

CANOE slalom

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MAGAZINE

1988



CHRISTMAS DOUBLE ISSUE



JOHN HANSEL
BRITISH OPEN, LLANGOLEN TOWN
Photo: Chris Worrall

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CANOE slalom

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NIGEL SCOTT — 1st U14 HAMBLEDON DIV. 4 1988 — Photo: Guy Gratton

EDITORIAL

Editorial

FUTURE FOR SLALOM MAGAZINE?

This magazine is dependent on two things: CONTENT and COSTS. Thanks to recent contributions of copy and photographs (many technically excellent) we are able to assemble what we hope to be an improving publication - but you are the judge and jury on that. However that doesn't call for complacency from all of budding journalists and photographers out there. We need you desperately for future issues!

COSTS are a much more serious problem and could lead to the failure of the magazine, and soon, although there are no paid staff on the magazine. Revenue comes from two sources; subscriptions and advertising. You can help by getting more of the paddlers in your club to subscribe, rather than reading your copy. We need to double our subscription list at the exhibition. Advertising is even more serious and again you can help. First it's cheap, as low as £20 for a 1/4 page, second it's got a circulation of around a thousand copies. We cannot increase revenue by charging more - the canoeing manufactures have very limited budgets - so again we need more advertisers on the fringes such as GuestHouses and camping suppliers etc. etc. If your dad's firm advertises advertise with us.

BRINGING HOME THE BACON

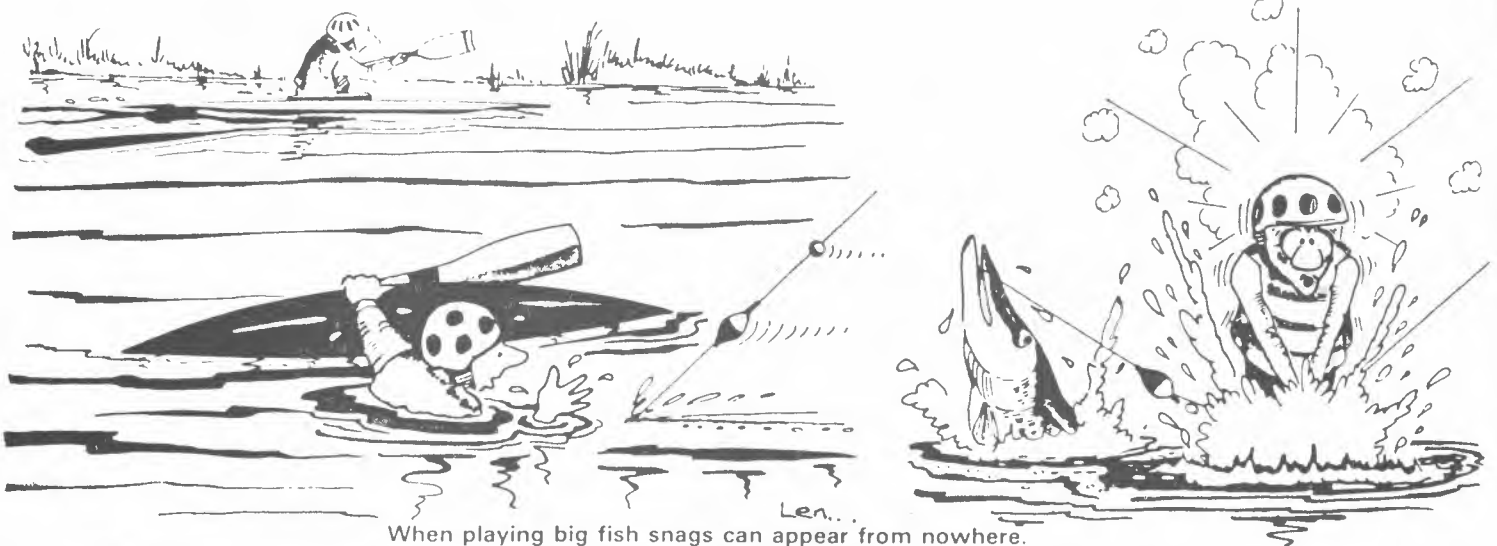
Our paddlers have won lots of medals at International events in Europe this year, but no reports (only results) have been forthcoming for some events.

There is a school of thought that most paddlers disappear with the shock of becoming seniors and should not have their ego's inflated any more whilst juniors. Undoubtedly junior and senior events are a world apart, but our juniors are beating their juniors and our intermediates are beating some of their seniors, so lets hear about it (and not just from the team managers either)!

SHORT BOATS, SHORT SIGHTED?

The modified rule permitting 3.5 metre boats in ranked competition probably was arrived at by chance. The intention of restating the use of plastic boats in Novice and Div. 4 being extended to Div. 3 as an after thought. However the final result has the potential to change the whole sport and could prove the most exciting thing the Executive has done in years. A lot depends on how the manufacturers respond. If shorter boat designs prove faster on most courses a whole new field will open up and plastic boat producers will want to cash in. Once again slalom boats will influence mass produced boat design with the potential to involve many more people in the sport.

And the future? As the dimensions of slalom boats are really no longer appropriate will they become shorter after the Olympics and will we then be ahead of the rest of the world in development?



When playing big fish snags can appear from nowhere.

TRAINING CAMPS ABROAD — Augsburg

J. Mullholland

AUGSBURG — THE FIRST VISIT!

It seemed a good idea at the time

Lots of our canoeing friends were going, or had been, to Augsburg so it was surely our turn!

The first problem was to establish just where it was — “somewhere near Munich” was about the most common reply. A quick visit to the RAC shop sorted that one out and with forms filled and ferry booked, it was all systems go.

The master plan was to take the midnight ferry-travel through Belgium at night and stop overnight around Limberg, Germany for a good rest. Too easy that bit! We had made such good time on the autobahn that to go all the way was going to be a “doddle” and so at approx. 3.30 p.m. we arrived at Camping plats Augusta, Nr. Augsburg OST quite tired after approx. 600 mile trip.

Tent up and straight to Augsburg centre — found a street map outside Macdonalds and, of course, no mention of Slalom site. This brought our first encounter with an English speaking German — and they knew where it was! Following a frustrating drive to find “Friedberger Strasse” — we got to the Slalom centre and what a welcome sight it was.

The first thing that impressed was the colour and sound of the water. The River Leche, which feeds the site really is clean, clear and Blue/Green in colour.

The course was at that time (6.30 p.m. approx) being used by some German team members, and the boys thoughts were mixed — from “Looks a bit tricky” to “well its a long way to come not to paddle”.

A further look around at Augsburg canoe club buildings and the training areas — all with gates up — somehow put H.P.P. into perspective. By now the boys couldn't wait to paddle somewhere! The next four days saw the course conquered if not completely mastered! The sight of the “washing machine” “zoom flume” etc on longer caused goosepimples and hair to stand on end — after two days, the boys even swam top to bottom (on purpose) at least once per session. It was just as everything was going great when Augsburg reminded us that concentration at all times is definitely the order of the day. A low breakout at gate 18 saw the nose dented and the tail cracked as we found out that it isn't as wide as it looks in places! However, a reasonable repair with tent pegs and tape saw us through the holiday.



JOE MULLHOLLAND THE COURSE

Another tremendous part of this river complex is the lake which is used by the mass populus of Augsburg for sunbathing, swimming etc. This comes fully equipped with a very pleasant (and not expensive) restaurant and bars. This is situated among a large wooded area where the greatest danger to life and limb is being struck down by one of the endless cyclists. Germany must be one of the fittest nations in Europe. So by now the holiday was shaping up rather well i.e. Temperature 28° - 33° most days, paddling getting better, breakouts etc. going great, more use being made of the strategically placed bars as the wife and I went on walkabout — perfect!

Anyway as this is supposed to be about canoeing

On one of the days, the course was closed for maintenance prior to the World Cup Final leg and provided interesting pictures of the course. Where H.P.P. is in places a geometrical type of design, Augsburg relies on large, rounded shapes to provide its own brand of fun. Its not particularly deep in places, and with the obstructions as rounded as they are, it appears reasonably safe.

I would, however like to point out the major problem in using Augsburg, just in case you are thinking that it sounds too good to be true.

The Germans are not too bothered about slalom paddling. What they do love is to hop into their beloved Rotabat, (complete with full wetsuit, trainers, long sleeved cagoule, full face motorbike style helmets, face guards and large

buoyancy aid) and with or without paddles, ride the stoppers till it gets dark. The sooner slalom paddlers come to terms with this the better, but, in fairness, one or two lads really were well worth watching!!

As a venue for a family holiday, or as a canoe training "holiday" Augsburg can satisfy both needs. The problem to overcome is the 600 mile drive to get there but its well worth it!

The town itself is brilliant — clean and tidy and full of interest and good fun.

To finish with a few figures (as a guide if you are on the point of phoning for a ferry!)

Total miles covered — Derby - Augsburg - Derby 2050 miles.

Total cost of petrol £115.00 (£1.50 per gallon in Germany)

Camping fees - 2 Adults 2 Boys (15 year olds) Car and trailer tent £8.50 per night.

Dover to Calais ferry £245.00 (the cost of living in Germany is close to that in Britain, but you do seem to get more variety and quality for your money over there). Use of site is FREE.

The trip was well worth while, but all I ever hear now is "when can we go back?" Not soon enough that's for sure!!

Joe Mulholland



NO WATER — Photo: Joe Mulholland

T.C.A. — BOURG

R. Croft

TRAINING CAMPS ABROAD

Summer in Bourg

Anyone not heard of Bourg-St.-Maurice, the site of the 1987 World Canoe Slalom Championships and the 1992 Winter Olympics?

We hadn't until a chance conversation by the river bank last summer, and it sounded rather grand and very tough and technical. Surprise - it is! In fact it makes a grand 2 weeks holiday, camping high in the French Alps, with the temperature up to 6 pints an hour in the shade, and the canoeing is superb!

Bourg is by the river Isere, which is fed by snow melt water from several local glaciers via a dam about ½ mile upstream. The slalom course is based on a natural river bed, with extra boulders introduced to make a number of levels, falls and breakouts along its course. This part of the river and a number of stretches downstream are used for wildwater racing - not a place to drift down unawares in your low-line boat!

It's not a place to go on your own, as one or two paddlers found as boat and paddle headed off downstream and they struck out for the bank. The water is Grade 3+ and faster and stronger than anything you are likely to paddle on in the UK. A mixture of Grandtully, the Graveyard and the International, but quicker, colder and more of it. Even in a group you need rescue staff who know which is the business end of a throwline



and how to use it in big water, and good coaches who can help you get the most out of your time there.

The heat of the sun and power of the water is such that 2 one hour sessions a day is about enough over a couple of weeks, and you need to be fit **before** you go. If you're not fit and properly coached, you'll learn a lot about boat repairs and physical exhaustion, but not much about Bourg!

Before you go, make sure that your boat and kit is in good condition; Bourg is very good at finding out weakness in you kit as well as your technique. Air bags back and front are a must - with them your boat is fairly certain to survive if you take a swim, without - not much chance. Take a comprehensive repair kit, don't rely on black tape keeping your boat together for long. In the heat of the day, resin sets really fast!

