

# FEEDBACK

## SLALOM NEWS AND VIEWS

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**Front cover photo -**

'Paddles Up' —

Camera eye view.

Courtesy of BBC publicity  
department.

# FEEDBACK EDITORIAL

## Why?

Why was Feedback sent to all slalom registered clubs? At the Slalom A.G.M. in November 1982 it was agreed that Feedback should be adopted as the official magazine of the Slalom committee. It was hoped that all slalom registered clubs would help to sell 'Feedback'. To this end five copies of each issued of 'Feedback' have been sent to slalom registered clubs for them to sell to their members.

## Where?

Where are the copies of 'Feedback' now? Only 43 clubs have refund or paid for their copies of 'Feedback', so 114 still have the copies or the money.

## When?

When will I get the money for the copies which the clubs have? £500 is outstanding. Has **your** club returned the money or copies of 'Feedback' which it received?

## How?

Can you get a copy of 'Feedback' regularly? You can either take out a subscription yourself £4.00 for 6 issues (this includes postage) or get your club secretary to order them (this method makes a profit for your club.)

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A recent working party reporting to the Sports Management Committee were told that Sports Council had agreed to the appointment of an Assistant Director of Coaching to cover the competitive

interests of all aspects at the sport. Obviously careful consideration must be given to the role such an officer would play taking into account the varied needs of flatwater and whitewater canoeing.

To be effective such a position would have to be supported within each discipline by a coaching structure similar to the one proposed by Hugh Mantle at the National Coaching Conference. A full time National Coach should be appointed **now** for slalom to work with the National Team, to decide coaching policy and development, keep in touch with research, attend conferences, train part-time National Coaches and to liaise with the Canoe Union Committees. Within two years we should have nine part-time National Coaches operating within the regions ensuring that there is coaching at club level. The present team coaching structure should continue with the notable exception that realistic remuneration for expenses and a coaching fee be offered.

We need to find £16 - 20,000 per year to operate such a scheme. The coaching sub-committee of the slalom executive should have its first ever meeting and face the reality of the situation. We are 20 years behind other sports in our coaching policy and we rely on a few top performers and the goodwill of our coaches to achieve results.

The probability of a slalom centre at Nottingham is increasing and canoeing continues to receive good publicity — we need to do something now to avoid stagnation.

# FEEDBACK

## CONTENTS

Book Review .....	1
Feedback Information .....	2
International Round up .....	4
Interview	
Central Paddlers .....	9
Technique Tips .....	10
Jez's Jottings .....	12
Advanced Paddling	
Techniques .....	13
Publicity .....	16
Problem Page .....	17
Letters .....	18

### Appointment of NATIONAL COACH

Applications are invited for the following position

#### **A NATIONAL COACH to develop the provision of coaches for Slalom Competitors**

The methods by which the National Coach carries out the policy will be left very much in his/her hands, although being responsible to the BCU Council through the Director of Coaching and the National Coaching Committee in co-operation with the Slalom Committee.

Such a National Coach would be expected to attend conferences held in conjunction with the work, particularly the National Coaching and meetings.

The successful candidate will be employed part-time at a remuneration of £500 per annum against which expenses may be placed from the point of view of Income Tax. Any further increments which may be earned as a result of the appointment will in no way affect the above arrangements.

#### **Applications**

No application forms are being issued. Letters of application, which should include a summary of relevant experience and qualifications, together with the names and addresses of two persons to whom reference may be made, should be sent to:

The Chairman, BCU National Coaching Committee,  
Flexel House, 45/47 High Street,  
Addlestone, Weybridge, Surrey, XT15 1JV.

## Book Review

### The Ultimate Run

William T Endicott, US Team Coach



The Ultimate Run is a progression from Bill Endicott's previous text, 'To Win the Worlds'. It focuses in much greater detail on a few selected themes from the earlier book such as gate techniques, physical and psychological principles, preparing a yearly training plan, and types of workouts. The second part of the book deals exclusively with case studies of eleven top slalomists in which their entire paddling careers are examined.

The Endicott attention to detail is characterised throughout, especially in the chapter on paddling techniques. Here he theorises on a variety of methods for tackling what he calls 'the 30-40 key moves in slalom'. It is best as a reference section used to relate to individual experiences in training and competition. Although it is hard to visualise some of the situations while reading the book, unless that is, the text is strapped to the deck of a boat on the river, the intricate analysis and reference to top paddlers' techniques should make us all think a little more deeply about what we are doing, or at least trying to do.

In the chapter on training principles Endicott has succeeded in translating some fairly complex physiological theory into practical terms for the coach and paddler. Particularly useful are the sample workouts based on the training plans of elite paddlers. Most of these can be readily adapted to suit the readers training environment.

The background of some of these top paddlers like Norbert Saffler, Richard Fox and Jean Yves Prigent is exposed in the case studies at the end of the book. Here for me the most interesting piece was the two separate accounts of Jon Lugbill and Davey Hearn at the Bala Worlds.

So, if whatever you want to learn about slalom at the top level isn't in Feedback, then order a copy of The Ultimate Run. There is no guarantee that you will actually achieve this ideal but it is well worth having a go.

Copies available shortly from Pyranha Watersports Centre, Preston Brook Marina, Runcorn, Cheshire.

## FEEDBACK

## INFO

### Buoyancy Aids

A motion for the AGM is to be prepared concerning the standard for buoyancy aids together with a date of implementation. Meanwhile George Davis, the Tryweryn officer, has been asked to make available testing equipment for competitors to check their own boats and buoyancy aids.

### Drugs

The Sports Council are anxious that slalom should take part in drug testing and take responsibility for organising & paying for testing next

year. The Executive will nominate selection events as the primary choice. There have been recent allegations within the flatwater world that competitors have taken drugs, but the furthest any slalomist is likely to go is sniffing Evostik while padding out a boat.

### Access

The Herts Association of Canoe Clubs, acting for BCU have successfully concluded a limited access agreement with London Anglers Association for the use of the Dobbs Weir during the fishing season.

Canoeing is allowed only:

- Wednesdays 12.30-17.30 - organised groups
- 1st Saturday/3rd Sunday each month 08.00-12.00 (No Sundays in October, December, February).
- The weekends 15/16 October 1983, 17/18 December 1983, 11/12 February 1984
- When unfishable conditions are agreed by LAA to exist
- 15 March - 15 June at any time

Canoeists must have numbered BCU/HACC identifying stickers (apply T Chambers tel: Bishops Stortford 724081), wear buoyancy aids, crash helmets and have full buoyancy in canoes. Advance notice of use is required. Solo canoeing is prohibited.

### Canolfan Tryweryn

The National White Water Centre has seen a heavy programme of slaloms throughout the summer, including two on the same weekend in July. The hot weather has resulted in more water releases than normal to supplement the Dee and Plas y Brenin took advantage of one such release to tackle the river on a raft. They capsized in the stopper under the first bridge. For the first time a slalom will be held on the Graveyard section. The event is the Welsh Open on 3/4 September.

### **ICF Rule Changes**

The response to the questionnaire distributed on this subject was disappointing in a number of areas perhaps most of all in the total of seven replies received from the 240 Division 1 and Premier paddlers. Up until the World Championships some 300 replies spelled out the message loud and clear, "The ICF proposals are not welcome."

