

SUPM

Stand Up Paddle Mag UK

CROATIAN CHRONICLES

Simon Winkley

FRESHWATER BAY & THE NEEDLES

Jason Swain

LADIES STEP UP!

OLYMPIC SUP

Will Satch

COTTAGE INDUSTRY

shaping

NUTRITIONAL BOOST!

TIDS TALKS DOWNWIND

OC & SUP

OPINIONS

Bryce Dyer, Dave Adams,
Joe Thwaites

TONY BAIN'S

SUP knowledge

SCOT SUP

wilderness

BEHIND THE BRAND

SBS

GEAR TESTS

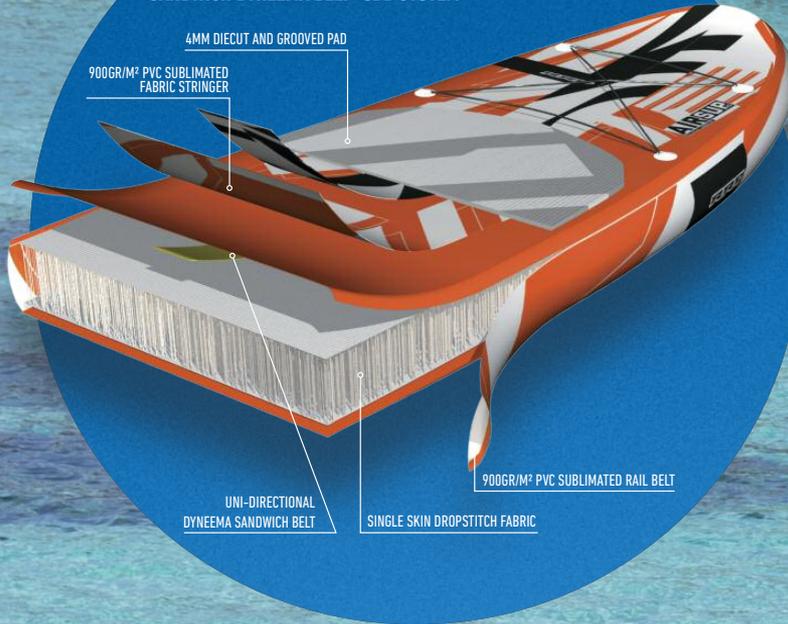
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Simon Winkley, Venetian-built Večka Tower, Croatia

Pic: Clare Edmead Photography



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Mighty White

We mentioned this in our sister publication, Windsurfing UK, but Dave 'Mighty' White is also a regular contributor to SUPM. Recently Dave suffered a stroke while on location in Mauritius. I'm not going to labour the details suffice to say we wish him a speedy recovery and all the best for his family. We're sure Whitey will be back soon, his photography gracing these pages as before. Get well soon!

SUP: sport or not?

Is stand up paddling a sport? For those reading this magazine we'd assume you either consider that to be the case and/or are erring on the side of yes. Maybe you saw SUP, in inflatable form, and decided to get involved not really knowing much about it. It's possible that post-purchase you're now exploring options and what else you can do with your craft other than frolic about with the kids on sunny days.

To label something a 'sport' is to suggest competitive leanings. While there's certainly no lack of events in the UK, for those who fancy lining up on start lines or facing off against opposition in the surf, many will never swing a paddle in this kind of arena. For the majority SUP is a solitary pursuit or something to be done with a select few. Would this type of paddler consider SUP a sport?

There's much talk about governing bodies and the Olympic pathway – another arm of competition that some would like to see and some wouldn't. Of course the other question is: does it matter what label SUP is given as long as there are paddlers getting involved and enjoying themselves?

It feels as though (to me at least) we're at a tipping point. Numbers have continued to grow year on year and while the anticipated explosion of stand up never really happened we can now say: yes, SUP is pretty popular! Where it goes in the future and who drives that direction is open for debate. Ownership rights are currently being fought over and it's not yet clear who will win. Should there even be a winner? And does any party deserve to govern SUP's direction? Tough questions and not answers I have. I'm sure there'll be plenty with opinion but for now we'll have to wait and see. For most, however, it'll be business as usual. The politics of SUP not even registering a blip on their paddling radar. Which is how it should be... Getting out there and doing the thing is, after all, more important than talking about it.

New stuff

On a lighter note we're stoked with this issue of SUPM – in particular its diversity (perhaps the most diverse issue we'd put out to date). New in are a series of opinion based columns from colourful commentators of stand up – some of whom you'll recognise if you follow groups and such like on social media. You may agree with what these characters say or you may not, either way it should add some spice to proceedings. Elsewhere we have an article about outrigger, the synergy between SUP and OC being pretty obvious. And for those who are approaching stand up from an athletic angle, check the article about nutritional boosting..

Enjoy the issue, love your time afloat and have fun – later!

Tez Plavenieks, August 2017

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Water Skills Academy
West coast of Scotland
Photo: Justin Priddy



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Dyer needs with...

Bryce Dyer



I read a good quote in the book 'Faster' that said you could boil competitive sport down to three basic ingredients. These are oxygen, food and equipment.

It's pretty easy to get any of us enthusiastic about the last two but the first one generally involves dedication and patience (plus in my experience, a very supportive family unit that doesn't wish to kill you whilst you sleep). However, some of us aren't motivated by paddling for hours on end and a lot of this is offset with the joys of a new board...and somewhere out there is that ultimate SUP race board.

A mythical beast that offers unparalleled stability, pearl-free surfing and the ability to hold 10kph on the flat powered by nothing more than happy thoughts. Until that point, brands will inform us year on year that the latest offerings are one step closer to that point (whereas critics will say it's a catwalk driven by colourways and perceptions rather than Bernoulli's theorem).

If the anecdotes are to be believed, the reason we ended up with the raceboard lengths we have today is due to several interesting stories involving the sizes of foam blanks or that some brands imposed race restrictions on lengths to promote their own designs (whilst limiting others). Those who feel disadvantaged by these conspiracies may suggest that such limits have stifled innovation or were merely arbitrary in nature. However, the reality is

that all sporting equipment is the product of natural selection or arbitrary decisions. For example, 385 yards was added to the marathon at the 1908 Olympics just so the Royal Family could see the finish from their viewing box. I would think that Pheidippides (who legend says ran from the battlefield at Marathon to Athens in order to relay news of their victory – only to then die from exhaustion) may well feel a little aggrieved by this. Nobody saw a prince collapse when making the treacherous journey of bedroom to balcony for a sandwich and a sit down.

The question has to be asked though whether the current race board restrictions are a good thing. Have restrictions stunted innovation? Consider that there have been some fantastic ideas over the last few years such as SIC's multihull standmaran board design or the Allison multi-fin system. Hell, last month we had 13 year old Finn Spencer nearly beating an entire elite field at the Bluesmiths Paddle Imua race in Maui by paddling on a hydrofoil. But these things aren't all race legal. Is SUP racing just about paddling or is it a symbiotic relationship between athlete and equipment? If it's the former, the popularity of the N1SCO one-design class is easy to see. However, consider that sports such as Formula 1 allowed the humble family saloon to enjoy 'trickle-down' technology such as active suspension and better tyres. Pushing innovation and taking a paddler whose name ends in Baxter or Hönscheid and asking them to turn it up to 11 is a good way to make your future touring boards easier and more fun to use.

It is wise to be aware though that the latest drippings of carbon fibre won't win you your next race but history says it can lose them. At the 1989 Tour de France, Frenchman Laurent Fignon (resplendent with spectacles and a rather fashionable ponytail) went from working out where he'd like the winner's trophy mounted to being sat on the curbside in tears having lost the race by just eight seconds. A rival who was high on motivation and big on aerodynamics went with the numbers, not the fashion and won whilst the fat lady was standing to sing. If you SUP race, I can offer you two bits of advice – choose your parents wisely or look at your equipment as a weapon, not a tool.



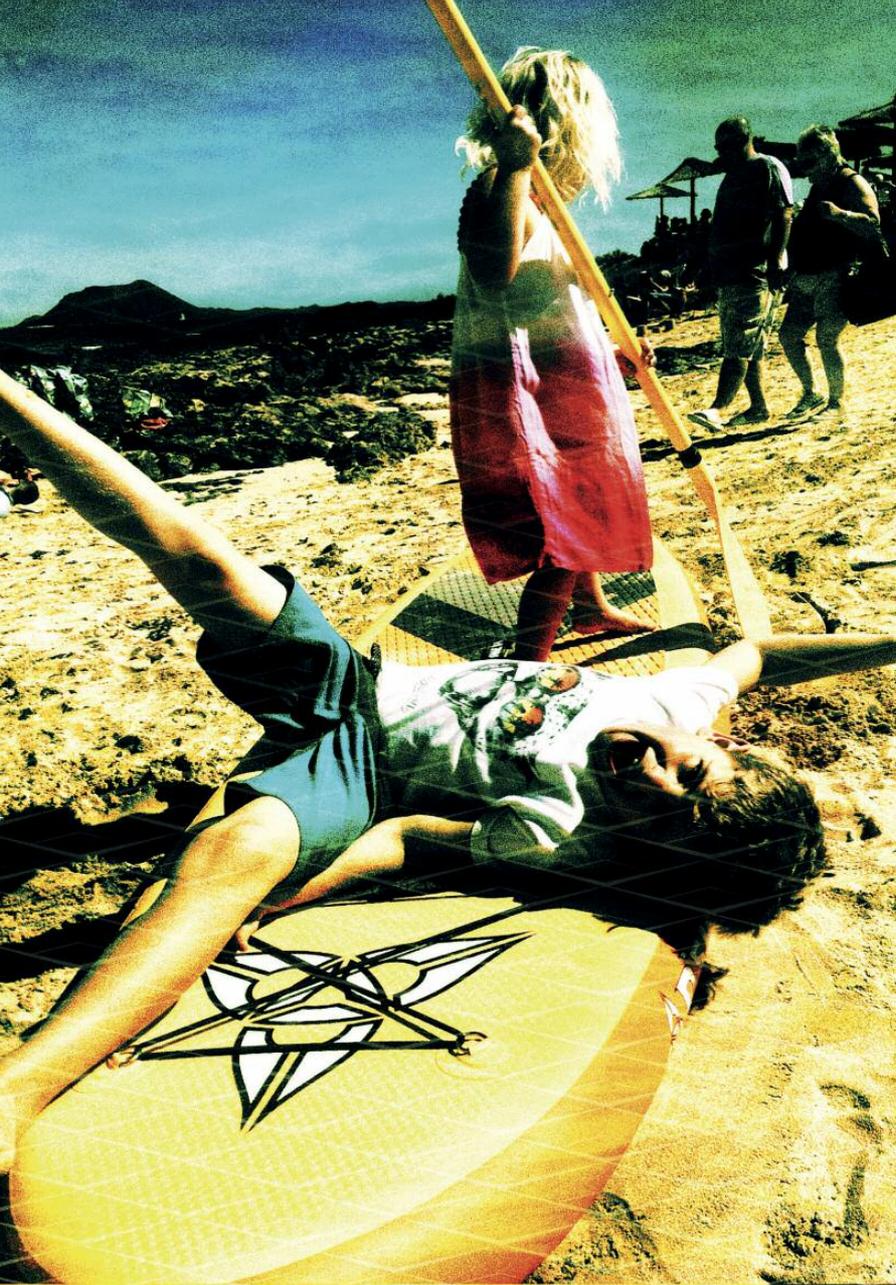
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Long way round —

an unexpected adventure to The Needles, Isle of Wight

Words: Jason Swain

Pics: Jason Swain and
Ian Pacey

The day three mates paddled around the Needles, from Freshwater Bay to Totland Bay, on one of the hottest days on record, unexpectedly. What could go wrong? Jason Swain tells the story.

Paddle round The Needles... just four little words. As a photographer and water-sports enthusiast it's always been something I've wanted to do since moving to the island 23+ years ago. Before SUP had been invented (in the modern sense at least) I'd dreamed of paddling my longboard out there and maybe at a push taking one of those waterproof disposables along for the ride.

However, since the advent of stand up, and meeting Charlie from Freshwater Bay Paddleboard Co, it had become a more realistic goal. It was now just a matter of waiting for the conditions to come together on the right day, and armed with a (very basic) waterproof case I could bring along a decent camera too,

So now all I needed was a day with no wind, favourable tides, and zero photography jobs booked in. But even with the means and the desire and that simple sounding checklist it's still been a year of waiting for everything to come together.

Date: Tuesday 20th June
Location: Freshwater Bay, Isle of Wight
Time: 1100 hrs
Temperature: 31C
Team: Charlie Cripwell, Ian Pacey, Jason Swain

Boards:
Freshwater Bay Paddleboard.Co Inflatable Touring SUP (11'5 x 32 x 6) - Jason
Freshwater Bay Paddleboard Co Classic SUP (9'11 x 31.5) - Charlie
Freshwater Bay Paddleboard Co All-Round inflatable SUP (10'6 x 33 x 6) - Ian

Then just like that, almost by accident, the three of us were off on our way. Charlie and I had done a lot of flat water paddling together (and LOTS more SUP surfing) but Ian, a die-hard surfer, was a new convert to the wonders of paddling, although strictly on flat water – for now. I thought we were going for an hour jaunt along the cliffs at Freshwater Bay to take photos in the caves but Charlie had been thinking of the bigger picture. He had craftily got two photographers all kitted up and heading west, as well as taking along three water bottles and three protein flapjacks to keep us going because neither me nor Ian had the common sense to pack lunch!

Armed with way more gear than we had provisions, we paddle off. Charlie and Ian both had GoPros, I had my Canon 6D in a dicapac (cheap waterproof plastic ziplock thingy) and Ian also had his Canon 60d in a proper waterproof housing.

It's a gentle start; the ebbing tide moves us quickly and easily along the coast. Paddling is almost optional as it draws us away from the bay heading west across smooth and crystal clear waters. Before long we get to the caves below Tennyson Monument. This is a place we had visited once before, and the furthest west we had SUPed. The caves provide a welcome shelter from the midday sun on the hottest June day for 40 years.

Inside the coolness of the largest cave we take on some water and I happily scoff the surprise oat flapjack that Charlie produces like a magician from his backpack. Just an hour and a bit into the journey, a lot of paddling (most of it) still ahead of me, and I've already eaten all my rations! Charlie and Ian go for a refreshing dip to cool off.

Heading from the respite of the cave back into the beating sun we push on towards the end of the chalk cliffs in the distance. We paddle for almost another hour before coming upon an eerily quiet and empty place. The cliffs towering above us, out of sight of Freshwater Bay, but still not far enough to glimpse The Needles, it felt like a no-man's land – a Jurassic Lost World.

The waters are now deep and dark but still beautifully clear. The only sounds were those of the 'gulls and cormorants going about their business (mostly fishing I'm guessing). Although we did see a dead cormorant I wondered if we'd accidentally just paddled our way through a solemn ceremony of remembrance.

Busy place

Keeping up a steady paddling rhythm as we approach the final corner and see those elusive Needles coming into view; our visions as intrepid explorers became slightly deflated by the sight of another paddle boarder gliding across the horizon (he took the easier, shorter trip from Alum Bay and was there in 20 minutes).

This was soon to be followed by a pleasure boat full of tourists clicking away with their cameras and then a big yellow powerboat bouncing around. A couple of yachts, another pleasure boat, a few light aircraft and the rather large oil-spill response plane doing low-altitude practice runs directly overhead add to the cacophony. Our journey to what for a brief moment seemed like the end of the known world had actually become a trip to the busiest place on the Isle of Wight.

We paddle around in circles for a bit, enjoying the sights and being as touristy as everyone else - snapping every angle of the famous rocks – before tummy rumblings remind us that we'd better be getting back to dry land. Charlie's idea had been to return to Freshwater Bay on the now flooding tide but the going is tougher than we hoped. A relatively light SE wind had kicked up, but heading straight into it with breeze against tide had created chop and progress was slow.

After five minutes, and only getting half way across Scratchells Bay, Charlie and I decide that it would be a long and tiring few hours like this, and perhaps we better go for plan B. We head into the shelter of the Solent on to Totland Bay, where we can hope to cadge a lift, or at least phone one of our better halves to come and rescue us.

Head for home

We about turn and thread the Needles once again to head for home, this time in a new direction. The earlier hubbub is soon forgotten as in complete contrast to the choppy and bumpy surface of Scratchells Bay we glide gently back along the leeward coast and the glassy waters of Alum Bay, marveling at the glorious sights and colours. Huge boulders and equally impressive seaweeds at the base of the towering white cliffs, the biggest bass I've seen on the Island swimming directly below us, as well as a couple of fancy looking jellyfish.

Mysterious windows in the cliff face, looking like they belonged in an abandoned mining town of the Wild West (Charlie told me they are part of a secret tunnel network connected to the Needles Old Battery, used as lookout posts in the war).

This little piece of heaven lifts everyone's spirits and after hugging the base of the cliffs we strike out across the Alum, passing crowds of tourists on the beach. Before long we escape again, arriving at the complete remoteness of another stretch between Alum and Totland Bay. It's maybe the most beautiful part of the whole trip with sparkly turquoise water gently lapping into sheltered little sandy beaches protected by long fronds of elaborate seaweeds. Ian and Charlie decide it's the perfect spot for another swim.

Welcome sight

The temptation is to stay all afternoon, but the heat and lack of lunch force us onwards. Soon Totland Bay and the welcome sight of the old



lifeboat station is on the horizon, followed by the even more welcome sight of one of our friends Stuart sitting on the beach. This is a stroke of luck and the promise of a lift back to Freshwater, and more importantly an immediate reunion with my sandwiches and flask of tea that were left in my car, is a great feeling.

Striking a chord

So we're back tired and happy. Later that afternoon we did the thing we all do these days: we shared a few pics on social media and generally basked in the glow you get when a few likes and comments pop up. However, over the next few days I noticed something else. This trip had really caught people's imagination. I've



had more people actually talk to me in the real world about this journey than anything else I've ever posted online. It seemed to have struck a chord with those who wanted to do the same thing and wondered if it was possible.

As well as the general sense of freedom of the sea you get from paddle boarding there is the added factor of The Needles and its lighthouse. It has a sort of magnetic fascination that people are drawn to. We live on this island and The Needles are the iconic landmark by which a lot of the world knows us; it's a part of countless Isle of Wight logos, and is probably featured in more tourist brochures and newspaper articles than any other aspect of the island.





Respect for the sea

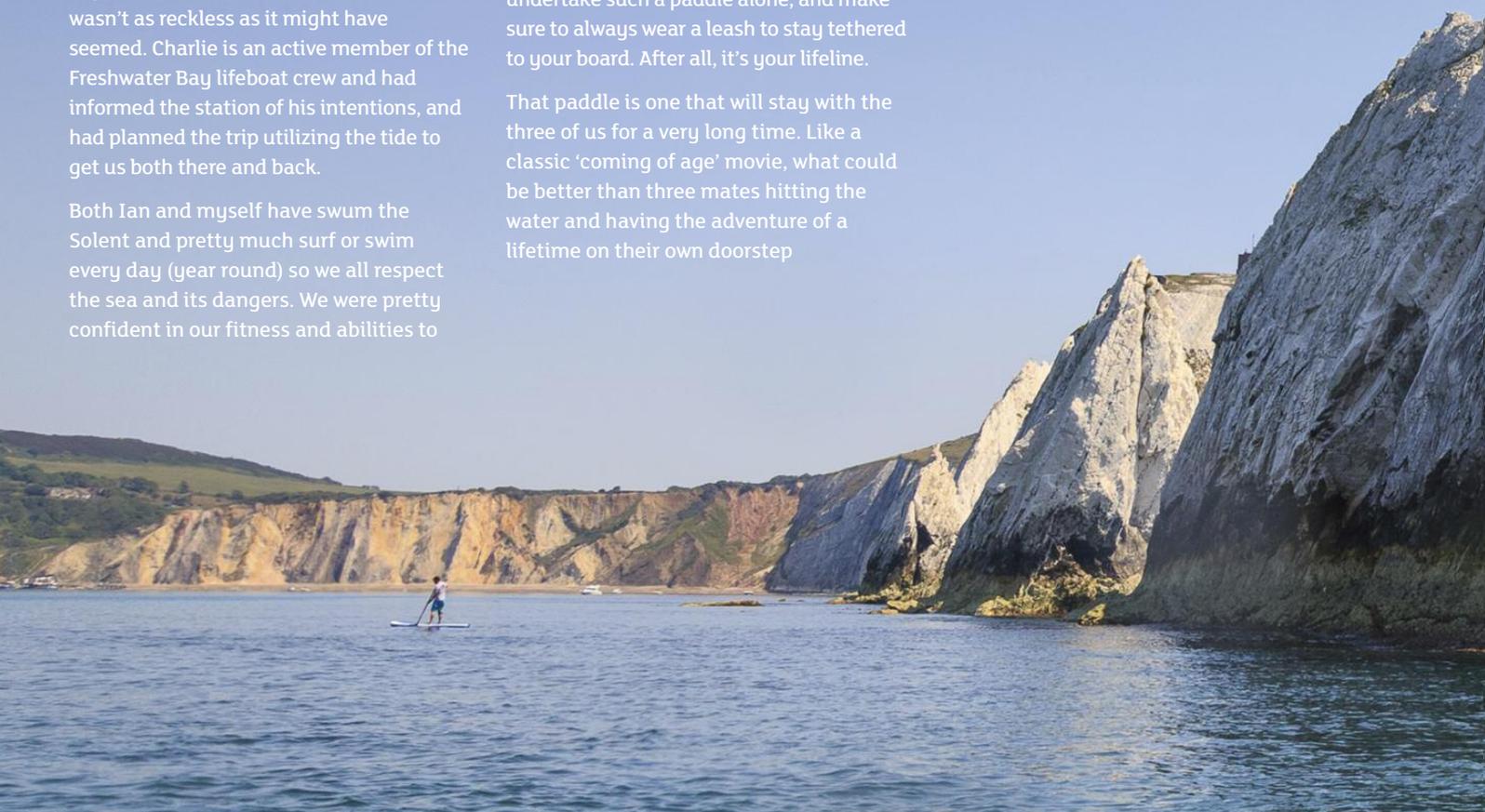
Almost everyone I've talked too since wants to paddle out there. And that raises some good questions, and a reminder of our responsibilities when glamourizing something like this. A good friend and member of the island RNLI expressed his unease at the idea of people being out there on boards without a safety boat, and shared some concerns about 'the message' such a trip might give off. To be fair, on reflection, we all share those concerns. Despite being somewhat underprepared ourselves (mainly in the lunch department) it should be noted that it wasn't as reckless as it might have seemed. Charlie is an active member of the Freshwater Bay lifeboat crew and had informed the station of his intentions, and had planned the trip utilizing the tide to get us both there and back.

