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CANOE slalom

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MAGAZINE



Inside This Issue: • Liz Sharman MBE • 1000pt Ranking •
• Slalom Calendar Pull-Out • Mental Preparation for Competition •



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CANOE slalom

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by Joe Mulholland

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EDITORIAL

A Point to Points?

We asked for an article to explain the new point system and now that we've read it we think that we have got it sorted!

Undoubtedly it is hoped that the new system will increase participation and thus revenues. Probably good for us all if it works, the only possible fly in the ointment is the one or two event a year man, will he still paddle, or rather will he paddle the three events to keep in his division? Time alone will show and we can only hope.

However, despite the unconvincing arguments presented for its introduction we have a gut feeling that it is the right move if only to give a fairer idea of relative ability. Possibly Tony Arrowsmith's thoughts on a 200 point system were better but we'll leave that to another AGM.....

Will The Last Coach Out Please Leave His Stop Watch?

Yet another coach has defected to Canada. Hard on the heels of Andy Gladwin top coach Michael Druce, assistant to Hugh Mantle, is taking up the position of National Team Coach in Canada on April 1st. Our informant tells us that the position was actually offered to our National Coach Alan Edge, who declined to comment on the matter. Since Alan is still here it seems that we haven't lost him.....YET. One other coach has well advanced plans to leave to North America soon...

It is not unreasonable for coaches to go to where the money is; after all they have got to live as well as coach but it bodes ill for the long term future of top slalom in this country. There must be few who can seriously expect Richard Fox to remain here (if he decides on coaching should he retire from competition after the Olympics) unless we can offer him a secure future; a highly unlikely prospect at the moment. Hopefully this will be borne in mind by those who control our destiny; namely the Executive, those who fund us and YOU the Slalom Committee.

Selection

Always a thorny subject and undoubtedly one that is not over yet. Richard Fox's pre-selection for the World Cup at the Special General Meeting

was right and reasonable. The one question which surprisingly wasn't raised at the meeting was pre-selection for the 1992 Olympics; undoubtedly a point which will be raised soon enough!

Further debate is needed to ensure that as many people as possible have an equal chance, but it is foolish not to have the option of replacing injured, or otherwise unfit, selected, or pre-selected, paddlers as late as is possible under ICF Rules. In fact what about the very top paddler who has a minor injury or illness on selection day? After all at the end of the day the aim of the whole exercise is to win medals with the best possible team.

Let us start this debate NOW and involve the paddlers concerned and not just Club Reps at AGMS, baring in mind, of course, that AGMS are open to paddlers and others as well!

NEV -the end of an ERA

No-one can deny that for sheer volume of effort and distance traveled few could touch Nev Unwin over the last 14 years. It is also true that for the ability to have 'no time to talk' because he was late and then to spend three hours doing just that, he also had no equal. He will be missed, perhaps with relief by a few, but the majority will miss him and appreciate that it will take more than one person to do what he did by himself. He often travelled 800 miles in a weekend and rarely claimed his true expenses.

He did a lot for the sport without empire-building and with no children of his own to be tempted to curry favour for. I would like to think that he will now have peace and quiet, no more rushing to arrive 'just a little late' for meetings, no more hassle from unappreciative people. Sadly this won't be the case, just different meetings to be late for, different people hassling. Nothing else could be the Nev we've known over the years.

Just one last thing before you finally go, Nev; declare Veteran. It would be just too sad for you to lose Div 3 status after all these years - even if you did accidentally nearly get promoted to Div 2 in 1979!

Good-bye and God Bless!

CURRENT AFFAIRS

Coaching Conference

Any coach who wasn't at the 1990 coaching conference at HPP, missed the bargain of the year and should be ashamed. However, part of the problem is undoubtedly publicity, not the amount that went out but who was told. Read all about what you missed next issue.

Shepperton Changes

A meeting has been held with the National Water Authority about changes to the weir at Shepperton. Engineer Dr. George Parr was present to represent the BCU and it looks as if beneficial changes are to be made to the weir structure to improve the site for canoeing. It was also agreed that the work would be done between slaloms.

Extension for Bala Bibs?

Paddlers have been asking if there is going to be an extension to annual Tryweryn bib time due to the fact that it has been without a release for several months. So far no answer has been forthcoming.

Eddy Lines Emerging

A new retail shop, to be known as 'Eddy Lines', is soon to appear at The Mile End Mill canoe site at Llangollen. Still commonly known as 'Nomads' the site is now split into several parts with only the canoe and kayak design still done by Mike Dalton, although the Daltons still own the property and land.

A Mr. and Mrs. Barber are the new owners of the retail side of the business which it is hoped will be in operation by March.

Fox on the Run

Sadly Richard Fox ran off to Brazil this month before giving us the copy for this continuing series. It is worth adding that due to the sudden cancelation of his trip to India he has actually paddled here more this winter than for some years but of course in order to maintain his number one position he must compete and train on as wide a range of water as possible, which doesn't make England the best bet - especially in winter!

There are also rumors that he is writing a book, but whether it's a coaching manual or the story of his life is not yet clear.

Canoeing Accommodation

At last there is to be accommodation by the Llangollen white water site as Fiona Dalton takes over a large detached house over-looking the site, on the far side of the river. This is the last step in providing a complete service to the canoeist as a large section of the river is now floodlit; arguably providing the best equipped rough water river canoeing in the country.

BCU Cards

It is now clear that BCU cards ARE required to be taken to ALL ranking slalom competitions and that those not producing them will be charged an additional £2 for checking.

OOPS!



Mike Wharton was inadvertently omitted from the C1 list in the Olympic training squads in the last issue. Mike, who had been out of action for six weeks following an operation in early November, is now back in training as the sixth member of the squad, having come 15th in the Savage Worlds last year. We apologise for any inconvenience this may have caused.

...current affairs

Courses for Coaches

The National Coaching Foundation is now starting its new series of courses. These take place at centres all over the country so there is probably one near you. The courses are not specific to canoeing but rather specific to a type of training. Such as **MENTAL TRAINING, DEVELOPING STRENGTH AND SPEED, TRAINING FOR PEAK PERFORMANCE etc., etc.** They are incredible value for money, usually costing around £7.50.

• **Freephone 0800 590381** •

for further information and to find out if they are running one near you!

Judging

The season is upon us, now is the time to take stock of your involvement in the sport. Judges are always required, at all levels, whether you just fancy giving a hand or whether you would like to take your gate judges test, or senior judges exam - contact Steve or Sue Ackroyd on 042 882998.

Elizabeth Sharman Radford, MBE - a reminiscence

I first met Liz in the summer of 1979 when she was on her way to win the first of many world championship medals, silver this time. Travel arrangements to major events are always complicated and tiring for the competitors who so need to conserve their energy. On this occasion the simplest way for Liz to catch the plane with the rest of the team at Heathrow was for George to drive her to Harpenden the day before and for her to spend not only the night, but half a day with me before going to the airport. It was before her marriage and we whiled away the time walking the dog and talking of wedding preparations. I little knew then what the future would hold for her and that I was walking with the greatest of women slalom paddlers.

Liz's silver in Canada in 1979 was followed by the Team silver at Bala and another at Merano where she first won the World Title. She collected a Team Bronze at Augsburg in '85 before regaining the World Title in 1987. A great achievement. She was also European Champion in 1982 and 1986.

