

FEED BACK

NEWS AND VIEWS



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EDITORIAL

Are you satisfied with the present lack of training information and poor communications between paddlers, coaches and administrators? If you are then you cannot be totally serious about competing, and why should you be, slalom is like any other sport a process of recreation to be enjoyed by anyone at any level. However, judging by the tears and desperation of many paddlers there are those who want to succeed.

The object of FEEDBACK is to help the serious slalom racer by providing information on a variety of topics, such as:

COACHING AND TRAINING - the questions you want answered by the Worlds top paddlers and coaches.

EVENTS - reports and results from major races in Britain and around the world.

PROFILES - on leading paddlers, coaches and officials.

PLUS !

NEWS and DEVELOPMENTS from around the slalom scene whilst it's hot!!

The first issue of FEEDBACK is something of an experiment and the future of it will ultimately depend on your response. If you want to read about something or air your views then write to FEEDBACK and help yourself and others find out why British Slalom is where it is - ON TOP OF THE WORLD.

F.A.C.

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- Report on Fosters Lager International
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- Focus on Youth - the hottest young paddlers around
Martyn Hedges writes the first article in a series
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- How The Train - two of Britain's best paddlers
discuss their training
- Fast and Clean Column on winter training
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queries on training and competition
- News and Developments

The release of the next issue will be delayed to include the report of the AGM but will hopefully be launched on December 4th at the Mike Jones Weekend. FEEDBACK no. 3 will be distributed in January and no. 4 at Crystal Palace in February.

Copies will be available by post from: The Editor, 154 Lichfield Road, Stone, Staffs. Price 40p. Pyranha will supply copies at all major canoeing events as well as at lower divisions slaloms throughout next season.

FEEDBACK ON NEWS AND DEVELOPMENTS

I.C.F. SLALOM RULES - The ICF Slalom Committee met during October and has offered proposals concerning rule changes to the ICF Board for consideration at their next meeting on November 6th. No details have been disclosed and any changes will not be publicised until the ICF BULLETIN is released following the Board's meeting. Experimental revised rules would be demonstrated during 1983 and 1984 at International sites in Europe and final decisions taken during 1984 for implementation during 1985. Any rule change concerning the use of lifedecks is likely to be enforced during 1983. Details of rule changes and the reasons behind them will be covered by FEEDBACK at the earliest possible date.

EUROPA CUP - There will be two events only in successive weeks from 1984 which could be in the same country. The BCU Slalom Committee have agreed that formal application should be made for one event in 1984 and/or two events in 1986 - with a view to using Holme Pierrepont.

TEAM REGISTRATION - Mike Carter, the ranking list compiler for Premier and Division One Teams, has requested the co-operation of paddlers in registering their Teams in writing at the start of the season and in notifying him of any changes during the year. Those Teams not yet registered for the 1982 season should contact Mike at Llangollen Town at the latest.

SHANE KELLY - has been granted ranking status in Premier Division following the Tryweryn One event.

COMMUNICATION - Stuart Fisher has reported proposals to the Slalom Executive for radical changes to the present status of "Whitwater Magazine". The minutes of the latest meeting read: "In the future there could be a need for a separate means of communicating news and views to clubs and competitors". B.C.U. HQ has launched "Committee News" - a review of the activities of the B.C.U. Council of Management and of its specialist committees, while there is now available a coaching newsletter for slalom coaches organised by Hugh Mantle which includes information about courses and a technical sheet with each issue.

SLALOM AND THE B.C.U. - The Slalom Executive has suggested that a working party of officers of the B.C.U. and of the Slalom Committee should meet to discuss ways in which Slalom could get an improved service from B.C.U. HQ bearing in mind the substantial size of slalom relative to other disciplines.

CARDINGTON ARTIFICIAL SLALOM COURSE - Minister of Sports, Neil MacFarlane, officially opened Cardington on October 11th. Fox, Sharman, Hedges and Joce/Owen attempted to perform the art of Slalom to a group of shivering dignitaries - it was a cold day. In his opening speech the Minister suggested that help would be made available for Home Pierrepont during the next year. Further details on the situation will appear in the next issue. Have you pledged support for the slalom courses? Remember it's your sport and for your benefit so show interest and commitment and keep May Day 1983 in mind for a nationwide sponsored paddle.

TEA - Williamson Tea Holdings p.l.c. are to support Richard Fox over the next year. Stay tuned for the racing tea recipe and herbal remedies for breakout elbow.

EX EVEREST CHIEF TO MARRY - John Gosling the prominent Pyranha Sales Director is to wed Maggie, the Cockney manageress from the Wine Bar in Llangollen, at a ceremony somewhere south of Watford on November 3rd. Best wishes for the future.

