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R. Fox with Sir Leslie Porter, Chairman of S.A.F.

Canoe **SLALOM**

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Ian Raspin,
European Youth Champion.

Photo: Newbury Cameras

Editorial

SHOCK HORROR PRICE RISE! after six issues of Slalom magazine, Mrs. Thatcher's generous support through the enterprise allowance scheme is about to expire. To replace this income and to ensure that we don't make a substantial loss next year we will have to charge £6 per year for a subscription (including 22p a copy postage) and a cover price of 80 pence before cries of protest and excessive profit go up, this will generate about £150 more revenue per issue than costs, leaving very little spare for me! On a serious note, the first year of the magazine in its new format has been successful, but to make it truly secure a wider subscription base is needed to expand us over the 1000 copies per issue level. The continual improvement of contents and quality of print, and wider coverage further down the divisions is dependent on more subscriptions. As a defence against the "elitist" charge that has been levelled against us, over 2/3rds of our subscribers are in Premier or Division 1 (excepting club copies). It would help us as a magazine to get greater penetration of the lower divisions if we received reports, news information on events and on clubs as well as any articles to help the lower division paddler, in technique, training or preparation for events. I can't afford to get to every event, or even a quarter of them, so if you want to see the names of your successful paddlers in print, then write and let me know.

After my diatribe against Focus, the other Canoeing magazines also weighed in with heavy guns. Perhaps the strongest criticism coming from Dave Kaye of White Water News, whose critique made mine look complimentary. He put a very good case, and it was confirmed by the next issue, where a microscopic survey of the contents provided no articles on river racing and only one on Slalom, and that a vague reference to Mr. Edges new job. If it really only costs 17p a year per member, for focus (a figure which I doubt!!) then you still didn't get your money's worth in October!

The AGM saw the retirement of 3

people from office in Slalom. Jennifer Munro has put the sport of Slalom on the publicity map, and the amount of work, time and effort has produced a massive increase in publicity for the sport, from a previous almost zero. Convincing sceptical newspapers that we are with being told that GB is also "world champions in tiddlywinks" when she told one writer how we rated internationally, can hardly have encouraged her. However she has created a wave of interest and it is up to us to get on that wave and ride it.

Brian James has struggled with wearing the two hats as BCU Administrator and Slalom Team manager for a long time, and has done a good job behind the scenes for the team. His retirement and move to America will leave Slalom team trips without his wry humour, gentle administration and cheery smile. Only the team can really appreciate his input.

Next time you enter a slalom, spare a thought for the person who sends out 75,000 per year (what do we do with them?!) It is 25 years since Roger Hardy took this post on and he has dealt with your idiocies (and mine) ever since. Problems like requests for cards and no return envelopes, or no stamps, or the envelope too small have been overcome year after year some before most of you were born. Its the kind of job that nobody remembers until its not done. The new glutton for punishment is Mrs. I. Osborne, of 9 Stanton Place, Mansfield, Notts, NG18 5PW. Good luck to her.

As we go into the winter this issue is based on training and winter strength work. The articles on isokinetics, weights, and floodlighting are well worth a read and are all "Club" projects. It is the purchase or acquisition of such equipment as isos and lights that will make winter training easier, and thus we will progress toward the champions of tomorrow. Last, but not least, Merry Christmas and a Successful New Year.

Joe Lyons

FEEDBACK News & Info AGM Report

Despite warnings of all night sittings, and suggestions that I take my walkman along, the AGM wasn't quite the marathon of boredom I was led to expect. Perhaps the high turnout, with over 100 voters, and many other interested parties in attendance kept the meeting from being too dull. Various motions close to the hearts of many slalomists were on the order paper, not least the New Rules, the Premier\Div 1 split proposal and the 1986 entry fees. These motions alone would produce debate enough to satisfy the most voluble talker, but a further 45 on top meant fairly brisk consideration of some motions, especially as plenty of time had to be given to the "Big Ones".

The first of these was the 1986 entry fees. All those with tight wallets will be pleased to hear that next year a Premier entry will cost £7.00, Div 2-Novice senior £3.50, Div 2\3 youth £3.00 and a 4\Novice youth £2.50. This is a more than inflationary increase with the aim of increasing services and support, a higher standard of equipment, and to fund the increase of the section judges expense payments to £10.00 per event.

The debate on the new rules was surprisingly one sided, as was the vote. The new rules will be adopted across the board, from Premier to Novice, although the weight restrictions will not apply for 2-Novice, and you will be allowed to build up the ends of boats that you have to new rules dimensions. A well orchestrated chorus of youth Div 3\4 paddlers speaking in favour of the new rules contrasted against the average age of the defenders of the old rules being about 67, may have convinced a few doubters, but in the end the margin was 2 to 1 in favour of 1 set of rules for British Canoe Slalom.

Premier\Division 1 has reached unmanageable proportions, with over 250 people entering the end of season events, when daylight permits only a limited amount of runs. The split was even more inevitable when Roger Annan pointed out that if

there was no split the probable demotion level of points was 157, leaving only 30 of the years Division 1 starters in division 1 for 1986. The intertwining of this proposal with Autumn and Spring series proposals, and proposals for "double header" Premier events made its passage much more tricky than was needed. Spring\Autumn series have been tried before, with little success, and in the interests of speeding up debate Roger Annan withdrew the proposal. However the idea of 2 Premier events in 1 weekend is worth a try, and the end result of some tortuous debating was a split between Premier and Div 1 with 150 in Premier (all classes) and 2 weekends with "double headers", with only one team event and a joint entry fee for the weekend of £10.00. With 8 events in Premier and 7 in Div 1 there is a lot of pressure on our top class water, relieved only by the creation of Holme Pierpoint. The only problem unresolved is whether judges will enter the Premier judges event (now known as the officials event!), or will we be left "judgeless".

The only other motion to effect just the elite was the adoption of Llangollen Town slalom as a "British Open Championship" without ranking status, with entry open to those who qualify by a system the executive have yet to determine. Richard will be glad that motion 18, stating that a current World Champion in a class shall take his or her run last in that class regardless of his or her ranking status or bib number was passed.

Canadian paddlers in the lower divisions will no doubt be pleased to hear that they will no longer have to endure iniquitous events preventing promotion. A neat little Scottish system of giving points based on the % of the average of the kayak score, means that if only 2 of you turn up you will still get good points for a good run.

The people who seemed to be on the thin end of the AGM wedge were the organisers. As a result of various motions all individual runs will now

News & Info Continued

be on a Sunday. Judges runs should be held on the same day, and event organisers are obliged to control supervised practice with 2 people on the bank to ensure full runs, with ranking status at risk if they fail to ensure that this is done. Back up timing is obligatory, with the jury empowered to spot check if the timing is inaccurate and to suspend the event until it is rectified. No doubt all these will be explained at the now compulsory organisers conferences, to be held in late January and early February. If a club is not represented at one of the various venues their ranking status will be forfeit, unless the excuse is pretty good.

Finally, that old buoyancy aid that you train and race in and have done for 10 years is not now legal. If your buoyancy aid does not bear the BCU\BCMA mark (except Div 4\Nov - BS 3595), then it may be tested, and if it fails you risk disqualification. If I were you I'd buy a new one and not risk it! All in all nothing too ridiculous went through, and what was passed will make life a little easier. Certainly I won't have to get up so early next year for my practice run and that's got to be good.

