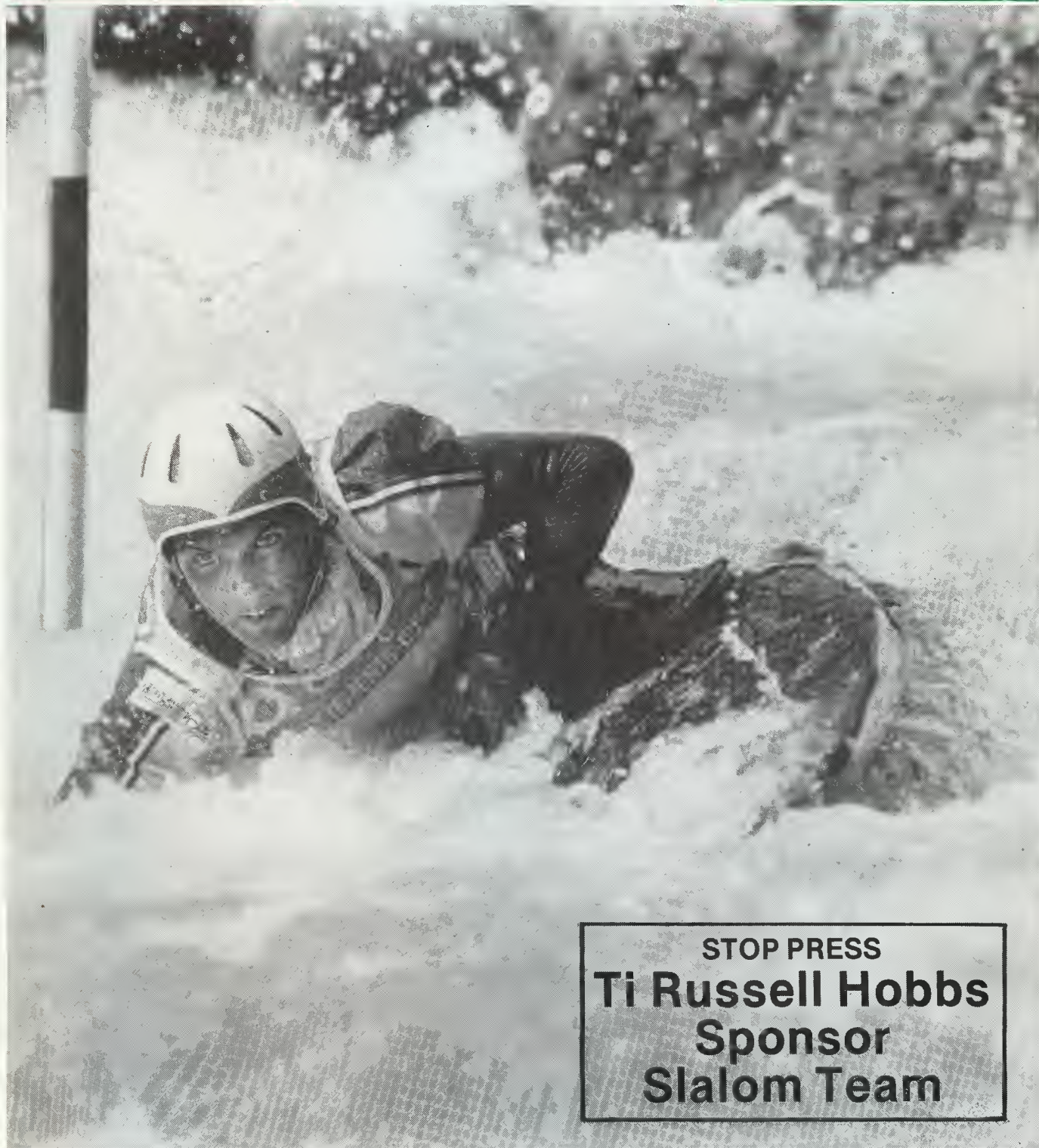


SEPTMBER 1986 PRICE 80p

# Canoe SLALOM

INCORPORATING **FEEDBACK**



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M. WHARTON  
Bib No. 1 at the Youth Worlds  
Photo: Tony Tickle

## Canoe SLALOM

106 Wiggin Street, Ladywood, Birmingham  
021-454-5690

EDITOR: JOE LYONS  
FEATURES: RICHARD FOX

The official magazine of the B.C.U. Slalom Executive,  
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KT15 1JV

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

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### ADVERTISING

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### COPY

The next issue  
Copy to reach Editor by 26th September, 1986

Front Cover:  
Mark Delaney at  
Bourg St. Maurice — T.T.

## SPECIAL FEATURES

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- Bourg '86 - J. Lyons
- Holme Pierrepont Programme
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# EDITORIAL

Please note new address and telephone number:

## SLALOM MAGAZINE

106 WIGGIN STREET,  
LADYWOOD,  
BIRMINGHAM.  
B16 0AJ

Telephone 021 454 5690

Apologies to those who have had trouble getting hold of me but I am now happily ensconced in my new residence. If you need to get in touch ring or write, or see me at the last 4 premier events.

After a pleasant trip abroad, during which I gather the Great British summer happened, I have been to numerous local events, and it is nice to see so many people taking part in the sport, with a lot of new faces. The various events have shown the different levels of public involvement possible and it occurs to me that it is time this sport took the general public by the scruff of the neck and involved them as they pass by. Places like Stratford Weir, with its broad front on the river, would make an admirable place to catch the public eye — an explanation of the rules, and perhaps a bit of information on what is going on — who is winning, who is on the course and so on — not that I'm critical of Stratford — their event was excellent from the paddlers point of view — but as a watcher on the bank I was bearded by 3 different people who wanted information.

Whilst it may be beyond the capacity of some events to give a running commentary with times and placings in a 'Ski Sunday' fashion, we must start working at public involvement. Perhaps the time has come to allocate a "Publicity Officer" who does more than just ring the local paper with the results.

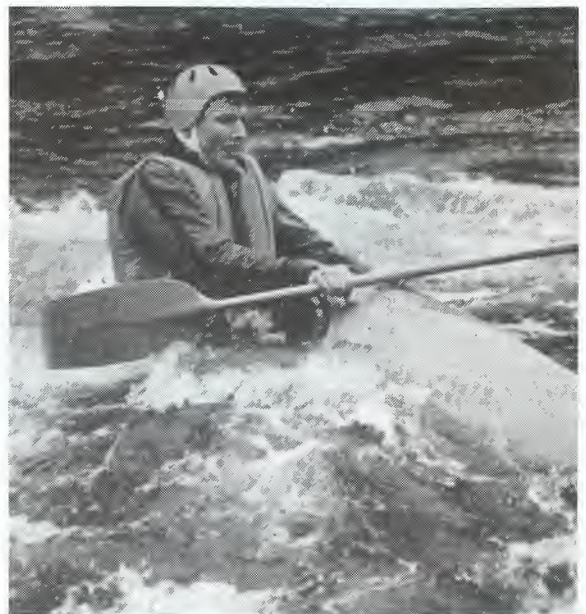
But its going to take more than me ranting in an editorial and an article by Ken Langford to get people moving. Do other people feel that its time to raise our standards of public presentation - if so let me know and let us try and get some kind of action at the A.G.M. — Which is a place where ideas can be voiced where the publicity Committee can be instructed to produce "packs" to help promotion, and from Premier to Novice events, lets start to sell our sport to people other than paddlers and their parents. If 12,000,000 people can watch Paddles Up there is public interest in our sport — go for them!

First water flowed on Wednesday, 20th August, 1986 — a landmark for British White Water Canoeing with a facility like this things can only get better. Come and see it on September 13th and 14th — where am I talking about? — if you don't know its time you donated a fiver to the Artificial Slalom Course on the Trent, we need it.

*Joe Lyons*



NICK PEARSON - 1st PLACE NOVICE C1 FIRST EVENT



HOW NOT TO HOLD YOUR PADDLE WHEN YOU ARE ABOUT TO CAPSIZE

# FEEDBACK News & Info

## REMINDERS FOR EVENT ORGANISERS

1. PLEASE READ CURRENT ORGANISERS PACKAGE, PARTICULARLY SECTION RELATING TO POST SLALOM DOCUMENTATION, WHICH MUST BE COMPLETED WITHIN 10 DAYS OF YOUR SLALOM.
2. PLEASE TELL YOUR PROMOTEES THE PROCEDURE FOR OBTAINING A BIB - GIVE NAMES/ADDRESSES OF BIB ISSUERS ETC. - EITHER IN YOUR START LIST OR PERHAPS ON A NOTICE BY RESULTS AT YOUR EVENT. (NOVICE EVENT ORGANISERS)
3. PLEASE LOOK AFTER YOUR JUDGES - (THINK ABOUT SHELTER, REFRESHMENTS) - YOU NEED THEM, AND THE NEXT EVENT TOO.

### REMINDER AGM

BCU SLALOM COMMITTEE AGM SATURDAY 29 NOVEMBER 1986, HOLME PIERREPONT  
Motions for discussion must be signed by TWO FULL members of the BCU who are members of and represent a club entitled to vote (See page 188,9 Slalom yearbook).

Clubs are reminded that such Motions SHALL be lodged with the Hon. Sec. Mr. D. Morgan before 30 Oct 1986.

Registered Premier Teams please note that the best FOUR from six results will count for the Championship this year.

Paddles Up - seen by 12,000,000 viewers and screened in first week July - did you see it? If not, write to D.G. BBC and ask for a repeat.

Note that paddlers travelling abroad, unless in an official British Team, are NOT covered by their BCU insurance. You are strongly advised to take out additional insurance.

### NOMAD SLALOM EVENINGS

with JIM JAYES, BRITISH K1 CHAMPION NOMAD CANOES would like to offer you the opportunity of booking a Slalom Evening with Jim Jayes, the British K1 Champion, for your Canoe Club and all its members. Included

in this evening will be:

1. A lecture on training for Slalom
  - (a) Technique theory
  - (b) Off-water training
  - (c) Boat designs
  - (d) New Rules:- The changes to be made in training and techniques
2. Training on the water (site gates provided by club)
  - (a) Mainly technique work, leading to an endurance session
  - (b) New moves to learn for the 1986 season
3. Canoe and Equipment Discussion and Sales (with discount for all Club members present that evening)

For further information please contact

Jim Jayes  
Nomad Canoes  
Tel: 0244 811393  
822782

### ASCOT GOLD CUP

Slalom Course FIRST RUN certificates with prizes for fastest. 10.00 a.m. till 1.00 p.m. approximately on Saturday 13 September - open to the 200 or so highest bidders, target £5 minimum - send bid on entry card.

Special invitation slalom after Opening Ceremony on Saturday.

Slalom competition on Sunday, limit 120 all classes - open to Premier, Division One and subject to numbers, Division Two. Entry Fee £10 (including either Team or Sprint).

Entries, on normal cards, and enquiries to Roger Fox, 3 Moreton Avenue, Harpenden, Herts., AL5 2EU; cheques to BCU Slalom.

### CANADIAN SLALOM SKILLS COURSE

As was mentioned in the earlier coaching bulletin there is to be a specialist Canadian Slalom trainer course in the autumn.

# FEEDBACK News & Info

We now have a definite date and venue for this course.

