



SWELLIES EXTREME RACE

In Anglesey's Menai Strait, the Swellies is a notorious place of powerful tidal streams, surging waves and boiling eddy lines. Where better to host a world-first event? [The Swellies-Extreme sea kayak slalom race](#)! Kayak Essentials was proud to host the inaugural event on [29 October 2011](#). The event featured two races:

First, the Blue Riband event: [Swellies-Extreme Sea Kayak Slalom Time Trial](#), a downstream blast from Menai Bridge to Britannia Bridge – separated by one nautical mile but on race day requiring four crossings of the Menai Strait, negotiating over 20 eddy lines and visiting some of the most powerful tidal waters in Wales. The winner was truly worthy of the title 'Swellies-Extreme Champion'!

Second, the [Downstream Madness](#) – a mass-start event, where competitors needed fitness, courage and a steely determination to win!

A big thank you to all the participants in this years swellies extreme sea kayak race. We were very pleased with the turnout of racers and the effort they made given the horrible weather conditions. The race received rave reviews and will now become an annual event. Look out for some articles about the race in the magazines.

Photos from the day can be seen [here](#).

Below are the results of the two races: first the Time Trial; and second the Mass Start.

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Position	Name	Time (Mins)
1	John Willacy	13.16
2	Aled Williams	14.52
3	Nick Cunliffe	15.09
4	Barry Shaw	16.14
5	Adam Harmer	16.42
6	Sid Sinfield	17.21
7	Alistar Randall	17.22
8	Aled Edwards	17.29
9	Kate Duffus	17.49
10	Ali Othen	18.01
11	Chris Wright	18.04
12	Gethin Roberts	19.34
13	Axel Schoevers	20.04
14	Di Lee & Peter Glyn Firth (Double)	20.32
15	David Hollins	21.58
16	Mark Tozer	22.07

Mass start.

Position	Name	Time (Mins)
1	John Willacy	13.43
2	Aled Williams	15.09
3	Nick Cunliffe	16.08
4	Barry Shaw	16.31
5	Adam Harmer	16.54
6	Chris Wright	17.21
7	Alistar Randall	17.22
8	Justine Curgenvan	17.37
9	Kate Duffus	17.39
10	Aled Edwards	17.50
11	Sid Sinfield	18.16
12	Ali Othen	18.25
13	Gethin Roberts	18.56

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May 3, 2012

I've begun writing a series of articles for the UK's Ocean Paddler magazine, focusing on the '5 Essentials' of sea kayak boat handling skills. Each issue, I'm focusing on one element of each key area of performance – so far ...
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