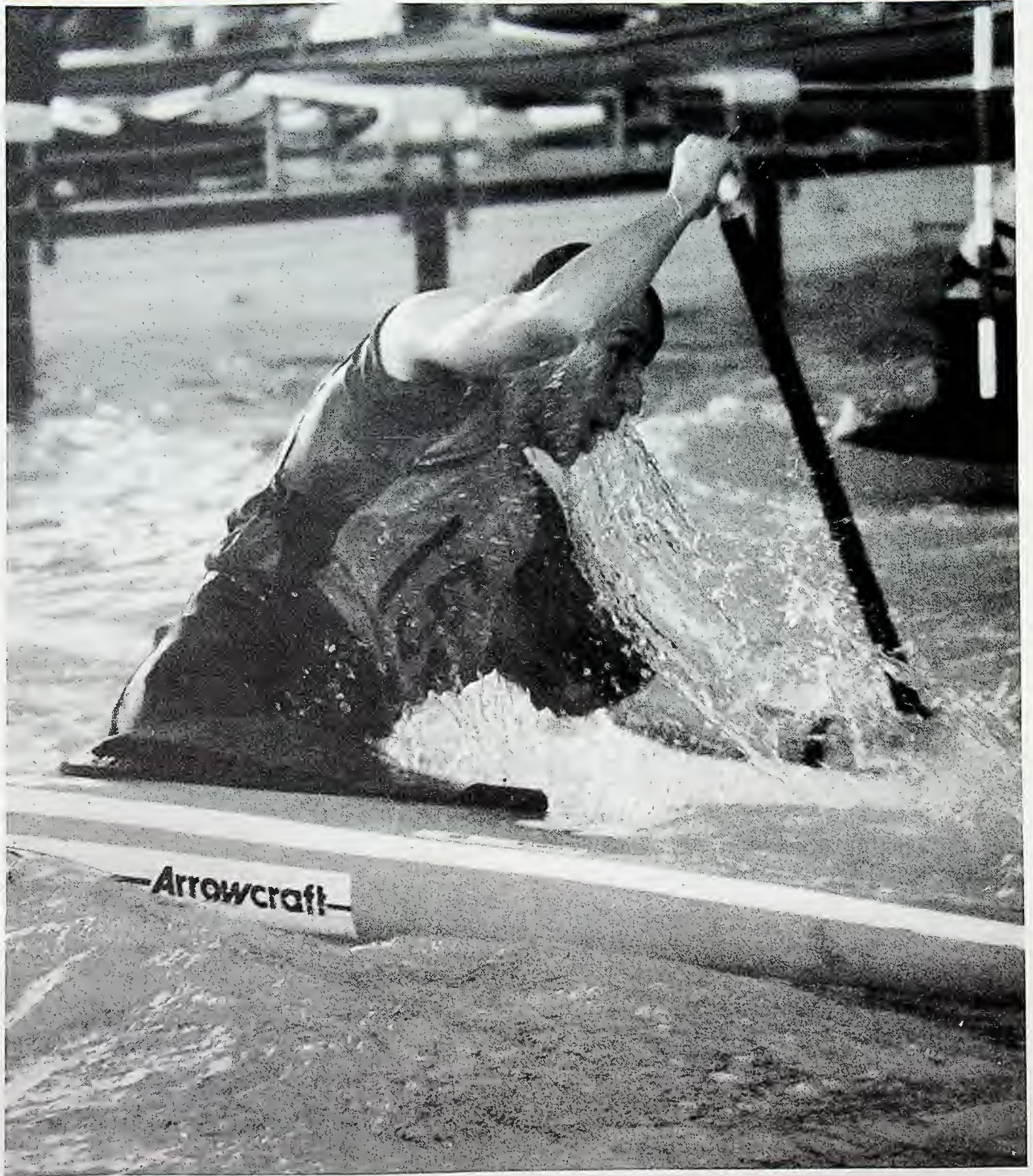


APRIL 1986 PRICE 80p

# Canoe SLALOM

INCORPORATING FEEDBACK



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## Canoe SLALOM

1 School Terrace, Selly Oak, Birmingham. B29 6DY  
Telephone 0785 817016

EDITOR: JOE LYONS

FEATURES: RICHARD FOX

The official magazine of the B.C.U. Slalom Executive,  
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necessarily those of the Editor or of the Slalom  
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Pete Bell Photo Pete Astles

## SPECIAL FEATURES

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# EDITORIAL

This, the April issue (produced in May, as usual(!) sees the selection of all but the youth tour complete. Congratulations to all those selected to represent Great Britain abroad. Commiserations to those that didn't make it this time! Selection is almost always a topic of controversy when so many high standard paddlers make themselves available, and almost everyone not involved can pick holes in the end product. However despite the aggro the committee do the job to the best of their ability year in year out, and whilst we might not all agree with their choices, how many of us would be willing to put in the time that those people do?

It's nice to see a few new faces in the various teams, mixed in with some very traditional ones, especially in the C1 class, where last year's "B" tour has graduated into this year's "A" team, and in C2 where new crews are rising to replace the likes of Eric and Rob, and the Jocks. The Men Kayak results, though, suggest that, at the top of the sport there is little difference between the old ones and the new. Times have been slightly shorter, but winning margins are still the same, and the courses are full of natural unforced reverse gates - despite all the worries at the end of last year, it is still Slalom.

The major problem with the introduction of the new rules has been that judging, and this issue contains a 3 page "elucidation" of the thorny problem of what a Live, Active, Next, Dead gate is. The best way to work it out is to look at the diagrams and then read the words and then look at the diagrams and then read the words and then . . . - actually it's not as complicated as it looks, and the general thrust can be summed up very simply - don't hit poles, or go through gates, on the way to another gate, unless it was at least the gate before the one you just did, or you'll get a 50 somewhere.

Many people write in requesting more "results" in the magazine. I am quite happy to print results so long as I get a report to go with them - a dry list of names is not my idea of

interesting reading. There is a pre-requisite to printing results - and that is that I must receive a copy - to date this year, with the exception of Martley Slalom, not one club has sent me any results, although Halton Rapid did provide a very good report of their "cancellation" which seems to have been the best one of the year so far - if it wasn't for GDN's reports/results service (for which I am eternally grateful) there would be no results in this issue. This is despite a note encouraging organisers to send me results in the organisers package. I can't afford to send a results envelope to every event, so I have to rely on organisers sending them to me. So if you want results printed in the magazine go and tell the organiser to send results and a report, or better still, write a report yourself, and send it to me.

As of the next issue a new "Club" ranking will begin, based on the results of all the events from Novice to Premier, Kayak to C2, and for teams that enter with a club designation (i.e. not scratch teams or unidentifiable silly names) with a scale of points (as yet undecided!) for each division + class, all contributing to a grand end of season total showing the club that has done the best in Slalom in 1986. (So even more do I need to see results sheets.)

On a final point, a meeting of the Editorial Advisory Board of Slalom magazine having occurred, and the problem of lack of penetration of this magazine into the lower divisions having been discussed we would like clubs and subscribers to help promote the magazine to paddlers in the lower divisions. We appreciate that we need to interest these paddlers and the increased results service, and the points competition are attempts to relate the magazine to all paddlers not just the paddling elite. However anyone who feels they have a perspective on the sport and who wishes to use the pages is quite welcome to ring me and offer to write something, (subject to usual editorial discretion of course!).