Following the first test slalom in Bourg St Maurice, France the rules for the test events at Augsburg and Lofer were altered. The new format consisted of 25 gates of standard 1.2m width and the existing penalty system; there were no designated reverse gates. There will be a Special General Meeting on Saturday, 17 September at 11.00 am at Holme Pierrepont, Nottingham to discuss the implications of these slaloms and any new proposals. Make sure your club has registered its interest and is represented.

### **Europa Cup 1984**

The ICF published a provisional calendar for 1984 at the World Championships. The Europa Cup events were decided as Liptovsky Mikulas, Czechoslovakia 9/10 June and Bourg St Maurice, France 11/12 July. The Pre-World Championships at Augsburg will be held on 16/17 June. France have been provisionally awarded the World Championships for 1987 and Sweden have put a bid in for 1989.

### **Paddles Up**

Well, I'm sure you all tuned in and while some may have their reservations about the purity of it all the signs are that it was a success. Rumours from Pebble Mill suggest that Cliff Morgan, Head of Outside Broadcasts, was very pleased and apart from the possibility of a repeat of this series there is a chance for further filming next year. Your suggestions as informed observers are welcome, please write to the Editor.

### **Superstar**

A date has yet to be finalised with Brian Hooper and the BBC for the sporting celebrity to compete at a Novice Slalom this autumn. The filming is for a series on introducing well known faces to minor sports. So far Brian has been filmed capsizing on the Dee above Llangollen, and practising on gates at Stone with World Champion Richard Fox.

### **Holme Pierrepont**

Good news came out of a Sports Council meeting shortly after the successes of our team in Merano. The ASCOT project has been put on their 1985 Capital Development Programme. Not so good was the reported total of £7,000 raised in response to the May Day Paddle. Officials from Nottingham City and County Councils, together with Ron Emes flew to Augsburg to study the Olympic course.

### **Judging Standards**

Dales Canoe Club organised a Judges exam at the Washburn Division 3 in July. Of the twenty entrants only four obtained the maximum 20 points needed to achieve Grade C judging standard.

### **Discipline**

The Executive has expressed growing concern at the number of incidents relating to bad behaviour at slaloms. A motion will hopefully be presented at the AGM regarding "bringing the sport into disrepute". Perhaps a yellow and red card offence system could also be established. Red card offenders would take an early bath.

### **Fosters International**

Our sponsors have doubled their money for this year's event. The Czechs, Germans, French and Swedes have said they will send their top paddlers, while Americans Lugbill and Hearn are also likely to attend. BBC are again to film this event for Grandstand. Contact your regional representative for details of selection events (address page 7 in the Yearbook).

## INTERNATIONAL ROUND UP

It has been a busy season for many of the senior team starting with a highly competitive series of events in Czechoslovakia in May.

### Liptovsky Mikulas

The ten day training camp and three days of competition were excellent preparation for Merano. In Liptovsky Mikulas the Czechs have made excellent use of limited resources to produce two artificial courses which converge after 300m and provide a variety of training opportunities. During our stay there one new session introduced to the team was a flat out Grand Prix spring from start to finish totally irrelevant. It's good fun and it hurts! Fox, Sharman and Hedges won their respective events while Jim Dolan began to produce some strong consistent paddling and finished 7th overall. One of the surprises of this event was the defeat our girls suffered at the hands of an East German team.

SYLVIE ARNAUD of France at Liptovsky



Photo: B. Jones

### Bourg St Maurice

The following weekend May 28/29, the B team competed at Bourg St Maurice. They used the team minibus for transport and were unable to leave until it arrived back from Czechoslovakia. Nevertheless they were there in time for a bit of practice. Mike Duce produced an excellent result to finish 3rd in his first Class A international. The French occupied the first two places with the Priger brothers, Jean-Yves and Christophe paddling a new boat with a truncated bow and extended stern. Graham Gladwin finished 13th and Russ Smith 18th.

In C1 Rob Black gained valuable experience in his first international. Jane Wilson finished 7th and Sue Ward 11th in the Ladies.

Part of the reason for attending this event was to compete in the ICF test slalom. Our paddlers, along with many other teams, boycotted this event after practice runs and in doing so caused an international incident. What they saw as a test slalom was completely unacceptable as an alternative to slalom as we know it and however unfortunate their action may appear new proposals were adopted for Augsburg and Lofer.

### World Championships at Merano

The team preceded this event with a three day training camp on the River Sauna at Landeck. The spring snow melt had filled the river to provide very demanding training, most paddlers were relieved to arrive at Merano where it was easy to adapt to the RELATIVELY slower water.

Each day was timetabled for practice with every country allocated a 90 minute training slot. The original course plan was leaked to various teams and within half a day became common

knowledge as paddlers openly practised the moves on the training gates. The British, such great upholders of sporting fairness, and Americans protested and a new course was drawn up with all the desperation that a guilty committee could muster.

There was no apparent need to let competitors view the course before practice as it took the erection team several attempts to position and reposition each gate. There is no truth in the rumour that the Executive thought of deranking the event, though they might have brought in our own team from Bala to put things right.

The first day's events saw the ladies and Cl's compete. The girls were off first and had little opportunity to look at the course and even less to watch anyone on it. I remember seeing first runs on the top part of the course and being impressed by the aggression of the French girls, no grace or style but the boat was invariably in the right place with plenty of revs. In fact only Liz produced a better first run than Grange and Arnaud, paddling clear to take the lead by 4 seconds with a time of 234.18. The race was far from over however. Jane Roderick produced her best form of the season paddling particularly well on the top section before slowing up a fraction and collecting a five at gate 26. Her total was 236.34, enough for second place. Sue again had problems on both runs and finished a disappointing 24th, while Gail Allen rose to the occasion reducing her time by two seconds to 239.93 and collecting a solitary five to finish sixth in her first Worlds. Liz had comfortably put down on paper what everyone already knew, that she is the best in the world. Her second run was seven seconds faster than her first and but for a gentle touch on gate 11 her win would have been more convincing.

The Cl event promised to be exciting in practice. Martyn Hedges was very close on the Americans and indeed faster on some of the splits. Wrong



Photo by Pyranha

LUGBILL — Incredible

presentation and a roll on first run, however, left Bushy with too much to do. Lugbill true to form led after first runs by twelve seconds. He appears to have controlled some of his animal power into smoother, more controlled technique this year, but still goes incredibly fast. The chase was on during second runs and Lugbill was the only one of the top eight not to improve. Hearn was down on the splits at the halfway stage and though he paddled well at the bottom he could not pull back enough and finished a second down to take silver for the third time. Both this year and at Bala in '81 he has missed winning by a narrow margin and must be the greatest competitor ever not to have won an individual gold. While Bushy failed to deliver what his form promised Pete Kean paddled the best race of his career, and according to unconfirmed reports his last. Jozse Vidmar of Yugoslavia was the surprise bronze medallist, beating Pete Keane by a mere 11 hundredths of a second. One other pleasing thing to note about our Cl's was that they all had a time fast enough to place in the top five. For Jez Taylor, 17th, and Pete Bell, 23rd, there is plenty to go away and work with, knowing that they were not so far away as the results suggest.

At the end of the first day it was a gold and silver each for Britain and America. Throughout the day the river had continued to drop leaving it at the lowest level since 1976. The prospect for the following day was for slower times and battered boats.

