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AT WASHBURN
Photo: Tony Tickle

Canoe
SLALOM

106 Wiggin Street, Ladywood, Birmingham

EDITOR: JOE LYONS

FEATURES: RICHARD FOX

The official magazine of the B.C.U. Slalom Executive,
45/47 High Street, Addlestone, Weybridge, Surrey.
KT15 1JV

The views expressed in this magazine are not
necessarily those of the Editor or of the Slalom
Executive.

SUBSCRIPTIONS

Subscriptions may be obtained at £4.00 for 6 issues
post paid from: Slalom Magazine, 106 Wiggin Street,
Ladywood, Birmingham. Special Rates for overseas
readers.

ADVERTISING

Rates for the next issue are available from the Editor -
Telephone 0785 817016

COPY

The next issue
Copy to reach the Editor by 28th July.

Front Cover:

RICHARD FOX MBE
WORLD CHAMPION

Photo: T. Tickle

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- EUROPA CUP & PRE WORLD RESULTS

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EDITORIAL

Behold - a new photo of the editor in response to demand from the clamouring masses. Thanks to Peter Astles — he seems to be the only person to take photo's of me — of course I could use my influence to ensure a good photo of me win the Holme Pierrepont Competition (see last issue). It must be that I'm just not photogenic.

By the time this gets to you the teams will be abroad at the various Europa Cup, Pre Worlds & Youth Worlds events — good luck to them — and for those still at home — keep next year in mind - if they can do it, so can you. We are trying to work out a system that fairly promotes the 'best' club (in terms of results) for 1986. Currently we are considering a system of points for top ten mens placings, top five ladies, and top 3 C1 and C2s with a balance of points in favour of the higher divisions to counter the lower number of events at that level, so that a

Premier win will be worth perhaps 6 times as much as a Novice win. We will test it, if possible by applying it to the 1985 results and check that it doesn't produce silly results. Club teams will also get points, but when the club origins of a paddler/team aren't clear then we will have to discount them. Any views or thoughts please write them down and send them to me.

An instant response to my plea for results — thanks — I'm snowed under, but reports are still rare. Many thanks to those that write them, but there must be more budding journalists out there — if you don't want to write a report write an article — It's just as boring for me to write the whole mag as it is for you to read what I write — I'd be especially interested in news/views from the North, Scotland, Wales, where I rarely get to go. Go to it!



JOE LYONS
Photo: Pete Astles

FEEDBACK News & Info

COURSE DETAILS

2-3 Water Sessions with on bank coaching.
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Evening Lectures.

SLALOM SCHOOLS

WEEKEND COURSE AUGUST 9th and 10th

On August 9th and 10th 86, Slalom Schools will be running a weekend course at Bala (N. Wales) on the River Treweryn.

Coaches will be selected from past and present British Team members and coaches.

The weekend will be run for Canadian and Kayak classes of Division 2 and above.

The fee for the weekend course will be £50.00 (this does not include canoeing equipment, accommodation, meals and transport.) It does include River fees, coaching and use of Slalom Schools equipment (video etc).

There are limited spaces and a first come first served basis will operate.

Payment should be sent with your booking, along with brief canoeing details to Slalom Schools Ltd, Tardis, Birch Hill, Llangollen, Clwyd, LL20 8LN, Tel: 0978 861024.

Feel unhappy at an event - disagree with the way things are going? - do please see the organiser first - if that doesn't help, see the Chairman of the Jury. Please bring major problems to the attention of the Slalom executive - write to the Secretary Dave Morgan within 10 days of the event.

Organisers - a reminder for you --- all Canadian individual events MUST be held on the same day as the other individuals i.e. ALL ON SUNDAY. (Div 1 -N). The only exception

being at 4N events being run by SCA. There are a few changes as a result of the AGM, please read your Organisers package and yearbook before preparing your start sheet.

Address correction - for slalom entry cards, please send a strong sae (9 x 4 or larger to:

Mrs. I. Osborne
9 Stanton place
Mansfield
Notts
NG18 5PW

Please note, you will receive 18 cards for minimum postage rate.

Note that Roger Annan, our Chairman, was married to Miss Lesley Freeman at St. John the Baptist Church, Pinner on Saturday 24 May 1986. John Gosling was Best Man and Alan Edge and Neil Underwood could be seen ushering etc. The British Team Minibus, on its way to Bourg St Maurice with the Europa Cup Team was seen bedecked with ribbons, balloons etc outside the Church ready to ferry the happy couple to their Reception at the Lowlands Club, Ruislip. (They ignored it and chose to ride in a white Jag). Roger A. was seen on his wedding night with the inevitable cardboard box, sorting out various items with the S1 Admin. We all wish them every happiness.

Publicity - do please aim to publicise your events locally - local radio, in addition of course to your local press really are interested. Send them a press release at least five weeks beforehand, giving brief, clear details and a contact. Try to ensure your info is typed - as far as publicity is concerned, presentation is everything.

Clubs interested in running event since 1987 for the first time should contact Ed Ecclestone. Paperwork to existing organisers will be sent out as usual. (5, Buckingham Rd, Harrow, Middlesex, HA1 4TD)

Llandysul Paddlers

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EFTELING & MONSCHAU

THE EFTELING CANOE SLALOM, KAATSHEUVEL, HOLLAND, 3rd MAY 86

The event was a one day class C International which included the Benelux Open Championships. It was held in the "De Efteling Theme Park", on an artificial river, the Pirana.

The Pirana is described in the park's brochure as "An exciting voyage of discovery along a swirling river. A fantastic spectacle which literally makes a big splash. With waterfalls, rapids and steep rocks."

From the canoeists point of view the Pirana provided an interesting 25 gate 600 m course. The river is circular with water being pumped round. The start is inside a castle - with about a 30 m paddle through a tunnel to the first gate. The course then continued through a series of rapids and narrow sections. An additional point to note of this artificial course is that it is almost totally constructed of fibreglass, therefore spearing the bank results in a hole - yes in the bank not the boat!

The course itself did not produce too many problems but due to the limited width reverse manoeuvres could not be forced. Gate 22 however was quite a problem, an upstream gate situated over a boil. Those who managed the gate looked quite good, but many received penalties both 5's and 50's on this gate. Even Richard Fox fell foul of gate 22 with a 5 on each run. Some paddlers seemed to have a magnetic attraction to the rocks just above the gate - usually resulting in them drifting back through the gate to pick up a 50.