FOSTERS LAGER INTERNATIONAL -- Entries have been received from Czechoslovakia, Belgium, Germany, Sweden, U.S.A. and Ireland. Top paddlers will include Lubos Hilgart, 2nd at Bala '81, Jon Luggbill and Davey Hearn, the hotshot American C1's and West Germans Toni Prijon who finished 2nd in the Europa Cup together with Peter Micheler who was placed 3rd. An exciting competition is in prospect and regional qualifiers will be able to compare scores with the best in the World. Bring your friends and families to watch two World Champions, three European Champions and two world silver medallists in action.

SPORTS AID FOUNDATION - The following paddlers have been awarded S.A.F. preparation training grants for Merano 1983: Martyn Hedges, Richard Fox, Liz Sharman, Sue Garriock.

VIDEO - Think Slalom, the coaching video for intermediate Slalomists is now available. Contact Chris Davies, 22 Arcadia Road, Burnham-on-Crouch, Essex.

MARSPORTS GRAND PRIX - Chalfont Park Canoe Club are to organise three one day events at Hambleden. 1st race December 19th. For details contact J Bunyan, 10 Westcote Road, Reading.

SLALOM COACHING CONFERENCE - 29th and 30th January at Holme Pierrepont. The theme of the conference is "Towards Advanced Performance". Speakers include Dr. Craig Sharp a specialist in Exercise Physiology from the University of Birmingham and John Macleod who will speak on developing advanced slalom technique. Any paddler, parent or coach will find the topics offered constructive and informative, there will also be opportunities for general discussion and to watch a coaching film. For full details write to: The Organiser, Hugh Mantle, 22 Ashlar Road, Liverpool 17. Enclosing a S.A.E.

C2 CREW QUIT - Following three successful years in International competition Scottish C2 pair Young and Munro have decided to retire from Slalom competition. This decision has come as a shock to many since their ability and single-minded determination to succeed on race day was such that an individual Gold Medal at Merano was possible. Nevertheless, the contribution Jock and Bluebell have made to slalom, particularly in Scotland, is of great significance to the sport. They spearheaded the surge of British C2 crews to the Team Gold Medal at Bala and they have set high standards in competition for other pairs to follow. Well done and thanks!

1979	1st International at Merano	7th
1980	Europa Cup	10th
	Pre World Championships at Bala	3rd
1981	World Championships at Bala	6th
	Team Event - Joce/Owen -	1st
	Jamieson/williams - Young/Munro	
1982	Europa Cup	6th
	(Europa Cup Slalom - Augsburg)	2nd
	Pre-World Championships at Merano	2nd

NOTES FOR YOUR DIARY

MIKE JONES MEMORIAL WEEKEND - December 4th and 5th

B.C.U. SLALOM COMMITTEE A.G.M. - Saturday November 27th at Holme Pierrepont, Nottin-ham

LIPTOVSKI MIKULAS - CZECHOSLOVAKIA

STRUCTURE

MANAGER

John Gosling

PADDLERS

Jim Jayes

Peter Godfrey

Mike Druce

Steve Parsonage

Andy Spencer

Neil Baxter

Steve Briggs

Gordon Walling

Russ Smith

John Rennocks

COACHES

Chris Lovelock

Len Smith

The decision to make the trip was taken rather late in the day and therefore arrangements were a trifle rushed as travel arrangements and visas were obtained.

The Squad travelled by transit and car arriving at Liptovski after two solid days of driving non stop in hot and humid conditions, consequently the team were a little jaded and took a couple of days to fully acclimatise to the heat, change of routine and 'it has to be said' the food.

Our hosts gave us first class accommodation and the only area of question, as mentioned, was the food. Salami, noodles and dumplings appeared to be the staple diet. A complete lack of fruit, vegetables and cereals undoubtedly had a digestive effect on most of the Squad. Being forewarned a number of the group had elected to 'take in' supplies. Strangely enough for an agricultural area we were unable to purchase fresh food of any description. I feel it important to mention the food as in my opinion athletes cannot perform to their full potential unless their food 'in-take - out-put' is balanced.

Facilities at the slalom site whilst being a bit rough and ready offered excellent training suitable for novice and expert alike, with two parallel slalom courses leading to a confluence with a common tail section. Water could be controlled to give varying levels up to grade 3, with a number of short side chutes which when opened up would undoubtedly give a good grade 5.

Plans already drawn up include a Sports Hotel on site with gymnasium, remedial sports injuries clinic and perhaps best of all, tow facilities from the finish back to the start.

