

## **S2 E14 – Sea Kayaking with Eila Wilkinson**

Ricky Snodgrass 0:00

Hello and welcome to this episode of the coaching podcast from British canoeing.

Pete Catterall 0:07

So welcome to the coaching podcast. My name's Pete Catterall, talent coach developer for British Canoeing. And today I'm really pleased to introduce Eila Wilkinson to the podcast. I've known Eila for quite a few years, I think I actually help sell a boat or she helped haggle a boat off me years ago. So known for a few years but becoming a real big name in the sea kayaking world. So it's great to have her on and we're just going to check her out on things, see client coaching and just get Eila's perspective on some things. So I like to want to do you want to give yourself a proper introduction to save me stumbling around and getting it all wrong and that kind of stuff. So you want to just tell us a little bit about who you are how you got into sea kayaking, and your sort of journey as a as a sea kayaking coach.

Eila Wilkinson 0:53

Hi Pete. Hi, thank you for having me. Hi, good to see how coaching I got involved with the local clubs, that only Canoe Club and there was a group of us who kind of got channelled along with canoe whales. As we're going there. We're going to be we're going to become coach funds. And so kind of went through the canoe safety test and make the two star and the coach one. And then someone on line. I think I mentioned outside of the early Canoe Club part to that experience more people I suppose I think I came to Brennan and I did my coach too and etc., etc. there and, and things just progressed. I didn't intend to become a full time coach. I was working and had a nice steady job at the time. I can't drive Anglesey that Anglesey around that island. And then that made me had to quit work. And then I became a full time coach. After that. I progressed through the ukcc system, I became a coach three advanced water coach. And then I've recently become an advanced water, sea kayak leader assessor, as well. I'm providing the online coastal navigation and next week, next month on bottom open water nav. I'm and I'm going to be processing hopefully as well. So that's kind of where I am really well.

Pete Catterall 2:13

So you've gone full journey Haven't you from club participant to now, educate, educate in club paddlers as well, from all your experience? That's pretty, that's pretty awesome, isn't it? That that's a good,

Eila Wilkinson 2:24

Yeah. And I just call because I'm, I'm female as well, and the not so many females this kind of point. So they're also quite, quite small person. I'm quite petite little, which I think is advantageous. And that just helps show that you haven't got to be a big, huge kind of six foot Butch person to do a lot of stuff on the sea as well.

Pete Catterall 2:42

Yeah, I think yeah, I think you absolutely hate what you're like, five, five foot. Yeah, no, I think you're right. Yeah. You know, there's not that many, you know, female coaches working at the level you're working at, particularly on the sea. And yeah, like you say, you don't have to be particularly deftly tall, you'd have to be particularly big. You just got to be effective in your boat haven't you. I think and, and be able to, to do your thing. I think it's great. I think it's a really good story to hold coming from a club and all almost by accident, you had to quit your job because you weren't a big guy. I love that as well. It never really worked. Yeah, that's great. I like that. And so and so sea kayak is that your only discipline as that's all I know you do. But is that your only discipline? Is that you? Your main your main thing?

Eila Wilkinson 3:40

Yeah, some past sports I came from horse riding years back, I used to be eventing to have a daughter and then had to get some schoolwork and sensible work. And so yes, the kayaking started off I answered an advert originally for pasman I looking for some mock students. I assume I worked out the beginning that if you go get a lot of coaching, you're going to get a lot better than if you just go and do it by yourself and just you know, do the same mistakes again and again. And again. I think that came from the horse world as well when I was

eventing. Coaching is quite kind of key to the world. And so initially it's all flat water paddling and then rivers. And then I ended up on the sea I ended up buying a plastic Capella and don't ask me how and why. It's all a bit random. They ended up buying this plastic pallet whatever calling for the sea. So yeah, I am completely single discipline with the sea. I am starting with surf, surf ski. I'm going to be adding surf ski to my repertoire of often says, Come come next springs and so yeah, I'll have to disciplines them.

Pete Catterall 4:44

That's awesome. Yeah, well surfski. That's cool. That's another podcast. We could do another one on surfski

Eila Wilkinson 4:50

Oh, yeah, let's active leisure surf ski motion racing. This is about beginner to intermediate surf ski initially, but yeah, let's do that.