Joe Lyons

# FEEDBACK Exec Notes.

## WANTED URGENTLY

Hon. Treasurer for the Slalom Committee - an ACCA or ACA or ICMA qualification is desirable further details from:

SUE WHARTON

1 Barnacre View  
High Street, Garstang,  
Preston.  
0995 24579

Paddlers who change address MUST notify their Ranking Compiler in addition to BCU HQ. students and members of HM Forces please use ONE permanent address.

please enter events early - organisers are experiencing more difficulties in producing start lists and making final arrangements.

More volunteers required to assist with different projects relating to administration. Enthusiasm is the basic requirement and a certain commitment to sport - please contact sue Wharton, address etc. above.

Not applied for your bib yet? Not rejoined the BCU yet? Results obtained by paddlers fitting into this category will not count at end of season.

All Div 4 paddlers need bibs - send £5 cheque payable to BCU Slalom Committee, current BCU card, strong sae large envelope for bib to your Bib Issuer - name and address in yearbook.

Yearbooks - all despatched by the Bayles family (volunteers) during the week ending 28 Feb 86. Didn't receive yours? - if you have moved house without informing the Ranking Compiler or your entry cards from end of last season didn't show a clear address yours probably hasn't arrived. Copies may be obtained from Sue Wharton price £1.40 inc p and p. (Cheque to BCU Slalom Committee).

## THAMES WATER AUTHORITY - LICENSING REGULATIONS

"Thames Water Authority are now enforcing the licensing regulations on the Shepperton weirs. Spot checks will be carried out on canoeists and those found paddling without licences will be liable to prosecution. The

maximum fine for such an offence is currently £400.

Compliance with these regulations will, obviously, help to preserve the club's good relations with the Thames Water Authority and not jeopardise future events.

Licences are available from the Thames Water Authority, P. O. Box 214, Reading, RG1 8HQ, at a cost of £7.14 per annum. Licences will of course continue to be supplied by the club for visiting paddlers at their competitions."

## PADDLES UP

Dates scheduled for filming are June 4,5, at Bala for broadcast some time in August. The questions are, will anyone hit the ball this time? Will Chapel falls claim another victim? And will Fox learn to roll in time?

## Efteling Slalom

The Dutch have been inundated with entries from British paddlers. They have had to draw the line at 40! May be we could make this a Premier event next year.

## Bibs

Paddlers beware. A number of Premier paddlers were disqualified at Grandtully for not having registered with the Bibs issue officer - make sure you have if you entered to make a late start this season.

## Jes Taylor is married

The former C1 Team paddler, entrepreneur and part-time party maker was given equal billing with his bride, Gayle at a high society wedding in Whitefield Manchester on April 12th. 200 guests attended a Church service and stylish reception before Jes and Gayle jetted off to Bamph in Canada for two weeks skiing.



## FEEDBACK — cont'd.

### American News

Latest news from the Yanks is that things are relatively quiet over there this year. Former world champion C2 pair Haller Haller have split up and fewer paddlers are training on the Feeder at Washington. Jon Lugbill has recovered from his shoulder injury which troubled him in '85 and he is now neck and neck with Hearn again. Bill Endicott sends the following report: "In fact for the last few workouts Jon seems to have the upper edge. I would have to say, however, that neither (one of them) is in the same form as last year at their best, since this is an off-year. Davey has beaten the kayaks only once in a race this year, and is usually 4-5 seconds behind. Jon hasn't been in a race yet this year, but will do the Trials at the end of April." Thanks, Bill.

### Holme Pierrepont

Work is progressing well on the site despite setback or cold weather in February. The main concreting work of the Slalom course is now complete and the sloping banks are now taking shape. Some obstacles have been sighted and construction at the sluice gate Housing is soon to commence. Various discussions have taken place concerning system of gate suspension; the prototype designed by Frank Goodman was demonstrated by John Macleod at Grandtully and he has referred paddlers comments for further discussion. It is still too soon to tell how big the stoppers will be but we'll keep in touch.

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## More from the Judging Sub-committee!

Are you having problems understanding how to relate the New Rules to the real world? I was. I took the new Gate Judge's examination full of confidence - and failed, it didn't do much for my ego, particularly as I have been appointed as an examiner.

However, this has meant that I have had to re-examine the New Rules and make reference to the information provided by the ICF, and as a result I can give you some guidelines on how to interpret them.

First, some definitions:

### NEXT GATE

It is the second gate in the numerical order once Gate 1 is 'Active' OR the gate following the last gate to be judged as having its negotiation started (begun) and it, in itself, has not yet been judged as having received a start of negotiation as defined in Rule 10.4.

### ACTIVE GATE

It is the first gate in the numerical order after the start OR the gate that was the 'Next Gate' and is now judged as having a negotiation started (begun) as defined in Rule 10.4. This, in turn, shifts the 'Next Gate' category to the gate following it in the numerical order. It will remain 'Active' and 'Live' until a following gate in the numerical order is judged to have received a start of negotiation OR the finish line is crossed OR the competitor has capsized (left his boat).

### LIVE GATE

Any gate on the course that is not classified as a 'Dead Gate' and therefore is still subject to penalties. This means the 'Active Gate' and all the gates following it in the numerical order.

### DEAD GATE

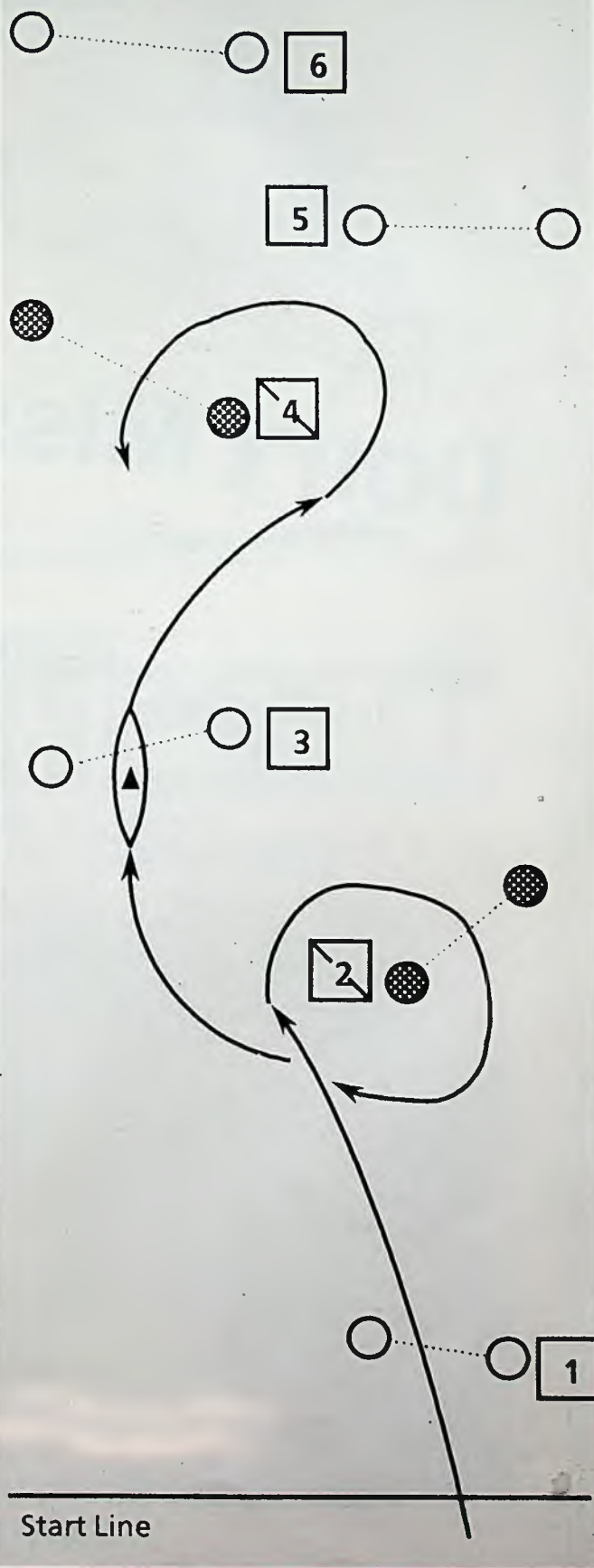
Any gate on the course that can no longer have penalties given against it because it has been judged as having its negotiation ended as defined in Rule 10.5.