A start is to be made in the near future to cover a section of the slalom site to enable winter training to take place. Such is the structure of canoeing in Czechoslovakia, that I have no doubt that all the projects will take place.

COMPETITION

Three slaloms were held, a paddler being required to finish in the top 50% in the first two, in order to compete in the final on the last day. All our K1 paddlers managed to gain entry into the final with a fairly mixed bag of results, it is worthy to note that the Czechoslovakians had five paddlers in the top eight.

RESULTS

6th Steve Briggs

10th Jim Jayes

15th Peter Godfrey

16th Russ Smith

17th Steve Parsonage

19th Mike Druce

24th John Rennocks

25th Andy Spencer

36th Neil Baxter

TEAMS

4th Russ Smith-Mike Druce-Steve Parsonage
7th Neil Baxter-Andy Spencer-John Renmoks
13th Peter Godfrey-Steve Briggs-Jim Jayes

SUMMARY

In my view a major feature of the trip was to give international experience to a wider group of paddlers with emphasis on paddlers with obvious potential. Only a passing of time and continuance of this policy will show results.

Individual paddlers reacted in various ways and it was an object lesson to see how each dealt with problem of competing in three slaloms in three days. (Mr Cools, Jokers Inc., Quiet and Pensive, Two's Company, The Loner, I Can do it - Car I do it).

One of the problems for the Manager/Coaches was one of a lack of indepth knowledge of each paddler and his individual approach and requirements for a competition. To be a guide and mentor the Coach must develop an understanding with his athlete, this cannot be achieved in a one off situation such as this.

Success in such a venture is difficult to measure and on reflection I am sure some paddlers gained a great deal more than others from the trip. However, a number of foundations have been laid and surely will be built on, time will tell.

LEN SMITH

PAN AMERICAN CHAMPIONSHIPS 1982

The Pan Am Champs are a series of three events held every two years in America and Canada. This year the races were held on successive weekends strating with the West River in Vermont, North East U.S.A. on 20th August, continuing at Jonquiere, Quebec and culminating with the Gull River slalom on September 5th in Ontario. The event attracted International class paddlers from seven European countries, Australia and the top paddlers from America and Canada. Britain was represented in C1 by Martyn Hedges, Pete Keane, Jez Taylor, Pete Bell and Pat Thorn who also acted as team leader. In K1 Ladies by Jane Wilson and Sue Garriock and in K1 Men by Graham Helsby.

The series of events offered our C1 paddlers additional top class competition with the Americans, Lugbill, Hearn and Robison and the opportunity to compare training and competition techniques with a view to improved performances in the World Championships next year. For Jane and Sue the Pan Am series provided more experience of International competition, some excellent whitewater paddling, a more relaxed opportunity than the Europa Cup to explore individual potential. Graham Helsby, having competed only at Merano this season could look forward to a challenging competition with some of the Worlds top paddlers in the knowledge that he was fresh and keen to improve.

The West River slalom was held in Jamaica State Park in a beautiful pine tree setting. The river was blood warm but not particularly testing, the dam release being significantly down on that provided for the U.S. Team trials in May. However, the course itself, designed by Dave Mitchell, was very demanding technically neccessitating total confidence and commitment and there were very few paddlers who looked competent, particularly the Europeans.

RESULTS

K1M: 1st Swomley USA
2nd Bjorklund Swe
3rd Gattler Aut
4th Helsby GBR

C1: 1st Hearn USA
2nd Lugbill USA
3rd Robison USA
4th Hedges GBR
7th Taylor GBR
8th Bell GBR
13th Keane GBR
22nd Thorn GBR

K1L: 1st Hearn USA
5th Wilson GBR
15th Garriock GBR

The journey to Jonquiere was split by running the Kennobac River in Maine. After a night spent under the stars the river turned out to be the answer to any canoeists dreams, fabulous waves for mile after mile right into the American outback with not one MacDonalds in sight!!

Jonquiere the 1979 World Championship site is one of the great slalom sites in North America. However a lack of water for training prior to the event and inadequate organisation were both a great disappointment following the impeccable reputation in 1979. When completed just before practice runs the course was a contrast to the West River - with wide open moves the most critical factor was being able to "stuff the upstreams".