Pete Catterall 4:59

Yeah, that's Yeah, no Yeah that will park that one for hours. We'll go off on a complete tangent, but Yeah, wow. That'd be really good to see that on Anglesey as well I've not I don't think I've ever seen it. I don't think I've seen myself get an angle. So yeah, I mean, I've got a saski I think I'm the only person maybe. I don't know. Yeah, it's pretty big further south, isn't it, but we don't see it much up here. So Wow, brilliant. Brilliant. So obviously, we've just talked about you based on Anglesey. So, you know, I think sea kayak is one of the disciplines where we have to interact with the environment, you know, it sometimes it's planned sometimes we have to deal with whatever's in front of us and you know, you've chosen Anglesey to work so and that's really dynamic place You know, I've worked there for many years and now one day it can be your friend and the next day it can it can you notice get a little bit more lively than you expected so do you feel like your coaching style is affected much by the environment that you work in as a see coaches particularly see coach where we are?

Eila Wilkinson 5:58

That's interesting isn't I've always thought that the coaching is venue, and then you kind of learn and develop but maybe my coaching has developed through the sea maybe the seas or part of me that's become the coach that I am. I don't know, that's interesting. I think I'm extremely lucky to be here. And Anglesey, you know, we've got everything we could ever want from it, or the conditions even in gales there somewhere you can get how to do some, some pretty much flat water type paddling. We're very, very lucky to where we are and that you coaching. I think no matter where you are, and what environment you're in, it develops and changes for that moment doesn't let you know you might have a plan for the day. Then that scuppered because the weather or the sea says no chance or you get to the scene. It's like Well, I didn't quite expect to look like this today for whatever reason. And then you just adapt and change according to make advantage take make full use of what you have got. Think I'm really lucky to have this wonderful environment here.

Pete Catterall 6:56

Yeah, I always say yeah, Anglesey. Yeah, you're right. Anglesey is and, you know, being an island no matter what, which direction really, the winds go. And you can either go and use that wind or go and hide from that wind. And you're right, it's about it is about being super adaptable in the coaching. And, you know, realizing that I was chatting to a school teacher once and he was a coach as well. And he said, it's like, it's like walking down the corridor. Again, I want to teach in this classroom, but the doors locked. I need to go and teach in a different classroom today. And my resources on there, I'm going to have to go in this classroom and work make do with these different resources to try and get something beneficial out of the day. And I thought, Blimey, that is like, that is like secret coaching. Yeah. So you can't coach him. Sometimes you knew the door was going to be locked. And that's okay. And other days. You got there, man. Oh, that's

Eila Wilkinson 7:45

Another times you go to the door that's open. We'll go Oh, there's another door. That's open next door to it. I wonder what's inside there. And that gives you a whole new aspect. Change as well. So yeah.

Pete Catterall 7:57

So using that almost like an unplanned one, just usually the opportunities that that sometimes the sea can give us, I guess to create learning environments and, and get the best out of a day?

Eila Wilkinson 8:09

Yeah, absolutely. Sometimes there's a little tiny spot that's just going to create a sub summer, that gives you just a one opportunity to do a little coaching session there, or you might move off somewhere else. Or you might be intended to do something in a certain area. But you don't actually get to a certain area, because on the route, you found some even better suggestions of other ideas to do so yet. It's completely dynamic. And things change. And you know, you've always got to have Plan A, B, C, D, and E, haven't you, but best made plans and all of that.

Pete Catterall 8:40

Does that go with your mind-set? So some people that I speak to like if they can't work to a plan, they really struggle. So how do you do? How do you manage that? Because some people really like a plan other people can work just off the cuff and deal with what's in front of them. Is that something that's that you've learned to do? Or is that just like a natural thing for you to be able to do that?

Eila Wilkinson 9:02

That's a good question. I think it's possibly been there. But I think as I said, as I've developed, it's become more and more adaptable. As you go through the coaching system, we're taught to create a session plan, mechanic session plan. And I've learned right from beginning that you might have a really detailed session plan. Fantastic. But you create that session time last month, or a month, we don't know what the weather's going to be doing, what conditions we've got, or where we can actually go how your students are feeling or what's happening. So then you've got to change it because so follow that session plan to a degree but just adapt it and change it and enhance it and work with what have So yeah, I think I think I've developed through the changes that's happened to the sea and with everything, I think that's development as a coach individualism tips.