The event itself attracted a large entry with 11 nations shown on the start list. This event is becoming very popular with British paddlers. The British paddlers included our Europa Cup Team in K1 men, L. Sharman in the ladies, and Arrowsmith and Brain in the C2. In addition members of the PreWorld and Intermediate teams were present. Eastern Region had

brought a team of 13 and Yorkshire and Humberside a team of 6 - as you can see it was like a home event. The general organisation of the event was very good. Practice runs were on the Friday night - the event started at 8.30, on the Saturday, with the individual runs and the team runs at 13.00.

After the first runs C2 crew Arrowsmith and Brain were in 1st place; they had a fast time plus 10 penalties. However the German crew Kupperts/Klein-Impleman had a faster time with 55 penalties. Could they maintain the lead?

Their second run was about the same time and with 10 penalties. Kupperts/Klein-Impleman were slower and also had a 5. However the German crew of Bittner/Nerlich produced a fast and clear time to gain 1st place.

In the K1 ladies Liz Sharman would have won on either of her runs; she did however improve her time by 4 seconds on her second run but also picked up a 5. The next best result was from Tina Arrowsmith followed by Janet Johnson, 5 and 6 place respectively. 2nd, 3rd and 4th place went to the French Ladies Youth Team.

In the K1 men's event quite a battle was to take place, with names like Fox, Micheler, Kelly, Prigent, Gladwin, Jeyes. After the first runs Micheler was in the lead with a clear run. Gladwin and Kelly were within one second of his time also with clear runs. Fox was four seconds faster but had picked up 5 on gate 22. After the second runs Fox, Micheler and Gladwin had all improved on their times; however, Fox and Micheler both picked up 5's. So Gladwin took first place with an improved time and no penalties.

In C1 our best result was produced by A. Gillibrand who was 9th.

The team event went quite well - the men's team Fox/Gladwin/Jeyes taking 1st place and the ladies team of Sharman/Badger/Fryers taking 2nd place.

In the Nations Cup we took first place with 21 points, with Germany in second place with 18 points.

The event was completed by 1.45 p.m; this meant that the paddlers could enjoy the "thrills" of the park i.e. the Python - one of Europe's largest rollercoasters including the double corkscrew; the BOB Europe's first Bob sled that can be used in the summer. Plus the Fairy Tale Forest/Ghost House/the Galleon (far worse than the python) and many more attractions.

RESULTS:

C1		
1st	Renalto DeMonti	I
2nd	Ulrich Weber	D
3rd	Lap schmidt	N
9th	Alan Gillibrand	GB
C2		
1st	Bittner/Nerlich	D
2nd	Arrowsmith/Brain	GB
3rd	Kuppers/Klein-Impleman	D
LADIES K1		
1st	L. Sharman	GB
2nd	A. Loubie	F
3rd	N. Lavignae	F
5th	T. Arrowsmith	GB
MENS K1		
1st	A. Gladwin	GB
2nd	R. Fox	GB
3rd	P. Micheler	D
TEAMS		
C1	YORK/GILLIBRAND/CROFT	3rd
K1L	SHARMAN/FRYERS/BADGER	2nd
K1M	FOX/GLADWIN/JEYES	1st

**MONSCHAU INTERNATIONAL CANOE
SLALOM - MONSCHAU, WEST GERMANY -
4 MAY 1986**

This event organised by Acchen Boat Club is held on the dam controlled River rosenthal, which runs through the centre of the town. The course itself seemed quite long with 25 gates and two weirs to negotiate. The gate sequence on the two weirs tends to be quite predictable. However this year there was a slight variation on the second weir.

Gate 1, a right hand breakout, was in its usual position at the bottom of the shoot on the first weir. There was then a cross to downstream gate two. On the second weir there was a lefthand breakout at teh bottom of the shoot followed by a tight 2 gate stagger.

The event attracted a large entry, many paddlers travelling from the Dutch event. Run in conjunction with the International was the German Youth selection event, which I understand is open to all youth paddlers. This selection event had a dramatic effect on the International - no practice runs were available on the Sunday and the first and second competition runs of the International paddlers were only separated by 40 minutes. Added to this a start intrval of 30 seconds.

After the first runs most of our K1 paddlers had penalties. The second runs tended to see a reduction in the number of penalties but an increase in the run times.

In the C2 class Arrowsmith/Brain produced quite a fast first run time but picked up 60 penalties. On the second run they reduced their penalties to 10 but were considerably slower. Rance/Horseman gained only 5 on their first run with a moderate time. However 110 penalties on the second run meant that the time did not matter.

In the K1 ladies Liz Sharman produced a fast first run time of 194 secs - 16 seconds faster than the next lady. (A point to note was that Liz produced the best British result of he day.)

The event was completed by 4.30 and the prize-giving was at 5.30. Once again the selection event seemed to take precedence over the International. However it was the general opinion of the paddlers that they had had an enjoyable time, and many were looking forward to attending next year.

Quote of the day

Paddler sat at the start, which is above quite a large weir.

"Which side of the pole do I go?"

The pole to which he referred indicates the position of the shoot down the weir - for future reference Matthew, you go to the RIGHT of the pole!

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WHAT PRICE SPECTATORS

Several years ago, when I was still a competitor, a spectator approached me on Llangollen town bridge and asked what was going on? Having told him this was the British Open Championships he looked over the bridge to see a competitor in the judges event swimming underneath. This incident made me think, perhaps for the first time, that the impression others have of our sport is nothing like the impression which we who are committed to the sport would like them to have. Furthermore, the presentation of the event did nothing to destroy this impression concerning the standard of the competitors. If that spectator had been a potential sponsor he would, with some justification, have passed by on the other side.

The introspective view which we enthusiasts have for slalom does not cater for spectators. However, among those watching are wives, girl-friends, family, friends, retired competitors from the past, and active canoeists who have brought groups of children to watch. These spectators are far more important to the sport than we are prepared to admit, and deserve greater attention than is given to them.