Unlike our prestige sites, there is no charge for using the water, but you are expected to use it seriously and sensibly. Be sure to study the water very carefully before you get on. We saw one lad run up to the top with his boat and get straight on and start to paddle down (not even a good warm-up). Within a minute he was off the water and returning to the campsite to put the nose back on the boat. Most of the time you will have to share the river with another group. The French team were training during our first week - we came to an amicable agreement about who would paddle where, but if you get in their way in a breakout or stopper - they don't take prisoners!

This bit is for parents: The campsite is average to good for France, but luxury compared with what we are used in the UK. Camping costs approximately £10 per person per week, and all facilities are free (showers, hot water for washing and washing up etc.) Beers are kept cold by putting them in a bucket of water from the spring - 1st job after you get back from the river.

Ski-ing is but a short drive away, and other local sports include rafting, wildwater canoeing, a swimming pool, table tennis, tennis, horse riding and setting fire to the camp-site when the barbecue gets over enthusiastic.

For serious training or fun canoeing - Bourg is great! See you there next summer!

R. Croft

J. J. COACHING

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ADVANTAGE
89



JAMES CROFT — MAKES BOURG LOOK EASY!! Photo: Christel clear

TRAINING CAMPS ABROAD

JJ's Coaching Tour of Germany and Austria

On 14th August, the day after the Europa Cup, a group of 10 canoeists left the Holme Pierrepont carpark suffering from the results of the party the night before to embark on a two week training camp in Germany and Austria. We climbed into Jim's 5.7 litre candy-apple/glory red chevrolet van and crawled out 24 hours later in Lofer, Austria, after experiencing a puncture and some hassle from an American waitress in a MacDonalds somewhere in Germany.

Eight o'clock the next morning the heat of the sun peeping out from behind the mountains made it unbearable to stay in the tents so we emerged in glorious sunshine to the sound of the river rushing past. We drove up to the top site which already had a well established system of gates. The course was a very enjoyable stretch to start off, but Pete Sanderson broke his seventh pair of blades this season on his fifth paddle stroke, but the lower site was bigger and much more fun although gates had to be put up; a job that we busied ourselves that afternoon.

A brief but torrential downpour the next day caused a river that we thought had been big the day before to rise in volume significantly with more stoppers and hugh boils appearing in eddies. The river also changed colour from a light tea (apparently it is usually crystal clear) to a dark chocolate colour as it appeared that half of the mountainside was coming down with it.

Whilst most of us went for a swim in an outdoor pool in Lofer one of the days the trip's musclemen, Vince and JJ, went for another training session and then the news filtered back to us that Jimmy had swum after wrapping round a rock that had been exposed by the continually dropping river while going for a move that had been relatively easy the day before. Needless to say we were all wary of this section when we next returned to the water; Pete breaking another set of blades (eight).

Leaving Loter in sunshine we arrived at Augsburg Friday night in pouring rain and added our tents to those belonging to a variety of other nationalities who had turned up for the Slalom World Cup final.

The German organisers made the 'mistake' of putting the actual World Cup race on the Sunday and a 'friendly' international the day before, meaning that the party Saturday wasn't as good as it could have been! Cup Final day started for us as training sessions on the side canals until Jim was invited to enter the team event with

Richard Fox and Melvyn Jones to make the most amusing spectacle of the weekend. While going for a tricky double upstream just below the Zoom Flume Jim lost his grip on his paddles with one hand and they were rapidly snatched away by a 'rescuer' on the bank. Whilst negotiation got under way to hopefully retrieve his blades another diver jumped onto his boat to capsize him so that they could complete another successful rescue, much to the amusement of the crowd. However this man was speedily disposed of and JJ's paddlers were thrown back so that he could complete his run.

The party afterwards was pretty wild but as we were in the unfortunate position of competing with the Irish and American teams to get to the free barrels of beer before they ran out, we hadn't a chance.

Training at Augsburg was very good, the knowledge that the course was relatively safe meant that we could all give it that extra bit of effort. Pete bought a pair of 'unbreakable' paddles and I wrecked my kayak attempting a mega move. Fortunately I still had my C1.

Our fears of Lofer and Augsburg were made to seem quite insignificant when we reached our next destination, OETZ, a small town high in the Austrian Alps on the banks of a grade 4/5 river. To get used to the sudden upgrading we ran a length of the river Inn which was big and wide with large waves but very few technical bits. We also ran the Oetz from the slalom site to the Inn.

The water at the slalom site was huge and came complete with plaques in memory of the canoeists who had died there, a comforting gesture. Canoeing done was more surviving than trying to get the gates as it was impossible for us to sprint down the course, but the continuous white water tired us sufficiently and we now consider Bala no more than a ripple. Oetz had something to offer all of us; beautiful scenery, an amazing river and a wicked night club just up the road from the campsite.

Our voyage home was split up by an enjoyable night's stop at Christianna's parents, who laid on a terrific meal for us before we continued on to Calais and home the next day.

Thanks, Jimmy, from all of us for a super time and excellent coaching.

Ian Masters

CURRENT AFFAIRS

Officials Competition Results 1988

Junior placings are shown for Competitors in the highest category for which they eligible, based on total points scored.

Overall Winner Phil Gooding (633)
Division A

Male

Winner: Phil Gooding (633)
Second: Phil Huntsman (592)
J 18 : Nicky Ackroyd (369)
J 16 : Bleddyn Lloyd (271)
J 14 : Leo Hoare (245)

Female

Winner: Tracy Wells (304)

J 18 : Sally Masters (252)
J 16 : Claire Daniels (250)
J 14 : Rachel Doherty (215)

Division B

Winner: Pete Howard (343)
J 18 : Paul Ebrey (280)
J 16 : D.R. Freeman (244)
J 14 : Stuart Bowman (142)

Jill Dickson C1 (241)
Alison Lowery (213)
Clair Taylor (189)
Heidi Tillin (143)

Division C

Winner: Alan Corner (230)
Junior: Paul Cleall (194)

Alison Vale C1 (192)
Nicola Morris (92)
Non-paddling: Margaret Robinson (200)

All the above will receive a personalised clipboard in the not too far distant future.

On Saturday 29th, October 1988, Phil Gooding was presented with the £100 voucher and he drew the following cards in the draw.

Gordan Harris £25 doubled to £50 because he is a qualified gate Judge

Jason Harris £15 (already collected)

Claire Warner £10

The suppliers who were present at LLangollen and who have agreed to cash the vouchers are :-

ARROWCRAFT CANOEIST WORLD/CANOE
SPORT NUMBER KAYAKS/STYLE OCEAN
WORLD PADDLESPORT P&H FIBREGLASS
SLALOMSPORT UK SUNRAY CANOE
PRODUCTS

Weil's Disease

Is a pattern emerging?

- a) Paddler thinks that he has leptospirosis - goes to Doctor with BCU card
- b) Doctor says 'FLU'
- c) Paddler goes to bed - does not get better.
- d) Sees another Doctor who also says 'FLU'
- e) Finally admitted to Hospital and responds immediately to intravenous antibiotics.

Probably not flu but not diagnosed as anything else. The treatment in hospital was not uncommon but was the illness water borne?

We intend to write more on Weil's disease, and water borne illness in general after more research. Meanwhile if you have been diagnosed as having had Weil's or had a mystery illness that required drastic treatment please let us (and Geoff Good at BCU HQ) know. If there is an increase in illness it will be to every one's interest to know the situation. Meanwhile avoid paddling in sewers actual or metaphorical, keep cuts covered with waterproof plasters, and try and keep your head above water!

Incidentally would somebody please write and tell me if Weil rhymes with wheel or vile?

Where have you gone?

If you have moved during the 1988 season you won't get your 1989 Year Book unless you inform your Ranking List Compiler NOW of your correct address.

Foxy Future

Richard Fox has joined the hierarchy of the National Sports Council. I hope someone told him that the position is honorary....

Isokinetics for Winter

J. Lyons

ISOKINETIC TRAINING

Observe the following principles:

1. Warm up properly
2. Stick to correct stroke technique even when tiring
3. **Work at maximum** It is better to do a little at a high intensity than waste time plodding along. Isokinetic training is as hard and as beneficial as you make it.
4. Keep your training in perspective. Isokinetics should form only part of an overall programme of skill work, speed and endurance training, and competition preparation.

Training Speed

All machines are fitted with an adjusting dial. The numbers on the dial refer to the maximum speed at which you can exert force. There is some variation between machines but each pair sold is perfectly balanced. Settings 0-2 are fast speed, 3 and 4 medium speed, 5 and 6 are slow speed.

Some strokes in slalom require a fast and powerful action while others are slower, almost isometric in nature. Experience indicates that some variation in the training speed setting is necessary to produce the best results but that the greatest emphasis should be on fast speed work.

It is worth pointing out that many of the research projects into Isokinetics have shown that fast speed Isokinetic training produces greater increases in strength even in instances where an activity requires a relatively slow movement.

EXERCISE 1

Forward Pulling

Sit facing the machine as you would sit in a kayak, legs slightly bent and placed firmly on the footrest. Start the pull with the leading shoulder rotated forward and the elbow only fractionally bent. Synchronise the arm pull with a powerful shoulder rotation and finish the stroke alongside the hip. Try not to snatch the pull at the beginning of each stroke. Imagine you are catching your paddle blade in the water before exerting maximum power. This way you develop a smoother action and waste less energy.

Common Faults:

- leaning too far forward and inhibiting shoulder rotation.
- hunching the shoulders and bending the head forward.

- pulling too high at the end of the stroke.

The idea behind using single handles to simulate forward paddling instead of a paddle shaft is that you can overload the main muscle groups involved more effectively and work at a much higher rate. When the shaft is used to paddle on both sides, a lot of strain is placed on the joints at the beginning of each stroke. However, the paddle shaft is very useful to simulate strokes on one side only and can be used in this way for the forward stroke forward sweep and reverse sweep.

EXERCISE 2

Forward Sweep

Assume the start position with the lower arm extended with the trunk rotated and slightly forward. Keep a firm grip on the shaft and do not lock out the elbow. Simultaneously pull out to the side with the lower arm and drive across with the top arm. The strength in the stroke comes from a powerful trunk rotation with the arms guiding the shaft.

Common Faults

- jerking the body in a rowing action to get more leverage.
- loosening the fingers on the shaft and straightening out the elbow.
- not driving across with the top arm.



FOX DEMONSTRATES REVERSE SWEEP

EXERCISE 3**Reverse Sweep - using the paddle shaft**

Face away from the machine and sit in the normal paddling position. Reach back with both hands firmly on the shaft and start the stroke as far back as feels comfortable. Don't lean the body to reach to stimulate a pirouette turn - you will only get a sore back! Push out in a wide action making sure you keep a firm grip with the bottom hand. The power in the movement comes from synchronising the trunk rotation with a firm push on the lower arm.

Common Faults:

- not sweeping out to the side.
- not gripping the shaft firmly.
- not rotating the trunk.

Reverse Paddling

An alternative exercise to the reverse sweep is to stimulate the reverse paddling action by using both handles. Make sure you keep your hands at hip level, the tendency is to push too high.

EXERCISE 4**Bow Rudder - (duffek)**

This is perhaps the most difficult exercise to perform correctly. It is a good idea to balance out the use of the paddle shaft and the handles.