It is not just because she is such a great athlete that Liz has been given the MBE. It is also in recognition of what she has put back into the

sport. With every World Title goes a responsibility to the sport - a demand to give back to the sport what the champion has taken out of it. Over the years the sport has expected Liz to attend this function and to compete in that event regardless of what pressures these occasions put on her. It is because she has been so willing, done so much for the sport and achieved so well that she has been given this honour.

Jennifer Munroe

U 16 Training Group Selection

It is intended to identify a training group on the basis of results from the Div 1 events at Hambledon on April 1st and Grandtully on April 8th. Selection to the training camp will be based on performance of that group at a day's training to be held in Llangollen on 13th May 1990.

Eligibility - any premier/Div1 + Div 2 Canadians, U16 on 31.12.89.

ALL PADDLERS WISHING TO BE CONSIDERED FOR SELECTION MUST REGISTER BEFORE THE 1ST APRIL 1990, USING THE APPROPRIATE FORM. OBTAINABLE FROM SUE WHARTON, ENCLOSING AN SAE AND THE £10 REGISTRATION FEE.

(Full details of all team selections will be published in the year book-ED)

HPP Break-ins

Paddlers are advised not to leave their cars at HPP for the weekend while they share another car to go to events. At least 3 canoeists' cars have been broken into recently, during daylight, while parked by the main buildings in the centre car park. A member of staff at the Centre, who didn't wish to be named, said that on average one car a week is broken into while parked there.

Unhappy with Judging?

Do something positive and organize a club judging evening! If you feel that there is enough interest for instruction and then a Gate Judges exam, at your club, contact the Ackroyds on **0422- 882998**. They can arrange for someone local to attend your club evening and give a talk.

Thanks!

To the contributors this month who endured the usual harassment for copy and photographs. Some things have had to be held over 'til next month due to lack of room. Thanks also to Vince Lamph for the idea of the map on the back cover.

Financial Affairs

John Gosling, General Team Manager, is to receive a £3000 a year "honorarium" for the time that he spends on Team affairs.

Richard Fox, Garreth Marriot and Melvyn Jones or Liz Sharman will have their training camp expenses paid this year as being our top medal hopes. This is funded from the Olympic Fund grant of £65,000 and nominated elite paddlers are part of the funding requirements.

Out of this we also have to fund coaching, including Alan Edge, who is now designated Olympic Team Coach, as well as management, administration, transport. The projected cost of Alan is variously estimated from £19,000 to £24,000, although the later figure seems more likely as the cost included expenses as well. Either way a bargain that we are very lucky to have.

The value of voluntary help can be estimated as we pay around 1% of the helpers some £30,000 in total. **Stick with it you volunteers!**

£200 Paddles?

Although possibly always on someone's map, it seems that Newcastle is also going to be on the canoeists' map soon. Separate rumors of a bankrupt paddle company starting up with new owners, a well known boat designer commuting to Newcastle and a Welsh paddle maker also visiting the city on business seems to indicate that another paddle/boat company could appear there before too long.

This could be a good time for a new company to get into the field with a competitive product as rumors persist that the price of paddles could well **DOUBLE** by the end of the year. This would mean top blades costing over £200 a set!

JJ Ties the Knot

Jimmy Jayce, after years of avoiding the issue has at last taken the plunge and was married to Joan Cawthray on Saturday, 20th January at Llangollen. It is believed that a stag night was held the week before but when questioned Jimmy wasn't sure!



JJ - an honest man at last!

Photo: Chris Worrall

LIZ SHARMAN MBE - by George Radford

Liz was introduced to slalom canoeing at Bury St. Edmunds Canoe Club at the age of 16 following a brief flirtation with the sport a few years earlier at her school in Manchester, a natural athlete competing in county athletics and hockey she very quickly took to slalom.

The Suffolk Slalom Squad had recently been founded and although she was initially rejected by the squad selection panel for being too old (a comment she has never allowed her old friends to forget) - it was here she received her first formal slalom training.

Her first ranking slalom was at Dedham Mill in April 1975 which she won convincingly. Coincidentally a little red faced lad called Richard Fox, paddling a Cosmic, got promoted at the men's event on the same day. She was promoted seven months later to Div. 1 at Bulth Wells (there was not a premier division in those days) and in the intervening time she had claimed the British Schoolgirls Championship.

Self imagery is, and always was, an important factor in her preparation.

Positive thought showed from the beginning, even as a novice she had carefully handwritten her name at the top of the National Ranking List in the 1975 Year Book. However, her first year in the top division proved a lot more difficult and she was not happy at finding herself fourth in the National Championships. It was a frustrating time; technique was developing well. but she was suffering from not enough white water experience, the only local heavy water was the sea on a sand bar off Felixstowe Ferry and that was a 75mile round trip!

In 1977 she went into the selection event with high hopes and made the team, but perhaps more significantly she met Ken Langford who, together with the West Midlands Centre of Excellence, were, as Liz readily admits, to have a great influence on her slalom career. That year she attended her first international at Moutathal in Switzerland. She was not the fastest lady on time, but a clear run put her into eighth overall. She did not get selected for the 1977 Worlds at Spittal, "not enough experience" said the selection committee!

Back to the drawing aboard. A hard, disciplined



Liz Sharman MBE- Twice World Champion

winter training with Ken Langford and the Stafford and Stone Centre of Excellence, mixing with talented paddlers, Richard Fox, Paul McConkey, Bill Berisford etc. The following 1978 season brought her fourth in the Europa Cup, second place in the Pre-Worlds and a National Championship title. It is interesting to note that at all the events she was the fastest lady, but penalties were causing problems - remember 10 seconds per touch in those days - but the old cliché gave some comfort, i.e. 'You can make a fast paddler clean, but you can't make clean paddlers fast.'

A silver medal in the World Championship in 1979 in Jonquire, Canada was better than she could have hoped for, but her euphoria was soon tempered by Ken Langford. Having missed first place by 0.4 seconds, Ken pointed out that she had "blown it."

This one comment brought home to her that first place was the only place that counted.

Years of mixed success followed. The start of her on-going back injury did not help in Bala at the 1981 Worlds and although she paddled a team silver, her individual event was a disaster, fifteenth place, by far her worst ever result. Being one of the pre-race favourites had created what was to her a new phenomenon, previously unencountered - pressure.

Back to the drawing board again, more Ken Langford indoctrination, resulting in her winning every event she entered from 1982 - 84 including the Europa Cup and World Championship at Merano in '83.

At Augsburg '85 again a team medal, but fifth place in the individual was very disappointing and perhaps rather unlucky, on reflection her very precise style and detailed course planning should have been more flexible.

From early days in slalom Liz believed that it was essential to compete at as many Internationals as possible and all of the summer months were generally spent on her own, hitching from slalom to slalom throughout the Continent. She believes this self-dependence is a very important development for a lady K1. To quote "You have to plan and then get up and go. You can't rely on anybody else and if somebody does accompany you make sure that their ideas don't interrupt your training programme without very good reason."

Training programmes have been very important since Stafford Stone days. Every year has been precisely planned with the various training phases carefully calculated and, more importantly, carefully adhered to. Another great influence has been Bill Endicott, USA team coach. Liz has spent many winter months with the US team members at training camps in America 'She likes their open attitude and in particular their mixed paddling sessions where you can compare yourself with the best C1s in the world and additionally some very capable lady K1s, for example Kathy Hearn, World Champion in 1979.

