

# FEEDBACK

## SLALOM NEWS AND VIEWS

No. 9

APRIL 1984

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DAVE CARSON — Bolton C.C.  
Photo by Tony Tickle



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## INFO

### Slalom Entries

Slalom paddlers should all, by now, have received their 1984 yearbook, courtesy of the Post Office, the "stuffers" and the long-suffering Ranking List Compilers.

If you have not received your copy, the chances are that it was YOUR FAULT. Common failings are: moving after your last event last season and not telling anybody; not putting an address at all (e.g. c/o M.U.C.C.); or just plain illiteracy!

In 1985 the Post Office will not accept bulk mailings unless every envelope bears a POSTCODE. This means that if you do not include a postcode in your PERMANENT address, you will not receive a yearbook next year.

Please note also that if you are in Divisions THREE up to Premier you must obtain a bib from the relevant officer for your Division, and quote your Bib Number on ALL entry cards.

Thank you in anticipation of your co-operation.

MIKE CARTER

### Rapid Racing

The future of Rapid Racing will be determined in the next few weeks following discussions with the sponsors, Lowenbrau. David Goldstrom the director of the event has hinted that he would like to see a British Championship series and a European Circuit of races take place. Such moves may take a few years to evolve but in the meantime the Lowenbrau 500 series,

open to all canoeists, takes place with six events up to March in 1985. The first race is at Bala on the 18/20 May. If the recent Championship is anything to go by the organisation will be first rate and the racing itself, enjoyable and exciting. Why not have a go?

### Cancelled

Belvere Weir Division 4, scheduled for May 26/27 has been cancelled due to access difficulties.

### Foreign Tours

For those of you intent on seeking exciting water abroad the following two places may be of interest:

#### KARVOLAC N.W. YUGOSLAVIA

According to the brochure which came through my door Karvolac is a town with an ideal setting, lying at the confluence of four rivers - and within easy access of many more.

In canoeing terms the high point of this year is the International Canoeing Week, April 20-28 - yes we've missed it! This includes white water tours, and races as well as several slalom competitions. It sounds like fun, has anybody been before?

#### MEZZANA, VAL DI SOLE, N. ITALY

The site of international Slaloms over the past few years and an ideal place for an advanced slalom training trip. The river Noce affords several stretches of technical grade 3-4 and some sections of grade 5. A permanent 30 gate slalom course is hung from June until the end of August during which time there is good water for the experienced paddler. Facilities for camping are excellent and the hospitality of the tourist board and local people make Val di Sole a great place to paddle. This year a Class A International Slalom will

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be held on July 14/15 attracting many of the world's top paddlers.

For further information on either of these locations write to the editor enclosing s.a.e.

## Publicity

### YEAR OF THE LOCAL PRESS

We have made a good start to the year. My congratulations to all concerned. With the press cuttings which I have received I have begun a 'cutting book'. It has a special case and so can easily be transported to various slaloms. It will be at Grandtully, ask Pete Godfrey or Tony Tickle if you would like to see it.

### SPONSORSHIP

Many clubs do well with sponsorship - others not so well. Most of us have hangups about asking for money, but we are not asking for something for nothing we are offering a service - advertising. Firms which can give of their own goods or services are sometimes happy to do so.

Ribble Canoe Club ran a Division 2 event at Halton Rapids. The first time an event has been run on this site. They were lucky in that this is a site where it is possible to encourage spectators. They obviously did a very good job of the whole event, they were even given good weather, and were able to get some good sponsorship. This made the work put into the event all the more worthwhile since there was a greater return to the club. I list below some of the help they had in the hope that it will inspire and encourage other clubs to ask for help for their events.

Dairy Crest - their local branch of the Milk Marketing Board gave 200 pints of milk.

E. H. Booth, a local grocery chain sold them bread, bacon etc. at discount prices.

Zinc Park - a printing firm provided 100 free posters and also printed tee shirts at a discount price.

British Telecom - the local branch - gave 500 metres of wire for the P.A. System and loaned workmen's huts for the judges to use they also provided banners to put on the side of the river which helped to smarten up the event particularly for videos and photographs. British Telecom also donated £25 to the club. It is worth noting that British Telecom have a regional fund to sponsor events.

The club has also discovered that Lancaster City Council grant aid events and they will apply for help next year but unfortunately were too late for this year.

Ribble Canoe club wrote to the Mayor, the Town Clerk and the Parish Clerk and invited them to the event - they also informed the Tourist Board.

An information stand was constructed. This was smothered in as much information as they could find to cover it with. It proved to be a great attraction and very obviously much appreciated by the local, casual spectators.

### BRITISH SCHOOLS CHAMPIONSHIPS

This event has also received a lot of sponsorship including some perpetual trophies which have been donated by Volvo. Many firms have helped and advertising space has been taken up in the programme.

JENNIFER MUNRO

## Organisers Conference 1984

This article is only a brief indication of what was discussed and presented at the Slalom Coaching and Slalom Organisers Conferences held at the National Watersports Centre, Nottingham on 4/5 February this year.



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Full course notes are available for the Coaches Conference from BCU Headquarters price £1.50 inc p.&p. The theme was "Strength in Body and Mind" and the 57 delegates spent a very interesting and instructive weekend. The theme of the Organisers Conference was to discuss ways of improving and making Slalom events more enjoyable for paddlers, organisers and spectators.

Brian Tipper began by outlining the sort of training standards we could hope to achieve and reminded us that this year all ranking events must have a manual back-up. Tony Arrowsmith showed us the way system results could be collated in the future with the aid of computers. Thanks to IBM Tony will be offering a computer system at Premier/Div 1 events this season. He pointed out that computers are essentially an addition to a scoring office. Perhaps in the not too distant future judges on the river bank will be able to input penalties directly but at the moment the principal use of computers is for start lists, leader boards and results.

The session on the role of the Jury at Slaloms by Neville Unwin was most welcome. He showed us that juries are there to help the Organisers and not just to deal with protests. A paper on the role of the jury has been included in every event organisers' package.

Roger Fox introduced that perennial chestnut - judging and presented a very interesting and useful paper which hopefully will be published at a later date in Feedback. There will no doubt be criticism of the system to be adopted this year at Prem/Div 1 events where competitors will have to judge but at least the AGM voted to try something. In the past other suggestions have been thrown out with little consideration. The system is obviously not perfect and a working party of Prem/Div.1 organisers spent a long time at the Conference in producing a practical working system for Hambledon Slalom in March. Whether it succeeds or not will to a large extent depend on the co-operation

of competitors. The alternatives would seem to be continued shortage of judges, long hours judging and consequently poorer standards.

At the next session Graham Lyon appeared to talk to us about safety at slaloms, suitably (?) dressed in full canoeing gear plus flippers, snorkel, face mask, various throwing lines and rescue aids. During the course of his lecture he slowly divested himself of the various bits of paraphernalia and we were duly impressed when he finally stood before us wearing - a suit! (Various people present were said to be disappointed however!) One item of rescue equipment was particularly interesting - this being a long pole to pass a line to someone in a stopper - a bit more certain than the usual "heave-ho" method. He also raised the following points:

- a) Should there be a new specification for helmets to prevent the fairly frequent cuts to eyebrows and foreheads?
- b) Is the competitor who has just finished his run the best person to carry out a rescue, especially if he/she is a novice?
- c) The event organiser needs to identify the potential danger areas on his course and provide the necessary rescue equipment and personnel. All too often this problem is an afterthought at slaloms.
- d) Safety cover is often at its weakest during free or organised practice.
- e) As new and improved safety techniques and equipment become available how do we encourage clubs to use it.

