

FEEDBACK

NEWS AND VIEWS



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EDITORIAL

We did it! survived the Nottingham marathon that is. Each year the slalom AGM sees some heated and often lengthy debate on old favourites like the judging problem and Hambleden but this year's meeting, a nine hour affair, also spent considerable time discussing the replacement of White Water Magazine with a specialist publication from the slalom committee. Stuart Fisher is going monthly under the new title, Canoeists, and will be broadening his scope somewhat. This inevitably means that there will be need for a self financing newsletter from the slalom committee in which the major issues can be debated, views can be aired, and information passed on. No existing or future professional magazine is able to offer such a forum to the extent that the fastest developing side of the sport requires.

So what of Feedback? In it's present form this magazine will only reach one tenth of the slalom world. However with the backing of the slalom committee this figure can be increased to include every ranked paddler. It is likely that the next issue due to be released at Crystal Palace, will be officially published replacing White Water Magazine.

We will endeavour to keep you up to date with all the developments within the sport and to supply a much needed training and coaching advisory service. The format will be simple, the content of the highest quality. Your contributions and criticisms are welcomed, please let us know what you want to read about so that we can provide a positive contribution to the development of slalom.

Correspondence for the next issue should arrive before December 16th at the editorial address, thereafter at 3 Moreton Avenue, Harpenden, Herts.

F.A.C.

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PRINTED AND DISTRIBUTED BY:

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WA7 3DW Tel: 0928 716666

Typing by Steph

Arrangements by John

Cover printed by Ed Ecclestone

Car Mechanics by Chris Edwards!

NEWS AND DEVELOPMENTS

ICF SLALOM RULES - the executive of the ICF Board met on November 6th and has decided on a new set of rules for trial during 1983 and 1984 and implementation during 1985. The change of the most immediate significance is the decision to ban the use of lifedecks as the sole means of personal buoyancy in competition. A jacket or vest of a minimum buoyancy of 6kg must be worn instead of or in addition to a lifedeck. Following the recommendation of the ICF the Slalom AGM resolved to enforce this ruling at the start of the 1983 season. So dig out those old Harishoks!

Incidentally, the responsibility for this and some of the other changes rests with the Executive of the Board, who, with no slalom representation on it at all, decided that certain changes were required to our sport and accordingly instructed the ICF Slalom Committee to do something about it. Since the international slalom committee are appointed by the Board purely in an advisory capacity it is in their own interest to do as they are told. However, it must be said that we are indebted to our own representative on the committee who has put the best interests of the sport before those of himself and the changes outlined below are less radical than those originally insisted upon by the ruling oligarchy.

1. Minimum boat weights - K1 7kg
C1 8kg
C2 11kg
2. Minimum horizontal dimension for bow of boat - 2cm. Proposals regarding the elimination of concave sections in boats have also been made.
3. Minimum gate width 2m.
4. Maximum number of gates 25.
5. All gates designated either upstream or downstream as at present.
6. No distinction to be made between reverse or forward presentation.
7. A minimum of 6 upstreams to be included.
8. A single penalty to be awarded for touching either pole or for missing a gate - 20 seconds.
9. Two runs per class - the best run to count. Only the best 50% of first run paddlers will be allowed to compete on second runs.
10. One team run, no team gate but all team members must finish within 15 seconds of each other.
11. Three paddlers per class at World Championships.

The new set of rules will be tested at three international slaloms in 1983. Bourg St. Maurice - May 28th-29th, Augsburg, - July 23rd-24th and Lofer - July 30th-31st. Following these events I would anticipate some further changes, hopefully in a more positive direction, for trial during 1984 and implementation at the 1985 World Championships. Do not panic, only the buoyancy aid ruling applies next season. Whatever happened to democracy?

SLALOM AGM - see your club secretary for full details of the meeting and consult your yearbook next year for confirmation. I have outlined some of the major changes.

Entry fees - Premier/Div 1	- Ind	£5	Team	£3
Other div's	- Ind	£2.50	Team	£3
Youth/Junior	-	£1.50	(Div 3 and below).	

Late entries - will be accepted next season at the organisers discretion, providing there is not already a full entry. They should be double the normal fee.

Div 1 / Premier - is to retain it's present structure and numbers.

Canadians - divisional structure to consist of Premier, Div 2, 3, 4 and novice, the present promotional system will continue.

Prizes - the executive is to initiate a scheme to award all promotees with a certificate recognising their achievement.

Calander - the provisional calander for 1983 was presented at the AGM and includes over 140 events. Your club secretary should have a copy, ask to see it. The major events for the first half of the season are as follows:

March 19/20	Hambledon	Premier and Div 1 - selection senior and youth teams
April 2/3	Grandtully	Premier and Div 1 - selection senior and youth teams
April 23/24	Tryweryn	Premier and Div 1 - selection senior and youth teams
May 7/8	Washburn	Premier and Div 1 - youth team selection
June 4/5	Tryweryn	Div 1 and Open Premier

HOLME PIERREPOINT - we are ready to go all we need is money, and we are going to get it - FAST. That's the attitude every paddler must have when he or she participates in the May Day sponsored paddle. If we all raise £10 in sponsorship we will have more than enough to get the diggers in to start construction. Paul Rea from Proteus Canoe Club and his faithful band of helpers are preparing a video to help clubs organise their paddlers into a productive effort. Pledges for Holme Pierrepont have been received from only 20% of slalomists - apathy rules O.K. This project is vital to the long term future of our sport. It is not a forgotten dream but a very real prospect that depends on us, for unless we put up our 10% of the development cost nothing is likely to happen.

DISCIPLINE? - if you see someone changing in the streets of Llangollen tell them they are destroying the strong relationship which exists between the Town Council and slalom canoeing.

DOUBLE ACT - paddlers ranked in equal divisions in any two classes may participate in both events at a slalom. This is an experiment for next season to aid the development of the canadian classes. Could this see Martyn Hedges and Pete Keane in a C2?

SECONDS OUT - that's the extent of the accuracy of manual timing. Next year, however, slalom events will be timed in whole seconds except where electronic start and finish are used.

SITUATIONS VACANT - applications are invited for several positions assisting with administrative aspects of the sport with a view to occupying senior positions in one to three years. No formal qualifications are required but the successful applicants are likely to have basic auditing and administrative skills. The salary is not negotiable but some expenses could be paid. Hours are varied and include weekend work and are likely to be in addition to your normal occupation. If you exist please contact Roger Annan - you've got the job.