RESULTS

K1M: 1st Bjorklund Swe
2nd Goetz Sui
4th Helsby GBR

K1L: 1st Hearn USA
2nd Garriock GBR
8th Wilson GBR

C1: 1st Lugbill USA
2nd Hearn USA
3rd Robison USA
4th Hedges GBR
7th Taylor GBR
8th Hedges GBR
9th Keane GBR
18th Thorn GBR

After the prizegiving party and another twelve hour drive, most people congregated at the Ottawa River for a memorable tour. The Ottawa is a beautiful river in the Canadian wilderness with warm water and huge rapids followed by long flat stretches. The rest of the week was spent training at the Madawaska Kanu camp, only 60 miles from the Gull River with thirty whitewater gates and good flat water facilities.

Gull River, Ontario - this was a 1,000m section of rapid between two lakes. A lot of work had been carried out on the River bed producing a fabulous slalom course. The gates themselves were not particularly difficult, but the water!! Large drops very fast water, stoppers and good waves made the course very demanding, definately the best race of the series and a possible World Championship site.

RESULTS

K1M: 1st McCormick USA
2nd Kremshlehner Aut
3rd Wolfhardt Aut
29th Helsby GBR

K1L: 1st Weilguny Aut
2nd Wilson GBR
3rd Garriock GBR

C1:	1st	Hearn	USA
	2nd	Robison	USA
	3rd	Hedges	GBR
	4th	Keane	GBR
	6th	Taylor	GBR

FINAL PLACINGS

K1M:	1st	Wolfhardt	Aut
	2nd	Kremslehner	Aut
	3rd	Bjorklund	Swe

K1L:	1st	Hearn	USA
	2nd	Wilson	GBR
	3rd	Garriock	GBR

C1:	1st	Hearn	USA
	2nd	Robison	USA
	3rd	Lugbill	USA
	4th	Hedges	GBR

Generally the performances of the mens kayaks were substandard, only McCormick and Kremslehner showed any class. Graham Helsby was well placed until the final race when a disputed 50 dropped him out of contention. Many of the Europeans seemed a littled jaded and had trouble adopting a positive competitive attitude. The fact that there were few coaches or management may have had some bearing on results.

Although not paddling to their European form this summer Americans Lugbill and Hearn together with Robison dominated the class. Our paddlers went out to learn and the benefit of their trip will not become immediately evident. The Americans have reached their level of performance through competition in training, co-operation and quality work on whitewater gates. Our C1 paddlers must learn from their success and adapt their training according to their own specific situation.

Jane Wislon and Sue Garriock improved throughout the series and will hopefully emerge with greater confidence in their ability and more consistency in white water gate technique. If it's one thing our girls have got it's determination, Jane paddled at the Gull River with a fractured foot, and her second overall place is proof of her continuing improvement.

Thanks must go to Pat Thorn from Windsor who attended the series specifically to help the team as manager and coach, and credit must go to all the paddlers for spending between £500 and £700 each on improving their performance by getting up and going.

JEZ TAYLOR

FOCUS ON U.S.A.

The dominance of the C1 class by Americans, Jon Lugbill and Davey Hearn, cannot have escaped any slalomist's notice, least of all our own C1 paddlers who have competed against them over the past five years, in fact American has achieved impressive results at World level in every class but K1 Men.

	C1	K1L	K1M	C2
1979	1st Lugbill	1st Hearn	5th McCormick	
	2nd Hearn	3rd Harrison		
	3rd Robison			
	1st Team	1st Team		

	C1	K1L	K1M	C2
1981	1st Lugbill 2nd Hearn 1st Team	2nd Hearn 4th Kusuda		1st Garvis/Garvis 3rd Grabow/Huey 3rd Team
1982 Europa Cup	1st Hearn 2nd Lugbill 3rd Ford	3rd Hearn		

Just how these athletes have reached such high standards of excellence is described by Coach Bill Endicott in his book "To win the Worlds", a detailed account of the American training system in Washington D.C.

My experience of their training system is based on a five week trip to the States earlier this year during which I stayed with Endicott and trained with some of their top paddlers.

FACILITIES

1. FEEDER CANAL - a fast flowing cut off the main Potomac River. Best training levels are in spring and autumn when well defined waves and eddies exist at the top of a 200 metre stretch of 40 or 50 gates. Lower down the course the current slows and flattens out. A good regular training site.
2. CANAL - the C & O Canal runs parallel with the river and is marked off every 100 metres over a 1500 metre stretch.
3. MODEL BASIN - an indoor training site at a U.S. Navel Base. Flat water gates used from mid December to mid February.
4. POTOMAC RIVER - a wide river with a variety of falls and rapids close to D.C. Best stretch is 1 mile downstream from Feeder at Little Falls, grade 3 - 5 depending on level. In low water they hang gates there for white-water training. Upstream is Rocky Island, a poser's paradise with the 'perfect surfing wave'.