She is very critical of the apparent current attitude of waiting for training and coaching to come to you. She believes that you have to go and find it.

Another World Championship win in Bourg St. Maurice in 1987 decided her to look elsewhere for fulfilment. Hence, people who knew her well did not find it too strange when she dropped

slalom to try and make the Olympic flat water sprint squad.

As with all of her training everything was planned in the greatest detail. Result, a somewhat reluctant sprint world found a slalom paddler amongst them, ending the year in second place in their ranking, most important to her trip to the Olympics in Seoul. She paddled in K2 with Jan Lawler, a member of the well known sprint canoe family. AS place in the semi-finals was as far as they got, but that was not bad for one year in sprint.

However, in her spare time during the Olympic year she had managed to compete in the Savage river Pre-Worlds and had won by a comfortable nine seconds. She liked the heavy water and the tough technical features of the course and was really looking forward to the worlds '89, however, this was not to be.

Training was going well in '89 until her long time injured back gave up on an insignificant weir at a small university site in Belgium. Initially the extent of the injury was unknown but after being unable to make the start line at the Savage Worlds, medical investigation showed that an already damaged disc had exploded out into the spinal cavity.

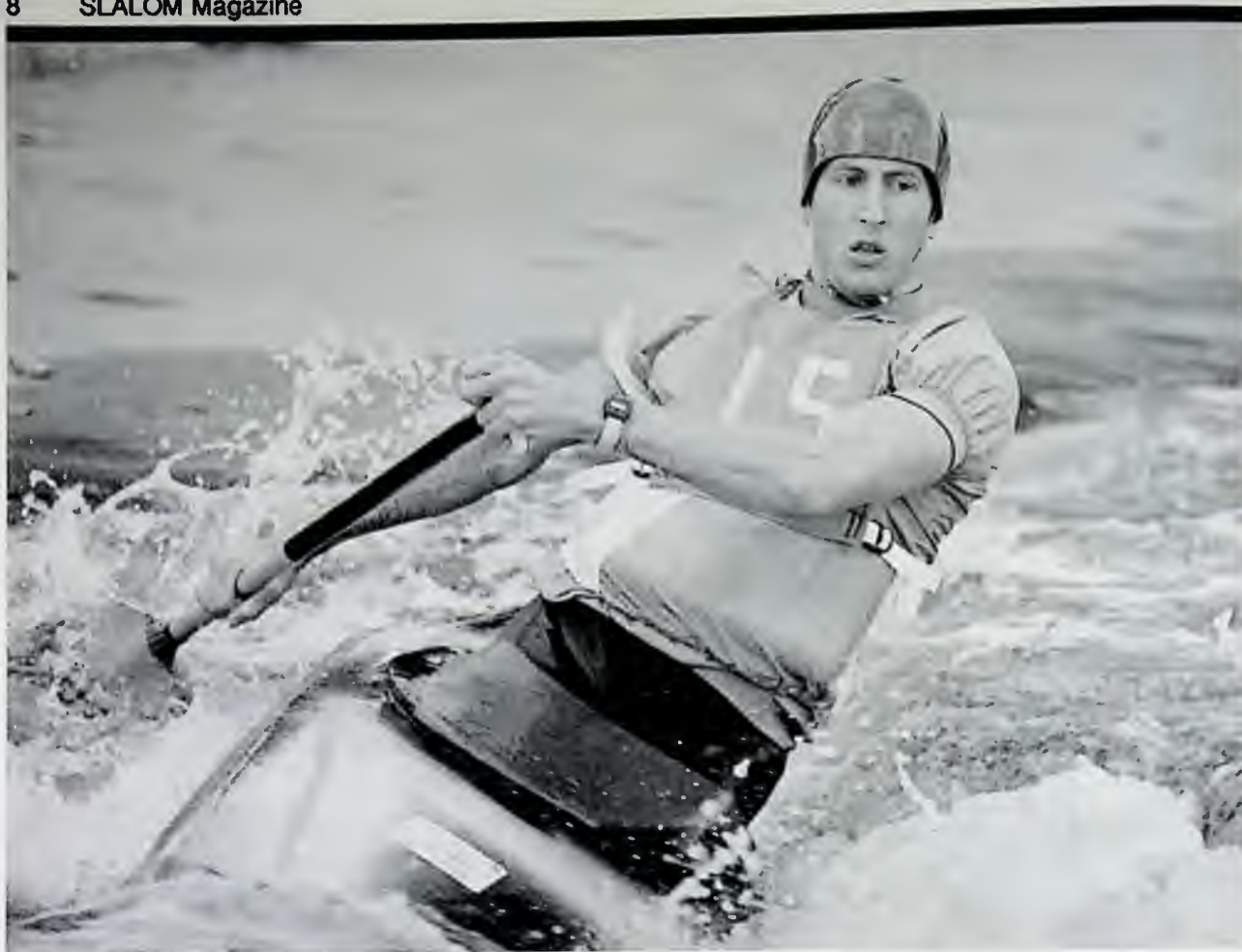
The only remedy was a major operation, which appears to have been successful.

What are her plans? Easing down after a decade of dominance in ladies K1 class, perhaps some coaching, but perhaps the lure of the Olympics, competing in in her chosen discipline, may prove too strong?

**No Club Notepaper?
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For A Quotation



Chris Worrel - On the Other Side of the Camera

photo: Joe Mullholland

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Mental Prep. Techniques for Canoe Slalom

By Alan Edge

A great deal of time is spent in technical and physical preparation for canoe slalom but less time in mental preparation. This doesn't make sense because there are several factors which can have a subtle but none the less devastating effect on race day performance. The following are all contributory factors to anxiety and stress in training and competition.

CAUSES OF STRESS

The importance of the event: Logically, the more important the event the greater the stress.

The size of the crowd: Not usually regarded as a major problem in slalom, however the presence of one spectator even in training can bring out the best or worst in some performers.

The emphasis on the individual: Participants in individual sports usually suffer more anxiety than those in team sports.

Fear of physical injury: Obviously relevant at some venues and to some classes more than others. The resulting stress can cause a change or breakdown in technique and commitment.

The expectations of success: The pressure of expectation exerted from those around you can be extreme and this in turn promotes the self-inflicted fear of failure syndrome.

The following form the basis for mental preparation.

Being able to cope mentally with setting yourself the right GOALS. This is called goal setting:-

1. Goal Setting

Setting goals is a way of identifying clear targets for yourself that will help you achieve success under your terms.

Everyone whether an athlete or not should go through the process (in fact many do without realizing it!) - Your goals for canoeing should be part of your 'Life's Goals'.

Everyone can win with goal-setting and with practice you will find it easier to keep achieve-

ment or failure in proper perspective.

Appropriate goal-setting is a fundamental competition skill. Goals should be:-

S - Specific

C - Challenging and Controllable

A - Attainable

M - Measurable

P - Personal

The acronym 'SCAMP' may help you to remember them.

2. Physical Relaxation

This is usually a structured course by tape cassette. The tape is approximately 20 minutes long and requires you to alternately tense and relax different muscle groups whilst passively focussing on the sensations felt.

- With practice this leads to better control of isolated muscle groups as well as 'controlled' general relaxation, relaxing after training sessions and better sleeping before big events etc.

-It is extremely beneficial in the run up to and on the eve of important events However it has to be practised along with your physical training. It is a good idea to keep a log of how you feel before and after each session to monitor progress.