On Sunday, Mike Carter put in a plea for the correct filling in of entry forms to help both organisers and mailing list compilers. The job of the rank list compiler is long and complicated

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and carried out by a small band of dedicated volunteers. Most of them use the BCU number as a primary source of identification especially where computers are used and in future the compilers will get tough with incorrectly filled in entry forms. He also introduced us to the new version of the entry form which is to be phased in gradually over the next few seasons.

Unfortunately I missed the session on "Publicity for and commentaries at Slaloms", being involved with a meeting to discuss the next Fosters International at Llangollen so I cannot report in detail. However it is becoming increasingly obvious that ranking Slaloms can and should be a public spectacle as well as a sporting event for the paddlers. Not enough is done to publicise the event, nor to provide on site information and results to the public, nor to provide the press with results after the event. Having talked to "members of the public" they are very keen to find out what is going on but are very often put off by the lack of information, programmes etc at competitions.

This is a very obvious area for improvement this year for all organisers and our thanks are due to Jennifer Munro and Albert Woods who produced some very useful suggestions for us during this session.

There is a new Slalom Organisers Handbook being prepared and some time was spent discussing it. It is much more detailed than the previous one but delegates felt it needed more headings and indexing. The author, Peter King, is carrying out this revision at present.

The final session was devoted to "More enjoyable slaloms" by Alan Edge and Jim Croft. Alan's article repays reading. Nothing he suggests is beyond the realms of possibility for a good organiser with a team of willing helpers. It should result in some excellent slaloms this year.

In conclusion delegates expressed regret that more organisers were not present. There were 36 at the conference representing some 27 national slalom events. Was your club represented? Does your club already run fantastic events. If that is the case you should have been there to give us lesser mortals the benefit of your knowledge and experience. If you run an averagely successful event there is still a lot to be learned and you should come to the next Conference. Thankfully there are not many events which are badly planned and run, but there are some. It is these Organisers above all that should attend these annual get-togethers.

If we are to improve the standard of slaloms it is essential that clubs send representatives to these Conferences. The price of £17.00 should not be beyond the budget of most clubs and it seems to me to be a legitimate and worthwhile way of spending some of the profits from slalom events. The National Watersports Centre certainly provides a very comfortable and modestly priced setting for the Conference.

Finally one worthwhile suggestion from one of the delegates was the idea of a prize for the club which runs the best slalom in 1984. The Slalom Executive propose to take this up and discuss ways of deciding the winner. Why shouldn't your club win it?

ROBIN PINNER

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Girls Under 15, and 18 and Under.  
C1, C2 and Teams plus Judges Event.  
With a Special Judges Prize for the 16-18 years old not at School.  
(Ages as on the 1st January 1984).
- FEES:** £2.00 Individual. £3.00 per Team. £1.00 Per Boat Scratch.
- Entries on a Slalom Card, with Date of Birth, and Cheques made out payable to St. Augustine Scouts Canoeing Account.
- Please note the classes for 18 years and under is only open to those in full time School Education, ie. 6th Form etc.. But not Polytechnic, or College, etc.
- Entries should be sent to:
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# INDOOR POOL SLALOM 1984 COMPETITION

### SATURDAY

#### Group 1 Regional

The men's K1 event was the first on the water and was dominated by equal runs of 50.7 by Peter Godfrey and Alan Heaume. The ladies took to the water in fine style and Ishbel Grant came out overall winner in a time of 62.2, being easily the fastest of the group.

Dave Janes and Rob Morgan had quite a battle in the C1 class with Dave just haying the edge.

The C2 event was dominated by Chris Arrowsmith and Paul Brain who beat Rob Morgan and Martin Deacon by a full 8 seconds to go through to the final.

#### Group 2 Regional

The two Scotsmen showed the field what this was all about, and having defeated Brian Noble and John Hansell, both Tony Leaver and Keith Brown were through to the final. Tony being the first paddler under the 50 second barrier with 49.6 clear.

The ladies were unable to catch Helen Bradshaw, who, after a good paddle off with Claire Pallett, came out the winner by 2 seconds.

Rob Black and 'Bluebell' Munro were the only C1's under 60 seconds and they had a very exciting knockout in which 'Bluebell' came out the winner.

After having a bye into the next round Henry Edwards and Robin Stonestreet, in the C2 class ended up the winners over Paul Warner and Russ Wheadon but unfortunately with a time of 64.7 they were not fast enough to make the final on Sunday.

### SUNDAY

#### Finals

Here we had a completely different course expertly set by John MacLeod, so nobody had paddled it before. A quick practice and we were off. The audience already filled to capacity. The men's K1. First



PAUL McCONKEY

Another victim of pool slalom ace Russ Smith  
Photo by Tony Tickle

on Russ Smith against Paul McConkey. Paul soon realised what he was up against as Russ turned at the half way stage, just in front, and eventually pulling out all the stops to win in 55.2 clear. This was the new target to aim for. Next Tony Leaver against Pete Godfrey, and Tony must have had his porridge because he left Pete standing, and although Pete put up a good fight, Tony came through in 56.9. Now Roger Manwaring and Alan Heaume, could the regional paddler win through? both had clear runs with Roger winning 2.2 seconds faster. Spike Gladwin and Keith Brown, could the power of the Scots be kept at bay? No, Keith just pipped Spike by 0.1 of a second, but what a race. So, Russ, Tony, Roger and Keith for the final knockout. Russ again putting the



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power on and winning over Tony in the fastest time yet of 54.5. Roger could not hold the Scots power of Keith who won a tremendous battle by 0.4 of a second. So, the two left, Russ and Keith, the excitement was almost at fever pitch, could Keith be the first one to beat Russ, would Russ, who had paddled immaculately up to now, hit a pole and have some penalties. Off they went, powering down the course, the audience on their feet, this was canoeing at its best and the tension was electric, they were neck and neck at the turn, gradually Russ inched ahead and just made the finish line first - no penalties for either paddler - so Russ had won in 55.6. Fantastic ... Ladies next, Liz Sharman/Radford against

Ishbel Grant, and Claire Pallett against Gail Allen - Helen Bradshaw who had qualified, had dropped out, so Ishbel with the next fastest time was in. Liz was determined that Ishbel would not show her the way home and in an exhibition of paddling and despite a tremendous effort by Ishbel she was unable to catch Liz who came in with 63.1. Claire and Gail set off at a fast pace, but Claire was just not quick enough to catch Gail who finished in 65.6. Next the final, could Liz be beaten? did Gail have the power?? Again the audience was on its feet. Liz was going like a rocket down the course and Gail almost catching her, but a final sprint meant that Liz had done it in 60.7 with Gail 63.4 + 2 penalties.



ARROWSMITH/BRAIN  
Regional Champions



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The men again, C1's, Dave Janes, who earlier had won over Rob Morgan in a paddle off, was drawn against Martyn Hedges, and Rob Doman against 'Bluebell' Munro. Dave and Martyn started off like a pair of paddle steamers and were almost level at right up to the finish, but as luck would have it, Dave had taken a gate the wrong way and was disqualified, so Martyn through in 62.6. Next Rob Doman and the pride of Scotland, 'Bluebell' Munro. One rarely sees two top class paddlers tearing down the course in the way that these two went, again the audience were treated to an exhibition of skill and power, superb, eventually 'Bluebell' just pipping Rob at the post by 0.1 of a second. So Bluebell against Martyn for the final.

Could 'Bluebell' pull it off for Scotland, and did Martyn have enough left to tackle another challenge. Again fantastic paddling neck and neck all the way to the turn and down the home straight blade for blade Martyn just pulling the last ounce of muscle power to go over the finish line first. The tension was nerve racking, any penalties ... no, Martyn had won, in 62.6 with 'Bluebell' 1 second slower. The C2's, Eric Jamieson and Rob Williams against Pete Keane and Mark Wolkenstein, and the regional champs Chris Arrowsmith and Paul Brain against the Smith brothers. Pete and Mark started off in grand style, but the power of Eric and Rob managed to catch them up by the half way turn, and once again the audience were on their feet, could Eric and Rob do it??