If gates could more easily be erected on the main river it would make Washington the ideal training location. However, it is still superior to most training sites in Britain.

The majority of the training I did whilst over there was on the Feeder Canal only using the Canal or main river for variety.

- i. Long Courses. 6 - 8 x $2\frac{1}{2}$ - 3 mins
Easy recovery around 3 - 6 minutes paddle back.

These workouts were timed and scored and usually very competitive. 2 - 3 times per week.

- ii. Medium length courses. 60 - 90 seconds, 5 - 6 runs, 3 - 4 courses. Recovery period 60 - 180 seconds. 3 - 4 times per week.
- iii. Short courses. 20 - 40 seconds, long recovery, flat out efforts. 4 - 5 courses, 4 - 8 runs on each. 3 - 4 times per week.
- iv. Whitewater race. 7 - 10 minutes on river. Down through rapids, plus play around and paddle back up canal.
- v. Flatwater sprints. 10 x 60 second: 90 rest. Racing each other 5 - 6 in line.

POINTS

1. Very little controlled interval workouts, the varying numbers of paddlers tended to dictate the rest period on the Feeder Canal. Generally the rest or recovery time was longer than usual for the time of year (early spring) but because the sessions were competitive the intensity of effort was high. Thus you could say that there is a more regular anaerobic component in the American training system than in my experience of training in Britain.
2. At least one workout per day was run by the Coach, Bill Endicott. Normally early in morning, he records times and penalties on most courses and decides the format of each workout. The paddlers themselves may often design the course. During World Championship preparation Endicott coaches full time, giving up work in the early spring to run up to three workouts per day.
3. Few paddlers seem to do gym training, Lugbill said he no longer lifts weights although while younger he lifted heavy weights as part of training for American football. It appears that the competitive training environment stimulates people to flat out efforts in speed work and together with whitewater paddling this provides the top paddlers with specific strength training. Whitewater paddling in this context means, playing, surfing, and sprinting on heavy rough water plus specific gatework at certain times of year.
4. Many top paddlers were following a reduced training load while away at college or work. In preparation for a World Championship there a likely to be around ten paddlers training full time in D.C. from the early spring onwards. During this period they will organise training camps following some of the spring slaloms for about a week at a time. This gives the American paddlers excellent preparation for racing fast and clean on whitewater at the Worlds.
5. There appears to be a great spirit of enthusiasm and co-operation amongst the American paddlers. They respect Endicott for his dedication and attention to detail while he in turn appreciates the paddlers skill and determination. The co-operation is manifested in the relationship between Lugbill and Hearn who explains it by pointing to the fact that although he lost at Bala by 0.34 seconds he knows that neither Jon or himself would have reached that level of performance without the help and competition of each other during years of hard training.

F.A.C.

THE PUBLICITY PYRAMID!! A MEANS TO AN END?

In 1981 Great Britain ranked 2nd in slalom. This year after the Europa Cup the team and coaches and the management can proudly say that Great Britain is best in the world at slalom canoeing. Who knows this? The answer is not many.

Richard Fox, for those who don't know, is World Champion and European Champion and National Champion (1981.) Liz Sharman has been National Champion four times and is European Champion. Martyn Hedges has been National Champion a staggering seven times, he was also European Champion in 1980. Albert Kerr - surely everyone has heard of Albert Kerr - they showed a five second flash of him on the tele. Albert is responsible for heading this British revival. He was World Champion in 1977, he also has two team gold medals - World Championship medals for 1979 and with Richard and Nicky Wain for 1981. Finally there are Eric Jamieson and Robin Williams, National C2 Champions and also Team gold medal winners in the 1981 World Championships along with Joce/Owen and Young/Munro.

For those who know it will seem a bit unnecessary to have gone to all the palava of repeating their successes. But I can justify this extravagant waste of type

and paper by saying that for everyone who knows the above names there will be at least four canoeists in this country who don't, and, dare I say it, I could quote the name of one B.C.U. official in the regions who could not tell you the best achievements of some of the above named paddlers.

If canoeists do not know of the British slalom's successes how can one expect the general public to take an interest, and business to wish to help with sponsorship, not only of the individuals, but also of events.

Canoe slalom is a modern sport - it should have a modern image, being modern means accepting the good as well as the evils of Publicity, Advertising and Sponsorship (PAS), without PAS the sport will not survive in the highly competitive modern world.

