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CANOE slalom

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MAGAZINE



This Issue: • World Cup • Training Programme
News • Teams • TopRankings • Articles



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CANOE
slalom

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22nd June 1991

But please send earlier if possible!

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Tryweryn Selection
Photo: Joe Mulholland

INSIDE COVER: Richard Barber HPP Div 1 Winner
Photo: Chris Worrall

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**Coaching
Conference**

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Opinion

Div 1 Events

Having had occasion to attend far more Div 1 events this year I have been impressed by the general high standard of organisation and prizes. Particular credit should go to the timing and results services which are provided by the same people at most events and the number of section judges who do their best to provide a consistent high standard of judging. It must be said, however, that they are not always supported in this by an equally high standard of gate judges. Many are excellent and conscientious but too many stop watching the water to chat to friends. We need a system to reward the best and encourage more of the qualified to attend events. Any ideas?

Attendances Down

Many events seem to be suffering from a shortage of paddlers this year and there is a noticeable downward trend in numbers over all. This is a worrying trend affecting other sports as well as Canoe Slalom and undoubtedly is a reflection of the general economic situation and the high cost of travel.

Unfortunately Slalom can be an expensive sport, if no more so than many others, but if it undertaken as a family trip a £100 is a lot out of anybody's budget.

Perhaps we need more one day events, possibly with free use of the water on the Saturday, without the actual course erected and the event, with one practice run on Sunday.

Of course this wouldn't be suitable for all events or all sites but perhaps the new 'Taster' events will lead the way.

Selection 1991

Selection is over again and there have been a few unexpected results from well established paddlers, although many placings were as would have been expected. It was interesting to wonder about the number of paddlers who may have been selected this year without the new "No discretion policy", including one who spoke strongly at the AGM against the idea of discretion for injury and is now out, injured. Mind you, there are three paddlers who could have been selected and seem to have been excluded for reasons best known to the selection committee; all of whom have had past International success. There must be a compelling reason for reducing our 3 Olympic place chances by 25% in two classes.

Slalom Magazine has for some time been in favour of a controlled discretionary place and still sees room for it, even if only for a reserve paddler.



Copy

Copy for the magazine, in order of preference, may be submitted in any of the following formats

On 3.5 inch floppy discs, saved as text or ASCII, although many IBM and most Mac wordprocessor texts can be read.

As typed text. This can often be read straight into the magazine. But it also puts you at the mercy of the computer - most recent typos have arrived this way, although we are working on it!

Hand written copy. This is better than not sending anything! Mind you it puts you at the mercy of the vagaries of our typing, which can be worse than that of the computer.

How you send it is not as important as your continuing to send it, so please continue to share your thoughts and ideas with us and the readership.

Results and Event Reports

We are always glad to get these and we do receive many results, but fewer reports. So if you go at event and like it or otherwise lets us what happening out there!

Advertising

This should be sent to Joe Mullholland. Please allow plenty of time if you wish us to do the artwork. Even a quarter page takes some time to set out.

1/4 Page Event advertising

Send copy to the editor, £10 cheque (payable to the Slalom Committee) to Joe Mullholland.

Photographs

Black and white or colour. Preferably 5x7 or larger. Please *always* write your name, the paddler and the event on a label on the back of each photo. We try to return unused photos, but usually keep them for several months in case we can use them. Ones unsuitable for reproduction will be returned with a brief explanation if an SAE is enclosed. If you need a photograph returning after publication contact Joe Mullholland, otherwise contact the editor.

Photographs for sale

Photographs that have been published may be purchased *direct from the photographer*. The cost of a full sized print (which will usually be between 8x8 and 8x10) at a cost of £8.00 including postage or £7.50 delivered to an event. This cost is very reasonable considering the investment of time, equipment and materials involved. Sometimes our better known photographers have enlargements of chance shots with them at events; a reasonable charge for them is £5. Please encourage them with the odd purchase!



Current Affairs

Olympic Selection Places

The Criteria for Olympic Selection has now been made in agreement with the BOA and is as follows:-

Up to three boats in each class subject to our achieving three results in the top third in any of three specified events this year. The specified events are the Worlds at Tarcen, Mezzana World Cup Race and the 1991 Pre-worlds. To qualify each place must be secured by a different paddler in any of the three races e.g. Richard Fox winning all three MK1 races would count as one place, not three.

It must be emphasised that these are 'places, not faces' and the actual paddlers who will go to the Olympics must still achieve the required results for selection.

This is pretty reasonable for the sport and is the BOA's way of avoiding any 'Eddie the Eagles' at the next Olympics.

It is also worth mentioning that Sports Council and other grant aided funding now comes with a set of questions such as; Who? Why? and 'What were their results last year?'

In the words of Oscar Wilde (almost); 'To blow it once is unfortunate, to blow it twice smacks of careless'..and forget the funding and a place in the Team as well.

Karen Like?

If, like me, you wondered who the mystery lady was who came out top in selection, it is good old Karen Davis, now married and apparently in good form.

Talking about marriage...

Those of you who missed Roger

Annan's first wedding didn't have another chance at Cardiff last week because, contrary to popular opinion, he wasn't getting married again. In fact it was John Gosling who was marrying Jane Williams.

Autumn Coaching Conference

Those of you who didn't make the last coaching conference have a chance to make amends by attending a one day coaching seminar at Birmingham University in the autumn. It is being organised by Alan Edge and John Gregory. Further details next issue

NRA

The National River Authority has been working closely with Chester Sailing and Canoeing Club during extensive work at Chester Weir. The popular Chester Weir Slalom will not be affected and will run as usual on 6 and 7 July, but all paddlers are requested to observe the access rules that are displayed at the weir and have been in force for many years.

This example of cooperation from the NRA is yet another example of the helpful attitude of the newly privatised authority.

Impulse Canoes

These well know manufacturers of quality epoxy resin canoes and kayaks have separated into white water racing and slalom divisions.

Nick Pink is manufacturing the wildwater racers and the new Reflex Barcelona from Impulse, Legacy Service Station, Vinegar Hill, Rhos, Wrexham, Clwyd, tele 0978-846507 and Pete Wignall is operating from: Unit 6, Creamery Industrial Estate, Kenlis Road, Barnacre, Garstang, Preston PR3 1GD. Telephone: 0995-600201.

With this arrangement they can both walk to work and Peter can see his family during the week.

Sort

The date of this week has apparently been brought forward a week to 14th to 21st July. Unfortunately too early for most people still at school.

Court News

Every body who is, or was, anybody was at the Tryweryn Selection event.

Most all of the Executive, the top coaches and of course all the top paddlers. People not seen for ages included the Editor of Slalom Magazine and Jennifer Munro, ex-publicity officer for the sport.

Annita Bennett

Some time ago (like last year!) you wrote to ask if you were the youngest in Div 2 K1L. We never did manage to find out. However, we can now confirm that you are the youngest in Div 1!

Top Timer

Brian Tipper, ex-treasurer Slalom, ex-ditto Wildwater Racing and ex-timing team (or was it the other lot?) has re-emerged as the Venue Manager in charge of timing at the Olympics. Well done Brian!