Powering down the second half of the course neck and neck, and eventually going through the finish with exactly the same time, Eric and Rob clear, Pete and Mark with 4 penalties, so Eric and Rob through. How could the young regional pair do against the far more experienced Smith brothers. The audience were really keyed up by now. Chris and Paul had a bad start but by the half way turn they were neck and neck, power plus down the home straight and, fantastic, Chris and Paul at least a second in front crossing the finish line, but tragedy, the judges showed a 2 second penalty for Chris and Paul, and clear for the Smiths. So the last final, Eric and Rob against Mike and Andy. The semi-final had taken so much out of Mike and Andy, and Eric and Rob pulled into the lead by



ROGER MANWARING — Knocked out by Keith Brown in the Pool Slalom Semi-Final  
Photo by Tony Tickle

half way, the Smiths would not give up, despite a desperate effort Eric and Rob cross the finish line first in 65.8 clear, well ahead of the Smiths.

So, really fantastic paddling with a packed to capacity audience, and the winners were:

Men K1	Russ Smith
Ladies	Liz Sharman/Radford
C1	Martyn Hedges
C2	Eric Jamieson/Rob Williams

Thanks go out to all those who made the event possible and specially to Albert Woods whose excellent commentary and impeccable starting was second to none, ably assisted by Roger Annan, John MacLeod, George Radford and Alan Edge.

Thanks also to all Judges and assistants for your invaluable help, not forgetting the Crystal Palace staff for their co-operation and understanding.

Tim Rusden  
National Organiser Indoor Pool Slaloms  
February 1984



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# FLEXIBILITY AND CANOE SLALOM

### PART ONE - INTRODUCTION

It is common knowledge that before taking part in any sporting activity one should warm up. Few people, however, actually stop to think about what actually is happening to them as they wave their arms around like a windmill in an attempt to "stretch".

Flexibility is one of the five main components of physical fitness; the others being cardio respiratory endurance, muscular strength, muscular endurance and body composition. In order for a person to be totally 'fit' a good level of proficiency is needed in all these areas.

The content of a flexibility programme for sports performance depends on the nature of the specific activity. However, the general aims of flexibility training include the following:

1. To promote effective, unrestricted movement thus promoting improved athletic performance. For example, in order to perform an efficient sweep stroke a high degree of trunk rotation and shoulder mobility is necessary. If the amount that the trunk will rotate is limited, the stroke may lack power, or, an alternative yet possibly inferior stroke may become habitual.
2. To prevent injury  
It is generally accepted that adequately flexible athletes are less prone to muscle tears and straining. It has also been found that good flexibility around joints such as the shoulder helps to prevent over use injuries.
3. To facilitate skill learning  
Without adequate flexibility learning some skills becomes impossible, or at least the speed of acquisition and subsequent perfection is delayed, for

example, a backward walkover in gymnastics or a powerful bow rudder in slalom.

4. Flexibility is an important factor in the prevention of unwanted postural changes, which result from muscular tightness. Slalomists for example, rely greatly upon the strength of the shoulder adductors, protractors and extensors strengthening these muscle groups without employing flexibility exercises could result in a severe limitation of joint mobility as a result of muscle hypertrophy.

Of all the components of physical fitness, flexibility is the easiest to improve. If stretching is carried out 10-20 minutes per day, and via safe methods; rapid gains in mobility can be obtained. BUT, stretching must be regular for as quickly as flexibility is gained, it can be lost.

#### When to stretch

Stretching exercises should be an integral part of an athletes warm-up and cool down sessions. This is because muscle elasticity depends on the degree of blood within the muscles. Hence, cold muscles with a lower saturation of blood are more susceptible to tears and strains. As De Vries (1980) found, research relating to the affect of performance in relation to muscle stiffness is limited because trainers and athletes do not want to risk a serious injury.

De Vries also states the benefits of stretching during the cool down phase of exercise. This is because stretching exercises are generally relaxing and important not only for maintaining flexibility but also for preventing muscle soreness. The gentle movement of the exercise aids the dissipation of lactic acid from the muscles.



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### How to Stretch

There are three methods of stretching generally employed, each has its own merits and problems.

The first method is the static stretch which is defined by De Vries (1962) as where 'the individual moves slowly to the end of the range of motion to a position of slight discomfort, holds the stretch for several seconds before relaxing'.

Several recommendations exist supporting the idea that the slow static stretch is the safest method.

Rathbone (1959) stated that 'the static stretch, such as those found in Hatha Yoga, are most desirable to avoid the myotatic stretch reflex'. The stretch reflex is a protective mechanism of the neuromuscular system which is activated when a muscle is stretched too far. Rushing a stretch too far or bouncing up and down strains the muscle and activates the stretch reflex.

The second type of stretching employed is ballistic which involves the individual 'bouncing or repeatedly and forcefully moving the joint to the extreme of motion' (Humphrey 1981). Stafford and Kelly (1958) found that though the rebounding stretch was distinctly effective, they suggested caution in the use of


jerking motion because of the potential for this technique to stimulate the stretch reflex thereby causing sharp contraction of the muscle being stretched.

As well as causing pain, this method can cause physical damage due to microscopic tearings of muscle fibres. Such tearing may lead to the formation of scar tissue which preceeds a gradual loss of elasticity and muscles become tight.

Proprioceptive Neuromuscular Facilitation (P.N.F.) is a technique in which a partner offers resistance to a muscle group thereby setting up an isometric contraction. Subsequently, the contraction is reversed to the opposing (antagonist) muscle group, therefore stretching in the desired direction. This is quite a sophisticated and advanced technique and one not generally recommended to people without proper training as the muscle or joint can be overstretched by an enthusiastic partner. When done correctly this method of flexibility training can lead to 'a greater lengthening of the connective tissue surrounding the joint as it is under the dual stretch of internal isometric contraction and external lengthening.'


The next issue will include practical examples of different flexibility exercises.

DEBRA LITTLEHALES




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# HAMBLEDON SLALOM



DAVID MAWER — in action at Hambledon Weir Bucks

The most notable feature about this year's event was the weather. Heavy rain caused the Thames to swell by two feet over the weekend and caused the abandonment of the second runs in the Division One events on Sunday.

Only excellent work by local lock keepers kept the water level down on the Saturday but even the Premier Division were affected as many poles had to be adjusted and problems were caused by a stopper on one of the sluices. The difficult conditions were reflected in the results - only 2 out of the top 13 Premier K1 were clear, the best run of the day coming from Russ Smith of Tees with a time of 207.43. With a few of the top names absent the results list had a refreshing new look at the top end.

Mike Druce, Bumble Knight and Melvyn Jones all paddled well to finish 2nd, 3rd and 4th ahead of Manwaring and Dolan thus setting the scene for an exciting clash in the selection events when Fox, McConkey and Jayes will also be present.

A major surprise was caused in the Premier K1 Ladies event as reigning World Champion Liz Sharman finished only third. She was pipped by Gail Allen (Ambleside) with a 2nd run score of 230.68, some 15 seconds ahead of Jane Roderick (Stafford and Stone) in second place with 246.18. Sharman paddling with a heavy cold had a time of 249.78.

There was almost another upset in the C1 Division One event as Bob Doman held the lead from Martyn Hedges after 2nd runs. However, Hedges successfully protested a 50 second penalty to take the event with a score of 233.5 to Duncan's 238.4. Les Williams took third spot with 246.95.

