

APRIL 1985

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*Jim Porter officiating in comfort at Halton Rapids.*

## Canoe SLALOM

1 School Terrace, Selly Oak, Birmingham. B29 6DY  
Telephone: 021 471 3869

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FEATURES: RICHARD FOX

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*Cover Photo: John Hansell by P. Astles*

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# EDITORIAL

The second issue of Slalom Magazine follows the selection of the Worlds team for Augsburg '85. Below on this page you will find out who is representing us at Augsburg. For those of you who feel they may like to go and support the team — and they would appreciate your support — the B.C.U. through Brian James are offering a package of travel by plane to Augsburg, accommodation and some food from £390 per head. For the less wealthy we will have advice in the next issue, out on June 1st, on how best to get there and where you might stay — we would have included it in this issue but the German organisers haven't sent us the details yet.

On a more mundane note, we'd like to apologise for the typing glitches in the last issue. The problems of proof reading your own articles are endless. Special apologies to John Macadam, where we left out a rather crucial sentence, and to Jim Dolan, whose phone number was incorrect.

The response to our new style has been excellent, and the subscription forms keep rolling in. For those of you who have not got a copy of the first issue we have about 100 or so left — if you want one then drop 50 pence worth of stamps into an envelope and we will send it to you post free (don't forget to put your name and address in).

The selection events for the slalom team were held on Bala Mill on 1st of April and on Grandtully on the 6th of April. The selection policy was that the winner of each event would go, with the remaining places being filled at the discretion of the selectors. If the same person won both events then 3 discretionary places were available. Melvyn Jones, Gail Allen, Martyn Hedges and Eric Jamieson and Rob Williams won their various classes at Bala, on a tight technical course, where there was little to be made up through speed, as moves came very close together. Many hopefuls blew out, finishing low down the results, but the old team faithful Jim Dolan came second, 1 second behind Melvyn, with Russ Smith faster, but unable to go clean, hitting a simple forward down on his second run to put him 3rd. In Canadians Les Williams, a man with a good record at Augsburg, was second. Pete Bell, though, finished 9th and was in difficulty. In C2 the Wimps came second, but new crew Meikle and Brown were the surprise 3rd, pushing the regular crews of Young and Munro and Keane and Wolkenstein to 4th and 5th. The move to Grandtully left a lot of people with a lot to do!

Tully was high and rising, and it was an open race on an open course. It was undoubtedly the most physical course that I have ever paddled. The most worrying feature of the results was the success of the French team taking 1st, 3rd and 4th in mens kayak. Jim Jayes in a Ziggy came in 1st of the British, with Liz 1st lady, whilst C1 and C2 winners were as at Bala. The rest of the results left the committee with 2 major problems. Russ Smith came 15th which, combined with his 3rd place put him well adrift of Jim Dolan who came 4th behind Ian Raspin and Mike Druce, both of whom blew out at Bala. With Richard preselected, and only one place to give away, the selection committee had to choose between Russ's undoubted future and Jim's past successes. Jim has two 10th places in Worlds events as well as a team gold, and is undoubtedly one of the worlds best team paddlers. Russ has the speed to produce a top 5 place at Augsburg, if he can go clean and well. In the end the selection committee chose Russ, as much a surprise to him as to everyone else and much to Jim's distress. A straw poll of those at the event on Sunday suggested that the majority of paddlers felt it was not a good decision. My own feeling is that it did no harm to Richard to be dropped in 1978 - in fact it was a spur to greater success in 1979. Russ should do well, but the pressure is now on him to justify his place.

In Ladies and Canadians the teams sorted themselves out fairly well, with Pete Bell coming a good 2nd to earn his place, along with Les Williams and Bob Doman. In ladies Gail, Liz, Karen Davies and Sue Ward go to Augsburg, Sue just squeezing out fellow scot Jane Wilson, who unluckily swam on the last gate of the course (I know the feeling.). In C2 Meikle and Brown earned their trip and one of the established crews was to be left behind. With little to choose between the results of Young and Munro and Keane and Wolkenstein, the selectors plumped for the experience of the former in preference to the speed of the latter, rather the opposite of the Russ Smith/Jim Dolan decision. Impressive results from the youths augur well for Spittal - good luck to them all!

JOE LYONS



Russ Smith  
Premier World Selection Event,  
Bala Mill 1st April 1985

Photo by Tony Tickle



Ian Raspin — Youth Paddler  
Premier World Selection Event,  
Bala Mill 1st April 1985

Photo by Tony Tickle

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# FEEDBACK

## MATLOCK GATES

A training course of 30 gates has been set up on the River Derwent at Matlock Bath. The gates will remain in position until the end of October. Paddlers wishing to use this facility are asked to consider the interests of the local community when parking, unloading and changing for canoeing sessions. Advice on access and suitable trianing times should be obtained from Mike Crosbee, 176 Beck Crescent, LadyGroom Estate, Mansfield, Notts NG19 6SW. Tel 0623 35153

## CLUB SPONSORSHIP PACKS

A special pack has been prepared to help clubs get sponsorship/advertising at mini or ranking slaloms.

It has been designed to make the job easy and quick.

The pack contains 3 sheets of paper two pre-printed, and one plan. These sheets are for clubs to use when writing to ask firms to advertise at or sponsor a slalom event. The pre-printed pages explain the various ways and means of advertising at slalom and something about the sport. The third piece of paper is black and is for the club to use giving name of club, address and telephone number of contact and name and date of event.

A package of 30 packs (90 sheets of paper) costs £2.50 to be delivered to a slalom free of charge.

For more information, or just a chat about it contact:

Jennifer Munro  
Tel 05827 3583  
3 Moreton Avenue  
Harpenden  
Herts AL5 2EU

## IRISH MOVE

Following the success of the Triangular International at Serpents Tail last September, the Irish Canoe Union has proposed a 5 nation series. This suggestion has been discussed by the Slalom Executive and it was agreed to invite the Irish Team to the Home International to be held at Grandtully, August 24-25 1985.

## SIX FLAGS

The Six Flags Corporation, owners of six family "adventure parks" around the USA have, for the last few years, sponsored a series of grand prix races on their artificial river ride, "Thunder River". The course was modelled after the man-made Olympic site at Augsburg and although the construction was designed to accommodate Six Flags patrons on whitewater fun rides, this circular version of Augsburg provides an excellent site for competition. Last year's event was voted a big success and the sponsors have renewed their interest. The decision to hold a major international event during a World Championship year, however, was abandoned after consultation with the American Team. Recently, Dr David Jones, the race co-ordinator from Atlanta Georgia confirmed that an event is scheduled for May 1986. Once again top British paddlers, like last year's K1 winner Russ Smith, are likely to be invited.

## HOLME PIERREPONT

The latest information on the artificial slalom course is that Mike Haslam, Director of Canoe 81 at Nottingham, has been hired to help raise the funds needed to meet the British Canoe Union's remaining contribution of £200 000. The Sports Council have approved expenditure of £2.2 M which, together with a contribution from Nottinghamshire County Council, makes up the total cost of £2.7 M. Digging is expected to commence on July 1st 1985. Application to the Sports Council has also been made for £75 000 pa for three years for the building of the BCU headquarters.

## FULL TIME COACH

Funding has been approved by the Sports Council for the appointment of an Assistant Director of Coaching (Slalom) to be effective from November 1st 1985. The main responsibilities of this position will be the creation of new coaches and the development of resource material. It is expected that the National Coach will also become involved with the National Team. Further details and application forms can be obtained from Geoff Good at BCU Headquarters.

# FEEDBACK

## PADDLING ABROAD

Subscribers to "Feedback" will recall a report of the Troja Slalom in Prague last September. Details of this year's event have just arrived. The date is set for September 7-8 1985 with individual and team events taking place on both days. British entries must be sent through the Slalom Administrator (address in yearbook) to arrive before July 6. Paddlers interested in training on the course at Prague for a longer period can take part in another two national races:

31st August - 1st September	ROUDNICE artificial course 50 km north of Prague
4-15 September	LIPNO (site of 1967 World Championship) 200 km south of Prague

The Czechs are highly competitive across all the classes and this series of events will provide an excellent introduction to International Competition for younger or inexperienced paddlers.