With practice runs and competition runs on the same day, it was for us similar to competing at home. The fact that Jim Dolan, Paul McConkey and myself went off in succession made everything even more familiar. Unfortunately Roger Manwaring was unable to compete, spending the week-end in Innsbruck hospital having his appendix removed.

Jim and Conk returned the same time of 218 seconds, although only Jim was clear, leaving him in 10th place. We had thought that the main threat would come from the Czechs and Germans, but the Yugoslavs, also, looked good in practice. As it turned out all three countries produced good results. Prijon and Micheler had good runs to put them in second and third, two seconds behind FAC with Cizman, the young Yugoslav in 4th. The results were close and at the time I thought it was still wide open for second runs.

In fact out of the top ten only Jim and I improved our scores. Jim did enough to retain his position while others like Saffler and West Germans Prijon and Micheler ended up committing big errors in their search for speed. I was satisfied with my second run of 207.18, leaving me four seconds up on Prijon, but Conk unfortunately did not find his form and although he reduced his penalties on second runs to 5 he finished 29th. We had great support from the crowd, it was really uplifting and made the effort on the day seem worthwhile.

Despite John Gosling's comments on 'Paddles Up' age hasn't deterred Norbert Sattler, who at 32 finished 5th in his eighth world championship. His team mate, Edi Wolffhardt, fared less well - he dislocated his shoulder

at gate 11, while silver medallist at Bala, Lubos Hilgert, had a dreaded water touch penalty which dropped him from second to seventh, his brother Ivan was 11th.

In the C2 event there was more hot competition. The Garvis brothers were favourites to retain their title but were challenged strongly by their American team mates, Fritz and Lecky Haller, and the Calori brothers from France who led after first runs. The Hallers had been unlucky to hit gate 28, left swinging by a crew in front, but on second runs they cleaned up with a time of 246.33 to win. The Caloris repeated their first run almost to the letter (consistent times among the C2's were a feature of this race) and took second place in 248.47 ahead of the Garvis in their 21 pound honeycomb boat. Of our crews Jamieson and Williams were the best in 7th place. They had the fourth fastest time and were in contention for a medal but two touches saw them drop in what is now a very tough class. Smith and Smith collected one five on each run but lacked the pace to finish higher than 16th, 5 seconds behind them were Joce and Owen.

America had retained her supremacy in the Canadian classes while we had sewn up the kayak events and now looked to the team races for more medals.

Our ladies individually are the strongest in the world but have yet to pool their efforts successfully as a team. Lack of confidence in each other's ability and, in some cases, their own caused avoidable errors lost them the gold medal to the French. Once they had recovered from a bad time error on second runs they relaxed and paddled as a unit but could not make up the time differential and finished 15 seconds down in second place.

The C1's too have had problems in the past operating as a team, but on this occasion their second run with Jez

Taylor taking the lead from Bushy earned them a bronze, and but for a dubious five what could have been silver. The Americans were favourites and their margin of victory was some 27 seconds, giving Ian Lugbill his sixth World Championship gold medal.



Photo by Pyranha

FOX — Fast and Clean

In the period leading up to the Worlds things had not gone too well for the kayaks as a team. Our first training session resulted in a bruised set of ribs and a sinking boat. At Bala two weeks before our times did not appear to be quite fast enough to win and with the stiff opposition of the Germans and the Czechs, who had blown us away earlier in Liptovsky Mikulas we were far from favourites even in our own eyes. First runs only seemed to confirm this. What we recorded was ten penalties, turned into 20 and we were four seconds slower than the Germans. The team work had been good on this run, however, and with Conk happily on form we knew we could produce a better run. I think each of us knew what we had to do and just wanted to get on with it. At the finish Conk exploded into a scream and we all knew it had been a good run. The agonising part of it was waiting for the other teams yet to come. The Germans had a faster time but they had penalties too. We had beaten them into second place by three seconds and the Czechs into third.

The C2 team event caught my eye as I walked up from the finish. In C2 paddling everything seems to be measured, it has to be because it is such a long slog. When the British came through they looked smooth, well spaced and in control. For a moment I thought they had measured out a repeat performance of their Bala run. But not to be, they had to settle for bronze with two five second penalties behind the Czechs and Americans.

On reflection it was the best every performance by a British team, from six paddlers represented at Skopje in 1975, we had progressed to winning seven medals, three of them gold. As a team we should not forget the part the coaches and management have played in securing this success, nor the help of paddlers and friends at home. Thanks, we appreciate it. See you in '85.

## Youth Teams

The Youth A Team successfully continued their domination of the kayak events at Spittal on 2/3 July. The best performances were put in by Rob Wright and Claire Pallett who won their respective events. Bronze medals were won by Rob Welsh and Vember Mortlock. In fact four of our men's K1's were placed in the top six and this depth of talent was shown clearly in the team results with Wright, Welsh and Copeland winning, Arrowsmith, Nelson and Oldfield placed third. Unfortunately Karen Davies was unable to compete due to an attack of appendicitis and the ladies team was not contested.

Purucznic, Deacon and Brain under the tuition of Martyn Hedges recovered from mediocre placings in the individual event to take first position in the team race.

Apart from the competition the 12 day tour included two training stops at Augsburg with coaches, Neil Baxter, Julia Harling and Susan Small. This was the sixth consecutive year British teams have won medals at this event and the presence of the team has been commemorated each year since 1979 with an autographed team helmet.



Photo by Tony Tickle

ISOBEL GRANT at Seo

Shortly after the completion of this trip the Youth B Team was in action at Seo d'Urgell in the Spanish Pyrenees near Andorra. Raspin, Crosbee and Harrison cleaned up the junior event convincingly taking 1st, 2nd and 3rd. In the youth class Wheadon and Green took second and third places behind Ralph Rhein of Switzerland. There was no separate youth event for our girls and the best performance was by Penny Briscoe who's twenty penalty second run won her third place, 32 seconds behind the winner, Viv Golding from Australia. Ishbel Grant and Tina Arrowsmith were close behind in fourth and fifth. Simon Warden was the Youth C1 representative finishing 10th in the C1 senior event. Ahead of him were Philip Russell from Oswestry, 6th, and Dave Rolands from Chalfont Park, 7th, competing as seniors. Graham Gladwin and Melvyn Jones took 2nd and 3rd places in the senior K1 event behind New Zealander Donald Johnstone.



Photo by Tony Tickle

SIMON WARDEN in Garstang

## Augsburg and Lofer

The senior team wound up the major part of its summer programme with a trip to Augsburg and Lofer at the end of July. With the team finances suffering post Worlds depression this was a low budget trip but in spite of this there were still some excellent results.

At Augsburg 23/24 July our ladies finished 1st, 2nd and 3rd, Liz Sharman leading Sue Garriock and Jane Wilson. Sue injured her shoulder on her second run and was unable to compete further. Hedges and Taylor finished first and fourth in the C1's and there were good results too in the C2 event with Jamieson and Williams taking first and an encouraging performance by Walling and Ambridge in 5th place. The kayaks were disappointing, and with the absence of Dolan and Fox only Russ Smith broke into the top 20. The winner of the kayak event was Austrian, Andi Wolffhardt, World silver medallist, Toni Prijon was second.

