

Canoe

SQUALL

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INCORPORATING **FEEDBACK**



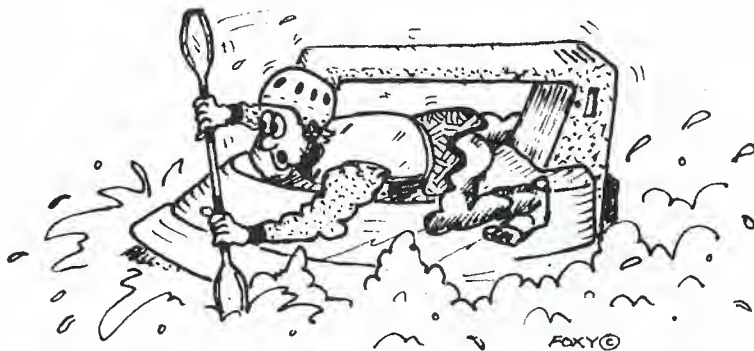
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Princess Anne, Holme Pierrepont Opening, 13th September, 1986 with Richard Fox and Liz Sharman *Photo Ian Crosby*



GB TEAM Opening Ceremony, Spittal '86 *photo Ian Crosby*

Canoe SLALOM

106 Wiggin Street, Ladywood, Birmingham
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The views expressed in this magazine are not necessarily those of the Editor or of the Slalom Executive.

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Holme Pierrepont — T. Tickle

SPECIAL FEATURES

- CARTOON
- ENDICOTT cont.
- U.S. WORLDS 1989

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The conclusion of Fox/Sharman Compared by Bill Endicott

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EDITORIAL

A day of success and a day of failure. That's my summing up of the Holme Pierrepont opening. The successes are those of the creation of a superb facility, well crafted by Laings, well designed by Parr and Cooper (to whom much credit) to the work of people all over like Paul Rea, and the proteus club, and too many to name. The failure — the abject lack of any pre-publicity, organisation and marketing of our sport, to attract the general public to what should have been the biggest spectacle ever in British Canoeing. Where were the crowds? Where was the T.V., where was...?

For those of us who tried to publicise the event, who tried to help, to get involved, it was an insulting snub. On my part, the slalom publicity committee asked me to produce a photo spread and handout entitled 'a £2m dream come true'. In it I printed the most up to date version of the days programme that I could get. On the Thursday before the event, having held up the slalom magazine production to get it done, I was rung by the B.C.U. and told it could not be distributed, at least until after Princess Anne had left. Why? — because it is assumed that no-one had been on the course prior to the opening. And any way, the B.C.U. had prepared a programme and mine was wrong, as well, because they had just changed it all round! I was mildly annoyed at this waste of time and £115.00, but when I got to the event, and found that for the general public there were **no** programmes - they were for official guests only — but I still couldn't distribute mine until after 2.15 p.m. a lot of people over on the course needed a programme but the 'organisation' comfortably lodged in the HPP sports centre, cared nothing for the events over the other side of the pond.

TV? - it was offered - and refused. At least 3 slots were offered on Friday night, and because the course wasn't officially open, it was refused. Instead we had 15 seconds on Grandstand on Saturday, straight after Jeremy Wests TV highlights, so much for the biggest media. As for the rest — Radio Nottingham had to ring up Mary Crosbee on Thursday to find out what was going on, whilst slalom magazine was still waiting for any pre event publicity.

I spent the day with a bunch of confused journalists, trying to inform them about the course — it was like the Spanish Inquisition! — they were starved of information, other than the dry bones of the handouts. People like Jennifer Munro, Mary Crosbee and myself were doing the job that others should have done, or if they weren't able, then we could have prepared it and done it so much better!

But the major failure was the missing General public. When you drive to Bourg you can't miss the signs - everywhere - but you could get within 200 yds of the course and not know what was going on. Apart from the lost revenue from car parking etc, the chance to put the sport right in front of the Nottingham people fell into a bottomless pit, and instead much work will have to be done to retrieve the lost opportunity.

And it was somebodies fault, — though who's exactly, is difficult to pin down. Little of the failure was slaloms — people were trying to help and getting told not to interfere. Some at least must be the B.C.U's. Some must go to the Sports Council for this idiotic policy of refusing pre-publicity on the interests of royal protocol. I doubt that Notts County Council would have supported such a waste of a publicity opportunity. To me the failure originated in the mentality exhibited on the day, with the B.C.U., Sports Council and N.C.C. hierarchy having a jolly good time in the sports centre, and a million miles away the sport of canoe slalom could have fallen off the edge of the world.

From failure to success. The Nomad Inter-Club was another cliff hanger — though the domination of Staffs & Stone and Forth continued. See the report at the back of the magazine. Nomad are to be thanked again.

From a good event to a problem one. M.C.C.'s Serpents Tail event was dogged by a lack of water. The organisation worked well, but the vociferous protests of paddlers at the fiasco of a course on Sunday were completely ignored, whilst fatuous requests for £7 and £14 protest fees were made when we put our protests in writing. Of a 25 gate course only 8 moved between Saturday and Sunday. When various improvements and alterations were suggested by team coaches on the bank, they were ignored as were the appeals of paddlers. It is not the organisation of the event that I query, it is an attitude of mind that labels Jane Wilson and myself as trouble makers when we voice opinions and that responds to criticism and advice by threatening to derank the event, "and one can all go home" — who do they think they are! If 30 premier paddlers are writing to sign a protest about the course there must be something wrong. If some Manchester Canoe Club members can't see that they organise events primarily for the paddlers, not for the benefit of their bank account, then it's time someone else ran the event. I must make it clear here, that the official organiser, Mrs. Kelly, should not be blamed. Her part was well done. It was the attitude of some of those around control

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and some of those on the rocks at the fall itself that I would query.

Enough griping — Two events that are good for slalom approach. The first is the Russell Hobbs event, at last we have a sizeable sponsor in our sport, helping with team finances. Whatever the future of our sport, it is tied to commercial companies and the involvement of Russell Hobbs can only be the start. I'm sure more will be revealed on the day.

The other event is the transfer of Mike Daltons Nomad Canoes from Chester to Llangollen. For those who don't know, the new Nomad building is the factory that overlook the tombstones weir and the stretch of river below it, involving two of the best rapids on the Dee. Not only will this allow Nomad to expand production, but crucially for the Dee, it opens up for training a section of white water that is better than either Tail or Town, as the water rights also go with the building. It will take time to develop and to renovate the building, but access to the Dee will improve drastically, and a new, top class slalom training (and possible competition) site, will develop. Mike Dalton intends to create a training complex in one end of his building to allow paddlers to live and train on the site, with food and beds available, and to develop the weir and river to improve the canoeing. With HPP, Sowerby Bridge, Bala and this facility on the Dee, we are rapidly achieving a very good set of training and racing sites, to help keep us on top of the world.

Finally — the A.G.M. on the last weekend of November. If you want to control your sport — be there, and make sure your club is there to vote.

JOE LYONS



HOLME PIERREPONT — Photo Martin Ellis

JOINT CONFERENCE FOR 1987 SLALOM ORGANISERS CONFERENCE

2 one day conferences at
National Whitewater Centre
Holme Pierrepont, Nottingham
Saturday, 31st January and Sunday 1st February
1987
10.30 a.m. - 4.30 p.m.

also

CONFERENCE FOR CLUB, PRESS AND PUBLICITY OFFICERS

One day conference at
National Whitewater Centre, Nottingham
Sunday, 1st February, 1987
10.30 a.m. - 4.30 p.m.

Further information for both conferences at the Slalom AGM, Saturday, 29th November or from Robin Pinner, 5 Bradley Fields, Oswestry, Shropshire SY11 1SP. Telephone 0691 653230

Individual Club Members — Check with your Club Officers that **your** club will be represented.

HOLME PIERREPONT SLALOM COURSE

BEFORE YOU ASK THE QUESTIONS HERE ARE SOME OF THE ANSWERS!

The course will be open for public use on Monday, 6th October, 1986.

The scale of charges will be as follows:

	Full Day	Half Day
Adult	£4.00	£2.50
Under 18/UB40/OAP	£2.50	£1.50

Group rates and tuition on application.

Six month season ticket —

Adult £25, U18/UB40/OAP £15

A provisional timetable of weekday operation has been proposed as follows:

7.00 a.m. - 9.30 a.m.

Training squad use

9.30 a.m. - 4.00 p.m.

Open session for casual users, clubs, centres, schools and competitive paddlers. This period will be programmed on a daily basis to ensure maximum benefit for all users.

