

# 24 HOUR SESSION

PAUL 'NORFOLK BOB' MARTIN HAS JUST FINISHED AFTER A NIGHTSHIFT AND NOW HE'S GOT 24HRS TO TRY AND NAB A CARP OR TWO FROM COSTON LAKES IN NORFOLK



12:00PM

## 12:00PM

I meet Paul in the car park at the picturesque Coston Lakes near Norfolk at lunchtime. He's booked in for a 24hr session on the eight-acre day ticket lake. Thankfully, spring is most definitely springing in Norfolk. It's a beautiful day, with the sun shining brightly and warming the air. The carp are enjoying the warmth too and after a quick look round Paul finds a group of fish sunning themselves near

the surface right next to the car park. Luckily there are no other anglers in the area, so he wastes no time in grabbing the gear out of the car and bagging the swim that controls that corner of the lake.

With the fish so near the surface Paul opts to fish a Zig Rig but in order for it to be effective the depth needs to be spot-on. Although he doesn't want to risk spooking the carp, he decides that it is worth a quick cast with the

marker to find the exact depth. He flicks it out and pops the float up: it's 11ft just two rod lengths off the far margin where the fish are milling about. Paul reckons a bait fished a foot under the surface might nick a quick bite and ties up a 10ft hooklink. Bait choice is a 15mm Monster Squid Black pop-up trimmed down with a pair of scissors. He dispatches the rig out right in the zone and we sit back and wait.

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## 13:00PM

There are plenty of fish moving right over the top of the Zig. A white Koi swimming with the group shines like a beacon in the clear water and gives away their presence. Paul waits nervously – surely one of them will grab it as they swim past? Just as it looks like it isn't going to happen, the bobbin hits the floor like a stone. Fish on, and what's more by the healthy bend in the rod it's a decent one too! The fish scraps hard

# OVER-NIGHTER

and stubbornly refuses to come to the net. We can see that it is a chunky mirror as it boils repeatedly, before rolling over the cord into the waiting net. Weighing in at 21lb 12oz, it's a great start to the session.

## 14:00PM

The carp seem to have dropped down in the water a little as the breeze has picked up. Paul walks round to check the margin. The fish are still in the area but now they are swimming up

and down the margin to the left of the swim. Skipping the Zig in, he takes 3ft off the hooklink and puts it back out while he ties up a bottom bait rig. He decides to stick with the 'one bite' tactics and sets about constructing a short hooklink with a flat lead to go inside his PVA bag.

Having done a little research on the venue before arriving, heavy baiting apparently isn't the best tactic, although Paul has come prepared with

plenty of boilies just in case. Having chosen the spot he wants to fish his bag from the far margin, he casts a bare lead and marks the line so he can hit the same spot each cast. Line marked, he mounts a single grain of fake corn and ties on a solid PVA bag, which he has filled with oily pellets. This is cast tight to the margin.

## 16:00PM

While I keep an eye on the rods, Paul sneaks round to take a look in the margin,

taking care not to let his lengthening shadow caused by the late afternoon sun through the trees. He returns looking excited. "There's a deep, gutty mirror that has got to be over thirty-pounds mooching about down there. I'm going to change the Zig for another bottom bait and get the rods sorted for the evening," he decides. Bait choice is slightly different for this rod. In an attempt to entice one of the larger carp he elects to fish a Monster Squid

boilie hookbait without the PVA bag. Instead, he walks round and throws in a small handful of half baits over the top of the hookbait. With the rods sorted for the night, Paul finally sets up his shelter.

## 18:00PM

Paul's left-hand rod springs into life, just as the sun is disappearing over the trees. He is soon slipping the net under a grey mid-double common, the small PVA trap enough to tempt it





16:00PM



*How to...*

## TIE PAUL'S SUBTLE SOLID BAG RIG IT CLEARLY WORKS VERY EFFECTIVELY!



**01** Take a 10-inch length of Missing Link in 15lb.



**02** Strip the coating off it, leaving the supple inner.



**03** Tie an Overhand Kloop to form the Hair like so.



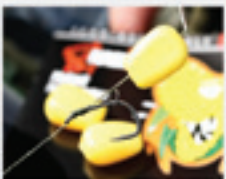
**04** Tie on a size 8 Fang Twister using a seven turn Knotless Knot.