It will be held at Bath on 18/19 October 1986.

The contact address for information and application is:-

Nigel Hampton  
School of Physics  
Bath University  
Claverton Down  
BATH  
AVON. BA2 7AY

It will differ from other Trainer courses in that coaches and paddlers of all abilities will be present. There is a desperate need for a 'pooling' of knowledge in Canadian Slalom Skills and this should be seen as a first attempt to draw the available expertise together.

The course will concentrate on:-

- a) Canadian stroke vocabulary.
- b) Basic correct models of Gate technique.
- c) The basics of Canadian Watermanship.
- d) Fitness training for Canadian Slalom.

The course will look at both C1 and C2 skills.

If you have an interest or commitment in Canadian paddling and coaching and you want to know more; THIS IS THE COURSE FOR YOU!

.....

Slalom Trainer Course - Hereford  
4/5 October  
Contact Dave Grant  
235 Ross Road  
Hereford  
HR2 7RS

Coaching Courses contact  
Alan Edge  
National Slalom Coach  
25 Crawshaw Avenue  
Pudsey  
Leeds  
LS28 7BT  
Tel: 0532 550054

## TOWARDS CANOEING EXCELLENCE

Competition Coaching Conference -  
Holme Pierrepont - 7/8 Feb 1987

This has got to be THE WEEKEND OF THE YEAR for anyone involved in coaching competitive canoeing, whatever the discipline!

In an attempt to bring the competitive disciplines closer together this conference will concentrate on the common 'core' areas that are shared by Marathon, Slalom, Sprint and Wildwater Racing.

Topics examined will include:-

- STRENGTH, SPEED AND ENDURANCE TRAINING FOR ADVANCED PERFORMANCE
- MENTAL COPING STRATEGIES
- THE EFFECT OF DIET ON PERFORMANCE
- EFFECTIVE SQUAD AND TEAM MANAGEMENT AT HOME AND ABROAD
- THE USE OF VIDEO IN COACHING
- THE NATIONAL COACHING FOUNDATION AND ITS LINKS WITH THE BCU

There will also be some specialist workshops/seminars but obviously the main value of a conference like this is that it allows coaches from the different disciplines to meet and exchange views and ideas. I'm sure we will be surprised at just how much the 4 disciplines have in common, especially at National Team level.

It will be a 2 day conference, Saturday morning through till Sunday afternoon. Accommodation and meals will be available at the National Watersports Centre and there is expected to be an evening dinner with speaker on the Saturday.

For further information write to:-

# FEEDBACK News & Info

ALAN EDGE, Assistant Director of Coaching (competition),  
25 Crawshaw Avenue,  
Pudsey,  
LEEDS.  
LS28 7BT

## ICF EXAM

To qualify as an international judge there will be an exam at Llangollen international. Applications/nominations to Nev Unwin, of people who have either Passed the new rules test or have section judge status or have 3 years or more experience and are under 50.

## JUDGES CARDS

These have still not been printed, so that's why they haven't arrived - patience, patience!

## NO LIMITS

Just one and a half miles from the National Watersport Centre at Holmepierrepoint, which from September will boast the new Artificial Slalom Course, "No Limits", specialising in canoeing and rowing, opening on the 30th August, offers a comprehensive range of watersports equipment and accessories. The shop is being run as a partnership between Lynda Morrison an ex-Scottish team member and Commonwealth medal winner, Premier Slalomist Duncan Oughton and David Cowen a Division 1 paddler. As a partnership we have an unusually large and varied amount of experience, which we hope people will use not only for advice on equipment, but also on any other aspect of canoeing that may be causing them a problem. The shop will be officially opened by three times World Champion Richard Fox on the 13th of September co-inciding with the opening of the slalom course at Holmepierrepoint.

Come in and enjoy the benefit of an accessible modern outlet serving all your watersports requirements.

NO LIMITS: 59 Trent Boulevard, West Bridgford, Notts.

A long long time ago a young boy yearned for the present of a lifetime. He pestered everyone but alas he never got his wish. A good many years later his wish was fulfilled when he was approaching later years of life. He got his wish and he became chairman of the slalom committee - yes he finally got his Cowboy Outfit.

Anon

BRITISH OPEN SLALOM CHAMPIONSHIPS LLANGOLLEN TOWN - 25/26 OCTOBER, 1986	
Div One - Any Top 5 finish at an event.	
Div Two - Winner of each event.	
The Automatic Qualification for the above event is as follows:	
<u>K.1. Ladies (Youth/Junior)</u>	
Premier - All.	
Div One - Any Top 15 finish at an event.	
<u>Canadians, C.1. and C.2.(Senior)</u>	
Premier - Any Top 5 finish at an event.	
Div One - Any Top 3 finish at an event.	
Div Two - Any promotee including an outright win.	
<u>Canadians, C.1. and C.2. (Youth/Junior)</u>	
Premier/ Div One - All.	
Div Two - All promotees to Division One.	
<u>K.1. Men (Senior)</u>	
Premier - Any Top 15 finish at an event.	
Div One - Any Top 8 finish at an event.	
Div Two - Winner of each event.	
<u>K.1. Men (Youth/Junior)</u>	
Premier - All.	
Div One - Any top 50 finish at an event.	
Div Two - All promotees to Div One.	
<u>K.1. Ladies (Senior)</u>	
Premier - Any Top 10 finish at an event.	

In addition to the above, some competitors may be selected from Ranking Lists drawn up at 30th September from Premier, Div One and Div Two in all classes.

Invitations will be issued shortly to all those who have qualified in the first half of the season, and after each event during the second half. If you believe you have qualified but do not receive an invitation please contact Mike Carter.

Volunteers are required for several interesting jobs at this event - again please contact Mike Carter (0234-215441).

There will be a Judges Event (Limit 50 - please mark card clearly if qualified Grade C (or new Gate Judges Exam). Entry Deposit £2.00 with entry.

# BRITISH CANOEING

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# A Hot Summer in Europe

R. FOX

Spike (Andy Gladwin) and I rolled up at Augsburg and knocked out a cool 10 full length runs without a soul in sight. It was a good feeling and the memories of last year at the Worlds came flooding back. '86, however was going to be a different story as I found out.

The Yugos were going fast, I had seen that in April and they hadn't slowed up. At least Abramic hadn't. The first shock came at Merano.

Abramic, starting before me, was four seconds ahead after first runs and I had to pull out all the stops on the second run just to dip under his time by a few tenths - I was lucky because he had gone even faster and picked up a five towards the end of the course. That race spelt out the message for the races to follow. It was going to be hot! At Tacen taking the Yugos on is never an easy task, and this year was no different on the famous Tacen drop. Abramic was again on form taking the lead with 131 seconds. I produced the same time on both runs, 134, but was squeezed into 4th place by Lizman and Skok. In 5th place was Strukelj. Yes, you've guessed, another Yugo!

There is nothing secret about the success of the Yugoslavs this season, just the result of four talented paddlers training and racing hard in good conditions. It is much the same situation that Hearn and Lugbill have benefitted from. Each race is against very good competition and each workout is world class. They have a good national team coach, too, in Poberaj who was 4th of Spittal in 1977 the day Albert Kerr took the gold. The best indication of their class is the fact that Abramic didn't qualify as a nominated paddler for the Europa Cup! The juniors aren't too bad either, ask the boys who went to Spittal for the Junior Worlds. In June, the Yugo junior team were just behind a Commonwealth team of Fox, Gladwin and Gagnon of Canada. The Yugo Senior team produced one of the

best team performance of the summer to win the event. After my spanking I approached the next race with a little more respect for the opposition.

The first leg of the Europa Cup race was on the River Noce at Mezzana in Val di Sole, Italy. The water had been high during the week preceding the race and more than the usual number of swimmers were picked out of the river.

For all their good intentions the organisers were short of manpower and expertise to run a Europa Cup event. And they received little advice or inspiration from the ICF. On a river that has no regulation except melting snow it is absurd to programme the non-stop runs for one afternoon and then schedule the individual events for the morning of the two following days.

The first day's competition showed no great changes in the fight for medals. In Ladies K.1. Marie-Francoise Grange took the gold with a steady error-free run. Boat positioning was everything in this course and she tried her breakouts effortlessly while the other girls fought the water and lost time. Grange's time of 164-72 was not exceptional and many girls were capable of beating it. Liz Sharman made a series of technical errors on the top part of the course on both runs and finished in third place behind Gail Allan. At this stage it looked as though the disasters of the last two seasons were about to repeat themselves for Liz.

As always the C.1. event produced its excitement. It was called - How to make a World Championship angry. You let him take his run, fly down the course clean as a whistle, make him wait for the result and then tell him you've lost the time. Davey Hearn was not amused. Imagine the sigh of relief that echoed down the Noce valley when Hearn produced the winning time of 147 on his second run - Lugbill had just edged him for speed with 145 but one touch was

# A Hot Summer in Europe

too much. 3rd place went to the Italian Renato Demonti who had swim in practice and taken a 50 on his first run - one could say he improved dramatically throughout the event! The Europeans are chasing the Yanks like a pack of Wolves but they are still a little off the scent and our C.1. paddlers will be grateful not to be mentioned.

In the C.2. event Saidi/Delray of France showed the Czech crew Simek/Rohan the way home with a winning time of 162.86. They were both impressive and on comparison with our crews they kept the upstreams very tight. Meikle and Brown put an aggressive clean run together but still they need to develop a smoother style around the upstreams and get a better grip on the water. Arrowsmith and Brain suffered from a swim during the week.

Sunday June 29th was to be Maradona's day in Mexico City, but closer to sea level on the other side of the Atlantic it was a day of change in Men's kayak. American Richie Weiss is made of the right stuff. Patagonia shorts, open necked cag., old alloy shafted schlegel paddles and a go for it style paddling. He loved the training on high water and he must have loved the race. Two clean runs and less than half a second from the gold. It was the best performance by an American kayak in a major race and he was backed up by Chris Doughty in 9th place. I hadn't enjoyed a big race so much for a long time. But I couldn't quite hold it together on second runs and 138+55 was just out of control. I had to settle for 140-4 ahead of 140.77 for Richie Weiss. Albin Cizman took 3rd with 142. The short course packed the placings with 10 seconds separating first and 20th. Andy Gladwin and Jim Jayes didn't hit form and a few frustrating errors dropped them to 18th and 21st respectively.

## SEO d'URGELL

The ICF in their wisdom had decided to cut the Europa Cup events from

three to two with the objective of holding the events close together and reducing the cost to competing nations. At least that was how it was originally explained to me. Seo d'Urgell was awarded the Europa Cup. I imagine because of the Spanish bid for the 1992 Olympics. The Spanish wish to include Slalom in the programme needs to be supported by the staging of major events at Seo. Fair enough, a good reason for travelling from Northern Italy, across France and into the Pyrenees. Everyone who contested the Europa Cup in 1980 remembered Seo as an exciting course, fast and steep with plenty of water.

But in 1986 Seo d'Urgell was the pits. Most teams arrived from Italy on the Monday or Tuesday following the race at Mezzana. There was insufficient water for practice until the Thursday afternoon. And when the water arrived it was dirty, and barely acceptable as the standard of water required for a major championship event.