Pete Catterall 9:51

Yeah, I think it's also it's vital, isn't it to be able to, to realize when you need to change plans, I think you could definitely get into a lot of trouble. If you didn't have that, that real open mind-set of I need to change something to get the best out of the day. But it might equally be for, you know, safety reason it might be a conditions of change. Maybe someone in your group isn't, isn't performing how they thought they would, or you thought they would. And you need to make that change. I think having that real, creative, sort of way of working and spontaneous way of working is really, really important. But it's hard. It's hard,

Eila Wilkinson 10:30

Having that ability and having that confidence to say no as well. A lot of times, people come expecting to do something, and the conditions won't allow it. But they want to do it. And it's having that point of Okay, we can go have a look, you know that you're not going to be doing it. But we need to go and have a look, because otherwise they just think we're getting the short end of the short straw. Yeah, having that ability to say, No, we do not stay.

Pete Catterall 10:59

Yeah. And that's, I think that's where you earn your money sometimes, isn't it as a as a coach, as a leader with, you know, whichever one you want to talk about? It's that it's really easy to get Oh, yeah, we'll do it. Because that keeps everybody happy. But it's not going to keep everybody happy. In the end. It countless times, I would have driven on it to go to a bay to go and do something and then gone. Actually, we're not doing that we go somewhere else. And yeah, yeah. Friend of mine, I don't know if you know, Jules Fincher is based up in Scotland, He always talks about your plan A, and then you have another plan. But that's also called Plan A. And then you have another plan, which is also Plan A, because they're all the best thing. You can't do the first the planner, you go to another place, and it's the next best job. He doesn't call it Plan B, because he sees that as, Oh, it's not as good as what we wanted to do. Whereas actually what you're doing is the right thing. And I was like, I get where he's talking about that. And I think it's really interesting. Mind-set, again, if we can't do Plan A, we're going to do a different plan A, because that just changes the way we think about things. So like it was his triple A plan, he called it, I really like that. And I do,

Eila Wilkinson 12:12

But it's also good coaching. So what you said about going to the bay and then finding out you can't go paddling there for that reason. But just that whole experience, that's a good coaching tool in its own right as well. Looking at that, maybe going taking 10 minutes to walk around the cliffs to have a look, see why we're not going to be using that environment today. So it's all part of coaching and adapting what we've got as well.

Pete Catterall 12:34

Yeah, absolutely. I can think of a few times where or what, you know, maybe a classic trip, like around the stacks. And I've got a group looking very disappointed at why we're not doing it. And we've been up to South stacking, and they've been really pleased we haven't been doing. So it's easy to we could just say no and go somewhere else. And they don't get that learning experience, I think. Yeah, so it's a good call that and do you think so obviously, you trained as a coach, but you also trained as a leader? And do you see those as you're doing one? Or you're doing the other? Or do you see it as like a huge one and then the other? And then back to back to coaching and back to leadership? Or do you see it more as a kind of a blended approach to how you work?

Eila Wilkinson 13:17

That's the age old debate, isn't it as a coach, a leader, as a leader coach, in my mind-sets, I do believe a leader has to be a good coach. And they were taught through the whole process that you're given top tips. But I do think you need to be a coach and as a coach, you also need to be a leader. I do believe they go they go hand in hand.

Pete Catterall 13:39

Yeah, I'm totally with you. And especially in in the sports, not just sea kayaking, but in any adventure sport really where we're out, especially if we're doing journeys and that kind of thing where we're, I don't think we switch one off from one on I think it's, it's constantly thinking about, what's the best thing to be doing? What's the style that I need to adapt now? I think, yeah, that's good. I just see some people that go on coaching today, or I'm leading to them, right. No, I don't think there's I don't think that that's separate. I think there's a lot of a lot a



huge amount of crossover. And I've definitely, you know, I've seen people that have been out leading, and are definitely not coaching, where they really could if they were coaching, they'd be really, they would have had a much better day for sure. So the other thing I want to talk to you about was is I spend a lot of time with competition coaches now in my role, who they're pretty much there every day with their athletes in training and in competition. And that's really different from us in in an if we're working in a recreational sort of area. So and I sort of set you this question before is, how do you coaching people long term and they're going to want to go off and have their own adventures, they're going to want to go and do their own trip down the stacks or their own trip up in Scotland. How do you? How do you build the confidence in them? To be able to go and do that? On their own without you somewhere where it might be their first their first proper trip without you as a coach? What's that process? Like to be able to? For you to feel like you can say to them, yes, you're, you're good to go. And for them to go, but we want you with us. How does that process work? That independent paddler?

