

OCTOBER 1985

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CONTENTS



Stafford and Stone Inter-Club Champions —
See inside back cover. Photo - Tony Tickle

SPECIAL FEATURES

PAGE

- 6 Training for the New Rules
- 11 How They Train - Jim Jayes
- 15 Focus on Tasmania
- 19 Sowerby Bridge Canoe Festival
- 20 Alan Edge - Profile of a Coach

NEXT ISSUE

- A Guide To Fitting Out Boats
- Staying On Top of Winter Workouts
- How They Train - Martyn Hedges

REGULAR FEATURES

PAGE

- 2 From The Editor
- 4 **FEEDBACK**
- 9 Opinion - Roger Annan
- 17 Canadian Corner
- 22 Letters
- 24 Results

Canoe SLALOM

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Front Cover:
Team 'Forth'
at Cardington
Photo - Tony Tickle

EDITORIAL

This editorial starts with a warning via the Welsh Canoe Association, from the Llangollen Angling Association, — 'Following repeated encroachment on Llangollen Angling Association waters by Canoeists during the fishing season the association wish it to be made clear that they will ban all canoeing for a period of 12 months if this rogue canoeing does not stop' — in the interests of all of us, do **not** use the Dee except at the agreed times, and in the agreed places. Check first — if the Dee is lost as the result of a slalom paddler's transgression he will not be popular!

Still on a serious note, this issue of the magazine contains an article on the Premier/Division 1 split by Roger Annan. Please read it and think about it, and its implications. As a further point to note, if there is no split, then more than two thirds of the people who started the season in Division 1 will be demoted just to restore the division to manageable proportions. It is clear something must be done, and to me the major question is centred on how large a premier division we would want. It would seem that an elite division, and the holding of events on Saturday promote healthy competition and are good practice internationally. My own view is that premier should stay small - perhaps 70 K1, 25 Ladies, 15 C1, 10 C2 for a total of 120 paddlers, allowing events to be run on Saturday with possible free access or a 2nd event, held on Sunday. Otherwise there is not point in having premier. We may as well call it Division 1, and demote lots of people to Division 2. Your views on this thorny question will be much appreciated by Mike Crosbee (address in yearbook) who is putting a paper together.

In the letters section a missive from Canoe Focus is printed. As all the independent canoeing prints have attacked the content of Focus recently, we have decided that we must really find out what our readers think, and to get it on paper to present to Focus. So please fill out the enclosed slip and return it to Stuart Fisher. Too many people have indicated a dissatisfaction with Focus, yet it is difficult to convince people without the evidence in writing.

The Nomad Inter Club Championships was a roaring success, marred only by the irresponsible behaviour of a number of Canadian paddlers who threw a member of the popular canoeing press into the river. Such behaviour only downgrades our sport, (and Mick Berwick says he'll defend me next time!) For a report on the event see the results section.

The Championship was run according to the proposed Division 2 - Novice new rules.

The proposed new rules for Division 2 to Novice differ in a few respects. The most striking points being the inclusion of compulsory reverse gates and the retention of the 5 sec penalty per pole rule rather than the ICF change to 5 sec penalty per gate (one or both poles). A meeting at the Inter-Club Championships saw some interesting debate on the subject of two sets of rules for our sport. Many people argued for the retention of reverse gates at lower level slaloms suggesting that this was one way of helping paddlers to learn the specific reverse techniques that would be useful on tough courses at a higher level. It was pointed out that much of the interest in flat water slalom courses would be removed if reverse gates disappear since almost every gate would be possible, and faster, paddling forwards.

The arguments in favour of one set of rules appear more logical. Firstly, one set of rules means one sport of slalom in this country and no confusion. No problem with paddlers and judges adapting from one slalom to another; no problems explaining the sport to the media. No problems for coaches teaching different skills to one set of paddlers who have to show correct reverse presentation on some gates, and another set for whom the objective is simply to pass through each gate in the fastest possible way.

Think carefully, the ICF rules are here to stay for at least 4 years. They cannot be changed. One set of rules for all divisions would mean that every paddler is in touch with the sport at the top level. As new techniques can be passed on down the line to paddlers in lower divisions. The truth is there will be no loss in skill. Only a change in skill. Isn't it better that everyone changes their skill together?

If every division adopts the same set of rules for 1986 and guidelines for course design are issued to organising clubs the sport can advance in a unified way. If the ICF new rules are acceptable to the lower divisions after a year of experiment then there is no need for further change. If, on the other hand, the proposed alterations to the ICF rules are implemented for Division 2 to novice we will have to face renewed debate this time next year and face the possibility of reversing the decision. Isn't that a waste of everyone's time?

Slalom magazine by dint of much effort and expense, have obtained an exclusive interview with the new contender in the Lowenbrau 500 series. We found the future heavyweight prospect in the car park at Hambledon just before his run and asked for his prediction as to the result. He replied "Well Harry, I'm not Mohammed Ali, I'm just going to win it!" Afterwards he declared himself to be "over the moon", though a few cans of the aforementioned lager led him to claim he was as "sick as a parrot". His bank manager is watching future races with interest. Seriously the two Lowenbrau races held at slalom sites were fun, successful and the use of venues where both halves of white water canoeing can meet is something that has been missed since the executives split in 1977. Whilst the fast racers are there to win, there's room for everyone to try it and enjoy a can of free Lowenbrau, so come along and try your hand.

Joe Lyons

MIKE JONES RALLY 7 - 8 DECEMBER 1985

This fun packed weekend will again be based at Llangollan. Touring on the River Dee will be available, and also possibly on the River Tryweryn should water levels allow. The usual competitions, film shows, videos and lectures add to an excellent weekend.

Tickets this year will be £2.50 per person fully inclusive of camping, tours, lectures etc. Broadsheet and advance stickers are available from 1 November - 25 November by post from M J Rally Ticket Office, 18 Temple Street, Padfield, Hadfield, Hyde, Cheshire SK14 7EX. Please enclose SAE. Cheques payable to M J Rally.

All other enquires to M J Rally Secretary, 125 Hook Rise South, Tolworth, Surbiton, Surrey.

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FEEDBACK NEWS & INFO

WATER RELEASES

Welsh Water have confirmed that only weekday releases will be made on the river Tryweyn from mid October until mid January 1986 - thereafter weekend releases will be made. For further details and day to day variations in levels please call the answerphone service on 0678 520826.

PADDLES UP!

The BBC have released details of the viewing figures for 'Paddles Up'. The four programmes which went out in August each averaged more than 4 million viewers. That is good news for the future and plans are already being made for the 1986 competition. If you enjoyed watching 'Paddles Up' write to the producer, John Smith BBC TV, Pebble Mill, Birmingham and let him know. Gestures like that will go a long way.

SLALOM ENTRIES

The statistics for this year show a 5.4% overall increase in the number of slalom entries and that approximately 50% of paddlers are now under 16.

TEAM DINNER

The Bi-Annual Team Dinner Dance will be held at the Chestnuts Hotel, Radcliffe-on-Trent on Saturday, 30th November. Anyone is welcome to purchase tickets at £10 from Sue Wharton and to enjoy an evening of fun and frivolity with the team members and their friends.

VACANCY

Sue Wharton had an overwhelming response to our advert for a Division 3 bib issue officer, but sadly no-one wanted to take on the job of Division 4 ranking list compiler — maybe all that computer jargon put you off. Don't worry everyone else in the sport gets a long way on ignorance so if you're out there and want to help compile Division 4 results please get in touch with Sue Wharton on Preston 4579.

AGM MOTIONS

Motions and nominations of officials must be made to Roger Fox, 3 Moreton Avenue, Harpenden, Herts. XL5 2EU before October 30th.

Youth Development Scheme

To be involved in winter training during 1985/86 you must be:

Youth or Junior and in Division 1, 2 or 3.

COST

The cost will be £45 for 3 weekends (£15 per week, but you must enrol for all 3).

WHERE WILL THE TRAINING BE?

You will be allocated to the nearest training group to your home (providing space is available):

COACHING:

Coaching will be in groups of six with one coach per group. You should have two sessions per day during the weekend. You should be provided with a short written account after your weekend.

WHAT MUST YOU PROVIDE?

2 gates (to a standard design - the design will be sent to you)

1 100m terylene.