New Site

A new site has opened at Swifen, north of Birmingham, a mile down from Wychnor bridge. Details ian (0992 228450 or Mick (0543 671728)

The West Midlands Regional Slalom Series will be held there 1/2 June, also at Stone 30th June and Lyddington (SOAK) on 21st July. Futher info John Gregory, Athletic Union, Munrow Sports Centre, Edgason B15 2TU

Page Five

Ladies Prizes

Considerable indignation has been expressed that junior prizes are only being offered to Men at Division 5 events, although strictly speaking a LK1 would win if she beat all the junior men. This oversight has occurred because there is not a separate ladies class in Div 5 and entries for lady juniors are higher than may have been expected. However, now that the problem has been recognised a change is likely, but not before next season.

J12 Prizes

Dear Editor,

My Dad read me the article in Slalom Magazine by Pete Hanover. It said that with the introduction of a J12 prize no-one is now competing against other competitors over two years older.

This is not true.

Andrew Marchmont, aged 7, Div 4 C2 and Div 5 K1.

Oops! You'll have to try Winchester 5 or the U14 Champs at Cardington for the U10 prizes - its a bit closer than U12. I saw that you competed at Richmond Town, let us know when you reach Div 4. -ED

First Div 5 Capsize

A team from Viking Kayak Club at Duckmill have the dubious distinction of being the first to capsize in Div 5. It is unlikely that they will be the last!

Debbie's Diary

I started canoeing because of Chester Weir. I took one look at it and said to my Mum, 'I want a go!' she said to me, 'You'll have to start canoeing first.'; so I did.

April 14th 1991

It was my 4th Slalom today at Wagonlane and I am angry. My first slalom at Croal Valley I capsized, my

Word Search - Slalom Sites

Z	R	K	C	O	L	T	A	M	S	L	M	D	C	V	Y
J	Y	L	L	U	T	D	N	A	R	G	D	R	S	H	V
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S	I	E	N	Y	L	E	I	L	C	P	Q	M	E	A	N
V	U	E	I	R	M	O	C	O	R	P	P	U	L	B	I
S	K	C	O	L	D	E	R	J	O	A	I	C	D	F	F

Word List

APPLETREEWICK	CARDINGTON	FAIRNLEE
GRANDTULLY	IRONBRIDGE	MATLOCK
REDLOCKS	ROCKFIELD	STONE
TRYWERYN	BALA	COMRIE
FINCHDALE	HAMBLEDON	MARPLE
PIERREPONT	RICHMOND	SHEPPERTON
TEVIOTBRIDGE	WASHBURN	

Words can run across, down or diagonally and in either direction - and it's not as easy as it looks!

second slalom I got a high volume prize because I was the best person in a plastic boat, on my third slalom I got another High Volume prize and on my 4th slalom, NOTHING. I'm in a slalom boat now.

April 20/21st '91

Today I won 2nd prize at Richmond slalom, I am still quite angry because I was coming first and then someone beat me on the second run, but then I did get promoted to division 4 and I got an U12 prize.

Now I can have a bib like my brother and sister have!

Debbie Turner (Aged 9)
Garstang Canoe Club.

Sorry that you didn't win your last event, Debbie, but the higher you get the more difficult it will become to win and the more work you will have to do in your boat. However, with your attitude I can see you going all the way to the top, where the only place to be IS first! -ED



Joel Scott - GB Junior Team

Tryweryn Select

Photo: GDN

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Forbes and McIntosh - Top Div 1 C2

Best Rollers at hambleton Div 1

Photo:GDN



Brodie - The Mud Monster

The One Person who enjoyed Tully Div 1

Photo: Robin Vowles

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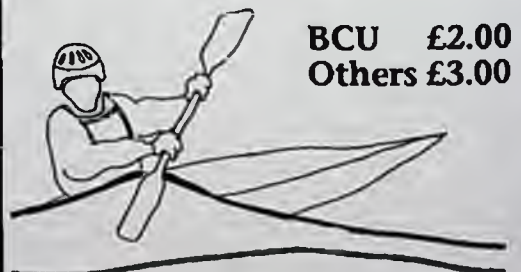
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Selection 1991

A big thank you is extended to the organisation, a small but cohesive workforce of well trained personnel who produce the goods without fuss. The profile of the event is extremely highly rated for competitors and it's running efficiency has to be top notch.

Roger Manwaring, Ladies K1 coach has withdrawn from working with the squad and he will be missed for top rate technical expertise and proven record of working well with paddlers. Ken Langford has taken over from where Roger left off and without a doubt the Ladies are going to continue improving under his guidance.

Decisions made are always difficult. With a straight forward points system it would appear easy to draw the line but the criteria that apply are not only linked to results from selection but the actual cut-off points are also linked to results from the past years' International performances and also relate to the quality and size of start lines attended. There is no doubt at all that Teams going out have always gone abroad to perform well but now there is more to be done on analysing and using those results to pursue both strong development and elite performance policies. Undoubtedly the BOA criteria has helped to make us more aware of spending elite money and we have to justify our Team expenditure to the Sport's Council with good results.

The points used to select the Senior Team deviated from the norm by giving extra credit to top placings. 30, 27, 25, 23, 22, 21, 22, 21, 20 etc. from winner downwards across all classes was the method that was tried for the first time and was directed towards the best performers getting due credit. The Intermediate selection worked on the straight forward point per place system.

A real cliff hanger came from Melvyn Jones who got off the water from a session a week before the Tryweryn

event with a shoulder pain that made it difficult to even drive home. Team Physio, Tim Deykin, together with a local Nottingham Physio, did the necessary but it was not clear until the day before as to whether or not he would be fit to paddle. All credit to Tim for reacting fast to Melvyn's needs – without a result he would not have been in.

Also at the Tryweryn, Lynn Simpson's shock 11th place out of a field of 13 was caused by a 50 on the last gate of a good run, a breakout with a strong and unforgiving eddy line. Her strength and ability showed through at the second event (Nottingham) when she won the Ladies K1 with an 11 second lead, but that alone was not enough. The Arrow-smith and Brain C2 produced fast runs at HPP but failed to keep the control necessary to hold themselves off the poles whilst Meikle and Brown had problems keeping it together after Alan's long layoff with a shoulder injury. In C1 Martyn Hedges missed out on a place in the World Championship Team while paddling with an injury sustained training at Old Windsor.

The courses set for both events were testing and made harder by the pressure surrounding them. Several moves required some very assertive paddling and spectators were left in no doubt as to which paddlers were reading the sequences well and producing sharp moves in the right places. Graham Gladwin, C2 Coach, set a quality course on the Tryweryn, different from usual and much appreciated was starting above the 'ski-slope' and finishing in the Grandstand area. The first gates demanded some


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accurate lining up at the top of the slope and at the end a left, followed by a right hand, breakout gave this one a hard finish. Alan Edge, now living in Nottingham and, judging by the course he put together, he is getting to know the slalom site like the back of his hand. A motivating factor for putting courses together is being able to create moves that have not been done before while maintaining the flow without getting a reputation for being too inventive. An excellent course was certainly the result.

John MacLeod

Ice, Baby, Ice!

