that move again and just develop the skill in that. But it's really physically hard work, like lugging boats around even if we are using venues where the carry is really short, it's an easy eddy to get out and get back in. So, frequently, we'll end up doing a few laps on a feature and then moving down to another one to apply kind of the same technique in a slightly different setting. Massively comes down to people's fitness, motivations and what they want to get out of the day as well. But yeah, I think the more laps you do on a feature, if you're trying to develop your skill, the quicker you'll get in the time frame.

Chris Brain: 22:21

I'd love to hear your thoughts about crossing eddylines because I do think there are things that could be misunderstood or misapplied with this. What are your thoughts?

Ian Adey: 22:31

Yeah, definitely. Top tips, I guess, is the times when I see people absolutely nail the move and fly across the eddyline into the eddy, as opposed to when people either struggle to catch an eddy or they're putting more effort into it, they're getting a less predictable outcome. It's generally about when the boat does the turn. So, inevitably, if we talk about coming downstream into an eddy, for example, if we can keep our boat moving across that eddy line, through the slow water and do the turn in the back of the eddy or once the boat's crossed the eddy line, we're well into the eddy before we're

spending less time on that unpredictable zone on the eddyline, but we also have way more control. If we allow the boat to spin on the eddy line, we get probably into the eddy, but we've spent more time in an unpredictable zone. We've had to do a bit of a turn in a position that's dictated to us by the river. And then, at the other end of that, we quite classically see this with paddlers early on in their paddling or paddlers that paddle predominantly in slow, white water where there's less speed, that as we head downstream we do the turn in the flow and then kind of shuffle sideways over the eddy line into the eddy. So, when I'm coaching people to improve their ability to kind of catch eddys or cross the eddyline, all of that sort of angle and speed that we set up at the top or upstream of the eddy. So, ideally that even if they were to fall over once they've crossed the eddyline, we're actually now into the eddy. So, we're approaching that with enough speed and keeping the boat relatively flat because the more I start leaning my boat, the more that turn's going to happen. And actually, what I want to do is keep my boat as flat as I can get away with to allow it to kind of skim over the eddyline, carve into that eddy and kind of plane over the surface. And then, as the boat starts turning, I can then lean into my turn. And, I guess, frequently I'll set up tasks. So, actually we'll find a large eddy, maybe pop a few markers on the bank. So actually, our aim is, can we come into that eddy, keep our speed up and skim all the way to the back of it? And, if we want to tighten up our turn, then we can get further over the front of the boat, adjust our trim, engage those rails in the front quarter to tidy up.

Chris Brain: 25:04

It's so interesting listening to you talk because I feel like I'm reflecting so much on when I was learning to paddle white water and I really remember that the impression of the move that I'd got that I was trying to make when I was getting that eddy was to do a spin and a land in the eddy. It's like go over there, cross the eddyline into the eddy, sort of skid around and then land in it. And that feels really different to what you're describing now, which is genuinely driving over the eddyline like you say, almost flat, to try and get into it to get to the back of it. It feels like a completely different outcome that you're looking for there. And that would have been so helpful for me to have heard in the early days for sure.

Ian Adey: 25:50

The same leaving the eddy. Rarely do I want to spin on that eddy line. Most of the time I want to kind of really get my boat up and over that wall of water out into the more predictable flow and then, once I've done that, decide whether I want to do a tighter turn to head downstream or actually I want to just carry a bit more momentum across the river. Setting up some really nice things for people to practice is kind of you find some nice clean midstream eddys where you can build up loads of momentum from one side of the river. Kind of catch that midstream eddy and then use that momentum to sort of slingshot out the back of it and across the flow on the far side.

Chris Brain: 26:33

Another thing I'd like to chat to you about if we can are the skills that you think might have changed over the years. We're talking we've been going back quite a bit on this to the late 90s big changes in boats and performance and how we paddle. Are there any key changes that you've noticed in how we paddle from that kind of era right through to now? I mean, any skills which you think we're better at, but anything that you think we might be fading away a little bit on as white water paddlers?

Ian Adey: 27:02

I think the biggest change I see is just in how proactive people are in boats. So, moving away from kind of a more common strategy of bracing down rapids to actually we're getting our support from accelerating the boat. So, rather than kind of using the blade as a support through those kind of moments, reaching forwards, grabbing hold of the water and kind of accelerating the boat, getting some blade pressure to drive it out of kind of wobbles or to accelerate the boat over features, rather than kind of bring everything in tight and embrace our way through bits a bit. I think that's probably the biggest thing that's opened up control in steeper or more challenging environments is people are now accelerating the boats over the surface of the water rather than it more commonly. And this happening right the way down to sort of almost not far from introductory introduction sort of to white water now. People are now really early on in their paddling being able to just drive the boat over small features, eddylines, small waves and drops, keep the boat on the surface of the water. It's kind of the evolution

in boat designs helping keep the boat on the surface, but also the evolution in tactics people are using of just driving that boat to get from there. And as skulling for support and high braces die away, fortunately we're getting into a far more proactive paddling style of getting that support from being over the front of the boat.