4.00 p.m. - Dark

Clubs, training squads and individual use with coaching supervision where required.

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The weekend programme until Christmas is as follows:

Sept 27/28	Div 3 Slalom	P. Rea
Oct 4/5	Div 1 Slalom	P. Baskerville
Oct 11/12	Premier Slalom	D. Patrick
Oct 18/19	Division 4	C. Weightman
Oct 25/26	B.B.C.	Late, Late Breakfast Show
Nov 1/2	WWR Squad	D. Cooper
Nov 8/9	Coaching	G. Good
Nov 15/16	Slalom Squad	S. Wharton
Nov. 22/23	Int. Squad	R. J. Annan
Nov 29/30	AGM	
Dec 6/7	Youth Squad	N. Small
Dec 13/14	Senior Slalom	S. Wharton
Dec 20/21	WWR Squad	D. Cooper

The weekend bookings after Oct 18/19 will not be for exclusive use of the course. Provision will be made for open paddling sessions during each day.

FACILITIES

A temporary booking office, changing rooms and showers will be installed adjacent to the course. A telephone service will be installed.

SAFETY

Paddlers are reminded that this is a white water slalom course which at full flow provides difficult conditions for even the most experienced. You paddle at your own risk. Throw lines will be provided during open sessions and safety personnel will be provided for groups of inexperienced paddlers where no instructor is present. Advice will be given on the best places for self rescue.

WATER FLOW

The water flow can be regulated to suit different user demands. The level will be programmed on a weekly and daily basis to maximum user benefit. However, it is not anticipated that the sluice will be adjusted more than twice in one day.

GUIDE TO WATER FLOW (APPROX.)

Low 19.5 to 19.9 on gauge 5-11 cubic m/sec.

Suitable for introduction to white water and novice descent of course. Ideal for moving water gate training from islands to end of course.

It is important to note that at this level the control gate is dangerous and cannot be used as access to the course.

Medium 19.9 to 20.2 11-20 cubic m/sec

Intermediate slalom level Divisions 4, 3, 2. Good level for slalom technique training and

circulation gate training. Suitable for paddlers with some knowledge and experience of white water.

High 20.2 to 20.5 20-29 cubic m/sec

Testing whitewater conditions for slalom training/competition. Suitable for white water racing, river playing, surfers, riding stoppers etc. and rafting. Not suitable for novices.

SLALOM GATES

The full competition/training gate system comprises 56 gates. It is anticipated that the present number of 25 gates will be increased to maximum before the competition season finishes. There is a provision for a further number of slalom training gates (probably 20 extra in use at any time). The masts for these gates still have to be made.

BRITISH WILD WATER TEAM — SAY YES TO DESIGNER SHORTS

The new slalom course at the national water sports centre is not the only innovation Nottingham Canoeists have recently seen. The specialist canoe outlet, 'NO LIMITS' have produced a stylish new range of canoe shorts and trousers manufactured by a Nottingham wet suit manufacturers Dream Marine. The range have been specifically created for the Competition market, and feature both silkmesh and double-line finishes in 2mm Neoprene, in an eye catching selection of colours. The original designs were the idea of the No Limits team, who have themselves competed for many years at International level, who felt that there was a gap in the market for a range of really well-fitting shorts tailored to the needs of the Competitive canoeist, and thus approached Dream Marine to help develop the styles. A range of shorts and trousers were produced which fit snugly at the waist when in the sitting position, with a low front and high back.

The shorts can be ordered direct from NO LIMITS —

NO LIMITS, 59 TRENT BOULEVARD,
WEST BRIDGFORD, NOTTS. TEL. 0602 813222.

ROYAL PROTOCOL OR PUBLICITY DISGRACE

All royal visits have established protocol - precedents and procedures which are as clean and rigid as slalom rules which say that no Div. 3 paddler can paddle in a Div. 1 unless invited.

Publicity press releases and programmes were rigidly demarcated as follows:

FEEDBACK | News & Info

Notts C.C. and Sports Council
British Canoe Union
Slalom Committee

At no stage was a representative of the Slalom Committee asked to give advice or attend a meeting on publicity, press and marketing. Further more no member of Publicity, Press and Marketing was given a courtesy copy of the press releases which were sent out advertising the opening.

The missed opportunity was not Slalom's fault.

JENNIFER MUNRO

CRYSTAL PALACE INDOOR POOL SLALOM — 1987

Regional organisers have booked pools for the regional heats of this competition which takes place between November and January. This is an event to be enjoyed by all regional paddlers, so enter, meet your fellow competitors from other divisions and make this a good event for your region.

Entries must be sent on correctly filled official slalom cards, with the appropriate fee, to your regional organiser, who will send you details of your event. Fees are £3 Seniors, £2.50 Youth and Juniors.

Competitors must enter only one slalom, that of the region for which they normally paddle. Any competitor unable to paddle in the correct regional slalom must apply to Angela Longrigg if they wish to enter that of different region.

East

Organiser: Jim Croft
12 Holmscroft Road, Luton, Beds.
Luton Swimming Pool, Bath Road, Luton.
10th January 6.30

East Midlands

Organiser: Linda Morrison
59 Trent Boulevard, West Bridgford, Notts.
NG2 SBB
Bramcote Leisure Centre
24th January 6.00 - 10.00

London S/E

Organiser: Jane Badillo
46 Harbord Street, Fulham SW6 6PJ.

North

Organiser: Don Raspin
28 Cotswold Drive, Skelton, Cleveland TS12 2JH
Dolphin Centre, Darlington.
6th December 5.00

North West

South

Organiser: Martin Setchell
41 Wyndham Crescent, Woodley Reading.
Central Pool, Battle St., Reading.
10th January 6.30
Entries by 30th December

South West

Organiser: Tony Cox
Windrush, Stanshall's Lane, Felton, Bristol.
Filwood Baths.
10th January 6.00

West Midlands

Organiser: Phil Bennett
94 The Straits, Dudley, W.Midlands DY3 3BH
Halesowen Pool
6th December

Yorks/Humberside

Organiser: Andrew Fisher
Swincar Nurseries, Chevin End Road, Guiseley,
Leeds.

Wales

Organiser: Peter Francis
7 Sparrow Close, Little Haywood, Stafford.
Aberdare Swimming Pool
22nd November 3.00 - 8.00
followed by buffet/presentation

Scotland

Organiser: Jim MacPherson
c/o S.C.A., 18 Ainslie Place, Edinburgh. EH3 6AU

INVITATION TRAINING SQUADS

Central Paddlers invite slalomists from Premier and Division 1 to take part in training weekends throughout the winter of 1986/87.

Several British team paddlers have already taken advantage of our invitations in the past and we are now giving other slalomists the opportunity to take part.

COACHING

4 weekends will be arranged at different venues and organised by Dennis Hennessy (Senior Team Coach) they will include all aspects of competitive slalom canoeing - video analysis, mind performance, training etc. Dennis will be backed up by a strong team of central paddlers coaches.

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VENUES

The 4 weekends will take part on the rivers Wye at Symonds Yat, the Vyrnwy at Dolanog, the Teme at Ludlow and the Dee at Llangollen. The cost of **all 4** of these weekends will be £65.00 per head.

APPLICATIONS

For further details and application form please send a stamped self addressed envelope to:
Dick Teague,
64 Cecil Road, Selly Park, Birmingham, B29 7QQ

CANOE SPORT LLANDYSUL SPONSOR B.C.U. SLALOM TRAINER SERIES 1986-1987

Canoe Sport Llandysul have agreed to sponsor a series of six Slalom Trainer courses over the next year.

Based in West Wales, this dynamic new company specialising in competition canoeing, was launched in June this year. Headed by Chris Berry & Trevor Grace, the shop which has been appointed stockists by many of the leading canoe & equipment manufacturers, is the first phase of a major complex which will ultimately include a residential coaching centre complete with gymnasium, video lecture rooms, Floodlit training site etc.

"Sponsorship is essential to the development of the sport, as is coaching at all levels", explained Chris. "That is why we have committed ourselves to the trainer series. By sponsoring this series we hope to attract more individuals into the vital coaching role".

The 2 day Trainer Courses will take place throughout the U.K. and are open to any B.C.U. member aged 18 or over. *You do not have to be a paddler!* The courses are ideal for Parents or followers who would like to get more involved with Slalom, but feel they don't know enough about the sport to be able to give help or advice to competitors.

If you would like to take part in one of the courses write to.

