

White Water News



750 FREE circulation

Including Tour de Corse Monschau & Orne Internationals
Selection Races Kayak & Canadian Squads Letter from Thierry
Competition Trainer Course Part 2

WHITewater

is wild!



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BREAK THE MOULD.

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EUROPA CUP FINAL : RIVER AWE

Wednesday 3 August Practice
Thursday 4 August Practice & Opening Ceremony
Friday 5 August Official Non-stop Practice
Saturday 6 August Europa Cup Final



WILDWATER '88 SERIES

Sunday 7 August Race 1 AWE, Oban
Tuesday 9 August Race 2 WASHBURN, Harrogate
Wednesday 10 August Race 3 HOLME PIERREPONT, Nottingham

*Further Information from:
John Handyside
Glebe Farm, Colston Gate, Cotgrave,
Nottingham (0602) 892313*

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EDITORIAL

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by Dave Kay

It has been too long since the last 'News' (February) - and there is no shortage of things to report - most of them very good for Wild Water in Britain.

Corsica has been re-visited (adding to the legend) by members of the Senior Squad, Denis Cooper & Co tested the Orne race in France, Phil Dean's Youth Squad raced Monschau, the National Championship titles have been decided, East Midlands took the Regional Championship and the GB teams have been selected for the Pre-Worlds & Europa Cup. This issue carries news of all these events - plus Part 2 of Dave Dugate's notes from a Competition Trainer course (relevant to anyone beginning in WWR as either paddler or helper).

Looking to the future, let's remember that the season is far from finished for racing in Britain. Most important we are hosting the Europa Cup Final at the Awe (6th August) followed immediately by international races at the Washburn and Holme Pierrepont. There will be TV coverage (BBC & Central at least) - and even better your support at the races will be valued.

In addition - to bridge the gap - the Washburn is open for training on the weekend 16/17th July. Paddlers will be charged £3 per day or £5 for both days - good value for a lot of runs and perhaps a race on the Saturday. Any WWR paddler is welcomed and profits will go to hosting the Washburn International on 9th August.

SUMMER WILD WATER! IN ENGLAND?

Come and use of the Washburn
 July 16/17th : 9am - 4pm
 £3 per day / £5 weekend

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The National Championship

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The national championship was concluded in most classes in straight sets at Grandtully (Race 4) in favour of Alan Tordoff (MK1), Steve Wells (C1) and Kay/Hibble (C2). Gill Berron took the Ladies crown for the second time at the Washburn whilst Leeds clinched both the Men's Team championship (Race 5) and the Mixed Team (Race 7).

The four individual boats seemed unchallenged leaders to that point - sometimes with huge margins to their credit. Indeed they all went to Corsica in March (see report in this issue) and produced some truly world class results.

Then the opposition woke up - with vengeance. With the exception of Steve Wells (who must be tipped for a Europa Cup individual medal in the summer) all of our champions have been defeated since 'Tully. It started with Pearton/Morris winning the Washburn Div 'A' by one-tenth (and since then the Clough brothers also pushed Kay/Hibble into 2nd at the Awe selection).

Next to fall was Tordoff - Fox came to the Tryweryn, raced like a demon and conquered by 6 seconds (with Humpage also within a split second of Tordoff until last minute disaster at the Mill). Stamps nearly did it again at the British Open - Tordoff's two second margin was all snatched in the last minute.

Finally, the British Open also saw the defeat of Gill Berrow - unbeaten since the Dee - at the hands of Cynthia Berry (making up for a lacklustre 4th at the Awe selection). With Julie Ashton scoring a 2nd place behind Gill at the Awe, the Ladies class is getting very lively.

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SENIOR GB TEAM SELECTION

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**'89 WORLD'S
SAVAGE RIVER USA**

Whitewater Championships, Inc.
Box 689, McHenry, Maryland 21541

Pre-Worlds Selection

The predictable boats made life easy for the Selectors at Tyweryn in April when the Pre-Worlds team places were contested - with the exception of the Men's K1 where Humpage got stuck at the Mill when placed well inside the top three. The split times and his superb Corsica performances no doubt encouraged the selectors to nominate him for the discretionary place. Meanwhile DRH Taylor continued his courageous spring comeback (from flab to fight) and got within a second of Stamps thus forcing a futher MK1 inclusion.

Impressive performances came from Mark Defreitas (under 21 and looking our best C1 prospect since Wells in 82), Cynthia Berry (well clear of Shirley Bain) and Pearton/Morris (a good time in the absence of seaworthy opponents). So the following go to the USA Pre-Worlds under Mig Morley (Manager) and John Handyside (National Coach) :

MK1 : Fox, Tordoff A, Stamps, Humpage, Taylor
LK1 : Berry, Bain, Berrow
C1 : Wells, Defreitas, Pink
C2 : Pearton/Morris, Kay/Hibble

The organisers of the Savage River Worlds & Pre-Worlds have started publishing regular news sheets - an extract appears on the following page.



'89 World's Savage River USA

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The Whitewater USA logo is a Trademark and Service Mark
of the 1989 Whitewater World Championships, Inc.



CONTRIBUTOR AND SPONSOR — William Hesen, right, regional manager for Central Coca-Cola Bottling Company recently presented a sponsorship check to Don Storck, executive director of Whitewater Championships, Inc. Coca-Cola is an official sponsor of the 1988 Maryland International Canoe/Kayak Classic.

