

VOL 6 NUMBER 5 DECEMBER 1990

# CANOE Slalom

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MAGAZINE



This Issue: U17 Tour • 1991 Calendar •  
• USA 1990 • Norway • Winter Training •



Sue Burns (SCO) T McIntye (IRE) Melvyn Jones (GB) Ian Wilely (IRE) with Sponsor Richard Gale



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*Copy date for the next issue is :- 15 January 1991*  
*But please send earlier if possible!*

**COVER PHOTO:** Lynn Simpson by Joe Mulholland  
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**sponsor Richard Gale**

*(Photo: Joe Mulholland)*

**Bottom :Blackett & Scott (Photo:Andy Neave)**

**Next Issue:-**

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# Opinion

## Goodbye 1990

The Year ends on a positive note although there have been ups and downs during the year. On occasions we've had plenty to say when you told us that you are not happy with what was apparently going on, but many difficulties have been resolved.

Discretionary selection has gone, for better or worse. There is more training during the winter than ever before – lets hope that the weather doesn't prevent people using it.

The Sport is changing as people's life styles change and the increasing attention that will be paid in the future to build up the lower end of the sport as well as the top will help to ensure that the future can be as bright as the past has been.

## Thanks!

To all our contributors during the year, both for the informative and amusing articles and for the excellent photographs that have been provided. Without these contributions, which we are unable to pay for, there could be no magazine.

Thanks also to those who buy the magazine rather than read someone else's – it helps our advertisers to know that their contribution is of value to them and it helps us to know that someone out there is interested in what we are trying to do here – which is to produce the best magazine we can.

Last, but not least, thanks to our advertisers, some of whom have been supporting us for years and without whom we could not survive.

 SLALOM



Justin Barnes

Llangollen Inter-regional

Photo: Chris Worrall

# Llangollen International Week

**The week of canoeing was made possible by the sponsorship, gratefully received, from Gales of Llangollen, Cawston Vale Fruit Juices and Brecon Carreg Mineral Water**

## British Open

The 1990 Cawston Vale British Open Championships was combined with the final Prem event of the year and it turned out that winning the 'Open' also meant winning the K1 class Premier title as well!

The Raspin brothers were successfully beaten off by Shaun Pearce at the end of his very successful season, which included winning a World Cup race and Andy "Kidder" Raspin got the better of brother Ian to come 2nd.

Lynn Simpson flew down the course to beat Maria Francis, taking the Top Spot in Prem at the same time.

C1 title went to the Old War Horse Martyn "Bushy" Hedges, taking advantage of the absence of rising star Gareth Marriott to win the Open title from Mark Delany. Arrowsmith and Brain grabbed the Open C2 trophy but Meikle and Brown ended up top of the Prem C2s.

## The International

This, the International end of season slalom jamboree proved, once again, that Llangollen and Town Falls is the supreme challenge for Slalom canoeists.

Thanks to excellent support from "Gales of Llangollen", a strong International entry was able to contest the Brecon Carreg Mineral Water International Event. Entries included World Cup winner Pierpaolo Ferrazi of Italy and Czech Junior World Champion Alex Adamek.

However, it was home grown talent who came through, with England Team members taking the prizes.

Ian Raspin crowned a good season in winning the Mens K1 event from Rob Wright, Rachel Fox broke the dominance of Lynn Simpson and Maria Francis (who were second and third respectively) by winning the Ladies K1 title.

The Canadian classes were also an England clean sweep, Richard Domoney winning the C1 title and Arrowsmith and Brain the C2 class.

This was a rewarding weekend for the England Team Manager, Ian Janes, who has worked hard to see an England team in existence.

## Slalom Sprint

The most exciting event of the weekend was undoubtedly the slalom sprint, sponsored by "Feelfree Rafting".

The racing was made even more spectacular for the many spectators on the famous bridge by the torrential rain on Saturday night and Sunday morning which turned the Town Falls into a roaring, frothy hazard.

This was to prove the undoing of many top paddlers – Ferrazi included! The racing was very close after first runs, Rob Wright was looking good for a place, Melvyn Jones had it all to do..... and then there was Pierpaolo Ferrazi.

Unfortunately the Town Falls claimed its most prized scalp – Ferrazi lost his way on the surging waves of the fall and struggled to roll up and after several attempts had to swim out. The large crowd on the Bridge gave out a loud cheer at this, which obviously delighted the onlookers, but wasn't really sporting.

This set the scene for Melvyn Jones to pip Rob Wright for the "Feelfree Rafting" sprint title – a great finale to a wonderful afternoon's racing.

## Liz Sharman Trophy

Liz Sharman, 11 times winner of the Ladies National Championship Trophy was presented with the Whitewater Magazine Trophy for Life as Recognition of her achievement and contribution to the sport and is a fit and proper way to acknowledge a World and National Champion.

A new trophy to replace the perpetual trophy, to be known as the Liz Sharman Trophy, is to be provided and a subscription list has been started towards the cost.

All donations towards this cause will be gratefully received.

Donations to Sue Wharton, Hartwood Hill Farm, 117 Preston Rd, Chorley, Lancs PR6 7AX please.

## Current Affairs

### 1991 Yearbook Advertising

Any company or individual interested in the next issue of the yearbook, which will be coming out at or before the 1991 Canoe Exhibition should contact Sue Wharton as soon as possible and no later than 4th January, 1991.

### Foxy's Feast

A presentation dinner was held at the Boundary Restaurant of the Trent Bridge Cricket Ground on the night of the AGM to honour Richard Fox MBE for his many achievements in canoeing over the years. Richard and his new wife, Myriam, had amongst the 44 or so attending, guests Mr and Mrs Robin Pinner and Ron Emes MBE with wife Margaret.

Robin was surprised when the occasion was used to provide the opportunity to present him with the Award of Honour, the BCU's highest award, for outstanding services to canoe slalom over many years.

Following an entertaining and brief 12 minute speech by Ron Emes, Richard and Myriam were very pleased at the arrival of the "Croquen-bouche", an outrageously fattening French-style wedding cake of choux pastry, syrup and cream.

It was good to see both "old" faces such as Ken Langford and young paddlers there as well and an occasion which was a warm and fitting finale to the canoeing activities of the 90's.

### Washburn Appeal

Soon there will be a chance to dig in your pockets for a good cause - the Washburn improvement fund. Toilets, showers, parking are all being talked about. details as they are available.

### Plastic Pig Prizes

A new category is to be introduced into Divisions 4 and 5 (the old Novice class) for high volume boats. With a bit of luck it will both encourage both youngsters without lowline competition boats to have a go with a chance of winning a pot and encourage older ones that there is more to life than sitting in a stopper for half an hour!

### Slalom Reps Meeting

At HHP on 27th January for a get-together to discuss many matters and promote regional training.

### Tees Training

A potentially International standard tidal slalom course is well into the planning stage at Stockton-on-Tees on the River Tees—well not actually being built yet as far as we know but a working model is in existence. This model was built by George Parr and Frank Goodman of Proper Channels Ltd, who designed Holme Pierrepont. and, as a matter of interest, are involved with most of the numerous projects being considered all over Britain and with several current International feasibility studies in Australia and New Zealand.

### To dare to Dream?

*Look not to Man's past, but to his future.*

*Dwell not upon his failure to rise above the norm.*

*but at his desire to reach for the stars.*

*Believe that what can be conceived, can be achieved.*

*and above all, that ordinary man is a worthy recipient of the extraordinary.*

(Roger Annan)

### Tickets for '92

There will be only 200 tickets available from the Slalom Executive for supporters at the Seu d'Urgell 1992 Olympics in North Spain. The event is at the end of July and the beginning of August. So watch this space for the earliest booking info!

### Pre-Selection

Richard Fox and Gareth Marriott have been pre-selected to the 1991 Worlds, the Pre-Olympics and the World Cup series following the success of the AGM motion.

### FAX SUE!

To save your fax from burning out trying to get a free line to Sue Warton a dedicated fax number has been installed

**Fax: 0257-231180**

If you wish to speak to her in person she is still busy on the other line

**Tele: 0257-262051**

**Development Squad Confusion**

There has been some concern that these Squads are being regarded as GB Winter Team/Squads. This is not the case as they come under Development not the Selection Committee. This is a self financing training group and inclusion does not automatically mean a GB team/squad place. It is currently experimental, however, it is hoped that the intensive high level training provided will make GB Team selection more likely – thanks to all the coaches and administrators who are donating their services to help make it a success!

**Competition Coaching Conference**

**This annual multi-discipline coaching bargain is being held at HPP on the 2/3 February 1991**

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Best summed up by a Newcomer last year who said, "If I'd know it was this good I would have attended before!"