Publicity has had full marks this year, it has set the best ever record of non existence. For those of us who give a great deal of time and effort to the sport this is not a joke. While the British Team were hoisting the Union Jack in Europe and preparing for the final event of the Europa Cup at Augsburg, I discovered that not one of the national papers knew that the British Slalom Team were involved in a major competition. The Observer even told me that they would have covered the whole event had they known of it's existence. I don't think we can blame the press for this lack of publicity, it is much more complicated.

I complained to the Slalom Committee that there had been no publicity. I was told to get on with the job and was promptly - such speed was most suprising, appointed as Slalom Publicity Officer. It did sound fairly simple and I did think, underestimating the job and more particularly, the problems, it would be easier to do better than nothing.

To get on with the job of publicity does not mean that one waves a magic wand and bashes a few typewriter keys and 'hey presto' there it is!

At the moment my path is blocked with a huge impenetrable hedge of thorns, brambles and stinging nettles and my first task is to find the way through this thicket - this should then open the way to information. If there is to be PAS information and results must be fed to the media. The most, by way of information, I can get out of the most helpful of people whom I have phoned is that the information is not available but will be in the post - first post tomorrow.....

The media is only interested in news - news is now and to-day, this minute - tomorrow is too late - tomorrow yesterday's news is not happenings.

Before PAS can be successful everyone's attitudes must change. It must begin at the top with the executive and go down through all the levels of club and region to the raison d'etre of the sport the very paddlers themselves. The lads and lasses on the water may think they want PAS but even they do not want to supply information now - tomorrow will do just as well, why put a profile in the post today if tomorrow is more convenient!

With the best will in the world the publicity which finally goes out will only be as efficient and successful as the canoeing world wishes.

My aims as Slalom Publicity Officer are:-

1. To improve the image of the sport within the sport itself.
2. To make slalom canoeing one of, if not the, leading adventure sports of Great Britain.
3. To educate the press and the public and to achieve:-
 - a. improved sponsorship for events at all levels;
 - b. improved sponsorship for individuals - youth - internationals;
 - c. sponsorship for site development at all levels, particularly novice and divisions four and three.

much of my work will be done through the press but it is hoped that a great deal will be done through districts and regions as well as at Slaloms.

Achievement can be measured by column inches in the press, local and national, when PAS is beginning to go places it will be possible to read the results of national slaloms in the daily national papers, not to be kept in ignorance of results. Before we are going to get the kind of coverage we would like to have at national level we must broaden the base of our publicity pyramid - the more publicity there is at local and regional level the more likelihood there is of interest being generated at national level. If we don't sell our sport the cyclists aren't going to do it for us.

Here is what you can do to help PLEASE FEED ME INFORMATION.

1. The names of Press Officers or publicity contacts for club, county or region. If I am given no names I will assume that your region is one of the PUBLICITY BLACKSPOTS. If I contact the press over your head it might mean I've trodden on your corns - or worse still the corns of the local sports editor.
2. I want press clippings from local and regional papers and some notes on coverage by local radio and television. If they've phoned up and nothing's come of it I'd like to know that too. It helps to build up a national picture. I need press clippings for three reasons.
 - i. I have to work to a tight budget - I can't waste money on sending out publicity material which always fills the dustbins. I must get my strategy right.
 - ii. Press clippings will tell me which regions have good sympathetic papers and which regions have awkward sports editors.
 - iii. Press clippings, or rather lack of them, will tell me which regions are publicity blackspots. I shall not fail to give FEEDBACK details of those clubs and regions which are good, very good, poor, very poor, bad or quite disgraceful. No press clippings will tell their own story - especially if the club has run a slalom during the season.

Now let us be fair - it's your turn. I NEED YOUR CRITICISMS - I need your views on what displeases, what is inadequate, what you wish to see done, plus a few ideas on how the task can be attempted too please! I shall not like it of course but that's tough to.

JENNIFER MUNRO
Slalom Publicity Officer
3 Moreton Avenue
Harpenden
Herts AL5 2EU

GATE 28 - THEIR OWN STORY

With recent victories in Team events at the Welsh Open and Serpents Tail Gate 28 have shot to stardom. In a two part series FEEDBACK will expose the origin of their strange team name and ask the question "will their new found fame effect their performance in a showdown at the Town with Pyranha Racers and Manchester"??

On the start line "Drei, zwie, eins, ab" and we've gone, double crossover goes to plan, looking good at the half way stage. Gate 27 Spike in high, Mike in fast, Spike in Russ out, Mike and Russ accelerate away. Then gate 28 and the team was born.

SOLUTIONS: Make up a new set of 16 gates with friends, fix up one weekend soon, see old man in cottage about leaving boat in garden. Fix bike to cycle to river.