Jamieson and Williams comfortably took the C2 event by 19 seconds from Keane and Wolkenstein, Arrowsmith and Brain from Stratford edged out Smith and Smith for third.



STEVE HARDMAN — Victim of the Weir Sluice  
*Photo - Maidenhead Advertiser*



## FEEDBACK



PAUL KAVANAGH — London Univ.  
21st Division One K1  
*Photo by Maidenhead Advertiser*

Division One competitors must have mixed feelings about the event. The Kayak event winners Christopher Jones and Kim Turner both returned home with maximum points while others, like Steve Hardman pictured here can only ponder on what might have been had second runs taken place.

### K1 men premier

1	R. Smith	Tees	207.43
2	M. Druse	Stafford & Stone	211.48
3	B. Knight	Bury St. Edmunds	214.12

### L1 LADIES

1	G. Allan	Ambleside	230.68
2	J. Roderick	Stafford & Stone	246.18
3	L. Sharman	Bury St. Edmunds	249.78

### C1

1	M Hedges	Windsor	233.50
2	R. Doman	Chalfont	238.41
3	L. Williams	Tiverton	246.95

### C2

1	Jamieson/Williams	Wey	237.56
2	Keane/Wolkenstein	Pacifists	256.08
3	Arrowsmith/Brain	Stratford	268.52

### K1 MEN DIVISION 1

1	C. Jones	Carlisle	214.69
2	G. Outhwate	Stafford & Stone	216.34
3	E. MacGregor	Gloucester	219.58

### TEAM Simpson/Currie/Delany

Sky

### K1 LADIES

1	K. Turner	Manchester Univ.	296.92
2	L. Jackson	Shepperton	341.74
3	J. Walker	Fife	346.49

### TEAM Jackson/Stock/Haworth

Shepperton

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## FEEDBACK

# FEEDBACK

## Buoyancy Aid Test

BCU Rule 23 (b)

Each competitor must wear a buoyancy aid comprising a jacket or vest worn about the upper Torso. The buoyancy aid must have a minimum of 6 kg (13½ lbs) distributed front and back. (Note that from 1st of Jan. 1986 only buoyancy aids marked in accordance with the BCU/BCMA standard will be acceptable).

The introduction of the BCU/BCMA standard has already occurred, and so I hawked around the exhibition to get as many samples as I could. Those that I got are tested below. These aren't the only BCU/BCMA tested Buoyancy Aids - others are available from manufacturers. The standard itself is designed to ensure that the buoyancy level is up to the minimum required by the rules and that the construction is satisfactory. What this means for the Slalomist, of course, is that a new Buoyancy Aid will soon be needed. With this in mind Feedback has taken a look at some of the available Buoyancy Aids, with particular reference to the problems of the slalomist. Attention has been paid to shaping, fit, softness, durability of construction, price, and just in case you should fall in, how you float in it!

### SPLASHSPORT'S CHALLENGER

A good deal of thought has been put into the design and manufacture of this buoyancy aid, and in terms of shaping this is the most advanced buoyancy aid I have seen. Designed to fit close to the body, it has shaped and layered foam, with the edges thinned down to cut the chances of catching, and also to increase flexibility around the arms and chest. The buoyancy aid is pliable where it needs to be, yet has substantially more than the minimum

buoyancy required. (A tip: the foam deteriorates quite a lot - up to 8% in its initial use, so a buoyancy aid that was close to the limit when you bought it may deteriorate and fail the test after just a few weeks use). A "stomach" strap with a push clip holds it tight around you, while the waist has a draw cord (which I discarded). Well made, it has been extensively used with no signs of damage (yet). In the pool test it was the easiest buoyancy aid to swim in by far. Perhaps the best testimony to this buoyancy aid was the struggle I had to get it back from the people who borrowed it.

RRP £21.50  
from Splashsport

### WHITEWATER CENTRE'S SLALOM X

This is the W/W Centre's Standard slalomist's buoyancy aid. The label announced 6.1 kg of buoyancy, just sufficient to pass the test. In terms of shaping it is fairly simple, essentially slightly shaped blocks of foam front and back. It was reasonably close fitting to the body and didn't jut out too far on the back edge toward those close poles! It was fairly pliable, but, being basically the same thickness of foam all over, didn't seem as flexible over the chest as it might have been and impeded the arms a little. It was well put together and survived a week of Group use on the Tryweryn with no visible damage. A neat little sliding plastic clip on the waistline draw-string saved a lot of retying of knots, and, when I jumped into the swimming pool in it, it stayed around my body rather than riding up around my ears.

RRP £20.70  
from White Water Centre  
and other stockists

### DERWENT

This buoyancy aid was used by 5 or 6 paddlers, all of whom had the same verdict - too bulky! It had plenty of buoyancy - easily passing the test



# FEEDBACK

and with room for deterioration of the foam, but it was not well distributed. The main complaint was of excessive length in the body, causing it to rub under the throat. However it was cut away around the arms enough not to impede the stroke, and was pliable - perhaps because it seemed a thinner foam over a wider area. It was close fitting to the body, but lacked the shaping on the back edges to avoid jutting out toward the poles. Again, no problems with the standard of construction, and the sliding clip saves time and frustration. For the colour conscious, it is reversible in blue or black, depending on how mean you want to look. In the pool test, I floated in it OK, but had trouble swimming on my front.

RRP £20.95

from Derwent Canoes and other stockists

## Feedback Star Rating

	W.W.C.	S/Sport	Derwent
Shaping/design	****	*****	***
Buoyancy	**	*****	****
Comfort	***	****	**
Construction	****	****	****
✓ for M.	***	****	***

## Sportsmate DX 12 Channel Timer

I have been using one of these stop-watches for a couple of years now as it has proved an invaluable part of my coaching equipment. Basically it is a 12 channel timer with memory and is about the size of a normal calculator. It has six functions, of which 2 are very appropriate to canoe slalom.

### Mode 3

This is a 'split' function which can take and memorise up to 12 separate

lap splits. An accumulative split can be obtained at any point you wish, finishing obviously with a total running time of the "run" in question.

### Mode 5

This provides up to 12 separate channels which can be finished in any order. Very useful when you have say 6 paddlers and you want to time them in quick succession. Again all times are memorised.

There are 4 other functions which are not as relevant, including mass start and countdown function. It can also be used as a simple START/STOP stop-watch.

### Advantages

- Times are easier to take and record and enable the coach to spend more time watching.
- Lap times are especially easy to take and provide really useful feedback to the paddlers quite rapidly.
- With a scribe the Sportsmate could be used either to run a slalom or as back-up timing.

### Disadvantages

- Heavy on batteries - battery charger essential.
- Sometimes the L.E.D. display is difficult to read in strong sunlight - not much of a problem in G.B. however!
- There is a strong tendency to be too ambitious and have lots of information but no explanation. A scribe can overcome this.

All in all if used sensibly it is a must for coaches/paddlers alike.

A. Edge

Coach to National Ladies Team

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8 High Park Drive, Bradford BD9 6HS  
Phone: 0274 487755 for details.



# HISTORY OF SLALOM. PART 1 1932-1958

When looking into the history of Slalom Canoeing, there is only sparse documentation of the subject. The most authoritative writer on the subject is W.T. Endicott, who, as author of the "River Masters", has carried out more research into the area than any other author. Endicott gives an international perspective, covering the history of the World Championships.

For information on the development of Slalom in the British Isles, a series of articles in "White Water" magazine are the main source of material. Combined with the reference material, information gained from interviews with Endicott and Maurice Rothwell (Chairman BCV Slalom Committee 1948-1971) have been used to formulate the following section.