These must be brought to all the training sessions. Failure to do so may mean you will not be able to paddle.

Your normal canoeing gear (B.C.U. Safety Measures: Rule 23 will be observed)

DATES OF THE WEEKENDS:

Provisional 9/10 Nov. 1985; 21/22 Dec. 1985; 15/16 Feb. 1986.

If you are interested, then please complete the attached sheet and return it to me as soon as possible.

D. Morgan
Youth Training Co-ordinator

WANTED

British Team Support Personnel. If you have an interest in helping the British Team at training weekends or international events and training camps please contact Alan Edge 25 Crawshaw Avenue, Pudsey, West Yorks 0532 550054, or Roger Annan, 20 Marford Way, Eastcote Ruislip, Middlesex tel 01 866 3694. Help is needed in the following areas: video technicians and operators, assistant coaches to help with timing etc, drivers, boat repairers, plus lots of general assistance in just about every area. Go straight to the top and become part of the winning team for Bourg 1987 and Savage River 1989!

NEWS & INFO

CRYSTAL PALACE

INDOOR POOL SLALOM 1986

Regional organisers have booked pools for the regional heats of this competition which take place between November 1985 and early January 1986. This is the first and foremost event to be enjoyed by all regional paddlers, so if you do slalom, have a go, meet your fellow competitors from other divisions and make this a good event for your region.

Any member of the BCU/WCA/SCA is eligible. Entry cards with the appropriate fees should be sent to your regional representatives who will send details of your event. Fees will be £3 senior, £2.50 Youth and Junior.

EAST

Jim Croft, 12 Holmscroft Road, Luton, Beds

EAST MIDLANDS

Mr N J Mitchell, 126 Reginald Rd South, Chaddesden, Derby. VENUE: Derby City Rec Centre, Queens St, Derby Jan 25th 6.00

LONDON AND SOUTH EAST

Guy Baker, c/o BCU Headquarters, Flexel House, 45/47 High Street, Addestone, Weybridge, Surrey or Vince Lamph, Flat 6, 36 Manor Road, Beckenham

NORTH

Liz Savage, The Cottage, Birch Road, Ambleside, Cumbria. VENUE: Dolphin Centre, Darlington. Sat Nov 23, Start 5.00 prompt

NORTH WEST

Harry Bowles, 46 Kings Road, Cheadle Hulme, Cheshire. VENUE: Bury Baths, Sunday Nov 17

SOUTH

Kevin Nutt, 14 Coldicutt St, Caversham, Reading

SOUTH WEST

Tony Cox, Windrush, Stanshalls Lane, Felton, Avon. VENUE: Filwood Baths, Knowle, Bristol. Sat Dec 14. 6.00

WEST MIDLANDS

Beverley Jones, 51 Pippin Ave, Homer Hill, Halesowen. VENUE: Halesowen Pool, Sat Jan 11, Prac 6.00 start 7.00

YORKS/HUMERSIDE

Norah Small, 3 Manor Close, Bramhope, Leeds

WALES

Steve Price c/o Roger Hayward, Pen y Bont, Corwen, Clwyd

SCOTLAND

Jim Macpherson, 29 Bridge St, Selkirk, TD7 5BS

SLALOM COURSE UNDERWAY

Holme Pierrepont slalom course is underway. The first sod of earth was cleared on 23 September at the official launch. There is still a long way to go, of course, but the main thing is, folks - something is happening!

KENT OPEN SLALOM CHAMPIONSHIP YALDING WEIR 2 - 3 NOVEMBER 1985

UNDER THE NEW ICF SLALOM RULES FOR PREMIER & DIV I, EVENTS FOR 1986

SATURDAY

TEAMS, BAR-B-CUE, FIREWORKS DISPLAY & BONFIRE, BRING YOUR OWN FIREWORKS (NO BANGERS) ALL FIREWORKS WILL BE LET OFF AT A GIVEN TIME & PLACE AT THE CAMPSITE.

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Training For The New Rules Alan Edge

NEW RULES - SOME THOUGHTS ON HOW THEY WILL AFFECT OUR SPORT. BY ALAN EDGE - NATIONAL SLALOM COACH

Here are some initial thoughts on how the new slalom rules, due to start in 1986, might affect the nature of canoe slalom and thus the preparation for it.

The main changes

- 1 All gates either upstream or downstream (no specified reverses)
- 2 A minimum of 6 upstream gates
- 3 A maximum 25 gates overall
- 4 Poles a minimum of 15 cms above the water
- 5 Only one "5" at risk on each gate
- 6 A gate is live until the next in sequence is started
- 7 The "body" is defined as the head rather than the shoulders.

These are the main differences pertinent to this article, however, as a paddler or coach you should study the full set carefully. I will take each of the above areas and look at its probable effect.

1 Breakouts and staggers will stay basically the same. There could however be more breakouts as course designers attempt to ensure a reasonable running time.

2 I have made the assumption that designers will attempt to force paddlers into using reverse manoeuvres. This however may vary from slalom to slalom. Forcing reverses can be done in 3 main ways

- a By use of current, flow and eddies (and maybe rocks)
- b By the angling of gates to make a direct line more difficult
- c By the use of tight approach/exit gates to control the boat's "Line" very precisely.

The aim of the designer in all of the above should be to make a paddler consider a reverse downstream move as being faster, safer or both.

3 Some of our flatter courses, especially in low water, will be decidedly lacking in natural characteristics (ie flow)

to force any reverse moves at all. With only 25 gates allowable this may bring some of the MKI times down into the 140-150 ranges. Remember length is 600 m down the middle of river.

4 Higher poles combined with only one "5" possible per gate will have the following effects:-

- a More clear runs thus placing more emphasis on speed of running time.
- b Tighter routes can be taken more safely.
- c This in turn may lead to new stroke combinations and probably new boat design.
- d Having taken a "5" on a gate, paddlers must be ready for a speedy exit, hitting the other pole if necessary. Remember it is only the head that needs to go round the pole. This could well benefit C2's on gates where the bodies are not both going to get through.

5 The gate will be 'live' all the way round so paddlers must be generally neater - especially going back past an upstream and with the top blade on tight exists.

6 The head is now the "body" as opposed to the shoulders. This makes things easier for the judges but unfortunately brings back the Big "5". From the paddlers point of view it will be more possible to retrieve a 'lost cause' with a desperate lunge - especially with the higher poles.

WHAT THE NEW RULES MEAN FOR COACHES

i Shorter courses may mean a trend towards more anaerobic contents in training. Speedwork and achieving a higher tolerance of lactate build-up during gatework will become more of a priority. Paddlers may well be required to experience 'Oxygen debt' (and to endure it without a drop in quality) more frequently than before. We may in fact start to question the basic notion of endurance in the winter and a gradual build-up to speedwork as the season nears. What would be the result of a totally

anaerobic preparation from say, December???

- ii The possible increase in the number of breakouts would require an increase in strengthwork/power training in boat and on bank.
- iii Certain manoeuvres might assume greater importance eg
 - the pirouette
 - the spin
 - the sideways bow-draw under both poles at the same time
 - reverse paddling ie two consecutive reverses
 - the forward downstream gate in an eddy
 - the "spraycover" breakout
 - weight transfer from stern to bow, to make sneaking and pirouetting on the spot, easier and faster
 - maintaining your line in difficult and tight situations in other words - not over-turning.
- iv There will be a considerable amount of choice on the best way to do certain sequences. Far more so than before eg

All the above variations may be viable, depending on spacing, water conditions, pole height etc. Consequently splits and feedback will be far more important on practice/1st runs.

- v The main problem will be setting up these new manoeuvres on a flat water training site. Obviously as a coach you will have to be very firm about (a) when you want a certain technique to be practiced/learnt, and (b) when you want the paddler to paddle the fastest route in those conditions. We must be very careful of pole height. In the past, high poles have tended to produce fast, but lazy/sloppy technique. However, with the new 15 cm rule, having poles too low could result in slow, cautious technique.

We must expect boats, strokes and routes to change over the next two years. To maintain our position we should be doing the changing! Whether or not we agree with them, the new rules are with us. Division 2 to novice may be having some compulsory reverse gates (so that they learn and use the techniques) but the rest of the rules will be basically the same. so whatever your position is, let's take the new rules seriously and think..... faster and cleaner.