Britain was in the grips of a Siberian February. The Arctic weather was creating havoc with snowstorms and freezing conditions bringing the country to a grinding halt. The novelty of breaking the ice before doing gate sessions was beginning to wear off but, luckily, we had decided to do a preseason competition at Colemont in northern France. With some creative thinking we deduced that as the depression drawing air into Britain from some very cold Northern places was centred over France then if we got to the other side of it the warm air would be being drawn in from the equator. Inescapably brilliant logic.

So another C2 trip was born – a trip to the Super Slalom at Colemont, where the French and Czech C2 teams would be competing. Two races in two days over 10-15 gates with no practice and the two results added together to give the overall winners and with big prizes on offer!

Perin Shreeve, Ricky Osborne, Ian and Andy Clough slid a "Midi bus" from Nottingham to Portsmouth where they were met by Clive Richardson and myself skating in from Cardiff. a quick transfer of kit into the Midi and we were on the 2300 ferry with at least two minutes to spare. We found a cinema that was not being used by Mutant Ninja Turtles, rolled out the sleeping bags, refused the hot dogs offered by Ricky and went to sleep.

I guess that it was a sooth crossing because the next thing I knew it was Friday morning, we were in Le Havre and I was driving on icy roads through snow-free countryside. Not really knowing where we were going I kept driving until we hit Mayenne, wherever that was. What worried me was the prolifera-

tion of temperature gauges that the French are so keen on showed -13°C, in the sun! Once in Mayenne we found the local canoe club, which was extremely well appointed. They directed us to the slalom site; so back into the cold we went.

We never actually made it to the slalom site as we bumped (not literally) into some French paddlers whilst on route to the river. They explained that the course was too hard; in fact it was solid ice and the slalom was cancelled. How did we feel? How would you feel? Gutted! We'd forged through snow in Britain, sailed across the channel, slithered 200 miles into France and the river was frozen! In stunned disbelief we followed the French back to their base where we found the other British contingent of Shaun Pearce, Rob Soothill and Peter Buckley.

French TV were there as well filming the British wondering what to do next and the French spinning around in their boats on the ice. At least we had enough people for a couple of volleyball teams, so off we went to the Sports Centre. The British obviously hadn't played volleyball seriously before; the French obviously had—they thrashed us. We got our own back in the 5-a-side football though.

We left for the ferries in the early afternoon, via a supermarket—at least we could take some wine and beer back (as presents, of course). About 10 miles from the ferry we ran into heavy snow which was packed solid on the road. This caused at least half a dozen French cars to quickly leave the road and sit in the ditch. With a little off-piste sledding we got to the 2200 ferry.

In the cafeteria the cashier said to Cloughy, "We had someone on last night who looked just like you!"—he doesn't know how close he came.... Luckily we were only interested in going to sleep in a quiet corner.

We did find out some useful things on this trip:-

1. It gets very cold in France
2. Sleeping on long, overnight ferry crossings is the only way to travel and
3. Not doing any canoeing gives plenty of time to write the trip report!

Colin Thompson

Those who think that talk of ice and snow is way out of date should have driven through the blizzards and awakened Saturday morning to three inches of snow at Washburn Div 11- ED



Hard Training for the Event

Photo: Robert Soothill

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NEWS

Teenage canoeist Simon Edwards has been chosen for the canoeing trip of a lifetime. Simon is a keen slalom canoeist and is a member of Tees Kayak Club and Stockton and Thornaby Canoe Club. He is also a pupil of Northfield School Billingham and is in Division 3. Simon is the youngest of seven other teenagers chosen by the BCU to be a member of the First British Youth Expedition to the Grand Canyon, to take place in late '91 or '92.



GRAND CANYON

of the

COLORADO

1st British Youth Expedition 1991

He had to under take two interviews and a canoeing test at Holme P. to secure his place on the expedition, but to help the dream journey become a reality the 'O' level student hopes to find sponsors willing to help him cover the £1800 cost.

Simon feels his River trips with Stockton And Thornaby C.C. and the experience gained with Tees Kayak Club at Slaloms helped gain his place in the Expedition.

The Colorado River -- An Introduction.

Between Glen Canyon Dam and Lake Mead the Colorado river flows for 255 miles, it reaches a maximum depth of 85 feet and averages about 35 feet. The river varies in width from 76 feet at mile 135 (downstream from Lee's Ferry) to more than 300 feet, and drops at an average gradient of about 8 feet per mile. The river drops 1900 feet between Lee's Ferry and Lake Mead.

Half of this drop takes place in the more than 160 rapids but these

account for only 9% of the total distance. The tributaries of the Colorado river & Grand Canyon often follow faults. On the south rim the drainage is away from the canyon and the north side tributaries are, with two exceptions, quite short. The flow is towards the canyon from the north rim and north-side tributaries are often longer.

The rivers rapids are almost all formed by boulders washed in by side streams and only at a few sites does bedrock directly withstand the river's erosional force. Flash floods push tributary debris into the river, damming it up and causing a spill-over (a rapid). The largest flood in a thousand years crashed down Crystal Creek on Dec. 8 1996, washing immense boulders into the river channel and turning a minor rapid into an awesome cataract. Prior to the construction of Glen Canyon Dam, flash flood debris was regularly swept away in the river's large spring run-off floods. Now, with the river controlled the rapids only worsen with time.

The Grand Canyon, which stunningly displays some of the world's most awe inspiring geology, contains thirty thousand feet of sediments, the oldest being 4.6 billion years old.

Youth Kayak Expedition to the Colorado 1991.

Aims:-

The aims of the expedition, are to create friendships between paddlers from all over the country, promote canoeing as a sport for people of both sexes and all creeds and colours, create a next generation of dedicated expedition paddlers, a chance for young people to excel at their chosen sport, and most of all, satisfaction and an experience of a life time for all those who take part.

Eastern Region Chat

The season started with the first ever division 5 event to be held in the country at Duck Mill in Bedford, along with a Div 4 event. Although the entries were slightly down on last year the event ran well with good water. The following week Ian Bridges ran a Div 4/5 event at Batchworth Weir. It was encouraging to have a Premier paddler running an event and another, Tony Ambridge, as Chairman of the jury.

The third week of the season was the Cardington 3 event and the selection event for the Eastern Region's trip to Zwickau. A full report of this event will appear in the next issue of Slalom Magazine.

Don't miss this one!

Cardington Div 4/5

25/26 May 1991

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Champions



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HP Prem

Photo: Chris Worrall

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Washburn – a first visit

Surprisingly, perhaps, I'd never been to Washburn. I had heard both that it was a muddy ditch and also that it was a good course, rather like a small Tryweryn. People seemed to either love it or hate it; now I could find out for myself.

The start sheet obviously assumed that anyone going there to a Div 1 must have been there before, as they didn't provide a map, either for the slalom site or the camp site. Never mind I thought that as I'd found more difficult sites in the past this one should be a doddle to locate – after all it would be well sign posted wouldn't it?

I must admit that I hadn't realised quite how long the 280 mile journey would take or that we would actually arrive in a blizzard (in April?). We found the camp site quite by chance (on the left, 4 miles east of Harrogate) and only realised that it was the right one when we actually saw cars with boats on looming out of the snow (I guess every one else *had* been there before!). There was no sign of life and we weren't about to pitch a tent in those conditions so it was time to curl up in the car and pray for a heat wave the following day.