### GATE LINE

The 'Gate Line' is the actual space between the two poles (and the vertical extension of each to the water) no matter whether they hang straight or are deflected by wind, water, paddle or competitor.

#### Gate Status

1. Dead Gate
2. Dead Gate
3. Active Gate (Live)
4. Next Gate (Live)
5. Live Gate
6. Live Gate





And now some explanations:

Even though an 'Active Gate' has been faultlessly and correctly negotiated, it is still subject to penalties until its negotiation is judged as ended; that is until:

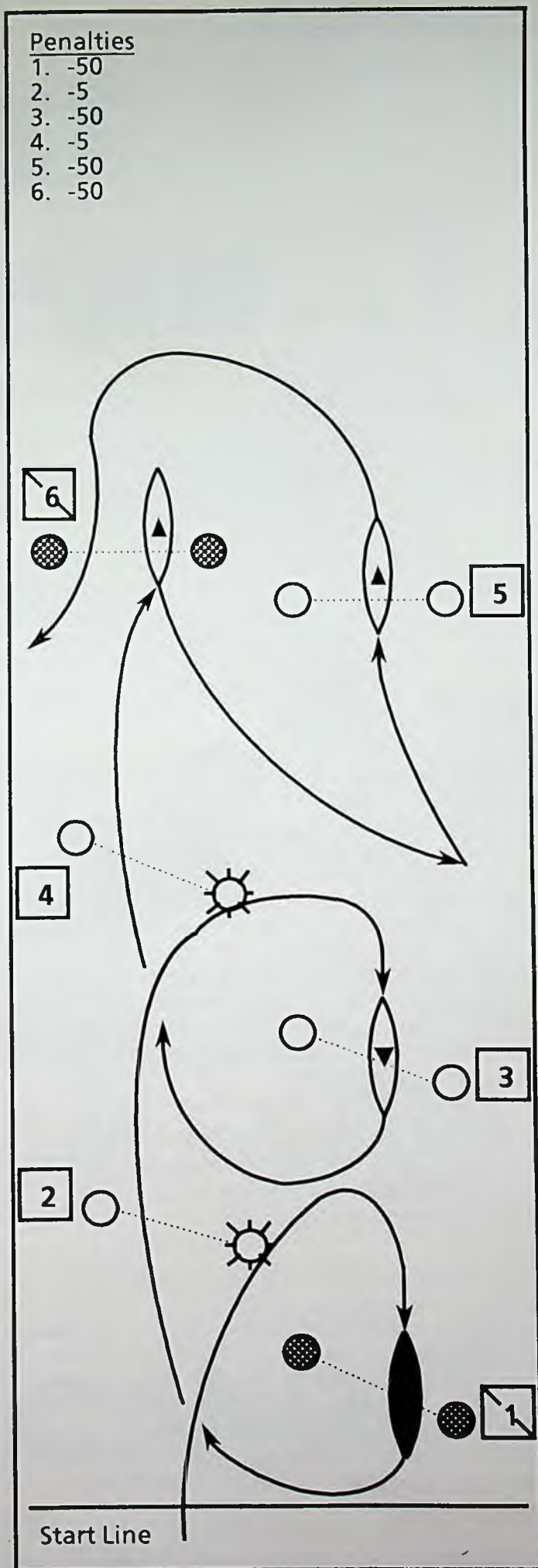
- (a) The 'Next Gate' has received a start of negotiation as defined in Rule 10.4, or
- (b) The 'Gate Line' of a subsequent gate is crossed with a body, or
- (c) The finish line is crossed, or
- (d) The competitor(s) has (have) capsized and come out of the boat.

After the body and part of the boat cross the 'Gate Line', the boat must then make a proper exit from the gate, after which the competitor is allowed to cross it again from the proper side and direction, without penalty. It may be to the competitor's advantage to run the gate again to position for another gate in a combination series, but he will still be subject to touch penalties and 'wrong direction' penalties until the gate is declared 'Dead'.

Pole penalties on a 'Next Gate' can be nullified by the correct negotiation (crossing the 'Gate Line' with the body, in the correct direction) of an up-to-then unnegotiated 'Active Gate'. Simply touching the gate with the boat, body or paddle is not sufficient; the 'Gate Line' must be correctly crossed with the body. However, in this situation according to the explanatory notes provided by the ICF, crossing the 'Gate Line' in the correct direction with the body completely under the water (capsized but still in the boat) is considered to be a negotiation, although Albert Woods tells us that this is not what he remembers as being the agreed situation. Therefore, pending clarification from the ICF, the Judging Sub-committee have decided that an 'upside-down' negotiation will not nullify the 'Next Gate' penalties. When a decision has been reached, we will let you know.

Although in certain situations the Start Line is considered to be a gate, returning over it after the run has been started does not incur any penalties.

Opposite, and on the next page, you will find some contrived examples so that you can see how the New Rules will work in practice. All you have to do now is take the Gate Judge's examination.



Attached to the 'Pictorial Presentation of the Rules for Slalom' which was issued by the ICF, were two additional pages of definitions and explanations upon which the above information is based. Although issued in good faith, we now learn from Albert that it is wrong in one very important aspect. The statement that 'the whole head must pass between the poles, and above their bottom ends' is incorrect. It is not necessary that the head should pass above the bottom ends of the poles for a negotiation to be completed satisfactorily, only that the whole head should cross the Gate Line as defined above. Fortunately, no-one has yet failed the Gate Judge examination on this point alone.