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**Dave Harrison**

**Bala Mill Prem**

**Photo: Chris Worrall**

# UNDER 17 TEAM TOUR 1990

The Under Seventeen Team tour this year was to Spittal Class C International Slalom in Austria, with initial training and preparation on the artificial slalom course at Augsburg, Germany. ferry delays and an argument with a set of tram lines, meant that our arrival at Augsburg was later than expected, but this did not disrupt the general training program.

An accident on the course involving a paddler who was swimming down the course resulted in the course being closed for a day. He had been trapped by a new board that had been added at the bottom of the zoom -flume top provide an eddy. The board and its mounting have now been modified so that they fit the side and bottom of the course.

This regrettable accident did not effect the paddlers who were in a rest period away from the course at the time of the accident. A couple of sessions on the Ice canal were introduced as an alternative to the main course which was well received by the paddlers but not by some of the

local paddlers.

the good weather that we were now enjoying made our brief stay at Augsburg ideal preparation.

On to Spittal and crystal clear water. we arrived on the Wednesday afternoon just in time for a quick run down the WW race course, and then for someother sessions on the Thursday and Friday before the event on Saturday.

Saturday, and the start sheet was given out at 7.30 just prior to the demo run. Practice at 8.00 and then into the main competition. A number of other countries had brought their Junior Worlds teams as a warm up event, so we were up against some stiff competition.

The first British paddler down the course was Treena Warman who failed to find a good line on her first run and picked up fifteen penalties. treena was followed by Claire Daniels who had made her own way out as preparation for the Junior Worlds. Sally Masters was last of the girls



Burt and Elsworth

GB U17 C2

Spittal



and put in a time of 244.54 with a five giving her eleventh place after first runs, just in front of Treena at twelfth and just behind Claire in tenth place.

Graham Mulholland was the first man down the course, he went clear and set a good time of 191.12. The next British paddler was Paul Ebrey who produced a real flyer going clear and setting a time of 178.33. This time held for a long time and looked at one stage as if it was not going to be beaten.

Chris Wetzig, Stuart Moffit and James Croft then followed all producing clear runs and times just over the three minutes. Leo Hoare was the last of our men, he came down and was clear. As he raced for and crossed the finish line I looked to see his time of 177.66 being displayed, which put him in third place.

The C2 crew of Jonathan Burt and Richard Elsworth were on form and had a good first run with a time of 299.39 and fifteen penalties to put them in third place.

So at the end of first runs this put all our men in the top twenty and Leo Hoare 3rd with Paul Ebrey 4th, the ladies in tenth, eleventh and twelfth, and our C2 crew in third place.

Second runs and all the girls improved. Treena Warman held her breath for a while as her second run time put her in second place, but ten penalties put her back into fourth place.

The mens second runs produced mixed results. Graham Mulholland produced a second clear run and improved on his time to 187.26. Paul Ebrey improved on his time but gained a five on the way. Similarly Chris Wetzig and Stuart Moffitt took nearly four and six seconds off their times but both gained a five. In the mean time James Croft improved on his time and along with Graham Mulholland were the only two British paddlers to produce two clear runs. This left Leo Hoare with it all to race for but was unable to beat his first run by more than a hundredth of a second and received a penalty on the way. (A fifty was given to Chris Wetzig and Leo Hoare. These were protested and were actually removed after a few minor adjustments had been made to the Judge.)

The C2 crew determined to chase the leaders improved on their second run by four seconds

and five less penalties. This was not enough to improve their overall position but it still meant a creditable third place to a very young crew against some good competition.

The team event was a one run race with what seemed like a run whenever a team was assembled and the starter ready. The two mens teams both produced good times but failed like most of the other teams to reduce the penalties (only one team managed a clear run). Leo also managed to get his second fifty of the day, but this one could not be disputed, which produced the result the Wetzig/Ebrey/Mulholland were fifth with 199.56 plus 15 penalties, while Hoare/Croft/Moffitt were tenth with 195.80 plus 80 penalties. The ladies in the meantime had saved the day and produced a second place.

The overall result was not as had been hoped but with all the men in the top twenty, the ladies in the top twelve, and a third in the C2 class and a second team prize we had done well against what was to be Junior Worlds teams for many countries. In addition a third prize by Claire Daniels helped raise the moral of the British.

My thanks goes to the paddlers for not making my life too much like hell and for their understanding over the request not to take souvenirs. Also I would like to thank the coaches, Lara Topper, Andy Rance and Steve Bushnell for all their help, assistance and time out from their work.

#### **Nigel Winters Under 17 Team Manager**

Quote of the Tour *"You don't have to be a gentleman for me Andy" - Lara Topper*

#### **Post Script**

A number of people expressed concern that one young lad appeared to have won a number of cups and how did he do this. The explanation is that the Austrians ran the event as an International/National event and awarded not only a full set of International prizes but also a set of National. The young lad in question also completed in the White Water race. As a result he came away with six prizes, five first and one second. I have a feeling that this young lad could be one to look out for in the future.

**RESULTS**

**K1 Ladies**

1st Urska Breznik	JUG	201.72	0	201.72
2nd Gabriela Brozkova	TCH	206.06	0	206.06
3rd Claire Daniels	BCU	203.99	5	208.99
7th Treena Warman	GBR	203.92	10	213.92
12th Sally Masters	GBR	219.13	5	224.13

**K1 Men**

1st Jure Pelegrini	JUG	170.91	0	170.91
2nd Gregor Becke	AUT	167.15	0	167.15
3rd Andraz Hocevar	JUG	172.60	0	172.60
8th Leo Hoare	GBR	177.66	0	177.66
10th James Croft	GBR	179.11	0	179.11
17th Stuart Moffitt	GBR	182.14	5	187.14
18th Graham Mulholland	GBR	187.26	0	187.26
19th Chris Wetzig	GBR	193.98	0	193.98

**C2**

1st Vozar/Sutara	TCH	212.89	0	212.89
2nd Janik/Sywanyz	POL	220.32	5	225.32
3rd Burt/Elsworth	GBR	225.00	10	235.00

**Ladies Teams**

1st Kildelova/Pohanova/Hodaco	TCH	245.72	10	255.72
2nd Daniels/Masters/Warman	GBR	248.86	15	263.86
3rd Brozkova/Kovacova/Lesalov	TCH			

252.78

30

282.78

**Mens Teams**

1st Becke/Martinsich/Oblinger	AUT	187.52
	5	192.52
2nd Pelegrini/Hocevar/Stricel	JUG	190.89
	10	200.89
3rd Rirsch/Rirsch/Martinsich	AUT	212.99
	0	212.99
5th Wetzig/Ebrey/Mulholland	GBR	199.56
	15	214.56
10th Hoare/Croft/Moffitt	GBR	195.80
	80	275.80



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## Hugh Mantle – Coach of the year 1990



It is fitting that Hugh Mantle, who is coach to the G.B. senior kayak slalom team has been recognised by the British Institute of Sports Coaches for the prestigious Addidas Coach of the Year award. This award is made from nominations for all sports throughout England. Hugh won the category of male coach (part time) who has made the biggest improvement to individual performance. He was nominated by Richard Fox. This is the first time anybody from canoeing has ever won this category of the award and gives recognition to the sport at the highest level.

Hugh has been involved with the G.B. team for the last 10 years, during which time he has prepared the team for five World Championships and numerous Internationals. He spent the first 3 years as an apprentice to John Macleod, whom he still holds with the highest regard, and since that time has worked, as Fox says, "with an energy level that would floor most other people". He takes meticulous care to make sure that paddlers prepare themselves scientifically, particularly physiologically and psychologically. The last 3 years has seen his commitment and single mindedness become an obsession to create excellence. Living in Liverpool has meant his twice a week trips to Nottingham have involved him in much travelling (a 5 and a half hour round trip) yet he will always be on site before local paddlers! "He creates a guilt feeling in you if you don't give of your best because you know he is so supportive n. This has led to a great team spirit among the Kayaks. Ian Raspin feels "he knows each one of us almost as well as our parents. He also has the ability to make you feel that the medal is already around your neck, but

blended with statements like nothing is good where better is possible; excellence is the norm of this group, stop deviating!"

Outside his team duties he has made a significant contribution to the development of coaching, through the presentation of papers at conferences and running N.C.F. courses. His ability to communicate in public arenas is renowned - often radical and always controversial, but as he says himself "you have to challenge the obvious, you make progress with conflict, security stifles growth. If you look at some of the most successful performers in other sports they have had to go along their own paths often succeeding because they were willing to operate

outside the conventional systems. I feel I owe it to these dedicated guys, I coach, to find ways to allow their ambitions and talents to be realised. If that means as a group we have to 'plough own own furrow' so be it".

His reputation has made him in demand in many countries of the world, having been invited to coach in Canada and New Zealand. He spent a great deal of time at the Australian Institute of Sport discussing his research for Ph.D., which entails the preparation of athletes for an Olympic games. This will be invaluable in the future, as there has been virtually no research in this area with elite performers.