The race for medals made up for this disappointment and a few surprises were in store. Liz Sharman recovered from a roll on her first run and then paddled like her old self to win the event (208.13) and the Europa Cup - Phew! There is nothing like Liz winning to keep the rest of the team happy. Marie Françoise Grange was fourth here and second in the Cup. Gail Allan failed to hold her form of the previous week and she must be kicking herself still. She was pipped for the bronze in the Europa Cup by Myriam Jerusalem who stole second place at Seo from Cathy Hearn, the 1979 World Champion. Karen Davies performed consistently well and was the third of our girls in sixth place.

If the ladies event would have benefitted from a third Europa Cup leg to provide an exciting climax, then the same could be said for the C.1.s. and C.2.s. This time it was Lugbill who finished on top and Hearn who took the (doubtful?) five. The Europa Cup was decided

# A Hot Summer in Europe

on best run totals and Hearn took that by 0.4 seconds. That's no way to choose between giants, especially when every paddler travelled to Bourg the following week for the Pre-Worlds and what could have been the Europa Cup Final. Vidmar of Yugoslavia was the best of the rest in the Europa Cup and Martyn Hedges our hero of old, was on his way back from a disaster in Italy with a sixth place. Mark Delaney and Dave Janes were happy with clean runs but they are still, in the back straight now when Hearn and Lugbill cross the line. The rest of the Europeans are right into the home straight and five seconds split 3rd from 9th.

Simek and Rohan of Czechoslovakia are good for two reasons. Firstly, they have short names which we can remember and secondly because they beat the pre-race favourites in the C.2. event and won the Europa Cup. The winning margin was nine seconds. 211.41 seconds to 220.96 the greatest difference in any category at Seo. Saidi and Delray of France were no match for the Czecks here, despite a spectacular French Ferry (reverse ferry glide) on a difficult offset sequence at gates 12 and 13. This sequence epitomised the new rules at their best (or did I hear worst) and every imaginable manoeuvre was tried. Those canny Scots, Meikle and Brown came as near as we have ever come to medal in a major C.2. event. One touch dropped them from what could have been a Silver Medal to sixth place. Don't stop thinking about it until next year, you two! I thought about the one touch I had at Seo in 1980 right up to the Worlds in 1981. Having a glimpse of what might have been can keep a paddler very hungry.

in the Kayak race things were hot again. Fast times from Cizman of Yugoslavia and Prigent of France were accompanied by penalties and this left the way clear for a slightly slower Fox to creep into pole position after first runs. I didn't feel comfortable about winning the race with a time of

185.08 but I must admit I didn't expect that man Donald Johnstone, from Paddles Up and New Zealand to do two excellent runs - 185.37 and 184.0 and squeeze me out into 2nd place, just ahead of Ulf Sommer of Germany. Americans at Mezzana, Kiwis at Seo, what next . . . ?

Czecks at Bourg? He had won the race and was happy and I had won the Europa Cup. Who's complaining? Cizman won the silver in the Cup by virtue of a 4th place at Geo to go with his 3rd at Mezzana. Peter Micheler took the bronze medal with a surprising 12th at Geo and a 4th in Italy.

What followed can simply be described as the worst prize giving ever at a major championship event. And so it ended, closely fought contests in each category made the competitions exciting but it took the long trip back into France before I was convinced that we have actually made progress in the Slalom.

R.F.

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# Pre Worlds - Bourg '86

Shock, horror, Fox 3rd, beaten by a Czeck read the headlines on the Monday morning Daily Mail. . . . Well they might have done if he'd been in almost any other sport. It was the story of the weekend, although there were some pretty dramatic races across the board, with some excellent results for Great Britain, not to be lost in Richards little slip up. Hugh Mantle was heard to predict the night before the race that Richard would have the fastest time and hit the last gate — and he was right — Nostradamus has got nothing on you, Hugh. So by virtue of a clear run in 182 seconds Lubos Hilgert, in a Premier III Sprint, made Graham Machereths day while Richard with 179 + 5 had to settle for 3rd behind Yugoslav Abramic. — well you can't win them all.

Bourg has an excellent reputation for water and weather and it lived up to both. The course was fast, exciting and open, with a crunch move at the bottom to sort out the men from the boys and the sheep from the goats. A fast run to breakout 4 and then again down to the railway bridge led to the first tricky move, a forward down behind a rock, that you either went above and lost time, or below and risked missing - it cost Donald Johnstone his second run. From there to a breakout via another downstream in an eddy, then across the top of

a nasty series of stoppers to a downstream, then an upstream, to a forced reverse on the same line, and a downstream under the road bridge. The only person in any event to go through this forward was Davy Hearn, who flew it, on his second run, an S behind a rock move between two downstreams cost Bushy a lot of time on his second run, but the move that had then all was two forward downs, almost level with one another, one in an eddy on the right, the other in the flow on the left, the two joined by a dumping stopper. It was either ford through, spin and paddle back to the stopper, for the slow route, or drop sideways through and blast the stopper for the fast boys. Only the mens K1 got it with any consistency, and unusually, the yanks both chose the slow way. If you wanted a top 10 placing in Mens K1 though, you had to go for it.

The ladies had the excitement of Sharman v. Grange on her home river, while the C1 had the inevitable battle of the giants, Lugbill versus Hearn, who had won the Europa Cup by the narrowest of margins. Liz blasted her way down the course on her 2nd run, already winning on her 1st run. She dominated the water, the French and was awesomely fast. Her winning margin was the biggest of the day. Gail had to settle for 4th place, not up to her



RICHARD FOX

# Pre Worlds - Bourg '86

usual form, and with Karen Davies injured it fell to Jane Wilson to come in next.

In the C1 event Hearn led Lugbill, and then improved on his 2nd run and we all watched Lugbill as he hammered down the course and was faster still, by less than a second, but enough to win the Pre-Worlds, and get back on the rostrum again. Meanwhile Renato di Monti had gone into 3rd and we were watching Bushy down the course. He lost a lot of time on the S move after the Road Bridge but made it up on the bottom gates. As this was only his 3rd run on the course, as Martyn had not practised the river during the week, preferring to train on the river race section, which he would race on Sunday. Despite this we all got a big shock as the scoreboard rattled his number up, and placed him 3rd. 208 seconds, some 13 down on the yanks and a few tenths in front of Renato. Mention must also be made of Alan Gillibrand, who tried the direct route from 23 - 24 and blew an otherwise impeccable run. I timed him as he paddled back up the lefthand eddy, and the 15 seconds he lost robbed him of a top 10 place. — Next year Alan!

Back to the hotel to chew over the results and dinner. Then back down the course the next day to see the big boys race — well, it was exciting enough, but for most of us Brits the wrong man won it. The other mens results were in the 10's and 20's and most seemed disappointed with their performance and in the light of the next days race, they were right to be so. In C2 Chris and Paul were suffering, from



CZECH PADDLER AT BOURG '86  
Photo: Tony Tickle



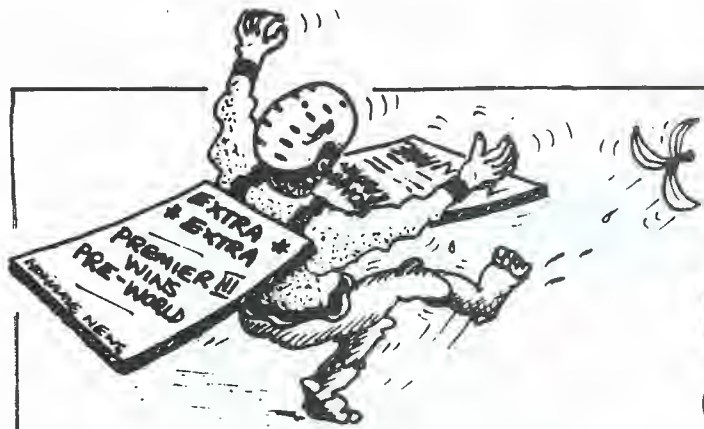
BOB DOMAN, BOURG '86  
Photo: Tony Tickle

broken boats to Diarrhoea, their trip was a disaster and a 9th placing was all the C2's could muster. We just aren't up with the French and Czech's yet, and until we get a strong home nucleus, racing each other, we won't catch up.

The team race was a series of surprises and disasters. Liz was ill, and the ladies raced to a disappointing 5th. In the C1's Lugbill, Hearn and Kent Ford got a 50 on both runs (1 Lugbill, 1 Hearn) and came well down the list, so the team event was won by — yes you've guest it, USA "B" — strength in depth they call it. Meanwhile our C1's had a little trouble and finished nowhere, and second to nowhere — not a good result boys! The C2 team struggled as well, but with little experience in the team they never had a lot of chance. The best result of the day though came in Mens Kayak, where we were 1st and 4th, that is Great Britain "B" - Raspin, Jones, Smith - first, and Great Britain 'A' - Fox, Jeyes, Gladin - Fourth - a 5 penalty, by each paddler meant they missed 1st place by 4 seconds in the tightest team event for years. The yanks also threw out a warning by finishing 2nd.

All in all a good days racing, and a happy team, though there is a lesson to be learnt — Confucious he say "people who paddle all day and bonk all night come home without gold medals." and Berndt Deppe didn't do very well either.

J.L.



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# **SATURDAY 13th SEPTEMBER IS A VERY IMPORTANT DATE**

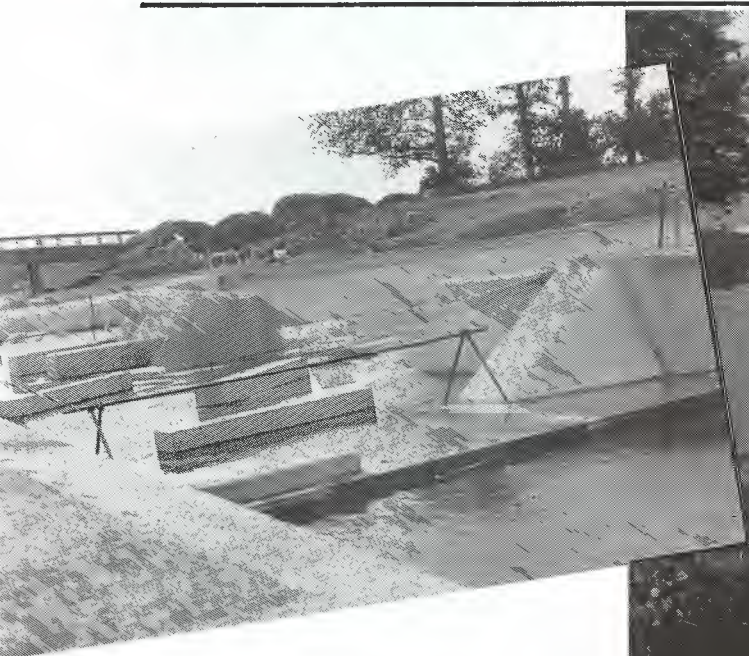
The official opening of the artificial slalom course at Holme Pierrepont coincides with the release of the new slalom kayak from Concept Designs.