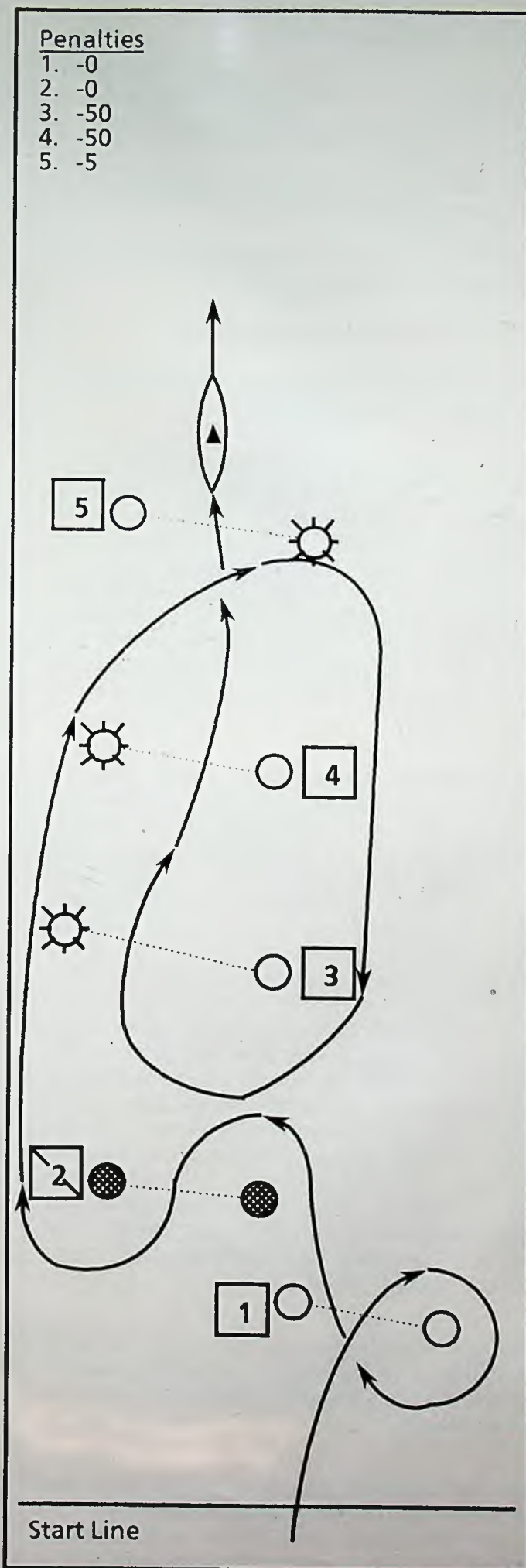
A number of examinations have now been held, and some people are passing (a lot of people are failing but at least it is a useful teaching exercise for the New Rules). Those of you who have passed and sent me the slip together with a stamped addressed envelope; please be patient. It has been necessary to redesign the Judge's Qualification Card to cater for the new system, and as yet, they still have to be printed.

So what is the next step? The Senior Judge's examination is in the process of being prepared, and will be available shortly. To qualify for entry you must have held the Gate Judge (or Grade C) qualification for not less than six months, and performed judging duties satisfactorily on not less than five occasions. If, because of the current problems with printing I have not been able to issue you with a card, please ask the organiser to provide you with some alternative form of documentary evidence before you leave the site.

For the future, Section Judges will be appointed only from qualified Senior Judges, so Good Luck with the examinations, and I will see you at Llangollen.

Finally, a personal plea to Event Organisers. Please ensure that the cards for the Officials Event are completed correctly. The cards are going into a prize draw which will be held at the end of the season. I have real problems when only a pseudonym is entered on the card, and reported on the result sheet (who is SPAM?), and I wonder just how many Smith's, Brown's and Jones's are performing judging duties.

Peter Denton



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# Slalom - what slalom? HALTON Rapids



JIM DOLAN AT PLAY  
Photo Tony Tickle

HALTON RAPIDS DIV 2 SLALOM  
22nd/23rd MARCH 1986

The event seemed to be running to usual form i.e. dry weather the week before the event causing a very modest to 'weedy' waterlevel and organisers hoping for a little rain to swell the Lune to a more exciting level.

Symonds Yat Div 2 and a selection event at the Tryweryn caused a smaller entry than in the past, but Ribble Canoe Club tried to put on a quality event for the 110 Competitors and a full complement of Officials(judges). This was helped by sponsorship from British Telecom, and Chris Hawksworth who provided the films for the Friday evening entertainment in the Scarthwaite Hotel.

Saturday mornings official practice started with an interesting course on an average river level. However the heavy overnight rain reached Halton Rapids by about 10.00 a.m. and the course maintenance team and the jury spent the rest of the day run off their feet trying to maintain a feasible course on a river that was rising by about 12 ins. per hour and producing conditions bordering on the impossible for slalom.

With minutes to go before the start of the event the course had to be re-designed to avoid losing paddlers in an enormous stopper with an almighty hole at the end of it.

Over 30 teams should have competed but at least 6 scratched when they saw the conditions. Of the teams that did enter only five managed a score of less than 500 secs., this may have been due to the fact that the waves were so high that competitors could not see over them.

Surprisingly enough there were only two swimmers amongst them, but many were having to roll.

After the team event the course was re-designed ready for the individual event on Sunday but with torrential rain all day Saturday the river was still rising and paddlers and organisers alike had serious doubts as to whether the event could continue.

With the rain still coming down like stair rods most adjourned to the Scarthwaite Hotel for the entertaining and humorous slide show and lecture from Tony Tickle. The demand for his show was such that he had to do three performances (what stamina).

By bedtime the rain was as heavy as our hearts when we thought about the likely state of the river by morning.

Sunday dawned bright and sunny (HOORAY) but the deafening roar of the river could be heard above the noise of the strong blustery wind. One did not have to arise from

one's sleeping bag to know that there would be no slalom event that day.

Worried officials inspected what was left of the course and after consultation with the jury reached the inevitable decision that the event was cancelled (the nearest breakout was probably Heysham Harbour anyway).

As some small recompense to the competitors Canteen prices were cut by 50% so that at least disappointed paddlers could go away well fed.

Ribble Canoe Club Chairman Phil Singleton made the following remark which probably summed up the whole weekend 'On Friday we all prayed for six inches of rain, but we didn't mean six inches each',

Hope we have better weather next time.



MIND THAT HOLE JIM  
Photo Tony Tickle

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# Slalom Sprint Series 1986

## A proposal for a four match series and a final

### 1. CONCEPT

Slalom Sprints will be short events run on fast, open courses without tight moves. The target time will be 75 seconds for kayak men with 10-12 gates (including 2-3 upstreams). The winner will in each class be the person with the best score of both runs added together. Competitors missing gates will be eliminated. Where not otherwise indicated IFC slalom rules will be used throughout.

### 2. OBJECTIVE

The reasoning behind the idea of a slalom sprint is twofold. Firstly, it will provide the paddlers who qualify with a fast exciting competition on a Sunday at Premier events. It will also provide a good incentive for paddlers in the middle range. Qualification will not be easy for some, but the challenge is there. The second reason for staging a slalom spring series is to attract greater media and commercial interest in slalom. It is felt that a shortened version of slalom is perhaps more appealing on terms of visual excitement, easier to organise and less complicated to televise.

The rules for a slalom sprint are essentially the same as for a normal slalom event, thus what we are promoting is slalom, not a hybrid event such as the Grand Prix competitions we have staged in the past.

### 3. THE PROPOSED SERIES

It is proposed to hold four slalom sprints and a final in 1986. The first and trial

event will be held at Grandtully on Sunday 30th March after which final rules will be agreed and circulated.

Grandtully	30th March
Washburn	11th May
Tryweryn	7th September
Nottingham	12th October

Llangollen (FINAL)	26th October
-----------------------	--------------

Each event will stand in its own right - the system for qualification for the final has yet to be determined and could depend on such issues as sponsorship, television, etc. for the event.

There will be no entry fees in 1986 for the series for paddlers who qualify.

### 4. QUALIFICATION

Entry will be by qualification from the Premier Slalom event. Categories will be run in the order shown.

Men's C1	8
Men's C2	7
Ladies K1	10
Men's K1	25

The men's event will include a minimum of 3 youth paddlers, the last places being reserved for youths if necessary.

### 5. RULES

ICF slalom rules except:

No practice run.  
Missed gates lead to elimination.

Both runs added together for total score.