TREVOR ROCKS INVITATION EVENT 12th February 1983 - Dave Manby of lunacy fame is organising a Maurice Rothwell Testimonial slalom at the site of the first slalom in Britain. The event will be run on the original course under rules paddled by Maurice in 1938. Further details are available from Dave at Prestefelde, Shrewsbury Salop.

DOWN UNDER - purely coincidental with the ravages of winter will be the departure of three top paddlers for a period of training and competition in western Australia. Richard Fox and Nick Wain have been sponsored by the organising committee of the Australian Championships, while Jane Roderick has received support from De-Rust of Liverpool and a Stafford sports scholarship.

THE ATHLETES EXCHANGE - is not an American subsidiary of Feedback but an excellent US equivalent. If you want to subscribe, and remember they godawful things like gotten and Ronald Reagan, write to Athletes Exchange, Box 36, Chester, Vermont, 0513, USA. Recent issues have included articles by US team coach Bill Endicott, world silver medallist Davey Hearn, and a Brit called Richard Fox.

EPIC OF THE MONTH - the first award of quiet giggles and malicious gossip goes to Paul McConky of Stafford and Stone who unsuccessfully shot Bala Mill Falls on November 14th. If you remember that was a weekend of torrential rain in Wales and the Tryweryn was in full spate at Bala (3 - 4 feet above a full volume release) Paul performed an excellent routine of front and back somersaults with half twists in front of several club members who were unaware that his spectacular performance was directed towards escaping death. His finishing piece was a piked back loop aided by the extreme flexibility of his kayak at this point, and a beautifully sustained contortion under water while the judges marks were awarded.

If you are witness to an epic involving near decimation of man and machine write to FEEDBACK and tell everybody.

Dates to Remember - December 25th - you are not obliged to train but if you do so it may be used in evidence of your continuing improvement.

February 19th-20th - Crystal Palace

F.A.C.

THE LIFE AND TIMES OF A SLALOM CHAIRMAN

It had never crossed my mind that I might become Chairman when Albert Woods spent the whole of one Chalfont Park dinner, as I discovered later, cross-examining me. The following week at the AGM when slalom and Wild Water became separate I had a pint at lunch-time and was busy getting rid of some of it before the afternoon session when the person in the next stall said "would you be interested in being Chairman!" With about one minute's thinking time I said yes, thinking at least they might feel sorry enough for me to put me on the Exec. 20 minutes later I was Chairman of the first ever slalom A.G.M. dealing with a whole range of contentious issues with a lot of fairly contentious people.

Mark Markham gave me a large cardboard box, a lot of files and said "read that lot". I found he had done a fantastic job - whilst he had been chairman he had secured the financial position, got a World Champion, got the slalom world ready for expansion and developed a sound framework for the future. I don't think enough people realise what work Mark did, and does, put in for our sport. This summer I was at Appletreewick and found Mark chopping wood for the Wing Commander as part of the Access 'agreement'.

Five years have elapsed since I became Chairman. During that time I have had five main aims:

1. To provide the means or at least the catalyst to get permanent facilities.
2. To ensure a sufficient increase in the number of slaloms to keep pace with demand, and, if possible, to reduce the load on individual events.
3. To strengthen the schemes for coaching at all levels in the sport.
4. To improve our organisation - both at Club and National level.
5. To ensure that the national teams continue to improve their performance and that there is a supply of new talent to replace the present champions when needed.

We have made some progress on all these headings - not enough in some classes, and not always with full support from the sport. A few reminders:

Facilities: We have bought land at Grandtully and put in permanent facilities. This work has been done by the SCA and the 'bothie' and toilets should be available next year. The tryweryn has a full time officer - George Davis - and a quarter of a million pound development. Matlock has fifty training gates up all the time. Hambleden has permanent course erection facilities and storage. Cardington is open (over a hundred thousand pounds worth here). The Washburn sustains five slaloms, a lot of river races and much training. There are others. The total value of the expansion is about half a million pounds - we've paid £50,000 of this. But there are failures - Holme Pierrepont isn't even started - over two thirds of Premier and Div 1 paddlers care so much that they haven't even signed a Holme Pierrepont pledge form. Some who have have offered less than £5! We could have an artificial course at Winchester. T.W.A. would probably build us a mini artificial course at Windsor. There are rumours of possibilities in the South West. We have failed to get anything out of the Kielder Water Scheme, Clywdog remains a mystery to most people (I think there has been a MSC scheme there). We haven't got the River Awe properly sorted out - with releases this is one of the best sites in Britain.

Slaloms: An enormous increase here - we've more than doubled the number of divisional events available in the last six years. But some of them run on a shoe string and competitors are often very selfish with regards to the difficulties organisers have.

Coaching: The British Team has seven coaches compared with one six years ago. The Youth Team has eight coaches - again compared with one. Hugh Mantle has done a terrific job in developing the slalom trainers/coaches scheme. BUT how many Clubs have a coach? How many Clubs have a proper introductory scheme for Novices?

We're still desperately short of Canadian coaches. The Intermediate Training Group has been created - but without any named coaches.

Organisation: We have an enormous number of volunteers covering an immense amount of work. With the sole exception of George Davis on the Tryweryn Slalom has no paid help - it's all voluntary (except for some typing assistance for Roger Fox). Our organisation creaks on and we must all realise that when help is needed it must be given. The recent Fosters International was a really good example of this with everyone helping - including getting up at 7am on Sunday morning to put part of the course up. However, by thoughtlessness on my part we may have lost a very valuable organiser, because help he should have got was not forthcoming.

At Club level - particularly when organising slaloms - there are still problems. The Organisers Conference in January aims to sort out problems at Div 1/P and Novice levels. Please make sure your club is represented.

National Teams: Fantastic results again this year. Only six years ago the thought of gaining even a medal at World Championships or Europa Cup seemed beyond our grasp then Albert won, since then we have gone from strength to strength. However, team members will know we still need to improve consultation, we've got to learn to deal with the media properly - we've got to sort out the funding and above all we've got to talk to each other. The team is getting old. The Intermediate group must be given resources and support, but how can we do this, and at the same time, give the Senior Squad the support it must have for next year's World Championship. This is the greatest problem we face at this level. Ideas and volunteers for coaching please. Finally on this subject we must keep those paddlers who can coach in the organisation when their competitive days are over. This is vital and it means that everyone concerned must make every effort to ensure it actually happens. Richards 'Feedback' seems to me to be one ideal way to do this.