Paddle Shaft

Set the bench at 45° angle facing away from the machine. Your body should be in line with the pulley. Start the stroke as far out to the side as possible by extending the top hand over in front of your head. You should feel a stretch down the side of your back. Try and keep the shaft as upright as possible as you pull the bottom hand round to the front of the bench. This exercise will feel a little uncomfortable but it is very effective if done correctly and it is possible to extend the range of motion of the bow rudder as well as increase the power of the stroke. To work on trunk rotation in this stroke set the bench further away from the machine so that you have to reach back a little further to start the stroke.

Common Faults:

- not synchronising bottom arm pull and trunk rotation.
- not reaching across with the top arm.
- not trying hard enough!

To overload the bottom arm action of the bow rudder it is best to use just a single handle. Try and maintain the correct body position, the easiest way to do this is to simulate the top arm position by holding one arm over your head.

EXERCISE 5**Top arm push**

This exercise is excellent for developing power in the shoulders. Although most of the work in the paddle stroke is done in the pulling phase a powerful top arm action is essential for explosive acceleration and a high stroke rate. Sit in the normal paddling position facing away from the machine. You may wish to hook your feet under a footrest or some straps. Start the push from the shoulder and punch out hard and fast at eye level. Make sure you include plenty of trunk and shoulder movement in the pushing action.

If you wish you can simulate the top arm action by using a paddle shaft and working one arm at a time. Explosive work with two machines linked up to one shaft is not recommended.

TYPES OF WORKOUT**Type 1 -Strength/Power**

Medium/fast speed - October-January;

Fast Speed - February onwards

3-4 sets of 10-20 repetitions on each exercise.

RESTS

For maximum strength development rest for up to 2 minutes.

For a more intensive workout reduce the rest to 45-60 seconds.

There are many variations of this type of workout and you should experiment as much as possible in the first few weeks of training.

Alternatives**Circuit**

1) Do 3-4 circuits of the five main exercises 10-20 reps with 40-60 seconds rest between each exercise.

2) 3-4 circuits with little or no rest between each exercise but 3-5 minutes between each circuit. This can be very intense and is most useful during Spring and Summer.

3) **Peak Power Pulls and Pushes** Occasionally it is worth overloading on these two exercises. Try the following sessions for a quick workout:

-4-5 x 15 reps starting every 2 minutes - 2 sets of pulling with one set of pushing in the middle. 5 minutes between sets - great for sharpening up.

- 10 x 15 reps 45 rest. pulling
5 x 15 reps 45 rest pushing

TYPE 2 - Endurance - Fast Speed

SESSION 1

8-12 x 30 secs on 30 secs off. Pulling

4-6 x 30 secs on 30 secs off. Pushing

This session is good value at any time of the year. For total abuse on days when you can afford the time to recover double up on this workout and do two lots of 30/30 on both pulls and pushes.

SESSION 2

8-10 x 45 on 45 off. Pull

4-5 x 45 on 45 off. Push

SESSION 3

8-10 x 60 on 30 off. Pull

4-5 x 30 on 30 off. Push

It is important to emphasise again that these sessions are as hard as you make them. To begin with start out at a medium intensity so that you can finish the required number. But as you improve set out harder and harder so that it becomes a real challenge to complete the workout at a higher intensity.

TYPE 3

Power Endurance - Fast Speed

These workouts are so called because the objective is to work at maximum intensity for as long as possible.

1) One set on each of the 5 exercises. Set off as hard as possible and aim to burn out by the set number of reps. When you have completed the set REPEAT TWO BURSTS OF FIVE REPETITIONS WITH ONLY 1 SECOND REST BETWEEN EACH BURST. The objective is total muscular exhaustion.

Reverse Sweeps 30-45 reps + 5 + 5

Sweeps 30-45 reps + 5 + 5

Bow R 30-45 reps + 5 + 5

Push 60-75 + 5 + 5

Pull 90-100 + 5 + 5

Go until you Die!!!

Start with the lowest number of reps shown and experiment with this session to get the feel of what is supposed to happen. Be very strict with yourself regarding the correct stroke technique - don't get sloppy.

Rest 2-3 minutes between each exercise.

2)Peak Lactate (do when fresh)

Pull 3-5 x 60 secs Absolute maximum 3-5 mins rest.

Push 2-4 x 60 secs Absolute maximum 3-5 mins rest.

Occasionally go for an exhaustion pull one set only. 2-3 minutes flat out.



LIZ SHARMAN DEMONSTRATES PUSH

An excellent workout for the 6-8 weeks leading up to competitions, especially if it is cold and windy and you want some good quality physical effort.

3)Power Repeats.

One set 10 x 20 secs 40 rest. Pull
One set 5 x 20 secs 40 rest. Push

Good for a short but intensive workout Spring or summer.

Workout Frequency

3 sessions is the optimum number per week for most people. If you are short of paddling time you can make it up to 4 but beware of losing quality.

If you like to do ordinary weight training - free weights, Multigym, Universal, Nautilus etc. then you will find that two weight workouts and two fast speed isokinetic workouts give a good balance for strength development.

It is most important to remember, though, that isokinetic training is a means to an end. Don't lose sight of that end goal - better performance in the boat - by slogging it out in the gym when you could be doing valuable work in the water.

Keep it Varied

There are plenty of workouts to choose from - you can even make up some of your own - in the winter months it is best to concentrate more on the strength and power workouts and then gradually phase in the endurance workouts and finally the power endurance workouts. I prefer a balance of one workout from each section until the Spring, after which I drop one workout for more water training and sharpen up with the peak power repeats and power endurance workouts,

IN SEASON TRAINING

Isokinetics have a valuable part to play even in the weeks leading up to a major competition. If you are in a situation where good water training facilities are limited then isokinetic training can help keep your programme varied and provide the right physical intensity at a time when you need it most. Make sure the quality is 100% and that you do less rather than more. Remember you want to feel sharp now, not exhausted!

Note:One repetition on the pulling or pushing exercises denoted one repetition on both left and right sides.



DAVID LEDGER
INTERNATIONAL LLANGOLLEN TOWN
Photo: Chris Worrall

The Backroom Boys

ED ECCLESTONE

Although Ed Ecclestone has never competed in a slalom competition his interest in boats goes back to when he was ten and built rowing and sailing boats with his Dad. By natural progression the boats became smaller and Ed found himself building canoes and as he graduated from being a Boy Scout to being a Scout Leader his interest in the sport of canoeing increased.

It was at this stage of his canoeing career that he met Roger Annan, another Scout Leader. It was Ed who introduced Roger to slalom and interested the boys of Whitmore School Canoe Club in canoe building — that was when canoe manufacture had progressed from wood and canvas to glass fibre. Roger Annan's interest in the sport grew and with his involvement with the Whitmore Club it was no time at all before he, Roger, became a Div. 4 Compiler and moved into the political side of the Slalom Committee.

When Roger became Chairman of the Slalom Executive he immediately wanted to involve Ed more in the administration of the sport because he knew of his quiet unassuming skills and his

total dedication. Ed is a printer and when the Pendletons gave up doing the year book he was the obvious man for the job. As the sport grew so did the size of the Year Book and Ed's contribution to the sport. Programmes, start sheets, posters, results for major internationals there are a hundred and one printing and other jobs that Ed has done for the sport.

An ICF qualified judge, his huge experience and knowledge of the sport was recognized by the Slalom Executive when they co-opted him in 1981 and the following year he became an elected member of the Slalom Executive and Chairman of the PPAM Committee in 1986 until he failed to be re-elected at the '87 AGM.

Not only is Ed's back broad, his hands are skillful and can be turned to anything — if a job needs to be done Ed shoulders the load, quietly and efficiently. He'll miss his night's sleep for the sport — when Roger Manwaring's appendix exploded in Merano Ed became the hospital man, visiting Roger, attending to his wife and when the differential of the team minibus blew up it was Ed who got the wheels turning and the canoes to Bourg in time for the '87 Worlds.

Thank you Ed for all you have and are doing for our sport.

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BUSHSPORT

Slalom in Soviet Union

Bill Endicott

SLALOM IN THE SOVIET UNION

From August 24 to September 6, 1988, I led a group of six athletes and two assistants on a trip to the Soviet Union for the purpose of participating in a canoe slalom exchange. The Soviet say they will send athletes to the United States next year but haven't committed to sending them to the World Championships or World Cup races; they may just do "training camps" instead.

The six athletes making the trip were: France's Myriam Jerusalem (K1W); Britain's Richard Fox (K1); and Americans Cathy Hearn (K1W) and Lecky Haller and Jamie McEwan (C2) and David Hearn (C1). Accompanying us was my wife, Abbie, who is on the International Canoe Federation's Promotion and Information Committee, and David Hearn's friend, Jennifer Jones, a certified ICF gate judge, who acted as team manager and final race organiser. All of us paid our own way to Moscow and thereafter all but Abbie and Jennifer had all their expenses paid for by the Soviets.

Paul Schelp, an attache at the U.S. Embassy in Moscow and an accomplished whitewater boater helped organise the trip initially and accompanied us during the trip at his own expense. Paul is fluent in Russian which helped us immensely. We were also assigned an official translator, Ludmila Abramova. In addition I can speak basic Russian, so even though there was a lot of information that needed translating, we were well equipped to do it.

The trip began with a one-day stay in Moscow. We had no trouble bringing 8 boats on the Lufthansa airplane for a fee of \$80 per boat. That night, after touring Red Square, we stayed in a "Sports Hotel" for athletes only. The following day we flew two hours to Tbilisi, Georgia. From there we took a six-hour bus trip to the tiny village of Shovi, in the Caucasus mountains. Both our boats and the boats for the entire 25-athlete Soviet contingent (they also had 9 coaches, including one fellow who allegedly walked 40 kilometres each way over the Caucasus mountains to get there) were driven on a big truck (which we promptly dubbed the "Moscow Hotel" because it had a bed in it and plenty of food) that departed for Georgia shortly after meeting us at Moscow's Sheremetova airport on the Black Sea. It is full of class IV and

V rapids. It is the biggest river in all of Georgia, which has more rivers than any other part of the Soviet Union.

The reason we were brought to the Rionj was because that is where the East Germans and the Soviets had a joint training camp in 1971. At that time a Georgian paddler from Tbilisi, Georgi Naskidashvili, who was on the Soviet team that competed in the 1971 World Championships and the 1972 Olympic Games, had suggested that the Rioni was the best river in the Soviet Union for slalom training. Naskidashvili, by the way, was killed in an automobile accident a couple of years ago.

After surveying the site where the DDR-USSR training had occurred in 1971, we found a better one about a half hour further downstream. Here the road ran right along the river, which it did not at the first place, which facilitated spectating and carrying boats back up to the top. In my opinion, the water at this site was of World Championship caliber.

But before setting up gates at this site, we thought we needed a better idea of the skill level of the Soviet paddlers. For all we knew they would not be able to handle the big, pushy water.

So we decided to do a fairly controlled river run first to check their ability. This resulted in the breakage of four Soviet boats — one in each class — but fortunately, no injuries. Nevertheless, we could see that the Soviets were strong, brave, fit athletes, even though their equipment and technique were 3 to 13 years out of date.