WCI Awarded Trademark

Whitewater Championships, Inc. (WCI) of McHenry, Maryland, has been awarded a trademark by the Commissioners of Patents and Trademarks. The registered trademark is being used to promote both the Maryland International Canoe/Kayak Classic to be held June 23-26, 1988, and the 1989 Whitewater World Championships coming to the Savage River in Western Maryland, June 11-25, 1989.

Several companies sponsoring these events have paid for and have been granted the privilege of an exclusive right to use the logo. Any unauthorized use of this logo, or confusingly similar ones in the marketplace is an infringement of this service mark registration. A spokesman for WCI stated that this logo will provide the identity for all official efforts to promote and conduct the World Championships.

Maryland Classic Sponsors Named

Official sponsors for the Maryland International Canoe/Kayak Classic have been announced by Whitewater Championships, Inc.

- Sponsors to date are:
- Central Coca-Cola (a third-time sponsor)
 - Motorola
 - Perception Kayaks, Inc.
 - Prime Computers, Inc.
 - River Runner Magazine
 - USA Whitewater, Inc.
 - Wisp
 - C&P Telephone Company of Maryland
 - The State of Maryland

Europa Cup Selection

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Europa Cup selection took place at the Awe - venue for the Europa Cup Final on August 6th. The release was a little below the proposed August level but was still very acceptable (no damage and some good flowing sections) - and the weather was excellent thus providing a rewarding weekend for those undertaking the long journey. Given good weather the Awe will be an excellent venue this summer.

The big surprises here were C2 winners Ian & Andy Clough (3 seconds clear of Kay & Mibble) in a fast race, plus Julie Ashton in 2nd Ladies place (with a good margin on presumed automatic choices Shirley Bain & Cynthia Berry).

The biggest surprise however came a week later at the Selection Meeting when tight funding dictated that only two boats would represent Britain in each class :

MK1 : Tordoff A & Humpage	LK1 : Berrow & Ashton
C1 : Wells & Singh	C2 : Clough/Clough & Kay/Mibble
Manager : Nigel Morley	Coach : Dave Kay

Wild Water 88 International Series

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The teams to represent England, Scotland & the Combined Services at the three Internationals in August were also selected at the Awe. The Scots look especially strong in the Ladies class (Berrow, Berry & Jane Wilson) whilst English Men's K1 strength will be fully on show with 12 paddlers to represent their country. Every member of the Elite Squad made the grade - though especial credit should be given to three results :

7th Melvin Swallow - hardly a veteran result but unavailable for selection
 9th Dave Belbin - proof of what intelligent application can do
 10th Paul Mercer - ex-sialomist slips into contention (not unnoticed)

The Wild Water 88 series starts the day after the August 6th Awe Europa Cup Final and consists of three races :

Sunday 7th August	AWE	Individual & Team
Tuesday 9th August	WASHBURN	Individual & Team
Wednesday 10th August	HOLME PPONT	Rapid Race

With most Europa Cup competitors intending to compete against the Home Countries the series should provide an impressive shop window for Wild Water in Britain - with a good chance of some home medallists for the first time since Bala 81. TV is guaranteed and generous sponsorship so far comes from the Highlands & Islands Board and Nottinghamshire County Council.

Helpers and plenty of spectator support are what's needed - so please consider taking a summer break to come along (even for just one day).

FOR SALE

C2 ... Guillard Feeling (Gold, Silver & Bronze at 1987 Worlds)
Expertly fitted out by the World Champions (Ponchon/Durand)
All kevlar & completely watertight - £225 from Dave Kay
0663-46579 (Home) or 0742-686090 (Work)

Cross Country Skis (Fischer Metal edged) & Boots (E45)
Also several sets of Canoesport paddles (left hand) (around £10)
Phone Anne Plant on 021 474 2269 (Home)

Kayak ... Kevlar Nomad Rapide in good condition (£140)
Phone Alan Heaume on 0234 851060 (Work) or 0234 771877 (Home)

WANTED

Tina Parsons wants a good condition kayak - preferably a King - in the
£200 range. Phone Tina on 0602 819749.

Alan Heaume wants a C1 racer suitable for a light paddler (10 st)
in good condition - phone numbers above

STOLEN ?

Mark Williams (RAF) had a boat stolen (or perhaps it just went to the
wrong home?) from the Inter-Services champs (1st Feb). It is a Gaybo
'King' with kevlar hull / diolen deck in metallic yellow with red trim.
The boat has several distinguishing marks including an international
boatmark and a red-ish repair near the stern. Any information will be
gratefully received by Mark at

Kaulener Str 14, 4048 Grevenbroich 3, West Germany

ERFT DECLARED CLEAN

Mark Williams notifies us that the Erft (venue of the annual Silberschild
Race) has been declared fit for paddling after extensive testing by the
Federal authorities concerning high concentrations of very nasty bacteria.
The river runs into the Rhine from the South just East of Dusseldorf.

There will however be no Silberschild race in 1988. Furthermore it is
reported that the famous Wiessenwehr has changed - that perfect surfing
wave is no more!

 THE REGIONAL CHAMPIONSHIPS

The Regional Championships was combined with the Washburn English Open event for the third year running. As always, Bill Fraser ran the event with maximum efficiency aided by John Handyside (Timing) and a number of brave volunteers who spent hours in uncomfortable positions on the start platform.

