

Chris Brain: 00:15

Hello and welcome to another episode of the coaching podcast. My name is Chris Brain and I'm joined today by Gaz Wilson and we're going to be chatting about all things coaching rafting. This is really exciting for me today because this is an avenue that I just don't know much about at all. So, I'm in the learning seat just as much as everybody else. Gaz, welcome to the podcast.

Gareth Wilson: 00:33

Hi Chris, good to be back, thanks for having me.

Chris Brain: 00:27

Yeah, your previous podcast was so popular, people were really interested in it and I got a few requests to see if we'd get you back on to chat about something else if you wanted to. We couldn't do another slalom one so we thought we'd go with a different avenue of your experience and your expertise so we said we'd chat about rafting which I'm hoping today is going to be really interesting and get a completely different set of people listening to the podcast because we haven't had anybody on about rafting this season so far. So, could you tell us a little bit about your background in rafting and coaching rafting and how you got into it?

Gareth Wilson: 01:11

Yeah. Yeah sure. So, I have to admit coaching rafting was a few years ago now, but it's an important part of my coaching journey. It was the first time I really coached an elite team. It was the first time that I coached at an international competition. We went to the World Championships in 2009 in Bosnia. It was a really great experience for me both as a coach but also bonding with a team. So, how did I get into it? So, I suppose I got into it because of relationships. So, I've always been involved in canoe slalom. I've had an interest in coaching since I was kind of coming towards the end of my career, and a friend called Paz Blackwell, he approached me and said, "Look, I've got this thing going doing this rafting gig. Would you be interested in doing a bit of coaching because we work in a raft with six people, you work in a doubles canoe. I think there's some similarities. I think there's some crossovers. Maybe we could learn something from your experience in a canoe." And I was like, "Do you know what? It sounds like a really interesting challenge. I've been doing some work with Paz through the summer. So, we've become friendly and from there what turned out what started as I say this with quotation marks, a masterclass in forward paddling and synchronised paddling as a crew went on to become coaching these guys relatively full-time. Managing their program from technical skills on the white water to kind of overseeing some kind of physical stuff and having some kind of psychological input into their training as to how they were going to operate as a team and being clear on what their goals were, being clear on how they wanted to be on competition day, understanding each other as people and athletes and competitors so they knew what to expect of

each other on that race day. So, that's how it started and I stayed with that team, I think it was for three years with various iterations through team selection. But it taught me a lot about myself as a coach because I was coaching people who were older than me. I was coaching people who knew more about the sport than I did, and so it allowed me to come in with a real kind of open and curious mindset. So, great opportunity and it set me off, that started my coaching career essentially as a volunteer coach with the British rafting team.

Chris Brain: 03:48

Wow, that sounds like a really great career and a really interesting set of events and coaching experiences on the water as well to add on to the things you'd already got through slalom as well. So, yeah, a great apprenticeship there I think at the deep end by the sounds of things.

Gareth Wilson: 04:04

Yeah, for sure.

Chris Brain: 04:06

So, for somebody who doesn't know, and I'm including myself in this, how does competition rafting actually work?

Gareth Wilson: 04:14

Yeah, so competition rafting is really diverse and it's one of the reasons why it's really tricky to coach but also tricky to excel in. So, you have a number of different events that make up the competition. You have a sprint and a head-to-head. You have a slalom and you have an endurance event. So, in the sprint you might be going all out in the raft you are going by yourselves as a raft. Top to bottom time trial probably lasts around 60 seconds, maybe a little bit less depending on the venue. All the way to the downriver endurance that is up to four rafts going at the same time in either a Le Mans start or a sailing start held on the river. So, you're racing in pods but this time instead of going over 60 seconds you're racing down a big white water river with competition around you but it can last for an hour/70 minutes. It's minutes worth of concentration. It's minutes worth of mental toughness and discomfort, so the range of the disciplines is huge. So, to summarise the four sprint by yourself, head-to-head racing against another raft, really close proximity over that same sprint distance. It's adversarial. It's exciting. The rafts come together and you are literally fighting for water on that inside trying to get your paddle in and trying to get your paddle in ahead of the other raft is pushing you it is amazing it is like gladiators on water and then the slalom obviously for me the most familiar discipline it is about going around gates and being really, really accurate and the down river is that mental and physical endurance test on the way on the river. Could be laps racing as well as some of the artificial venues, but the best ones are definitely on the big rivers where you go point to point and you get to be in nature in the environment in the mountains. I remember being with the lads in Costa

