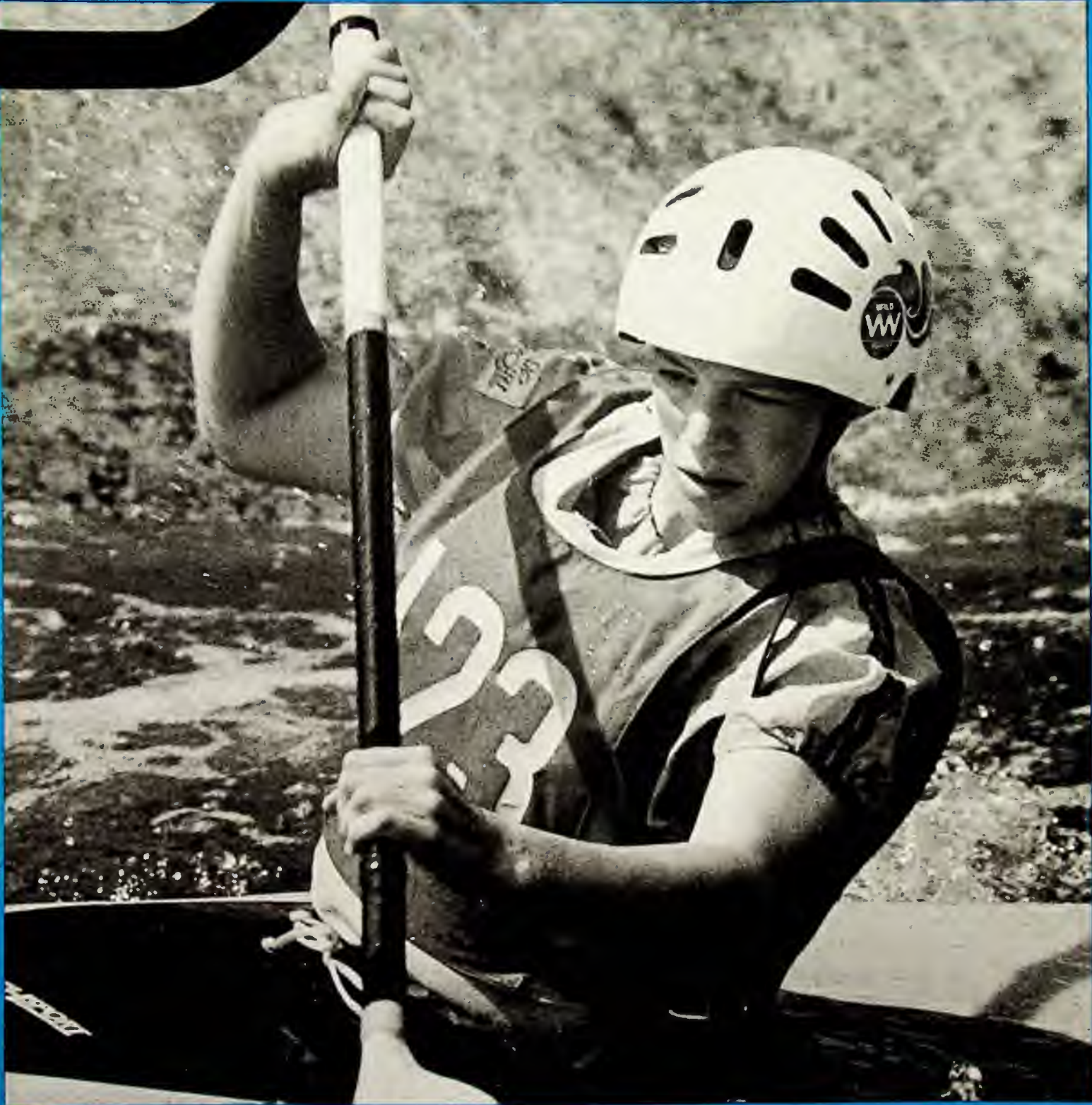


# CANOE slalom

£1.25

MAGAZINE



Shaun Pearce Wins First World Cup Race: Page 5



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1990 But please send earlier if possible!*

**COVER PHOTO: Claire Fox, Winner U14 Champs  
by Andy Neave**

**INSIDE COVER: Tomek Worland, Winner Newark 3  
by Joe Mulholland**

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# Opinion

## Selection, the Executive and the Paddlers

**It is the opinion of this magazine that Selection Policy is a shambles, the Executive is a cross between a Masonic Secret Society and a Stalinist Regime and the Paddlers have got what they deserve.**

Right, having got your attention and upset most of our readers, let's moderate the above statements and put them into perspective.

First, Selection Policy. The initial and overriding aim of any selection policy is to select the team with the best chance of winning medals, which is of course also a requirement of any bodies funding the sport. It should also be as fair as possible, flexible to a limited extent and clear and concise. If it was the latter the Selection Committee would not have had to spend a reported two and a half hours discussing what the policy actually meant before starting on Senior Teams selection at the Tryweryn this year.

Flexibility means the ability to pick the best team even if an accident prevents a top paddler attending a selection event. This could either be by pre-selection of certain specified paddlers or a carefully controlled discretionary place - both dangerous subjects. It could not be a charter to pre-select the entire team for the next three years!

Additional unnecessary problems were caused this year by "check the box if you are available (for certain events)" on "application for selection consideration" forms and then when the dates were changed - usually by other countries - leaving the committee not knowing who was available for what.

Second, the Executive's attitude. From the outside the Executive seems to be a closed circle, or to be more precise, an inner and outer closed circle, who occasionally emerge with a heavy-handed pronouncement carved on stone to drop on our heads. We have said previously that the Executive needs not only to be fair, but to

be seen to be fair. Needless to say our hopes are constantly dashed as nothing appears from within except the minutes of meetings; something which becomes more irrelevant with the increasing power invested in Management Committees and their Chairmen. Most of the complaints resulting from this year's selection were the result of bad handling and lack of considerate, or poor, if any, communication rather than bad or invalid decisions. For example, it was known before the end of the 'Tully selection that the Intermediate Team ages in the Year Book were wrong but did they say anything before announcing the teams a week later? Like heck they did, so of course people complained that the rules were being changed. They undermine all the good work they do do by making it appear "US" and "THEM" when it should be "US ALL".

This and other heavy handedness has caused internal fragmentation within the Executive itself, on top of the usual back-stabbing, with several elected or co-opted members either resigning, or threatening to resign, from the Executive or Management Committees in recent weeks. All this is a nonsense, we can't afford to lose anybody. A conciliation arbitrator to pour oil on troubled water rather than the apparent current unstated policy of rubbing salt into wounds would be useful..... but isn't that the Chairman's job?

And finally you, the paddlers. Well; you, or your clubs, voted for the current selection policy and have voted off the Executive some of the hardest working members in the last couple of years.....

So where to from here? Slalom Magazine will do it's part. We intend to circulate Premier paddlers for their opinions, publish policies and explanations of motions for the AGM from the relevant Management Committees, and review people standing for election or re-election at the AGM.

**We have a good sport, a hard working executive and, despite the moans, a better run selection procedure than some top slalom countries - lets get the best out of it (and them) all and let's know about it!**

## CURRENT AFFAIRS

### Timing Team Troubles

Differences of opinion and policy between different factions have meant that after current obligations are fulfilled Tony Arrowsmith's Omega Timing Team will not (at the moment) be undertaking any Slalom Committee work. However, Tony stated that "Although I am in hot water, I am not dissolving!". A light-hearted reply to the claims that the gang of four experienced experts were going to quit the sport.

Tony went on to say that he was willing to consider lower division timing if approached by the Clubs themselves and that although the Omega timing equipment would be returned to the Executive at the end of the season he would be replacing it with alternatives of a similar accuracy.

### Karen Davies Quitting?

Karen Davies has apparently retired from foreign International competition, at least for the moment, according to letters she has written to several people.

She was also inexplicably missing from the Europa Cup Team trip to Germany and Italy, leaving management no time to find a replacement and leaving two disappointed young ladies with an incomplete K1L team.

### Watch your Valuables!

Two youngsters had money stolen from their tents at Shepperton Div 3 while they were on the water. Fortunately this sort of thing is still rare and previously unknown at Shepperton. It sounds like an "inside job" of someone knowing where the paddlers were at the time - an even more depressing thought - so be aware and try to leave money with an adult or someone that you know well whilst away from your belongings.

### Petition

A petition was recently circulated by 29 Junior paddlers that having a Div 1 on the same weekend as a selection event was unfair to paddlers who needed to do both.

Actually this year top paddlers could have ended up having to do up to 22 major races, many of them International, which is something that seems to have caught people, including the Executive, by surprise. However, now that it has

occured and is recognised as a problem hopefully a little more thought will go into planning next year, within the limits imposed by dates set outside our control.

### "Don't Stay with Mrs Bassett-Smith!"

This was the warning issued by John Hendy after he was blown away by the double -barrelled Mrs Smith. Having booked accommodation with her at "Handa" in Taybridge Road near Grandtully and said that he would be arriving late, she declined a deposit. When he arrived at 10.00pm there was the room.....gone. After driving 500 miles he was not amused, nor was the tourist board, who gave her a rocket. Fortunately he was rescued by Mrs Ballantyne of Tulliemet House. So be warned, send a deposit .....and to someone else.

*And some good news at last!*

### Baby Boom!

No, not a small explosion, but two lots of good news on the 'expecting new paddlers' front.

