

# Canoe **Slalom**

Magazine

Volume 7 Numbers 4/5 December 1991

£1.50



**Gareth Marriott – C1 World Cup Winner 1991**

*Brought to you in colour thanks to Arrowcraft*

## Farewell, Trevor

On Saturday 14th. September the Director of the British Canoe Union, Trevor Bailey, drowned whilst training in a K2 on the Regatta Course at Holme Pierrepont, Nottingham, for a race in France.

He and his partner were two-thirds of the way down the 2000 metre regatta course when, due to small waves created by an estimated force three wind, the boat started to swamp. They were too late in heading for the bank and the kayak capsized 50 metres from shore.

They both started swimming for the bank when the director got into difficulties. His friend, a competent coach, attempted life saving but was unable to maintain his hold and Trevor Bailey, 44, drowned.

This excerpt from the press release gives no indication of the great



tragedy that unfolded this day. The loss of a father to two boys, Nigel and Simon, and to his wife, Margaret, is a depth of grief only understood by those who have had a similar loss and our hearts go out to them.

The loss to the BCU and canoeing in general is incalculable and only time will show how it effects the sport.

Trevor had guided the BCU through the difficult times of the move from Addlestone to Nottingham and then to the new HQ where they are now based. Although he came to the sport with little knowledge of it he was soon to know it as well as any, including trying all the disciplines and his depth of involvement in it inspired all those who worked with him.

He didn't stay as a novice paddler for long either and had completed the 127 mile

Devizes to Westminster race, something few slalomists would contemplate.

We cannot understand why he was taken from us but we must remember his great contribution and build on it, for that is what he would have wished.

**The Editor**

### 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 word-processor 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 Sue Wharton. 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 Sue Wharton.

### 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 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!

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**EDITOR:** G.D.NEVIN

**TYPESETTING:** Slalom Magazine Inc (Hastings)  
The official magazine of the B.C.U Slalom Executive,  
Adbolton Lane, Holme Pierrepont,  
Nottingham, NG12 2LU

**Disclaimer:** The views expressed in this magazine are not necessarily those of the Editor nor of the Slalom Executive.

### SUBSCRIPTIONS

Subscriptions may be obtained at £7.50 for 1 year,  
post paid (Cheques 'BCU Slalom Committee') from :-  
**Slalom Magazine,**  
**Hertwood Hill Farm, 117 Preston Road,**  
**Chorley, Lancs PR6 7AX**  
Special Rates for overseas readers.

### ADVERTISING

Rates for the next issue are available from  
Sue Wharton **Tele: 0257-262051**

### COPY

Please send contributions to the Editor at Slalom Magazine,  
**Hertwood Hill Farm, 117 Preston Road,**  
**Chorley, Lancs PR6 7AX**  
Copy date for the next issue is :- 15 January 1992

*But please send earlier if possible!*

### COVER:-

**Gareth Marriott**

**Photo: Tony Tickle**  
*of The Tickle Group*

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**Next Issue: ?**

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## EDITORIAL

### For Better or for Worse?

**W**e've had a good year on the International front with three Champions in their class—Shaun Pearce, Gareth Marriott and Richard Fox – not to mention the many Junior successes, but that has only been achieved by a great deal of volunteer work by a large number of people. This continuing success depends on the support which Canoe Slalom receives and here the foundations are under increasing strain from the load it is being asked to carry.

The number of people that are available and willing to give up time to help run the sport is too few (and seems to be getting fewer) and there are only two people with paid jobs amongst the many volunteers, with no money to employ more.

We are an amateur sport run by amateurs and unfortunately in an amateur way. This is not to decry the years of hard work that have been put in by many of our Executive but we now live in a different world and have a different sport from that of 10 or even 5 years ago. To go forward into a new and not necessary better world is going to need new ideas and new enthusiasms.

Our image needs polishing and it needs professional help—true *professional* help from people who know how to raise money, present our top paddlers properly, and motivate and organise the rest of us.

Perhaps the AGM needs to think very carefully about it's leadership, rather than the red herrings which are very likely to appear and are equally likely to be of no real consequence. The Slalom Committee is you, the clubs, and if you don't like what they do then elect someone else. However, don't throughout the baby with the bath water. Make sure that whoever you chose to elect will do the the job fully and effectively throughout their elected period.

Perhaps also, *YOU* and your club should think what you can do to help the sport, whether a paddler, ex-paddler, or bank supporter—stand up at the AGM and offer *your* help.

### Don't Blow Llangollen

**W**e are generally welcome guests at Llangollen for Llangollen week, however there is a minority of locals that would rather we weren't there. Their cause can only be helped by inconsiderate paddlers running around half and sometimes totally, naked, leaving boats on the pavement while watching the next paddlers down the course from the bridge, parking in the very few in-town parking places and generally taking advantage of the town's hospitality which while giving little in return.

Please try to show consideration for our hosts and suggest to those less considerate than you that they could lose us one of our best sites.

### Thanks

**A**s Editor of Slalom Magazine for the last three years I have done my best to produce a professional and interesting magazine and I would like to thank all those who have contributed to its content and production during that time.

In some ways I have succeeded and recently my goal of colour has been achieved, thanks to advertising sponsors. I have managed to keep the financial support of the Executive without them exerting editorial control and to be fair to the Chairman, Roger Annan, he has never attempted to influence the content of the magazine, although I know that at times he has been furious with some comments.

Interestingly my position as Editor is one of the few positions with potential influence that is un-elected I but have always tried to reflect general opinion with integrity.

However, despite this, I have failed overall. Although not my direct responsibility I have been unable to stimulate others to provide proper financial control, seek advertising or increase circulation. The result has been unacceptable personal stress and the inability to perform the job to the standard I feel necessary.

Thus it is with considerable sadness that I must step down from my position unless the required help is forthcoming before the next issue.

**Garry D Nevin, Editor**

# Llangollen Canoe Festival Week

## 19-27 October 1991

**19/20 October**  
**British Open**  
**Championships**

*Incorporating*

The Champagne Nicolas  
 Feuillate British Open Sprint



**26/27 October**  
**The Cawston Vale Fruit Juice**  
**International Canoe Slalom**

*Incorporating*

The Brecon Mineral Water  
 International Slalom Sprint



Richard (Page 3 Killer) Comer

Tryweryn Premier

Photo: Chris Worrall

## Current Affairs

### Slalom Magazine

Those of you who read the magazine cover to cover, including the front cover, may have noticed the curious message, 'Double Issue' on the front cover. That is not strictly true, in fact it is not true at all as the double issue will, hopefully, be the next, pre-Exhibition, issue and those of you who look forward to a good read over the Christmas hols are going to be disappointed this year. We are victims of our own improvements as it now takes 18,000 words to fill an issue and believe me that is a lot of writing by too few people, especially between now and Christmas. The reason this issue is marked as a double issue is to keep the numbering straight for the next issue, volume 8 number 1, which will come out in time for the Exhibition.

### Regional Pool Slalom Dates

Region	Date	Pool
York & Humber	30 Nov	Grimsby or Scarborough (?)
Wales	7 Dec	Afon Lido Aberavon
Eastern Region	14 Dec	Luton
Northern Region	28 Dec	Dolphin Centre Darlington
West Midlands	11 Jan	Halesowen
North West	11 or 18 Jan	Woolsten, Warrington

For further details contact your Regional Representative as per Yearbook except for:

North West	C. Bolton 0925-823897
East Midlands	R. Robinson 0636-706486

### Slalom Organisers Pack

Could all regional Slalom Reps please arrange for someone to pick up their Organiser's Pack from the Slalom AGM, which is on the 23rd November 1991.

### Lactate Seminar

A canoe slalom specific coaching seminar is to be run at the national Coaching Centre in the Munrow Sports Centre within Birmingham University, on Saturday November 2nd 1991; between 10am and 4pm.

Cost of this undoubtedly worthwhile seminar is £10, (£5 students) in advance to John Gregory, 40 Ellesmere Drive, Sanderstead, Surrey, CR2 9EJ.

See Advertisement elsewhere-ED

### Helmet Regulations

The following helmets have met the requirements of testing procedures carried out by the DKV, BSI of Birmingham University and may be used in UK slalom competitions.

Helmets not included on this list may not be used. A sample may, however, be submitted for assessment and, if successful, will be included. Send SAE to the BCU office for full details of the testing procedure and cost.

**Ace/Palm AP2000**  
**Cooper**  
**Perception**  
**Romer (full range)**  
**Rosebank**  
**Wild Water (full range)**

Ace (full range) may continue to be used during 1991 due to the significant numbers in use, pending further review of the level of protection provided.



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# Job Search

*Free Time? Long Winter Evenings? Don't despair—we have lots of jobs to help fill your time and help our sport! We need YOU, and lots of you, urgently!*

*Canoe*  
**Slalom**  
Magazine

**Typist required.** Preferably to have a word processor with 3.5 inch disc drive. Access to fax machine an advantage but not essential. Willing to work with kind, considerate, disorganised Editor with short deadlines and shorter temper.

**Assistant Editor.** To help with production of international magazine, with possible responsibility for some issues. Previous printing/DTP background useful. Sense of humour essential, ability to read and write an advantage.