Both Ian and myself have swum the Solent and pretty much surf or swim every day (year round) so we all respect the sea and its dangers. We were pretty confident in our fitness and abilities to

look after ourselves at sea. But even so it was still quite an effort and you wouldn't want to try it on the wrong day or get the tides wrong.

There is always the potential for things to go wrong and people need to be aware of the changing conditions at sea, and potential hazards including heatstroke / hypothermia, equipment failure and fatigue. The advice is to plan well, always let people know where you are going and have a back-up plan / help with simple measures like a waterproof phone or (better) a VHF radio. It's wise to never undertake such a paddle alone, and make sure to always wear a leash to stay tethered to your board. After all, it's your lifeline.

That paddle is one that will stay with the three of us for a very long time. Like a classic 'coming of age' movie, what could be better than three mates hitting the water and having the adventure of a lifetime on their own doorstep



For more Jason Swain pics head to www.jasonswain.co.uk

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SUPhilosophy with... Dave Adams



There are so many things within SUP that need addressing. We're still seeing paddlers take to the water swinging their blades the wrong way round – and that's just for starters. For my first rant though I'm going to comment on the softer end of the stand up paddle goods spectrum. Plenty of gear is available but many choose those cheaper options. So let's talk equipment (wetsuits, drysuits, booties and so on) and more specifically the quality of such items, or lack of it!

What determines quality? For me its longevity and dependability. You need gear to do its intended job but also stand the test of time. So how long is long enough? In my opinion your paddling kit has, at the very least, to fit in with continuous usage, day after day, for at least one season of maybe three months. Doesn't sound very long does it? But the reality for a lot of what's out there is products have much shorter life spans – I've tried/used a truck load and seen this to be the case time and again.

OK, not everyone manages to get afloat every single day but it's worth spending a few more quid, if you can, on your wetsuit or PFD (for instance) so those prolonged sessions don't take their toll your kit. In the case of products mentioned any malfunction with have a detrimental effect on your paddling safety. Those essentials from said 'popular sporty style supermarket' might well seem like a bargain at the time – and indeed, thirty quid on a wetsuit for your holiday is perceived good value – and it might do a longer stint than you'd expect. Yet some of the more expensive stuff is not up to muster and that's what really gets my goat.

There are a lot of rubbish, low quality products around – much of it supposedly designed to help with safety. If you can't depend on a piece of equipment to at least keep you warm or afloat then what's the point of using it in the first place? You may as well chuck those tenner's down the drain, or at least give me a bell for my bank details and you can transfer the cash to my account.

You need to be comfortable and confident with everything you use when going in/on the water – not just your SUP and paddle. Don't scrimp for the sake of a few bob, and don't just plump for the brightest, shiniest thing. There's plenty of info available about what works and what's not so much cop. Do a bit of research, ask a few questions (but be wary of brand tie ins from supposed team riders/ambassadors) and you should end up armed with the knowledge to make the best purchase.

Over the course of a season you'll get your money's worth if you're regularly paddling with decent gear. Look at the bigger picture, consider why we need all this kit and then go find yourself a proper retailer selling proper brands who have proven track records with this kind of thing. Leave the cheap stuff on the shelf where it belongs.

”



Photo : Joy Mackie Rider : Philip Mackie



VICTORY 91



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Paddling

the Bora

a Croatian journey

Words: Simon Winkley

Pics: Clare Edmead and Lee Crump of Clare Edmead Photography (Drone & Večka Tower); Simon Winkley

I'm a big fan of travelling with an iSUP and, in May this year, I couldn't resist a short paddling adventure during a trip to the Paklenica National Park in Zadar County, Croatia. I had just two days available in my schedule and planned a route that took me from the ruins of the 16th century Venetian-built Večka Tower near Starigrad as far south as it's possible to go by water, then back again – a distance of 52km including exploring coastlines and creeks.

The weapon of choice was the Starboard Touring 12'6 x 31" Deluxe and the 2017 model is lighter than ever now that all the glue has been ditched in favour of the heat fusion of materials. The board, three-piece paddle and pump plus all my kit and clothing for five days packed easily into Starboard's new Magic Suitcase and weighed in at 20kg. It rolled effortlessly through the airport and - now that it looks like a suitcase – was checked in without difficulty as a standard hold bag and not as 'sports equipment.'

As I departed Večka Tower the weather was overcast and slightly cooler than normal which, with light winds behind me, made for perfect conditions. A steady paddle for a couple of hours in a SE direction took me to the Novsko Ždrilo strait. This stunning gorge is straddled by two huge bridges - one of which is the 55m high Maslenica Bridge which is renowned for bungee jumping.

After passing through (with no sign of anyone bouncing down!) I took a short rest to eat lunch by the ruins of a large house before crossing a wide body of water called Novigradsko More. Being ahead of schedule I changed course to paddle up to the north shore to where the Zrmanja River meets the bay – passing acres of mussel farm marked by hundreds of coloured buoys. Paddling a few kilometres into this sheer-sided river canyon was the perfect opportunity to investigate the harshly-eroded yet beautifully coloured cliffs dotted with caverns of all sizes.

A long, winding route through the narrow Karinsko Ždrilo waterway took me through gently-rolling scenery of red-tiled houses, hills and trees to the smaller bay of Karinsko More. The 12'6 Deluxe, with the carbon stringer and rails, has incredible stiffness and glide and was a joy to paddle as the day pushed on.

I deliberately decided not to book any accommodation in advance in order to just arrive and see what happens, traveller-style. As I neared the end of the journey the sea was glass and the air was quiet. I approached the first tiny cluster of houses and, as I was deciding where to land, two young men appeared and started play-fighting. Things started to get pretty rowdy and, whilst it seemed like they were having fun, I thought it best to carry on when it became a rock dodging game!

No one was about in the next tiny village so I landed on the beach of the third one and approached some fishermen. They spoke no English and, sadly, I spoke no Croatian or German (their preferred alternative). As they began to understand that I was looking for a room they swelled their chests saying, 'Nicola Putrić!!' and gestured to the other side of the bay. They were so insistent, that I thanked them and paddled across to the tiny village of Donji Karin and was greeted by a giant of a man who was indeed Mr. Putrić. He spoke no English either.

Using globally recognized hand gestures I stood in the sea describing what I wanted yet it appeared that he had no rooms. Two ladies appeared. They had no rooms. They made calls on their mobiles and shook their heads. It was 7pm and the horizon was lining up a lovely sunset. Then after a few moments a nod and we were all off walking up the perilously steep hill with Mr. Putrić kindly carrying my paddle and spare water. As we reached the top of the climb a lady arrived and introduced herself in good English as Daniela.

After leaving my board and paddle in Mr. Putrić's garden for the night she took me to her beautiful holiday apartments just a few streets away. By this time I was pretty hungry so she generously drove me to a roadside pizzeria in her car to get the most delicious, freshest pizza I had ever tasted. Villa Daniela was just perfect with a killer balcony view of

the bay. The cost was just 150 Kuna for the room and 35 Kuna for the pizza which is about £20 all in. The locals had been particularly welcoming and expected no tips for their services which pleasantly contrasts other locations where the arrival of a traveller can cause a frantic scramble by the welcome party to make cash and broker deals.

I aimed to leave at 0530 to enjoy flat conditions most of

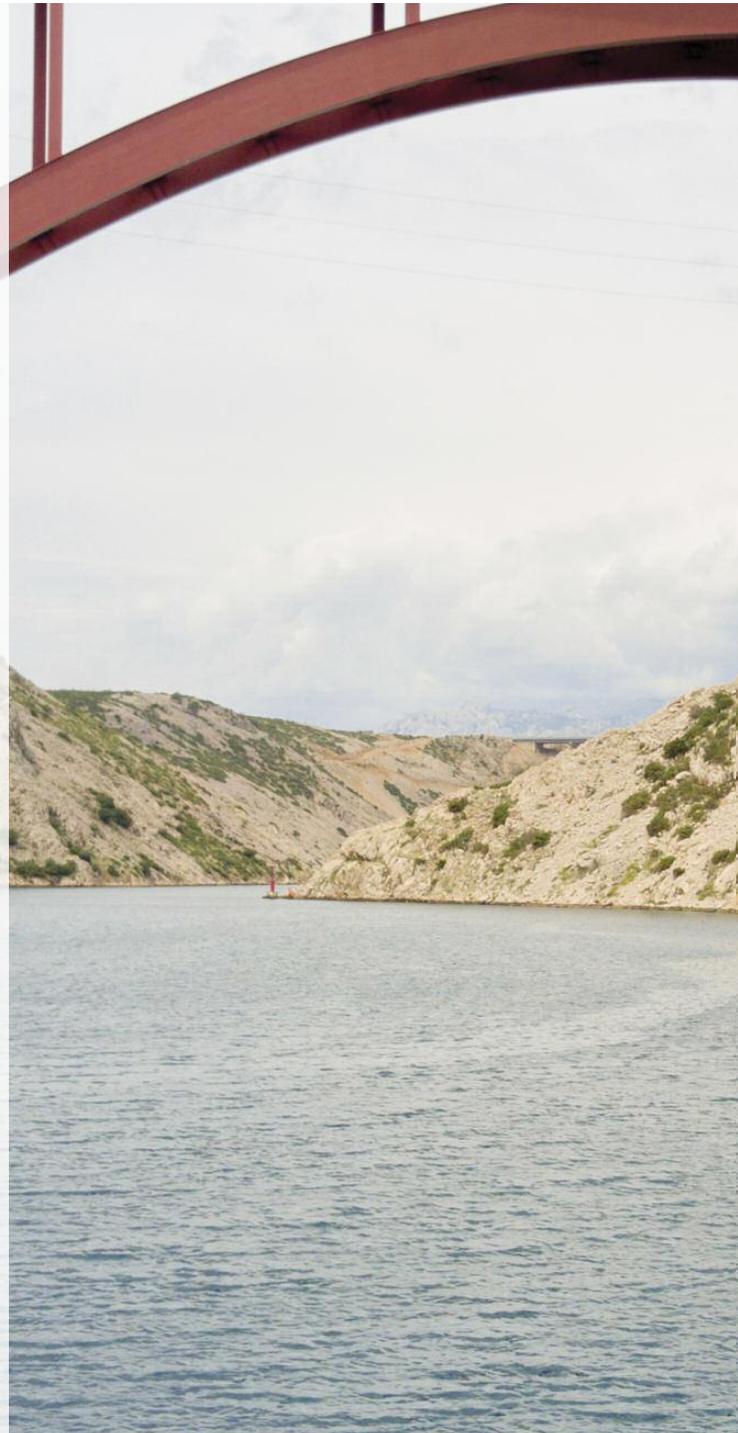
the way back before the forecasted medium winds came in during the afternoon. The Bora – a strong, gusty, katabatic wind from the north that can dominate the Adriatic was forecast to come in the following day yet, when I awoke at 0445 to a storm, I realized with dismay that it had arrived 24 hours early.

Onshore 50-60 knot winds with heavy rain lashed the village as thunder and lightning raged in the mountains. I bolted the shutters and went back to sleep, checking again at 0600, 0700, 0800. Eventually the storm abated and the sun came out and, after collecting my board and water from Mr. Putrić's house, I set off at 0930 directly into a gusty 30-35 knot headwind despite warnings from the locals that it was foolish to set out.

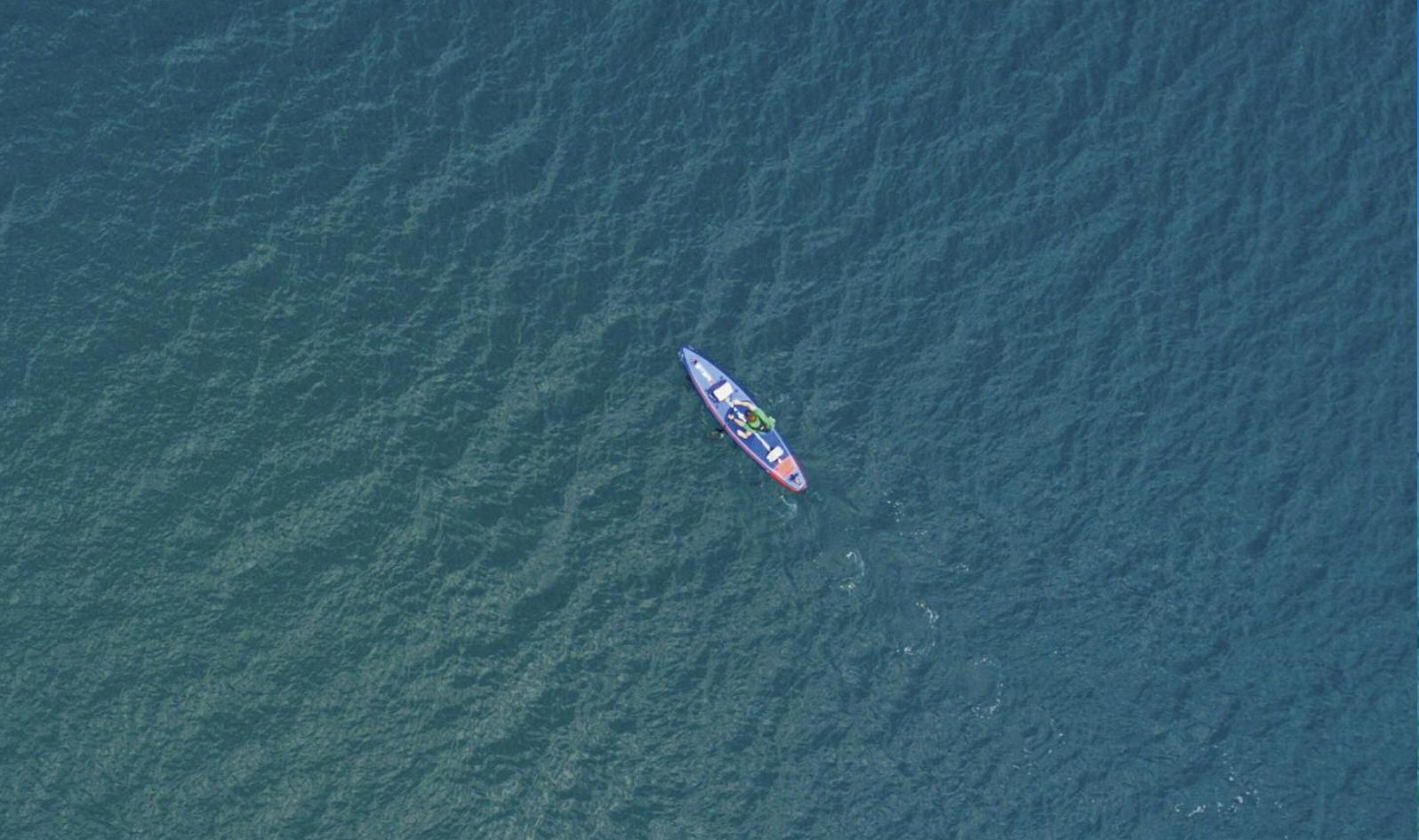
Paddling in those Force 7-8 conditions is brutal – like paddling against a tide – and all attempts to stand and make headway failed. The only way was to kneel on the board, choke the paddle close to the blade and hit the full-power button with a steady cadence to avoid early fatigue. The air was warm but the water chilly and every kneeling stroke brought cold spray over the board. Small waves dominated the lee shore yet the water flattened out under the mountains. The saving grace was that the enclosed nature of the bays and waterways kept the water state remarkably flat relative to the wind strength.



Paddling in those Force 7-8 conditions is brutal – like paddling against a tide – and all attempts to stand and make headway failed



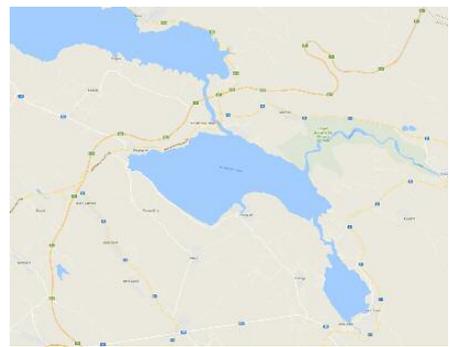




Simon Winkley is supported by Starboard SUP and Bray Lake Watersports. Thanks to Clare Edmead and Lee Crump of Clare Edmead Photography and to Angus Whittaker for local advice and for being on standby as my emergency buddy. Instagram: @simonwinkley

I paddled straight upwind and then across in the lee of the high ground. It took a full hour to beat the wind on the first leg, which would have taken about 10-15 minutes in normal conditions. The paddle across the top of the bay was a strain in the shifty side/headwinds. Getting to the edge of the first bay, however, made the prospect of getting back seem like a reality.

Paddling back through the first waterway provided shelter in places yet, at regular intervals, huge gusts would tear through to force the board up to 100 degrees off course. The wind was just as fierce in the open and exposed Novigradsko More Bay and kneeling again to paddle the long way into the wind then across it was the only way to make progress. By now a solid band



<https://goo.gl/maps/pFJUWoTmS4N2>

of white cloud capped the mountains of the National Park – a firm reminder of the presence of the Bora.

All the open stretches of water were the same and the wind at the top of each one had violent shifts of up to 120 degrees. After nine hours of paddling on day two with a bit of resting on sheltered, remote, rocky beaches I arrived back at the start stoked that I had completed the trip unsupported and without picking up any blisters.

Paddling in this way, with the sheer repetition of paddle strokes, is a great way to focus the mind and body. Paddling the final 26km against/across 15-35 knot winds all day was a challenge I had not intended, yet it paid greater rewards in the end in terms of the overall achievement.

Croatia is simply stunning and this trip took in just one small piece of it. I look forward to returning to discover more of its hidden places by SUP – hopefully next time steering well clear of the Bora!





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- 10'8"x31" Sun - Wave - Dot
- 10'2"x29" Sun - Wave - Dot
- 9'4"x28" Sun - Wave - Dot



INNOVATION
STARBOARD
QUALITY

Not as you know it –

Ibiza and

Words and Pics: Fanatic International

Anchored in a protected little bay on the southern coast of Ibiza it's still dark outside and totally calm. The many unfamiliar noises on board a ship makes falling asleep the first night difficult. Arriving from Ibiza Airport last night most are still fast asleep in their cabins, fatigue having obviously set in.

Quietly the crew starts preparing the usual early morning yoga session, by setting up Fanatic's inflatable yoga platform. The platform is a great invention! It holds the boards in place during the session, so participants can fully focus on their exercises, not having to bother with paddling having drifted off.