A taped course is definitely the best way to develop the technique of PMR.

The idea here is to passively relax the mind and therefore the body - must rely on visualization, a technique you should already be familiar with from mentally rehearsing the course. Here are three common strategies:-

a)The use of a **MANTRA**. This can be a word or phrase which is repeated whilst attending to the rhythm of your breathing. A sequence of these is often very effective when learning these techniques as it helps to combat any distractions. For example the numbers 1-10 work very well and help provide gradual success (eg. "I got to 8 this time")

b) Sometimes a sequential image can be used; like going down a flight of steps or the gradual turning of a handle to reduce pressure. The aim here is to 'trigger' a mental relaxation quickly and effectively without losing any readiness for action.

- Some strategies include a desirable end point

for the sequence. This is sometimes called the 'QUIET PLACE'. This may be the the image of your ideal room or landscape. Somewhere you KNOW you enjoy being. This technique requires a visualization a real or imaginary location which carries strong associations of relaxation 'The more that you practice the easier you will find it to visit this 'place' mentally in times of stress. This can become an effective method of staying calm before a competition or between runs.

c) Music can also be used to trigger this inner 'state that you desire. Some music might relax you, other might inspire and really 'psyche' you. Walkman's have become very popular and easy to use for this BUT you must have practised in advance and be familiar with the exact piece you want. Any old track will not do!

3. Planning Your Race Day Programme

Slalom events are long events with a lot of time for you to kill between runs. In fact they are often quite boring! You must examine very carefully the kind of activities you will do apart from paddling. Many paddlers have no structure to their competition day and are therefore maybe more vulnerable to mental pressure than they may think. Examine the following list:-

- preparing or reviewing the course;
- warming up
- eating and drinking;
- keeping warm, cool or dry
- checking results;
- gossiping/chatting with close friends;
- gossiping, chatting with acquaintances, strangers or opponents;
- spending time alone or quiet;
- relaxing.

What do you spend your time doing on race day?

- Your personal Programme for the day should all the external factors and influences that could affect you....Does yours??

5. MENTAL REHEARSAL

Mental rehearsal or imaginary is a technique which allows a performer to think through a successful performance in as detailed a way as possible. It is very useful in the warm up and review phases before and after a run and also helps control anxiety in a positive way. Many performers learn to use it naturally but often in a very unstructured way. It can be used to:-

a) help learn new moves.

b) to practice and refine current skills.

c) to maintain, adapt or enhance the performance of skills under stress.

Mental rehearsal can take several forms:-

a) A visual image of you performing the move as someone else would see you. This is called **EXTERNAL IMAGERY**

- this is good for lines between gates and an 'overview'.

It is often the first image that you have as you prepare the course from the bank.

b) A visual image of you performing the move as you would see yourself. This is called **INTERNAL IMAGERY**.

- This is good for more precise details especially blade skills in and around the gates.

c) A sequence of feelings in your muscles as though you were performing a move. This is called **PROPRIOCEPTIVE IMAGERY**.

-Good for distinguishing between types of strokes, pacing leaning and carving skills etc.

These methods may be combined to suit the individual or the situation. internal and proprioceptive imagery when combined form one of the strongest images in visualizing the course. Many paddlers prefer this to be their final 'mental practice' - and do not move to it until absolutely certain of their plan.

Certainly the encouragement to 'see and feel the movement before doing it can be effective right from beginner level and is the basis for making a skill **CONSISTENT** and **REPEATABLE**.

Like everything else it requires practice before and after the movement. It can also fit very well into the recovery phase during training.

-Timing the duration of the mental practice run and comparing it with reality can be a very useful indication of how effective you have been in your preparation.

As with all skills - visualization and mental rehearsal need constant practice. Never paddle slalom gates without them. You must have 100% confidence in them - as we have seen they will have to help you withstand many pressures if you are to succeed.

Remember - being well prepared is never being surprised by anything....

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Please contact Melvyn Jones

Information on all other requirements, Personal and Contract, including Ace, Prijon, Pyranha, Perception, MI, Coleman, Arrowcraft (new Aquabat) and accessories from Chang, Tornado, Helly-Hansen, Javlin, Lendal, Schlegal, Kober, New Wave etc.

Please contact Tim Houghton

Telephone: 0902 634567

West Midlands Canoe Centre,
112 Newhall Street, Willenhall, West Midlands WV13 1LQ.



THE 1000 POINT RANKING SYSTEM

At the 1989 Slalom AGM the Slalom Committee voted to change the divisional system for divisions 2,3, and 4 Men from a "percentage" to a "points" scoring system. After debate it was also decided to include Div 1 Men in the same scheme. This now means that all classes from Premier to Div 4 are now ranked on a points system.

The executive proposal to change from the percentage system originated from the Competition review Committee (CRC), one of the management committees reporting to the Executive. One of the CRC's tasks in 1989 was to undertake a review of the Divisional Structure, especially the size of divisions and the amount of participation in the sport. It was found that from Divisions 2 to 4 only approximately 33% of the full season ranked men competed at three or more events and as many as a further 33% only took part in one event. In division 1 the degree of participation greatly increased and in Premier as many as 75% of the Division entered every event. Of course it is accepted that the higher up in the sport the person climbs so does the commitment, but it must also be remembered that in Premier and Division 1 the competitor is compelled to gain results at a higher number of events in order to achieve their end-of-season ranking. The next question was how?

In November 1978 an article appeared in White Water Magazine in which John MacLeod described a '1000 Point System' he had conceived and developed. In November 1979 the Executive tried at the AGM to get this system adopted for all divisions, but the presentation to the Slalom Committee was unconvincing and it was thrown out (*sic* -ED). In 1989 the CRC was aware that the 1000 point system was the same system that had evolved over the years and was currently in use for Ladies and Canadians. The only difference is that the number of points is multiplied by ten to allow for the greater number of male competitors. It is this system which will be used for Divisions 1,2,3 and 4 Men and works as follows:-

For each event the number of competitors is divided into 1000 to give points per person rating.

$$\text{Points scored} = 1000 - \left\{ \frac{(\text{Position} - 1) \times 1000}{\text{No. of competitors}} \right\}$$

For example - For a slalom with 80 competitors.

$$\text{The points per person is } \frac{1000}{80} = 12.5$$

1st	=	12.5 x 80	=	1000pts
2nd	=	12.5 x 79	=	988pts
3rd	=	12.5 x 78	=	975pts
40th	=	12 x 40	=	500pts
80th	=	12.5 x 1	=	1pts

Final points scored are rounded up or down to the nearest whole number i.e. 0.49 rounded down and 0.50 rounded up.

For Divisions 2,3, and 4 Men the competitor's final ranking will be the sum of his best 3 results, for Division 1 Men it will be the sum of his best 5 .

in season promotion remains as before.

A further AGM proposal that was adopted will mean that in 1990 for all classes from Div 1 to 4 where competitors in a class achieve an identical best result then they will receive the same points equivalent to the better finishing position.