Rica and doing jumping on the raft with them one day, kind of scouting the river, making plans as to lines, etc. Beautiful. You got to appreciate what you get from those types of races as well as the competition that you experience. It's like the competition and where you are is it's pretty incredible. There's probably one more thing to actually say about rafting is that there's two types of disciplines. There's the R4, so a four-person raft and an R6 six-person raft. The size of the rafts are slightly different as you can imagine, the R6 a big heavy boat especially when you've got six blokes in there. How you think about momentum, moving the raft around the river is probably slightly differently to how you would approach the R4. But both of those disciplines take on all of the events.

Chris Brain: 07:14

Wow, that sounds really, really cool. It makes me think, why have I never done this before, actually? So, maybe that's some homework for me to jump in a raft at some point and crack on and give it a go. So, how do you actually get six people working together? Because it's not an individual sport like freestyle or white water or slalom. How do you actually get these people doing their thing?

Gareth Wilson: 07:38

It's a good question and I would say back in 2008 2009 when we were working together, this was our main objective because you've got to make this massive raft that doesn't want to do the things that you want it to do. My experience in slalom is like you get the boat up to speed and the boat is designed to kind of glide. Every time you put in a stroke in a raft, the boat instantly starts to decelerate almost to zero. And yes, every single stroke is about picking the boat up every single time. So, how do you get people to work together? So, it absolutely is a team sport. First thing I think that we tried to work on is what our goal was. Once we kind of aligned around that, we went to real basics in terms of what are people aware of in the boat?

So, as it's moving forward, if you're sat in the front of the raft, it has a completely different feel to what is happening at the back of the raft. And there's a different appreciation of that. So, you're not only kind of separated by the meter and a half, two meters between the front and the back person, what you experience in those moments. It might feel like the raft is coming towards you or it might feel like you're putting pressure on the other side of the boat. So, how you kind of work together and communicate what that's like, but also work intuitively as well in terms of when you're feeling something happening in the boat that is to the detriment of the objective, whether that's the sprint or whether that's the slalom, you being able to raise your awareness of okay, it feels like the boat is doing this and therefore if I can do that, that contributes towards the overall thing as well as, I suppose that the endgame of when it goes wrong is people start shouting at each other. I'm not saying that that always happened to those lads or the teams that I've worked with, but if you're not able to communicate as a team, if you're not able to kind of give feedback to one another and

problem solve quickly, efficiently, calmly, then the team quickly falls apart. So, a big thing was communication within the team. Within the raft there was a team captain and that captain was somebody who might have been the liaison with me as the coach but it was more about speaking to everybody helping them understand what everybody is experiencing, feeling and then problem solving. I suppose the final thing I'd say about it is it's really complex to make the raft go forwards in a straight line before you start doing any turns for kind of slalom before you do anything with a head-to-head kind of where you're in battle with another raft or going around a buoy with another raft. But if you can work on that basic bit to start in terms of you can understand how to make the raft go forwards relative as efficiently as possible then that's a really good foundation to work from

Chris Brain: 10:35

And I'm just thinking my reference point really is commercial rafting. So, maybe six novices, people who've never paddled before, heading down a river with a raft guide at the back. And from my perspective, I can see that the raft guide at the back has got all of the control of the steering of the raft and which direction it's going and they're shouting out instructions and you mentioned the team captain then and I don't know does the team captain always sit at the back and are they in charge of the steering or is it really that it's completely a team sport and that everybody is in charge of steering control power the speed? How does that work?

Gareth Wilson: 11:14

Through the period that I was there, Pas was team cap and he sat on the front right of the boat and that's not because the captain needs to sit there. That was because Pas was the captain and that was his position in the raft. Everyone has really specific roles in there at the back, to use the commercial rafting analogy or reference. Those people have the most influence over the direction of the boat to a degree. It's easier to kind of push the boat around. You can pry hard off the side of the boat and pivot the tail of the boat round. But what the consequence of that is it makes it harder at the front because as that boat's pivoting, can you imagine in your kayak when the boat's not tracking around a corner and you're working really hard to try and get the tail behind you? It's like imagine that but with over 200 kilos of weight in front of you, or if you're in the front, you're trying to pull 200 kilos of weight behind you. It's not very easy. So, everyone has their roles and I suppose I'd describe it as everyone understood the influence that they could exert over the raft. Yeah. So, the middle positions which are a really important position, they can create grip and tension within the raft because they can keep the blade in the water when other people might be thinking more about turning the boat or something like that. They can really anchor the boat in the river where it needs to be to prevent any kind of slipping momentum in the way that you don't want it to go. So, yeah, I don't know if that answers the question. It's understanding how people influence the boat and therefore how they work together to influence the boat as a unit, as a team to get to the objective.