Saturday dawned crisp and white. Several inches of snow had fallen and looked likely to stay. Tent up and a hot cuppa and a bacon roll later we were ready, if not willing, to venture forth to the course. Our first obstacle was an old boy at the gate making sure that we had paid, so our next surprise was the cost – £14 for two for the weekend.

The slalom site location was the next obstacle. There were no apparent signs on the main road and only a tip off enabled us to arrive at all. The site had a further surprise waiting for us – £4 to park the car at the site. Well they do say in Yorkshire 'where there's muck there's brass'! Mind you it was a very nice big car park, but a bus to the course would have been appreciated. The course was being erected still and was showing signs of being very unlikely with no gate 15 and number 19 meant paddling back up the bottom fall. Fortunately Pete Bell seemed to be fine tuning the course and gates were moved to more realistic locations (gate 19 was called 14a). The gates were in clumps of 4 or 5 with long sprints in between, but not too bad a course in the end.

By now the snow had begun to sublime (no it didn't melt – just disappeared) and although still cold the weather was far brighter. Several streams ran across the footpath and it was difficult to avoid getting wet feet. Food was available on site but limited in variety and quality to tinned hot dogs and rolls – I made my my own. The event did run quite well on Saturday and Sunday and the prizes awarded were unusual and of good quality. Also the camp site redeemed itself somewhat Saturday night with good inexpensive food and friendly bar staff.

Well, love it or hate it? I reserve judgement on that until next visit (yes, there will be one) Certainly the site has potential, but a little effort could have improved things tremendously.

We have been promised an article from the Washburn Committee which we hope to publish next issue. –ED



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Letters

The Last (Finnish) Word On Slalom Magazine

Toni Fohlin
VATTUNIEHENKATU
16 a C 25 00210
HELSINKI FINLAND

16/3/91 Helsinki

Dear Sue Wharton.
Thank you for letting me know that my subscribing for 1990 is finished. I have enjoyed so much about slalom-magazine that I decided to subscribe it again. (I almost can't wait the next number. As far as I know slalom-magazine is the only canoe slalom magazine in the world. I suggest developing slalom-magazine more internationally, there could be great future for your magazine. I don't know how many overseas readers you have, but the success would be guaranteed abroad.

Yours faithfully,

Toni Fohlin.

P. S
I WISH YOU ALL THE VERY BEST OF
YEAR 1991 !!!!!

At least we have one reader who doesn't notice our spelling mistakes and appreciates us! A bit like the radio One listener. -ED

Div 1 Timetable

Editor Slalom Magazine

Dear Editor,,
I have recently seen the slalom timetable for the coming season, and am amazed at the complete lack of forethought and planning which has gone into the division 1 timetable.

After the start of the season in march. there is a gap of five weeks before there are any events at all. Then we have to hope to be able to manage the lime and cost of tour events in a row. (As well as the problems that if I get injured or catch

flu, I may lose any chance I had in two or three events) We then get a nine week gap with one event in the middle, followed by two in a row at the end of June when a huge proportion of Slalomists will have just spent a month buried in school/college/university exams. We have then reached the summer, when most people are able to take holidays to train full-time, and late-night training is easier, safer and more pleasant. An ideal time to put events somewhere like Holme Pierrepont or the Washburn. However! surprise! surprise we get nine weeks free of events, then at the end of the year, just as people are getting back to work or College, we get four events in five weeks, concentrating the cost of four weekends away, and over a thousand miles of driving in the space of a month.

I've only been in Div one for a year and so don't know how long this ludicrous timetable has been used, but it must be about time thought was put into something so elementary, and allow us in Div 1 to enjoy our sport throughout the season, as we used to in 2,3,4, and Novice.

Yours sincerely,

Guy Gratton

Never mind, Guy, your results haven't been too bad this year even so!

Luxury Loos

Middleton-in-Teesdale March '91

Dear Editor,

In the last few years the March slalom at Middleton has had snow, it's rained cats and dogs, with the course in flood, or it's being blowing gale force with tents flattened. To add to all this you had to use those silly little green tents, which were always falling down or flooded.

Well that's a thing of the past. an attempt to bring some semblance of

creature comfort for the paddlers, by providing commercially available facilities at this Slalom, proved to be highly popular by the vast majority of people attending the event.

I believe that the cost involved in providing such facilities (less than £100) is far outweighed by forcing paddlers and support groups to accept unsanitary and uncomfortable tents, buckets, holes in the ground etc.

The finance to provide the portaloos, on this occasion, was raised at the event by holding a raffle. In future it may be acceptable to raise monies by adding 50p or so onto the campsite fees. I would welcome the views from paddlers on this point (page five Slalom Mag.) Are they prepared to pay extra facilities.

I can think of other sites which I believe should consider providing such facilities by making enquiries in their local area (after all with the numbers which attend our events it must be good advertising for the portaloos firms).

At this point I must thank the firm of John Retalick, Stepney Plant, Beverley, North Humberside, for providing the loo's for our event and saving the job of emptying the chemical loos at what always feels like ten minute intervals.

Len Wilson
Sec. Tees kayak Club

I'm not sure that many events could justify the cost, although perhaps local construction firms could be persuaded to donate the use of theirs. However, there is no excuse for any event using holes in the ground. Any other ideas, paddlers? - ED

Letters published subject to room and content and may be edited to fit

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Please contact Melvyn Jones

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

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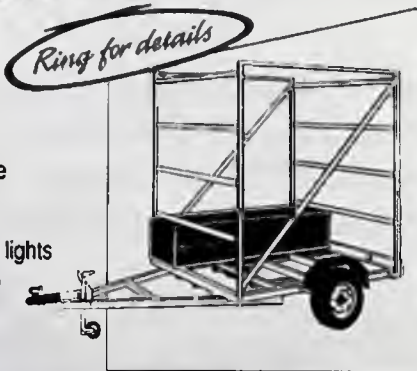
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The Best Dreams Come True

A fundamental of training for competitive sport is that it should be specific. That is to say, training should closely resemble the actual competition, so if you want to be good at slalom canoeing the most important part of training is whitewater gates.

Competing at many events is a good idea, experience comes from doing lots of events and from many training sessions on whitewater. Experienced competitors are not only good on the water, they are also well practised at being organised before they get on the water.

"Mental Rehearsal" is often spoken of as a secret technique of the elite, but all it is is a vivid imagination by the competitor of exactly what he is going to do. Decisions of route, pace

and boat control are all imagined before they happen.

At the 1985 World's at Augsburg I timed the mental rehearsal of Richard Fox in the late evening the day before his race; it took 210 seconds. Everything was perfect in his mentally rehearsed run, Richard told me he thought 212 seconds or better would win the race. In fifth position after first runs with a run with many mistakes in 223 seconds Richard continued only to dream only of his perfect run. He won in 210.

To get to Richard's level of accuracy in dreaming takes many years of practice. Every race run and every practice run should be preceded by a dream of the complete run taking the same time as it will take to cover the course. It is necessary for me to lie on my back on the bank near to the

start for me to focus my complete attention on the dream. Some competitors paddle the dream eyes closed, lying down, arms waving about, some jog about the car park making pretend bow draws etc. How you do the dreaming is up to you. Those paddlers who are doing it are at an advantage because they are in control and they are, in fact, actually gaining extra "practice runs".