What does he think of winning the award? - Wonderful that our sport is being recognised alongside athletics and football. For me, personally, it has meant that it has opened up many doors. I work as a registered sports psychologist at Liverpool Polytechnic. Having won the award they have sponsored me to have a full year off, pay me and pay for a replacement. In all, this amounts to them giving me about £35,000! No other Polytechnic has ever sponsored a coach to this extent. It means I can concentrate on coaching the men's kayak full time in the final build up to the Olympics. Apart from that I do feel we have got some excellent coaches in slalom and that this award is a recognition for all of us, together with the backing we receive from all the support staff including all those who organise our slaloms. Likewise it is a bonus for my present sponsors Opus Computers and Berghans Clothing".

# Training Trips Abroad

## SUMMER 1990 IN THE U.S.A.

This summer I decided to go on a trip on my own to the states to tour and race. The trip was meant as a holiday with a serious side for the 5 weeks of races.

After 2 weeks with friends in Pennsylvania I flew to Chicago where I met Rob Wright and Ben Gaster who I ended up travelling with.

First stop was Wausau, Wisconsin for the 2nd. race in the "Champion International Whitewater Series". Here we stayed with a local family in the town free and experienced incredible generosity and enthusiasm from the locals (3,000 of them watched the racing!). We stayed for the World Cup a week later where we were able to do Pre-runners as well as watch the World's best at work.

The next week we would have gone the 1,000 miles to the Savage in Maryland but this meant days of travelling so we rented a car (make sure you have a credit card and are over 21!!!) and took a 3 day, 1,000 mile tour to the Walt river, Niagara Rapids and Duluth (the next race site), before returning to a few days with other families we had acquainted ourselves with in Wausau.

On the Thursday before Duluth we got a lift with another family who were looking after the Yugos for 2 weeks. The race site here is natural river, but dam released very rarely.

Below the inlet is a 15-20 foot stopper and then there is the warm up pool before a very testing rapid. The area is half an hour from Duluth city but cheap camping is available and there are low rates for racers at the local hotels and restaurants.

# USA 1990

After this race Ben caught a lift to South Bend and Rob and myself returned to a week of comfort, training and water-skiing in Wausau. Unable to get a lift we then rented a car to go to the next race in South Bend, Indiana which is a lot like Augsburg but it is almost totally flat!! This makes it a real sprint with a few hard moves across such a fast flow for stagers. Again we stayed with families, ours being particularly friendly and only a 3 minute paddler from the course.

After this race a large banquet is held, as with the other races, for the prize money to be given out and thanks given. Then the parties begin. Sadly we had to get back to Chicago, so four of us plus kit crammed into a "Horizon" for 3 hours with Jim Tibinsky, who had been good enough to give us a lift to Wausau when we arrived, and accommodation at his home. Two days later, after further generosity such as the use of their car and a big Chinese meal had been given to us, Rob and Ben flew home and I went on for another month of travelling across the States with my friends from Pennsylvania.

The whole trip was definitely a success with lots of good paddling and we all made stacks of new friends for when we go back next year! The trip cost me about £1,500 for all two and a half months, six flights and two rented cars.



Andy Fuller - Fighting the Americans at home

The trip could possibly be done cheaper especially if you go just for the racing. The family scheme is excellent though and certainly helps out financially. I would definitely recommend the trip to anyone and I am sure I'll see some of you out there in future years to enjoy the scenery, politeness and generosity of America.

by Andy Fuller

**RESULTS**

<b>Wausau</b>		
1st		R. Fox
7th		R. Wright
19th		A. Fuller
<b>Wausau World Cup</b>		
1st		S. Pearce
3rd		R. Fox
<b>Duluth</b>		
1st		S. Shipley USA
10th		R. Wright
16th		A. Fuller
<b>South Bend</b>		
1st		J. Shole YUG
10th		A. Corrie
11th		R. Wright
12th		A. Fuller

*Interesting to read that the Americans haven't changed in their generosity since I was out there-*  
ED



*Jimmy Jayes*  
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## REGIONAL ROUNDUP

### Vaux School of Sport

The trend, in recent years, to encourage local business communities to provide more financial support for local Government, Charities, Conservation projects and indeed sport, has in the Northern Region been long established. One partnership between business and sport has been a great success for almost 30 years.

The Vaux School of Sport was established in 1962 and has been fully sponsored by Vaux Breweries of Sunderland in the North East of England ever since. The Vaux School was set up to provide opportunities for 100 young people, between the ages of 16 - 19 to develop excellence and leadership in their irrespctive sports through a one week, intensive, high level coaching course. Many of today's sporting stars have passed through the Vaux School. Athletics star, Steve Cram is one of the best known school participants.

The Sports Council, in conjunction with the governing bodies, select young people in the northern Region to take part. This year Canoe Slalom was selected as one of the sportsmen 10 young people from the northern Region took part. They came from as far a field as The Lake District, Alnwick in Northumberland, Sunderland in Tyne and Wear, Darlington and Barnard Castle in County Durham.

During July they enjoyed a full week of top class coaching by Russ Smith - himself a past student of the Vaux School. Meals, evening entertainment and accommodation were provided by Vaux-Breweries at the College of St. Hill and St. GB in Durham City. Coaching sessions took place on the Tees at Abbey Rapids - Barnard Castle, the river Wear - Durham City and at Silksworth Waterspouts Lake - Sunderland.

The Vaux School of Sport has made a major contribution to the sport in the Northern Region. Over 2800 young people and more than 300 coaches have played their part in the school's 28 year history. Sports as diverse

as Cycling, Canoe Slalom, Climbing, Angling and Boardsailing have been supported over the years. Vaux Breweries commitment to young people in

sport, for so many years, is truly a shining example of 'Business in. support of Sport'.

**Alan Wilson**  
Northern Region Slalom Rep.

### South West Report

The Paddlers of the SW have had a good year, with encouraging results all around.

Jenny Roper, Sue Carr, Rose Dunwoodie, Martin Like, Simon Crook and Richard Sims will all be in Prem next year. Mitchell and Cooper C2 have had an excellent year, ending with a silver medal in the Internationals.

Three of our younger paddlers, Jennie Roper, Bob Hall and Stuart Evans have been chosen for the the Southern Elite training squad and newcomer Ioana Price is up to Div 3 from Novice. Spenser Price and Christopher and Helen Tub are also doing well.

Congratulations to Claire Daniels who is now National Junior Champion and was also third in the European Champs in Spittal as well as 1st Junior in both British Internationals.

It seems that there is money in the Regional kitty for ladies development, so get things organised at your club for coaching the ladies! Sports Aid grants are also available for upcoming youngsters so if you are going places and think a grant would help contact Tony Cox who will be pleased to help.

Looking forward to seeing everyone next season,

**Danny Daniels, SW Slalom Rep.**



**Bob Hall**

**Tryweryn Stilling Basin**

# Attention All Slalom Competitors!

## At the 1990 AGM two new Bib Officers were appointed for the 1991 season.

The new appointments are:

**Div 3 K1 Men—** Mrs Sandie Roper,  
26 Highfield Hill,  
Lydney, Gloucestershire  
GL15 5NA

**Div 4 K1 Ladies—** Mr M Elkins,  
10 Armstrong Close,  
Wilstead,  
Bedfordshire MK45 3EJ

The Bib Officers for all the other divisions and categories are the same as for 1990. Any queries should be addressed to the Ranking Officer, Mike Carter.

If your address has changed during 1990 please be sure to write to the Ranking List Compiler for your Division and Category otherwise you may not receive your 1991 Yearbook. This information will not be picked up from the BCU central computer as the Administration is entirely separate.

If your National Association membership expires during the closed season please renew it promptly otherwise your 1991 Bib Application may be delayed. **Please do not wait to renew at the Canoe Exhibition.**

Do not apply for your 1991 Bib until at least the middle of January as the Bib Officers will not have their new lists until then, but please **DO apply well before you wish to compete.**

**1991 Bib applications MUST include All the following;**

- a) A valid Bib Voucher OR a cheque for £6.00 made payable to the BCU Slalom Committee.
- b) Current National Association Membership card OR clear photostat copy.
- c) Self Addressed Envelope, large enough to hold your Bib and stamped for 200 grammes (currently 49p 1st Class, 38p 2nd Class).
- d) Registration form if you are applying after receiving your Yearbook.

**NB** If you apply before receiving the Registration Form please do complete it when it does arrive with your Yearbook and send it to the Ranking List Compiler for your Div. & Category.

Note over 50 Competitors were excluded from the 1990 Ranking lists or lost promotions in mid-season for failing to comply with the BIB Regulations. Please make sure that you get it right in 1991 so as not to jeopardize YOUR status.