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# Holme Pierrepont



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JUBILEE WATER CARNIVAL 86  
PROVISIONAL TIME-TABLE**

**SATURDAY 13th SEPTEMBER**

ALL DAY FROM 1000 - WATERSIDE 86 EXHIBITION - with Come & Try It Sessions, (see below for times)

INTERNATIONAL CANOE POLO - Winfield Pool

**SLALOM & WHITE WATER COURSE**

- 1100-1130 Spectators Assembly on the North Bank of the Course
- 1130-1215 OFFICIAL OPENING CEREMONY BY HRH PRINCESS ANNE  
  
First Flow of water down the course followed by a Paddle Past of Canoes and other craft.
- 1215-1330 'ASCOT GOLD CUP' First runs on the Course, Organised by the Slalom Committee. (Certificates given)
- 1330-1400\* - Iron Man of Canoeing Contest (Heat 1)  
- NABC Iron Man Contest (Heat 1)
- 1400-1500\* - Rubber Rafting Sessions  
- Great Rubber Duck Race 1.
- 1500-1700\* - Slalom & Wild Water Competitive Events (1 hour each)

- 1700-1730 - Iron Man Canoeing Contest (Heat 2)  
- NABC Iron Man Contest (Heat 2)
- 1730-1830 - Rubber Rafting Sessions  
- Great Rubber Duck Race 2
- 1830-2000 - Come & Try It, General runs on the course - Buy a ticket on the day, £1 per run. FREE for JAC Members.
- 1900-1930 - Iron Man of Canoeing Contest (FINAL)

**REGATTA COURSE**

- 0900-1100 - Regional Racing Championships (500m & 1000m) Team Events  
- Canoe Sailing Regatta (1000m to 2000m area)  
1230-1330 - Waterside Exhibition - Come & Try It Sessions  
- Dragon Boat Racing - 500m events.  
- Canoe Sailing Regatta (continues)
- 1330-1400 - Iron Man Contests (and on the Slalom Course)  
- Olympic Canoe Racing Squad - Demonstration Events
- 1400-1600 - Regional Racing Regatta (continues) 500m & 1000m  
- Dragon Boat Racing (continues) 1000m to 2000m area
- 1600-1830 - Waterside Exhibition - Come & Try It Sessions  
- Dragon Boat Racing (continues) 1500m & 2000m events
- 1900-1930 - Iron Man Canoeing (FINAL)





\*These times subject to alteration

**SUNDAY 14th SEPTEMBER**

**ALL DAY FROM 1000** WATERSIDE 86  
EXHIBITION AND  
INTERNATIONAL CANOE  
POLO

SLALOM & WHITE WATER

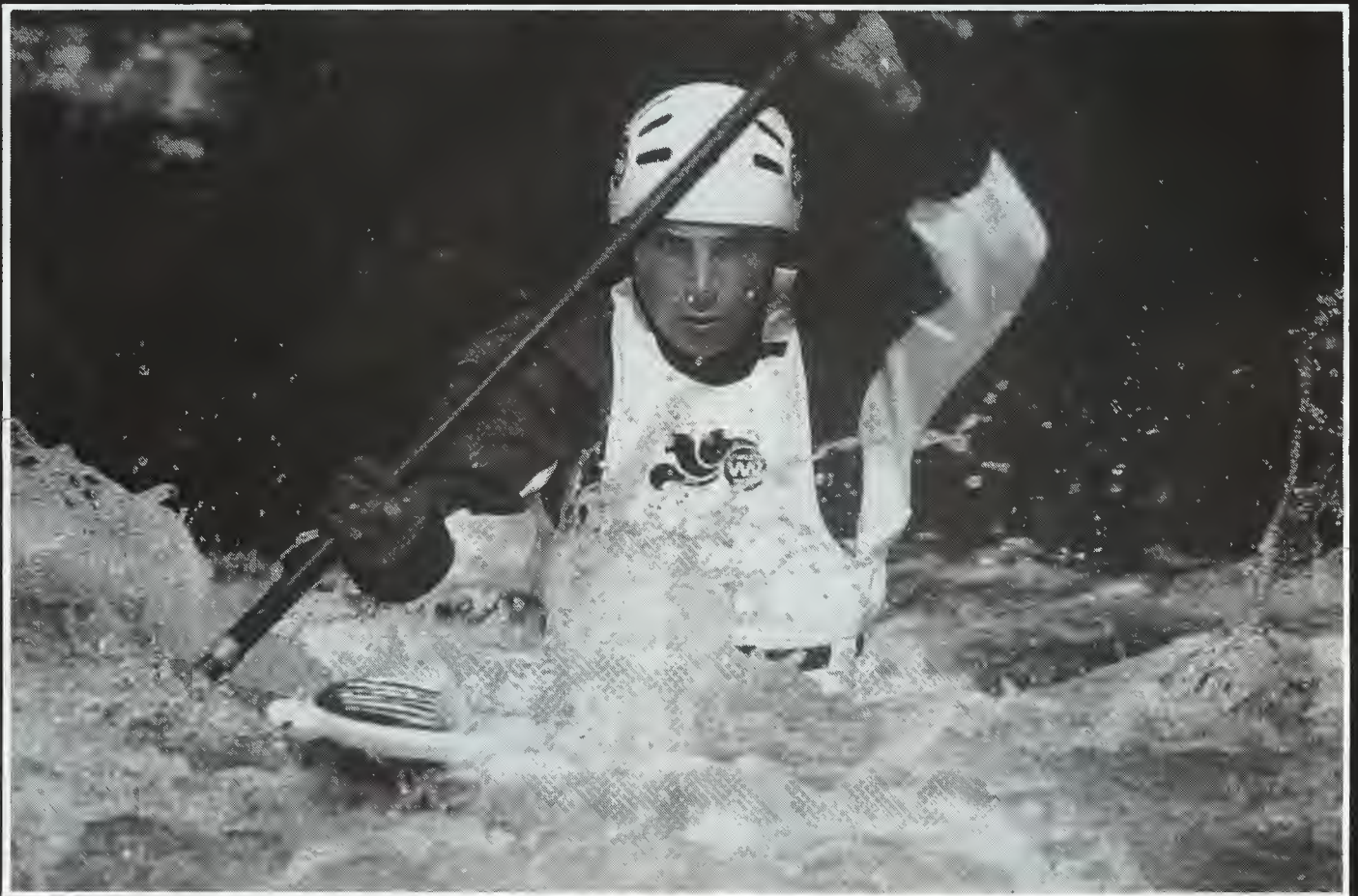
- 0800-0900 - Come & Try It, General Runs on the course continue, £1 per run, FREE for JAC Members, tickets on the day.
- 0900-1000 - Wild Water, Short Course Race 1. (WWR Committee)
- 1000-1030 - NABC Iron Man Contest (Semi-Final).
- 1030-1230 - Invitation Slalom - Practice & 1st Runs (Slalom Committee).
- 1230-1330 - Rubber Rafting Session.  
- Great Rubber Duck Race 3.
- 1330-1400 - Marathon Race Finish - selected divisions.
- 1400-1500 - Wild Water, Short Course Race 2.
- 1500-1700 - Invitation Slalom - 2nd Runs & Team Events.
- 1700-1730 - NABC Iron Man (FINAL).
- 1730-1830 - Rubber Rafting Sessions.  
- Great Rubber Duck Race 4.
- 1830-2000 - Come & Try It, More runs on the course at £1 per run, tickets on the day, FREE to JAC Members.

REGATTA COURSE

- 0900-1200 - Speedo Water Penthalon Championships (up to 250m).  
- Canoe Sailing Regatta (1000m to 2000m area)
- (1000) - Raft Building Competition (at 500m area).
- (1000) - NABC Iron Man Semi Finals start.
- (1000) - Waterside Exhibition - Come & Try It Sessions.
- 1200-1400 - Marathon race - Regatta Course, River Trent and Slalom Course. Start 1200. Finish 1400.  
- Dragon Boat Racing.
- Waterside Exhibition - Come & Try It Sessions.
- 1400-1600 - Speedo Water Penthalon (continues):  
- Raft Racing Competition (across the course at 500m area).  
- Dragon Boat Racing (continues).
- 1600-1630 - World Canoe Rafting Record attempt.
- 1630-1830 - Waterside Exhibition - Come & Try It Sessions.  
(1700) - NABC Iron Man (FINAL). Dragon Boat Racing
- BOTH DAYS - A FUN FAIR WILL OPERATE NEXT TO THE NATIONAL WATERSPORTS CENTRE MAIN BUILDING. OTHER LEISURE ACTIVITIES ARE PLANNED.



# The Name of The Game



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# Fox/Sharman - compared

Bill Endicott

## A COMPARISON OF THE 1983 TRAINING OF RICHARD FOX AND LIZ SHARMAN

by

William T. Endicott

### Introduction

What are the differences between men's and women's training in canoe slalom? Can women do about the same thing as men? It is known from various sources that men are stronger than women, particularly in the upper body, and recover faster from strength and endurance training. But how does this translate into slalom terms? Now, because two British World Champions kept such good records (200-300 page training logs from 1983, the year in which they were both World champions) and consented to be interviewed about their training, the answers to these and other questions are suggested, although it is true that more cases would have to be analysed before we would have conclusive evidence.

### There are Definite Differences

During the course of this study, I believe it will emerge that there are some definite differences between the volume, intensity, recovery rates, and types of men's and women's training. I think women would probably do better to realize this rather than just attempt to follow the men. We can begin our comparison by listening to some remarks by George Radford, Liz Sharman's husband, about how he set out to coach Liz at the very beginning of her career and some of the problems he encountered.

When I realized initially that I was going to train a female competitor, I knew I didn't have any experience at this and I had a friend who had been very successful as a ladies' swimming coach. I asked him how I should carry on. The first thing he said was you do not generally treat females as a special case. A highly feminine type of female

usually isn't dominant in sport. So you've got to start off thinking that although female athletes are female, they're going to be unusual females -- more aggressive. Another thing I learned was the dependence female athletes tend to have on the coach. You can end up advising something that shouldn't be taken literally, but they take it literally. So I think the first thing I had to learn was that I was a prod, a support, but I had to not allow Liz to be too dependent. I made a point not to go to internationals for the first few years because of this until we had built up a level of confidence in her ability. I then had to consider female function, for lack of a better word. I realized that once a month she might be a bit funny. I knew the British ladies' judo champion and she told me that while she was very, very affected by this, she would just block it out. This is what Liz does, too. But sometimes she'll get second place in a competition that she otherwise would have won by 20 seconds. I was aware also -- and this is a theory -- that at the time of the monthly period, hormones are let out into the blood stream. Now, also remember that when a woman is having a baby, there are hormones that are let out into the blood that allow muscles to stretch, ligaments to stretch, so that the baby can be born. And I've always had an intense feeling that this might happen in the monthly cycle. I was quite concerned about the point that there might be hormones in the blood that would allow joints to stretch, allow ligaments to stretch. I have no proof of this and I'd love to do a study of it one day, but from observations I made in judo I noticed that as far as I could see there were a lot more injuries, stretching injuries, during that period, just prior to the period. And so I've always

# Fox/Sharman — compared

had that in mind. I don't have Liz lifting weights just on those days.

