

FEEDBACK

SLALOM NEWS AND VIEWS

No. 11

OCTOBER 1984

Price 50p



PADDLING IN PRAGUE • KEEPING WARM • EVENTS ROUND UP

FEEDBACK

Official magazine of the British Canoe Union Slalom Committee

45-47 High Street,
Addleston, Weybridge,
Surrey. KT15 1JV

*The views expressed in
this magazine are not
necessarily those of the
BCU Slalom Committee
or of the Editor.*

*Reproduction of all or
any part of the
magazine may only be
undertaken through
written permission from
publishers.*

Editorial Address

154, Lichfield Road,
Stone, Staffs.
ST15 8PY
Tel. (0785) 817016

Subscriptions and Advertising

Dave Morgan
8, High Park Drive,
Bradford, BD9 6HS
Subscriptions at £4.00
for 6 issues post paid
and club supplies
available from this
address. Special rates for
overseas readers.

Lay-up Team:

Dave and Stephanie
Mawdsley.

Features Editor

Joe Lyons

*Front cover —
Linton Locks
Photo by Tony Tickle*

Feedback Opinion

The growth of any sport is dependent upon the strength of the club system. The regional event at Llangollen has stimulated competition and growth throughout the country but as yet there is no formal Club Championship. I believe a club competition, held either as a single event, such as the British Open or over a season as a whole, would do more to strengthen the basis of our sport. A Club Competition could operate throughout all the divisions with points being scored for top ten placings in each class in both individual and team events. This would obviously favour the big clubs but then it should also encourage smaller to clubs to attract good paddlers to help score points and provide coaching.

More work for the ranking list competitor, I hear someone cry, and that may be so but the essence of all sport must be enjoyment for the competitor. Most paddlers will never win major events but they will at times occupy middle or the pack positions which could score valuable points for the club over a season of competition. Thus the goal of competition might be extended beyond improving self performance to benefit the club to a greater extent than at present. It would be nice to think that in a few years time a healthy rivalry will exist between the top clubs and that this rivalry will foster the growth of more club training groups, greater participation across all classes and the wearing of club emblems with pride. A national club competition with an appropriate trophy could be the way forward.

The proposed rule changes outlined in the previous issue were put to the recent ICF congress and passed by 28 votes to 4, in an overwhelming decision to change the nature of International Slalom. Just how far this represents the views of paddlers around the world is open to question and

judging by the response of a special meeting at Matlock in September the simple answer is that they don't. The general and strongly held view of that meeting was that the principal role changes were unacceptable in that they change significantly the technical nature of Slalom Competition. I can hardly believe that the attitudes of paddlers from other nations differ greatly from our own, after all we are engaged in the same sport — we are of a kind. Why then the decision? It would appear that the delegates to the Congress are largely ignorant of Slalom and the feeling within that branch of canoe sport in their country, or that they simply vote as directed by the ICF board — in support of the rule changes. It is time that the ICF is challenged on the methods by which it governs our sport and I hope our Slalom Executive are prepared to lobby other nations to fight for a more efficient and democratic system. If nothing is done to change the system who knows what might happen after the next congress in 1988. We might end up paddling high volume plastic boats straight down the river.

It is two years since Feedback was introduced as a newsheet for Slalomists. In that two years the format has been improved and circulation increased eight times over. My original idea was to provide the specific information on training and events which has been hard to find in other publications. Study and paddling commitments have made increasing demands upon my time, to the extent that I have often had to cram everything into a couple of weeks between foreign trips. The magazine needs an editor who is reliable, efficient and not too heavily committed to other projects. With the World Championships coming next year I cannot hope to fulfill that role. However, I intend to continue supplying articles and training information as often as possible. If you are out there and want the job — please get in touch.

FEEDBACK

CONTENTS

- 1 FEEDBACK INFO
- 3 SUCCESS IN SLALOM
- 5 WINTER TRAINING GEAR
- 7 ORGANISATION & ADMINISTRATION
- 9 RACING HARD — BILL ENDICOTT
- 12 PADDLING IN PRAGUE
- 15 LETTERS
- 17 NORA SMALL INTERVIEW
- 19 INFO CONTD.
- 21 EVENTS ROUND UP

FEEDBACK INFO

SLALOM ENTRIES - Sue Wharton, the Slalom Administrator reports that for the period 30th June to mid September participation at slaloms increased by 13% over the previous year. The largest increase has come at Novice level.

GLASSHUSES NOVICE - It is understood from Norah Small of Leeds Canoe Club that the River Nidd may not be used for the Slalom in 1985. It is proposed that the event will take place on the lake.

ORGANISERS CONFERENCE - The booking of the National Water Sports Centre, Nottingham for the week-end 2/3 February 1985 has been confirmed.

PADDLES UP - It is reported that the four programmes broadcast in August returned viewing figures totalling 15 million. We are always interested to hear readers' views on the programme.

WASHBURN - A letter from the local landowner allowing access to the right hand bank has been received. Access problems such as those experienced this season are no longer anticipated. It is also reported that the new bridge is now paid for.

WEST MIDLAND champions for the second year running are Stafford and Stone Canoe Club. A good turn out by Club members for the Final event of the Handicapped Mini Slalom Series at Stone assured the local club of victory. The long course offset the 50 second handicap placed on Premier paddlers, something that had been hard to overcome at earlier events.

PADDLERS DAY

Saturday, 3rd November, 1984
Wolverhampton Polytechnic

- TALKS — SKILL DEVELOPMENT IN CANOEING — John Fazey.
 - WEIGHT TRAINING TECHNIQUES — Richard Fox.
 - SLALOM CONTEST WITH MELVYN JONES
 - SUPPLIERS EXHIBITION AND SALES
- Plus much more!

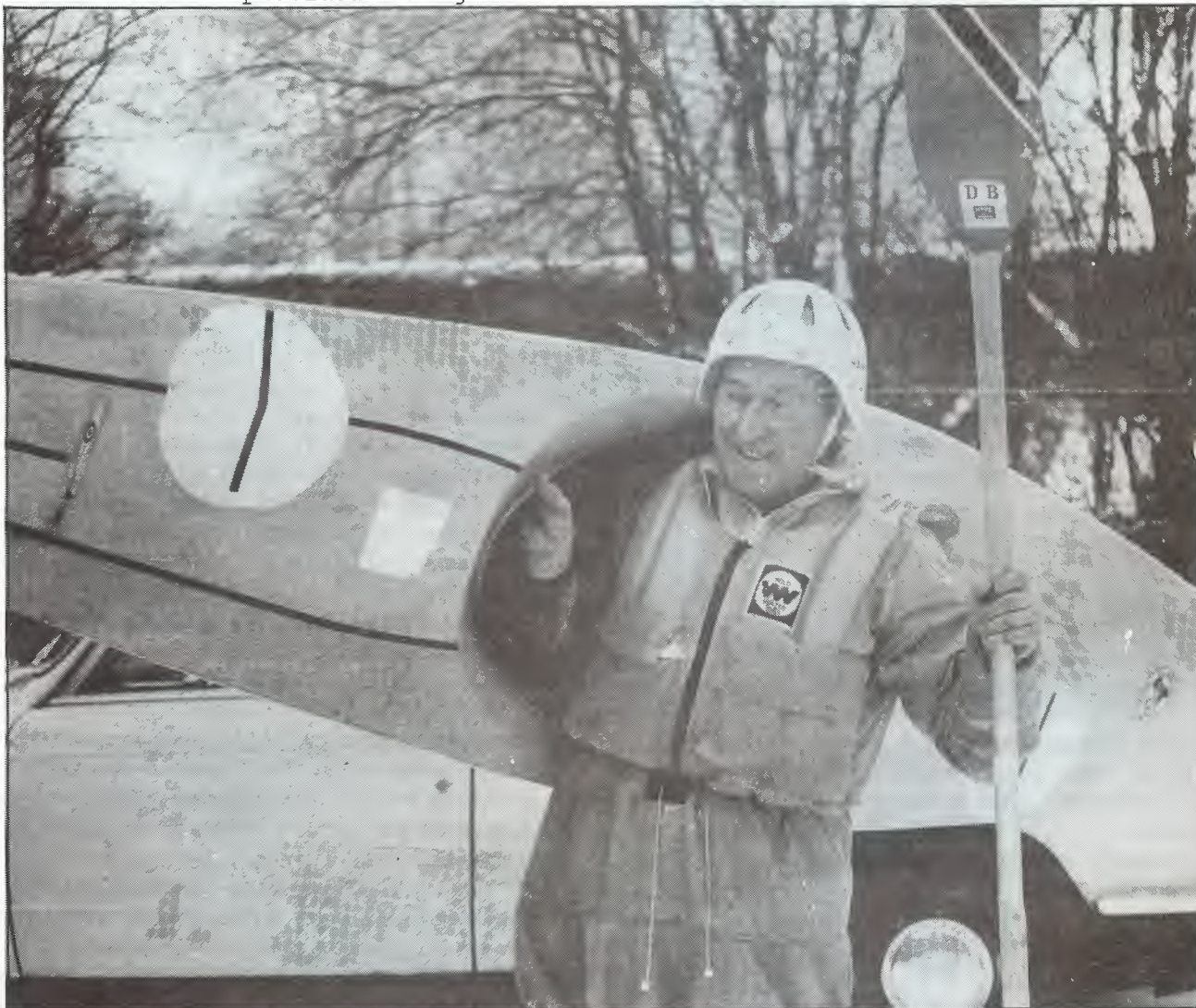
notes. The evenings provided the opportunity for recreation (facilities were available for padder tennis competitions, golf, snooker, fishing in the Tay, swimming in the Tay, etc.), or for further sessions on the water. The weather throughout was ideal - warm and sunny. But, as everywhere else in the U.K., the water level was low, though adequate.