## Promotion to Division 4

Competitors in Division 5 (the old Novice classification) who gain promotion to Division 4 (still 1 in 5 or part thereof) should send their promotion certificate, cheque for £6.00 payable to BCU Slalom Committee, current National Association membership card and a large SAE stamped for 200 Grammes (currently 49p 1st Class, 38p 2nd Class) to the relevant Bib Officer as follows:

**K1 Men** Mrs Jean MacInnes,  
65 Dunster Road,  
West Bridgeford,  
Nottingham NG2 6JE

**K1 Ladies** Mr Mike Elkins,  
10 Armstrong Close,  
Wilstead,  
Bedfordshire MK45 3EJ

## Canadians (C1 and C2)

Mr Andrew Budd,  
75 Orion Close,  
Lordshill,  
Southampton SO1 8BN

**This should be done immediately on promotion, as you are only eligible to compete for the 2 weekends following promotion without a bib.**

Finally, please remember that the Bib Officers, Ranking List Compilers, etc. are all VOLUNTEERS who are helping to run the sport of slalom for YOU. please try to make their jobs as easy as possible by complying with the rules, filling in entry cards accurately and completely (separate cards for individual and team entries and please only one entry per team!), entering events at the proper times and with the right money and enclosing at least 1 SAE to receive your start list and any necessary instructions relating to the event that you are entering.

*May I wish everybody a smooth, trouble free and successful season for 1991.*  
*Mike Carter, Ranking Officer.*

# Provisional Early 1991 Calendar

<p><b>March 2/3</b> <b>SHEPPERTON 2</b> Shepperton Slalom C.C. John Hendy, 18 Kiln Lane, Lower Bourne, Farnham, Surrey.</p> <p><b>YALDING WEIR 3</b> Marlin C.C. Vince Lamph, Flat 6, 36 Manor Road, Beckenham, Kent. BR3 2LE</p> <p><b>DUCK MILL WEIR 4/5</b> Viking K.C. Kathy Baty, 12 Holmscroft Road, Luton, Beds. LU3 2TJ</p>	<p><b>CARDINGTON 3</b> Viking K.C. Jim Croft, 12 Holmscroft Road, Luton, Beds. LU3 2TJ</p> <p><b>CROAL VALLEY 4/5</b> Bolton C.C. Tony Parry, 85 Trent Way, Kearsley, Bolton, Lancs. BL4 8PS</p> <p><b>March 23/24</b> <b>CANOLFAN TRYWERYN P</b> Midland C.C. Nick Cope, 12 South Avenue, Spondon, Derby. DE2 7DD</p> <p><b>SOWERBY BRIDGE 3</b> Halifax C.C. Simon Orange, 38 Waterside, Silsden, Keighley, West Yorks. BD20 0LQ</p> <p><b>ROCKFIELD 4/5</b> Wydean C.C. Mrs W. Gardner, 50 Victoria Road, Coleford, Glos. GL16 8DS</p> <p><b>STONE 4/5</b> Stafford &amp; Stone C.C. Andy Neave, 3 The Lindens, Stone, Staffs. ST15 0BD</p> <p><b>Scottish Selection Event</b> Scottish Canoe Ass. Gordan Burns, 33 Queens Road, Scone, Perth.</p>	<p><b>April 6/7</b> <b>GRANDTULLY 1</b> Scottish Canoe Ass. Jim McPherson, 12 The Valley, Selkirk, Scotland. TD7 4DQ</p> <p><b>MARPLE 4/5</b> Manchester C.C. TBA TBA</p>
<p><b>March 9/10</b> <b>MILE END MILL 2</b> Llangollen C.C. Gerry Harris, 2 Sycamore Crecent,  Barrton, Northwich, Cheshire. CW8 4/54NF</p> <p><b>MIDDLETON-IN-TEESDALE 3/4</b> Tees K.C. Miss Alison Lowery, 68 Marwood Drive, Gt. Ayton, Cleveland.</p> <p><b>BATCHWORTH WEIR 4/5</b> Nomad K.C. Ian Bridges, c/o 12 Holmscroft Road, Luton, Beds. LU3 2TJ</p> <p><b>CHURNET VALLEY 4/5</b> Leicestershire C.C. K. Toach, 19 Cawsand Road, Wigston, Leics. LE8 2JS</p>	<p><b>March 30/31</b> <b>GRANDTULLY INTERNATIONAL &amp; PREMEIR</b> Scottish Canoe Ass. Gordon Burns, c/o 24 St. Johns Gardens, Stoneywood, by DenCentral Region, Scotland. FK6 5HN</p> <p><b>STRATFORD WEIR 4/5</b> Stratford-on-Avon Kayakists Peter Howard, 9 Sadler Close, Stratford-upon-Avon, Warks. CV37 0EE</p> <p><b>YALDING WEIR 4/5</b> Marlin C.C. Vince Lamph, Flat 6, 36 Manor Rd, Beckenham, Kent. BR3 2LE</p>	<p><b>April 13/14</b> <b>HAMBLEDEN 1</b> Hambleden Weir S.A. Chris Masters, 5 Buckingham Road, Harrow, Middx. HA1 4TD</p> <p><b>SYMONDS YAT 2</b> Gloucester C.C. Slalom Organiser, 1 Morley Avenue, Churchdown, Gloucester. GL3 2BH</p> <p><b>MATLOCK 3</b> Matlock C.C. Chris Martin, Amber Lea, 1 Allen Hill, Matlock, Derbyshire. DE4 3LR</p> <p><b>COMRIE 4/5 O OT SC</b> Fife Canoeing Activities Group Ian Gill, 55 Woodstock Court, Waverley Drive, Glenrothes, Fife. KY6 2LY</p> <p><b>WAGON LANE SPORTS CENTRE 4/5</b> Bradford &amp; Airedale C.C. Susan Marriott, 21 Moor Grove, Shelf, Halifax, West Yorks. HX3 7PP</p>
<p><b>March 16/17</b> <b>HOLME PIERREPONT P</b> British Olympic Mission Mrs Pat Attenborough, 15 Flood Street, Ockbrook, Derby. DE7 3RF</p> <p><b>APPLETREEWICK 2</b> Leeds C.C. Andrew Pratt, 76 Moseleywood Gardens, Cookridge, Leeds, LS16 7HU</p>	<p><b>April 20/21</b> <b>WASHBURN 1</b> Washburn Committee Hugh Pashley, 10 Crawshaw Grove, Sheffield, South Yorks. S8 7EB</p> <p><b>OLD WINDSOR 2</b> Windsor &amp; District C.C. Miss A. McKinnon-Wood, 18 Ham Island, Old Windsor, Berks. SL4 2JY</p>	



## Provisional Early 1991 Calendar

**FAIRNILEE 2 3 S.U.S.F.**  
Edinburgh Univ. C.C.  
c/o Edinburgh Univ. C.C.,  
48 The Pleasance,  
Edinburgh. KY6 9TL

**IRONBRIDGE 3**  
Telford C.C.  
Karl Broad,  
77 Boulton Grange,  
Randlay, Telford, Shropshire.

**HEAD WEIR 4/5**  
Exeter C.C.  
D. G. Walls, 71 Butts Road,  
Exeter, Devon. EX2 5BG

**RICHMOND TOWN 4/5**  
Tees K.C.  
Pete Hanover,  
10 Crowland Road,  
Hartlepool,  
Cleveland. TS25 2JJ

**April 27/28**  
**CANOLFAN TRYWERYN**  
**Senior Selection**  
B.C.U. Slalom Committee  
Sue Wharton  
Hartwood Hill Farm,  
117 Preston Road, Chorley,  
Lancs. PR6 7AX

**CANOLFAN TRYWERYN 1**  
TBA  
TBA TBA

**HAMBLEDEN 3 4**  
Longridge C.C.  
Paul Toomey, 37 Hildreth Road,  
Prestwood,  
Bucks. HP16 0LZ

**FINCHALE PRIORY 4/5**  
Gateshead Outdoor Activity  
Centre Geoff Newcomb,  
25 Canterbury Way,  
Fellgate Estate, Jarrow,  
Tyne & Wear. NE32 4TD

**MARTLEY 4/5**  
Kinver C.C.  
Martin Nash,  
127 The Broadway,  
Stourbridge,  
W. Midlands. DY8 3HY

**May 4/5**  
**HOLME PIERRE-  
PONT Senior**  
**Selection**  
B.C.U. Slalom  
Committee  
Sue Wharton,  
Hartwood Hill  
Farm, 117 Preston  
Road, Chorley,  
Lancs. PR6 7AX

**LLANDYSUL 3**  
Bristol & Bristol  
Univ. C.C.  
Tim Johnson, 23  
Seventh Avenue,  
Filton, Bristol,  
Avon. BS7 0RD

**BALA MILL 4 N**  
Bala C.C.  
Kerris Ebrey,  
12 Ffordd  
Garmonydd,  
Smithy Lane,  
Wrexham,  
Clwyd. LL12 8JD

**DOBBS WEIR 4 N**  
Hemel Hempstead  
C.C.  
Chris Carter,  
c/o 274 Osborne Road, Acton,  
London. W3

**TEITH 4/5 O**  
Heriot-Watt Univ. C.C.  
Alan Johnstone,  
17 Gardners Crescent,  
Edinburgh, Scotland. EH3 8DE

**May 5**  
**West Midlands Regional**  
**Selection**  
Kinver C.C.  
Sid Howse,  
135 Spring Parklands,  
Stourbridge Road, Dudley,  
W. Midlands.