## COACHING SYMPOSIUM

Plans are underway to stage an International Coaching Symposium in the UK during the week October 21st to 25th, prior to the Llangollen International. The inspiration for the Conference has come from US Coach Bill Endicott who is anxious to see a greater exchange of coaching ideas between competing nations.

## DRUGS TESTING

The Independent Sampling scheme will

continue during 1985. Paddlers must declare personal consumption of medication of drugs, whether prescribed or not. A list of prohibited drugs and medicaments is available from the Secretary or Administrator.

## BCU AWARDS

At a quiet ceremony in the VIP lounge at Crystal Palace three notable slalom officials received BCU medals in respect of their services to the sport. Our congratulations go to: John Liddell (Honour) George Clough (Merit) and Roger Anann (Honour).

## BCU APOLOGY

The Slalom Committee acknowledges the late arrival of the yearbook and apologises to paddlers and officials for any inconvenience. The delay was not caused by the Miners Strike. It was just a cock-up.

## COMMONWEALTH EVENT

We have been informed that a Commonwealth Championship will be run in conjunction with the Tryweryn event on 1-2 June. So far no entries have been received from Black African nations. This is the first sign of a boycott in response to the proposed British Lions Rugby Union tour of South Africa. The Australians, however, are likely to boost the International flavour of the event by sending top K1 paddler Lindsay Binning and his C.I. Minder Rob McGuinness, otherwise known as the "Tasmanian Devil".

# CENTRAL PADDLERS



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# CANOEING NORTH AMERICA

## Cultus Lake B.C.

The city of Vancouver in British Columbia, Canada has everything for the outdoor sports enthusiast, within a short distance from the city centre one can find excellent ski areas, go rock climbing and mountaineering, even paddling on a grade 4 river in the spring snow melt. Add to this surfing on the sandy beaches of Vancouver Island and ocean touring along the fjord coastline and its easy to understand the temptation I had to forget about training for the Worlds and have some fun!

But being a boring slalom paddler I soon found myself at Cultus Lake, the winter training centre for the Canadian team, 1½ hours from Vancouver. It was here, and on the nearby Chilliwack River, that I spent an intensive three weeks in March, carbohydrate loading on pancakes and soaking up the rays from a warming spring sun.

The relatively mild winter climate of British Columbia makes it possible for paddlers to train here all year round. This has been a major factor in the growth of Cultus Lake as a training centre. Each year an increasing number of East Coast Canadians migrate for several months to escape the big winter freeze that grips most of the nation. They could not come to a much better place. The Chilliwack River has well over 15 miles of exciting rapids, ranging from grade 2 to grade 5 in high water. Of these, the most frequently used is the Tamahi rapid which, in many respects, is comparable to the famous slalom course at Lofer in Austria. During my visit the water was at its lowest March level for a number of years. In spite of this there was still enough flow for some exciting technical workouts on the 40 or 50 whitewater gates.

Downstream from Tamahi 15 gates on easier water provide a more restful alternative to intensive workouts on whitewater. Even more restful is a paddle on the lake with snow capped peaks forming a scenic backdrop and for most of the paddlers the lake is only a few minutes walk from their rented holiday accommodation. From the privately run Geoff Evans Kayak Centre, which many of the Vancouver paddlers use as a base, it is almost possible to paddle out of the basement!

During the first week of March I was involved with coaching 20 of Canada's leading paddlers. Under the excellent direction of training co-ordinator, Chuck Mullard, my role was to plan the workouts for different groups, train with the paddlers, and through the use of video recordings offer advice on paddling techniques. There was little time to breathe between the two or three workouts, video sessions, 'power snoozing' and carbo loading. Consequently there were a lot of tired paddlers at Cultus Lake by the end of the week, including the coach and the guest paddler, Peter Micheler!

The Canadians have a lot of promising paddlers in their team though few are likely to be challenging for top places in Europe this year. One exception is French Canadian Patrese Gagnon who, at 21 is the leading Kayak paddler. Like previous top Canadians, Dieter Poenn (7th in the world at Jonquièrre in 1979) and Claudia Kerckhoff (5th at Merano in 1983), Gagnon has found the road to the top of international racing highly committing and very expensive. For the past three years he has lived in Cultus Lake, 3000 miles from his native Quebec, and trained on the Chilliwack River.

In Spring his season begins with Team Trials and other races on the East Coast followed by the International Circuit in Europe and finally the Canadian Nationals in August.

Gagnon raced with mixed success in Europe last summer. His best performance was a 4th place in a quality field at Mezzana in Italy, one week before the Europa Cup Final at Bourg St. Maurice. A good indication of his potential perhaps, but a back injury has hampered his progress this season. Given time I am sure we will hear a lot more from Patrese Gagnon — judging by his single minded determination he has every intention of winning Canada's first World Championship medal.

RICHARD FOX

## Training The American Way

Gail Allan and I left Heathrow early one morning in January, on one of the coldest days recorded in London for 50 years. 5,000 miles and 24 hours later we arrived somewhat jetlagged, in Kernville, California, U.S.A.



## by Richard Fox and Liz Sharman

Kernville is an old wild west gold rush town set high in the Sierra Nevada mountains on the Kern River, some 150 miles north of Los Angeles and not far away from the San Andreas fault! This year it was one of the venues chosen by the U.S. Slalom Squad for a two month training Camp. I had spoken to Bill Endicott earlier last year about the possibility of training in America over the winter period and he had suggested that I come out and join their Squad in California. I let Gail into the know, and she decided to join me for the trip.

The reasons that we decided to go there for our training this Winter were many, but possibly the most important was that the weather was guaranteed to be warmer than back at home. (As anyone knows who tried to paddle in Britain during January/February period, it was made almost impossible by the very severe weather conditions.) We were lucky with our timing and the weather was excellent, whilst we were experiencing 60-80°F, reports from back home were saying heavy snow and ice! Apart from the warmth and inevitable sun-tan (much to Knickers Allan's delight!) was the fact that in coming to paddle with the Americans, we were able to put ourselves into a very competitive training environment in which we could get into a routine and workout regularly at great intensity with nothing to sidetrack us.

The River itself was unfortunately a bit lower than I had first anticipated the snowmelt was late, normally you could expect at least another 12" of water at that time of year. However, the level was still very good for training i.e. grade 2 and 3 with gates and plenty of grade 4 for river trips down the Kern Gorge. The best way of describing the slalom section would be to liken it to a larger version of Matlock at a good level, about 3/4 times the width with good waves and eddies and lots of re-circulation points. The eddies had been manufactured with the aid of a bulldozer some years previous and there were some good boulders in mid stream providing 's' move situations. By the time we arrived, the Americans had already been there for two weeks and had fixed a 30/40 gate course on the sections of rapid running through the town's park, making use of any old bit of wood or stick that they could lay their hands on to manufacture makeshift gates.

Amongst the U.S. paddlers present were Jon Lugbill, three times World Champion in C1,

pushed very closely by Davy Hearn — I wouldn't like to bet on which one will take the title at Augsburg, they were both going very well. Amongst K1 men were Chris Doughty and Rich Weiss, both looking better than I've seen American K1 M going before and looking strong for this year. The Ladies included Dana Chladek Sue Norman and Yuri Kusuda who is also looking better than ever this year! To add a truly International flavour the Italians also showed a contingent in the form of one C1 and two K1 M. We were also joined briefly during our stay by a car full of Canadians down from Vancouver to warm up in the sun for a couple of weeks — telling terrible stories of trying to paddle in minus degree temperatures.

The first couple of days played hell with our biological clocks as California is eight hours behind U.K. time, but the attractions of being able to work with Bill Endicott on sessions greatly helped our motivation. Bill was able to spend a few days with us before having to rush down to Chile to help set up a slalom squad. There doesn't seem to be any stopping this guy's enthusiasm — I feel sorry for his wife!

