

VOL 6 NUMBER 4

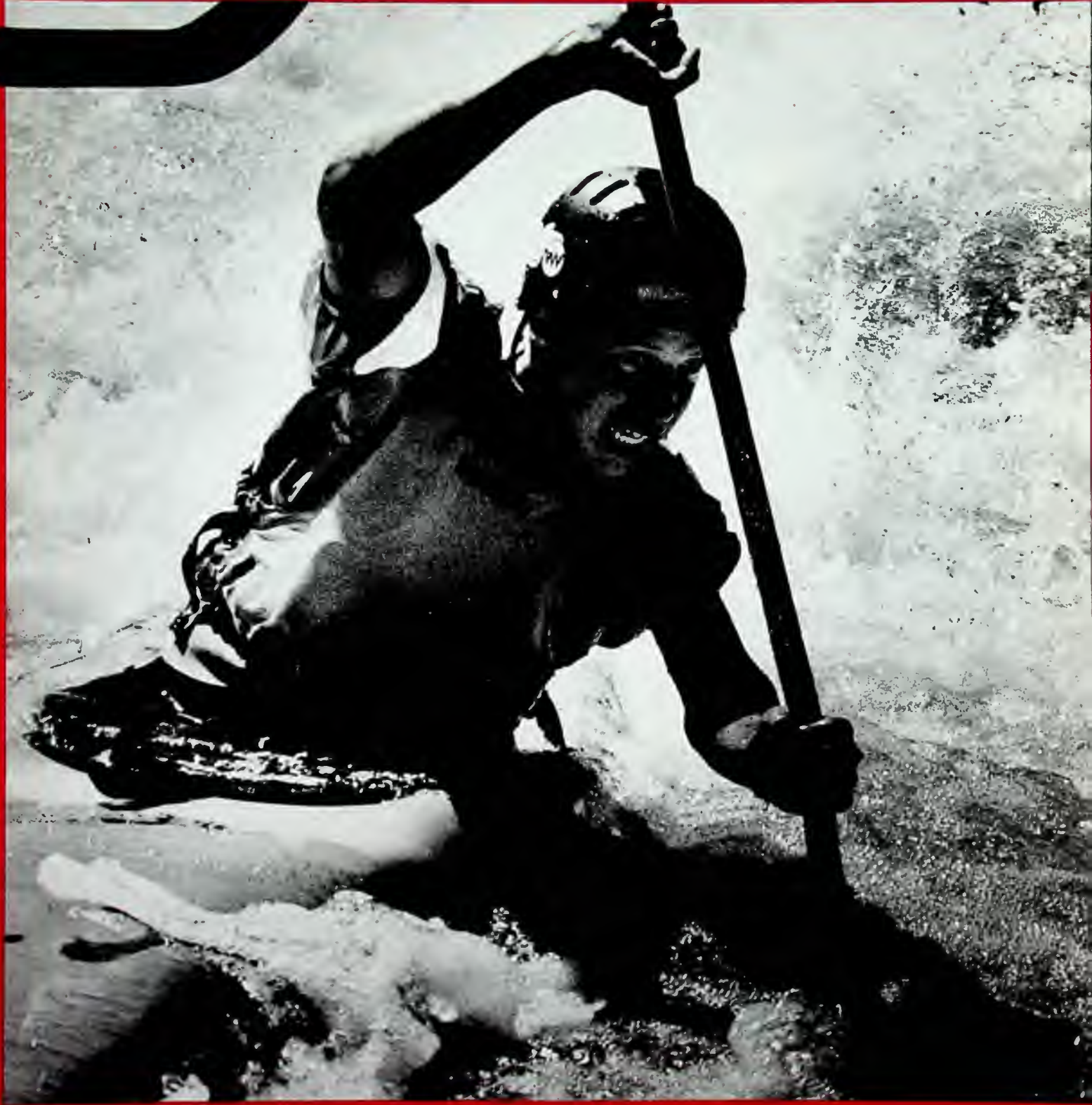
OCT 1990

CANOE

slalom

£1.25

MAGAZINE



Exclusive - Richard Fox's Wedding • Junior Worlds • Winter Training • Slalom Safety • Olympic Training Camp



The marriage of Richard Fox and Myriam took place on Sunday 30th September 1990 at the Hotel de Ville in Marseille.

This was a civil ceremony performed by the Mayor of Marseille, Myriam signed two contracts, one was her marriage to Richard Fox and the other with the city of Marseille for her sponsorship with the City of Marseille for her sponsorship for the Olympic Games in 1992.

It was a unique occasion; the World K1 Mens Champion marrying the World K1 Ladies Champion. The ceremony was attended by dignitaries and friends from all over the World. The French Youth Team made a guard of honour of paddles through which the couple departed. The ceremony was then followed by a magnificent reception given by Myriam's parents.

Photograph and copy by Tony Tickle of the Tickle Group

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*Copy date for the next issue is :- 5th December
1990 But please send earlier if possible!*

COVER PHOTO: Dan McCormick, Author of this
months "Junior Journalism"

Christmas Issue -

- The World Cup
- U17 Trip
- American Tour
- German Selection

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Opinion

John McLeod

It is great news that Ex-Olympic slalom paddler, John McLeod, is to take over the position left vacant by John Gosling's departure as Olympic Team Manager. John, who paddled for Britain at the 1972 Olympics is much respected for his abilities by top paddlers and it can only add impetus to the ever increasing pace as the 1992 Olympics approaches.

Hopeful Signs

We have been haranguing the Executive a lot recently during which they have maintained a dignified silence. Ignoring our comments? No, on the contrary, it seems that they have actually become aware of the problems that we have been talking about for months and are taking quiet, but active, action to improve things.

A confidential informal meeting the night before the last Executive meeting discussed many things including openness and communication - our main concerns.

Since then there has been a well attended Open Forum at the HPP Div 1 for paddlers and their supporters, with another planned for the Double Prem, also at HPP, to discuss what the PADDLERS want. This is not to say that they can necessarily have all that they want, as there are many more forces at work than Exec decisions, some of which are beyond the Sport's control but at least paddlers will learn more of the "Whys" involved.

The last set of Executive minutes received by clubs also addressed another of our complaints and gave details on how to obtain management committee minutes - another step forward.

Total knowledge of what goes on behind the scenes would not be to Slalom's benefit but so long as the reasons for decisions are understood, wherever possible, faith and confidence in our controlling body can only be enhanced - to the benefit of the sport and us all.

AGM

It will soon be the AGM again, with the usual rush of last minute nominations and proposals.

Hopefully this year there will be more thought from the floor when important decisions have to be made. We have been close to losing to the sport some of our most important working members by voting them off the Executive Committee in each of the last two years. These have been people who are often low profile to the public but who do a huge amount behind the scenes. They would be very difficult to replace.

Hopefully, good motions will be better presented this year, avoiding last year's fiasco of emotive voting and unfortunate decisions.



Please listen and think this time. Inflexible rules are not always to our advantage. Trust must be placed in those whom we elect to represent us. So vote carefully. Elect people who will work hard, represent both the paddlers and the sport, and give them the freedom to be flexible within stated guidelines.

Busiest Year Yet

Our competitors have been very active abroad this year with the largest number of events and entries ever.

Results have been mixed, but as an International paddler Gareth Marriott has done exceptionally well. His performance is best summed up by top International C1 coach Bill Endicott who said that Gareth could take the World title from John Lugbill well before John intended giving it up!

Many other hopefuls have not been as consistent as expected but the experiences have given them a good idea of the opposition and goals for the next few years, when we can look forward to our becoming "Top Nation" on the International Scene.

Don't forget! Motions for the AGM (signed by the slalom reps of two registered clubs) MUST be in to Sue Wharton by 27th October for the AGM on November 24th 1990

With the success of our 1990 programme and looking back at the fantastic results of those paddlers that have been coached by us (who have achieved the very top in world performances at both senior and junior level and at home events with wins and promotions in every division). We can only look forward positively to the coming season.

This past year we have had visits from some of the top paddlers in the world, fresh from International and top British events. We have been able to pass on the fever of excitement and success of top level competition and to encourage and inspire our new aspiring champions to greater performances.