Eila Wilkinson 15:28

Me personally, as coach, every time I see a students from day one, I want that student ultimately to have the ability to become independent. So right from day one, I try and get away from the case of right, this is what we're going to do, we're going to follow me, and I try and get away from that. So right from day one, it sounds like such a small step to go off into an expedition or during a trip and satisfy yourself, but I want you guys to get on the water independently. If you've got a small bit of surf as we progress, I went into how to get out to the surf independently. Rather than have somebody stood there happily with a spray skirt and push them into the water. So they get starts from that getting onto the water is that independence, making decisions for themselves again, right from beginning. So it's not just a case of right, this is our session, this is what we're going to do. What do we want to gain from this session towards the future? What's our long term goals? How are we going to make what we've got in front of this today? Work. And then each time we're doing something I see like myself as a facilitator, and then we're trying to try to do something every single session, there's something that it's not about today, Pete, you're going to be doing this, because then you'd be able to do that. But there'd be little things that's developing you within yourself. So the next time, Oh, you've suddenly got out for that surf by yourself. And you've landed that surf? We've actually showed me where I should go to answer that, sir. So I'm kind of using you almost to tell



me what you're doing and how you're doing it. There's lots of emphasis, I guess, on that, as a coach, we want our students to become empowered, and to take on ownership of that coaching. I can teach you and show you and enhance all sorts of things. But then if I don't give you some follow up, that you can maybe go and do at home, and then if you don't go and do that at home, then that's never going to really develop. So I think there's a whole process of nothing specific. This is how we're going to do it with all these little build ups. Like where's it going to be a good place to go paddling today, because the winds doing such a search, right? You've got a spring tide? But there's going to be a bit of tied to that, is that going to be a pleasant place to go? Let's going to have a look at it to find out. And I will make a decision from there. How are you going to go across this bay? So I think it's putting that ownership a lot onto students, which starts from the very, very first day. That kind of questions,

Pete Catterall 18:00

Answered it perfectly. So what I'm hearing there is that you're, you're sharing, almost like you're verbalizing everything that's going on in your head, to help them understand why you're making the decisions you're making. So they can understand that and then getting them to verbalize what they're seeing and what they're thinking so that they then they've got some intent to reflect on, and something to build on or something to learn from, so that they can, like, you know, let you say you could show them the way out through this earth, they get out through the surf great, but do they understand why you picked that particular launch point? And why did you time it with that particular set coming in? Or whatever it happened to be? Why did you suddenly accelerate when you accelerated and shout with paddle at them pretty quick? Letting them letting them be part of that journey, I think is really important. And then like you say that, giving them opportunities to learn for themselves from home as well. So you know, like you said in your intro that some of the online stuff that you can do now is, is amazing that, you know, the title planning, or the navigation stuff. And this webinars all over the place, that moment is an effort for extra learning and thinking about stuff. So yeah. I think having that mind-set of right from the start with your students, and like you say, having that, that goal setting, so what do you want? Do they want to be guided every day? Is that how they see themselves? Or do they want to be independent paddlers and then once you know that, what their motivation is, then you can you can work with that and take them forward. I mean, Brian, I remember a long time ago, I had a guy, and I tried to teach him rescues and I tried to teach him to roll. He didn't want to know

any of that because he was only ever going to be guided and rescued. And it just completely. Yeah, it just butted up against me. I was like, why would you do that? But you could go and have all these adventures? Yes or No, I just employ someone to take me and look after me. Okay. And it was it was just different than you know, I yeah, I've spent a lifetime trying to get people to go and do their own adventure. So I'm with you on it

Eila Wilkinson 20:00

It's individualistic, isn't it like everybody's an individual. And every situation is individualistic, like individual environments, and it's maximizing their potential as well. Like some people want to go and do stuff straightaway, which maybe isn't the safest thing to go and do. So then you have to adapt to make sure they realize why. When, for example, had a friend recently, she's going to do her bouncy cat leisure Ward, and went to go for paddle and it was most path opportunities. It's a really foggy day. So it's like, well, let's go to the series. So I've got to do a planning. And then she took me to series really, really foggy day, something's probably never done by himself in a million years. But what a great little What about looking at all the compartments that she felt happy? And it's good little things like that?

