

Although the primary purpose of the book is to give information to sailors on marinas and how to get to them, much is useful for paddlers. The introduction has valuable information including travel on land to connect up access points. Tides include flow charts, tides down the French coast often being strong and not in the directions expected. Tide levels are also important where beaches become uncovered to significant extents and complicated by the French use of tidal coefficients and change from mean tide level to highest astronomical tides at a time when the UK Hydrographic Office are pulling out of paper charts.

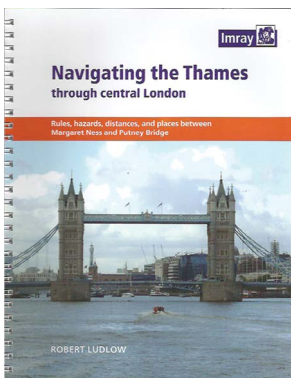
Weather includes winds that are often strong, not least sea and land breezes, swell and forecasts. Rescue, beacons and lights, websites, bike hire, footpaths, wine, provisions, market days and facilities ashore are covered.

Some estuaries are included, not just large ones like the Loire and Gironde, the occasional canal and the semi enclosed basins such as the Morbihan and Arcachon. There are frequent chartlets, mostly without scales, and 260 new photographs by the current author. The most useful pictures are the aerial views by Patrick Roach, not new but invaluable for showing the nature of the coast. This guide is ideal for seeking out attractive places not found by land based tourists.

Data boxes draw attention quickly to tide times, flow rates and directions and there are warnings about restricted areas, particularly in the Rade de Brest. Some trips are suggested in shallower water by dinghy although kayaks would be even more practical. Photographs show quite a gathering of kayaks on the popular and very pretty Aven estuary and some village names will be familiar to polo players. There is now half a page of text and photographs relating to the Operation Frankton raid on Bordeaux.

This edition of the book has nearly 100 pages more than the last we reviewed, its colour referenced pages located quickly from the back cover index. An annual supplement is free to download.

### Navigating the Thames Through Central London



Robert Ludlow  
Imray Laurie Norie & Wilson  
978 184623 489 7  
2012. Revised edition 2013  
250 x 190mm  
36 pages, paperback  
£9.95

This short book is aimed primarily at the users of powered craft although it is accepted that some will have limited skills on this busy stretch of water and so some technical terms are explained. There is just one picture of sea kayaks, at Battersea.

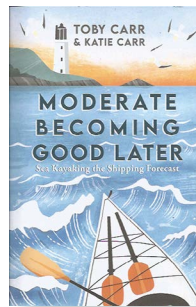
Of particular importance is knowing what other boats will do, some constrained by their dimensions or use, also the exclusion zones and a set of apparently random tips on things that might assist your safety. Bridges receive special attention, not just what the signals mean but also strong tides and rough water including a metre high standing wave which can form downstream of London Bridge.

A table of nine reference landmarks is included with a small photo of each for identification. The book covers Putney to Margaret Ness and another table breaks this into 15 named reaches with their end points.

The major part of the book is a list of river features in alphabetical order to help you find a feature for which you know the name, each entry giving the side of the river, the distances upstream and downstream to the nearest reference landmarks, the reach, the longitude and the distance from London Bridge. This will not help you identify something you can see but of which you do not know the name, particularly if you are not quite sure of how far you have reached on

the river, but a fold out strip map shows some of these and points out craft from rowing boats to barge trains that may also be using the river. Although comments about Clipper skippers are restrained, piers used by them are clearly marked to distinguish them from other piers

### Moderate Becoming Good Later



Toby & Katie Carr  
Summersdale  
978 1 80007 610 5  
2023  
200 x 130mm  
335 pages, paperback  
£9.99

Toby Carr was from a family with a cocktail of health disorders, not least the rare and life threatening. Therefore he needed to live fast to get the most out of his time, in the process achieving more than many people living at a more relaxed pace.

Radio 4's Shipping Forecast was a particular attraction and he set himself the target of paddling his sea kayak in each of the Shipping Forecast areas, in which he was assisted by being awarded a Churchill Fellowship grant.

The concept is not new. Charlie Connelly, who writes the foreword, visited the sea areas in *Attention All Shipping* and Peter Collyer painted them in *Rain Later, Good* (Mar 99, p26). Toby is the first to attempt them by sea kayak, a much more demanding logistics exercise.

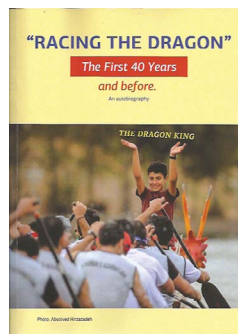
The Shipping Forecast was something of an obsession for Toby and he was allowed to sit in the BBC studio for the reading of a late night forecast by Alan Smith. On the day Toby died, Andrew Crawford added a footnote to the late night forecast in memory of Toby.

Toby selected how much of each area he would paddle, sometimes significant lengths of coastline, sometimes much less, dictated not least by the weather. The paddles took on part of the coast of Iceland, Stremoy and Vágur in the Faeroes, part of the Norwegian coast between Bergen and Stavanger and most of the west coast of Denmark through to Den Helder, including out to Helgoland. In England he paddled out to the Maunsell forts in the Thames estuary, down the Thames from Tower Hamlets to Gravesend, parts of the Kent east coast, Eastbourne to Cuckmere Haven and Studland to Swanage. Jersey included Sark, parts of the Brittany coast included Ushant and northwest Spain and Portugal took him down to Cape St Vincent. Back home, he paddled from Plymouth to Scilly and used a GPS to reach the point where Plymouth, Sole, Fastnet and Lundy meet, then continued up to Newquay. Sadly, he did not manage to complete his challenge before his time ran out.

As well as the locations, there is much about the people he met, nearly 90 of whom are listed in the acknowledgements.

Toby wrote only three chapters of the book but set the style and left sufficiently detailed notes for sister Katie to ghostwrite the rest with no noticeable change of author. There are no photographs but probably only Toby would have been able to caption many of the hundreds he must have taken.

### Racing the Dragon



Mike MacKeddie-Haslam  
Self published  
2023  
220 x 160mm  
424 pages, paperback

This is the self published autobiography of Mike MacKeddie-Haslam. It is also the detailed history of the development of modern dragon boat racing. Where Mike would be without dragon boat racing is open to question but it is probably fair to say that without Mike modern dragon boat racing would not exist.

The first quarter of the book, however, is predominantly about his military career and about canoe sprint racing. He was very active in army sport, especially athletics, football, swimming and mountain walking although canoe sprint was to come to the fore. In the army he was much involved with administration and this led in Nottingham to running the sprint side of the Canoe 81 triple world championships.