# CRYSTAL PALACE

# IN PICTURES



Bob Domen Photo Tony Tickle



Liz Sharman presents Gail Allen with the Liz Sharman Trylon Trophy for the best Ladies K1 result at the Worlds. Photo Tony Tickle



Mark Delaney Photo Pete Astles



KEVIN CAMBELL Britains top Black Slalomist Photo Pete Astles



Chris Arrowsmith and Paul Brain National C2 Champions '85

Photo Tony Tickle



Ishbel Grant Youth Lady Champion — off to Bourg & Spittal Photo Pete Astles



Fox scrapes home in the Pool Slalom

Photo Tony Tickle



# Selection '86

# R. Fox

The season kicked off for some of us much earlier than usual with a trip to France for a match with the French. The event was the Roches de Diable Slalom on the River Elle on Brittany on February 16. And what a start it was for our kayaks! We took the first four places ahead of the French, a complete reversal of last year's results - c'est le progrès. Fox won ahead of Smith, Gladwin and Jones. Gail Allan took second place in the ladies event and Bob Daman did the same thing in the C1.

One paddler who disguised himself in France was Nomad's Jim Jayes, he was a little off the pace and looked to be out of contention for selection. Lesson one in sport, never write anyone off! Jim came back from France and hit the pace at just the right time.

The first Selection event was at Bala, March 22nd. For many youth paddlers it was a rude awakening to the pressures of big time racing; for others it was a harsh reminder that it is all over before you know it. The course was very demanding in the sense that it required a number of very skilled manoeuvres from paddlers and some fast decision making. Its difficulty was accentuated by the fact that there was very little time between runs to look at the course and if ever there was a course that needed lot of analysis this was it! The new rules allow a greater number of options on many sequences and it was evident, even on second runs, that the problem for many paddlers was not whether they could do a move, rather how they would attempt to do it. He who hesitates . . .

The biggest surprise came in the Men's kayak event as Russ Smith and Melvyn Jones plummeted down the field and killed their chances for Europa Cup selection. Meanwhile others performed, and it was a confident Jim Jayes and a cool Andy Gladwin who finished on 2nd and 3rd behind Richard Fox (incidentally he was the only paddler among the first four to get a five second penalty on either

run.) Some good results came from Ian Bownes in 7th place, after two Frenchies, Brian Melia in 9th and Mick Berwick in 10th. Gair Outhwaite was the first of the Youth paddlers in 21st position.

In the other classes it was business as usual Sharman and Arrowsmith and Brain won their respective events and a late arrival from Martyn Hedges did not hamper his performance. Even without a practice run he finished seven seconds up on Pete Bell in the C1. event. It was good to see Karen Davies back in action after her shoulder injury last season. Boy did she get stuck in! Her second place 7 seconds behind Liz and 6 seconds up on Gail was a great comeback.

A final word to all these youth paddlers who came to this event full of hope and expectation. It was tough for everyone. Even the world champion gets a little nervous at the first race! Live with the experience and remember few events will be as pressured as a Bala Selection race in March with 3 runs before lunch. And parents, stay cool - it's only a game!

After the trials and tribulations of Bala the Premier circuit continued across two borders up at Grandtully. Again it was tough, but this time more for the arms than the brain. The pain started at gate 19 as paddlers were forced into one of those great Grandtully moves, across the river and back for just one gate and then the icing on the cake was two upstreams to finish - great stuff! As well as physical effort the course required of paddlers a fair degree of whitewater skill as demonstrated by a very imaginative gate 15.

Even paddlers in the British team lacked the skill or confidence to do the move as it should be done. Practice surfing those waves!

Grandtully always seems to separate the men from the boys (and, sorry the women from the girls). This year was

# Selection '86 — cont'd

no exception. The winning margin in K1 men and women was 11 seconds in C1 it was almost 17 seconds and C2 it was just under 15. The answer to the question "Why the difference?" is that it's not the top paddlers who gain time it's the others who lose time. When a paddler drops half a boat's length in an eddy the punishment in terms of time loss is infinitely greater on heavy water like Grandtully, than it is at, say Bala. Another point is the tighter line that the top paddlers take between gates when crossing the river. Other paddlers tend to get lost and paddle a much wider line than they need to, that can lose a lot of time. Thirdly, it is often a question of physical effort. Two many paddlers back off because they are afraid of burning out of the end of the course. Don't back off, go for it, it may hurt more but you will still make the last ferry. Try it and see.

The results in the kayaks were consistent with the previous week's. Jim Jayes and Spike Gladwin cleaned up the Europa Cup placings. 2nd and 3rd again behind Richard Fox with Ian Raspin breathing down their necks. He had the second fastest time of the day but his one touch dropped him from 2nd to 5th. Gail Allan and Karen Davies swapped places behind Liz and Arrowsmith and Brain beat Meikle and Brown again in C2. The big upset came in C1 as Bob Daman had a disastrous day. He had a poor first run and his thigh strap broke on his second run and he finished a disappointing 11th. Mark Delaney pulled himself up to 3rd behind Hedges and Bell and with Dave Janes in 5th place, behind Michael Corcoran of Ireland; he will join Martyn Hedges for the Europa Cup. (Pete Bell qualified but is unable to go.)

The Youth paddlers fared better this weekend; three of the girls had top ten places compared with none the previous week and three of the youth kayaks made the top 20 among the men. In C1 Michael Wharton finished 9th after winning the Symonds Yat Div 2

event 6 days earlier. Not a bad start, watch out for Davey and Jon!

1986 Europa Cup Team  
to compete at Mezzana, Val di Sole,  
Italy, June 28/29

Seo d'Urgel, Spain  
July 5/6

Training Camp and Competition at  
Bourg St. Maurice, May 24 - June 1

K1 LADIES	K1 MEN
Liz Sharman	Richard Fox
Gail Allan	Jim Jayes
Karen Davies	Andy Gladwin

C1	C2
Martyn Hedges	Arrowsmith/Brain
Mark Delaney	Meikle/Brown
Dave Janes	

1986 Youth Team to compete at World  
Championships, Spittal, Austria,  
July 19/20

K1 MEN	K1 LADIES
Gair Outhwaite	Ishbel Grant
(George Spittal)*	Joan Cawthray
Dave Crosbee	Heather Corrie

\*(Good name for the race)

C1  
Ben Geddes  
Michael Wharton  
Gareth Marriott

To those who made it -  
CONGRATULATIONS. Do the very best  
that you can both before the race and  
in the competition. The others will  
be strong . . . you must be  
stronger.

To those who didn't. Remember that  
one of the hallmarks of success is  
the ability to recover from defeat.  
DON'T QUIT!

R.F.

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Photo Tony Tickle

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## CONDITIONS OF ENTRY

The competition is open to all amateur photographers. Staff of Canoe Slalom magazine, the Judges or members of their families are not eligible.

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The closing date is August 15th, 1986.

Only 10" x 8" minimum size black and white or colour prints will be considered. They must be mounted individually onto white card, with a 1" border all round. Please do not put any information on the front of your entries.

A competitor may enter up to three prints.

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Please print on the reverse of each entry your name, address etc.,

Details of the photograph are also required, i.e. who, when, where, what camera, film, setting etc.,

Judges: Tony Tickle, Richard Fox, Albert Woods.