The administration and video-recording work was the special responsibility of the aforementioned RON GRABNER - a man with an outstanding sense of humour and a very keen fisherman, whose alacrity with rod and line provided the canoeists with one of the week's tasty meals!

The instruction provided throughout

was acknowledged by all to be of the highest level, and the company wonderful (a grand crowd). On conclusion of the course came the time of reckoning - each student attended a personal interview with the instructors and received a written evaluation of his week's performance, together with a suggested training schedule for improving individual performance.

Similar courses are likely to be run against next year. I can strongly recommend them to any serious slalom canoeist wishing to improve his/her performance and fitness, in a happy and enjoyable social atmosphere. And surely enjoyment, with challenge, excitement and adventure is what, ultimately, canoeing is all about.



DONALD BEAN or DBI as he is known to Stafford & Stone Canoe Club Members.

BE COOL — STAY WARM

Joe Lyons

Some thoughts on winter training and the equipment the paddler should consider.

Even as I sit here the summer is drawing to a close. The days of training in spraydeck and T shirt, or hairy chest, are over, and last year's cags and thermals are being dug out of cupboards and the mould and dust is being blown off them. Winter is a comin' and with it the eternal annual problem of how to train realistically in temperatures of around zero and below. This aspect of winter preparation is more important than you may think - for when you have to curtail a session with near frostbite and a bad dose of pneumonia, the well prepared paddler is out in the blizzard and getting ahead.

As always, the level of warmth is directly proportional to the contents of your pocket, but below I will try and suggest both cheap, reasonable and expensive ways of keeping warm, so you can choose your own. However, some of the things you can do are almost costless except perhaps in time and as the season draws to a close, it is worth spending some time on the bank so as to get more time in the water later on.

The first item to look at is your boat. Some people are lucky enough to have new boats for winter training, but for the rest of us poor people, whose battered boat must survive till spring, now is the time to strip off all those fraying bits of tape and start to repair the gashes in the hull, not least because there is no quicker way of freezing in winter than to have 2 inches of icy water slopping around your seat and into your lap. There is no point spending a small fortune on preventing water getting in via the cockpit, then skimping on a few hours spent sealing up the seams and hull and still sitting in a puddle.

If you can't cope with doing this yourself, then try asking your nearest manufacturer. For instance, Arrowcraft in Wolverhampton will for around £20, or a little more if its really bad, give your boat a service and a polish, often you wouldn't recognise it afterwards. Give your local manufacturer a ring and ask him - he'll probably do a better job than you, but will charge you for it.

Having spent time and perhaps money on the boat, lets consider the paddler. Apart from obvious things like plenty of good food and vitamins to keep the cold out, a little thought can turn a winter's training from something to dread or endure into something almost enjoyable. First, consider your paddling kit. Long sleeves and legs are the order of the day and close fitting (but not tight) gear holds warmth better than baggy old tracksuit bottoms. This is where your thermal underwear comes into its own.

Various types of thermals are available, with Helly Hansen undoubtedly the most popular, and fairly cheap. For instance a polo necked Helly will set you back around £8.50 with £7.75 for a pair of Helly bottoms - if you are desperate a hood will cost you £2.50. A couple of layers of Hellys will keep you warm for most flat water sessions. For the rough there is nothing wrong with a thin wetsuit or long-john - and before all the arguments about restriction come out a thin 2mm wetsuit is less restrictive than layers of clothing. Richard Fox uses a long john that is made from 2mm neoprene and it is superb for Tryweryn sessions in the winter. A firm called Diamond wetsuits from Bolton are just coming onto the market now with a set of canoeist designed wetsuits that are worth looking at.

Dolphin and Gull also make thin long johns (you can expect to pay around £30 - £40 for these).

Having clothed yourselves, then the waterproof gear must go on top. The ultimate item here has to be the Harishok dry suit Cag/Spraydeck at £45.00. It seems a lot, but for both a cag and deck together it is cheap and seems more so after a session on the rough where the only wet bits are sweaty armpits. However, these are unlikely to be readily available until around Christmas. For just spraydecks alone, the Camaro neoprene deck appears the best and driest available and Pyranha stock these at £19.00 which is no more expensive than most fabric decks, and a lot more water tight.

As for cags, the options are varied. If you can't afford the Harishok one piece dry top try a 4 or 5 oz. nylon cag with neoprene cuffs. The prices will vary from £15 to around £20. Taped seams are more watertight on heavy water and a good fit around the neck and wrists is essential. There is nothing worse than water going up your sleeve and down your armpit!

Looking after the extremities is equally important. Wet suit socks or soft sold boots are the best thing to keep your feet warm but they tend to wear out and thus appear rather expensive. Try sticking a piece of rubber inner tube to the hull of the boat so that the neoprene heel is not rubbing on glassfibre or kevlar. You can pay up to £20 for a pair of boots so shop around for a good deal - anything with a reinforced heel is worth considering provided you can get in the boat. An alternative to wet suit boots are the Helly Hansen or Okewind slip on shoe. Although not quite as warm they are pretty durable and come a lot cheaper at £7 or £8.

For those extra cold days on whitewater try a neoprene headband - easy to make from scrap material or just stick some pieces to the crash hat cradle. You will be surprised at the effect this has on reducing heat loss.

For those with money still to spend, pogies or paddle mitts, are a useful item, although more for steady paddlers than for gate sessions where they can impede your hands. These can be bought for anything from £3.00 up to £7.50 for a pair of splashsport fibre pile lined furry ones, that toast your hands if you aren't careful. Also another luxury item, useful if you do sessions that involve getting out of your boat and walking back up is a pair of overtrousers for around £6.50 upwards.

All this could add up to a fairly large bill, and you have to tailor your ideas to the thickness of your wallet. But there is nothing worse than being cold in winter, and losing valuable training time on the rough because you are still wearing that lightweight thin cag that was O.K. for summer competitions, but seems as thin as paper and as waterproof as a string vest each time a wave bursts around you. With fairly sophisticated waterproof neoprene and thermal kit available, it is a waste of time and money to try and paddle in old track suits and leaky decks and cags.



HOT STUFF!

our

**THERMAL
PADDLE MITTS**

feature

**A WATERPROOF NYLON OUTER LAYER
LINED WITH NON-ABSORBENT ACRYLIC
FIBRE PILE, TO INSULATE THE HANDS
WITHOUT SACRIFICING PADDLE GRIP.**

Selected by

JOINT SERVICES EXPEDITION

to

ANTARCTICA

Write, telephone or call at

18, Peregrine Drive, Darwen, Lancs. BB3 0JL
Telephone (0254) 71456

Slalom Organisation & Administration

Robin Pinner

This brief paper is in response to the Chairman's request for research into the Development of the Sport - Executive meeting at Bedford on 30th June 1984.