At Lofer the following weekend Liz again showed her class winning this time from Susanne Erbers. Gail Allen finished third to take her first international medal at this level. Jez Taylor came close to winning the C1 event, but had to settle for second place behind Jean Salame of France. Our C2's failed to repeat their successes at Augsburg the previous week, on the high water at Lofer. Smith and Smith were the best placed in 6th. This time McConkey was the best placed kayak in 14th with Mike Druce 23rd. As usual the Austrian kayaks produced good results taking three out of the first four places. Norbert Saffler won the event.

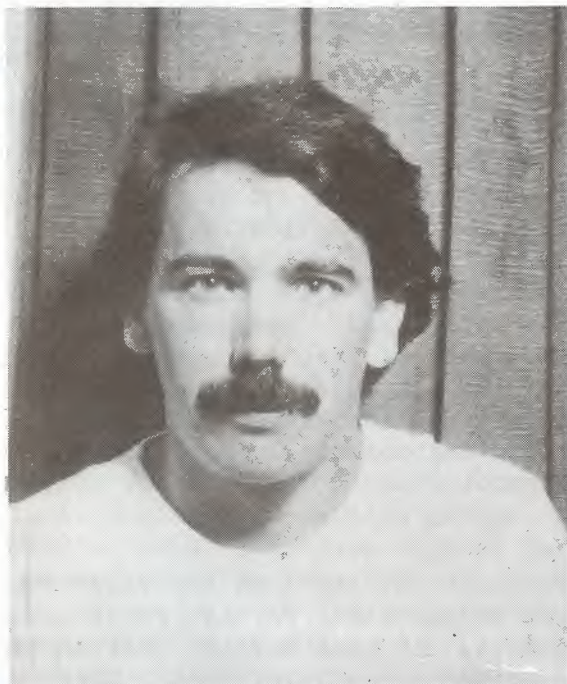
A test slalom was held after the main event at each competition. The general impression from paddlers was that while they were 100% better than Bourg St Maurice test slalom, there still appeared to be no apparent justification for making a change.

## Central Paddlers

### Interview for Feedback

by Chris White

In the June issue of Feedback it was stated that there had been a significant increase in the number of competitors in the lower divisions this year. To give added strength to this welcome news is the formation of a new coaching organisation, Central Paddlers.



Who is the key figure behind this exciting new step forward in competitive canoeing? After a few 'phone calls I tracked him down: Dennis Hennesey, that well known C1 Irish international paddler. I use the word exciting because the outstanding point of interest lies in the fact that Dennis has paddled as a top class competitor right up to the end of the 1982 season. This means that he will be passing on information regarding technique and strategy that is wholly relevant to today's slalom paddlers. The following is an excerpt from the interview I had with him last month.

Chris: What do you think you have to offer in coaching skills in comparison to other coaches?

His answer was typical of his forthright attitude towards his beliefs and opinions, no beating around the bush.

Den: I'll inform any paddler, even a top one, to stop training and start learning. Get back to basics.

Chris: Surely, training is what it's all about?

Den: Look at it this way. Young paddlers attain a certain position in the rankings by the mimicry of other top paddlers, yes?

Chris: Go on.

Den: Then they are suddenly faced by a brick wall which, when analysed, is proved to be a skill barrier. When this stage is reached their performance neither improves nor deteriorates. To overcome this situation, ie to break through the brick wall, the recognised cure tactics are applied. These tactics take the form of training harder and faster in conjunction with a more intensive training schedule coupled with even more sessions on the stopwatch. That's not the way to do it.

Chris: What is the answer?

Den: There is no simple answer, but when a paddler has reached this stage he must analyse his technique, look for weaknesses and compare his skill with other paddlers. This is where coaching comes in. If a paddler just trains harder and faster he is merely ingraining old habits. Fine, if these consist of smooth, well oiled technique but this is not normally the case.

Chris: What's your approach to working with groups of different abilities?

Den: Firstly, I believe in total organisation and professionalism in all aspects. This is the only way to work with a large number of people and to give them all a fair crack of the whip. If a paddler has a particular individual problem I will work with him separately, but in many cases paddlers can learn from each other and together particularly on the basic principles of technique.

Chris: What sort of training sessions have you had this year?

Den: Apart from some weekday sessions we had a whole week at Ludlow which will be supplemented by a week at Grandtully in September.

Chris: Tell me something about the Organisation itself, ie the administration, who can join etc.

Den: Central Paddlers is a non-profit making organisation and is affiliated to the BCU, we have been in existence for eight months. The qualifications to join are simple. The paddler must have already shown progress in competitive slalom.

Possess the self-discipline and determination to get to the top.

Be willing to break old habits and learn.

I came away with the distinct impression that this is no organisation for the 'posers' and 'wallys' of this world. Neither is it an organisation for the paddler who has 'burned out' and is satisfied to sit on a place in the rankings.

Impetus and new blood can only be good for the sport and I wish Dennis and Central Paddlers good luck for the future.

# FEEDBACK

## Technique Tips

### Reversing

While breakouts may be the biggest time waster for most paddlers, reverse gates can cause more serious problems. One which we have all encountered is that of wrong presentation and often on a 'winning run'. Poor boat positioning for a reverse gate can disrupt your rhythm and result in lost time over the following gates, while lack of control in the gateline speaks for itself in 5 second syllables on the score card. Most problems stem from lack of practice and in particular lack of objective practice. Below I have outlined some conditioning exercises to help improve basic stroke control.

To reach the level of accuracy required to negotiate reverse gates consistently you must develop full control of reverse paddle strokes. This means more than simply practising reverse gates, it involves a series of stroke exercises designed to improve familiarity and smoothness in reverse paddling. Most paddlers do a few half-hearted reverse strokes while warming up, but you can be more specific than this.

### Stroke Work

Back Paddling - paddle backwards for 20 strokes counting each side keeping the boat on an even keel and as straight as possible. Don't look behind at first, rather concentrate on a smooth controlled stroke. After 20 strokes look over your left shoulder

as you push back on that side and then over the right as you paddle on the right. Try and keep the boat straight although the body movement will cause some yawing effect. Carry on for another 20 strokes looking behind you over the opposite shoulder to the side you paddle on.

Reverse Sweeps - to encourage the use of the powerful trunk rotators when reversing. Twist round until your blade is close to the back end of the boat and the lower arm virtually straight. Sweep round in a wide arc keeping the blade as far from the boat as possible, finishing up smoothly at the front of the boat. Zig zag along the river doing wide powerful sweeps evenly on both sides. Reach and rotation are the important things to consider here.

Reverse Pull - another exercise to practise which will improve your rotational mobility as well as stroke control. Twist and reach back as far as possible placing the face of the blade in the water as for a reverse draw stroke. Pull the paddle through the water close to the boat until you reach the hip. Twist the wrist in towards the boat at this point and finish off with a conventional push reverse stroke along the gunwale. Perform this on alternate sides trying to propel the boat smoothly and evenly in a straight line. This is a common stroke for a C1, but rather more difficult for a kayak limited by reach and rotation.

## Gate Exercises

More specifically you can condition your reverse strokes on gates. Two gates on one line fairly close together can be reversed several times

over as an exercise for accuracy and consistency. Decide on a particular stroke pattern and repeat each gate 5 times concentrating on smooth controlled strokes. You can also practise paddling on easy sequences of gates completely in reverse, avoiding stops and starts. Compare your penalties over two or three laps of a circuit with those you collected paddling forwards.