A wife or girl-friend may go to an event to watch a specific paddler and, in discussion afterwards, will find whether the course was easy or hard, the way the boat felt, the mistakes he made, his current position and, ultimately, his final result. The spectator becomes more informed about good and bad technique, competition stress, new boat designs, and the pressure and joys of the sport as a whole. Unfortunately, most of this information is available, not through the organisation, but by direct contact with paddlers. Therefore, when the paddler retires from active competition, the source of information for the spectator dries up. The paddler becomes an organizer, judge, coach, or member of the control staff and the link between paddler and spectator is lost. For the family to attend the event and watch their ex-paddler as he coaches or judges is like watching paint dry. To watch the event itself without the feedback of information from any competitor is like turning down the sound on the television. The result is frustration and boredom.

Inevitably, the non-paddler finds he is attending the events on his own while the family stay at home. Soon, he stays at home as well and finds alternative family activities. So we perpetuate the rapid turnover in the organizational side of slalom. Sadly, this ensures that the events, even at National Championship level, are run by enthusiastic but mainly inexperienced individuals who are out of touch with the needs of competitors who may be spending several thousand pounds per year on the sport.

Unless there is a change of emphasis, this scenario will persist, and the all too frequent situation of crisis management will predominate. We will still have judges who are inexperienced and yet whose decisions affect the fate of a paddler who has spent considerable time, money, and effort towards selection for a major event. Potential sponsors will still see the organization for what it is and invest elsewhere.

The provision for spectators cannot remain in its position of such low priority. More thought given to the availability of programmes, to commentary, to displaying results for spectators, refreshments, etc. will encourage slalom spectating to become a family activity and may help to keep reluctant departees in the sport which gave them such pleasure as paddlers. However, this provision needs to be advertised in advance. The demoralized, frustrated, and disinterested paddlers from the past have long since been driven away.

Ken Langford.



EUROPA CUP K1
GAIL ALLEN

Photo: T. Tickle



DAVE JANES
EUROPA CUP C1 TEAM MEMBER Photo: T. Tickle



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YOUTH WORLDS '86

KAYAK MENS

David Crosbee: Age 18, Notts Kayak, trains at Matlock, was coached by Roger Manwaring, 2nd European Junior Champs 1984. Intermediate team last year and Senior Winter Training Squad. Loves running grade 5 gorges - BACKWARD!!!

George Spittall: Age 17, Fife. Spikey haired Scot, hot find of last season. Winner of Nomad award, nearly always found wearing Frankie goes to Hollywood T. shirt.

Gair Outhwaite: Age 18, Staffs & Stone. Consistent paddler, 3rd time at Spittall; does not like courses with stoppers in the last gate (Thonan-Le-Bone)!!! Not to be let loose with a flyswat in an ice cream parlour.

KAYAK LADIES

Ishbel Grant: Age 17, Ambleside (Dishy Ischy) always popular with the male members of foreign teams. Trains alone at Ambleside. 5th year in team, 3rd at Spittal, European Junior Champion 1984. European Bronze 1985. Senior Winter Training Squad 1985. Also selected for Senior Pre world team this year.

Joan Cawthray: Age 18, Manchester. New member of the team. Trains at Marple. Winner of Splashsport Award in 1985.

Heather Corrie: Age 14. Manchester. Youngest member of the team to Sweden with Junior team in 1985. Has to be a good tip for the future years; this year should be good experience for her.

C1's

Ben Geddes: Age 18, B.U.S. The big member of the team, very laid back and cool, wears some really bright, disgustingly coloured shorts. 2nd year at Spittal.

Gareth Marriot: Age 15, Mansfield. Went to Sweden in 1985 with Junior team and won the C1 event. Trains at Matlock and has improved greatly over the winter. A good prospect for the future.

MIKE WHARTON Another member of the Junior team to Sweden in 1985 although he went as a Kayak, changing to C1 during 1985. Rapidly rose through the rankings and a prospect for the future. Another big lad.

Youth Tour

Men K1	A. Raspin	P. Astles
	S. Pearce	A. Fuller
	M. McLean	P. Rogers
	S. James	
	A. Corrie J	

Ladies K1

A. Walley
M. Francis
L. Tipper J
R. Fox

This team will compete at Prague and Cerveny Klaster in addition to training.



MIKE WHARTON

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SHAUN PEARCE
Youth A Tour

Photo: Peter Astles

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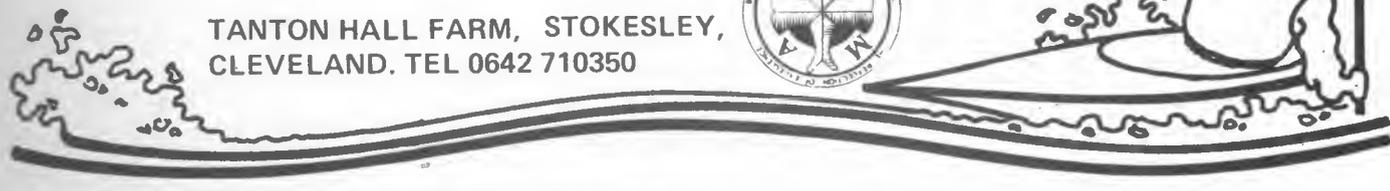
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TEAM TALK

Richard Fox

Last time Richard won the Europa Cup he did it despite taking University exams right up to the first race, and then went on to win it with style, the first person to win all the races. This time a further challenge is participation in the White Water Racing Pre-worlds event, after a season of tight racing in WWR Div A. The New Rules haven't brought anyone any closer to him, although there are probably plenty of East European dark horses who will be out to beat him. He may just pull it off.

Jim Jayes

Peaked well for selection but was annoyed to be beaten at Washburn. His original approach to slalom, and his hunger for success makes him a threat at every race. Consistency is an elusive thing, though, and in the Europa Cup that's what it's all about. Will undoubtedly do better at Bourg pre worlds than he did at Augsburg.

Andy Gladwin

Known by most as Spike, a good winter's training with Richard put a sharp edge on his paddling and has moved him from a steady position just outside the team into the top 3. Fast on some rivers, he beat Fox at Efteling, as well as Peter Micheler, to show that he can do it abroad as well. Could surprise himself, and the rest of us by being consistent at the Europa Cup events.