So what are the advantages of the new system?: -

1. It will be easy to calculate and understand a competitor's ranking score at each event and at the end of the season - ,making life easier for competitors, organizers and ranking list compilers. (*interesting comments from the afore mentioned will be published next issue- ED*)
2. A competitor's final ranking will be the accumulated result of a number of events and thus a better indication of ability.
3. The points system is a good way of making slaloms more equal as the winner of each event receives 1000 points no matter where it is held.
4. Competitors will generally have to compete well at more than one event to gain a final ranking good enough to avoid relegation.
5. The points system has worked well for the higher divisions and now we have a point based system for all divisions

And the disadvantages?: -

1. The 1000 point system will favour the lower placed competitor at poorly attended events.
At an event with 50 starters final place 20pts.
At an event with 100starters final place 10pts.

TERRY WHITE

1990 CANOE SLALOM CALENDAR

MARCH

MARCH 3/4th
Div.2. Shepperton
Div.4/N Duck Mill

MARCH 10/11th
Div.2 Mile End Mill
Div.3/4 Middleton
Div.4/N Churnet Valley

MARCH 17/18th
Prem. Holme Pierrepont
Div.2. Appletreewick
Div.4/N Batchworth Weir
Div.4/N Rockfield

MARCH 24/25th
Prem. Tryweryn
Div.2. Tryweryn
Div.3. Sowerby Bridge
Div.4/N Yalding Weir

MARCH 31/APRIL 1st
Div.1. Hambleden
Div.3. Cardington
Div.4/N Stone

APRIL

APRIL 4/5th Wed/Thur.
British Universities
Grandtully

APRIL 7/8th
Div.1. Grandtully
Div.2. Symonds Yat
Div.3. Matlock
Div.4/N Marple

APRIL 14/15th
Prem. Grandtully Selection
Div.4/N O OT Comrie
Div.4/N Stratford Weir

APRIL 21/22nd
Selection - Tryweryn
Div.1. Tryweryn
Div.2/3 Fairnilee
Div.3. Ironbridge
Div.4/N Croal Valley
Div.4/N Richmond Town

APRIL 28/29th
Div.1. Washburn - (Resv.Selection)
Div.2. Old Windsor
Div.3. Mile End Mile
Div.4/N Head Weir
Div.4/N Martley
Div.4/N Tyne Valley

For Full Details
see
1990 Yearbook

Hazel Reynolds
/Dave Harrison

Photo by:
Joe Mulholland



MAY

MAY 5/6th
Div.3. Llandyssul
Div.4/N Bala Mill
Div.4/N Teith
Open Youth - Farnworth
West Mids. Regional Champs

MAY 12/13th
Div.3. Hambleden
Div.4/N Canford Weir
Div.4/N Pultney Weir
Div.4/N Sharnbrook
Div.4/N Sowerby Bridge

MAY 19/20th
Div.1. Holme Pierrepont
Div.2. Washburn
Div.3. Bala Mill
Div.4/N Peterborough
Div.2/3 Grandtully x 2

MAY 26/27th
Div.3. Mile End Mill
Div.4/N Howsham Weir
Boys Brigade Champs
Langham Farm

MAY 28th (Monday)
NATIONAL UNDER 14/16 -
Cardington

JUNE

JUNE 2/3rd
Prem. Tryweryn x 2
Div.3. Tryweryn
Div.4/N Dobbs Weir
Div.4/N Langham Farm
Div.4/N SC River Leny

JUNE 9/10th
Div.3. Newark Weir
Div.4/N Ironbridge
Novice Yalding Weir

JUNE 16/17th
Div.2. Tryweryn
Div.4/N Holme Pierrepont
Div.4/N Cardington
Div.4/N Red Locks

JUNE 23/24th
Div.3. Shepperton
Div.4/N Bala Mill
Div.4/N Hambleden
Div.4/N Teviot Bridge (Can.Sat)
Scottish Schools Championships

JUNE 30th/JULY 1st
Div.3. Cardington
Div.3. Washburn
Div.4/N Chester Weir
Div.4/N Middleton

JULY

JULY 7/8th
Div.1. Tryweryn
Div.2. Tryweryn
Div.3. Bala Mill
Novice O OT Winchester

JULY 14/15th
HOLME PIERREPONT -
INTERNATIONAL
Div.4/N OT Darley Abbey
British Schools Champs.
- Stratford

JULY 21/22
Reserved - Regional Events

JULY 28/29th
Div.3. Old Windsor
Div.4/N Holme Pierrepont

AUGUST

AUGUST 4/5th
Div.4/N Abingdon Weir
Div.4/N Bala Mill

AUGUST 12/13th
Div.4/N Kings Mills
Div.4/N Mile End Mill

AUGUST 18/19th
Div.3/4 Fairnilee
Div.3. Elan Valley
Div.4/N Martley
Div.4/N Peterborough

AUGUST 25/26th
Div.1. Grandtully

SEPTEMBER

SEPTEMBER 1/2nd
Prem. Tryweryn
Div.2. Cardington
Div.3. Washburn
Div.4/N Marple
Div.4. Shepperton

SEPTEMBER 8/9th
Div.2/3 Fairnilee
Novice O OT Winchester
National Club Champs.
- Cardington

SEPTEMBER 15/16th
Div.2. Mile End Mill
Div.3. Holme Pierrepont
Div.4/N Tryweryn
Div.4/N Matlock
Scottish National Champs.
- Grandtully

SEPTEMBER 22/23rd
Div.1. Tryweryn
Div.3. Darley Abbey
Div.4/N SC Comrie (Can.Sat)
Div.4/N Stratford Weir
Div.4/N West Tanfield

SEPTEMBER 29/30th
Div.1. Holme Pierrepont
Div.3. Middleton
Div.3. Symonds Yat
Div.4/N Tyne Valley

OCTOBER

OCTOBER 6/7th
Prem. Holme Pierrepont x 2
Div.2. Hambleden
Div.2/3 SL Cairnton
Div.3. Cardington
Div.4/N Croal Valley
Div.4/N Holme Park
Div.4/N Rockfields

OCTOBER 13/14th
Div.2. Llandyssul
Div.4/N Langham Farm
Div.4/N Vale Royal

OCTOBER 20/21st
Prem. BRITISH OPEN
Div.2. Serpents Tail
Div.3. River Dart
Div.3. Sowerby Bridge
Div.4/N Yalding Weir
Novice Seaton Park

OCTOBER 27/28th
LLANGOLLEN INTERNATIONAL &
English Inter-region Champs.
Div.2. Builth Wells
Div.4/N French Weir

NOVEMBER 10/11th
Kent Open Championships



INSURANCE - Advertising Feature

How to be a Prudent Paddler

Picture the scene: gleeful faces, flushed with excitement, hands reaching out to touch all the marvelous canoe gear that is laid before them. No, it is not two canoeists on a shopping spree in the January sales, but two brokers who, after years of insuring canoes and equipment are actually brought face to face with every kind of canoeing item that you can imagine. This was the scene at Reed Canoes, Cambridge, a couple of weeks ago.

Canoe insurance has been running for years and N.W.Brown are not newcomers to the market. So when David Reed asked us to go and see him about the policies we offer, we jumped at the chance to see the canoes and gear we insure. David told us what was going on in the canoe scene in general and made us realize how important it is to let people know about canoe insurance. After all what is the use in buying an expensive canoe or kayak and not being able to replace it if something untoward should happen.

The word insurance conjures up pictures of disastrous claims, boring brokers and payment of vast sums of money for that elusive 'peace of mind'. Insurance appears to be a dirty word to many. After all, why should you pay an insurance premium when you could spend the money on another pair of fleecy, super-cosy longjohns! When put like that even I am tempted by the longjohns. You could consider insurance to be like a pair of thermals. I don't mean baggy and with an aroma that you can't quite identify, but comforting when your favourite competition boat has just folded around a rock and you know that you can claim for another one under your insurance policy.