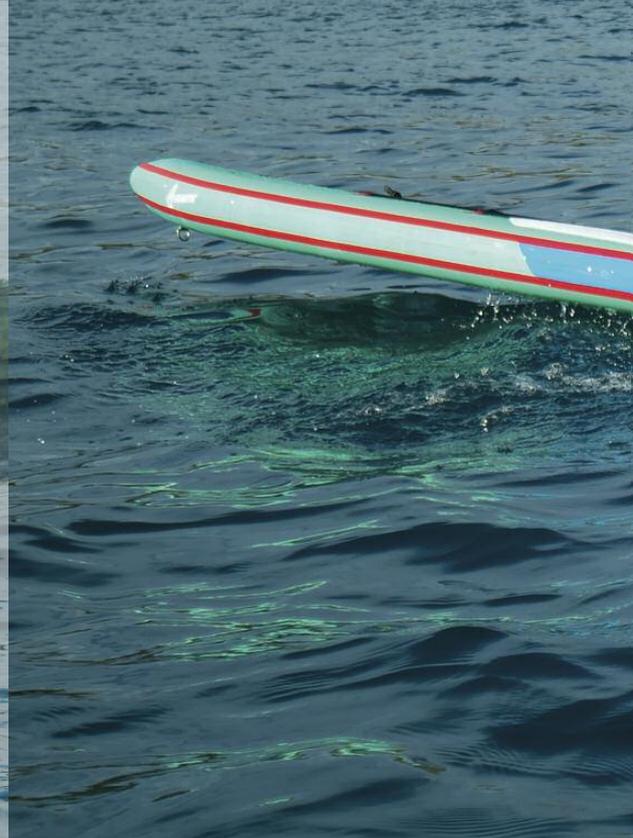
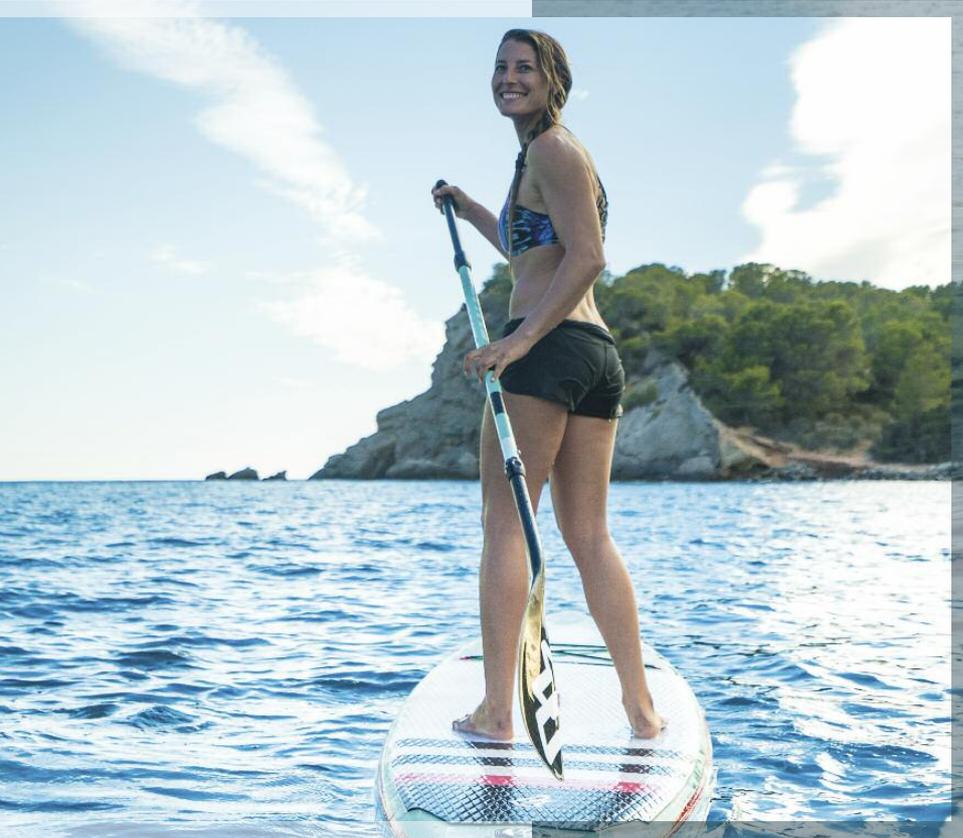
During our week on Ibiza and Formentera every morning will begin with one of those early morning workouts. A sunrise at sea is always something special, watching that ball of fire slowly clearing the horizon while paddling on a SUP only intensifies the experience.



Formentera

by yacht and SUP

The base is not only still there, but was left as if the scientists just popped out for a quick hike.



Having fun

Of course, we know that getting up before sunrise is not everyone's favourite thing to do, especially when on holiday. Participating in each of the offered activities during the week is entirely voluntary. Our program is aimed at having fun in a group of likeminded people and not worrying.

While our guests enjoy their yoga session lead by Kirsty Jones, our specialized yoga instructor (and world class kitesurfer), the remaining team is preparing breakfast on deck. After some coffee, fresh fruits, eggs and a lot of Nutella, we set off to our next destination for the day. Our goal is to show our guests as many of the beautiful places and anchorages the Balearic Islands have to offer, while not hitting the touristic hot spots that Ibiza (especially) is famous for.

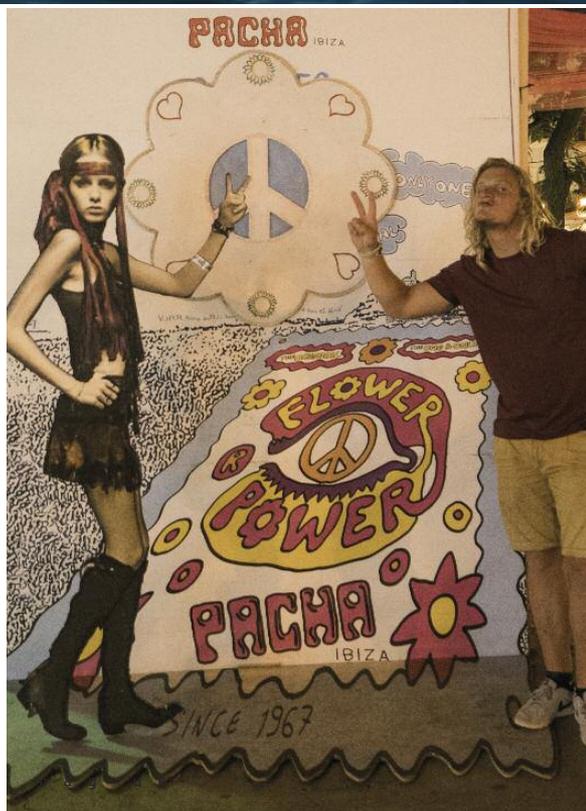
Our journey is not like a cruise on a luxury boat. There's no white tablecloth, no



captain's dinner and excessive pampering. Living aboard a sailing yacht is often a little uncomfortable and always too small a space. Despite that, it's hard to beat the fascination of being at sea. The distance to shore often helps to offer a new perspective on little problems of our daily life. In turn we may question some of those daily routines.

Comfort zones

Special moments and breath taking experiences in life are not easy to come by. We can't just purchase a ticket and lean back in our sun chairs waiting for them to happen. We have to earn them. We have to be willing to give up on some comfort, to step out of our normal ways and maybe overcome some fear. We promise what you get for it is more than most will acquire. Your experiences will be real, not artificially designed. Moments in which you are not a spectator, but the main actor in your own adventure.





Kirsty Jones:

The combination of sailing, paddle boarding, yoga and exploring the beautiful Balearic Islands was such an amazing, unique and blissful experience, with an awesome team! Sailing and living aboard the yacht gave us the freedom to choose a new location each day, exploring and experiencing the very best of the Balearic Islands.

Thanks to the great team on board, the beautiful boat and the incredible selection of Fanatic boards and toys, our days were filled with the perfect balance of action, fitness, exploring, sailing, fun and total relaxation with fresh air and clear blue water!

What I loved was the diversity of the places we sailed to and visited. From remote, scenic bays with incredible turquoise waters, perfect for our SUP yoga sessions, to bustling harbours full of luxury super yachts. Then on to historical old towns with shops, nightlife, cafes and restaurants – this was Ibiza and Formentera but not as you know it.





Mornings

Our mornings began with sunrise yoga – floating, balancing and breathing on the Fanatic Flyairfit boards. We usually did a team paddle after breakfast, exploring the coast and beautiful bays, stopping to jump off rocks, or exploring cool caves. During afternoons and evenings we did fitness sessions, played SUP

polo or just sailed into the sunset to discover another location, and anchor for the night.

The whole experience gave us a special, magical connection to the ocean and elements, tuning our body, and freeing our mind. This helped us to realise our passions and paths, while bonding, sharing and contributing as a team of sailors and salty ocean lovers.





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Neilson SUP

UK'S BIGGEST SUP FESTIVAL

Bowl Water, Kent - July 21st-23rd

Words: Peter Tranter **Pics:** Peter Tranter and Georgia Wharton

The Neilson SUP Armada Festival, the UK's biggest stand up paddleboarding festival, attracted thousands of visitors over the weekend with the SUP community opening their doors to everybody, alongside music, camping and family fun. The celebration of the world's fastest-growing water sport proved a great success, with over 200 children and adults trying SUP for the first time!

The UK's biggest SUP festival took place with thousands of visitors descending on stunning Bowl Water, with many giving SUP a try for the first time. Backed by Neilson Holidays, David Taylor, managing director at Neilson Holidays said, *"What a fantastic weekend! We were bowled over by how many people took part; all ages, all abilities and from all over the country. SUP is an ever-growing part of what we offer on our activity-inclusive holidays in Greece, Sardinia and Croatia, and it was wonderful to meet so many people who make it part of their life back in the UK too. We love getting the word out there for the world's most accessible water sport – bring on next year!"*

The weekend festival also hosted the Euro Tour, where some of the fastest paddle boarders in the world competed with each other and some classic British summertime weather!

Families enjoyed a festival that was packed with activities for children including an opportunity to give the world's fastest growing water sport a try at a taster session. On the water there was something for every kind of paddleboarder, from beginner sessions with instructors, to blissful SUP yoga, development clinics for intermediates and a range of fun SUP races.

On the land the SUP Village exhibited all the latest kit from the biggest SUP brands, whilst Bowl Water provided the perfect setting for good times with the family. The festival raised significant funds for the Armada Trust which supports the grassroots of paddleboarding.

Dan Charlish, founder of the Neilson SUP Armada Festival said, *"This year's Neilson SUP Armada Festival was the biggest and the best by far. The atmosphere was fantastic and the festival was a true celebration of the world's fastest-growing water sport. And the SUP community and general public proved this festival can be enjoyed by everyone, whatever the weather!"*





Armada Festival





Bizzle's rant with...

Joe Thwaites



For those of you who haven't come across me yet it's probably worth giving you a bit of background in an effort to justify my ramblings. I've always had a big passion for watersports. I found SUP 10 years ago and was one of the first schools in the north of England. About five years ago I took the brave step of starting Loco which continues to go from strength to strength. My main SUP passion is hands down surfing which has taken me all over the world and continues to stoke my SUP fire up here on the east coast.

Social media SUP groups run by characters controlling content has to be one of my biggest pet hates right now. I mean, surely it's about giving everyone a fair go to express their opinion and share their experiences. It's a real shame for newbies coming into the sport who stumble across these groups as they're only seeing 25% of the full SUP story. There's a lot more to SUP than is promoted.

Is it just me who doesn't get SUP polo? Isn't it just a less fun version of Aussie SUP Ball which is basically half-cut SUP based rugby? Now I can certainly see the appeal of that but – I do like a drink and wrestle sometimes.

Moving on foiling seems to be the in vogue activity everyone is talking about at the minute. But how easy is it for the average middle aged paddler who actually has the funds to purchase one? From what I've seen and heard it's a lot harder than it looks in paddle mode and some of the accidents where riders or other water users have been hit by the foil look truly apocalyptic. But hey, it's new and if Kai Lenny can do it anyone can right?

The new style of shorter boards certainly look fun, offering a crossover option that will work for light wind windsurfing and/or kite surfing as well as having boards that also perform well in the surf with the paddle (as originally intended). It's certainly something Loco will be introducing for 2018 so stay tuned for that.

That said for me, as a bit of paddle surfing purist, surely you're disconnected from the thrill of riding the wave, the spray churning up in your face as you drive hard off the bottom and how do you make a paddle stroke when you're taller than you were before the foil engaged? Moreover where do you practice? First attempts at your local break would be pretty irresponsible (reefs, hell no!) and it's not like the UK has a myriad of slow peeling waves that have travelled thousands of miles across the Pacific?

Foiling is an exciting development but I think most people will find it hard work until either the foils get much better or would be owners migrate to Maui or Australia where the endless peelers seem to reside. In terms of UK, foiling versatility is going to be key in my humble opinion where the board has the option to add a windsurfing rig or kite so you can effectively foil in 10 knots with a 4.7m sail or a 5m kite and still have the option to lose the foil completely and surf an actual wave with your preferred quad or thruster set up. It's certainly a topic that splits people's opinion and one I'll be watching with interest as it continues to roll out.

Hopefully these opinions haven't upset too many people. Until next time...



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Ladies! step up

Words: Nicky Bowden

Pics: Greg Bowden

At the end of last year I made a promise. I promised myself that in 2017 I wouldn't just be standing on the beach, trying to stay warm, holding my husband's rigging jacket while he was out on the water competing against fellow SUPers at the British Stand Up Paddle Boarding competitions. This year I would join in the fun and enter the BSUPA comps myself!

Frankly, the thought has always terrified me. I am naturally quite shy and the thought of people actively watching me is not a pleasant one. Also I am not that great at paddle surfing. However, I think having reached my thirties I am suffering from a slight midlife crisis and find myself constantly thinking if I don't do this will I look back on my life and regret it. Plus, my husband's enthusiasm for competitions and their ability to push your level has been infectious.

One of my main concerns was my paddle boarding experience and that I would stand out a mile in a competition for being the worst one on the water! I first tried paddle boarding in waves about two years ago and living on the south coast, I am definitely a weekend warrior when it comes to putting in the hours. Still, I thought I would give it a go and just try to have fun – what is the worst that could happen?

I paid for my entry to the first BSUPA comp of the year at Saunton Sands nice and early to make sure I didn't chicken out nearer the time. As the date came closer, the forecast wasn't looking great with a short period swell but also a fair amount of wind. I was getting nervous. My fear at this point was mainly focussed on what would happen if my legs shuck so badly from nerves I couldn't stand on my board! I was sure I was going to look like a complete idiot next to the other ladies.





Morning briefing

The weekend arrived and we all gathered around for the morning briefing and for the first time I wasn't just standing around gazing into space while my husband found out the plan for his competition. This time I was part of the event. Five ladies had entered including myself but unfortunately only three of us registered for the day. As we were such a small group the plan was to run two heats with all three of us and the ranking would be based on the overall scores.

My time had arrived. The heat before ours was running so we had to get ourselves ready. I was in my wetsuit, feeling a bit sick and had already been for about ten nervous wees. The waves were as promised, about 3ft, messy and windy. I had borrowed my husband's board with a bit more volume to help me stay afloat and hopefully counteract my legs shaking. The hooter sounded and we launched. Battling against the onshore wind to get outback was a great distraction from my nerves and I was very surprised to find my anxiety eased almost immediately.

I recognised the name of one of my fellow competitors, Tina Beresford, and I knew she was good so my strategy was to follow her line out, as she must know what she is doing. Twenty minutes in a heat feels much longer than I thought and I had plenty of time to gather myself together and try for some waves. At one point I was battling my way back out through the onshore wind and looked across to one of the other ladies

paddling alongside me and we both grinned at each other. At that point I realised this is what my husband loves about these competitions: having fun, getting out on the water in conditions you would normally pass up and making friends with like minded people. Overall I was pleased with some of the waves I caught in my first heat and I was really chuffed that I hadn't been crippled with nerves.

Results

The second heat was even better. I felt relaxed and much more at ease with the situation. I never once thought about the judges watching me and it was more like just being out for a surf with a couple of mates. The results came in at the end of the day and I came third in the ladies. I was so pleased as I felt like I hadn't let myself down and I enjoyed myself. Best part of all was meeting some fellow lady paddlers who, like me, wanted to have fun and enjoy the experience.

If you have ever wondered about giving these events ago but haven't felt confident enough or unsure of your ability I really would urge you to give it a try. If I can do it really anyone can. I don't have much experience, I have never had a lesson, I generally just make it up and hope for the best but I am passionate about the sport and love getting on the water. It was a great experience and I would never have bothered going out in those conditions normally and it really pushed my paddle surfing.



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PHOTO **MANUEL GRAFENAUER**

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SUP and outri



igger canoeing

A beautiful partnership



Words: Steve Carter

If you take a look at the ocean sports scene across the pond it is easy to see how many great SUP athletes were once, and still are great outrigger canoe paddlers. Dany Ching, Travis Grant, Dave Kalama and so on, the list is huge.

In the UK however, it has been SUP that kicked off the single blade ocean adventure for most of us, with many pioneering SUPers taking up and equally enjoying outrigger canoe paddling and racing having first found a love of SUP.

Outrigger canoes have been around thousands of years and are deeply rooted in the history of Polynesian culture and whilst the current day outrigger canoes have the advantage of modern lightweight and strong materials the principal remains unchanged.

Steve West

In the early stages of SUP race development in the UK, Starboard assembled the first UK race team and amongst the team was Steve West, who has dedicated his life to outrigger canoe paddling and later SUP. It should be noted that Steve is one of the world's leading authorities on outrigger canoe paddling as an author and competitor. It did not take long for his enthusiasm and coaching for both sports to rub off on SUP racers. Who once tried OC paddling were instantly hooked on the glide and speed of the OC particularly in open ocean conditions.

Anne Bellany

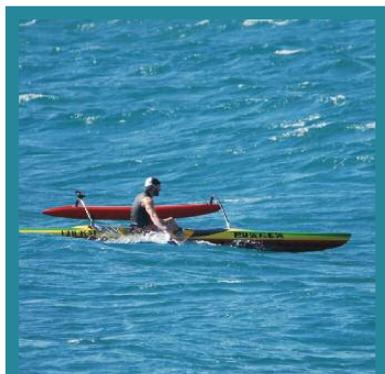
At a similar time Anne Bellany from Guildford travelled to New Zealand and fell in love with the sport of outrigger canoe paddling, along with her partner John Galilee who was into sailing outriggers. They decided to import canoes into the UK. This gave access to one man outrigger canoes (OC1s) and two man (OC2s) types to many SUP paddlers as they partnered with Steve West to share the stoke and knowledge of paddling.

Whilst the sport of outrigger canoe paddling is relatively young in the UK the first club was formed in 1987. Predominantly two London based clubs, The Royal Outrigger Canoe Club and Outrigger Canoe UK, were the pioneering clubs. These clubs have many experienced and skilled paddlers and attend outrigger races across the globe. The clubs mainly centre around paddling six man canoes (OC6) although many train on OC1s and OC2s. Most of the paddlers from these clubs have discovered outrigger canoeing from either participating in dragon boat racing or from more traditional canoeing. It's fair to say that few of these club paddlers found the sport through SUP. What is great with outrigger canoe paddling in the UK is there are as many women paddling outriggers as there are men.



We decided to ask a few of these early adopters from the UK SUP scene what is the attraction to outrigger paddling?

**Pete Holiday
Ryan James
Nick Watt
Adam Stiling
Keith Hopkins
Ollie Shilston
Colin Elston
Dave Samuel**



Why should I try an outrigger canoe?

As many a SUP paddler has confirmed it really is a lot of fun and compliments SUP immensely. The catch, power, exit and recovery phases of the paddle stroke are all easier to tune into when paddling an OC. Whether it's flat water training in an OC1, catching epic bumps on a downwind run or the highly charged energy buzz of a six man canoe flying through the water – the crew working as one unit – there is nothing quite like it. If Carlsberg did team work...

Additional considerations for OC1s over SUP

An OC1 is much lighter in weight and construction than a SUP so needs to be very well cared for. Also it's way longer, generally 21' or so, meaning storage and transportation is a serious consideration. Some garages are a fraction too short. You will need V-bars for some cars and also good padding on racks / bars.

What is a Huli?

Huli is the term given to capsizing and it can happen very quickly and without warning as you are learning in an OC1. The good news is OC1s are easy to right and climb back on and with the self-bailer there is little water in the canoe. In a six man canoe it can also happen quickly for a number of reasons, but this time once the canoe is righted there's a lot of bailing required to empty. Fortunately you Huli a lot less in an OC6, in theory anyway.

Chasing bumps

If you like to chase bumps on a downwind SUP run you are going to increase the grin factor 10 fold on an OC. Don't take my word for it, try it and you will see.

Essential reading

Outrigger Canoeing – A Paddlers Guide, Steve West, Kanu Culture, Batini Books. A fascinating and in-depth history and guide to all things outrigger.

OC1 – A Paddlers Guide – Steve West, Kanu Culture, Batini Books. Similar to above.

Events

Paddle Round The Pier – Brighton – July
Paddle Fest – Carbis Bay – July
Plus, a number of club meetings, races and intro to OC days – check club websites and Facebook.

OC suppliers

www.outriggd.co.uk – canoes, paddles and accessories
www.imiqpaddlesports.com – canoes, paddles, accessories and coaching.

UK governing body

Great Britain Outrigger Canoe Association:
www.gboca.org

Where can I try an OC?

Below is a list of clubs who actively encourage new paddlers. Like SUP, the paddlers are friendly and are always happy to share their stoke of paddling and the ocean.