The first competition to take place on white water was not slalom, but White Water Racing. This first race took place in Germany on the River Isar on the 16th-17th of July 1921 using fold boats. The first slalom race of any type was held in Switzerland on Lake Hallwyl in 1932. The first slalom was held in placid water and so cannot be claimed as the direct precursor to the modern White Water Slalom which was held on the river Aar in Switzerland in October 1933. Following the success of this event and subsequent similar competitions, the Swiss held a National Championships at the same site.

These first slaloms in Switzerland displayed a strong resemblance to Ski Slalom rules which belies the sports real origins.

For the first slalom competitions, the competitors had two timed runs on two separate courses of 500 metres, the scores of the two being added together. This strong similarity

with ski-slalom is not purely coincidental. Despite the lack of documented evidence to support the proposition, it is widely spread amongst authors that Canoe Slalom was developed by Skiers as a sport they could practise during their "off season".

The scoring system was very complicated for these early Swiss Slaloms. Endicott (1979) writes:

"The person with the fastest time was given 100 points. Poorer times were penalised by subtracting points from 100. A light touch on one bouy cost one penalty point, a heavy touch cost as much as three points. Subjective judging no self respecting gate judge would want to try today."

The following year, the first Slalom to be held in Austria was run by the Isber Kayak Club of Vienna. The rules of this Slalom were much more akin with those we use today, with penalty points being added to running times, and coloured poles suspended over the river to mark the course. This difference between the Austrian and Swiss rule caused controversy as to which set should be used for international competition.

The first International Slalom took place in Zwickav in Germany during May 1937 with other internationals also taking place that year in Switzerland and Austria. This same year local Slaloms began in Yugoslavia, Czechoslovakia and Italy.

Slalom in Great Britain started later than in Europe, probably due to its' isolation from the European canoeing fraternity. The first British Slalom was held at Trevor Rocks on the River Dee near Llangollen over Whitsun in 1939.

Slalom canoeing was introduced to Great Britain by an Austrian called Franz



## FEEDBACK

Shulhof, who was working in London. Shulhof provided the technical expertise for the slalom, along with a group of his fellow members from the Royal Canoe Club. Manchester Canoe Club organised the on site arrangements. This first slalom was very successful, reported in the "Canoe and Small Boat" as being "An outstanding success held by Sun and Surroundings".

The approach to the competition at this early slalom was very much recreational and in the true amateur spirit. As film of the competition shows, gates were made from broom handles and the competition was entered into in a light hearted manner. The rules used were complicated and appeared to be more similar to the Swiss System, with both runs being added together and penalties being based on a formula related to the fastest time. According to Maurice Rothwell, present at the time, very few of the competitors understood the system of scoring.

War broke out in the autumn of 1939, at first this did not put a stop to Slalom in Britain. Many people of canoeing age signed up for the armed forces, but those who stayed continued to spend their recreation much as they had in peace time.

The second Slalom in Britain was held at Ludlow in Shropshire on the River Teme at Easter 1940, this was combined with the annual touring meet of the B.C.V. This Slalom was won by Hans Renold who, in 1932, in founding Manchester Canoe Club. Later that year the war became more intense and canoeing almost completely stopped.

The activities of Manchester Canoe Club resumed after the war in 1945, they predominantly were interested in touring but had plans for a Slalom at Tymaen Island on the Welsh Dee in 1948. Post war Slalom was restricted by petrol rationing as, although many competitors travelled by train because of folding boats, the equipment for organisation needed to be carried out by car.

During the summer of 1948, the Olympic Games were held in London where the

meeting of the I.C.F. was held. At this meeting the BCV was asked to appoint a representative to the I.C.F. Slalom Committee. By virtue of being one of the few people involved in British Canoeing who was actively promoting Slalom at this time, Maurice Rothwell was appointed, although absent from the meeting.

The following year saw the first official World Championships in Geneva. There is some controversy over whether this actually was the first as the Swiss had organised an International in the summer of 1947 which was denied official recognition although it was billed as the World Championships.

A British team was selected for the first official World Championships at a competition at Plas Berwen on the Welsh Dee. Endicott (1979) states that:

"The 1949 course was absurdly short and easy by todays standards, although, at the time it was considered difficult because of the unwieldy boats then in use".

Endicott tries to compare the levels of performance in 1949 with those of today. He goes on to propose that:

"By todays standards, there were big gaps between the racers scores. A few people at the top trained hard, dominating the week enders".

The Championships in Geneva were attended by only seven nations and 81 competitors. A modern World Championships is attended by over twenty nations and more than two hundred competitors.

The nineteen fifties were to see the sport establish itself as an international sport, developed in status through improved techniques and attitudes. The main influence and innovation of the 1950's came with Milo Duffek. The story of Milo Duffek and his contribution to Slalom is well documented by Endicott in his book "The River Masters". Endicott reported that Duffek was the inventor of the "Duffek Stroke" or as it is known in Britain the "Bow Rudder". This stroke is now the fundamental stroke of the Slalomist and is used in various forms to facilitate tight and accurate turns.



## FEEDBACK

The other aspect of Milo Duffek's Slalom career was his remarkable act of deliberately disregarding the chance to become World Champion in his quest to defect from his native Czechoslovakia. As a result of his superior technique, Duffek was favourite to win the championships in 1953, he realised if he won he would be conspicuous and unable to gain his freedom. Instead, he made a deliberate error by touching Gate 14 incurring a 100 second penalty. By coming well down the field Duffek was able to escape without being noticed and left the Championship with the Swiss Team.

At this time in Britain the standard was lower than that of the Europeans. With infrequent contacts with the continent, new techniques were slow to be learned. During the early 1950's many Slaloms tended to be cancelled due to lack of water and organisational problems.

During the later half of the 1950's Slalom in Britain began to expand. The first Slalom divisions were formed; Division One, Two and Novice. In 1955 there began a series of televised Slaloms which were broadcast live. The profits from the television were used to subsidise international teams, this lasted up until 1958. This type of publicity is only now beginning to re-appear.

Despite the subsidies to international teams they were largely self-financing. As a result of this members had to be well off to afford to represent their country. Up until this time very few slalomists in Great Britain could do an Eskimo Roll and felt that it was a gimmick rather than a useful safety skill for White Water. The first Britain to realise the importance of rolling in Slalom was Bill Horman, a member of the Great British Slalom Team in the 1950's. Discussing his return from an international in 1952, Horsman (1979) writes:

"There, all the continentals were rolling in the rough -

even their ladies. I came back and took my rolling Kayak out under a weir and persuaded myself I could do it."

Horsman was the first to roll in a Slalom competition in Great Britain and within two years rolling was widely accepted. Part of the impetus for the development of rolling in the late 1950's was as a result of British paddlers' Meeting with the German Champion Seidel. As a result of this, and disappointing results at the 1953 World Championships, Oliver Cock was appointed as British Team Coach. The team position at World Championships improved steadily from then on, and culminated in Paul Farrant winning the 1959 World Championships in Geneva. Farrant was the first Briton to apply himself totally to the task of preparing to win a World Championships.

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## FEEDBACK

# ISO KINETIC TRAINING

### INTRODUCTION

Top level British Slalom paddlers have used isokinetic training equipment extensively over the past few years, particularly during the winter. The main purpose of this type of training is to build strength and power in the specific movements involved in slalom canoeing. Extensive research has shown that isokinetic exercise probably is the most effective method of training for improved strength and that the transfer to sporting activity is excellent.

How does it work? Simply, an isokinetic machine produces a resistance to match any force exerted against it, thus accommodating the varying strengths of muscle throughout a movement. In a truly isokinetic device the speed of movement is held constant to the pre-set speed on a regulating dial or lever. This makes it possible to develop fast powerful actions or slower types of strength according to the demands of a particular sport.