Pete Catterall 20:49

Yeah, brilliant. A lot of people would shy away from that on a day like that. They'd go and do something else would need and that's taking a really good, good learning opportunity. It varies, because yeah,

Eila Wilkinson 20:58

Yeah. I mean, that's why again, it's also key like Tinder does not like people never ever do that way, of course. But in this environment, that's that person. It was the most perfect opportunity and that sort of things that comes up quite a lot. I think it's just brilliant.

Pete Catterall 21:13

Yeah, yeah. And in the beginning, you said about you know, you're, you're not particularly big, and you're dealing with some pretty seasoned concepts, some

pretty heavy boats. So how do you get around and do you do you train specifically for the sport? Or do you just go paddling a lot? What is life for you? I know.

Eila Wilkinson 21:36

When I first started paddling, I was doing a lot of solo paddling because when you're beginner, but no one wants to probably be solo paddling. And you know, you kind of work out make things mistakes, and then I thought on a panel on Anglesey, because then people would want to partner with me, but then the opposite happens middle and parliamentary parent Anglesey, anyway, then, then as you start to realize that kit kits really, really important, but I was asked when I go paddling by myself, do I just paddle? Or do I work hard? And I thought, let's get interested. That's the good for and I wasn't I was been billing. And so I had to change my ramblings my blessing. So like, you know, a one hour blacks is worth a whole day of gambling, isn't it? So I would kind of I do go work. So when I work out for myself and go and see for myself. Yeah, you've always got to keep on top of the scale, haven't you? Because if you don't, I think it's happened to us all over lock downs. It's like a case of Oh, we've got to go out and seek. Yeah, Amy's on top and keep working at it and pushing, pushing yourself within safe limits.

Pete Catterall 22:41

Yeah, yeah. And using, using that time on the water yourself to build the fitness and build the strength. Because, you know, it's really important. I think, as a coach, as a leader that you don't get to the end of every day at work tired, you've got to have that extra in the in the tank that, you know, I was used to talk to train leaders, and at the end of the day, could you have towed a few people into that headwind, have you still got that in the bank, and that's, that's so important, especially on the see where it could be, could be quite a long way that you've got to, you got to dig deep and get on with it. And I think that's, it's just nice to hear that you do that as well.

Eila Wilkinson 23:17

And I think it's really important. You see a technique as well, isn't it? I think also gear is so important, like when I first started kayaking, and this is plastic green

Capella. And this is kind of maybe going off in the side-track a little bit now. But people say like no educator can do this and do that. Well, if your little dark spots in the great big boat where the cop comes up to you out talk to your, your, your armpit, it's very difficult to get it to edge and to manoeuvre so having that right kit that like gear. It's so important I think as well.

Pete Catterall 23:47

What's your choice at the moment then talk us talk us through your gear choice.

Eila Wilkinson 23:52

My gear choice Okay, well my gear choice shopping, helping work on designs for years now and helping a little bit. Right not zines, but to get a boat that fits me. To my day to day boats, the sea kayaking, UK boats is the Eco. And then my expedition boat is the pilgrim expedition. And they just fit and they work and I can keep up with anybody and overtake people and it works really, really well. And I try and use everything I can. That's British. So like no read, chill cheater. Cara tech up in Scotland, Jeff Turner who supplies or trailers and that sort of thing for me and Steve Redmond, my sprayed x typhoon for j six. I think it's really, really important to kind of keep all local and then we counted paddles. So again, things like a paddle. Now which is more important, a sea kayak that's really effective and fits you really well, or the paddle that fits you really well. But when I first started out our assaulter, kind of to me to 10 pilot standard shot, which I kind of managed with that student change now on a 204 the narrow shaft and I can travel all day, 15 miles a day and I'm kind of at my peak with a narrow shaft to a four paddle. Whereas put a standard paddle in my hand, it's only two millimetres wider than a narrow shaft. And the next day, I've got problems and my hands are many aching a lot. So that kit is really important. That's not just because I'm small, equal, like larger, bigger people have to have that right. Right kit that works for them as well.