First Liz Radford, né Sharman, is expecting a future kayak champion at the end of the year and not to be outdone Judy and Paul Kelly have had a baby C1 paddler, sorry baby boy, apparently after trying for some time to get a C2 crew at one go.

### New National River Authority Help

Reports are coming in of a helpfull approach to (well-behaved) canoeists from this new authority.

The latest news is from Cardington where their engineers spent last Bank Holiday trying to regulate the water for both the slalom and the water carnival and generally succeeding, except for one occasion when the slalom was short of water.

However the main thing is that they were apparently so impressed by the professional running of the event and the Omega Timing Team result sevice that they have said that they will change water levels elsewhere to maintain supplies to Cardington artificial course during the summer.



Andy "Kidder" Raspin

Tryweryn Selection

Photo:Joe Mulholland



Gareth Marriott

Graveyard Selection

Photo:Chris Worrall

## LATE NEWS

### Shaun Pearce World Cup Race Win



#### Shaun Pearce - Sponsored by Quantel

After lying third after 1st runs Shaun pulled off a blistering 2nd run to win his first major International at the first of the World Cup series at Wausau, Wisconsin, USA. This will please his Sponsors, Quantel, and is the just reward for many years of unstinting dedication to training. Richard Fox, with a marginally faster time was given a penalty on the last gate, which was upheld despite a protest.

#### Results

##### MK1

1.	Shaun Pearce	GBR	186.81
2.	Janez Skok	YUG	189.30
3.	Richard Fox	GBR	186.37+5
6.	Melvyn Jones	GBR	188.68+5
12.	Ian Raspin	GBR	197.81

##### LK1

1.	Myriam Jesusalmi	FRA	211.99+5
2.	Dana Caladek	USA	220.36
3.	S. Hilgertova	TCH	223.62

##### C1

1.	Jon Lugbill	USA	199.23
2.	Davey Hearn	USA	200.97
3.	Carlo Faloci	FRA	207.53
6.	Gareth Marriott	GBR	214.38
13.	Mark Delaney	GBR	223.78+10
19.	Bill Horsman	GBR	253.30+5

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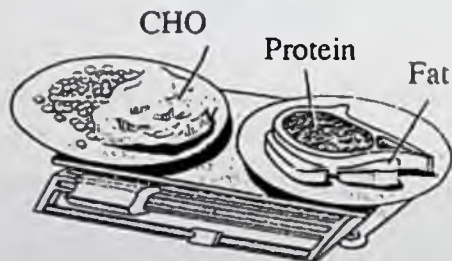
For full programme contact: BCU, National  
Watersports Centre, Current Trends,  
Nottingham Kayak Club or Roger Fox

## The link between Nutrition and Performance

Where do you expect the energy you require for you to train and compete to come from? We obtain our energy exclusively from food, only limited reserves of energy can be stored. It is a common misconception that energy is derived from sleep, which merely conserves energy. Fish and chips, a few pints, a short sleep and a cooked breakfast before competing; is this really the best way to prepare for a competitive sport?

Food can be divided into nutritional groups, principally carbohydrate (CHO), fat and protein. Muscles mainly derive energy from stores of CHO in muscle and liver (as glycogen) and also from fat, thus using a mixture of fuels. Even at low exercise levels the rate of energy derived from fats is insufficient, but CHO is synthesized very much quicker.

All three constituents are required in a balanced diet, but Western societies consume the following compared to those recommended:



Typical Consumption	Recommended Guidelines
CHO 40-45%	50-60%
Fat 40-45%	30-35%
Protein 10-20%	10-14%

In general we consume a higher proportion of fat than recommended for a healthy diet. So if athletes reduce their fat intake (not eliminate) and increase CHO intake they are falling more closely in line with suitable proportions. A healthy diet will be the consumption of a wide variety of foods in balanced proportion. As athletes, an even higher proportion of CHO and less fat may be appropriate, greater even than 60% before competition to ensure adequate glycogen stores, but not above 70%.

Lists of ingredients on packets may be misleading; for example on a typical 28 gm pack of crisps the nutritional information indicates:-

Energy	600KJ
Protein	1.8 g
CHO	11.2 g
Fat	10.3 g

This would appear to indicate that fat and CHO

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are in similar proportions, but as fat yields twice the calories of CHO this is only true in terms of weight and calculation reveals:-

Protein	5.1%
CHO	29.8%
Fat	63.5%

Now the situation is different, over twice as much fat as CHO.

Consider a typical meal of meat and vegetables. The components of the meal will supply a person with a varied diet; CHO, fibre and protein from the vegetables and protein from the meat. The diet would be improved by reducing the quantity, or amount of red, meat and increasing the amount of veg, ie. potatoes and greens. Vegetables and other foods high in starchy CHO contain a high proportion of fibre, protein, minerals and vitamins.

Fats occur in two types, saturated and polyunsaturated. Saturated fats come from animal and dairy products, whereas poly-unsaturates come from vegetable oils and oily fish. In principle we



should eat equal proportions of both, but usually in practice we eat three times as much saturated fat, with the resultant risk of increased cholesterol build-up. So reduce visible fats such as butter, fried foods and fatty meat such as lamb, beef and pork in favour of chicken, fish, skimmed milk and low-fat spreads.



*..it is necessary to drink more than you think*

CHO also has two classifications; complex and simple. Generally the natural, unrefined complex CHO are best, such as high fibre wholemeal bread, pasta, rice, cereals (unsweetened muesli and breakfast cereals), vegetables and legumes. Simple sugars in excess could cause hypoglycaemia and when eaten just prior to competition trigger an insulin release into the blood which can leave one with less energy than before. So, no chocolate bars before a run! One sugar which doesn't trigger the insulin release is maltose, so honey sandwiches with brown bread is ideal and non-acidic fruits are also good.

Protein intake should not be high as the consumption of large amounts of protein does not enhance muscle mass on its own and it may in fact be harmful. Steak and eggs three times a day is no longer regarded as the ideal athletes diet! The healthier protein contribution made by non-animal sources such as cereals, legumes and pulses should not be overlooked.

A general consensus among nutritionalists is that athletes do not require additional nutrients beyond a balanced diet, the scientific fads of the '80's are behind us. Possible exceptions are vitamin B12 for vegetarians and iron supplements in endurance athletes and sportswomen in general. Many consider that with care vegetarians can perform as well as the rest, but one professor of pathology states that a vegetarian will rarely get to the very top.

Regular training can be helped with a couple of tips. Always drink during training. The body's

need for water is not matched by your thirst - it is always necessary to drink more than you think you want. Plain water is best, but very dilute squash during training makes it more palatable for some and you can expect to drink a litre in a normal session and four litres total every day. Lethargy between training sessions is likely to be caused by dehydration. Also adrenaline (like alcohol) reduces the rate of digestion, so eat longer before a competition than you would before training, at least two hours.

At the Coaching Conference Wilf Paish reiterated the importance of starting the refuelling process soon after training, while the muscle demand is at its highest - best to start within the first 20 minutes - even an apple or banana, and this starts the replacement of glycogen stores quicker than would be the case otherwise. Refuelling must be worked around training sessions and the consumption of high CHO snacks (starchy), juices and fruit is especially suitable. Sufficient energy consumption to meet demands of training and to maintain stores requires regular eating. Low CHO in hard training depletes glycogen stores and training with low stores is harder still, causing an even longer recovery time. Eat smaller, more frequent meals, five is ideal - consisting of three main meals and two snacks, with around 25% or more eaten at breakfast time.

Youngsters may prefer to eat anything, when and where they please and helpful demands by parents to control a sporting diet can be ill-received. It is important that children and parents are in agreement and both see the need for a change in diet. A systematic method of motivation towards an alteration in diet is to keep a log of food consumption. Like mental preparation a change in diet requires specific training and needs to be watched throughout the year, not just three days before a big race!

**A healthy diet, one with less salt, sugar, fat and more fibre will improve the ability of the body to perform at it's best and achieve the athlete goals.**

**Is that Sports Nutrition or just Healthy Eating?**

John Gregory.

slalom

## The Lost Division - Len Smith

### Or the Rise and Fall of British Slalom

Recent statistics indicate that there has been a decrease in the number of new entrants to canoe slalom. The once crowded novice events now become jointly run with a Div 4 event just to make the event viable. Looking at the numbers of competitors from the mid 80's to the present time shows some 500 plus less paddlers are competing now; a whole division has disappeared.

I do not believe that canoeing in general is in decline, quite the opposite. However, statistics are more easily arrived at in the competitive disciplines and it is somewhat easier to make definitive assessments. Smaller entries at Northern WW races indicate that the problem has manifested itself here also.

Being a life-long paddler, now of the ancient variety [nonsense - ED] it concerns me to see our particular sport gradually eroding away.

The reasons for the drop in entries could be as simple as the fall in the birth rate in recent

decades or is it, as many would suggest, tied up with the increasingly prohibitive cost of entering a slalom. Looking around a slalom site, it is pretty obvious that we have become a middle class, or at least a middle income, event.

There is little we can do to raise incomes of potential new entrants but we can at least ease the cost to the Novice, the majority of whom have little or no concept of a slalom, or whether having tried it, will want to stay involved. It is my view that we need a "good shake up", let's really look at our sport and make it once again the attraction it once was.

Here are some ideas to chew around and with luck a few more out there, young or old might take up the challenge and put more ideas forward.