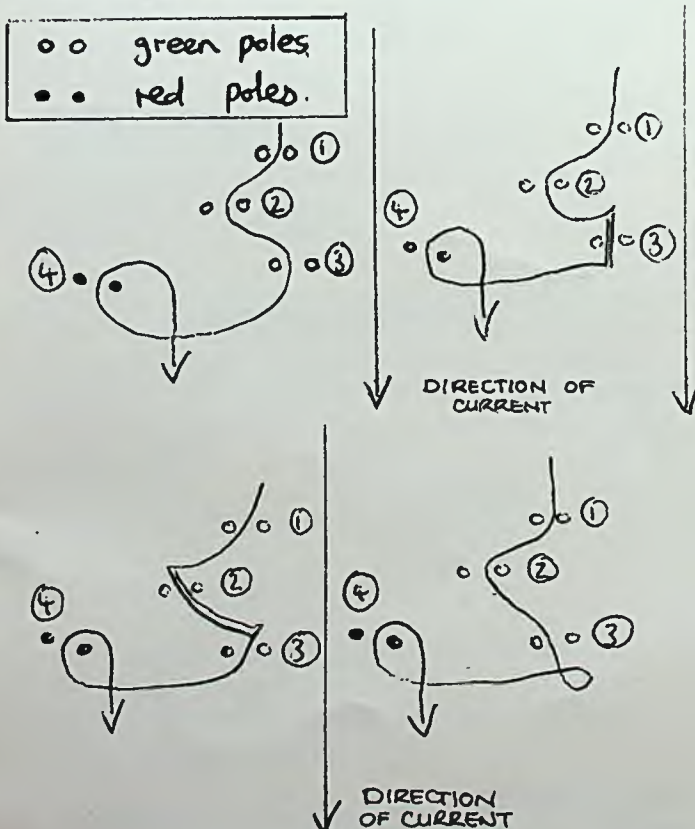
See page 8 for sequence diagrams.

International New Rules Slaloms will take place on the Serpents Tail on Thursday October 24th and at Llangollen on October 26/27.

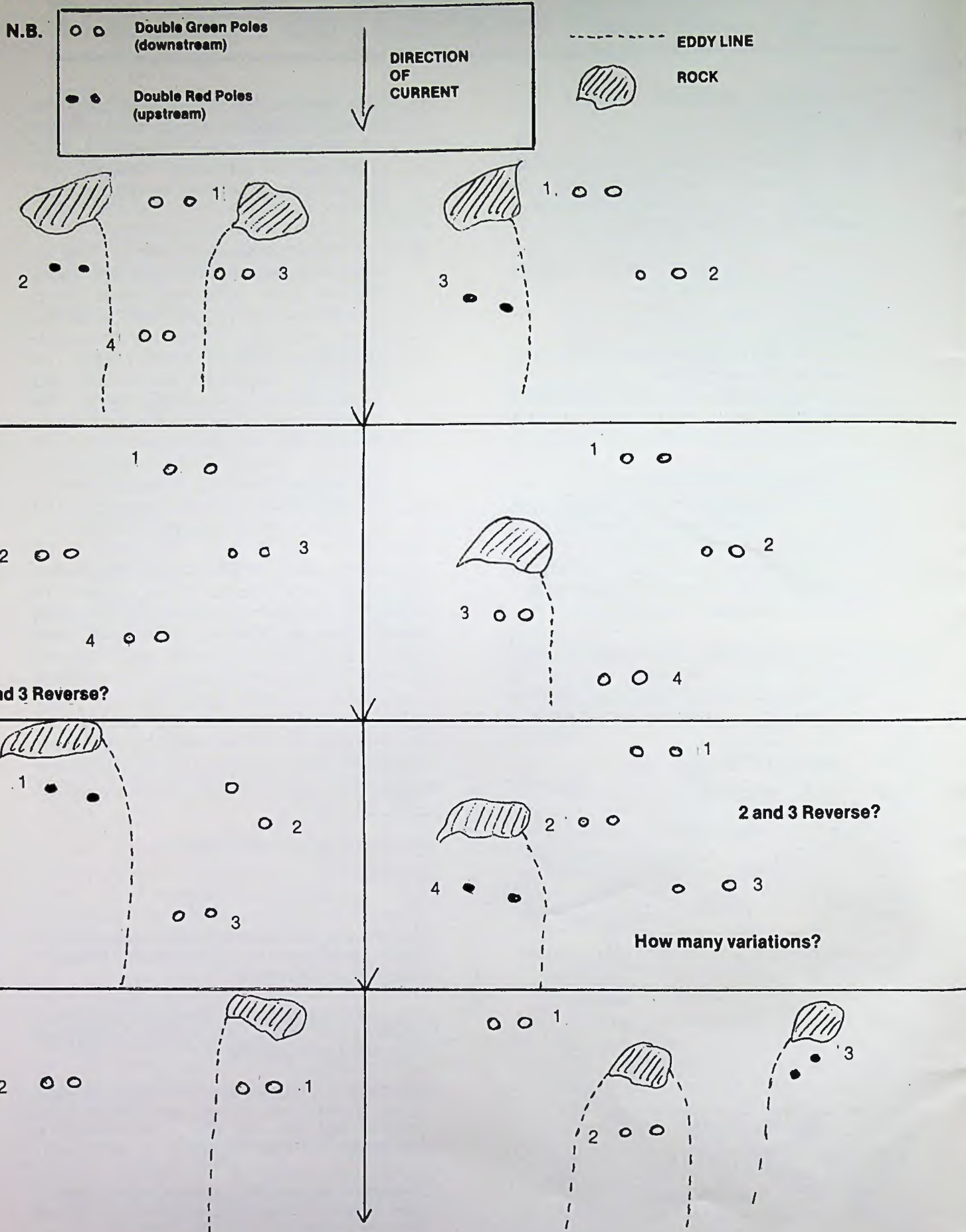
At a slightly lower level a New Rules open event will be held at Yalding Weir in Kent on November 2/3 — for details see page 5.

The Slalom Committee AGM will debate the issue of two separate sets of rules (one for Div. 1 and Premier and one for Div. 2 to Novice) at Nottingham on November 30th.

If you have strong feelings about the new sets of rules or just a general interest why not drop in at the AGM and let your views be heard.



SEQUENCES TO EXPECT, AND THEREFORE TO PRACTICE.



TRY TO THINK OF ALL THE POSSIBLE VARIATIONS. YOU WILL HAVE TO BE PREPARED TO DECIDE WHICH ARE BEST!

OPINION Roger Annan

SPLITTING PREMIER AND DIV 1

NOW? NEXT YEAR? OR NEVER?

First - some history

In November 1977 the slalom and water committee split and the current constitution was adopted. At the same time the premier division section of division one was created in the kayak mens' class to allow international type competition at our top events. Since then premier divisions have been added to all divisions with C1 and C2 this season.

In 1977 there were 597 paddlers (in all classes) in 1st and 2nd divisions (division A for Canadians). Of these roughly 260 were ranked for 1978 in premier men (51) and division one (all classes) after allowing for the Canadian structure of the time (44%). At the beginning of this season 942 competitors were ranked in premier, first and second divisions with 333 in premier and division one (35%). Yes! - you were right - it is getting progressively harder to get into Division one.

It's also getting harder to stay there - if we continue as we are for next season the Executive will have to demote about half of all those paddlers who started the season in Division One to allow for any promotions on year ending and to give the organisers any chance of coping towards the end of the season. If you look at total numbers in slalom (now nearly 6000) the position is even worse - the top quality event and water is being restricted to an ever decreasing minority of participants. Of course you can go to judges events (in the dark sometimes!) and even if you're in the top divisions there's no chance of practising on some of our most exciting sites as the event grinds on relentlessly throughout the weekend.

What's to be done?

Well we can leave it as it is and say that we want to restrict the top end - that makes it more worth while when you arrive some would say.

The alternative is to split the divisions. But this will only be any use if Division

One does not lose its standards. Division One must retain good sites, difficult water and full judging, timing and organisational back-up if we are to claim to have solved the problem. But have we the sites?

Holme Pierrepont will be available in the autumn and all year in 1987. There is more water availability on the Tryweryn. Grandtully (lease permitting) is being developed as the Scottish National Site. The Town and Tail could be used simultaneously. There's other Division one water about - the Awe with a release; other rivers with modification; some would argue other Thames weirs.