Over the years there seems to have been very little formal training in the organisation and administration of slaloms apart from the publication of a new organisers handbook in 1981 and a number of Organisers Conferences.

Current Problems

1. There is increased participation in the sport. Entries are up by 7½% so far this year. With the increased media exposure and, thanks to the excellent work of our press officer, one would expect this trend to continue or even accelerate.
2. Competitors are becoming more professional in their approach to competition and expect better organisation and facilities. Organisers too will have to become more professional and better prizes need to be offered.
3. Slalom as a sport is still relatively cheap compared with other competitive activities. Better facilities and better organisation may result in higher entry fees.
4. Most organisers have had no training in administration and organisational methods.
5. Many slaloms are run adequately and on a friendly basis. Some are excellent but there are still too many organisers who, under the



A typical example of the problems facing organisers.
Photo by Chris Berry

pressure of running the event or perhaps lacking in personal confidence, are rude and unreasonable to competitors and/or spectators.

6. There is not enough delegation of duties by the organiser at some slaloms. Key jobs must be delegated early enough to allow full thought, planning and participation by club members. On the day of the competition the organiser should act as co-ordinator and if he feels it necessary to become involved in specific tasks he must appoint a good "front man" who has the ability to talk to people, knows what's going on and, often, calm down irate competitors and parents.

Recommendations

1. Early recruitment of slalom team by the organiser and more delegation of duties.
2. Increased drive for sponsorship and better prizes.
3. Proper prize giving, perhaps two - one for Saturday events and one on Sunday. All too often paddlers have a long way to travel and ask for their prizes. This makes a mockery of the Prize Giving especially if a local dignitary has been invited to the ceremony. Having said that the organiser must hold the ceremony as soon as the results are official. There are still some clubs who keep people waiting while they take the course down.
4. More of the club profits from a slalom must be ploughed back into the organisation of events and/or more sponsorship obtained.
5. A better organised and more relevant Slalom Organisers Conference is required. One problem of the Conference is that it is often used for other matters which are not entirely relevant e.g. Organisation of International Events or specific problems of one division. This detracts from the overall impact of the Conference and withdraws people with very valuable experience from the group sessions.
6. Perhaps we should invite organisers of other well run competitive sports to the Conference to give us the benefit of their knowledge.
7. Attendance at the Conference should be compulsory - certainly for new event organisers and organisers of "problem" slaloms. Clubs should be encouraged to finance their organiser at the Conference.
8. Members of the Slalom Executive or their delegates to spot check slaloms for facilities, organisation, courtesy etc. and report back. A simple proforma report would probably suffice.
9. The Slalom Organisers Handbook to be revised and published as soon as possible.

Slalom Training Weekend

2nd/3rd February, 1985

*Open to all paddlers
Particulary useful for
youths and juniors.*

Further details from
D. Morgan, 8 High Park Drive, Bradford 9.

Learning to Race Hard - Part 2

Bill Endicott, U.S. Team Coach

Cleaning it Up at High Speed

This is really a matter of accumulating experience in going fast, I think. This experience consists of 2 interrelated things. The first is getting into good paddling shape through practicing power moves on whitewater courses as opposed to endurance training (that'll come later). The second is learning the techniques for going fast, rather than the techniques for going slow. The boat reacts differently when it's going at high speed than it does at moderate speed and the boater has to learn the fine points of this through trial and error. But to a great extent there's no use talking about "proper technique" if the boater isn't in shape to execute it, so technique and physical development have to be seen as dependent upon each other.

Let Them Discover it For Themselves

I learned long ago that generally speaking, the best way for a coach to teach technique is not to just tell the athlete what he is doing wrong, but arrange for him to discover it himself as quickly as possible. Discovering it himself makes a far more lasting impression upon him than simply having it handed to him.

When a person has to work for something, he pays more attention to the whole process, learns the subtle variations better, and "feels" the truth of the discovery, rather than just "hears" it. This is extremely important when it comes to learning slalom technique, because I think it's counterproductive to intellectualize it too much; it has to be more of a subconscious learning experience.

Group Training

For the reasons examined above, I believe in the group training approach.

By competing hard in practice sessions, the boaters all learn where the demon lives. By observing each other doing fast runs and hearing the times they learn from each other. They have, in short much more experience in going fast and seeing others do it. When someone is fast by accident -- inadvertently discovers a faster way to do a move -- the others pick up on it immediately. The least amount of time is wasted in mastering the subject.

Getting Consistently Fast and Clean: Aerobic Endurance

After a boater has gotten fast, he will often produce the fastest running time in a race. As he gets more experience, the next step is for him once in a while to actually run clean at the high speed and win by a big margin. But he is erratic. He can't control when this is going to happen and even though he is potentially quite good, he may fail in the big races. The missing ingredient is consistency, and for me, a major component of consistency is aerobic endurance.

Up to now I've not said a word about endurance (aerobic) training; it's been all anaerobic training. That's because I think the type of technique that you have to learn for going really fast in modern slalom is anaerobic to a great extent and the sooner you get used to that the better off you are. (Also, I'm convinced there's aerobic value in largely anaerobic workouts).

But there's no question that there is a large aerobic component to slalom and that has to be developed also for the truly superb performances. Still, I think that young people tend to develop the capacity for anaerobic training long before they develop the capacity for endurance training. I

say this from personal experience: none of the two dozen World Championship medalists I have ever coached could be induced to do lots of aerobic gate training at an early age (age 14-19) but they all could be induced to lots of competitive, anaerobic training.

Why? First of all, it was a great deal fun. Secondly, I have to conclude that their bodies were simply more suited for it. It was only when they got older that their capacity for endurance training improved so that physically and psychologically they could benefit from it. And by that time they had naturally fast movements, so there was no danger of slowing their movements down through long distance paddles in the gates as there is for someone whose early slalom training is purely aerobic.

Aerobic training in the gates is workouts like these:

- * 2 x 15 mins continuous gate loops with 5 mins. rest.
- * 40 minutes continuous gate loop.

Workouts that are primarily aerobic but also have an anaerobic component are like these:


- * 2 x 15 minutes, each lap under a certain time.
- * 8 x 240 seconds gate loop with 120 seconds rest.
- * Pyramid loops on gates: 1,2,3, 3,2,1, laps hard, each hard piece interspersed with a 1 lap easy paddle.

These repetitive pieces build up endurance which means that the paddler is fresher at the bottom of the race course and thus less likely to make mistakes. But just as importantly they also allow him to "groove on" technique, that is, paddle with a passive attentional style. In short, in these repetitive pieces the paddler develops an automatic technique, one which permits him to run clean all the time without having to think about it. This frees him up to concentrate on pacing and other elements of race strategy.

Doing It on The Day


I think the paddlers I have coached have generally been able to paddle closer to their level of ability on race days than their rivals. The reason is because they were so used to competing in practice that race day was not much different for them. I've always been pleasantly surprised at how few anxieties they seem to have on race day. Specifically, I've always been struck at how calm Cathy and David Hearn, Jon Lugbill, the Garvis brothers, the Haller brothers, and others have been at races, and particularly in between first and second runs.

In this regard, I often relate a little story about Paul Grabow, who won 2 bronze medals in C2 at Bala (with Je Huey). A couple of months after Bala when we were home at practice on the Feeder Canal, Grabow, who was watching, turned to me at the end of the session and said, "It's only now that I realize our winning a medal in the World Championships was different from just taking another run on the Feeder Canal."




Arrowcraft

ARROWCRAFT MARINE LTD



Member of the
British Canoe
Manufacturers
Association



Member of the
Guild of Master
Craftsmen

All canoes are built to BCMA/BSI-MA 91 standards and are approved to BCU standards.

NEW for the 1984 season, another outstanding design from
Graham Mackereth, the

Premier IMAGE

available now from only £173 + v.a.t.