The following day we set up an eight-gate course on the slalom site and except for 2 rest days, training was done there every day, with us adding and changing the position of gates each time.

But we also felt an acute need for a flatwater site, or rather, a stretch of water with little waves, which was not moving too fast, and on which it was easy to recirculate so we could teach technique easier. During a lunch break I was able to find such a place about 40 minutes downstream from the whitewater site. We set up gates there and did three workouts there while we were in Shovi. This proved to be very worthwhile: we would introduce a technique (upstream gates and offset staggers gates, for

the most part) on the controlled, easy water, and then have the Soviets do the same moves later the same day on the big whitewater course.

Bringing our lunch with us allowed us to leave Shovi at 9 a.m., have the first workout at the easy water gates from 11 to 12.30; travel to the whitewater gates and eat lunch; have a second workout on the whitewater gates from 3.30 to 5.30; and get back to base camp at 6.30. I felt this programme worked well.

Equipment and Technique

In general, we found the following things to be true about the state of Soviet equipment and technique:

- They were not used to this kind of big water.
- Except for a few people who had Extras, the boats were old models, especially the C1s which were about 13 years old.
- Until we showed them differently, the Soviets tended to ferry into eddies instead of driving deeper into them and keeping the boat moving round the turn.
- Many of their paddles were too long — about 5-6 centimetres longer than ours in all classes.
- Lifejackets were similar to those in the East Bloc 15-20 years ago: rows of kapock blocks. These were bulky compared to modern lifejackets.
- Spray skirts were often made of oil-skin-like material which came off cockpit rims or leaked.
- I was told that there is a boat building factory in Riga, Latvia, which uses Soviet Kevlar to make Extra kayaks.
- I did see at least 1 Extra that was made from Soviet Kevlar. The material was similar in appearance to regular Kevlar, except that it had long, brown streaks in it.
- Many Soviet paddlers would not try to go back for a gate if they had 50'd it, we had to speak to them about this before they would attempt it.
- The C-boats, especially, did not seem to be particularly sensitive to edge control, failing to lean properly at the right time, and preferring instead to keep the boat flat on the whitewater. The result was they often caught their edges and though they did not capsize, they did have to do a lot of extra correction strokes.

- Until we showed them differently, the C1s did the J-stroke only once every 5-6 strokes instead of with every stroke, the way our people do. Also the Soviets tended not to do J-strokes on the big water at all — they were not good enough at it.

- Until we spoke to them about it, all classes failed to do draw strokes (and in the cases of canoes, cross-draw strokes) far enough towards the bow. But once we mentioned it, the Soviets caught on quickly.

- A lot of their seats were too high, which made them tippy.

In addition to coaching the Soviets on technique (which they filmed), I also gave two hour-and-a-half long lectures on the history of the sport and preparing the yearly training plan, both at their request. They took copious notes during both talks, and the athletes in our group all made comments.

Number of Paddlers

After the Soviets left international slalom in 1972, no one in the West had any idea of what they were doing. Imagine my surprise, therefore, when I found out there are about 1500 slalom racers in the Soviet Union at the present time, which is about three times as many as in the United States. Furthermore they have at least 46 coaches, which is about ten times as many as we have in the United States. Some of these coaches are full-time as we know it, but others are not.

How Good Are the Soviets?

Perhaps the simplest way to answer this question is to give the results of some timed workouts and the one race we had with them. However, it should be noted that not all the top Soviet paddlers attended our camp. We were told that there was a C1 who was significantly better than the ones we saw and K1W who was similar to the ones we saw, who attended the race in Czechoslovakia which was going on at the same time as our camp. Here are the times we did against the Soviets:

1. The first time on the whitewater course, with a course consisting exclusively of about 8 upstream gates, they were about 125% of our people's running times.
2. On an easy 60-second class II course, they were about 5 seconds behind in running time, but often had penalties as well.

3. Here are the results of the "Rioni River International Slalom", which was contested on a fairly easy 14 gate course on big water.

RIONI RIVER INTERNATIONAL SLALOM

K1

1. Richard Fox	GBR	95.65
2. Sergei Rubleyevski	USSR	102.99 + 5
3. Maxim Pieskov	USSR	112.54
4. Anton Losko	USSR	109.55 + 5
5. Vadim Shtonda	USSR	114.24 + 5
6. Paul Schelp	USA	118.42 + 5
7. Igor Bradis	USSR	124.00
8. Michael Seleznirov	USSR	150.85 + 5

K1W

1. Myriam Jersualmi	FRA	103.91
2. Cathy Hearn	USA	113.56
3. Svetlana Nazarienko	USSR	123.93
4. Elena Kurzina	USSR	148.73
5. Zoya Zedinina	USSR	159.00 + 5

C1

1. Lecky Haller	USA	109.93
2. David Hearn	USA	111.00
3. Vladimir Boykadorov	USSR	125.53
4. Alek Bahamol	USSR	134.04 + 5
5. Ivan Sadilov	USSR	139.91
6. Sergei Kubrik	USSR	128.22 + 50

C2

1. Radik Gorodavoi Vova Golodnik	USSR	127.63
2. Leonid Polyev Lev Makarov	USSR	130.99
3. Aleksei Vajeneen Igor Popov	USSR	138.00
4. Sergei Kuznietsov Aleksandr Bondar	USSR	142.26 + 5

Artificial Courses

For years I had heard stories about an artificial course in Minsk. But recently I had heard that while there was indeed an artificial course there, it was inoperable. There were people from Minsk at our training camp and this is what they told me about the course:

- It was built in the early 1980's.
- It is about five kilometres outside Minsk.
- It has about eight metres of drop over about 400 meters of length, and is "very narrow, sometimes little more than the length of a C2." It is a drop-pool type of course and hard on boats.
- The course is totally operable. However, since there is little water in the river in August, the time of the national championship, it is not possible to get enough water into the course at that time of year, so the national championship has never been held there. There is, however, enough water in July.
- I am told that from the point of view of spectators, accommodations, quality of the course, television access, it is currently the best place in the Soviet Union in which to hold a World Cup race.

- Detailed specifics on the course are going to be sent to me later.

Just before coming to Europe this summer, I received a telephone call from Jaroslav Pollert in Czechoslovakia who said that he had been contacted by the Soviets for designing an artificial course in Riga, Latvia. Pollert has been involved in the design of 6 artificial courses in Czechoslovakia, including the one in Prague. But when I asked about the Riga course, the Soviets told me that yes, it was a possibility, but now only in the talking stages and so it could not really be counted on yet.

The KGB is Still There

Although our trip went very well almost all of the time, there were two incidents that reminded us of the authoritarian nature of the Soviet regime. Neither incident amounted to a great deal, but they were reminders of how different Soviet life is from Western life.

The first incident occurred in Shovi when we were asked to move to the second hotel, as I have recounted above.

The second incident occurred on the airplane going from Tbilisi to Moscow. I was sitting with our translator Ludmila. Right behind us was Richard Fox who was talking to a Soviet paddler who was coming back home, too. Fox noticed that Ludmila was taking a big interest in their conversation, leaning further and further back in her seat to hear it. Eventually, the conversation started to touch on matters that Ludmila found too controversial and she got up and asked the Soviet citizen to move to a different part of the airplane! She then got the stewardess to make the request also. This created a small scene with us asking why this needed to be done. We knew that we were not going to win this one, but we didn't want it to go on without objection.

Eventually the Soviet did move. I then sat back down with Ludmila and told her how this sort of thing was what gave the Soviet regime a bad reputation, not only in the West, but in the Soviet Union itself. She was very apologetic, but said that she was a divorced mother who had two small children to support and she was not about to lose her job by permitting a controversial discussion between a westerner and a Soviet citizen. "There are people watching us on this plane", she said.

"Who?" I asked, knowing all along she meant the KGB.

"I can't tell you here. There were people watching us in Shov, too."

"Who?"

"David." David was a fellow we had nicknamed "Sticky" because he had the obnoxious habit of appearing out of nowhere and insisting on hanging around with us, even though he had nothing to do with canoeing. So then I suddenly realised it was Sticky who had caused us to be moved to the second hotel in Shovi. He was the "local official" Ludmila had referred to, and he had the power to cause her to lose her job.

Racing in the Soviet Union

For the most part, the Soviets do not do any downriver racing because they cannot get boats. They said they would like to start it, if someone would help them.

There appear to be about a dozen main slalom races each year with the Soviet Union Cup (May) and the National Championship of the Soviet Union (August) being the two prestigious races. I believe that racing started in the Soviet Union in 1970. Later East Germans Fritz Lange and Volkmar Fleischer, both World Championship medalists K1, came there to show them how to do it. The first national championships, however, did not start until 1981.

Besides "slalom racing", I learned, there is also "slalom cruising" and there is a national championships in that, too. I was told that there were even more people in that part of the sport and they competed in K2 as well as the other classes. That concurs with photographs I have seen in the past of Soviets racing in K2 slalom.

Conclusions

1. Slalom is alive and well in the Soviet Union! All these years since 1972, the Soviets have been conducting a programme, albeit strictly on a club basis after having dismantled the national team. They already have in place, at least on paper, an impressive administrative structure, far more sophisticated than what we have in the United States and reminding me somewhat of the French system of paid coaches, some of whom are athletes on the national team.

2. I saw enough to think it is conceivable that the Soviets could mount some serious challenges by 1992. But they would have to do everything right between now and then and I am not sure their system is up to it. For instance, they would have to arrange for their paddlers to train year round, outdoors. They can't do that now where most of them live because it is too cold to go outdoors during the winter. They would also have to allow their athletes to have much more contact with the best paddlers in the West, so they could pick up the proper techniques. They would also have to get better equipment and train properly. I have been told that while the Soviets have had a great sports tradition, they tend not to do so well in technical sports that require expensive equipment.

3. How efficient is GOSKOMSPORT? Goskomsport is the state agency responsible for running all sports in the Soviet Union that are Olympic events. In a centralized society like the Soviet Union, the success of any sports programme in slalom is going to depend in large measure on how efficient the agency responsible for it is. Judging from the reaction of the Soviet paddlers and coaches, GOSKOMSPORT is not efficient. They wanted to purchase all of our equipment and boats but could offer only Rubles in exchange. Rubles cannot be converted into Western currency and are therefore worthless to us, so we could not accept them. We told the athletes and coaches that Goskomsport had indicated to us a desire to purchase our boats and in that way they would get them (Goskomsport would offer western currency we were told). The skepticism of the paddlers was vindicated when Goskomsport failed to buy our boats when we returned to Moscow. So who knows? Goskomsport may turn out to be an obstacle for the Soviet Team.

4. The degree to which the Soviets pursue slalom is dependent upon whether it is an Olympic event. The athletes and coaches, of course, are like any other athletes and coaches around the world — dying to compete internationally. But Goskomsport is interested only in Olympic sports and will not fund teams to compete internationally in non-Olympic events.

DO IT ON THE CROSS BOW



Colin Thompson / Clive Richardson

CHRIS WILSON — H.P. DOUBLE PREM 1st/2nd OCT
Photo: Dave Worrall

The Inter Club Championships

The Viking View

At 7.30 a.m., on the Friday morning immediately prior to the competition, I found myself confirming to the Assistant Editor of Canoe Slalom that I would be happy to write a piece about this years Inter-Club Slalom Championship. I was also Manager for the Viking Kayak Club team, so if it has a Viking bias, that's why!