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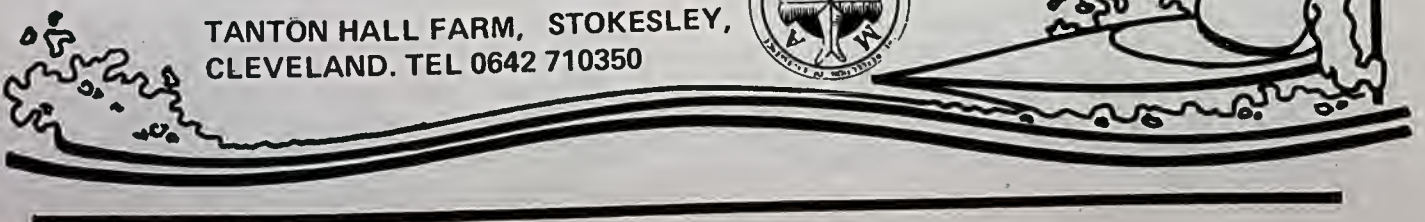
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# Tales from the Riverbank — J.M.F.

## JUDGE NEVILLE GETS 100%

Neville Unwin exacts the same standard from himself as he does from those who take his judging exams - 100%. What is more there is no special treatment, judging wise, for The One or The Prem.

The split between Premier and Division I is leading to inevitable criticism which is why one is grateful to Neville; he has been driving thousands of miles to ensure that both The One and The Prem receive equal attention.

And Mike Carter was right to choose the One to the Prem since he could not go to both. The Pendletons were at both and enjoyed some paddling and a holiday and their sport and the sport needs such support.

## THERE IS NO EXCUSE FOR BAD ORGANISATION AT TOP EVENTS

The Slalom Executive is trying to improve the standard of event organisation everywhere and with the Organisers' Conference compulsory for organising clubs there can be no excuse for hasty or bad organisation - for late start sheets - for paddlers stealing practice time, for bad display of results and so on.

The computer at The Hambleton One got indigestion with the Ladies' results, at least that was the excuse given for a wait of over an hour for the prize giving; the Tully Prem, helped by the Arrowsmiths' computer, showed just how quickly results can be displayed even if paddlers did lie on their tummies to read them and, in spite of the GPO, the "Results" were on competitors' doormats in record time; the Scottish One showed that it is possible to get results on display, head height, just as quickly without modern technology.

The Scots did a great job - they even have more control over Heaven

than the Sassenachs have over The Thames Water Authority! The river Tay dropped gently during the week and disappointed paddlers up for 'The One' who had hoped for some challenge and excitement. There was no dramatic change in the water during the events.

## A NIT PICKING GROUSE CAN FIND A GRUMBLE

Those who had enjoyed the high water at the Prem and stayed up for the fine weather during the week were not so bothered at the lower water conditions for The One. Those who had had bad weather south and driven up just for The One were right to feel a bit disappointed that they were missing the excitement of The Prem's war. However, organisers of Division One events must ensure that all courses are of true Division One/Premier standard or there is a danger of The One becoming second rate.

THE END IS A FIZZLE IN THE DRIZZLE  
A typical close to the event finds the weary organiser standing in the mud surrounded by a small huddle of damp prize winners as the real work of dismantling the course or rushing for the motorway goes on. Even the sparkling eyes of the prize winners do not brighten up the occasion as the presentation of prizes gets under way. Those standing at the back can't hear and so don't know when it's 'their turn' and the organiser doesn't know who are youth paddlers and who are not. Is the lady entitled to the "1st Lady Prize" or the "1st Lady Youth" and then is the third lady entitled to the "3rd Youth" or "1st Lady" and what about the "Lady" who was 6th but "1st Youth"? (If you don't follow this you are not the only one!)

The Scots had a good display of prizes at both The One and The Prem. The Selkirk Glass paper weights will be gracing some rooms for many a year in stark contrast to the Sassenachs' prizes at Hambleton some of which have already been delegated to the back

row behind the better prizes for lesser events.

**IN A CLASS OF ITS OWN**

Neither a One nor a Prem and in a class all its own was the Tryweryn Selection Event. It is thought that some paddlers were there for fun - I wonder - for most the event was deadly serious even though squashed into half a day. Some youth paddlers, who would have benefitted from the experience of tense concentrated competition, even if they were not up to standard, made way for the special French guests. One competitor was even whistled off the water to allow a French paddler a good run. The prize for this event was a place in the team and, lets face it, that is all the winner of the event wanted, that and a fair crack at the course.

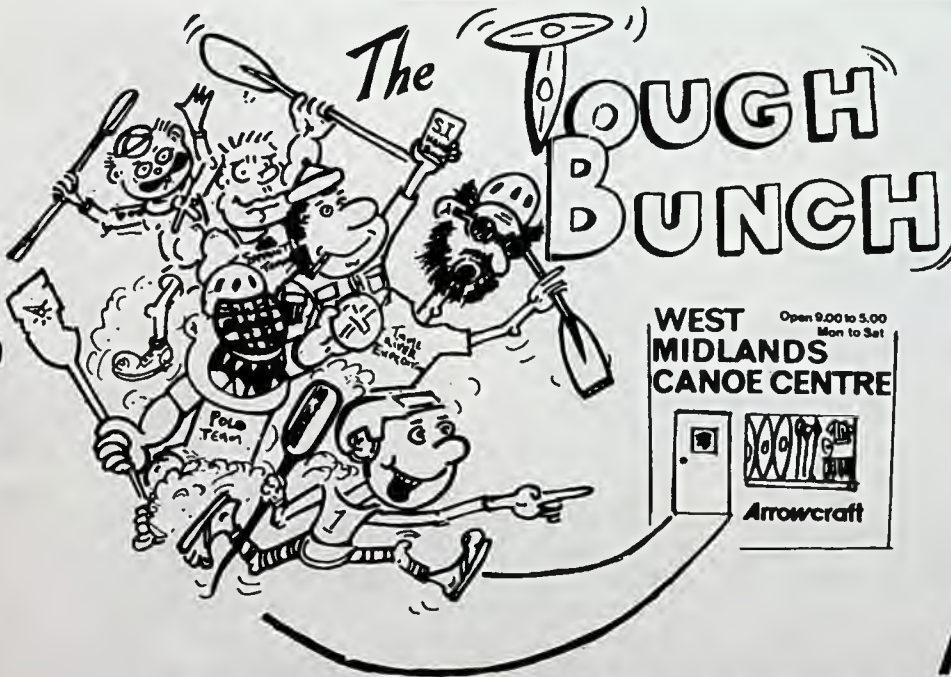
Jennifer Munro Fox

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long to ensure a high quality of effort. This can mean from 30 seconds to 2 minutes rest.

- I like to do my speed work on moving water - sprinting upstream against the current is excellent for generating a fast powerful stroke rate, and I balance this with short downstream sprints (everyone is last gate to the finish!)



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# **DANGER: Pyranha Wealth WARNING: Some Kayaks Can Seriously Damage Your Wealth and Performance**

'It's unwise to pay too much for a Kayak, but its worse to pay too little. When you pay too much you driving thousands of miles to ensure that both The One and The Prem receive equal attention.

And Mike Carter was right to choose the One to the Prem since he could not go to both. The Pendletons were at both and enjoyed some paddling and a holiday and their sport and the sport needs such support.

have. The common law of business balance prohibits paying a little and getting a lot — IT CAN't be done. If you deal with the lowest bidder, it is as well to add something for the risk you run, and if you do that you will have enough to pay for something better.'