**Distributors, Co-ordinators etc., etc.** also required.

Please contact the Editor,  
**Slalom Magazine,**  
0424-714110  
or Sue Wharton  
Tele:0257-262051  
Fax:0257-231180

## *Other Skills?*

ANY offers of help of any kind *please* contact Sue Wharton! 0257-262051

## Technically Minded? Looking for a Challenge?

### Bib Issuers & Ranking List Compilers

Several of these officers are retiring after giving excellent service to the sport for some years. We urgently need to replace them as listed below:

**Div 1 K1M Bibs**  
**Divs 2/3 K1L Bibs**  
**Divs P/1/2/3/C2 Bibs**

The following ranking compilers are also required for the new season:

**Div 1 Ranking officer**  
**Div 4 Canadian ranking officer**

More details from  
**Mike Carter**  
**0234-215441**

The following positions need to be filled shortly:

**The Maintenance Officer for Timing and Communication Equipment** to maintain TUTTI and other equipment.

**Equipment hiring Officer**

**Members to join the Electronic Timing Team**

—full training given

Please Contact  
**Chris Ebrey**  
**0978-352397**

## *Like to Organise?*

**Exhibition Slalom Stand Organiser**

Responsible for that imposing display at the Canoe Exhibition that puts the others to shame!

## **Assistant Organisers' Conference Administrator**

To help at next years conference with a view to running it it 1993.

*Please contact Sue Wharton to have a chat about these or any other position.*

## A Rare Opportunity from Delapre Blades

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LLANGOLLEN



# Final Leg of the World Cup Series

The team flew into a wet Chicago with Hurricane Billy just around the corner, which made us feel at home thinking we were heading for Wales!

With hire cars sorted out, we drove to the first of our races in Minden, Ontario (Gull River - Canada) just under 708 miles away. The site looked good but with under half race level running it resembled the Tryweryn, although at least we had plenty of sunshine now.

Officials hoped to have a full release for the next day but alas this was not to be the case until the course was posted, with one last session before official practice was to commence. Spirits were high and training was good now, even if a little bumpy.

When the water was released at race level the river changed completely to provide what was a truly fine slalom site with some very demanding water (even without the gates in place!).

This was not going to be an easy slalom. First off were the Ladies and C2's, and a stagger to breakout sequence, 2/3/4 was proving to be a problem, with paddlers missing either gate 3 or 4. Further down, gate 11, a forward down to the left following a roller coaster ride down a chute, provided more surprises for the paddlers.

Sunday it was the turn of the Men and C1's and even after a day of studying the previous days runs mastery of the course was still an elusive goal as shown by the number of 50's displayed on the results board. All our team put in very creditable performances with the race going to Gareth with a fine win and Richard coming in third.

## MK1

1st	Richard Weiss	167.25
2nd	Ian Wiley	168.90
3rd	Richard Fox	169.12
18th	Melvyn Jones	174.61+5
24th	Shaun Pearce	225.26+50

## K1L

1st	Sylvie Lepeltier	191.80
2nd	Stepanka Nilgertova	197.7
3rd	Cathy Hearn	287.34
7th	Maria Francis	215.4
14th	Joan Jayes	286.38+10
15th	Lynn Simpson	301.53+100

## C1

1st	Gareth Marriott	179.71
2nd	Jon Lugbill	180.54
3rd	Jed Prentice	183.07
12th	Bill Horsman	247.13+55

From Canada we made the trek to Wausau Wisconsin USA for the climax of the World Cup series 'The Final Race'. water was at race level for training from the time we arrived, this time holding no surprises.

From a hot and sunny Canada weather became even hotter, luckily plenty of iced water was provided by the organisers in the true fashion of our generous American hosts. The race, as a change from the previous weekend, being open with few crunch moves, proving to be a fast race and good for the many spectators lining the banks and the television cameras.

Racing as back to the normal format of Men's and C2's the first day, with second runs getting exiting toward the end with Shaun placing on the leader board only to be pushed off by a whisker by Mel who ended up third, with Shaun fourth. However, the day was with Richard who took the MK1 first place in the World Cup series.

Sunday had a worrying start as Maria had pulled a muscle in her shoulder during training on Thursday and Bill had an ear infection and it seemed doubtful whether either would be able to compete, Maria managed 2 steady runs displaying good Cross Bow strokes to protect her injured shoulder and Bill put in a spirited performance overcoming great pain. Lynn stored through on her second run to fifth place with a single penalty costing her a medal. Gareth gave spectacular display of acrobatics on the second to last run of the day and promptly moved into the lead only to have it snatched away by rival Jon Lugbill on the last run of the day, but even this could not wipe the smile off his face as he took first place overall in the World Cup series, showing the ever increasing depth of his ability.

We finally had to tear ourselves away from the land of muffins and the never empty coffee cup to catch the waiting plane. I would like to extend my thanks to the paddlers for once again doing us proud.

## Results and World Cup Positions

### MK1

1st	Ian Wiley	181.98	
2nd	Richard Fox	182.97	
3rd	Melvyn Jones	183.81	4th 41 points
4th	Shaun Pease	183.12	9th 27 points
11th	Richard Fox	188.83	1st 75 points

### K1L

1st	Maria Jeruslami	211.65	
2nd	S. Hilgertova	212.81	
3rd	Sylvie Lepeltier	214.47	
5th	Lynn Simpson	219.26	7th 32 point
12th	Maria Francis	229.21	11th 24 point
15th	Joan Jayes	245.185	23rd 3 points

### C1

1st	Jon Lugbill	193.78	
2nd	Gareth Marriott	281.525	1st 78 points
3rd	Jed Prentice	282.35	
12th	Bill Horsman	237.21	17th 9 points

Mike Smith

## Lactate Physiology for Canoe Slalom

Speakers

Dr. Craig Sharp

Jimmy Jayes

Steve Raven

**SATURDAY November 2nd 1991**

at the

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Photo: Chris Worrall

## Making a Come-back - Clive Clarke

I never thought that at the ripe old age of 44, pushing 45, I would be back in div. 2, but after a 1990 season sprinkled with reasonable success and a fair bit of luck, I've made it. The last time I competed in Div. 2 was 1975. That was a memorable year. Nicky Wain was K1M national champion and a young teenager named Richard Fox was rocketing up through the Divisions. I paddled against the rising super star at a slalom in Linton. It was a lovely course down the salmon ladder and the weather that July was glorious. I managed a reasonable time on my second run and only hit one gate for a 10 (old rules!). Richard was 13 seconds faster but hit two gates for a 20. He was fourth and I finished sixth out of 101 and we both got up to Div. 1. I never paddled at a Div. 1 event, however, since shortly afterwards I packed my bags and took a job in Iran.

Not much paddling there, you are probably thinking, but you are wrong. The mountain chain behind Tehran goes up to 16000 ft and in the Spring the local rivers

are full of snow melt. When that has gone the Summer flow from the Karaj dam gives enough water for many miles of beautiful grade II to III paddling in temperatures over 100°F! When I first arrived there, I was really missing canoeing, but just by chance I met a group of German school teachers who loved W.W. river running and had shipped out some big Prijon fibre glass kayaks. I couldn't believe my luck. After a lot of excited chat and a few swimming pool sessions I was paddling down wonderful rivers like the Karaj, the Haraz and the Lashgarak, all grades II to III and we were the only ones there!

In 1978 the revolution turned Iran upside down and in early 1979 I returned home to England with four years experience, a new wife, no job and no home. I soon realised that my pre-Iran bachelor routine of paddling two nights a week and at weekends was out of the question. In fact, I bought a crumbling old house and became a D.I.Y. fanatic. My canoeing activities were restricted to one week in

the Summer with my German friends from the Tehran Kayak Club paddling white water rivers in Europe. After the 1989 trip to Yugoslavia on the Koritniza and the Soca the temptation was too great and I decide to take the plunge and try competition again. By this time the house was almost finished and I had a bit more time, so my family (two daughters now) had to put up with a change of emphasis from bricklaying to paddling.

Paddlers over 35 are really spoilt for choice when it comes to competition. There is straight veteran, Divisional veteran or regular Divisional status as a senior. I considered applying to the slalom committee for re-ranking but then thought that after a 14 year layoff I needed to find my own level, so I started from the bottom in novice. It felt a bit strange filling out my BCU application form and even more peculiar completing a slalom entry card, the format of which was unchanged from 1975. My plan was quite simple. I

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, Tomado, Helly-Hansen, Javlin, Lendal, Schlegal, Kober, New Wave etc.

***Please contact Tim Houghton***

Telephone: 0902 634567

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



wanted to get to Div. 2 in 2 years. I decided that I would have to get to Div. 3 in the first year then spend a season in Div. 3 with enough points to go up at the end of the year. All this would have to be achieved with minimal disruption to my family, my job and other interests that compete for my time and money. This led to the careful selection of four events each season. These were events where I knew the water and there was normally a smaller number of competitors (excluding HPP which I had heard about and was desperate to try). This increased my chances and when I was stuck for time I could just travel a short distance and compete in the individual event on Sunday.

I started with a borrowed boat since, despite the plan, I wasn't really certain that I would want to continue, and also prices had gone up four or five times since the good old days of '75. There had been so many changes in 14 years I had

trouble settling in again. The rules had all changed, no reverse gates, no outside touches, no 10s and 20s, the people were numbered and not the boats. The boats were really strange looking as well and so uncomfortable. And of course everyone looked so young!

Well, when I had overcome all these negatives I realised that it was still very exciting and canoeists are just as friendly as before. If anything, the new bib system encourages a friendlier atmosphere since you have a regular contact with paddlers whose start numbers are close to yours. I am pleased to say that for once my plans worked out well from winning my first novice competition at Shepperton to three super events in Div. 3 at Old Windsor, Shepperton and HPP.

The biggest bonus for me in returning to competition is being fit again. It is not much good being able to do a perfect

bow rudder if by gate 10 you are gasping for breath and your arms feel like lead. (When you are 44 and fairly fit this doesn't happen until gate 15!) To reach a reasonable state of fitness, when you can only practice in your boat once a week and your job doesn't involve physical activity, requires another time-juggling act. I swim in my lunch break, run in the morning before breakfast and exercise with Lizzie Webb at 6.50 on TV AM. Trying to fit these in twice a week really boosts the strength and definitely helps the breathing.

My objective now is to stay in Div. 2 for a year or two more and enjoy the water that this level of competition brings. Also there is that secret pleasure in beating paddlers who are a half or even a third of your age.