Gate sequences aimed specifically at improving your ability to turn the boat quickly under control should also be practised. Tight combinations of various forward reverse manoeuvres over 10 or 12 gates are recommended. Familiarity with every conceivable situation will give you greater confidence in competition and this means attempting those 'impossible' gates behind stoppers and reversing down falls when you get the chance.



## For Sale

1983 Ford Transit 12 seater minibus as new. 10,000 miles. Recommended price £7,600 - Special Price £5,800 Contact Brian James at the BCU Weybridge 41341

## New Address

Peter and Janet King, The White House, 29 Buildwas Road, Ironbridge TF8 7BJ, Shropshire. Entries for Serpents Tail Slalom to this address.

## Dee Users

Roger Hayward is setting up a Dee Users Committee and has already invited National Access Officer Roger Irwin to sit on it. The Executive is to nominate two members.



### Appendicitis

This most dreaded illness has seriously affected some of our best paddlers. At the Tryweryn event in June Jane Wilson was the sufferer but she recovered amazingly to come third at the Augsburg International on 23 July. Roger Manwaring was less fortunate, going down during the week before the Worlds. He had an operation in Innsbruck and is now on the mend, best wishes for a speedy recovery. Meanwhile Karen Davies was struck at Spittal but as I understand it has yet to be operated on.

### Hit and Run

Our ambassador to the ICF, Albert Woods, was the victim of a hit and run motoring incident with a difference. After a car pulled out in front of him nearly writing him off, Albert sped past, as he does in his XJS, and pulled up to gesticulate in a manner that only irate Greeks are capable of. Unfortunately the following car failed to stop in time and rammed into the back of Albert's car. The four drunks he encountered were such a fearsome sight that he decided a company bill for the damage was less trouble than exchanging addresses.

### Dedicated Fans

I received a report from the Llangollen tourist office about two elder-

ly ladies from Manchester, who had been so impressed by the first two heats of Paddles Up that they caught the coach to Llangollen to watch the girls the following Wednesday. Unfortunately the series had been filmed six weeks previously. BBC commentator, John Gosling, was away on business from his Llangollen home and unable to offer a personal apology.

### Star Award

My man at BCU has informed me that the Editor has been getting in some secret training on the Isle of Wight. On a recent seven day visit to the island with girlfriend Miss Roderick, he was seen sailboarding and sea canoeing. Their hosts for the week were hoteliers Roger and Sandy Irwin, he of Access fame. In his official capacity Roger awarded our man with a BCU One Star award for his efforts on a surf ski and recommended some flat water gates to improve his boat handling ability.

### Romance

Our 17 year old debutante at Merano, Gail Allen, christened 'Knickers' while training in Czechoslovakia, caused more than a stir at the World Championships. Apart from her great performance in the event where she finished sixth, let us just say that she was very popular with the Austrians.

On the baby front Ray Calverley, Chairman of the Harishok Empire, was recently instrumental in the birth of his second child by wife Caroline. Meanwhile Stafford and Stone members have been getting it together. Congratulations go to the Editor's personal mechanic, Chris Edwards and wife Pauline. Also recently married was another member of the 1981 World Championships erection team, Paul Booth.

# ADVANCED PADDLING TECHNIQUES

The second part of John Macleod's talk to the Coaches Conference.

## Competition

The aims of the top paddler in competition can be divided into:

- winning
- learning

The coach works on winning by providing the paddler with necessary feedback information on elements of the competition. He or she must also take sole responsibility for setting up the long term aim of learning from the competition. Both paddler and coach can evaluate but the coach must collect information on what has gone on during the day's events.

### To Win

Some can afford the luxury of winning meaning being first. Many can't and must be realistic about the levels to which they must attain to 'win', eg 1st Youth, 1st Junior, top ten, top twenty, top five youths etc. Beating a particular individual may be satisfying but won't necessarily mean progress and therefore is rather a hollow objective.

### Pre-Event

Awareness of times of 'happenings' is essential, ie start of event, individual start times. Good organisation of peripherals such as transport, accommodation and food, and warm up time and location will facilitate focusing on the event.

### Pre-Event: Course Analysis

Skill training should be developed enough so that each situation can be recognised and analysed from the bank. EVERY part of the course should

be inspected. Paddler/Coach discussion can help a lot but decisions should be up to the paddler - never take this away from him, after all he will be faced with decisions in competition. The coach's role in course analysis is, therefore, one of ensuring that the paddler has recognised all pitfalls and advantages, and most important that the paddler had made a decision about every manoeuvre.

Mental rehearsal plays a large part in success. On the river bank walking down the course purposefully, going through strokes gives a paddler that extra feel for the course. Even off site or on the start line, going over, treating the course as a continuous flowing unit, will enhance the performance. If you know more about the course than the next guy then you have put yourself at an advantage. Gate situations for which the paddler

isn't prepared means the coach has to initially reassure and make sure that all considerations are made - then he notes for inclusion in future skill sessions.

No doubt some gates will cause more concern than others. If a disproportionate amount of time has to be spent on a sequence then it is quite likely that the final decision may be 'cloudy' - a non-productive way of preparing. Best to spend a moderate amount of time considering, discussing, and then make a decision and go away. If, later, the decision is doubted go back - but don't hover and this really should be the final decision.

Paddlers can lose perspective in going for speed and not safety, or paying too much attention to a fraction of second to be saved when there are far more pressing things like consolidating what to do on the other 29 gates. Coach should keep perspective in order.

Paddler start line arousal cannot be achieved with pre-event distraction. Essentially pre-event behaviour should be known to both coach and paddler. Other paddlers on the bank are not necessarily a good influence, particularly when technical on-course matters are discussed - though some paddlers rely (but not wholly) on this technique and others are extremely capable of ignoring, especially if they know that they have the master plan. Paddler getting keyed into the competition run is where the coach can be of real assistance - often by doing nothing, so long as he is there. If coach wants to break into paddler's psyche up with information he is to remember that any information given could distract and therefore must be communicated with ease and be absolutely correct. Too much, or irrelevant information, has a very noticeable detrimental effect.

### Practice Run Over

Practice run over means the mental rehearsal - What exactly happened? Where was he safe? Did he take risks? Are there any weak strategies? First consideration is to recognise areas in which strategies may be wrong and make a decision possibly on what other paddlers were doing. Second is to recognise touchy poles. Then the speed factor comes in. Get both the good and bad points recognised but remember too much information can confuse. Reliance on training giving the paddler the necessary is paramount - then he can pay attention mainly to working off the odd fraction of a second.

Coach best prepared if he sees all the practice run and then views other paddlers, drawing conclusions from other performances and using these if his paddler requires. Sequence routes, manoeuvres, strokes, rotation speed and breakout entry and exit heights are factors to note in practice. Split times on short manoeuvres are good back up. Split times over 15 seconds are suspect because paddlers vary in practice run paddling speed. If a paddler didn't do a practice run at very close to competition pace then somebody else probably got a better practice run than him.

### 1st Runs Coaching Strategy

Ideally the coach should gather this information:

- $\frac{1}{4}$  course splits on paddler and peers (selected)
- details of all 'touchy' poles
- splits and details on debatable manoeuvres

All to be presented in a fashion suitable for paddler to note without having information digestion, ie coach pre-selects from the relevant information, paddler then absorbs what he needs. Coach can achieve all this only with the help of other coaches. If on one's own a complete analysis is not possible, though with careful selection of what areas to cover and which paddlers to watch a single coach can be extremely effective.