Outrigger Canoe Club UK – founded in 2002, based in London – www.OCUK.org

Royal Canoe Club – Outrigger Section – founded in 1987, based in Teddington
www.royaloutrigger.com

Paddlesports Racing Canoe Club – based in Milton Keynes but paddle all over the UK. <https://www.facebook.com/groups/393421280730617/>

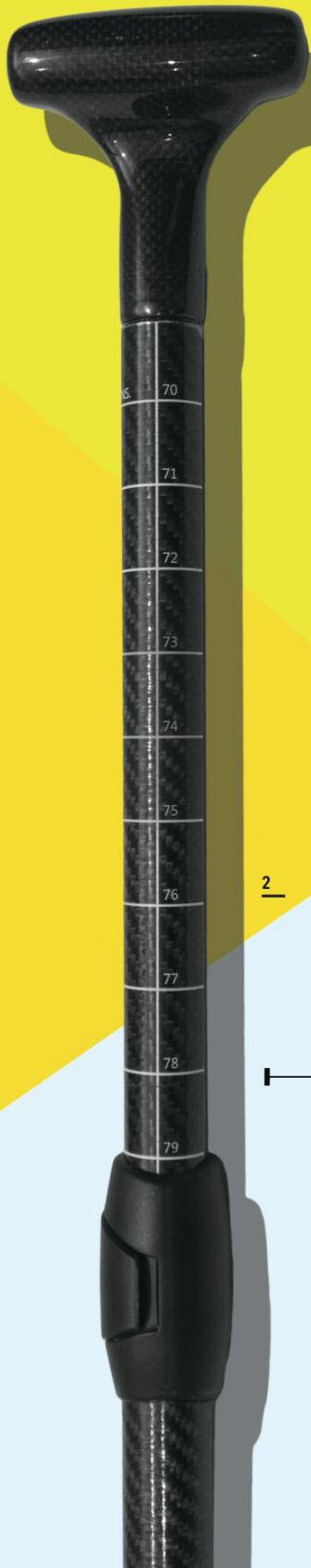
Bournemouth Outrigger Canoe Club – founded in Jan 2014 by a group of predominantly SUP paddlers – a friendly and competitive club.
www.bournemouthoutriggercanoecub.com

Ocean Sports Club – based in Carbis Bay Cornwall they have an OC6 and two OC4s for surfing waves – www.oceansportscentre.co.uk

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Try to imagine 120 SUPers paddling around Venice, giving paddlers the possibility of discovering Venice from another point of view from a SUP board.

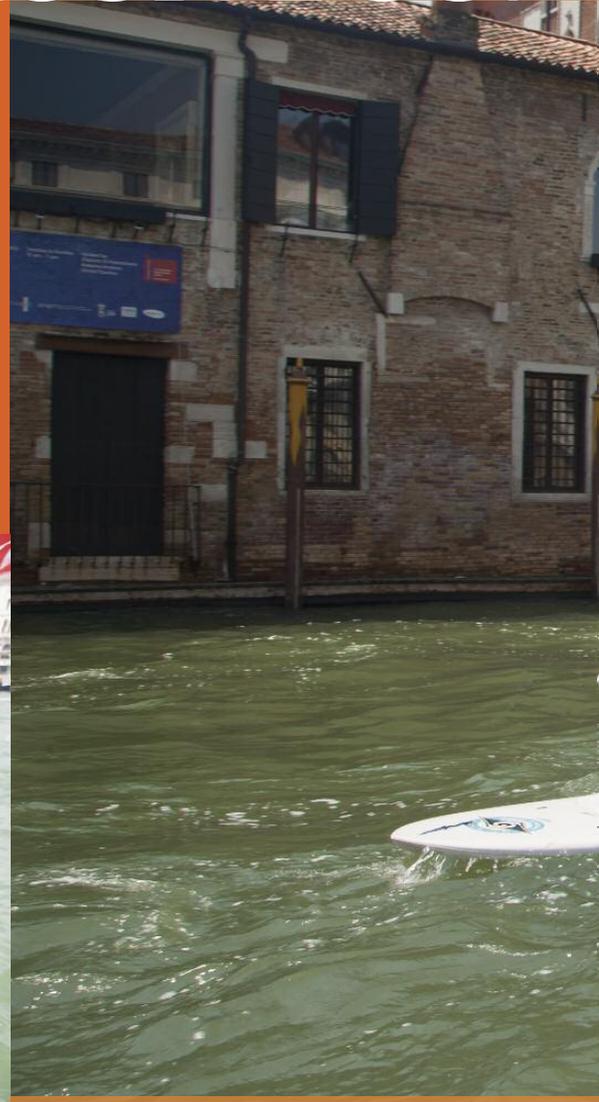
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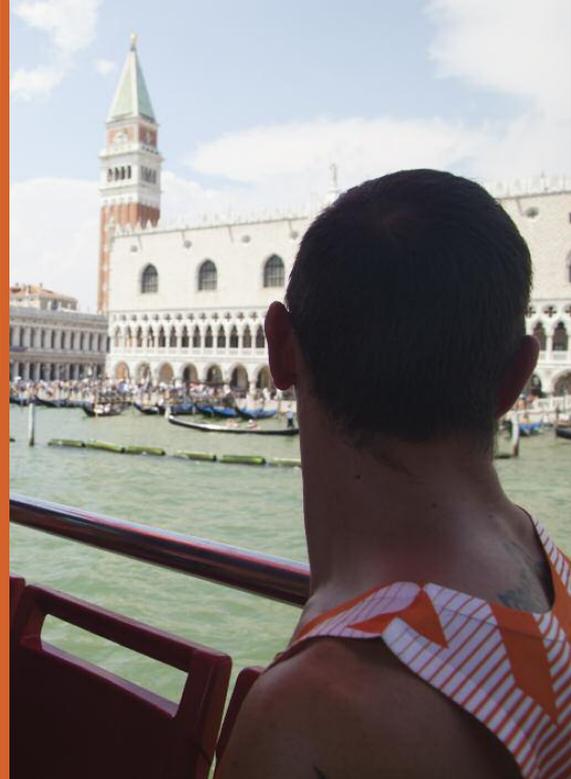
The city of Venice has long been considered one of the most elegant, unique and romantic places in Europe, where in the centre of the city there are no roads, but rather it's just its world famous canals that provide the transportation.

The first surfing Venice took place in 2010 and the number of participants has always been restricted to 100 maximum but this year that was increased to 120.

Organized every year, SURFIN' Venice receive up to 300 requests to take part at this incredible event. The paddlers take part in a SUP parade along the Grand Canal of Venice for a distance of five-kilometres.

RRD put more than 60 inflatable SUPs in the water.





SURFIN' Venice

EVENT OF THE YEAR



Wilderness

paddling on Scotland's west coast

Words: Sarah Longhurst **Pics:** Justin Priddy

A month out and we are watching a low-pressure system tracking across the north Atlantic. Behind it a high-pressure system which looked promising. When planning journeys 12 months in advance there is one thing that cannot be guessed – the weather! All our equipment, food, safety systems and back up plans are set ready for every eventuality in case of a change of weather.





As SUPers we are challenged by wind probably more than anything else. A short paddle of a couple of hours or may be a day paddling into wind can be challenging but accomplished. A four-day adventure in to a remote environment with ever changing conditions demands that as guides we are prepared for all eventualities – the comfort and safety of our clients is paramount.

Boards inflated, shuttle completed, food issued, sun cream on, we sat on the banks of a crystal clear loch – only a light breeze providing a slight change to its texture. Welcome to the west coast of Scotland our number one favourite place in the world! For the next four days we are going to travel into one of the remotest places in the UK. After months of planning we begin our pre-trip brief. Checks completed, questions answered and some laughs to send us on our way we dipped our paddles into the fresh water and began a very special journey.





Heading east into the shadow of the islands we were treated to glass like water, sunshine and silence! We realise we are actually here, taking in the true beauty of stunning surroundings and the realisation that after all the travelling we are on the water. Proceeding through the islands we met a head wind and chop exactly as was predicted. Day one was forecast to be the biggest challenge - hopping and skirting our way along the shore, finding sheltered areas to take brief stops we slowly made our way along the loch.

The feeling of being totally free from the bustling everyday normal life is something to be cherished. Relying on our guiding skills and understanding of the remote environment we decided early to make camp on a sheltered beach for our first night. As the sun slid into the west and with our tents set we ate a filling meal around our open fire and sipped a wee dram before wandering off to the comfort of our sleeping bags!

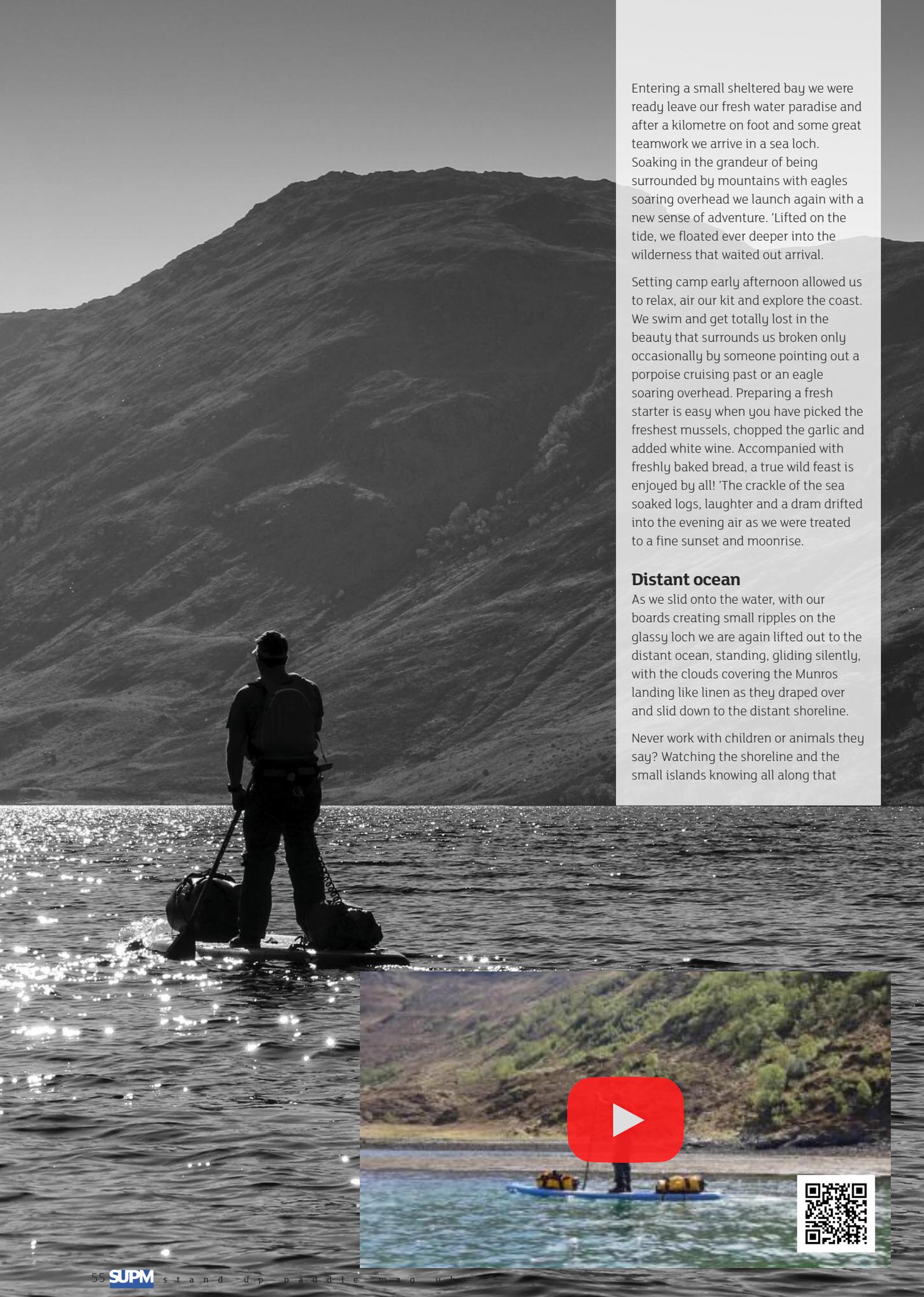
Reflect, plan, think

Early morning and the stoves roared into life slowly heating cold clear highland loch water. Often we find that the early morning and late night are the best when guiding, a time to reflect, plan, think and soak up the wilderness. 'As the sun rose behind the beach, the air slowly warming and the wrapped hands around mugs welcoming the first brew of the day, silence was only broken by new friends greeting one another as they appeared from tents, before the silence settled again and we all stared across the loch to distant Munros.

The group was excited, as we stood on the beach ready for launch into a slight breeze drifting down the loch. We are now in the groove, boards settled under feet, rhythm found as paddles graced the water and the true majesty of where we are paddling grips us! 'Being thrown back to basics and the realisation that mobile phones really didn't have a signal and that being considerate about everything we do matters. Being considerate in this environment is an education, following 'Leave no Trace' principals. This is now no longer a you tube video or a conversation we would rather avoid, but a practice to really leaving no trace. We glided along deeper into the wilderness, occasionally passing a small empty croft or a stalking lodge, no roads, no stress, no hustle and bustle, no signal – perfect!







Entering a small sheltered bay we were ready leave our fresh water paradise and after a kilometre on foot and some great teamwork we arrive in a sea loch. Soaking in the grandeur of being surrounded by mountains with eagles soaring overhead we launch again with a new sense of adventure. 'Lifted on the tide, we floated ever deeper into the wilderness that waited out arrival.

Setting camp early afternoon allowed us to relax, air our kit and explore the coast. We swim and get totally lost in the beauty that surrounds us broken only occasionally by someone pointing out a porpoise cruising past or an eagle soaring overhead. Preparing a fresh starter is easy when you have picked the freshest mussels, chopped the garlic and added white wine. Accompanied with freshly baked bread, a true wild feast is enjoyed by all! 'The crackle of the sea soaked logs, laughter and a dram drifted into the evening air as we were treated to a fine sunset and moonrise.

Distant ocean

As we slid onto the water, with our boards creating small ripples on the glassy loch we are again lifted out to the distant ocean, standing, gliding silently, with the clouds covering the Munros landing like linen as they draped over and slid down to the distant shoreline.

Never work with children or animals they say? Watching the shoreline and the small islands knowing all along that





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seals and otters were watching wondering what funny craft were floating through their gardens. Sure enough and with a quick whisper we all stood transfixed as two otters played straight ahead and seals to our left. As we slowly glided along the shore making as little noise as possible our silence told the greatest story of being immersed in the true wilderness around us.

Arriving later that afternoon in a sandy bay under the gaze of one of Scotland's iconic Munros we saw people for the first time in three days - a strange feeling that we were

sharing our space with others. That evening, in the sun and the village with no roads we shared our stories over cold beer and fresh seafood.

All too quickly the final day had arrived as we boarded our small wooden boat to take us back to busier times, shops, roads and wifi. To guide in wilderness areas is an honour and privilege sharing knowledge and experiences with others and with handshakes, hugs and smiles we say farewell all look forward to the next journey.



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A dose of downwind - with David 'Tids' Tidball

Words: David Tidball

Downwind SUP is generally thought, by the wider global SUP audience, to be the ultimate test of rider skill. Yet those who practice DW in the UK are still few in numbers. We caught up with David Tidball (Tids), organiser of the Icon Classic (downwind SUP race) stand up paddle section, to get his thoughts on the event and UK downwinding in general.



Why organise a downwind event?

When I started downwinding no events existed. I'm not driven to paddle round a lake and most racing is like that. I wanted a challenge. I knew surfski paddlers were the apex predators in the ocean. Mark (founder of the Icon Classic) used to come into my shop and over the course of a year we chatted. I kept pushing I wanted to race in the event. Finally he agreed. I could nominate seven others with sufficient skill they would not need assistance. Then I was made to paddle the race alone with the top end of a Force 6 blowing. There was one spotter shadowing me but when I showed Mark my time he was encouraged. Two weeks later in 2014 we raced and I did the safety from my open ocean SIC 14. With decent times from the likes of Marie (Buchanan) and Ollie (Shilston) he was excited and put me in charge of the Lee Bay launch. Three years on we now have over 100 competitors in all craft downwinding!



Where do you see the Icon's SUP division heading over the next few years?

I don't really see it in that way. It's a fun journey, some call it a race, but we all share the success of travelling as fast as we can on that stretch of ocean. So long as the winner is on the beach clapping in the last then the spirit of this race will grow. I've been offered similar options now with the race in Looe – a test race. (At time of writing there should have been a test race completed). The legacy of the Icon Classic will be to make more races multi-craft and multi-participant. There have been talks about making it a paddle weekend as well. I like the Icon's current lack of commercialism though. We've got it about right, but we do want more prone paddlers next year.

Do you think it could eclipse the other disciplines?

It has its place. I think it's the peak of skills paddling in open ocean environments. So not eclipse but give those who think they are good the opportunity to understand there is still room for personal growth and improvement. The Icon Classic tends to make riders humble. It eclipses egos.

How does a DW SUP race differ from usual?

The start is always relaxed. I ensure this by getting all the safety right before we go. The race location is beautiful and wild. The spirit of the race is respectful. There are some great athletes out there who have humble hearts. Post-paddle food is always a great chance to meet and share. There's no drafting and there's plenty of dunk time!

Many paddlers still don't get DW. How would you convince them to try?

Hard one. One time I set out to DW with seals at the departure and arrived to rainbows. I sat and watched a Red Arrows display during the middle section and the sea was empty. I was alive and alone. If that rings bells then DW could be for you. It's not everyone's cup of tea as it's an internal experience really.

What about logistics? Any tips to make it a smoother operation?

Good weather, good safety and a good caddy with like-minded friends is a good start. But you must go with someone who is experienced!



Do you need specialist equipment – if so, what?

Not really. Our first boards cost £1000 for both! I am saving up for a 17-footer. The problem is that a 12ft race board will not work when it's good. Trust me, I train on an 11ft to develop skills. Originally I used my 12ft Munoz but it was limited to smaller short chop swells. I'd recommend a 14ft SIC Bullet, the best allrounder and cheapest access shape. Maybe we'll get some stock in Europe for this DW season during Sept-December.

Tell us why you think DW SUP hasn't caught on as widely in the UK?

I think it gets media but paddling canals and slow flowing rivers is what the majority do. I don't believe many have the skills (yet). A few pockets exist with Charlie Grey, Ian Phillips and Paul Burgess doing a bit in Wittering. Now I see there's a Welsh and Scottish crew developing. I'm hoping to run kit down to Tenerife next February for a month. People can come and DW and develop their skills and be ready for the following September.

How would you advise paddlers to get into DW?

Know yourself firstly then go with a trusted mentor who will guide you along the right path.

Any final thoughts on downwinding or the Icon in general?

Thanks to those who loyally turn up each year. It's a great honour to have Ollie Shilston, Paul Simmons and Marie Buchanan (apologies to those I've omitted) getting into the spirit. Thanks to Mark Ressel for being open minded enough to make it possible. The world needs more people like him. I think downwinding has given my training a reason and kept me excited on SUP 10 years in. I am still interested and intrigued by where SUP can take you. DW may never be very popular but I get on the water to get away from the land and those who dwell on it. I'm never more focussed than when I'm downwinding. I'd prescribe at least one dose for everyone who thinks they've got SUP nailed.



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SUP TOURI

island hopping off the
beaten path in Croatia



Words and pics: Marko Mrše, Malik Adventures www.malikadventures.com

Croatia is known for its 1000 islands divided by crystal clear turquoise waters. First discovered by sailing crews, then kayakers, it is rightfully becoming a SUP hot spot. To see it at its most remote (and beautiful) we – Adventure Croatia – paddle around the distant islands of the Zadar archipelago: an area close to Molat Island.

NG:



Cold War tunnels and submarine caves

If you look to the horizon, behind the two points framing your view, you see a long blue stretch of open sea. There is nothing here for another 130km until you hit the Italian coastline. As you surge ahead hills, islands and islets, of which silhouettes look like a pulsing line of heartbeats, stretch into the distance. You are now paddling one of the densest archipelagos in the Mediterranean. Just to make it clear: there is more than this number of islands making Croatia a worthwhile location for your Adriatic SUP trip whichever area you choose.



Above: Paddling to history: Cold War submarine caves

Right: SUPing is like walking on a carpet full of colour patterns with blue, turquoise, green patches dotted with black sea urchins and an occasional shoal of little fish passing underneath your board.

Our target, just behind the point towards the open sea, is a set of Cold War military tunnels. In days past they were hiding canons guarding the Croatian coast against potential attack, along with a system of submarine caves. Today these places are a hidden system. They will take you to the very heart of the islands, located just a short walk from the rocky shore, where we leave our SUPs and gear.

The cave's dark and eerie passages mark a dark history and are a surreal juxtaposition to the picturesque Adriatic surrounded with lush green trees, butterflies and scents of rosemary and sage. Fast forward another 20 minutes, back on the water, and you find yourself paddling past two little islets and through a narrow straight no deeper than 1,5m. You can inspect every detail of the seabed as if you have the vision of a hawk. It feels like you are walking on a carpet full of coloured patterns as blue and green patches pock marked with black sea urchins and an occasional shoal of fish grab your attention.