For the coming season we have a programme of training courses

SECOND TO NONE

For G.B. Selection or that promotion we can help in 91

TAKE THE ADVANTAGE!

With us in:-

SPAIN ITALY GERMANY FRANCE AUSTRIA BALA LLANGOLLEN NOTTINGHAM

Slalom Training Weekends

The cost of the course is £35 which includes all water charges, slalom coaching with video analysis, physiology tests with comparisons with other paddlers, at least four coached water sessions, land training and lectures throughout the weekend.

October 22/23/24

Mile End Mill, any Division, 3 Day course

December 1/2

Mile End Mill Div 2/3

19 December to 7th January 91

5 week training camp Northern Spain. Any Division

Self catering apartment accommodation.

(This camp will be of a very intense nature and will be aimed at developing a high level of fitness. It is not intended to be a canoeing holiday as such)

Evening Coaching on Tuesdays and Thursdays (Floodlights during winter months) Any division £4.00 6 pm start.

To take part in any of the above courses please send for an application form, together with £10 deposit.

Jimmy Jayes
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Current Affairs

Burrs canoe Slalom Course

Complaint has been received from Cliff Smith about this artificial course described in the 1990 Yearbook advertisement as "a superb new facility". He describes it as "small, smelly and without gates with parking on a demolition site".

A quick word with Bury CC solved the problem. The info had been sent out by the local council - who are controlling the work - without them mentioning that it was a five year project and that this is the first year! We are assured that it will be like the pictures - but in 1994.

Paddles Up

Paddles Up is being filmed the beginning of the week after the Cawston Vale British Open, on the Tryweryn. Lots of help appreciated from Sunday onwards!

Llangollen Week

The River Dee is NOT open for general paddling during the week. Some access MAY be possible weekends but bibs MUST be worn; check with Event Reception before paddling on the river.

Llangollen never has enough room for parking but this week is especially heavy with other major events on. There is to be no parking in the town and parking is provided just off the A5 on the Corwen side.

World Cup Report

This has had to be held over until the Christmas issue

Slalom Trainers Course

A Slalom Trainers Course is being run at the Munrow Sports Centre, University of Birmingham on 10th-11th November in conjunction with the National Coaching Foundation whose regional centre forms part of the University, with support from the West Midlands Sports Council. People interested in attending this course, which is aimed at those wishing to introduce paddlers to the lower levels of slalom competition, should contact John Gregory or Alan Edge.



"Cumbria Pool Slalom Open Championship"

Saturday 17th Nov 1990
4.00pm to 8.0pm

at Copeland Swimming Pool,
Hensingham, Whitehaven,
Cumbria (Grid ref. NX994169)

Entries:- I Martindale
7 Brookside, Cleator, Cumbria
Fees £2/boat (boats also available)

Lots of Prizes!

Karen Davies

The impression may have been given in the last issue that Karen had deliberately left her non-attendance until the last minute to stop others from replacing her. In fact it was not possible to replace her as existing rules did not allow for reserves. We apologise for any distress this may have caused.

HELP!

Vacancies exist for the following:-

Div 4 MK1 Ranking list
compiler.

Div 4LK1 Ranking list
compiler.

Div LK1 Bib Issue officer.

If you have an interest in the sport,
have a little time each week to
spare and would like more details
of the nature of the work please
contact

Mike Carter (0234-215441) or Sue
Wharton (02572-62051)
for a chat



BOA OLYMPIC TRAINING CAMPS - HPP/LILLIESHALL Aug/Sept 1990

Now that Slalom is once again part of the Olympic Games we can benefit from the support of the British Olympic Association in our preparations for Barcelona. In the past the BOA has been criticised for being no more than an "Olympic Travel Agency" which organises the GB Team at each Olympics. Over the last six months this has changed dramatically. Ex-Boxing National Coach Kevin Hickey has been taken on as Technical Officer and Scott Naden as Competitors Employment Officer. Now there is a constant source of support and advice for Coaches, Athletes and Manager throughout the 4 year period between Games.

As well as regular seminars for Managers and Coaches this year has seen the first series of Olympic training Camps which gather together GB Squads from different sports and put them into an "Olympic Village" situation. Sports follow their individual programme but obviously there is a fair degree of mixing and integration as you would expect when 150 athletes and coaches stay in the same place.

Members of the GB Olympic Slalom Squad attended 2 of the 4 camps at Nottingham and Lillishall and gave excellent reports on them both. At each camp the BOA had organised as support staff of experts in Nutrition, Sports Psychology, Exercise Physiology, Strength/Power Conditioning, Flexibility, Sports Medicine and Physiotherapy etc. etc.

We were able to choose the area where we wanted information and support which was given in a very sports specific way. For instance at the Lillieshall Camp we were assigned a psychologist - Lew Hardy who works with John Fazey at Bangor University - for the major part of 3 days. he travelled with us for a full day to Llangollen and Coaches and paddlers found him very helpful indeed. Through the BOA and NCF we hope to be able to get a sports psychologist to work with us on a more permanent basis - which would be a real plus for a small sport like ours.

As you would expect not all the information was relevant, a lot was reassuring and reinforcing in that it explained or confirmed things we were already doing. Several things were new to us

and needed to be taken away, worked on and developed for our particular slalom situations. It was an enriching and motivation experience for everyone concerned. We felt like part of the "Olympic Family" and that someone, somewhere, was interested in what we are doing....

Perhaps the most beneficial aspect of the camps was the improved communications between all concerned - not only with other teams but also within our Squad itself. Normally when a squad gets together it is "water Time" that dictates the schedule. A question for coaches out there "when did you last get your paddlers together to talk and discuss things, and not to Train?" It doesn't happen often enough (I would say I'm as guilty as anyone!) try it - you'll be surprised at what comes out of it. Create situations where the communication can be 2 way and not just Give, Give, Give all the time....

Well done BOA - we're looking forward to the next set of camps in 1991. - Alan Edge



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M.I.
GROUP PROGRAMMES FOR WEALTH

SAFETY DURING SLALOM TRAINING

As most training sessions take place with the coach working from the bank, it is vital that the coach and athletes are aware of potential dangers. A plan of action, for emergencies should be established, before the group takes to the water.

Asses each athlete and ask the following. Is he/she able to:

1. **Competently paddle on this strength of water, even without gates.**
2. **Roll, in the prevailing conditions?**
3. **Act as rescue to other members of the group?**

Will the athlete benefit from harder conditions on gates at this stage of development. (Trying to progress too fast without much success will do little to develop, much needed confidence)?

Or likewise, to slow an advancement and thus boredom may become a problem.

Are the boats being used adequate in design and construction?

These should be a coach & group decisions, but also bear in mind that it may be other paddlers within the group that may have to take care of any rescuing.

When setting courses bear in mind the standard of the group. It may be possible to set the gates to avoid the danger areas, i.e. upstream side of rocks, large or small stoppers without exits, overhanging trees. try not to make any hazards of your own, such as low bearers.

It may be necessary for the coach to have a throw line. Make sure that it will be long enough for the river concerned. Be familiar with the use of the line, it is a good idea to have a knife to hand.

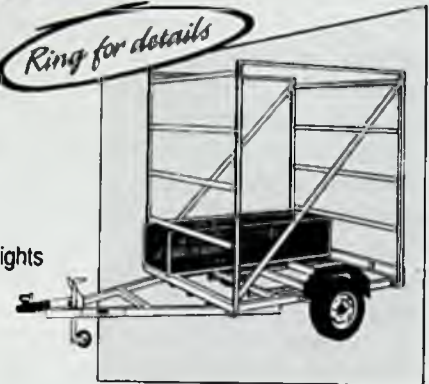
If when paddling with the group or the more advanced paddlers on certain water conditions, it may be necessary to carry a tow line. Use wise discretion about attaching ones self to a boat in rough water situations. Make sure that the quick release buckle is positioned within easy reach.

There are now a few good books on rescue

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... AND GO !

techniques, not normally seen on the slalom paddlers shelf. Take a look it may save more than a boat.

Air bags in the boat have been the saving of many a boat and paddler, not only in a swim situation, but when involved in a wrap on a rock.