But have we the organisers?

We don't know - Shrewsbury ran their first ever Division One this year. Some of the bigger clubs could do more. Event organisation on Tryweryn and Holme Pierrepont should be easy. There is to be a competitions committee set up. But these will only work if Clubs and, even more important, Organisers come forward.

What about judges? What about fixture congestion? What about equipment? What about...?

There may be some more 'what about's' - if you know of any let Mike Crosbee know. A consultative document was sent out with the last 'Slalom Magazine'. This issue will contain an update of that paper. It's only a suggestion. There are lots of details yet to be worked out - can we run two competitions in one weekend - in Premier? - in Division one?? can we...? Final proposals for the AGM will come out in early November. Please discuss them and make sure your representatives know your feelings.

But, don't forget:


What happens to stagnant organisations? We've still got to provide competitions for all these paddlers even if it is at a lower level. I am quite clear in my own mind - we have to do something for 1986 or everyone, and particularly the competitors, will lose a lot of what they get out of the sport at present.

Roger Annan Chairman 22 September 1985


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How They Train - Jimmy Jayes

JIM JAYES - AGE 27

I started canoeing aged 11 with the scouts and a year later at school, until I was 16. Most of the latter part of that time I spent training and competing at swimming, cycling and LD canoeing, all to about an equal degree. I will perhaps return to the LD racing at some point.

Coaching

While training for swimming I got used to the idea of regular workouts. At school the swimming instructor pushed some of us quite hard and for a long time we were doing 2-3 sessions a day. Training for canoeing was a lot easier after that. Maurice Scally took me to my first slalom at Peterborough in which I was 2nd. I was promoted to Div 1 fairly quickly. At my first Div 1 event, I came 64th which came as a big blow, I thought I had a good run. It showed me I had a lot to learn.

My main coaching now is done by Hugh Mantle at GB squad weekends and at national and international events. I use video to a certain extent for self analysis. But I will listen to anybody who has some idea of what it is all about.

I am mainly based at Shepperton for the main part of my winter training. In the summer I like to spend as much time as possible doing events and training at different venues.

Contrary to most people's ideas I spend comparatively little time training on Thames weirs. But the weirs are good if used well. The boils and surges that are sometimes complained about are also very common on some of the bigger water river events. Most of my winter training time I spend on two fast flowing streams close to where I live. These are good, not least of all because you don't get as wet as on their weir, which is important in December, January and February.

Since November 1983, I have been in full time training. Up until then I did not believe I could survive without a job. I had a lot of problems trying to find the time to train, in the end I needed the time

more than the money. For a long time I did not even know how I would get to events in this country and even if I did make the team, where would I find the money to pay for the trip. I was in this constant dilemma up until Easter this year, when I received sponsorship from Nomad Canoes, who now cover most of my competition and training expenses.

Winter training

Monday's, Wednesday's and Friday's

8-8.45 am. Swimming. Mainly interval training and a lot of time trials.
9 am. Breakfast.

10.30am 45-60 mins. Paddling session. Nov-Jan mainly skill and O2 session (aerobic). Lactic (Anaerobic) 6-8 weeks before events and during the first part of O2 sessions.

12 noon. Lunch.

1-2 pm. Possible sleep.

2.30 pm. Paddling Session O2/Skill work.

4.00 pm. Weight session, Elmbridge leisure centre. Nov-Jan. Heavy low reps to max weights. Jan onwards become more like circuit training.

Tuesday's and Thursday's

9 am. Sometimes a 10-15 min run and stretching. Paddling sessions 10.30 am and 2.30 pm.

I usually paddle at these times because it's too cold earlier or later.

6 pm. Circuits Richmond C C. Run 30 mins. 30 mins 3 laps light circuit B Group.

7 pm. Heavy circuit with sprint team training squad.

Working progressively from November to February. Early on we do exercises 30 sec on 30 off. By the end of February we are on 2 min on each exercise with no rests.

Every session is different. Home by 9 pm.

How They Train

Weekends

If I am going away for the weekend Friday's weight session is usually dropped.

1 Either;; on a training weekend with the National training squad.

2 Training away by myself or at home.

3 Doing minor events.

Richmond Circuits

I find these sessions great motivation for the rest of my training. As these circuits session bring me into contact with others who are training for canoeing. If it was not for these sessions during the winter I think I would start to feel very isolated.

Water work during the winter

50% I do alone (Summer 70%) Weights I do alone.

Swim with others.

Circuits in a group.

March onwards

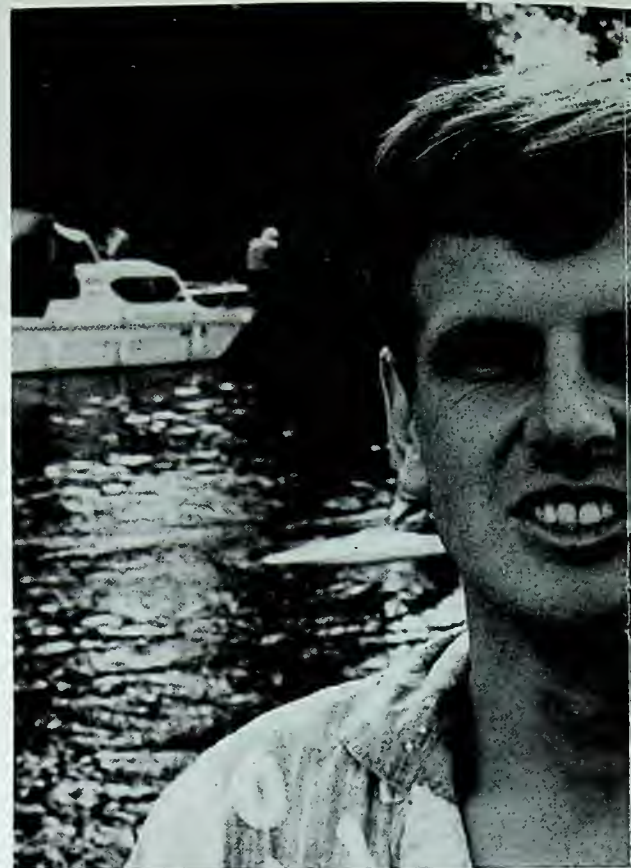
The transition throughout March from winter to summer programme is very gradual and depends alot on how soon selection races are.

Typical day

8-9 am 9 x 90 sec x 2 min rests Anerobic
3 courses plus 20 min skill work
concentrating very hard on boat
positioning and lines etc.

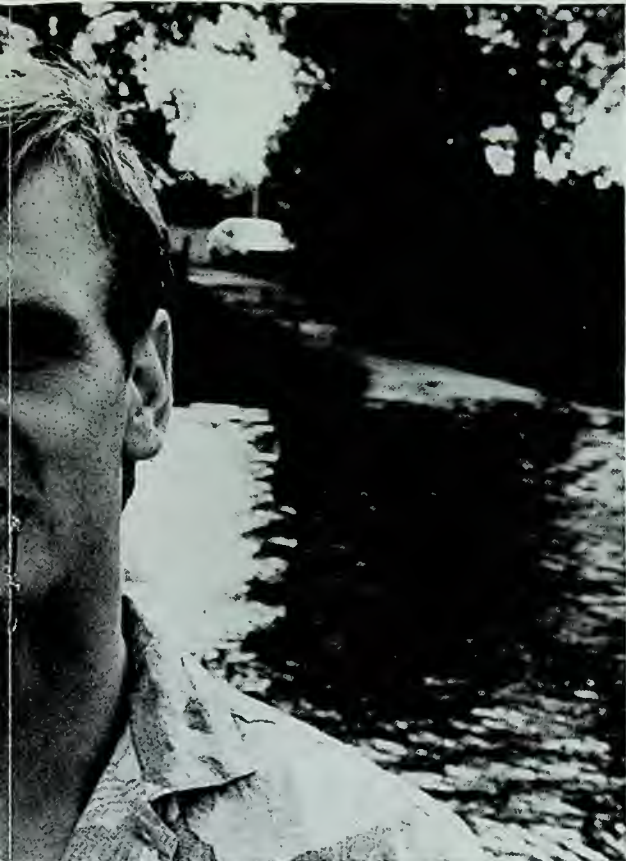
12-1 pm 6 x 180 sec course 3 mins rest.
O2

5-6 pm Usually very short courses 30-80 x
3 plus rests. This last session of the day
is usually on the Front weir at Shepperton
with other club members. On the short
courses, by the end of the day I push to be
the fastest. This session sometimes ends
with flat water interval trianing on an
Island circuit route to Walton and back,
only a few of us do this.