	<u>1 - 8</u>	<u>8 - 17</u>	<u>17 - 24</u>	<u>24 - 30</u>	<u>TIME</u>
Joe	45	39	62	52	202.6
Bill	43	<u>38</u>	<u>60</u>	52	197.5
Steve	43	65	64	<u>50</u>	224.4
Ian	<u>41</u>	40	<u>60</u>	51	<u>196.6</u>
Best	41	38	60	50	

Figure 1

1/4 Course Splits

Use of the overlapping sheets technique breaks down a course (Fig. 1). On time, Steve can see exactly what he lost - quickly. A zero error of about 5 seconds suggests that the bests 41 + 38 + 60 + 50 (+ 5) gives an optimum for the course = 194 seconds.

Sequence Analysis

Use of the sheet shown in Fig. 2 helps clear presentation of information.

Times and notes allow quick evaluation of what works and what is popular. For this type of analysis the coach need not log every paddler. The sheet is able to support conclusively his decision on what is best.

2nd Runs Coaching Strategy

Note of paddlers performance plus some 1/4 length times as for first runs will provide useful material for designing future schedules.

Post Event

Whatever the result there are still the lessons to be learned from competing. In training we are used to gradual development through experience. Competition treated like the Grand Slam is good for paddler concentration in the event but rarely encourages thoughts of how to do better. Coach must get in all the facts so that ideas do not

become distorted and so that direction is given to future schedules and competition preparation. From the 1/4 length splits, if there are enough results, one may deduce a pacing problem - too slow off the start, too slow off the finish or too slow all over. The natural thing to do is find an explanation and get down to making sure it does not happen again. Other problems involving failure to complete or to do well on a certain technical move - maybe a short term strategy will cope - maybe it will take all the next twelve months to get right. Whatever, the quality of post competition analysis will dictate the next result. Other information that should be recorded is penalties with a note on gate conditions and what part struck the pole. In analysing several competition results it is extremely likely that one type of penalty crops up above all others which, when recognised, means that skill sessions have to deal with a safer negotiation of that type of gate. Competition is the only time when all physical and psychological stresses are put on top of the skills learned. Achievements must be nurtured and failures remedied. Making the same mistake twice means you have failed; get the errors out in the open and concentrate on preventing their recurrence.

BEWARE: Experience teaches slowly and at the cost of mistakes.

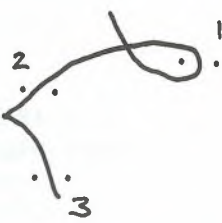
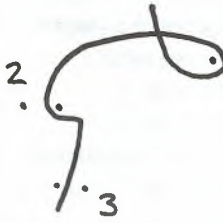
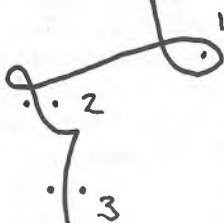
SPLIT TIME Gate 1 to Gate 3				
Joe	12.3 2,5/G			
Bill		13.5 Clear		
Steve	11.9 2,5/G			
Ian			15.3 clear Good control	

Figure 2

## Publicity

### World Championships Press Coverage



THE NATIONAL PRESS: Canoeing is a minor sport and so reasonably enough no national papers were prepared to send reporters all the way to Italy, though they knew of the event and the date some six months before. The coverage of the Worlds must, therefore, be compared with Jonquiere '79 and Spittal '77. The '79 results were not in print until the canoeing press got round to it weeks after the event. This year there were approximately 33.50 column inches in the national press with the Daily Mail giving a total of 13.75 column inches.

REGIONAL PRESS: As far as I can gather from the few reports received coverage here was very good. The importance of local press should not be under-rated. The large numbers of local papers published confirm the statistics which inform us that people in general prefer local news to national news.

TV COVERAGE: More often than not this is handled by BCU. Remember how disappointed we were at the television coverage for Bala '81. There was television coverage for Merano though many unfortunately did not see it because it was given no publicity. Arrangements to show film from Italy were finalised at the very last minute.

ITV bought film from the Italians and Richard Fox's first run was shown on the British screen in World of Sport the same day.

TV AM made canoeing their theme on 18 June when the final results of the Ladies Team event were actually given out to the British public at the same time if not actually before the official announcement was made at the Slalom Site in Merano.

### TV Coverage in General

CHANNEL 4 showed an excellent programme on canoeing in general earlier in the year.

BBC1 and PADDLES UP: A series of four programmes on slalom with a comment by Alan Parry and John Gosling. This was shown in July and has been watched and enjoyed by many who know nothing of canoeing.

Both these programmes were shown at peak viewing time.

IF YOU WATCHED THESE PROGRAMMES AND ENJOYED THEM PLEASE WRITE TO THE PRODUCERS AND SAY SO.

Yet to come - Rapid Races on Channel S4C September 27-30 and World of Sport - plus Fosters International.

Jennifer Munro

## FEEDBACK ADVICE COLUMN

At a recently successful coaching day organised by members of the North Staffs Canoe Centre several questions arose from paddlers which are worth highlighting.

When I'm practising the course at a slalom should I do the moves slowly and think about the strokes and technique?

Unless you are using the slalom purely as a training exercise you would do better to practise the course at the speed you will paddle in competition. Slowing down your paddling to consider the effectiveness of technique is best done away from the slalom. Between events you can work on smoothing out strokes and improving boat control in the gates while at the event it is best to settle for techniques you can guarantee success with at competition speed. Remember too to paddle the course as a whole rather than just the 'hard bits'.

My son uses a 180cm Freeblades paddle. Do you think that is too short? He is 13 and under 5' tall. Paddle length is always difficult to determine particularly when one is growing. Even more difficult to determine at the moment is the optimum blade size for your paddle, since the majority of manufacturers produce only one shape. Reducing the paddle length to cope with the same blade area a Premier Division paddler pulls is a good idea. A young person wants to develop good paddling habits early on, and a shorter paddle should help to encourage a realistic stroke rate and better control around the gates. Remember to reassess the length of paddle at regular intervals allowing for wear and tear on the blades as well as growth.

I have no gates to train on, the nearest place is 30 miles away. Is there any way I can improve my technique?

Before people started training seriously around the country there were no gates anywhere. Try to find some-

where locally to hang a few lines even if it's on flat water. If you don't make an effort no one will have any sympathy. If it's really impossible then there are aspects of technique you can work on. Read 'Technique Tips' in this issue on reverse paddling for ideas to improve your stroke control. Work out a routine of forward paddling, sweep strokes, and bow rudders concentrating on long smooth powerful motion through the water. Simulate slalom courses for 60-90 seconds, without the gates you will have to visualise the technique and put more emphasis on the quality of stroke work. Make the most of every trip to a slalom or training site and develop your visualisation of technique to practise courses without gates.

What type of training would you recommend for a 13 year old progressing through the divisions?

At that age the emphasis in training should be on general development of all-round paddling ability. Look to the type of training top paddlers did when they were young, not at the types of lateral workouts and strength training they do today.

Concentrate on building up as much paddling experience as possible through river trips in winter, sea canoeing, surfing, etc. While it is important to develop slalom skills on gates don't do this to the exclusion of everything else, and where possible seek advice, watch better paddlers, and train with others - you don't want to be bored by 16.