Liz Sharman

Housewife Superstar from Bury St. Edmunds, Liz Sharman has been World and European champion and was runner up to M. F. Grange of France in 1984. No doubt she'll be out to retake the title in 1986 - beat the French on Bourg St. Maurice in 1984, and could easily do it again to win the pre worlds, after which she is going to try the W.W. racing event too.

Arrowsmith & Brain

Chris and Paul have slipped effortlessly into our top C2 slot. It's a pity that events conspire to stop them training together all the time, but their talent takes them through. Disappointed with last year's result, they will be hoping to achieve spectacular things in the Europa Cup to improve on their 1984 results. This loveable pair will certainly be looking to achieve good results in Bourg, although Hotel owners daughters may be at risk.

JIM JAYES
Photo: T. Tickle



Dave Janes

Nomads "construction engineer", Dave has a laid back style of paddling - a natural poser who fits training in alongside a 25 hour working day at Mike Dalton's Nomad works. Another member of the C1 B team last year, his graduation into the A team has been the reward for sticking at it after the last 2 years since Augsburg pre worlds, where as he vaguely remembers, he got away with the biggest 50 I ever saw on gate 9 - I hope the judges are as kind to him this year.



TEAM TALK



GAIL ALLEN
Photo: T. Tickle

Meikle and Brown

With a hard winter behind them on the cold rivers of Scotland, these two jocks will be glad of the Mediterranean sunshine. The surprise package of '85 are set to become the solid team members of '86, and the run they unleashed at Augsburg shows that on their day they can perform pretty well. Another season of internationals should be a good preparation for Bourg '87.



Gail Allen

With a Bronze Medal from the Europa Cup events last time, and a Bronze at the Worlds, Gail's sights can only be set on Silver and Gold. Not one to aim for less than she's already achieved, she'll be out there to win. Has trouble motivating herself through the winters, but can perform on the day and at after event parties too.

Karen Davies

In her first Europa Cup event, after an excellent 1st Worlds result last year, Karen will be right amongst the competition with fighting spirit second to none. Supported by the backing of Gloucester Leisure Centre Canoeists, Karen will be gritting her teeth, determined to show the "Names" of international slalom that the G.B. ladies talent doesn't stop after Sharman and Allen.

Martyn Hedges

People waiting for Bushdecks will have to wait while World Bronze Medallist Bush goes after those Yanks yet again. With a Europa cup victory in 1980 there is no reason why Martyn shouldn't be among the medals again. He, too, spent the winter in a White Water boat, and was good enough to get selected for the slalom team despite hardly being in a slalom boat all winter. Bourg suits his big water ability well.

Mark Delaney

Head Banging C1 paddling rising superstar and Scot. That says it all! - Mark makes the team for the first time after being part of the infamous B team trip last year. Can produce results out of nowhere, is full of determination and bases his "commitment" paddling style on the Yanks. Can be seen at events trying to sell J. Bars and uprights to unwary paddlers.

MARTYN HEDGES

Photo: T. Tickle

ALL THE BEST

K1

Richard Fox **Jim Jayes**
M.B.E. **Andrew Gladwin**

C1

Dave Janes

K1

Liz Sharman **Gail Allen**

MEMBERS OF THE EUROPA CUP
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A FEW KILOS MORE

A FEW KILOS HERE - A FEW KILOS THERE

One of the less exacting features of the 1986 rules is that of minimum boat weights - it takes the strain off your wallet. No longer do you need a 7 kg boat in ultra materials to compete in premier - a solid 9 kg can be achieved with elsser materials and lower cost, and the size of your bank account no longer determines your competitiveness in this area - But slalom is a power to weight sport - and by raising the boat weight you are going to be slower - so how about getting rid of a few pounds somewhere else - like round your middle, or off your backside.

Impossible - I hear you cry - we already are fit and as light as we can be, - can't pinch an inch - no more to lose - end up feeling weak - and any way you can't afford to diet when you're training hard. I used to think that too, but then that was before I lived in chlose proximity to Richard for a while - and one of the outstanding features of his training is his low body fat percentage, and the ability he has to produce boundless energy only shortly after a shattering session. Much of this is attributable - I believe - to his diet.

To those who feel this may be irrelevant or not important to them yet, then I would suggest that they read on not just for their canoeing, but for a better, healthier life, too. Some of what follows may lead to lower levels of damaging and health destroying blood intoxicants.

Body fat is fairly hard to measure, and even when done properly, isn't 100% accurate, however if you can get a P.E. lab, at a college or university to test your fat, you may be horrified with what you find. A body fat muich over 10% means that a man is carrying excess, while women fall into 19-22% as a bottom range - but a truly fit athlete will be as low as 7-8% at peak fitness - a bit more during the winter - and that can be worth 4-5 kg off your weight.

How do you achieve this kind of body fat level without "dieting". The answer is that you eat the right kind of foods. Richard uses as his guide "EAT TO WIN" by Dr. Robert Haas, now available in Britain. As a book it's a bit heavy on the "story of Haas success", but as a guideline for eating it is excellent.

The first thing to do is to scotch a few myths about eating - especially what is and isn't good for you. For instance, a protein diet of steak + eggs is not the answer - 40-80 grammes of protein a day suffices, and most people eat from 2-5 times this requirement - too much protein actually leads to fat - not muscle, as well as contributing toxic substances to blood. Nor do you need salt - most food has an excess already - all excess salt does is draw water away from where it's needed. Beer drinking is not a good way to replace fluid - the dehydrating effect well outweighs its mineral contribution. What the training body needs is the feel that the muscles run on - glycogen - this is the limiting factor on training because the body cannot convert fats and proteins fast enough to keep up a high level of output such as would be required by a slalom training. Glycogen is best supplied by a food group known as complex carbohydrates - such foods as brown rice and pasta - not the high fat high protein steak and eggs.

Before you all switch off because it sounds like a boring, vegetarian kind of diet, - don't - it isn't - it doesn't ban "junk food", just advises moderation and a little care on what you select. As in most instances a balance is required - none of one aspect of food is as bad for you as too much of it. However you should look at your input and ask yourself this - What is the major factor - protein, fat or carbohydrates - and when you start to consider the amounts of fats in products like milk, margarine, butter, cooking oil, crisps, red meat and the like,

you'll probably find fat is a very high proportion of your input - are you drinking skimmed milk? - do you use polyunsaturated margarine? - do you eat chips with oil still clinging to the outside? or crisps - potatoes are good carbohydrates, but not covered in oil and thick with salt that dehydrates.