1. Forget the name 'Novice', who wants to be called that anyway! Think of an alternative name for entry level paddlers.

2. Reduce 'entry level' events to one day. This will cut cost and commitment for the beginner and their parents. Courses could be erected on a

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**3. Reduce entry fees** at this level to a nominal sum, with no levy payable to the Slalom Committee. Organisers would keep the whole of the entry fee and perhaps run more events at this level.

I would envisage that organisers would run such events under license from the Slalom Committee (one fee to cover the whole season when registering their clubs slalom interest).

**4. BCU membership.** Why not incorporate an associate member day fee, covering only the event in question. I am sure that given a will there must be a way forward in this direction. Insurance could be arranged within the entry fee.

**5. Encourage group entries** from such bodies as Scout groups, Guides, cadets, schools etc. Organisers wouldn't sit back and wait for entries; under this system it is in their interest to go and get them.

**6. Simplify the rules** for entry level events. Design approximately two minute course (watching beginners struggle with a full course does nothing for an event).

Have a only a simple 'all gates live at all times' rule, with a 50 for a miss or wrong presentation. This would encourage paddlers with access to plastic boats who would be at a smaller disadvantage in competing against a low profile slalom boat. No doubt purists will shudder at this suggestion, but having gate awareness is a developed skill which is not always present in the beginner. The emphasis should be on fun, with a gradual introduction to the complex world of ranked slaloms later.

**7. Promotion to ranking status** to be as at present, with promotees being presented with a simple guide to canoe slalom proper. Prizes should be kept very simple perhaps a standard medal from the Slalom Committee - bulk purchase, lower cost.

**8. Cut down on officialdom**, while keeping a disciplined sport. Many an event has been ruined for a paddler by an over enthusiastic official.

So much for starter events, but what about the wastage from higher divisions?

What about the guys (and gals) who ate content to reach, say Div 3 or 2 and have neither the time even the desire to get higher. We could introduce a wider spread of prizes, especially for the older paddlers who are rarely catered for until they reach veteran status. What about a closed Division championship event?

We are one of the few sports which does not involve itself in county championships and in many cases regional events are a last minute scramble to arrange. Whoever heard of the Durham County Slalom Champion or who would be the Junior Slalom Champion of your county? There could be a chance of attracting sponsors for such events and think of how many extra champions we could have, many of whom might not even get a very high rating within our present structure.

My mind is still ticking over with new ideas but I fear I might produce a long boring dialogue which is not my intention. We oldies are caring about slalom, but it is the future we need to address so I hope that the future is not left to the older generation to progress ideas forward.

So please, please, PLEASE let's have some ideas put forward now, especially by the younger paddlers.

Send your ideas now to the Slalom Committee and this magazine, PLEASE!

**Len Smith,**  
National Junior Team Coach

## Running for election or re-election to the Executive at the 1990 AGM?

Let us know all about yourself  
and you can have 200 words and  
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CANOE  
**Slalom**

## Training Camps Abroad - GB Team in France

### What happens after selection?

OK so its all over for another year, maybe the tears have dried but the "if only's" and "I would have's" are getting a good airing and for some the recriminations are only just beginning.....By definition any selection process means more people disappointed than content, Selectors can never win - its a fact of life.

For those selected the job is only just beginning. The de-motivating effect of actually being selected is strong and needs taking seriously, looking back over the years it's easy to find many examples of paddlers whose season started and finished with their being selected.

Our policy has been to selected at a time when we can immediately run a training camp abroad on good quality water so that selection success can be put into its true context - ie merely as a step on the way towards those vital summer results in the Worlds, World or Europa Cup races. Key requisites following selection are better quality training water; good quality start-lines without selection pressures' and an increased workload to compensate for the tapering off that will have gone on up to selection.

So item number one on the 1990 Team programme was a training camp in the south of France based around the 3 French Selection events. It seemed to offer everything - good races, a variety of good training site and a chance to recce an area very much 'en route' to the Seu Olympic site . It also promised to be hotter than the UK but in the end we only fried while you guys were sizzling back here (remember that first week in May?).

First event was a full International in Albi on the River Tarn - virtually a flat course with only rough water at gates 10 -14 where a lot of water boiled through a gorge creating exploding waves and very boily, unpredictable eddies. As you'd expect these were the crunch moves - if you nailed this section, you placed, as simple as that. The atmosphere was good - it felt like an International. Results were mixed - Richard wining under pressure from the Czech Hilgert and Lynn and Maria placing 4th and 5th, even with penalties. Shaun, Russ and Raspo didn't put their good bits together on the same runs..... judging was

slightly iffy and it got iffier..... we may complain sometimes about our system but we still have the highest standards in Europe.

Next we moved south into the Pyrenees near to Lourdes. Options here were very good as the race site offered a variety of technical moves on a narrowish but still rather boily river with an excellent gates system giving us the chance to really 'fine-tune' some moves. Just down the road in Pau was another permanent site, this time on a much wider river where it was really tough to work hard mentally and physically.

We had made the decision in Albi that we would train through these remaining two events. In a week we completed 13 white water gates sessions and three full-blown events - an impressive workload. Towards the end it began to take

### It was certainly no holiday camp....

it's toll, but this was the original intention. It was certainly no holiday camp as people back home sometimes assume. It provided the opportunity to race hard and to train hard - giving all kinds of useful feedback on things that were working consistently or others that needed working on.

I think too that they all rather enjoyed watching the French under weight of selection pressure. The stakes are high in the French system and there was some pretty nervous, out-of-character paddling going on.

Best results were 3 wins for Richard, Raspo a 3rd., Russ & Shaun a 4th. each, Lynn a 2nd and a 4th & Maria a 5th. Richard & Lynn would have been selected for the French Team - this with 13 sessions in the week - but , and its a very big but, no pressure. An indication of where the difference really lies at this level of elite performance.

You might be wondering why only 6 paddlers were on the trip. Well, its all about time and money and priorities. With so many important events this year paddlers have had to be selective. If its a choice between a World Cup race and a training camp what would you choose? The Catch 22 though is that in the long run an intensive week like this could well have been more beneficial.

Alan Edge, National Olympic Slalom Coach

## G B Senior Training Camp - April 1990 - A Paddlers View -

With the Tryweryn selection completed late Saturday afternoon brought a tap on my shoulder from Edgey "Pack your bags, bring a canoe and don't forget your passport - we're off to the French selections on Thursday!"

Setting off from Wakefield we called in at Nottingham only to find that Maria had at last become unstuck in that car of hers (however, the AA did come to her rescue!), via Milton Keynes to pick up the ferry tickets and on to Heathrow to collect the second coach, Bob Doman. The team of Ian Rospin, Russ Smith, Shaun Pearce, Maria Francis and Lynn Simpson with coaches Bob Doman and Alan Edge arriving for the late evening ferry from Dover.

The initial destination was Albi, in the South of France, for the first race, a class B International. The site was dam released into a small gorge - the top and bottom sections were generally flat; however, the middle made up for it with a big fall with one particularly boily eddy which caused the best of paddlers some difficulty.

Saturday afternoon saw practice runs, or should I say an attempt at them, because during men's kayak practice the water began to fluctuate and at the end of the ladies had been switched off totally, with a lot of bewildered C2s still on the start line! Needless to say practice for all classes was put back to Sunday morning and after the previous day's shakey start the event ran fairly smoothly that afternoon. The competition was excellent with racers from France, Czechoslovakia, Canada, Switzerland, Spain and Portugal.

Monday dawned bright and with the heat soaring into the eighties, the team drove on to the next destination of St.Pé, approximately 20 kilometers west of Lourdes, in the foothills of the Pyrénées. During the next six days training took place on two sites - St. Pé and Pau, about 30 Km further west. Both sites are used regularly by one or another of the several regional training squads that have been set up in France. Accommodation was at a farmhouse in what is locally known as a 'jeet', or small apartment. Entertainment was boules in the farmyard. Alan and Lynn were team champions although Russ's bombing ability is worth a mention and cooking was left to Bob, who claimed to have an 'O' level in the subject!

St. Pé, which was to be the venue of the second and final races for the French selection was a fairly narrow river, quite fast flowing, with some good waves and some tricky boiley eddies. Pau on the other hand was much wider, similar to Grandtully, although during that week vandals cut down the permanent gates which were hung and this limited the potential of the site.

## ..and some definitely suspect judging...

The two races at St. Pé brought a mixture of high quality racing with surprises and disappointments for the French Team selections, notably the exclusion of Laurent Brissaud and Anaik Loubie from the World Cup Team and some definitely suspect judging, which although it did not affect the British, it did heighten awareness of selection abroad. Each of the three French selection events did not pass without something that would have been highly criticized at home. Albi - the practice run saga; St Pé - no section judges and in many cases only one judge, poorly positioned, judging two or three gates

All in all an excellent nine days training was gained, motivation was fired up for the busy summer ahead, lets hope things can only get better!

Lynn Simpson

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### Lost Sue Wharton?

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# National U14 and U 16 Slalom Championships

## Cardington, 28th May '90



Under 14 Ladies K1 Champion - Claire Fox  
Under 14 Mens K1 Champion - Steven Flower



Under 16 Mens K1 Champion - James Croft  
Under 16 Ladies K1 Champion - Corrie Johnson

**Four new champions.** For each one a triumph, as the titles are not just won on the day - months of preparation go into making a champion at any level and these 4 all worked hard for what they achieved.