When you take into account the money you spend on boats and equipment, the amount of money you pay for insurance premium is peanuts. Unlike motor premiums, canoe insurance is cheap and very good value for money. The policy we offer at N.W. Brown and Partners covers boats both on and of the water as well as in transit. New for old cover is available so you can be sure that there will be no deduction for wear and tear, or you can have standard cover if required.

Our policy has been tailored to fit every canoeists' requirements. We are able to insure canoes for use on placid water, competition and any grade of white water. Cover is also available for use outside Great Britain and we can even insure them for Channel crossings. I hear you say "how can they provide such amazing insurance, are they jesting?" Well, I kid you not! Would I, an honest insurance broker, tell porky pies?"

The insurance is cheap and comprehensive - the ideal combination - and includes public liability cover to £1M.

In the event of a claim we do not suddenly invent exclusions. The policy is designed to cover all eventualities. As long as you have been sensible in selecting the right cover, your claim should be settled

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If you would like further details about the policy or advice about insurance in general, please do not hesitate to contact me, I am only a telephone call or a letter away. The policy is underwritten by the Navigators and General, who are part of the Eagle Star Group.

I shall be at Crystal Palace on Reed Canoes' stand if you wish to take out a policy or to simply talk about insurance.

Samantha Keymer, N.W.Brown and Partners

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REGIONAL ROUNDUP

Southern Region Pool Slalom

The start list had 35 entries, from 12 clubs, but many more entered on the day to give stiff competition.

The Wycombe Sports Centre at Handycross is spacious and has a pool large enough to run paddlers at a time. Thus competition was either by agreement between the paddlers at a comfortable pace or, as when Shaun Pearce and Andy Fuller were matched against each other, a fight to the death.

The ladies results were:-

1st	Corrie Johnson	75.1	Newbury
2nd	Tracy Wells	77.3	Banbury
3rd	Claire Fox	79.4	BAD

In the Mens event a certain amount of style was sacrificed for sheer brute strength resulting in many very close finishes:-

1st	Shaun Pearce	61.3	Newbury
2nd	Andy Fuller	62.6	Banbury
3rd	Nick Barton	65.7	Windsor

1st Junior 16	Ben Gray	Warren
1st Junior 18	Matthew Sykes	Banbury

The C1 class was understandably the best for an exhibition of pirouette turns with even one reverse pirouette!:-

1st	D Corke	69.3	Eyot
2nd	R Comer	70.1	Windsor
3rd	N Gray	70.6	Warren

Only four crews contested the C2 class. The first heat between Cork/Banner and Jones/Gratton should some fine paddling whilst M. Hedges/McKinnon-Wood versus Janes/Dancer nearly emptied the pool. The first heat produced a resounding clash of boats at the top turn and offers of reruns to both crews and the second



Andy (Kidder) Raspin - Pool Slalom

Photo: Chris Worrell

heat saw Martin and his partner perform a vertical and horizontal pirouettes simultaneously:-

1st	A Dancer/P Janes	75.1	Banbury
2nd	D Corke/D Banner	92.1	Eyot
3rd	R Jones/G Gratton	101.2	Marlow

Thanks must go to Martin Setchell and his crew for such an excellent event. Posters were available there for the 1991 event (Jan 19th 1991) but they declined to take entries for it.

Eastern Midlands Region Pool Slalom

Well, January 6th 1990, was the Annual East Midlands Regional Pool Slalom. We managed to attract 69 paddlers which, for anyone who has never organised a pool slalom is about 19 too many, for the time available, but we managed! The course was quite tight with a tricky reverse move, which made some paddlers decide to go away and practice. It was nice to see so many Novice paddlers and groups like the Scouts, I hope we managed to make you feel welcome.

It would be wrong to single out helpers for special attention as they are all so important, but thanks must go to those who struggled with gates, the 2 experienced entry takers, the timers and Judges, Bramcote Pool attendant who was pretending that he didn't really want to go home at 10.00pm and to the support that the region always gives.

The races run, the disappointments forgotten it came to prize giving and it was particularly nice to be able to award special prizes donated by 'No Limits' to the youngest competitors, girl and boy. Helen Platts and Leon Bishop, both from Midlands Canoe Club were their winners. However we must not forget the mission of the evening to select the paddlers to go forward to Crystal Palace to represent the East Midlands in the National Pool Slalom, who are as follows:-

K1 Men	Pete Asteles Ben Gaster Graham Blaney (R)
K1 Ladies	Angela Hampton Racheal Mahy (R)
C1	Duncah Oughton Simon Twigger (R)
C2	Copestake/Weaston Aldcroft/Damien (R)

It only remains to thank all who took part, to wish

those successfully through to Crystal Palace our best wishes and to wish you all a competitive, successful, but above all, an enjoyable season.

The first events within the Region are:

10/11 March	Churnett Valley	Leicester CC
17/18 March	Prem. HPP	Midland CC
7/8 April	Div3 Matlock	Matlock CC
19/20 May	Div 4/N Peterbough	Proteus CC

Pearl Mullholland - Sim Rep - East Midlands

London & South-East Region

The regional pool slalom took place at Alleyns School pool on Saturday January 7th 1990. There was a good turnout of 43 entries and lots of supporters despite the miserable weather.

Spectacular paddling resulted in a very tight competition at the top with the exception of the winner who was well clear of the field in the Men's K1.

Mens K1	Andrew Wronsl Russel Rowland Alun Gwatkin	Batchworth Batchworth Batchworth
Ladies K1	Louise Hilton Katherine Rose	Batchworth Meridian
C1	Steve Hunt Toby Morgan Dave Holman	Yobbs Shepperton Shepperton
C2	Walling/Walling Datsun/Steven	Whitmore Meridian

I'd like to thank those from other clubs who helped and the parents and paddlers of Marlin for their work in helping to run the event. Congratulations to those who are going forward to Crystal Palace and every success to all regional paddlers in the coming season.

Vince Lamph - Regional Slalom Rep.

Eastern Region Pool Slalom

Once again Jim Croft put on an event which challenged the paddlers and entertained the audience. It was an evening full of pace and drama, thrill and spills, poles and rolls and cliff hangers all over the place.

Particularly pleasing was the number of young novices and Div 4 paddlers who took part. Of the 73 paddlers 34 were under 16, the youngest being a group of five eleven year-olds, many at their first big event.

The format of the event comprised three rounds. The first two are fairly straight forward with no special moves. best run to count. The top five men, three ladies and two C1s have a third run which includes rolls, pirouettes and reverse gates. One run and sudden death to win you a place at Crystal Palace. This format is very popular with the youngsters and less experienced paddlers who get a good, well contested event without the worry or indignity of the roll.

The C1 event comprised seven boats and after the first two rounds there were two clear leaders for the final with Mat Gibbs and Steve Block clear of the rest of the field by three seconds. In the final Mat beat Steve by almost 4 seconds to finish in a time of 67.8 seconds.

The C2 class was most entertaining with 11 paddlers filling 7 boats. Seems that indoors at least, C2s are friendly crews! The speed and energy of the paddlers made judging a most exacting task with water touches half way up the poles but there could be no question of who won the day - Rouch and Ambridge 9 seconds in front

with a time of 58.6 secs.