Mostly by John Ruskin  
(1819 - 1900)

THERE IS NO EXCHANGE



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# F.A.C. - Training Tips for Summer

## Technique

- i) Don't neglect your basic stroke work even during the season. If you are competing regularly and doing lots of short fast intensive training it is quite easy to lose some of the reach and smoothness that you might have built up. 15-20 minutes of exercises to loosen up and extend your reach and rotation in the boat is what I recommend and this can be easily fitted in as part of a warm up or even as a key session in its own right.
- ii) Now you have a few events under your belt it is worth analysing the technical problems you have had on each course. It may be that there is some common denominator between each competition. For example, under the new rules tight offset gates have been emphasised in a number of events this season. For many paddlers this has created the dilemma of to spin or not to spin, to go for it direct, to reverse ferry or to attempt a combination of methods. Your objective in training should be to raise your level of skill for each type of manoeuvre so that you can change your answer to that inevitable question - How are you doing gates so and so? Instead of saying I'm doing reverse spin, because I can't make it direct you should be able to say, I'm doing the move direct because I know it's faster that way. So reproduce as many of the problem sequences as you can in training and concentrate on smooth control of the back end especially for pivot turns before the gate, in the gate or after the gate.

## Speed

Short sprints and short courses are fun, almost everyone likes to set up a bit of speed and kid themselves they can keep going like that the three minutes. Summer is the best time for speed work. The weather is much

warmer and the thought of the next race recruits a few extra muscle fibres.

- Make sure you are well warmed up. For a really effective speed workout you need to stretch as well as warm up in the boat.
- Keep the work periods short, up to a maximum of 20 seconds for sprints and the recovery period long to ensure a high quality of effort. This can mean from 30 seconds to 2 minutes rest.
- I like to do my speed work on moving water - sprinting upstream against the current is excellent for generating a fast powerful stroke rate, and I balance this with short downstream sprints (everyone is last gate to the finish!)
- A typical speed workout for me would be as follows:
  - 15-20 min warm up.
  - 6-10x<sup>10</sup>-15 sec sprints
  - 60 sec rest.
  - 2-3 4-6x20-30 sec open course
  - sets 90 sec+ rest.
  - 6-10x<sup>10</sup>-15 sec sprints
  - 60 sec rest.
  - 5-10 minutes early paddling.

Make sure you are fresh before you start the workout, it's no use doing speed training when you are tired.

## Speed Endurance Training

At first sight speed endurance may seem to be a contradiction. In fact what it refers to is the ability to keep working at fast speeds for an extended period of time. In speed endurance sessions you are training the ability to hang on after a fast start.

One type of session is a progression from a relatively short course to something approaching two minutes; this can be achieved in two ways.



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  - 1 x 90 sec (3 laps)
  - 1 x 120 sec (4 laps)

- 1 x 50
- 1 x 60
- 1 x 70

This might be repeated two or even three times with long rests between each effort. It is best to have someone timing this type of workout and shouting motivation. Compare the lap times on the 2 minute effort with your fastest 30 second lap.

- ii) Extended Course  
Set a course of about 70 seconds.

Do the first part of the course, around 20 seconds of maximum speed. Then add one or two gates each time until you complete the full 70 seconds -

- e.g. 1 x 20
- 1 x 30
- 1 x 40

Again take long rests to ensure maximum effort and set the course in accordance with your skill level. You want to go fast and not be slowed up by too many technical moves.

Repeat the series two to three times.

Finally, if you are doing a lot of intensive sessions it is important to allow enough time for recuperation. Don't think that by doing speed workouts twice a day every day you will go faster than if you do speed workouts four times a week. It takes time. Think fast - but stay CLEAN.

R.F.

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# Letters - and an Opinion too!

184 Central Avenue  
Southend on Sea  
Essex  
SS2 4EB

25th March 1986

Dear Sir,

It is humiliating enough to be demoted to a lower division as I found out when I was demoted from One to Two. People approach you saying "I thought you were in Div One", "I was" you reply, forcing a grin, "but I had a bad year". Determined not to be beaten I got stuck into a hard winter training schedule. Getting back into Div One with more experience than I had last year was the aim. I am now more experienced and ready for Div One.

Anyway, the fruit of my labour was soon to be reaped. Symonds Yat Div two, March 22/23rd was to be the event.

Team runs on Saturday went well. I, personally, had a clean run, ironing out any final doubts I had about the course.

My first run on Sunday was a disaster, a reasonable time but a lot of penalties, a result of being over anxious.

I went away and quietly calmed myself down. I arrived at the start for my second run with the time to warm up only to learn the event was now half-an-hour behind schedule.

I paddled round making sure I was just right for my run. I was. It went like a dream, breakouts spot-on, crosses accurate and as clean as a whistle. I arrived at the bottom of the course to be given a time that previously only a few judges had been clear over. I was overjoyed. Being at the tail end on the runs, the top of Div 2, I was watched by a fair number of people. It was one of my best runs ever, no doubt about that. I stood

to win! As I was changing I was told I had been awarded a '5' a penalty I knew I had not received. I was distraught. I felt I must protest. I ran to control and politely explain the situation to the girl at the desk, and by the way she rolled her eyes I could tell she had heard it all before. I filled out the protest slip and the jury were sent for, (they, by the way, were on the water). I was told I had been mistaken for a judge, the judges had run then, and been given his penalty. The gate judge involved was summoned who of course remembered me clearly ... good memory these judges when you bear in mind the number of runs they watch!

People were now coming forward with their stories, a 10 second penalty award to a paddler, a 50 on a downstream gate than even superman would have difficulty achieving upstream. More protests were arriving all the time from this same section.

The paddler who would win if I got the penalty, had watched my run, also swore blind I was clear, so did half the onlookers.

I was taken to one side by the two jury members (there wasn't a third) and shown some judging sheets, the sheets looked very confusing in some places. They then told me I had been mistaken for a C2. Do I, a K1 paddler in my K1, look like a C2? As far as they were concerned the judges' decision stood. I asked if I could take the matter higher. I could they told me, but it would be rejected.

So where do I stand? All the months of training, dark cold nights breaking the ice for enough water to train on, weekends away to rivers that flow and don't freeze over. Ask anyone who trains on a canal about the problems. I am unable to attend another Div 2 until the summer, at a total loss what to do next. I warn all other paddlers ... If you take sport

# Letters/Opinion cont'd

seriously, Beware of the competence of those judging you. Once they write on those score sheets it's gospel, there's nothing you or anyone else can do about it.

Thank you for taking time to read my letter and I hope you find space to print it.

Yours sincerely  
S. M. Bushnell  
Southend CC/Bush Welding

The following thoughts are raised by this letter - which is a tale heard frequently in Slalom. First, that there can be no recourse to a higher office than the Jury - It is the only workable system that can cope with on the spot factors, which often make a lot of difference in judging situations. Second, that the rule concerning what must have happened is also the only workable system. As has been said before in the magazine, there is no room for the Independent Observer, or the video camera evidence - only what the judge thinks he sees can count - it is then down to the interpretation of the rules. The only possible exception might be when a jury member observes the incident and overrules the judge - as occasionally happens. Third, and this is the major point - that points 1 and 2, and the whole judging system are only as good as the gate judges. The events that spark this letter are repeated time and time again because our ramshackle judging system allows idiots of all shapes and sizes, from premier paddlers and their girl friends to 8 year olds, parents and some half-blind OAPs, to volunteer their services, with often no check as to competence - mainly due to a shortage of personnel. Harried judging organisers can be seen at 2.30 on a Saturday blackmailing bystanders onto headsets and giving them a clipboard - or a whistle, and hoping the best. When people

are training -12 times a week and spending a fortune on boats, petrol and accommodation, to lose an event due to poor judging is criminal.