My initial observations of the American training programme was that at that time it was very endurance biased which conveniently suited my own training phase. Bill is developing endurance training for slalom to a much greater extent than many of us would have considered credible, all in an effort to achieve the 'Ultimate Run' . . . . . as he said, relating to John Lugbill . . . . . "when a guy has won the World three times, how do you make him any better — other than modify his training schedule to accommodate a broader endurance base, in the hope that ultimately it will give him the basis on which to build greater speed!"

Bill's new tack towards endurance training relates directly to Lydiard's principles on training for distance running — which to the uninitiated, is basically aerobic marathon type conditioning targeting the aerobic system and increasing the capillary feed to the muscles, i.e. training the body to utilise oxygen better than before without going into oxygen debt and therefore building a broad endurance base on which to create speed later on in the Season. Thoughts of this type are very new when related to Slalom Canoeing although they have been around in other sporting disciplines for a long time.

## Canoeing North America cont.

The way Bill has attempted this type of mass endurance training with his paddlers is to get them doing Marathon training through gates i.e. 90 minutes of solid gateway, repeating a 30 gate course over and over at about 70% of max., he builds them into this slowly by 2 x 15 minute marathons increasing to 1 x 30 minute through 1 x 45', 1 x 60' etc. Courses are done on open, spread out gates on easy water building up to tighter courses on harder water. Working out 2 - 3 times a week in conjunction with other more regular type workouts.

The most important point to bear in mind is that not just any paddler should jump into a boat and start marathon gate loops it is vital that the athlete must have an extremely good technique on gates before embarking on such a programme, otherwise all he will be learning is how to do gates slowly and developing an incorrect technique.

Having had the pleasure of training the American way with Bill during the Spring of 1982, it was evident that he had now veered away from his predominantly anaerobic sessions. However, I wouldn't suggest that all aspiring World Champions rush out and start massive endurance marathon type sessions, as Bill emphasises that at this stage the whole thing is very much experimental and totally unproven for slalom but that after evaluation of all the pros and cons and talking it over with his paddlers they were willing to give it a try.

It will be very interesting to see the results of this experiment before including such ideas into ones own schedule!

Our time out in California wasn't all hard graft, there were other highlights, some good river trips down the Kern Gorge on very technical rapids, big drops and cataracts, this may be the reason why we were told it had claimed more lives than any other American River. In fact I nearly learned the hard way on my first trip down and only a newly acquired skill at stopper blasting got me out of a very nasty situation. It was a relief to be able to relax in hot sulphur springs at the the take out!

An unforgettable beach weekend at Santa Barbara — the whole U.S. Training Squad, Italians and us, the guests of Yvon Chouinard, the famous mountaineer. Brings back memories of quarter mile runs on green back Pacific

waves, frightening the resident Boardie population to death; the occasional sea lion, porpoise and even a migrating whale. Not forgetting the humming birds sipping nectar from the flowers amongst the citrus groves. Even our own peeping tom who spent hours drilling holes in our motel wall, (two feet from the floor — obviously had a knee fetish!) which was thwarted by Gail's strategic placing of the ever-faithful canoe repair tape. . . . .

The climax of the trip must have been our own actual earthquake, a baby at 4.7 on the Richter scale, but it certainly alarmed us!

A great trip, well worth the effort of getting there. Anybody who is lucky enough to get an invitation should consider the advantages, in comparison with the U.K. Winter Slalom Scene.

LIZ SHARMAN



Melvyn Jones — Winning Run  
Premier World Selection Event,  
Bala Mill 1st April 1985

Photo by Tony Tickle

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## HYDRO

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Manufactured in lengths from 180-220cm. Wt. 1250 gm.

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Lightweight competition paddles with fine cross section at tip for the least resistance on entry and efficient shed of water after stroke. 28mm dia. loom in high tensile alloy or Carbon/Kevlar hybrid, with flexible hand grips, giving the ultimate in positive control. Manufactured in lengths from 180-210 cm. Wt. 950-1050 gm.

## HYDRO EXTREME

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Manufactured in lengths from 180-220 cm. Wt. 1450 gm.

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## MISTRAL

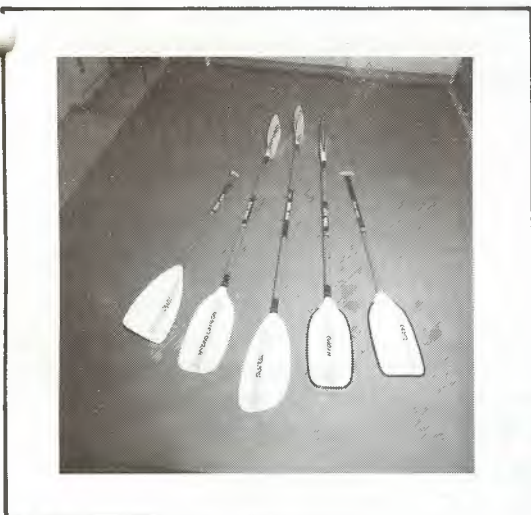
Asymmetric sprint, LD, sea touring and surfing paddle, with deep spoon and stabilising rib. The high tensile alloy loom running through to the tip, makes it strong enough for river racing and surfing, with the blade area cut to customer requirements.  
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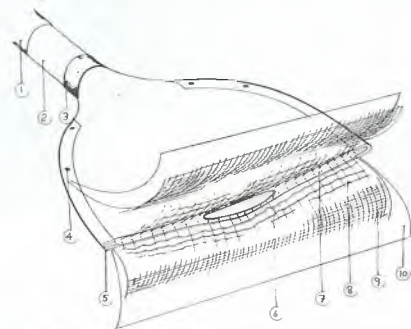
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## PADDLE CONSTRUCTION

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- 3 Shrink PVC.
- 4 Aluminium periphery, pressed and riveted onto blade.
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- 6 Alloy loom profiled and continued through to blade tip without a break in the structure.
- 7 High density structural foam.
- 8 Foam reinforced with Diolene/Glass composite weave.
- 9 Glass fibre/Carbon/Kevlar/epoxy based resin laminates (Different mixes depending on model)
- 10 Surface finish coat, impervious to water.



# THE PALACE REPORT by Tim Rusden

## INDOOR POOL SLALOMS 1985 COMPETITION

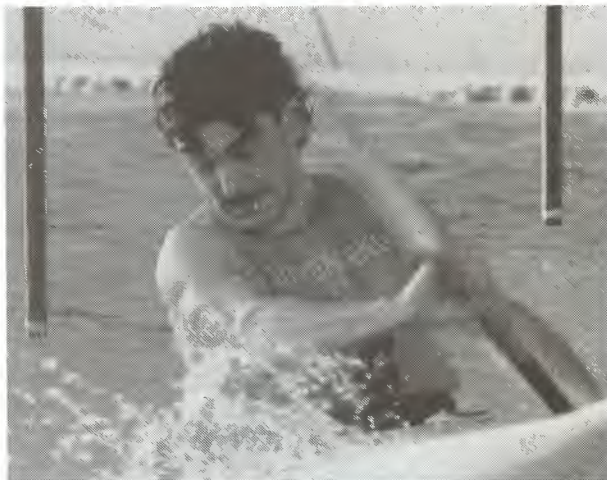
Most of the Regional competitions ran very well with good turn-outs, but there were problems in some of the regions, the worst being the North West where the organiser was unable to locate a pool, or even paddlers, for his competition.

Those who qualified came to Crystal Palace on 23-24 February to the John Macleod Course with reverse gates that were not really reverse gates - or were they? not to mention the the 360° spin manoeuvre whatever that is. Throughout the competition most of the paddlers were able to cope with all the conditions thrown at them.

The surprise at the weekend was young Andrew Wronski who earned his way through successive heats on Saturday and Sunday to face British Team member Melvyn Jones in the final. Both paddlers were together at the turn but with a blistering turn of speed Jones pulled away to finish well ahead. Remember, the object of the game is to be fast AND clean. Melvyn had a two second penalty to give him a total of 57.2 seconds. One tenth behind Andrew Wronski. Wronski beat them all.