The Club, who along with Cambridge Canoe Club were representing the Eastern Region, had entered every Inter-Club event, with our best performance being in 1984 at Cardington, when we finished in 4th position. Justin Barnes, one of our Division 1 K1 paddlers had already worked out that we had a realistic chance of achieving 5th place — could we achieve that or even better?

The venue for the competition was the Artificial Slalom Course at the National White Water Centre at Holme Pierrepont. The course of 25 gates went up reasonably well on Friday with the organiser Jim Croft being helped by the representatives of twelve of the twenty-one teams competing. The course was designed, as were all of the previous Inter Club courses, by Dave Brown who, bearing in mind the wide range of canoeing abilities present, designed a course to suit. The fast flowing section following the bay by the control cabin were to prove interesting water, with many a '50' around gate 17 to 20 and gate 25 was to catch out several tired paddlers before the sprint to the finish.

Rescue facilities were provided by the Hertfordshire Canoe Rescue Service, dressed in their red and yellow gear, ever keen to get in the water and do their stuff. It reminded me of the keen rescuers at Bourg St. Maurice.

After the slightly heated exchanges between team managers on Friday evening, regarding the eligibility of certain paddlers to paddle for certain clubs, it made a pleasant change on Saturday to get down to the serious business of Viking Kayak Club challenging for the unsponsored Inter Club Slalom Championship.

Saturday dawned bright and clear, with relatively calm conditions and battle commenced. First to run were the division four, three, two men team runs. Our first run by Pete Bromwich, Michael Jesson and Jez Lindsay

wasn't too bad, even with a '50' we were in 5th place, but second run improvements from Forth, Leeds and Notts and two '50's by ourselves pushed us down to ninth place.

Viking then had to endure the frustration of sitting out the ladies team runs due to the non-attendance of one of our paddlers. This section was won by Jackie Ayre, Clair Taylor and Sonia Wakelin of Banbury, with Staffs and Stone second and Manchester third. Viking had slumped to eighteenth place.

In the Canadian team section, Viking had a new C2 pairing of Malcolm Barton and Lance Croft (no, not Jim) who had never paddled together before and the first run ended in a capsize at the upstream gate 22. However they got it together for the second run and with team members Matt Gibbs and Sean Jesson finished in tenth place. To the experienced first place team from Tees Kayak Club went the honour of the first clear run of the competition. Notts were second and Shepperton third.

The Division One event was one that Viking had high hopes of winning, our paddler being Justin Barnes, at the time of the competition occupying second place in the divisional ranking list and true to form, with two impressive clear runs finished first, over three seconds clear of the second man David Ledger, from Staffs and Stone with Midland third.

The last event on Saturday was the Premier Mens event in which after clean first runs Viking paddlers Mark Bayles and Dominic Florey were in sixteenth and twenty-third places respectively. Then Len Shackleton, of Leeds cleaned up his 10 penalties on his second run to finish in first place with Ian Rospin, Tees and Rob Wright, Shepperton second and third, separated by just eight hundredths of a second with Viking's Florey marginally improving to twenty-second place.

At the end of Saturdays events, Forth Canoe Club led by 3 points from Leeds Canoe Club who themselves had a 4 point lead over Stafford and Stone. The defending champions, Shepperton Canoe Club were lying in seventh place with Viking occupying tenth place.

Our prediction of a top five place looked a bit sick. However Sunday was another day.

Sunday too dawned bright and clear, with the wind picking up a little during the day. Perhaps first good runs would count. First to go were the Division Four Men and on his first run Viking paddler Jez Lindsay passed by gate 19 shouting "oh no, not again", a reference to his similar happenings during the 4/3/2 mens event. However some expert advice from our Division One paddlers put him right and an improved time and 90 less penalties lifted him from eighteenth to eleventh position. Forth's Russell Stevenson and Leeds' Phillip Player were first and second.

The Division Three men was another event where Viking had high hopes of success and Michael Jesson didn't disappoint, paddling two fine runs, either of which would have won the event for Viking. Scott Thomson of Forth was second and Peter Lampitt of S.O.A.K. third.

After querying the back-up on the first run, our Division Two paddler, Pete Bromwich was looking good in sixth place, but two fives and a slower time and an improvement by other paddlers left us in eleventh place in the class, with Paul Evans of Staffs and Stone first and Julian Salisbury of Canterbury second.

The C1's contained a quality field with paddlers Marriott, Brain, Domoney, Brown and Comer but Viking Matt Gibbs didn't disgrace himself, coming eighth, with Sean Jesson sinking in his second run to finish twenty-third to Notts, S.O.A.K. and Shepperton.

Division Three Ladies saw Clare Hartridge, just back from glandular fever, struggle to fourteenth place with Gail Evans of Kinver well ahead of Trina Warman of Tees who was well ahead of Sonia Wakelin of Banbury. Whilst in Division Two Ladies, Natasha Hulse of Staffs and Stone, Sarah Jones of Kinver and Danielle Bricheno of Shepperton, all now in Div. One, were too good for Michelle Castle, who finished sixth for Viking.

We sat out the Premier/Div. One Ladies class, (due to non-attendance of our paddler) won by Maria Francis of Staffs and Stone, some six seconds over Rachel Fox of Notts and Heather Corrie of Manchester.

The Canadia Doubles saw the return of our new pair Croft and Barton who in finishing in thirteenth place didn't manage to frighten the Clough brothers of Tees nor Thompson and Hill of Shepperton nor Smith and Brown of Stafford and Stone.

On to the last event of the day and Forth had to do really badly and Staffs and Stone really well to prevent Forth from winning the Championship and although Viking had no say in the fight we were determined to finish well. Viking flew down the course clean, to lead the first runs with Forth in third place and Staffs and Stone picking up a '50'. Staffs and Stone pulled out everything on the second run to go clear and win the round, but Forth did enough by finishing fifth, with Viking fading and finishing fourth.

At the end of the day, Forth Canoe Club of Scotland hung on to their overnight lead and won the overall competition, after finishing second for so many years, with Stafford and Stone coming second, 12 points behind, with Shepperton third and Viking taking ninth place, the same as last year.

So, congratulations Forth, what a pity to win when there was no sponsors prize money. A solid, consistent performance, with 13 of their 16 paddlers never lower than fifth place.

Canterbury Canoe Club took home the Wavesports Trophy, presented for sportsmanship and spirit of the event. It guarantees a return visit to next years competition and Warrington Canoe Club were presented with the Slalom Sports Trophy for the best performance by a club with no Premier or Division 1 paddler.

The prizes were presented by Trevor Bailey, Director of the B.C.U., who during Sunday morning paddled down the course in aid of a Charity. Knowing that he was a novice, the starter was heard to ask if Trevor could prove B.C.U. membership!!

An enjoyable event, well run by Jim Croft and all the helpers. One comment concerning last years event report by Kevin Orledge of Shepperton Canoe Club. The event wasn't run by Viking Kayak Club, it was run by the B.C.U. Slalom Executive. However we take it as a complement that you thought it was run by Viking Kayak Club, clearly our efforts impressed you!

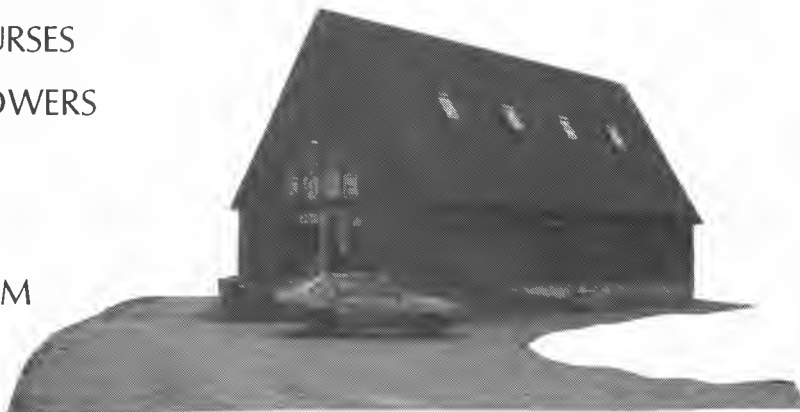
And finally as team manager to Viking Kayak Club, my thanks to all the Vikings who paddled and all of the supporters, you did the Club proud.

Mike Elkins,
Newsletter Editor, Viking Kayak Club.

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CHRIS WILSON HP DOUBLE PREM 1/2 OCTOBER
Photo: Chris Worrall

A.G.M. Report 1988

M.H.W. Elkins

After chairman Roger Annan's welcome the meeting went straight into matters arising from the 1987 AGM, notably the National Team Selection Policy. The non-discretionary selection policy agreed at the 1987 AGM did not, in the view of the Executive, work to the advantage of the sport or the individual competitor. By pre-selecting Liz Sharman and a C2 pair for the Junior Worlds, together with 'squads' rather than 'teams', the Executive ignored the 1987 AGM 'selection by results' motion and backed the Selection Committee pre-selection recommendations.

After much discussion, an Executive motion, amended by the meeting, acknowledged that 'the Executive's action was unconstitutional, but ratified it; in future such action would require a Special General Meeting to ratify it; however the Executive was congratulated for their work carried out in 1988. Work that one out!

The Chairman in his report reminded the meeting of the success of British slalom paddlers in the Europa Cup, the Pre-Worlds, the Junior Worlds and for Liz Sharman, competition in the Olympic Games in Seoul. Our standing was so high that the Minister for Sport had proposed that Richard Fox be appointed to the Sports Council.

He asked that in 1989 priority be given to the competitor, especially the Novice for if there were no competitors there was no slalom! Continuing he advised the meeting that Novice entries had been down this year by 25%. Concluding he said that organisers of events should give him time to finish his run etc., make him feel wanted. To further this, Premier and Division One paddlers are to be asked to visit the lower division events to make the Novice feel important!

The Treasurer, Brian Tipper gave a lucid financial report to the meeting, the outcome of which was that a £4000 loss in 1987 had been turned into a profit of £4000 in 1988. This by dint of hard work and financial accountability by all.

Election of Officers went smoothly with the Chairman and Treasurer returned unopposed and Mike Carter, Robin Pinner, Terry White and Helen Woolerton elected for a two year stint on the committee.

Consideration was then given to the Event Calendar which took the meeting up to lunchtime.

Following lunch the first item was event entry fees and for Premier/Division One, Senior and Junior paddlers, entry fees will rise to £8.50 and for double events £13.00. For Divisions Two and Three, Seniors will pay £5.00 and Juniors £4.50. There was no change to Team entry fees.

Then on to 'ordinary motions', the first being National Team Selection. After a debate less acrimonious than last year (perhaps because some of the protagonist from last year's AGM were not present this time), the motion was carried that the principle of selection on the basis of proven performance in selection events was reaffirmed but that a certain amount of pre-selection, one or exceptionally, two boats in each class in the case of a Senior World Championships, on the recommendation of the Selection committee may be allowed on or before 31st October in the preceding year. A certain amount of discretionary action was catered for, in the light of prevailing circumstances and performances, to add or reduce the size of the teams to be taken. Almost, I feel, back to the pre-1987 AGM state!