Chris Brain: 13:06

If we can think about something a bit more technical now. So, I'm interested as to how do we make this raft move efficiently? Like you you've given us quite a lot to go on already, but when you're coaching rafting, are you mainly focused on teaching or coaching forwards paddling or is it steering? Are you doing this all at the same time? Because of course you got six people doing their thing. So, how much do you focus on technique?

Gareth Wilson: 13:35

So, this is exactly where I started with the team. Because in rafting it's a really unnatural position. So, for anybody out there who knows about flatwater canoeing, as in sprint racing, in a sprint canoe, if you're a righty, your left leg would lead and you would kneel on your right knee. And that creates a nice open position for you to kind of rotate to the front of the stroke and unwind around the blade and I'm not going to try and talk about flat water skills and technique because that's not my forte. But the principle of kind of moving past the blade, you're in a nice rotated position. In a raft, it's the opposite way. If you're a righty, your right leg is forward and you're almost at the end of your rotation as you pull the blade back to you. As you fix the blade in the water, rather. So, we tried to work out ways of becoming as connected as possible to the raft. You imagine you're sat on something it's a round inflatable. You get in your kayak I can imagine Chris when you're going kayaking you get in your boat you ratchet in I don't know for your white water ratchet in you get that back rest nice and tight. It fits a glove right? In terms of rafting, it feels like you're sat on this slippery piece of rubber that at any moment you could just fall into the boat, you could fall out of the boat. So, connection was one of the first things that we worked on. And then the next part was like how do you leverage the biggest muscles in your body in the same way that you would in a kayak in a canoe but in a position that the raft doesn't really enable you to do because you're in that closed position, you can reach forward but you run out of kind of space to kind of rotate into because everything is happening in front of you. So, for us, top arm connection became massively important. You're sat really high in the raft, so actually getting the blade down and deep enough into the water to get a really good fix on the blade was a really important kind of element of the skills that we focused on. We did a lot of video work of looking from the front of the raft and the feedback was always trying to make sure that we can't see the top of your blade as it's going into the water. And I suppose the last bit of forward paddling skills that we really worked on is that it's great if one person has awesome or perfect technique if there's such a thing optimal kind of skill around their forward paddling, let's say but you need five other people to kind of be in sync with that. So, how you kind of coordinate the skill of putting the blade into the water with a person who's next to you and then four people who are behind you, you can only do that through kind of like the cues that you're presented with and we broke that down. Sometimes there was a beat, like a dragon boat drum, we had a beat like a metronome to try and bring people's attention to the timing. And eventually we took that away to allow people just to focus

on unleashing the skills that they'd kind of practiced on flat water into white water and into racing.

Chris Brain: 17:02

So, is everybody always paddling in a synchronised fashion or are there quite a lot of moments where I don't know the front people are going at a higher cadence than the back people because they're doing a shorter stroke and the people at the back are doing a longer stroke. In my mind, when I visualise a rafting team moving, I'm thinking everybody's paddling on that beat like you say. But is that actually not the case?

Gareth Wilson: 17:26

That's a really good question and it's a horrible phrase. It depends.

Chris Brain: 17:31

It's okay. We say that a lot on the podcast.