JL

NEW CLUB ANNOUNCED

LLANDYSUL PADDLERS: The new competitive Canoe Club, based in West Wales, would like to hear from all slalomists in the area.

The club offers regular gate training sessions on the town's rapids, group transport to events AND MUCH MORE!

For more information about this exciting new club, contact Chris Berry, at:

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MIDLANDS NEW CANOE SHOP

Aquasail of Southam, Warwickshire, one of the leading windsurfing centres in the country are now expanding into canoeing.

A large range of wetsuits, cagoules, paddles, and spraydecks are already in stock as well as Ace and Pyranha canoes. They are expanding leading brands of canoeing equipment.

Ian Brown, director of Aquasail, said "We will be contacting all the local clubs and societies throughout the Midlands and offering back up plus sponsorship for any forthcoming events".

The showroom is centrally positioned for easy access from most parts of the Midlands, and after spending this season feeling their way, will be giving their canoe shop a big launch for the '86 season at the Birmingham Boating & Caravan Show in February, as well as running their own windsurfing & canoeing show later in the year.

For any further details contact Mike Rollason or Ian Brown on Southam 7233 or call in at the showroom at 3 Market Hill, Southam, Warwickshire,



Russ Smith — Photo by P. Endbury Cameras

News & Info Continued

BRITISH CANOE UNION — SLALOM COMMITTEE RANKING LISTS 1985

The Promotion/Demotion positions determined by the Slalom Executive on Sunday 1 December 1985 are as follows:

K1 Men

Premier to Division One	None demoted
Division One to Premier	198 points or better
Division One to Division Two	Worse than 30 points
Division Two to Division One	72% or better
Division Two to Division Three	Worse than 110%
Division Three to Division Two	76% or better
Division Three to Division Four	Worse than 110%
Division Four to Division Three	81% or better
Division Four to Novice	Worse than 120%

K1 Ladies

Premier to Division One	0 points
Division One to Premier	60 points or better
Division One to Division Two	Worse than 1
Division One to Division Two	Worse than 10 points
Division Two to Division One	72% or better
Division Two to Division Three	Worse than 120%
Division Three to Division Two	75% or better
Division Three to Division Four	Worse than 120%
Division Four to Division Three	Better than 81%
Division Four to Novice	Worse than 120%

C1

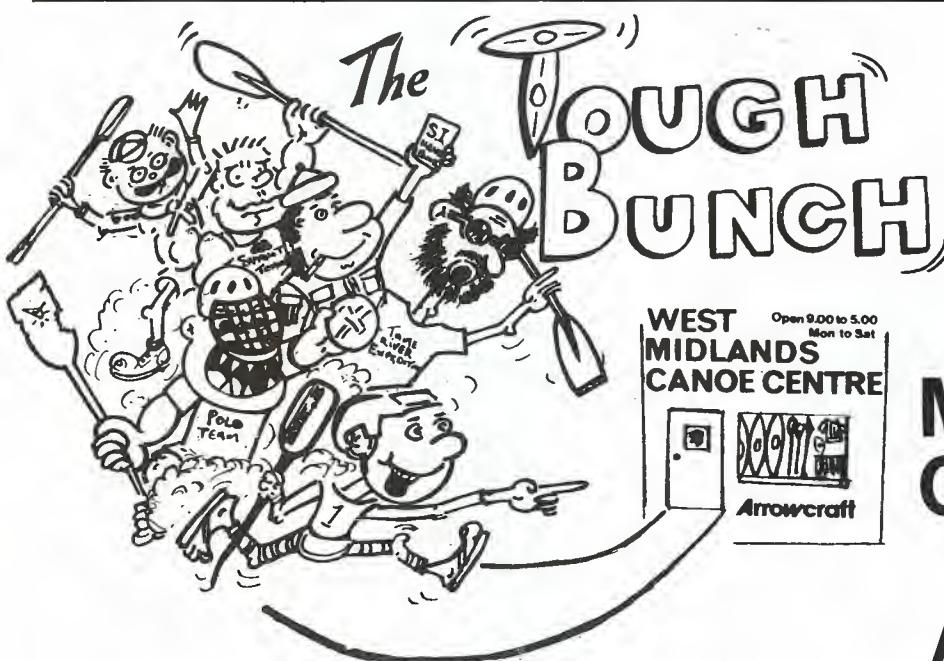
Premier to Division One	None demoted
Division One to Premier	30 points or better
Division One to Division Two	Worse than 1 point
Division Two to Division One	Better than 7 points
Division Two to Division Three	Worse than 1 point
Division Three to Division Two	6 points or better
Division Three to Division Four	Worse than 1 point
Division Four to Division Three	8 points or better
Division Four to Novice	Worse than 1 point

C2

Premier to Division One	None demoted
Division One to Premier	15 points and better
Division One to Division Two	None demoted
Division Two to Division One	5 points or better
Division Two to Division Three	None demoted
Division Three to Division Two	5 points or better
Division Three to Division Four	None demoted
Division Four to Division Three	5 points or better
Division Four to Novice	None demoted

NOTES: All full season no result paddlers including any granted ranking status during 1985 which was not taken up, **must** apply to the Ranking Status Officer if they wish to compete in 1986.

S E WHARTON
SLALOM ADMINISTRATOR



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Weight Training for Women Liz Sharman

Initially I want to dispell the fallacy that strength training for women necessarily creates muscle bulk, the fact remains, however, that a woman competitor in the sport of Canoe Slalom who desires success will need to do some kind of training to improve muscular strength as strength and power are two of the main ingredients of slalom racing.

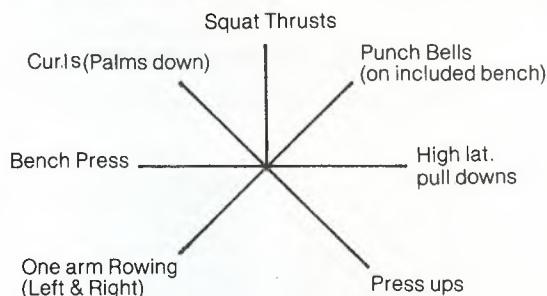
I began weight training early in my career as I realized that to be successful I would need to improve my strength, and to that effect began a structured training programme under a qualified coach. I was fortunate that my coach had in depth experience of weight training programmes for the fairer sex and he worked on the premise that lady athletes should, as he put it "look feminine when they walk down the aisle".

My formative days were with light circuit type weights, which apart from helping to develop the cardiovascular system, introduced my muscles to the concept of lifting, pushing and otherwise straining with pieces of iron! I think that any lady and most men would do well to start their strength training with a well structured circuit.

However it should be noted that young people should not train with heavy weights before or during puberty, children younger than 11\12 years have physical problems when attempting complicated movements, and they should avoid resistance type exercises which demand co-ordination. Training with light weights accustoms young people to the use of apparatus as well as implanting correct technique.

Initially the circuit is for general fitness and when this is achieved, become more specific, actually recreating paddle movements. My circuit was originally a Ken Langford concept which I have used successfully for a number of years. It develops speed, strength and power.