The Ladies Divisional Structure was modified to allow a competitor, Novice to Division 2, on gaining a score which would have resulted in promotion in the corresponding Men's K1 category, to be promoted.

The Canadian points/promotion rules were harmonised with the Ladies divisions.

The calculation of percentage results received minor change to allow the use of standard rounding found in most computer programs. The effect on ranking point at the end of season would be minimal.

In Division Four and Novice events, the Canadian races could be run on the same day as the Team events. The legitimises that which occurs North of the Border now.

Gates and individual poles should (not must!) be adjustable from the bank (which is a rule re-introduction).

To encourage media and general public awareness of our sport, a Slalom Sprint Series was proposed in 1989. Many at the meeting thought that such a series would dilute the main effort, which should be Canoe Slalom. However the motion was passed.

Entry into slalom competition at the lower level is to be encouraged by allowing the use of plastic boats in K1 and C1 classes, subject to a length of 3.5 metres and a width of 0.45 metres. Such boats may be used in Divisions Novice, Four and Three.

The 'first boat in the team shall be the first through gate One' rule was re-introduced (now an I.C.F. rule).

In the Judging and Jury section motions it was agreed that a jury may contain a family member or persons with a vested interest of any paddler in the ranking event. Should there be a protest directly concerning that paddler then the jury member should not be directly involved in the handling of the jury member should not be directly involved in the handling of the protest and that at championship, Premier and First

Division events the Chairman of the Jury shall be a qualified ICF official or a qualified Senior Judge.

The Executive agreed to draw up guidelines and procedures to assist the Jury, Organisers and Officials in relation to disqualifications.

The new C2 pairings rule now stands as 'that new C2 pairings including a paddlers previously (or currently) ranked in Division Two, in any category must apply for ranking status'.

Safety At Slaloms was the last major topic and covered four motions all of which were considered together. Discussions revealed that a person accepting the role of Safety Officer for the event could be liable in law in the event of a serious happening, whereas an organising club accepting the responsibility was covered by the BCU insurance. In view of the seriousness of the situation, the safety motions were referred back to the Executive.

And so the AGM closed at about 7.15 p.m., something of a minor record. Here's to the next time.....

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CANADIAN CORNER

American Coach Bill Endicott had written some great books on techniques of paddling C1 and C2, but how current are the ideas?

In the U.K. we only get the 'new' American C1 boat designs after Lugbill and Hearn have won a World Championship in them. Do the Americans also only give us their old ideas on techniques and training?

Canadian Class in the U.K. are now emerging to a standard where we have more than one boat looking at top five placing. Now we have both C1's and C2's chasing for World medals.

If we are to overtake the Americans and the French in the C2 we will have to lead in ideas as well as in the races.

HOW HIGH IS YOUR SEAT?

HOW HIGH IS MARTYN HEDGE'S SEAT?

TOES OUTWARD OR INWARD?

IS SWITCHING CHEATING?

or USING INITIATIVE?

IS MARTYN'S FORWARD STROKE 'OLD FASHIONED'?

HAS JIM SIBLEY FORGOTTEN MORE ABOUT PADDLING THAN THE JUNIOR WORLD CHAMPION HAS HAD TIME TO YET LEARN?

HOW DID PETE KEANE AVOID GETTING CRAMP IN THE ANKLES?

HOW OFTEN DOES GARETH TRAIN ON HOLME PIERREPONT?

Canadian Corner is being re-established so **you** can ask questions, give your ideas, we will seek further ideas in reply.

CLASS OF '88

JUNIOR CHAMPIONS; **WORLD**
BENNET and **JASON**
HOLDEN **BRAIN**

EUROPA CUP FINAL SILVER
MEDAL; **ALAN MEIKLE** and
COLIN BROWN

The art of slalom is to mix the necessary physical and mental ingredients for performance with a high degree of white water skill.

In slalom C2 adds another dimension, social skill is vital, you and your partner aim as a person is to have loads of fun.

YOUR aim as a competitor is to maximize your success.

YOUR aim as a person is to have loads of fun.

DO YOU WANT TO WIN ?

DO YOU WANT TO PADDLE FOR GREAT BRITAIN ?

DO YOU WANT TO WIN FOR GREAT BRITAIN ?

CAN YOU WIN IN K1 or C1 ?

OR

CAN YOU WIN WITH HELP FROM A FRIEND ?

TAKE THE LEAD FROM JASON AND BRIAN TAKE TO C2

IT'S NOT A SOFT OPTION

IT'S INITIATIVE



RICHARD DOMONEY — 1st C2 (SAT). HP DOUBLE PREM.
Photo: Chris Worrall

Letters

BAN CANOEING

Set in magnificent scenery, Llangollen is justified in its International reputation for welcoming groups and individuals from every nation and I am particularly pleased to have this opportunity to welcome competitors and spectators from many parts of the world to the International Slalom Championships.

I sincerely hope you enjoy your stay in Llangollen and wish you every success in your competitions.

Clive Wilson

Town Mayor

October 88

If you looked inside the Programme for Llangollen Canoeing Week this would be what you read first. This is all very well but access on the Dee is getting worse by the day. Soon Winter events such as White Water Races and the Mike Jones Tour will be cancelled due to access problems. The problem is escalating as the selfish fishermen take a better strangle-hold.

In many cases in this country there are rights of access but we have no lever with which to fight our case. We can either sit through endless discussions or invade these sites in numbers. Llangollen is different.

Llangollen Town want us to come and visit. Canoeing brings in a large percentage of Llangollen's trade, in the Winter when times are otherwise hard. Llangollen even parts with money to have us hold our International here. But the Town gives us little support with regard to access. This year, for Llangollen Canoeing Week, only the town Fall was available for use by Canoeists.

So where can we go from here. I think we should ban all competitions and organised events on the River Dee for one year, including White Water Races and the Mike Jones Tour. We may then see a change in attitude. I think that our case would then be fought for us by the people of Llangollen, not by outsiders like ourselves. We may then see fantastic events like the Serpents Tail return to the Slalom calendar, even a ranking event on the Town.

In the week leading up to Canoeing Week a fisherman was drowned. Fishermen continued to lob bricks at canoeists even though they were

searching for the body. By what stretch of imagination is this suitable behaviour from people who would call themselves part of the human race.

Dave Royle Stoke-on-Trent

I think other readers will want to answer this one

Editor

Dear Sir,

I would like to comment on some of the letters and articles in the September issue of Canoe Slalom Magazine.

Firstly, the poor attendance at the Eurpa Cup could, I feel, have been offset by giving all BCU members a ticket or perhaps winning them at events. Us keen parents would have still turned up and perhaps a lot more would have been persuaded by ticket-holding youngsters.

Secondly, the reported campsite problem at HP. Our club has attended all but two events this season and have had nothing but praise for the staff and the site. I just wish that all the competition campsites were half as good!

Finally on the question of junior selection. I have a 15 year old son who has risen from the ranks to Div 2 in just over a season and I am duly proud of that fact, but I am even more pleased with the enjoyment that we have all got from the sport and the new friends we have made. I feel confident that if, and when a paddler is ready for selection the system must find them out without any interference from biased individuals. It is of course important that all the paddlers should have an ultimate goal in mind but it's vital that they do not lose out on having the pleasure of canoeing driven out of them in trying to obtain that goal.

In conclusion I would like to thank all the helpers and organisers of the sport for all the good work. Please keep up the high standards.

Yours faithfully,

Roger Jesson (Key Paddlers)

Dear Roger,

You sound like a person that most organisers would like to get their hands on as a helper! Running an event is undoubtedly worse than running a magazine and keen helpers are always in short supply, so if you get the chance

Letters Contd.

volunteer. Sue Wharton could also find a use for you (and your wife) on one of the many committees that try and maintain the sport. Meanwhile as a relative newcomer to the sport I think you can rest assured that whatever else their failings members of selection committees try hard not to be biased.

As for goals I think that Martyn Hedges summed it up recently when asked how much longer he was going to compete. His reply was 'as long as I enjoy it'.

Editor

THANKS

8 Lcks View,
Westlands Estate,
Stourbridge.

Dear Editor
Colin Broughton would like to sincerely thank those who were involved in the presentation of an engraved shield to him at Holme pierrepoint Div. 1 slalom, for services as Chairman of the jury at Div. 2 slaloms this past season.

Thanks to clubs for their help and co-operation, fellow jury members whose help we all need and generally to all the many decent, sincere persons around the slalom scene.

Colin Broughton



LYNN SYMPSON — 1st LADY K1 (SAT) HP DOUBLE PREM
Photo: Chris Worrall

Kodak and Color are trade marks



GRAHAM MULLHOLLAND Photo: Chris Worrall

DRY GEAR FOR WET WEAR

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TECHNIQUE TIPS

J. MacLeod

Setting Up

At the HP double Prem event course designer Julian Patrick set up an excellent downstream sequence from gates 13 to 16. The gates themselves could be negotiated with apparent ease but proved difficult to guarantee 'repeating the intended techniques'.

Following 13 the jutting out concrete angle offered a disrupted approach. Those that could gauge their way round this were better off. The exit from gate 14 required cross current left speed. The best way to achieve this was clearly an approach from RIGHT of centre, (on 14) with a left bow stroke upstream of the left pole, followed by a right sweep or power stroke. The left bow stroke allowed the paddler to apply real power across current. The right sweep provided a stable blade on the back of the stopper and an opportunity to use the power available if required. It was very useful to have this stroke as it set up the (usual) spin on 15. Indeed, those that completed half the spin just before the gateline of 15 got the best line to 16 and usually sustained continuous rotation in the spin.

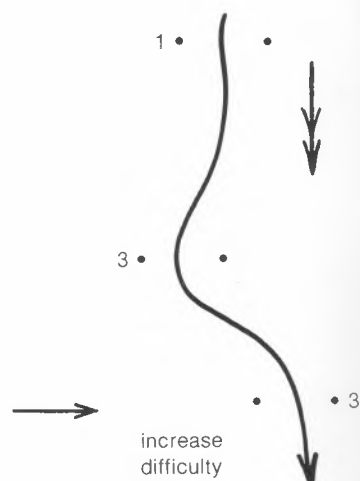
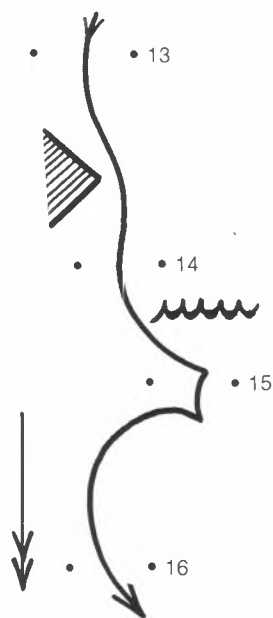
On watching the sequence for all three runs it was apparent that many paddlers could not guarantee the stroke pattern before 14. A flat water, but moving approach should not have disturbed their paddling. The entry for 14 could be planned, and yet in many cases techniques were not repeated over the three runs.

The apparent errors were doing the left bow stroke too early, or omitting it altogether and relying on the right sweep. The former caused the paddler to put in reduced power to the stroke, lessening the cross current drive. The latter started the boat rotating and the consequence was a drift down to 15.