Alan Edge
National Slalom Coach
25 Crawshaw Avenue,
Pudsey,
Leeds.
LS28 7BT

or
Chris Berry
Canoe Sport.
Llandysul,
Dyfed.
SA44 4HU

Canoe Sport Llandysul Slalom Trainer Series
1986-87

22/23 Nov 1986	Banbury Canoe Club
23/24 May 1987	Llandysul Paddlers
15/16 Aug 1987	Llandysul Paddlers

Attention Clubs If you would like to host one of the 3 remaining courses, get in touch with Alan Edge as soon as possible. First come first served.



Holme Pierrepont

photo Martin Ellis

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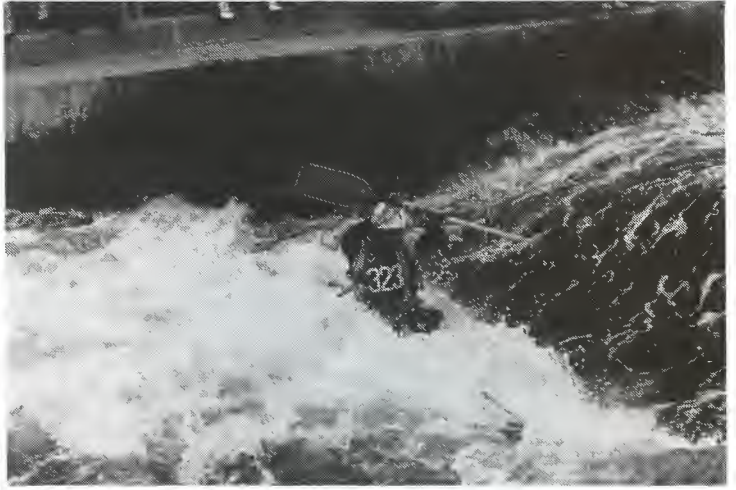
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SAVAGE WORLDS - U.S. Worlds '89

Standing on the banks of the beautiful and challenging Savage River one day, it was not difficult for me to imagine the colourful and festive atmosphere of a world championships. I pictured the bridges necessary to carry people to both sides of the river, the colourful banners, and the large electronic scoreboard. I imagined competitors warming up for their races, not mindful of the thousands of specators, press representatives and television's ever-present eye. Due to careful preparation, local support, good timing, and some luck, this usually dry riverbed has been selected by the International Canoe Federation (ICF), the international governing body of canoe-sport, to be the site of the 1989 World Championships. Nearby communities will host this premier event of whitewater sport!

The Savage River is certainly no stranger to whitewater competition. When the gates of the Savage River Dam are opened, some of the best continuous whitewater in the east is produced, and paddling enthusiasts come from all over to enjoy a leisurely "run" down the river or to compete in slalom and wildwater races.

Paddlers from the Penn State (University) Outing Club were the first to discover the delights of the Savage River in 1966. Three years later, the first of many slalom and wildwater events was contested here. National champions have been crowned on the banks of the Savage. And the first U.S. whitewater team to be selected in "trials" (and tribulations) was chosen on the Savage River to compete in the slalom events of the 1972 Olympics.* Time and again, the Savage has proven to be a superior competition site, and has been instrumental in the development of whitewater sport in this country.

Although the 1972 Olympic Team Trials was perhaps the most important event ever staged on this western Maryland river, international competitions held since 1974 have drawn athletes from many far away places. Visiting competitors have agreed that the Savage River offers the difficulty of whitewater necessary for the ultimate whitewater event.

Ask any serious competitor what the most important consideration for a world championship is, and he or she will probably respond without hesitation, "the whitewater!" The Savage has no shortcomings here. It tumbles an average of 75 feet per mile to its confluence with the Potomac River five miles downstream. This continuous, steep gradient creates the uninterrupted whitewater that wildwater racers love - no flat stretches! And for the slalom experts, the river offers large and powerful waves and "holes," and the deep eddies for the important upstream gates where the best slalomists can gain seconds in time.

This good paddling fun would seldom be possible without the cooperation of the water management agencies in the area. The Army Corps of Engineers and the Upper Potomac River Commission, responsible for managing the Savage and Potomac Rivers, release water from the Savage River Dam which allows us to hold races long after the natural spring run-off is exhausted. Without the guarantee of an adequate supply of water, a site can not be seriously considered for the World Championships. These agencies will make the event possible by providing about ten days of a controlled quantity of water for practice and for the actual competition.

The availability of water flow and calibre of the whitewater are two

of many criteria for the selection of a location that will host hundreds of competitors from as many as twenty nations and will draw thousands of spectators. Last year, it was the job of the National Slalom and Wildwater Committee (NSWC) of the American Canoe Association (ACA) to define the criteria for the selection of a U.S. site to be presented to the ICF. The goals were two-fold: first, to select the candidate which would in turn be chosen by the ICF, and second, to pick the site with the potential to be the most successful championships to date. Many considerations concerning accommodations, facilities, funding, public relations, transportation, and the organisation of a world championships were defined. A request for proposals outlining these considerations was made available to organizations and whitewater enthusiasts representing all the prominent sites in the United States. Rivers draining the Rocky Mountains, the Appalachians from New England to Georgia, and the Sierra Nevadas in California offer superb sites. In the heartland, the Midwest offered several excellent competition sites. Of all of the potential locations, only two organizations responded with proposals. Perhaps in the future opportunities will arise for other communities to host a world championships. However, the prestige of hosting the first world championships in the United States will belong to the Savage River. It seems fitting that this whitewater gem, with its rich history and contribution to canoesport, should be so honoured.

The Canadians demonstrated that even in a relatively small and unknown amateur sport, staging a major international event is big business. It is akin to a "mini-Olympics". In 1979, in Quebec, behind the scenes was the

dedication and hard work of no less than 1000 volunteers. A three-year investment of \$1.2 million was returned to the region in direct economic benefit. Press representatives from twelve countries were on the scene and television coverage was transmitted internationally. Over 500 articles were written in a three year period. The Canadian postal service sold 25 million commemorative stamps. During the competitions 30,000 copies of a 4-page newspaper devoted to the events were distributed daily, and an amateur "ham" radio club made contacts worldwide. When the '79 World Championships were over, they had earned the reputation as the best ever.

All the right ingredients are present for a successful world championships in 1989. The location, accommodations and facilities, community interest and support from the local region will enhance the organizers' ability to be first-rate hosts to athletes, visitors and spectators alike. Four years down the road, the Savage River will be the focal point for one of the most colourful and exciting events in amateur sports.

Located in Garrett County, the westernmost county in Maryland, the 1989 World Championships will be easily accessible to our foreign visitors, international ports of entry are not far - New York is 400 miles; Baltimore, Washington DC, and Pittsburg are about a 3 hour drive from the host area.

The proximity of the Savage River to important metropolitan centres will aid the promotion and publicity potential of the World Championships. A broad regional base of financial and organizational public support by sponsors, government and civic organizations will be drawn to the

events. A well planned publicity campaign will attract the attention of a large media and press following including national and international representatives stationed in Washington DC. This enormous potential for publicity will also help promote canoesport. The ACA can capitalize on this much needed publicity by increasing existing development programs and encouraging greater participation in all forms of the sport that is native to the American continent.

The host region of western Maryland and nearby West Virginia is a popular resort area. While forestry, mining, farming and light manufacturing all contribute to the area's economic diversity, summer and winter recreational opportunities are important to the region as well.

Central to this growing recreation and tourist industry is Deep Creek Lake, Maryland's largest freshwater lake. It is only 15 miles from the Savage River, so visitors who are not too busy training up for the big races can find plenty to do. Boating, fishing, hiking and horseback riding are available nearby. Historic sites, scenic areas and craft shops are scattered throughout the area. Special activities and exhibitions scheduled during the World Championships will display the culture of the region to all visitors.

Restaurants, accommodations and facilities surrounding Deep Creek Lake will probably serve most of the people the World Championships attract. Hotels, motels, private homes and cabins can house 2,000 people. Dormitory facilities and campgrounds can handle several thousand more visitors. All types of dining are available. After the sun goes down, the night life picks up. There are plenty of lakeside watering holes that motorized

pontoon boats can "belly up to" for passengers to take in live music and dancing.