I haven't mentioned Access - I feel this comes under 'slaloms'; but it is important. The other thing which is vital is MEMBERSHIP. The BCU doesn't have enough members. As a result all who are members have to pay more and grant aiding bodies, particularly Sports Council are under pressure to reduce grants because we don't seem to have enough members to justify the current levels. We had a 20% cut in the team grant this year because of this and Central admin funds have been squeezed by about 8% a year for the last few years. Over half our finance comes from outside - we have got to become less dependent on external grant aid and we can only do this by increasing membership.

The future: Every two years when elections for Chairman come up I wonder how 'they' can possibly be prepared to put up with me again. I'm not good at writing letters (and even less good at posting the ones I've written)! Some of my organisation is last minute (we bought three of the trophies for the Fosters International on the Saturday of the event), and often think because I know something everyone else does - how Roger Fox puts up with this escapes me.

However, I like the job, I enjoy the consultation process - meetings like those at Serpents Tail and Hambleton for instance this year, I think I'm quite good at dealing with public bodies and officers. I don't think I'm tough enough with BCU and this is something which I will have to change in the future. I don't enjoy arriving at slaloms and having to deal with the 'naughty boys' - this aspect tends to get out of proportion - it is only a very small number of people but they cause enormous harm. I know of at least three excellent slalom organisers who they have got rid of for example. However, despite all my shortcomings it looks as though I shall be Chairman for at least two more years and my personal enthusiasm is not dampened.

So what are the priorities for the future?: Below are brief notes on some, not necessarily in priority order - they are my ideas and not Committee policy and I doubt if I'll get away with some of them. I would hope they were all fact by 1988.

1. Holme Pierrepont - slalom course and BCU headquarters - a national centre for canoeing.
2. An artificial, or controlled course available all year in every region. This is possible - North on the Tees, Y & H - Washburn, EM - Holme Pierrepont, East already has one, London and S.E. - Windsor, South - Winchester, South West - from a reservoir under construction, WM - the avon, and North West must be able to find one somewhere. The Scots at the Awe, the Welsh on the Clewydog and the Northern Irish at their slalom site.
3. Every major club with a reasonable Club house on a river bank with permanent training gates event if they are on flat water - has your club got this planned? If not why not?
4. PUBLICITY for what good it is - at all levels - there is a paper on this at the AGM - get your Club to take action.
5. 200 divisional slaloms
6. A full regional competition alongside (not replacing) the ranking system.
7. To get a full share of officer and secretarial time from BCU headquarters.
8. Keep entry fees in line with inflation and increase income by expansion and sponsorship.
9. Television exposure
10. At least one World Champion at every World Championships - preferably more.
11. A C2 World Champion pair.
12. Further improvements to timing and communication equipment; judging standards and general development of the sport. An increase in the coaching available at all levels. Support for individual paddlers and Clubs so that they can be aware of possibilities open to them.

I'm not going to do a 13 because I'm superstitious.

I don't know if I've done what Richard wanted, but I hope that what I've written will give some ideas as to my muddled though processes and what I feel is important. I'm certain I've left important things out - sponsored events, information packs and safety are three I can think of straight away - these items and the others I've forgotten are important and perhaps those who read through this will remind me of what else is vital.

Roger Annan

PROFILE ON JAMIESON/WILLIAMS

Eric Jamieson and Rob Williams are leading the destruction of the myth that British C2 crews are partnerships of un-fit, lazy paddlers who have opted for the easy way out of competition in K1 or C1.

They feel that C2 paddling has a lack of credibility in this country and intend changing this by producing consistent top class performances in major events. According to Eric the respect of the top paddlers in other classes is a major factor in securing a greater identity for the two-man event.

Their performance at the end of this season are certainly worthy of respect. Scores between 122% and 126% of the winning K1 at Serpents Tail, Llangollen Town and at Fosters Lager show the sort of consistency that they need to win a medal at Merano next year. But as Rob points out, although they are looking to win there is a long way to go before they reach their potential. 1982 was only their third season in major competitions.

Both paddlers produced respectable performances in kayak reaching Division One but looked at C2 as a new challenge during 1979. The purchase of a boat secured their commitment to this new event and they began to train in earnest hoping to make the team for Bala in 1981.

What is interesting about these pair is that rather than continue with the level of training they undertook while paddling kayaks they started to work harder. With the valuable help of Jim Sibley they developed a good basis of technique that they now fully appreciate, and worked harder on fitness and strength. The progressive selection policy of 1980 which included C2's for the Europa Cup was a great bonus for their long term preparation. They are one crew who have benefited from selection for major Internationals while unlikely to perform well enough to win medals. Both paddlers feel that without such opportunity they wouldn't have been given the chance to improve.

The experience they gained with the other crews, Young/Munro and Joce/Owen, paid off when they won the team Gold at Bala. But Eric was unimpressed with their own individual performance (they finished 18th)

"We were still beginners really at that stage, working on a trail and error"

That year they also won the British Championships and started training for the Europa Cup.

Their training work-load is impressive, carried out at Guildford and based on open discussion with other paddlers and coaches including the spring fraternity of Wey Kayak Club.

At this time of year they paddle together between 3 and 6 times per week. Either at training weekends or at Windsor or doing endurance work on the flat water of the Wey. During these sessions they emphasise the smooth timing of strokes essential to C2 paddling, as well as developing their aerobic capacity.

Rob starts work at 8 o'clock in an engineering company and usually does a workout at lunchtime in a C1 while Eric prefers to paddle in the morning, often an 8 mile paddle in a sprint C1, before going to college in Guildford where he is taking an HND in building studies. They both believe that having initially built up a good understanding in the boat together, developing C1 techniques individually is in the long term interest of improved performance. Working individually at this time of year also provides relief from the pressures of competition and increased training together during the Spring and Summer when they build up to three workouts a day.

Eric also plays football and both men are in the canoe club team, a awesome prospect for the opposition, their combined weight in the boat around 25 stone.

However this weight is well conditioned, twice a week during their highly competitive gym workouts with the sprinters. A 4 mile run followed by 3 circuits of twelve exercises each programmed for 30 - 40 seconds.

"Makes your guts start to go" says Eric.