Try to select training sites, that after the main rapid tails off into a calmer flow. (Many weir sites are useful in this respect.)

Organise the group, so that when doing runs down the rapid, send off the most stable and experienced paddlers first and last. This may not mean the fastest paddler.

If working on a long section of river i.e. half - full runs, keep gap as short as possible between the paddlers, without causing a hindrance to another paddler. This will help to ensure that there is safety cover throughout the runs.

First paddler down should stay on until at least two other paddlers have come down, staying on for longer if the recovery in the session is supposed to be long, or of no consequence.

If possible arrange for the coach to be at the bottom of the course, at least for the first two paddlers. (Or arrange for other bank support). Bear in mind that mistakes are more likely to occur later in the session as fatigue sets in.

When training in very severe conditions, it takes a lot of control from the coach to maintain a safe, as well as constructive session. This sometimes requires more discipline than most slalom paddlers are used too. But the consequences of a mistake in some situations may be very dire.

Insurance cover of equipment may help to cut down on many risks that may be taken while trying to recover it. Insurance while coaching is

another consideration, what is your position in an accident?

Many paddlers train alone on white water. As a coach, I do not condone this. As a paddler I understand the problem. Sometimes other paddlers are not around, to paddle alone is the only way. But make the paddler aware of the consequences if an accident occurs. Make sure the paddlers gets to know the site well, while in the relative safety of a group and that their rolling is excellent, including hand rolling both sides. Get them to practice a capsize and swim in a rapid in a controlled situation. It may have been a long time since they last swam!!

(Extract from coach training course).

© J.J. 90.

Jimmy Jayes.

SLALOM

Attention all Competitors!

At the 1989 AGM the return date for slalom bibs was brought forward from 31st December to 30th November.

In order to receive a bib voucher for next year's bib you must return your bib to the person who issued it 30th November 1990, enclosing a stamped addressed envelope to enable your voucher to be returned to you.

It is not helpful to make your Bib Application at the same time as returning your 1990 Bib as the Bib Officers will not have the new Ranking Lists with 1991 Bib numbers until January.

If your BCU/SCA/WCA membership expires between now and the start of the next season please remember to renew promptly otherwise your next bib application may be delayed until current membership is proved.

When you make your Bib application for next season please remember that the postage rates have gone up. Some Bib Officers may have changed from this winter. At the time of going to press Div 3 K1Men Div K1Ladies will have changed. If in doubt as to who to apply to contact Mike Carter or Sue Wharton. Club secretaries can help by passing this on to any members who may not yet subscribe to this magazine.

Junior Worlds 1990 -Switzerland

Peter Buckley just missed becoming Junior K1 World Champion by 0.2 secs in Tavanasa, Switzerland in July. His splendid first clear run of 180.73 held the rest of the field at bay until Alexandr Adamok (TCH), only fifth from the end of the 60 - strong start list, managed to steal it with a run of 180.51.

Peter had been looking sharp in pre-race practice and deserved his result following a very thorough pre-event preparation phase helped by his coach, Pat Stebbings.

Paul Ratcliffe also had a very good result with 6th place in a time of 183.74 but Peter Francis was disappointed with his performance and, on the day, only managed an 18th place. He was obviously capable of better having won the Nottingham Cavendish Junior International the previous weekend.

In the ladies event Emma Player did extremely well to achieve a 10th place. In fact she should have been placed sixth but a hotly-disputed 5 on gate 10 remained (subsequently shown clear on video). Rachel Doherty, still under 16, turned in a good result at 22nd while Claire Daniels only managed an 18th - clearly below her best as she

too had won the Junior International at Nottingham.

In C1 the results were overall not as good as we had hoped for with Joel Scott, Nathan Gray and Hywel Lloyd in 21st, 22nd and 24th places respectively. But Hywel's result completely justified his selection and from an U16 augers well for the future. His was the biggest grin on the course - he obviously fully enjoyed his experience at Tavanasa.

In the team events we fared little better. The men "blew out" on both runs which was a pity as after the individual event on the previous day, the GBR K1M team had been seeded 2nd - so we should have been in the medals. The ladies were unlucky not to get a medal, finishing 4th.

Overall the results were not as good as domestic events had indicated they might be or even following our splendid showing at the previous year's junior Pre-Worlds. But, with five of the 9 strong team having one or even two years still to go in Junior, the results were quite satisfactory and auger well for the future of the Junior British Team.

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BUSHSPORT

RESULTS

K1M

1st	Alexandr Adamek	TCH
2nd	Peter Buckley	GBR
3rd	Jiri Prskavec	TCH
6th	Paul Ratcliffe	GBR
18th	Peter Francis	GBR

K1L

1st	Angela Radermacher	FRG
2nd	Irena Pavelkova	TCH
3rd	Ursa Brezruk	YUG
10th	Emma Player	GBR
18th	Claire Daniels	GBR
22nd	Rachel Doherty	GBR

C1

1st	Danko Herceg	YUG
2nd	Patrice Estanguet	FRA
3rd	Adam Clawson	USA
21st	Joel Scott	GBR
22nd	Nathan Gray	GBR
23rd	Hywel Lloyd	GBR

TEAMS

K1M	K1L	C1
1st FRG	1st FRG	1st FRA
2nd TCH	2nd TCH	2nd YUG
3rd YUG	3rd ESP	3rd FRG
12th GBR	4th GBR	10th GBR

personally to thank the paddlers for their co-operation and full participation in the team effort; the coaches led by Ien Smith with Pat Stebbings, Andy Rance and Pete Astles working tirelessly on behalf of the paddlers; Sean Kilmurray the physiotherapist who was extremely (and some would say surprisingly) busy keeping the paddlers in top physical condition; and the other bank staff - Peggy Fuller, Jane Pritchard and Jackie Kilmurray who provided such sterling back-up with video, refreshment, catering, sewing, counselling etc.

MILAIR

Provided the overall team sponsorship for which we are extremely grateful but the Junior Team would also like to thank the following who helped:-

- Sue Wharton - for all the pre-event organisation
- Splashsport - for the cags and jackets
- Ace - for the team helmets
- Reed Canoes - for the T-shirts
- Paddlesports - for more T-shirts
- Dayla - for the fruit juice
- Sunp - for the peanut butter
- Quaker - for the cereal bars
- MacDonalds - for the orange squash
- Notts Coaches - for the luxury coach & excellent

It was a good tour enjoyed by paddlers and staff alike with a well-organised event. I would like

driver.
by **B. W. Fuller**
Junior Team Manager



Junior Worlds Team with Coaches, Manager and Staff

Malmedy International, Belgium, Aug 1990

The idea of an International Slalom, to me anyway, (even Belgian internationals) conjure up images of not exactly bright lights and TV crews but at least a well run, well supported event on a decent level of water, to say this wasn't quite the case at Malmedy on August, 19th doesn't come close to the truth.

After taking an overnight ferry to Ostend we arrived in the general area of the event, as far as we could gather, at about midday on Friday. By 4 p.m. we still hadn't found the site or anyone who knew anything about the slalom let alone knew where it was, but even after taking what we considered at the time to be a wrong turning, we saw what was the most probable site for a slalom we had yet come across - well, none of us could think of another reason for the 25 numbered gates hung about six foot above a ditch with a small trickle of water in the middle. The place was deserted except for a boy scout camp up the hill which either knew nothing or hadn't a clue what Helen Barns was taking about, so we left thoroughly disheartened and convinced that the whole thing was a wind up. Having pitched our tents in a dreary camp-site and drove to Malmedy for dinner this was definitely the high spot of the day, loud speakers in the town centre were blasting some trendy music for no reason we could work out but it was cool sitting outside, eating an enormous meal and privately bopping away.

The next day proved much more hopeful, everyone had arrived by lunch time including the 20 strong British contingent. Pete Bell gave us the low down on International's done the Belgium way, it seemed we were allowed limitless practice on Saturday and both individual and team runs on the Sunday. The Dam was opened up and the river whilst falling short of the river Washburn in volume was such an improvement that it put me in a good mood for the first time since leaving Dover. The course was very good despite the obvious lack of challenging water but the Belgians hadn't mastered the art of planning the course from the bank and then carrying out several full length runs to try-out any theories worked out. They preferred instead to attempt each gate in turn 20 or so times, causing a problem for those British paddlers with boats undamaged enough to make them too cautious to do the gates regardless of who else was in them. Our impression of a serious international was now well and truly shattered, it was now just a bit of fun.