1988 saw one major change - the North West did not win. Phil Dean's squad believed they had the total approach to these events - paddlers in all classes and the added bonus of Alan Tordoff scoring in FOUR events. Each year, however, the opposition has been increasingly organised - LSE came very close last year & the East Midlands were clearly prepared to make a fight of it this time. 'Captained' by Joe Lyons, they maximised their advantage in the C1 class where over 15 entrants meant two scorers, and 'enlisted' an impressive number of men's kayaks to challenge the North West where they were strongest.

The event was a real cliff-hanger. Whichever side you talk to there are complaints about either the scoring system or the regional eligibility rulings. All of that aside, a championship which is decided in the last paddle stroke of the last event has to be a good thing. Steve Wells led the EM Mixed Team over the line in 572.4 - beating NW Mixed by 3 tenths and clinching the championship by 1605 to 1600. Alan Tordoff was a total of 12.5 seconds off winning all four events in which he competed - but a miss is as good as a mile.

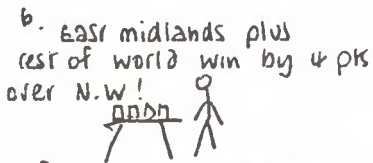
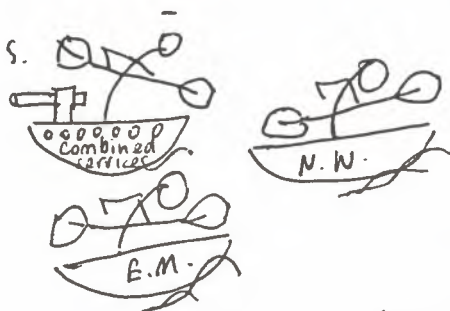
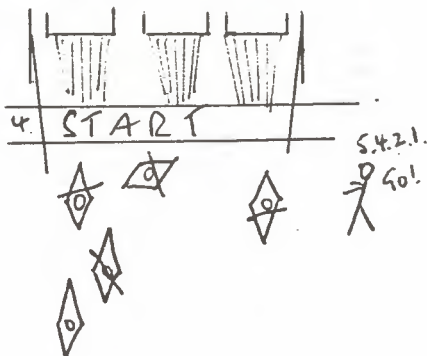
REGION	MK1	K1 U18	C2	LK1	C1	TEAMS	Mxd	TEAMS	TOTAL
EAST MIDLANDS	515	100	95	75	180	500	140		1605
NORTH WEST	550	75	90	85	100	570	120		1600
LONDON & SE	541	0	80	100	185	550	50		1506
YORKS & HUMB	448	95	55	95	0	490	90		1273
COMBINED SERV.	427	50	60	55	95	450	110		1257
NORTH	415	90	0	0	0	390	0		895
WALES	265	0	65	50	100	180	70		830
EAST	102	0	100	60	150	0	0		312
WEST MIDLANDS	67	0	0	0	20	0	0		87
SOUTH	0	0	0	0	55	0	0		55

A word from the North West

Well done East Midlands - but how about a little re-thinking of the rules for next year? We propose the following :

- (i) Every participant in the Individual Events to score for their region - perhaps 5 points
- (ii) All regional affiliations to be finalised before entries close (on the day of the event)
- (iii) Unless declared otherwise on joining the BCU paddlers including resident overseas citizens shall paddle for the region of current residence except full-time students who may opt for the region of their educational establishment
- (iv) A little tongue in cheek - but helpful to the organiser : Paddlers entering before the weekend & marking their Region on their entry cards will gain one bonus point per person for their Region!

Let's see the exec hammer something out to make a good event an even better one - then we won't be tempted to submit cartoons like this next year!



Phil Dean



Great Britain Mens Kayak Squad



CORSICA

All of the 5 men's elite paddlers did well. Jeff put in 6 very consistent performances inside the top half of the field on rivers completely new to him. Joe had good moments and bad (ask him about the Taravo - or wait for the report - or see the film!), and did especially well at the Tavignano coming 13th - one second ahead of the World Champion (hardest river - possible World Series venue for 1989).

All the top French & Italian men were there - except for Benezit and we came out best not only in the overall Classification (best 5 races out of 6) but also at every race. Get this in your heads :

CORSICA 3rd MK1 Nation : France (1987 World Team Champions) :
2nd Masson, 7th Vitali, 9th Boyer = 18 points

CORSICA 1st= : Italy (1987 Silver) :
1st Previde, 5th Ferrazzi, 7th Mullaizzi = 13 points

CORSICA 1st= : GB (Yes folks - this is us)
3rd Tordoff, 4th Stamps, 6th Humpage = 13 points

Well done to everyone and thanks to JM (driving, video, splits) and to Stevie Wells (2nd overall C1 and an inspiration to everyone else). Clearly we must not read too much into success (though I think a lot of Europeans ARE reading a lot into it). Some realismo:

- i) If you didn't train for a Corsica result then things look very promising
- ii) We have other paddlers within the elite squad (plus Adrian, DRH & Richard - and don't forget Melvin!) who could also have been well into the top half of this very impressive field
- iii) The Germans & Swiss appear to be in something of a decline - think TEAM MEDALS for 89
- iv) There are three months between final selection and the August series - be careful not to carry on in the wrong way after selection. Let's ALL prove in the August series that Corsica was no flock.
- v) We have another 'generation' coming through : Dave Belbin, Wayne Boss, Nick Gatland & John Royle have all progressed this season

QUESTION

Are we already the best 'in depth' MK1 nation?