*Jim Jayes looking for fishes —  
Photo by P. Astles*



*All this effort for 2nd place!  
Photo by P. Astles*

Gail Allen, meanwhile, had no intention of losing her grip against a strong field of challengers. She showed little sign of fatigue from her Trans Atlantic flight that morning as she held off Karen Davies to win the final by .8 seconds in a time of 60.7.

By the way Les Williams had greeted me that morning, I knew he meant business and really he did not give Bob Doman a chance in the first of the semi-finals. Pete Bell made a valiant effort to halt the determined Williams in the final, but conceded six penalties to finish well down in second place.

The C2 event provided an exciting climax to the competition. It was clear from the start, there was going to be no love lost between the two finalists. Keane and Wolkenstein from Luton and the "gruesome twosome" Tamieson and Williams of Guildford. Both boats powered down the course, with not an inch between them, and crossed the line together equalling the course record of 63.2. It all depended on the judges and by virtue of one touch to Keane and Wolkenstein's two touches the Guildford boys won the last race of the day.

Thanks must go to Tim Rusden who has orchestrated the championship for the past two seasons and to all those who assisted in any way from the Regional event through to the final. Especially to Albert Woods for the excellent commentary, Roger Amann, John Macleod and John Watson for their assistance, not forgetting Claire Allan and all the other judges for their co-operation and understanding.



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# PROFILE: MELVYN JONES

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By the winter of 1984 Melvyn Jones was firmly established in the British Team squad, and had finished 6th, and 2nd British paddler at the Fosters International. Yet at the start of 1984 he was ranked 33rd on the list, some 4 places lower than the previous season, and no one anticipated that he would be doing anything with the team in 1984. Not that he didn't have a highly successful record as a youth, but like many others before and since he seemed to be having difficulty making the transition from Youth to Senior.

Melvyn started canoeing in a Tiger tourer in the drought summer of 1976 although he'd had a go in a bat at Barmouth before this. He always wanted to canoe but can't remember why it attracted him. In an attempt to learn properly he joined Stourvale Canoe Club, where then, as now, the Woods and the Fletchers were active in Slalom. Over the winter of '76 he learnt a little, and in a borrowed boat did one of the Stone mini slaloms in the spring, without notable success (well, he can't remember where he came!). Nor was he promoted at his first novice, at Pontrilas in 1977. By Appletreewick in 1980 he was in Div 1, aged 16. A broken ankle prevented much paddling over the season, although he did a Youth selection event with his foot in plaster—not surprisingly he didn't do very well!

It was in the 1980 season that he first met Dennis Hennessey, the man who has since become his coach and mentor. At this time Dennis was still paddling C1 with some success. Training on a frequent basis together at Eyemore rapid led to Youth selection and a trip to Mezzana, Lofer and Augsburg in the summer of 1981, coached by Albert Kerr and Britain's new world champion Richard Fox. At the end of the season he was promoted to Premier, the last man to go up!

Training received a further boost when Richard moved in with Dennis during term time at Birmingham University, much of it at Eyemore, but with the occasional trip to Tryweryn. Selected for the Youth A team that summer he paddled his way to a silver medal in the individual event and a team gold with Tony Leaver and Rob Wright. By the end of the season he was 29th on the ranking list and he set about his first serious winter's training.

Disaster struck in February when, out in his sisters car, he was involved in a head on smash with a car that was on the wrong side of the road. Initially seeming unhurt, a hospital check-up revealed a broken neck and Melvyn spent the next 3 months flat on his back or in a surgical collar — not a pleasant experience as I can testify! By the time he was allowed to start paddling again there were only three premier ranking events left, Washburn, Tail and Town. Steady results at all of these not only kept him in Premier but gave him bib 33. The support of Norah Small helped him to a place in the intermediate squad for the winter of 83/84 and he set about another winter's training hoping for no more disasters. By this time Dennis had stopped paddling and was fulltime coach both to Melvyn and to Central Paddlers. A steady period of training led to a 4th place at Hambleden, with the fastest time of the event. A good result at Grandtully was followed by a 4th at Tryweryn and Mel was selected for the Europa cup team. 22nd at Augsburg and consistent 3rd and 4ths over the rest of the season established him firmly in the top 4 on the rankings.

Melvyn's style is characterised by smooth unaggressive strokes, with precision in the gates rather than speed between them being the basis of his fast times. He is living proof that you don't need big muscles or mega-training sessions to win at slalom. As a person he is happy-go-lucky, and enjoys his paddling rather than grinding at it. He hates training in the cold, and has little respect for those who pretend to take the sport seriously without committing themselves to it. He is one of the few top slalomists who works 9 to 5 and Saturdays too. There is little sponsorship — he survives mainly on the support of his family, his father is an untiring source of support and his mother and sister provide the food and drink at all hours, not just for Mel but for his friends too.

## STOP PRESS

Melvyn Jones wins the Bala Mill selection event. Beating all but the absent Richard Fox. Melvyn joins the small group of British paddlers who have won an event since 1981.



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## NEWS AND INFO

### C Class Internationals

The C Class Internationals at Seo dirgell and Les Bains are on the 6-7 July. Please get entries to Sue Wharton 8 weeks prior to this.

### Smile please!

The executive would like to collect and exhibit photos of events this season to display them at the exhibition next year. Send them to Sue Wharton with details of who, where and when - colour or black and white.

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# FAST AND CLEAN

## TIPS FOR ASPIRING RACERS

### THE CLEAN RUN SYNDROME

Count the number of slaloms you did last season at which you had at least one clear run in your individual event. If you managed more than five you are on the right track. More than ten and you are either exceptionally good or, more likely, a plodder who needs a race tune up and a new exhaust. The truth is that although the object of slalom is to be fast and clean it is an ideal that few people reach. Most of us have to settle for achieving just one or other of the objectives for race satisfaction. For example, at the World Championships at Spittal in 1977 I was not too disappointed with my 27th place; at least I could tell people that I had the 8th fastest time and would have been 4th with a clean run! But getting that clean run proved beyond me for quite some time.

Like most paddlers I have, at times, used the usual excuses of adverse conditions such as poles in the water, gale force winds, water touches, blind judges and impossible moves to explain away penalties. More often than not, however, the real reason behind those touches and misses rests with faults in paddling technique, a lack of confidence, and a loss of concentration. If the technique factor can be controlled through proper training the ability to concentrate not only improves but it can also boost your self confidence. In short, perfect practice makes perfect paddling!

Paddlers who frequently get 50 second penalties on race runs probable haven't mastered the techniques necessary to perform certain moves on the course. This applies as equally to a problem with a simple reverse gate at a Novice Slalom as it does to a tight combination of gates at a big championship event. Analyse the weakness, seek advice and go away to work on it. Lack of strength and/or confidence can also lead to paddlers missing gates on rough water, but with more experience of difficult moves in training you can confidently expect to reach any gate on the course in the race.

Once you have reached this stage the problem then becomes doing the course clean on the run that matters. This involves not only making the 'right decision' on how to do each gate, but it also means having the technical consistency to guarantee doing it clean and this consistency is often reflected by the quality of your training.

Simply speaking, the more gates you hit in training, the less likely you are to be clean in a competition.

In an effort to improve the clean run consistency of his paddlers former National Coach, Ken Langford made a point of telling them to be very specific about the position of the boat in each gate. For example, the paddler might aim to be close to the red pole at an angle across the gateline on one gate, and then 6 inches off the green pole on the next. By being specific about the positioning Langford reasons that an error can be recognised early enough for it not to result in a penalty, merely in a correction of position. Ultimately of course, this process takes place at a subconscious level as you race down the course, but it can be conditioned in practice.

That's fine you say, it's doing it under pressure that I can't handle. The answer to that is to simulate race pressure in training. Make the workouts important. Set yourself realistic goals like five clean runs out of five on a set course and be confident of success. Tell your training partner, coach and most important yourself 'I am going to do five clean runs'. Concentrate hard and be determined. As you improve set your goals higher, do the runs faster, under a specified time for example. But keep it clean. A totally clean workout is a worthy goal for a top level racer, although one that is rarely achieved. In this situation a penalty on the last gate of the final course at the end of an otherwise clean workout becomes as important as a penalty in a race.