Below are listed some of the foods that you should look for in your diet - not exclusively - just as the major part.

One other area of input that could bear looking at is drink - as well as Beer there are other drinks that, in too high a quantity, slow down your recovery from training, or stimulate you unnecessarily. The best drink, and the one that does your body most good (whatever the bottle says) is water. It moves quickly into your body in the form your body wants, without adding toxic items to your blood, and without stimulating your system. Excess amounts of tea, coffee and other beverages can pollute the blood - again - I'm not suggesting a ban on coffee - it's just that 8th cup of the day at 5 p.m. which slow you down.

Check your diet against the list below:

Potatoes - baked, or boiled not fried
 Bread - wholemeal brown
 Pasta - Spaghetti, lasagne - brown
 Rice - Brown
 Whole grain cereals - e.g. oatmeal, shredded wheat

The above are what Haas calls "primary" foods - these should be eaten in high volume - if you're still hungry then increase the proportion of these foods.

Secondary foods provide protein and fats - such as:

Cottage cheese (low fat)
 Yoghurt (low fat)
 Beans, peas, lentils (legumes)
 Eggs
 Chicken
 Turkey
 Fish
 Offal - liver, kidney

Beef, Port and Veal (but not in large amounts)
 Milk - skimmed - low fat
 Margarine/mayonaise/oil - in small quantities.

and supplementary foods such as:

Vegetables - (preferably not boiled to death)
 Salad items
 Fresh fruits
 Dried fruits

As much supplementary foods may be eaten as you wish.

This looks a fairly comprehensive list of foods but if you notice, it excludes many little items that people automatically pick up in the supermarket - the chocolate biscuits, the chips, the white "plastic" loaf - also, the point is to make the primary, complex carbohydrates, the major part of your diet - not like one canoeist I know who dodges spaghetti or mash in layers of butter. Nor should breakfast be a bowl of cardboard cereal with the top of the milk and 2 tablespoonsfull of sugar - you may as well eat the cereal packet.

As a warning, though, make sure your "diet" stays balanced, and if you're growing still then take care to ensure that all the vitamin requirements of your body are met. And, unusually in diets you are allowed to cheat - the odd Big Max and chips is allowed - just don't live off them - if training makes you eternally hungry (as it does me) don't satisfy yourself in the chippy. Just go for more of those primary foods. And if you see a copy, read Robert Haas "Eat to Win - the sports nutrition bible" - and next time you're out on the start line you may not have a lighter boat than everyone else but you may have a relatively lighter body.

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LETTERS

24 Broughton Pl,
Edinburgh,
EH3 9JN

D. M. Gibbons
24 Central Ave
Bilston
West Mids

20 May 1986

Sir,

Dear Joe,

In response to the article by J. M. Fox in your April/May edition, I would like to make some comments about course design and in particular the Grandtully Div 1 course.

The course has to be designed in advance to permit course approval, due to varying water levels a course can never be guaranteed to totally suit an actual water level at an event. The course at the Div 1 had to be modified because of the low water; had the water been high even this (pitifully easy?) course could have proved a "Div 1's war". It was, however, designed as a 'div 1' course suitable for any foreseeable water level.

The comment that an organiser should ensure all courses are of div 1/Premier seems inappropriate now the divisions have been split. I understand one of the reasons for the split (apart from sheer numbers of paddlers) was that Premier courses could be made more testing and therefore more similar to international courses. This would give Premier paddlers better preparation for internationals. There is a vast difference in the abilities between the top end of Premier Men and Ladies and Canadian divisions of Div 1, so why should all compete on the same standard course.

The Grandtully Premier course this year was altered after practice to make it easier, the move that was made easier was no trouble to the top K1M but because of the difference in standards (in Premier let alone Div 1) it was felt (by those who decided) the course was too hard for some.

In conclusion if a course was found truly testing for the top K1M how many of the ladies and Canadians would enjoy the event let alone Div 1 competitors? I hope you will design courses for Div 1 or Premier not both.

Keith Brown

Your correspondent in the April 86 edition of Canoe Slalom may pause and reflect on the plight of C2 paddlers. Having reached the heady height of Div 1 many years ago, the loss of a partner and subsequent loss of interest, caused my thoughts of kneeling down to paddle whilst looking at the back of someone's neck to languish.

The result of a copious amount of amber nectar during a surfing week, was the striking of a new partnership, and lo, a few weeks later we competed at Crchal Valley. An overnight monsoon caused the organisers a few problems but we persevered and finished 2nd. However all was not lost as our result would have been good enough for 3rd (and promotion) in Kayak. So to Div 4.

I feel I cannot say anything about Pulterey Weir as the matter is probably sub-judice - anybody who was there will know what I mean! So to Offenham. The hurricane which blew throughout the weekend caused speculation that a modest increase in entry fees would enable the BCU to sponsor the development of holographically projected gates - this would in one clean sweep solve the problem of wind, and with the aid of electronic wizardry, obviate the need for judges.

Thus we all have problems. On balance throughout a season, at least in Div 2 and below, I feel one gets away with more 5's than otherwise; it's a shame Steve's was an important one. I for one have had a protest upheld when the Labrador was being distracted. And we've all heard of the legendary case when the judge dropped his white stick in the Tryweryn

Yours

D. M. Gibbons
Dudley C.C.

LETTERS

9 Rydal Drive
Hale Barns
Cheshire

Dear Sir,

With reference to the letter and comment concerning judges in your last issue I would like to make a few observations.

First, from where do we get Judges?

Young paddlers generally lack the concentration needed. Parents of young paddlers are a useful source but unless they paddle they can be a disadvantage in the overtaking situation. If they paddle I would suggest they would be happy if there were a reasonable time allowed for Judges practise and the event itself. Those who don't paddle should have Judged for a minimum of two years before becoming eligible for any payment.

For many competitive paddlers a judge's event is just an excuse for a sociable weekend away and an opportunity to show off during practise to the detriment of the ranking competitors. A payment to some of these would only mean an increased intake of beer and a subsequent greater disruption of the camp site on the Saturday night.