**Clive Clarke**

AT THE 1991 SELECTIONS  
 JUNIOR K1  
 SELECTED  
 COUPON

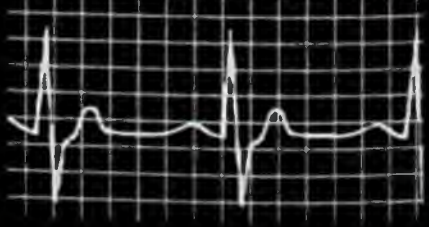
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**ON THE PULSE FOR WINNING**



# Junior Pre-Worlds, Sjoa, Norway 1991

I had really looked forward to this particular trip and was not to be disappointed. The crossing from Newcastle to Bergen, 23 hours, passed quite well. The journey from Bergen to Sjoa, 350 miles, was magnificent with snow-capped mountains, fjords, waterfalls, glaciers and beautiful views all round. The weather was exceptional, hot and clear, remaining so for 10 days.

Sjoa is in the Winter Olympic valley of Gudbrandsdalen. The campsite, 10 minutes from the Slalom Centre is situated on the banks of the fast flowing River Otta, very big and bouncy. I could not wait to paddle it myself. The slalom site, on the River Sjoa, was really something. The Norwegians had obviously put a lot of thought, time and money into developing a superb Slalom Arena and are to be congratulated. It was very impressive; the water, the setting, the facilities, everything.

The team arrived on Tuesday morning looking happy, relaxed and in high spirits, having done very well in Sweden. The inaugural ceremony was a very pleasant occasion starting with the parade, the British Team led by a proud Leo Hoare, followed by a few official short speeches and the course then being officially opened by the competing paddlers.

The British team looked quite good during training and non-stop practice runs on a fast open course, although to be honest, so did some of the Germans, Yugo's and Czech's. By now, a warm friendly atmosphere had become established amongst the various nations with much kit swapping taking place.

All too soon it was Friday and race day for the Ladies and C1's. Sally and Treena tried really hard but were disappointed with their runs on the day. I thought that both were quite capable of finishing in the top ten. However, Corrie put in a good performance to finish in 9th place.

In the C1 class, a determined Joel had two superb runs, showing outstanding skills to win the silver medal. The first for the British team and a great incentive for the K1 Men.

Saturday was the Men's turn. Paul Ebrey and Mike Jesson really set the pace with brilliant first runs. James had 10 penalties with Leo and Paul Ratcliffe having 50's. This was nail-biting stuff! James was the first British paddler down with a tremendous 2nd run, fast and clean, to take the lead. Next came Paul Ratcliffe, looking cool and calculating, putting in an impressive performance, good enough to move into 1st place. Then a long wait until the last paddler had gone down - was his time going to hold? Yes, 1st place confirmed for Paul Ratcliffe, the gold medal and the Junior Pre-Worlds Title. Paul Ebrey and Mike Jesson's first runs proved to be their best giving them 7th and 12th places and Leo, playing a captain's part, called on all his skill and experience to put in a good run to finish 9th overall. A gold, a silver and all the British K1 men in the top 12 - truly splendid results.

The squad were really buzzing for the team races on the Sunday, with the girls

determined to make amends for their individual disappointments. They came good on the day to take the silver medal. Well done Sally, Treena and Corrie. The British K1 Men's team recorded a brilliant run to take the gold medal by 4 seconds from the Germans with the two Paul's and James working superbly together. It really was fantastic to watch.

The prize giving for the British was a memorable occasion followed by many photographs and the traditional "throwing in" for the winners and a special "ducking" for a very proud team manager, Brian Fuller.

A jubilant team spent their final evening in Sjoa at the camp site, enjoying some terrific surfing on the river and tucking in to a hearty barbecue, prepared by the parents. Everyone had a great time - a fitting end to a successful tour.

I thoroughly enjoyed the trip and felt that we were made very welcome by the Norwegians everywhere. The event was well organised down to the last detail and I would strongly recommend it to anyone thinking of going next year.

**Mark Ratcliffe**



**Paul Ebrey, Paul Ratcliffe, James Croft**

**The Winning team**

**Photo: mark ratcliffe**

## The One Who Didn't Get Away

In September 1991 I experienced the greatest horror that the devil can visit on a marooned husband and father - a horror which chilled my soul and must, must stand as a warning to other mere males who, despite their best endeavours, may find themselves in the same pitiless state.

It all started in mid-August, when son left for Czechoslovakia with the Under 17 squad and wife left for the same destination. We parted with sweet farewells, my fond promises to walk the patio, mow the dogs, re-lay the caravan and service the lawn ringing in my ears; good intentions paving the way to the small ads section of the local paper. Then last minute messages and reminders and off they went. (What was that about the milk?)

And suddenly the freedom! Up at 6 am, walk the dogs (once more too late to cancel the milk - 6 am! - does the milkman never sleep?) then breakfast, off to work, 7 pm back home again, washing, (drink some milk), walk the dogs, (more milk), ironing, tidying, (milk anyone?), mow the lawns, (more bloody milk - there's only so much you can force down an Obliging but suspicious moggy), re-lay the patio, - come 2 am my time's my own to do what I want - viz fall over and start again at 6 am the next morning.

And so this idyllic existence carried on - for days and days and days - and oh Joy! a Bank Holiday - even more chance to get even more jobs done this weekend!

Colleagues at work began to notice my tired, pale, exhausted state - no longer the enthusiastic ferret, couldn't face a rabbit hole if it offered free tickets - still at least I'm eating well.....

Eating well - that was the start of the problem- You see, the fridge was left well stocked, the pantry shelves stacked high with tins and boxes. I ate well, very well, although towards the end of the second week my culinary experiments had to get rather inventive. Strange that whilst everything mixes well in the stomach, on the plate, before eyes, is another matter. So 6 course meals, lots of little bits - that was the answer. Alas, all too soon I was down to a yogurt (low fat) beans (barbecued, tinned), 2 oranges and something in the freezer wrapped in tinfoil which didn't move about a lot and looked happier, and safer, undisturbed.

Then the sudden panic, the day before they were about to return, food for them! 1200 gruelling miles across Europe, not to mention the A1 to Nottingham and back home 11 pm - no food! What do I do? Throw some raisins in the dog's meal, claim its muesli? Wash the jelly off the chunky cat meat and make a stew with the barbecued beans and the yogurt? The cat would tell - sure of it. Use the tortoise as a meat pie? Hardly got the energy left to catch it- What about the goldfish - could the vicar do the 3 loaves trick? What was that thing in the freezer? I was utterly lost and in my dark soul searing despair I resolved to go shopping - yes, shopping! To a supermarket.

It was awful. Friends, fellow husbands and fathers, I beg you, I urge you, if ever the thought flits across your mind, such a simple, innocent-seeming solution - resist it! Implore you, resist it with every ounce of your strength. For it was a most terrible experience. Have you ever been

in a Supermarket? *Right* inside? It was vast, miles and miles of shelves and full of women. Efficient, organised types who know the difference between grammes and ounces, who can spot the best price at 50 paces and count the beans in a tin before cooking them. Fearsome women, and a few men as well, mostly convertible I suspect - and me, the only normal male in the place.

Could I get served! The place had gone completely d-i-y and their buyer must be out of his tree. All I wanted - or rather all I could focus on in my panicked state) was frozen peas; there were big bags of big peas, big bags of little peas, little bags of big peas, little bags of little peas, all from different producers, all different prices. How could I possibly make up my mind what to buy if they can't decide what to sell?

Chaos and confusion all round. I cut my losses and made for the checkout (another misnomer, more of a picket line - 20 minutes to pay for £13.62 - a months food last time I went shopping) and with a, "Thank you madam, I doubt that I will have a Good Day, but if I ever do it will not be within 100 miles of these incarcerating walls" I gratefully escaped.

Ray Croft

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Alex Pope

Tryweryn Div. 1

Photo: GDN

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## Gareth

**GARETH MARRIOTT - Where did he spring from?**

My first real contact with Gareth was at the first ever Junior World Championships in Spittal, Austria in 1986. I arrived just before the race, hot-foot from the Senior Pre-Worlds at Bourg St. Maurice - many of the Team were new to me and my job was really to help out with the bankside coaching and survey the current Junior World scene...

The GB C1 team had 3 boats - Gareth, Mike Wharton and Ben Geddis.

The first thing that strikes you about Gareth is his innate self-confidence. It hits you head-on and leaves you in no doubt whatsoever that he knows what he wants and believes he can do it - usually without too much help from anyone else! Even at Spittal - his first major International race in C1 remember - it was the same - he thought he was going to win.

My first impressions seeing him race at Spittal were "Where on earth has this guy come from and who coaches him...!" In fact the question; "Is he a Brit.?" might also have been on my mind. It seemed to me that a clone from the Americans had somehow infiltrated our system. His basic C1 style was so reminiscent of Lugbill and Hearn it seemed incredible that not only had he not spent any time over there - he hadn't had any real C1 coaching of any kind. He was still raw and inconsistent - admittedly - but everything he displayed that weekend indicated to me that he was going places and probably fast.....

In the race itself he came top GB C1 at 11th position (top ranked U16 at the time) - but to my mind the potential was there for anyone who had eyes to see and who knew their X-bow from a pry away.....

After Spittal Gareth returned home to Mansfield (10 miles north of Nottingham) to find that a very generous Sports Council was just about to open an Artificial Slalom course slap bang on his doorstep!! He was one of the first to run it - almost certainly along with Richard Fox one of the first to train regularly on it and soon - with his parents moving down



Gareth Marriott

Tryweryn Prem

Photo: Chris Worrall

to Holme Pierrepont - was gaining the benefit of 2 white water sessions a day on it.