Back in Molat Harbour we finish the day's paddle on a white rocky beach. We put the boards up on a rack in the middle of the pine trees. Arriving just in time to see the sun set behind the picturesque harbour with small boats, it's a blissful scene. An hour later a traditional dinner is served, as prepared by a local family. Tonight we are eating at Ante's, having a 'peka'. It's a round tray filled with potatoes and meat, covered with a bell-like dome which is coal. It

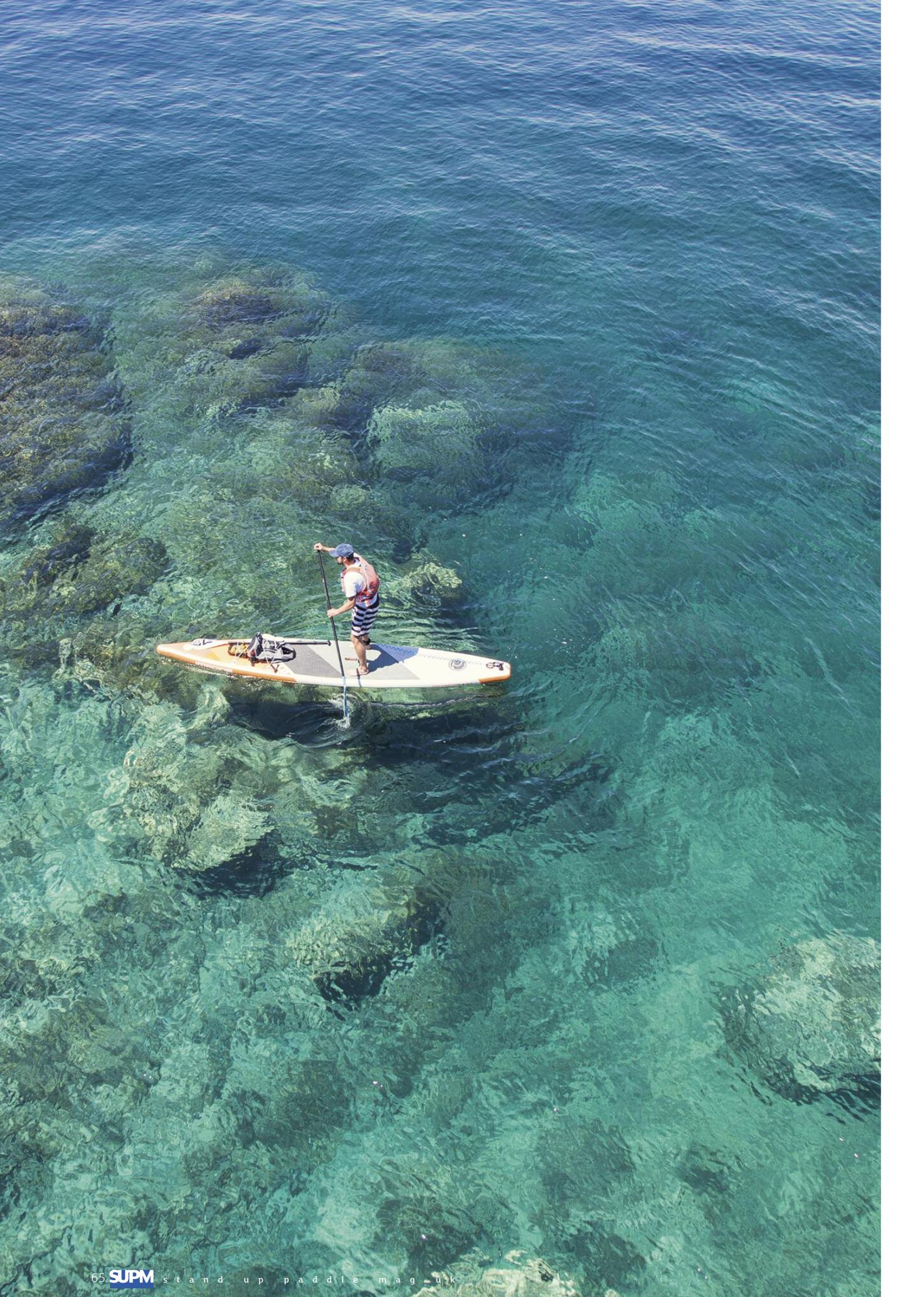
is cooked like that for hours – a traditional Croatian way to prepare meat, fish or octopus. Dinner starts with a rakija – plum or grape-based spirit. A few hours later we are still there chatting about history, traditions and life whilst sipping local Croatian wine.

Star itinerary with multiple launch points

Next day we meet again at the same table. To say it's a continental breakfast would be a bit of an understatement – there is everything from local jams, cheeses, hams, eggs and a surprise today – a plate of bruschettas prepared by our host. Over coffee we discuss the forecast and the options for the day.

The beauty of paddling from our base on Molat is that we stay in the same house every night and complete different routes, a 'star-shaped itinerary' if you will. As one of our guests noted: it actually doesn't feel like we are staying in one place because we move around all the time with different launch points. Such itinerary enables us to make the best use of the weather and sea state. So, breakfast is the time when our guide leads the discussion about paddling options for the day. Each is actually like a small expedition – adjusted accordingly.

With a strong Maestral (wind) forecast in the afternoon we decide to start from the other side of the island. It's a 9k cycle ride while





the guide hops across with SUPs stacked on the van. Forty-five minutes of picturesque riding along the one and only road that meanders across the spine of the island and we reach our launch.

On one side we get views of the mighty Velebit Mountain rising directly from the sea. To the other are views of the open sea and then of Brgulje Bay and its perfectly symmetrical islet in the middle. This was our paddling route two days ago.

We leave the bikes on the side of the street locked next to the van then launch in the middle of Zapuntel's picturesque port. In the morning we paddle across to Ist. It's divided by Molat, literally with a 50m straight. The current moves us towards Ist Bay. Underneath the boards are more turquoise waters. A few anchored sailboats swing on their moorings. Once



out on the slipway we switch to hiking shoes and trudge up to the Snow Queen Chappel – a little white edifice 175m above the sea, sitting on top of the island with stunning views of the entire archipelago. On the way back we make a small detour to a nearby stone stack. Just as the wind picks up we then paddle downwind to Zapuntel and then cycle back to our base, content and fulfilled.

More than just touring SUP

The archipelago has more than a week lot of things to see for paddling trips, anywhere from six to 25km. Having said that you will make the best of your SUP trip here if you have previous experience and are able to paddle for a couple of hours per day. For all those who are new SUP there is an option to SUP shorter distances and then switch to sit on kayaks for longer 20k routes.





On top of water based activities there is an option for yoga or SUP yoga sessions led by a certified Yoga Alliance instructor. Finally, for novice paddlers, you can take a Canoeing Ireland certified kayaking or SUP course. Basically you're covered for all stand up paddle wants/needs.

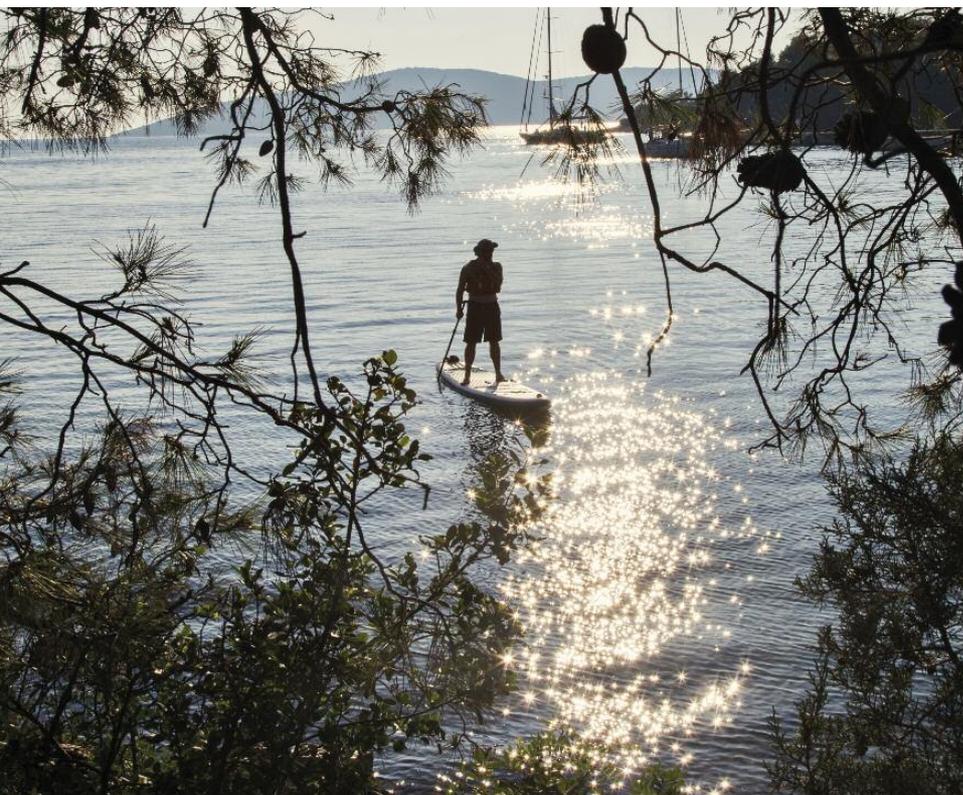
An adventure trip that feels like an expedition

If you are looking for an ideal SUP touring destination then Molat, Croatia, is the place to go. A star studded itinerary has ample opportunities for pure paddling fun – downwind sessions, sheltered water paddling, short island crossings, beaches of sand and pebbles; stones to rock slabs and plenty of other idyllic spots.

On top of it there are the cultural and historical curiosities that spark imaginations of anyone hungry for this kind of thing. History or nature: submarine caves, two shipwrecks, military tunnels, stone stacks and plenty of targets to investigate are all here.

Imagine little picturesque villages scattered around the islands and bays of one of the densest archipelagos in Croatia. If that is not enough, then there are hikes to hilltops, cycling trails, kayaking and even some DWS locations. Best of all – no herds of tourists but enough sailboats to keep the two restaurants, bar and market well stocked with fresh fish and produce. Travel as it should be – local, safe and adventurous.

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Words and pics:

Tony Bain (Green Dragon Activities)

Tony Bain



SUP knowledge – preparation is key

Too many times recently we've heard about people coming unstuck while paddling. As new recruits' skills grow they take on more adventurous routes and scenarios. Blown out to sea; caught by a leash in a river current; fins being snapped off in the shallows; separated from boards in high winds because of not wearing a leash; the list goes on. I don't want to stop people progressing, as that would be a case of pot, kettle, black – I love adventure! But let's think about where, when and what before diving right in.e.

Where

Whenever you go paddling you have choices. The choices you make determine how much you're going to enjoy your session and ultimately if you are going to make it back in one piece. First choice to make is the location; WHERE you intend to paddle. Second is WHEN and for how long, and finally you need to decide WHAT equipment is needed.

Your location will help you decide what type of board and paddle will be used. Short or long board, for flat or moving water or a surf shaped board for a wave session. And of course your leash type: straight for surf or coiled for leisure and/or moving water, i.e. a river.

Your leash type and the point where you attach it to your person (super important!) may seem an insignificant decision. But it's probably one of the key things to consider. To have the leash attached where you cannot reach, at the moment you really need to remove yourself from your board, could prove fatal. But so can the decision to push off without a leash.

Both paddling with and without a leash can have risks. Being blown from your board or falling off in a river and having the board swept away can have dire consequences.

For surfing a straight leash attached at the ankle allows the board to travel away when you fall off in waves. This reduces the risk of being hit by your board. A straight leash also doesn't get tangled as much when you are rolled and tumbled during the rinse cycle. It also travels much easier through the water as a large proportion of it will not be on the board while you are moving.

A curly leash (or coiled) is great for leisure and river paddling. It's much shorter and sits on the board when you wear it. They don't travel easily through the water if it should start trailing. This causes unnecessary and annoying vibration, plus drag, and reduces your speed. It may also alter your course.

The point at which you attach a leash to your body is important. For leisure paddling on the sea or lake, where there isn't too much current, you may attach it to your leg. If connecting below the knee this keeps it off the deck area where you could stand on it. If you chose to attach it around your ankle then the bulk of your leash will be on the deck or in the water. If it is on the deck there is a real risk of tripping and falling.

On moving water there really is only one area your leash should be attached. That is somewhere you can easily grab and release. A quick release cam buckle on a river belt worn at your waist or quick release mechanism already built into your PFD are good options. Both operate from the front of your body where your arms are.





Tony Bain is owner and operator of Green Dragon Activities. A qualified SUP instructor Tony is also the Fastest Local Bog snorkeller (20 secs off the world record) and the holder of the World Bathtubbing record for 100 metres in a time of 1 min 26.41 secs. Find out more at www.greendragonactivities.co.uk

Green Dragon SUP School in North Wales offers SUP beginner and improver sessions for individuals and groups. Fun water Activity sessions, SUP Polo arena, SUP Jousting and Jumbo board racing. www.facebook.com/greendragonactivities/

When

When and how long your session is going to be will determine the personal equipment you will need to think about taking for your chosen paddle. The time of day has a big influence on the clothing you will wear, the same with seasonality. Mornings and evenings you may think about wetsuits or drysuits, but during the middle period, when it's warmer, boardies and a tee shirt may be more suitable. Just keep in mind how much evaporative cooling will take place should you become wet. Even on the hottest of days hypothermia can set in.

If you're on a short duration paddle, and not straying too far from shore, there isn't too much that can go wrong – although always have your wits about you. But if you are planning to be out for the whole day, or travelling a bit further away, or even days, chances of issues arising are greater. It is then that your equipment and clothing choice will really count. A dry bag with some extra warm layers is well worth lashing to your board.

What

What other essentials you may need with you are also worth considering. A form of communication that will work while you are on route is advisable – especially during off the beaten track sojourns or open ocean touring. This may be a mobile phone or a VHF – you'll need a licence for the latter, however, or at least be familiar with best practice.

Food and water is always great to have. A quick energy booster could spur on that second wind – don't underestimate fatigue. Energy bars or pouches are worth stowing aboard. If you're paddling coastal waters then a flare is always a good idea.

The right clothes, the right equipment and the right training will help you to make better informed choices. These decisions could save yours and other lives. It will also mean that you have a more comfortable time afloat. Each situation is different yet should be carefully considered in terms of gear you'll need. With more time aboard your SUP your knowledge will increase. To start with, however, make sure you're adequately prepared for all eventualities.





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In the garage

home SUP
shaping with
Rich Heathcote

Words and pics: Rich Heathcote

I've been surfing for years and always wanted to build my own board, but where do you start, and for that matter why bother at all? Surfboards are not that expensive (ish!) and second hand ones go for a song. So for nearly 25 years I didn't get involved. Jump forward to 2009 and stand up paddle boarding is my new addiction (still is) and I finally took the plunge – literally into buckets of smoking hot epoxy resin! Don't try this at home kids, or maybe do so but under supervision...

This article is by no means a definitive guide of how to build a board – I have no idea how to vac-bag as many shapers do. But my designs haven't sunk (yet) and I've had a great laugh using/making them and realizing where improvements need to be made. So this is my experience and will hopefully inspire a few of you to have a crack.

It began when I bought a 10'2 Gong in 2009, which was OK on flat water but great in the surf. I simply wanted a bigger pointy nosed board. That's as far as my initial plan went. Not knowing how to carve foam, but with some vague memory of planing yet never getting round to building a wooden canoe, I started researching building a wooden SUP. Weeks of trawling through YouTube followed until I stumbled upon a forum called Grainsurf, which was invaluable. You'll notice I said my first board, because be warned, building boards is an addiction and I am now on number seven! So where do you start?

In the beginning

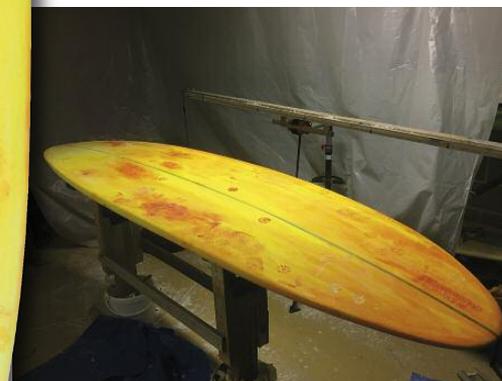
An epoxy board is definitely the way to go unless you have access to heaps of woodworking tools. I've bought most of my blanks from Charlie Grey (CG Designs) and his advice has been invaluable. If you can master a computer programme called Shape3D you can email him a file and get a blank shaped on his CNC machine. But that's cheating! (I wouldn't recommend using Celatex – I tried and failed, yucky stuff!).

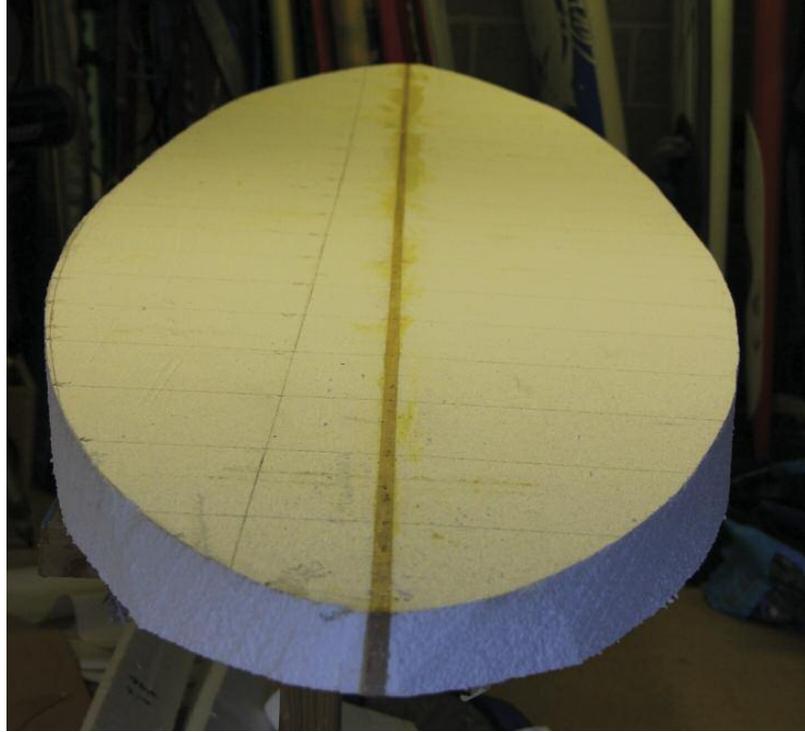
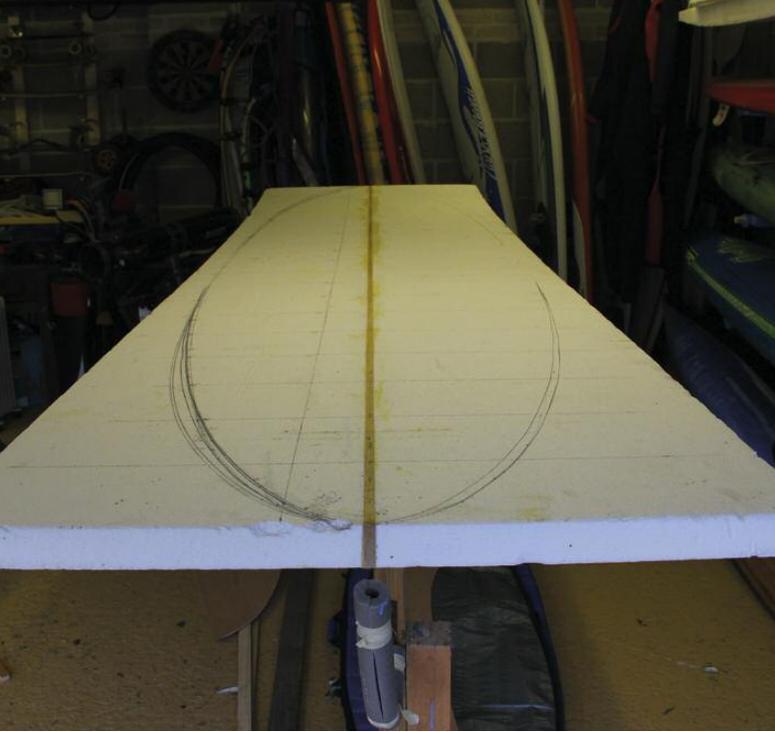
But what shape? Surf SUP, allrounder or race? Whichever you go for, look at as many designs as you can. Start to examine outline shapes, rails and rockers. Then time to start measuring. I got large sheets of paper and taped them together with a central line. Once happy with the outline and everything was symmetrical, I cut out one half of the paper and laid it over 2mm of plywood. This was then marked up, labelled and kept for future boards.

Once you've got your templates and foam you need some shaping stands. If you want the cheap option then they're easy to make involving a few bits of solid wood, some large empty tubs and a bit of cement.

Safety

Before cutting, sanding and glassing you need to consider the safety aspect of shaping. Breathing masks, gloves and goggles are all needed. Foam, and particularly epoxy, are not to be taken lightly so read up on safety for what you're using. Seabase will give good advice and sell everything you'll need.





Back to the task...

Rocker lines are difficult. I've been lucky with a few blanks that have already had some sort of curve already there. If not an electric planer makes life a lot easier. Measure the rocker on other boards. Take the fins out and see how much nose and tail rocker there is to get some ideas.

Once your rocker is done, and you're looking like a snowman, it's time to mark up your blank, re-checking everything before cutting your outline with a large saw. I can still remember watching Tad Ciastula (local shaper) doing this. If only I'd asked more questions then...

When you're happy with the bottom and deck contours it's back to looking at boards, researching more on the web and trying to understand how to carve the rails. Rail bands are important apparently. In other words counting the passes you make with the plane – once I realised this (after board no 4) everything was much easier.

Then it was time to research soft and hard rails, what they are and where they go on the board. Generally if you can feel an edge it's a hard rail and will help the board turn fast, so is often at the tail end of a surf SUP, for instance. Following that the next job is a lot of careful sanding.

And just like that, you've finished shaping! Wow how easy was that? The board looks good, is vaguely symmetrical – although one of mine did lose several inches to make it so! – and most importantly you feel like you've accomplished something. You are now part of the history of surfing going back to the Koa wood boards of Hawaii, hundreds of years ago. Take a bow...

Glassing

But no time to stand around congratulating yourself, the next job is glassing. Or if you're feeling more creative add your own

personalised design, and of course not forgetting your logo. Whatever you do, colour or not, when using an EPS blank you need to spackle! Basically fill the small holes with a fine watered-down filler. Use distilled water or it turns yellow.