Registered Office:
19 Lingfield Close, Great
Wyrley, Walsall, England
Telephone: 0922 415045

Showroom and Workshops:
West Midland Canoe
Centre, 112 New Hall
Street, Willenhall, West
Midlands.
Telephone: Willenhall
634567

That says a lot about the psychological effect of competitive workouts: the athlete gets so used to having to perform when something is on the line that he's more used to it on race day. Something to duplicate the race day feeling more closely, I try to actually put something on the line:

- * We bet on gates: every time a paddler hits a gate I get five cents; every time he's clean but faster than the run before, he gets five cents from me.
- * Have 3-run races to see who's "King of the Feeder." For the whole next day everyone else has to do what the "King" wants to do in practice sessions.
- * Award prizes: The winner (sometimes based on percentages among the classes) gets a half gallon of ice cream.
- * Run a "mock" team trials. Have two 3-run races (one practice run and two official runs) on successive days, as the first order of business in the sessions.

Let It Happen, Don't Make It Happen

Having said everything I have above about how the process of learning to race really hard works, I have to add quickly that you can't force this to happen too much or it will not work. It's almost as though the athlete can't be consciously aware of what is happening to him -- but it must happen to him. You have to set upon the proper path when you are young but then almost let things come as they may. If you've got good natural talent, then it'll take you 5-6 years of really hard training to get to the top. If you don't, it'll take even longer. So I think there has to be a great deal of spontaneity to it and give yourself time. Just make sure that it always remains fun. If it doesn't, then quit.

Part of the spontaneity has to do with not attaching too much importance to winning and losing: if you win, it's no big deal; if you lose, it's no big deal. In either case you just start preparing for the next win.

The important thing is knowing that you are the best you possibly could have been. This is where your rivals come in handy; they help you to become the best you could be, for only by trying to beat them, can you achieve a really maximum performance. But often it's no good just winning, because, as New Zealand's great track coach, Arthur Lydiard, once told me, "you're only as good as your opponents let you be." Thus, if you happen to win with a slow but clean run and everyone else took penalties, then that's not so good. And winning only once is not as good as being at the top over a period of time. The only thing that matters is how close you came to the ultimate run and how often you did it.

ANNOUNCEMENT

**Make 1985
Your Year**

with
Concept Designs
new Slalom K1

**ZIGGY
FLYER**

It has to be paddled to be
believed.

Telephone (0909) 477623

John Pennocks **concept
designs**

Unti 2, Tan Gallops, The Welbeck Country Estate,
Workshop, Notts. S80 3LW

PADDLING IN PRAGUE

Once again there will be a team of Czech paddlers at the Foster's event, among them the two Hilgert brothers Lubos and Ivan. I went to Prague early in September to compete in the Troja Slalom and during the visit learnt much about the state of the sport in Czechoslovakia.

The city of Prague has a rich history something which is evident from the number of magnificent castles, churches and bridges. Many Western tourists take advantage of the low cost of living to enjoy a cultural holiday in one of Europe's most famous cities. What the tourists fail to notice, however, is that the city boasts a thriving canoe club, a 25 gate training course and a Whitewater channel good enough to test the world's best.

The slalom course at Troja some 15 minutes from the centre of the city by train has been well publicised in the canoeing press. As the photograph shows the main features are the round rubber rocks which are anchored down

and filled with water. There are a number of anchorage points which means the nature of the course can be changed to provide different race conditions from year to year. The channel itself was originally designed as a logging channel by-passing a big weir on the River Vltava. But with a little initiative, some more concrete and a concerted effort from the 50 V.S. Praha members the 490m long channel was officially opened with an International race last September.

This year the race attracted 6 nations and more than 150 competitors. Famous names included Norbert Sattler and Marie-Francoise Grange from Britain, well there was F.A.C. and the two intrepid adventurers from Sheffield, Tim Lawson and Duncan Oughton.

The event was well organised and despite bad weather attracted 1000 spectators, far more than one would normally see in Britain. An





excitable commentator gave an unrepeatable account of the action while we longed for the English music which we could at least attempt to understand.

Although short the course was surprisingly tiring. The constant gradient and frequent obstacles made the whole thing fast and intensive - quite a shock when you haven't been training for a while! Despite lactate seizure I managed to hold off the two Hilgerts to win the race on first runs. The prize - a lead crystal vase and a wooden model of the Trojan horse. Duncan and Tim finished 22nd and 33rd. The mental effort of trying to chat up the locals in Czech must have tired them out and it cost us the team event, I'm sure. We eventually came second to last.

The event has much to offer any paddler seeking international

experience. Both the Yugoslavs and French staged a training camp for young paddlers prior to the race, something which might be worth considering for our paddlers next year, particularly since there will be two other good races to attend at the same time.

It is not surprising that most of the Czech team come from Prague, apart from the training facilities they have a good coaching structure within the club. There are 4 coaches to attend to the active paddlers. The A Squad consists of 10-12 paddlers, 6 of whom are in the National Team. The professional club coach and Lubos Hilgert Senior spend most time with this group. The B Squad is made up of older paddlers or has beens and they have no coach, while the 25 Juniors in the C Squad have the attention of coaches twice a week in the Spring and Summer.



Lubos Hilgert

Three of the best paddlers Lubos and Ivan Hilgert and Marcela Kostalova belong to the Centre for top sports in middle of Prague. One of the benefits of this is the right to free meals during the week the way to any paddlers heart!

The Prague paddlers use the Troja course from April to October combining the Whitewater sessions with training on flatwater gates and in a down river boat. Hilgert senior watches over his sons' training, wielding the stopwatch once a day throughout the season. The paddlers themselves are quite different. Lubos, the older and taller is strong and powerful with a long slightly awkward stroke. Ivan on the other hand is much smoother, more of an endurance athlete (This year he ran a marathon on impulse recording 2 hours - 50 mins with no training). In big races Lubos has been the most threatening. Following his second place at Bala '81 he was ninth at Merano last year - and, but for a

dubious water touch, he would have been second. The exact same fate struck Albert Kerr in 1979. A serious throat infection has hampered Lubos this season but a second place at the Augsburg Pre-Worlds was enough to remind the opposition that he is still in business.

The one off brilliance of Lubos Hilgert and the consistency of brother Ivan (he placed 6th in the European Cup) would suggest they will be men to watch at Llangollen.

Richard Fox

The photographs of the course and Lubos Hilgert above were supplied by Lubos Hilgert.

Next years event will take place on 7th and 8th September.

FEEDBACK LETTERS

Dear Feedback,

Two years or so ago a small group of youngsters from the local Sea Scout Group developed a curiosity about slalom; inspired, no doubt, by a leader who was a Div 3 paddler. Now, for those of you who can still recall being 13 and not even a novice yet will realise that someone who paddled moving water at Div 3 was someone to look at in awe - especially if you were from a small seaside town where bowls was the main sport, and the only moving water was the sea!

The curiosity became interest with time and some experimenting with poles hung from a bridge on the flat River Rother 10 miles away was started by a definitely older and questionably better, paddler.

Winchester novice slalom was attended and then Durngate - both still friendly favourites - with the inevitable swims in practice at Durngate. The Older Paddler went on a Slalom Training weekend so that he would be more useful and the youngsters became keen and interested in the local marathon clubs in slalom. Efforts to erect a gate on a small local reservoir were finally frustrated by fishermen cutting down the only tree on the north bank! Not to be beaten, close examination of local large scale Ordnance Survey maps revealed several ponds in unlikely places and the owners were approached. On the last attempt the YHA came up trumps with a small,

smelly unused pond on their property. Surrounded by trees, and with only 60 m x 20 m of paddlable area it has become home. With 6 permanent gates and a shed to change in we are lucky, and plans are afoot to illuminate the site and provide better accommodation.

Lots of paddling has cleared much of the smell and the youngsters are now dedicated, cycling the three miles, much of it uphill, to train six times a week. Although competition has been the only WW experience, one is now Div 2 and two others close behind in Div. 3.

And the 'Definitely Older Paddler'? Well, I am now also the 'Definitely Worst Paddler', but my excuse is that one can't stand on the bank and sit in the boat - and I'm sticking to it!

G.D.N.