## Tables

Let us now turn to the tables below which I compiled from an analysis of the two logs. The first set, Tables 1 and 2, show how the training was broken down into number of workouts per month. From this, I make the following conclusions:

Month	Number of Workouts	1-A-Days	2-A-Days	3-A-Days	4-A-Days	Rest Days
Aug.	54	8	11	8	0	3
Sept.	70	1	9	9	6	1
Oct.	47	10	14	3	0	2
Nov.	62	4	9	12	1	3
Dec.	60	8	9	10	1	3
Jan.	53	9	10	8	0	5
Feb.	53	6	9	7	2	2
Mar.	62	4	12	10	1	1
April	57	9	11	6	2	4
May	53	9	13	6	0	3
June	26	2	9	2	0	2
Total	597	70(11.7%)	116(38.9%)	81(40.7%)	13(8.7%)	29
Monthly Average	54.3	6.4	10.6	7.4	1.2	2.6

Month	Number of Workouts	1-A-Days	2-A-Days	3-A-Days	4-A-Days	Rest Days
Aug.	31	6	11	1	0	1
Sept.	48	11	14	3	0	2
Oct.	43	16	9	3	0	0
Nov.	26	12	7	0	0	11
Dec.	53	9	16	4	0	1
Jan.	69	4	19	9	0	2
Feb.	59	3	14	8	1	2
Mar.	45	9	10	4	1	7
April	62	10	8	12	0	1
May	54	5	15	5	1	5
June	31	8	7	3	0	1
Total	521	93(17.8%)	130(49.9%)	52(29.9%)	3(2.3%)	33
Monthly Average	47.4	8.5	11.8	4.7	.3	3

\* Sharman did 87% of the number of workouts Fox did.

\* Both paddlers did the great bulk of their work in multiple sessions a day. Sharman actually did more 1- and 2-a-days than Fox, but he did more 3- 4-a-days, which is why his total number of workouts was higher than hers.

\* The number of rest days was similar, but Fox had less. Also, Sharman was forced to take lots of time off occasionally because of illness: on two occasions she missed a whole week in order to recover from illness. This did not happen to Fox.

\* There was an obvious difference in emphasis during the season

with Fox having a proportionately heavier fall than Sharman.

I think this is because Sharman viewed the fall as the finish of the 1982 race season, whereas Fox viewed it as the preparation for the 1983 season. He did all the races in the fall, but trained through them. Sharman lists November 10 as the start of the next season's training, whereas Fox lists August 2.

The next set of tables, numbers 3 and 4, show a more detailed breakdown of the type of work done through the year. From these I conclude:

Week No. Date	Total Training	Water Training	Athletic Training	White Gts	Mvng Wtr Gts	Flat Wtr Gtes	Rvr Ply	Strength	Runs	Wrm ups		
1 8/2-8/8												
2 8/9-8/15	356	277	79		60	147	70	55	24			
3 8/16-8/22	584	417	167			302	35	80	145	22		
4 8/23-8/30	506	426	80			398	28		80			
5 8/31-9/5	386	354	32	20		304	30		17	15		
6 9/6-9/12	614	551	63	60		386	30	75	63			
7 9/13-9/19	542	328	216			281	47		216			
8 9/20-9/26	311	311		16	250	45						
9 9/27-10/3	348	302	46			262	40		27	19		
10 10/4-10/10	491	291	200			256	35	180	20			
11 10/11-10/17	743	657	86	317	65	235	40	66	20	20		
12 10/18-10/24	345	300	45	150		150			30	15		
13 10/25-10/31	473	473		423				50				
14 11/1-11/7	0											
15 11/8-11/14	325	307	18	175		102	30			18		
16 11/15-11/21	513	375	138	185		50	140	97	11	30		
17 11/22-11/28	375	346	29			284	62		29			
18 11/29-12/5	574	409	165	169		200	40	155	10			
19 12/6-12/12	683	534	149	232	232	134	70	123	16	10		
20 12/13-12/19	487	194	293			134	60	200	63	30		
21 12/20-12/26	658	379	279		274	45	110	196	58	25		
22 12/27-1/2	775	662	113		391	201	70	78	29	6		
23 1/3-1/9	575	357	218	172			185	157	61			
24 1/10-1/16	688	564	124	322	242			110	14			
25 1/17-1/23	781	659	122	397		192	70	85	27	10		
26 1/24-1/30	671	401	270	160		114	127	228	42			
27 1/31-2/6	693	456	237	260	55	101	40	209	28			
28 2/7-2/13	579	563	16	563					16			
29 2/14-2/20	612	301	311		92	162	47	267	44			
30 2/21-2/27	801	439	362	257	182			332	30			
31 2/28-3/6	0											
32 3/7-3/13	568	448	80	153	228	107		65	15			
33 3/14-3/20	448	430	18	20	349	61			18	54		
34 3/21-3/27	768	714	54	714		196						
35 3/28-4/3	276	276		80								
36 4/4-4/10	723	658	65	465		157	36	65				
37 4/11-4/17	1162	871	291	604	130	97	40	276	15			
38 4/18-4/24	486	415	71	239	47	129		21		50		
39 4/25-5/1	797	757	40	558		163	36	40				
40 5/2-5/8	613	469	144	130	151	145	43	144				
41 5/9-5/15	825	709	116	465	30	134	80	106	10			
42 5/16-5/22	433	433		433								
43 5/23-5/29	456	261	195	60		151	50	177	18			
44 5/30-6/5	549	504	45	504					15	30		
45 6/6-6/12	550	491	59	348		143		45	14			
46 6/13-6/19	393	393		310	83							
TOTALS:	24538	19502	5036	8961	2811	5834	1691	205	3981	698	357	
			(80%)	(20%)	(37%)	(11%)	(24%)	(7%)	(.08%)	(16%)	(21%)	(.1%)
WEEKLY AVERAGE:	554	433	112	199	63	130	38	6	89	16	8	

Week No. Date	Total Training	Water Training	Athletic Training	White water	Flat water	Down-river	River Training	Biking	Swims	Runs
1 8/2-8/8	533		533						60	473
2 8/9-8/15	540	250	290				250		120	170
3 8/16-8/22	774	453	321	135			318		300	21
4 8/23-8/30	651	390	261	150			240		222	39
5 8/31-9/5	710	450	260	400			50		160	100
6 9/6-9/12	696	411	285	375			36		150	135
7 9/13-9/19	616	390	226	275			115		87	139
8 9/20-9/26	570	422	148	375			47		60	88
9 9/27-10/3	716	520	196	380			140		166	30
10 10/4-10/10	950	759	191	470			24	265		191
11 10/11-10/17	394	295	99	210			85		45	54
12 10/18-10/24	305	230	75	170			60			
13 10/25-10/31	305	305		205				100		
14 11/1-11/7	630	524	106	380			144			106
15 11/8-11/14	684	554	130	420			134			130
16 11/15-11/21	951	718	233	400			258		60	201
17 11/22-11/28	857	659	198	505			94		60	178
18 11/29-12/5	511	235	276	235					176	100
19 12/6-12/12	978	564	414	375			129		60	318

# Fox/Sharman — compared

20	12/13-12/19	226	53	173			53		173
21	12/20-12/26	630	630		165	465			
22	12/27-1/2	745	720	25	570	150			25
23	1/3-1/9	727	600	127	160	180	260		127
24	1/10-1/16	515	495	20	115	140	240		20
25	1/17-1/23	368	288	80			108	180	80
26	1/24-1/30	1324	1044	280			115	929	280
27	1/31-2/6	475	420	55	340	80			40
28	2/7-2/13	1110	877	233	390	252	235	85	148
29	2/14-2/20	540	403	137		75	223	105	45
30	2/21-2/27	736	581	155	45	465	11	60	155
31	2/28-3/6	1100	865	235	675		190		145
32	3/7-3/13	1017	765	252	605		160		205
33	3/14-3/20	873	692	181	617		75		145
34	3/21-3/27	1120	1080	40	1035		45		40
35	3/28-4/3	540	440	100	440				40
36	4/4-4/10	210	140	70	140				70
37	4/11-4/17	1235	1000	235	735		265		155
38	4/18-4/24	750	540	210	390		150		160
39	4/25-5/1	1092	1032	60	1032				60
40	5/2-5/8	962	887	75	637		210	40	75
41	5/9-5/15	730	650	80	650				60
42	5/16-5/22	574	554	20	554				20
43	5/23-5/29	755	670	85	670				85
44	5/30-6/5	493	493		493				
45	6/6-6/12	615	585	30	565		20		30
46	6/13-6/19	320	300	20	300				20
TOTALS:		32153	24933	7220	15888	1755	5176	2114	4037
		(77.5%)	(22.5%)	(49.4%)	(5.5%)	(16.1%)	(6.6%)	(12.6%)	(9.9%)
WEEKLY AVERAGE		699	542	157	345.4	38.2	112.5	46	87.8
									69.2

- \* Sharman did 76% of the total minutes of work that Fox did, with Sharman averaging 545 minutes of work a week and Fox 699.
- \* By dividing the total number of sessions into the total number of minutes of work for the year, we see that Fox averaged 54 minutes a session, while Sharman did 47. This explains why Sharman did 87% of the total number of sessions Fox did, but only 76% of the total minutes of work -- her sessions were shorter, on average, than his.
- \* Fox did almost half of all his entire training on whitewater gates, whereas Sharman did only 37% of hers on whitewater gates. This was due to the fact that there is no whitewater where Sharman lives and to the fact that Fox spent the winter in Australia so he could paddle on whitewater during the winter -- not to male-female differences.
- \* Fox did a lot more downriver training than Sharman. In the strict sense she didn't do any at all, but her "sprints" -- usually conducted in a slalom boat -- were somewhat comparable. But even if you equate the two, Fox did much more.
- \* Fox did a fair amount of river play, Sharman very little.
- \* Sharman did more out-of-the-boat strength training than Fox.

\* Fox did a lot more general training than Sharman did, 10% versus 3% (I have equated Sharman's "warm-ups" and "runs", with Fox's "biking, swims, runs" category).

## Types of Workouts

It is interesting to compare the year by season, showing types of workouts each paddler did in each season.

In the fall, lasting from August 2 to November 1, Fox did what he called "Phase I -- Background Training". He makes these comments about that period:

I go through this phase in every training program before a Worlds, where I start off and do a bit of everything, really, just to start getting into shape generally after that summer's season. I mean I'm pretty well in shape, but I always think I need to get in shape a bit more. And I do a bit of running, a bit of paddling on the canal (in a downriver boat), a bit of weights, a bit of isokinetics, try out a new boat, and so on.

Sharman did not describe to me the purpose of her training during this period but it is evident that she was finishing up a race season rather than preparing for a new one. The following is a typical week, showing the training each did (week number 4 from above tables):

### MONDAY

#### FOX

am Paddle canal in ww boat  
5 x 4.5 mins. 1.5 min rest  
5 x 4.5 mins. 45-50 secs. easy  
in middle; 45-50 secs. rest at  
end.

pm Run to river 11.5 mins.  
Isokinetics:  
x 30: x 20: x 15: x 10 pulls;

# Fox/Sharman - compared

## SHARMAN

am 30 sec. courses: 4 courses with 4 runs on each. (flatwater gates or "FGW")

pm 10 sec. courses: 6 courses with 4 runs on each. (FGW)

## TUESDAY

### FOX

am Paddle canal in ww boat 45 mins.  
Slalom gates technique:  
fig. 8 full spin reverses  
fig. 8 breakouts  
short course incorporating above 6 x 30 secs.

pm 2 x weight circuit:  
incline pull up;  
sit-ups on incline with rotation; dips; Sargent jumps.