The circuit is set up as follows:



The star is drawn to help you to sort out your exercise order relating to the alternation of different muscle groups. Once this is established, test for each exercise by seeing how many repeats you can achieve in 15 seconds with a 120 second recovery between tests. The weights must be enough to allow you to repeat at paddle simulating speed.

Having set your goals you attempt the circuit twice nonstop. In theory you should achieve a running time of @ 240 seconds (the length of a slalom course). The target is to beat your time set on previous occasions, being careful not to cheat on any of the exercises.

Three sets with equal recovery make a good workout at 2 or 3 sessions per week. If you achieve the goals too easily up the weights a little. In my opinion many women fail to utilize their full strength potential; how much of this is due to ingrained beliefs that ladies are supposed to be the weaker sex is questionable! Whilst the muscular skeletal structure of the female obviously cannot become as strong as that of a man, with the correct training schedule one can achieve a similar % strength increase as the male but without bulking up to the same degree - which is a point that concerns a lot of women. With this in mind one can embark on a strength programme that not only builds power, but also a degree of aggression and confidence that is essential when attacking a slalom course.

My preparatory season of weight training is structured around phases of dynamic endurance and maximum strength. Usually I work in periods

of 4 weeks endurance at 3 sessions per week and 4 weeks maximum strength at 2 sessions per week (retesting for maximums at the beginning of each phase). My weight programme starts at the end of the competition season (October), there is usually time for 2 cycles of each, to about 6 weeks before the selection races in April when I change my emphasis to speed work.

Dynamic Maximum Strength Weights

Strength should be trained for by using heavy work loads of about 80-90% of your maximum. In this way you improve the muscles ability to work at maximum.

The type of maximum strength session I prefer to use is as follows; as I find the old pyramid system far too time consuming and difficult to carry out in a crowded gym where there is always competition for equipment!

Bench Press

Lat Pulldowns

Peckdeck

One Arm Rowing (left and right)

Situps (soles of feet together and weight on chest)

Tricep Press

In deciding which exercises to use I have always based my decisions on the exercises and movements I thought most closely related to the canoeing stroke and therefore to specific muscle groups used in the sport.

To test for maximum strength, it is best to set aside a complete workout when you are fresh and if possible, to work with a friend or Coach - you will be surprised at the extra motivation and aggression you can summon up in this way, especially if the person gives encouragement during your attempts!

Always start with a really good warm-up and stretch all muscle groups well, in fact, make sure that you have at least started to perspire prior to starting the lifts. Do a number of reps. at a weight you know you can handle

before attempting the 'Biggie', up the weight gradually until you reach the maximum you can move once only.

This is your current maximum and percentages should be worked off this figure. Test for each exercise in the same method until you have recorded maximum lifts for each one. It is important to remember not to rush your recovery periods, allow 2/3 minutes between each attempt.

Once your maximums have been established and you have worked out the percentage you are using, you can plan your session, aiming for three sets of each exercise in rotation. Your objective is for six reps. on the first set and anything from 1-5 on the next two. These sets must be interspersed with 2/3 minutes rest. If you have chosen your percentage eight for maximum strength eight for maximum strength work correctly (80-95%) there should be no need to decrease the weight, it will be the repetitions that decline and so you will still be working the muscle to full potential.

If, however, you feel particularly weak one day, do not be afraid to lower the weight slightly as long as you are not repping higher than six, you are working the muscle in a maximal strength capacity. The advantages here of using multi gym, universal or nautilus machines are obvious as less time and energy is spent adjusting weights in the middle of a session.

I would recommend that women using Heavy weights should try to use weight training machines as opposed to free weights, as this makes any risk of injury minimal and is therefore a very much safer method of achieving the same end result.

DYNAMIC ENDURANCE WEIGHTS

To improve dynamic endurance, I work with loads that are 25-50% of my maximum capacity. The system I use for training in the endurance mode follows the pattern of a circuit

type of sessions in which I repeat the following exercises in succession with a timed recovery of 30 seconds as I move on to the next. I do 3/5 circuits of these with a good recovery of five minutes between each one.

Bench Press)
Pull ups)
Lat Raises (Supine) or pec dec.)
One arm rowing (left and right)	Try for more than 40 reps.
Sit-ups (incline bench with twist))	
Lat pull downs)
Extensors)
Tricep Press)

Endurance training has the effect of reducing both the maximum strength and speed of the trained muscles, it is important that a paddler must be careful to balance out a heavy phase of endurance and maximum strength training with a few sessions of speed/power work. Even through the winter season I believe the paddler needs to keep in contact with speed. Training for speed is undertaken with a workload of 50-80% of maximum - see the tables below.

	Endurance	Max Strength	Speed
% of max.	25-50	80-100	50-80
No. of Reps.	Above 40	1-6	Approx. 10
No. of Sets	3-5	3	4
Recoveries	30 sec.	2-3 min.	1/2 min.

A very important element of fitness commonly disregarded in training is flexibility and for the sport of Canoe Slalom, it is of paramount importance that flexibility is developed alongside strength and endurance - what is the point of developing a strong healthy body which is "muscle bound!" A high level of flexibility helps co-ordination and indicates that the muscular supportive tissues are stretchy and elastic. This is particularly helpful in the prevention of injuries, as well-conditioned muscles, tendons and ligaments will stretch rather than

tear under stress. To improve your flexibility, incorporate a basic routine into all of your warm up and warm down procedures. Ideally, if you have time to spare, a specific flexibility session on its own, it will be time well spent.

This article has dealt only with strength gain from weight training but it should be remembered that more specific strength can be gained from actually paddling strength sessions and perhaps this, together with isokinetic training may be dealt with in a future article. If any man paddlers have read this article, they may have been surprised to find that the schedules do not vary very much from programmes undertaken by our top male athletes so ladies, THINK STRONG!



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Strength & Endurance

by Bill Endicott

ABSTRACT

Muscular strength and endurance are important for success in canoe slalom racing. They can be improved by on-the-water training or off-the-water training as long as certain key principles are observed. After discussing these principles, which have been developed largely through research on swimmers, this document explores the exclusively on-the-water methods used by American World champions David Hearn and Jon Lugbill and the mixture of on-the-water and off-the-water methods used by Britain's World Champion Richard Fox.

MUSCULAR STRENGTH

While little research has been done on the subject of strength training specifically for slalom paddlers, a good deal has been done on swimmers and it appears reasonable that what the swimmers found can also apply to paddlers. In swimming, no significant differences in swimming speed were found in seven of nine studies between 1950 and 1973 where resistance training was used to improve muscular strength and muscular endurance. It was felt that the reason for this was not that extra strength would not help, but that most programs do not increase strength in ways that permit it to be used to increase swimming speed.

From this research the swimmers arrived at the following principles that they now observe in strength training:

1. THE EXERCISES SHOULD DUPLICATE THE STROKE MECHANICS THE SWIMMERS WILL USE IN COMPETITION AS CLOSELY AS POSSIBLE. The swimmers' research showed that strength developed with one type of movement does not necessarily transfer to other dissimilar movements. In one study, for example, it was demonstrated that there was no correlation between scores for a maximum bench press and speed for a 25-yard freestyle swim.