The event was a great success too for Jim Croft, Viking Kayak Club and the Eastern Region Slalom Team who organised the event complete with the first ever Novice/ Div 4 competition to be held at Cardington. An ambitious venture that came off splendidly.

On the Monday morning after the Novice/ Div 4 event competitors got to the course to find not only a new sequence of gates, but also (courtesy of Cardington's unique design) a new river bed, 'rocks' having been moved after the previous day's races to make a much tougher, tighter course which was challenging to the Prems but still safe and paddleable for the younger and less experienced paddlers.

Gates 1 and 2 were a very tight downstream and breakout right, followed by an apparently simple 3 to 4 stagger, with a rock in the way. In the new U16 Championships, James Croft found the winning line on this section with a very tight breakout on gate 2 and lots of acceleration through 3 to hit the cushion of water above the rock so hard that he flew over it and through 4 to win the U16 K1M title in a time of 97.42 seconds on his first run. This gave him a comfortable margin of 7 seconds over Div 1 paddler Stuart Bowman, whose clear second run beat 2 prems into 3rd and 5th places. A special mention should go to Div 2 paddler David Pimm who did the best run of his career to finish in 4th place, missing 3rd place by 0.5 seconds.

Lots of tight gates further down suited U16 Lady Corrie Johnson who showed great control to come back from 4th place with a clear run of 118.05 to win by 5 seconds from Anne Stobbart, the leader after 1st runs.

The Under 14's also gave considerable excitement with several faces from last years championships at Newbury present. After first runs in the Men's K1 hot favourite

Steven Flower was well in the lead and, despite a better 2nd run by a determined Micheal Bennett, retained his top position. Niel Buckley also had an improved 2nd run to give him a final placing of third overall.

In the ladies U14 Claire Fox was intending to hang onto the Trophy she won last year but knew that in the Judges runs the day before Diane Woods had equalled her time on one of her runs. Her 1st run was a clear 133 seconds and although slower than she had hoped - due to dropping low on gate 4, she was still in the lead by 8 seconds. Better concentration and good mental control on her final run enabled her to show what she was capable of with a time of 124.88 seconds. This made a double win in the U14's for Basingstoke and Deane Canoe Club, a minnow in the canoeing world of big fishes, and bodes well for the club's future.

The often unsung heroes of C1 and C2 deserve a mention. This had never been a class at the Under 14 Champs, but was included in this year's new U16 Championships, though there were very few entries before the day. Will Edwards paddled into first place in C1 with a time of 125.16 + 5, with Burt and Elsworth finishing 1st in C2.

The standard for racing and competition at all levels was excellent and a credit to the 114 paddlers who took part and the course did such a good job that the course designer nearly knocked himself out of the Eastern Region team tour in Czechoslovakia! Course design at this event is tricky since it must be achievable for the younger and less experienced paddlers, yet not let the Prem's run away with all the prizes. Even more important, it is a qualifying event for the British Open and those who get through must prove that they have what it takes to run the Llangollen Town Falls.

Viking will be well remembered for their food and the Prizes. It's hard to say which spread was the best; a full cooked breakfast with tables and chairs by the river is a hard act to follow but the prizes were great with two stylish new U16 perpetual trophies, which followed the principle of rewarding effort and achievement from the top to the youngest competitor.

**Ray Croft and others**

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2.	Diane Woods	Rugby 146.48
3.	Joanna Stewart	Poole Harbour 149.92
	<b>MK1 U14</b>	
1.	Steven Flower	BADCC/SEP 110.99
2.	Micheal Bennett	Harlow 114.71
3.	Neil Buckley	Shewsbury 117.21
	<b>LK1 U16</b>	
1.	Corrie Johnson	Newbury 118.05
2.	Anne Stobart	AAAA 123.93
3.	Rachel Doherty	AAAA 126.26
	<b>K1M U16</b>	
1.	James Croft	Stevenage 97.42
2.	Stuart Bowman	Leicester 104.63
3.	Ben Gray	Warren 106.12
	<b>OFFICIALS</b>	
1.	Kevern Kerswell	Newbury 101.9
2.	Ian Bridges	Nomad 102.52
3.	Paul Terry	Sacha 103.43

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## Regional Extra

The Eastern Region again took a team to Holland and Begium in April after hotly contested selections at Cardington and Hambleton.

A team of 21 was selected in the end and for the first time we took junior paddlers as well.

In the Dutch event Gary Donovan from Essex was third in MK1 Youth and Alison Runnegar from Manchester came second in the Ladies K1. Alison elected to remain in the Eastern Region when her parents moved north. In the Canadian Classes Rouch and Ambridge won the C2, with Matt Gibbs 2nd in C1. We also won the C2 teams and came second in the ladies.

On Saturday we drove into Belgium ready for Sunday's International at Eupen. In the Junior s Gary Donevan came second and in the Aspirants Dan Corner was first with Alex Pope 3rd, with Elizabeth Vowles 2nd in the junior ladies. Rouch and Ambridge again won the C2's with Matt Gibbs and Steve Brodie 2nd and 3rd C1. The teams were a further success with 1st in the MK1, LK1 and C1 and also 3rd in the MK1.

A very successfull trip, helped tremendously by Mike Cater and Steve Bushnell and with suport from Stopley Motor Co., P & O Ferries and Slalom Sport.

### Czechoslovakia Trip, August 1990

The results of the selection for this trip, held at Cardington, are as follows:-

MK1	IanBridges	Nomad KC
	Alan Heume	Viking KC
	Paul Terry	Sacha
	Justin Barnes	Viking KC
	Mark Tycer	Cambridge CC
LK1	AlisonRunnegar	Manchester
	Janet Johnson	Chelmsford
C1	Steve Bodie	Ind (Essex)

Jim Croft

*Thanks*

For all the contributions this issue. I'm afraid that we didn't have room for all the reports, photographs or letters that we received, but please keep sending them, and as early as possible! - ED

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# Reverse moves rule, OK? - Alan Edge

When compulsory reverse gates were removed from the rules in 1986 there were many who predicted the total demise of any type of reverse paddling and the onset of giant-sprint type slaloms.

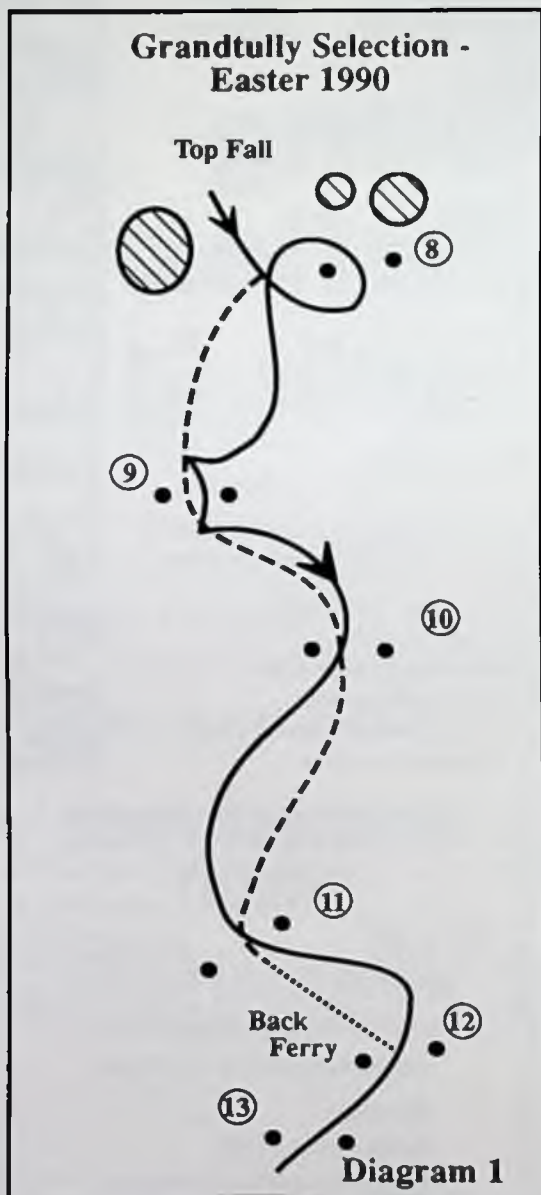
How wrong they were! After 4 years of the new rules it is evident that at the top levels of slalom

back to life the traditional skills of 'backing off' and 'reverse ferrying' - 360° spins can now be seen taking place anywhere and not just between poles and old 'shuttle reverse' can be very effective on tight staggers, especially if the poles are high.

Its all about choice and making the right decision to suit YOU. The stronger the current the more likely it is that you will be forced to consider one of the above moves to maintain boat position and control. The direct route (ie. all forward) may be possible but no faster and will almost certainly be more physically demanding.

Which method you choose depends on:-

- a) Your skill level with the move in question. Eg. are you really prepared to commit yourself to a back ferry down a 3 foot wave?
- b) Your fitness (especially strength) and related



very much the opposite has happened. Sequences are being designed that can offer up to 4-5 realistic choices for paddler and coach. Quite often we see the top 3 paddlers at an event using totally different techniques to gain virtually identical times. The removal of the reverse presentation on the gate-line rule has not only eased the job of the judges but has also bought

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to this the position of the gate in the course, is it gate 2 or 22?

- Are you really sure that the time difference is worth the time difference or loss of boat position?