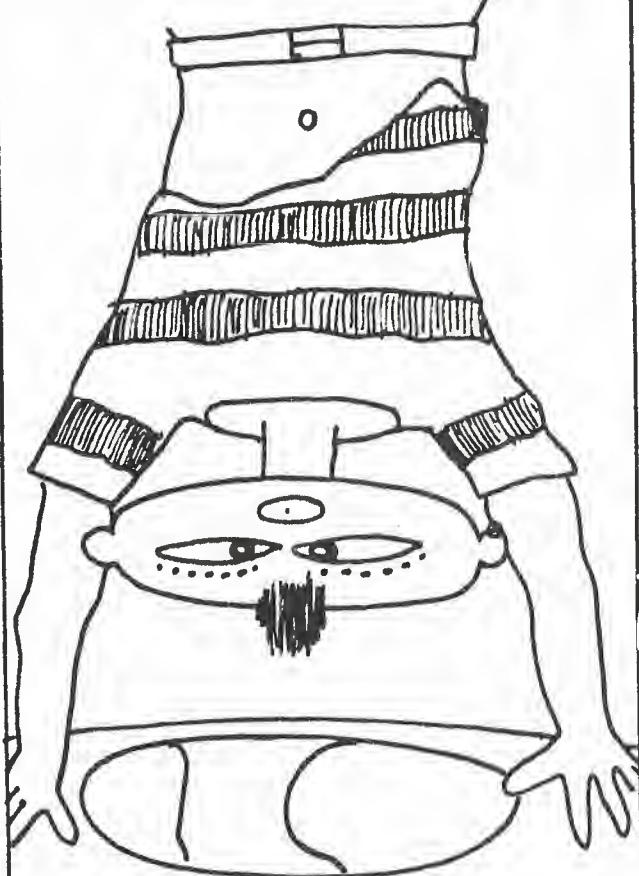
A new conference centre on Deep Creek Lake is planned for completion in 1987. This facility will serve as the headquarters for World Championships functions such as VIP receptions, issuance of credentials, meetings of team managers and competition officials, and other administrative duties. The Deep Creek Lake - Garrett County Promotional Council of Oakland, Maryland is charged with organizing the myriad of functions necessary to the business of sponsoring a world championships. Comprised of member businesses, the Council presently organizes, among other events, an Autumn Glory Festival, which attracts as many of 40,000 people annually. The Council will be able to draw upon a wide range of resources, including state and regional government, private industry and community groups to aid in the planning and administering of the World Championships. Coupled with the enthusiasm of the American canoeing contingency, there will be no shortage of energy and enthusiasm in preparing for what can be the best World Championships ever!

As the saying goes, "how time flies!" Sooner than we might expect, 1989 will be upon us. Then we will no longer have to imagine the parade of nations, flags, and the camaraderie between international canoeing friends. For at last, the first American-held world championships will be realized - right in our own back yard.

I know I'll be there.

WILD WALTER No5

SID WHAT ARE YOU DOING?....



OH, I'M TRAINING FOR MY NEXT EVENT WALTER.



WHATS THAT SID? WELL IT'S CALLED "BOTTOMS UP" YOU HAVE TO START OVER HERE AND THEN RUN TO YOUR CANOE.

THEN YOU PADDLE ACROSS THE RIVER



AND YOU'VE GOT TO KNOCK OFF THE FRONT OF YOUR BOAT ON THE STEEL BALL.

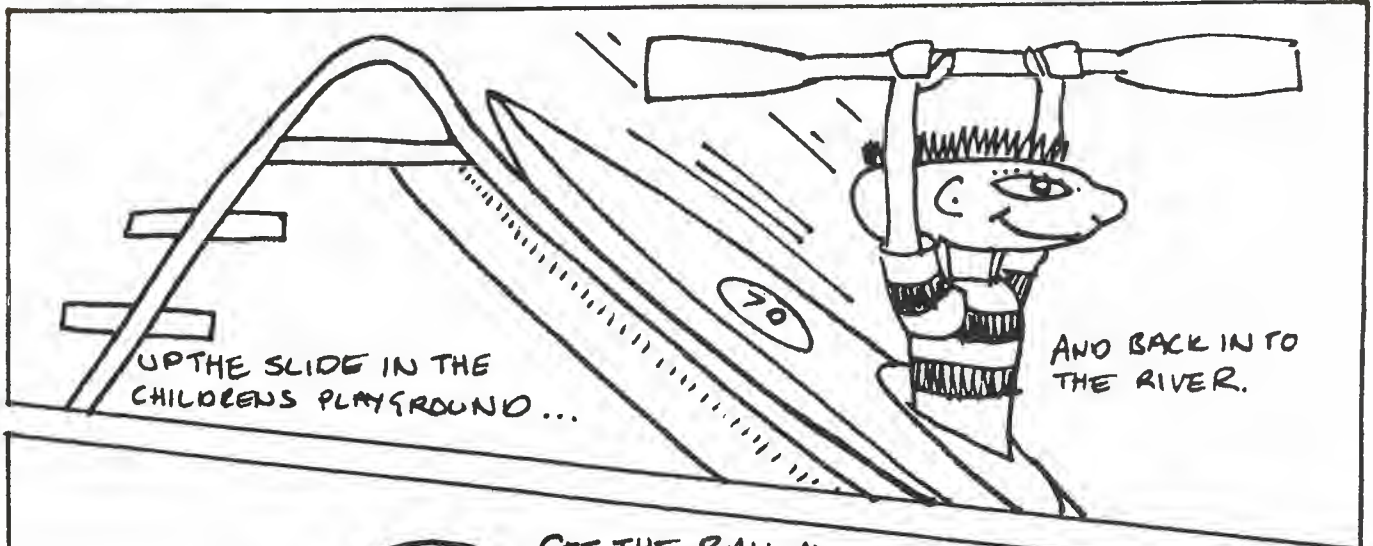
THEN GET INTO YOUR BOAT AND PUT AN EGG IN TO THE CUP.



THE CUP IS STUCK TO THE BOAT.



UNDER THE LIMBO GATE UPSIDE DOWN WITH OUT GETTING THE EGG WET.

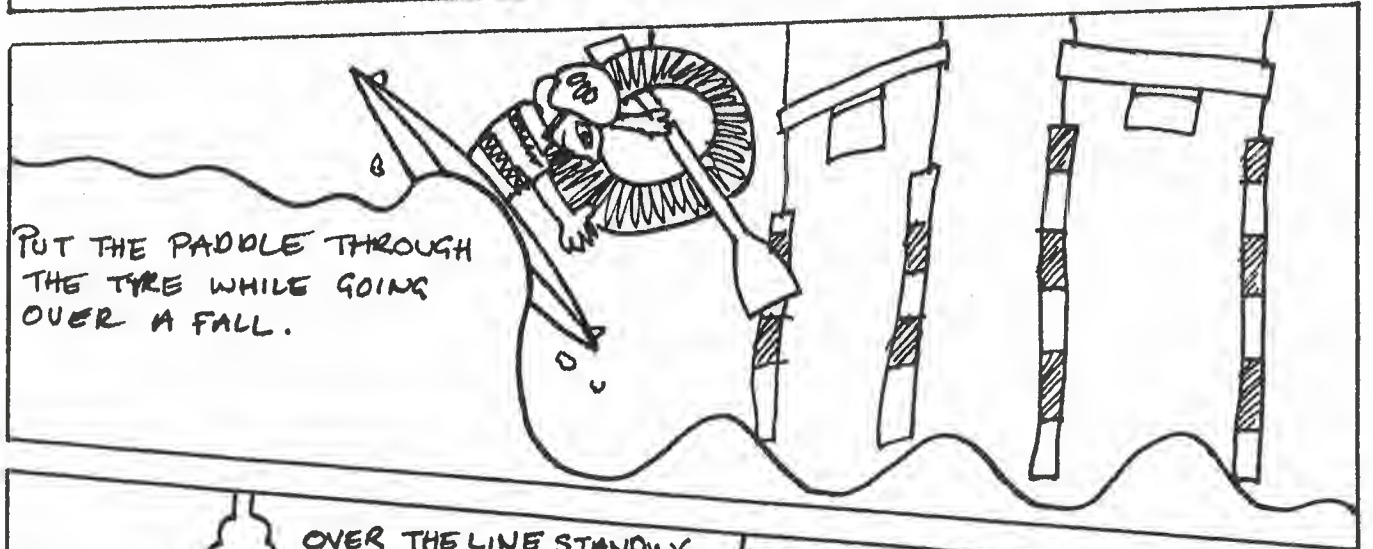


UP THE SLIDE IN THE CHILDRENS PLAYGROUND ...

AND BACK INTO THE RIVER.



GET THE BALL AWAY FROM THE PERFORMING SEALIONS.