Include mental rehearsal in your training schedule and plan to do do extra little races where you can practise both the paddling and the dreaming.

Pete Bell

Pete has been gaining top 3 results at Prem C1 events for some 10 years and is considered by many to be our best technical C1 paddler. - ED



Pete Bell in Action

Photo: GDN

Training Camps Abroad

March in Spain

Two Senior Squad Midibuses took off to the South of France and Spain in early March. Thinking of paddling the Pyrenees in the Winter snow was not something anybody laid claim to knowing anything about. As it happened paddling temperatures were good and some excellent training ensued.

Richard Fox led a group of kayaks plus Gareth Marriott to a slalom in San Sebastian in the North West of Spain. They enjoyed excellent good relations with the Spanish organisation judging from the way in which they were looked after. Despite being plied with cider, which they all refused, and local food they were in good form when meeting the other Midi in the South of France on the Monday.

Several days were spent on good moving water workouts on gates, although water levels were modest. Two of the Spanish Team joined in with the sessions and by the time the squad left the Swiss had turned up on a training tour that appeared to be

endless. In non-paddling time Gareth put his BMX skills to work on a mountain bike that Maria Francis had borrowed and broke the crank off and Heather Corrie showed the men up at soccer.

The trip to Seo d'Urgell to get a first glimpse of the new site started off with the usual estimated travelling time with plenty of allowance for the small roads. Four hours it was to be. But then two hours of driving through Andorra in the snow had not been taken into account!

A morning run around the slalom site at Seo left us in no doubt that with earth and planks in the bottom end of the slalom site we would not be seeing it running. However, they were keen for us to comment on the site and as the river was high with the rains the top sluice was opened and we had water. The earth at the bottom gradually disappeared with the planks! The state of play was that the generators/pumps would be arriving the following week and the river bed was still being adjusted to provide the best water conditions. The boat lift was still in the process of being built and there was a lot of site mud around.

Paddling proved to be excellent. At 10 cumecs and being quite narrow, but with a steady gradient and loads of rocks at the side to produce paddling eddies, the character of the site is quite distinct. There are no particularly strong sets of waves and in contrast to HPP the eddies are a lot smaller but with similar upstream speed. Frequent instability within eddies makes some of them awkward places to put gates but then there are plenty to choose from. The speed of the water is constantly broken with the rocks and paddling it does not appear fast. It is short in distance so a race time of around 130 can be expected. As a training facility sessions with circulation are restricted and downstream work is necessary. May be the training channel, which was turned off, will offer circulation.

The river, landscaping and proposed facilities on site are going to make Seo a front runner in the places to go. That they have produced a pump/generator scheme site that is supposed to pay itself off in ten years is an incredible achievement and a lead that we cannot afford to ignore.

John MacLeod



SEO - Tight and Technical

Heather Corrie

Photo:© John MacLeod

The Canoe Slalom World Cup: A New Partnership

An Interview with Bill Endicott by

Abergail B Endicott, for
Slalom Magazine

Slalom Magazine: As chairman of the Canoe Slalom World Cup Promotion Committee can you tell us what your relationship is with the International Canoe Federation at this point?

Bill Endicott: In the fall of 1990 the ICF officially recognised the Canoe Slalom World Cup and made the World Cup Promotion Committee an advisory subcommittee of the ICF Slalom and Wildwater Committee.

SM: Has this changed your committee's activities in any way?

BE: It's meant that we've had to change only to the extent that we now want to coordinate everything we're doing with the ICF and have them sign all documents, such as television and host contracts. It's forced us to move a little slower than in the past.

SM: Do you see any other problems or positive aspects of your new relationship with the ICF?

BE: We always wanted to work within the ICF channel of command

and get that to succeed. It took a few years to have that happen but now it has and we are happy to have that relationship with them.

SM: What is your new committee working on now and have your efforts changed in any way with the new ICF partnership?

BE: We're still trying to find an overall sponsor for the World Cup and we are working on having races in Australia and New Zealand in February of 1992. The new relationship with the ICF has not changed this effort.

SM: Has the ICF made any changes to the World Cup programme and how do you feel about them?

BE: Yes, there have been two changes made by the ICF.

1. The ICF insisted on having only 3 out of the 5 World Cup races count. This opens up the possibility of people skipping races and is rough on the host sites because they can't be sure if having all the top people at their race. This will be the first year under this scheme. My hope is that close competition will make any top competitor eager to attend all the races to ensure a high standard of finish.

2. The ICF also insisted that only 3

boats, not 4, per nation would be counted for World Cup points, but also allowed as many as six boats per nation to race. The WCPC had wanted a system whereby every nation could start with at least 3 boats, but any nation which had four boats qualifying for World Cup points in the previous year could qualify for more boats. The new change means that some nations such as the US in C1 and Yugoslavia in K1, which have had 4 boats qualifying for World Cup points, will now not be able to count their fourth boat at all. We're also a bit worried that allowing six boats per nation will mean more lower level competitors and it may be a problem with television that we have to work out.

SM: How would you describe your overall feelings about your new partnership with the ICF?

BE: Working with the ICF seemed like the right thing to do and we are glad that it has become official. We're hoping that everything will work out well. So now we just have to give the new system our best effort and at the end of the season evaluate what has happened.

Bill Endicott is the US Olympic Canadian Coach and the author of 'To Win the Worlds' and 'The Ultimate Run'.
-ED

End of a Slalom Season

*No more driving to places afar
No more nights sleeping in the car
To Maple or Washburn its all the same
Standing on riverbanks in the pouring rain.
No more searching on the map
For Grandlully, West Tanfield and Symonds Yat.
Eating soggy beefburgers and drinking weak tea
Maybe at Vale Royal or Farnitico.
No more Holms Pionepont and no more Matlock
Paddling madly just to beat the clock
No more Bata, no more Chapel falls
Hearing the cheering and sometimes catcalls.*

*No more breakouts, no more rolls,
No more swearing when I hit those poles
Fingers numb, paddles hard to hold
Shivering and shaking when its cold.
No more camping or soaking wet shoes
No more muddy fields, no more smelly loos
No more the 'Tryweryn' with its places to fear
Thank God its all over,
.....But Roll On Next Year!*

Bob Jones

This was found after an extensive search (I knew we had it somewhere!) Sorry about the delay-ED

Designing and Implementing a Training Programme

A structured programme of specific training is essential to achieve success in the increasingly competitive world of canoe slalom; the following is intended to act as a brief guide to constructing and carrying out such a programme. Start by considering two important and inter-related points.

1. Level of commitment

How much time (and money) can you afford to spend training per week? Try to set aside certain times during the day/week when you can commit yourself to a training session - but be realistic.

2. Aims

It is essential to have a target to aim for; i.e. promotion to Div 2, 1 or Prem, or placing in County, Regional or National Slalom events, but remember that your competitive targets are likely to be predetermined by your level of commitment, it is no use, for example, aiming to be World Champion if you can only train once a week, therefore set targets commensurate with your work load.