Race day started with more Belgian rules - no limbo gates and a stunning idea that if you catching the person in front of you up, both you and the relevant gate judge must shout "free!" in order to get a re-run. It sounded a bit like a drinking game to me. Getting enough judges is as big a problem in Belgium as Britain and we all had to assist with some 20 minutes judging. The communication system consisted of a small white plastic box covered in cling film that we were told would go beep when control wanted a word. It actually made a sound like a dying chick and then packed up for good so the hard pressed organisers spent the day running down the bank for results. Judges were rewarded by a man handing out bottles of beer to them while they judged a nice idea but I can see opposition if it became the norm here.

The running order of the competitors gave cause for alarm especially among us C1 paddlers, the Kayaks were to have bot their 1st and 2nd runs first before the 8 or 9 C1's meaning we would have to do one run straight after the other. We hadn't been informed of this plan and so when the C1's numbers came close to the kayaks that were going I turned up at the start to be told "no no you wait perhaps 2 hours and then you go" I said "no" and went to look for our foreign relations diplomat Pete Bell who decided he wanted to paddle now as well so the British C1 paddlers picked up their boats and marched in an arrow head formation to the start, the argument was short and bitter but victorious and we had our runs at the end of first runs to the shock of all Belgium officials who waved their arms and shouted at us to no avail.

The actual race went relatively smoothly after that, lots of the first paddlers off had to have re-runs as the course collapsed into the river but this problem was solved and the many British paddlers finished in very high positions when the results were finally displayed after prize giving, some 3 hours after the event had ended and most Britains had left for home by that time anyway.

Ian Masters



RESULTS

LK1 Senior

1.	Sophie Paques	RMCB	204.7.
2.	Norie Coulthard	BCU	215.56
4.	Janet Johnson	BCU	219.15
5.	Katherine Ward	BCU	223.56

K1L Junior

1.	Sally Masters	BCU	202.37
2.	Helen Barnes	BCU	214.54
3.	Jo Dutson	BCU	215.34
4.	Corrie Johnson	BCU	220.01
5.	Janie Roper	BCU	221.69
6.	Helen Stobbart	BCU	225.67

MK1 Junior

1.	Van Kuijl	HKC	170.26
2.	Paul McDermid	BCU	175.24
3.	Stuart Bowman	BCU	177.06
4.	Hugo Davis	BCU	188.16
5.	Andy Stuart	BCU	191.09
.	Andy McDermid	BCU	209.00
	Adam White	BCU	222.28

C1

1.	Pete Bell	BCU	194.30
2.	Ian Masters	BCU	212.00
3.	Micheal Jesson	BCU	249.07

TEAMS

1st and 2nd Mens and Ladies Teams.

1st C1 Team

Lost Sue Wharton?

Our last advertisement wouldn't have helped as a twitchy finger put an extra '2' in the phone number. It is corrected below:-

Hartwood Hill Farm
117 Preston Road
Chorley, Lancs
PR6 7AX

Telephone & Fax: 0257-262051



Sally Masters 1st K1L Junior

Malmedy International

Photo Chris Worrall

REGIONAL ROUNDUP

EASTERN REGION TRIP TO THE TROJAN HORSE CHAMPIONSHIPS, PRAGUE, 25TH - 26TH AUGUST, 1990

Preparations for this trip started with the Selection Event at the U16 Championships at Cardington in May, when eighteen paddlers competed for eight places for the trip to Czechoslovakia.

The Mens Kayaks selected were Justin Barnes (Viking Kayak Club), Alan Heaume (Viking Kayak Club), Ian Bridges (Nomad), Paul Terry (SASHA), Mark Tycer (Cambridge). The Ladies were Janet Johnson (Chelmsford), Alison Runnegar (Manchester - Alison elected to stay with the Region when here parents moved up north from Canvey Island). The C1 Stephen Bodie (Independent). To help myself with the driving, was Tim Croft who was also General Dogsboddy!

The July 21st/22nd Inter-Region event was a fundraising event and various local companies gave generous support with gifts to the raffle.

After the traumatic experience of spending all day in London at the Czechoslovakian Embassy, I walked away with ten valid sports visas, setting everything for a smooth trip, or so I thought. Then on the 20th the Ferry Company rang - our outward Ferry had been cancelled and we had to be put on to an alternative route, meaning that I had to contact everybody to meet 1 hour earlier.

Tuesday, 21st August, - most had arrived, but where were Justin and Alan? After frantic phone calls it was discovered that Alan had not been able to contact Justin about the change of times. Fortunately they arrived earlier than the "original time" and we headed for Dover in our Renault Traffic Minibus with the back seats removed for extra storage. Steve Bushnell's special roofrack extensions made fitting extra boats very easy.

After an uneventful journey of many hours, we arrived at the Czechoslovakian border and

seemed to get through the formalities extremely quickly; another two hour drive and we arrived in Prague, to eventually get lost! With some skillful map reading by everybody we arrived at Troja University, our accommodation for our stay.

Thursday morning: We arrived at the slalom site for our scheduled time on the water - we were allocated to train with New Zealand and Canada, but the local Czech canoeists didn't seem to take a lot of notice of these arrangements, and at times it was a bit of a free for all!

After an enjoyable sight-seeing trip around Prague, conducted by Alan Edge's brother-in-law Renda, we were ready for Saturday's and Sunday's competitions. At the Team Managers Meeting we discovered the calibre of the competi-



General View of the Prague Site

Photo: Tim Croft

tion, as many competitors who were not going to the World Cup were using this competition as preparation for the Pre-Worlds the following week in Yugoslavia; as a regional team we did not expect our results to be very high.

In Saturday's competition: Justin Barnes finished a very creditable 17th with a 166.5 clear, the winner being Abraham Tomes of Czechoslovakia 153.2 clear. Alan Heaume 25th, Ian Bridges 29th, Paul Terry 30th, and Mark Tycer 28th. In the Ladies competition Janet Johnson was 11th and Alison Runnegar 12th, and in the C1 Steve Bodie was 18th. On the Sunday a new course had been set, and Justin Barnes pulled out the

run of his life and finished an incredible 11th in 146.00 clear, beating quite a lot of current National Champions. In the overall event - which was the Trojan Horse Prize based on both days - Justin was 12th, Ian 24th Paul 27th Alan 28th and Mark 35th. In the ladies Janet finished 10th and Alison 11th. In C1s Steve was 19th.

Considering the calibre of the twelve nations taking part as Manager I was extremely pleased with all the results we obtained.

We left Prague at about 6.30 p.m. on Sunday, and after a very smooth and comfortable ride in our Renault Minibus, we arrived at Zeebrugge for our trip back to Felixstowe. The long 5.5 hour crossing gave us all time to relax and unwind, to arrive back at Luton at about 7.15 p.m. on Monday 27th August, all tired but very satisfied.