## SHARMAN

am 90 sec. courses (FWG): 3 courses, with 4 runs on each. 60 secs. rest between runs, 2-4 mins. between courses.

pm Weights: Bench press; lats one arm pulls; sit ups; triceps; extensors; bow rudders.

## WEDNESDAY

### FOX

am Canal ww boat 46 mins

pm Isokinetics

Run home 15 mins.

## SHARMAN

am FWG 3 x 30 sec. courses, 4 runs on each.

pm FWG pyramid loops, ranging from 30 to 205 secs.

## THURSDAY

### FOX

am Canal steady 1 hour

pm Easy ww gates 30 mins. Weight circuit.

## SHARMAN

am FWG 3 x 90 sec. courses, 4 runs on each.

pm Weights, as Tues. pm.

**To be continued in the next issue of SLALOM MAGAZINE**

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1st = 25 pts	6th = 10pts	11th = 5pts
2nd = 20 pts	7th = 9pts	12th = 4pts
3rd = 15pts	8th = 8pts	13th = 3pts
4th = 12pts	9th = 7pts	14th = 2pts
5th = 11pts	10th = 6pts	15th = 1pt

#### TIMETABLE - SATURDAYS

ENTRIES ON THE DAY FROM 9 A.M. - START TIMES BELOW

6 SEPTEMBER	16.00 hrs	River Tryweryn, Bala, Gwynedd, N. Wales Slalom 'P' + Watersports Festival
18 OCTOBER	10.00 a.m.	River Awe, Oban, Argyll, Scotland Slalom 2-3
1 NOVEMBER	11.00 a.m.	River Washburn, Blubberhouses, N. Yorks Wild Water Racing - Division B/Open
8 NOVEMBER	11.00 a.m.	River Dee, Serpents Tail, Llangollen, Clwyd Wild Water Racing - Division A/Open
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# Eat to Win

If you read the article in the last Slalom Magazine "A Few Kilos More" and thought you would like to know more about how you could improve your performance by eating a sensible diet then read on, or if you read the article and think health foods are boring and are not for you, still read on for you might be surprised.

Well what should you eat to be a top athlete in the peak of health. For a start you should do as everyone should be doing and eat less fat. even though fats are important nutrients, not only as a source of energy but also as a means of synthesising many important compounds and tissues vital for normal function of the body, it is generally believed that we eat far too much fat in our diet, particularly the saturated fats. Even though fat provides much of the flavour, colour and texture in our food, a low-fat diet does not have to be unpalatable.

Secondly there is no need to eat a lot of protein. When you eat too much protein, the excess is broken down and used to produce energy. But I hear you cry, I need protein

to supply my body with the essential amino acids I need to produce muscle. Yes you do need protein to produce muscle, but to produce muscle you first need to train hard, and this requires energy. The amount of protein you need can be found in a normal diet and there is no need for a high protein diet using ground liver or any other diet supplement.

The one main thing you need is energy and the best way to obtain this is through carbohydrates (CHO). By this I do not mean the sugar in the tea or coffee, or a mars bar every two hours. You should be able to obtain ample amounts of carbohydrates in a more natural form and should avoid the sugar. The best types of food high in carbohydrates are those where the carbohydrates exists in the natural unrefined state. The best examples are the high-fibre foods such as wholemeal bread, wholemeal pasta, cereals, pulses and legumes (peas and beans), vegetables and nuts. In addition to the starch within these foods, there are all the vitamins and minerals that are necessary to metabolise the carbohydrates, as well as fibre.

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Breakfast										
Muesli	100	1560	13.0	7.6	66.2	7.4	200	4.6	0	0.4
Skimmed milk	250	335	8.5	0.3	12.5	0	325	0.1	4	0.1
Wholemeal toast	100	918	8.8	2.7	41.8	8.5	23	2.5	0	0.3
Low fat spread	20	301	0	8.1	0	0	0	0	0	0
Honey	50	615	0.2	0	38.2	0	2.5	0.2	0	0
Fresh orange juice	150	215	0.6	0	12.7	0	14	0.8	53	0.1
Tea	3	0	0	0	0	0	0	0	0	0
Skimmed milk	30	43	1.0	0	1.5	0	39	0	1	0
Lunch										
Wholemeal bread	100	918	8.8	2.7	41.8	8.5	23	2.5	0	0.3
Low fat spread	20	301	0	8.1	0	0	0	0	0	0
Lean ham	50	560	12.4	9.5	0	0	5	0.7	0	0.2
Tomato	25	15	0.2	0	0.7	0.4	3	0.1	5	0
Lettuce	15	5	0.1	0	0.2	0.2	3	0.1	2	0
Apple	150	294	0.5	0	17.9	2.3	6	0.5	7	0.1
Dinner										
Chicken roast	120	719	31.8	4.8	0	0	11	0.6	0	0.1
Jacket potato	200	900	5.2	5.2	50.0	5	20	1.6	20	0.2
Sweetcorn	60	195	1.7	0.3	9.7	3.4	2	0.4	2	0
Runner beans	60	61	1.4	0	2.3	2.0	16	0.5	12	0
Cauliflower	80	45	1.5	0	1.2	1.4	17	0.4	51	0.1
Tinned peaches	120	560	0.6	0	34.3	3	6	0.6	6	0
Ice cream	150	1050	5.2	11.1	34.2	0	195	0.5	1	0.1
<b>TOTALS</b>		<b>9610</b>	<b>101.5</b>	<b>60.4</b>	<b>365</b>	<b>42.1</b>	<b>910.5</b>	<b>16.7</b>	<b>164</b>	<b>2.0</b>
% energy from		x	x	17.9%	21.3%	60.7%	x	x	x	x



# Letters

Fibre, I hear you cry, "Not that stuff! I hate it". Fibre need not be boring it may be taken in lots of forms, it does not mean eating bran flakes until they come out of your ears. It means not eating food that have been pulverised and then reformed into something the manufacturer thinks you will like the look of.

Well if you still think a healthy diet will be no good for you take a look at the one below. It's not the 'Richard Fox Diet' but it will go a long way to getting there. The main thing to note from this diet is that nearly two thirds of the energy is obtained from carbohydrates. In most peoples diets carbohydrates may only account for one third of the energy intake.

If you would like to read some more about how you can improve your diet and can not afford a copy of Robert Haas's book, then try DIET 200 (Plan Books) by Dr. Maryon-Davis and J. Thomas, at £1.75 its a book that describes the ideal diet for us all by the year 2000. Another book to give you the facts is The Food Connection: BBC Guide to Healthy Eating by C. Tudge (£4.25).

If you, your girlfriend, mum or wife do not feel they are able to come up with a set of recipes to give you a high-fibre, high carbohydrate diet then buy The High Fibre Cookbook (Martin Duntz) by P. Westland (£3.95). And if you like to eat well or have to entertain then try The Taste of Health: The BBC Guide to Healthy Cooking (£5.50), this contains recipes by 19 top chefs and cooks.

For those of you who say they cannot find the time to cook or prepare any fancy goods, then may I suggest that you find a takeaway that does a wholemeal pizza, or invest in a microwave oven, for less than half the price of some of the new boats on the market you can cook your meal in less time than it takes to go to the local takeaway.

Dear Joe,

It was good to see your ideas on judging stirring up some response. I think that we need to see a lot more response, and soon, so that a definite proposal can be submitted to the AGM this year. However it must be borne in mind that those voting on any proposal will largely be organising clubs and disinclined to vote for anything that looks like costing them money unless it has obvious advantages. Below I list some suggestions on several aspects of judging for further comment.

1. For COMPETING qualified judges £2 entry fee £5 returned, difference made up by BCU, financed by increased entry fee ABOVE Novice. (3 increased fees would be covered by only one judge's entry) (and possibly excluding Div 1/ Premier.
2. Free camping/parking for ALL qualified judges. This would save judges pretending to be out/dead/an empty sleeping bag, my mate/dad/wife/dog has got the money etc. during fee collection. As there are currently only 70 qualified judges in the country this should not affect revenues too much.
3. Payment could be limited to, say, 1st 20 entries received but free camping for all qualified. Jury members should keep a closer eye on standards of judging, both qualified and otherwise. If judges wore their bibs whilst judging or used their number on judging sheets as well as their name it would be easier to see that all judges had been checked. Jury chairmen could also sign judges cards (when they finally get them!!) after conferring with other jury members and organisers. As there should be less protests they'll have lots of time.

# Letters

5. There should be one judges run each day not both on Saturday.
6. If judges wore bibs at all times on the water it would discourage unreasonable posing, especially if they had their own practice time.
7. Noisy late night or other unsuitable behaviour would disqualify paddlers from any payment (including return of entry fee).
8. How about a form for judges to fill in at events saying what they want. (This could be done immediately.)

It may seem that it is looking for a lot from judges but I am suggesting giving them a far better deal than they are getting now.

G.D.N.

Dear Sir,

RE: LEEDS C.C. WASHBURN SLALOM  
6/7/86

As a Premier Division slalom paddler, who has been competing for nearly ten years I have written many letters complimenting the hard work of volunteer helpers and organisers of events. Unfortunately I now have to write my first letter that is critical of an organising club. During the first weekend in July I attended the Washburn Novice and Division Four slalom organised by Leeds Canoe Club. A new event on a new site, I had hoped to attend a well run event but in the end it was the most disorganised shambles I have ever seen. I arrived at Blubberhouses early on Saturday morning with a group of friends who wished to paddle in the ranking event; we followed the directions given in the start list only to find the parking arrangements had been changed. It took us twenty minutes to find the correct car park so the first thing we did was to ask the organiser to send someone round to the original car park to direct the traffic. This

was promised but throughout the whole weekend nothing was done to help the situation.

Arriving at the river revealed a course that was both difficult and dangerous for novice/div. 4 paddlers. There was also a complete lack of rescue facilities (a situation that existed for most of the weekend), and an equally sparse set of egress points suitable for novices. A complaint to the organisers about the lack of rescue facilities brought the response that no one was available, despite two Leeds C.C. paddlers training on the course. A request by another experienced white-water paddler for Leeds to at least supply throw lines brought the naive response that they were not needed at slaloms.

A few L.C.C. members did start adjusting the course. However the attitude of one premier L.C.C. paddler at this time epitomised that of all the club's members. He was seen sitting on the bank doing nothing. When asked to do a job, he replied "There's nothing to do. If you want something done, go and see the organiser". L.C.C. were not prepared to work together, nor with anyone else, nor indeed with the jury, as I am sure the chairman will verify.

With so much to be done to the course before it could be used many competitors and visitors had to do the jobs that should have been done many weeks earlier. For instance the course designer could have visited the site during a slalom earlier in the year and worked out where to build breakouts, where trees needed clearing etc. Then a group of L.C.C. members should have been organised to spend a day working on the site. Instead, for example, Mr. Sean Harris and myself had to wade out into the river to build a wall for a breakout during the practice runs. This situation I find totally unforgiveable. I was a visiting paddler with some novice/Div 4 paddlers. I had enough to do without helping Leeds C.C. run their event. I am sure that

# Letters

many fellow organisers will agree that it is wrong to expect visiting competitors to help erect courses.