The type of equipment commonly used for canoeing consists of a pair of machines mounted on a wall facing a bench which is fitted with a footrest. The isokinetic effect is achieved by pulling a rope handle which forces a centrifugal governor to spin and apply pressure to a clutch. The more force exerted, the faster the governor spins and the more pressure is applied to the clutch plates.

The most direct advantage of this type of apparatus when set up is that it is possible to exert force at any angle so that all kinds of paddling strokes can be simulated. The speed regulator makes it possible to work at stroke rates that are similar to those used in competition and the principle of accommodating resistance, which enables one to work maximally throughout the range of movement, helps

create an intensive and highly specific form of land training for canoeing.

One of the disadvantages of isokinetic equipment is that there is generally no real indication of the amount of work accomplished during an exercise bout. For this reason high levels of motivation are required to ensure that one is working at maximum. With no accurate feedback and human nature being what it is we never work as hard as we think we do!

To help evaluate the effectiveness of specific isokinetic training programmes and to investigate a relationship between power and performance some form of quantification is necessary. This is available in an apparatus developed by American Swimming Scientists, called Biokinetics. The name literally means life-speed and refers to the unique characteristics of an accommodating resistance device which closely reproduces the acceleration patterns common to human movement. The biokinetic machine is also equipped with an accumulative work readout system which records in kilopondmeters the amount of work an athlete completes for a set of repetitions. From this power (work per unit of time) can be computed. The purpose of the study was firstly to investigate the relationship between arm power and slalom performance, and secondly to evaluate the effectiveness of isokinetic training as a method of increasing power for slalom.

### METHODS

A total of ten paddlers were involved in the investigation, nine male and one female. The subjects ranged in ability from a newly promoted member of Division One to World Class competitors. The first test took place one week prior to the British Open Championships and at this time paddlers were considered to be in a relatively high state of training.



# FEEDBACK

A measurement of individual power was made using a biokinetic device adapted for canoeing. Subjects were tested on a selection of exercises which were designed to simulate major stroke actions and physical demands of slalom canoeing.

An overall figure of power output in kpm/min, was obtained for use in the results by dividing the total work completed by the time taken for each exercise.

Later the same day, paddlers completed a selection of tests on the slalom training course on the River Trent at Stone in Staffordshire.

The most significant component of the test was a timetrial over 3 laps of a 60 second circuit. The course design was intended to reproduce the major technical demands of a slalom course as well as simulating the physical nature of heavier water by incorporating an upstream sprint in each of the three circuits. Penalty touches were not included in the long course score since it was felt that this could obscure the true speed of the paddlers, and so prevent an objective comparison between power and paddling performance. A fixed start order and start times were used to create a simulated competition situation.

One week following the first testing session paddlers competed in the British Open Championships at Llangollen in Wales. The best score in seconds excluding penalties from this event was used as a basis for comparison with performance in the land and water tests.

An isokinetic training schedule was issued to all paddlers to be carried out alongside their other training. It was recommended that two sessions be done in the first week and three in subsequent weeks for a six week period. The sessions were of varied content to provide a general training stimulus which was appropriate to the beginning of the winter training phase.

Session 1: Strength/Power  
(Medium speed setting)  
3 sets of 15 reps. on the following exercises approximately 45-60 secs. rest, increase sets to 4.

Forward pulling, reverse sweep, straight arm pullover, bow rudder, forward pushing, forward sweeps.

Session 2: Endurance  
(Fast speed setting)

Pulling: One set, 30 secs on 30 secs. rest x 8 increase to 10 x 30/30, 8 x 45/30, 10 x 45/30, 8 x 60/30, 10 x 60/30.

Pushing: 30 secs. on 30 secs. rest x 5 increase to 45/30 x 5, 60/30 x 5.

Session 3: Power Endurance  
(Medium Fast Speed)

1 set only on each exercise to the specified number of reps, then repeat two burst of 5 repetitions with one second only rest. The aim is total exhaustion on each exercise!

Reversing	30	reps
Sweep	30	reps
Bow Rudder	30	reps
Pushing	60	reps
Pulling	90	reps

The apparatus used for the training programmes were models of the mini-gym 500, available from Isokinetic Equipment Limited and for a short period two machines supplied by Marsport UK Limited.

A second power test and water test was conducted seven weeks after the initial test and six weeks of training. Subjects were tested according to the same procedure and in the same start order both in the gym and on the water. It



# FEEDBACK

should be noted that the water level in the River Trent was lower for the second test.

## RESULTS AND DISCUSSION

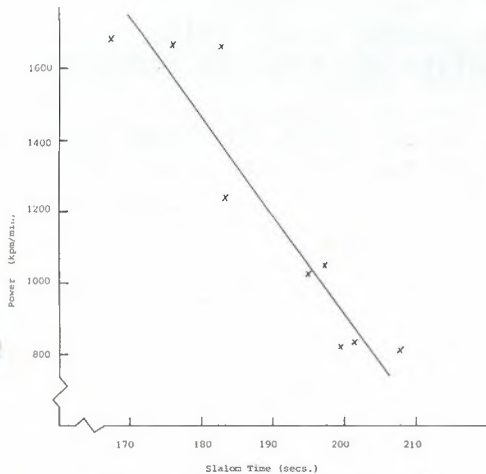


Figure 8 : The relationship between power output (kpa/min) and slalom performance (secs.)

The results of this experiment show that for this group of paddlers the highest scores on the power test were also the fastest in competition. The correlation coefficient of  $r = -.87$  demonstrates that the power component of slalom paddling is of great importance at this level. The isokinetic training programme proved effective in improving arm power by an average 10-65% (range = -4.9% to 37.3%). However, the extent to which increases in arm power were reflected in paddling performance is unclear. Statistically, there was no significant change in paddling speed.

It was noted that some paddlers did little canoeing between the tests and despite an improvement in power output through isokinetic training they produced a relatively poor performance on the second water test. It would have been advantageous to have controlled the water training of the group between the tests more closely. In the event it is not appropriate to attribute changes in paddling performance solely to isokinetic training.

In addition it should be noted that the scores recorded for competition performance and water test performance were exclusive of penalties which obviously play a major part in

determining the results in a competition. The varying technical demands and inconsistent environment also make it difficult to suggest that increases in power output would result in improved paddling performance.

Despite these limitations and the problems faced in providing a consistent water test environment the results support the feeling that for high level competitors isokinetic and biokinetic training can provide increases in power which are relevant to canoe slalom.

The extent to which isokinetic training is incorporated into the overall programme is dependant on many factors such as age, ability and commitment; cost is another obvious factor. It must be remembered that technical ability is the most important aspect of slalom performance and thus the greatest proportion of available training time should be devoted towards learning and conditioning skills in slalom gates in as many situations as possible.

When increased strength and power is thought necessary, isokinetics can provide a complimentary form of training, particularly during the winter. The frequency of training sessions is optimal at three per week, but this will vary according to individual circumstances. Examples of different sessions are shown earlier in the paper. Younger and inexperienced paddlers starting an isokinetic programme should incorporate some general strengthening exercises to complement those simulating specific strokes. It should be noted that the benefits of isokinetic training are most readily apparent when one works at maximum intensity and to ensure that a high level of effort occurs the encouragement of training with a partner is recommended.

R. FOX

References available on request.



## FEEDBACK

# FEEDBACK LETTERS

### Medals and Shields Have we got it right?

Dear Feedback,

Last year was proclaimed the Year of the Novice. Unfortunately this was not reflected in the prizes given by the majority of Clubs at the many slalom events that took place during 1983.