BEST OF THE REST

In addition to the exciting results in Corsica (March) reported above, the MK1 Elite Squad have enjoyed a season of training at a selection of unusual venues up and down Britain. December's Windermere weekend was followed in January by two days at the Sports Council's Bisham Abbey centre by the Thames at Marlow. We caught the river at its highest for some time and enjoyed some classic endurance training (long paddles, running & football) plus a useful video session (thanks JH). Chris Humpage & Robin Murray did a good job in planning the weekend.

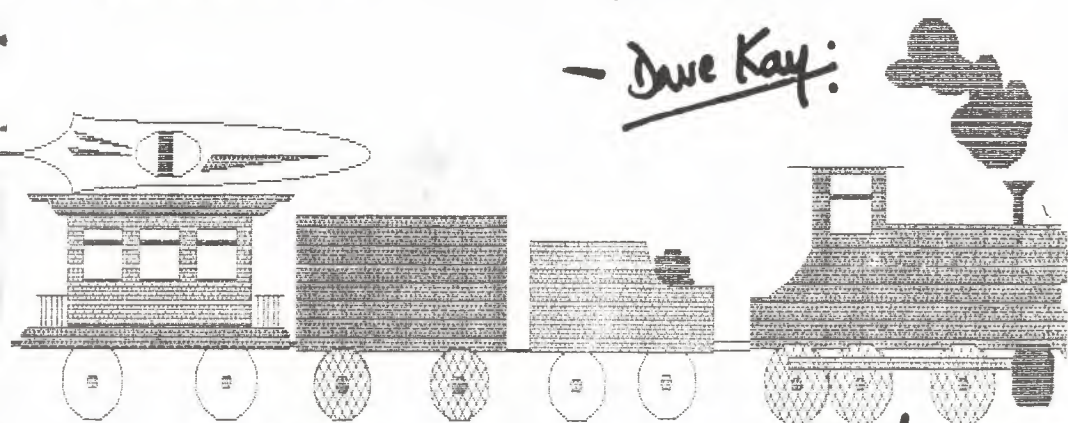
The next major venue was the Edinburgh University Field Centre beside Loch Tay (Killin end) where we chanced upon three days of glorious weather following the Awe selection (May). Thanks go to the Director of PE at the University for the special rate and to Gill, Les & Owen who made the arrangements and did all the driving. Steve Wells (honourary MK1 squad member) did most of the winning on an dubiously-conceived handicap system that provided everyone with their moments of glory.

In the three days we paddled on four very different highland rivers and enjoyed them all despite some low conditions - we did Lochay, Lyon, Tay & Gaur. The Gaur (at the remote west end of Loch Rannoch & previously covered by Stuart Fisher in Canoeist) is highly recommended if you can catch it. We hit a Monday tea-time release and managed 2 runs in the 90 minutes of tap water. We did not risk the first fall (given more time and less valuable boats a racing route must be possible) but were very impressed by the main rapid which must provide a mile of continuous grade 3 with big waves and deceptive bends between stoppers. A real treat - especially to see Rob Murray take the lead over Surprise Drop as 6 less bold (or less stupid?) international kayakists demonstrated reverse ferryglides in the true touring tradition!

The next training camp? The MK1 Elite Squad will continue their World Tour after the Europa Cup with a September Bude surf trip in the 'pipe'line (ha ha!) and a return to Killin in demand. Let's hope that the results continue to justify the fun join the squad and see the world!

PS DRH, Mick Gatland, Dave Belbin, Paul Mercer, Adrian Trickett & Wayne Boss were nominated additions to the squad on the basis of their 1988 results. In the Autumn we start again get to it

Dave Kay:



squad

Thanks to MI Designs & GVL for sponsorship in

CANADIAN NEWSLETTER - MAY 1988

Training Weekends/Days

British Open Tryweryn weekend 14th/15th May - Open Tour is also taking place
Note; all paddlers must obtain a bib before using the river or else pay the tour fee and get a sticker. WWR only use on Saturday is from 12-3pm.
Suggested training for Saturday 14th; All paddlers welcome

12am-2pm; (Will be interrupted by Junior race at around 1pm). Timed runs from campsite to layby. Roving video camera will be in operation.

4-6pm; Lake session from car park on shore at West end of Bala town. Video to check trim of boats, suggestions for useful flat water sessions plus implementation.

Nottingham June 4/5th

This is a compulsory training weekend (Sports Council may be checking on your progress!) for all paddlers selected for the Senior A, B and Development Teams. Accommodation will be found for the Saturday night but it will not be in Holme Pierrepont as last year. Travelling expenses will be paid. A detailed program will be circulated nearer the time but a provisional start time and venue is 10am at Nottingham Kayak Club.

On the Saturday additional coaching will be provided for non team paddlers. Anyone wishing to take advantage of this should contact Dave Williams for details.

Europa Cup/Development Team training day - 10th July

Due to the long gap between the June 4/5th training weekend and the Europa Cup and Ilanz-Versam races it seems appropriate to hold a further organised training day to pull everyone together during their race preparation. The venue for this is still to be determined - suggestions please!