Having decided what you want to be and how much time you intend to spend getting there, it is possible to broadly outline your training plan, remembering the following points:-

1) All training plans are worked backwards from your target event(s). i.e. if you are aiming to achieve your best results for a certain event, then your training is planned back from that event to the present day. More often though you will be aiming to peak for a series of events in a short space of time, in that case plan back from roughly the middle of the target period.

2) The training year is periodised; that is, your training should be divided into phases, within each one of which a particular aspect of your progress will be emphasised i.e. traditionally from October to January slalomists have concentrated predominantly (but not exclusively) on endurance or aerobic work. Thus October to January could

be termed as an endurance phase. You can also do this in a smaller way when there is a long time between important events.

Note during an endurance phase, power and speed training should not be stopped altogether; however it should be a minority part of the training.

3) Work first and longest on those aspects of the sport which require the most time to develop. i.e. it takes longer to build up endurance (3-4 months) and technique than it does speed (6-8 weeks).

4) It is probably a good idea to fit in one day of rest per week unless your training workload is less than one session per day, in which case you will get adequate rest any way. Having decided on your training outline, it is most practical to plan out the fine detail week to week; i.e. at the end of the week, plan out the detail for the next week's training, bearing in mind any modifications that may be necessary in the light of past experience. Thus if you feel that your sprinting is weak (splits at events can help here), you can concentrate on this for the following week. The great advantage of week-to-week fine planning is that it does enable you to be flexible in this respect.

Bear in mind the following points when fine planning:

1. Know what you are going to do before you get on the water and having got on, do that preplanned session.

2. Remember to have adequate timed rest between work periods.

3. Do not plan to have two hard physical sessions in succession as your recovery period will probably be inadequate.

4. Remember that quality rather than quantity is the key to success - both in terms of time input and effort.

Training Logs

Record your training in some form. This is important for a number of reasons:

1. It forces you to think about (and hopefully improves) your training.
2. It acts as a record of past training to help you estimate how efficient your programme was and how it may be improved in the future.
3. It is self satisfying to see all your hard work written down!

Training logs vary from blow by blow accounts of the session to scraps of paper saying 'trained today'. Whichever way you chose to record your training, try to make it neat, clear and easy to read and still try to give sufficient information for future reference. Remember you will (or should) read through it yourself at frequent intervals - if its boring and long winded you've only yourself to blame.

Finally remember the following with respect to your over-all training:

a. It takes a lot of time and hard work to get fit, but very little time to get unfit again: i.e. training should be an ongoing process, not merely spasmodic spurts of energy followed by lull periods.

b. Training does get boring at times - you just have to stick it out if you want to succeed. Most paddlers, even with only local flat water gates, can make Div 1 in two to four seasons if they really want to.

c. Remember at all times that technique is the single most important factor and far outweighs any physical considerations. Never sacrifice speed for technique, it rarely works in the long term. On the same lines, train in a boat as much as possible (as opposed to using weights etc., although weights used correctly at the right times of year are the best way of developing power). It is more specific and also allows you to work on technique as much as possible.

Based on an article by Bumble Knight



JJ Going for the kill

HPP Prem

Photo: Chris Worrall



Elizabeth Vowles
Vowles

HPP Midland Development Squad

Photo: Robin



Martyn Hedges

Looking to the future, not the past!

Midland Development Squad - winter training

On a frosty December Saturday, keen paddlers from all over the Midlands descended on Holme Pierrepont for a weekend of intensive training. Through the mist and cold they assembled, met their coaches and made their introductions. After the programme had been outlined they started what they had come for - canoeing.

They changed, climbed into their canoes, avoiding the oarsmen on the regatta course and set out for the slalom course. Paddlers from the Southern Development Squads were already on the water, just finishing their first session. Next followed a strenuous hour and a half as small groups trained on separate sections of the course under the watchful

eyes of their coaches. The single eye of the video camera also followed the exploits of the paddlers, later to reproduce their errors, their techniques which needed to be improved and their good points.

So the weekend went on, the activities between the Midland and Southern Squads carefully orchestrated to make maximum use of the water. So much so, that when the Northern Paddlers arrived, lunch time was the only available space on the course. Between the paddling were land-based training sessions and talks on diet and techniques. Food was available at Current Trends and the local Pizza Parlours did a roaring trade in delivering their hot fare - lots of carbohydrate!

Sunday evening came at last and they returned home to recover from their arduous training. The second weekend in January had to be called off as there was so much water in the Trent that the slalom course resembled a lake. The session was re-scheduled for March.

The success of the training, for the girls at least, can be seen from the fact that currently the top two K1 Ladies, Diana Woods and Elizabeth Vowles were both on the course.

All in all a credit to the organiser, Keith Hampton, the ladies coach, Lara Tipper and all the many others involved.

Robin Vowles

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GB Teams 1991/ Ranking Lists

Canoe Slalom GB Team

World Championships
River Sava, N Yugoslavia
June 19-23 1991

K1M

Richard Fox	Nottingham
Melvyn Jones	Arrowcraft
Ian Raspin	Tees
Shaun Pearce	Quantel

K1L

Karen Like	Yat Racers
Rachel Fox	Arrowcraft
Maria Francis	Paddlesport
Joan Jayes	Eddylines

C1

Gareth Marriott	Arrowcraft
Mark Delaney	West Lothian
Bill Horsman	Swithland Motors

C2

Clough/Clough	ICI
Richardson/Thompson	Bury
Rouch/Ambridge	Hemel

Olympic Squad

K1M

Richard Fox	Nottingham
Melvyn Jones	Arrowcraft
Ian Raspin	Tees
Shaun Pearce	Quantel
Rob Wright	Shepperton
Dave Crosbee	Forth

K1L

Karen Like	Yat Racers
Rachel Fox	Arrowcraft
Maria Francis	Paddlesport
Joan Jayes	Eddylines
Lynn Simpson	Hull

C1

Gareth Marriott	Arrowcraft
Mark Delaney	West Lothian
Bill Horsman	Swithland Motors
Richard Domoney	Shepperton

C2

Clough/Clough	ICI
Richardson/Thompson	Bury
Rouch/Ambridge	Hemel
Meilke/Brown	Shepperton

Intermediate Team

K1M

D Crosbee	A Raspin
R Wright	K Cambel
S Pearce	

K1L

L Simpson

C1

R Domoney

C2

It is possible that the above list will be amended as it had not been ratified at the time we went to press

GB Junior Teams

Norway and Sweden

K1M

Paul Ratcliffe	James Croft
Leo Hoare	Paul Ebrey
Micheal Jesson	

K1L

Treena Warman	Sally Masters
Corrie Johnstone	

C1

Joel Scott

Junior 17

Czechoslovakia

K1M

James Croft	Leo Hoare
Paul Ebrey	Stuart Bowman
Chris Wetzig	Simon Orange
Reserve:	Richard Barber

K1L

Corrie Johnstone	Racheal Docherty
Alison Muir	Claire Fox
Lisa Rae	

C1

Hywel Lloyd	Willaim Edwards
-------------	-----------------

C2

Forbes/McIntosh	Burt/Elsworth
Roden/Roden	

There is also an U21 training camp at Czecho this month and an U16 Training Camp at HPP in August.