2 TRAINING SITE - GYMNASIUM

PROBLEMS: No experience with weights.

SOLUTIONS: Go to local sports centre and check out equipment and best time for use. Get books from library and seek advice on getting started. Write to FEEDBACK for information on specific exercises.

3 TRAINING SITE - MOVING WATER GATES

PROBLEMS: Too far to go, 120 miles, not worth it just for one day.

SOLUTIONS: Find out what other local paddlers are doing, get together, split costs. Try and find cheap accommodation to make it worth while going for weekends.

4 TRAINING SITE - ROUGH WATER GATES

PROBLEMS: Too far to go, 160 miles, no gates, water unpredictable.

SOLUTIONS: Get together and split costs. Make up training gates and lines, learn to put them up quickly. Get organised to go at short notice. Find local contact for information on water.

5 COACHING

PROBLEMS: No Coach, nothing organised.

SOLUTIONS: Identify local Coaches, try to get things going as a group, will have to make an effort to help each other along and learn together, give lots of feedback, watch top paddlers and learn from mistakes.

6 TRAINING

PROBLEMS: Don't know what to do or how much, can't train much because of school and football training. Too tired to train before school, too dark in evenings.

SOLUTIONS: Read as much as possible about training in other sports, talk to other paddlers and coaches then work out a detailed plan. Write to FEEDBACK for information and advice from FAST and CLEAN, read each issue to learn more about training. Start keeping a record of all training. Ask Dad to write to school about training during games lessons. Cut down on parties and disco's, study some more to show others and yourself that you are serious - might have to give up football! Start doing some workouts before school, will have to get up early and cycle to river - need to be organised. Could do sprints or gym training while it's dark, better than nothing. Watch sleep, and eat a balanced diet to prevent illness, work up to THREE shredded wheat a day! You must start acting now, if YOU don't somebody else will.

F.A.C.

And so in a small town in Austria the rumour of some strange happenings began. At the centre of the controversy a six strong team of three paddlers, Banana Russ, Chocolate Mike and Strawberry Spike. Coach/Manager partnership of Bluebell and Pops "Endicott" Smith with "Gos" as commercial advisor. The word spread and interest grew as people began to question the origin of the strange team name. Our team of six strong were giving nothing away of the G.T.E. secret despite hordes of paddlers interrogating individuals of Gate 28.

The mystery deepened then the team appeared in Spike's specially designed "Stop, Look, Scratch Your Head" team T. shirts. Recently observant slalom goers will have spotted the gate logo on the decks of the team as they sped to an unexpected victory at the Tail.

The teams competition routine starts on Saturday evening with the sussing of the tactics and arrangement of team code words for crossover timing. Then the infamous practise run on the bank, Gate 28 can be seen weaving amongst crowds on the river bank despite the abuse hurled by other team paddlers. At the Serpent's Tail this strange ritual left an open mouthed Fox looking on in astonishment.

Still the formula is incomplete without the final deciding factor which will be revealed in the next issue of FEEDBACK....

GETTING ORGANISED FOR TRAINING!

Anyone seeking improvement in his or her performance will at some stage have to resort to some sort of training. The further up the scale we go the harder the training will become and the slower the rate of progress. The clear thinking paddler will want the greatest possible return in competition results from the least amount of effort in training and the purpose of this and future articles is to help you improve your training efficiency.

Any training programme is only as effective as the person who uses it which means you must be realistic in your objectives and commitments. Continual improvement is only achieved by regular training over a number of years during which the body adapts to each increase in training stimulus. Each year negative aspects of training are isolated and eliminated while positive factors are identified and enhanced. By this process a training programme can be planned specifically for your requirements. This takes time and time requires commitment.

Ask yourself what you want to achieve in slalom and how much time, effort and money you are prepared to put towards reaching your goal. Britain's top paddlers have won World and European titles during the past six years but the road to such success has not been easy. In 1977 Albert Kerr gave up work and trained full time for three months without any financial assistance other than his savings to help him win his World title. The rewards for winning are not fame and glory merely the satisfaction of realising one's mental and physical potential in the competitive environment.

YOU have to decide how much you want to win. If you want enough you will train hard, make sacrifices and think FAST and CLEAN.

Once you have made the commitment to train careful attention to every detail will help prevent a hold up in the training process. An analysis at your training situation from every angle should help you identify problem areas which can then be dealt with before too much time is wasted. Below is a theatrical analysis of a budding fast and clean.

1 TRAINING SITE, FLAT WATER GATES

PROBLEMS: 5 miles from home, 5 gates, poor condition, rely on parents for transport, no boat storage.