Development Team Trip

The Development Team will compete at the Ilanz-Versam race on the Vorderrhein (Switzerland) on the 20/21st August. The date of departure will be the 11th August. The team will include all classes and the Canadian paddlers will be selected from the following squad (after removing those selected for the Europa Cup or Senior B teams);

C1;

S. Warne
R. Stagg
S. Warden

C. Smith
C. Harvey
J. Wingfield

C2;

Atkinson/Montgomery
Clough/Clough

Any other paddlers who wish to accompany the Development team are very welcome but no additional finance will be available.

Extra trips!

Denis Cooper fancies a long weekend at the Muotathal race on June 10th/11th - provided the ferries dispute has been settled! Anybody who wishes to go to this race should contact DC directly. He also muttered something on the phone to me (DW) about a race at Spindle in Czechoslovakia. Anyone with a post 1978 canoeing history and all risks life insurance might consider this a good suggestion. (The WWR Executive disclaim all responsibility!)

Dave Williams
1 Sorrel Drive,
Kingsbury,
Warwickshire.

B78 2PE. 0827 874647

Denis Cooper
20 Harlaxton Drive,
Lenton,
Nottingham.

NG7 1JA 0602 475742

PS: Please make sure that your address on our mailing list is up to date.

CORSICA RADICAL TOUR



La Française Marie-Laure Etienne.

(Photo J. Filippi)



Le Français Yves Masson.

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INTERNATIONAL TOUR DE CORSE 88

THE CORSICA TRIP

March 1988

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Le Tour de Corse is not your average GB Team trip to a well-trodden European venue. The atmosphere and places are far from typical of the traditional summer internationals - the Corsica International week is a cross between an endurance test and a festive get-together for the world-wide WWR fraternity. The results? Yes, they are the icing on the cake - and we certainly got our share this time!

Within seven days of departing from Marseilles - all paddlers, boats, vans & trailers from a dozen nations (Sweden to USA) on the same ferry - you could have competed in six races against the best in the world (people like Previde, Goetschy, Benamrouche, Masle & Grobisa, not forgetting Wells and Tordoff!)

Six races starting in the South West of the island at Ajaccio and moving anti-clockwise round to the finale near Bastia. Neil 'Man Ray' Stamps' cartoons plus the video shot by John Handyside say it much better than words but here goes

Race 1 is the 'Sea Race' at Ajaccio which is a mass start in two classes. The C1/C2/Ladies race provides an interesting contrast of styles - a good prelude for the Mens Kayaks with a start as impressive as any K4 10,000. The course is three laps of a relatively sheltered bay - but the washes make up for the pleasant sea conditions.

Tordoff, Stamps & Wells took medal positions with terrific endurance performances. Stamps displayed outstanding surfing skills to leave Yves Masson but nothing could better the picture of Marco Previde preparing for the race by paddling for 45 minutes with an elastic round his boat. See Neil's cartoon for further resistance training tips from the great chief Forestali.



Race 2 was on a new river - Taravo. After a mini-Garmisch start the river went through the Corsican equivalent of the left route at Spuhlers (Usk) with rather a big boulder guarding the exit (which Miss Berry failed to move). This rapid did have a superb opening for creative British racing - a radical functional kayak-sized shimmy above the main drop which was judged (after much deliberation as illustrated) to be C2 sized if you did the right things in the right order. The rest of the race was a prime ditch with a lot of arm-ache and no real rapids.

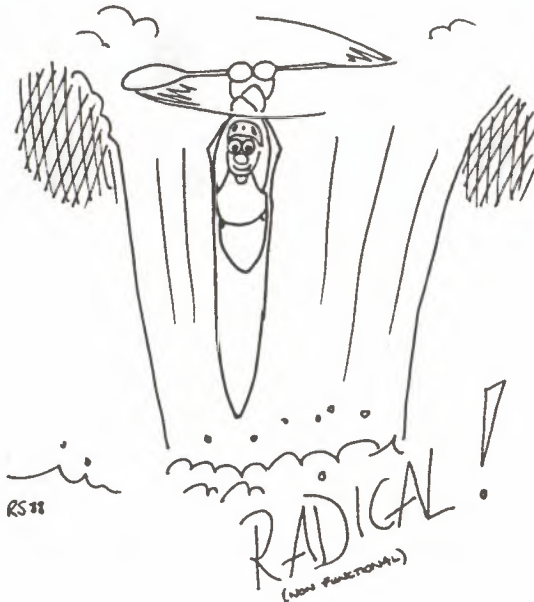


The Taravo was however not a great day for Tordoff & Lyons who both decided to make the most of what difficulties there were (see cartoon & if you're lucky the video for guaranteed laughs - 18 seconds worth). Main feature according to our C2 gourmets was the lunch for the second day running. In the race they were stuffed! Meanwhile Stamps (4th) & Humpage (5th) set the score straight and put fear in a few more Europeans.



Race 3 was the Rizzanese near Propriano (very picturesque). Things don't change much on Corse - same old ditch as 87 but better GB results. Tordoff came within a whisker of beating Previde, Wells was in the medals again & the C2 looked more credible.

Race 4 is the big one. The Tavignano goes through a truly incredible gorge about 15 miles from the coast. At times the passage is not much over 2 metres wide - and then the river widens (a little) and disappears round big chocks, under overhangs and over the odd sizeable drop.