**05** Thread an oval ring onto the Hair, positioning it opposite the barb.



**06** Secure the ring in place with a simple Granny Knot.



**07** Mount a piece of Mutant Corn lengthways.



**08** Place a single piece of Cling-On putty halfway down the hooklink.



**09** The finished rig is perfect for solid bag presentations.



into stopping and having a feed. He slips it back and manages to get the rod safely back in position before darkness falls

### 21:00PM

The temperature has plummeted under the clear skies and a frost forms on top of the bivvy. Nevertheless, the carp are still active, with the odd fish crashing in the darkness. The left-hand rod once again has Paul scrambling and he is soon drawing his third fish of the session into the waiting

net. This time, the culprit is a clean, low double, again falling for the solid PVA bag and fake corn. With the fish safely returned, it is lucky for Paul that he has marked his lines. Deep in the Norfolk countryside, there is very little light at Coston and even a short cast towards a tree-lined margin could be tricky. However, after walking his line out and clipping up, his bait lands safely right where he wants it.

### 23:00PM

A thick fog has rolled in,

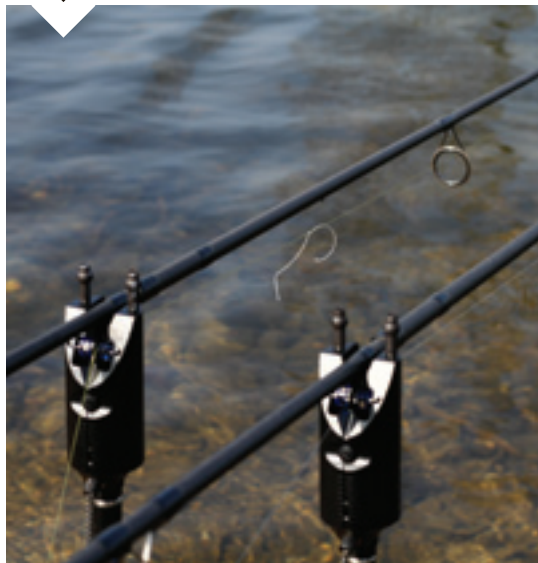




18:00PM



21:00PM



06:30AM



## WHAT I'VE LEARNT

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1) ??????????????????????

24-HOUR SESSION

cutting visibility and soaking everything. With no more action, supplies of biscuits running perilously low and having worked a nightshift the previous night, Paul retires to the bivvy for some well-earned sleep.

### 06:30AM

Paul's head appears round the bivvy door. "I've got one," he chirps. It's still foggy and the temperature can't be much above freezing so it is reluctantly that I drag myself out of the bag. The sun is just appearing through the mist and the lake looks stunning. The 18lb mirror that Paul lifts onto the mat isn't bad either, a lovely chestnut colour in the morning sun. "That one came to the boilie rod," he tells me, "Although it definitely wasn't the big one I saw yesterday."

### 09:00AM

Although the sun is shining, it doesn't feel as warm as the previous day. A stiff easterly breeze has picked up and is pushing into the margin where Paul has his baits. Unsurprisingly, when

Paul walks round for a look there are no carp to be seen. On the back of the wind, there is a reed-lined margin. It looks likely that if the fish are in the edge then this is where they will be. However, after spending sometime peering into the clear water, he returns to his swim. With nothing to go on he decides to stay put for the last couple of hours in the hope that as the sun rises the fish will return.

### 11:00AM

A small group of carp, led by the white Koi appears in the margin again hanging around a small snag. They have obviously backed off into the deeper water until the sun warmed the margins enough. Paul repositions his left-hand rod just off the snag, trying to sneak one more bite before he has to go. There are far fewer fish than there were yesterday and with the big mirror nowhere to be seen Paul begins a slow pack-up. He is well pleased with his session though, as things have been a little slow for some of the other anglers on the lake.

## COSTON LAKES VENUE FILE

The eight-acre, 14 swim lake is stuffed full of proper carp from low-doubles up to a lake record of 37-pounds! There's a good mix of commons, mirrors and several ghosties which top the 30lb mark. Parking is secure and right on the lake and it also has a Portaloo toilet.

The rules are all common sense, with no peanuts. There is also a two rod rule. A full list is available on arrival if required. The Lake is £20 for 24hrs with no ticket available under 24hrs. The lake is pre-book only, with the option of booking the whole lake for £300 per 24hrs. Contact numbers to book are as follows: Alan Thompson on 01603 759770 or 01603 759624.