I would like to thank Tim and Mark for their help with the driving, and all the paddlers for their support. Also the trip could not have been possible without the help from the following:- Renault U.K., Stopsley Motor Company for the preparation of the Minibus, P & O European Ferries. Webb Offset Printing, Oscar Faber (St. Albans), Beefeater Inns, Kodak, Texas Instruments and Slalom Sports. Thanks too to Mike and Mary Crosby for their advice, Margereta and Alan Edge, and Alan's in-laws in Czechoslovakia who made our trip most memorable.
Jim Croft, Eastern Region Team Manager

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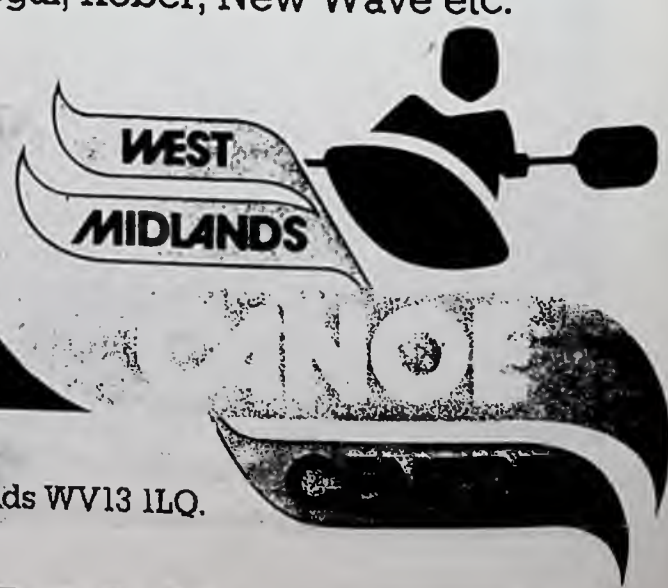
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FOREIGN SCENE

Hagen-Hohenlimburg, 9th August, 1990

INTERVIEW WITH A MEMBER OF THE
OLYMPIC ORGANISATION COMMITTEE

exclusive by *Carsten Nillies*

After Munich '72 Canoe Slalom is in Barcelona '92 again in the Olympic program. Now, the Spanish Olympic Committee prepares the town la Seo d'Urgell for the Olympic Slalom-Competition. Like in Augsburg 1972, the races will be held on an artificial course.

The Organisation Committee of the '92 Olympics sent an observation-team to slalom-competitions in the middle of Europe to get their additional experiences.

During the Junior-Worlds '90 in Travanasa/Switzerland, Carsten Nillies West-German journalist and also Slalom Paddler, interviewed Francesc Ganyet, member of the observation-team, concerning the organisation of the Olympic Slalom-competition.

C.N. Mr. Ganyet, what is your function in the Spanish Olympic Committee?

F.G. I belong to the Organisation Committee of the '92 Olympics and I am responsible for Canoe Slalom.

C.N. Did you ever make experience with International competitions?

F.G. Yes, in la Seo d'Urgell on the Valira river we held the Europa-Cup-Finals '80 and '86 and also Junior-Worlds '88. For this reason, we have experiences with the organisation of such competitions.

C.N. For the Olympics '92 you build in la Seo d'Urgell a new, artificial Slalom-course. What can you say about the situation of the "Olympic Course"?

F.G. We divided the works at the new course into three parts. The first project is the building of the new course. It will be ended in August of this year. Then, the rocks etc. will be built. This work is finished in March '91. At last, the pump-stations, which will pump the water of the Olympic Course from finish to start, will be built up until May '91. After

that, the training can begin!

C.N. How is the accommodation of the Slalom-canoeists during the '92 Olympics?

F.G. The big Olympic Village is naturally in Barcelona. But the Slalom-Paddlers will be accommodated in la Seo d'Urgell because of the long way to Barcelona.

C.N. Is it true, that there will be Pre-Olympics in la Seo d'Urgell?

F.G. Yes, in the next year, we will hold the Pre-Olympics on the new course. I don't know the date exactly, but I think that this event will take place on the 27th/28th July, 1991.

C.N. Do you think that there is a chance to keep canoe slalom in the Olympic Program?

F.G. In future, it will be necessary in favour of canoe slalom. Each town, who is candidating for the Olympics '96 should have canoe slalom in his program.

Moreover, a big success of the Olympic Canoe Slalom Competition would be also good for the staying of Canoe Slalom in the Olympic program. Another aspect for making our sport more popular are the mass medias. The American telecast, which brought the rights of Barcelona '92 declares that canoe slalom is on the fifth place on the list of the most interesting kinds of sport. This fact is very important for our situation in Olympic Sports.

C.N. Francesc Ganyet, thank you very much for this interview.



Richard Fox's first practice of the course Photo: Jean Michel Prouto

JUNIOR JOURNALISM - European Trip

As the youngest member of a group of four paddlers and one driver I looked upon our trip to Germany as a chance to improve and learn new skills whilst training with better paddlers, including Andy Stuart (Prem), who was to be a great help. During our stay in Germany of two weeks we hoped to spend about four days training at the new artificial site in Hagen (North Germany) and the rest of the time at Augsburg, with a possible chance of a trip to Austria.

After a successful journey and only a few incidents with our navigator Andy, we arrived at Hagen and were met by an ex English soldier now living in Germany called Ian Brown. He was a member of the local club at Hagen, which is also home to the World C2 Champs Hemel and Louse, who we later saw drive in with their top-of-the-range Audis which they had been provided with after their result at Savage. We were made very welcome by the German paddlers and were shown to their lovely campsite by a flat river with gates, which is used to start new young paddlers.

On our first morning in Germany we were all keen to get down to the course for our first session of the day. The course initially seemed too basic but after further study we all agreed that it was an excellent training site and settled down to paddling with some of the German paddlers including part of their National Team and the German Junior Champion.

Since the hosting of the Europa Cup at Hagen the sport has become very popular amongst the local public and during our stay we were interviewed by the local paper and an article with a photo of us all appeared in the paper the following day. On our last evening in Hagen before moving on to Augsburg we were invited to a competition against the Germans. The course was designed by the trainer of each team and I think it is fair to say that each side helped themselves by putting up moves which they had previously practiced. On their crunch move of the course the Germans were clearly better. We competed in a similar way to a Prem though we only had about fifteen minutes between each run.

However by the end of the race I think we were all pleased with our overall results especially as one of our paddlers won the event, beating the German Junior Champion.

The following morning we drove 470 miles in the scorching heat to Augsburg. Two members of our

group had visited the site in the past and so the obvious stories of horror and general exaggeration came out. When we finally arrived we decided to look at the course before choosing a campsite. One of the first things we saw was a very strong stopper which spanned the whole width of the course, known as the 'Zoom Floom'. The course appeared to be similar to Nottingham though it had about twice as much water flowing down a course half the width and with twice the drops. It was good to see some familiar faces of paddlers from events at home on the water. With the World Cup race the following weekend there were also a number of national teams training. The hunt for a campsite was also interesting as our driver, thinking of our budget, was determined to haggle. The third campsite came up with the goods, only charging us £1.60 a head per night with all facilities and no extras!

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The following morning we got on the water early to try the course out before it became over crowded. After a few runs down we had worked out the safe routes down the course after learning the exciting(?) way that it was very easy to back-loop out of many of the stoppers such as the Washing machine. However the sheer power and speed of many of the sharp eddies, waves and stoppers made the course unlike anything back home and of course it took everyone quite a few days to get used to it which meant a number of rolls and a few cracked boats.

As the World Cup came closer, more and more competitors came and were out training. With the Rodeo competition to be held in Austria the next weekend, Shaun Baker, the world rodeo champion was on the water demonstrating how to get the perfect pop outs on the Washing machine and how to sit in the Zoom Floom WITHOUT any paddles.

As the World Cup Race came closer there was much less time for

practice on the water and so we decided to leave Augsburg and cross into Austria for a couple of days paddling in the Tyrol around Imst. We were advised to paddle the Sanna from Pians to Landeck first, which was a grade 3/4 at the time, although it could become grade 5. It was 3 or 4 times wider than the Tryweryn and about as fast. Although the stretch which we paddled contained the best water on the river and some tricky bits, especially a fall and stopper 2/3 of the way down, it was too rocky for any useful training.

That afternoon we tried the river Inn from Arzl to Haiming (about 14 Km) which was far wider than Tully and fast, even on the flatter sections and provided the exact excitement that we hoped for, with sections of rough water with standing waves over 3 feet high, perfect for surfing and looping.

We stayed in Austria that night at Ötz, hoping to paddle the river there of the same name the following day but when we saw it the next morning we realized that it wasn't just big, it was suicidal, with no clear, safe route down without a good chance of dropping into one of the giant stoppers - indeed there were hidden rocks and stoppers all over the place, and no easy way out even if we survived a capsize. It would have been nice to have seen someone else paddle it, as apparently Melvyn Jones had the day before (he must have been crazy!), but it wasn't for us that day, so after another 15 Km paddle down the Inn we decided that Augsburg was a much more viable, and less expensive, proposition, leaving Austria, the rain and freezing water behind.