To paint I just use watered down acrylics and brushed it on. Play around with designs on paper first because once it's on, it's on. I've made up templates, used stamps and just painted freehand with varying degrees of success. You could go for a resin tint in the epoxy. Check out Mexican blankets on the web, they're beautiful. Bluff longboards in Sennen make some stunning examples as well.

Resinate

You can buy epoxy resin from a few places. Again it must be epoxy if you're using EPS foam. Polyester resin will turn your newly shaped board into a Barbara Hepworth sculpture! I buy from Seabase who sell an epoxy called Resin Research and you add additive f. This is brilliant stuff, safe to use and has no odour, unlike other epoxy resins. They also give some great advice, as I've mentioned.

You'll need three lengths of their widest 6oz cloth, which isn't on their website. Two layers for the top and one for the bottom. Add a few extra feet, as I always do, to reinforce the standing area. Layer the cloth over the bottom and cut to length, then trim leaving a rail overlap. Get everything ready before pouring any resin. Make sure you're not disturbed and can concentrate and watch some more vids to see how people move the squeegee across the board.

Make sure you're happy and everything is in place: timer, squeegee, two pairs of rubber gloves on each hand (so you can take one off as they're soaked in resin and

you can't hold anything!). Mix up the resin and go for it. Once it's dry flip the board and if you're feeling brave, and want to do both layers of cloth in one hit, then repeat for the deck. I often have problems with the cloth not saturating through both layers, so do them separately. It's not necessarily good practice but I never professed to being a pro.

Then it's more careful sanding – don't go through those rails, be careful! It's then time for the hot coat. Mixing up less resin, taping the sides and brushing the resin beautifully onto the board is another skill. When dry adding a leash plug and fin system is the next task. Definitely the scary bit as it usually involves routing a big hole into your beautiful shiny new board. I've used a variety of different systems but for a first board I'd just put a single US fin box in. Again, refer to YouTube for guidance.

So now you're finished, the board is sealed, looks great and has a leash plug and fin. A ton of sanding could now follow and even a gloss coat to get it all shiny, or you could just stop. It won't be perfectly smooth but it will work and you'll be on the water. My daughter's 17yr old school friend built a 10ft SUP for her A-level project and after glassing just wanted to get on the water. Her board is going just fine.

There you have it!

A journey through my board shaping experience to date. They're not perfect but they work well and are great fun to make and ride. If my daughter's friend with no experience at all can make one, then so can you. Your creations may not replace your production SUP but it's a skill to have and will, at the very least, help you understand how to repair your usual ride.



Clean sweep – SUPplimentary paddling with Olympic

Words: Will Satch

Pics: Neptune SUPs

Will Satch is an Olympic gold medal rower who has his sights set firmly on a repeat performance during Tokyo's 2020 Games. But it isn't all sitting down, going backwards, whilst paddling.

Will recently discovered stand up as a way to get respite from rigorous, daily training regimes. Becoming part of the Neptune family,

Will tells us a little of his SUP history to date and how it helps with his current Olympic campaign.



An old girlfriend introduced me to paddle boarding, she does yoga and all sorts of stuff on them in Bali. I first tried paddle boarding in Aiguebelette though. It's an idyllic venue with aqua marine waters and mountainous backdrops for company. Still warm from my third World Championship gold, it couldn't have been a more auspicious beginning. I stuck with paddle boarding because I find it extremely therapeutic and it's the complete antithesis of rowing. I can escape with stand up and unwind a little.

SUP compliments my main sport because it helps me switch off. I find being on water restorative, it's almost akin to meditation I reckon. I've got a complete training regime that fits my sport specifically. However I find SUP benefits my core stability – no bad thing.

I'm currently sorted for competition with Tokyo 2020 firmly in my sights. I'd love to compete in SUP but couldn't give it the dedication and attention it requires. Never say never though! Obviously I'd have a crack at taking the win if I did race...

I'd love to try surfing one day, however, it's just the River Thames for me at the moment whenever I get spare time – just call me 'Ratty'!

The all rounder

I'm using's Neptune's biggest most beautiful beast: the all rounder. In terms of what I'm doing for Damian and the brand I've agreed to look fabulous at every turn, especially high days and holidays! In all seriousness I'm helping to promote the brand and sport where possible.

gold medallist Will Satch



My put in is local. I launch from a slipway down at Mill Meadows in the quaint market town of Henley on Thames. It couldn't be handier, unless I had a riverside property, which I don't. I try go out three times a week. Winter isn't ideal though. I really enjoy spring and summer weather – who doesn't?

Bali would be a nice to head for stand up paddling, as I've already SUPed in lots of spots around Europe. Another idea of mine is to complete the River Danube or something a little offbeat and different – industrial Austria to Serbia for instance?

London 2012 was the most wondrous experience for me. Being selected so late in the day and to row with my best friend could not have been more exciting. For the next Olympic cycle I was in the GB eight. We were World Champions for three consecutive





years, topped by gold in Rio. I couldn't have written it better. I'm absolutely 100% committed to the next one. A repeat performance for Tokyo 2020 is my aim. In terms of stand up paddling becoming an Olympic sport? I certainly don't see why not.

Relentless

If you want to 'nail it' then it's not about being born more talented or gifted than anyone else. Having the right physiology (long levers) is helpful, but mostly it is to do with being prepared to work relentlessly hard. On and on. Truly, it never ends – you've REALLY got to want it that's for sure!

We need to consume around 6,000 plus calories per day to ensure that we don't lose weight/muscle mass. This would be easy were we able to eat chocolate and doughnuts, which sometimes I do! When in full flow the body is like a hot furnace – you can throw anything in and you burn through it quickly. Our diets are meticulously managed and are nutritionally balanced to suit our particular sport. It's very scientific and we have a team behind us who do all the hard work like creating menus and such.

Cycling uses very similar muscle groups to rowing. If we are unable to get on the water due to rowing related injuries then we will train on static bikes to get the mileage in. Mostly though our training is sport specific, so ergos (rowing machines) play a huge part. We also do weight training.

After a lifetime of (literally) going backwards it has been a joy to discover another sport which I have fallen in love with. I can't thank Damian at Neptune SUP's enough. Watch this space...

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Volume-198lt

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Weight-13KG
Volume-198lt

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Behind the brand

SBS Boards' Sam and Ben Snell

Interview: SUPM

Pics: SBS

Myself and my brother Sam started SBS boards in 2010 developing surfboard and SUPs. We had been surfers for most of our lives living on the south coast, UK, and loved anything to do with the water so I think naturally we gravitated towards making surfboards and SUPs as those were and our passions. From the start we had some big dreams and ambitions with paddle boarding because it was still relatively new – we think we can do something different.

Our main focus at SBS is to 'dedicate ourselves to creating great performance/quality in the materials we use and shapes, throughout all our boards'.

We got into stand up paddling in 2009 and liked the idea of being able to still have fun in the ocean when it was flat or windy. As a surfer, in the beginning, I didn't think it looked cool but the more I saw people riding waves and getting airs on SUPs and doing radical manoeuvres the more it started to appeal to our nature. I learnt in Lanzarote on a flat day. I instantly fell in love with it – one of those moments where you feel this is going to be something I do for a long time and have ever since.

Chartering a boat in the Canary Islands and paddling around smaller islands investigating undiscovered coves, looking for new potential surf spots that couldn't be accessed by land and just being able to enjoy good waves and good friends is a great thing to do.

As far as heroes go I think everyone has the classics like Kai Lenny or Connor Baxter who just aren't human in terms of ability and fitness and are great role models for the sport. But some of my personal heroes are Dave Kalama and Laird Hamilton who really pushed the limits and helped progress stand up paddleboard and foiling to that next level in design and performance. Coming from a surfing background, and born from a love of all things ocean, it's great to see those guys get stoked on whatever they are riding; whether it be wind, surf, SUP or surfboard they just love it and I think that's something to aspire to..



Suit a variety of abilities

The Idea for our range came from the need to have a board that can suit a variety of abilities from beginner to competitive athletes, as well as be super fun to either race, surf or just paddle on the flat. We took a lot of inspiration from more traditional looks of the sixties style wooden surfboards as well as Formula 1 race car designs. You can see that with colour schemes of our pro range.

I think it's benefited our creativity to be involved with a lot of water sports from an early age. It's given us a different perspective and a lot of inspiration. We could look at the way we surf on short boards and say I want to get that same feeling on a SUP or design a race or a downwind board that will give you that incredible feeling of speed. Keeps us going back to the drawing board with new ideas.

We really wanted to create a range that would suit every ability of paddler and the conditions they find the majority of the time. After demoing a lot of performance boards we started making and designing allrounders for family and beginners – perfect for flat water and the surf. Then slowly progressing back to our original performance range. I think as a concept trying to make a range of boards perfect for every condition is a real challenge but one I think we have done pretty well with and will continue to improve.

In the early days we made a lot of mistakes designing high performance orientated SUPs, so only a handful of people could paddle them, but now we have a more refined range with beginner friendly boards all the way up to our elite level racers and surf SUPs. I think we have found the right balance in a lot of our boards with usability and performance in mind.

A man with long hair, wearing a green and white cap, sunglasses, and a watch, is carrying a red and grey SUP on a sandy beach. He is holding a black paddle with a white logo. The SUP has a black deck with a grid pattern and a red stripe along the edge. The background shows a clear blue sky and the ocean.

We have a more refined range with beginner friendly boards all the way up to our elite level racers and surf SUPs



Improving the construction

We have to do a little work now and again! A lot of it is behind the scenes. On an average day we will spend a lot of time talking to customers, selling boards and giving advice as well as testing, designing and improving the construction and how each material affects performance. That interaction with each other is really exciting. A lot of time is spent testing and giving our boards to experts or reviewers and then making tiny adjustments to get the boards up to the highest level possible, then maybe some time for a quick paddle after that!

I think the success that we have had has been down to making boards that we like to paddle and surf. Especially living on the

south coast making boards that are fun on flat water, in wind and in the surf is always a challenge but one worth taking on. Also, I think listening to what real paddlers need has given us huge direction and focus. When designing a board keeping in mind who will paddle it and what its purpose is always helps us refine our design to make it better.

I definitely see a huge shift and change in advancements with construction and technologies of boards to make them more durable, lighter and perform better in the ocean. I also think foiling will take off massively. Six years ago I had a go on a prototype and there's nothing else like that feeling, so I think that is an area of interest. But original stand up paddle board designs will still be a go to for most.

We made inflatables a few years back with relative success. We decided not to spread ourselves too thin and really focus on what we were good at: making hard boards for performance in the surf, flat water and downwind. There are still plenty of opportunities to improve and it's the area that we know best.

Next generation

Rest of the year we will mostly work on our newer performance boards for surf and race and go to a lot of competitions with our riders and see how they perform. We are also developing a range of bigger boards to help float heavier paddlers and a range of kiddy gear to help get the next generation stoked on SUPs.

Moving forward we are and trying to spend a lot of our time on research and development, especially in construction technology. Trying to do something different and find stuff that hasn't been done yet.

Our most popular SUP is the Navigator. It has been fine-tuned over five years and we are really happy with it. We use it a lot as it's just so stable, easy to paddle and catch waves on – just super fun to use with friends and family.

The newest SUP kit is pretty good these days and I think year on year there is a real effort from a lot of the big companies to bring out something new and fresh. A lot of creative ideas being put into designs is exciting to see. It'll be interesting watching what will come out in the next few years. I know for ourselves we are working on a three-year project to really push what we can do with carbon fibre to try and create something really strong and light like never before.

Moving forward we are and trying to spend a lot of our time on research and development, especially in construction technology



Thanks

Big thanks to all our SUP team riders, especially Nancy who has helped us massively over the years developing and fine tuning boards. Family and friends for helping us build our company, we couldn't have done it without you. Big thanks to SUPM for giving us the opportunity to not only chat about our journey so far but also utilise incredible knowledge and feedback from testing our boards over the last few years – we are both truly grateful and really love the magazine's support.

Paddling on the sea

If we are paddling on the sea and getting a bit of distance in we go for the Long Bow race SUP as it's just so efficient and moves quickly through the water. If we are out in the surf on the south coast we will probably use the Navigator or the Widowmaker as they are great boards to use in less powerful waves. If we see a good swell we would usually take our Widowmaker and Warbird pro surf SUP just because it offers the highest performance possible and sometimes feels like you can just surf it without a paddle (*having tested it we concur, you can – ed*).

Our local spot is The Witterings, West Sussex, for surfing. There are a few spots that can be good for paddle boarders and even a few more lesser known locations out to sea that have some decent long waves. For distance we paddle around our home in Bognor Regis and Selsey as it can

sometimes be a great downwinding spot and great training if the surf gets rough.

We always try to get abroad a few times a year for video footage and testing but personally we like to go to our same spots in the south of France, Portugal and Fuerteventura. They are pretty consistent and we have a good connection with the locals.

Dream destination

Dream destination is somewhere like Chicama, Peru. Just purely for surf perfection. The journey to get there would be incredible and I'm sure the scenery would be amazing. Who doesn't want to get the longest wave of your life without too many others around?

We would like to get a team together to do some epic journey or distance routes that have never been done before. A few ideas are floating about but we will have to wait and see if we can pull it off.



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Performance boosters —



the nutritional edge

As SUP becomes more athletically focused, and those of a competitive edge look to maximise performance, every aspect of a paddler's existence comes under the microscope. Nutrition is a key area, as much as efficient on water training programmes. Dan Reeds from New Chapter talks about some of the performance boosting foods currently available that may help.

Quark snack pots

For those not familiar with quark, think of Greek yoghurt, but creamier and less acidic. Made similarly from milk, but using a different strain of good bacteria, quark has a higher protein content and less fat than Greek yoghurt, making it an ideal post exercise recovery food. New brand nutrii have realised the potential of quark for those with active lifestyles and launched a range of quark snack pots. Each has less than 150 calories, is virtually fat free and has no added sugar, yet contains over 20g of high quality protein to help you recover from a tough day boarding. Each tub is also packed with gut friendly probiotics to help maintain a healthy digestive system.

nutrii are just as proud of what's not in their pots as what is. There's not an artificial colour, flavour or preservative in sight. The milk used is from non-intensive Dorset farms that uphold strict environmental policies. Perhaps most importantly nutrii tastes great and there's a flavour to please everyone - Raspberry, Mango & Passionfruit and Plain. The nutrii range (Raspberry, Mango & Passionfruit and Plain) is available in Sainsbury's stores from just £1.15 a tub. For more information visit www.eatnutrii.co.uk.

High protein noodles

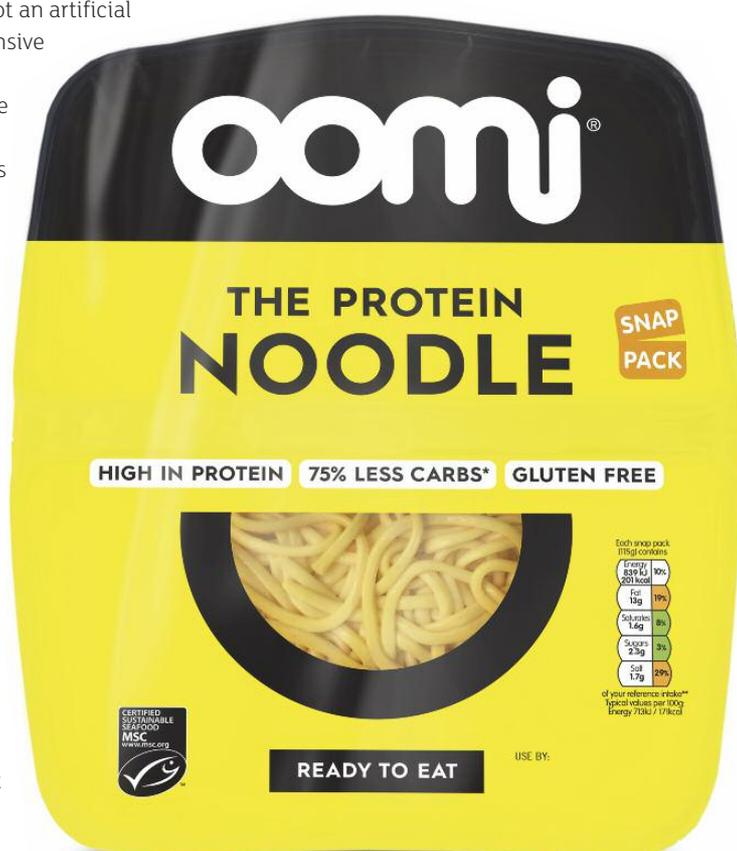
Another new way to increase your protein intake, without having to gulp down odd smelling shakes, comes in the form of oomi noodles. Using an innovative new recipe, which relies on white fish, rather than flour or eggs, as its main ingredient, oomi have created a noodle with a look, taste and feel identical to that of a standard fresh egg noodle. There's a big nutritional difference however, in the form of 75% less carbohydrates than your average noodle and a serious protein punch, with nearly 13g of high quality protein per serving.

Convenient and gluten free, oomi noodles avoid the watery texture found in other low carbohydrate noodles, and offer a 'food with purpose' for anyone living an active and healthy lifestyle, but unwilling to sacrifice taste for health.

Use anywhere you would use regular noodles, whether that be thrown into a stir fry or eaten cold out of the pack for an on-the-go protein hit at the beach. Available now from Ocado and Tesco stores. For more details head over to www.oominoodles.com.

Words: Dan Reeds

Pics: New Chapter, SUP Mag UK





Coconut flour

If noodles aren't your thing, you could always try making your own high protein cakes! Coconut water and coconut oil may have shot to nutritional stardom over the last few years, but another coconut ingredient could prove to be far more beneficial for paddlers.

With a hint of coconut, but otherwise tasting and looking like ordinary plain flour, coconut flour hides a healthy secret behind its non-descript exterior; it contains a whopping 22g of protein per 100g of flour. That's over double the amount in normal flour and means you can turn everyday dishes into high protein recovery foods, whether you fancy a breakfast muffin or cheeky high protein chocolate

chip cookie. Furthermore the flour is totally gluten and wheat free, meaning less tummy trouble for those suffering with intolerances.

If you fancy giving some high protein baking a go, The Coconut Company's coconut flour is not only organic, but is also unrefined and made from 100% GM free raw coconut meat, meaning you can be assured it is the highest quality available. Visit www.thecoconutcompany.co for further information or to buy. £3.99 for a 400g re-sealable pouch.

Chlorella

Whilst there's been rumours of the potential of the green algae supplement 'chlorella' to help with athletic performance milling about for a while, recent research has helped support these claims with scientific backing. A small study¹ looked at the effect in

10 cyclists of taking chlorella tablets, a type of green algae which can be dried to create tablets or granules, for four weeks. It was seen that, compared to when they took a placebo, the cyclists' peak oxygen uptake, a measure of aerobic endurance capacity, was significantly increased - ultimately meaning chlorella could help when it comes to endurance exercise.

If you want to give chlorella a go, you don't need to go wading through ponds with a fishing net. Some of the most efficient chlorella products on the market come from Sun Chlorella, whose new DYNO®-Mill technology breaks down the cell walls of the algae (without the use of heat or chemicals which can reduce the quality of the chlorella) to ensure when you use either their granules or tablets you're getting the most nutrients possible. The granules can easily be added to smoothies or protein shakes, whilst the tablets offer a convenient alternative. Available directly from www.sunchlorella.co.uk or health stores nationwide.

- 1) J Clin Biochem Nutr. 55(2): 143-146. Chlorella-derived multicomponent supplementation increases aerobic endurance capacity in young individuals. Sachiro Umemoto¹ and Takeshi Otsuki^{1,*}



SUP IN STYLE

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WAR BIRD 7'11" - 8'8"
LONG BOW 12'6"



THE DON 12'6" NAVIGATOR 10'6" WIDOW MAKER 7'1" 8'3" 8'8" 9'1"



007 SUP

Billboard

Stand Up Paddling

Billboard Heron 4m 13.2ft x 33" x 6" inflatable

If James Bond did SUP... Looking particularly distinctive in all black livery Billboard's Heron 4m adventure/touring/exploration SUP is new to the UK. With heavy input from celeb paddler Bill Bailey, along with Active 360's Paul Hyman it's a board that's had a huge amount of attention paid to the detail.

Prices:

£1650

Info:

<https://billboardsup.com/>

There are plenty of bells and whistle here: a patented carry strap system, the option of attaching LED lights and all sorts of tie downs and lashing points for essentials, necessary during any kind of paddle trek, short or long. Over to Stephane for more.

If James Bond ever needs a SUP to spy on some double dealing agent or baddy with global domination in mind then he need look no further. The all black Billboard H4 inflatable board would certainly be hard to spot in the dark and provide a means to carry of 007's tools of the trade. Spectre watch out!

Apart from its colour, the first thing that struck me is the Heron 4m's build quality. There are well manufactured iSUPs and there are a few that sit higher still in terms of quality. This is one of the latter. Fixtures,

fittings, carry handles, its bag (or should I say the best iSUP bag I've ever seen!) is far superior to many of what's currently on the market. And that fin! Yes, a full carbon super lightweight carbon skeg. Just be careful not to break it as it will pick up nicks easily. Billboards also offer a slick Honeycomb glass fibre fin in a slate black tone.