FINAL RANKINGS

DIVISION 1 - Mens K1

1st	Tony Leaver (Y)	Forth/Rainbow	239
2nd	Peter Oldfield (Y)	Manchester	237
3rd	Keith Brown	W.U.C.C./Forth	234
4th	John Allan (Y)	Ambleside	233
5th	Johnathan Smith (Y)	Adur	232 (75)
6th	Steve Hardman (Y)	Adur	232 (73)
7th	Paul Brain (Y)	Soak	225
8th	Karl Devine	Gloucester	223
9th	Mathew Copeland (Y)	Chester	222
10th	Alan Gillibrand	Chester	221

PYRANHA YOUTH AWARD WINNER

13th	Chris Arrowsmith (Y)	Soak	206 (short season)
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LADIES DIVISION 1 - K1

1st	Karen Davies (Y)	Gloucester	30 (short season)
2nd	Sheelagh Malone (Y)	Heriot/Watt	24
3rd	Vember Mortlock (Y)	Ambleside	23 (4) (short season)
4th	Ishbel Grant (J)	Ambleside	23 (1) (short season)

Karen Davies only took up slalom late in 1980 and was promoted into Division 1 at Shepperton this year. Her results are, in Div 1, as follows: 4th, 2nd, 1st, 1st, 1st, 1st. Watch out girls!!

LATEST RANKINGS

PREMIER K1 - Men

1st	Jim Dolan	Manchester	118
2nd	Roger Mainwaring	R.A.F.	117
3rd	Nick Wain	Chester	114
4th	Paul McConkey	Pyranha Racers/Staff	107
5th	Pete Godfrey	Manchester	100
6th	Albert Kerr	Pyranha Racers/Carlisle	100

PREMIER K1 - Ladies

1st	Sue Garriock	Ribble	28
2nd	Jane Roderick	Pyranha Racers/Staff	24
3rd	Jane Wilson	Forth	22
4th	Julia Harling	Manchester	21
5th	Liz Sharman	Bury St. Edmunds	20 (2 events)

DIVISION 1 - C2 Champions

1st	Eric Jamieson/Rob Williams	Wey
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Points depend on town result, but they cannot be beaten for first place.

DIVISION 1 - C1 Champion

1st	Martyn Hedges	Windsor	30
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PREMIER TEAMS - Latest

1st	Dolan/Mainwaring/Helsby	Manchester	28
2nd	Godfrey/Sutherland/Wain	Adur/Chester	27
3rd	Smith/Druce/Gladwin	Gate 28	25

DIVISION 1 - Team Champions Mens K1

1st	Leaver/Barkham/Brown	Rainbow	30
2nd	Copeland/Smith/Harman	Adur/Chester	28
3rd	King/Bowles/Bowles	Manchester	27

LADIES K1

1st	Davies/Bennet/Jones	Famous Swimmers	13
2nd	Arrowsmith/Mortlock/Grant	Water Babies	13

Championship decided not on best swims but on the best total of all (best run) scores at the ranking slaloms common to both teams. The Gloucester girls win 1360.0 seconds to 1361.7 seconds!!!

Final Championship positions in classes yet to be decided will be included in next month.

Congratulations to all concerned.

SERPENTS TAIL SLALOM - September 25th/26th

Class	Name	Club	Score	% of winning kayak
K1M	1st R Fox	Pyranha Racers/Staff Sone	168.7	100
	2nd J Dolan	Manchester	180.1	106.8
	3rd R Mainwaring	R.A.F.C.	182.6	108.2
	12th A Gladwin (1st Youth)	Staff-Stone	193.9	114.9
K1L	1st Liz Sharman	Bury St. Edmunds	222.3	132.3
	2nd C Pallett (Y)	Manchester	243.7	144.4
	3rd J Harling	Manchester	243.7	144.4
C1	1st M Hedges	Windsor/Bath	194.99	115.6
	2nd P Keane	Luton	227.68	134.9
	3rd R Doman	Chalfont Park	240.6	142.6
C2	1st Jamieson/Williams	Wey	210.33	124.6
	2nd Joce/Owen	Paddington Bears	233.37	138.3
	3rd Smith/Smith	Urchines	275.2	163.1
K1M Div 1	1st S Hardman	Adur	195.8	116.0
	2nd K Brown	E.U.C.C./Forth	196.3	116.4
	3rd R Wheadon	Shepperton	199.3	118.1
K1L Div 1	1st K Davies	Gloucester	261.7	155.1
	2nd S Bennett	Gloucester	294.0	174.2
	3rd S Malone	Heriot Watt	304.6	180.5