Jason Hill

Training at Höhenlimberg

Photo:GDN

The sun was still out at Augsburg and the British Team had finally arrived to join Richard Fox and Melvyn Jones for World Cup training. Unfortunately the course was reserved for the National Team training for most of the day so we trained on the two "Ice Canals" which

branch off from the main course and have almost a hundred gates up all the time for training. Here, although the water is generally not rough, it is fast and ideal for gate work and circulation training.

We stayed at Augsburg for the MK1 and the C2s before driving through the night to Hagen, where we had a final session on German water the following morning before returning to the ferry and home.

Overall it was a successful training trip/holiday and I think that a lot was learned all round, with a considerable gain in big water confidence and skills.

Dan McCormick (15)

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Schreeve and Osbourne

Bala Prem

Photo:Chris Worrall

WHAT CONSTRUCTION?

How do you decide which construction is right for you? Slalom Kayaks and canoes are available in many different constructions that can be quite bewildering for novices and experts alike. Often we have youngsters come into our showrooms with Dad (and wallet) and they proceed to tell him that if they don't have an epoxy, kevlar, carbon, vacuum, digital slalom kayak, that they will never get out of Div 4! This argument even goes on in the dizzy heights of Div 1 and Premier.

A few points must though be remembered. The construction of a kayak only alters it's weight and it's strength. The strength of the kayak does not directly in anyway help or hinder it's performance, (unless it is so weak that it's shape changes during paddling). The only way that a construction will help or hinder performance is from its weight. The difference in weight between a top construction (kevlar/carbon) and a lower priced construction (diolen) is approximately 3 kilos. In most circumstances the benefits to a paddler in having the lighter construction would be 1 or 2 seconds at best. At top level competition these few seconds are obviously desirable but to the average paddler (about 90% of slalom paddlers) boat weight (within reason) is not as critical as many people seem to believe. You can often see paddlers in ultra lightweight kevlar carbon boats losing two or three seconds on nearly every breakout gate on a course, due to poor technique, yet the most important point to them is gaining two seconds in a race because of the weight of their boat. **Paddler skill is the key to speed in competition** with boat weight being only a tiny percentage of overall performance.

Another point to remember is that lightweight kevlar and kevlar carbon boats are not necessarily much stronger than diolen boats. The difference in price reflects more a difference in weight than in strength. Although these materials are much stronger than say those in a diolen boat, less materials are used to obtain the desired weights. It is therefore possible for a twelve kilo diolen boat (£300) to have the same strength as an eight and a half kilo full kevlar/carbon epoxy vacuum formed model (£600). If you compare like for like and have built a twelve kilo kevlar/carbon epoxy boat then it would be built like a tank and be much stronger. An eleven kilo boat will probably have double the life of a nine kilo boat. If you are a weight watcher and need those last couple of seconds then consider the option of a second (stronger) boat for training and playing.

Julian Patrick, The P & H Company

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Photo: Chris Worrall





Winter Slalom Training - Nov/December

There are 3 Main Principles:-

1. VARIETY

You need something different after a long hard competitive season. Give the intense gateway a rest and try some of the following:-

a) Wild Water racing 3/5 times a week. This should be an integral part of your training through the winter anyway. Its a different (but related - see ENDURANCE section) competitive challenge where you can improve fitness, white water skills and confidence in an enjoyable atmosphere. Its easy to measure improvement and you'll enjoy it because slalomists tend on the whole to be quite good at it. You'll meet a different crowd of people and it will help you maintain some quality just at a time when you need some motivation in your training.

If you don't want too much pain then WW touring, surfing, polo or squirting might attract you and serve similar same ends.....

b) Involve yourself - once or twice a week - in a sport other than canoeing. Again for reasons of variety and to avoid staleness. Different people, different environment and maybe something to learn on the way - you never know! Favourite ones with slalomists are cycling/mountain-biking, swimming, squash, running, golf, skiing, football, basketball etc. etc....

c) Weight & Circuit Training 2/3 times a week. This is much more sports specific for slalomists but again gets you out of the boat and away from the river. November to December is a good time for working on some of your weaknesses. These could be Strength/Power improvement; general cardio vascular work; mobility and flexibility; lower body development etc. etc.

A lot of top paddlers enjoy the chance to get in the gym or weight room especially after a long competitive season where strength/power could have dropped off significantly. Equally some see traditional circuit training as one of the best ways of regaining in improving general fitness. Doing it in a group is essential - only the hardest can survive alone!

2. ENDURANCE IMPROVEMENT

This is a theme rather than a particular session.

Despite being an event of between 130 - 240 seconds success in slalom cannot be achieved without a well developed endurance base. It helps anaerobic systems become more efficient. Assists you in completing hard training sessions and also helps develop the lower body for absorbing and clearing lactic acid build up.

Ways of doing this are:-

Wild Water Racing and training in a down river boat.

Longish courses on the gates with the same or less rest and sub-max intensity.

Sports which involve generally aerobic work i.e. running, swimming, cycling.

Other names for this type of training are "steady state" or aerobic training. Aerobic means "with oxygen" and your heart rate can be a good indicator of this. Keeping it under 160 beats per min. but above 130 is a good rule of thumb.

3. SPECIFIC SLALOM/SKILL ACQUISITION/EQUIPMENT REVIEW

Obviously you must keep some specific slalom boat work through this period.

Priorities should be:-

a) Long courses at sub-max for endurance and concentration development. (same rest or less)

b) Technique development centring on identified weak area from the past season.

c) Experiments with new boats and/or paddles.

d) A small amount of short, fast, high quality work, to maintain some speed/acceleration. (Rest should be 2/3 times work.) This is good for start of session, straight after warm up when you're fresh.

e) Never miss out on the chance to paddle WW gates!

It's hard to generalise, but the run-up to Xmas should be varied and enjoyable, leaving you "hungry and ready" for the January build-up. Some paddlers might extend this work up to the end of January - it depends on individual priorities and on when the first "big" race of the season is for you. For Premier, Division 1 and below this

will normally be mid-March - for National Squad paddlers it could well be mid April...

Which brings me onto my final point. By Xmas you should have planned out your coming season. This means **ESTABLISHING YOUR GOALS**. There are 2 types:-

Outcome Goals: Like getting promoted to Division 1 or making the Intermediate Team.

Process Goals which involve **HOW** you are going to achieve the outcome goals. In other words what your stages of progress will be both in training and competition. These are the most important because they should be under your control. You decide them, monitor them and change them as and when necessary.

In case you didn't recognize it - I've just described what an effective training diary/programme should contain...

Get to it, have a good winter and good paddling.