However, when strength was tested with one maximum pull on a Biokinetic Swim Bench - a device which exactly duplicates the swimming movements - there was a very positive correlation. The conclusion: muscular power is not a general quality but is specific to the manner in which it has been developed.

Regarding the type of resistance training that should be performed, isokinetic forms are recommended. They have been shown to be more effective than any other forms of training. There are three major forms of resistance training. In the first, isometric, the athlete strains against an immovable object. In the second, isotonic, the athlete lifts a weight, say a barbell, which moves as strains. In the third, isokinetic, the speed of movement is constant, but the resistance increases the harder you strain. This is most like a swim (a paddle) stroke in the water.

2. EXERCISES SHOULD BE PERFORMED AT COMPETITION SPEED OR ABOVE. Three studies in the 1970s have presented quite conclusive evidence that the speed of movement is crucial to the success of the training. They have shown that strength developed at slow speeds does not improve power at faster speeds. The swimmers tried swimming against resistance that is supplied by surgical tubing, Exergenies, hand paddles and resistance belts. But they found these largely ineffective because they did not allow for fast enough return rates.

3. THE RESISTANCE MUST BE GREATER THAN THAT ENCOUNTERED IN COMPETITION AND THERE MUST BE A PROVISION FOR INCREASING THE RESISTANCE AS THE ATHLETE'S POWER IMPROVES. This corresponds to the principles of overload and progressive resistance in training. The exercises can be accomplished at high speed even though the resistance is more than that encountered in competition.

because the work is done at less than race distance.

For all of the reasons cited above, the swimmers developed isokinetic machines, the most well-known of which are the Mini-gym and the Biokinetic Swim Bench. Richard Fox uses isokinetic machines derived from these that duplicate the paddling movements exactly.

In constructing a program for improving stroking power, the first factor is the speed of movement. Each repetition should be completed at the competition rate or slightly faster.

The duration of work is the second factor. Studies on swimmers have recommended that this range from 5 to 30 seconds. One study goes on to recommend 32 to 50 such work periods with rest periods of 30 to 75 seconds between them.

MUSCULAR ENDURANCE

So far we have talked only about improving muscular power for sprint speed. Swimmers (and paddlers) also use resistance training to improve muscular endurance. For example, it would be possible for a swimmer or paddler to have good basic speed, but lack anaerobic muscular endurance to maintain that speed over the whole course. Anaerobic endurance (which is different from aerobic endurance) can be improved by on-the-water lactate tolerance work and race pace repeats. In paddling terms, this would be all-out efforts over 60 to 120 seconds, and full length slalom runs. Nevertheless, the swimmers believe that certain land resistance exercises (isokinetic machines) that are specifically designed to increase anaerobic endurance may have some advantages over water training. They feel that with a solid object to push against, swimmers may be motivated to maintain their output above what they could maintain in the water. When swimming, attempts to apply more force when fatigued sometimes

result in slipping the hands through the water rather than a systematic progression in intensity. Land resistance may produce a systematic progression in specific muscle endurance that supplements that which is developed on the water.

Swimming literature says that when trying to improve your muscular endurance for a particular event, your exercise rate should approximate the turnover rate for the event. The number of strokes in each work interval should be at least the same as the number of strokes you will take in the race. The work time should be identical to your target time for the event. Two or three intervals of these strokes should be sufficient to increase anaerobic muscular endurance. Rest periods of 3-5 minutes should be allowed between work intervals. Three days per week of muscular endurance training should be satisfactory. Another three days can be used for muscular power training.

HEARN-LUGBILL ON-THE-WATER METHODS IN CANOE SLALOM

Americans David Hearn and John Lugbill, both World Champions in the C1 class, have accomplished their power training through boat training, in the following ways.

1. "5 on 5". This means 5 timed runs on 5 different short courses, with no measured rest between runs. Relating this to the principles above, we can see that it jibes with most of them. It uses the same movements that are used in the race, the speed of execution is faster than race pace, and there is a progressive overload effect as the season goes on since the two are always trying to beat each other and have to go faster to do it.

The distance of the courses can vary from 5 seconds (one one or two gates) up to about 40 seconds (5 or 6 gates), with the majority of them being around 25 to 30 seconds (3 or

4 gates). They can vary from 15-seconds straight-ahead upstream paddles through the gates, to Grand Prix runs all downstream.

Only the number of repetitions seems to be at odds with what the swimmers recommend. They talk of between 32 and 50 work intervals, whereas for the paddlers, 25-30 is always plenty.

The main advantage of this type of power training is that it also uses the gate skills you have to use in the race - not just forward paddling, but draw, cross-draw, sweep and reverse sweep strokes as well.

2. River playing. Enders, surfs, and other tricks that require power are another good method of combining strength training with specific boat handling skills, in a fun, unstructured way.

3. 50-100 meter sprints on whitewater or flatwater. These are aimed specifically at improving forward sprint speed.

The following are in-the-boat methods they use for improving anaerobic endurance:

1. Intermediate length whitewater courses. These typically range from 40 to 120 seconds, with 60 to 90 seconds being the norm, and they are done for time against competition. Once again this work coincides with most of the principles enunciated by the swimmers, except that the American paddlers have never done any work like this out of the boat. Competition seems to be enough motivation to keep the intensity high.

2. Interval training on gates. This could be times gate loops of 120 seconds on with 60 seconds rest, with 7-10 such work bouts.

3. "Humbler". ("They come in belligerant and they go out humble".) This is the name for

competitive, or at least timed runs on 2 or 3 separate 30-40 second courses, with 10 runs done on each, and about 7 seconds rest between runs, with 3 minutes rest between courses. This is real speed endurance. The work distance is so short that you can really work on your speed, but the rest is also short so you don't completely recover and there is a large lactic acid build-up.

4. Full length repeats. These would be 7 to 10 runs on anything from 180 to 240 seconds in length with plenty of rest between them.

Once again the main advantage of these workouts is that they combine boat and gate skills with physical training.

FOX COMBINED METHODS

Richard Fox, World Champion in K1, does virtually all the anaerobic endurance gate work that Hearn and Lugbill do, but he doesn't do the short course work in the boat. For this he uses isokinetic machines, and he also uses them in combination with gate work for anaerobic endurance work.

Fox did 60 isokinetic sessions from August 1982 to May 1983 in preparation for the 1983 World Championships. The following is a summary of how he used them.

1. Fox started out using the machines practically every day in August. But he did very little in the boat then. Here he was obviously using the isokinetic machine to get into shape again.

2. He usually used the machines in the evenings, after boat work.

3. He rarely did 2 gate workouts and an isokinetic machine workout on the same day.

4. He continued using the isokinetic machines throughout the year, stopping it at the end of May.

There was, however, a gap from December 17 to February 25th when he was in Australia.

5. He never did an isokinetic machine workout on the same day he did canal sprints.

6. In general, he used the isokinetic machine intensely for a few weeks before he left for a training camp or race circuit, where he wasn't able to do any isokinetic work at all.

7. In general, it seems as though Fox used the isokinetic machine for power work. Since he had no one to time him on short gate courses, and often did not have good whitewater to train on, the isokinetic machines were probably a good way to get all-efforts.