Dear Feedback,

As the Editor of Feedback I thought you might be interested in the achievement of a junior paddler.

At the Div. II slalom on the Tryweryn on 14/15 July, Matt Stephens finished in 7th position and therefore gained promotion into Division I.

Matt will not be 13 years old until 12th November 1984. I am sure this will make him the youngest person in Div. I. now - maybe the youngest ever?

He will be competing in his first Div.I event on 1st September 1984 at the Tryweryn.

J. STEPHENS

Dear Feedback,

After reading your serious comments about insecure loads, No 10 page 1, July 1984, perhaps we can reflect on a funnier side also. Twice I have been caught out and luckily twice I have escaped without damaging other people or property.

First, one winter's night with snow freezing everywhere I tied 5 club wombats on my roof rack, straight out of a wet warm pool, taking it easy all the way home. With only 400 yards to go to get home I braked slightly - yes, you've guessed 5 wombats took a slide via my car bonnet into the icy road one ending up 50 yards further on. The noise brought people to their doors and windows thinking there had been a car smash.

Secondly, the club were putting on a canoeing display at the local outdoor pool one summer's day, so clever dick decides to polish his canoes just to look good. We got to a set of traffic lights, pulled up, and off slid the top canoe, but luckily being the perfect driver, canoeist, I had left a full boat's length between me and the Capri in front of me. The driver got out having heard the noise and couldn't believe his eyes, you see he had only just had his rear end repaired after an accident. I missed him. So beware in freezing weather and wet boats, also polished boats can be similar to ice, so be sensible either dry off first or wrap up before you move off.

Colin Broughton

FREEBLADES

Freeblades — Still the only choice for the serious slalom competitor!

**NEW C1 BLADE
IN FINAL STAGES OF DEVELOPMENT:**

51 King Edward Road,
Northampton.
0604 859366
or 0604 27183

Used by British, European and World Champions

An Interview with Mrs. N. Small — British Youth Team Manager

How did you become involved with the Youth Team?

Nora: My first involvement with the youth team was in 1976, when my daughter was selected to take part. At that time parents were involved in transporting paddlers to the various sites. So in 1976 I drove the three youngsters of the group, Susan Small, Richard Fox, and Pete Godfrey out to Lofer.

When we arrived at Lofer the river was in full flood - there were no coaches to help the paddlers. They were just expected to cope.

From Lofer we moved to Augsburg where once again the young paddlers had to do their own thing. However with assistance from Norbert Sattler some coaching and help on the Augsburg course was provided.

It was after this trip that I realised the need for a more organised structure with suitable coaches to accompany any group.

What is the role of the Youth Team Manager?

Nora: One of the essential roles is to assemble a team of coaches, and to try and keep them working with the youth squad. A number of youth coaches have moved on to the intermediate and service teams.

The work of the Youth Team Manager starts in early September each year. In September the organisation of the winter training programme is started. This involves the booking of sites, getting the coaching team together.

Winter training for paddlers gets underway in October and involves some 80 to 120 youths, who

attend monthly sessions. After each session the manager has to assess the coaches' reports on paddlers and then plan the next month's training in accordance with the requirements. All the report handling is done via the Manager.

In the Spring the role of the Manager is to organise the trips abroad to the various internationals.

How have the numbers involved in the Youth Team changed over the years?

Nora: In 1976 there was a team of seven boys and two girls who went abroad. At this time parents were expected to drive the youngsters to the events. By 1978 a similar number were involved but a minibus was taken for all the luggage. In 1980 a team of 12 went abroad accompanied by 3 coaches.

In 1981 a total of three teams went abroad:

The A team to Spittal - 8 members

The B team to Mezzana - 16 members

A junior tour involving 7 paddlers also went abroad.

However the introduction of the junior team produced too much strain on the finances. So no junior team has been abroad since 1981. However the B team now places the emphasis on the younger paddler rather than the older one.

In 1982, 83, 84 there has been two teams. One of the most important points, in my view, of teams going abroad is to keep a ratio of 4 paddlers to each coach.

The teams in 82, 83, 84 have involved some 26 or so paddlers.

How is the Youth Team funded?

Nora: A small grant is made available from the Sports Aid Foundation. This grant may cover about 1/3 of the costs. The rest has to come from the paddlers themselves.

I have also been able to raise some money from individual sponsors

How would you like to see the Youth Team progress?

Nora: One of my main aims is to improve the comfort on the trips abroad. This year the A team stayed in Hotels. I would like to see this extended to the B team. However this would require more funds.

How is the Youth Squad formed? How are the team selected?

Nora: Any youth or junior paddler in Premier or Division I plus any Juniors in Division 2 are able to take part in winter training. The winter training sessions may involve as many as 120 paddlers.

The youth teams are formed after selection events at Grandtully, Tryweryn and Washburn. The best two results counting.

This year the A team was 12 paddlers and the B team 14.

What is involved in being a Youth Squad member?

Nora: Attendance at the monthly training sessions which are usually held at weekends.

To work on the points raised by the coaches at the weekends over the next month.

To keep a training diary.

THIS YEAR'S YOUTH TEAM RESULTS

A Team Mezzana -
Class A international involving any teams who were going to the European Cup event at Bourg St Maurice

Men	21st	I. Raspin
	28th	D. Crossbee
	30th	J. Hansell

Ladies	5th	K. Davis
	15th	I. Grant

Spittal - European Youth Championships:

<u>Ladies</u>	I. Grant	Gold Junior
	K. Davis	Silver Youth

<u>Men</u>	D. Crossbee	Silver Junior
------------	-------------	---------------

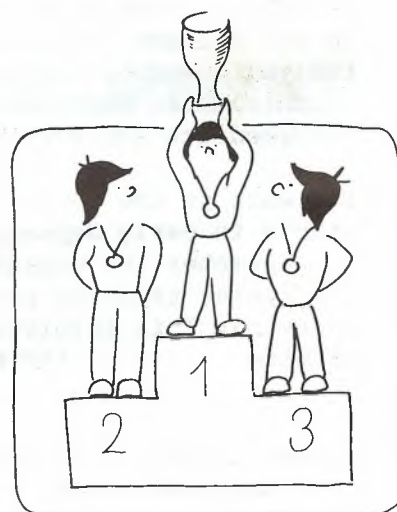
C1	M. Deacon	5A
----	-----------	----

<u>Team</u>	Ladies	Gold
	Men	Silver

B Team Lofer 5 youths in the first 15 of the Youth event

1st	I. Raspin
10th	S. Pearse
11th	L. Morris
12th	N. Nicholson
14th	R. Osbourne

Interview by Dave Morgan



FEEDBACK

INFO

DEVELOPMENT OF THE SPORT

Various topics being researched as follows:

- Increased participation
- Judging
- Team Finance and fund raising generally
- Holme Pierrepont
- Organisational standards
- Competition structure review

Have you any constructive suggestions/ideas?

Please send to:

Sue Wharton Sl.Ad
92 Higher Bank Road
Fulwood
Preston PR2 4PH

Change of address for:

- a) John Shackleton (Treasurer)
to
16 Musbury Ave., Cheadle Hulme
Stockport, Cheshire
Tel: 061 485 4507
- b) Tony Arrowsmith Div.4 Compiler)
Christine Arrowsmith Div. 3)
B.B. Issuing Officer)
to
BCU Slalom Yearbook/Handbook Sales
74 Fareham Park Road,
Fareham, Hampshire PO15 6LN
Tel: 0329 46189
- c) Hugh Mantle K1 Men Senior Coach
to
60 Glendyke Road,
Liverpool, L18 9TH
Tel: 051 724 2286

"NO ACCESS" HALTON RIVER LUNE

Arrangements have been altered from those published in the 1982 May issue of Canoe Focus Extra.

To obtain access arrangements and approved dates you must contact Ribble Canoe Club.

For further details write enclosing a SAE plus 50p (to cover admin costs) to Mr C. Wade, 30 Carnforth Ave. Bispham, Blackpool FH2 0BH.
NO PHONE CALLS

LES MILAM - longstanding ranking list compiler and previous Executive member has resigned from his official duties due to pressure of work and an increasing involvement in local canoeing activities. Thanks for all you've done Les and good luck for the future.