The intensity of their training is beginning to pay off, a second British title and a second place at Lofer during the Europa Cup are the rewards for this season. Their twelfth place over-all in Europe was disappointing but a reminder that there is still a long way to go. Learning from each season's performances is critical in any sport and talking to Eric and Robin one gets the impression that they have analysed their paddling and will show improvement next year.

At Lofer their relaxed and confident attitude resulted in two good runs.

"It was not so much wanting to win as knowing we could have a good run"

At Tacen they were perhaps over-confident and Rob suggests a little nervous at Augsburg where they paddled brilliantly until Gate 28 (the spirit of the gate!!) when misfortune struck and they capsized and collected a 50. In spite of this they have identified the good points from the event such as having the fastest splits on most sections and they now feel confident putting things together more consistently next year.

As far as the opposition goes both paddlers are impressed by the Jarvis brothers, World Champions in 1981, and Rob respects the technique and consistency of the Polish crews but neither believe anyone, including Europa Cup champions Studer and Rudin from Switzerland, will be unbeatable next year.

With regard to their competition it was a little disappointing that there were no crew to challenge them at the Fosters Draught Slalom, a fact that resulted in no television coverage of the C2 event at all. When one considers that they are searching for sponsorship in the absence of any Sports Aid Foundation assistance television coverage would have been a welcome boost to their cause.

What of their future? Now Young and Munro have retired Eric and Robin are out in front of British crews and look to beating C1's as their main challenge at home. Both are fully committed to training and improving their performance and are likely to stick together and keep going for some time. Lack of good rough water and the prohibitive necessity of work or college forced by lack of finance are their main handicaps at present but neither use this as an excuse in any way. The organisation of C2 training by Pat Thorn has helped direct their progress towards positive goals but above all their own enthusiasm and determination carry them through hopefully to a medal of very special significance at next World Championship.

F.A.C.

1982 YOUTH TEAMS

This year 35 paddlers were successful in selection for the G.B. Youth Teams and 10 Coaches gave their time and expertise to coach them whilst abroad. This is a tremendous improvement since 1978 when 6 boys and 2 girls and 1 coach/manager made up the Youth Team.

6 boys and 2 girls represented Great Britain at the European Youth Championship at Spittal this year and they brought home twelve medals. In the Team event - Gold and Silver for the men and Silver for the ladies, with individual Silver and Bronze for the men and Gold and Bronze for the ladies. All the paddlers in this Team had attended monthly training weekends coached by Albert Kerr and Alan Edge.

A team of 17 paddlers gained selection to the Austrain - Italian tour, competing at Mezzana International Slalom against top senior competition including two World Champions, K1 Men and C1 Men. These paddlers had also attended monthly training weekends throughout last winter, but had been coached by a variety of Premier paddlers and the five coaches whom accompanied this Team had not coached the paddlers at training weekends. There was therefore a lack of continuity which ideally I would prefer to avoid, but every credit is due to the coaches for the hard work they expended and the experience they made available to the paddlers. Every member of the Team without exception appreciated them.

The Austrian - Augsburg (Team) Junior Tour consisted of seven paddlers and as Len Smith had concentrated his coaching throughout the Winter towards the young paddlers, he accompanied this team together with Clive Atkins. This tour was of great benefit to everyone including the junior who had finished the season in first ladies ranking position.

As Youth team manager the main problems I appreciated were:

1. Finding sufficient coaches to maintain a six to one paddler / coach ratio at Winter training weekends (60 paddlers attended monthly training weekends in 1981/82), and persuading the coaches, I did find that they really wanted to give up a weekend a month over the Winter and a fortnight of their holidays in the Summer. T
2. The problem of finance is a major one. I have stretched the grant each year to cover the hire of more and more mini buses, to enable more youngsters to benefit from International experience, but the budget is now so tight that the slightest hitch (e.g a trailer blowout or a thirsty mini bus) is a major catastrophe.

Each Autumn there is the problem of communicating to Division Two paddlers, juniors many of whom are not aware that they are eligible for inclusion in the Winter training. The criterion for inclusion in the 1982/83 Youth squad is:

- a. To be a Youth junior in 1983 and be in Premier or Division One.
- b. To be a junior in 1983 and be in Division Two.

All paddlers who wish to attend the training weekends should send a postcard with their name, address, telephone number, date of birth and Division, plus

a S.A.E. to: Norah Small
Youth Team Manager
3 Manor Close
Bramhope
Leeds

There are many young prospects among the 1982 Youth Teams particularly from the Team which achieved success at Spittal.

ANDREW GLADWIN - 18 year old art student from Stafford finished the season as British Youth Champion with a final ranking of 16th in Premier Division. Spike as he is known to his friends recovered from a disappointing set of results earlier in the season to produce good performance at the Serpents Tail (12th) and the Foster's Lager International (1st Youth). A member of Stafford and Stone Canoe Club Andy is beginning to benefit from the competitive training environment at Stone and must hope to figure in the top ten seniors next year.

MELVIN JONES - 18 from Halesowen, Birmingham is a stylish and often flamboyant paddler and well at home on big water. His 2nd place at Spittal in the European Youth Championships was the best British performance and an indication of his ability. Melvin is also a member of Stafford and Stone but like the other paddlers graduating from the Youth Team he will need to train consistently hard if he is to make an impression next year. Best performance in Britain - 10th at Tryweryn 1. Final ranking - 29th in Premier.

TONY LEAVER - 18, the best Youth north of the border and Division One Champion 1982 with two first places. Tony along with Rob Wright and Melvin Jones won the Gold medal in the Team event at Spittal to add to his individual 4th position. Now an engineering student at Edinburgh University he is also a former junior Superstar and a prolific squash player.

ROB WELSH - from Chester, is one of the promising young hopes with still another year to run as a Youth paddler. A 12th place at Grandtully was his best domestic performance this year, while in Europe he paddled to 5th position at Spittal.

ROB WRIGHT - from Hemel Hempstead, will be looking to better his 3rd place at Spittal when he returns next year. His performances in Britain have not wholly reflected his smooth technique and natural ability, but if he learns from his mistakes he will be hard to beat next year.

MARTIN BEACON - 17, from Windsor, is Britain's brightest young C1 hope for some time. Coached by British Champion, Martyn Hedges, he must eventually aim to relieve 'Bushy' of his title. His first major International competition was at Mezzana in Italy this year when he amazed himself by beating American David Hearn - Hearn himself finished near the bottom of the field, but that's not the point.