The K1 Ladies event had paddlers from all divisions and all age groups. After the first two rounds Janet Johnson was in the lead, with Alison Runnegar and Nonie Coldard close on her heels. Nonie passed Allison in the 3rd round but could only get within 2 seconds of Janet who goes to the Palace.

Five Prems, two Div 1s and a wide cross section of Div 2, 3, 4 and Novice paddlers entered the Mens K1 and so fiercely was it contested that one paddler capsized by leaning too far into the pirouette. This was much appreciated by the audience as he struck out for the side. Croft, Runnegar, Tyser, Martin and Bridges made it to the final (in that order) and finished the 3rd runs in the same order with a new course record being set by James Croft in a time of 57.9 secs.

So the Eastern Region team of Croft, Runnegar, Johnson, Gibbs, Rouch and Ambridge is only one different from that which won the inter-regional at Llangollen .

Jim thanked loads of people for their help; loads of people should thank Jim for a superb event!

Ray Croft



Waterhouse/Harwood

Mile End Mill 4/N

Photo: Chris Worrall

Youth Squad Training - SCOTLAND

Are the Scots showing everyone the way forward?

The Scots approach to Youth Squad Training this winter, as seen by John Brown, one of Scotland's foremost canoeing coaches, must surely be a long term winner. Over the past two years the Scotland K1 Men youth Squad has has a solid base of good quality Division 1 paddlers, two of which will be Premier paddlers this year.

John Brown has watched the squad develop, gel together as a team and the benefit of keeping a group together has been easily seen. From this position, knowing the numbers of Scottish Youth paddlers in slalom, John formed the basis of his current 'Five Year Plan'.

With the backing of the SCA, youth training this winter has been structured to include U20, U18, U16 and U14 age groups. This has included regular monthly sessions at Grandtully, and also a weekend at Holme Pierrepont, Nottingham.

This has meant that the youngest paddlers in the Youth Squad as well as the oldest, are coached regularly by Scotland's senior paddlers, on possibly the best water in the country.

There were two basic problems to overcome:

- 1) Getting hold of the right coaches.
- 2) How would the younger paddlers cope on the water?

Being able to persuade Keith Brown, Ian Bowles, Ian Simpson, Jimmy Gillies and Paul Conley (plus himself) to help with the coaching solved the first problem. The second problem has been easier to solve than expected. A combination of Aberfeldy - Grandtully river trips and gatework near to the bridge has sorted out the young ones and confidence grew rapidly. John is really pleased with the response from the younger paddlers. The encouragement from this group alone seems to have it all worth while.

Initially John has set some basic minimum standards for paddlers to get the squad under way, U20 - Premier/Div 1, U18 - Div 1, U16 - Div 2, U14 - Div 4.

So now, by looking at the next seasons results,

John will be able to assess progress and, hopefully, pin-point potential youngsters at 12/13 years of age.

The boys haven't had it all their own way either! In tandem with John, Sue and Gordon Burns have been coaching the Scottish girls' youth squad, with similarly good results.

Sue selected the top six U18/U16 paddlers and also collected enough interested paddlers to form a second group to work together for the winter.

These groups too, are doing quite nicely thank you! It is hoped that Jenny Wilkinson and Diane Mitchell will reach Div 1 this season and that that will encourage the others to improve ranking status too!

The overall effect of the Scottish efforts have been:-

1. All the paddlers from youngest to oldest feel part of the squad - part of the family - which is very important.
2. Standards have undoubtedly been raised by coaching on such a good river.
3. Parents are now realising that their involvement is very important. Trainer Courses are being set up for later this year, which many have asked for and are now raring to have a go at.
4. Scottish paddlers, male and female have been given a 'sense of purpose' and have been given direction by the enthusiasm and drive of John Brown and Sue Burns.

"The U14 today will make the U18 Champion tomorrow" is the aim.

I wish them every success and hope that other bodies take note, because Scotland is taking the lead in long term Youth Squad development.

Joe Mullholland

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Carol Pritchard Div 1 Lady

Training at Llangollen

Photo: Joe Mullholland

Photo.CHRIS WORRELL

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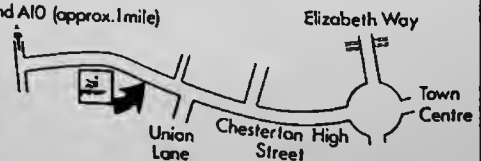
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Forth-Coming Attractions

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17th 18th March 1990**

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Sowerby Bridge

1990 *in Calderdale* 1990

CALENDAR OF EVENTS

Date	Event	Venue
March 24/25	Div 3 Slalom	Riverside
May 12/13	Div 4/N Slalom	Riverside
June 2/3	Charity St. Carnival Halifax CC 344962	Town Centre
July 7	Comedy Fun Raft Race HX344962	Riverside
Aug 12	Canal Paddle Halifax CC	Rochdale Canal
Oct 14/15	Div 3 Slalom Halifax CC	Riverside

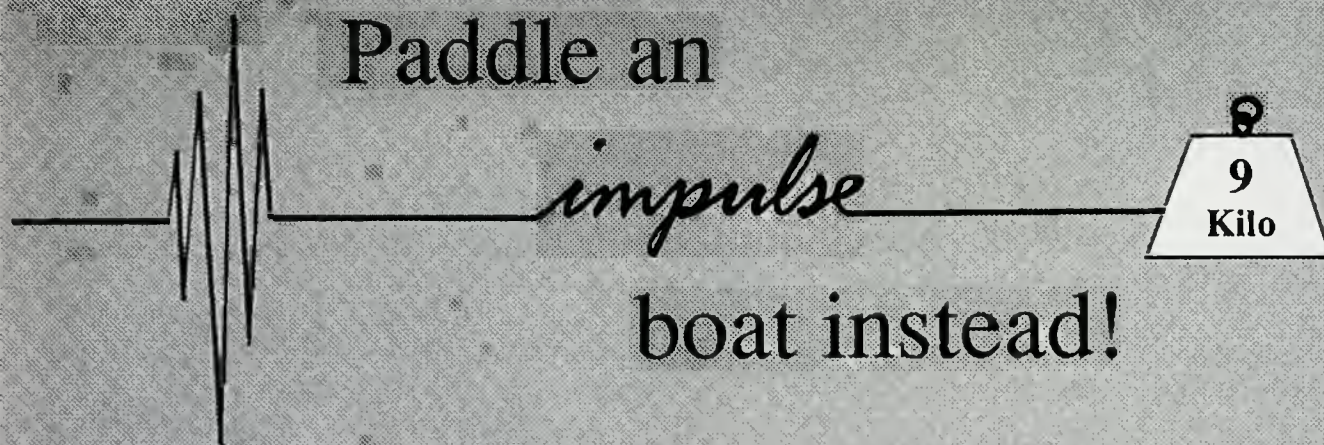
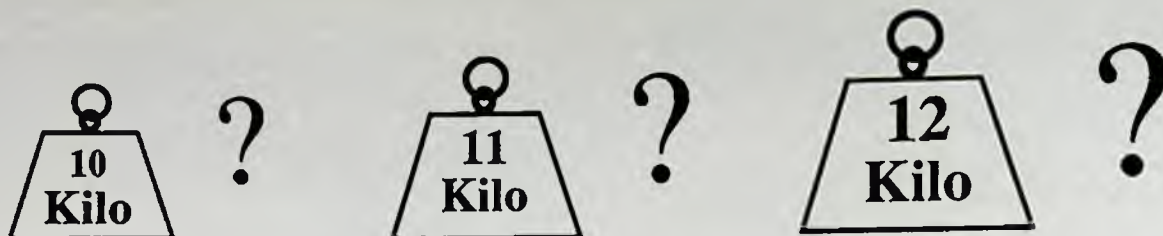
Advertise your Slalom here and give newcomers to the sport some idea of what you have to offer, attract judges with prize information etc..