Participation in all general activities at school will help develop a background of natural strength and physical ability.

Learn as much as you can from each slalom and don't expect miracles overnight.

For information regarding further training courses in September and October contact Brian Gladwin, 1 Cooks Bank, Acton Trussell, Stafford enclosing sae.

# FEEDBACK

## DIARY

- 17 September - Special General Meeting  
11.00 am Holme Pierreport  
Nottingham
- 29/30 October Fosters Lager  
International
- 26/27 November Mike Jones Rally  
Llangollen
- 3 December Slalom Committee Annual  
General Meeting  
11.00 am  
Strathden Hotel  
Derby Road  
Nottingham  
Motions and nominations  
due on or before  
3 November 1983

## TRADERS

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# FEEDBACK

## LETTERS

Dear Feedback, The 'Year of the Novice' is clearly important for the future of slalom. One problem for young canoeists interested in slalom is to obtain a competitive boat. Some can afford new boats and others manage to get one second-hand for a reasonable price. However, for many novices the best plan would be to build their own boat. But here there is a problem because as far as I can see it is impossible to hire a mould for a low-line boat suitable for a light (7-9 stone) paddler. The otherwise suitable Trylon Lynx has too great a displacement for this weight range.

I would be very interested to hear from anyone who has a suitable mould for hire. Also I would suggest that as part of the 'Year of the Novice' the Slalom Executive should try to obtain such a mould and make it available on reasonable terms to novice slalomists.

Bruce Lynn  
Tonbridge & West Kent CC

Dear Feedback, Thanks to a number of willing volunteers we were able to collect the first data in the project aimed at clarifying the effects of stresses of paddling and competing in slalom.

The tests held at a National Squad Training Weekend revealed some interesting differences between the levels of cognitive (Mental) activity before and after paddling a full length slalom course on the Tryweryn and between different groups of paddlers. This pilot study gives us the confidence to go ahead with a series of such studies and we hope to recruit

a number of paddlers (of different skill levels) to help. We intend to publish a fuller account of the results in a future Feedback when we have completed the appropriate analyses. In the meantime we are grateful for those paddlers who helped us test the machine we were using and equally to all those who expressed interest in helping. Thank you.

John A Fazey  
Elain McClelland  
Velia Smith  
UCNW Bangor

Dear Feedback, The BBC is very conscious of its public image and it reacts to public opinion. The ability to have more canoeing on television depends upon response from trial programmes. It is, therefore, essential for every canoeist to write to the BBC and say how much they enjoyed PADDLES UP and show how much interest there is for canoeing on television. We cannot sit back and pretend someone else will write in, as Joe Public will watch anything as long as he does not have to think or do anything.

To see more canoeing on television we need to convince the channel controllers (BBC1 or BBC2) by convincing heads of department, eg Sports or Regional Departments like Pebble Mill, that canoeing is enjoyable to watch and has a wide appeal. PADDLES UP is a start but we should aim to have several national events televised every year, including British Open and any international slaloms, and WWR, National Sprint finals, D/W and Round London marathons and Crystal Palace Polo finals. So don't just sit there, write something now to:

Letters Editor  
Radio Times  
35 Marylebone High Street  
London  
W1M 4AA

Robin Stonestreet

## Stone Boat Building Company

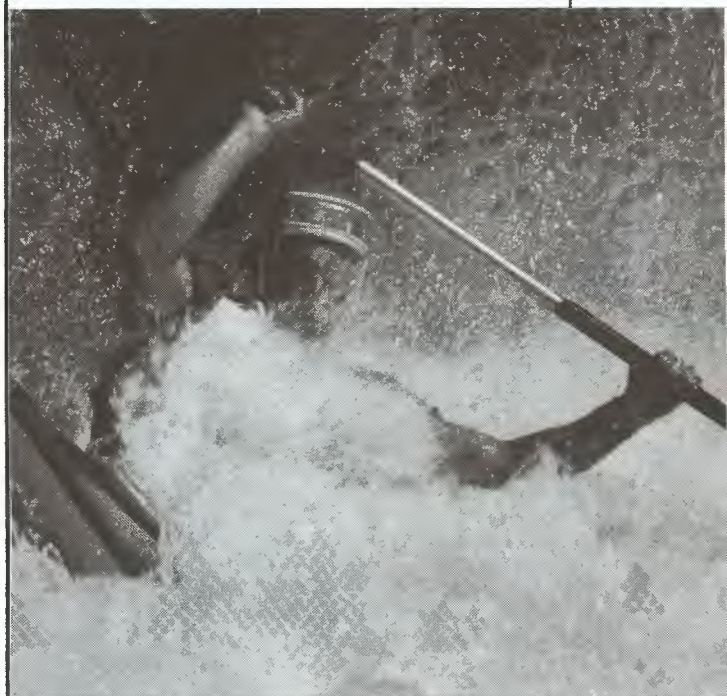
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# FEEDBACK

## Results

11th/12th June, 1983  
**IRONBRIDGE**  
Div. 4 & Novice

**Novice Team**  
Lindsay/Parker/Davis B'ham Univ.  
**Div. 4 Team**  
Taylor/Coates/Hawksworth

**C1 Novice**  
1 R. Cant Man. Univ.  
2 B. Doverman Sheff. Univ.

**C2 Novice**  
1 Kilham/Dixie Islington  
2 Harvey/Cooper Fraber

**K1 Novice**  
1 J. Parker B'ham Univ.  
2 P. Rogers Chippenham J.  
3 R. Gardner Wyedean

**K1L Novice**  
1 S. Couling Bath Univ.  
2 P. Walker Leeds  
3 L. Black Leeds

**C1 Div. 4**  
1 A. Gillibrand Chester  
2 A. Leare Swansea Univ.

**C2**  
1 Eaton/Dobson ACU

**K1L**  
1 H. Carr B'ham Univ.

**K1M**  
1 M. Holder Shrewsbury  
2 M. Pritchard B'ham Univ.  
3 M. Woolley Lancs. Univ.

Total entry: 237

18th/19th June, 1983  
**TRYWERYN**  
Div. 2

**Team**  
1 Clark/Barnes/Greenwood

**C2**  
1 Arrowsmith/Brain (Y)

**C1**  
1 P. Richards

**K1L**  
1 K. Ceney (Y)

**K1M**  
1 D. Berrisford  
2 A. Eaton  
3 S. England

Total entry: 201

25th/26th June, 1983  
**CARDINGTON**  
Div. 3

**K1 Men**  
1 S. Wright Exeter  
2 P. Jenkins Lowestoft  
3 S. Rose Broadland

**K1L**  
1 L. Spiller Longridge  
2 S. Fewell Maidstone  
3 S. Manley Maidstone

**C1**  
1 S. Richmond Army

**C2**  
1 Rose/Legott

**Vet**  
1 Venables

**Team**  
1 Gibson/Williams/Kelsall

Total entry: 110

## Results

2nd/3rd July, 1983  
**BRITISH SCHOOLS**  
**CHAMPIONSHIPS**  
**FAIRNILEE**

**Midgley Trophy — Schools**  
1 Wallace High School  
2 Millbrook School  
3 Richmond School

**Whitmore Trophy — Clubs**  
1 Tees Kayak Club

**Team — Matlock Trophy**  
1 Richmond 'A' Tees

2nd/3rd July, 1983  
**WASHBURN**  
Div. 3

**Team**  
1 Davison/Davison/ Jenkins Soak

**K1 Men Div. 3**  
1 M. Watkins Luton  
2 S. Woodlands Midland  
3 S. Briggs Matlock

**K1L**  
1 I. Campbell Jubilee  
2 W. Johnson Jubilee  
3 C. Major Kingston Poly

**C1**  
1 I. Duncan Notts. Univ.

**C2**  
1 Fray/Ellis Leicester

Total entry: 116

16th/17th July 1983  
**TRYWERYN**  
Div. 3 Slalom

This years competition attracted a large entry of 122 men, 32 ladies, 16 Canadians and 37 teams, with over 90 main L1 entries returned after the entry limit was reached.