Gareth Wilson: 18:53

So, I'll try and give you an example of when it might kind of change and when it's appropriate not to be in sync. So, if you imagine in the raft you're on a slalom course. So, the slalom course looks like you would see canoe slalom at the Olympic games or wherever. The gates are obviously much wider; they look like drain pipes rather than sticks. but the principle is the same. It's about doing upstream manoeuvres where you've got, like I said earlier, a very heavy raft. As you come in, the momentum's coming from the fast white water into the eddy and the boat doesn't carve, it doesn't grip. All it does is it wants to keep on going. You imagine those rafts that you see at the Tryweryn or at Holme Pierrepont, when they go into the eddy, they just keep moving at the wall, right? The job of the team is to try and get around that upstream gate as quickly as possible and get rid of all that downstream momentum. And to enable that to happen, earlier I said about those middle people, they fix the raft, they keep the blades deep. There's not a hard and fast rule, but when you're coming around an upstream gate like that, you might have people on the inside who are not paddling forwards, but they keep creating pressure on the blade. They're trying to make sure that their blade doesn't lose pressure and cause the raft to slip anymore. The people on the outside though, they might be doing a combination of keeping the blade deep. They might be prying, pushing, punting. There's lots of different ways of achieving the outcome of getting around the upstream. So, I've said a very complex version of yes, lots of people do different things. You're probably only in sync when you're in synchronisation across six people as you're moving in a relatively linear direction, i.e. downstream down the river, but even then you will have people drawing, you'll have people tweaking, you'll have a little rudder or a little pry or something like that to keep everyone moving in the same direction. So, the synchronisation is about the objective of the boat, but you might have six people working in slightly subtly different ways that synchronise around the single objective rather than them being perfectly in sync you

would see a dragon boat or the way you would see a K4 on the flat water or a C2 in Slalom.

Chris Brain: 20:10

It's really interesting hearing you talk about this because I feel like we're trying to take something that isn't really designed that well for the environment to carve and turn and like you said, you don't have much connection and make it do something really quite complex and exciting in the water. It's quite intriguing. I really do need to have a go. I've only been in a raft a couple of times and I really need to get myself on there and find out. I'm sure of that now. So, whenever we're coaching recreationally or at a competition level, there's often things that are going on the water as well as going on off the water to build that holistic package for the paddlers in this case. Where do you split your time? Is it technique driven coaching? Is it about coaching the people and the personalities and the leadership off the water? Do we do a lot of stuff in the gym as well for rafting? and I know the answer to that one because I've seen them in the gym before as I've been walking past. But where do you spend your time?

Gareth Wilson: 21:16

Ultimately depends on how much time you have and kind of what the priority is. I was fortunate enough, when I was working with those guys 10/15 years ago, I was a university student. I had lectures to go to for sure, but I had loads of time to be with them. I did spend a lot of time kind of talking about communication, talking, we did a lot of off water work, in terms of I think like what I said earlier, it's like raising awareness of each other. I'll try and give you an example of that. Understanding how people prepare for a race or a performance is quite important. I would probably say I have a big interest in performance psychology as it is, but I think what I recognise more importantly in that team environment is that people prepare differently and you can't have a one-size fits-all. So, we had a guy who was pretty extroverted, he would go around, he wasn't beating his chest, but you could see he was really pumped. He was really excited about going racing, and he wanted everybody else to kind of give off that same vibe, to show that they were interested in racing. and he had a conversation with me about somebody who didn't look like they had the same kind of interest, somebody who was a bit more introverted. They wanted headphones in. They wanted to be quiet. they wanted to kind of internalise how they were preparing for something that before the race they were going to do it. So, if people just base themselves on assumptions, it's easy for the extroverted guy to be like, he's not ready or, he's not taking this as seriously or whatever. He's just preparing really differently. He's preparing for the same objective and he's still trying to hit that kind of optimal what we just describe it as his optimal level of arousal and the way he got there was different so we spent a lot of time kind of in that space building trust in each other that we were going to arrive there I think the other part again we spent lots of time working on skills on the river. I suppose that's why they'd asked me to come in there. So, part of my role like the way that they'd frame my role to me was we want a technical coach to come and to come

and put input in and that's something which I genuinely believe enabled that team to be as successful as they were those for a long period they were successful before I worked with them. But they continued to be successful for a long period and I think that was down to them working really, really hard on understanding how the boat reacted in the water, how they had the ability to influence the boat in the environment like what you said in a way that isn't very useful or it doesn't want to go and paddling a raft is really physical. They get lots of physical work from it. So, we were trying to do some lens there. I'm trying to think if I was to go back, if I was to go and pick up a rafting team again now, what would I do? I would really work on that team ethos. Kind of like Socrates who said that the whole is greater than the sum of its parts, So, you want to get each and every kind of cog in that machine contributing to the whole. So, yeah, I think I'm trying to check my bias, of would I approach it through that psychological lens, that kind of high performing team lens. I'm not sure, but I think you'd start there and then you'd build in the kind of the camaraderie that those guys built in the gym, pushing each other on. When somebody was struggling, they were picking them up. There was that kind of motivation or that psychological work in the gym where they were a team, they were a unit. and then come onto the water and technical skills are really important but their own white water skills are really important but if the team isn't working together you can have a technical wizard in the front but they can't pull the raft themselves you've got to have them working together.