Some may initially question the Heron 4m's black aesthetic. After all dark tones absorb the sun's UV rays easily. We did wonder whether this would have any effect on the Heron's PSI rating. Left in the sun would air inside expand too much? This



didn't seem the case, and we had the right weather to check – 30Cs of blazing sun during testing! Billboard also manufacture a white version of the board.

Screw attach system

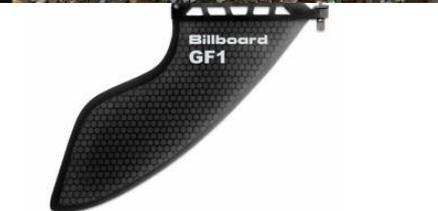
At this point we'll draw your attention to the high end Leaffield valve. Billboard have opted for a screw attach system which goes against the grain of industry standard push and turn nozzles. There's still a spring loaded valve pin located in the centre but it's the screw mechanism that differs. The Leaffield valve sits adjacent to a secondary pressure release which we believe to have been included should hot conditions cause that air expansion mentioned above.

On the water the Heron 4m is affected a tad by chop. It's a thick board (6") and rides high so this is understandable.

Yet with a very stable 33" worth of width paddlers will find it hard to get bucked off, there just may be a small amount of bounce. Turns are efficient and light to moderate downwind bumps will propel riders along briskly, the Heron 4m gliding nicely and tracking well.



Although we tested the Billboard on the sea we can see it really coming into its own across all stretches of water. As such the Heron 4m is a touring SUP in the purist sense of the term. It'll handle all kinds of extreme conditions taking paddlers everywhere and anywhere, fully laden, without too much compromise on paddling performance. Yet should riders choose to simply splash about at the beach, or indulge in family SUP activities, it'll do the job just fine also.



The other Billboard Fin, Honeycomb Glass Fibre Fin GF1



Conclusion

Billboard have done an exceptional job with the Heron 4m. There are so many plus points in terms of attachments and ways to accessorise. As inflatable SUPs evolve we're pretty sure this kind of thing will become more the norm. At this juncture, however, we can't really think of another iSUP that has so many options. Performance is pretty good.

The Heron 4m is a strong, well manufactured and sturdy platform that can be loaded to the hilt before sweeping off on adventures near and far. Yet as much as the brand has come up with a concise expedition board, they've not forgotten everyday paddlers.

It's still a fun sled for bunting about your local stretch on a sunny day with the kids – just make sure you remove that beautiful carbon fin beforehand! All in all, we're impressed with the Heron 4m and if this is a sign of further things to come from Billboard, then we can't wait to see what's next.





Hammer time!

Starboard AllStar 12.6ft x 24.5" x 277L

Over the past few seasons we've laid hands on a bunch of different AllStar incarnations, incrementally downsizing in the width department each time. With the latest version of Starboard's popular 12.6ft AllStar range we put the 2017 24.5" version through its paces.

Prices:

Hybrid Carbon £1699

Carbon Sandwich (as tested)

£2725

Info:

<http://star-board-sup.com/2017/board/12-6-x-24-5-all-star/>

Thanks to Tony Jones at The SUP Company who helped out with this review.

Contact dealers for special offers on 2017 AllStars.

There are plenty of bells and whistle here: a patented carry strap system, the option of attaching LED lights and all sorts of tie downs and lashing points for essentials, necessary during any kind of paddle trek, short or long. Over to Stephane for more.

Before we go any further, however, let's address the issue of dimensions of raceboard versus all rounder shapes and surf SUPs. What you think a number tells about performance on paper isn't usually the case. So many different factors dictate stability, glide, tracking, manoeuvrability and how a SUP behaves on the water. Some may balk at 24.5" inches of width. Yet this would be wrong. Only once you've paddled a craft can you truly make a judgement. Over to Rich for more.

Wow! What a stunning looking board! Starboard's brushed blue carbon is such a cool look, accented with the AllStar's bright red nose and logo on the top. Underneath is just as attractive with a different tone of brushed carbon blue and pin lines of fluorescent orange, so bright they nearly gave me a headache. All finished with a beautiful green race dolphin fin, that in itself looked very, er, cool. (Sorry, I've used that word a lot!).

Jumping aboard and the AS's recessed deck brings the paddler closer to the water, further aiding stability, while allowing excess liquid to flow out the back. The AllStar's deck grip is comfortable



and I salute the kick pad on the tail for those radical buoy turns.

The board came with a single carry handle which was comfortable with space to screw in others. In single centre handle mode Starboard's AllStar does drop slightly from the tail when carrying. This is alleviated with a secondary handle but care should be taken not to ding the tail.

We know many paddlers will be anxious about the AllStar's width. Yet all of SUPM's testers aren't exactly featherweights and none of us had trouble keeping afloat. The

AS's magic is with its deep channel that runs through most of the hull's underside. With blocky sides it acts almost like a catamaran; super stable, relative to overall girth, and with heaps of secondary stability built in. You do have to give it some to fall off!

On the water the board is super quick from a sprint start, particularly when putting the hammer down. The AllStar's stability improves further the faster you go. It also commands a domineering paddling stance, screaming for riders to lean forward onto toes and plunge the blade deep. Having done this there's noticeable acceleration which is fulfilling.



Cutting through chop and swell the 12.6ft's is efficient, shedding water quickly and not slapping about. I completely forgot the board was only 24.5" wide, even with a decent amount of breeze in the mix. Snapping round turns quickly, even when hovering above the fin on the tail, there's enough stability for experienced paddlers to make use of. As such it's technical but not unusable.

Heading back downwind the AllStar picks up bumps easily and does an admirable job of milking them for all their worth. Whilst not a dedicated downwind SUP it's pretty good for light/moderate conditions and even surfs waves well!

The AllStar is a fantastic example of a light, super fast carbon 12.6ft race board that would cover almost all conditions for a much wider than perceived paddling audience. For any type of racing or fast open water stand up paddling it's the business..

Conclusion

All SUPM's test team agree the 24.5" is the most rewarding of all the boards in the AllStar range we've paddled. We appreciate that larger or smaller boned individuals may need to step up or down accordingly in terms of width. Yet this size shouldn't be discounted until it's been taken for a test drive – you might be surprised! Versatility is great. The 12.6ft being a fun tool for general bump running and even a spot of small to medium sized wave sliding. A super high quality finish, sexy good looks and attention to detailing makes the AllStar 12.6ft x 24.5 a highly desirable race style.



Gear shed

SUP Mag UK's test station. If you want your product reviewed and think it will be of interest to SUPers

Email: reviews@standuppaddlemag.co.uk

SUPM's test team is... Stephane Lefevre, Richard Heathcote and Tez Plavenieks

Pick 'n' mix –

AHD Sealion Wings 7.6ft x 29" x 109L windSUP

We were intrigued by AHD's Sealion Wings 7.6ft. Team rider/designer Bruno Andre is often seen putting this strapless design through its paces. The Wings is a multi-discipline tool that spans wave sailing windSUP, SUP, SUP foiling and wind foiling. Four sports in one nifty toy! For this test we're focusing on the Sealion's strapless wave sailing windSUP properties.



Price:

££1,579 with twin fins and

foil blanking plate,

or £3,149 with AFS-1 full

carbon wind foil/SUP foil.

(Non-foiling Sealions are

£979 in wood/epoxy

construction)

Info:

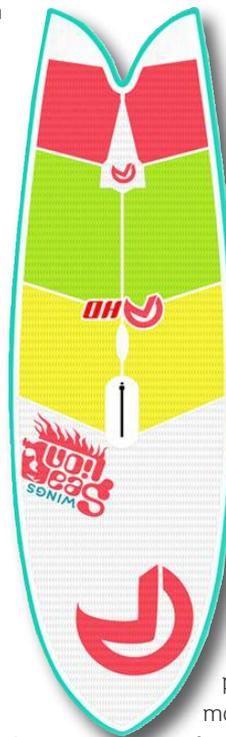
www.ahd-boards.com/models/sealion-wings-2/

Tel: 02380 840777

Manufactured in full double skin carbon it's had a lot of love poured into it. A pronounced swallow tail, compact length, colourful livery, twin 16cm fins and impressive foil box (complete with blanking section) is impressive. We're not sure why AHD's Sealion range isn't more popular in the UK – when conditions aren't firing it certainly provides a means to milk what juice is on offer.

We found the best method of carrying, in windSUP mode, is grab rig as normal then insert knuckles (the wrong way round) into the firm deck located handle. (The recommended method is the overhead 'Hawaiian carry' but isn't the easiest).

Although most windSUPs are water pushers the 7.6ft was surprisingly efficient to



AHD's Wings 7.6ft has been manufactured with sail power in mind first and foremost (paddling second). As such it's nippy, adept and manoeuvrable. We wouldn't recommend tackling Jaws but most low wind UK set ups are game for some Sealion windSUP action.

Small puff is all you need to drop into a liquid wall. Hurling down the face AHD's SL 7.6ft switches personality to an efficiently manoeuvrable platform. There's a different technique for bottom turns, but riders will dial in quickly. Heading back up to curling lips is surprisingly fulfilling – sailors will end up fairly vertical.

How hard your back foot pushes will determine the amount of slide. AHD's twin fins do grip, but with over exertion, they lose traction and will slip sideways possibly catching riders off guard. A few more goes will yield the sweet spot. Re-directing superbly the AHD is a bona fide wave carver.

get up onto the plane. Riders will need to give it a nudge but planing speeds were easily achieved. Booting along sans footstraps may be an odd experience at first, especially if getting airborne. Following a short acclimatisation period it's very pleasant to be free of deck restrictions.

CONCLUSION

AHD have come up with a real winner in their Sealion Wings range. With both paddling and windSUP wave performance available, plus the option of adding a foil – again, in both paddling and sailing guises – its versatility is hard to beat. Surprisingly rapid around the break with full power wind the SL puts a smile on many faces making it a great quiver board to compliment usual planing windsurf kit. Stay tuned for more about the Wings' foiling potential...



Flying high again – Fanatic Falcon 12.6ft x 24.75” x 259L

The last time we stepped aboard a Fanatic Falcon was when we reviewed the brand’s 14ft HRS version a few years ago (see write up on SUPM website). For 2017 the 12.6ft 24.75” version couldn’t be any more different – not least its dimensions, the actual shape is a far cry from what once was.



Price:
£2,499

Info:
www.fanatic.com/product/falcon2/
#productDetailsTabs1



As with other pointy nose SUPs we’ve recently reviewed all is not as appears when going by numbered dimensions alone. The overall design of a board has to be taken into account. What may seem like a narrow SUP may not be the case in terms of feel. Although the Falcon’s quoted width is 24.75” with paddling experience under belts many riders will find it more stable than perceived – certainly up and downwind.

The first stroke from the beach reveals the Falcon to be a snarling beast that laps up open ocean conditions. Its progressive rocker moulds to the water’s contours as pilots sweep along. The deck is very flat and uncluttered with an exposed area without any padding. This is to make the Falcon lighter still. Instead the actual skin of the Falcon offers ingrained grip (rather than pad). The tail kick block was welcome and perfect for those lightning fast hammer buoy turns.



Gliding atop the brine the Falcon feels lively and surf inspired than an out and out flat water racer. There’s no doubt it’s quick with peddle to the mettle though and its high riding nose clears flotsam with efficiency.

Upwinders are particularly fulfilling, the Falcon making easy work of the task at hand. If there’s any side chop in the mix then concentration will be needed if on the heavier side of the rider weight spectrum. A commanding stance and solid stroke rate is needed with these scenarios. Lighter paddlers won’t find any hassle.

The real joy of the Falcon 12.6ft is coming back downwind. Picking up bumps is a doddle, with miles of glide when slipping along a liquid face. And as for manoeuvrability? We were blown away by the Falcon’s agility, relative to its 12.6ft length. While certainly not hiding its race face credentials it’s a fun pointy nose SUP for cutting back into the pocket. As such the Falcon 12.6ft x 24.75” would be a good option for small to medium wave riding proper.

CONCLUSION

All in Fanatic have created a high end performance vehicle that’s fit for open ocean racing without losing site of versatile SUPing needs that paddlers also want. There may be more dedicated downwind boards available but you can’t sniff at the Falcon’s prowess on a bump. Chuck it at a bona fide wave and it’s also adept, coping well with steep drops and peeling swells. As usual the brand’s attention to detail and manufacturing techniques are top of the class. For those looking at full power sprint paddling, surf racing or performance fun in choppy seas Fanatic’s Falcon 12.6ft may fit the bill.



Indestructible sweeping – Fatstick Enduro 10.6ft x 32” x 195L

Fatsick’s Enduro 10.6ft is a recent addition to the Bournemouth based brand’s line up. Featuring indestructible construction (we did test this as much as possible!) the Enduro is literally a stand up paddle board you can throw around and not worry about the consequences. Manufactured from thermo-plastic material you can beat it, bash it, drive over it and even give it to your kids to abuse – the ultimate test of a product we think!



Price:
 £649 including adjustable
 paddle and leash

Info:
<https://fatstickboards.com/shop/enduro-106-thermo-paddleboard/>



There’s a slight trade off in terms of weight, however, so it’s not the lightest SUP. But FS’s embedded handle is comfortable and ergonomic making less of a meal of carrying than some SUPs. There’s opportunity for three fins to be fitted but most will plump for a single, unless heading for small swells, which the Enduro copes with fine.

Stepping aboard the Enduro is extremely planted and composed. No untoward behaviour ensures a hassle free paddling experience for all – even when confronted by less than ideal choppy water states. Tracking is as you would expect from a 10.6ft round nose SUP – i.e. not the most efficient but fine for the job in hand. Glide is pretty good, the



Enduro rolling on momentum following a few short paddle strokes.

A wide square tail makes it a good tutoring platform; those paddlers looking to perfect pivot turns from the tail will have no trouble nailing these skills with the Enduro. Family SUP groups will discover a fun beach toy that delivers something alternative to the usually preferred inflatable options – in some situations a hard board like the Enduro is a better choice than an iSUP.

Cruising around various stretches of water the experience is a pleasant one aboard FS’s Enduro, it’s hard wearing construction once again coming to the fore should riders encounter rocky shorelines where dings and knocks will usually be par for the course. Fatstick’s Enduro 10.6ft brushes these aside like they’re nothing.

CONCLUSION

Fatstick’s 10.6ft Enduro is a bomb proof SUP that many will like the idea of when considering it’s a board that’ll remain ding free throughout its entire life. In terms of performance there’s nothing surprising on offer – at 10.6ft it cruises well, laps up small waves and provides a fun platform for family frolics in the sun. Bright livery and a smile inducing price point will make sure the Enduro has wide appeal.





Sam Robinson
Plymouth to Bude paddle
for The Wave Project charity



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Plastic fantastic – Fatyak Samos 10ft x 36”

Rotomoulded stand up paddle boards aren't a new concept. Back at SUP's inception a few overseas brands had some kicking about. Somerset based Fatyak, however, are the first British company to bring a plastic board to market and it's the Samos we review here.



Price:
£495

Info:
<https://fatyak-kayaks.co.uk/product/samos-stand-up-paddle-board/>



Anyone familiar with sit on top kayaks may have heard about Fatyak. Offering a bunch of sit down paddle designs it was only a matter of time before a FY SUP appeared. The Samos is an unusual looking beast. A myriad of chines and channels run through the hull and deck giving a slightly 'tech' appearance. Fixtures and fittings are similar to what you find on FY's kayaks with an overall finish that's polished and high end.

With its 10 feet of length and 36" inches of width(!) the Samos is a stable platform to say the least! You literally have to run off the Samos to fall off it. Combine this with a planted feel and there aren't many boards that could rival it in terms of composure. Heavy weights, and newbies at that, should have no trouble getting to grips with SUP if learning atop a Samos.



Sweeping forwards and there's a bulk of thickness up front in the nose area. This keeps the Samos locked in and directional. Together with the hull's chines tracking is pretty good and even allows the Samos to be paddled sans fin. You do gain further efficiency when actually using the US box skeg but it's nice to be able to use the Samos without in barely a foot of water – great for teaching anxious beginners who don't like going out of their depth.

Manoeuvres are achievable – there's certainly no reason why SUPers can learn to pivot turn and be proactive with footwork – it's a livelier sled than you'd think. And while you could of course take the Samos into small waves it's not really the board's forte. Learning to stand up paddle, cruising and even loading up with fishing gear and/or touring essentials are where the Samos really fits the bill. With such a stable platform it'd be a crying shame not to utilise this. And don't forget the board's construction lends itself to harsh environments making it great for rock hopping and craggy coastal discoveries.

CONCLUSION

It may take a while to get heads round the plastic concept of a rotomoulded stand up paddle board. But give it chance and you might discover Fatyak's Samos is the SUP for you. Whilst a little heavier than epoxy boards it'll stand up to knocks and scrapes much better than conventional sticks. Easy to paddle, in both finned and finless mode, newbies looking for a stable platform right up to SUP fisher types and explorers would be able to make good use of the Samos. And you can't argue with the price which is a mere snip.



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Bunt about fun – Mellowwave 10ft x 31” x 150L

Mellowwave’s Mark Iles is a familiar face within the south coast surfing scene. An avid longboarder (as well as dabbling with new school surfboard shapes) he’s also pretty keen on touring SUP action. It’s no surprise then that MW have introduced a range of stand up paddle boards to their line up. We got hold of their brand new 10ft longboard SUP to put through its paces.



Price:
£699

Info:
www.mellowwave.net/paddleboards



As regular readers of SUPM will be aware we’re fans of longboard SUP surf sleds. For most they offer exactly what riders need, in terms of accessibility and performance. It’s become apparent, however, that this category can be split into two. On one side you have narrower/lower volume boards that are scaled up from their surfing siblings. While at the opposite end of the scale there’s the type reviewed here.

Looking more like an all rounder (on paper) time and again we’re keen to point out dimensions don’t really give the full picture in terms of what a board can do. Coming in wood reveal and red rail livery MW’s 10ft is looser and more manoeuvrable than you’d imagine. With good stability, but displaying a playful nature, it



tracks efficiently and glide is good, ensuring riders can pick up waves early.

Once in surf stance the 10ft grips through bottom turns and has enough residual speed to slingshot paddlers up to lips without too much effort. Getting over the fins allows for fulfilling re-directs off the top. It’s not a super critical board for turns but can gouge well. Vertical hits are achievable but riders will need to be right on the tail to avoid pearling when heading back into the trough (we’d suggest a rounded pin tail would help here – something you can change when customising your MW SUP).

Clearing sections in a flash Mellowwave’s 10ft gives paddlers room to breathe and set up for the next move. In particular it loves big round house cutties, across open faces, back into the pocket. Moving feet pro-actively about the deck SUPers will be able to unlock the 10ft’s wave potential. For progressing riders it’s also a good platform for schooling in the ways of the wave.

CONCLUSION

We love to see new brands coming into the UK SUP market and Mellowwave have delivered a desirable stand up paddle surfer with their 10ft. Fun to burn around the break it turns well and while not quite as critical as some it’s a board many will find favour with. For us we’d get rid of the nose bungee and supplied fins would do best being swapped out for a more performance orientated set – these are just minor points though. Also if waves fail to materialise then MW’s 10ft is fine for a bit of scooting round on the flat.



Go with it! –

Sunova Flow 8.7ft x 30” x 121L

The last time we got our grubbies on a Sunova SUP was during testing of the brand’s Soul 9.5ft, which you can read here - <https://standuppaddlemag.co.uk/2016/07/15/sup-soul-full-sunova-soul-9-5ft-x-31-x-150/> This time round we’re looking at a new addition to Bert Berger’s range: the Flow 8.7ft.



Price:

£1365

Info:

www.sunovasurfboards.com/product/flow-sup/

As with the Soul everything about the Flow is top drawer; manufacturing, the finishing and Sunova’s unique handle. We won’t harp on too much about this, as these details are identical to the Soul and have been discussed at length. Suffice to say it works well...

On the beach the 8.7ft looks like a smaller style of surf SUP, due mainly to its more traditional outline plan shape – no stubby noses here! Instead you have a pulled in performance front, tapering down to a squared off tail with two channels grooved into the Flow’s underside. Five fin boxes complete the package – its tuneable range can’t be sniffed at.

The first thing you notice when stepping aboard is the Flow’s flat deck. Standing in the sweet spot paddling is pretty easy and it feels composed as you head out to the peak. Deviating from this paddling position does mean some SUPers may find it wobbly. It’s pretty easy to shuffle tootsies

back into place though, should riders get a lean on.

Piercing through oncoming flotsam the 8.7ft negotiates moderate white water with a few hammer down strokes and isn’t too unsettling. Before long you’ll be in position ready to pick off a few... We were surprised by the Flow’s early entry. While not the earliest board into drops it wasn’t super critical either. As such there’s plenty of time for paddlers to take stock and set up their bottom turn – breathing room if you like.

Off the bottom is smooth and sharp, subtle changes in rail pressure aiding its directional attack back up to the lip. Once at the apex paddlers have a choice: bang in a full power re-entry, slash a cutback towards the pocket or push as hard as you dare through the tail, releasing the fins in the process. Whatever type of turn you plump for the Flow will happily accommodate, it’s then simply down to rider skill in nailing the move. The Flow 8.7ft won’t, however, let you down.



CONCLUSION

Sunova’s Flow 8.7ft is definitely at the accessible end of performance SUP surfing boards. That said riders will still need some experience to unlock its full potential. As a quad fin it boots around the break with a moderate amount of input needed from paddlers top keep it going. Its forte is when duelling with lips: most kinds of turn are applicable with the Flow 8.7ft, it’s even possible to release the fins and be well on the way to tail slides or Holy Grail air time. A highly polished performance surf SUP that has more embedded radical elements than you’d imagine by noting dimensions alone.