PUT THE PADDLE THROUGH THE TYRE WHILE GOING OVER A FALL.



OVER THE LINE STANDING ON YOUR HEAD TO RING THE BELL, AND.....

THATS HOW THE EVENT GETS ITS NAME, "BOTTOMS UP."

Fox/Sharman - Compared

Bill Endicott

Continued from September issue of Slalom

FRIDAY Fox

am Technique work on ww gates
single stroke spin;
bow rudder; sweeps on staggers

pm Ww gates 5 x 2 min. course;
10 x 30 sec course, 30-60 sec
rest.

Sharman

am FWG 2 x 190 sec. courses
3 runs on each.

pm FWG 4 x 10-30 sec. courses
5-6 runs on each.

SATURDAY Fox

am Isokinetics

Sharman

am FWG 5 x 50 sec. courses,
3 runs on each

SUNDAY Fox

am Paddle canal 1/2 hour

pm 5 x 2 min. course on ww gates.

Sharman

am FWG Pyramid sprint 19 runs
over 8-37 sec. courses.

Fox's "Phase II" lasted from November 1 through December 12, and he describes it as "the harder background preparation which includes the same key factors every time: Endurance training in slalom boats; a little bit in a downriver boat, isokinetic training. Generally sort of 8, 9, 10 paddling workouts a week, plus the strength training."

Here is a typical week during that period, compared with Sharman's training (week number 19):

MONDAY

FOX

am Flexibility 15 mins.
Jog 15 mins.
Isokinetics: 2 sets of
8 x 60 secs. 30 secs. rest
Jog 15 mins.

pm WWG: 5 x 135 secs., 45 secs.
rest.
10 x 95 secs. 30 secs. rest.
Gym: pull-ups
Incline sit-ups
Back-ups with 25 pounds
V sit-up
Extended sit-up
Dips
Bench row
Press ups
Stretching exercises

SHARMAN

am Run 16:20

TUESDAY

am Run: 27:06
Flexibility 20 mins.
WWG:
6 x 270 secs. with
60 secs. rest.
Distance paddle: 13:57

pm Isokinetics:
10 x 12 reps. starting
every 30 secs. on:
Pull; Reverse; Sweep;
Bow Rudder; and Pull.

am Flatwater sprints:
6 x 20 strokes, 20 sec.
rest.
4 x 40 strokes, 40 sec.
rest.
6 x 20 strokes, 20 sec.
rest.
4 x 40 strokes, 40 sec.
rest.

pm Gross strength weights;
Bench press; lats;
one arm rowing; pull-ups;
tricep press.

WEDNESDAY

am Bala: Flexibility 20 mins.
WWG: 5 x 60 secs., 15 secs.
rest.
5 laps around 70 sec. course.
4 x 150 secs. upstream and
back; 150 secs. rest.
6 x 60 sec. loop.

pm Bala: WWG 6 x 25 secs.
6 x 22 sec. course
5 x 40 secs. loop

am Moving water gates (MWG):
6 x pyramid loops

pm MWG: 3 courses, 6 runs on
each.

THURSDAY

am Isokinetics.
Flexibility 15 mins.

pm WWG: 20 x 60 secs.,
15 secs rest.
20 x 30 secs., 10 secs. rest.
Flexibility 10 mins.
Weight circuit 23 mins.

am Flatwater pyramid sprints.

pm Gross strength weights.
Same as Tuesday.

FRIDAY

am Flexibility: 15 mins.
DR boat: 51:46.

pm Run: 28:50.
Isokinetics: same as Tuesday.

am MWG: each with rest time
equal 1/2 work time:
5 x 45 secs.;
3 x 45 secs.;
1 x 45 secs.;
3 x 45 secs.;
5 x 45 secs.;
1 x 45 secs..

pm 6 x 130 secs.
6 x 40 secs.

SATURDAY

am Isokinetics:
12 x 60 secs., 30 secs. rest.

pm Bala WWG:
8 x 30 secs., 20 secs. rest.
3 x 20 secs.
2 x 40 secs.
1 x 60 secs.

5 x 100 secs., 1 min. rest.
River run -- fartlek
Basketball

am BALA WWG short courses.

pm 3 x 30-50 sec. courses.

SUNDAY

am Run 17 mins.
WWG: short courses

pm 3 x full length runs.

am 50 x 50 secs.
6 x 30 secs, with
30 secs. rest

pm 3 x full length runs.

The third phase, lasting through the winter up to the beginning of the competition season, is in Fox's words, "always difficult to identify because say, if I do to Australia, it's a different type of phase of preparation than if I stay at home."

If I stay at home I probably can keep on isokinetics and the weights. I don't do as much paddling because that's the coldest time. And that's more of a continuation of the background stuff. Probably more emphasis on power and high quality endurance, though. but if I go away, then I'll do more skill work, as well, and I think, well, it's warmer here, I can do more paddling. but still within that period I would continue the trend of background preparation. And then the easiest phase after that to identify is working back from the competition. You know, a sort of 6, 8, 10 week period of intense preparation, high quality stuff, race length repeats on whitewater, speed work on easy courses, and so on, like that. But it's the chunk of time before

the real season begins, or at the beginning of the season, where I might be in different places. But I'm still trying to achieve the same general objectives of developing really good consistency in the gates, and getting practice on whitewater, being very specifically paddling fit. I think that's the trend in that phase. But because of the nature of the preparation and the locations and everything, it's very difficult to block it out exactly.

A representative week from this phase is as follows (week number 26):

MONDAY

FOX

(In Australia)

am Whitewater: stopper work -- consistency in crossing wave, surfing and spins.
Rapid: high crosses and breakouts.

pm Endurance: downstream paddle 5 miles. 48:30.

SHARMAN

(in England)

am Isokinetics:
6 x 30 secs. on
30 secs. off for:
pull, push, reverses.

pm Endurance weights.

TUESDAY

am Steady run 30 mins.
Stretching exercises
75 press ups
50 trunk rotators
30 VF sit ups.
Endurance paddle 46:40.

pm Whitewater: simulated course -- 3 mins.
2 sets wave and stopper cross -- 60 secs.
Technique/strength 2-3 mins.
rest.
Steady 10 min. paddle.

Surf waves, spins, and crosses tech/strength.

4 x 2 mins strength/end.
crosses 2 mins. rest.

am Run: 14:24
FWG: pyramid courses, ranging from 39 to 245 secs.

WEDNESDAY

am Run 23 mins.
Stretching exercises
Leg press: 215 lbs.
Whitewater and
Endurance paddle: 104 mins.

pm Strength/endurance on whitewater: 80 mins.

am Gross strength test:
Bench press:
135-175 lbs.
Lat raises: 30 lbs
1 arm row: 90 lbs.
Tricep press: 70 lbs.

pm Gross strength.

pm Flatwater sprints
30 mins.

THURSDAY

am Run 30 mins.
Stretching exercises.
Endurance paddle: 60 mins.

pm Whitewater endurance:
2 x 5 x 60 sec. crosses
5 x 135 sec. simulated course.

am Run 13:53
Distance sprints,
half rest:
1 x 8 mins.
2 x 4 mins.
4 x 2 mins.
8 x 1 min.
16 x 30 secs.

pm Isokinetics: 10 sets of 30 secs. on, 30 secs off.

FRIDAY

- am Steady upstream paddle 20 mins.
and strokes and stretch in
boat.
Stretching exercises and press
ups, trunk rotators and
sit-ups.
- pm Paddle recreation, play on weir
and run 9.5 mins. flat out.
- am Run: 14:24.
Flatwater sprints.
- pm Isokinetics.

SATURDAY

- am Jog 23 mins.
Exercises
- am Endurance/strength endurance
on whitewater: 90 mins.
- pm Whitewater:
Weir surfing: 30 mins.
Timed run: 5:40
Easy 15 mins.
Timed run 47:34
- am WWG at Matlock:
6 x 47 secs.
6 x 49 secs.
6 x 41 secs.
2 x 35 secs.
- pm MWG: 4 x 6 courses,
each course between
40-60 secs. Rests between
runs about 60 secs.

SUNDAY

- am Run 30 mins.
Exercises.
- am Endurance paddle: 44:28
- pm Whitewater: recreational
paddle weir and rapid.
- am WWG: 3 x 6 50-70 sec.
courses.
- pm WWG: 6 x 90 secs.

The next Phase, Phase four, is the
competition period. Here is what
Fox and Sharman did the week before
Liptovsky Mikulas race (week 42):

MONDAY

FOX

- am Jog 20 mins
WWG: Team practice
on 4 x 50 sec. courses.