Here are some sample sessions, copied from his training log:

Wednesday
9/1/82
pm

Pulling only 1.8 resistance.
 25 reps (28) 30 secs rest 2nd
 20 reps (21) between sets; group
 15 reps (16) 5 mins ascending
 10 reps (10) between
 5 reps (5) groups

plus 6 x25 reps. 30 secs rest

Experimental. 3rd set seems to be best for pulling only workout.

26.
Tuesday
11/9/82
5:30 - 6:10

1. Warm up easy pulls.
2. 3 mins. timed pull @ 1.4 ca 158 reps
3. 60 secs. timed reverses @ 1.2 ca 42.
4. 60 secs. sweeps @ 1.1 ca 35.
5. 60 secs. bow rudders @ 1.5 ca 35.

5 mins rest between sets.

46.
Thursday
3/10/83
1 - 1:40 pm

Isokinetic endurance.

12 x 60 secs pullin 30 secs rest.
 Low resistance working smoothly.
 H.R. 175-180 recover to 140.
 Pretty intensive

48.
Monday
3/14/83
1:00 - 1:55 pm

Warm up and stretch
 5 x 20 reps pull 40 secs rest
 3 x 20 reps rev 45 secs rest
 3 x 20 reps sweep 60 secs rest
 3 x 20 reps bow r. 60 secs rest
 3 x 20 reps push 50 secs rest

Approx 2 mins between sets.

58.
Wednesday
5/4/83
1:00-1:30 pm

Warm up
 pull 10 x 15 reps s.i. 30 secs.
 rev 5 x 10 reps
 sweep 5 x 10 reps
 bow r. 5 x 10 reps
 push 5 x 15 reps
 pull 1 x 60 reps

Continuous, no rest between exercises.
 Medium-low resistance.
 But repping high. Wiped out at Finish.



Shaun Pearce — Photo by Newbury Cameras

GATE DECISIONS — John Macleod

Llangollen Town - Gate 3
 Gate 2R - easy approach in deep, slow moving water.
 Gate 3 - strong cross current onto the red from the weir. Poles high. Approach from the weir shallow and fast. Approach from below the weir not deep, but predictable.

Well over 80% of the Division 1 Teams got a penalty on Gate 3 through attempting to do it from the top of the weir. The penalty was usually a predictable 5 on the red, (body, arm or stern) a converted 50 (to 5) or even a 10! Clearly these paddlers had not weighed up the sequence. All those that attempted gate 3 from the bottom by traversing the slot were clean. The top ten in Premier cleared the gate using both methods, the top route being the most popular. Splits showed the difference to be indistinguishable, indeed those top ten paddlers that took the lower route did so because they were satisfied the method was not only faster, but safer. From the bottom the depth of water allowed the paddler to put power in, driving the boat straight under the high green pole. Speed meant that the boat stayed on the gateline for a minimum amount of time and therefore decreased the chances of penalty in the cross-flow. From the top the paddler had to decide exactly when to drop down the weir onto the gateline! The approach was a scrape, losing speed, therefore reducing chances of a clear negotiation. Many a paddler dropped down the weir a shade too early reducing the chances of success.

Maybe next time course designer Paul McConkey will fool them again by adding an extra 30cm to the width of gate 3!

Success at Gate 3
 Llangollen Team British Open

	1st Run	2nd Run
IND K1 Prem	81%	78%
IND K1 Div 1	54%	78%

Division 1 paddlers had a success rate of between 20% and 40% on team runs. Thus Division 1 paddlers appear to learn run by run. The actual penalties on this gate were provided by Terry White and the analysis was done by team K1 coach John Macleod.



SUMMER 86

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Let There Be Light

Ed. Joe Lyons

As the winter draws in, the clocks go back, and all of a sudden there is no light to go training in. Various clubs have solved this problem, some more professionally and more expensively, others with the emphasis on flexibility and portability. The four examples below come from clubs and groups of various sizes.

CENTRAL PADDLERS

Central Paddlers are now on their second set of lights. The first set were the cheapest to make, and Pete Bell now uses them. They were simply 3 car headlights mounted on a tripod, which were able to swivel left/right and up/down. Two tripods (6 lights) adequately lit a large enough area of canal for training. Power was provided by 2 car batteries which could be charged overnight from the mains ready for use the next night. They were highly portable but the power of the beams was insufficient to reach the far bank of big rivers like the Severn out at Ironbridge or set up was very low. The most expensive items being the batteries. Other problems with this system were the lack of light meaning light on the eyes, and if you forgot to change the batteries, a gloomy version, although they were good for about one-and-a-half hours.

Currently Central system is based around a portable generator and 4 x 1000 watt tungsten halogen lamps on 10ft extended poles, which lifts the lights above the eyeline. The generator was £300 worth and the lights, safety switch and cables are worth £250-£300 more. The system remains portable, but is highly expensive and is a step beyond an initial system.

CHELMSFORD CC

Flood lights at Chelmsford Canoe Club consist of two wide angle 1500 watt Tungsten Halogen lamps. They stand projecting downwards, twenty feet up mounted permanently on single scaffold poles cemented into

the ground. They positioned them at each end of the slalom course, facing each other they successfully luminate the 80 metre stretch in between.

They used steel armoured cable for safety which runs along the bank buried some fifteen inches deep. This then connects to an outside weatherproof switch governed by the main electricity switch in the clubhouse.

They do have the odd blinding spot where one light catches your eye whilst doing the gatework but they are working on the light trajectory to minimise this.

They came by the lamps when they were due to be dumped, and rescued them just in time although they needed repairing and cleaning. Lamp brackets were welded up by a squad member, the cement and poles donated and the cable we won't talk about. The rest was just hard work.

This will be the second winter season using the lamps and so far they have only had one explode and one melt (due to the heat given off by Tungsten bulbs) which are very expensive to replace.

George Reynolds now has large flood lamps which take ordinary screw fit 500 or 1000 watt bulbs (around £3 each to buy). The lights are bulky (18" diameter by 2 ft depth) and so would need a good base on which to be mounted i.e. tree or hut. He has made them available at £10 each (£13 incl. bulb). Contact him on 0208 24677.

TEES KAYAK CLUB

The Club's home training waters is a 30m wide inlet to a Lake near Middlesbrough on Tees.

The slalom training gates (12 permanent) are situated alongside a Public Footpath with street lamps which give some illumination but not sufficient for training or safety.

Individuals can train at any time but Club squad sessions take place each Tuesday and Thursday throughout the year.

In 1983 the club bought two quartz halogen mini floodlights and a 1.2 Kw petrol generator. The lights are secured to conduit type tubing which slots onto the posts supporting the gate wires. The lamps are 240 volt and the whole system requires earthing and is fitted with watrproof socket and outlets.

At present we are seeking Council permission to erect a lighting mast with a permanent supply. this is to overcome low level dazzle which occurs on certain gates as paddlers face the lights. We estimate a height of approximately 10m is required to overcome the problem.

The lights and cable plus fittings cost in the region of £40, and the generator cost the club £250 at a discount.

Because of its mobility we can and have moved the lighting onto different sites. But here a note of caution "reading water under flood lights is not easy" We would recommend anybody trying out artificial lighting to set it up only in a known water situation with no hazards.