Big and beautiful! – SBS Big Rocket 10.6ft x 30" x 143L

The latest SBS board SUPM has laid hands on is the brand's Big Rocket 10.6ft. At first glance perceptions suggest this is simply another all rounder. Yet delve deeper and you find the BR is a very adept longboard surfing shape. Currently there's a raft of these bigger dimensioned, but loose and manoeuvrable designs hitting beaches. And we're stoked to say many are coming from UK brands! Steph has the lowdown.



Price:

£825

Info:

www.sbsboards.com/product/sbs-big-rocket-stand-up-paddleboards/



The Big Rocket is a beautiful looking longboard SUP shape with thin rounded pin tail, reduced rear rail thickness, lightweight construction and exemplary attention to detail. Any experienced paddler with an eye for design will see it's a bona fide wave catcher, it just so happens to offer all round paddling versatility at the same time. The design and graphics are very simple and give an old school look, which suits its longboard riding style. The included fin wasn't the best but with high end fin boxes as standard riders can tune and set up with better skegs.

Due to its thin tail I was expecting a degree of instability but it's a longboard so once paddling from its mid-point

the BR displays good manners. Stepping back reveals lightning quick turning agility, but don't hang there for too long or you will get wet! For practising all important pivot turns the BR is doable but it's wave riding where the SBS comes alive.

During a handful of sessions (with swell being hard to come by during testing) the Big Rocket lapped up what gutless conditions were on offer. Early wave pick offs, acceleration down the line and a smooth progressive arc off the bottom delivers paddlers to the lip without issue. Skilled surfers can knock a few tops off while those improving will be able to work on timing and technique without fear of taking too many dunkings. This kind of shape is hard to get right but SB have done a sterling job, achieving a balance that will suit a wide range of paddler ability.

This is the second time I've used a SBS board and I haven't been disappointed so far! Out of the two, however, the BR is the most accessible. A great choice if you are in the market for a longboard wave machine that also gives access to flat water cruising.



CONCLUSION

Sam and Ben Snell continue to deliver quality stand up paddle boards that cover all bases – the brand's Big Rocket being no different. For our money this is one of SUPM's favourite designs. We're big fans of longboard style SUP, which is no secret – particular boards that offer general paddling comfort like the BR does. Achieving balance between accessibility and carveability is tricky, yet here's a good example of a SUP that ticks both those boxes. A kick block on the tail pad and better fins would have been preferable but you can't deny the boys have done a cracking job with the Big Rocket's overall shape.



Double whammy – Duo Board WindSUP 8.6ft x 30” x 134L windSUP

It's been a while since we laid hands on a Pendle Board. Back in 2015 we got chance to try the 9.6ft version – one of the first batches of the brand's innovative half rigid/half inflatable SUPs (you can read the review on SUPM's website). Fast forward to 2017 and the technology has been embraced by Duo Boards – as subsidiary of NoveNove. A line of (planing) windsurf and windSUP boards are now available utilising the rigid/air concept. Over to Steph for more.



**CESARE
CANTAGALLI**
i-99

Price:

£1,449

Info:

www.duo-boards.com/duo-windsup/



The half inflatable nose and half rigid tail concept, originally designed by Mat Pendle, is a board I always wanted to try. Working with NoveNove's Cesare Cantagalli the WindSUP 86 is a striking board. If space is an issue but you are not a great fan of 100% inflatable boards then this could be a good compromise.

Inflating to 10/12 PSI takes no time and no sweat! As a windSUP you need to screw a special insert into the board's deck, covered by a foam disc (don't lose it or you are in trouble). Two positions are available. With five fin boxes there's plenty of opportunity to change the fin configuration and tune. A centrally located handle makes it easy to carry to the beach, even with a sail attached.



On the water it takes a little time to get used to, mainly because you need to adapt to both air filled and hard areas of the board. The Duo's inflatable section is very comfortable and floaty with plenty of stability. With only 10 knots of wind it glides nicely along – there's no need to be an expert windsurfer, but maybe not a complete beginner either.

With quad fins it heads upwind like crazy – great if you're into wave riding and needing to position yourself at the peak quickly after a glide. Stepping on the tail of the board, even just a little, you can instantly feel the performance change. It suddenly takes on a whole new dimension!

In SUP mode it handles nicely on flat water. Not super fast but adequate none the less. It does feel a little strange at first and watch out when stepping back as you lose the volume very quickly. Incorporating thin rails like this on a full inflatable board is tricky so the Duo concept is great.

CONCLUSION

Duo Board's WindSUP 86 ticks all the right boxes for paddlers and windies. Add a foldable windsurf rig, a three piece carbon paddle and you're good to go whatever the conditions. It's a board that could you get you wet in any type of weather. The windSUP fitting is a little fuffy but this is only a minor point. Ultimately the Duo Board is a good concept that'll suit many paddlers/sailors who straddle both sports. For those wanting a full on windsurfing experience, albeit in inflatable form, check out Duo's Wind Freeride range.



Piloted efficiency –

RRD Air Cruiser 12ft x 31 x 310L V2

RRD's range of stand up paddle boards – inflatable and hard – are nothing if not eye catching. The brand's 12ft x 31" x 310L Air Cruiser is a case in point. But it's not all good looks and little substance – far from it in fact. Over to Rich for more..



Price:

£1,075

Info:

www.robertoriccidesigns.com/equipment/shop/aircruiser-v2/



This is a beautiful looking board with its orange, black and white graphics. It's very striking on the beach and on the water and the design looks very cool. Manufactured with RRD's new Sandwich Dyneema Belt construction it's quick and easy to inflate, 15 PSI being fine for a stiff/rigid ride.

At 31 inches wide it is quite stable and would make an excellent board both for a beginner and a more advanced paddler. I know in previous reviews it's been communicated that touring SUPs are perfectly fine for early intermediates and up, the RRD being a case in point. After all, with the majority of paddling done on flat water, at this stage of most SUPer's lives, why not use a board designed for such environments.

An interesting feature is the RRD's nose shape which is very flat in its rocker line, and is in fact the same throughout the board. This makes it quite different from other longer iSUPs (I've used) which seem to have a more

pronounced nose rocker. The nose also sheds water well and promotes a hammer down approach to paddling. It's not quite a race board but there's pedigree here! As a result the board is efficient to pilot as it slices into chop as smoothly as a hard board. Together with its rounded pintail the board is a joy to use and offers great tracking/glide with a decent level of manoeuvrability from the back.

I used RRD's Air Cruiser across a variety of conditions, from smooth glassy waters to choppy sea states. In all instances the board displays good manners and a great composure when conditions are at their most unpredictable and changeable. For progressing paddlers this will boost confidence no end while experienced riders will be able to put it to good use when on coastal discovery missions for instance.



CONCLUSION

RRD hit the nail on the head with their 12ft Air Cruiser iSUP. With quality manufacturing techniques it's a rigid feeling SUP, when inflated to the recommended PSI and would suit a plethora of different paddling styles. Early intermediates looking for an efficient flat water design (with space saving and storage in mind) will benefit while more experienced paddlers will be able to take it for open ocean distance sojourns as well as having it as a fun SUP for flat day paddling shenanigans.



Sweet sweep –

O’Shea 10.2 x 32” x 220L Fusion Lite

O’Shea do produce quality inflatable stand up paddle boards and their latest Fusion Lite 10.2ft is no different. Instantly recognizable with distinct graphics it’s an iSUP that’ll take paddlers from new recruit stages right up to accomplished sweeper. Accessibility and all round paddling fun is what O’Shea’s range of boards mostly compromise of. Rich has the info.



Price:

£789

Info:

www.osheasurf.com/isup.html



O’Shea’s 10.2ft is a lovely packaged inflatable stand up paddle board. A well designed rucksack, easy to inflate pump, quality fin system and desirable overall product is exactly how to entice new recruits into the sport. For anyone in the market for an iSUP there are a few brands which are up there and O’Shea are definitely in this prestigious group.

I like the outline shape and have been a big fan of the rounded pin tail for years. For me it’s elegant in the water and helps make turning smooth, whether on flat water or on a wave – all similar traits displayed here. There is a gentle rocker in the nose and the whole board is not as chunky as some. Its Fusion Lite technology certainly shines

through as it’s easy to carry and manoeuvre. The 10.2ft has ample width to learn the basics of SUP and will inspire plenty of confidence.

On the straight it paddled beautifully. Although O’Shea didn’t necessarily have waves in mind it copes well with some swell – a similar trait will many of the brand’s air boards. Whether by accident or design you’d be surprised how adept these iSUPs are in surf, which certainly lends a degree of versatility and would allow progression.

Across flat water conditions it was also really well-mannered in wind and chop. Some round nose iSUPs simply can’t cope if weather becomes adverse but with the O’Shea there was no issue. It took everything I threw at in its stride.



CONCLUSION

As many will no doubt be aware the inflatable SUP market is polluted with lots of low quality products that won’t do any favours. O’Shea’s 10.2ft, along with its whole range, are certainly not in this camp. What these boards offer is accessibility, usability and quality. They’re certainly not designed with extreme conditions in mind, but then for many that isn’t the point of stand up. Most simply want an easy going time afloat, with family or friends, and to enjoy their recreational time without fear of their ‘toy’ failing. O’Shea’s 10.2ft certainly won’t let paddlers down and provides the means to enjoy SUP’s mellow, fun side to the full!



Tooled up SUP – Aqua Inc Trident blade/Rotary Grip fixed carbon shaft SUP paddle

Aqua Inc's new Trident blade and fixed Rotary Grip carbon shaft SUP paddle is an impressive looking but of kit. As is the trend for modern performance sweepers the shaft tapers from the blade up towards the palm style handle giving a progressively narrowing cylinder to grip. Worth pointing out is the Trident blade can be fixed with any shaft from Aqua Inc's range, making it super versatile.

Down into the Trident's face and you have a reinforcing dihedral, much like a spine, that gives way to two central power pockets. Either side are flat edges that should, with correct technique, increase efficient water release. All in Aqua Inc's carbon SUP paddle looks high end and ready for business.

Having been used to using adjustable paddles of late, it was slightly unusual going back to a fixed shaft type. It highlights just how important it is to get the right length. Aqua Inc was more or less there but our advice when cutting is to do so carefully and incrementally. The last thing you want to end up with is too short a paddle!

Forward thrust is efficient and you can feel the Trident blade bite during the catch part of each stroke. This is a high end paddle, with a blade face aimed at performance. As such riders will need a degree of understanding regarding stroke technique and experience to make best use of. If not then the paddle does flutter a tad – a more skilled SUPer won't have this issue.

With Aqua Inc's carbon paddle being a lightweight weapon it's easy to get the hammer down. When combined with a performance orientated racing sled there's certainly no top end speed racers wouldn't be able to reach. It then comes down to stamina and fitness. We could see Aqua Inc's carbon paddle being put to good use in grass roots level racing events as well as global comps.

For those into paddle surfing, the paddle's swing weight makes for efficient wraps and rail to rail changes, while its power deliver will help drive even the most technical of surf SUPs. As a tool that straddles multiple disciplines within SUP, it copes with the job in hand admirably.

CONCLUSION

Lightweight, good looks, modern shaping and performance to suit both racers and surfers Aqua Inc's Trident blade and Rotary Grip carbon SUP paddle is a power tool that experienced sweepers will get the most from. Great acceleration, from standing, with efficiency across the water (with paddler skill) it's a weapon that comp stand ups will find favour with. The tapered Rotary Grip shaft was super comfy to hold, just make sure you cut its length correctly!

Price: £220

Info: www.aquainc-global.com
Paddle can be delivered with different stiffness, oval, adjustable and three-part hexagonal joint shafts.



Sectioned performer – Freshwater Bay Paddleboard Co three piece carbon paddle

Freshwater Bay Paddleboard Co. continue to go from strength to strength with their gear offerings, the Isle of Wight brand's new carbon three piece paddle being a case in point. Delivered with accompanying padded bag is a nice touch and will see your SUP engine better protected than simply lobbing in the back of your van/car.

Snapping together easily, with a unique hexagonal anti-twist mechanism helping to keep its shaft straight and true, FWBPC's three piece carbon paddle is a solid, sturdy and robust piece of kit that should stand the test of time. Further inspection of the blade leads to the discovery of an integrated ASL band to help with protection during stroking while its top adjustable mechanism is dependable and secure.

Out afloat and the paddle's blade is on the wider side (94-square inches) which helps shovel water in considerable heaps. A light feel, with an easy going end to end swing weight ensures a high cadence can be kept for lengthy periods without fatigue setting in. The shaft, even being a three piece, is on the stiffer side and delivers obvious feedback to the rider. Sweeps are efficient and a decent top speed can be achieved.

Due to its wider blade wrap arounds and rail to rail changes aren't as efficient as narrower models, which is to be expected. Instead it's an efficient weapon when full chatting across the brine in straight lines. That said anyone looking for a travelling companion for surfing will find it usable and a much better choice than many alloy three pieces on the market – after all why should SUPers compromise just because they happen to be heading overseas?

Another plus point is having a minimal angle rake to the paddle's blade. In our experience this makes SUP paddles more efficient and forgives dodgy technique, thereby making riders more efficient on the water.

CONCLUSION

Having seen a few different paddles from Freshwater Bay Paddleboard Co. the brand's three piece carbon jobby is the best yet. Performance orientated, yet not to the detriment of anyone's bank account, it's a high quality SUP engine that suits a wide range of paddling styles with a slight bias towards flatter water stand up (in our opinion). Powerful and solid FWBPC's blade will have you up and running in no time and with its padded bag is a great choice for any tripping SUPer heading abroad.

Price: £235

Info: <https://freshwaterbaypaddleboards.co.uk/product/3-piece-carbon-paddle/>



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Ride the wild shore – Shore Ride SUP carrier

There have been a few different incarnations of SUP carriers over the years, some of which look similar to Shore Ride's version. Andy Mindel's creation shares certain traits to some of what's out there but with slight tweaks it's still set apart.

Out of the box the Shore Ride is pretty easy to assemble with heavy duty wheels attaching to axle and locking into place with robust pins. The two cradles are made from hard wearing neoprene and therefore able to repel grime and grit – basically any dirt and crustiness you're likely to pick up at the beach, lake or river. Strapping your board in place is a simple enough exercise, again, hard wearing buckles locking your sled firmly in place. It's then a case of trundling off for your session.

Shore Ride's wheels are perfect for uneven and undulating ground, the pair making easy work when travelling across soft sand or shingle. There would be nothing worse than having these fail during mid-journey, so knowing they're dependable is peace of mind.

Once at your put-in it's easy to unclip and remove your board. The only dilemma then is where to store you Shore Ride while heading onto the brine. We're not suggesting it'll go walkies but it could, so having a safe stash spot is worth considering before launching. You can break the Shore Ride down and carry on your SUP, but this isn't always feasible.

For those who don't want to walk with their gear the Shore Ride attaches to bike saddles efficiently and can be towed in this manner. We used this method quite a bit. The only thing you've got to watch out for is positioning the board correctly. If you don't then tails can hang over the back and potentially drag along the ground – not ideal if transporting your full carbon race stick!

CONCLUSION

As an easy to use SUP carrier, with environmental credentials firmly intact, the Shore Ride works well. The concept does rely on paddlers being in relative close proximity to water, otherwise your journey to the put in may take a while! It could, however, be bundled in on extended trips and used once vehicles have been parked up at your chosen location – especially if you're not that far from launch points. Well crafted, thought out and a nice accessory to own for paddlers not wanting to burn unnecessary amounts of vehicle fuel.

Price: £119. 15% discount if you order within next couple of months.

Info: <https://www.shorride.com/>



Form and function – Typhoon PS330 Xtreme Drysuit



By Richard Harpham

The Typhoon PS330 Xtreme Drysuit is a fantastic blend of form and function from manufacturers with a long tradition and pedigree in the world of diving. This latest revision of their original sea kayaking model is well thought out, has many useful features and is great for a wide degree of paddling disciplines including stand up paddling.

First and foremost, the suit is extremely comfortable to wear and feels solid and dependable. This makes it a good purchase for coaches or people progressing in the sport who may be going to spend time more time paddling throughout the year or in wet sessions.

Some of the features I found extremely useful, particularly for someone who prefers to be in shorts and a rashie. Being able to remove the hood or insert my hands into a fleece lined pocket on my chest where great when coaching or relaxing. The fit is also good with inner braces to hold the suit in place, a double waist and similarly a boot tube.

The suit still offered a few surprises, elevated to one of the best on the market for all round paddling. The reinforced knee section features a padded insert to alleviate all those achy knees when forced to kneel for long periods. Equally the shoulder vent flaps that allow heat to escape out of the suit from that area (don't worry it still retains the inner suit to prevent water ingress).

CONCLUSION

Overall I loved the Typhoon drysuit for its comfort and professional feel. It looks great and the well designed features make it perfect for SUPers. We spent a few days playing about using the suit for different rescues, paddling disciplines and general wet time with it passing with flying colours. Although the suit is fairly expensive it does appear that it will last extremely well. With longevity in mind, we will be tracking the suit's performance over a longer term period, so look out for an update later in the year.

Price: £649

Info: <https://www.typhoon-int.co.uk>

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Universally yours – Palm Equipment Universal kids PFD



Palm Equipment's catalogue of watery accessories is an extensive one that's for sure. With kit designed for all types of H2O shenanigans, the brand's Universal PFD is float coat aimed squarely at kids and/or juniors.

As parents we all want our sprogs to be safe when afloat. We also need to be confident

with the kit we're relying upon to help keep them safe. With a proven track record, Palm are a company that pay attention to the design of all their kit, something you can see when inspecting the Universal.

Straps and clips in all the right places make for a secure/snug yet comfortable fit. The Universal's heavy duty front zip is efficient to slide – not once did we find it jamming. The bright colour of Palm's Universal lends it to clear identification – a good point if wee ones are in the habit of zooming off into the distance. And should your offspring end up in the drink, it's a PFD that keeps little bodies floating high with heads clear of the water.

Rated to EN ISO 12402-5 / 12402-6 the Universal offers 20% more buoyancy than is actually needed – comforting for all parents. And with its Polyester 420D material the Universal will stand the test of time, taking knocks and scrapes on the chin. Exactly what you need from a product with kids in mind.

CONCLUSION

It's important to consider the safety aspect of stand up paddling with children – something that may sound obvious. Having the correct attire is essential, especially when it comes to floatation. Palm Equipment have pedigree in this field, being the first company to manufacture buoyancy products to ISO standards. The brand's Universal is a nifty little tool that your offspring will get maximum use from. Obviously the Universal will keep heads above water but there are some nice little touches that make it a great choice – not least its snug, secure yet comfortable fit (highly important as any parent will know). If you're after a quality float coat for your kids this summer then this could be it.

Price: £39.95

Info: <http://palmequipmenteurope.com/product/universal-0>



Care package – Palm Equipment water wear



Palm Equipment's catalogue of water ready apparel has been going from strength to strength of late. Both in terms of styling and functionality the brand's gear is highly desirable yet performance orientated and fit for a variety of different liquid applications.

First up we have the NeoFlex thermal rashy and leggings. Coming in striking blue and black with accented electro lime green notes riders will stand out if wearing this garb. But it isn't all good looks. Worn in tandem, both the NeoFlex leggings and rashguard are a worthy substitute for standard wetsuits, with the added benefit of being able to remove a layer easily for swapping out if less material is needed. Warmth is a given, as we can attest having used in pre-summer shoulder season. As the name suggests the NeoFlex range may be figure hugging but there's plenty of flexibility for efficient paddling.

Discarding the leggings in favour of Palm's Horizon thermal boardies, these babies have been our go to bottom layer for all manner of watery shenanigans, including SUP surfing, windsurfing and kayaking. With a fleece liner and windproof shell, these shorts will help keep summer alive long into post-high season months.

And when the sun shines further and temperatures rise again? Time to reach for the brand's Skyline boardshorts and anti-UV/chafe rashvest. Both lots of threads have a tailored fit, again with distinct blue livery on show. Functionality is still top drawer, however, even with only the minimum of bodily coverage.

Finally you'll want something to protect your modesty while chopping and changing between all this gear. Have no fear Palm's Poncho Grande is here! Featuring a towelling inner lining, hood, front pocket and weather repellent outer skin, the poncho is a great little accessory all paddlers should have in their kit box..

CONCLUSION

Palm Equipment's range of paddling water wear and accessories is extensive. The brand have put a lot of thought into all their designs, right down to the seemingly basic rashvest and Skyline boardies. NeoFlex is a great system offering warm, skin tight paddling apparel whilst the clever functionality of Palm's Horizon thermal boardies will fool all your mates into believing it's warmer than it actually is. For any SUPer looking for a one stop shop full of performance, interchangeable paddling wardrobe then look no further than what's on offer at Palm Equipment. Affordable, stylish and quality Palm's line up of water wear is as good as it gets

Price: Rash Guard (short sleeve) £22.95; Skyline (shorts) £34.95; Horizon (thermal shorts) £64.95; NeoFlex (long sleeve) £79.95; NeoFlex (leggings) £74.95; Poncho Grande £69.95.

Info: <http://palmequipmenteurope.com>



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