Chris Brain: 28:44

It really does look different to me out on the water and if anybody's listening, they're not quite sure what we're talking about. Maybe you're a bit newer to paddling in the last few years, it's really worthwhile looking at a video on YouTube of paddling from the mid 90s, early 2000s, and there's nothing to take away from the achievements that are going on there, but if you compare that to the way that modern boats are being paddled, it's completely different, isn't it?

Ian Adey: 29:14

It's really cool to see and there's loads of videos out there from the top end of the sport, but also videos of average people from the average end of the sport going to places that we still go now and just having way more control and way more success. I think just way more leeway in those environments to go from there. I think is there anything that's kind of coming back I think going back to your point there with kind of the resurgence of people paddling more half slice boats. I'm really happy to see people falling over more and learning to paddle again on grade 3. I think there's definitely an era where it was common to see people not fall over and therefore learn to paddle in more like a lot of the learning was happening more towards the grade 4 environment where because the boats were looking after people so well that you didn't often fall over until it got into a more challenging setting. So, whereas now it's way more common to see people paddling slicey, more performance boats, that learning curve is happening more often on grade 3 areas. So, people are falling over more in settings and developing their roll in potentially a less consequential setting. I think there's a little while where it was common see harder white water run with more reliance on the boat. It's definitely the average thing that you're watching on YouTube with people paddling and they're falling over doing tailies, making errors and learning loads of skill in a lower consequence environment and then taking those skills as they move into more challenging white water with just a more refined skill set.

Chris Brain: 31:03

So how important do you think it is to learn to play the river then? So surfing, side surfing, tailies? I'm not necessarily talking about freestyle tricks, but something different from just going top to bottom and keeping your speed and boofing on the way down. I know for me it's had a big impact on not just the way I paddle, but the competency that I have on the water. A lot of it comes from being able to surf and side surf and that early apprenticeship in playing on the river. Is that still as important as it always has been?

Ian Adey: 31:35

Yeah, hugely. I think one of the only ways to develop a reliable roll is to end up getting knocked over in lots of places, and a reliable roll that you're going to come up from whatever position you go over in. You're kind of halfway through one of the options that you have for coming back up. But beyond that, just developing the comfort as the boat's maybe getting the tail loaded a little bit and it's in a slightly unbalanced position that becomes a more normal and more normal experience where are you going to then reach forwards and pull the boat flat again or are you going to actually go, I've gone past the moment where I can save this. I'm better off kind of continuing round to just roll the boat and bring it round another way. I think just massively increases people's comfort kind of rather than surviving that they're just playing, I think it's probably the best word that we can get so much more development in our boat handling from playing around on the river rather than from going top to bottom. I realised a few years ago I was like, I think I'd done over a year of paddling and I suddenly went I don't think I've actually rolled in the last 12 months and partly because the boats I was paddling at the time and that involve sort of trips to Nepal trip to Italy like some work and guiding some cool places and some personal boating I realised that I really wanted to challenge that and then got in a half slice boat and was like cool I'm now back into that just falling on my head multiple times a day. It massively improved my confidence actually going from maybe a bit cautious about I don't really want to get stuck in that hole, to going if I do that's less of an unusual event. Just play around a bit more.

Chris Brain: 33:32

Well, there you go, you've heard it, you've got mine and Ian's endorsement to get yourself into or buy a half slice boat or a playboat for sure. I think it has a massive impact on everybody's skills, just being able to surf and use waves. Like I say, I'm not talking about freestyle, but just talking about being able to use the river and feel comfortable if it starts to go a bit wrong. I think it's important.

Ian Adey: 33:58

Yeah, hugely. I think just when people get to the level where they're relaxed playing in just not big huge features at all but just small waves and small holes and that becomes a fun challenge, their boating just improves phenomenally in a really short window.

Chris Brain: 34:17

So, what do you think are the most valuable skills that a white water paddler could develop?

Ian Adey 34:23

Good question. I think a roll has got to be up there and a reliable roll got to be up there. But probably coming down to decision making is really key. So, actually, I think by that I mean really understanding what the water's doing in the rapids. So, that ability to either from a boat or from the bank scouting, just that really precise analysis of what the water's doing in a 3D setting where it's coming to the surface, where it's being pushed under water, where it's kind of bouncing into a rock and deflecting back, and then taking that to be able to work out what that's going to do to your boat and what that's going to do to your boat if you're on line, or what that's going to do to your boat if you're off line, to help making that decision making, and I think linking that into just being able to look further ahead as we drop down the river.

Chris Brain: 35:24

Absolutely, I really agree with so much of what you've said today and you've made me really reflect on my own paddling, my own journey and taken me back to some of those early days certainly when it comes to some of the misunderstood basics. Ian, it has

been absolutely fantastic to have you on today. You brought so much to it. Thank you so much for being on board.

Ian Adey: 35:46

Thanks a lot for inviting us Chris, good to chat to you.

Chris Brain: 35:49

Great stuff. I'll see you soon. Thank you.

Ian Adey: 35:51

Cheers.