You get a 'rest' day to practice Tavignano. Rest? Well you have to travel 100 miles in the van to get there round the impressive southern coastline and some very sick bends. Then you have to eat fabulous cheese & salami sandwiches and drink something close to neat alcohol to celebrate something (anything will do) with our host at the bunkhouse right by the start. Then you follow Alan down the river and if you are not preoccupied you might see Kenny MacNair performing the odd handroll in his Double Dutch (camera of course still at the ready in his buoyancy aid pocket). Beat that one, Joe!

There is much talk about a WWR World Series for 1989 (perhaps 7 internationals nominated each year with four to count for a ranking). Those present all felt Tavignano would be a worthy start - for the spectacle, the weather, the hospitality and so we can all go back to Corsica again! The Race? Not everyone raced here (endurance flagging - or perhaps ...?) but Alan, Joe & Steve all did well and Yves Masson broke Previde's monopoly of kayak gold.

The next paddle was not Race 5 but at a lake in the mountains at Calacuccia (a ski & mountaineering resort). Just a coaches race we were told - and somehow JH managed to win and Hump bust his Struers helping him. Everyone ate together - and Ireland & Yugoslavia celebrated something (anything) excessively. Happy birthday Andrej Grobisat

Back down the Gollo valley for Race 5. When there is a release the stretch into Ponte Leccia is a superb no-damage section. An afternoon-only release meant plenty of time for another of those buffet lunches - we all agreed the organisation had things much better gripped this year! Nothing happened in the racing to seriously upset the series status quo - except in C2 where Chambeaudie / Jaunet took advantage of chasing a (genuinely) sick GB C2 and won with their best performance since the 84 Pre-Worlds.

The finale was a long Rapid Race (6 minutes) on the Gollo through some interesting rapids above the village of Barchetta. The distance separated the fast from the rest much more decisively than the conventional races with Mulazzi taking kayak gold away from his mentor. Gill Berrow (who had been recovering from a virus all week) shone here to take 2nd place.

To finish things off (almost literally) some paddlers toured the next 6 kms of the Gollo. Beware for it proved very technical in a racer. Shirley Bain broke her paddle at a critical moment and after rocky dip proceeded with Joel Doux's. How did Joel get down? With his hands of course - and a little cheating by hanging on to Goetschy for support.

A fitting conclusion to Le Tour de Corse - good game - especially if you win. Congratulations must go especially to Tordoff, Stamps, Humpage & Wells (see overall Series results). Everyone benefitted from this intensive wild water and racing experience. Next time we race a Worlds at Garmisch we'll know that two practice runs is enough! Our thanks again to the French organisers and to the Corsican people for their outstanding hospitality in a beautiful country.

CATEGORIE KAYAK HOMME

1	47	PREVIDE MARCO	ITALIE
2	44	MASSON YVES	FRANCE
3	46	TORFOF ALAN	ANGLETERRE
4	45	STAMPS NEIL	ANGLETERRE
5	81	MASSON PATRICK	FRANCE
6	39	FERRAZZI LUCIANO	ITALIE
7	41	HUMPAGE CHRIS	ANGLETERRE
8	37	VITALI HERVE	FRANCE
	3	MULLAZZI CESARE	ITALIE
10	26	BOYER BRUNO	FRANCE
11	29	LOOQUEVILLE PATRICE	LYON
12	36	GOETSCHY ANTOINE	FRANCE
13	35	CALLIET GILLES	LYON
14	40	CECCATO FABIO	ITALIE
15	42	MONTUET JOHN	HOLLANDE
16	39	OBLOVAR ZLATKO	YUGOSLAVIE
17	28	BURNY JEAN PIERRE	BELGIQUE
	20	KELLEP MARKUS	SUISSE
19	43	DUPONT YVES	BELGIQUE
20	31	DOUX JOEL	FRANCE
21	33	PARKER JEFF	ANGLETERRE
22	19	LYONS JOE	ANGLETERRE
23	32	FLAYS DAG	YUGOSLAVIE
24	21	FRASER KENNY	ECOSSE

CATEGORIE CANOE MONO

1	90	BONHROUCHE KARIM	FRANCE
2	89	WELLS STEVE	ANGLETERRE
3	68	JELENC ANDREJ	YUGOSLAVIE
4	73	FERRAZZI URSANO	ITALIE
5	85	KRÄMER BRUNO	FRANCE
6	87	PLATT RAIMOND	RF ALLEMAGNE
7	77	BATAILLE JEAN LUC	FRANCE

CATEGORIE KAYAK DAME

1	68	PROFANTER USCHI	AUTRICHE
2	59	ETIENNE MARIE-LAURE	FRANCE
3	61	MOUBLALIS FREDERIQUE	FRANCE
4	58	BERRY CYNTHIA	SUISSE

CATEGORIE CANOE BI

1	70	MASLE GROBISA	YUGOSLAVIE
2	71	BABIN ANDRIEUX	POITIERS
3	67	BASINNEAU CHARRIER	FRANCE
4	39	ARCHAMBEAU CARLIN	FRANCE
5	35	CHAMBEAUDIE JAUNET	FRANCE
6	48	BERNARD RICHULT	FRANCE
7	36	KAY DAWE HIBBLE	ANGLETERRE

6 RACES - OVERALL RESULTS

ORNE RACE. NORMANDY, FRANCE. 20th March 1988

Tree C1's & Buns in Normandy

In attendance:- Tony Wilkins, Mark Defreitas, Clive Harvey, Denis Cooper, Bunns.