STAFFORD AND STONE

Using mains power and 3 quartz halogen lights set 30 ft in the air, this system lights up almost the whole length of the stone training stretch. From a mains junction box an underground cable runs from the club to the river bank and then to 3 "lamp posts" contructed by Paul McConkey from various scrap parts that club members had "acquired" (not from the side of the road!). A borrowed JCB dug the cable trench, and various club members with electrical training did the wiring.

It is, of course, fixed to the one site but provides adequate (if

slightly gloomy,) training conditions for a large group, as it has the length to accommodate 8-10 paddlers. Problems with bulbs being shot out with air rifles by kids are growing less frequent and the system is safe, easy to turn on and off and is cheap to run, the major expense being bulb replacement. because most of the material and work was done by club members costs were kept very low, the most expensive items being the lights and the heavy cables to go underground. A good system for a fixed site.

Conclusions

With the exception of Central's current system and Tees Kayaks proposed system all that is really needed is the enthusiasm and commitment to the idea. Once you start to use lights you constantly refine and improve the system. Finding cable and wiringup safety switches may require some expert work, but investigation of a few dad's jobs may produce a qualified electrician and he may even be able to help with "redundant" equipment from work - which is where most of the above systems were acquired. By next year the lights on the Christmas tree may be more than just decoration!

Thanks to George Reynolds and Len Smith for information.

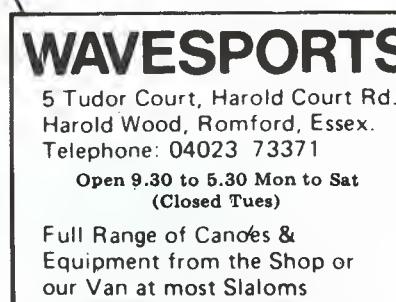
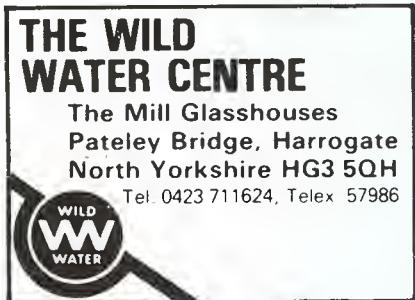


Thierry Lepeltier No. 54 — Phot by John Cartlidge L.R.P.S.

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TRADE News

RICHARD FOX JOINS NOMAD



Nomad Canoes Ltd and Richard Fox have announced their collaboration on the development of a new range of kayaks.

Both **Nomad Canoes** and **Richard Fox** see that with the introduction of the new rules next season at international and higher national levels there must be a kayak designed to cope with the developing techniques and paddling skills needed. The new range will be the basis of the design that **Richard Fox** will use at the Bourg World Championship in '87.

Since its inception in September 1980 **Nomad Canoes** has seen steady and gradual progress from its original position of a manufacturer of general purpose canoes to that of builder of canoes and kayaks at the forefront of the competition market.

So great has been the demand for its products that **Nomad** is to move to very much larger waterside premises which will offer greater scope for production and further facilities for paddlers. The Company will now be concentrating its efforts and greater resources on the development of new constructions using the latest advances in composite materials and resin systems; this, together with a team of paddlers, is to be the foundation of the Company for further steady product development.

Development of the new kayak and trials will be completed by Christmas and the first demo boats available in the New Year in preparation for launch at Crystal Palace.

All this can only add new and stronger impetus for all at **Nomad** and further encouragement for **Richard!**

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Alan Meikle/Colin Brown — Photo by J. Cartlidge L.R.P.S.

Fast & Clean - Surviving Winter Workouts R. Fox

Choose the time of day. On really cold days try and avoid early morning workouts; the middle of the day or early afternoon is the best time to train. The air temperature may drop quickly by the evening but this is still a better time to train than the early morning because your body and mind will have had more time to psyche up for a sub zero workout. Listen to the weather forecast and anticipate the conditions for several days at a time. This way you can make the most of a bad situation and shuffle your workouts accordingly.

- Set yourself targets

If you set targets over a monthly period, e.g. the number of paddling workouts, you will find it easier to motivate yourself for individual workouts. Make targets realistic and make yourself accountable by telling someone else of your goals. Last year I set myself the target of 100 paddling workouts between October and Christmas. This was based on an AVERAGE of 8 paddling workouts per week. Reaching that target became important enough for me to train hard even in the bad conditions - I did my 100th workout on Christmas Eve! If you don't set these short term targets it is very easy to let things slip and lose sight of what it is you are trying to achieve. That is when you start asking yourself what is the point of all this? Even if you are paddling only once or twice a week it is worth setting yourself a target to meet because it is surprising how fast a month can go by and how easily you can forget those missed training sessions.

- Plan the workout

Decide what you are going to do before you get on the water. If it is very cold you cannot afford to waste time shivering in a eddy while you - or your coach - decides on the type of workout. By the time the decision is made hypothermia might have set in! But be flexible in your planning. What you want is a productive workout and this might mean changing your plan from a technique workout on gates to a general endurance paddle.

- Don't waste time.

Choose courses for gate work quickly and spend as little time as possible adjusting gates. Sometimes it is better to make the most of what exists at the time and get on with the job of paddling. Playing around adjusting poles might give you a slightly better course but it will also give you very cold hands - Coaches bear this in mind. If you are doing short course technique work make the session short but intense - reduce the time between runs on a course and pick new courses quickly. Communicate with others clearly; keep moving and keep your mind on the job.

- Warm up off the water

Raise your body temperature through light aerobic exercise and stretching off the water. You can do this stretching after you have got changed into paddling gear so that all you have to do is jump into the boat and start paddling. Keep your hands warm until the last possible minute.

- Start working right away

If you have warmed up enough out of the boat you can start working as soon as you are on the water. Begin at an easy pace and then gradually speed up over the first 10 minutes until you are working at the normal speed. The longer you take to get going the harder it becomes. I find it better to tolerate the initial feeling of pain by working hard than to drift around waiting for my hands to warm up - sometimes they don't.

- Choose Good Equipment

With the right equipment sub zero training is not too unpleasant. Wear a hat or headband to prevent heat loss through the head, on whitewater a neoprene headband or a swimming cap will do the job. I recommend Helly Hansen Lifa wear or a similar product next to the skin on the upper body - sometimes two layers or perhaps a football shirt on top of one layer. For the legs I suggest a thin 2mm wetsuit either single or double lined for long lasting warmth. For

very cold conditions I wear a 2mm long john. If you prefer not to spend £25 or so on a pair of trousers £30 approximately for long john try Lifa wear under a tight fitting tracksuit or a pair of tights. If you intend walking about on the river bank a pair of neoprene socks or boots is essential. A hard sole lasts longer but is more uncomfortable in the boat. A softer sole will enable ou to use the same footrest fitting. Try some thin pads under the heels to prevent wear and tear. A good spraycover is very important - likewise a watertight boat. For warmth, a neoprene deck is the best and there are some good quality products readily available at £20 to £25. Make sure all the seams are glued as well as stitched. Neoprene cuffs on a paddling jacket

keep the wrists and hands warmer than a nylon cuff. But make sure you have a good fit, there is nothing worse than a steady dribble up the armpit! And it is worth modifying anything you buy to ensure a good seal around the neck, wrist and waist. For the hands you can use paddling mitts but don't become too soft and put them on as soon as there is a slight chill. If you keep your body warm and work hard your hands warm up soon enough.