This factor along with his undoubted natural talent for C1 really boosted his progress over the next winter. He became without doubt the undisputed 'King of the Course' at Nottingham - especially (being a lefty) with its prevalence of left-hand moves.

1987 saw Gareth really beginning to make his mark in the Senior ranks (still only 16/17 years old) It brought back memories to me of 1977 when news began to filter through from the USA

about these 'wonder boys' in C1 who were beating the kayakers - we didn't really believe it - typical American Bull S. - and in any case the US Kayakers were not much good anyway.....Well we soon changed our minds when we first saw Lugbill, Hearn, Robinson and Co.....!

1987 saw Gareth start to emulate them - getting close to and sometimes beating good kayakers in training and races. When this starts to happen you know that time-wise its very much on world class pace. With a silver at one of the '87 selection trials - Gareth made the World Championship Team - and at Bourg placed a brilliant 11th (still aged 16) this

with a 5 second penalty that cost him 6 places!!! Gold in the Junior Pre-Worlds that year established as the clear World Junior No.1 and hot favourite for the World Title in 1988...

As Nottingham developed as a centre of Excellence - more top kayakers started to base there in the winter 87/88 - again improving Gareth's training environment. It's true to say that he has never trained regularly with other C1's - only top kayakers - the demands on his speed have always been there and are probably a major factor in his development as an elite C1

## Marriott

1989 saw the progression slow up just a little as you might expect but 6th place in the Savage Worlds (again with a 5) should have set the alarm bells ringing just down the road in Washington DC. If that didn't then Gareth's bronze in the World Cup Final in Tacen Yugoslavia certainly did.

1990 saw further success with his first Senior title - winning the Pre-Worlds in Tacen (again with a 5 but with a time that if clear would have won the MK1 class the next day.....) By this time the only direction the Americans were looking was in front of them....Another feature of 1990 was that consistency at elite level - often regarded as Gareth's weak point - was starting to come with him placing an overall 4th in the World Cup Series.

1991 you have read about elsewhere in this magazine. As reigning Pre-Olympic and World Cup Champion, Gareth is the established World No. 1 and will start favourite for the Olympic title in 1992. No doubt his experience of 'winning from the front' in the Junior Worlds back in 1988 will be needed to the full.....

What are the secrets of his success? Easy to identify but hard to explain. Massive natural talent without doubt - covering all the essentials - speed, technique, watermanship, exceptional flexibility - other paddlers have a similar range of movement but they don't have the confidence or 'bottle' to use it properly. Next time you're watching him paddle - just compare the amount of turning momentum he puts on his boat during a cross-bow. Just see how "His blade gets to places other blades cannot reach!" - without the help of any well known lager.....

Above all he has an inner confidence and self-belief that he can and will be the best on the day.

It would be fair to say that all this makes coaching him a pretty hot job - but who the heck cares when he's getting the results...

**Alan Edge - GB Olympic Coach**

1988 saw Gareth winning the Junior Worlds (on the now demolished River Valira course at Seu) from the front. Its never tougher than when EVERYONE but everyone has told you and expects you to win a major race. He 'survived' the experience and I think gained a lot from it which will stand him in good stead.

He also stepped up the Senior ladder another rung - placing 7th in the Europa Cup rankings which included an impressive 5th place at the Final in Nottingham. The Americans were just beginning to look over their shoulders.....





**Richard Fox**

**World Cup Winner 1991**

**Photo: Chris Worrall**

# GB U16 Nottingham Training Camp

**B**lue skies, hot sun, no wind, Nottingham at its best. The under 16 camp began its training week meeting in the Holme Pierrepont campsite for a rendezvous with Jim Jayes and a well organised week plan.

Monday morning was used as a time to get tuned in to the strange swirling waters of the course whilst coaches note the range of abilities.

To begin the serious stuff the afternoon consisted of a short fitness test. Each paddler trying to keep in time with the recorded beeps on a flat two gate figure of eight course whilst having their heart rates monitored. After the full eleven paddlers I don't know about Jim, but I was hearing the damned beeps for the rest of the day!. Some interesting heart rate graphs came from this test and were to be compared with a re-run of the same test on Thursday.

The following three days consisted of some good quality technique sessions on an exclusively booked course plus a small taste of real hard work for the group. Obviously the week won't make them instant champions but a wide variation of example sessions were posed to them for work in the future.

Friday was used as a rest and travel day for the squad to prepare for their participation in the Bala Mill premier race

for which JJ had organised them all timed and judged runs, both individual and team. Although for many it was quite a traumatic experience having to race after only one practice run (ie. no team runs first day), the majority coped relatively well, with even one or two exceptional results. Overall the week provided some profitable sessions and the weekend concluded the seven day camp with an opportunity to watch, study and race against some of the country's best paddlers.

Although the camp could have never worked without the hard work and enthusiasm of each paddler, I have to take this opportunity to congratulate Jim on an excellently organised camp and I feel much of the success of our juniors this summer can be attributed to his efforts.

#### Andy (Kidder) Raspin

*JJ adds some details of the Bala Mill Prem event:-*

After the training we travelled over to Bala Mill for the Premier event. A new experience for many of the paddlers was only having one practice run, as they usually raced in Div 1. The course was fairly open for the first 8 gates and the progressed in technical difficulty as it went on over the Mill Fall with a very tight sequence. and was one of the more

difficult courses that have been used at Premier level.

This was the first time that the paddlers were able to compare themselves with the top paddlers in the country and despite the fatigue of the previous weeks training, which was not exactly ideal preparation so close to the event, there were some excellent performances against stiff opposition.

#### Men's K. 1.

Daniel Corner	20th
Chris Chapman	31st
Neil Buckley	34th
Simon Barber	46th
Tim Morrison	53rd
Robin Johnson	61st
Martin Parker	64th
Steven Flower	65th
Chris Carter	72nd
Mike Bennett	78th

#### Ladies K.I.

Anita Bennett	13th
Diane Woods	16th

A highlight of the weekend was the ladies K.I. team event, when Anita and Dianne were joined by their usual Div 1 team member to post a result which would have won the ladies Premier team event. Unfortunately they were not eligible for the prize!

JJ



Andy (Kidder) Raspin

Tryweryn Premier

Photo: Chris Worrall

# Under 17 Team - Czechoslovakia 1991

We met at Holme Pierrepont on 21 August. When I arrived most of the tea were already sitting around talking. I was really looking forward to the trip and was excited, because for me, and others, it was my first time abroad with the team.

The mini-buses arrived and we tied the boats on and loaded the trailer. The weather was nice and spirits were up as we began the 36 hour journey to Prague. We had a 6 hour ferry journey from Felixstowe to Zeebrugge and as it was a good night crossing we mostly slept.

On the journey I was in one of the team midis and it was quite comfortable as all the seats folded flat, so we were able to lie down and go to sleep. There were two midis which carried 7 people each and the other 12 team members were unlucky enough to travel in a school bus - sitting upright all the time!

We arrived at Prague University, where we were saying, at about 3 am, after having paid a quick visit to Macdonalds as we were all starving. Richard Pope, our assistant team manager, found out which floor we were on - the 13th! We unloaded and were allocated our rooms in pairs. We soon crashed for the few precious hours of sleep available before our first paddling session.

In the morning we went down to the first slalom site we were to compete on at Veltrusy. It was an artificial course and the eddies were mainly built from tyres in the river. It wasn't big water but it was quite technical. The British had booked an hour on the course and we used this just to get used to the water - a course plan was available but we hadn't really had time to work out where all the gates were to be yet. We had our second session at 4 pm which was optional - I decided I would get more from studying the water and trying to work out the course from the plans we had rather than actually paddling.

That evening we went to a restaurant for a meal. The food in Czecho was a bit greasy and most nights the team would have preferred Corrie and Richard's vegetarian meals. But we managed! Saturday it was up early and down for practice runs. The coaches sat at sections along the bank and after runs

the paddlers went to the coaches for feedback, which was really helpful. The day was a bit hectic as there wasn't much tie between runs but afterwards we were able to relax a bit for the team event.

On Sunday once again it was up early to paddle a different course, as the event was a double. Everyone coped well and enjoyed it. Then during the week we trained mostly at Troja, another bigger and more technical course, returning to Veltrusy once on Thursday for a relaxing session before the weekend's competitions. Training during the week was really good. Mostly the girls trained together with Lara Tipper, the boys with Steve Bushnell and the C1's and C2's with Andy Rance and Rob Moss. Everyone worked hard and we all got a lot out of the sessions.

On Tuesday we ventured into Prague to find most things extremely cheap - ice cream 4p! The town was nice, and pretty big as everyone found out when they tried to get back to the minibuses!

The last weekend's competition at Troja proved to be a much more difficult course than the first weekend because that was a Junior International whilst this one was a full Senior International.

After the practice runs the coaches were definitely in demand as quite a few of us had problems - but everyone got themselves sorted out for their individual runs and performed well. Saturday night - and our last meal in Prague - then back to the University to pack and get an early night before competing at Troja and then travelling the 36 hours back to Nottingham.

On Sunday at one point there were fears that the C2's second runs were in jeopardy because there was some worry about missing our ferry. But fortunately everyone got their two runs in with pleasing results and we then we were off. It was a long journey ahead - but this time no major paddling to look forward to at the other end. I was sad to go as I had really enjoyed the trip - and learned a lot from it.