CLAIRE PALLET - now living down in Surrey has had the best performances of the girls this season. Her 1st place at Spittal means that she succeeds Sue Garriock and Jane Roderick as the Champion at that event. Unlike some of the other girls Claire manages to maintain composure in the direct situations and is now ranked 6th in Premier and has been selected for the Senior training squad. Her best result in Britain was a 2nd place at the Serpents Tail.

GAIL ALLAN - a leading member of the Ambleside ladies contingent finished 7th on the ranking list and has also been selected for the training squad. Her 3rd place at Spittal was complemented by a 2nd in the Whitewater race. Gail's dedication to training and quiet determination suggest that she will be all out to win at Spittal next year.

PUBLICITY

I am delighted with the replies that I have received both from the circular which went out to club secretaries and to FEEDBACK. I am assessing the amount of publicity achieved by measuring the space given to slalom, including photographs, in the papers.

The results are summarised briefly as follows:

National Press (since 23rd July)	1,898 sq cm
Liverpool Daily Post	1,149.50sq cm
Windsor Express (congratulations to David Slater)	1,131.50sq cm
Cumberland News (best coverage to a single Div 1 event)	518.75sq cm

The postman is still prepared to come to my front door so if you have not sent me your press clippings (copies will do) or filled in the little forms please do so.

Jennifer Munro
Slalom Publicity Officer

TO MEMBERS OF THE ORCHESTRA - THE STATE OF THE ART 1982

Thanks to a revolution in the slalom committee we had the pleasure of seeing two young men at Llangollen who have been setting the slalom world alight since 1979. Jon Lugbill and Davey Hearn popped over for a matter of days and really livened up what was basically a non-event, Internationally speaking. Jet lagged and out of season they both put up a great display although Davey seemed a little off after a good win the previous weekend.

The question is did you learn anything from them? Well if you didn't I'll give you my observations after coming consistently 3rd and 4th all year (and last)!

Davey Hearn is almost certainly the best technician in the World of C1, his boat positioning, timing and smooth style make him a pleasure to watch.

Jon Lugbill's technique however is not as smooth because it is based on power moves, incidently many of which most of us would never dream of. His performances are really electrifying and riveting to watch, it's just power and more power all the way, as the BBC man said, "he has a certain urgency about getting to the next gate".

Funnily enough more often than not these two contrasting styles give very similar results. However at Merano and Augsburg this year Lugbill let loose two astonishing runs which gave him positions of 8th and 3rd in Mens K1 respectively. They were awesome performances and made the rest of us look like snails. What did he have at these events that everyone else lacked? It was the ability to apply full power to each stroke whilst keeping the boat under control in difficult water. While the rest of us were steering and struggling Jon was paddling and paddling hard. Superiour strength and fitness helps but the most important thing is boat control. Those of you reading this who paddle C1 will appreciate what I am saying Just thing next time you go paddling how often you have to correct, steer and

TOO MUCH I GUESS, I KNOW I DO.

It is obvious what we need to do to go faster, unfortunately it will be a long and arduous task, that needs thinking about. I used to think my technique was adequate but this year has changed my mind and I must spend this Winter trying to improve and correct years of ingrained technique. Trying to improve control at speed is a frustrating business but the occasional breakthroughs make it all worthwhile.

I advise all of you in C1 and C2 to go away and think about how to move your boat at speed and in control over the Winter. Put your mind and muscles into over-drive and come out flying next Spring ready for Grandtully.

GOOD LUCK.

'Bush'

WINTER TRAINING SCHEDULES

Many paddlers seem to have problems in sorting out a suitable long term training strategy. Often these problems are caused by a lack of motivation or a lack of motivation or a lack awareness of the importance of training schedules. It is hoped that by outlining the specific function of certain types of training the relevance to paddlers will be made clearer and that motivation to train in bad weather, at night, and alone will be increased.

Motivation itself implies working towards something specific and consequently this is where we must start. To be a good slalomist five aspects need to be developed:

1. Repertoire of skills - the paddler must be able to perform any stroke which his rivals can perform, or have an efficient alternative to meet any likely (an unlikely) situations.
2. Selection of appropriate skill for the situation, i.e knowing what to use when.
3. Endurance - the ability to hang on for up to four and a half minutes.
4. Strength - speed off the mark, changes in speed and direction, acceleration braking, and the ability to correct errors all require some strength. Specific parts of the course e.g hard crosses, breakouts, upstream work etc. require more strength than does downstream paddling.
5. Strategy - assessing the course from the bank, warm up (physical and mental) safety margins, appropriate speed, judging positions, choice of equipment etc.

All these five aspects need to be developed in the pre season training period, i.e during the Winter. Moreover, since strength has an effect on technique and skill level determines strategy it is not possible to develop these aspects consecutively. Each must be developed concurrently with the other four aspects so that when strength increases, for example skills can be adapted accordingly.

It is through training that one develops physical and mental capacities, i.e improvements in maximum strength, speed, endurance, concentration, accuracy.

It is in competition, though, that selection and the blending of appropriate amounts of one's capabilities becomes important in meeting specific situations. Therefore learning to deal with specific situations is also a part of training but is one in which one does not work at maximum effort.

The assumption that all training is done at maximum effort is definitely wrong, but it does underline the necessity in training for the individual to know what he is trying to develop.

STRENGTH VERSUS ENDURANCE. Strength and endurance are both necessary for the slalomist as mentioned earlier and both are developed through the principle of over load. The overload principle involves working to one's maximum repeatedly so that over a period of time the physical maximum is increased.