Retired paddlers do deserve some payment and should not have to wait the two years of a non paddler. This leaves the experienced paddler who no longer wishes to be competitive and yet enjoys comparing his ability with that of his contemporaries through the ranking system. He or she has a problem. With respect to yourself and your correspondent there are paddlers who through experience and without spending a lot of money on boats and training end up in Div 1 or Prem, they don't enjoy the competitive atmosphere nor the cost of entry, their only way out is either to take up a different class or not to paddle at all. It is these people who would make the core of a Judging Group. Add to that the people who stay in the

middle of their Divisions year after year many of whom would be content to get their percentage and judge and further more leave more room in the ranking event. Add to that the paddler who for whatever reason cannot travel all over the country to get his three events in. Organise the judges in age groups to encompass the veterans and you have a group of people who know what it is like to paddle and to wish to see the sport progress. We need a Judges Division.

R. Bradshaw
MCC

BOUQUETS OF BARBED WIRE

How nice it is to read the thank you's handed out on the slalom results sheets. Unless of course you happen to be one of the Honourary Unpaid B.C.U. equipment maintenance officers. Here is a quote from the front page of Sowerby Bridge Div 3 Slalom 19th/20th April, organised by Halifax Canoe Club.

"One question to the T.U.T.T.I. Maintenance team — Why didn't you? I now forgive York Canoe Club for keeping me waiting at the start for ages at Howsham — they also had the same machine."

I attended this event as a competitor and was about to walk to the start ready for my run on Sunday morning, when I was confronted by the stern faced organiser (I soon discovered that this was his normal expression). Not only had it rained all night and spoiled his course, causing frantic gate adjustments, but 'Horror of Horrors' the T.U.T.T.I. wouldn't work either.

It was no good pretending to be a competitor any more, I had to come clean and own up to being a Regional maintenance officer in disguise.

I went into the control to find the problem was caused by unfamiliarity with the T.U.T.T.I. and faulty lines connected to it. The 'Machine' was not faulty at all. I can only assume that it was working the previous day as the team event ran more or less without trouble.

I then pin-pointed the trouble on the lines and left the organisers maintenance team to lay out a new reel of wire. I would have helped in this task had it not meant doing a balancing act along a pipe and risking falling 9 feet into the river below. I had already experienced this fate when I sat on a wall which then collapsed beneath me whilst spectating on the Saturday. This earned me wet

LETTERS

trousers and the nickname of Humpty Dumpty but not much concern from the organiser, (Sorry to digress).

Having beaten 'The Machine' and sidestepped the organiser all I needed was a good run to complete my 'Hat Trick'.

What is the point of this letter you may ask? Well there are several.

1. Maintenance officers, like other B.C.U. officials, are unpaid and like to be able to compete at slaloms without being harrassed by organisers every time there are problems with the T.U.T.T.I. The maintenance work is undertaken at home.

2. The majority of so called T.U.T.T.I. failures are actually faults on lines or headsets. The line faults are caused by placing wires where they are Under Stress, Under Foot, or Under Water, and often all three. If you have to lay out wires please bear this in mind.

3. As a slalom organiser you should return the completed equipment schedule to Colin Manton, (address in organisers package and yearbook) so that any faults can be rectified **before** the next event.

4. It only costs Organising Clubs £5 to hire the B.C.U. timing equipment, when you consider that it cost at least £12 in materials alone to replace one reel of wire, then that represents extremely good value for money. At some events

wires have been lost or badly damaged either by accident or sheer negligence (Sowerby Bridge was one such event), so the B.C.U. is out of pocket again.

5. As B.C.U. members it is **your** equipment, please treat it with reasonable care if you want it to work properly.

6. If you do not have anyone in your slalom organising team who knows how to set up and use the T.U.T.T.I., then contact someone who does **BEFORE** the event.

7. Where possible, set up T.U.T.T.I. early so that the people who will operate it, have time to familiarize themselves with it on Saturday morning.

8. Check all the equipment before the event to avoid problems during it.

9. Finally, before accusing maintenance officers of deriliction of duty, please ensure that you are beyond reproach yourself.

In the case of Sowerby Bridge, the Organiser had ample time to voice his criticisms directly to me, I could then have given him the **correct** facts. Instead he chose to print public offence to B.C.U. slalom officials.

N. GREEN

North West Regional Maintenance Officer
(and a **Very** Humpty Dumpty)