Alan Edge
National Olympic Coach

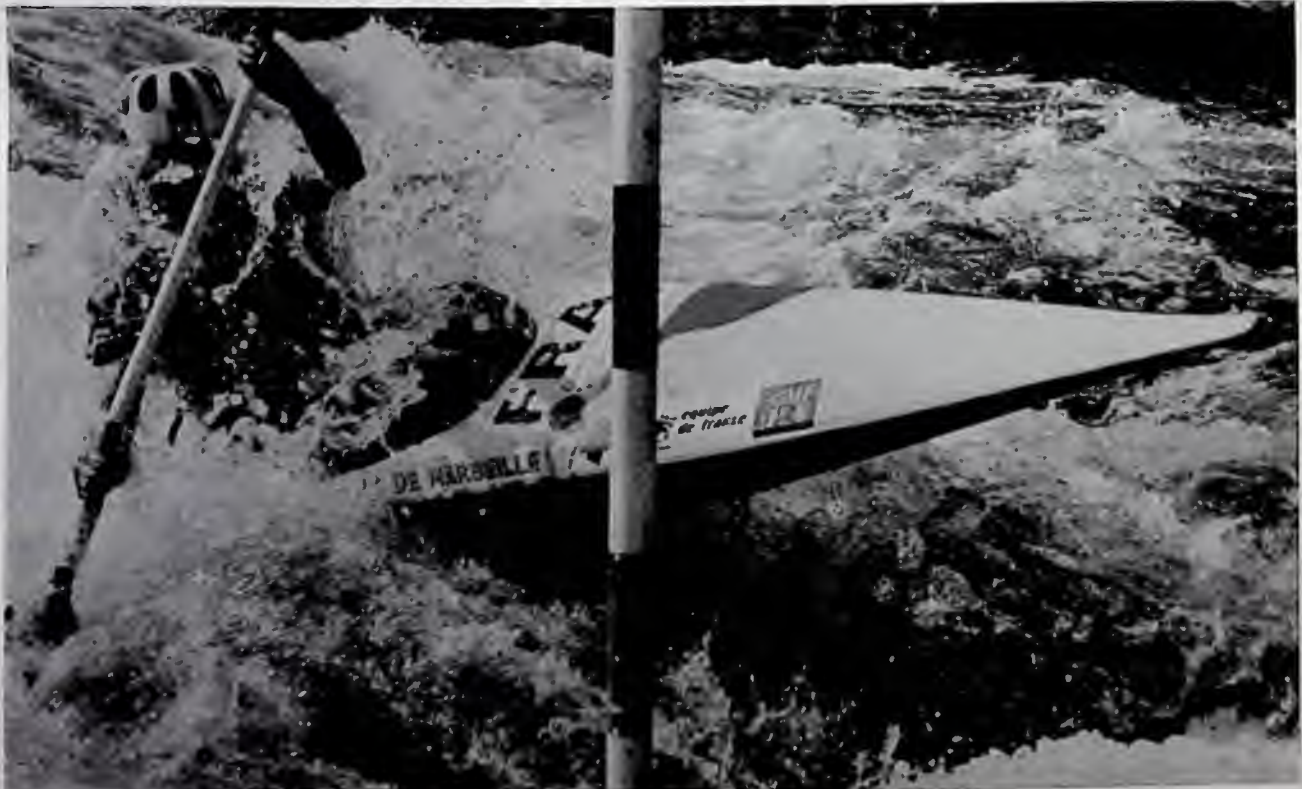
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World Cup, Augsburg

Photo:GDN

LETTERS TO THE EDITOR

GOOD RESULT - GOOD EVENT - BAD MANNERS

Well the above is too often the case, and now is the time to draw every paddlers attention to this problem.

The organiser is so often criticised, although the job starts months before the event - I will not bore you with a catalogue of tasks, it suffices to say that the list is long and arduous. Many hours are spent. In some cases seeking sponsorship, but in all cases choosing the prizes, arranging for the engraving, trying to find something a bit different, and what thanks for this? He or she is met with demands from paddlers to have their prizes early, and sometimes not even this much concern, paddlers simply go home without their prize. I know its a long weekend, and an even longer drive home, I also know that sometimes you are at the mercy of the person giving you a lift, but stop to consider the organiser. The work over the event finished, a successful and well attended prizegiving, should be your way of saying "Thanks". Thanks for the hours of work, the stress of the event and most of all thanks for caring enough about the sport to do the Job.

Also stop to consider the greater good of the sport, I do not need to spell out the need in this life for money, it is close the everyones heart. If an organiser is persuasive enough, or lucky enough to gain sponsorship then attendance by everyone whether a prizewinner or not should be a matter of curtesy and good manners, a way of thanking the Sponsor, and saying "come again".

At this late stage in the 1990 season, I would like to thank all organisers, who have "cared enough" to do the job, and to remind paddlers that if you continue to insult organisers, you might find them a dying breed, and so with the 1991 calendar being prepared, I would like all paddlers to adopt a "New Seasons Resolution" to attend prizegiving whenever possible.

This article is aimed at those who continually do not attend prizegiving, not at those of you who find occasionally a good reason to miss the "main event".

Pearl Mulholland

Re: The article "Link between Nutrition and Performance" in the July Issue of Canoe Slalom Magazine Vol.6 Number 3.

Dear Editor,

As the accredited author, I should like to draw attention to two specific editorial additions with which I justifiably disagree.

The first editor's addition quotes "... but one professor of pathology states that a vegetarian will rarely get to the very top". Well, Editor, which

professor exactly? You fail to identify any such person by name to support this loaded statement. It is not my view and I know of no "authority" that suggests it.

To clarify, vegetarianism describes those who abstain from food derived by killing animals. Vegans refrain from ANY animal produce. Many athletes take a lacta-ovo-vegetarian diet, one which includes dairy produce and so consume a varied and balance diet containing all that is required, even Vit.B12, but in avoiding meat do reduce fat and protein intake to suitable proportions.

In my recommendations for increasing CHO in the diet, especially prior to competition, I suggested the technique of carbohydrate loading and taper training. The editor introduced the phrase "...but not above 70%" which does basically contradict the point I was making and what is accepted as a proven system.

In my original text I stated that a rest day from training once a week is essential. It allows the body to properly refuel from depleted glycogen levels and to repair, providing renewed freshness and better motivation. Important in CHO loading/taper training is rest instead of last minute training in the day(s) prior to competition.

The important observation was deleted by the editor from the published article, in addition to matters concerning the relation of cholesterol.

This may leave the reader surprised as to the extent of 'editing' within this magazine. If an editor disagrees with a point made in an article, he is already covered by the magazine's disclaimer stating "The views expressed in this magazine are not necessarily the views of the editor or Slalom Executive", rather than change the factual content of what the author has written without any permission having been sought. I have received a number of comments about the matters I have referred to which I have found both embarrassing and annoying and in fairness wish to have the matter corrected by publication of this letter.

J.H. Gregory
11th August, 1990.

Dear John,

First, let me apologise to you - the credit should have read "Based on an article by John Gregory"

Editing of the magazine is usually limited to correcting spelling etc., and a certain amount of padding or trimming in order to finish at the end of a page; something which takes a lot of time but we feel that odd paragraphs scattered throughout the magazine is not the best way of doing things. Your article was considered not simple enough to be readable, on a subject which many people find uninteresting, and not authoritative enough to be technical on a very specialised subject. It was returned to you once for re-writing, but very few changes were made. Because of the good conclusions in it, it was decided to simplify the content

.....letters

conclusions in it, it was decided to simplify the content rather than reject it and credit it as above.

Secondly, let me reply to the other points in your letter. You are correct to say that the comment about vegetarianism was loaded - undoubtedly it has made people think and question you rather than the statement, which I admit is not fair. As a matter of interest since the article was printed there was a medical discussion on the radio about Prince Charles' arm not healing due to his vegetarian diet, which had to be supplemented, and further newspaper comment about youngsters and vegetarianism. The professor mentioned is a British Home Office pathologist, who made the statement personally, not in print, so it is unfair to give his name.

You state that you suggested the technique of carbohydrate loading and taper training. NOT TRUE, you didn't mention either. What you actually said was, "As athletes, an even higher proportion of CHO and less fat may be appropriate. Even greater than 60% CHO prior to competition to ensure glycogen stores."

which is not contradicted by saying, "not above 70%". As a matter of interest one of the reference volumes that you have states, with emphasis, in the section on carbohydrate loading "However for those who are not endurance athletes, normal levels of glycogen are more than adequate to provide the energy to sustain exercise". How long do you take to complete a slalom course, John?

Then you say that you said a rest day once a week is essential (which it is) etc., etc.. YOU DID NOT. All you actually said, in total, was, "Consider a rest day to refill stores.". As for your comments on cholesterol they weren't relevant to the level of the article and did not reflect a large (and published) area of current thinking. It is not proven that lowering cholesterol saves lives (another loaded statement!), in fact with excessive reduction the number of deaths due to some causes of death increases.

The article was intended to be a readable, low level, general support for your good and well stated conclusions at the end. - ED



Tryweryn Div 1

"Little and Large"

Photo:Robin Vowles

RESULTS

TALISMAN INTER-CLUBS CARDINGTON

8/9th September, 1990

Well first of all it doesn't seem like a whole year since last time..The party, for that's how the inter-clubs seem to me started this year where it left off last.. It goes without saying that the organisation was good, the facilities excellent and generally the event ran with the well oiled professionalism one has come to expect from this event. Yes the water was low, (but still too big for some) but the sun was out, and the beer was cold, what more could an organiser ask for. Some special "thank you"s to the Team Managers who tirelessly ran up and down the course, supporting their teams, calculated the points, taking stock of the opposition, and keeping their cool, to the men and women who worked on a never ending food chain, Tony and his team for the results service, the North Beds Borough Council for the facilities, and the National Rivers Authority - Anglia, for giving us all the water they had.