**Claire Fox**  
September 1991

## Results

### Veltrusy Day 1

#### K1M

2. James Croft
3. Leo Hoare
4. Stuart Bowman
5. Chris Wetzig
6. Paul Ebrey
8. Richard Barber
11. Simon Orange

#### K1L

6. Claire Fox
8. Rachel Doherty
9. Lisa Rae
10. Corrie Johnstone
12. Alison Muir

#### C1

7. Hywel Lloyd
12. William Edwards

#### C2

8. Forbes/McIntosh
10. Burt/Elsworth
11. Roden/Roden

### Teams

K1M GB 'B'

2nd

K1M GB 'A'

4th

K1L GB 3rd

K1C2 GB

2nd

K1C1 GB

5th

### Veltrusy Day 2

#### K1M

1. Paul Ebrey
2. James Croft
4. Leo Hoare
8. Stuart Bowman
11. Chris Wetzig
15. Simon Orange

#### K1L

8. Lisa Rae
10. Claire Fox
11. Corrie Johnstone
12. Alison Muir

#### C1

11. Hywel Lloyd

#### C2

7. Burt/Elsworth
10. Forbes/McIntosh
11. Roden/Roden

### Troja Day 1

#### K1M

1. James Croft
4. Stuart Bowman
5. Paul Ebrey
8. Chris Wetzig
9. Leo Hoare
20. Richard Barber
29. Simon Orange

#### K1L

2. Rachel Doherty
8. Corrie Johnstone
10. Lisa Rae
14. Claire Fox
17. Alison Muir

#### C1

11. Hywel Lloyd
15. William Edwards

#### C2

7. Forbes/McIntosh
12. Burt/Elsworth
13. Roden/Roden

### Troja Day 2

#### K1M

2. Leo Hoare
5. Stuart Bowman
7. Chris Wetzig
8. James Croft
11. Paul Ebrey
21. Simon Orange
46. Richard Barber
7. Chris Wetzig

#### K1L

8. Claire Fox
13. Rachel Doherty
15. Corrie Johnstone
19. Lisa Rae
22. Alison Muir

#### C1

17. Hywel Lloyd
19. William Edwards

#### C2

6. Forbes/McIntosh
10. Burt/Elsworth
13. Roden/Roden

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# Canadian Paddling - Tim Deykin

## Developing muscle imbalance in Canadian paddling

Tim Deykin GB Team Physio

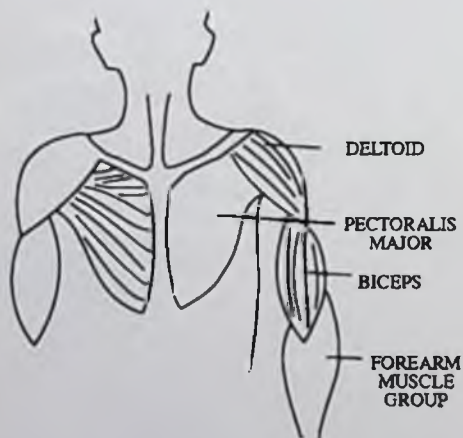
Tim was asked to reply to Mrs M Bigg's letter in the last issue of Slalom Magazine regarding developing muscle imbalance, particularly in C2 paddling. For those who did not see her letter she asked about five main points:-

- 1) Do C1/C2 paddlers develop muscle imbalance?
- 2a) Will learning to paddle on both sides help to redress this and
- 2b) will it mean learning to paddle from scratch?
- 3) Which muscle groups are involved?
- 4) What is the long term effect?
- 5) What exercises can be done to prevent problems?

Tim's answers are below

### 1) Developing muscle imbalance

Basically if you are predominantly left or right handed you will almost certainly have developed some degree of muscle imbalance. This is irrespective of whether you paddle C1, C2 or another regular activity altogether.



FRONT

Principles of training are such that if you train specific muscle groups you will increase that groups capacity to do work; the type of work depending on whether you are training for power, strength, or endurance. Consequently this may lead to an increase in muscle mass (termed 'hypertrophy') due to two factors.

- i) increase of quantity of constituents within each muscle cell.
- ii) increase in blood circulation to muscle tissue.

Therefore asymmetry of training will bring about asymmetry of development. My personal opinion regarding developing muscle imbalance specifically is that if you develop a greater muscle mass on one side then that is of no detriment as long as the other side is of normal development and able to cope with normal daily functions. However, if you have overdeveloped one side and the other side is weaker than normal then there is likely to be some long-term problem. Therefore under development compared to normal is of greater importance than over-development.

### 2a) Will learning to paddle on the other side when training in a C1 help to restore a balanced development?

This might be an idea to try and even things up for a recreational paddler but is not an adequate solution for an aspiring elite paddler. Principles of training apply here once again, so if you are thinking of paddling a C1 to help to develop musculature for a C2, then training must be specific; ie if you paddle as a right hander in a C2 and you supplement your training with training in a C1 then it must also be on the right.

2b) If you decide to paddle a C1 to complement, as opposed to assist, in your C2 training then you would not have to start from scratch. There would be a considerable transfer of skill and technique from dominant to non-dominant side.

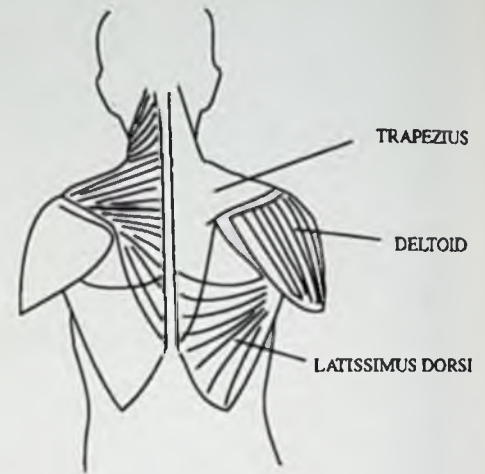
NB It is not unknown for a C1 paddler to change sides during a sequence of gates.

### 3) Muscle Groups Involved

The muscle groups of the bottom arm (which is usually the dominant stronger side in a C1 paddler, but not necessarily so for someone in a C2) are particularly those of the shoulder girdle and arm, as listed below:-

Muscle	Action
<b>Latissimus Dorsi</b>	- Pulls upper arm to side from out in front or out to side.
<b>Pectoralis Major</b>	- Pulls arm to side

- from out in front or out to side
- Deltoid** - Lifts arm Forward, sideways and backwards
  - Biceps** - Bends elbow
  - Forearms muscle groups** - Gripping



BACK

The main muscle groups of the top arm are those involved in the planting of the paddle and these will be:-

- Pectoralis Major** - Pulls arm to side
- Triceps** - Maintains a straight elbow
- Latissimus Dorsi** - Pulls upper arm to side

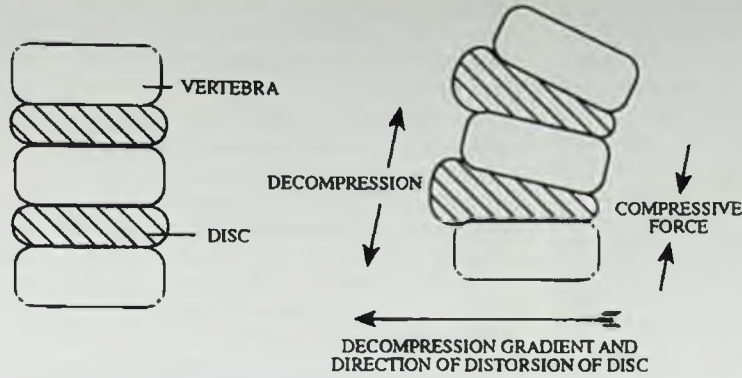
The combination of effort, intensity and range of movement that each muscle produces will vary from individual to individual and will ultimately have a direct bearing on style and technique of that individual.

### 4) The Long Term Effect of Muscle Imbalance

There is no major problem as long as the non-dominant side is still strong enough to maintain normal posture and movement when out of the boat. Different muscle fibre types are involved in producing strength/movement as opposed to maintaining posture, so muscles will be developed mainly for strength, but perhaps for posture too whilst canoeing.

One important consideration is that the front man in a C2 is similar in some respects to the C1 paddler in that the front man is a bilateral paddler, being in a

position to do cross bows, whilst the back man tends to be unilateral. Consequently the front man's spine and paravertebral muscles will operate more equally to both sides whereas those of the back man are more likely to develop a greater range of rotation on his paddling side. The back man also tends to constantly lean sideways to his paddling side, maintaining asymmetry of posture and adverse stresses on his spine. This is where the possible long term effects might act, particularly on the intervertebral disc of the spine. Each disc acts as a compressible washer in between the bony vertebrae of the spinal column. Sustained pressures or forces cause the disc to distort or derange; ie. as in leaning



**DISC DISTORSION WHEN BENDING OR LEANING**

lumbar discs distort, compressing on the right side and bulging on the left. The longer or harder you lean, the bigger the bulge and it will take an equal and opposite force to reduce the bulge. Once out of the boat and resuming normal posture the available forces are not always enough to reduce the distortion and it remains bulging and eventually this may result in

lumbar discs distort, compressing on the right side and bulging on the left. The longer or harder you lean, the bigger the bulge and it will take an equal and opposite force to reduce the bulge. Once out of the boat and resuming normal posture the available forces are not always enough to reduce the distortion and it remains bulging and eventually this may result in

- i) compression of a nerve and associated pain.
- ii) loss of range of movement and function or
- iii) a postural imbalance in the spine called a scoliosis (an S-shaped curve of the spine when looked at from behind).

Incidentally, the concept of the disc bulging as a result of sustained asymmetrical forces also applies to the kayak paddler, where in fact the low back is continually flexed (bent forwards) causing the disc to be squashed at the front and remaining bulging at the rear. Towards the rear of the spine is where all the nerves are situated and this can lead to problems of low back pain. A reduction of fluid in the discs of an older person makes back problems potentially more likely than in youngsters.