**May 6 Monday**  
**Yorkshire & Humberside S. & W.**  
**W. R. C. Interclubs R.S.**  
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**May 11/12**  
**MILE END MILL 3**  
Llangollen C.C.  
Kerris Ebrey,  
12 Ffordd Garmonydd, Smithy  
Lane, Wrexham, Clwyd. LL12 8JD

**PULTENEY WEIR 4/5**  
Bath C.C.  
Louise Chalcraft,  
Basement Flat, 10 Russell Street,  
Bath, Avon. BA1 2QF

**SHARNBROOK 4/5**  
St. Albans & Hertsmere C.C.  
R. Scaife,  
c/o 36 Cell Barnes Lane,  
St. Albans, Herts. AL1 5QY

**SOWERBY BRIDGE 4/5**  
Halifax C.C.  
Simon Orange, 38 Waterside,  
Silsden, Keighley,  
West Yorks. BD20 0LQ

# NEW RULES FOR 1991 COMPETITIONS

## 1991 Entry Fees

### Prem Div 1

Individual(All ages)	£10.00
Individual (double event)	£16.00

### Divisions 2/3

Individual (Senior)	£6.50
Individual (Junior)	£6.00

### Division 4

Individual (Senior)	£5.00
Individual (Junior)	£3.50

### Division 5

Individual (Senior)	£4.00
Individual (Junior)	£2.50

### TEAM EVENTS

All Divisions Complete Team	£4.50
Individual scratch entry	£1.50

### C2 Rules

Except as provided below, new C2 pairings containing a paddler currently, or previously ranked in any category in Div 2 or above, must compete in Div 4 and register as such with the Ranking Compiler and comply with current regulations.

Any new C2 pairings containing a paddler who has never been ranked higher than Novice (Div 5) must compete as a Div 5 crew.

Any new C2 pairing who consider that it is more appropriate for them to compete in a higher Division than as provided above must apply for Ranking status with evidence to support their application.

### Double Headers

All Divisions may now run a Slalom on a single day and two such events on the same weekend – subject of course to the event being in the calendar.

### No Entry, No Paddle

The course may not be used by paddlers not taking part in the event.

### Incomplete Teams

Only one incomplete team per class allowed to have a run on the course and to be the last team

### Helmets

From Jan 1st 1992 only approved helmets will be allowed. A list will appear during the year.

### Safety

After your run you must wait for two further paddlers to finish and you *must wait within a clearly indicated distance of the finish.*

### Novices

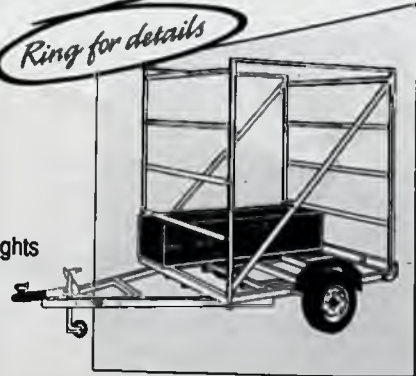
No more Novices. They will be known as Division 5 and will be listed alphabetically in the Yearbook

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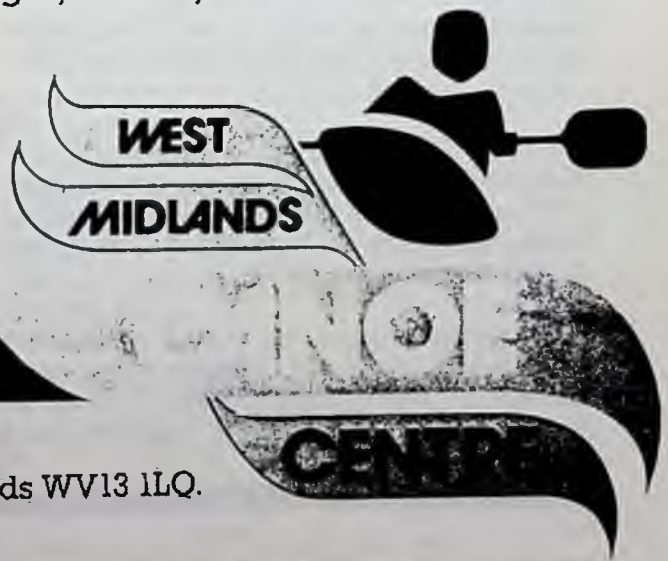
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For slalom information including craft from Perception – Reflex, Nomad, Pyranha and Arrowcraft together with accessories from Wild-Water, Freeblades, Propulsion, MI, Diamond, Bushsport etc.

**Please contact Melvyn Jones**

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

**Please contact Tim Houghton**



**Telephone: 0902 634567**

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

## 1990 AGM REPORT -Ray Croft

Once again it's slalom AGM time, a whole 12 months gone by in a flash – something the AGM can never be accused of.

This years AGM seemed, with one or two exceptions, to go much smoother than those of the past few years, though whether this due to the voluntary brevity of those who attended, or the consequential brevity of those who didn't is hard to judge. Certainly a number of notable paddling and non-paddling speakers were noticeably absent and their customary contributions were missed, in varying degrees.

First the good news - Liz Sherman has given birth to a 9lb boy, no request for ranking status yet received but we were glad to hear mother and child (not to forget poor old dad ) are doing very well.

The matters arising from last years AGM and SGM arose and bobbed down again quickly before anyone could get a good shot, which was a blessing for us all since few wanted to go through that lot again.

The Chairman started his annual report with a stunning and memorable quotation (which I can't remember now, and Sue's phone is engaged can't check it – *We have and its in Current Affairs-ED*) but it cleverly summed up everything we didn't realise we were thinking, and wished we had been at the time.

One of his main messages back to the grass roots of the sport (us) was that the exec. had had much more success in the last year in its efforts to work together in a common cause, rather than pull in different directions. Many sincere and well deserved thanks were extended to the Sport's Workers, particularly, though not exclusively, to Sue Wharton and Alan Edge for all their unsung efforts and to Albert Woods for his International efforts, culminating in the 1991 International calendar being available before the 1991 domestic calendar.

The Chairman now has more time available to devote to the sport and hopes to see his main ambition achieved - to have a slalom section in every canoe club in every major town in the country.

The Treasurer's report was another masterpiece of disguised clarity but underlined the major success of Brian Tipper's term of office as treasurer - that of turning the sport of Canoe

Slalom from a loss making body to a more prudent and cautious enterprise, which now can and does work within its budget and shows a surplus, on paper at least. His principle and clear message was that the sport can only get bigger if new money is attracted into it and in considerable volume. Moving the same money around in different directions is not a recipe for growth.

Motion 1 popped up just before the elections, since it proposed the allocation of votes to event organising groups who are not clubs (eg the Washburn Committee). As is their nature, constitutional changes can get a bit complicated and once again it became clear that Roger Fox may be the only person who totally understands the constitution. At times he also seems to totally constitute the understanding as he admirably demonstrated later when in response to a request from the chair for clarification of the effect of a particular rule change he replied, "it depends how

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you interpret the word 'a' ". The AGM is not the place for a fragile mind.

The elections were the highlight of the day. The chairman was returned to office unopposed, but the treasurer wasn't. The proxy voting procedure had to be invoked and turned out to be a long, tedious and uncomfortable process, which could bear some review in the future. Nevertheless, the challenger, Alistair Munro, took two thirds of the vote and the job and deserves support from everyone to heal whatever wounds were suffered by the sport in the process.

All the technical and special officers and workers were re-elected without giving them a chance of thinking about backing down, and exec. aspirates standing for re-election or election - Messers Ackroyd, Carter and Croft - were adopted unopposed. This leaves one unfilled post on the executive - a sorry state - is there anyone out there?

Back now to grass roots business - the slalom calendar. Anyone who saw the brief list of bids made up to the 2nd of October will realise how much work Mike Carter had to do chasing organisers and putting together another full year of events. Two motions proposing in principle that single day events should be allowed, and double single day events, were chewed over and passed and included in the calendar. Also welcome to the circuit are more mixed Div2/Div3 and Div3/Div4.

Entry fees have, inevitably, risen though the lower divisions have been protected to a certain extent - hopefully most people will still feel that they still get good value for money, given the complexity sophistication of the sport and its general paraphernalia.