THE J J GRIMACEI

- Jimmy Jayes



After a few days of this I get very tired. I still try to maintain this routine, if things get really tough I substitute a work session for a light skill session. Days off are rare and are mainly due to illness or other very strong commitments. If I do have to go somewhere I try to do a session before I go then I don't loose so much if I can't get back until late.

Build up to major competitions

During training I always try to have something specific to work on technique wise. I try to have everything worked out by the end of the winter after that I try to work mainly on the physical development side of things. I also try to put time aside to have a think about my competition approach to particular events.

Physical. I work on aerobics O2 system 3-4 months before events. 6 sessions a week.

Doing slightly less aerobic work near competition to make time for other types of work.

Anerobic Lactic type of work. Half rest short or less courses. Starting 8 weeks prior to events.

ATP-CP very short sprint, under 15 sec, long rests. Starting 3 weeks prior to event.

Within this structure there is a great deal of overlap while doing these sessions. But its better than shooting in the dark.

Some sessions during this period are of a skill development nature but this is usually only done if I have a particular problem, ie recurring penalty.

Also leading up to major events I do alot of competition simulation runs ie (i) look at course, possibly set by someone else (ii) take practice run (iii) sort out any problems from bank (iv) 1st run (v) analyse run (iv) 2nd run.

This gives me a very strong indication of how I will paddle at a particular event.

I find it very easy to convince myself I am doing a high pressure competition run, so much so I really get nervous.



THE J J GRIMACE!

- Jimmy Jayes

At Augsburg this year I felt I could get a top 5 result. At earlier internationals I had convinced myself it was possible with my results. On the start line at the world's I was no more nervous than at any other event. The run went well until gate 17 on the zoom flume, I came down the fall hold onto a left hand stroke, I was not holding it in deep enough as I hit the jet I was pushed to the right, I countered this with a right hand sweep, but as I lent forward to sweep my shoulder passed underneath the red pole. I carried on unaware of the severity of what I had done. I crossed the line feeling good, until I was told I had a "50" on gate 17 it felt very similar to coming 64th in Div 1, an earlier experience.

For my second run I had recovered from this blow, only to get a presentation 50 on gate 3. I think I was trying a little too hard and cutting things too close.

This winter I will be going to Australia for their champ's and then onto Tasmania or New Zealand.

I was going to leave this trip until next year as preparation for the World's, but I really want to make sure that this different approach really works. It will probably mean doing a lot more paddling and less weights and circuits as in the past.

Favourite session includes:

Race simulation, full runs, in places where its easy to get back to the start. Serpents tail is great for this as I can use the canal to paddle back up. I don't mind the work at other sites if the water is good and if I'm pushing hard I need the rest.

LA Anerobic session

I just find the feeling of tightening up and not being able to go any faster a very strong challenge. I always get beat, but its good trying.

Paddling K1s doing anything.

Results

Winning Pool slalom at Crystal Place in 1981 showed me I could beat most people at something even if it was flat water.

Being placed 2nd to Fox at Hambledon in 1981. 4.5 secs faster but I had a 5.

Placing 2nd in the 1st selection race for the 1981 World's. I was 1st after 1st run but Fox came through. I've never really forgiven him. I came 11th in the 2nd selection placing me 5th overall only 4 get selected. But it showed me I was going to be there one day.

1985

Winning Grandtully selection event by 6 seconds.

Winning Trywern event by 7 seconds (both runs).

Winning Washburn event by 2 seconds (both runs).

Washburn was close. My 1st run was a mess. I needed to do alot of thinking before 2nd run. I had not been concentrating on the course, in fact I could remember where certain people were on the bank and you can't to worse than that.

By this time in my training I had gone back a little into more endurance type training in preparation of the world's, maybe I had lost a little speed through this. Also I was tending not to ease up for any event after selections which is usual for peaking for a big event. But none of this should have made me hit 2 poles as on my first run, it was my lack of concentration doing this. I sorted my mind out, 2nd run went well. I did not think it was good enough to win, in fact after that run I went straight into a team event training session on the lower part of the Washburn and I did not know my result until 2 hours later, a nice surprise.

After this the team had a trip to Czechoslovakia and at Liptosky I came 3rd in the first event and 4th overall. I had come 1st and 4th at events earlier in the year which was a confidence booster, but the field there was not as big or as good as in Liptosky, after this I had all the confidence I needed for the world's, may be some would say too much, but I think I was in the right frame of mind, I put just one stroke wrong!

That's the excitement, That's Slalom J J

From Tottenham to Tasmania - Where's That?

by Jon Males

FROM TOTTENHAM TO TASMANIA - WHERE'S THAT?

Readers of the August issue of Canoe Slalom may have reacted with puzzlement as they rotated their magazines to read of Nomad canoes further geographical limits. For those in the know, Tasmania is an island state of Australia (below Australia, left of New Zealand) which is basically covered in mountains and rivers. The population of nearly $\frac{1}{2}$ million is distributed mainly in the South East around Hobart, the capital city, and on the North and South West coasts.

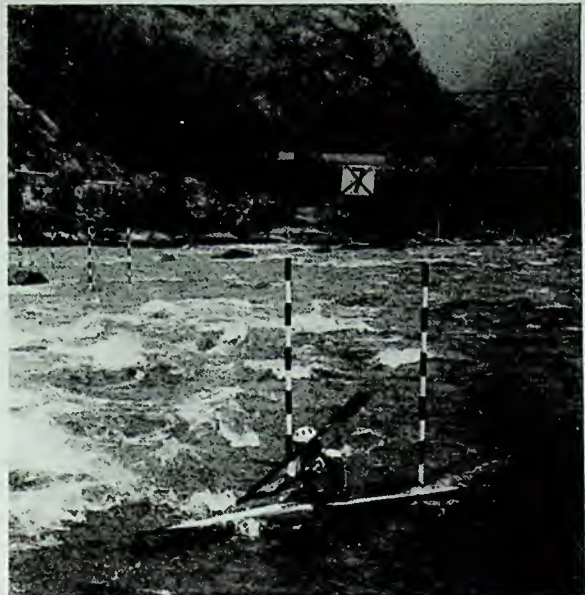
Tasmania's canoeing claim to fame is its abundance and variety of whitewater rivers. These flow mainly from April to November, but an extensive Hydro Electric System means there is good water year round. Most paddlers in Tasmania are involved in touring and recreational paddling, including a canoe polo system involving most High Schools and over one hundred and fifty students in the Hobart area.

There is also a small group of serious slalom paddlers, several of whom have moved to Tasmania from other parts of Australia to train. These include Lindsay Binning, Viv Golding, Robbie McGuinness and Jon Males.

The town of New Norfolk is the centre of slalom activities, situated on the Derwent River 30 minutes from Hobart. It boasts a forty gate recyclable grade 2-3 training site, the Broken Bridge close at hand, a good river for flatwater upstream endurance workouts, and gym facilities. All in all it is an ideal training venue - ask Richard Fox: who spent several weeks here last January.

On top of the excellent local facilities, there is also the Bardley Lake Slalom course, a little over an hour's drive away. This man-made course offers excellent whitewater training, and has facilities for permanent weirs.

There are one or two slalom courses in the Northwest, one a permanent 30 gate grade 1-2 course, and another located on the Mersey river in the same sector as has



JON MALES
(Australia)

Photo by Ewan White

been used for the Australian Downriver Racing Champs.

Most of the Australian slalom team have spent some time training in Tasmania, as it is the only place in Australia to offer good whitewater training year round, and the only place where an easily accessible course is always available. Several international paddlers have also visited to train - obviously the summer months from December to February are most popular as the temperature is usually in the mid to high 20s (c) and a swim is the usual way to cool off after a session.

Bill Endicott also visited in the summer of 84, his suggestions for improvements resulted in much of the work done since. Visiting paddlers are always welcome as we've found the infusion of fresh ideas always helps, and I'm sure most paddlers would prefer to be paddling good whitewater than sweating over a set of isokinetic machines through the normal winter!