Those of you who were at the Grandtully and Bala selection events in April will have seen plenty of reverse moves in action. At Grandtully downstream 9 in the top fall eddy was a spin for the majority of paddlers. Only the very best had the commitment and confidence to go for it direct - and it was only worth a second but when taken together with the back ferry 11 to 12 it was 2 seconds faster. This was a serious margin when you consider that position 2 to 6 in the men's kayak were only 1.14 seconds apart. It is always dangerous to look at moves in isolation - what may seem like a poor exit out of one gate could be a perfect approach for a reverse move on the next sequence (see diagram 1). Interesting to note as well how many top Premier paddlers looked uncomfortable with the back ferry 11 to 12 even with nice high poles. The moral of the story? When you get on waves practice these moves - technically they are straightforward but the confidence/commitment factor is always high.

At Bala, John Macleod's course had an interesting sequence just above Mrs. Davies's Bridge (diagram 2). Gate 2 was a mid-river lead-in to gate 23 virtually lying on the eddy-line (wide gate with the left pole 6 feet down stream of the right). Gate 24 was at the end of the diagonal wave and 25 slightly staggered back to the left just above the bridge. Practice runs saw just about everything going on here. All 4 gates direct, spin in eddy before 23, spin gate 24, spin gate 25, reverse ferry 23 to 24, reverse ferry 24 to 25. Paddlers were trying just about every combination of these either intentionally, or as "plan B". Very difficult off the watch to say which was best - the fastest seemed to be either all direct or by ferrying 23 to 24. In the race

though, the vast majority of kayakers opted for the safety and control of spinning 23. Being both the last four gates and a selection event were significant factors here. However, it seemed to me that some decided that their back ferrying wasn't up to race day pressures - maybe a pointer for their future WW gate sessions.

**To summarise:** The following points need to be considered as regards reverse moves:-

a) Flatwater training sites are useless for anything other than learning the basic reverse moves. Current and flow are the 'raison d'être' for these moves, so set them up and practise them when you are at Nottingham, Bala or Grandtully etc. Anyone can do a spin in nice consistent flowing water. On a fast eddyline or diagonal wave though its a different matter and that's where you are going to have to use it on race day.

b) Beware of the class differences. C1s like spins and can often pivot the boat direct on most sequences but they quite understandably hate back-offs; C2s can be quite quick on back-ferrys (fewer angles to turn the longer boat); kayakers can often do most sequences direct but not always quicker - they need to be able to do the lot, and well. For Ladies K1 a good slick spin or back-off can often be a winner because it demands less strength and usually maintains good boat position.

There are so many factors that affect route choice its impossible

to lay down hard and fast rules BUT .....

**The more problems you set up and have to solve in training the better you will get at recognising gate sequences and water conditions and knowing what is going to be best..... FOR YOU.**

**Alan Edge**  
Olympic Slalom Team Coach

**slalom**

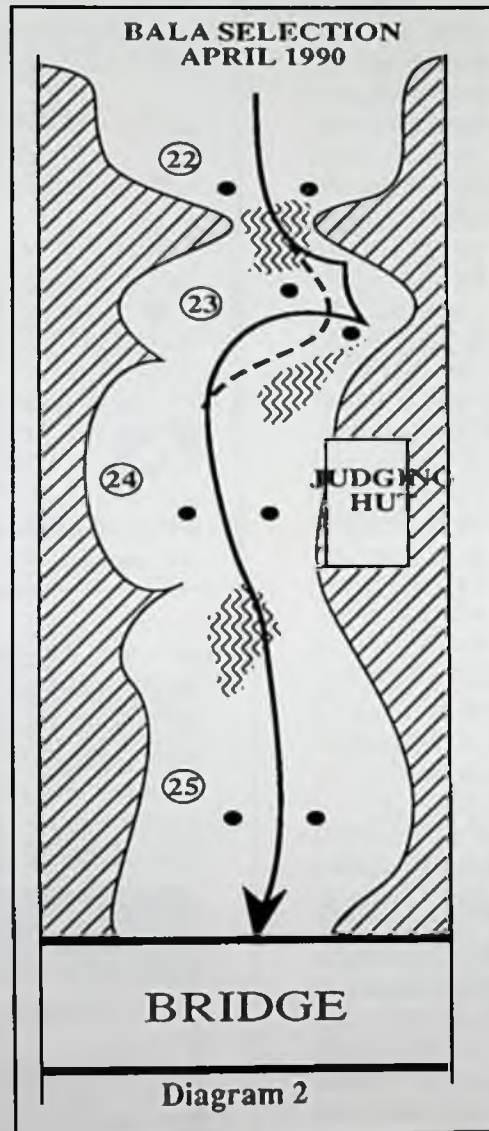


Diagram 2

## REGIONAL ROUNDUP

### South West Report

The Selection for the Inter-regional event in October at Llangollen went off very well with thanks to the organisers' of the Nottingham Div. 1, with the ladies providing excitement as Sue Carr pipped Jenny Roper by less than 1 second. In fact the S. W. Ladies were all well placed.

We've been to several excellent events this year; notably Martley Div 4/Novice which was an excellent event, well run in a lovely location. I was also pleasantly surprised by Cardington as I have not been there for a couple of years and I was impressed both by the course and the running of the Under 14 and 16 Champs.

Good results are coming in for the S.W. from Spencer Cook, Bob Hall, now Div. 1 and all the Div. 4's. Claire Daniels did very well to be selected in both Slalom for the U18 Team and White Water Racing for the Junior World Team. Sadly she was put under a lot of unreasonable pressure by the slalom hierarchy and has now dropped out of the WW Team. She is also on the Wye users committee as it helps to keep abreast of the N.R.A. to make sure of our rights, but with the Wye being so low we are doing a lot of travelling like most others.

#### South West Inter-Regional Team

**K1M** Snr: R Simms, Simon Crook, Martin Slade.  
**K1M** Jnr.: Spen. Cook, S Evans, Ryan Trewailth  
**K1L**: Sue Car **C1**: D Parsons **C2**: Mitchel/Cooper

**Danny Daniels**

### Eastern Region Selection

July 21/22 the Eastern Region will be holding its Regional Slalom Championships at Cardington to decide the clubs that will attend the National Interclub finals in September 1990.

This event is open to all paddlers from Novice to Premier with prizes for all divisions (subject to numbers in each class) and to all clubs, large or small as well as individual entries.

This is also one of the selection events for the Llangollen Inter-Regional Slalom in October.

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### East Midlands

The East Midlands Regional Slalom 22nd July at Holme Pierrepont is cancelled and so the East Midlands Team for Llangollen will be selected on ranking. If you would like to be considered for this team please contact me, Pearl Mulholland, on 0332 558263.

#### East Midlands Region Beginners Slalom

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# GOING FOR IT, Taunton Canoe Club Style

After the small seed of an idea sown by Jim Croft, giving out trophies for a winter series of slaloms run for his region, at Cardington Div 3 in the early spring, I went away and dreamt up a Mini Slalom Series for our club to run through out the winter of 1989/90, at fortnightly intervals.

## The objects of the mini slaloms were:

1. Give existing ranked paddlers practice under competition rules during the closed season.
2. To encourage non-slalom paddlers in the club to have a go.
3. To do something different from just paddling up and down "our" river on a winter's night.
4. To stimulate commitment and support for club events, despite limited facilities.

## The following was achieved:-

1. 8 ranked club members and two visitors took part in one or more slaloms, 5 doing all 10.
2. 10 non-ranked novices took part in one or more slaloms, two doing all 10.
3. On most mini slalom nights at least 10 paddlers attended, as oppose to the 6 or less on ordinary nights.
4. As a spin off, 9 novices now know the fundamental rules of slalom and also know how to put up a string of gate and one has joined the BCU to have a go at 'proper' slaloms.

A donation was made to the club for four trophies, in the memory of club member Darren Elston who was fatally knocked off his bicycle; one for best overall, one for runners up, one for best lady and one for best novice.

Points were also gained for the club's 'Most Competitive Paddler' Trophy.

## The Rules

- 1) Three runs of a 10 gate course, best two added together giving the score.
- 2) Points as in C1 formula.
- 3) Handicapping for division, class, age and type of boat (ie high volume plastic or slalom); involved, but successful, as at the end only 169 points split the best novice and overall winner. For next year most paddlers want the best 8 events to count for the final result.

## The course

On 7 Tuesday nights the courses were hung off a bridge which is only used at weekends and is close to the club shed. Some courses were of 8 gates, with two gates done twice and although the water was flat most of the time, wind and spate conditions made up for it. As the events were after dark local street lighting and a small

12 volt lighting system gave enough light, car headlights were tried but were too dazzling. Carrots were definitely on the menu for tea!

One judge was used, standing on the bank to start, judge and finish. Of necessity only one paddler was on the course at a time! Results were posted as soon as possible and every competitor was given a computer printout of results at the next club meeting, even if they were not at that particular event. The other three events were run on Sundays on local weirs, with a circular course again requiring only one judge.

It proved popular with the paddlers and was a success to build on in future years.

Russel Blackmore, Taunton Canoe Club

## ....and The Experiences of one Undeclared Veteran Novice Paddler

This is not intended to be a detailed report of each of the individual competitions in the series, but a general overview of the whole event through the eyes of a complete novice.

The main joy from my point of view has been the opportunity for me as a "veteran" novice paddler to take part in a slalom competition without the fear of making myself look a complete fool in front of a load of experienced paddlers and spectators from far and wide.