Chris Brain: 25:32

I'm hearing that message loud and clear that the personalities and the relationships is such an important part between the team there like you just said you could have one person who can make a boat move really fast on their own, but if they're working with five other people that aren't really doing it, it's just not going to happen. That's really great to bring that out and for me, it just demonstrates how big an umbrella you need as a coach of this kind of discipline where you're not just talking about making one person the best they could be, but six people the best they can be, but only if they work together, which is really unique, I think, actually.

Gareth Wilson: 26:12

What I think those guys can be really proud of. They understood how to get the best out of each other. It wasn't about me. They knew each other inside out and just as I was starting to work with them, they completed the Devizes to Westminster canoe race. So, on a raft 125 miles 77 portages I think it took them 32 hours and I'm pretty sure the rules have been changed that say no rafts are allowed to do it anymore because it took so long but the experience that the boys went through people were ill people were struggling people struggle when you're competing for that long people struggle at different times but because you've got six people in the raft when one-person goes down, another person lifts them up. And when one person is struggling,

another one is patting them on the back or carrying the raft a little bit more on the portage or they're pulling a little bit harder. There's that camaraderie and that band of brothers kind of element I would relate to kind of the way that you probably see military units operate that I think enabled them to be as successful as they were and that's something that you have to invest in as for a team to kind of through something like that. I may describe it as the adversity of DW. My wife's a DW nut. She loves it. but for them to go through that and together strengthens bonds and just because they've been through it together, it means that they believe they can do anything together.

Chris Brain: 27:52

I wonder if there's people listening who are into paddling for the social side of things and they love getting out on the water whether it's white water, flat water and spending time with people. I wonder if they're now enticed a little bit into the idea of getting in a boat with four or five other people and making that side of things work because the camaraderie that you mentioned there for me sounds really, really appealing and actually a really big part of this. If you're going to get into rafting, you've got to be prepared to get into rafting with a team, with a few other people.

Gareth Wilson: 28:27

I don't want to take us off topic because we're talking about coaching today, but there's something in the rafting community which is completely and utterly beautiful. I would say, I remember going to kind of national level events down in Llandysul, being in Matlock, where, what you say, people come together, they have a shared experience, not just in their team, but the teams come together. yeah, there are a few parties on Saturday nights, etc., but that's part of that camaraderie that we talked about and then you go on the river the next day, you do the head-to-head, and you're knock lumps out of each other. It's like rugby, there's that respect, but there's that competition and there's a community element to it. And so, I think that for me, kind of like having shared experiences within paddlesport is really important. I was listening to a podcast last night about Eliud Kipchoge the greatest marathon runner of all time and he says that in Kenya they always run together. Yeah. So, Kipchoge is the fastest man in the world. So, how do you put a group together when you're faster than everybody? And he says it's not about that. He says it's about running together, community. We help each other. We are a team. And I think about that as well. It's like I thought about that this morning as I was riding into work. It's something about that community aspect which I think is absolutely brilliant. And I think about my experiences growing up in a club. It's that community aspect which I think makes this sport or all the sports incredibly positive. My wife would say similar things about what happens in the flatwater world. bonds within clubs, but then you go to the inter club championships at Holme Pierrepont for sprint or you do the national championships in marathon and you're competing as clubs, but you're competing with your friends in your club from other clubs and it's just brilliant. we've segued. I'm sorry.

Chris Brain: 30:37

And I'm wondering how do people who are into paddling individually, how do they get involved with rafting, which ultimately is a team sport, they need to turn up with four or five other people to do it can you turn up on your own and join a group of mates as such?

Gareth Wilson: 30:56

So, I'm not as involved anymore. I'm barely involved in fact. I would say there is the encouragement to come as a team but the people who have run the events have always found solutions for people who have come by themselves or in a pair and they've created opportunities for people to be able to raft. In some cases as well they've created a raft with members of the British team. Pas would have jumped on or Debs would have jumped on and created a whole six or created a four for those people who wanted to experience it but didn't necessarily have four or five people to come with. But yeah, it's Yeah.

Chris Brain: 31:36

I love what you're describing here because it sounds so, so friendly off the water, but so, so competitive on the water which I think for something like this must be the perfect balance surely.