In the build up to competition it is success in these training situations and in minor races which help build confidence in the paddler. If you can sit on the start line and recall a number of good performances in training and past events you have a distinct advantage.

Those paddlers with no clean runs to their name should not live in hope of the Ultimate Run but instead get out there and make it happen in training.

*Richard Fox*

## GO WEST

British paddlers thinking of expanding their horizons could do a lot worse than planning a trip to North America this Summer. With some previous experience of difficult whitewater most paddlers from divisions two upwards would find the competition a worthwhile experience.

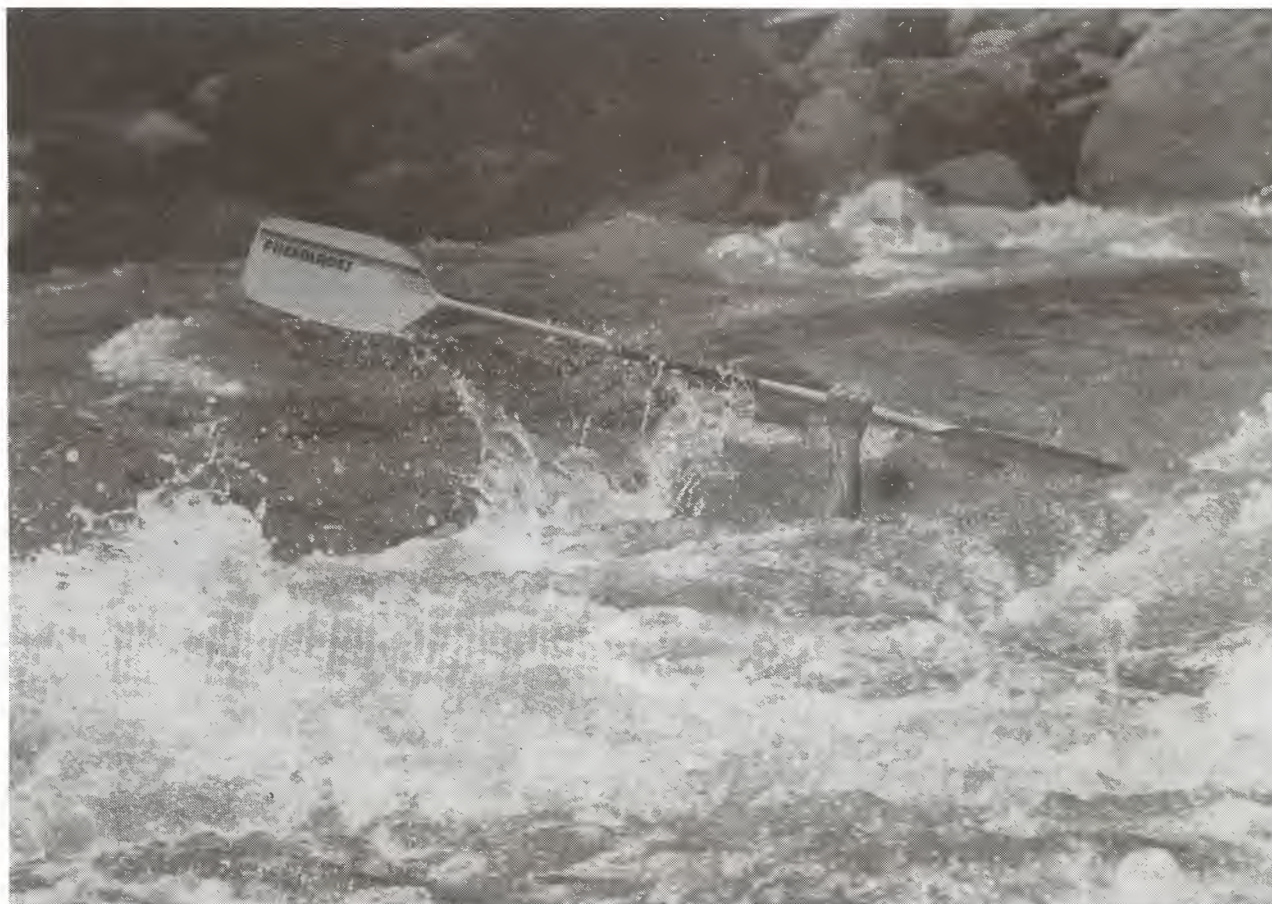
The Canadian Nationals take place on the exciting Gull River at Minden in Ontario, August 10/11. The Gull is rated as one of the best race sites in North America and certainly better than anything we have to offer in Britain (except, hopefully, Holme Pierrepont!) Also in August a series of events will be held in the U.S.A.

Aug. 3/4 Wausau, Wisconsin  
Aug. 10/11 Niagara, Wisconsin  
Aug. 17/18 South Bend, Indiana  
Aug. 24/25 Savage River, Maryland

Last year several British paddlers competed in the Pan Am Cup Series including Mike Druce, the winner at Wausau, and Andy Gladwin, who rated Niagara as the biggest slalom course he had paddled on. The Savage River in Maryland is likely to become a popular event in coming years, it has been chosen as the site for the 1989 World Championships.

### Team Management

Owing to personal circumstances Brian James has had to resign his position as Senior Team Manager, but he will remain available to assist at events and with travel arrangements. The Selection Committee has decided not to appoint a new Senior Team Manager as such and is reviewing its procedures for management in the future. For 1985 World Championships management tasks will be undertaken by Roger Annan (co-ordinating manager), Brian James (travel, accommodation and resources manager), Albert Woods and John Gosling.



**THE NAME OF THE WORLDS FINEST BLADE**

# Slalom Physiology by Dr. Steve Baker

## ENERGY SOURCE FOR SLALOM COMPETITION

Over the past four years I have been conducting a research project which has included some work on the energetic of slalom competition and some work on muscle development during anaerobic training.

Most sportsmen are familiar with the terms Aerobic training and Anaerobic training. Perhaps not all can define these terms specifically but a generally held view is that any activity lasting for more than a minute is Aerobic in nature and any activity shorter than one minute in duration is Anaerobic in nature.

Aerobic activity involves the cardio-respiratory mechanism where inspired oxygen is taken into the blood stream and is pumped to the working muscles. There the oxygen enters the mitochondria to become involved in the liberation of energy which in turn fuels the working muscle.

If the Aerobic energy liberating mechanism becomes overloaded which happens during certain types of training then the whole system becomes more efficient. The heart becomes stronger and more blood per beat is pumped round the body. The capillary network around the muscle site is increased and the number of minute mitochondria around each muscle fibre is greatly increased. The muscle fibres which are recruited for aerobic work increase in size and so increase their work capacity. These and a few other changes that occur as a result of aerobic stress constitute what is termed an increase in Oxygen Uptake. For each litre of oxygen consumed 20 kilojoules of work will be delivered. It is obvious therefore that if a greater quantity of oxygen per unit time can be consumed then a greater amount of work can be performed.

During the first few seconds of intensive work the Aerobic system is too slow to react to the energy demand and therefore is derived from a separate and more immediate source.

It has been likened to the battery which is responsible for supplying the energy necessary to turn the starter motor in

your car. This supply of energy is immediately available but is limited in duration. It does not require oxygen to operate and can be termed Anaerobic energy.

The main difference between the energy derived from the battery on the car and the human anaerobic energy liberating mechanism is that the former becomes exhausted when the battery runs out of energy while the human system grinds to a halt because of the accumulation of waste products produced during its own reaction. The main waste product is lactic acid and an accumulation of this substance in the working muscle slows the muscle down and finally causes it to stop working.

To be strictly correct the anaerobic energy supply can be partitioned into two parts. The first part supplies energy for the first few seconds of activity and this is called the Alactic system. The second part, known as the Lactacid system, supplies energy for high intensity work up to a minute in duration.