After a rather frustrating Saturday, Sunday started off no better, the jury had to cancel the novice event. I was told by the jury chairman that this was because there was so much lost time, there was not enough left for both events. Obviously there were a lot of disappointed paddlers, mostly young, who wanted their money back. L.C.C. decided that they were not going to give a refund saying that the event had been cancelled for safety, which was not true. I have attended events before that have been cancelled, mostly due to the weather; I have never complained about lost entry fees because I realised that it was beyond the organisers control and that the organisers had to pay out money to stage the event. I do however object most strongly when entry fees are not returned after an event has been cancelled due to the complete and utter incompetence of the organisers. Organisers should be held responsible for their actions. They should also do the decent thing when they have failed in their duty to their visitors especially when many travelled hundreds of miles to compete.

For the majority of Sunday morning practice the rescue arrangements were as bad as Saturday so the jury chairman asked me to help. I was on my way to the bottom of the river when I was stopped by the organiser, Mr. A. Pratt. He was so rude to me that I refused to help. I apologised at the time to the jury and I apologise to any swimmers who I was unable to rescue.

By Sunday afternoon competitors tempers were getting a bit frayed and I think everyone's attitude towards L.C.C. was summed up by a senior novice paddler from the Midlands region, that, "I am sick to the back teeth with asking Leeds C.C. to do something and they don't. There comes a time when dealing with people like this where

politeness no longer works, and I am afraid I start to lose my patience".

I have mentioned that the event was on a new site. However none of my complaints are directly related to this. I am totally aware of the problems encountered with a new site and can say that the problem was bad planning and organisation e.g. the lack of an organised course maintenance team. The Washburn River never changes and so every problem associated with the course could have been predicted.

Despite the fact that Slalom is a rapidly growing sport, we must still encourage young paddlers, but if this had been my first event I would never have competed again. It is a shame for the well organised clubs to have the sport tarnished by a club as big as Leeds C.C. I was party to a conversation on Sunday in which paddlers were discussing placing a motion before the slalom A.G.M. to stop Leeds C.C. organising any events for at least the next season. Unfortunately this would be a great loss to the sport; maybe the executive could consider appointing a non Leeds executive member to oversee the organisation of the Leeds slalom next season, especially those with Mr. A. Pratt as organiser.

Yours faithfully,

John Edwards



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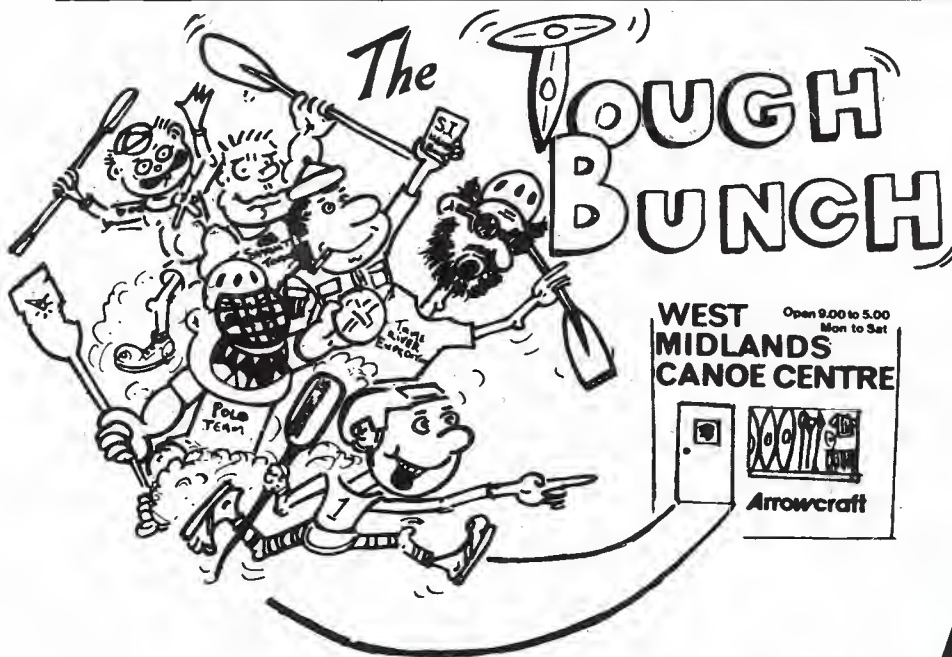
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# RESULTS

## HALTON RAPIDS 4/N

Ribble Canoe Club's second Division 4/Novice Slalom at Halton Rapids, again generously sponsored by British Telecom, could not quite manage a repeat of last year's brilliant sunshine and topless sunbathers. On the other hand, despite the general wetness of the summer, a repeat of the flood at the March Division 2 event was also avoided, and only the occasional light shower marred the weekend's weather.

Unlike many venues at this level, the water at Halton provides a real challenge for the less experienced Novice paddler. Only five Novice teams obtained a result on their first runs, and the rescue team was busy. However, more practice on Saturday afternoon improved things, and swims were relatively rare on the Sunday. Steve Singleton's fast, open course was well designed the lead Novices - and flat water Div 4 paddlers - through the rough water on the upper part of the course, while his staggers near the bottom presented an interesting series of decisions about reverse/forward moves. The Novice winners - and the top half of Div 4 - were those who could make the course flow: and that is how it should be.

As so often this year, there were very few protests. Are people unsure of the new rules? I suspect that it has more to do with organisers' - and juries' - willingness to discuss things, and to make transmission checks; also with the more general use of back-up timing, Ribble's system being particularly sophisticated. It does help if judges - and finishers - can read your numbers.....

Local Clubs dominated the Prize List, Ribble, Giggleswick and Lancashire Polytechnic between them taking half of the prizes: big, beautiful woodmounted medallions by John Hatton of Richmond. But as usual, the real stars of the day were the canteen staff: and as there was a computer display giving up-to-the-minute results in the canteen, who needed to bother about the weather?

### Tryweryn Div 2 and Div 3, June 12/14

As we had paddlers in both events I attempted to cover both and consequently really did neither properly, as they were 15 minutes walk apart, so they are reported together. The Div 3 was run by Mold C.C. and the Div 2 by the Slalom Executive, who having the best of equipment and the most experienced help proved to be in

the best position from which to run an event; but to be fair they were also running it as a fund-raising event for the British Teams.

Fortunately the weather was the best to date this year which made the long delays at the Div 3 event more pleasant (if one didn't get sun-stroke!--) This seemed to be largely due to 'Tutti' and the clubs inexperience with that model, coupled with faults in the wiring which they couldn't trace despite much running around on the bank. The Div 2 event had also taken many potential judges away from them. Actually in view of the large number of event that I have been to this year that have had communication/timing problems with 'Tutti' for whatever reason (mechanical or human) perhaps a simple step by step operation/fault finding guide should be included in it rather than assume organisers are as knowledgeable as regional maintenance officers. (THAT should stir up some letters.)

The courses on both events were good and challenging, the only shame being the lack of time available on them due to the large number of entries permitted. Personally I would rather see fewer entries or preferably, a longer release time with paddlers' entry fees being surcharged if necessary to cover additional costs. The food was better at the Div 3 due to the monopoly held on the international site but the Div 2 trophies had the edge. Despite having to be hand written the Div 3 result sheet arrived first after the event.

During the weekend slalom sprint racing was held on the Graveyard section with some most impressive paddling, but sometimes I think certain premier paddlers must be given their boats the way they paddle right over the rocks.

Both events were enjoyable and one can't compare them as equals, but perhaps had time-keeping been better I would have come down in favour of Div 3.

G.D.N.

### Tryweryn Div 3 Results

#### K1M

1 P. Launders	Guildford	183
2 P. Iskra	Colchester	188
3 I. Burgess	Loughborough	189
S. Lawrence	Staff/Stone	189

#### K1L

1 Joanne Parkes	Kinver	144
2 Sarah Shepherd	Banbury	251
3 Karen Braghton	Kinver	258

#### C1

1 R. Osborne	Mansfield	198
2 A. Legg	Dead Fly	209
3 A. Rance	Northampton	212

#### C2

1 Brooking/Fawdrey	270
2 Ferguson/Laing	331

#### Teams

1 Burgess/Holden/Mather	258
2 Lawrence/Francis/Twitchen	266
3 Smithson/Hayworth/Peatling	275

#### Judges

1 S. Smith	168
2 S. Ford	171
3 A. Wright	172

### Tryweryn Div 2 Results

#### Div 2 K1M

1 P. Mullan	Shrewsbury	203.2
2 T. Brown	Staff/Stone	203.9
3 P. Hull	Leeds	205.7

#### K1L

1 P. Wignall	Gargstang	256.7
2 L. Cuss	Muscles	274.2
3 C. Ward	Milton Keyn'	290.3

#### C1

1 C. Wilson	Central Pad	223.4
2 B. Horsman	Bath	
	Canadian	223.4
3 A. Clough	Mansfield	231.6

#### Teams

1 Richards/Bird/Howell	232.7
2 Bennett/Bennett/Rol	270.6
3 Payne/Payne/Fergus	287.8

#### Judges

1 J. Jayes	Nomad	174.6
2 M. Jones	Staff/Stone	176.0
3 I. Raspin	Tees	185.1

### Old Winsor Div 3, 26/27 July

Upon early arrival Friday afternoon we were greeted with dire warnings about the stopper after gate 10 - apparently the record for being stuck in it was 6 minutes! Initially we avoided that area until, after several hours, paddlers realised that if they actually went through through gate 9 before gate 10 they didn't (usually) drop into the hole. As usual the course design was by Martyn Hedges and as usual it was excellent, the stopper being offered as consolation for only one jet, with lots of options of approach. Later in the day the water was crowded and the site quickly became a hive of activity, at least some of the activity being quickly looking for the loos which hadn't yet been erected.

Saturday's weather was dry and cold and few ventured onto the water early. Team runs ran well and the Grand Prix followed, something which made a change from the now more common slalom sprint. By the evening's practice paddlers were no longer afraid of the stopper and were posing and handrolling in it and a C2 sat in it twirling paddles overhead. However it was done intelligently and did not seriously

# Results

interfere with those wishing to practice the course.

Sunday was rather warmer, but still far from summer. The event started late despite early checks by the organiser and first partial, then almost total failure of 'Tutti' communications caused serious delays for a while in posting results. During the day the event caught up and result posting improved somewhat. At one point entertainment was provided by the organiser, Terry Dowling, inadvertently stepping into space while waving a vital document at someone across the weir and falling headlong into the weirpool fully clothed. He was hauled out, still clutching the paper, but declined requests for an encore.

On both days judges were well looked after with coffee brought round and their judging stints kept short; there was only one protest all weekend. It was also nice to see judges' runs on both days. However, although some 24 attractive pottery mugs prizes were presented non-premier judges didn't have a chance of a trophy as the three prizes were for 1st, 2nd and 3rd.

In summary a most enjoyable weekend with plenty of excellent paddling, only toilet maintenance and result posting were not up to Old Winsor C.C.'s usual very high standard.

G.D.N.