Paddlers requiring more information should write to
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CANADIAN CORNER Pete Bell

A ROUND UP OF C1 DESIGNS

"Superbat"

Designed by Davey Hearn who used this boat to win the World's at Augsburg. Five of the top six C1 paddlers also used this design which although very low has a surprising amount of volume at the bow. All of these competitors are big guys but this boat can suit a small paddler too.

The gunwales have been "batted" reducing the effective width of the hull increasing straight line speed but at some cost of stability against the very secure Cudamax.

In the UK Gaybo build this design. They have the expertise to construct the most sophisticated layups and have a reputation for reliable quality. The choice of Britain's best C1 paddler.

"Cudamax"

The 1981 world's design from Davey Hearn and also built by Gaybo.

Very stable and predictable, and an excellent platform to work on when learning and gaining confidence.

Juraj Ontko of Czechoslovakia took 5th place at the World's in this design.

"Pro 84 C"

This boat is of continually evolving design, each month Bob Doman seems to be in an updated version. The performance is pretty good with "bat-wings" to increase forward speed and very thin tail to speed pivot turning. The boats I have tried were predominantly stern turning and very reactive if not smooth. Instability in the rough can be a problem with the wings causing some unpredictability. The bow tends to waver a bit (more than most boats) which must have a negative effect on speed and precision.

Nomad are obliging with making boats light and cheap, but if you want a stiff reliable boat it will have to be heavier than Nomad's minimum weights and you will have to say so when ordering.

"Spider"

A quite voluminous boat with friendly sound gunwales in the middle, stable and comfortable with a low rear deck. Frankly there are better designs around for racing or cruising even if you are quite heavy. Made by Arrowcraft who have an excellent reputation for good quality and keen prices.

"Ultra-Gil"

A poor French rip-off of the "Ultra-Max", not as good as the boat it copied. The gunwales have sharp edges but they do not really help turning, just aid you to a sudden capsize. Built by P & H.

"Gyra"

A boat with very low ends which reacts well. Quite successful in the low divisions but is easily swamped when the water gets heavier. Usual solid fair priced construction from North Shore.

"Switch II"

1982 design by Chris Lovelock of Krakatoa, now built by Fibre Tech in much improved quality of construction.

This boat does not easily do radical pivot turns but encourages the paddler to take smooth lines around the poles. An uncomplicated design which was very popular.

Les Williams raced this design at this year's World's and in big water he always looked to be in commanding control.

This boat is also good for cruising as it is fast forwards and glides better than most C1's.

"Ultra-Max"

1979 design from Davey Hearn dated a bit for competition as it is of relatively high volume. A good general boat, uncomplicated. The perception "Gyra-Max" roto moulded C1 is based on this design but this is unfortunately only on sale in the USA. "Gyra-Max" is an ideal C1 play-boat.

The Ultra-Max is available from Pyranha.

"Vortex"

Designed by Pyranha. (I must declare a bias for this boat as I raced this design at the World's.)

This boat has no wings, it is simple in form, predictable, responsive and particularly good on carving breakouts. It is however very small with less bow volume than the super-bat and hence some bigger paddlers have had difficulty with keeping the bow sufficiently above the water when on the rough.

Pyranha can build with the most sophisticated high performance constructions, but if that is what you want, you are likely to have to pay for it.

Arrowcraft now also have this design and their cost effective craftsmanship should see many more paddlers using this boat.

NOTES

Select the boat design most suitable for you by identifying a high ranked paddler of similar size to yourself, identify what boat he uses and his seating position, then copy it.

If you are new to paddling C1 on rough water instability will hinder progress of improvement. Thus choose a stable design. A second hand Gaybo "Cuda-max" is likely to be a beginner's best buy. Alternatively you may find a bargain "Ultra-Max" or "Switch".

Whether new or second-hand any boat needs to be watertight stiff and well fitted out.

NEXT ISSUE - FITTING OUT
CANADIANS

PADDLES

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The logo for MI Designs Ltd, featuring the lowercase letters 'mi' in a bold, stylized font. The 'i' has a dot that is a circle, and the letters are set against a dark, curved background that resembles a boat's hull or a wave.

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LLANGOLLEN IN YORKSHIRE

The comparisons are obvious: a slalom site right in the middle of the town, a bridge overflowing with spectators and the majority of Britain's top paddlers supporting the opening of what should prove to be a mecca for Slalom Paddlers in the North.

Yorkshire has its fair share of slalom sites but this one is different because it intends to offer facilities not yet found at any site in Yorkshire.

This site is approximately 25 miles from Manchester and 12 miles from Leeds.

The Sowerby Bridge Canoe Festival, hosted by Halifax Canoe Club was a huge success; Saturday was blessed with fine weather and the day's events included an open competition, featuring such paddlers as Gail Allen, Pet Bell, Melvyn Jones, Martyn Hedges, Jim Jayes, F.A.C. and Russ Smith who incidentally won the event. The Slalom was punctuated by various fun events, the raft race being won by the author, with balloons, streamers and an eyepatch, with his fellow members of the Sowerby Bridge Swimmers.

The work on the river was noticeable, the 400yd. stretch took in two weirs and three falls. In high water I would imagine that it would prove quite a test for the majority of paddlers. Access was very good, via a recently constructed gangway, egress was okay but some more work is needed there.

The enclosed area adjacent to the river was a hive of activity with side shows, brass bands, buskers and trade stands, with the locals outnumbering the canoeing fraternity at least two to one. The support from local traders, shops and restaurants was superb, the chip shop was excellent, until it caught fire on Saturday. The fire brigade soon had everything under control, although Len Smith's dinner was burned.

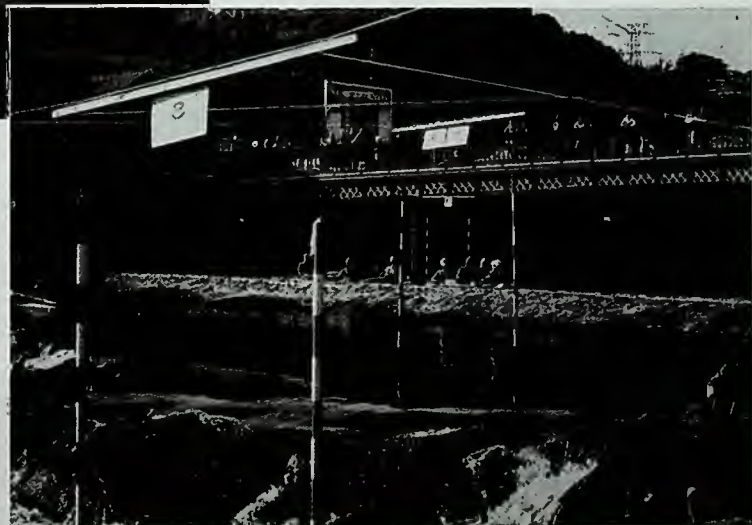
Plans for this site include a clubhouse for Halifax Canoe Club, showers, toilets, boat store and shop. I would like to take this opportunity to wish Halifax Canoe Club every success with this site and judging by this event it will be just that!

T. Tickle



Russ Smith winner of the Slalom,
Paddles Up and Grand Prix.
Photo - Tony Tickle

The Weir at Sowerby Bridge
Photo - Tony Tickle



ALAN EDGE - Profile of a Coach

Alan Edge takes on the new full time position of Director of slalom coaching this November. The need for a professional approach to the problem of organising coaching in this country has become apparent over recent years and few people would doubt Alan's credentials for the job. He is renowned for his hard working enthusiasm for the sport which has never waned since he first set foot in a canoe with his father back in 1964.

A few years later in a ripped off KW3 Alan embarked on his slalom career at West Tanfield. After a year in Division 3 he had an enjoyable season at several big water division two slaloms which prepared him for his onslaught in Division one. After this relatively steady start progress was quick and Alan recalls finishing 14th, 10th and 3rd in his first Division one events in 1970.

The following two years saw him compete for the British Youth team and, spurred on by the Olympics in 1972, he made the transition to the senior team in the following year.