Provisional Top Ranking

Premier (3 races so far)

C1			
1	3	Mark Delany	293
2	6	Richard Domoney	261
3	2	Martyn Hedges	260
4	5	Peter Bell	256
5	4	Richard Comer	223

K1L

1	4	Rachel Fox	296
2	1	Lynn Simpson	285
3	2	Maria Francis	278
4	3	Karen Like	273
5	5	Joan Jayes	249

C2

1	2	Arrowsmith/Brain	272
2	1	Meikle/Brown	261
3	6	Clough/Clough	256
4	3	Richardson/Thompson	254
5	8	Mitchel/Cooper	212

K1M

1	2	Andrew Raspin	2917
2	1	Shaun Pearce	2900
3	4	Melvyn Jones	2885
4	5	Rob Wright	2870
5	3	Ian Raspin	2869

Provisional Ranking List Div 1 (4 races)

C1			
1	7	Jimmy Sexton	357
2	13	Steve Block	296
3	49	Dave Clark	285
4	17	Andrew Edwards	283
5(3)	8	Hywell Lloyd	282
6(3)	6	Jason Bennett	268
7(3)	9	Andy Hall	262
8	11	Andy Hill	247
9(3)	2	Craig Brown	245
10(3)	4	Micheal Goldring	241

K1L

1	38	Diane Woods	385
2	19	Elizabeth Vowles	342
3	10	Louise Hilton	336
4	7	Catherine Ward	307
5(3)	14	Senja Mortlock	284
6	21	Lisa Rae	269
7	30	Anita Bennett	261
8(3)	2	Helen Stobbart	250
9	8	Tracy Wells	249
10(3)	46	Chris Anderson	233

C2

1	24	Forbes/McIntosh	293
2(3)	4	Burt/Elsworth	219
3(2)	23	Woods/Stuart	175
4(3)	2	Southall/Pearceson	136
5(2)	18	Clarke/Pumphrey	128

K1M

1	15	Thomas Hughes	3731
2	25	Charlie Robb	3681
3	48	Richard Barber	3672
4	92	Roy Garrick	3585
5	38	Simon Orange	3534
6	56	Daniel Corner	3512
7	29	Jason Gregory	3441
8	69	Chris Chapman	3378
9	23	Chris Wetzig	3194
10	27	James Corden	3150

EVENT REPORTS

Cardington Division 3 Ranking Slalom 16/17 March

This Division 3 event was used as a selection event for the Eastern Region Slalom Squad trip to the C class International in Zwickau Germany, with most of the organisation and control of the event being carried out by the squad hopefuls, assisted by Viking Kayak Club.

Because this selection event coincided with the season's first Premier slalom event, the Region's Premier paddlers who wished to be considered for the Eastern Region tour had to dash back from the Tryweryn, so a hectic weekend was in store for them.

The work constructing the slalom course began on the Thursday before the event, with organiser Jim Croft and course designer Justin Barnes (quote - "what a way to prepare for a premier event") working all day to complete the "river bed" design, leaving gate hanging and general site preparation to be completed on Friday.

The course began with downstream gate 1 on the jet followed by a left-hand breakout behind a "rock", up through upstream gate 2, back up the course and across the jet up to upstream gate 3, followed by a right hand break-in back into the fast water for gate 4 and the rest of the course. The possibility of 50s was there and several paddlers obliged!

The whole event ran well and to time, except for when a river cruiser passing by the beginning of the course dumped a quantity of diesel fuel into the river, thereby polluting the river and the slalom course by this thoughtless act.

The jury, consisting of Penny Scaife, Sheila Elkins and Pete had little to do and paddler satisfaction was high with many people reckoning that this

was one of the best slalom courses constructed at the artificial slalom site, a tribute to the hard work put in by all those involved.

Results

C1

1	Philip Carpenter	St, Albans
2	Nick Woolven	Forest
3	Al Green	Baldock & District

K1L

1	Iona Price	J18	Wyedean
2	Karen Elkins	J16	Olney Slalom
3	Diana Wade		Meridan

K1M

1	Alan Williams	Northampton
2	Dameon Warnock	J18 Fairthorne
3	Scott Mason	J18 Northampton

C2

1	Corke/Banner	Eyot
2	Watson/Reddington	Luton Tigers
3	Davis/Bertrand	Blackwater Valley

K1V

1	Alan Cleall	Newbury
2	Les Saunders	Shepperton
3	Danny Daniels	Wyedean

Teams

1	Saunders/Saunders/Saunders	Shepperton
2	Manfield/Foley/Williams	Tupperware
3	Sheldrick/Carpenter/Scaife	St. Albans

Mike Elkins
Viking Kayak Club

Duck Mill Weir -division 4/5 2/3 March 1991

Div 5 Mill Weir, set in National Trust Parklands close to the edge of Bedford Town Centre, was the site for the historic first ever Division 5 slalom. Usually the water flow at this site is fairly gentle, but owing to the heavy rain during the week, what had been a millpond for the Eastern Region Mini-Slalom the previous weekend was now more appropriate to a Div 3 event.

Two jets gushed from the sluice

gates whilst the water rippled at the foot of the staircase weir. I should mention that the water is controlled by the local water authority, giving the organising club a real problem. Viking rose to the challenge and a very good course was erected. Gates 9 and 10, both down stream, were close to the staircase, gates 11, 12 and 13 were on the jets. Gate 11 was double spaced giving the competitors plenty of room to negotiate a diagonal line to 12, a breakout at the end of the second jet. Gate 13 was moved into the eddy flow to enable Div 5 paddlers a chance to achieve it.

Although during the practice sessions quite a few competitors capsized, there was always someone ready to effect a rescue and it was nice to see people like Sue Warne from Corby together with other higher ranked paddlers working with Div 5 groups and encouraging them through the tricky gates. The team event proved very difficult for most paddlers as gate 11 was elected the team gate, which meant a lot of paddlers being washed out of position, but at the end of the day everyone had enjoyed themselves and went away still smiling.

Sunday dawned still cold and windy. A visit to the course told all - despite greatest hopes to the contrary the jets were still open and would be for the rest of the day.

The "Div 5" concept worked well, the special prizes were much appreciated and the event was not only very well run by Viking, but also a tribute to the hard work and research done by Peter Hannover, Novice Development Officer, who has pushed so hard to get this scheme launched and running. The Div 5's who won promotion really deserved it in view of the testing nature of the course.

Results Division 5

K1M

1st	S. Colwell	Bronley
2nd	C. Battison	Stevenage
3rd	S. Tilley	Corby

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4th C. Bush Baldock
 1st J18P. Avins Stevenage
 1st J16 I. Banfield Viking
 1st J14 C. Weatherall-Morris Stevenage
 1st J12 C. Wilde Viking

K1L

1st J Kent Baldock
 2nd T. Matthews Baldock

C1

1st A.Randall Huntingdon
 2nd B McCuster Baldock

C2

1st Woodgate / Cowan

Division 4

K1M

1st P. Tomkins Baldock
 2nd L. Chapple Banbury
 3rd K. McGregor Proteus

K1L

1st H. Scaife St Albans

C1

1st S. Warne Corby

C2

1st Freeman/Randal Huntingdon

Margaret Croft

British University Championships and Czechoslovakian International

The British Universities Slalom Championships on 2/3rd March culminated in a win for Nottingham University with Birmingham second... again!). The organisers, Cambridge, set a balanced Div.2 course on the upper Washburn. After reluctantly paying to park it was gratifying to see a roadway development to the 'S' bend. Work progressed even during the weekend towards an anticipated toilet block. The car park and river-bank path are still swamped in mud, so don't forget the wellies this season!