Expressed as an equation the principle is as follows:

$$\frac{\text{Resistance} - \text{Distance}}{\text{Time}} = \text{Maximum}$$

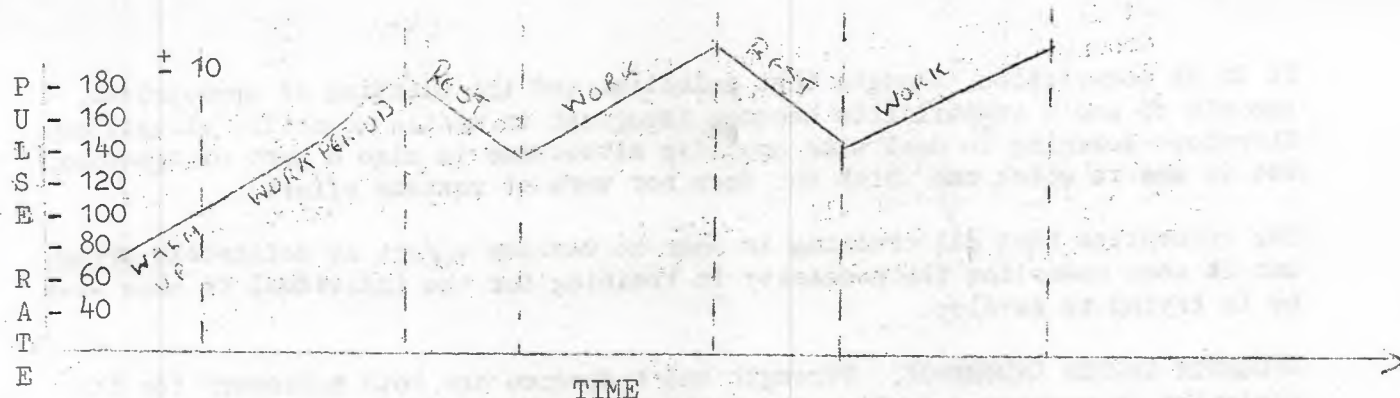
All four parts of the equation are important and are explained as follows:

- a. Resistance - in weight training the resistance is the weight. On the slalom course it is the speed of the current or the resistance of the boat to change in speed or direction. In short it is the created or a actual mass against which the paddler is working.
- b. Distance - this is the distance through which the mass is moved and is more than just the problem of overcoming inertia.
- c. Time - is important because it otherwise would be irrelevant to talk about paddling five miles or doing ten press ups. One needs to know whether the distance was covered in a week or an hour and whether the press ups were continuous or done over a period of an hour or so.
- d. Maximum - this is important because unless one is working near maximum the physical training effort is minimal.

Here one must point out that cardio-vascular training is very small if the heart rate does not get over 150 beats per minute and that if one trains at less than maximum it is not doing a great deal for physical improvement (even if it is developing style, technique, or is part of a skill learning process)

Returning to the equation, if we wish to develop strength we need to work with larger resistances over short periods i.e. between 15 and 40 seconds in the maximum of time. However, unless we have a sufficiently high level of skill to perform the exercise at maximum effort we will not benefit any great extent. Therefore, the activity needs to be well within our range of technical ability for training to occur, i.e. gymnasium exercises should be simple and except for the experts training in the boat is better when working against the current by paddling up stream rather than by devising complicated sequences which, although developing strength, require a much higher level of skill than that being used in this type of strength training.

To develop endurance we work with smaller resistances over longer periods but still in the minimum of time if training of any significance is to occur. The problem here is that when we work for longer than 40-45 seconds we start building up lactic acid in the muscles which causes them to seize up (just try doing 75 press ups in one go, see what I mean!) Therefore although we are working for longer periods when doing endurance training this is a total time done in intervals and is shown as follows:



Interval training is a means of allowing the body rest periods during which time it can get rid of waste products such as lactic acid and carbon dioxide back into the bloodstream from the muscles. A good warmed up pulse rate is 120 beats per minute. After a minute of hard work the pulse will go up to the 180 bts/min area. Above this rate the heart does not have time to fill properly (except in swimmers whose hearts can still fill at up to 200 bts/min because they are lying down). At this point the body needs to get rid of the wasteproducts which it does in the rest periods. The first thing to recover is breathing as carbon dioxide is replaced by oxygen as the blood passes through the lungs. Lactic acid takes longer to get rid of and this is why intervals should not be too long if a long session is desired. Through endurance training the ability to work despite the accumulation of lactic acid is increased.

Although there is an overlap between endurance training and strength training, we need not worry too much since both strength and endurance are necessary on the course.

At the risk of oversimplification I could conclude by suggesting a starting point for the two types of training.

STRENGTH - 30 second intervals with 2 minute rest minimum on courses with plenty of upstream work and plenty of stopping and changing direction and easy enough technically to ensure maximum effort throughout the 30 seconds.

ENDURANCE- 60-20 second work intervals with rest equal to work time or half of work time on easy courses (usually circular to cut down rest period) with minimal amount of stopping and starting and easy or near maximum effort so that the pulse rate is kept over 150 bts/min through out most of the work phase. The recovery period allows the pulse rate to return to 120

The development of skill and preparation for competition will be dealt with next but you'll have to wait until next issue of FEEDBACK to read about it he he

Ken Langford
(technical advisor to FAC)

FOSTERS DRAUGHT INTERNATIONAL SLALOM October 30-31

International competitors including two foreign World Champions, sponsorship from Fosters, BBC coverage, fine weather and excellent organisation made this event a successful end to the season.

The presence of Americans Jon Lugbill and Davey Hearn and West German Ulrike Deppe contributed unquestionably to the quality of the event, in which the C1 class was the most closely contested with Lugbill just edging an excellent performance by Les Williams into second place. Ulrike Deppe was hammered for speed by our girls and has a lot to do if she is to beat Sharman and Roderick next year.

Greater efforts could have been made to secure the attendance of top class Europeans in the K1 men class which was sadly lacking in opposition. Fox, Manwaring and Dolan paddled to form to occupy the placings while promising performances were produced by Russ Smith, Steve Parsonage and the Gladwin brothers. These and others must be looking to penetrate the top three on a regular basis.

Jamieson and Williams won by a substantial margin in the C2 event, against poor competition. They will need to compare scores increasingly with the other classes as a measure of their performance.

The Grand Prix was a great success on the Sunday, both banks and the bridge were lined with spectators. The view from the start was tremendous, the atmosphere electric and the performances near bionic. Interestingly enough the results largely went the way of the slalom, proving the point that in slalom 'you've gotta be fast to win!!! This event was broadcast on HTV the following night while the slalom was shown by the BBC on Grandstand. One must feel that Fosters received ample exposure during the programme and will feel encouraged enough to support us again. The Sunday Times carried a good action photograph but nothing was seen in the Telegraph. There was less coverage in the Observer for this event than there was for the British Championships.

Other points that arose from the event include spectator information. With such a clear loud speaker system the relaying of competitors times and scores as soon as possible after the finish would have provided greater interest for both spectators and competitors. Split time at the Town falls - even if it is hand timed would have been useful. A large digital display on the railway side showing times and penalties could be an answer. The Austrians provided this service at Lofer this year, as in previous years, with great success.