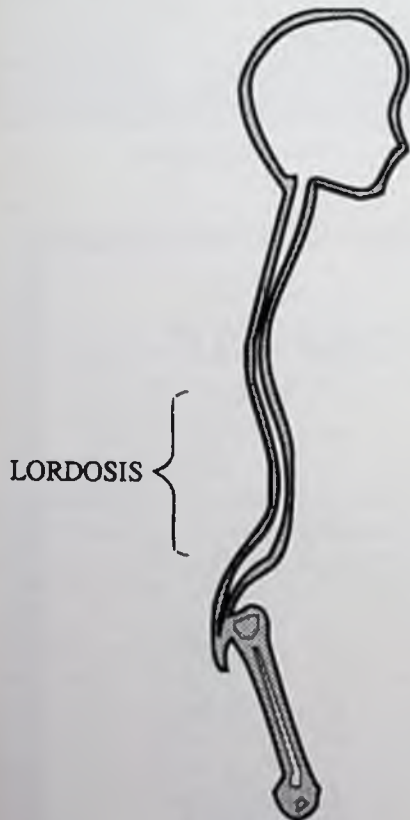
In this respect the canadian paddler is in a good position, because the lower back maintains a normal curve (called the lordosis; ie a slight hollow in the low back when looking from the side), but do not let this problem of maintaining a good posture in your boat get out of proportion; remember that even an elite paddler is probably not in his/her boat

more than 2 hours per day.

So it is significantly more important what you do with your spine the rest of the time when you are not in your boat, ie. DO NOT SLOUCH, sit and stand up straight.

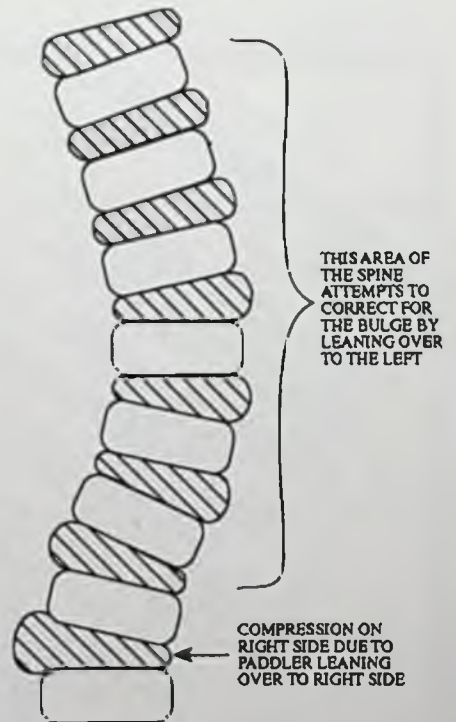
**5) Exercises for prevention of muscle imbalance**

General weight training is the most obvious. A light weights programme for the muscle groups concerned and I would suggest using free weights as opposed to multigym or work station equipment. There is less likelihood of the dominant arm being able to do a greater share of the work than the weaker, non-dominant arm, using free weights. Needless to say weights should be handled with respect and youngsters in particular should have qualified instruction.



**LORDOSIS**

to one side or leaning forward for sustained periods. So, if the back man leans to the right when paddling, then



**REAR VIEW OF SCOLIOSIS**

# First HPP Double

Low water levels this summer have caused problems at all levels of the sport. Some events have been cancelled while others have merely run on flattish water. One recent event faced with water problems was the Division 3 run by Banbury Canoe Club on the 14th/15th of September. The National Water Sports Centre would allow a release of 7m<sup>3</sup>/s (1/4 release) for only five hours each day. This would, had a solution not been found, have meant limiting the number of paddlers (competitors and judges) to 150. To do this would have meant turning away competitors in a division that has already had two events cancelled this year. There would also have been no free practice.

Not a lot of people know that the organising club of Nottingham events makes no money from camping, car-parking or refreshments and also has to pay out a large amount for hire of the course. Limiting the entry also would have meant the Club making a loss. The solution which the Club settled upon was to split the event between two courses. One running from first pool to the bottom of the Corkscrew Pool, the other going from the Muncher to the Bottom Bridge. The paddlers being by class with C1, C2, K1L and Judges on the top course, K1M and Veterans on the bottom course. The courses were designed to be of equal

standard. They were inevitably tight and technical with the low water level allowing time for spins and back-offs as required.

Running a single division event on two separate courses is certainly a one off solution to a tricky problem and something that should be kept for similar low water situations. However, it is certainly possible to put up two courses on Holme Pierrepont. The idea of running two events simultaneously bears thinking about. For example, a Division 3

running from the top to just above the bottom stopper while a Division 4/5 was taking place round the 'Chicken runs' and on to the Bottom Bridge would allow another 250 competitors to make use of the Holme Pierrepont site. It would also allow the paddlers on the 4/5 to see far more higher ranked paddlers than they are able to in a judges event.

Certainly this time the short notice meant a lot of work for the judges and I thank them all for their perseverance.

**Andrew Dancer**



HPP Division 3

Photo: L Buzzard

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# Letters

## Reply to letter in Slalom Magazine - Canadian Paddling

Dear Editor,

Further to the letter in your last edition of Slalom Magazine relating to the potential for physical problems arising from Canadian paddling, I would like to provide you with my comments.

As a kayak paddler who transferred to Canadian paddling for a period of 7 years I also had these concerns. After consultation with several physiotherapists we agreed that the primary area of concern was the lower body area with particular emphasis being placed on the knee and groin areas. During the years of competition this also proved to be the real problem areas.

Muscular development in the upper body does develop in different muscle groups at different rates dependant on the style of the paddler, but mobility/flexibility exercises and a general training programme can balance out this situation. It is a common practise for committed Canadian paddlers to continue a limited amount of kayak paddling to assist in providing this balance. Peter Keane and Mark Delaney, C1 paddlers of note in recent years, were both International Polo players who maintained balance by kayak paddling. After cessation of intense training any muscular imbalance developed reduces to an insignificant level.

The increased mobility available to the Canadian paddler from the raised seating position can give rise to groin strains due to overstretching while the fixing of the knees can place stress on the joint for which it was not designed. If the Canadian paddler does not fit out their boat correctly then the knee can become numbed, due to temperature or reduced circulation, and damage can occur without the pain which would normally highlight a potential problem.

The fitting out of a Canadian boat is one of the most important aspects of preparation for the participant in this discipline of our sport. If you are not comfortable then you should consider spending some time on your seating

position and fittings. Canadian paddling should be fun not purgatory.

The Canadian paddler in the UK who is concerned about muscular imbalance due to intense training is a phenomenon not often encountered. I hope these comments assist in removing the problems experienced by serious Canadian paddlers wherever or whoever they may be.

Yours sincerely,

**Alistair.M.Munro**

## ENGLAND TEAM SELECTION

Dear Editor,

In response to Don Raspin's letter regarding the England Team Selection I would like to clarify a few points.

The England Team selection procedure has been ratified by the English Regions Management Committee because it is under that committee that the England Slalom Canoe Team (ESCT) operates.

The (ESCT) has only been in existence since October 1989 and the registration procedure for those seeking to be considered for a place in the Team has been stated in both Slalom Year Books issued since that date as well as being on display on the ESCT stand at the last Canoe Exhibition. We will also be at the 1992 Canoe Exhibition taking registrations for selection for the 1992 England Team. The registration procedure is therefore available for all to see and not just, as is claimed, for those who have been made aware of it.

With regard to the Selection of a Team of the early Pan-Celtic Cup at Grandtully each Easter, the difficulty arises in that any team selected in the previous year may have paddlers who at the turn of the year go over a particular age grouping. It would be equally unfair not to select them for the previous year as it would be to deprive them the opportunity to take part in the Grandtully International.

In Mr Raspin's letter he calls for the Team not to be selected from GB paddlers but also seeks that the selection should be from a full spectrum

of eligible competitors. I agree with this last point because his two requirements are contradictory and I as Team Manager wish to have the best Team available with no exclusions even on the basis of other selections (even GB selections)

My reasons are these :

1. The SCA, WCA, CANI may not exclude GB Squad paddlers, therefore we should not adopt a policy which has a built in bias against us. We might regret it someday.

2. There may be in the future the commonwealth Games or not permitted but English, Welsh, Scottish and Irish Teams are.

a) Our selection Policy should be ready for this.

b) We would be given no option by the BCU to take the best team possible anyway.

3. The purpose of the England Team is to put up the strongest opposition to Wales/Scotland/Ireland and anyone else who challenges us.

4. We are not here to be a "second best" GB squad, paddling for England should not be considered a "consolation prize".

The England Team will go from strength to strength but it will seek every Englishman's support in backing England.

**Ian Janes**  
**Team Manager**  
**England Slalom Canoe Team**

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# GB Junior Tour - Pre-Worlds and Nordic Cup

## G.B. JUNIOR TOUR - NORDIC CUP PRE-WORLD CHAMPIONSHIPS SWEDEN - NORWAY - JULY 1991

*Feast or famine. We had so many reports on this trip (and enough letters congratulating Brian Fuller and his crew to fill the magazine) that it must have been the best ever. The compromise we came to was to publish one paddler's report in full (page 9) and combine the best of the rest, which is below—ED*

A smooth ferry crossing. The sun shone every day. Good water. Efficiently organised events. The Team worked well together and brought back some medals, what more can one ask for? However you might like some more details, so here goes—

The tour started with a Junior International at Alvkarleby in Sweden, north of Stockholm - the first leg of the Nordic Cup.

The nine junior paddlers plus five staff (manager, coaches/drivers etc.) travelled from Nottingham to Harwich in a school mini-bus on hire from Canons High School and a Montego estate kindly loaned by Rover Cars. At Harwich we embarked on the Princess of Scandinavia for the 24-hours crossing to Gothenburg. We had been unable to obtain couchettes on the outward journey so had to 'suffer' cabins - a very relaxing way to travel - with good food and entertainment on board. We disembarked the following afternoon and were soon on our way on an eight hour drive to our hostel which was in Alvkarleby - or was it?