During any competitive sporting activity it is very interesting to know which of the three main energy liberating is activated and to what extent they are supplying energy. Once this is known then the athlete can design his training programme to train the appropriate energy system or combination of systems.

Part of my own research project was designed to quantify the role of the anaerobic energy liberating mechanism during slalom competition.

If the anaerobic energy is utilized heavily during any activity then there is an accumulation of lactic acid in the working muscle which eventually diffuses into the circulating blood. An accurate method of measurement therefore is to take bits of muscle from the working subject and measure the amount of lactic acid present. However, not many sportsmen volunteer for this type of experiment so a less dramatic method of lactate measurement is sought. The lactate content of venous blood samples provide a reasonably accurate representation of the extent to which the anaerobic energy

## Slalom Physiology cont.

liberating mechanism is involved and many more sports-people are willing to donate a small amount of blood for this purpose.

There is always a small amount of lactate present in venous blood (2-3 mmol/L) even when the muscle is resting. Any value in excess of 12mmol/L indicate that the anaerobic system is a very major energy supplier.

I was interested to find out how much lactate was present in the venous blood of slalomists after they had competed in a serious event. The event chosen for this investigation was the Pre-World championships at Bala (1980). 19 competitors from four events kindly agreed to donate about 5 mls of venous blood extracted from their fore-arm at the end of their final run.

The results of this investigation are shown in the following table:-

A	B	C	D	E
K1 MEN	RF	1.8	15.3	
K1	JS	1.3	14.5	
K1	RM	1.3	17.1	16.18
K1	AS	2.0	17.2	
K1	PG	1.8	16.8	
C1 MEN	LW	1.6	15.3	
C1	PK	2.1	14.3	13.10
C1	SC	1.9	11.9	
C1	WB	1.2	10.8	
C2 MEN	RW	2.0	9.6	
C2	PH	1.8	9.6	
C2	RJ	1.7	8.8	10.83
C2	DS	1.9	13.3	
C2	RN	2.1	12.6	
C2	EJ	1.3	11.1	
K1 GIRLS	JH	2.0	9.6	
K1	SC	1.3	12.8	
K1	JR	1.5	12.8	12.20
K1	SG	1.9	13.6	

Subscript A=event  
 B=initials  
 C=resting lactate mmo/L  
 D=post competition lactate mmol/L

Base line lactate levels approx 1.5 mmol/L

A closer examination of the results in the table shows that the highest mean lactate level was recorded in the mens K1 event 16.18 mmol/L. This is close to the highest level recorded in any sport and reported in the literature. A similar level was reported from an investigation of track cyclist in 1981 by Burke, 16.18 mmol/L. Other results from experiments on the treadmill are below those found in slalomists (Gass, 1981 - 14.2 mmol/L; Astrand, 1960 - 14.75 mmol/L; Davies, 1979 - 12.34 mmol/L).

It is interesting to compare the mean lactate score from each event which show that if the events are ranked using these scores are positioned as follows:-

Mens K1	= 16.2 mmol/L
Mens C1	= 13
Mens C2	= 10.8
Girls K1	= 12.2

In effect this means that the mens K1 event appears to require the greatest energy input while the mens C2 requires the least.

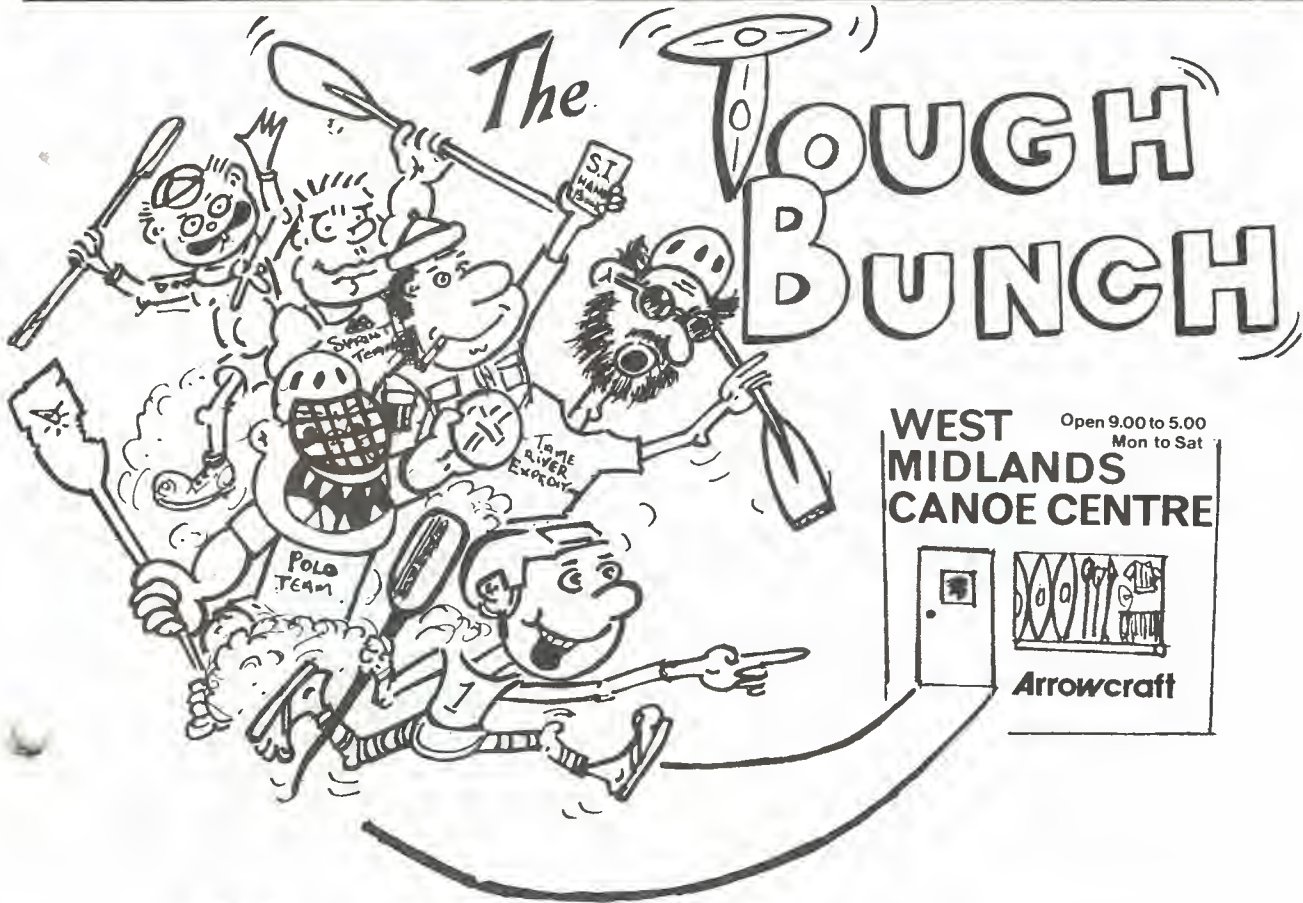
When this suggestion was put to some competitors there was agreement that because the K1 event uses a double bladed paddle then both the left arm stroke and the right arm stroke are involved in heavy propulsive work. In the Canadian event, however, only a single blade is used and there is a period when no propulsion takes place as the blade is moved back to the beginning of the stroke phase. This might be classed as a short recovery period.

The results of lactate formation in all the events sampled but particularly in the mens K1 event demonstrate the major contribution made by the anaerobic energy liberating mechanism.

There is no doubt that because of the fact that this competition was a selection event for the World Championships, each competitor was under some psychological stress which might account for a fraction of the measured lactate content.

The results of this investigation were sufficiently encouraging that a subsequent study was planned which enquired into the changes that might occur in human muscle as a result of a strict regime of anaerobic training.

This subsequent study and its implications to slalom training will be described in a future edition.



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# GUEST COLUMN

by Doug Castle

At the Slalom Organisers Conference back in February, Roger Fox delivered an excellent paper highlighting the problems with judging - quantity, quality and consistency, bias and the variability of competence. What is the answer to the weekly problem that there are not enough judges for the event?