## Old Winsor Div 3

### PRIZES

K1M Div 3 110 starters  
6 promoted

1 I. Plummer	St. Albans	140
2 A. Bennet	Mercia CC	141
3 R. Smithson	Bolton	142
1 Y T. Illston	OK CC	143
1 J D. Wilkins	Taunton Scouts	144

K1L Div 3 19 starters  
1 promoted

1 K. Henry	Swindon	172
2 S. Gebauer	Regents	174
3 Su Fewell	Maidstone	175

### C1 Div 3

1 B. Horton	Shepperton	139
2 R. Comer	Windsor	146
3 D. Lennon	Wey Kayak	148

### C2 Div 3

1 Winter/Snelling	Windsor	173
2 Fawdrey/Brooking	HOPC	182

### Team Div 3

1 Fawdrey/Rose/ Hoare	Scratch	173
--------------------------	---------	-----

2 Winter/Snelling/ Comer/Jones	Windsor	178
3 Ward/Hine/Lenton	Kempton	191

### Judges

1 M. Hedges	Windsor	118
2 J. Lyons	Slalom Mag	123
3 M. Pritchard	Canterbury	123

### Grand Prix

1 Joe Lyons	107
2 Dave Howarth	108
3 M. Pritchard	110

1 D3 T. Morgan	128
2 D3 P. Clift	128

### Shepperton Div 4 Novice, June 21/22

What can I say about Shepperton slaloms that I haven't already? Actually this time there is. The club has to pay £125 to rent a field for parking so they don't lose the site and those of you who park in the residents spaces don't help the club or canoeing in general.

As for the event? Much as usual; good course, good canoeing, good trophies, inexpensive (or free) camping on the water's edge, usual odd delays and lack of available judges and club helpers. This time someone upset the cook Friday evening (or was it Saturday?) and he left but it didn't make a lot of difference to the food. Enjoy it? Sure, always do, some of the best courses and water in the south; always go; usually complain; expect I'll be there next time. See you there.

G.D.N.

### Shepperton Div 4/N Results

#### Novice Mens K1

1 P. East	IND	144
2 M. Harrison	Shepperton	145
3 H. Davis	Marlin	147

#### Div 4 Mens K1

1 A. Brooks	OK CC	124
2 N. Andrews	Reading U	129
3 K. Metcalfe	HOPC	129

#### Novice L K1

1 C. Monk	Bow	194
2 L. Smith	Trent Poly	204

#### Div 4 L K1

1 R. McSweeney	St. Albans	156
2 A. Frazer	Regeants	164

#### Novice C1

1 T. Morgan	IND	166
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#### Div 4 C1

1 B. Horton	Bristol U	125
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### Novice C2

1 Domoney/Gaster	141
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### Div 4 C2

1 Reece/Smith	Cardiff	165
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### Novice Teams

1 Oliver/Fisk/ Davis	Marlin	225
2 East/Harris/ Hollis	Shepperton	233

### Div 4 Teams

1 Brecher/Summers/Masters	199
2 Goldring/Kellett/Ballard	202

### Yalding Novice June 7/8

Although a lot of work had been done to erect the course by early Friday evening some confusion was caused by the pole colours being based on down course rather than down stream, resulting in the first 6 upstream gates being green and the rest red. The compact course gates, designed by Vince Lamph, was erected entirely below the road bridge and it forced reverse moves in several places giving a good run when the water was up and a safe one when down.

Saturday's weather was sunny but cold and the automatic sluices were even more capricious than usual, opening and closing unexpectedly. This combined with the lack of a firm hand on the tiller, caused team runs to run late. It proved possible, after some delay, to run the judges event when the sluice was open which gave them a good run. Hugh Pritchard showed how it should be done by coming in 7 seconds ahead of the field in an impressive 103 seconds. On the Saturday evening a canoeing video show was presented by Vince and much enjoyed by campers.

Sunday's weather started much as Saturday, although becoming warmer, but today judges and other officials were chased into position early and communication gear checked. Vince showed remarkable restraint while taking late entries and checking BCU cards, with the large number of paddlers without BCU cards (they had to re-join) and those who had not filled entry cards out properly. Novices need reminding that they MUST bring membership cards with them and if they are going to join the BCU during the season do so at an event (but not just before their run!). That way they will at least have a receipt to show at events until the super new H.Q. computer and over-worked membership secretary eventually return their card. A lively sprint slalom was also run midday.

# Results

Prize giving was actually early and a large number of attractive cast medals were awarded. Throughout the weekend a good selection of inexpensive food was served by the ladies in the food tent and enjoyed by paddlers, as was the water and the course. However it must be said that the organiser's attempt to run the event single-handed on Saturday was a failure. As I have said before (and will probably say again!) a well-run event requires a dedicated team under a competent leader. There is no doubting the competence of the organiser of this event but where was the team to back him up?

G.D.N.

## Results Yalding Weir N

### Novice Teams

1 Dean/Stevens/Timms	Marlin 'A'
2 Clayton Jones/ Pollard/Bell	Slap Heads
3 Abel/Clements/ Harrison	Shepperton

### Judges

1 H. Pritchard	Canterbury	103
2 G. Scamel	Marlin	110

### Mens N K1

1 R. Garside	Canterbury	115
2 A. Timms	Marlin	121
3 I. Pollard	HYMB	125

### Ladies N K1

1 M. Stevens	Maidstone	136
2 C. Pritchard	Canterbury	155

### C1 Novice

1 Nigel Abel	Shepperton	154
2 N. Lawrence	Reigate	163

### C2 Novice

1 Packham/Boyce	Martlet	156
2 Datson/Abel	Meridian	165

## Winchester Novice, O, O/T, July 12/13

Winchester C.C. had a panic for this event with their brand new HQ surrounded by scaffolding and no power or plumbing midday Friday; they did, however, have the course up. Fortunately the hordes of workmen managed to have the scaffolding down and the services on by the evening. The camping fees are up to £1.15 a night this year - which includes toilets and hot showers - and that makes a £1 a night for a tap and a hole in the ground look a bit sick! Matt McClean's latest experiment with course design caused some comment but was actually quite ingenious. I don't think that he forced any reverse moves on Shaun Pearce but the novices found several necessary.

A dismal start to Saturday meant that the usual 5 a.m. start was delayed until 6.30 and it rained on and off throughout the day. Team events ran well enough and the

improving weather encouraged lots more people onto the water in the evening. Both judges runs were also held on the Saturday, with the usual difficulties of judges for judges. Unfortunately the pool wasn't available for polo but I understand that it is booked for September's slalom, so if you fancy a well organised polo tournament, boats provided, turn up! Spirits lifted with the warmer weather on Sunday, which was almost up to the usual sunny conditions that Winchester slaloms seem to enjoy. There were a few timing problems and a bit of late running during the day, uncommon here, but everything was ready for the splendid prize-giving when row upon row of trophies were awarded. As usual an enjoyable weekend and Winchester C.C. did well to organise things in their fine new building in such a short time.

G.D.N.

## Winchester Novice Results

### Novice K1 M

1 M. Bushell	WDCC	189
2 M. Wilson	Salisbury	188
3 R. Essam	Pode Harbour	192

### Novice K1 L

1 C. Pritchard	Canterbury	204
2 L. Wheeler	Meridan	216
3 P. Smith	Indep	241

### Novice C1

1 P. Weiner	Eastbourne	194
2 H. Lambert	Stroud	200
3 J. Miller	Merridon	204

### Novice C2

1 Lambert/Lambert	Stroud	201
2 McLean/Bushell	WDCC	211

### Novice Teams

1 Pritchard/ Pritchard/ Fickling	WDCC	232
2 Miles/Miles/ Barlow	Newbury	254
3 Wilson/ Clayton/ Purchase	Salisbury	258

### Open K1 M

1 S. Pearce	Newbury	150
2 M. Maclean	WDCC	155
3 R. Hallett	IUCC	165

### Open K1 L

J. Bootman	Newbury	202
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## KINGS MILLS, Division 4 and Novice Slalom, 3/4 August 1986

This is an ideal slalom to introduce newcomers to competition, access from the motorway is easy, camping and pub adjacent to site, very pleasant countryside and a

nice downstream course. Add an efficient, but tolerant organization from Leicestershire Canoe Club and you have a good event. The weather was very windy on Saturday, but Sunday although damp was calm allowing fair competition. On Saturday a Grand Prix event was held, attracting a good entry with quite a few Premier Paddlers. A money spinner for the organizing club which it was hoped would also swell the judging supply; however it was not so, as most of the visiting Premier paddlers went home after their event, some clearly exasperated by the windy conditions. The Novice and division 4 real slalom events on the Sunday were much better competition.

A good event, which was run on time and everyone involved appeared to have had a good weekend. It was nice to have the prize giving in the dry!

## RESULTS - Kings Mills Div 4 and Novice

### Novice K1 Mens

1 Andrew Myall	Milton Keynes (1st Youth)
2 R. Adkins	Leicester Outdoor
3 S. Monk	

### K.1. Ladies

1 A. Leavis	CL & CCB
2 P. Smith	
3 K. Gwynne	Richmond School

### C1

1 P. Pritchard	Manchester Univ.
2 D. Royle	Staffs & Stone
3 R. Ellis	Leicestershire

### C2

1 Stevens & Wetzig	Leicestershire
2 Neal & Evans	Kinver
3 Pritchard & Pritchard	

### Division 4 K1 Mens

1 A. Larkin	Leicestershire
2 I. Brown	Leicestershire
3 M. Loundes	

### K1 Ladies

1 P. Howse	Kinver
2 S. Farrar	
3 P. Green	Ribble

### C1

1 D. Howe	
2 H. Lambert	
3 P. Foster	Leicestershire

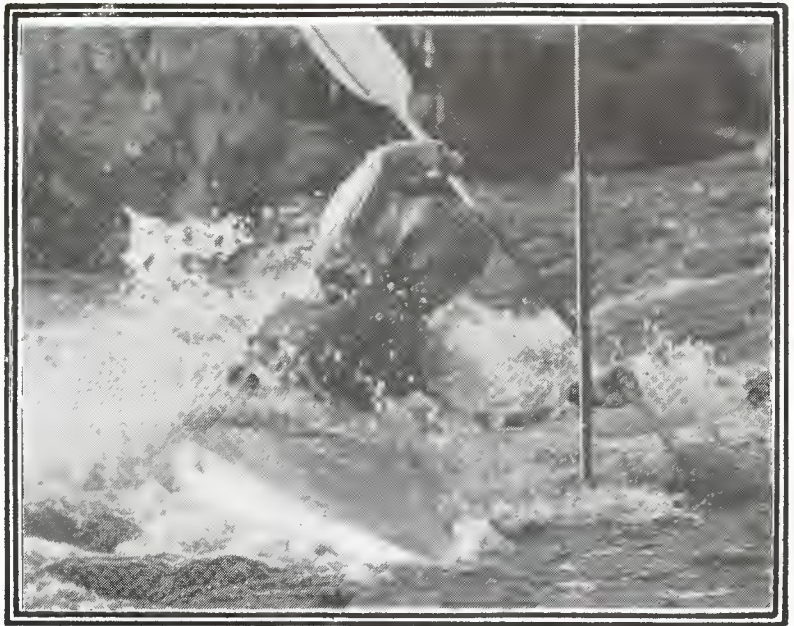
### C2

1 Lambert & Lambert	Stroud Valley
2 Todd & Roe	
3 Wetzig & Foster	Leicestershire

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