Having never sat in a kayak until I reached the big four-oh I have no illusions that I will ever be a highly successful slalomist. This series has, however, enabled me to enjoy the competitive spirit among friends and vastly improve my slalom skills and the ability to see in the dark (except when dazzled by Glyne's headlights). The various competitions have ranged from the calm waters below the Market bridge, the turbulence below Firepool and French Weir, to the faster flowing water at Bathpool.

Other joys of the series have included untangling a heap of slalom poles in the hut (and tangling them up again), almost learning the rules, watching the more experienced paddlers, not capsizing so far and having the satisfaction of knowing that by taking part I enabled most of the others to gain an extra club point.

Who knows, I may even be seen at French Weir on October 27th/28th!

Dave Hawkins

# CANADIAN CORNER - Colin Thompson

Eric Clapton got high on '57 Chevies and screaming guitars, surfers "Hang 10" in perfect tubes, snowboarders shred until they're dead and the most exhilarating experience for a slalomist is burning down a course in a hot C2!

Those slalomists destined to spend their lives in single boats will now be laughingly checking that this isn't the April 1st issue before they turn to the next article. That's their loss; hopefully those who read on will become inspired to dabble in the art of C2 paddling.

Racing a slalom course in a C2 contains a greater mix of elation and frustration than in a singles boat. This cocktail of emotions serves to heighten the pleasure of training and competition; frustrations arise from having to manoeuvre two people in an overgrown boat through the gates. This is a small price to pay for the fantastic sensation of achieving a perfect move. , because when a C2 creams a move, with both paddlers

applying power, the boat almost flies.

All slalomists appreciate the skills of other paddlers, but none more than in the C2 Class. A radical move achieved by one crew will instantly set the whole class talking. Perhaps this stems from the camaraderie exhibited amongst crews sharing mutual problems and so groups of "rival" C2 paddlers are often seen discussing tough gates.

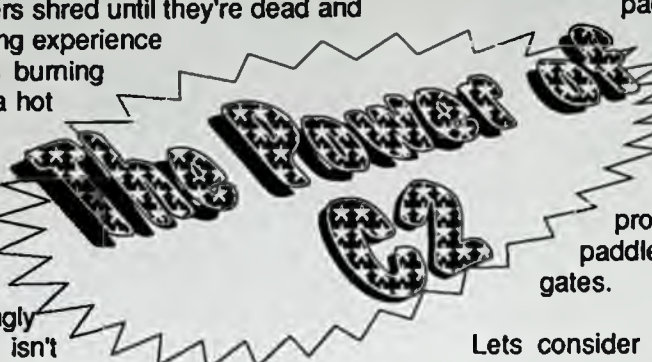
Lets consider the unique advantage of paddling C2.

**There's always** a coach in the other end of the boat who wants to decide which are the best lines on a course, so that both ends of the boat are paddled in the same direction.

**There's always** that extra element of surprise and unpredictability as you rely on your trusty partner performing this crucial strokes correctly.

**Theres always** an audience for the exhibitionist - the person sitting in the other end of the boat - who never misses a move and certainly encourage the best ones.

**Theres always** a training partner who you can't let



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**Richardson and Thompson Europa Cup C2 Paddlers Photo: Joe Mulholland**

down by missing a training session or "miscounting" the last set.

**Finally there's always** someone else who rolls or fishes when you do!

Many people say that it's impossible to paint a pretty picture of C2 paddlers so we'd better consider a few unique disadvantages as well.

One problem is getting to train with your partner. It's amazing how many crews insist on living at opposite ends of the country and spend a lot of time travelling up and down congested motorways.

When partners get together they have to decide what to do. Planning training sessions requires flexibility to fit in with each others requirements, which isn't always as easy as it sounds. Deciding how to do a course often requires a lot of discussion to identify the fastest route. C2s are often the last on the water for training sessions because they're still talking about it. This is vital preparation, because a little chat beforehand can save a lot of heated discussion on the water later. It can be hard coping with a C2 partner. Even the best of friends, or brothers, will argue in a C2. The

stakes are high as a small error can have major consequences when control is lost. The ultimate penalty of a swim is always on the cards, even for the best and on the spur of the moment, under pressure, it's easy to blame someone else - your partner -who will probably deny it.

Finally in the search for perfection there are always two people who can make mistakes; therefore a to limit the total number mistakes to the same as an individual both paddlers have to consistently perform at least twice as well! That's quite a target.

So all you need is a friend who lives nearby and you've neatly avoided several of the disadvantages. With a flying start like that you've got to try C2 - you won't regret it.

From Novice to International standard, racing C2 is at least extremely enjoyable and at it's best totally exhilarating; experience the sensation..... start paddling C2 now!

**Colln Thompson  
Great Britain C2 Team**

**SLALOM**

## Europa Cup 1990

- Colin Thompson

The Europa Cup slaloms started in the traditional way for the GB Team. Racing to catch a ferry in the nick of time, driving for hours across Europe to a rain soaked destination. To quote John Gosling "Thank goodness for Milair and their rain wear!". The first venue was Hohenlimburg, a small town in a picturesque valley in West Germany where we were conveniently accommodated in a hotel next to the course and opposite the police station. The police regularly patrolled out vehicle, apparently because of the possible treat from the IRA. The hotel owner did no more than suffer our presence in his 'posh' hotel and we upset him even more by eating large breakfasts and a C2 crew asking for separate beds after only one night! He kindly allowed us to change in his garage as there was to be no canoeing kit in the hotel.

With only one day to paddle the water with gates we were eager to go, but for a major event the water appeared disappointingly small. The site is man-made using water bypassing a 2 metre weir, typical of many French courses of a Div2/3 standard - it is something that could be done on many weirs in Britain and makes an excellent training site; proved by the home C2 crew of Hemmer and Loose, the reigning Worlds and European Champions. However there was a twist to this tale; water would be released from a dam to supplement the natural flow, but this was not to be available until practice day. We took this in our stride and paddled two sessions on the available water, concentrating on 1/2 to full length runs, varying the gate sequences as much as possible. The C2's also tried a couple of team runs which cleared the course of other boats, if nothing else.

The gates were pulled in early on Friday morning, immediately after Alan Edge had set new sequences. We then received a course plan, designed by Hemer and Loose an indeterminate time previously. This was totally unacceptable and a Team Manager's delegation led by our own John Gosling led to the promise that randomly drawn officials would redesign the course on the practice day (Friday) morning. Meanwhile the team was being hit by a mystery bug that originated in the K1M, spread to some C2's and by the end of the trip went on to the ladies.

The opening ceremony underlined the importance of the event to the town when the population tuned out to line the parade route. Then the day of the event dawned and the redesigned course had some very tricky sequences on it. A tight breakout over the the

main drop preceded a spin on a boily stopper which was to destroy many good runs with the narrowness of the river and the proximity of the gates to the banks providing extra hazards.

The GB Team line-up was depleted by the decision of Richard Fox, Melvyn Jones and Gareth Marriot to forego the Europa Cup and concentrate on World Cup preparation in America and Karen Davies had also withdrawn from the race at the last minute. The ladies were to provide our best results with Maria Francis finishing 4th and Lynn Simpson 5th; extremely promising results from two of the youngest members of the team. Dave Crosbee (16th) was our highest place Mens Kayak, two places above Ian Raspin, both with a 5 second penalty; Bushy Hedges was 8th in C1 and Meikle/Brown (6), the highest placed C2, would have been 3rd if clear.

The next days team events promised to be extremely competitive with the Mens Kayak challenging the C2's and only offering a 17% handicap - with beers at stake. The C2's rose to the challenge and flew down the course to 3rd place - even Russ Smith admitted they deserved it!. The two ladies teamed up with the French individual winner, Anouk Loubie, to storm down the course to win our only Gold medal of the trip. The biggest cheers of the day were reserved for the coaches race. Several famous names participated and Edge discovered several muscles that he'd forgotten existed as he successfully tried to avoid embarrassing mistakes to come third - and with no practice run.

Early next day it was off to Merano, arriving in the early evening, which is an Italian town with a strong German influence, nestling in between some spectacular Tirol mountains. The river there is a course designers dream. The natural water flow is fairly powerful and there are numerous eddies behind large boulders which are strewn all over the river. There were no gates up when we arrived so we did an initial session on some near-by training gates, later putting up some gates and the other nations soon followed suit. The Italian organisation was very relaxed and we didn't expect the course being closed until Saturday, practice day and that proved to be the case so we were able to concentrate on 1/2 and full length runs containing plenty of S-gates, forward downs in eddies and breakouts. The Clough brothers also practiced swimming when they wrapped their C2 round a rock, fortunately damaging neither themselves nor the boat too seriously.



Race day dawned hot and sunny (at last). The course in contrast to Germany was open, flowing and fast with excellent use made of the multitude of eddies. The course concluded with a downstream gate in an eddy to punish the nervous finisher. Again the ladies produced our best results with Lynn Simpson finishing 6th and Maria a terrific 2nd with the fastest time and one penalty. These results gave Lynn an amazing 5th overall in her 1st senior International and Maria 2nd., but equal 1st on points. Mark Delaney finished 4th, his best result yet, to achieve 9th overall. Martin finished 7th and =6th in total and in C2 Richardson/Thompson finished 7th in close grouping - a clear run would have given them 2nd - with the highest overall C2 result =7th by the Clough brothers. In the Mens kayak Dave Crosbee (also in his 1st Senior International) again achieved the best British result of 8th.