SHARMAN

- am WWG: Team practice.
- pm WWG: 5 x 80 secs.

TUESDAY

- am WWG: 6 x 30 sec. course
15 x 25 sec. loop
- pm WWG:
5 x 80 sec. course.
3 x 70 sec. course.
3 x 60 sec. course.
WWG: 2 x (10 x 35 sec. course
with 35 sec. paddle recovery)
- pm WWG: 4 x 95 secs.
5 x 40 secs.
- pm 5 x 26 secs.
5 x 17 secs.
4 x 25 secs.

WEDNESDAY

- am WWG: 8 x 150 sec. course.
- pm WWG 6 x 50 secs.
6 x 30 sec. course.
10 x 20 sec. course.
- am WWG: 3 x 165 secs.
- pm WWG: 4 x 70 secs.

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

ALCOHOL

With the U.S. embarking on a 'Say NO to Drugs and Alcohol' campaign it might be time for you to take a look at the amount of alcohol you consume. Don't think that I am going to say that you must give it up or you will ruin your life, I like to drink and would not suggest something I could not uphold.

Why do we drink? For social reasons, because it has become a habit to have a drink after training, to keep in with your friends, or just because you like it.

In the U.K. alcoholic drinks are becoming cheaper every year. When measured in relation to wages, alcohol is half the price today than it was in 1950. Because its cheaper we are drinking more. In 1983 the U.K. spent 13,372 million pounds on alcohol and only 27,148 million pounds on food.

Well how does this effect you. Alcohol is a drug. That's why we like it. As with any drug, the more of it you consume, the greater the effect. Your body is always affected by alcohol, even if you only drink a little. Sensible drinking is unlikely to cause harm but the more you drink and the more frequently you drink, the higher the risks.

What can the body do with alcohol? Alcohol is a source of energy and may make a major contribution to a persons total energy intake (between 6 and 8%). It is also a depressant, which dulls the senses, and relaxes you. It effects concentration, memory, reflexes and is an efficient diuretic.

Well what about the energy value of alcohol? Alcohol differs from carbohydrates and fat in that it cannot be used by the muscle to provide energy during exercise. Furthermore, it cannot be used to provide a rapid release of energy on demand as it is slowly metabolised by the liver at a constant rate.

A recent report in the British Journal of Sports Medicine showed that in middle distance runners alcohol was not an energetic aid but in fact had adverse effects on performance even at low levels of consumption before a race.

The diuretic effects of alcohol are quite dramatic. The net result can be dehydration or in other words an upset in the fluid balance. Losses of fluid corresponding to as little as 2% of body weight can result in a drop in muscle performance, and can result in a drop of 20% in endurance capacity. This imbalance will not be immediately restored by drinking the required amount of water.

What limits should you be thinking about? Well lets start by setting a 'Standard Drink'. A half pint of an ordinary strength beer or lager is one

standard drink, or half a pint of a strong (Export) ale or lager is two standard drinks, and a glass of wine (1/10 litre) or a single measure of spirits in England or Wales (1/6 gill) is one standard drink.

So how much should you allow yourself. An average woman should not be drinking more than 13 standard drinks a week and a man should not be drinking more than 20 standard drinks a week. However as a sports person you should be drinking well under half these targets, and heavy drinking sessions should be avoided or at least a period of abstinence afterwards to give your body time to recover. Or even if you are able, join Daly Thomson and abstain altogether. He seems to be able to perform without the need for an alcohol stimulant.

Finally, as a sobering thought, remember that alcohol is linked with one third of all drownings.

N. WINTERS



HEATHER CORRIE — Spittal '86
Photo Ian Crosby

LETTERS

HITTING THE DIV 2 WALL

After watching the Tryweryn Division 2 ladies event on 13th July this year, I think it's time we made it a bit more harder for girls or ladies to rise out of Division 3. My only reasons for this is for paddlers to get a more solid base to work from, before reaching such waters in Division 2. I saw a young girl crying at only gate 4 out of 25, others much older, half way down the course, looking up at the bank saying "I can't go any further," what price must they pay for experience.

I know only too well how easy it is to get girls to Division 3 and 2. This year since March I have 3 girls from novice to Division 3, my own daughter from novice to Division 2, and 2 more from 3 to 2. But now I will somehow have to assure them of their own ability, which slalom to choose for each individual's standards or frame of mind. The Tryweryn site is of course the best slalom we have and I sincerely hope it remains so in future, but it is a tremendous step at times from 3 to 2 for girls. O.K. a few more have a boyish spirit and do well, but I think it's fair to say the rest and the majority are lacking that extra edge it requires to paddle comfortably.

It would be fair to say that as slalom coaches, we should have our paddlers capable to compete on all waters, but this only comes with 12 to 18 months experiences for each individual and in my view what better than competing at slaloms for gaining experience, but as long as each individual, I as coach and in most cases parents realise, that, each paddler must feel comfortable, capable and enjoy all competitions before getting on the water.

Discussing this point with others it would seem a reasonable point of view that either a points system (as in Canadians) would hold girls back so that the best three slaloms would only get them promoted or form a Division A & B somehow to give them a wider span for gaining experience on better waters.

I apologise if I have offended any girl paddler but, I would rather see young girls, our future prospects, come through at level standards from Novice to the top without hitting the Division 2 wall (not easy). If you feel like giving your point of view I would be only too pleased to hear from you.

COLIN BROUGHTON, KINGER C.C.
3, Locks View Westlands Estate,
Stourbridge. DY8 4XW

DEAR EDITOR,

Reading through the June/July issue of Canoe Slalom I found two bits (an article and letter) on event management and course design. Both brought into view some of the problems which

have cropped up in slaloms this year. To me it seems that course design can make or break an event, so why do we hear stories of impossible sequences, and 90% of C1's/Ladies getting 50s on one sequence. The fact that a course is to difficult seems to be 'accepted'. How many times has someone said "I still can't get that gate" and another say "never mind not many others can either". One of the ideas of the new rules has to provide courses within everybodys ability but only the top four could do all forwards. The course designer must take this into account as well as the normal ideas of lghty and Righty C1's, C2 access etc.

Other considerations are more subtle, less obvious but just as important to the success of the event. For instance getting in/out is it easy/hard? Remember a C1 will take a lot longer to get into a boat than a kayakist, will he be swept away? Is the bank slipper, muddy, dangerous even. Also with the increasing number of junior paddlers, is there far to walk from the finish to the start. At Llandyssul 4/N I was particularly impressed by the thought that had gone into this. The slalom finished above the road bridge which made crossing the busy main road unnecessary, spectating was easier and this also left the rest of the rapids for playing and a full length training course for paddlers.

Of course there are slaloms which have insurmountable problems but there are others which could be improved upon. The essence of slalom is in equipment, when 200 people go to an event the organiser has tremendous responsibility to provide a good course from all points of view. Everyone likes to win, but will have nothing to complain about as long as they have given their best and had a fair crack at the course.

ROB MOSS

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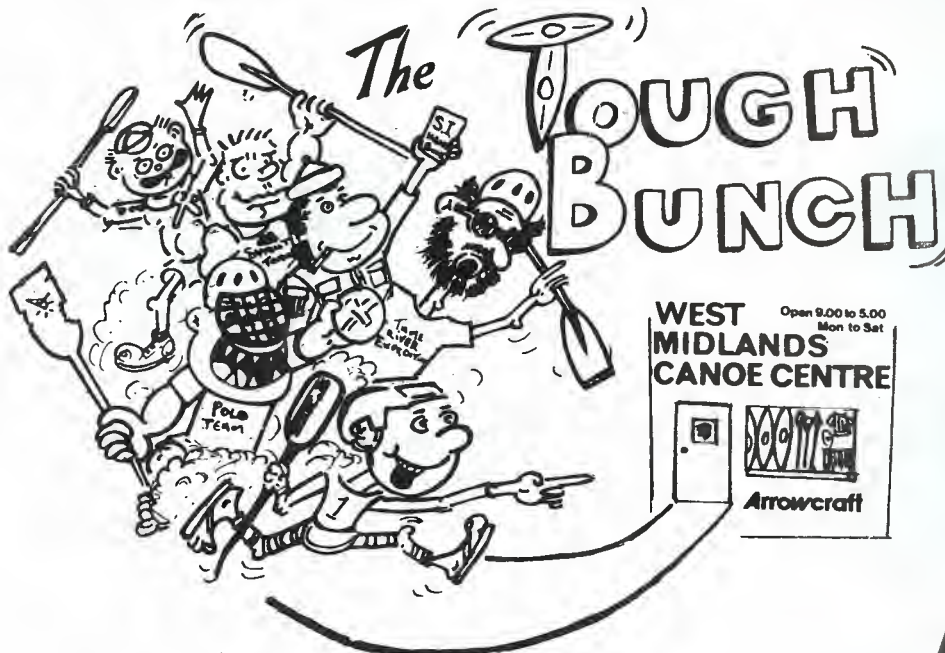
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RESULTS

THE NOMAD INTER CLUB CHAMPS

The first nice aspect of the event was the weather. The second was the course and the third was the excellent friendly attitude of everyone that I talked to. With no club bias to twist my views, I saw a relaxed event with good competition and involvement right down the sport. It was nice to see a girl that had started canoeing less than a year ago, with me, at Birmingham University racing in Div. 3 for Leeds C.C.

