

Brian Farley - Windsurfing to Stand Up Paddleboarding

Retiring from work in 2001, and no longer having to care for my wife after 2012, meant so much spare time for me. *For more information on that, just Google "Woman's Hour Brian Farley" to find my BBC interview with Suzy Godson about "Men and Relationships" (second item).*

So I put my old 12'8" HiFly 300 windsurfer back into use in 2013, but this time as a Stand Up Paddleboard (SUP) after seeing one on TV.

No way, said the water-sports shops, but as an engineer I couldn't see why not. I just bought a long paddle, added a few straps, ditched the sails and dagger board - and hey ho, off I went. The river Stort was first.

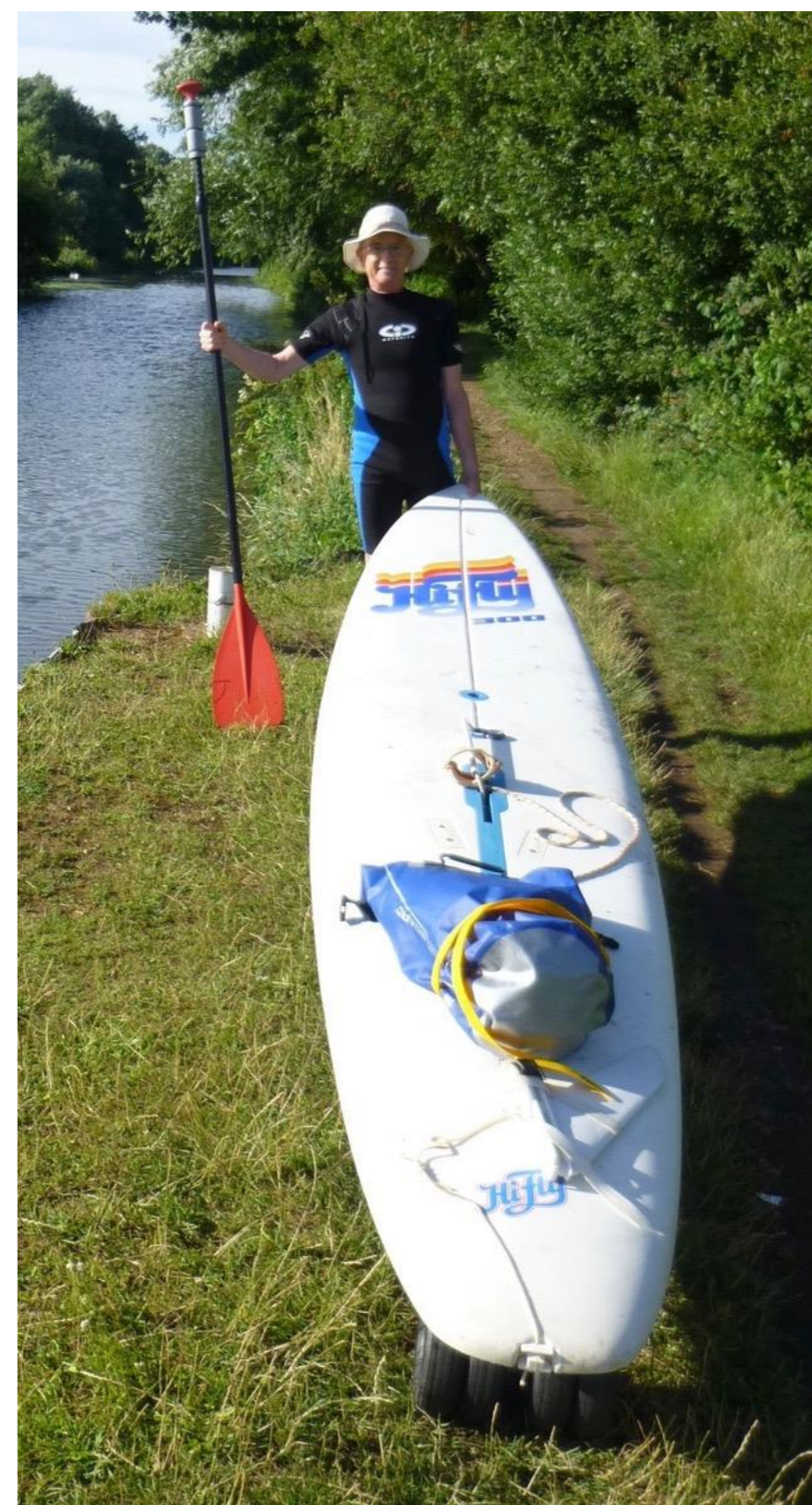
I've joined the Cambridge SUPER Whale SUP club and love the river Cam. So peaceful both upstream and downstream of Cambridge, and "fun" on The Backs.

I also like the river Thames, and Ouse, and have paddled around the Henley to Reading area - even through the Oracle shopping centre on the Kennet and Avon Canal. That caused a few surprised looks!

And now some news of my latest purchase: a new premier SUP board made by a new Swedish company, Yster (means playful in Swedish).

It's beautiful and light enough for me to lift on my car unaided.

I love it!



On The River Stort with the SUP windsurfer, showing how useful the slot-in wheels were, that I added. It's too heavy for me to carry around canal locks, compared to lighter SUPs or smaller sailboards.



This is me with the windsurfer on The Cam, complete with portage wheels on the back of board



By the Moorhen in Harlow



The new SUP on The Cam near Waterbeach.