Another enthusiastic and well done job from Pete Hanover, Novice development Officer, was unveiled and very well received. Henceforth Novice will be referred to as Div 5, this helping motivate paddlers who find their designation as a novice uncomfortable, and helping the sport represent its true participation size better. This is accompanied by many other super ideas including plastic/high volume prize categories, regional taster slaloms and much more. Pete needs help from anyone out there with time and ideas - his number is the Yearbook.

Two more highlights - the rest you can get from

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etc....*



next year's minutes, and the next AGM.

Penultimately helmets - standards are being set - there will be tests and checks at next years events - watch this magazine for details.

And lastly - the ARD (approved rescue distance) - within which you must stay after your run or risk disqualification be you Div 5 or Prem. You have been warned !!!

In summary - we spent lots of time on the Div 5/ Div 4 end of the sport, where most of the paddlers are, and much less on Prem/Div 1 selection matters. It seemed time well spent - time will tell.

Ray Croft

SLALOM

# International Coaching Conference

This annual coming together of International Slalom Coaches has become well-established since the very first conference was run in Llangollen in 1987. It provides virtually the only opportunity for coaches and managers to meet together in a technical forum which also allows time for discussion and the planning of programmes for the coming season. This year it was being hosted by the Swiss Canoe Federation in the beautiful Thermal Spa of Leukerbad - a bit like Bath only at 1500 metres altitude and with stunning mountain scenery.

The conference tends to be two thirds technical coaching content and one third planning and political scheming - keep a look out for various coaching papers which will be appearing in 'Slalom Magazine over the next few months see Course Design this issue)

On the non-coaching side the topics of over-riding interest were the first water release down the SEU Olympic course and the Olympic selection criteria that each national Governing Body (BCU) is facing over the next few months.

Seu d'Urgell Olympic Course.

October saw the first trial release down the brand new artificial course in Seu d'Urgell Spain, that will be used to stage the Olympic Slalom in 1992. There had been intense interest about how rough; how long; how wide it would be and whether it was going to necessitate anything radical in boat or technique development over the next 18 months. The project has cost US\$ 8 million so there was a lot riding on it.

First impressions seem to be that it has the potential to be a tight, technical little course which will have fairly continuous whitewater over its full length. It bears a strong resemblance to several Czech courses (Liptovsky Mikulas and Prague in particular). It is short (300 metres of white water) and drops 6.5 metres over its length but without any major 'Tacen-like' falls. The real benefit in my opinion is that it has unlimited potential for adaptation - rocks can be moved easily and the water re-directed into different formations. The Spanish coach told me that they had already improved several sections. Don't we all wish we had the facility to do this at Nottingham?

Apart from a series of 'ski-tows' which pull the paddler back up to the start whilst in the boat, the most remarkable thing about the course is that it

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has the potential to re-circulate the water by large pumps thus guaranteeing the correct level at any time of the year. These pumps can also act as generating turbines for electricity when there is enough water in the river - thus earning the course some money!

There is no doubt that this remarkable course will provide a superb setting for the Olympic Slalom - it is tailor-made for spectators and TV cameras - and a real 'competitive cauldron' for what will be canoe slalom's biggest 'world audience' to date.

## OLYMPIC SELECTION CRITERIA

After much rumour in the press that things were going to be different in 1992 we finally know now that there will be some type of 'Olympic qualifying' Standard for all Olympic sports devised over the next 2 months. Basically this means that even if you are the best in GB you might not be considered good enough to go to the Games - in recent times the Eddie the Eagle' scenario would be the

best example of this

Whereas in events like athletics with set distances it is easy to set minimum standards, in events like slalom without this set distance the criteria must be based on placing and not times. The lateness of all this being brought in means that results in 1991 and early 1992 will be crucial as to whether we be allowed to send full teams of 3 boats per class to the Olympic Slalom.

GB Team management Group members have meetings in December and early 1991 to present and justify proposals that we think are fair and appropriate to our sport - by February we should know exactly what our paddlers have to do to qualify for that precious Olympic place. Watch this space.....

For interest here are some of the criteria already in place for other country.

Australia - Paddlers must make top 16 in any of the following -

1991 World Champs/European World Cup/Pre-Olympics

Norway - Paddlers must either get a medal in 1991 Worlds or place in top 12 World Cup events.

Spain - Paddlers must place in top third of 1991 Worlds.

Holland - top 18 Worlds, top 15 overall. World Cup top 12 in 2 World Cup events.

France - taking 1990 and 1991. Top 12 World Cup, top 16 worlds. (This system is for places not faces - so that these results required above will earn Olympic places for the class concerned)

As you no doubt will have realised these are pretty tough criteria - especially for some of the smaller countries - the effects will be a smaller start list with possibly fewer countries involved.

**Alan Edge**

*It is worth emphasising that the Olympic Slalom Team at Seu d'Urgell 1992 is a BOC Team and NOT a GB team, which does of course give them the right to impose selection criteria - ED*



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# NORWAY - Heidalen Sjoa - August 11th 1990

It was 23.15 hrs on a warm breezy July night when our ferry docked at Alesund after a very pleasant and interesting journey which took us past the North Sea oil fields and up through the many small islands off the Norwegian coastline. After clearing Customs and assuring the Officer that we were not bringing alcohol or cigarettes into the country (tax is payable on both!) we set off on our journey to Sjoa.

We soon discovered that Norwegian roads are elevated, single lane and of varying surface quality. Speed limits are clearly posted - 50, 70, 90 km with on the spot fines of 1000 Norwegian crowns for non-observance. We travelled at an average speed of between 45 and 50 mph through some truly breathtaking scenery. Lights twinkled everywhere and were reflected in the many fiords while the mountains formed dark shapes against the lightness of the Norwegian night sky.

After a brief overnight stop we continued on our way, arriving at Sjoa mid morning. We took one look at the river and we were amazed that anyone could even contemplate holding a slalom on it, it was so big. We were to find out later that



the actual site was some 6 km further on! Access to it was, however, difficult as the area is being developed in readiness for the 1992 Junior World Championships. By that time, many pine trees will have been felled to make way for roads, car parks and administration buildings. The task is enormous but the Norwegians have the technology and the enthusiasm to get the job done. Undaunted, we drove over the loose stones, rocks and sand to take a look at the slalom site.

Looking down on the river from the mountain road the water had looked big, now from where we stood it looked frightening. Due to the hot weather the level had risen and the river was flowing at a tremendous rate. There were one or two huge stoppers, 4 to 6 ft standing waves, very few breakouts and some evil looking lurking rocks, one of which was to claim James training boat later that week. With no lines or gates on the course to act as a guide and a difficult exit which entailed a steep scramble up through the forest plus a grade VI around the bend in the river, we decided to re-think training plans.



Alun Gwatkin

MK1

Photo: Ray Croft

The next few days were spent



land training and paddling stretches of the river, getting used to the speed and temperature of the water before tackling the actual slalom course-Gates were not put out until the night before the competition and in some ways this may have been to our advantage as the Juniors were not tempted to overtrain. Finally, race day dawned. The water level had dropped a little but the course design was good - tough and technical and everyone was keyed up and eager to go. The event ran smoothly in what can only be described as perfect weather. Everybody enjoyed themselves and we had some very good results.

Although the sun shone for us I'm told that it does rain in Sjoa so it is well worth packing the old broly and despite the heat of the day the nights can get very cold. For any Paddlers going to Norway it's worth making lists of everything you will need for your stay, right down to the last plaster! Everything, including food, is twice the price - a jar of peanut butter will cost you £2.25p. and the goodies that we are used to in the U.K. are just not available. Credit cards can also be a problem, we found that Visa was the most acceptable. Despite the expense, we had a wonderful time. Our Norwegian and Swedish friends were so helpful and they made us feel very welcome.

After Norway, next stop for us was Alvkarleby for more Swedish hospitality and of course the International..

## RESULTS

### NORWAY

Junior Men K1	James Croft	1st
Senior Men K1	Julian Bunce	2nd
	Robert Smith	4th
	Alun Gwatkin	6th
Teams	GBR I	2nd
	GBR II	6th
Senior Men C1	Ian Duncan	1st
Junior men C2	Burt & Elsworth	1st

### SWEDEN

Junior Men K1	James Croft	5th
Senior men K1	Robert Smith	8th
	Julian Bunce	11th
Senior Men C1	Ian Duncan	1st
Teams	GBR	2nd
Nordic Cup	James Croft	3rd
Senior Sprint	James Croft	1st
	Ian Duncan	9th
	Robert Smith	31st

M. Croft

 SLALOM

# RAS DEX

## The new name in quality neoprene spraydecks

RAS DEX has been established to offer YOU a top quality spraydeck at an affordable price

RAS DEX SPRAYDECKS are being used by some members of the GB Slalom Team

*Improved features include:*

*Re-shaped deck section to help reduce cockpit rim wear giving longer life  
Modified body tube for extra comfort and mobility, thus increasing performance*

## Prices start from £32

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telephone Robert Soothill (0422) 341856.....NOW!**

# Winter Slalom Training - Jan/Feb Alan Edge

**Some suggestions you might like to re-emphasise/incorporate into your programme.**

## Visualisation. External and Internal Imagery

- Is there a place for both? (External - initial preparation and coach input. Lines/Track etc. Internal - commitment/fine detail/strokes/gateline). Especially in changes between runs. Be more accurate and precise in what you include. - Images must be strong enough to block out everything from before - good bad, or average. Allow training time to practise it!