LUDLOW DIVISION 3 SLALOM 29/4/84

It has just been brought to my notice that the results sent to the paddlers after this slalom showed mens and ladies percentages based on $1\frac{1}{2}$ x average and not corrected as supplied to the Ranking Compilers.

This means that the mens published results of 56.9 - 95.0% are in fact 85.6 - 143.0%.

To obtain an approximate percentage for the mens or ladies event multiply the published result by $\frac{3}{2}$ and add .5 for rounding error.

The published averages are correct i.e.
mens average = 237 secs and ladies average = 318 secs.
Thus the correct % is

$$\frac{\text{published best total}}{\text{published average}} \times 100$$

Mrs P. Scaife
Division 3 Ranking Compiler

INDOOR SLALOM

Indoor Pool Slaloms are fun events for all paddlers to enter, so, as soon as you see the date of your local event published, send off your entry in the form of a BCU Slalom entry card, fully completed with BCU details including name, address and phone number, and enclose your entry fee of £1.50 for Juniors and Youth, and £2.50 for Seniors, to the Regional Organiser of the area you wish to compete in.

Any paddler is eligible for entry in any area, provided that not more than one competition is entered. You are allowed to enter more than one class of events, ie. K1, and C1.

Don't wait for the last minute to send your entry off send it as soon as possible and give the Organiser a chance.

Ask your Club officials to set up practice gates in your local pool and to have mini slaloms.

This year we are doing away with the conventional reverse gate, and 'Shuttle Turns' are completely outlawed.

Slalom Competition dates and times:
Up to press

London & S.E. Region Riverside Pool, Erith	Sun. 9th December 1230 hrs.
East Midlands Sutton-in-Ashfield Baths	Sat. 19th Jan. 1985 1830 hrs.
Southern Central Pool, Battle Street, Reading	Sat. 12th Jan. 1985 1800 hrs.
Eastern Luton Pool Bath Road (Off. A.6)	Sat. 19th Jan. 1985 1800 hrs.

Organisers

Scotland	Alan Meikle 9 Balmoral Gardens Brightons, Falkirk, Scotland
Northern	Steve Agar 60 Ancrum Street Spital Tongues Newcastle Upon Tyne
North West	John Meadowcroft 91 Bromwich Street Bolton, Lancs
Yorks & Humberside	Norah Small 3 Manor Close Bramhope Leeds, Yorks
Wales	Steve Price Farthing Cottage Sandford Road Lower Common Aylburton, Lydney Glos. GL15 6DP
South West	Tony Cox Windrush Stanshall Lane Felton, Nr Bristol
East Midlands	Trevor Marriott Barn Cottage 42 Windsor Road Mansfield, Notts.
West Midlands	Penny Wakeham Coombe Farm Banbury Road Stratford-on-Avon
Eastern	Jim Croft 12 Holmscroft Road Luton, Beds.
Southern	Martin Stetchel 41 Wyndham Crescent Woodley, Readings, Bucks
London & S.E.	Paul Walleatt 1 Sunnyside, Standsted, Essex CM24 8AU

Events round-up

EUROPA CUP 1984

Richard Fox continued his domination of the Mens Kayak class by winning all three legs of the Europa Cup finishing 7 points clear of West German Toni Prijon in the final standings. Of Britain's other kayak paddlers only Russ Smith showed world class form with his third place in Liptovsky Mikulas. Inconsistency was to be his downfall, however, as poor results at Augsburg and Bourg St. Maurice dropped him to a final position of 17th. Mixed fortunes struck our ladies in this series. Liz Sharman was unable to recover enough from a 5th place at Augsburg to unsettle Marie Francoise Grange at France from the prime position despite a convincing win at Bourg. Gail Allen, on the other hand, improved her world standing with a fine overall third position and she is likely to be among the medals again next year at Augsburg. One girl who will not be competing at Augsburg is Jane Roderick, her decision to retire came in September. Reruns at both Augsburg and Bourg ruined her chances in the cup series and she finished down in tenth place.

In the C1 class, Lugbill and Hearn finished 1st and second respectively at every Europa Cup event. The most impressive performance from Lugbill came at Bourg St. Maurice where he placed 8th amongst the mens kayak scores, 6.5 seconds behind the winner. Two of our paddlers, Hedges (7th) and Bell (10th) placed inside the top 10. The margin between the two Americans and the rest of the field however is substantial and little seems likely to change in the coming year.

The French crew of Saidi/Duval held off the threat of two Czech boats to win the C2 event. Smith/Smith were our best crew in 10th, closely followed by Arrowsmith and Brian in 11th position.

France proved to be the strongest nation in the Europa Cup with good results in all classes. Czechoslovakia pipped our team into second place with the U.S.A. coming in 4th.

Looking towards next year at Augsburg the likely showdowns are to be between Fox and Micheler in K1, Sharman and Grange in the ladies, Lugbill and Hearn in C1 with the C2 event wide open as ever.

Pipe Bridge Slalom

The event which was postponed from July was eventually run on the last weekend in September. The venue had to be changed due to access problems with the local fishing club but it is hoped that the slalom will return to its usual site for next year.

After the team events on the Saturday, a Grand Prix event took place, sponsored by 'Silverscreen' Screenprinters in Newcastle upon Tyne. The event was won by G. Spencer from Carlisle. The first twenty paddlers also received a specially printed 'GRAND PRIX 84' tee-shirt.

Despite heavy overnight rain, Sundays individual events were blessed by clear but windy weather and a slightly lower water level than Saturday. The mens novice event was won by R. Johnson from West Cumbria and the ladies novice by P. Swain from Sunderland. The Mens Division 4 was won by C. Coleman from Tees Kayak Club and the Ladies Division 4 by G. Hamlin, also from Tees.

The prizes were presented by Mrs. Welsh from Finchale Abbey farm to whom we owe our thanks for the use of the river and the campsite over the last ten years.

Grandtully Div. 2/3 Dundee White Water Club

After doing raindances and sacrificing virgins for several weeks prior to the event we finally managed to persuade the rain to fall and swell the river sufficiently to make the water level very pleasant for the Slalom on September 8/9th.

The weather was quite good during the weekend apart from a couple of heavy showers — one of which lasted most of Saturday night and kept some of the organising club awake all night wondering whether the poles were going to be washed away by morning! Luckily the Gods were good and all the gates were still intact on Sunday although there was still the worry that the water would rise considerably throughout the day. Again we were lucky (the Gods must have appreciated the dances etc!) as the wind direction was such that the water was not blown down from the Loch therefore conditions remained quite constant all weekend.

I think most people were quite glad to have a Slalom again after the dry summer but am I correct in supposing that some competitors have forgotten how to fill in entry cards! Please get it right next time.

I hope everyone who took part in the Slalom enjoyed themselves and Dundee White Water Club would like to thank all helpers and participants.

Congratulations to all prizewinners, and promotees and those who were selected for the Scottish Team. See you next year.