YOUTH TEAM
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Photo: T. Tickle

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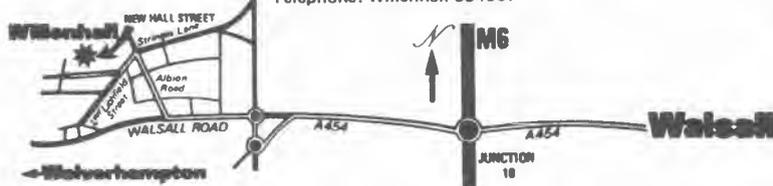
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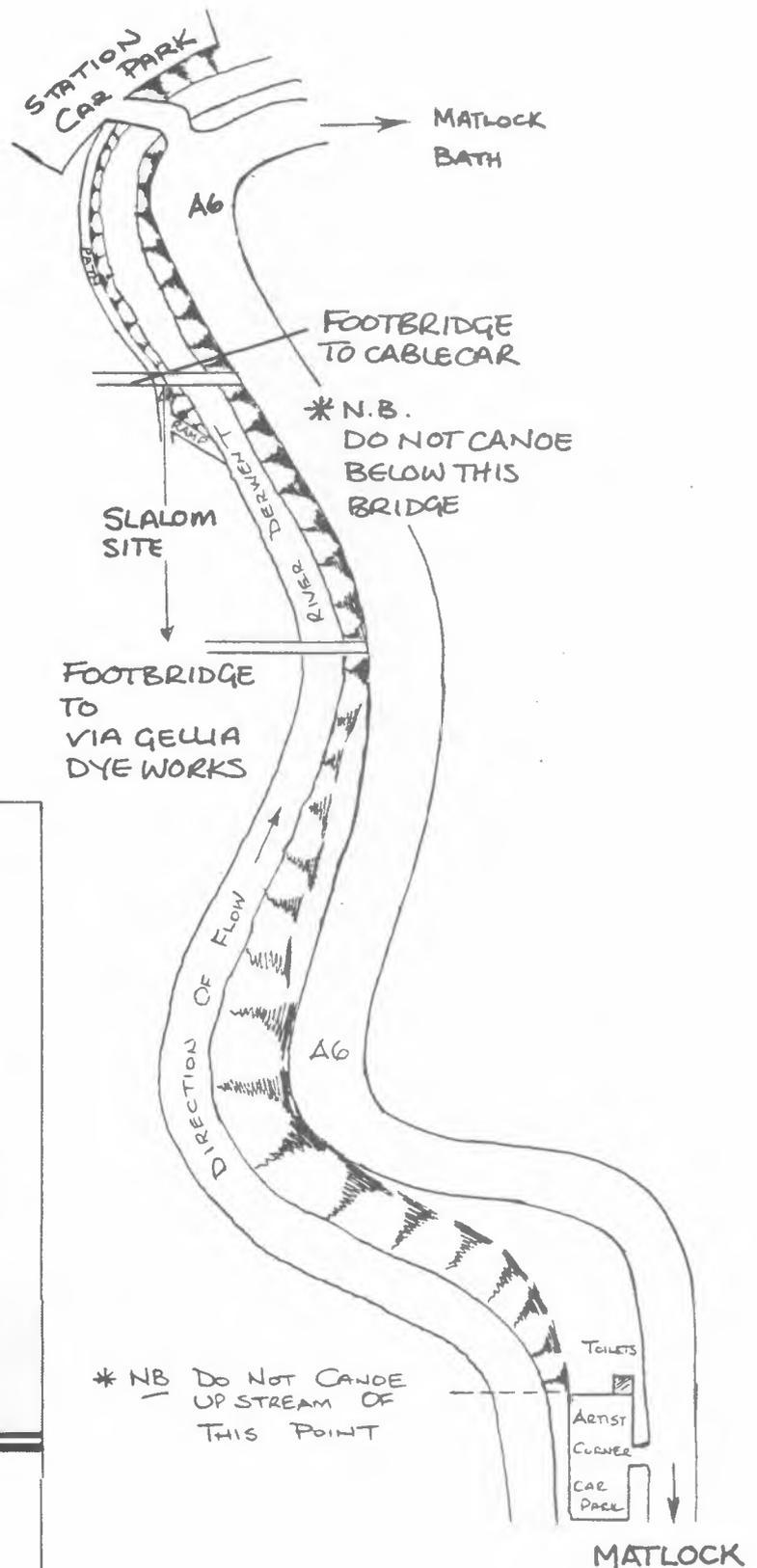
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RESULTS

'REDLOCKS' N/4 3rd/4th MAY 1986

This event is becoming increasingly popular at a steady rate, which resulted in the organiser sending entries back in the post, only accepting judges and team entries on the day.

The course erection was complete by mid afternoon on Friday, thanks to a well laid out and planned design by Sean Pearce. Early arrivals on Friday evening had the course to themselves, much to their pleasure. Saturday morning saw the weather become overcast, but only a light shower occurred at lunchtime. The team event and officials event went very smoothly indeed, although there were a few teams getting quite close to each other near the end of the course. The course was very technical which caused some paddlers problems with their other team members, but there did not seem to be any problems with the unusually high water level. Such was the technicality of the course, that practice on Saturday evening was very busy. It was pleasing to note that both paddlers and their parents helped ensure that only complete runs were carried out.

Sunday arrived but the very early start of 8.00 a.m. meant that several paddlers did not bother with their first runs and by 9.00 a.m. the starter had heard of twenty different excuses for late arrival, but he proved to be very sympathetic. Over two hundred competitors each completed two runs, and there were only six protests. Most of the protests concerned poles blowing in the wind, which was quite strong at times. Newbury Canoe Club say they have never had wind problems before, and they promise to use slightly heavier poles at their future events.

Les Milam conducted an officials examination which attracted a large response, but as usual there were only a few passes, two of which were from the organising club.

Prize-giving was not until 5.30 p.m. because of the large entry level, but there was a large spread of nicely engraved wooden shields for the successful paddlers. It was interesting to note that there were four divisional prizes in the officials events.

Other events the organisers claimed to have arranged were the civic opening of an extension at the nearby leisure centre, an international hockey festival, a fun fair, all within easy walking distance.

REDLOCK'S N/4 RESULTS

NOVICE MENS K1

1	Y O. Haskell	Warren
2	J J. Dixon	RAF Lyneham
3	J D. Brecher	Hastings

NOVICE C2

2	S West/Moderate	RAFCA
---	-----------------	-------

NOVICE C1

1	S P. Pomeroy	Ind.
---	--------------	------

NOVICE LADIES K1

1	J S. Masters	RLP
2	J A. Baker	ROSS
3	S A. Plimmer	Shadwell

NOVICE TEAMS

1	Warren 'B'
2	ACU
3	RLP

DIV 4 TEAMS

1	Scratch
2	OKCC
3	Kinvar

BIB

DIV 4 C1

1	J 77 R. Wetzig	Leicester
---	----------------	-----------

DIV 4 C2

1	S 106 Reece/Smith	Cardiff
---	-------------------	---------

DIV 4 LADIES K1

1	J 132 J. Grace	Llandysul
2	J 22 D. Walls	PC4
3	S 35 M. Shilling	Batchworth

DIV 4 MENS K1

1	J 729 M. Turner	Millbrook
2	Y 806 I. Bridges	Nomad
3	J 231 K. Gaster	HFCC

NATIONAL CADET CHAMPIONSHIPS, 5TH MAY 1986

This was the first ever National Championship Event for U14 boys and girls. The event was organised and sponsored by Newbury Canoe Club on behalf of the slalom committee.

The event was held on the Bank Holiday Monday immediately after the N/4 event held at the same site on the previous two days. The 'Redlocks' course was modified to make it slightly more difficult and different from the previous course. The modifications were completed by 6 p.m. on Sunday evening, which allowed plenty of time for the younger paddlers to practice. Every effort was made by the organisers to ensure that only paddlers with an entry in the championship event were allowed on the course.