Results

K1M

1st Julian Salisbury Loughborough
 2nd Richard Benson Nottingham
 3rd Simon Crook Nottingham

K1L

1st Bridget Thomas Cambridge
 2nd Lindy Kirk Nottingham

C1

1st Andy Clough Leeds
 2nd Nick Smith Birmingham
 3rd Simon Twigger Nottingham

C2

1st Mantle/Smith Birmingham

Julian Salisbury had a convincingly comfortable win. In the ladies no doubt the absence of Lynn Simpson led much to the success of Bridget Thomas. The real excitement took place between the three very closely matched C1 boys.

The standard of judging, in addition to its accuracy, left much to be desired. Should a gate judges exam be considered for future years - any examiners? Although there are 7 universities represented in Prem, a wider contingency of participation could tighten up the competition. The British Universities & Colleges Canoe Association voted to combine with the Polytechnics to form a British Student Sport Canoeing Association for a joint 1992 championship, to be organised by Nottingham University. Holme Pierrepont is proposed as a suitable venue for the organisation of this larger event at the beginning of the slalom season in 1992. The additional participation could lead to interesting competition with medals awarded by the British Student Sports Federation.

The British Universities Sports Federation have pledged £2000 for the participation of an elite squad to represent them at an I. C. F. event. After many changes in event logistics with the Czechoslovakian canoeing authorities, a team of slalomists is being selected for an International at Spindleruv Mlyn in Czechoslovakia on the 6th-8th September. Some provi-

sion is being investigated for a WWR participation. The team will leave from the Tryweryn Prem. direct to Prague for some pre-event training, possibly with the U17 Juniors, with a stop off at Augsburg on the return journey. The intended tour dates are 31n8 to 11/9.

Several sponsorship opportunities have been received pertaining to the provision of team tracksuits printing. A team training is desired at the N. W. S. C. but is financially dependent. Team Management is not an easy affair. The initially proposed event was not included in the ICF calendar. Having then decided upon a joint WWR/Slalom squad for the Lipno International in Czechoslovakia, there was a change of date and subsequently the Slalom location was also changed. Fortunately many of the difficulties of Eastern European visits no longer exist.

The ultimate disappointment is not to have Lynn Simpson joining us. Her University examination re-timetabling due to the Worlds, makes her unavailable. All squad selection will be dependent upon the ratification by the relevant Executive Committees.

John Gregory.

BUCCA Chairman
BUSF Team Manager
TEL. 081 657 2739

Crystal Palace Pool Slalom

16/17 February 1991

Once again the National Pool Slalom proved that it doesn't need to be rough to be tough!

On Saturday the regional qualifiers and some invited prominent paddlers race in a head-to-head knockout competition for places in round 4 and the finals on Sunday.

The pool slalom is renowned for tight aggressive competition with more

....event reports

than the odd shock for paddlers and spectators alike - this year was no exception. On Saturday, 6 K1M, 5 K1L, 5 C1s and 5 C2's were to go through to Sunday's event out of the 66 starters. Ambridge and Rouch headed the C2 class, Bill Horsman ran a good 2 seconds clear of the C1 field, Junior Sally Masters topped the Ladies class by 3 seconds, and Sooty just won the Men's event by 0.3 seconds. A good number of juniors pushed through, including Junior Worlds Silver Medalist Peter Buckley, J16 Champions James Croft and Corrie Johnston and J14 Champion Claire Fox. Out went more top names than there is room to mention and so to Sunday.

In round 4 on Sunday, the regional qualifiers took on the cream of the nation's top paddlers.

Drama ran throughout the Men's K1 event; first off were Richard Fox and Rob Wright, only to be called back for a rerun after a faulty start. James Croft nearly took Melvyn Jones scalp then made an error on the last gate and basck at the Fox/Wright rerun, Fox hit a gate and Rob hit form to knock the World Champion out of the finals.

Clear runs were the order of the day for the Ladies and C1's, Lynn Simpson and Bill Horsman leading their classes into the finals and Arrowsmith/Brain heading the C2's even with a penalty.

The final - round 5 - with the pool a fever pitch of excitement, as was Albert Woods who set the scene from the commentary box.

The C2 event was packed with quality and well won by Arrowsmith and Brain. No better spectator sport than C2's pirouetting and rolling! C1 Peter Orion nearly brought the house down with an inspired win justifying his promotion to Premier this year. Lynn Simpson just lost to Lisa Micheler in the final, the pirouette and roll again proving decisive.

In the Mens K1 event, the absence of the world Champion in the final

promised good hard racing for the title and that we got, with Rob Wright winning a dramatic final against the National Champion Shaun Pearce.

Junior trophies went to Peter Buckley, Corrie Johnston and C2's Burt and Elsworth.

Congratulations to Don Rospin for a very well run event helped by Tony Arrowsmith's excellent timing, a challenging course from Alan Edge and a team of hawk-eyed ICF judges.

Results

C.2.

1st	Chris Arrowsmith/ Paul Brain
2nd	Rick Osborne/ Perran Shreeve
3rd	Andy Smith/Tony Prown
Junior:	John Burt/Richard Elsworth

C1

1st	Peter Orton
2nd	Chris Wilson
3rd	Bill Horsman

Ladies

1st	Lisa Micheler
2nd	Lynn Simpson
3rd	Heather Corrie
Junior	Corrie Johnstone

K1M

1st	Rob Wright
2nd	Shaun Pearce
3rd	Ian Rospin
Junior	Peter Buckley

Ray Croft

Sowerby Bridge Div 3 23/24 March

The water level was perfect, dropping from a worrying high level earlier in the week to give good canoeing conditions. No wind and an excellent course designed by Halifax C.C. Div 1 paddler, John Cameron, made this event one of the best Sowerby Bridge events yet. A naive paddle would have said the course was easy - no obvious difficult sequences or crunch moves - an easy clear run open course.

The subtle use of staggers (offset gates) and choices of approach meant that to do the course fast caused mistakes to be severely punished by time as well as penalties.

The event attracted competitors from as far away as Shepperton (London) and Aberdeen, though most were from the North and Midlands. The event had a high veteran entry and paddlers as young as 12, showing that canoeing is 'a sport for all'.

Results

K1M

1.	R McDonald	Aberdeen	153
2.	I Taggart	N Wales	157
3.	D Lacy	Leeds	159

K1 Veterans

1.	D Daniels	Birmingham	175
2.	Gary Smith	Halifax	178

K1L

1.	F hart	Hull	186
2.	E j James	Durham	213
3.	K Buckley	Halifax	220

C1

1.	P Shaw	Manchester	170
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C2

1.	Davenport/Chadburn	177
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Andrew Close