To train yourself to do this type of sequence well, set up as in the diagram and keep the two approach gates fixed, stretching out the exit gate whilst ensuring that you can groove the sequence. As soon as the exit gate is far enough to give you grief then pull it back and consolidate what you can do. Training what you cannot quite manage does not help you put it together well in the long term.

Having done that set about changing the problem by altering the 'stagger', bearer spacing and site. You have got to be in a position where you are confident what you can do by reading the situation from the bank.

John MacLeod



ALANS ANSWERS

Dear Alan,

I have read your column in Slalom with interest especially the comments on parent participation in the coaching of their youngsters. Generally it must be remembered that compared with other sports Slalom Canoeing in terms of coaching, availability of coaches at club level and coaching information, is a relatively young and inexperienced sport.

Our canoe club was able to offer the B.C.U. one star test, and then its "go and have a go at Slalom!" We looked for a coach - not having a year book this was an impossible task, having made Div 4 and a year book we took our courage in both hands, and phoned Alan Edge. This phone call was, in time, to vastly change our lives; our son's because of the improvement in his paddling, my life because I got involved in coaching and our Canoe Club because they discovered that there was a better way than just having a go!

The word 'Coach' means to me - a non-paddling parent. A person who will be encouragement - knowledge and patience accelerate the rate at which a paddler will improve.

I have been able by doing a Trainers Course and later a Coaching Course to learn the skill necessary to instruct my son on the basic skills, analyse and time his regular training sessions, and be available to encourage and discuss his goals both at training and on race days. This in turn had made him appreciate the more specific coaching that he has been fortunate to receive from good paddlers and other coaches.

I would say to any parent - make the effort to get involved, do a trainers course, enjoy helping your child and others but also be prepared to stand back and listen when others are coaching - The best coaches, parents and paddlers can usually learn something if they are prepared to listen!

Looking forward to my next chance to listen and learn.

Mrs. Pearl Mulholland

Thanks for your letter, Pearl, glad that somebody out there reads my column! Your letter, although not needing a direct reply stimulated me to pen few words for coaches and paddlers on their current phase of coaching or training.

Leicester

Dear Alan,

I have just started canoeing with the Leicester Asian and Sink Youth Project.

Unlike the other youths I am planning on taking up slalom next season.

However, because of my Sikh religion, which doesn't allow me to remove my turban. I was wondering if, like the rule that allows Sikhs to ride on motor cycles without a helmet, this exception could be made for canoeing. If not perhaps you could recommend a helmet which will allow room for a turban.

Your thankfully.

Matt Gandhi,

Dear Matt,

Even if the rules could be changed to permit canoeing without a helmet you would probably have to be 18 before it could apply to you. Also it is not a good idea as the chance of a head injury in water would be too dangerous.

Some years ago I coached a basketball team that had several Sikh youngsters in it and their Religious Leader permitted them to wear a special thin turban that covered their hair. Such a turban could quite possibly fit under a helmet, although you may have to purchase a rather more expensive one such as a Protec, which is made in larger sizes.

Hope this helps,

Alan Edge.

Slalom Training - Preparatory phase; November -December.

1. By the end of October most people need a rest from the slalom boat. WHY?

TO stop then getting bored.

develop endurance fitness AWAY from the gates for a chance.

give the body a rest from all those jerky, violet turning moves.

enable work on forward paddling technique in a sprint boat or WWR boat.

develop hunger for gateway later on in the winter programme.

enable training to continue in the dark evenings.

HOW? Use a different boat 2/3 times a week. (sprint or WWR)

Steady state endurance work. 20-40 minutes. Include fartlek work (random burst sprints of between 20-50 secs with steady paddling between). This works well in a group. Highly motivating.

Do the occasional white water race. You'll enjoy it, especially if you've done some training because slalomists normally do quite well. (take your slalom boat as well - for a river tour maybe) Do some longer than normal interval pyramids or sets. Recovery same OR less than work. Length of work 2 mins - 10 mins.

2) Slalom boat work in this period can usually be split into 2 kinds.

a) **TECHNIQUE** refinement, adaption or correction. This is a good time to experiment with technique and equipment changes. Be careful when learning a new technique not to pressurise it too soon, or it may well breakdown or be learnt incorrectly. Monitor penalties.

b) Put the pressure on by:-

- i. Reducing the rest.
- ii. Increasing the number of repetitions.
- iii. Increasing the length of course.
- iv. Increasing the frequency of a particular technique. (eg 10 breakouts consecutively).
- v. Training on rougher/faster water.

c) Depending on the individual. **STRENGTH** can be developed during this period.

Remember that for there to be a significant training effect the **LOAD** needs to be increased -

the repetitions to be more than 4-6 in number - the **REST** to be **MORE THAN** the **WORK** 1:1 1/2 to 1:2. Examples of strength moves in slalom are:- **BREAKOUTS - SPINS - REVERSE MOVES - BREAK-INS**. In other works any manoeuvre that entails a re-acceleration of the boat.

Some advise about strength training:-

Do in 'blocks of weeks', not all the time.

Warm up longer than usual.

Balance out the techniques (ie don't overwork one particular **SIDE** or **STROKE**). Remember, though, that to increase strength you must **OVERLOAD**, **SPECIFICALLY** for the event and strength will deteriorate if not trained so be prepared to **NOT** be able to start where you left off. Especially if you've had a lay-off through injury, holiday, exams etc. etc..

d) Finally there's never any real substitute for good whitewater paddling, even if there are no gates. You must start to see your paddling 'Career' as a continual process of acquiring whitewater skill, confidence and accuracy. Hours spend on the rough are never wasted. If your local site is flat get away when you can. Keep a log of how many hours you've had so far.

Some ways of gaining this are:-

- i. Whitewater gate training
- ii. Whitewater Competition
- iii. WWR races
- iv. Club river tours/rallies
- v. Surfing
- vi. Play about fun sessions - sometimes called posing (if you're good enough!)



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West Midlands

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London & South East

Pool Slalom:-
January 7th, 1989 at 6.00 p.m.
Alleyne's School,
Townley Road,
Dulwich.
Entries and enquires to Vince Lamph, Flat 6, 36
Manor Road, Beckenham BR3 2LE.
Telephone 01 650 0197

Mini-Slalom Series

18th December, 1988 Yalding
January 22nd, 1989 Shepperton
February 12th, 1989 Yalding

YALDING Div 4/Novice 25/26th March

Entries to all as above.

East Midlands

Pool Slalom:-
on 21st January, 1989
Bramcote Pool
NOTTINGHAM
8.30 to 10.00 p.m.

Entries and enquiries to the new regional rep:-
Pearl Mullholland,
23 The Ridings
Allestree,
Derby DE3 2GD

Southern

Pool Slalom in 50m pool. This will be a parallel
slalom as at Crystal Palace.
7th January, 1989, 6.30 - 11.00 p.m.
Highwickham Sports Centre,
Handy Cross, Marlow Centre,
Highwickham.

Entries (sorry £4 due to cost of the pool) to:-
Marty Setchell
Windsor Crescent,
Woodley,
Berks.
Prizes by Marsport

North Region

7th January, 1989
6.30 p.m.
Darlington Dolphin Centre.
Entries to P. Courtier
or on the night.

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RESULTS

HALIFAX CANOE CLUB - SOWERBY BRIDGE SLALOM OCTOBER 15/16

Sowerby Bridge has the advantage of being in the centre of a small town with all the amenities of shops, many pubs and eating places, proper parking and toilets all close hand. Halifax is only 3 miles away and Bradford only 8 with their city type entertainments - something for everyone for the evening. The site around the slalom is still a bit like a building site but for those who have been to our events over the years, definite improvements can be seen.

Conditions were almost perfect for slalom with no wind, a good volume of water in the river (between summer low and winter high levels) and no rise or fall in river level throughout the weekend. The only thing missing was a little sunshine.

Halifax junior paddler Nicky Ackroyd designed an excellent course. The course was tricky in places requiring good technique but maintained a good flow so felt fast to paddle. A choice of approach and exit routes for several gates on the course left paddlers with the decision of finding the fastest route. The quickest routes on gates 4, 10 and 14 involved more risk and many paddlers hit the poles receiving 5 seconds penalties or by losing control and speed by stalling in the gatelines lost up to 5 seconds in time.

The event received a good entry with 75 paddlers competing in the mens Kayak, 20 ladies, 15 canadian singles and 5 canadian doubles and 36 officials with entries from as far away as Milton Keynes and North Wales.

There were craft stalls for something to do between runs as well as a number of canoe suppliers who provided prize tokens for the officials events. Halifax's food stall was doing good business just outside the clubhouse entrance where many paddlers gathered to watch the computer leader board.

The event ran very smoothly the only stoppages due to being ahead of start list time. With 36 officials entries and organisation from Sue Ackroyd judging was of a high standard and stints fairly short.

Robert Soothill the organiser ran a well organised friendly event which everyone seemed to enjoy. Halifax C.C. hope you come back to our 3 events next year.

A. Close

Results:

Men K1: 1st D.Taylor 150, Manchester; 2nd A.England 157, Matlock, 3rd B.Charlton 158, Ind.

Ladies K1: J.Dutson 187, Olney

Canadian singles: G.Rodgerson 154, Bolton

Canadian doubles: Clark/Pumphrey 164, Sheffield Uni.

Judges: Prem R.Southill 135, Div 1 B.Ackroyd 138, Div 2 D.Gaukrodger 147, Div 4 N.Smith 17(all from Halifax).

HPP Div. 3

K1 Men (Div. 3)

1. Alistair Johnson (J18)	Midland
2. Stuart Bowman (J14)	Telford
3. Simon Even (J18)	Mercia

K1 Ladies (Div. 3)

1. Debbie Sweney (J18)	Midland
2. Lyndsey Morby (J16)	Charnwood
3. Nicola Morris	Tees

C1 (Div. 3)

1. Kevin Campbell	S&S/Arrowcraft
2. Keith Rawlinson	Shepperton
3. Martin Wainwright (J16)	Friends of Allonby

C2 (Div. 3)

1. Pumphrey/Clarke	Independent
2. Twigger/Smith	S.O.A.K.
3. Holden/Ratcliffe (J16)	Manchester

Veterans

1. Garry Smith	Halifax
2. Peter Wignall	Garstang
3. Tony Shenton	Langleybury
6. Madueno Farnando	Spain

Officials

1. Shaun Pearce P.	Newbury
2. Benedict Gaster P.	Hammersmith
3. Nick Barton I.	Windsor

1st. Div. 2 Pete Howard	S.O.A.K.
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1st Lady Clair Danels (J16)	GL Centre
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RESULTS

WINTER SQUAD SELECTION

The Olympic Training Squad

K1M

R. Fox
M. Jones
R. Smith
L. Shackleton
I. Raspin
S. Pearce

C1

G. Marriott
R. Domony
M. Wharton
M. Delamey
R. Comer

K1L

L. Sharman
K. Davies
L. Simpson
J. Cawthrey
L. Tipper
R. Fox

C2

Meikle/Brown
Clough/Clough
Richardson/Thompson

Olympic Possibles Squad

K1M

A. Fuller
I. Raspin
D. Crosbee
K. Cambell
D. Morgan
M. Stevens
A. Corrie
G. Blaney
B. Gaster

C1

B. Horsman
I. Green
C. Brown

K1L

M. Francis
H. Corrie
P. Briscoe
A. Walley

C2

Holdem/Bennet
Smith/Brown

LLANGOLLEN DIV. 2 17/18th September, 1988

This was the second division two event to be held at Mile End this season and it was run just as well as the first. There was a large entry, about one hundred and twenty in the K1 Mens event and entries were accepted up until midday on Saturday, as many people hadn't been able to get their entries in due to the postal strike.