A lower level of water took some of the power out of the flow, so that it was not too difficult for lower divisions, though the roughest section of the course was still testing, and caused a few swimmers. The event began to take shape by the end of Saturday, with Forth, Stafford & Stone and Windsor leading the various team events home, and topping the points table by the evening. Not that they dominated — other clubs did fairly well, and won, it was steady placings by the 3 clubs that kept them ahead. On Sunday the expanded format of the competition meant an early start, and a tired Mike Dalton was to be seen at the Marquee dealing with boat enquiries from a very early time. On the river the results at the end of first runs put Forth ahead, with the surprise being Jane Wilson leading Stafford & Stone's Liz Sharman in the top ladies event. Some 9 points separated Stone and Forth at this point, though Stone had a swimmer in the ladies event and were thus last, and her second run, lifting her well up the order, was to prove crucial. Little change at the top of the mens event, with Fox and Gladwin ahead of Leaver & Brown, although Vikings Alan Heaume produced a spectacular run to come 2nd, and Liz Sharman got back in front of Jane Wilson.

With team managers frantically running about adding up points it was tense and close — But the final result was as last year — 1st Stafford & Stone, 2nd Forth, 3rd Windsor — Perhaps next year this event may run in Nomads own water on the Dee.

Llandysul Div 4./Novice 23rd/24th August 1986 and Bank Holiday Monday 'Fun Day'

We would like to congratulate Chris Berry, Trevor Grace and their band of helpers for a memorable weekend.

We arrived at 10.30 p.m. on Friday evening after a 4½ hour journey. Fortunately one of the parents (Rita Pearson) had gone on earlier in the day and took the tents so that they would be up and ready for our arrival.

Saturday morning dawned bright and dry; everyone dashed down to the river to look at the course. Most of them got straight into boats to practice (breakfast was forgotten in the excitement). The course had to be adjusted on the Saturday morning as the rain all Friday had brought the river up. This was done quickly and efficiently.

The Judges event and Teams were held on the Saturday afternoon, this went off very smoothly.

It started to rain again about 6.00 p.m. on the Saturday evening and everyone thought that this was in for the rest of the weekend - but no - Sunday morning dawned like a beautiful summers day (well it is August)! Our novices were full of confidence - for two of them it was their first event and they thought the course was really exciting. Adam Clarke came 5th in the Mens Novice K1 and was promoted, he also won fastest junior prize. Pool Hayes went on to win the Div 4 C2 event, Div 4 K1 and had 1st, 2nd and 4th in the Div 4 C1 event. So for us it was a successful day.

The prize giving on the Sunday afternoon was especially nice with County Councillor Davies presenting the prizes. His welcoming speech was most encouraging to canoeists. The raffle was drawn at the prize giving. First prize was a brand new Nomad Extra - the gentleman who won it let out a tremendous roar. Other prizes included a spray deck, cag, BDH bottle, and a useful set of straps (which we won). It was nice to see a club make the effort to raise funds and also put something back into the sport.

Sunday evening we had the barbecue that we normally have on a Saturday and our usual game of mixed rugby (anyone can play). Casualties on this occasion were slight; one broken bra strap and one bruised shoulder.

Monday was 'Fun Day'. A super paddlers up course was erected and a sprint race and rolling competition were held. Despite the torrential rain 69 people attended both the sprint and Paddles Up. Lee Pearson came 1st in the Paddles Up with Karl Southall a close second (both Pool Hayes). Lee was one of the few people who hit the ball on his first try.

Richard Eaton of Pool Hayes was joint first in the rolling competition and won himself a Wild Water helmet.

The organisation of this 3 day event was terrific and enthusiasm never waned. Llandysul Paddlers should be congratulated on this their first slalom.

There was a large marquee and food was in continual supply. Felicity Berry and Joy Grace worked tremendously hard all weekend to keep

RESULTS

the beefburgers, bacon and egg rolls and coffee flowing. They were helped by youngsters from Llandysul.

Even the torrential rain on Monday afternoon whilst we were trying to pack 'floating' tents did not dampen the spirits of the youngsters we took to Llandysul - all said they would like to go again.

Well done Llandysul. We wish them all the best for the future.

Yours sincerely,
PAT SOUTHALL
Club Secretary

GRANDTULLY DIV. 1 AUGUST 1986

Much to everyone's surprise the course was up by lunchtime on Friday, giving the judges plenty of time to practice on the course. The course designed by Len Shackleton and slightly modified by Alan Edge was basically a straight-forward Grandtully course with one or two interesting moves in it.

Without being able to moan about the course not being up on time everyone complained at the state of the start list, can you ever win?

Onto Saturday and practice seemed to be going smoothly until the last judge down wrapped his boat around a rock at the top fall. This delayed the start for a short time while valiant but futile attempts were made to remove the boat. Colin Brown, so upset at the whole business jumped out of the front of the C2 leaving a very surprised Alan Meikle and a still stuck boat. Colin swam down the course and we pulled gate 9 out of the course for the team runs. Starting 20 minutes late the team runs went without any major hitches finishing on time.

At the end of the day a few intrepid individuals with throw lines managed to pull the two halves of the boat off the rock. This meant gate 9 went back in for Sunday, much to several peoples dismay. On Sunday everything went smoothly, including the weather, just as we had arranged it with Michael Fish.

In the K1M event the Simpson brothers dominated taking 1st and 2nd and winning the team event with Jimmy Gillies (did Jim fix this?) Maria Francis won the ladies event and was part of the winning ladies team. Gareth Marnot won the C1 event and was part of the winning Canadian team. Clough and Clough took the C2 first prize. Len Shackleton won the judges with Liz Sharman 1st lady judge, Fraser Gormal 1st Div 2 judge and Dave Saunderson 1st Div 4 judge.

Thanks to everyone for comming and special thanks to all who helped out.

K1M

- | | |
|-------------------|--------------|
| 1. Iain Simpson | Forth/Napier |
| 2. Stuart Simpson | B of A |
| 3. Greg Davies | Mold |

K1W

- | | |
|------------------|---------------|
| 1. Maria Francis | Staff & Stone |
| 2. Alison Strutt | Forth/Napier |
| 3. Alison Eyre | Windsor |

C1

- | | |
|------------------|-----------|
| 1. Gareth Marnot | Mansfield |
| 2. Simon Warden | Bath |
| 3. Andrew Clough | Mansfield |

C2

- | | |
|---------------------------|-----------|
| 1. Clough/Clough | Cambridge |
| 2. Walling/Walling | Whitmore |
| 3. Attenborough/Copestake | Midland |

TWEED SLALOM 1986

This is the third year that the Tweed Canoe Club has organised this event. The entry this year is th biggest that we have seen with entries from as far affield as Portsmouth and Ellon.

Water conditions were good compared with last year although some concern was evident among club members earlier in the week. The course was constructed in time for Friday evenings free practice session which made a pleasant change from last year when high water conditions prevented this from being so. A few minor adjustments were necessary on the Saturday morning then the competition started on time. It was good to see a reasonable turn out in the team and canadian events, but we feel that more paddlers could have fitted into this section of the start list. Any budding paddlers in the canadian events will be made more than welcome, so please come and compete next year — all you folks who kneel and use only one blade. Saturdays events went well finishing early enough to permit an early start to the Canoe Polo compition. Canoe Polo you' say? It is played on the pond which is quite close to the slalom site. It is the most entertaining such event we have seen in the three years it has been played. All competitors won a consolation packet of Polo's. Much credit must be given to all teams for very sporting play. The Broxburn team looked certain to do well since it boasted Mark Delany and other Scottish team paddlers, not so, they managed to come last scoring no goals at all. Bolden (English) managed rather better reaching the final against the Woodmill team. This Scotland - England game proved to be the most entertaining of the tournament with Woodmill eventually winning 5-1. All credit to the Bolden coach tho' who persisted in encouraging his team in a very emotional and verbal manner.