Despite having a 'faxed' map we had a bit of difficulty locating the actual house we were supposed to be staying in as it was approaching midnight before we were anywhere near it.

We got to know the village of Alvkarleby quite well over the next half-an-hour or so as we searched in vain for familiar signs. Eventually we homed in on the right

sounding location on the outskirts of the village and, after resisting Len's attempts to break into a private house (at midnight? - imagine the headlines!), we at last found a likely-looking hostelry and, sure enough, two empty dormitories on the first floor. We'll take it, we thought, and sort things out in the morning. Fortunately we were in the right place and enjoyed our first hearty Swedish breakfast a few hours later.

Friday was free practice on an interesting tight and technical course. It was located on a stretch of the river just below the Vattenfall hydroelectric station where massive civil engineering works were in progress to control the river and just below the dam there were some truly stupendous waves. But the slalom course was just around the corner on a relatively quiet stretch although still on good water with some interesting technical moves, including upstream gate 13 where it was necessary to nearly climb a rock to get to it and a subsequent cross and possible spin to 14 which caught out all but the most wary.



Paul Ratcliffe

The Winning Run

Photo: Mark Ratcliffe

In the individual event on Saturday, for the Vattenfall Cup, our ladies - Sally Masters (8th), Treena Warman (11th) and Corrie Johnstone (13th) started well and were followed by Joel Scott in C1 who was personally a little disappointed with his 5th place.

In the men's event Paul Ratcliffe started his tour as he meant to go on - by winning but in doing so was pressed hard by James Croft only just over one second behind in second place. Leo Hoare in 4th place was robbed of a well-deserved bronze medal by a 'blind judge' failing to award an obvious 'fire' to another paddler - such is life and foreign judging! It really makes one appreciate our own standard, back home. Paul Ebrey was 16th with three touches but with a time capable of giving him a 6th place - promising! Meanwhile Mike Jesson was having a minor disaster with 60 penalties leaving him in 51st place, but again, with a respectable top 20 run time.

It had been a good overall start for the British Junior team against strong international competition from twelve nations including Czechs, Germans, Scandinavians, Russians, Swiss, Australians, New Zealanders, Belgians and the Irish.

On Sunday there was a Slalom Sprint event - instead of the preferred Team event - but it did provide an opportunity for another start line practice on a new course. Sally, Treena and Corrie were 9th, 14th and 23rd respectively although Corrie was given an outrageous 50 - once again we had to explain about international judging! Joel won his C1 event which made him feel a bit happier and in the men's event this time James won, pushing Paul Ratcliffe into third place with Leo 4th. However, Mike's final run was a good one - so we all left Sweden with high hopes - and with Paul Ratcliffe the overall winner of the Vattenfall Cup.

Off the water the team had started to 'gel' and were in high spirits - due in no small part to the Chief Coach Len Smith and his 'wind-ups'. On the way to official practice the lead bus 'broke down', juddering to a halt on the side of the road. The team manager, Brian Fuller, greatly concerned about getting paddlers

and boats to the site in time being completely taken in by Len's 'elastic band' solution to what was really a perfectly serviceable bus! It was shortly after this that Brian received his latest nick-name. Or was it because he told the team to carve up the delicious-looking sponge cake at the hostel - only to find out that it was the afternoon tea cake of the people with whom we were sharing? They looked awfully upset until Brian's wife, Peggy, dashed upstairs to produce one of our team fruit cakes which they accepted in exchange - smiles all round again!

The hostel was, we think, used as a religious retreat and the folk we were sharing with came from a church community from another part of Sweden. Surprisingly our boisterous lot got on with them very well (after we had covered up some of the T-shirt designs!) and they were all very interested in our activities and delighted at our results.

At the first main meal half the team devoured the entire meal and there was minor consternation in the kitchen while they dashed off to cook us some more - they were obviously not used to sports persons with ravenous appetites. But they took up the challenge and roundly defeated us at all subsequent meals. In fact, we took enough lunch with us to last nearly the first two days in Norway when we eventually left.

One day later after a twelve-hour drive through breath-taking scenery we arrived in Norway for the Junior Pre-World Championships which also formed the second leg of the Nordic Cup and were truly amazed by the facilities provided by the Norwegians at the slalom site at Sjøa.

It seemed that no expense had been spared to provide arguably the best slalom facility in the world (!!) : An access road, car park and reception area had been carved out of the riverside forest and a timber walkway had been 'attached' to the side of the sheer rock face emerging from the river. Permanent wires ran for the entire length of the course providing unlimited gate positions. Superb judges, start, finish and commentator huts (more like miniature log cabins) were located at strategic points and, with a permanent Course

Office, toilets covered area, VIP suite (of course) and boat stands for each team, it only left the weather to be organised. That too was superb with the sun scorching us every day and with only a light shower of rain on the very last evening.

The water was big and lumpy with a medium-sized drop about a third of the way down the course. It was very much a river-race course with a limited number of eddies (but enough for sufficient upstream gates) akin to Tully or the Dee with good water. The most successful were those who could paddle big water and keep their boats strictly on track. In retrospect, the selection event on Tully in flood the previous April had been a good test!

Our arrival, late on Monday, meant that we had only two days limited training on the water before the course was closed on Wednesday evening and we might have benefited from a little more time on this fairly unfamiliar type of water - easy with the benefit of hindsight, but a pointer for the future - and next year's Junior World Championships on the same site.

Our accommodation in an old youth hostel building near the race site was basic but adequate with the juniors soon making it look well lived in! The cost of food was frightening - about twice the price of U.K. with pizzas at £13 a time! Peggy was soon busy in the hostel kitchen, working off a pair of two-ring electric stoves, cooking up pre-race nourishing meals of Chicken Supreme, Spaghetti Bolognese and an interesting-looking Lasagna - difficult without an oven!

The opening ceremony was a colourful affair with all the nations flags and local costumes. Brian's language was quite colourful too when he discovered a few minutes before the parade that our Union Flag had been fastened to its pole upside-down! He soon had it 'adjusted' with the aid of Mike's sun glasses strap and away went Leo, m and his escort, proudly carrying the flag - and wearing matching socks! Meanwhile on the water, Joel led the cavalcade of national paddlers - officially the first paddler down this newly-opened facility!

The competition had been quite strong in Sweden, but was increased in Norway by the addition of the Yugos, Italians, Poles, Dutch and Estonians making a total 17-nation competition. The only obvious absentees being the French, Americans and Canadians.

A well-designed course suited our paddlers during Thursday's official practice and the team was in good form and well-prepared for the 'main event'.

However, the ladies were disappointed with their individual runs on Friday although Corrie Johnstone's 9th place augers well for another crack next year. Sally Masters (22nd) and Treena Warman (33rd) were clearly capable of better results and proved it two days later in the team event. The ladies improved day by day on the big water and in retrospect would have probably benefited from one or two days extra practice.

Joel Scott, our lone C1 had two good runs but was unlucky to be up against an obviously on-form Simon Hooever from Yugoslavia who was some 5 seconds clear of the rest of the field. Joel's silver

medal was well-deserved and properly rounded off his junior career.

In the men's event on the following day Paul Ebrey and Mike Hesson pointed the way with good first runs which left them in 2nd and 6th place at the half-way stage. The other three did not have good first runs, but thanks to Paul E and Mike they now knew it was on. Paul Ratcliffe had arrived from Sweden as favourite and, with the eyes of the world on him, had looked good in practice, but although his first run time was the fastest by over 2 seconds, uncharacteristic penalties had left him way down the field. Could he clean it up for his second (and last!) run? He went carefully and clean and pulled it off - a worthy champion and a well-deserved gold medal winner. Mind you, he was almost too careful because James Croft also cleaned up his act from around 21st at the end of the first runs and went over 4 seconds faster to claim the silver medal slot only .05 second behind Paul!

Leo, our 'nearly man' from Sweden also pulled himself together after a disastrous 'flip' on his first run, which had left him

out of sight at the end of the first runs, to put together a faultless second run to earn himself a 9th place. Paul Ebrey did not improve on his second run, but that great first run of his which did so much to raise the rest of the men clinched him a 7th slot. Mike Jesson put in two good runs, the first one of which eventually gained him 12th place overall. All five men in the top 12 - and well-deserved - a credit to their coaches Steve Bushnell and Pat Stebbings. (Pat had been nervously following their fortunes on the end of a telephone every evening (back home).

On Saturday night there was a barbecue which was enjoyed but in a controlled fashion knowing that there was still important racing to be done on the following day. Brian came back from the Team Leaders reception bearing a nicely-shaped piece of wooden plank - had he really been presented with it?

Sunday dawned bright and clear, again, and with our men considered a good bet. But the Germans also had seven men in the top 16 of the individual event so were a force to be reckoned with. Any three of



Leo Hoare

Our 'Nearly man'

Photo: Mark Ratcliffe



**The Team**

the five GB men would have been good enough for the 'A' team, but, as is traditional, the best three from the individual event were chosen. 'Ratty', 'Peebry' and James acquitted themselves splendidly to go 9 seconds into the lead after the first runs with a clear team run - and held it to win gold.

There was no place for Joel (our lone C1) in the team event so he was appointed Assistant Team Manager for the day - and stood no nonsense - hats on in the sunshine', 'cover those shoulders' etc!

In the ladies team event, with our girls improving with every run down the course, they were around 6th place after their second run - not bad, we thought! But what was this? Sally had been baulked at the start by a capsized C1! After a hurried team chat, Brian agreed to try and get them a re-run - if they promised to go clear! He 'managed' it - the girls went (almost) clear and won silver. A splendid end to their week and a well-deserved result for Sally, Treena, Corrie and their coach Lara Tipper who had worked so hard with them.

At the end of the event the commentator relayed a message from the GB team

saying how much they had enjoyed the event, the scenery, the organisation and that they were looking forward (some of them) to returning next year - and they meant it!