The course was very interesting and made good use of the poor water level. The top half of the course had a very tight stagger sequence and there was a tricky upstream gate positioned just below the middle stopper. The course finished off with a stagger sequence down the bottom fall with an upstream gate on the bottom wave.

The judging was very efficient despite the shortage of judges and the results were quickly displayed on the computer screen in the Nomad building. A good range of food was available at low prices and hot drinks were also on sale.

The trophies (Red Welsh Dragons) were very unusual and there were plenty of them including two junior sixteen prizes and first junior team. I would highly recommend this event to everyone.

RESULTS

K1M

1. J. Salisbury (J16)	181.0 + 5
2. P. Shaw	187.1 + 0
3. R. Eve	187.7 + 0
4. M. Roberts (J18)	185.4 + 5
5. G. Mulholland (J16)	185.5 + 5

K1L

1. C. Smith	233 + 5
2. R. Mahy	242 + 0
3. H. Oakley	230 + 15

C1

1. C. Mills	217 + 0
2. C. Bolton	218 + 5
3. S. Cook	214 + 10

C2

1. Mitchell/Cooper	221 + 0
--------------------	---------

Officials

1. R. Soothill	171 + 0
2. V. Mayers	172 + 0
3. R. Wetzig	181 + 0
4. P. Macdermid	181 + 0
5. P. Francis	182 + 0

J.C.S.

RESULTS

Report on Hambledon div. 4, 3/4 Sept 1988 Sponsored by Marsport Ltd.

Despite forecasts of gale-force winds and possible torrential rain, for the first time in memory the Hambledon div. 4 started off on Saturday morning bright and sunny, with lots of nice cheerful event officials and jury chairman running helpfully hauling gates around from about seven O'clock in the morning. The course was up just in time for official practice, although it was changed around slightly before the team event started. The team events went smoothly with a disappointingly low entry of five teams giving the competitors a better than even chance of winning a prize.

On the Saturday evening, Marlow Canoe club had hired the backroom of the Flowerpot hotel in Hambledon where a talk on judging was given by Paul Taylor, the jury chairman. This was followed, for the benefit of the 'younger' paddlers by a free showing of the film 'Bigfoot and the Hendersons', which went down very well - the stars of the film being later thanked at the prize giving.

On Sunday the individual runs started off slightly late due to some last-minute repairs of the course, however due to the small entry, the competitors were started off at two-minute intervals and we were still running to time after fifteen minutes. The course proved technically quite demanding for a div. 4 course (with one div. 1 judge heard to complain loudly that she couldn't do gate seventeen). However this seemed to place youngsters with good technique higher than oldsters with just brute force and ignorance, which can't be a bad thing (unless like me you are an oldster with just brute force and ignorance.) The first and second

placed ladies notably went to a J16 and J14 paddler respectively. However despite its relative difficulty and some quite high water levels, almost all paddlers managed to complete the course with few 50's and fewer swims.

Overall a very smoothly run event by a club which is slowly gaining in experience and which hopefully might produce still better things next year (electronic communication of results from judges is one innovation hoped for in the future), all things willing, I think I'll judge here again next year!

Guy Gratton

Name	Club	Best Time
------	------	-----------

Mens Kayak Singles

1. N. Clarke	B.A.D.C.C.	153.3
2. C. Findlay	Loughbrough	164.3
3. P. Linsky	Abbots Langley	164.3

Ladies Kayak Singles

1. S. Chadwick	B.A.D.C.C.	268.2
2. N. Chance	Basingstoke Canal	283.2
3. R. Webb	Longridge	386.5

S. Chadwick also won the u.16's trophy, N. Chance the under 14's.

Canadian Singles

1. J. Lee	Basingstoke	184.3
2. T. Cooper	Portsmouth	198.4
3. S. Bodie	Stubbers	230.6

Canadian Doubles

1. Cooper/Earl	Portsmouth	230.1
2. Wells/Stocker	Banbury	324.1

Officials Event

1. P. Johnson	Abbots Langley	138.7
2. R. Jones	Marlow	153.3
3. C. Gratton	Marlow	154.8



WHICH WAY UP? — Photo: Guy Gratton

RESULTS

WINTER OPEN, LLANGOLLEN 22nd NOV. 88

Llangollen Week

K1M

1. L Shackleton	171.03
2. D Ford (Canada)	171.28
3. Dave Crosbee	171.74

K1M U18

1. M Stevens	179.19
2. D Ledger	192.53

K1M U16

1. K Kerswell	188.45
2. P Franis	193.09

K1L

1. H Corrie	198.84
2. L Tipper	200.81
3. M Francis	205.25

K1L U18

1. H Corrie	198.84
2. L Tipper	222.36

K1L U16

1. C Daniels	226.72
2. S Masters	230.60

C1

1. P Brain	190.11
2. M Wharton	190.16
3. P Bell	190.28

C1J U18

1. M Wharton	190.16
2. T Morgan	204.23

C1J U16

1. N Grey	266.61
2. S Jesson	274.50

C2

1. Stercl/Stercl (TCH)	198.08
2. Meilke/Brown	202.98
3. Arrowsmith/Brain	238.47

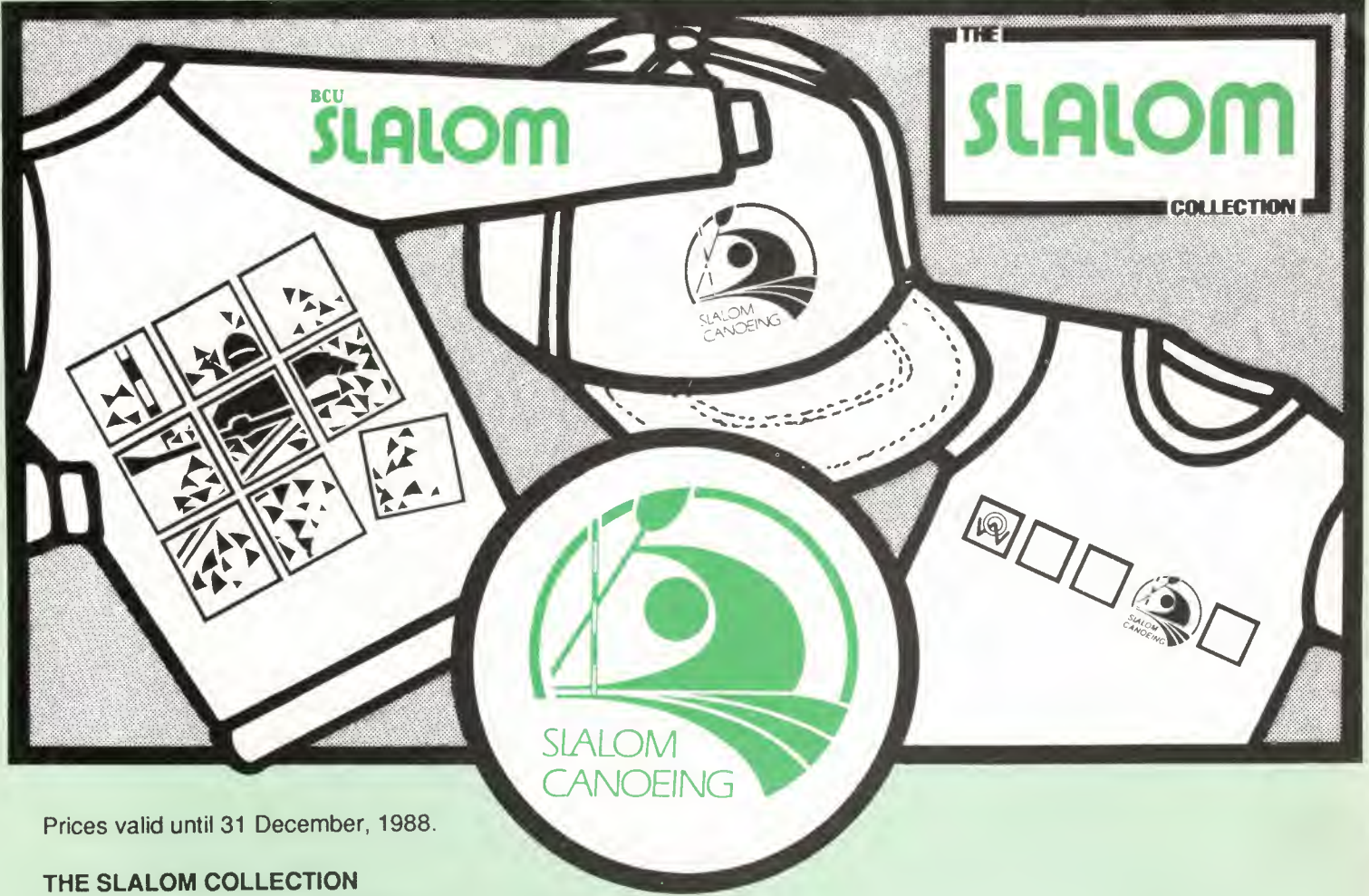
Glwyd County Council were the sponsors for the event while the autumnal colours, the sun and Llangollen made a first class setting for the finals of the 1988 season.

The British Open and Junior Championship had a very full start list of enthusiastic Juniors with a sufficient smattering of premier paddlers to enable the main event to preserve it's dignity. The strategic position of gate 10 over the fall was both thought and penalty provoking as Russ Smith found to his cost while Ian Raspin's speed was not clean enough to keep him in the medals and so Len Chackleton won his first major event with Dave Crosby 2nd. Heather Corrie's positive win will give her morale a boost and, it is hoped, bury her problem in the past.

Due to unfinished business with the anglers the river was not open to paddlers all week and when it was available it wasn't because the filming of Paddlers Up took over! This kept many amused and busy while the Serpent provided a sting for some. Elizabeth Sharman paddled into a problem and hurt her back and on arriving at Wrexham Hospital was surprised to bump into Shaun Pearce with a damaged foot — both injuries having been caused by the tail.

The posters and programme billed the International as the principle event of the week. The river had risen to the occasion and the weather stayed fine with just that special Llangollen nip which reminds one of winter and makes getting up at 6 a.m. so hard. The paddling was under way - Melvyn Jones and Martyn Hedges won for G.B. (or were they padlong for England) while Maria Francis knew that she had won for Wales. Then the International was brushed aside and the real paddling of the weekend took over. The Regional Championships were underway and Team Spirit Ruled OK.

Supporters were on the bridge, the streets of the town rang with the cheerings everyone was busy - checking splits, massaging arms, discussing tactics. Gate 1 in particular offered some new options on a well designed course which did not forget the capabilities of the Div 3 paddler either.



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