This WWR is only an hours drive into France and with an entry of approx 250 (46 C2's, 46 C1's & 150 Kayaks) it is one of the larger of the French regional championship events. After travelling on the Brittany ferries Portsmouth-Cairn overnight (Thursday) ferry we arrived bright'ish and early on Friday morning only to find the water off. It turned out that the river was dam release and water was available for 4 hrs. on Saturday afternoon and for the race on Sunday! However our local contact 'recommended' 2 local rivers for training/paddling. The first involved a 20ft drop (which he forgot to tell us about) and the second, various desperate routes around, over and under trees, 'stones', weirs etc. - 4 portages were necessary and the 5 miles took nearly 2 hours. Clive's hangover was rapidly killed by the adrenalin which took over after the first hundred yards of paddling. All in all - a different day's paddling.

Accommodation (at £3.50/night) was the local Canoe Club's dormitory situated in an old mill building which they had just proudly purchased. Camping is also available, next to the race starting lake. The countryside is pleasantly hilly and race morning was spent exploring the country town of Falaise. All of this area was heavily fought over during the Normandy landings in the second world war and many of the locals are very friendly towards the British.

On Saturday afternoon there was plenty of time for three runs, although the nature of the water makes for tiring paddling. The water release is approx 25 Qumecs and the course is about 25 minutes long. The first 15 minutes is like a mini-Bourg, or a good level Tees, quite testing for C1's. The last 10 minutes is 'flat' except that the swirls can take control after the tiring top section. The top section has everything, waves, stoppers, rocks, holes and trees! Fortunately the trees are not of the horizontal variety but vertical; this makes for some interesting Giant Slalom type paddling on these tree sections.

Saturday evening's meal was taken in one of the only 2 open restaurants in the village of Pont D'Oily, for £10 the quality was memorable especially the 'Mayonnaise' ordered by Denis which turned out to be a large platefull of SNAILS! However, at least the waiter was sympathetic, he sportingly returned them to the kitchen and returned with a real starter.

Sunday morning gives time for a practice for those keen enough, (not the British this time) with the race starting at 11 am and finishing in the late afternoon. Our runs were taken first as we had to catch the 4.30 ferry, Tony was 9th, Mark 14th just pipping Clive who was 15th. The Bunns in their last race ever (Brian is semi-emigrating) came 22rd.

After leaving at 1 pm we reached the ferry terminal at Ouistreham 2 hours early! is this a record for canoeists? Wondering what to do we went to look for a coffee house - on the way we happened upon a Go-Cart track, the temptation was too great and the first of the annual Normandy challenge races took place. The results were inconclusive; except that! Tony Wilkins much as he might try to practice his rolling was reduced to numerous spin outs.

For those who enjoy real river racing, a weekend not to be missed in the future.

Written by - Denis Cooper, April 1988



GREAT BRITAIN

Wild Water Racing

Please reply to
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28. 4. 88.

MONSCHAU WILD WATER RACE APRIL 24th

Slotting in conveniently between both the Welsh Open and the British Championships, Monschau attracted a notable British contingency.

The full Junior Squad attended the International with just over half the group 'experienced' Monschau paddlers. For several then, the short release on Saturday afternoon was their only opportunity to familiarise themselves with the routes.

The anticipated hour and a half release soon diminished to less than an hour! As a result, through problems of water levels, some of the group were prevented from completing the course. Practice runs on the Sunday morning before the race however, made amends and although not quite at full race height everybody had the chance to sort out where they were going to gain those valuable seconds and avoid those rocks eager to claim their annual quota of kevlar!

Guards removed, boats don't actually appear to be sustaining as much damage as in previous years and although each year there are mutterings of discontent about water levels, practice times, car parking and so on, it still appears to be a trip popular with paddlers who can fill a car and dig out a few old Pfennings from previous years' trips!

Junior Team Coaches Melvin Swallow, best placed British K1 paddler, and Alastair Bayliss met stiff opposition in this German selection race with Rolf Killian producing the fastest time with the help of a little local knowledge! For the Juniors, Lincoln Taylor came out ahead of Ashley Mason; both however, with a finishing time just over half a minute down on the Belgian winner indicating the level of competition to be expected in this year's Junior Championships in España.

To: D.Kay, B.C.U.; Canoeist.

Phil Dean

British Canoe Union, Wild Water Racing Committee.

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A French Letter

My very expansive Dave,

It was with some grand pleasure zat I red your magazine in which you gave some explanations of certain terms. I amused myself very well! We also ave some emotive words and expressions in which you might find some not little interest :

benezit (noun/verb)

Origine. Gilles Zok (FFCK)

Signification : A special manoeuvre that defies belief and allowed his roommate (a K1 paddler) to gain at least 20 seconds in time trials on the River Marne at the turning point - a set of large piles. Gilles himself could never manage it in his C1 but when asked how his training partner could contort himself and his boat into such a tight turn, he said :
"I do not know 'ow 'e does it. I 'ave tried, but 'ave failed.
Claude, 'e just bendz it !"