The ages of competitors in the lower divisions are falling; keenness and enthusiasm are becoming more interwoven with technical skills. However, although disappointment is universal, a feeling that we all experience at times, where should disappointment end and encouragement begin? Towards the end of last season I saw three youngsters aged about 11/12 yrs miss 1st Novice team events by 1 sec. There was no second prize even though there were 11 teams! I was also present when a C1 Junior had fastest overall Junior time; 'sorry, C1's don't qualify ...' this lad came second in the C1 event; there was no second prize. I asked various Clubs throughout the country to provide a list of prizes/medals given at lower division events. Generally speaking, the above examples were reflected in the survey results. Perhaps the time has come for Clubs to re-assess recognition in the lower divs; this could be done in the form of medals/certificates or better still, equipment, Club T shirts etc.

Our sport is a growing one, let's encourage youngsters to grow with it. Come on, Club committees, put this item on your next agenda!

Chris White

### Registration of Pleasure Craft

Dear Feedback,

It has come to my attention that the requirements to register vessels with this Authority before they are used on River Thames is not being observed by some canoeists visiting the Hambleden Weir site.

I should point out that the maximum penalty for this offence against the Thames Conservancy Acts has recently been raised to £200 and ask that you bring this matter to the attention of any persons who are likely to visit the Thames in the future.

Any enquiry regarding the registration of craft should be made to:

Director of Finance  
Thames Water  
Income Section  
Nugent House  
Vastern Road  
Reading, Berks RG1 8DB  
Telephone: Reading 593300

Barry King

### Hambledon Slalom

Dear Feedback,

I can hear the shouts already! Hambledon is not a site for Premier and Div 1 events.

The Hambledon Premier and Div 1 event which was held on 24/25 March suffered from a rapid rise in the river level on the Sunday. The result of which was the event had to be abandoned after the Div 1 first runs. I am sure that this will fuel the argument that Hambledon is not a suitable site - but is this fair?

I would like to congratulate the organiser and his team who worked hard on Saturday to keep the event running and their valiant efforts on Sunday when they were stretched to the limit until the event was stopped. The curtailment of the event can be no reflection on the organiser or the site. All sites used for Div 1



## FEEDBACK

and Premier events are subject to acts of God. There is no call for the Tryweryn site to be done away with when the water is switched off!

So please when it comes to looking at the use of the Thames Weirs let us look at their suitability as a site on the basis of good water conditions.

Dave Morgan  
Buttershaw Upper School C.C.

### Eric Totty Retires

Dear Feedback

After 31 years of organising and running the Leven Wild Water Test it was a difficult decision to take - to make it the last one - but a time must come, sooner or later, when such a decision has to be made.

It has all become increasingly demanding on time - on time which could be spent more enjoyably in active canoeing, for whatever I have done in the past I can still do now, though not necessarily with the same headlong abandon of youth.

I have just had a thank you letter from a competitor expressing thanks "for your help and time in organising such an enjoyable event". This is typical of other letters received. In this largely ungrateful age, when so much is taken for granted, a few participants are never slow to appreciate and acknowledge, either by letter or by word of mouth, the voluntary help they receive whether in competition or for the organisation of a simple cruise. Such expressions of appreciation have always been most welcome and they make one's efforts seem worthwhile - as every organiser will agree - and I should like to thank them for taking the trouble to express themselves in this way.

ERIC TOTTY

I'm sure we should thank Eric for his great contribution to canoeing. Happy paddling in the future.

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## **Events round-up**

### **Report on Duck Mill Mini Slalom**

The morning of 26th February 1984 dawned wet and cold and was not very inviting weather for canoeing.

Despite this 94 keen (or mad?) canoeists gathered for the annual mini-slalom at Duck Mill in Bedford.

For their trouble they were treated to a windy day with it raining on and off all the time.

The competition is intended as an introduction to those with no experience of slalom. The 9 gate course on moving but flat water was however enjoyed by all.

This was particularly obvious by the fact that a good number returned on 17th and 18th March for the Duck Mill Division 4/N.

C. A. Wright  
Viking K.C.

### **DEDHAM MILL SLALOM N/4 24th/25th March, 1984**

The event was better attended this year than last — the experiment of trying for warmer water and some sunshine as the organisers did last year didn't work — there were thunderstorms **and** a low entry. 1984 was satisfyingly cold, extremely wet and had all the fun of putting the clocks forward on the Sunday to ensure an early start for everyone. The organisers had a beautiful spring day for putting the course up — on the weekend the river flooded around the mill sluice so that the river meadow was covered with water which flowed in a neat waterfall sideways on to gate 18. The course had to be rapidly re-arranged on the Sunday morning, so that all the hard practice that went in on flattish water on the Saturday was rather misleading.

As the rains continued, wet and apprehensive Novices skirted the large holes between gates 9 and 10 - or didn't and got even wetter. With true English masochism everybody seemed to be

enjoying themselves, even those unfortunates whose tentage wasn't up to Friday night's gale and rainstorm and had to be rescued by fond mums and dads on Saturday.

Results

<b>K1MN</b>		
1	G. Greenwood	RAF Honington 216
2	C. Lewis	RNKA 217
3	G. Brooks (Y)	Waltham Forest 218
<b>K1LN</b>		
1	H. Whittaker	London Univ. 274
2	K. Williamson	IND 301
3	C. Morgan	Ipswich 305
<b>C1N</b>		
1	K. Foxwell	RNKA 280
2	S. D. Pledge	OUCK 287
3	B. Nicholas (Y)	IND 300
<b>C2N</b>		
1	Parker/Parker	Oldwallis 281
2	Toser/Scrivener	M.A.D. 350
3	Powell/Howells	Hatfield Poly 415
<b>K14M</b>		
1	D. Loveday (Y)	Lowestoft 199
2	J. Wool (J)	Hadleigh 200
3	A. Jones	Hatfield Poly 201
<b>K14L</b>		
1	F. M. King	Weirwolves 261
2	K. Saunders	Ipswich 273
3	S. Hale	London Univ. 278
<b>C14</b>		
1	M. Sunderland	Sudbury 230
2	G. J. Packer	RNKA 253
3	A. Thompson	Oldways 257
<b>JUDGES</b>		
1	G. Cornes	Essex 160
2	K. Ward	Colchester 161
3	K. Davies	Hadleigh 166
<b>N TEAMS</b>		
1	Hadleigh	235
2	London Univ.	285
3	Cambridge	290
<b>S</b>		
1	K. Brock	232
2	Weirwolves	266
3	Ipswich A	305
Special Suffolk Prizes		
Geoff Payne Trophy		
Best Novice Youth		
Best Novice Girl		
Simon Wallace Hadleigh		
Pual Stapley Lowestoft		
Christine Morgan Ipswich		

DURNGATE NOVICE SLALOM  
March 10/11th 1984

For once the weather was kind for this early season event. There was plenty of water flowing on the River Itchen and a course was set which enabled some choice as to how to attempt some of the gates.

The winner of the mens event beat most of the higher division judges and competition in the other classes was very close fought.

Once again Millbrook produced a refreshment tent second to none and the general standard of organisation was good particularly at the start where work on the river bank reduced space available.

It was interesting to note that the winner of the K1 event Michael Heiland was a German paddler who had been refused ranking status in a higher division. His winning margin of 21 seconds made it clear that he is no novice.

K1 MEN NOVICE

K1 MEN NOVICE

<b>K1 MEN NOVICE</b>		
1	M. Heiland	Thonet
2	S. Hardy	Canterbury
3	P. Tams	Perivale
<b>K1 LADIES</b>		
1	J. Badger	Longridge
2	A. Runnegor	Basildon
3	J. Brichenor	W D C C.
<b>C1</b>		
1	D. Patrick	Perivale
2	M. Coutoy	Southampton Univ
3	V. Mayers	Mudbath
<b>C2</b>		
1	Parritt/Peters	Avon Orlops
2	Mayers/Whipp	Bath
3	Saunders/Warford	Reigate
<b>VETS</b>		
1	J. Lloyd	Windsor
2	I. Pendleton	Manchester
3	A. Pendleton	Manchester
<b>TEAMS</b>		
1 ITECHEN Scratch 2		
<b>JUDGES</b>		
1	J. Lyons	Central Paddlers
2	S. Pearce	Newbury
3	M. McLean	Winchester

SHEPPERTON DIVISION 2

Shepperton, the first event of the season, ran very smoothly during the weekend, no problems with the water or weather changing, enabled the paddlers to concentrate on the competition.