The event was reasonably well attended by paddlers representing all divisions, and all areas of the country including the North and Scotland.

After the first runs David Watson (Forth CC) was leading Mark Hancox (S.O.A.K.) by three seconds in the boys event, and in the girls event Anne Stobbart was lying equal first with Rachel Doherty but only five seconds in front of her sister Helen Stobbart who was in third place. All three of these girls are from Ambleside.

During the second runs it became apparent that David Watson and Mark Hancox had not been able to improve on their first runs, but it also became clear that no other competitor had managed to beat their scores. This gave them first and second places respectively, whilst Kevern Kerswell (Newbury CC) fought his way into third position. In the girls event once again the leaders could not improve on their first runs nor could any of the other paddlers and so the first run results became the final results. Therefore the first three girls places were filled by members of Ambleside A.A.A., but it was also interesting to note some very good performances from division three and four paddlers.

Prize-giving was an unusual because the winner and two runners up of each event were made to stand upon a homemade rostrum produced by Pete Bell, who incidentally presented the prizes. The two main prizes consisted of two very large wooden shields which were suitably engraved and sponsored by Newbury Canoe Club.

It is hoped to have the shields re-presented to David Watson and Anne Stobbart during the 1987 Crystal Palace Canoe Exhibition, along with the other prize winners.

This event proved that youngsters thrive upon competing against others of their own age, and this fact alone should ensure that this event is a permanent feature of the slalom calendar.

U14 BOYS

1	David Watson	Forth
2	Mark Hancox	SOAK
3	Kevern Kerswell	Newbury

U14 GIRLS

1	Anne Stobbart	A.A.A.A.
2	Rachel Doherty	A.A.A.A.
3	Helen Stobbart	A.A.A.A.

OLD WINDSOR DIVISION 2, MAY 3/4

On first sight, to a newly promoted Div 2 paddler, the 'lively' course at Old Windsor weir, looked a little intimidating, due to the volume of water coming through the weir. It proved however, to be a good testing course, within the capabilities of any competent Division 2 paddler. It was noticeable to the spectators that the Premier paddlers seemed to be demonstrating the art of 'rolling' rather more than usual. At one stage on Saturday every boat except one, on the water, was a C1. Quite an unusual site to those of us just rising up the divisional scale.

It was a refreshing change on Saturday, not to find practice impossible due to paddlers sitting in the eddies and generally making a nuisance of themselves, as is common in the lower divisions. The organisation, by Windsor Canoe Club, was very good, and control was exercised to ensure complete runs only during official practice. A slight hiccup at first by the organisers, in advertising the Canadian events were to be on the Saturday, this was duly changed so that everyone competed on the Sunday (as is laid down in this year's rules) and times were shuffled around slightly to accommodate this. However, no one seemed to mind, they just got on with the paddling.

On the Sunday, a sensible (and considerate) precaution by the organisers was to put the judges event immediately before the Ladies K1 event, in order that the judges, many of whom were Div 1 and Premier paddlers, could 'double' as rescue. There were few protests, and my only complaint concerning the judging, was that Judge 'E' was not paying attention during the Ladies K1, 2nd run, and as a result the first five paddlers had to be awarded re-runs.

Aside from this it was a well organised event, well attended and providing much experience and enjoyment. The weather was kind to us and the odd swim, doesn't seem half so bad, or the water quite so cold when the sun is shining.

Catherine

Old Windsor Weir Division 2 Results

Mens K1

1 S. Smith	Adur
2 J. Bennett(J)	Central Paddlers
3 A. Pearson(Y)	Northampton

Ladies K1

1 S. Couling	Yobbs
2 N. Weaver	RAFCA
3 C. Ward	Milton Keynes
1st Youth F. Waller	SOAK (5th)

C1

1 G. Woods	
2 I. Green(J)	Ribble
3 A. Broadbent	Itchen Sewer

C2

1 Lennon/Greenaway	
2 Powell/Howell	Hatfield
Poly	

Teams

1 Price/Witchell/Foxwell	?
2 Smith/Harrison/Janes	'B' Team + 1
3 Burton/Norman/Pearson	Scratch C

C2 N.

1. Bennett-Bennett	Dudley
--------------------	--------

MK14

1. J. Pearn	J Chester
2. D. Andres	Y Gloucs
3. J. Wheeler	BOW

LK14

1. K. Lighthert	J Gloucs
2. T. Bridge	Y Viking
3. H. Oakley	Worcs

C14

1. P. Green	Y C. Paddlers
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C24

1. Ford-Royle	Staffs & Stone
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OFFENHAM NOVICE & DIV. 4

Offenham appears to be growing in popularity due to the compact siting of pub, campsite and course, coupled with excellent position for spectators close to gates in the top and weir sections.

This years course, gated to give many options combined with an above average river level for the Avon produced a few capsizes and a good spread of results. Six NC1s were promoted with relation to NMK1 results due to tight gating on top and mid sections. High winds on Sunday gav problems on the top section for those who like to turn tight on the poles but once clear of gate 5 most had their minds on the weir drop and would the stopper grab them from behind crossing After the stagger thro' 16, 17 & 18 those with tired arms suffered at 19 & 20 upstreams and some novices learnt what happens if you lean upstream on a crossover with tired arms!

Jim the landlord at the Fish & Anchor had the most tired legs of the weekend, did he really sell all those boxes of Prestos chips? The Grand Prix produced close results in all classes with Kevin Campbell eventually winning the open by 1 second from Andy Heaume who brought the boards across the weir to gate 7, did they know there was 1" of a 3" diameter steel pole above the boards there or was it a desire to win at all costs? Gloucesters David Andrews cleared up on the silver cups with 2nd MK14, 1st YMK1, 1st Div 4 Grand Prix and 3rd 4T. Kim Lighthert won the LK14 with 7 seconds advantage on both runs and D. Jones headed the NMK1 by 20 seconds.

Tutti performed like a box of tricks but with only 3 protests and a good spread of silverware everyone went home with happy faces.

R.L.

MK1 N.

1. D. Jones	O.U.C.K.
2. L. Randall	BOW
3. S. Flavill	UCS

LK1 N.

1. L. Pearn	Chester
2. J. Challis	Regents
3. A Monk	J BOW

C1 N.

1. K. Southall	Pool Hayes
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