Alan was part of a new era in K1 paddling. The great paddlers of the late 60s and early 70s were slowly giving way to a new younger breed. Names like Langford, Mitchell and Macleod were slowly replaced at the top of results lists by Calverley, Edge, Wain, Dolan, and Kerr. The British team changed its policy too. The big teams of the pre Olympic build up were replaced by a tight knit group of paddlers under the influence of Ken Langford. At the Skopje World Championships in 1975 there were 4 K1 men one lady and one C1 representing Britain.

Alan's objective was to finish inside the top 20. At that time the East Germans were formidable, the poles were very low and the best British boat the Vedel SS. "We expected Ray Calverley to win but he was off form on the day. Neither Nick Wain nor myself knew what to expect and so we were very pleased with our results". Nick was 7th and Alan 8th.

The following year saw Alan take his finals at Carnelgie and start his preparation for the Spittal Worlds. His

decision to go into full time training is something he still wonders about. He had the time to train but little money and so he was unable to travel to any great extent. Eventually the lack of preparation on good whitewater led to his downfall at Spittal, where he was unable to produce the consistency needed on a particular move and he collected 50 second penalties on both runs. "If the Worlds had been at Kirkstall I would have won" he said. And there is a moral here for many other paddlers to learn from.

Albert Kerr's victory that year made up for much of Alan's disappointment and in many ways spurred him on to improve. In fact his best period as a paddler came after 1972 once he had settled down with a job and regular advice from Pete Wakeling (now resident in Canada). He was joined in Leeds by Nicky Wain and Jim Dolan. The competitive atmosphere they generated benefitted Alan and led to his success at the end of the 1978 season when he tied on points with Nicky for the Championship. And in 1979 he was the only one of the trio to be selected for the Jonquiere World Championship.

That event stands out in Alan's memory for it was there that he overcame the pressure of 4 touches on the first team run to paddle clearly on the second run and help the K1 team to its first ever gold medal. "Although I had not achieved my ambition of an individual medal the team gold gave me a lot of satisfaction because we produced the result when it really mattered."

Alan is full of admiration for Albert Kerr who he describes as the best team paddler ever. He produced the consistency in the team event which was sadly lacking in individual performances although as Alan says, Albert's run at Spittal was the nearest thing he has seen to the Ultimate Run.

After a decade of top class competition, Alan finally hung up his paddles but was not absent from the slalom scene for long. He was offered the position of ladies team coach in 1982 and surprised many people by accepting. But Alan has enjoyed the job and the success which has come with it pointing out that "if you've got the technical input you can get results quite quickly with the ladies squad, especially if they are prepared to work hard, and our girls certainly are. They are immensely grateful too. You never feel like you're wasting your time."

While Alan's involvement with the National Team will continue on a voluntary basis he takes on the

professional task of structuring competition coaching throughout the country. The main focus of his coaching plan will be to resurrect the trainer and coach courses and to develop a system of coach education which can be effective within the club system. Initially this will involve making contacts with competitive clubs and establishing a regional coaching advisor to promote club coaching in each area.

Judging by his enthusiasm for coaching with Leeds Canoe Club, slalom schools and the British team there is no doubt that Alan will put as much effort and enthusiasm into the job as he will put into those gruelling training sessions at Leeds with Jim Dolan and co. R.F.

LÖWENBRAU 500

Final Round

RIVER DART, ASHBURTON, DEVON
SATURDAY 16 NOVEMBER 1985

To assist the race organisation and television South West in the coverage of 'The Final' the competitors who hold the top ten positions in each of the championship classes will be drawn together and seeded with the leader in each class to start last in their respective section. All other competitors will be asked to race before the finalists and in bib number order.

The timetable will be as follows:

09.00 - 11.00

Lowenbrau Registration and Practice
(Beside the finish line in the River Dart Country Club)

10.00 - 13.15 'Team' River Race

(Different upstream section of the Dart)

12.00 - 13.15 Start - Lowenbrau 500

13.30 - 13.55 Junior Final - Top 10

14.20 - 14.45 Youth Final - Top 10

14.45 - 15.10 Mens Final - Top 10

15.20 Awards Ceremony
(In Finish Area)

Notes:

- 1 There will be a briefing for all finalists at 1.00 p.m. beside the finish line.
2. The 30' television programme will be shown on TSW during the following afternoon (Sunday 17 November) time to be arranged.

Transmission details for other ITV regions are not known at this time.

3. The courses for the 'Team' River Race and the Lowenbrau 500 are on different sections of the Dart. Therefore Lowenbrau practice will be possible between 09.00 and 11.30. The 500 course is inside the River Dart Country Club.

4. As guests of the River Dart Country Club please treat their property with respect. Use the one way system, park as requested and please help the marshalls of the Bristol University Canoe Club.

Mens points after race 3

1. J. Lyons	50
2. J. Morris	42
3. A. Bayliss	37
4. N. Stamps (Y)	29
5. J. Dolan	27

Ladies Points

1. C. Berry	45
A. Plant	45
3. S. Farnden	34
4. C. Helm	32
5. A. Hall	25

Race 4 will take place on the Washburn on Saturday 19th October. Race 5 will be on the Serpents Tail on November 9th.

The Championship is still wide open because the best three results of a competitor count. One of these results must be from race 6 on the River Dart on November 16th which counts for double points. First prize is £300 worth of canoeing equipment.

LETTERS

Dear Editor,

Opening my latest copy of Slalom Magazine I was amazed to read the second half of an editorial which was completely misleading and incorrect.

Over the past few years Canoe Focus has attempted to improve the information service to members and has aimed to offer a broad spectrum of canoeing. This policy must be correct as we have seen 'Canoeist' change from a specialist whitewater magazine to a similar format. Canoe Focus appreciates that it can never cover, nor would want to, the specialist interest served by such publications as Slalom Magazine, Beach Break, etc., and if fact advertises freely these publications in each edition.

Slalom Magazine states that Canoe Focus advertising rates are incredibly expensive which is suprising as they actually work out considerably less per copy than any other canoeing publication. They also state that the cost of the magazine is 'driving up the cost of membership'. True, the cost to each member **per year** in 1986 for Canoe Focus will be around 17p instead of the 15p in 1985. Must be good value — its almost self supporting. However, by offering an option to members it would save each member a little if they did not want the magazine and be prohibitively expensive for those who did.

You also state that members do not get a lot out of Focus - however, they did get the Slalom World Championships article six weeks before Slalom Magazine, which was covered by you on ten pages in a magazine of 28 pages with seven pages of advertising (a bit over the top).

Slalom Magazine seems to be catering more and more for the elite and not considering the 6000 plus normal slalomist. The BCU canoeing publications should get together and cater for **all** canoeists instead of attempting to outshine each other.

Yours faithfully,


BRIAN JAMES
BCU Administrator

74 Fareham Park Road,
Fareham,
Hampshire. PO15 6LN

Dear Editor

Having attended my first Slalom AGM last year I was disgusted at the representation of Clubs. There were only half a dozen paddlers themselves in attendance. If you want your views known particularly in connection with the new ICF rules and splitting of divisions etc known to the Slalom Executive **PLEASE PASS YOUR VIEWS TO YOUR CLUB REPRESENTATIVE** who holds the votes for your club at the AGM and ensure he attends and airs your views. **DON'T LET THE 'Old Foggies' run your sport and then complain later. NOW IS THE TIME FOR ACTION WITHIN YOUR CLUB AND YOUR SPORT**