The parents who had followed us to Scandinavia were splendid in their support - maintaining their distance when necessary, but always available to assist when required. As usual they fetched and carried and helped with the video as well as providing good moral support to all the paddlers - whether they were their own off-spring or not. On the last night they combined to provide the team with a splendid barbecue at their campsite on the banks of the River Sjoa and generously donated their event mementos to the paddlers. An enjoyable evening was had by all with good food and non-alcoholic (of course) drinks - just as well, as the team drivers were breathalysed on the journey home the following morning. Peggy provided us with amusement but a little concern as she struggled to accommodate the Norwegian policeman's requests to blow into his machine and then to find her driving licence in a car loaded to the roof - he retired from the unequal contest!

On the way back, on the ferry, the team was able to get up onto the bridge to meet the captain and to pass on our thanks to Scandinavian Seaways (DFDS) who had given us some assistance with the cost of the crossing. They were also 'presented' as part of the cabaret during 'Scandinavian Hour' in the evening, made honorary members of the Pirates Club and volunteered into a limbo competition which Steve won easily - the rest were just too embarrassed!

So we arrived back in the U.K. as Brian pointed out to them 'different people from when you left - you are now all members of the successful G.B. Junior Team of 1991 - something to be proud of an to live up to'.

The nine paddlers brought back

5 Gold Medals  
6 Silver Medals  
The Vattenfall Cup

and Paul Ratcliffe won the Nordic Cup for being overall winner of both events.

**P L Ank and A N Other**

# Results

## British University Champs Spindleruv Mlyn

A combined Slalom & Wild Water Racing squad of thirteen represented the British Universities Sports Federation at the Spindleruv Mlyn, Czechoslovakian International on 6-8th September. Pre-international training at Troja, Prague, was enormously successful in increasing self-confidence. Spindleruv Mlyn is a 'stonking' river of continuous Serpents Tail-like morphology, white water. An excellent course, which was a full 600 metres with an average winning time of 179.3 secs.

The K1M on Saturday where Julian was unable to improve upon a fluent clear run to battle for top ten. Only Simon Crook improved upon first runs. Sunday came with two alterations to ease the course for K1 and C1 classes, rather unnecessary. Andy Clough withdrew due to a cricked neck, a great frustration after Troja training & hence unfortunately no C1 team. Nick Smith, feeling drained all morning, pulled the stops out for an impressive run (subsequently vows to start training!). Simultaneously the river level dropped as the dam ran low of water. Statistically the percentage clear runs of top ten in each class was low, despite 8 countries being represented with well-known international faces

Although some had previous international experience, for many the first squad commitment highlighted its benefits. Team management was psychologically hard work; being continually on duty, exaggerated by logistic hassles caused by language barriers. The financial responsibility is an added stressor but I am ever willing to take on team management again.

### Results

#### K1M

1st T Hilger	BRD	168.89
13th J Salisbury		181.34 (0)
31st R Benson		196.91 (0)
43rd A Kirk		206.89 (0)

#### K1L

1st K. Striepecke	TCH	180.42
26th B Thomas		315.01 (75)

#### C1

1st J Ontko	TCH	180.42
13th N Smith		202.92 (0)
39th S Twigger		234.71 (30)

#### K1 Team

10th		287.04 (55)
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We wish to acknowledge our Sponsors; Tate and Lyle and Nottingham Moat House Hotel. Also thanks to the Edges. The Team tracksuit sponsors MPL National Clothing badly let us down, with no apology and 'still in the post', although now pending delivery.

The status of combining Universities and Polytechnics is for a combined slalom at HPP on 1/2 February. Now of particular importance in view of the next World Student Games set to include Canoe Slalom in 1993

John Gregory

## Winchester Div 4/Open

For many years this has been one of the best run and best supported events in the South of England. However it did look at first as though it was going to suffer on both counts as there was only a very poor entry and the club was obviously seriously undermanned on the Saturday. It later turned out that most of the club was into Dragon Boat racing and had decided to go off training somewhere at short notice, leaving only half a dozen stalwarts to hold the fort.

Needless to say control was as friendly, helpful and efficient as it has ever been over the years and although in some difficulty they made the best of a bad job and managed not to run far behind. The only change for us was that it was no longer possible to enter the Judges and Open events as in previous years and as all the Open runs were on the Saturday most of us were left with little to do for the rest of the weekend.

Both days were hot and sunny - something Winchester seems to manage almost every year - although when our younger paddlers got on the water at 6.30 Sunday morning it was rather fresh! One surprising thing was that even at that time they had the water

to themselves for 45 minutes. I can remember a few years ago (and have the photographs to prove it!) when the water was busy before sunrise but this seems to be the case at many events these days. It would be interesting to know why.

The Club had far more help on the Sunday and efficiently dealt with some 110 late entries - no mean feat despite the computer. The day was hot, successful and as usual the highlight of the day was prize-giving when the traditional large number of prizes (66 this year!) was presented, with many paddlers staying on to attend.

Once again thanks to Winchester for another successful event to add to their years of service to slalom canoeing.

GDN

### Results

#### Div 5 K1M

1st J Beers	ADUR	154
2nd M Tatay	Albany	158
3rd M Hawes	GSCC	172

#### Div 5 K1L

1st Liz Goodwin	Albany	206
2nd L Dean	BVCC	225
3rd L Hall	Poole Harbour	226

#### Div 5 C1

1st R Neville	BVCC	163
2nd N Chance	BCCC	177

#### Div 5 C2

1st Bell/Godbold	Winchester	197
2nd Hall/Tutton	Poole Harbour	208

#### Open K1M

1st J Hill	S E Paddlers	126
2nd K Oakley	S E Paddlers	146
3rd M Vook	Hemel	146

#### Open K1L

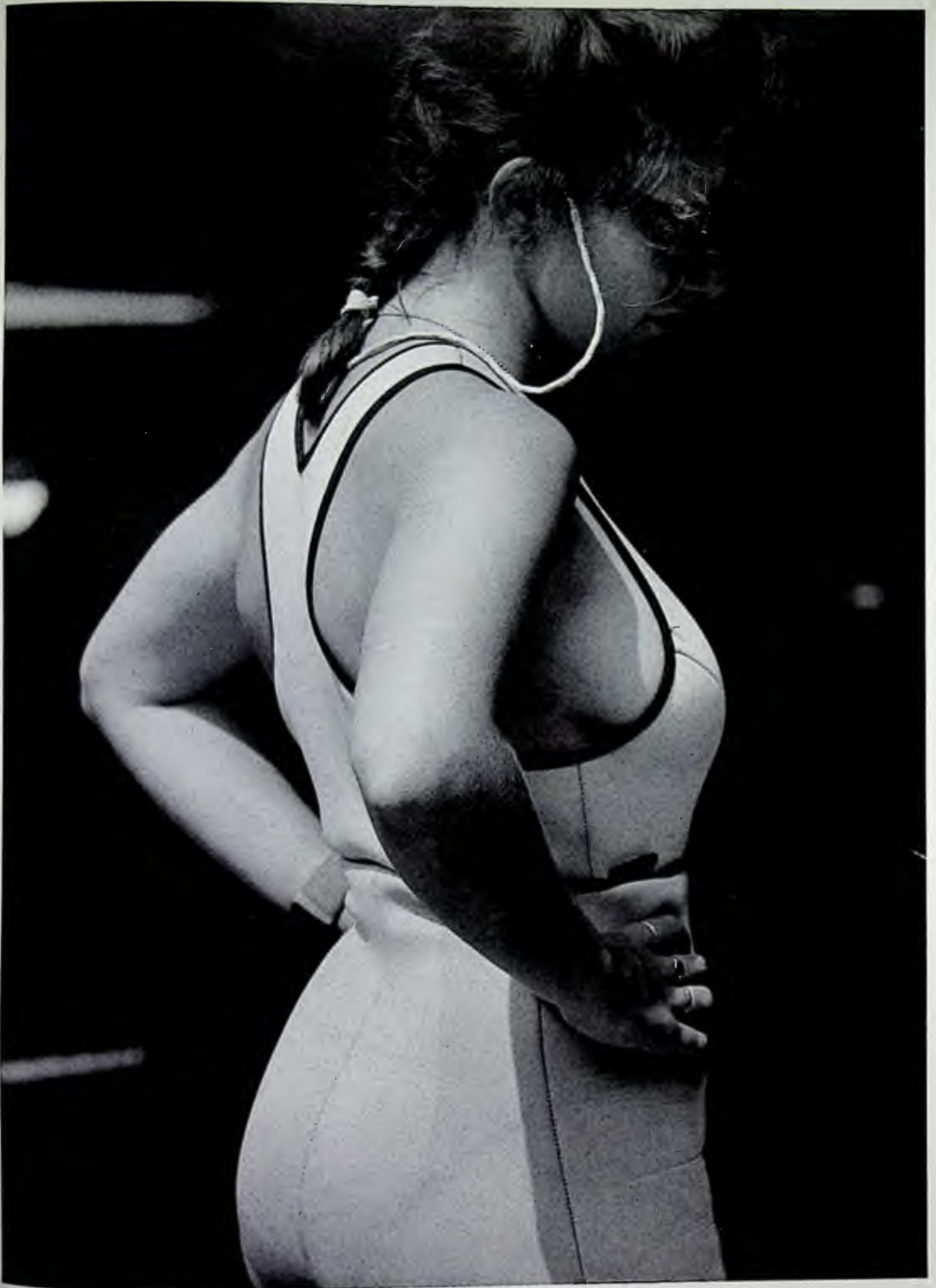
1st Y Chance	BCCC	148
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#### Open C1

1st Joel Scott	Desp Measures	135
2nd J Lee	BCCC	139

#### Open C2

1 Sears/Sears	Bromley	233
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