Looking back on the trip the strong ladies results from two young paddlers shine with promise for the future. The whole team produced better results on the fast, open water of Merano than on the tight course on easy water at Hohenlimburg, but to quote Alan Edge' "There isn't a line on the bottom of the results that records the water level or how difficult the gates were.", and penalties prevented what could have been some pretty good all round placings.

The trip will certainly be remember for it's excellent team spirit as well as being a solid building block for the future.

**Colin Thompson**

**RESULTS**

**Hohenlimburg**

**K1M**

1st	Janez Skok	YUG	158.91+0
16(12)	Dave Crosbee	GBR	163.18+5
18(12)	Ian Raspin	GBR	163.74+5
37(12)	Russ Smith	GBR	166.63+15

**K1L**

1st	Anouk Lobie	FRA	189.99
4(1)	Maria Francis	GBR	189.01+5
5(1)	Lynn Simpson	GBR	189.03+5

**C1**

1st	Jacky Avril	FRA	171.11+0
8(8)	Martyn Hedges	GBR	177.11+0
13(4)	Mark Delaney	GBR	179.08+5
16(10)	Bill Horsman	GBR	181.20+5

**C2**

1st	Stercl/Stercl	TCH	185.08
6(3)	Meikle/Brown	GBR	189.70+5
9(5)	Clough/Clough	GBR	193.25
13(4)	Richardson/Thomson	GBR	195.97+5

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<b>K1M Team</b>	10(2)	Raspin/Crosbee/Smith
<b>K1L Team</b>	1st	Simpson/Loubie/Francis
<b>C2 Team</b>	3rd(1)	GBR

**Merano**

**K1M**

1st	Janez Skok	YUG	144.65+0	{1(1)}
8(7)	Dave Crosbee	GBR	150.28+0	{11(9)}
17(5)	Ian Raspin	GBR	147.90+5	{14(9)}
10(9)	Russ Smith	GBR	150.64+0	{21(9)}

**K1L**

1st	Anouk Lobie	FRA	189.99+0	{1(1)}
2(1)	Maria Francis	GBR	162.14+5	{2(1)}
6(6)	Lynn Simpson	GBR	170.93+0	{5(2)}

**C1**

1st	Martin Lang	FRG	154.01+0	{1(1)}
7(2)	Martyn Hedges	GBR	155.76+5	{6(4)}
4(4)	Mark Delaney	GBR	157.62+0	{9(4)}
22(14)	Bill Horsman	GBR	170.68+15	{19(12)}

**C2**

1st	Hemmer/Loose	FRG	160.64+0	{1(1)}
7(2)	Rchrdsn/Thomson	GBR	173.40+0	{12(3)}
9(2)	Clough/Clough	GBR	168.99+5	{=7(3)}
13(4)	Meikle/Brown	GBR	171.57+10	{9(30)}

For extra info. (position) in brackets is position if clear using best time and {position(if clear)} is final overall position from both events - ED

## PADDLER PROFILE - Myriam Jerusalemi



Photo: Joe Mulholland

**Myriam Jerusalemi**, current ladies K1 World Champion, has had a tremendously successful career as one of the top Slalomists of the '80's.

Her international career started as a 17 year old paddling at her first World Championships with the French Senior Team, of which she has been a regular member ever since her debut in 1979. During that time Myriam still managed a creditable 4th place in the 1985 World Championships although serious winter training was not high on her list of priorities.

It was about then that a certain Richard Fox was to make his presence felt. "Meeting Richard," says Myriam, "brought a major change in my approach to the sport. Winter training began in earnest, attitudes were sharpened up and I became more professional."

Myriam's results since then have been:

1986	Europa Cup	3rd
1987	World Championships	2nd
1988	Europa Cup	1st
1989	World Championships	1st

"French mentality doesn't allow you to train when it's cold and wet, but Richard soon changed that. I used to think that paddlers here were mad to be up training at 7 or 8 o'clock in the morning, but now I just accept it as normal. It's OK really," says Myriam. "But even now I have about three months off at the end of the season to give myself a break. I would probably be doing something else by now if I didn't."

This year isn't a 'win everything' year for Myriam. Being World Champion hasn't changed anything in her already hectic schedule. Her long term plans are geared into next years World Championships and beyond that to the Olympics. She would dearly love to paddle at Barcelona (for France, of course), but that is still some way off.

Myriam feels very strongly about the way our top paddlers are treated. "in Nottingham, you have probably the best facilities in the World, but where are your coaches? Here there is an excellent group of dedicated paddlers who all train very hard, but they have to do it all themselves. Financial resources should be put to better use. Rather than spread it over a large number of paddlers, more money, more coaches and effort should be directed to your top paddlers. Sport is elitist and medals are all that matters at the end of the day, so why sell your best paddlers short?"

Earlier this year Myriam's application for ranking status was greeted with opposition and hostility, was she upset by this?

"It was so stupid," said Myriam, "All I wanted to do was paddle when I went with Richard to events, but instead I was accused of various things which weren't true. I'm French, I paddle for France, my sponsors and country have given me lots of support and I wasn't going to let them down, so it was a lot of fuss for nothing."

As for advice to aspiring canoeing youngsters she says - "Work hard and stay motivated, just because you work for 10 hours each day, you mustn't expect instant results - it all takes time".

Joe Mulholland

slalom

# LETTERS TO THE EDITOR

## Where are the Canadians?

5 Westmorland Close,  
Epsom,  
Surrey

Dear Editor,

In the last issue of "Slalom" you carried reports of the Tully and Tryweryn selection events. I was most distressed to notice that apart of a cursory "...the Canadian classes are running to form...", the C1s and C2s are totally ignored.

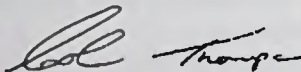
I would suggest that to encourage greater participation in Canadian classes event reports should do more than just acknowledge their existence. The efforts of the top paddlers surely deserve some recognition.

The Canadian classes provide plenty of newsworthy items.

**In C1** - at the top Bushy Hedges faces the greatest challenge to his supremacy for a long time. In the top 10 places a lot of bright young talented paddlers are vying to break into the top 3.

**In C2** - at the top several crews, equally capable of winning races, are fighting for the top spot. This keen competition is raising the standard to international medal level. The general standard of the top 10 crews is a lot higher than it has been for a long time.

These are the classes to watch!



PS. Slalom Magazine is generally an excellent publication which I read from cover to cover as soon as I receive it. Keep it going and include the Canadians!

Dear Colin,

*We are very aware of the weakness of the coverage of the Canadian Classes and for a long time tried to get a regular "Canadian Corner" going. Unfortunately all we got from two top Canadian coaches in this country was promises, which doesn't fill pages. If my memory serves me*

*correctly you were the last (and in this issue the current) contributor, other than Bill Endicott, on Canadians. We can only publish what we receive and most of our contributors are heavily involved in kayak and so perhaps don't understand the intricacies of the C1/C2. Come on all you half-stick paddlers, lets hear all about it!*

*Incidentally, thanks for the compliment, but we would have published the letter anyway! - ED*

## BCU Bibs - Comment & Reply

Gilstead,  
Bingley,  
W. Yorkshire

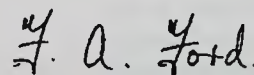
Dear Editor,

I read with alarm the item headed BCU Bibs Blunder. Surely it should be one of the functions of the Slalom Committee to demand to know from Trevor Bailey and his headquarters staff why it takes 14 weeks to process membership renewals and not accept computer problems as the reason for the delay.

The simple answer with regard to the renewals is the same as that concerning any replies from headquarters about anything else; namely they regard themselves as above any critical comment from any members.

Unfortunately whilst the various membership committees are prepared to accept this situation the matter will never be satisfactorily put right. BCU HQ seem to forget that their individual canoeists and not just sit back in seemingly idle, smug contemplation. How can any club secretary recommend members to join the BCU when it takes 4 weeks just to obtain the necessary application forms from Headquarters.

Yours faithfully,



Hon Sec, Bradford and Airedale Canoe Club

*Well, we too were interested in this question, so*

# .....letters

*Well, we too were interested in this question, so we sent off a copy to Trevor Bailey at BCU HQ and received the following reply.*

The British Canoe Union  
Nottingham.

Dear Editor,

I do not accept that it takes 14 weeks to process membership renewal with the BCU.

At the present date individual membership applications are being turned round within 10 days of receipt at headquarters.

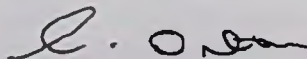
We always process on time renewals first, brand new applications second, late renewals third. I think every one would agree that existing members renewing on time deserve the best service. This means that an on time renewal would usually receive his card back within 5 days of receipt. It would be nice if some of the people for whom we've turned round membership within 24 hours would write in and support us.

However, I have to say we are not perfect, there are applications that go astray or are not inputted correctly, in a membership of 12,000 you have to accept the odd error, but we do try and put such mistakes right as soon as they are drawn to our attention.

I find it hard to believe that it has ever taken 14 weeks to process a membership application and I would be delighted to investigate if you will give me the details of the cases you have. Also, I would judge that the number of people who leave their renewal for 3 months and then ask us to do it immediately, far outweighs the number who have to wait anywhere near 14 weeks.

All the staff here are acutely aware that the BCU is a membership organisation and that we are here to serve the membership, which we do to the best of our ability.