Clearly the problem cannot be solved completely for the sport relies on goodwill and volunteers, these mainly being paddlers from another division going along for the practice, other competitors and quite a few parents or club friends. Are there any magic answers? Make the rules more simple, make the Grade C exam harder, make it a practical exam.... why? Such suggestions seem to imply acceptance, a resignation that the problem exists and that is that. But changes are all very well, if we have really exhausted every possibility, but are we making the best use of the current system? Can we improve it? Surely we can, and it would seem that the effort must come from three areas - the slalom clubs, the event organisers and the individuals.

1. Slalom Clubs - every club has a number of adults/parents as either full or social members as an available source of judges, at least for the club's own events. Whilst many keen clubs, including Viking, will organise winter, and summer, training for paddlers of all levels, how many clubs run a training evening/day course for potential judges? Not many, for most of those who are Grade C judges have just learnt a few rules as they have gone along, kept taking the exam until they have passed it, and probably never had any real explanation, instruction or interpretation of most of the rules. Consequently there are a number of people who, although Grade C, do not fully understand the rules, particularly those such as the team gate timing, pole rolling round shoulder, high flying poles and deliberate displacement, which cannot be shown on a flat sheet of paper, or adequately described in words that all can assimilate.

Most clubs could significantly increase their numbers of Grade C judges, and improve the ability of existing qualified judges, if some explanations and practical training is given.

2. Event Organisers - firstly the course designer, although quite rightly is designing

the course for paddlers, should more often give thought to the judging positions and the number of judges required. Secondly, each event has a judges organiser who, more often than not, calls a meeting, shouts out the names, works out a rota, hands out the equipment and then spends most of the weekend shouting through the tannoy for whosoever is not in position to get in position. How many judges organisers actually go along to each judging position and work out which rule(s) apply to those gates and then inform the judges what they might expect to be looking for? How many organisers go around to each judging position and check on some of the judges decisions?

The jury has a role here as well, for their job is not just to reject protests or uphold a few, for these three persons also have a responsibility to see that the event is run fairly. They can also go around to the judging positions and if they feel that a judge is not carrying out the duties correctly, due to uncertainty of the rule, or for inattention etc, they can bring it to the attention of the organiser and have the judge informed as to the rule, the right interpretation or have him removed. In short the organiser has a duty to inform judges of what is required and make sure there is a measure of consistency in decisions throughout the weekend. That, of course, presupposes that he himself knows.

3. Individuals could improve their standards by:

- a. leaving transistor radios well out of the way, preferably at home
- b. not having friends sitting on knees, larking about at judging positions
- c. actually thinking which rule(s) do apply to the gate(s) being watched, and not just looking at poles
- d. concentrating on the competitors and not accepting chatter from control on live headphones, say you are judging when a paddler is in your section, and wait to relay scores
- e. completing judges forms properly with your name, position, class and most important some notes as to why the penalty was given

If individuals expect others to concentrate and get the right decision when they are paddling you also have a duty to do that for others.

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# LETTERS

## Dear Sirs

In reply to D.A. Staplehurst's letter in the February '85 issue of your magazine, with regard to Shepperton Novice slalom. In response to this letter I would like to consider several of the points raised.

Jim Jayes is a very experienced competitor in Premier, he is also a professional canoe instructor and knows a thing or two about the capabilities of novices. The course was not planned for premier, if this had been the case, very few would have got to the finish at all. As far as the Div. 2 paddler who was heard to remark that "it's the best course I've been on all year" this does not necessarily mean that it was the hardest, nor the biggest water. As far as the gates proximity to the weir, it is physically impossible to move the gates downstream without having them cluttered up together. We feel that the course was good in that it allowed both the fast and confident route, or the safe route which incurred a time penalty. As far as juniors not having enough strength, well any course requires strength, but there were no long upstream paddles and the shoots and breakouts were clearly defined.

The writer asks why on a novice course was it necessary to have Prem. and Div. 1 paddlers permanently on the water. The answer is that it was not felt necessary, but that in the interests of ultimate safety many judges volunteered to provide safety cover in addition to the minimum requirement of the previous competitor remaining on the water. In addition to this the extra cover appears to have given the novices confidence on the water.

With regard to the practice sessions. After running the teams and organised practice on the Saturday it is perhaps a bit much to expect them to run practice for those enthusiastic paddlers who were not put off the water and practised until it got dark. As far as judges playing on the weir, surely they deserve their time on the water as well.

With the event commencing at 9.30 in the morning it was felt that organised practice was not required before this time. Comment is made of the fact that out of 14 prize winners, 6 came from Shepperton

or Windsor (neighbouring club). This is expected to some extent, after all they are on home ground. But, our novices are not superhuman, if ours can do it so can yours, unless that is, they have not received adequate instruction or lack the necessary experience. Nobody is trying to put people off with a difficult course. The BCU rightly allows "such events and organisations to go on" because they provide experience for a start on the slalom ladder, and because they are fun! In conclusion, if the water conditions are there for heavens sake use them, we have enough flat water slaloms. Let's remember that the intention is to test the paddlers skill and ability on "moving and agitated water". Trust in those with experience to judge what is and is not reasonable. We were all novices not so long ago, in some cases with the organisers as little as 2 years ago, so we know what it is like to be faced with daunting water.

**Paul Warner**

**Hon. Sect. SSCC for the Organising Committee**

**Dear Joe**

I would like to bring to paddlers attention the very real potential danger that can arise with tight fitting rubber decks. There have been two cases that I personally know of where after capsizing attempts to remove the deck have resulted in the release strap tearing. In each case the deck proved impossible to remove and only prompt action by other paddlers prevented a possible tragedy. Even more serious in my opinion is the fact that the manufacturer of these decks is aware of the fault and has not, at the time of writing and to the best of my knowledge made any attempt to advise people of this very serious defect. In other respects the decks are excellent and I have found that the problem can be avoided by wearing a length of 1 inch nylon life jacket webbing about 1½ metres long, tied in a bowline around the waist and brought out under the front of the deck when in use. The ends of the webbing need sealing to prevent unravelling. Both the original blue and the newer striped releases of Shokpruf decks have been known to tear, so be warned!

**Garry D. Nevin, Hastings and District C.C.**



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Dear Sir

### SUBJECT: DISCIPLINARY ACTION AT COUNTRY LEVEL

I was informed by the Scottish Paddlers at the Hambledon Slalom that the long drawn out disciplinary action against the Scottish paddlers for their actions last year were now concluded. The paddlers appear to have been banned by the Scottish Canoe Association from paddling for Scotland in International competition.

The Scottish paddlers were eager to assure me that this was OK because the banned paddler could still paddle for Great Britain. I was astonished at this for I believe that any sportsman/woman "banned" from competing for their country should automatically be banned from paddling for Great Britain.

On an even more important from we "English" paddlers do not have a National Association and so it appears we would be disciplined, in the case of Slalom, by the British Canoe Union's Slalom Executive and would be automatically banned (if that were the punishment) from the Great Britain Team as well as from the English Team. This appears to be a totally ludicrous and unfair situation.

I have copied this letter to the BCU Slalom Executive and the Canoe Press in

the UK. I would ask that you answer the following questions to the Canoe Press in a simple and consise manner so that all paddlers may know exactly where they stand:

1. Is it true that Slalom paddlers banned by the SCA, WCA and CANI may still be allowed to paddle for Great Britain?
2. If so, is this true for all disciplines of the sport?
3. If it is not true for all disciplines where does it vary from my conclusions?
4. Are other disciplines of the sport of canoeing in England disciplined by their specialist committees and do the specialist committee decisions in these cases cover all the National Ranking Events as the Slalom Executive decisions do?
5. Why is there not an "English" Canoe Association, be it under the management of the BCU, to administer the English paddler and, assuming the above is correct, what urgent action will you put in place to ensure that:

### "ALL PADDLERS ARE EQUAL"

under the BCU's management.

