**Mac Knowles**

Having been vice chair for Cumbria Canoeists for 5 years, I have been Macs carer!

He has been honest, loyal, analytic and supportive on all issues and decisions that the Management have made over this period and my GO TO colleague, before I float or suggest anything.

Now fully retired and involved with more grand children he has decided to give more energy to family and retirement plans.

We are not losing Mac, as he will maintain his role as Open Boat Lead for Cumbria Canoeists and has recently qualified as Cumbria Canoeists Welfare and Safeguarding officer.

Thank you Mac for your OUTSTANDING contribution to Cumbria Canoeists, we will miss your WISDOM on the management team and I will miss your support and advice as Chairman.

Mike

**Tim Mather**

Tim is no stranger to British Canoeing awards for **“outstanding contributions”,** as he has been voted in nationally for a major award and celebrated this in Nottingham at the Annual BC Awards evening a few years ago.

This award is recognising Tim’s voluntary work as Cumbria Canoeists Polo Lead for the past 10yrs.

Like Mac, Tim has now retired and spends much of the winter in the Alps skiing.

However, he still plays competitive polo, is a key mover and shaker in Penrith Canoe Club and has just participated in a “Canoe Polo Coach training course, that we have been delighted to fund, as recognition of the years of tireless work he has put into develop Polo in Cumbria.

Thank you Tim and enjoy your new, well-earned life style.

Mike

**Michelle Sanderson**Michelle joined Duddon Canoe Club about 10 years ago along with her children.

She was soon hooked and under took coach training and took an active interest in all aspects of paddlesport.

She was particularly taken with canoe polo and helped the club polo lead – who soon stepped aside to leave Michelle in charge of club polo.

Over the Summer she runs weekly polo sessions at the club base on Barrow Dock and year-round bi-weekly pool sessions. Under her guidance the club has entered 1 or 2 teams in all local polo comps for the last few years.

A copy of the old BCU Level 1 polo coach folder helped a little but

keen to increase her personal skills and ability to pass on the skills to other club members she undertook core coach training in preparation for the polo coach award planed by CC.

This year she organised a polo tournament for the local Festival of the Sea. Under her guidance club members have developed and attended Cumbria and national events.

Michelle does not restrict her coaching to polo or club members helping out with youth and school groups and training the local Sea Cadets so they could enter regional polo events.

Neither is she tied to polo!! A regular entry in K1 and K2 marathon canoe events, often seen on a club SUP, sometimes seen in a Wavehopper and joining in with family days and beginner river trips.

Most weeks she will be at 2 or 3 club sessions - O yes – and did I mention that she has 3 children and works shifts.

John

Coaching organizer

Duddon Canoe Club