The Team event was hotly contested and a sprinkling of ex Division 1 paddlers raised the standard with the top four teams finishing within 6 seconds of each other.

Sunday started with an all time record of over forty Judges for a Shepperton event, Rob Wright doing a very 'fast and clear' run of 106, with Jim Jayes and M. Wood second and third (113, 114).

The short course, coupled with a clear run norm left the Division 2 men very closely spaced with some scores being equalled by 10 competitors, a convincing win by S. Pearce won him and 3 others promotion to Division 1.

Jim Jayes' coaching paid off for C. Baker in the Ladies' event and gave her a clear lead over the rest of the field to win promotion into Division 1.

Mary Sibley's rumours of deranking the C1 and C2's because they have not got their bibs don't seem to have materialised yet, but beware, people, get your bibs before the event.

ANTHONY WARD

<b>K1 MEN Division 2</b>		
1	S. Pearce	Newbury
2	P. Kilham	Regents
3	N. Boyd	Ador
<b>K 1 LADIES</b>		
1	G. Baker	Shepperton
2	A. Eyre	Windsor
3	D. Hargreaves	Bolton
<b>C1</b>		
1	A. Jones	Worthies
<b>C2</b>		
1	Warner/Whealdon	Shepperton
<b>TEAMS</b>		
1	Kilham/Arrowsmith/Pycroft	Regents
<b>JUDGES</b>		
1	R. Wright	Shepperton

STANGERTHWAITE DIVISION 2  
17th/18th March, 1984

<b>K1 MEN</b>		
1	S. Tweedale	
2	A. Shaw	
3	P. Shaw	
<b>K1 LADIES</b>		
1	D. Hargreaves	
2	C. Jones	
3	H. Wilson	
<b>C1</b>		
1	R. King	
<b>C2</b>		
1	Hargreaves/Kevane	
<b>TEAM EVENT</b>		
1	Green/Green/Tickle	
<b>JUDGES</b>		
1	M. Welsh	
2	R. Garriock	
3	I. Raspin	

MIDDLETON IN TEESDALE DIVISION 3/4  
17th/18th March, 1984

<b>K1 MEN DIVISION 3</b>		
1	P. Oliver	Halifax
2	J. Neil	Halifax
3	A. Bell	Birmingham Univ.
<b>K1 LADIES</b>		
1	R. Pridmore	
2	J. Aldridge	Halifax
3	P. Walker	Leeds Poly.
<b>C1</b>		
1	R. Cant	Manchester Univ
2	S. Agar	Newcastle Univ
3	E. Ward	Manchester Univ.
<b>C2</b>		
1	Lord/Fleet	Giggleswick
<b>OPEN TEAM</b>		
1	Huntsman/Graham/Graham	Tees
<b>K1 MEN DIVISION 4</b>		
1	A. Graham	Tees
2	J. Baird	
3	P. Huntsman	Tees
<b>K1 LADIES DIVISION 4</b>		
1	E. Burfit	Birmingham Univ.
<b>C2</b>		
1	Redman/Boylan	Halifax
<b>JUDGES</b>		
1	J. Allar	Leeds Poly

CARLISLE DIVISION 3/4  
3rd/4th March 1984

<b>K1 MEN DIVISION 3</b>		
1	P. Young	West Cumbria
2	N. Bell (Y)	Garstang
3	A. Murray (Y)	Carlisle
<b>K1 LADIES</b>		
1	H. WILSON	Forth
2	L. Knowles	West Cumbria
3	J. Leach	Darwin/Man.
<b>C1</b>		
1	A. Hope	Tamworth
2	A. Law (Y)	Giggleswick
3	R. Cant	W.M.I.S.T.
<b>C2</b>		
1	Lord/Fillet (Y)	Giggleswick
2	Clough/Hope	Tamworth
3	Agar/Jelly	Tees/N.U.C.C.
<b>TEAM</b>		
1	Evans/Bell/Maclean	Garstang
<b>K1 MEN DIVISION 4</b>		
1	J. Wilson	Leeds Univ.
2	T. Hughes (Y)	Friends of Allarby
3	A. Greenaway (Y)	Dudley
<b>K1 LADIES</b>		
1	S. Harrocks	Peterhead
2	D. Halsall	Bolton
3	G. Nichol (J)	S.H.S.
<b>C1</b>		
1	B. Tyndall	N.S.P.
<b>C2</b>		
1	Price/Goodger	Manchester
<b>TEAM</b>		
1	Bushell/Clare/Hughes	Friends of Allarby
<b>JUDGES</b>		
1	R. Garriock	Ribble

YALDING WEIR DIVISION 4  
24th/25th March, 1984

<b>K1 MEN DIVISION 4</b>		
1	A. Bubb	Southampton Univ.
2	G. Davison	J. Martin C.C.
3	I. Tamone (Y) (J)	Reigate
<b>K1 LADIES</b>		
1	J. Higgins (J)	Bede
2	J. Tyler	Southampton Univ.
3	S. Appleard (J)	Canterbury
<b>C1</b>		
1	D. Patrick	Perivale
2	P. Anthony	Bede
3	C. Manley (J)	Maldstone
<b>C2</b>		
1	Parritt/Peters	Avon
<b>TEAMS</b>		
1	Rawlinson/Bignall/Harper	Shepperton
<b>JUDGES</b>		
1	P. Anthony	Bede

APPLEFREEWICK DIVISION 2  
10th/11th March, 1984

<b>K1 MEN DIVISION 2</b>		
1	C. Holloway	Colchester
2	P. Smith	Trent Poly
3	C. Mooney	Bradford
<b>K1 LADIES</b>		
1	L. Spiller	Lang.
2	C. Jones	Bala
3	J. Smalley	Leeds
<b>C1</b>		
1	M. Delaney	W. Lothian
<b>C2</b>		
1	Eaton/Dobson	A.C.U.
<b>TEAM EVENT</b>		
1	Owen/Sherriff/Gaven	Dudley
<b>JUDGES</b>		
1	L. Shackleton	Leeds
2	I. Rassin	Tees
3	B. Melia	U.M.I.S.T.

HALTON RAPIDS DIVISION 2 SLALOM  
24th/25th March, 1984

<b>K1 MEN DIVISION 2</b>		
1	Paul Terry	Stafford and Stone 164
2	Andrew Green	Bolton 167
3	Jim Crooks	Loughboro' Students 169
<b>K1 LADIES</b>		
1	Jennifer Smalley	Leeds 241
2	Alison Fletcher	Stourvale 244
3	Anne Jenkinson	Notts Univ. 247
<b>C1</b>		
<b>DIVISION 2</b>		
1	Allen Jones	Worthies 202
<b>C2 DIVISION 2</b>		
1	Hargreaves/Kevan	Leeds 197
<b>TEAMS</b>		
<b>Ladies</b>		
1	Lara's Theme - Tipper/Dumper/Corrie	229
<b>Mens</b>		
1	Stephens/Osbourne/Osbourne	
<b>JUDGES</b>		
1	Stephen Singleton	
3	Nick Mortimer	
4	Don Raspin	
Veteran Don Raspin		





*Premier*  
**IMAGE**

**pyranha**

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