GRANDTULLY

DIV. 3 CI

1 R. Webster Dundee

C2

1 Currie/Gillies West Lothian

LADIES K1

1 T. GILLESPIE Wallace

MENS K1

1 G. Gibson Dundee
2 S. Laing Glasgow Univ.
3 G. Spittal

DIV. 2

C1

1 M. Delaney West Lothian

C2

1 Meikle/Brown EUCC/CPC

LADIES K1

1 S. Rennie Falkirk

MENS K1

1 J. Fraser West Lothian
2 A. Imrie Wallace
3 S. Robertson Edinburgh Univ.

DIV. 3 TEAMS

1 munro/McIntosh/Morrison

DIV. 1/4 TEAMS

1 Couston/Fraser/Payne West Lothian

JUDGES

1 K. Brown Rainbow

SHEPPERTON DIV. 3 22nd/23rd September, 1984

K1 LADIES

1 S. Goodwin Winchester
2 P. Reid Nomad
3 A. Rendall T.Y.M.

K1 MEN

1 S. Knowles Exeter
2 V. Furmenger Northwood
3 D. Chakrabarti W.D.C.C.

C1

1 T. Wootton
2 C. Manley Maidstone
3 D. Terry Reigate

C2

1 Range/Horsman Northampton Exiles
2 Soar/Snelling Windsor
3 Arrowsmith/Brain Whimps

TEAM

1 Pope/Lakritz/Green Shepperton

JUDGES

1 R. Wright Shepperton

SERPENTS TAIL DIV. 1/P 29th/30th September, 1984

PREMIER K1 MEN

1 R. Smith Tees 183.7
2 A. Gladwin Stafford & Stone 185.2
3 M. Jones Stafford & Stone 187.7

TEAM

Fox/Berwick/McConkey Stafford & Stone

K1 LADIES

1 L. Sharman Burty St. Edmunds 208.1
2 G. Allan Ambleside 208.5
3 K. Davies Gloucester 216.6

TEAM

Allan/Sharman/Grant A Team

C1

1 M. Hedges Windsor 198.9
2 L. Williams Tiverton 219.2
3 M. Deacon Windsor 222.4

TEAM

Williams/Black/Doman

C2

1 Jamieson/Williams Wey 214.4
2 Arrowsmith/Brain Wimps 227.7
3 Wolkestein/Keane Luton 242.0

TEAM

Jamieson - Williams/Smith-Smith/Keane - Wolkestein

DIV. 1 K1 MEN

1 L. Morris Mold 195.9
2 M. Delaney West Lothian 199.1
3 J. Hansell Tees 200.1

TEAM

Bownes/Bownes/Connelly Bauldy Nappers

K1 LADIES

1 K. Turner Manch. Univ. 252.2
2 J. Fryers Sunray 258.6
3 L. Jackson Shepperton 261.3

TEAM

1 Hall/Fryer/Killip

JUDGES

1 M. Green Bolton
2 P. Kelly Manchester
3 M. Mitchell Ambleside

MATLOCK Div. 4/NOVICE 16th/17th September, 1984

NOVICE C1

1 A. Wright Soar V

NOVICE C2

1 Buchanan/Donne Sheffield Univ.

K1 MEN

1 M. Butler Pool Hayes
2 K. Priest Pool Hayes
3 P. Mason Northwood

K1 LADIES

1 S. Sprattley N. Notts

VETERAN

1 K. Stubley Sheffield

DIV. 4 C1

1 C. Adams West Cumbria

DIV. 4 C2

1 Clough/Clough Cambridge

K1 LADIES

1 S. Cheetham Bala

K1 MEN

1 P. Briggs Shrewsbury
2 C. Rackstraw Proteus
3 A. Brown Stourvale

TEAMS

Novice Paxton/Mason/Ennis Northwood

Div. 4

Bramworth/Bramworth/Hulson

JUDGES

1 M. Marks Matlock

Tryweryn Div. 2 14th/15th July, 1984

This event ran on the International Course, a first venture into the organising side by yours truly, and thanks to all our helpers from in the club and outside, everything went smoothly and to time.

Course designer - Pete Bowles set a good and testing course, which everyone appeared to enjoy.

The weekend was highlighted with a Barbeque shared with the Div. 3 event on Saturday evening at Bala Mill and organised by Bala Canoe Club.

Our thanks to them for a pleasant evening (Boy of Boy what food!)

Combined Prize-giving for the two events was also a new venture with a successful outcome.

Battle for the beautifully engraved glass trophies (featuring a certain Manchester paddler on the Haystack) was keen to say the least, 4 secs. covering the first four places: P. Astels finally winning in 188, G. Davies pushing hard at 189, and local boy R. Lee 3rd with 191. A fine win in the Ladies for Heather Corrie from Lara Tipper 2nd. A. Halliday took the C1 event from B. Tyndall 2nd, and in the C2's B. Tyndall partnered by Hansell took 1st. The Team event was won by Lee/Davis/Davies, 1st Mixed Team was (Tyndall/Hansell)/Bailey/Briggs, 1st Ladies Team was Corrie/Tipper/Dumper.

Thanks to all the other paddlers who took part in this a most enjoyable and successful weekend for the Manchester Club.

Peter & Eddie Oldfield.

HIS CHOICE CAN BE YOUR CHOICE

Paddle a premier image or a racer slalom kayak.

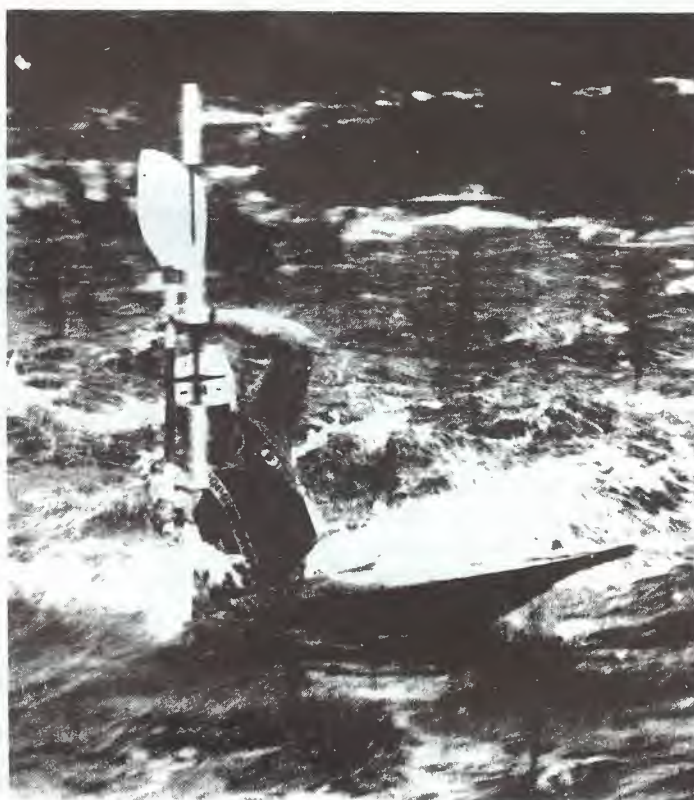
Available in a wide variety of constructions from Diolene to Carbon Kevlar. All built to a very high standard and specification.

**Demonstration kayaks at
most slaloms**

Send for details from:



**STATION ROAD, WEST HALLAM
ILKESTON, DERBYSHIRE
TEL: (0602) 320155**



**The World Champion Paddling
A Premier Image at Grandtully 1984**

FEEDBACK

British Schools Slalom Championships Cardington 1984

This event was run jointly by St. Augustines' Scouts (Luton) and Viking K.C.

On arrival each competitor was presented with a souvenir programme and badge and their bib for the event.

Competitors came from as far a field as Belfast, Aberdeen, Yorkshire, Portsmouth and Plymouth. Friday evening was free practice and because of the vast entry it meant a long wait before a run down the course.

Saturday morning saw repeated scenes of the evening before. Paddlers on the whole were very patient and credit must go to them as they had to queue as long to get on the water as they did to wait to start their practice once on it.

The event began with the team runs. Electronic timing was supplied by Leicester Canoe Club and Computer 'crunching' results by G. MacLaughlin. Anglia Windows supplied one of their show vans for use by control and thus the event was under way.

That afternoon saw 52 teams, 22 C1's, 15 C2's and 35 Judges down the course. The event for the Saturday finished at 7.45 p.m. During the afternoon the very efficient rescue team were working tremendously, not once during the whole weekend did the event have to stop due to a capsize or 'debris' on the course. Well done lads!

With the last judge down the course, we only had to wait ¼ hour for the bar to open. The facilities for on site bar were supplied by Charles Wells, the licence arranged by New Inn (Bedford) and the enjoyable Disco by Chris Wright. The bar proved just a bit too successful with beer running out by 10.30 p.m. However, this was mostly forgotten as the disco carried on. It was great to see so many people, young and old, casting away any inhibitions and dancing. The joviality was a fitting end to the first day of the School Champs.

Some of the adult helpers saw Sunday morning through bleary eyes but the boys and girls were raring to go. The Under 14 boys were the first to embark on the individual runs of the Championships. They had been preceded by 1st half judges, but the event was again under way. 45 Under 14 boys embarked down the artificial course. It was designed for all to be able to compete on. The Novice of Novices found it challenging and mostly possible with only a few

gates proving out of reach. The most expert found it surprising and not as easy as they had preached from the bank.