## Focussing/Concentration

- Try to put these skills under pressure in training. Normally they are only under stress at races.

Examples might be:-

- Over length courses with several moves to string together (not all hard).
- Courses with a very difficult move soon the start so that you have to cope with whatever happens and complete the run.
- Same as above but with the difficult move in the middle or at the end.
- Deliberate changes (eg. poles lowered at random that you are told about just before the start.
- Taking it in turns to have your run with rest of the group running down the bank shouting and watching.
- Deliberate simulation of race conditions by designing course early (even night before. Warm up routine - 1 practice (can be missed out) and two runs with a realistic gap in between each.

## Race Day Routines

Being sure about your routine for race day. Consider everything... Food, clothes, warm up, preparation of course between runs - when? Where? Who? Make sure you've thought about it!

- End of run: stay in but when you get out try to leave the emotion of that run behind you. Work at clearing the mind objectively for the next attempt. An example might be using the action of emptying your boat as an image of leaving behind ....

## Plyometrics -

To develop elastic or reactive strength. This is not a type of exercise but a way of exercising. Conventional exercises and equipment can be used (free weights or multi-gym) Weights are lowish and the principle is one of lowering with gravity to a point 8-10 cms from the end of the range of movement, then letting it drop quickly for

the remainder and then reacting to it as quickly as possible to drive it back to the start position. - NB its important not to bounce the weight nor to 'lock out' in between movements. There may be other variations for upper body work here - ask around.

**NB Its very important to build up weight slowly and to have a good warm up before such training.**

## Maintenance of Strength through the Season

This is not commonly done by paddlers. Despite doing regular workouts in the off-season - its often difficult to fit weights sessions in between races and abroad.

One session a week is often enough to maintain a fair percentage of the original gain. Some types of boat work can help but not with anything like the overload. Maybe we should look at identifying 'blocks of time in between trips when such maintenance sessions might be possible. Muscle stiffness and fatigue affecting boat work are obvious problems. needs looking at....

## Varying effort during normal Training periods

This came up at the International. Coaches Conference. A speaker on conditioning suggested a 3 weekly block that had differing intensities of effort, starting maximal, going sub-max and then easing up further for the 3rd week. he questioned whether it was possible to train maximally every week or even desirable. He used this system and rated it especially for motivation; skill improvement and as a way of meeting the demands of the differing energy systems. Check it out - it might be for you, it might not .....

## Nutrition:

Nothing particularly new here - In general diet, control your fat intake by substitution not removal:-

- a) low-fat spread instead of butter (St Ivel - GOLD)
- b) Use semi-skimmed milk
- c) low-fat yogurt
- d) eat more chicken, fish
- e) eat more vegetables
- f) grill rather than fry

## Eve of Race Day -

Good size meal - High Carbohydrate content (complex) such as Pasta/rice/potato with vegetables and sensible meat. Race Day Breakfast - Cereals/toast/yogurt/honey - pack it in!

Before/Between Runs - Breakfast cereals/muesli bars/honey sandwiches Regular fluid intake. Water best.

#### SESSION DEFINITION/TRAINING ADVICE

a) Lower body general aerobic fitness is important for absorption of lactic acid produced by upper body activity. 2-3 sessions a week Running/cycling/ swimming (breaststroke - steady state work 20- 40 minutes long - 60% - 70'h effort NB This doesn't have to be running - do what you enjoy...

#### b) Lactate Training- 2 types of session

##### i) Lactate Accumulation -

30 to 45 secs of work with same rest.3 sets of 95- 99% effort. This stimulates the anaerobic power system by holding high levels for prolonged periods

Frequency: 1 per week before Xmas 2 per week after Xmas

#### FEELINGS -

Muscle tightness/burning/nausea -feeling of sickness. Essential to have a good warm up and active (40%) recovery rate.

##### Examples:

- A. 20-45 secs course, 4-6 runs per set 1:H rest 2-4 sets
- B. Double or Single island loops (Nottingham)1:,1:H rest
- C. Full course split into 4 /1:H rest per section

##### ii) Peak Lactate -

60 to 90 secs course with 3-5 times rest. Maybe 6/7 reps. Absolute maximal work and long rest to allow lactate to be absorbed by body.

Frequency: 1 per week before Xmas. 2 per week after Xmas.

##### Examples:

- A. 60-90 sec course 6-8 runs maximal effort 1:3 rest
- B. Single loop round both islands(2 mins) 1:2 rest
- C. Single loop round bottom island n1 min.) 1:2 rest
- D. Full length courses x 6-8 maximal effort 1:3 rest
- E. Pyramid of island loops can be used for variety.

#### C) ANAEROBIC THRESHOLD TRAINING.

This aims to work at a pace just short of where lactic starts to build up quickly. Varying pace. Design of course can demand changes in intensity of work. Open sections, then more technical sections Fatigue will build up gradually through a session.

##### Example:

- A. Various lengths over 2 minutes/ Full runs x 6.Threshold Heart Rate (HR) 165 bts/min

**NB** Its important to be able to recognise your threshold. Heart Rate (HR) can be a good indicator but needs time and testing. Aim to avoid the burning, tightness in the muscles and slight nausea that denotes lactate work.

#### ATP-CP - SPEED SESSIONS

The ATP-CP system allows you to Stop - Go! To accelerate and re-accelerate. The stores inside your muscles increase with training. It can be replenished during work of a lower intensity.

Work intervals: 10 - 15 seconds (this could go up to 20 for gateway? Intensity: 100% (absolute maximal) Rest: 3 to 5 times.

#### Typical session:

'5 on 5' - 5 runs on 5 different courses with up to 5 times rest. It may be possible to stay in boat and move down to different sections of the river for each course. Warm up well/ get some company make it competitive incorporate with high quality technique work.

Proportion of ATP-CP work within total boat work.

Nov/Dec - 10-15%

Jan/Feb - 25%-30%

March/Competition season - up to 50% depending on individual needs

**NB.** ATP-CP work can be successfully incorporated at the start of most sessions: even endurance-based ones. Always retain some % of this work In your training whatever the time of year.

Alan Edge, Olympic Team Coach

**OFFICIALS COMPETITION 1990**

Overall winner- Ian Bridges

**Division A Points Events**

1st	553	12	Ian Bridges	Nomad Kayak Club
1st Lady	396	11	TracyWells	P.C.4
1st Cl	415	9	SteveBodie	Shepperton C C
1st J18	479	11	Paul Lewis	Bala Canoe Club
1st Lady J18	441	11	HelenBarnes	Matlock CanoeClub
1st J16	462	10	SimonOrange	Hallfax Canoe Club
1st Lady J16	296	8	C. Johnstone	Newburycanoecub
1st J14	327	8	Steven Flower	Basingstoke & Dean
1st Lady J14	277	8	Claire Fox	Basingstoke & Dean

**Division B**

1st	469	10	Pete Howard	Stratford on Avon KC
1st Lady	242	6	A. Plawecki	StaffordandStone
1st J18	457	10	Julian Barrett	Matlock CC
1st Lady J18	206	5	Alison Kewell	Newbury CC
1st J16	373	10	Andrew Flower	Basingstoke & Dean
1st Lady J16	175	5	NicolaBiggs	Stubbers Canoe Club
1st J14	258	7	Jessica Finch	Grimsby & Cleethorpe

**Division C**

1st	280	6	Jeremy Rogers	Blackwater Valley C C
1st Lady	65	2	AllisonInnes	St. Albans Canoe Club
1st Junlor	142	3	David Sanders	St. Albans Canoe Club
1st LadyJr.	46	1	HelenTubb	Wyedean Canoe Club
Non-Paddling	275	11	Gerald Harris	Llangollen Canoe Club

**£50.00 Voucher for attending most events**

553 12 Ian Bridges Nomad Kayak Club

**£25.00 Voucher (Officials Draw)**

Nonle Coulthard Viking Kayak Club

**£15.00 Voucher (Officials Draw)**

Anne Smith Stafford and Stone

**Doubled to£30.00 Gate Judge No. 47****£10.00 Voucher (Officials Draw)**

Richard Jones Marlow Canoe Club

**Doubled to£20.00 Gate Judge No. 303**Peter Denton  
Officials Ranking  
List Compiler

# Letters to the Editor

## Wild-water Racing

Dear Editor,

Wild-water Racing in a very challenging and exciting branch of canoeing. As Alan Edge mentioned in the last issue, it can be very useful to slalom paddlers as background winter training. Slalomists should beware, however, for WWR is highly addictive and a flirtation with it can often lead to a defection to join the many from slalom who have 'crossed-over' to become serious river racers, including some of our best!