Yours sincerely,



OFFICE MANAGER

*OK, Clubs and Paddlers, what have your experiences been ?- write and let us know -ED*

## Where is the Help Needed?

Dear Editor,

Those of you who attended last years AGM may remember that the Executive agreed that the sport required more paddlers and help and that they would set an example. So far this year I have seen little or no sign of many executive members attending Div 1 or Premier events, even to show their faces or, as in the past, help with the running of events (as gate or section judges for example). Unless they set the example, how do they expect parents and friends to join in and and encourage others to do the same. The sport needs the parents etc. to judge and help run events and to bring new paddlers into the sport. The last few Div 1 and Prem events have not had enough judges as apathy seems to have set in and an example is needed from the top if the sport is to continue.

I have been helping give something back to the sport for what our children have enjoyed over the years (and still do) with the Omega Timing Team but have not been encouraged by the Executive to enhance the sport and although I feel that we're needed as a team, we are sorry to leave the top end. However, we will continue to go, where invited, to lower division ranking events.

We have talked to many people over the years and see that it also needs Clubs to pay an active part by encouraging parents not just to use them as baby sitters while they go off for a drink or what ever, but to become actively involved, not only at club level but at other events as well; both can give considerable satisfaction and sets an example for others to follow.

**Please remember the sport is a voluntary one and needs you, you and you!**

*Myrna J Arrowsmith*

*As the next Exec. meeting is not until September we couldn't give them this letter for comment in the current issue. There does seem to be a shortage of people's time to help at the moment and I suspect that at least part of the problem is the expense involved in the current economic climate. However, any comments on the problems of lack of help in general appreciated - ED*

# Provisional National Ranking Results

## Premier - 5 Events

### MK1

1	Melvyn Jones	286
2=	Ian Raspin	279
	Russ Smith	279
4=	Shaun Pearce	275
	Andy Raspin	275
	Dave Crosbee	275
7	Len Shakleton	270
8	Rob Wright	256
9	Andy Fuller	236
10	Richard Fox	231 (4 Events)

### K1L

1	Lynn Simpson	96
2	Karen Davies	89
3	Maria Francis	89
4	Joan Jayes	80
5	Racheal Fox	68
6	Sue Burns	65 (4 Events)
7	Claire Daniels	63 (J18)
8	Rachel Doherty	55 (J16)
9	Alison Runnegar	53
10	Alison Walley	48

### C1

1	Gareth Marriot	174
2	Martyn Hedges	164
3	Mark Delany	157
4	Richard Comer	156
5	Bil IHorsman	149
6	Toby Morgan	147
7	Pete Bell	146
8	Chris Wilson	139
9	Richard Dommony	134
10	Nathan Gray	123 (J18)

### C2

1	Richardson/Thompson	76
2	Meikle/Brown	75
3	ArrowSmith/Brain	72
4	Rouch/Ambridge	64
5	Smith/ Brown	63

## Division 1

(Courtesy Tony Arrowsmith)

### MK1

1	John Mcalla	4798
2	Mike Jesson	4482
3	A Mantle	4235
4	Hugo Davis	4223
5	Russ Rowland	3973
6	Andrew McDermid	3971
7	Thomas Hughs	3948
8	Martin Dunning	3935
9	Simon Crook	3897 (4 Events)
10	Stuart Bowman	3721 (J16)

### K1L

1	Jo Dutson	446
2	Sue Carr	433
3	Cathy Ward	391
4=	Helen Barnes	369
	Rose Dunwoodie	369
6	Claire Fox	366 (J14)
7	Alison Muir	358
8	Rosalind McSweeny	338
9	Jenny Roper	334 (4 Events)
10	Natasha Hulse	302

### C1

1	Joel Scott	472
2	David Parsons	445
3	Micheal Goldring	421
4	Ian Masters	402
5	Pete Orton	398
6	Mike Mitchel	376
7	Mike Richman	324
8	Steve Block	299
9	Pete Janes	275
10=	Jason Bennett	265
	Jimmy Sexton	265

### C2

1	Rance/Bennett	300
2	Walling/Walling	263
3	Smith/Twigger	215
4	Reynold/Harrison	142
5	Crook/Bradshaw	127

It had been our Hope to include Div 2 Ranking as well, but two sets of results, Mile End Mill and Symonds Yat had not yet been submitted to the Ranking list Compilers by the Organisers of the events

## EVENT REPORTS

### Newark Weir Div 3 9/10 June

To run or not to run - that was the question. After a low entry on closing day the big decision was whether, after all our hard work, did we hold the competition or not. Oh well, "in for a penny" - hundreds of them. Thursday morning found us in the middle of the River Trent erecting scaffolding. Two days of hard work and Chris Weightman's deceptive course was ready.

Those of us who were up and about at 6.30 am saw the only sun of the weekend but the rain came and dampened the spirits slightly but not our enthusiasm. 34 competitors on closing day had turned into 101 for for race day and organiser was seen to smile briefly. Plumbing was not quite as we had hoped and although we had a chemical loo for the ladies we must apologise to the men whose facilities were a little more basic - we'll try and do better next year!

A little more water in the Trent would have been ideal, as the end of the course was a little shallow, but after the recent dry spell we were pleased with a reasonable level. Paddlers on the bank making comments like " mmmm, looks easy", soon had reason to swallow their words and some Trent water too. Paddlers were well satisfied with Chris's tricky course and several congratulated us.

6.00 am Sunday and the keen lads were practicing on the water and although the rain held off all day the skies never cleared. Inexpensive food such as bacon cobbys and tea was available from an early hour and went down well. Top ranked paddler, Kevin Cambell showed us all how to do it with an excellent run that literally left evryone else in his wake. The day ran successfully, with many spectators from the town and we were fortunate to have Trevor Bailey, the Director of the BCU, to present the prizes.

Thanks to all the helpers who helped to make the event run smoothly and successfully and kept everyone well-fed!

#### RESULTS

LK1		
1. Janet Barnes	Warren CC	184.1
2. Mandy Kitchen	Notts U	200.7
3. Jessica Finch	G & C	202.9



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MK1		
1. Tomek Worland	Camb CC	147.1
2. Andrew Davis	Stratford	174.7
3. Selwyn Richards	Oxford U	150.3

C1		
1. Graeme Mills	B.A.L.	164.8
2. Mitch Mathews	Olney	169.1
3. Andrew Davis	Stratford	172.6

C2		
1. Janes/Wells	Banbury	177.6
2. Mcgregor/Cowan	Proteus	207.6

TEAMS		
1. Barnes/Steven/Lngmoor		193.4
2. Berry/Alse/Davis		202.7
3. Dukes/Worland/Smith		233.2

OFFICIALS		
1. Kevin Cambell	Notts	119.3
2. Paul Lewis	Bala CC	129.9
3. J Corden	Nottingham	132.0

## Tryweryn 2, 16/17 June

This was one of the best events that I can recall on the Tryweryn for some time (and I am not a member of Kinver Canoe Club!). Also they were fortunate to have Tony Arrowsmith and his Timing Team there, complete with beam start and finish - something rarely seen at Div 2 events.

One problem with the Tryweryn is the large entries and the the short water time, but none of that this weekend as the water was on from 7.30 am until around 9 pm - something really appreciated if you come 300 miles to an event here. The excellent course was trickier than it looked; it flowed well but it was a course that required a true slalomist to handle successfully, and although Karen Davies made it look easy enough, it got the better of us. Only around 12 of the K1M got a clear run out of the 100 starters and the Ladies fared even worse as many hadn't paddled the Tryweryn before.

Throughout the weekend the weather was hazy sun; warm, though not hot enough to encourage the myriad of biting creatures that usually take a fancy to us and the café that had been set up in what I recalled being the mens' changing room, served a good selection of food rather more efficiently (and considerably less expensively)

than the commercial van that is usually there - well done ladies! Aside from the quick and effective result service, time keeping was excellent (without anyone having to climb on the roof to see if they could see Bala Church clock) and I was particularly impressed to see a bench set up in front of control, full of members of Kinver Canoe Club waiting to be given a job to do - Amazing!

The weekend ended with a large selection of attractive prizes, which we could only gaze wistfully at from a distance, being presented by the club to the very deserving paddlers who won them.

An excellent event, well done Kinver C. C.!

### GDN

### RESULTS

LK1			
1. Diane Woods	Rugby	J14	254.91
2. Nichola Wilson	Basingstoke		336.82
3. K Gwynne	LOPC	J18	380.56

MK1		
1. C. Chapman	Vale Royal	181.81
2. Dave Harrison	Ind	184.83
3. Julian Thew	Shepperton	185.98

C1			
1. Stuart Bowman	Leicester	J16	217.57
2. Chris Worrall	Slalom Magazin		226.68
3. Simon Wetzig	Shepperton	J18	229.65

C2			
1. Clark/Humpry	Sheffield U		223.22
2. Whittaker/ Chadwick	Space		229.48
3. Like/Parson	Yat Racers		232.39

TEAMS			
1. Green/Holden/Harrison	Scratch		253.21
2. Lownds/Owen/Broad	Telford		257.45
3. Argue/McLean/Fenwick	Chalfont		260.35

OFFICIALS			
1. Andrew Parmer	Staffs./Stone		162.87
2. Pete Buckley			166.70
3. Karen Davis	Yat Racers		167.29

**Back Cover: Claire Booth Tryweryn Div 1**  
**Photo: Chris Worrall** →