The competition was on a new site at the head of the river close to the Tryn Cebyn dam, by special permission of the Welsh Water Authority.

The river was shared with Manchester C.C. who ran a Div. 2 slalom downstream on the championship site.

Thirsty visitors will have noticed that refreshments were not on sale on the site because of a restriction by the Water Authority, hence the appearance of a strange refreshments tent at the boundary gate some 200 yards away.

A full water release helped Johnathan Kinnear in setting an excellent course including the 'Irish Bridge' tunnel and the 'chipper' trash screen which claimed a few unfortunates who are probable now looking for new boats, the ends missing.

The hot sunny weather finally gave way to a violent thunder storm on Saturday afternoon. A delay followed whilst the judges brollies were distributed, only to find that the water had been turned off by a lightning strike at the dam control. Thankfully the water was restored and competition continued after an hours delay. Brian Billington

## Results

**K1L**  
1 L. Henderson Forth  
2 P. Watts Isslington

**Junior**  
1 S. Harber Winchester

**Youth**  
R. Dumper I.V.C.C.

**Men K1**  
1 D. Kearsey Gloucester  
2 P. Booley Grimsby  
3 J. Kilbey Oswestry

**Junior**  
1 S. Biggs Tees

**Youth**  
1 R. Graves Bromley

**C1**  
1 A. Gillibrand Chester

**C2**  
1 J. Leggott/D. Roe Bromley

**Team**  
1 Williams/Wade/Welsh Ribble  
2 Gibbons/Carte/Rollers Dudley  
3 Ellis/Jayes/George Rich Men

**Judges**  
1 J. Davies (Div. 1) Mold  
2 J. Terry (Best of Nov.) Cargelle Scout  
3 G. Slade (Div. 1/Prem) Luton

Div. 2

**Team**  
1 Marshall/Wade/Hanham  
2 Cammon/Brodslow/Cooke  
3 Courtier/Courtier/Harrison

**K1M**  
1 T. Cannon Manchester  
2 A. Gray Winchester  
3 D. Bradshaw Manchester

**K1L**  
1 J. Fryers Adlington

**C1**  
1 B. Joce Winsor

**C2**  
1 Drake/Hardwick RAUCA

**Judges**  
1 M. Welsh Ribble  
2 G. Helsby Manchester  
3 P. Bowles Manchester

30th/31st July, 1983  
**WASHBURN**  
Div. 2

**Team**  
1 Gray/Barker/Shervey

**K1M**  
1 N. Nicholson Buttershaw  
2 A. Barker Staffs & Stone  
3 I. Macro Richmond

**K1L**  
1 A. Hall Chester/  
Leicester  
2 L. Goulding Windsor  
3 J. Johnson West Yorks.

**C1**  
1 S. Talbert Hemer

**C2**  
1 Stonehouse/Edwards Rutland

**Judges**  
1 Ir Raspin Tees  
2 Ro. Osborne North Notts.

## Results

25th/26th June, 1983  
**SHEPPERTON NOVICE**  
 Div. 3

The sun shone throughout with, for a novice slalom, very big water. Many who should have known better took full advantage of the Organiser's recently granted discretion to accept late entries. None would pay double fees and the suggested alcoholic bribes did not materialise in sufficient quantity to prevent everyone having a good weekend. Several unranked non BCU canoeists were given an introduction to the course in between the Saturday team runs. These were dominated by a strong Army Canoe Club presence with the youngsters of Millbrook pushing to a very creditable second place.

There was slight reluctance to get up on Sunday morning and, coupled with the extra entries and initial difficulties of some inexperienced competitors, the programme ran straight through opening time. Nev arrived mid morning. After half an hour when no-one asked him to do anything he ran a Judges exam and Messrs Nevin, Sayer and Wood joined the Grade C ranks. By the second run the majority knew what was expected of them and an unusually large Canadian entry, graced by several famous names, duly provided the hoped for entertainment!

In all, 19 males and 5 ladies gained promotion.

### K1MN

- |                   |     |
|-------------------|-----|
| 1 Kevin Tytler    | TYM |
| 2 George Woods    | JWC |
| 3 Michael Wilkner |     |

### K1LN

- |                    |           |
|--------------------|-----------|
| 1 Joanna Purr      | TYM       |
| 2 Louise Crunden   | Reigate S |
| 3 Jackie Rusbridge | Reigate S |

### C1N

- |                 |            |
|-----------------|------------|
| 1 Paul Kavanagh | TYM        |
| 2 Paul Warner   | Shepperton |

### C2N

- |                 |            |
|-----------------|------------|
| 1 Jayes/Baker   | Shepperton |
| 2 Pearton/Stock | Herts      |
| 3 Jones/Nutt    | Eyot       |

### Team

- |             |
|-------------|
| 1 Army CC   |
| 2 Millbrook |

Total entry: 129

9th/10th July, 1983

## PIPE BRIDGE

Div. 4 & Novice

### Novice Team

Armstrong/Dixon/Huntsman

### Div. 4 Team

Pritt/Bolton/Chester

### K1 Men Novice

- |                |           |
|----------------|-----------|
| 1 R. Rainbow   |           |
| 2 A. Armstrong | Gateshead |
| 3 T. Smith     | C.Y.C.    |

### K1L

- |                |      |
|----------------|------|
| 1 J. Armstrong | Tees |
|----------------|------|

### C1

- |            |              |
|------------|--------------|
| 1 M. Adams | West Cumbria |
|------------|--------------|

### C2

- |                   |      |
|-------------------|------|
| 1 Hansell/Tindall | Tees |
|-------------------|------|

### K1 Men Div. 4

- |                |        |
|----------------|--------|
| 1 D. Fogg      | RAF    |
| 2 S. Duffy     | Ribble |
| 3 N. Armstrong | Tees   |

### K1L

- |            |            |
|------------|------------|
| 1 S. Janes | St. Albans |
|------------|------------|

### C1

- |                |     |
|----------------|-----|
| 1 G. Middleton | RAF |
|----------------|-----|

### C2

- |                   |       |
|-------------------|-------|
| 1 Phillips/Vessey | Umist |
|-------------------|-------|

Total entry: 113

## Spanish Slalom — Seo D'urgel *By Tony Tio*



RUSS WHEADON



IAN RASPIN



DAVE ROLAND

# **FREEBLADES**

**GOLD** men's K1  
**GOLD** men's K1 Team  
**GOLD** ladies' K1

Freeblades, the sole choice of Ladies' and Men's Kayak Slalom Teams at Merano, 1983.

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Northampton.  
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or 0604 27183