The first stage is innocent enough; John (or Jane) Slalomist goes along to a local Division C. race. He finds that he can enter on the day and that he can take part in his normal boat. He enjoys paddling straight down several miles of river. The length of the course and the freedom to choose his own line down the fast bits make a refreshing change after the intense demands of a long hard slalom season. As an experienced slalom paddler, he does surprisingly well and perhaps wins a slalom/plastic boat prize.

At around this time, the first temptation appears. He has watched the peculiar long and fast 'slice boats' with a detached curiosity, but now he either finds one for sale at a knock-down price or else he suddenly recognises that strange shape in the dust and cobwebs at the back of the club canoe store. The downriver boat is just a bit of fun at first, but this is the dangerous stage. As the wobbly feeling disappears and as he learns to steer at speed using a slight hip lean to the outside of the turn, John Slalomist has, little by little, begun to train for WWR.

Very soon, he will find himself promoted from Div.C. to Div.B.. Here lies the point of no return, for in Division B. he will get to paddle his racing boat down a good white-water river. Depending on ability, John Slalomist may soon move on into Division A. or he may stay in the slightly less formal Div.B., but either way it is now too late. During the unlimited practice which is allowed and amidst the high drama and thrills of the race runs, the addiction takes hold.

He will, of course, continue the pretence for some time that he is only in WWR. to train for slalom, but the tragedy is that the seasons overlap. Sooner or later important events will clash and then the awful realisation will strike; he has become a river racer!! The camaraderie of WWR is such that fellow sufferers will give help and comfort, but there is no turning back.

Some paddlers of very strong character, such as Richard Fox and Russ Smith can take part in WWR. at a high level and then return to slalom apparently unscathed and better for the experience, but most of us should have paid heed to a dire warning; if you paddle a river racing boat down a rough river, a slalom win never seem the same again.

*Jerry Tracey.*

Wild-Water Competition Coach.

Wild-Water Racing Yearbooks, giving full details of the sport, can be obtained from:- Hazel Tordoff, 15, Eastcott Close, Congleton, Cheshire, CW12 4QL. or from BCU. Supplies, price £1.50.

*You could be right Jerry, we lost our last editor to WWR, but I like to think that the current one is made of sterner stuff! We even risked allowing you to sneak your ad for your Yearbook in—ED*

SLALOM

## White Water?

**Canoeists:-** improve your river skills for slalom, racing and touring.

**Spend a weekend in Northumbria paddling with Jerry Tracey**

**Fee includes:-** 2 days coaching, camping with indoor facilities, all home cooked meals, evening lectures/discussions with slides etc.

**Prices from £40**

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Middle Hay Leazes,  
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☎ 0434-683409**

# WINTER TRAINING -for the Slalom Coach

*Much has been written in books and magazines about winter training for athletes and competitive canoeists, thousands of words on strength, endurance, power, speed aerobic and anaerobic training – the list is endless – but very little is written about the paddler's trainer/coach. It is my opinion that he too needs training for the winter months, so here are a few routines and tips for him /her (you?) to think about.*

## The Voice.

The voice is one of the main tools of his trade, as it will be dark when most paddlers train and communication is by sound. A good pair of lungs is essential, but when opening the mouth to shout at a paddler you must first draw in very cold air, as much as 10° below. This plays havoc with the lungs and is followed by fits of coughing, possibly giving the erroneous impression that you are not as fit as your paddlers. To alleviate this problem it is suggested that you start an endurance programme, October to December, sucking at least 10/15 ice cubes a day- For speed training, December to February, the amount of cubes should be increased by 20% and the melt time cut from 2 mins. per cube to 1 min. per cube. this should help you through the winter.

## Standing on the spot.

This exercise alleviates, or at least ameliorates, another bugbear the serious trainer has to contend with. While his paddler is warmed up and cosy doing his/her bit, the trainer is stood on the same spot, on the same piece of cold ground, usually covered in frost or snow (I meant the ground, but sometimes the Trainer is too), with all feeling gone from his feet and, maybe up as far as his/her knees. Training for this is quite simple, for 30 min. a day don a pair of old wet socks which have been in the freezer for at least an hour. Put on a pair of old Army boots and, finding a square metre of very sound concrete, proceed to stamp your feet as hard as you can for 10 min., followed by half rest. Full training time :- 6:00 to 7:00 am. and 6:00 to 7:00 pm.

## The Hands.

Your right hand (usually) is the most important piece of equipment you have. Your index finger, which presses that little button on the stop watch is most susceptible to the cold. This hand is known as the 'operating hand'. The other hand (usually the left – ie. the one on the other side of

your body) can be kept warm by wearing an old woollen glove and thrusting it deep into a pocket filled with wood shavings (but not if you smoke a pipe and have the habit of putting it in your pocket while it is still alight). The operating finger, at below freezing, stiffens and does not function on the stop watch which, in turn, means you have to guess the paddlers time. To train this finger, it is best to fill a tumbler or jar full of crushed ice and plunge the finger into this as far as possible. This can be done at your leisure, eg, watching television, but it is of paramount importance that you change the ice every ten minutes. The finger muscle can be strengthened by continually stretching the finger out straight then bending it quickly from the second joint into an inverted "U" :- this can be done all day, but don't let it freeze solid or where it bends may not previously have been a joint.

## The Brain

It is a well known fact that all trainers/coaches are deep thinkers. It is for this reason that it is vital to keep the brain warm and not allow it to freeze. A warm woolly hat is the answer, pulled right down over your ears, but don't pull it down over your eyes or you may lose credibility. A brown or dark colour is best, it may make you look like a spent match, but it does not absorb the frost as much as a light coloured one. At below freezing, even with a hat, the cold penetrates the old brain. After a while the reflexes suffer and the jaw begins to chatter, making it extremely difficult to say 3-2-1-go. After saying Go, it is a good technique to say repeatedly "I must be mad" rather than let the brain go blank. This should be said until the session is finished, or until passersby begin to give you strange looks and sidle away. It is noticeable that trainers are the last to leave the training site for home to stick their bums in front of the fire. Is this because they are a much hardier breed than the paddlers they train, or does it just take them longer to realise that everyone else has gone?

If you think you could be a Slalom Trainer most regions hold weekend courses throughout the year (you need not be a paddler or crazy to take this award).

**Don't just stand on the bank get involved!**

*Rocky Bottom*

## EVENT REPORTS

### Cairnton Rapids Div 2/3.

Almost 100 canoeists Travelled North to compete at this Division 2/3 Slalom set on Royal Deeside at Cairnton Rapids, three miles West of Banchory. The weather proved to be the major problem with continuous heavy rain during the Saturday leaving everything wet and miserable. The team events and judges were often confused about which way the river was as the torrential rain proved wetter than a dip in the river. Unfortunately Saturday evening saw the effect of the rain as the river continued to rise and finally, despite late night salvage operations, forced the cancellation of the Sunday competition with the Dee in spate conditions.

The Club wish to thank all those who assisted in trying to recover slalom gates and equipment from the floods amid the darkness of a very wet

Saturday night. Our congratulations to those who paddled to victory on Saturday afternoon. Again Aberdeen Kayak Club on behalf of the paddlers record their gratitude to the Deeside landowners who allow the event to take place and so encourage the development of Scottish Canoeing.

The Prize winners over the weekend were :

Division 2 Team :

1st - Farley/Farley/Scotland, Paisley

Division 3 Team :

1st - Walsh/Creerar/Biggin, CR CATS

Judges Kayak :

1st - Malcolm Mallace, Aberdeen Univ.

2nd - Martin Lawrence Glasgow

## STOP PRESS!

### Organisers' Conference

Saturday 26th January HPP

A worthwhile investment of time, and not just for the organiser, as it is run on a workshop basis eg. judging, timing etc.. Learn how to save money and work with efficient organisation! Bring a member or two of your team with you. Costs of attending subsidised for first person per organising club. Needless to say the workshops are free!

**CONTACT BARRY PEAKE FOR FURTHER INFORMATION Tele: 060645180**

### Editorial Notes

Various letters and information have received and not acted upon recently, including juniors wondering if they are the youngest in their Div. These will be dealt with in the next issue. We also received an entertaining poem from a young lady. It has been misfiled - could you please send another copy?



What will Albert be driving next year?

Photo: Chris Worrall