RESULTS

Sundays competition ran to time, no overnight flood like last year sweeping away some of the gates. Competition was keen in all of the events with some good times being recorded. People started to take a keen interest in the points being collected in respect of the Wildmoor Trophy. This being awarded to the club collecting most points during all the events. It was close with CRCC looking good but Tweed was always in it. When the final reconning came it was again Tweed who won. Perhaps next year some other club will take this coveted trophy to be displayed in their club rooms for a year.

So to the last event of the weekend the judges. Needless to say the fastest times of the weekend were recorded here. George Spittal was first over all, but David Wright also recorded a good time (only 3 seconds behind George) to come second overall and beating a number of Prem/Div 1 paddlers.

Mention must also be made of the efforts of Tweed members, and parents etc. who put a great deal of effort into this event. It should never be forgotten that without the dedication of these people and others like them there would be no slalom events for paddlers to attend.

Well thank's to all who attended this year because without you, we would be wasting a lot of time and effort putting on the event! . . . Hope to see you all next year along with all the rest of you who have not yet attended the Tweed Slalom. BYE FOR NOW!!

Organiser — Jim Buchan

NOV C1

1. G. Horn

Nov. C2

1. Brown/Bell

Nov. K1M

1. R. Priestley
2. K. McHugh
3. D. M. Thompson

Nov. K1L

1. M. Cameron

Div.4 C1

1. D. Wright

Div.4 C2

1. Moore/Spittal

Div.4 K1M

1. R. Dains
2. A. Parkinson
3. D. Pettigrew

Div.4 K1L

1. I. Douglas

FRENCH WEIR SLALOM 6th, 7th SEPTEMBER Div. N/o

An organisers nightmare happened at the beginning of this slalom. Along came the water board on Friday morning to open the sluice, to give some moving water, when the sluice jammed fully open. Most of the water above the weir shot out leaving a small trickle. The level dropped so much below the weir during the day that a large island formed, and the remaining water flowed out of the pool in a ten foot gap, out of a total 40yds width. After damming up the slalom steps, and reclosing the sluice, (they managed to fix it), the water reappeared over the weir at 18.00.

Most of the course went up, although the narrow gap caused problems, as the course is run in a rough semi-circle in the pool. At 11.00 p.m. in the pitch black, we gave up for the evening, to start again in the morning.

Saturday dawned, bleak, cold and grey. The scaffold we put up on the island, to act like a hub in a wheel, decided during the night to shift to a near collapse position. More scaffold was hurriedly brought in.

A new use for a supermarket trolley was found. It was suspended from the scaffold, filled with sandbags, to anchor the scaffold down. This system worked perfectly all weekend.

During the night the pool filled with water, and the large island became smaller, but as the course was designed around the ten foot gap, it was decided to leave it like that. This proved to be a hasty decision, with only one boat on the course during the slower events, and thus making the event run late.

The event started on time, the water board opened the sluice, an hour before the start for official practice, with the resultant moving water changing the course to one of challenge.

Only 5 teams entered each of the open and novice events. The judges were entertained by the football on the radio which was being picked up by the head sets, as well as the canoeing on the course.

Sunday dawned a bright sunny day. Breakfast or the aroma of breakfast awoke most people at 08.00. The scaffold had behaved itself over night, and the level of water had continued to rise, back to its near normal level. The water board opened the sluice. Keen paddlers practiced, others drank tea and coffee. Indeed summer this year was one Sunday in September.

The course proved to test the novices and the open alike, with turns and sprints. The open sluice set up eddies and whirl pools. Most of the water was moving slowly in one direction or another, and both ways in some gates. Only one clear run was gained during the novice event and only ten in the open event. In the judges event and the novices event, one paddler gained a massive 750 penalties by going through gate 18 before going through 4 to the amusement of those watching.

Prizes of large china pots, of local red clay, made by a local potter were given.

Even though we had a few problems with the event, and a low number entered, approx a total of 60, the event turned out to be well run, and the competitors friendly and considerate and a credit to the sport.

Nov C1

1. G. Lock

Nov C2

1. Lock/Misson

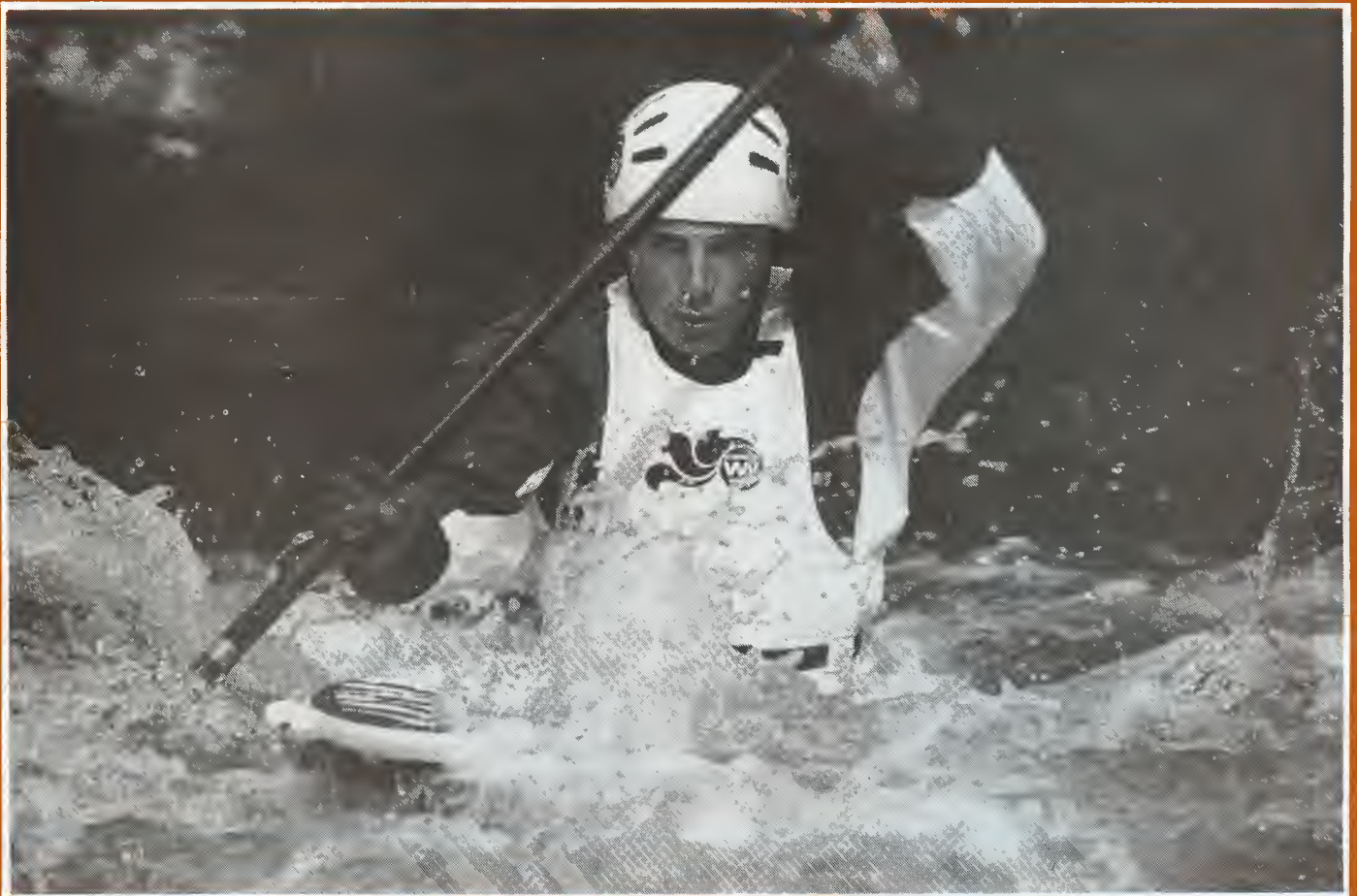
Nov K1

1. I. Williams
2. P. Barrett
3. T. Maud

Nov K1L

1. M. Douding
2. J. Gamm
3. K. Berry

The Name of The Game



R. Fox World Champion.

**WILD
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WATER**

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