Having made these points however, credit must be given for the organisation this year, the numerous volunteers, judges, typists, computer operators, course erection, re-erection and dismantling teams plus a host of other indispensable characters not all of whom received a Fosters T Shirt. Let's make next years event bigger and better and establish Llangollen as a major invitational meet for the Worlds top paddlers. If you have any comments to make about the event then please write to FEEDBACK and air your views.

RESULTS

					% of winning k1
K1M	1st	R Fox	GBR	203.37	100%
	2nd	R Manwaring	GBR	209.00	102.76%
	3rd	J Dolan	GBR	214.92	105.67%
K1L	1st	E Sharman	GBR	224.95	110.61%
	2nd	J Roderick	GBR	238.25	117.15%
	3rd	U Deppe	BRD	244.95	120.44%
C1	1st	J Lugbill	USA	228.59	112.40%
	2nd	L Williams	GBR	229.99	113.08%
	3rd	M Hedges	GBR	231.59	113.87%
C2	1st	Jamieson/Williams	GBR	256.09	125.92%
	2nd	Smith/Smith	GBR	288.25	141.73%
	3rd	Joce/Owen	GBR	296.94	146.00%
K1M Y	1st	A Gladwin	GBR	219.91	108.13%
	2nd	B Melia	GBR	225.61	110.93%
	3rd	R Wright	GBR	226.99	111.61%

Results Inter-Regional Championship

K1L	K Davies	S.W.
C2	Walling/Ambridge	S.E.
C1	S Cook	S.W.
K1 Youth	P Oldfield	N.W.
K1M	A Sutherland	N.W.

Overall Postitions

1st	London & S.E.
2nd	North West
3rd	Eastern

Home International Championship

K1M	1st	J Dolan	Scotland
		R Smith	England
	3rd	G Gladwin	England

Home International Championship con'td

K1M Y	1st	A Gladwin	England
	2nd	R Wright	England
	3rd	R Welsh	England

K1L	1st	S Ward	Scotland
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C1	1st	R Doman	England
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C2	Smith/Smith	England
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Grand Prix

K1M	1st	R Fox	49.11
	2nd	R Smith	50.27
	3rd	S Parsonage	51.56

KIM Y	1st	A Gladwin	52.34
	2nd	R Wright	52.48
	3rd	M Jone	52.59

K1L	1st	E Sharman	57.60
	2nd	J Roderick	60.97
	3rd	S Garriock	61.64

C1	1st	J Lugbill	59.70
	2nd	D Hearn	59.80
	3rd	J Taylor	62.25

C2	1st	J Jackson/Williams	62.13
	2nd	Walling/Ambridge	65.67
	3rd	Smith/Smith	76.67

LLANGOLLEN TOWN RESULTS October 25-24

K1M Premier	1st	R Fox	Pyranha Racers/S&S	187.4	100%
	2nd	R Manwering	RAFCA/Cauntsey	193.8	103.4%
	3rd	A Kerr	Pyranha Racers	194.3	103.7%

1st Youth		B Horton	Hemel Hempstead	204.4	109.7%
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K1L Premier	1st	J Roderick	Pyranha Racers/S&S	225.8	120.5%
	2nd	E Sharman	Bury St. Edmunds	225.9	120.5%
	3rd	J Wilson	Forth	229.7	122.6%

C1	1st	D Hearn	USA	210.2	112.2%
	2nd	M Hodges	Windsor	220.0	117.4%

C2	1st	Jamieson/Williams	Wey	229.1	122.3%
	2nd	Joce/Owen	Paddington	244.1	130.3%
	3rd	Smith/Smith	Urchins	264.0	140.7%

Open Events

K1M	1st	T Leaver (Y)	Forth	212.5	113.4%
	2nd	K Brown	BUCC/Forth	214.6	114.5%
	3rd	S Green (Y)	Manchester	221.2	118.0%

K1L	1st	I Grant (Y)	Ambleside	299.3	159.7%
	2nd	I Joce	Paddington	318.0	169.7%
	3rd	P Briscoe (J)	Telford	318.4	169.9%

BRITAIN TOP - BUT STILL A LONG WAY TO GO

"Britain is the top nation in Canoe Slalom".

This remark was made by a slalom administrator in the upper echelons of our sport, but how true is his statement.

In the past few years while I have been actively involved as a competitor I have seen the standards at the top of all four slalom disciplines take a dramatic lift in terms of quality and consistency of results.

Since the "Year of the Kerr" in 1977 the Great Britain team has always been there or thereabouts in the race for medals in K1, K1L and C1 but should we have been satisfied with this. Reviewing our medallists and near medallists in 1979 and 1981 World Championships I feel that our athletes have never on the day produced their peak performance that we had all expected. But what influences these crucial runs and what can we do to realise our paddlers obvious potential.

I feel, as I am sure some other experienced paddlers feel, that there are both short and long term factors which influence the 'peak' performance.

The long term aspects tend to be of a general nature but are still of importance. Some of the ones that spring to my mind I have listed below:

Long term influences

- Training facilities
- Coaching availability (at higher level the motivation given by the coach must be of greater importance than the technical impart).
- Finance (S.A.F., local grants, parental supports).
- Other personal commitments (wives, girlfriends, jobs, etc).
- Geographical Isolation.
- Administrative decisions - selection policies for both squad and team. Non squad members seldom make the World Championship team.

Plus many more that we all know. A - E can all be influenced by the paddlers own effort but can be a big disadvantage to all but the top six in each class.

Short Term influences

These I believe to all be of a personal-emotional nature when the paddler is under stress conditions. At times like this even the smallest and most insignificant upsets take on mountainous proportions. Here we must rely on the experience and efficiency of our administrative and coaching personnel to minimise or even disguise these situations.

We should encourage our coaches to be available at every possible opportunity but unlike the paddlers the motivation for all this effort is not usually personal glory. It may be personal satisfaction but at what cost? This year the British teams (not just the senior team) have struggled to find suitable coaching staff and this I feel the most important area for the development of our sport. Surely now we are at the stage where the workload is of such proportion that we must find the capital to form a full time National Team coaches position with a team of senior coaches who must also be reimbursed to a satisfactory extent, because without these encouragements who can blame our experienced paddlers from turning their backs on our sports.