So after 45 Under 14 boys, 82 Under 16 boys, 46 Under 18 boys, 29 Under 15 girls, 17 Under 18 girls, 35 2nd runs Judges, throughout all of differing abilities the event finished 2 minutes early. This was due to the immense effort put in by the girls in control, the timing crew, Mac on the Computer, the judges, the rescue team and the rest of the excellent organisational team overseen by J. Croft. So after nearly 8 hours of continual runs on the Sunday, of Paddlers ranging from Novice to Premier, what excuse do the other majority of Slaloms have for running the inevitable ½ hour to 1 hour late?

What was the highlight of the weekend? For some it was getting down the course, for others it was the winning of their class, for most of the Youngsters it was the demonstrations by Richard Fox, Liz Sharman, Peter Keane, Clare Pallet and Dave Janes, but undoubtedly for all involved in the running of the event it was the knowledge of running a highly successful one.

Prize giving lasted well over ½ hour as there were so many prizes. Standing magnificent was the Volvo Silver Champagne Cooler. All classes to 3rd place received a shield. However a great thanks must go to the canoe manufacturers and local firms who made it possible to present other gifts to every class up to 5th place. Other sponsors too need a mention, most of all, Herbert Robinson (Volvo) our major sponsor. They were magnificent in their support. As were all the others too numerous to mention without fear of leaving somebody out. So thanks to the and J. Croft for a great weekend.

Singed: I hope not too biased. T. Croft.

Results

C1		
1	C. Arrowsmith	S.O.A.K.
C2		
1	Manley/Parker	Giggleswick
UNDER 14 BOYS		
1	G. Marriott	Notts K.C.
UNDER 16 BOYS		
1	S. Pearce	Parkhouse
UNDER 18 BOYS		
1	C. Arrowsmith	S.O.A.K.
UNDER 15 GIRLS		
1	R. Fox	St. Albans
UNDER 18 GIRLS		
1	: Badger	Farzeplatt
SCHOOLS CHAMPIONSHIP		
1	Richmond	61pts.
2	Giggleswick	53pts.
3	Millbrook	50pts.

FEEDBACK

1984 National Champions

K1 MEN	
Richard Fox	Stafford & Stone
K1 LADIES	
Liz Sharman	Bury St. Edwards
C1	
Martyn Hedges	Windsor
C2	
Jamieson/Williams	Guildford

1984 Ranking Lists

MENS K1 PREMIER

1	Richard Fox	Stafford & Stone	120
2	Russ Smith	Tees	117
3	Jim Dolan	Manchester	114
4	Melvyn Jones	Stafford & Stone	112
			(37)
5	Jim Jayes	Shepperton	112
			(28)
6	Andy Gladwin	Stafford & Stone	110
7	Mike Druce	Stafford & Stone	109
8	Tony Leaver	Rainbow	108
9	Bumble Knight	Bury St. Edmunds	96
			(23)
10	Mick Berwick	Stafford & Stone	96
			(20)

TEA		
Fox/Berwick/McConkey	Stafford & Stone	30

MENS K1 DIVISION ONE

1	John Hansell	Tees	237
2	Dave Crosbee	Matlock	235
3	Joe Lyons	Central Paddlers	232
4	Malcolm Reynolds	Chelmsford	229
5	Gair Outhwaite	Stafford & Stone	228
6	Mark Delaney	West Lothian	226
7	Leighton Morris	Mold/Chester	224
8	Peter Bowles	Manchester	222
9	Neil Jones	Carlisle	221
10	Tim James	Manchester	220

LADIES K1 PREMIER

1	Liz Sharman	Bury St. Edmunds	30
2	Karen Davies	Gloucester	28
			(8,4,3)
3	Gail Allan	Ambleside AAA	28
			(8,4,—)
4	Jane Roderick	Stafford & Stone	22
5	Ishbel Grant	Ambleside AAA	21

LADIES K1 DIVISION ONE

1	Kim Turner	Manchester Univ.	45
2	Julie Fryers	Sun Ray	44
3	Louis Jackson	Shepperton	38
			(11)
4	Lyn Badger	Chalfont Park	38
			(7)
5	Jaqui Warker	Fife	34



SMITH & SMITH — Serpents Tail
Photo by Pete Astles

CANADIAN SINGLES DIVISION ONE

1	Martyn Hedges	Windsor	60
2	Pete Bell	Central Paddlers	58
3	Rob Doman	Chalfont Park	56
			(18)
4	Les Williams	Tiverton	56
			(16)
5	Rob Black	Swindon	49

CANADIAN DOUBLES DIVISION ONE

1	Jamieson/Williams	Wey	30
2	Arrowsmith/Brain	SOAK	28
			(8,8)
3	Smith/Smith	Urchins	28
			(8,7)
4	Keane/Wolkenstein	Luton	27
5	Walling/Ambridge	Whitmore	21



TRACEY BERRY Aged 12
at the Tryweryn Div. 4
Photo by Chris Berry

Slalom Report Hambledon Weir 4 8th/9th September, 1984

Closed gates at Marlow Canoe Club's Slalom meant flat conditions, but a tight course together with some moving water still produced a good competition. Strong winds on the Sunday gave the 150 K1 starters problems, but dry weather helped make it a successful weekend.

Results — Winners

MENS k1	
R. Pope	Chelmsford
LADIES K1	
C. Burnham	Ind.
C1	
A. Broadbent	R.A.F.C.C.
C2	
S. Jeffrey/C. Patrick	Perivale C.C.
JUDGES	
N. Winters	Cheltenham
TEAMS	
F. Holmes/G. Ingram-Monk/N. Lynn	Tonbridge



RAFTING

SUMMER 85

WILD WATER RAFT GUIDES WANTED

FOR FEELFREE RAFTING IN
AUSTRIA

Jes Taylor and Eric Milne are looking for eight guides to work for periods of two weeks and over from the third week in May until the beginning of September.

Write for full details enclosing own history to:
J. Taylor
Feelfree Rafting, 51 Merton Road, Prestwich,
Manchester.

ICF RULE CHANGES

1.1 Minimum Weight

K1	9 Kg
C1	10 Kg
C2	15 Kg

1.2 End Radius - minimum

2 cm	horizontal
1 cm	vertical

Course

2.1 Length - 600 metres maximum start-finish lines - at present 800 metres through the gates.

2.2 Gates - Maximum 25, Minimum 20; at least 6 must be upstream - at present Maximum 30, Minimum 25.

N.B. No reverse gates in ICF proposals. Gates are designated downstream or upstream. Reverse manoeuvres to be included ideally.

2.3 Gate Marking - Downstream: green/white; Upstream: red/white.

2.4 Team Gate - abolished but team must cross finish line within 15 seconds.

2.5 Pole Height - approximately 15 cm (six inches) above water; at present minimum of 10 cm.

2.6 Gate Width - as now, no change.

Negotiation

3.1 Direction is upstream or downstream as indicated by pole colours and number panels. Any presentation acceptable.

3.2 Negotiation of gate ends when negotiation of next gate has begun or body crosses any subsequent gate line or finish is crossed.

N.B. This with other (unchanged) rules means that the next gate after the one being negotiated is "live", that body crossing gate line of any subsequent gate leads to 50 penalty on preceding gate(s) not completed, that a pole touch on a gate counts

PYRANHAS'
SALE
is now on!

**Boats, Moulds, Paddles
Cags..... You name it**
**Rush down to Runcorn
and get some goodies...
before it's to late**

pyranha
A WORLD OF DIFFERENCE

Marina Village, Preston Brook, Runcorn WA7 3DW
Telephone 0928 716666

even after clearing the gate line if the next gate has not been started, that a pole touch only on a subsequent gate (not the next gate) has no effect unless it becomes the next gate completed by virtue of body crossing gate line.

3.3 The complete head and part of the boat at the least must pass between the poles.

4.1 Pole touch, one or both poles, 5 points.

4.2 Body upside down (totally under water) while crossing gate line, 50 points - present rule specifies eskimo roll in gate line.

NOTE - These proposals relate to International Competition - 1986 onwards.