Gareth Wilson: 31:50

Yeah absolutely. I think full credit to the people who were involved who ran it people who are my friends Deb Cook, Hoopla Harris these people really created a really engaging enjoyable but welcoming environment because essentially you break bread in the evening you sit down with people and you tell stories about the day and that's what holds people in the sport and I think that it's more than just the competition then it's the competition experience so I've got great memories of going away to the world championships with those guys and I've got amazing memories of going to deepest darkest Wales in November and going down the river in the dark pretty much for a nationals but the commonality between them is the community. It's the shared experience. Yeah, I think that's the brilliance of it and that's not limited to rafting. Any kind of sport has the opportunity to do that. It's how you shape that around your competition, I think.

Chris Brain: 33:01

Yeah. I've got one final avenue that I'd like to explore. And this is I suppose almost like a personal type question because when I'm coaching whatever discipline it might be, I'm giving feedback to individuals about what they're doing. Sometimes that'll be in small groups or in pairs or whatever, but it's often about them and their paddling. And I'm just wondering as a coach now, how do we give feedback to a unit? how do you facilitate that? what avenues do you explore?

Gareth Wilson: 33:37

That's a really good question. I think there's two ways that you can do it. I'll caveat it with this. I learned something about the Red Arrows when they do kind of team performances. They never refer to anybody by name. They just refer to the plane as kind of like Red One in the formation or whatever and how it affected the skill that they were performing. And so, what I tried to do with the rafting team was I would make an observation about something that the raft had done. So, I'd have said something like, let's give an example. "I know I noticed that the raft wasn't tracking very well coming into that upright" or something like that. And that observation was then it was the starting point for people to discuss something around. And other times I might say I might frame it more as a question is "How would the team track the boat or the raft better into that upright" or "what could look different or what could be done differently for the raft?" I think by putting it on the raft it's that collective responsibility for the team to discuss it and become aware of what's happening and then offer internal feedback. But the other thing is sometimes where there is a really obvious thing happening where if it's not been picked up from that initial kind of what's happening with the raft kind of observation would be I'd probably go a bit more individual and I would say something like and so "I noticed you were doing this, what was the impact of that?" "What were you noticing was happening when that was happening or when you were doing that?" And then try and explore solutions from there. So, I think you go there's big picture where you talk raft and then when it's appropriate come down to a more granular kind of detail because otherwise if you go straight into the person it can feel like you are critiquing when there are five other people in there. It's like on a football field when it's like saying to the goalkeeper why didn't you save the ball? It's like, the ball got dribbled past 10 other players before it went into the net. So, yeah, you might have been a bit of the outcome, but what led to that outcome at that point? So, it's like team down to individual. And sometimes it was the other way. What was when you could do it from the individual out in terms of how could the team help that person? So, they might say, I was feeling I was doing that because I had loads of pressure. I felt like I had loads of pressure them talking about what they were experiencing in the raft and that's the invitation to the rest of the lads to be like I didn't realise that I wonder how I could influence that or support him in a situation like that and what was I feeling when he was under the pressure what kind of like pressure was experiencing I didn't have any grip on the blade it was too easy or whatever it's a very complex kind of environment that you're trying to bring real simplicity to either individual or team. I hope that answered the question. I don't know if I have a good answer for it, but that's basically how I tried to do it.

Chris Brain: 36:55

Absolutely it does. And I think that the way you phrase some of those questions, I'm definitely going to be listening to that again just to pick up on the detail there. But the way you phrase those questions was really useful for me. Thinking again about how when I'm coaching and often I'm coaching individuals, how could I phrase those

questions a little bit differently which might be really useful for my coaching. Fantastic. Gaz, thanks so much for coming back on again. it was really, really useful for me personally just to get a better insight into rafting and to hear a little bit about how you do it and how it's done and the team element, the group and the camaraderie is just really wonderful to hear. If somebody wanted to get into going for a paddle in a raft, how would they do it?

Gareth Wilson: 37:41

What I would probably do is I would Google British Rafting, British Rafting team, something like that. British Raft Race Series, I'm pretty sure. Or I will send you a link after this and that might be able to go into the podcast notes. And there will be somebody on the end of that website who would be very happy to talk to you about how they get involved.

Chris Brain: 38:05

Thanks so much once again.

Gareth Wilson: 38:08

Thanks Chris.

End.