Tell everyone about the great food served from 7am 'til 8pm, the free video show, the B-B-Q, the showers, the friendly help from control. Don't let your talents and efforts go to waste!

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LETTERS TO THE EDITOR

ANGER OVER BELL CLANGER

Dear Editor,

I am writing to convey my annoyance over the recent series of 'Paddles Up'.

The use of the 'Cow bell' as a target was disgraceful. It was presented as a prize to the Junior British Team in Switzerland for being the Top Nation at the Junior Pre-Worlds of 1989.

When presented it had already been damaged and repaired and to see it being hit by people's boats was horrifying. What made it worse was that they didn't even mention the significance of the bell. Why couldn't they use the ball instead as usual?

Yours sincerely,

Andy Stuart

ENGLAND ON THE MOVE

Dear Editor,

Your correspondent who wrote the article in "Slalom" regarding the Slalom AGM, highlighted an important point in mentioning the voting percentages for the motion that the English Regions should have voting rights on the Slalom Executive. The number of votes cast against the motion exceeded the apparent total number of votes available to the Scottish and Welsh Clubs at the AGM, even if all the votes from both of the countries had been totally against the motion, which they were not. Therefore, some English votes were actually cast against English interests.

Any wonder Joe Mullholland in his article regarding the Scottish Juniors abroad can query why other National bodies can't take a leaf out of Scotland's book. The answer is that some English clubs are not interested in promoting England and getting their paddlers paddling for England.

The motion to the AGM had been hastily compiled because the England Canoe Team with its new Management Group, was itself only constituted on the 1st October. The Management Group then had just one month to get such a motion devised, proposed and seconded ready

for the Executive meeting in early November prior to the AGM.

With the new Management Group it is intended to build on the foundation of the England Slalom Team results from Llangollen (see article elsewhere in this issue) to create an ongoing and strong England Slalom Canoe Team.

Any assistance to that aim would be gratefully appreciated and anybody interested should contact the Team Manager, the undersigned.

Yours sincerely,

Ian James

FANCY THAT!

Dear Sue,

Please find enclosed £6.00 for our continued receipt of Canoe Slalom for 1990.

I would like to say that we all enjoy reading the magazine plus the excellent pictures.

Eileen Scott

Strictly speaking this letter wasn't written to us but its nice to know that some one out there loves us! - ED

LOOKING FOR ACTION?

Slalom season is here again - and you know what that means..... more boring weekends waiting around on the riverbanks..... or does it?

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Bruce Scotland

Scottish Youth Winter Training

Photo: Joe Mullholland

J.J.COACHING

* EARLY SLALOM TRAINING WEEKENDS *

April 25/27	Mile End Mill	
May 5/7	Mile End Mill/Tryweryn	Div 1/2
May 12/13	Mile End Mill/Tryweryn	Div !/P
May 19/20	Mile End Mill	Div 4/N
May 28	Mile End Mill	Div 3
May 23/27	Lofer Austria	International

For further information contact -

Jimmy Jayes,
LLANGOLLEN CANOE CENTRE
 Mile End Mill
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 Clywd
 LL20 8AD

Telephone (0978) 861444

PADDLER PROFILE - David Crosbee



Dave Crosbee Winner Llangollen International 1989 Photo: Joe Mullholland

Ranked as No 4 in premier for this season, David has progressed through Junior ranks with some style to become one of our top paddlers. He first started canoeing in 1981 as a thirteen year old and entered his first non-ranking slalom at Newark Weir. Having got the 'bug' for slalom from there David soon settled into the sport and in 1983 made the Great Britain Youth "B" Team for the trip to Spain. He then progressed to the "A" Team where his best year as a junior was 1985, his first year in Premier, where he came 10th and was pushing into the Intermediate Squad.

The next major hurdle to overcome was to maintain a top place in Premier whilst at Herriott-Watt University doing a degree. Fitting training and studies together went well, training on Forth Canal with Keith Brown and Ian Bowles and at Grandtully whenever possible. It all ended well as last year David got his degree in Microbiology and completed possibly his best season to date.

David's pre-race preparation is kept to a well proven formula. Paddling usually stops on Wednesday, using Thursday and Friday to relax - bed early helps too. Staying relaxed helps his confidence and when aiming at a fast, clean run, is essential.

Targets for this year are to make the senior team and to get the chance of as many International races as possible. With the World Cup, Europa Cup and Pre-Worlds this year's selection races are very important

The top ten paddlers in Premier must all be in with a chance, as it is now very competitive at the top of the sport.

In David's rise to the top, the support and back-up from his family have been terrific. Roger Manwaring was a big influence in his early days and has been able to work with him again last year, with some really encouraging results, two third places at Holme Pierrepont and a 1st place at Llangollen International. David also acknowledges and appreciates the help and support given to him by Nottingham County Council and the East Midlands Sports Aid Foundation.

Winter training has gone well and with the season only weeks away he is looking forward with confidence to what he hopes will be his best season ever.

We wish him every success.

EVENT REPORT -

French Weir, Taunton

Novice/Div4 28/29 October 1989

On Saturday after weeks of drought, down came the rain and along with it force 10 winds.

This made running the Team runs, which were eventually cancelled and using the course nearly impossible. Poles were going past the horizontal! More than one empty boat went flying across the park on a strong gust, on which, the comment of, "we will have to weigh those boats before the start!" was heard. The large Marque tried a dash to freedom but quick work by the repair crew saved it from taking off.

Early on Sunday morning (no extra hour in bed for the workers, the winds abated to force 6, the rain had stopped, but not for long and a start was made on repairing the course.

Saturday's course of 25 gates was reduced to 20 and as all the lines were woven into a cat's cradle the repair crew took some time to sort out the mess. The event eventually started half an hour late.

The course, designed for a lower level of water, ran in a circle in the pool of the weir. In the centre was an open sluice which made the water eddy in all directions.

Gate 9, an upstream gate, was where many paddlers became unstuck and capsized, which kept the rescue boats busy, or rolled, while others were swept along the tounge of water and had to fight their way back up to the gate.

As there was very little practice on the Saturday and none on Sunday, everybody who completed the course did very well indeed.

Prize giving was done ad the light faded fast, with prizes for the best U14, U16, and U18 and even a prize for the best Senior in each division.

Russel Blackmore

Novice	K1M	1st	M Trevet	Exeter
	K1L	1st	S Martin	BADCC
	C1	1st	N Bones	Hayle CC
	C2	1st	Joines/Chesney	Stubbers
Div 4	K1M	1st	A Hodge	Stubbers
	K1L	1st	J Leigh	Exeter
	C1	1st	P Chesney	Stubbers
	C2	1st	Chesney/RWinstanley	Stubbers
Judges		1st	Ian Day	Exeter



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