Pete Catterall 25:21

Yeah, I'm a massive fan of making sure people have got the right, the right kit, the right size, you know, for so many for comfort, for efficiency for, for staying dry for staying warm for all those all those reasons. And that's what's really nice is manufacturers, you know, and now actually realizing that people are in

different sizes and shapes. I'm really old. I started paddling in, in 1984, I started kayaking. And in 1984, I was nine. So I know I don't look old. But I am always in the same size boat as my six foot four kayak coach made the same size paddles. Yeah, it was epic. Whereas now you know, no matter what size shape build you are, there should be. There should be kit that fits you. And I think that's made a massive difference. And do you see a big thing for some of the women's fit? Women's specific things like buoyancy aids and dry suits and that kind of stuff. Do you see that as being been a big break? Yeah,

Eila Wilkinson 26:20

Yeah, definitely. And again, we're so lucky, because I don't know Chris ready to boot up to typhoon. They're all working with people, our custom fit and our custom make, and everything's really effective like that. But a lot of the women that only fit ones. They're all design women who've got boobs. Because all these points, yeah, it's expected. You've got boobs, and they've got like three bits at the front wrapped around you. So if I put on these women fit points, the eights are on, I can literally I can't even move myself around. So I've kind of got the opposite problem with a lot of people and trying to find stuff. So I have to go down two points. Yeah, that's literally like a really, really basic one if score grab compass and that's about it. But yeah, that's my biggest struggle is getting a buoyancy aid to fit more women stuff out there now. Yeah, yeah.

Pete Catterall 27:11

Keep that mission going, keep it's so important, you know, but the same, you know, bigger people, smaller people, just getting that. That right, right kid. And, you know, I guess as a coach, that's probably quite a big bit of your job as well as making sure people are comfortable on the water in what they're using wearing paddling with all that kind of stuff. So yeah,

Eila Wilkinson 27:35

isn't it because when you start by my first kayak, my daughter Beth and I kind of got into it together and went down to car with what to perception dancers, 60 pounds each. And we bought a helmet that was like 15 quid, and we bought a jacket with like fibre, and we've got a free spray back with a kayak. This is a great sport for 100 pound each, we saw it, that's it, then it gets into it in more detail

and you think oh my goodness, but I look at another sport like cycling for example and a big carbon bike. And once you get into properties, that's the problem is it is a big financial commitment when you do get into the sport. So I think having that awareness people can't necessarily just go and buy another DJI suit or another kayak or actually need to have your spare part needs to be know why you've got that spare paddle. Why is it such a giant paddle? It needs to be something that you can use. So I'm really sorry, but you may need to go into another 300 pounds on the paddle so it's really difficult that financial aspect if you people don't have that financial freedom as well.

Pete Catterall 28:36

Yeah, but I bet it's a lot cheaper than your eventing days though. It is.

Eila Wilkinson 28:42

But then I was writing other people and stuff so it was a different story. And so I think it's a lot cheaper isn't it? Like you get into golf professionally or cycling professionally? I think once you got a good sicut Committee for the cafeteria and last you for years and years and years.

Pete Catterall 28:59

Yeah, that's what I was going to say isn't it big outlay to start with but once you've got it that the places it can take you the things you can do with it and the years it will last?

Eila Wilkinson 29:10

Yeah, it's one of the magical things and sea kayak and isn't it this little tiny little we boats that's literally invisible on the sea. And we all think we stand out like, you know, big Felicia beacons but we're competing with his mom's feet with little tiny, tiny wrestlers. So survey um, well, the kayak can cope with much bigger conditions than as positive we can probably go with, but I just think it's fantastic. What we can do with these little boats.

Pete Catterall 29:33

Yeah, I was when I was selling people the idea of sea kayaking on courses and they're like, I don't know about this year. There's nothing there is no other boat on the sea. I think that can get you the variety of places that a sea kayak Can you know, you can get into the shallows, you can get into caves you can you can go through massive crossings, like any kind of yacht can do. It's amazing. And you can pick it up and put it on your roof which is yeah. So now it's a great sport. Hey, we're coming to the end of our time there either. So thanks ever so much for talking to us. It's been really interesting. Just getting your insights on how you've developed as a coach and you know, some of your viewpoints on how you use the environment and changing you know, the classroom analogy we talked about. That's been that's been really good. So I'm sure people enjoy listening to that. So thanks ever so much for your time. I'm sure you're off to work with the sheep again. Now. I think they've locked down. So I know I promised I wouldn't make you talk about lambing season, but I'm getting so I'm sure you're learning loads about lambing and but yeah, thanks so much for your time. It's been great to chat. Something in there. Yeah. Hope see on the water. That'd be that'd be baby. I'll see you soon. I'm sure. Yeah. We'll arrange your next one. We'll do some paddling. We'll do that. Fantastic. Brilliant. Thanks ever so much. Thank you.

Eila Wilkinson 30:54

So nice to see you, goodbye. Bye bye. Bye bye bye bye.