Myrna Arrowsmith



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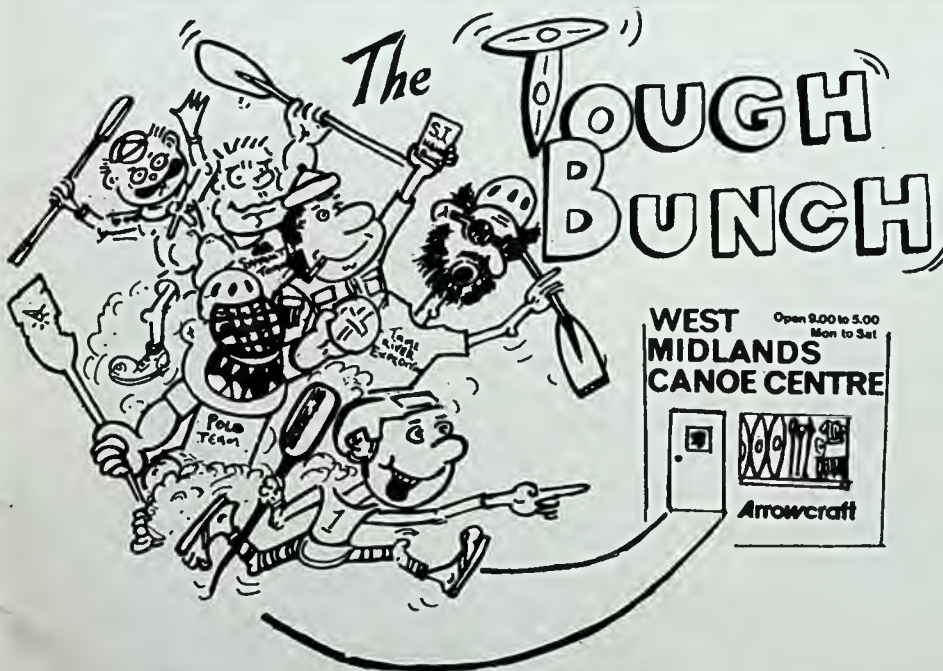
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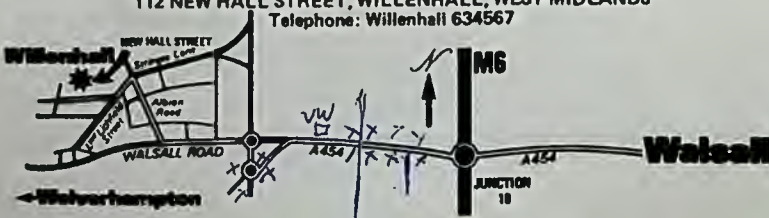


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RESULTS

TWEED SLALOM

WEDNESDAY:

Last years Tweed Slalom gave us some problems due to lack of water. Club members spent many hours building obstructions to make the river suitable for a slalom. There were no such problems this year. On Wednesday and Thursday evenings we could hardly get access to the river because of its height. But we battled on through the dense undergrowth to get some of the bearers up.

SATURDAY:

Despite the previous days problems, the course was ready for Saturdays free practice. Canadian events passed without serious incident. The team events were much more fun. Quite a few of the novice teams had some problems, so this was quite good for the people who spectated this event.

SUNDAY:

True to form this summer it rained all Saturday night - Torrentially!!! Sunday morning the river had risen 9" and was still rising. We lost a couple of poles overnight, and most of the gates were bouncing in the water. So a couple of willing squads spent a couple of hours putting the course right. 10 am and the river was still rising but we started the competition. Things went not too badly after that in spite of the gale force gusts of wind that played havock with the tuck tent. At last its time for the prize giving, and would you believe it the wind mellowed and the sun came out.

After all of that club members are already talking about next years event. Will some other club come and take the Wildmoor trophy away from the Tweed CC?? We will just have to wait and see. So thanks to all who attended despite the conditions. See you all next year!

Jim Buchan

RESULTS

NOV K1 MEN

1 I Lundman
2 G Ker
3 J Cleg

C1

1 D Garner

C2

1 Moore/Lugbill

K1 LADIES

1 F Fearnon
2 L Burns

K1 LADIES

1 K Sharp
2 C Benjamin

DIV 4 K1 MEN

1 D Gardiner
2 D Quigly
3 M Livingstone

C1

1 G Whittington

C2

2 Aitchinson/Miller

WASHBURN DIV 3 SEPTEMBER 7-8

K1 MEN

1 T Barnard
2 N Thackwray
3 S Bird

C1

1 A Broadbent

C2

1 Gorton/Downing

K1 LADIES

1 S Cocking
2 R Doherty

MATLOCK 4/N 14 - 15 SEPTEMBER

Nov

K1 Men
1 M White
2 S Harrison
3 C Nurney

Div 4

K1 Men
1 D Royle
2 T Dwyer
3 R James

K2 Ladies

1 J Spencer
2 B Hammond

K1 Ladies

1 C Pratt
2 K Preston

C1

1 P Orton

C1

1 R Osborne

C2

1 Leggott/Atkinson

C2

1 Smith X2

TRYWERYN HOME INTERNATIONAL AND RANKING DIV 1

Div 1

K1 Men
1 I Bownes
2 G Blaney
3 B Horton

C1

1 P Brain
2 G Marriott
3 D Corke

Ladies

1 C Berry
2 H Marriott
3 L Tipper

C2

1 Richardson/Thompson
2 Carr/Janes
3 Saunders/Terry

HOME INT

K1 Men
1 I Raspin/ENG
2 R Smith/ENG
3 J Dolan/SCOT

Ladies

1 S Ward/SCOT
2 G Allen/ENG
3 C Arrowsmith/ENG

C1

1 B Doman/ENG
2 A Gillibrand/ENG
3 A Meikle/SCOT

C2

1 Arrowsmith/Brain ENG
2 Smith/Smith ENG
3 Janes/Carr WALES

WEST TANFIELD 4/N 21-22 SEPT

Nov

K1 Men
1 B McAuley
2 S Teal
3 R Young

Div 4

K1 Men
1 A Greenwood
2 T Kenny
3 G Carlin

RESULTS

K1 Ladies	K1 Ladies
1 H Woollerton	1 P Swaine
2 R Johnson	2 C Barton
C1	C1
1 M Stegman	1 R Downing
C2	C2
1 Smith/Kirk	NONE

NOMAD INTER-CLUB CHAMPS CARDINGTON 21-22 SEPTEMBER

All we can say is GOOD JOB WELL DONE! Sponsors Nomad canoes and organiser Jim Croft did the sport a major good turn by staging the first national club championships. 22 clubs participated fielding a total of 177 paddlers and 30 judges. Many of the sport's top paddlers showed up including Fox, Hedges, Bell, Jones, Ward, Davies, Doman Arrowsmith and Brain and for once their quest for individual glory was sacrificed for the more important success of their clubs.

Clubs like Kinver and Banbury showed a degree of organisation and esprit de corps that was lacking in some of the older well established clubs who were unable to stir up enough enthusiasm among their members to ensure that they actually turned up.

Team events took on a new meaning as valuable points and pride were at stake. Various combinations were tried in the mixed C1, K1 Lady C2 event. The most successful of which was predictably demonstrated by Central Paddlers with Arrowsmith/Brain, Anita Owen and Pete Bell. They finished ahead of Anne Smith, Dave Corke, and old hands Berrisford Mc Conkey from Stafford and Stone. And that was the club order at the end of the first day's competition. The system of points allocation was such that the winner received one point, 2nd place received 2 points and so on. The winning club was the club accumulating the fewest points.

The beauty of the competition was that a lot of clubs shared the glory of the individual events which were wide open at the Div 2, 3 and 4 level. There were some predictable results at the top end of course, and at least one unusual result as Richard Fox finished 4th in the premier K1 event.

Right across the board there was an air of enthusiasm for everything that is good about slalom. The tension as Division 4 paddlers struggled to stay clean was too

much for some parents, and every paddler without exception was made to sprint that little bit harder to the finish line by supporting club mates. Experienced paddlers advised juniors on tactics and shared their delight in a successful run. The experimental new rules for Div 2 to Novice gave everyone something to think about and helped establish the event as something essentially refreshing and very new.

The balance of the points system was in favour of clubs with a strong representation in the Premier Division One category where three paddlers counted for points and a poor result penalised a club heavily. This point was finely illustrated by the 48th position of Central Paddlers Kevin Campbell. His 15 penalties lost Central the championship and they ended up third behind an under strength Forth and first time champions Stafford and Stone.

Next year's event has been provisionally scheduled for Holme Pierrepont in September and there are likely to be some regional qualifying competitions before that. As far as the event structure is concerned a few changes may well be made. What about three ladies for instance and a greater emphasis on the team event performances? One other suggestion is that there should also be a National League Championship for the top divisions. Points would be scored by club members in each individual and team competition and accumulated throughout the season.

RESULTS

1 Stafford and Stone	75 points
2 Forth	102
3 Central	103
4 Viking	135
5 Tees	136
6 Glouc lesiure centre	137
7 Windsor	150
8 Ribble	151
9 Manchester	160
10 Mansfield	160
Best club with no Div 1 or Premier paddlers - KINVER	

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