Finally, there does come a point when it really is too cold to paddle. This is normally the result of a high wind chill factor and/or very extreme temperatures. Use your common sense and be positive about any decision you make. But remember BE TOUGH you can go a long way before you have to quit.



Photo by P. Astles

Letters

Dear Sirs

I feel the time has come to write to you on the subject of misleading slalom reports by one "GDN".

It would appear to me that he must obtain great pleasure from his unrelenting hostile onslaught on organizers and organizing clubs. This in no way helps the club nor does it help promote the sport.

Perhaps before Mr. GDN puts pen to paper to discharge his endless diaherretic effusion he might at least spend some time finding out some informative and correct facts on which to base his bilge.

He states, in his derogatory report on the Shepperton Division Four and Novice combined slalom that "the course was not erected until late into Saturday morning", needless to say this remark is without explanation. We are left to wonder whether the reason was, incompetence on behalf of the organizing club (which is the inference), the paint still wet on new slalom poles, only two Shredded Wheat for breakfast, or the landing of the Martians on Horsell Common.

Perhaps the true explanation could have had something to do with the Five sluices being open on the weir on the Friday evening and the TWA lock keeper stating that the water level would change overnight, hence changing the weir configuration. I wonder if these unique water conditions could have any bearing on the starting times being "over ambitious" and could they have contributed to the general difficulties in running this slalom? We are left to speculate.

To put some of Mr. GDN's comments into perspective, the course erection was finished by 10:00, this is not to most people late into Saturday morning and although would not be acceptable in normal circumstances, the situation was far

from normal. The comment is made that where Saturday's course was unreasonable, Sunday's course made sense. I am surprised that such an outstanding transformation can be achieved by changing the direction of one flat water gate. And regarding he rescue facilities I should like to remind Mr. GDN of Rule 3.1(d) on page 44 of the Slalom Yearbook. As well as this there were Shepperton Paddlers on the water to act as rescue at all times throughout the weekend (I hope Mr. GDN does not expect us to paint our boats Red and Yellow so that we may instantly be spotted).

There is always a shortage of volunteers to organise slaloms, perhaps Mr. GDN should direct his overflowing enthusiasm into running a ranking competition rather than bombarding us with his literary diatribe.

Yours,

KJO

(Kevin Orledge)

EDITOR'S NOTE

GDN has provided us with many reports on events and we are glad to receive them and print them, especially as so few others do the same. We accept that his opinions are subjective, and that others may view events differently. However I would rather receive his reports than none at all, and even if there are times when he doesn't pull his punches, his is a valid viewpoint from a participant and when praise is due he gives it unstintingly (see some of his other reports!)

Dear Editor,

Referring to the last paragraph of the Cardington Club Championships event, October issue, where it is suggested a National League Championship could be run. But, why only, for top divisions. Is it because clubs as small as Kinver Canoe Club may end up top.

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You have suggested, points to be scored by club members in each individual and team competitions, accumulated throughout the season woud I'm sure scare off a few of the top clubs.

Consider Kinver Canoe Club, this season being only their second in slaloms, have notched up 63 prizes of which 21 were first places and 24 promotions, majority age group 16 to 10 years old each person at some stage during season gaining promotion and prizes, from Novices to Division 2.

It can only do the sport more good, as did the Inter Club Championship, to have unknowns competing against the almighty (or so they think). So instead of just providing for the top Divisions, we the lowly probably put more money into this sport, so give us equal opportunity, to compete.

Yours sincerely,
COLIN BROUGHTON

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Dear Editor,

As a small club who, we like to think, has had some measure of success, we always look at the "Results" page of your magazine with interest. Alas up to now we have not seen the results published of any slalom at which we have won 1st, 2nd or 3rd prizes. This always disappoints our boys and girls, especially the younger ones who always give all they have got at slalom events.

The question we are posing is: "why are some results published and not others?" Is it because organising clubs do not send results in to you? or is it because you do not have the space?

We for one club would like to see more results published.

Yours sincerely,
G. Southall

Results

Llandysul Div 2 Oct 19/20

At 600 miles round trip this is one of our longest journeys and it was very encouraging to receive an extremely well done start sheet for the event. We managed to arrive before dark on the Friday and were able to get some practice in as most of the course was complete. It is always a long course (and an even longer walk back!) and the low water level posed an even greater challenge to the organisers. They succeeded well with a flowing course that involved several unusual and challenging sequences. When the water is low several sections are narrower than a boat length and errors tend to be rather expensive as even when low this river is no slow-running trickle! Lack of rain does have one advantage here; waders are no longer necessary on the camp site and the trip to the loo down the road is far easier!

Saturday and Sunday were sunny and the running of the event was as good as had been hoped for from the start. Judging was carefully organised to give one hour on and names were announced over the public address system in time to get on station. This was in addition to the posted list. All weekend the event ran to time and good back up timing prevented the chance of re-runs in the tight dawn to dusk Sunday schedule.

The Port Hotel had been forewarned a few days ahead (which also prevented them running dry over the weekend!) and they provided an excellent low cost meal both evenings. The landlady also got up at 6 on the Sunday after going to bed at 2 a.m. in order to cook breakfast for those capable of handling it!

As is usual here Sunday had its fair share of (rejected!) protests as paddlers scrabbled for points in the last event of the season but I felt judging was generally good and evry effort was made to have experienced judges on difficult sections. We left before the prize-giving but managed to take one of the attractive custom 'pot' mug trophies with us; a fitting end to the pot-hunting season!

G.D.N.

Llandysul Div 2

K1M	1st Ian Day 2nd P. Shreeve 3rd P. R. Evans	Exeter Cobra Chester
K1L	1st H. Whitaker 2nd C. Perkins 3rd M. Francis	Shepperton Bath Staff & Stone
C1	A. Prrit	G.L. Centre
C2	Kinnear/Rigby	Mould/ Chester

Winchester Novice Q. O/T Sept 16/17

With Andy Grey firmly back in the saddle and a different set of timing and communication gear this event was run by a competent team to Winchester's previous high standard. Saturday's weather was mainly dry but a bit windy and rather cool and judges were glad of the regular supplies of coffee - also a new set of large judging umbrellas were appreciated during the occasional heavy shower! The event ran smoothly and generally to time during the day and judging stints were kept short.

The pool was once again available for canoe polo on Saturday evening and a well organised crew enabled all paddlers to get at least three games; good value for money!

Sunday dawned bright and clear out of the sun. The large number of competitors were run to time and there were very few protests with generally good judging. As usual Shaun Pierce came up with the fastest time - on the short radically un-Winchester course set by mat Maclean (who may well become famous for imaginative courses here!). The ladies in the food marquee apparently run it as part of a supporters club (they bought the umbrellas for the judges) and offer a wide range of home cooked goodies at very reasonable cost - including Sunday breakfast for £1.

The weather was still sunny for the presentation when the 27 prizes (including FIVE judges prizes) were given out and it was nice to see all the promotion certificates presented as well. All in all a very well run event and a credit to Andy Gray and his dedicated team.

G.D.N.