For those of us who see this situation arising more and more the overall picture for development in the competitive scene of Canoe Slalom in Great Britain looks very poor. We are still following the British tradition of sport for sports sake but it's only the realisation of full potential which gives satisfaction and this can only be achieved by winning

A Munro
(Bluebell)

GATE 28 - R.I.P

Meanwhile back at Gate 28 H.Q. all is not well. The word is that the name of Gate 28 may never be seen again on the start list of Premier slaloms. After the bitter disappointment of the Town Slalom the three members spirits are at their lowest ever. The cruel hand of fate in the form of Richard Fox had designed a course of only 27 gates, where was the most important gate in our hour of need (or at least 200 seconds of need). Gate 28 nowhere to be seen, as the results showed! Perhaps next season will see the team in a different mood.

The years speculation comes to an end, the guessing is over so read carefully as next year it may be your team that is possessed by the spirit of 'Gate 28'. Ever since Spittal 1981 our team has been under the influence of the spirit of the 'gate'. 'The Gate' causes good and bad luck from event to event. We would never know what fortunes 'the gate' would bring until the second run results went up. To leave you in no doubt as to the gates identity, it can be recognised at every event by the distinctive figures of a two and an eight on a yellow background and usually falls between gate 27 and 29.

Beware next year it could be your teams turn to be influenced by the 'spirit of the gate'. If you find your team runs next year are full of strange happenings like the unexplainable disasters and unexpected victories then you'll know they reason why. Even F.A.C. is not safe from the spirit of the 'gate', 'the poltergate' it knows what scares you!!!

Sadly we cannot disclose next years team name but this passage contains clues and if you think you know what it is to be, then send in to F.A.C., a free signed exclusive team sticker to the first correct entry.

YOUR LETTERS

Dear Feedback,

I am writing in response to F.A.C.'s article on training in the first edition of FEEDBACK.

The subject I would like some advice on is weight training. I am 14 $\frac{1}{2}$ years old and during last Winter, from November 1981 to April 1982, I did some weight training on three occasions each week.

My schedule was worked out by my father from books on weight training, but he could not find any with exercises specifically related to canoeing, and with the advice from a school sports master friend that I should do fast repetitions using relatively light weights.

Whilst I have felt a benefit from this training I have subsequently been told by some paddlers during the season that I should be lifting heavy weights.

I would be grateful for F.A.C.'s advice on this matter. I have my own set of weights, a combined barbell-dumbbell bit, of 55 $\frac{1}{2}$ kilo's, which my parents bought for my 14th birthday.

I am in division 2 K1 but hope to be promoted to division 1 on percentage and my goal is to take F.A.C.'s title in five years time.

Yours in canoeing,

David Crosbee
NOTTINGHAM

F.A.C.'s reply ...

You are right to seek advice from your sports master and FEEDBACK since more harm than good can result from ignorance in handling weights. Bearing in mind your age the recommendation of light weights and fast repetitions is a sound one. General strength development of the major muscle groups can be achieved in this way since it will accompany natural muscle growth. Lifting heavy weights (i.e. fewer than 8 repetitions) is not advisable for young paddlers. In the long run you are interested not in the raw expression of strength in a single repetition but in the sustained ability to exercise force at speed - POWER.

The point to remember about weight training is that it is a means to an end - better performance in slalom. You cannot afford to neglect your paddling but the inclusion of regular weight training in addition to specific work in the boat is advisable.

Over the years you can progress from lighter weights with high repetitions to heavier weights but still emphasising the speed component. The exercises should become more specific each year and be supplemented with power work in the boat. Read Ken Langford's article for suggestions on this aspect. Do not neglect mobility work while lifting weights 10 - 20 mins stretching with each workout is recommended.

Dear F.A.C.

Great Mag., but I'd like to point out a few omissions of information re: canadian paddlers:

1. Liptovsky Mikulas - Len Smith

Did Gordon Walling go as chef or did he compete?? His results appear nowhere

2. Focus on USA - F.A.C.

I guess you must have lost the USA results from the 1980 Europa cup, so I've sent them in to complete your excellent article.

C1	2nd	Hearn
	3rd	Lu:bill
	4th	Ford

No prizes for guessing who was C1 champion (ed.)

3. Latest rankings

Please put us out of our misery and let us know who came 2nd and 3rd in the C1 and C2 ranking.

The HUB

F.A.C.'s reply ...

Len Smith informs me that Gordan finished 24th and 22nd at the first two events at Liptovsky which did not qualify him for the final. Final rankings are included at the end of this issue, except those which appeared last month. Where is the Hub?? and who is the Spoke?? - F.A.C.

FINAL RANKINGS 1982

Mens K1 Premier

1st	Richard Fox	Pyranha Racers/S and S	120
2nd	Roger Manwaring	R.A.F.	118
3rd	Jim Dolan	Manchester	118
4th	Nick Wain	Chester	114
5th	Albert Kerr	Pyranha Racers	108
6th	Paul McConkey	Pyranha Racers/S and S	107
7th	Pete Godfrey	Manchester	103
8th	Graham Helsby	Manchester	101
9th	John Rennocks	Chalfont Park	98
10th	Mike Mitchell	Gloucester	97

Mens C1

1st	Martyn Hedges	Windsor	30
2nd	Pete Keane	Luton	28
3rd	Jez Taylor	Manchester	24
4th=	Les Williams	Tiverton	21
4th=	Denri Hennessy	Staff and Stone	21

Mens C2

1st	Jamieson/Williams	Wey	30
2nd	Joce/Owen	Paddington	26
3rd	Smith/Smith	Urchins	24
4th	Read/Read	Dauntsey	23
5th	Young/Munro	Forth	20

Ladies K1

1st	Liz Sharman	Bury St. Edmunds	29
2nd	Jane Roderick	Pyranha Racers/Sand S	28
3rd	Sue Garriock	Ribble	28
4th	Jane Wilson	Forth	24
5th	Julia Harling	Manchester	21
6th	Clare Pallett (Y)	Manchester	21

Premier Team Champions 1982

K1 Men	Helsby/Dolan/Manwaring	Manchester
K1 Ladie	Pallett/Allan/Small	Manchester
C1	Taylor/Hedges/Keane	Eddy Out and the Boils
C2	Joce-Owen/Smith-Smith/Jamieson-Williams	

PLEASE NOTE - the editors tel no. is 0785 817016

and Stuart Fishers new mag is called 'Canoeist' not 'Canoeists'