P.S. The same expression was used by Alain Prost when asked for his views on the driving tactics of one Nigel Mansell during practice for the Monaco Grand Prix. When asked to forecast our Nigel's race finish position, he was heard to say :
"Zat iz very difficult, you understand, 'e bendz it a lot !"

ras-le-bol (noun/adjective)

Origine. Jean-Pierre Burny

Meaning

Signification : A graphic description of the feeling around the vitals when the water in the boat is above seat level and causes severe steering/control problems during the violent leans necessary to negotiate the safe route at Augsburg in a WWR with no spraydeck - the water in fact falls out of the cockpit rather than into it.

Quote : "J'en ai ras-le-bol! Chie, merde!" J.P. Burny 1985 during a French training camp at Augsburg in preparation for the first Rapid Racing Series at Bala as he ~~missed~~ got out of his boat, having missed the last turn!

N.B. This expression is usually accompanied, as in this first instance, by the dramatic throwing away of paddles, ceremonial kicking of the boat etc. etc.

copains

Origine. Durand/Ponchon (World C2 WWR Champions 1987)

Signification : A term coined by Alain Feuillette to explain to a watching Paris Match journalist the agony empathised by Ponchon (backman) as Durand (frontman) suffered violent cramps during the lung searing effort of a particularly nasty set of upstream repetitions in training on the Aime rapid at Bourg St. Maurice. It has since been translated and adopted by one Richard Eranson for one of his anti-virgin enterprises.

Quote : "One should never be ~~wink~~ out without one's mates, they can keep you out of a lot of trouble!" (Sir Ranulph Halfperm, Burntone plc).

I 'ope you will appreciate zese current expressions and also your readers.

Many big kissess

Thierry Laffreux.

PART TWO OF DAVE DUSGATE'S NOTES ON A COMPETITION TRAINERS COURSE start On the subject of Equipment.....

Life Jacket - must support 6 kilos and be fitted to the body of the paddler. It should fit well and, especially with younger paddlers, not be too loose.

Helmet - Regulations only state that a helmet must be worn, however, if one values one's head then something like the 'protec' with protection for temples and coming low over the forehead and with padding inside would seem sensible.

Paddle - always evolving. The paddles with a hole are not yet fully developed for wild water use.

Paddle Length - will vary according to the paddler. There is no set ideal as regard the paddler's reach or height. It is just a matter of trying different paddles and finding what is the most comfortable. A shorter paddle may be better on a rough river. For training an over-size (length) paddle can be beneficial, but so can a short paddle, to allow work at very high paddle rates. Blade width is also a personal choice. Likely to be 19 cm for ladies and younger paddlers and 20-22 cm for senior men. In practice, it is not a good idea to change blade width as this can affect paddling technique negatively.

Clothing - must be aware that our season is a winter one. Wearing wet suits represents negative thinking, although just trousers

may be useful. Wet suit tops will restrict movements and expansion of chest. Thermal wear with perhaps an extra top in very cold weather is usual. A comfortable cap which fits well is usually worn. Different weight materials may be used according to weather and water. Footwear with a 'stiffish' sole can be more comfortable when pushing against a footrest bar.

It is important that some training is done with all race gear worn. This has two benefits:-

1. The paddler becomes accustomed to paddling in the gear.
2. It will help to check out suitability and comfort of gear before the race.

Paddle mitts may be needed during the season and likewise should be used in practice before an event.

BOAT

Condition

The condition of the canoe can affect time by as much as 1 second in 1 minute. Thus an old boat may add 30 seconds to the paddler's time in a 30 minute race. This is a significant disadvantage. Finances come in here, but basically one wants the newest boat one can afford and one needs to try and keep it in good condition for as long as possible. This can be helped by using buoyancy bags to fill all spaces so that if a capsize should occur the boat has more

chance of escaping without serious damage. Even an experienced paddler would find this sensible when at least practising on a river where a capsizing may occur.

Shield at bow and stern may help this process, as will tape under the hull. I have found that karrimat inserted into rear shields especially will help in cushioning the shock. Split fuel pipe makes an excellent front shield. Front shields will affect the handling of the boat and this should be borne in mind when practising and working out lines. I make my shields by covering the boat with kitchen foil smoothing it well and building the fibre glass directly on this. I'm sure there are other equally good methods.

^{treatment}
Wax ~~methods~~ to boats has a minimal effect on performance in wild water. It may help when sliding over rocks.

Seat

The seat should be very close to the bottom of the boat for stability. If you can get your fingers under the seat then it is too high. Forward and backward adjustment of the seat can be useful in trimming the boat.

For a shallow river, it may be better to have the bow slightly down (Trywyrin) (High Tees). On a deep river with large waves it may be better to have the bow high.

Removing padding under the front of the seat may help to stop legs going 'dead'. Padding on the seat is best fitted so that it finishes just short of the edges. This will lift the paddler above those edges and stop them digging in.

A backstrap should be used in order to make the paddler sit up and 'reach'.

The paddler should be tight in the boat and paddling at each side of seat may help in this.

Footrest

For an individual paddler the bar is usually 'glassed' in to suit the person's leg length. Do not do this until you are certain you have it right. It is difficult to change later. If a boat is to be shared an adjustable footrest is needed. If this is a J & R rest then a lateral block of buoyancy is best inserted in front of the footrest in order to stiffen the boat at this point.

*Concluded Next Issue
with 'Raang'.*

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