Durngate Novice Oct 12/13

Worthies have had a rough time for a year or two and the club has been held together largely by Steven Mansbridge and the Jones Family - well known all over with Alan, Adrian and Graham - so it was a shock to learn that Brian Jones, Club Chairman and a personal friend, was very seriously ill.

Other than Durngate worthies also run Canford Weir Div 4 - an excellent moving water site near Wimbourne, Dorset, and all their events are run in a friendly, helpful way. This event was no exception and the new communication and timing gear in which the club has invested performed well. The judges event was, at the slalom executives request, run to the new Div 1/Premier rules and the course designed by Adrian Jones and Graham Birch was equally suitable for novices and judges. As a judge I personally found the new rules less

interesting to judge to and although some rules, such as presentation being ignored, are good with a well-designed course, others such as only head and part boat need pass through the gate simultaneously could (and indeed have) lead to problems.

The weather on Saturday was warm and sunny and rather low team entry meant that there was plenty of time for those wishing to practice. Surprisingly few people took advantage of the excellent and inexpensive camping facilities that are available for this event. In previous years hooligans have found it amusing to cut down the course at night so this year's club members maintained a chilly vigil for much of the night.

Sunday was gloriously warm and sunny and Brian Jones struggled out of bed and insisted that friends bring him down to the event for a short while to ensure that it was running as he would like. He need not have worried as Sunday ran as well as Saturday and only the prize giving was late! Worthies were generous with their attractive prizes and also awarded four judges trophies. Altogether a very enjoyable weekend run by a club that deserve supporting - see you at Canford next spring.

G.D.N.

Hambledon Div 2 Oct 5/6

I always find Hambledon to be like the girl in the nursery rhyme - when its nice its very, very nice and when its not its horrid! And this time? Well anyone (of the 100 campers) who was queueing on Saturday morning for the single over-flowing bucket in the broken 100 tent would probably be able to give you their opinion - but this seems to be a common occurrence at Hambledon. The event itself was, however, very well run and control was efficient but friendly. Results were posted quickly but a second monitor to display results to the paddlers would have been nice. No coffee was provided on station but those who asked could get it from the food tent afterwards. Despite the measly two judges prizes there was a good judges entry and judging stints were kept short.

The course was, I understand, designed by a committee (as was the duck-billed platypus!) and was typically Hambledon, but rather shorter, possibly due to the lack of water. An unusual sequence at the top of the course was gate five forward upstream before the cross and then six DOWNSTREAM on the other side. This caused numerous problems on the Saturday as the team gate was at five and the teams were piling

up in the jet or running out of time on the team gate. The sunny Saturday looked like being repeated on the Sunday but it soon clouded over and threatened rain. Although the rain held off, second runs were effected by wind blowing the light poles into paddlers. Generally a well run event but a rather sad lack of concern for paddlers welfare off the water.

G.D.N.

Hambleden Results Div 2

K1M	1st Zingu Cowell
	2nd Adrian Baldwin
	3rd Andrwe Curtis
K1L	1st Jane Badillo
	2nd Carolyn Neale
	3rd Lynda Morrison
C1	1st Tim Wooton
C2	Attenborough/Copesake

Durngate Novice Results

K1M	1st Nick East
	2nd Anthony Wynne
	3rd Andrew Humberstond
K1L	1st Tracey Bridge
	2nd Christine Hibberd
C1	Steve Earl
C2	1st Jones/Feast
	2nd Wood/Gain

Kent Regional Slalom 2/3 November

This new, non-ranking, event was held at Yalding and run by Marlin C.C. Despite the low water level the event was quite well attended and Marlin had obviously done a lot of work to ensure the event's success. A bar-b-que and fire-work display on the Friday evening set the spirit of the weekend but a cold night brought people even closer together! The course designed by Vince Lamph was harder work than many thought due to the rather shallow water but best use had been made of what was available and the course worked well with the new rules, under which it was run.

As with many events in the last couple of months the weather was sunny and quite warm (once the frost had melted) and although the starting time for Sunday's runs seemed to be rather flexible, once the event started results were posted very promptly. Well over twenty prizes were presented and although the event was open there was a prize for the first Kent paddler in each division in addition to 1st and 2nd prizes.

An enjoyable local event, hopefully the start of a trend. How about one in East Sussex next?

SMC PNEUMATICS SPONSORS ENGLAND CANOE TEAM

SMC is a rapidly expanding company and is happy to become associated with the exciting sport of Canoe Slalom, which is also an activity of rapidly widening popularity.

This company is sponsoring the English Canoe Slalom team to compete at the final event of this season's international calendar. The event is the Llangollen International Canoe Slalom.

Most unusually, the selected competitors representing England had been required, each individually, to pay entire fees in order to compete.

Representatives of other nations competing apparently have varying degrees of financial support from their national associations, but all apart from the English team have a minimum of their entry fee and some travel assistance.

SMC Sales Engineer, Peter Bell, is a member of the England team and was one of a group within the England team who were refusing to pay the fees demanded on principle that the BRITISH CANOE UNION should pay.

This "rebellion" by the competitors led to these paddlers being threatened with ejection from the national team.

SMC Pneumatics have allowed the paddlers to stand by their principles and yet race for their country by sponsoring the English team for this event in respect of entry fees, travel and accommodation.

We understand negotiations are taking place within the British Canoe Union regarding future financing of the England team. Meanwhile, we are happy to offer our support to these dynamic young canoeists who are amongst the best in the world.

C. J. CARTER
Director - Sales & Marketing

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The MI range of paddles are produced using the latest machinery and technology available. All the paddles except the All Round are a composite construction using glassfibre, kevlar, polyester and vinylesters, surrounding a polyurethane core with an aluminium insert for extra stiffness. This solid construction technique avoids all the problems that have been associated with hollow composite paddles as well as adding to the tremendous overall strength of the blades. The standard range of blades are set in an aircraft alloy loom which is completely coated for added comfort.

MI SLALOM COMPETITION

A light weight competition slalom paddle with a unique shape which has been developed to give a very good grip and feel without sacrificing slicing and feathering ability. Designed specifically for slalom competition.

MI SLALOM WHITEWATER

The same blade shape as the competition paddle in a slightly heavier construction including aluminium end protection. The perfect whitewater touring or slalom training paddle.

Average weight: 1020g Available: Right or Left 198cms - 208 cms

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A new racing shape for wild water racing with a unique profile ensuring the paddle remains balanced even when it is being used in the flat paddling style necessary on shallow rocky rivers or in heavy waves. Designed specifically for rough water racing.

Average weight: 990g Available: Right or Left 198cms - 212cms

MI SPRINT

A very popular blade shape for sprint racing and marathon, based on the latest ideas from Scandinavia.

Average weight: 1050g Available: Right or Left 210cms - 216cms

MI REGATTA

The most popular and versatile blade shape which is widely used for marathon, wild water racing, sea canoeing or just general touring.

Average weight: 1000g Available: Right or Left 216cms - 222cms

MI ALL ROUND

Blades injection moulded in ABS set on an aluminium loom gives a very durable all round general purpose paddle. The blades are available either flat or curved helping to make this versatile paddle the ideal beginners choice.

Average weight: 1350g Available: Right or Left 202cms, 206cms & 212cms

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