Yours in hope,

A.G. Arrowsmith

# RESULTS

2nd/3rd March, 1985  
**SHEPPERTON**  
 Div. 2

On Friday evening practice the weather was clear, cool and dry, allowing an excellent view of the large hole in the center of the first of the World Championship practice courses that Jimmy Jayes was to design during the weekend. Not a hole caused by absence of gates (that was to come later!) but by the roaring water as the entire Thames poured through four open sluices, due to the back weir being closed for repair. Viewed from the bank, and believe me I had no intention of getting any closer, it was about two foot below the surrounding water and five foot below the standing wave directly downstream of it, where Jimmy had thoughtfully put a very wide gate. Those first intrepid paddlers who paddled close enough to the hole fell into it and found, possibly to their surprise, that they were spat out again more or less through the gate and usually the right way up and soon others were finding that the water was far friendlier than it looked from the bank.

Few were out for practice first thing on Saturday morning and those who were quietly confident watched sadly as the lock-keeper was forced to open the fifth sluice. Jimmy and his crew then had to alter the course with very little scope for change without starting from scratch, and in deteriorating weather the team events started. Capsizes occurred during nearly a third of the team event first runs and the water was a challenge to the best of the white water paddlers.

The second runs were to prove even more interesting, but with fewer capsizes, as yet another sluice was opened. At the end of the day the seventh sluice was opened and high-class 'hot-doggers' had a field day. During the evening excellent videos taken by Vince Lampf during the day were shown in the club house and the answer to questions raised about Jimmy's clear first run was shown in slow motion and full colour, accompanied by cheers from the audience!

Hopes were dashed on the Sunday when it was realised that all seven gates were to remain open, and gate fifteen was removed. The weather was dismal during the individual runs and judging must have been a nightmare with competitors going back for gates several times, often without realising that they had already gained 50's on them whilst upside down or back to front!

Yet although some paddlers were heard to say that it was ludicrous and impossible etc., etc., it wasn't because some competitors did the course clear (although none of ours!) and less than half a dozen capsized during their runs even though rolling was common place.

All in all I think that Shepperton C.C. did well in difficult circumstances, mainly beyond their control, paddlers probably paddled their most challenging water to date and those who won one of the many impressive medals earned

them! Incidentally four judges prizes were awarded — quite a good start to the Pot-hunting season!

G.D.N.

**Mens K1**

1	T. Harman	Chelmsford	165
2	V. Mayers	Central Paddlers	184
3	M. Gibbs	Viking	184

**Ladies K1**

1	J. Badger	Muscles
2	C. Carpenter	Indep.
3	L. Cuss	Muscles

**C1**

1	R. Spanner	WYM
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**C2**

1	Rance/Horsmon	N'ton Exiles
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9th/10th March, 1985  
**DUCK-MILL WEIR**  
 Div. 4/N

Despite the unfortunate late arrival of the year-book a modest entry at the closing date (Crystal Palace) was boosted by a number of late entrants to ensure a good weekend's sport.

With just one sluice running full open, an interesting course was designed by Dave Brown which was possible for the most experienced Novices, while proving testing enough for the better Division 4 paddlers and even some of the top Judges.

Considering the early stage of the season the standard overall, particularly in the Novice categories, was very encouraging — a clear indication that competitors are taking Winter Training more seriously.

The competition was somewhat marred when vandals demolished the course in the early hours of Saturday morning, but Viking would like to thank those visiting competitors, who helped to re-instate the gates in time for organised practice.

MIKE CARTER

**Division 4 Mens K1**

1	A. Stevens	Reigate
2	R. Kearns	
3	J. Chittenden	M.A.D.

**Ladies K1**

1	A. Varnava (J)	B.U.S.
2	I. Meyer (J)	Proteus
3	L. Goodfellow	Soton. Univ.

**C2**

1	T. Croft/J. Barnes	Viking/St. Augustine
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**C1**

1	R. Moss	Falcon
2	A. Biles (Y)	B.U.S.
3	R. Benton (Y)	Viking

**Team**

1	Roe, Daves, Morkin	Sinkers
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**Novice Mens K1**

1	S. Studer	Loughborough
2	S. Day	Viking
3	T. Bryan	Windsor

**Ladies K1**

1	J. Garrick	Viking
2	R. Renner	Cambridge Univ.
3	H. Pizey (J)	Cambridge

**C2**

1	Franklin/Woods	S.A.T.
2	Snodin/Purssell	Midland
3	Poppleton/Hatley	Loughborough

- C1**  
 1 G. Woods Shepperton  
 2 L. Croft Viking  
 3 S. Block (J) Cambridge

**Team**  
 1 Pickard, Pryor, Patience

- Judges**  
 1 A. Heume Viking  
 2 R. Campbell Viking  
 3 D. Brown Viking

**DURNGATE MILL NOVICE**  
 9th/10th March, 1985

Prizes were presented at the close of the event by Mr. Derek Sweetnam (Chairman of W.S.S.C.) who congratulated those who had won and hoped that all competitors had enjoyed the weekend and gain in experience. He also thanked all members of the canoe section whose hard work had ensured the success of the weekend.

Results were as follows:

- C1 Mens**  
 1 A. Balchin W.D.C.C.  
 2 I. Williamson Warren  
 3 P. Wigglesworth Southsea

- K1 Mens**  
 1 Junior D. Ingram (Addlestone)  
 1st Youth A Millican Warren

- K1 Ladies**  
 1 D. Wells (Perivale)  
 2 A. Wharton W.S.S.C.  
 3 M. Wall Wym

- C1**  
 1 A. Smith Reading  
 2 I. Pescud Soton. Univ.

- C2**  
 1 Birch/Carter W.S.S.C./Saints  
 2 Patrick/Hynes Perivale

**Teams**  
 1 Hendry, Ingram, Ingram

- Judges**  
 Div. 1 Joe Lyons Central  
 Div. 2 Graham Birch W.S.S.C.  
 Div. 3 D. Slaymaker  
 Div. 4 C. Smart W.D.C.C.

9th/10th April, 1985  
**APPLETREEWICK**  
 Div. 2

- Mens K1**  
 1 M. Streeter RAF  
 2 C. Wilson Dudley  
 3 C. Grace Chelmsford

- Ladies K1**  
 1 T. Lawton (Y) Chelmsford  
 2 A. Walley (Y) Stafford & Stone  
 3 T. Smith Sheffield Poly

- C1**  
 1 T. Stephens Fife  
 2 J. Moffat Central  
 3 S. Green (Y)

- C2**  
 1 Fleet/Lord Giggleswick

- Judges**  
 1 I. Raspin Tees  
 2 L. Shackleton Leeds  
 3 B. Melia Manchester

**Team**  
 1 McKay, Streeter, Chackleton RAF

23rd/24th March, 1985  
**HALTON RAPIDS**  
 Div. 2

The generous co-operation of Lineside Engineering and the North West Water Authority once more enabled Ribble Canoe Club to run a first rate Slalom on the River Lune near Lancaster. The Halton Rapids Site is rapidly becoming one of the most popular events on the national calendar. This year the testing course, excellent organisation and sponsorship from British Telecom and Dairy Crest attracted a maximum field with many paddlers being turned away. Heavy rain over the weekend brought the river up to an exciting level, a welcome relief after the long dry spell.

- Mens K1**  
 1 A. Murray (Y) Carlisle  
 2 I. Mackay R.A.F.C.A.  
 3 M. Earnshaw Manchester

- Ladies K1**  
 1 S. Mortlock (Y) A.A.a.A.  
 2 C. Perkins Bath  
 3 A. Strutt (Y) Forth

- C1**  
 1 J. Stephens I.N.D.  
 2 S. Green (Y) Central Paddlers  
 3 J. Allcock Willenhall

- C2**  
 1 Rolland/England Chalfont Park  
 2 Lord/Fleet Giggleswick  
 3 Hilsop/Butler K.W.S.A.

**Teams**  
 1 Wharton/Kelly/Corrie

- Veterans**  
 1 G. Langton Manchester

- Judges**  
 1 M. Welsh Ribble  
 2 A. Welsh Ribble  
 3 C. Jones Carlisle



Mike Wharton — 10th place at Halton

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