The inter-clubs was as usual peppered with those moments to remember, the guy who completed Cardington in a "C1 Banana Boat" no mean feat, a member of the Executive who paddled for his Club, and very well indeed, could this leaner, fitter Mike Carter show the committee how, could it be a new class! The Great Britain coach (no names) who invented a stroke all of his own to copy with the unusual boil at the bottom of the course, and then there was Danny's team... Don't let him bring the Cow Bell next year.... Please! This year we were entertained by a whole team cheering down their judge, all performing a ritual dance which included their helmets something akin to the American Cheer leaders. Maybe this could be another excuse for a prize next year, "The most original team support" goodness only knows what Danny would come up with.

Which leads me nicely to our sponsors "Talisman" and our organiser Jim Croft, without their work and support it would not be possible to maintain the high standards which is the hallmark of this event. Again this year the prizes were without doubt stunning. The attendance at the event of Mr. T. Wells, and members of the Executive only highlighted the importance of this event, in bring together all levels of our sport, from members of the Great Britain Team to those

who raced their first race at Cardington, for their Club. May the spirit and the comradeship of the inter-clubs, be remembered until next year, when we meet again.

Pearl Mulholland

Club Results

1.	Staffs and Stone	76
2.	Shepperton CC	116
3.	Army Canoe Union	127
4.	Tees Kayak Club	141
5.	Banbury and District CC	151
6.	Manchester CC	156
7.	Viking KC	157
8.	Warren CC	164
9.	Midland CC	180
10.	Hemel Hempstead CC	190
11.	Windsor and District CC	216
12.	Leeds CC	219
13.	Matlock CC	228
14.	Kinver CC	237
15.	Wyedean CC	238
16.	Halifax CC	245
17.	RAF Canoeing Assoc.	246
18.	Warrington CC	254
19.	Stratford -on-Avon KC	266
20.	Aberavon CC	305
21.	Bradford and Airedale	308
22.	Cambridge CC	317

Nomad Trophy

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Staffs and Stone CC

Matlock CC

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Steve Bodie

Tryweryn Div 1

Photo: Robin Vowles



Unknown Team Paddler

Tryweryn Div 1

Photo: Chris Worrall

EVENT REPORTS

ABINGDON WEIR SLALOM

4/5TH AUGUST 1990

The sun shone in more ways than one on the first ranking slalom, Division 4 and Novice, held at Abingdon Weir on the Thames for many a year and the joint experiment by the two local canoe clubs was a success. The major disappointment was the complete absence of moving water, not an uncommon failing this year. However, the tight course, designed by Andy Halliday, made some amends and the number of clear runs was not excessive.

Out of the 150 or so starters, the paddler of the weekend - award must go to John Webster. John, an itinerant Australian currently resident in Abingdon, has only recently started canoeing having struck up a friendship with Andy Halliday. Abingdon Weir was his first slalom - in fact he had to take out BCU membership for the event. Not only did John win the Novice K1 event, he also took the honours in the Novice C1 event and gained promotion to Division 4 in both disciplines.

There was a tie at the top of the Division 4 event with John Berry (Corby CC) taking the honours from David Bareham (Shrivenham CC) on account of a better second run.

It is encouraging to report that a policy of reasonable efficiency without undue officiousness seems to have paid off - after all we canoe for fun. Several people have commented on the friendly atmosphere, the pleasant site, the excellent beefburgers and space for practice. In addition, a modest profit was made and a donation will be made to the River Dart Access fund. It is hoped that the event will, once again become a firm fixture on the slalom calendar.

Martyn Green
on behalf of the organisers
Kingfisher & Pathfinders Canoe Club.

GRANDTULLY DIV. 2/3

16/17TH JUNE, 1990

Glorious sunshine for most of the weekend and a reasonable water level ensured a very successful first double 2/3.



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Saturday's course was up by Thursday evening allowing all day Friday and early Saturday morning for practice. The change over took little more than an hour with Sunday's course being open for practice from 5.30 p.m. (one keen paddler still on the water at 10.30 p.m.) Competition was fierce in all categories, none more so than the Division 2 men's Kayaks.

Colin Gillies from Perth won the Saturday event convincingly and Graeme Biggin from Cats the Sunday event more narrowly - the pity was that with 36 paddlers each day there was only one promotion each day.

RESULTS (SATURDAY/SUNDAY)

Division 2 K1 Men

1st	Colin Gillies (Perth)	173
1st	Graeme Biggins (C.R.Cats)	170
2nd	Brian Murdoch (Perth)	180
2nd	David Hunter (Paisley)	171
3rd	Ramsay Bayne (St.Johns BB)	182
3rd	Brian Murdoch (Perth)	171
U18	Mark Hodge (Barnard Castle)	183
U18	Bruce Scotland (C.R. Cats)	172
U16	Graham Bayne (St.Johns BB)	187
U16	Ramsay Bayne (St.Johns BB)	174
U14	Mark Ratcliffe (Manchester)	182
U14	Michael Bennet (Harlow)	176

Division 2 K1 Ladies

1st	Laura Smiley (C.R.Cats)	202
1st	Jenny Wilkinson (Woodmill)	183
2nd	Lisa Rae (Coquet)	204
2nd	Diane Mitchell (Ancrum)	196
U18	Diane Mitchell (Ancrum)	200
U16	Anita Bennett (Harlow)	218
U16	Anita Bennett (Harlow)	210

Division 2 C1

1st	Chris Adams	197
1st	John Brown (C.R.Cats)	197
2nd	John Brown (C.R.Cats)	204
2nd	Keith Donne (Wyedean)	198

Division 2 C2

1st	Hunter/Wetzel (Paisley)	218
1st	Hesford/Ormerod (Manch.)	208
2nd	Hesford/Ormerod (Manchester)	224
2nd	Hunter/Wetzel (Paisley)	231

Division 3 K1 Men

1st	Allan Darling (Glasgow Univ)	182
1st	Gordon Duff (Lochwinnoch)	182
2nd	Gareth Farley (Paisley)	192
2nd	Kenneth Peden (Fife)	183
3rd	Andrew Watt (AKC)	194
3rd	Gordon Ross (Tweed)	184
U18	Gordon Ross (Tweed)	194

U18	Colin Scotland (Kirkcaddy)	186
U16	Colin Scotland (Kirkcaddy)	195
U16	Calum Anderson (Fife)	188
U14	Jeremy Farley (Paisley)	199
U14	Neil Wilson (Tees)	195

Division 3 Ladies

1st	Janet Wakeford (Perth)	201
1st	Chris Atherton (Forth)	192
2nd	Chris Atherton (Forth)	205
2nd	Janet Wakeford (Perth)	192
U18	Lesley Young (WLCC)	250
U18	Jacky Hardy (WLCC)	225
U16	Angela Waddell (WLCC)	252
U16	Lesley Young (WLCC)	253

Division 3 C1

1st	Dougie Couston (WLCC)	199
1st	Dougie Couston (WLCC)	186
2nd	Dave Waring (DWWC)	202
2nd	Simon Millar (Perth)	190

There were no entries for Division 3 C2.

The officials event proved to be popular with 1 run on each of the two courses and the aggregate score taken. With a dozen or more premier paddlers participating, competition was keen and a 5 on the Saturday course for George Spittal gave Fraser Gormal the trophy.

Last but not least the organizers take the opportunity of thanking all those who took part - particularly those who made the long journey from south of the border. We trust you enjoyed the weekend's competition and hope to see you next year either as competitors or officials.

This event at Grandtully was a test case for Double Division 2/3. If you agree with us that it was a success please write to the Slalom Executive in support of it being continued as an annual event.

John Brown.

The idea of "Double Headers" seems to be a good one. An application to run a double Div 4 Novice later in the season was turned down, quite correctly as the existing rules don't permit such changes. However, with the increasing cost of travel and with some events having low entries the idea of some double events for Divisions Novice to 2 seems a good idea, IF - no other event was run during the weekend, - there were no team events and, most importantly, - there was sufficient free time to practice both courses. Look out for a proposal on this score at the AGM - ED

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