



Boys and Girls Clubs of Wales

Clybiau Bechgyn a Merched Cymru

Charity Number: 1009142



May 2023

# 100 Mile Canoe Test Impact Report

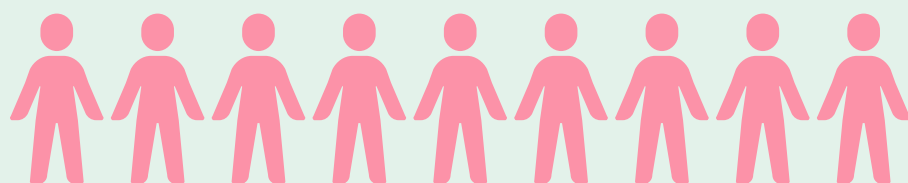


# At a glance

## 16 YOUNG PEOPLE ENGAGED



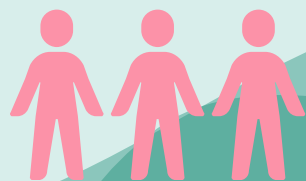
## 8 YOUTH WORKERS/INSTRUCTORS



## 2 NETWORK CLUBS



## 3 INDIVIDUAL ENTRANTS



# Our Staff



Ethan Richards  
Youth Worker

## PROJECT LEADER

The Canoe test is a brilliant opportunity to do some quality youth work with the young people you're working with. The young people were absolutely brilliant, showing great resilience, hard work and team work skills. While there were definitely difficult moments for the young people, they were able to make themselves proud over this weekend.



## Event Summary

The 100 mile canoe test is a personal challenge, not a race. Participants call on their skill, determination and stamina to achieve the 100 mile target over four days of paddling.

The achievement brings a sense of personal fulfilment that will remain with the individual for life time.

## Partners

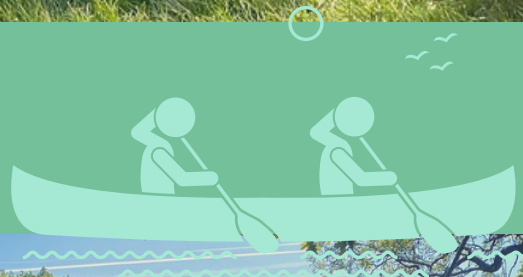
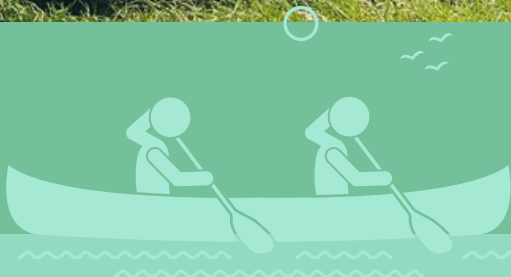


**Young Bristol**  
Works for young people



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**





Young people complete training days before the Canoe Test. It was a chance for them to practice their paddling skills, get to know the other members of the group, enjoy being on the water, and have a sense of what the Canoe test will involve.

The day also involved loads of games on the canoes to encourage positivity on the water and facilitate young people's team work skills and socialising



# What young people said

*"I enjoyed the Canoe test. I had fun being on the water and made friends with the group"*

Lloyd

*"I had a lot of fun! Definitely want to do it again next year"*

Jen

*"Great to spent time with my friends and do something new"*

Lexi



*"Great trip"*

Jake