There is a simple answer, and one that I am prepared to countenance and that is to pay viable expenses to qualified gate judges. Roars of horror from those who already think that slalom entry fees are too high!? - but when I spend £30 per week on training, £250 on a boat, and probably £60 on an event weekend, I would be happier doing so with greater confidence that the judges at least had reasonable vision, some experience and a proven knowledge of the rules. If it takes payment of expenses to get judges to an event then that is what we must consider - and with an entry to many events of 150-250 paddlers to pay 30 judges £5 and to waive their camp site fees, would mean only £1 increase per entry. Some would advocate going further and paying full expenses, but I think a system where a qualified judge, by showing his card, could claim expenses from the organiser, rather than end up well out of pocket, would encourage people to take the exam, and having passed it, to help the sport by judging at events with a proven knowledge of the rules. - As for the expenses of premier section judges - they are pitiful - to get £10 for a weekend at Grandtully! I'm surprised any section judges bother.

I know proposals on this matter fell through lack of time at the A.G.M. - but this problem must be confronted soon - if you've got a better idea then let us have it.

J.L.

# RESULTS

## RACE REPORT

### SHEPPERTON DIVISION 2 MARCH 1/2

Traditionally the first ranking race of the season, it fell to Shepperton Canoe Club to get the "new rules" off the water in Div 2. The course, designed by Rob Wright, went down well with most I spoke to. Faced with the usual restrictions imposed by weirs on the ingenuity of the course designer the result was a pretty well defined run that flowed well. The water was a bit on the small side for a Thames weir in March, but it remained consistent throughout the weekend, something of a record.

Saturday's programme ran with a few minor hitches due to a fault in the timing system, caused I am told by the fact that the wires had been buried in the snow for a day. Sunday was sunny and warm, a marked contrast to the previous day. It was probably the best day for paddling since Christmas. All the competitors appeared to be getting to grips with the new rules, certainly the judges liked it, finding it easier to come to decisions. I have a feeling that the results of Neville's judging exam on the Saturday even did not instill great confidence in those who had to race though it's probably just a matter of time as with all great ideas!

In the men's kayak, Ben Gaster of Hammersmith came 3rd, a great result, starting with bib no. 360, one to watch for the future I think. It's interesting to note that the mixed C.2 crew Ford/Longrigg won, I wondered if they would be able to handle the big water, having seen them swim at Crystal Palace.

Our thanks to Colin Thompson for running in the difficult circumstances, many did not receive their yearbooks in time, making entries somewhat difficult. May be we ought to start imposing a levy on the Slalom Executive when they fail to provide to issue the yearbooks until the week of the first race of the season. Well done those of you who turned up, especially the campers. We hope to see some of you at the next race which is for Div 4/N on June 21/22.

PW. Shepperton Slalom  
Canoe Club

## RESULTS

### Team

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 - Domoney/Gaster/<br>Grimsey    | - Militants           |
| 2 - Bird/Howell/<br>Richards      | - Central<br>Paddlers |
| 3 - Bushnell/Hopper/<br>Elteridge | - Chelmsford          |

### Judges

- |                  |              |
|------------------|--------------|
| 1 - Rob Wright   | - Shepperton |
| 2 - Shaun Pearch | - Newbury    |
| 3 - Alec Grimsey | - Shepperton |

### K1M

- |                 |                      |
|-----------------|----------------------|
| 1 - Martin Lowe | - Shrewsbury         |
| 2 - Andy Cox    | - Llandysul Paddlers |
| 3 - Ben Gaster  | - Hammersmith        |

### C.2

- |                   |                            |
|-------------------|----------------------------|
| 1 - Ford/Longrigg | - Bristol/<br>Staff. Stone |
|-------------------|----------------------------|

### C.1

- |                  |               |
|------------------|---------------|
| 1 - Bill Horsman | - Trainee Yob |
|------------------|---------------|

### Junior

- |                      |                       |
|----------------------|-----------------------|
| 1 - Anthony Runnegar | - Canvey<br>Island CC |
|----------------------|-----------------------|

### Yalding Div 4 15/16 March

Although the named organiser didn't make the event (I understand he went skiing instead) the course was up early Friday and there was plenty of water then and first thing on Saturday morning. However those who stayed in bed found out that the Water Authority had the water closed down for much of the rest of the morning but it returned in plenty of time for the team runs. The event was ready to start on time but the automatic radials chose that time to open and the water became too interesting for the event to start until it had settled down again. After that the event ran smoothly to the credit of the organising team, most of whom were teenagers.

Sunday was much warmer, spring-like even, and there was much more activity on the water. The course, designed by Vince Lamph, was good at medium water levels and fun when the water opened up! Fortunately for the running of the event the water maintained a medium level during the competition times and things ran smoothly until just before prize-giving when last minute ranking revelations threw things into chaos! This may well not have caused such complications had the organiser been there but it did not detract from the overall enjoyment of the weekend and only the Men's K1 medals were not presented at the event.

Les Milam was there with the now well-known judging exam and I am sure that he was gratified that the two other members of the jury took the exam and both scored 20/20. Mind you that was the only thing that the jury had to do over the weekend as there were no protests!

A very enjoyable and friendly event, but I understand that next time they intend to remember to collect camp-site fees!

G.D.N.

### Yalding Div 4

#### Men's K1

- |                   |                          |
|-------------------|--------------------------|
| 1. Phil Ithier    | Bromley                  |
| 2. Ian Williamson | Warren                   |
| 3. Keith Oakley   | Hastings and<br>District |

#### Ladies K2

- |                   |      |
|-------------------|------|
| 1. Rosalind Green | Adur |
|-------------------|------|

#### C1

- |             |
|-------------|
| Paul Knight |
|-------------|

#### C2

- |                   |
|-------------------|
| 1. Marshall/Jones |
|-------------------|

#### OFFICIALS EVENT

- |                   |
|-------------------|
| 1. Steve Smith    |
| 2. Hugh Protchard |
| 3. D. Slaymaker   |

### Dedham Mill Novice March 22/23

I wasn't very happy with last year's event here but this year was a great improvement. Control had to put up with the usual aggravation from incorrect entries and changes etc and managed to maintain considerable tolerance. The course was up early Friday evening in time to get some practice in although lack of water and the organiser having no direct control over the sluices prevented the water being turned on until 9.a.m. Saturday. However a lot of the course wasn't dependent on the water being on and there was plenty of practice. It was quite a long circular course in the weir pool and testing for novices and Div. 4s with most of the tight gates toward the end of the course. I think that it was also a good example of the tendency to need both a greater fitness and skill at 'S' gates than was really required under the old rules.

Ipswich CC did their usual good job with the campsite and 6 loo tents and this year also ran a food caravan selling good hot food at cheap prices. Saturday was cool and damp

but the team and officials events ran well and judging stints were kept to half an hour. On the Saturday evening a very interesting professional lecture and slide show was given in the village hall by Mark Attenborough.

Sunday dawned cool and breezy with some trouble from flying poles but there were good performances on the water. Too good in some cases because this was the third event that I have been to (and the 2nd novice) this year which was won by an ex-higher division paddler who had not applied for re-ranking. One can't expect organisers to always catch this but it is unfair to genuine Novices who are robbed of prizes or promotion. Actually I understand that in this particular case the organiser did learn of this and intended to exclude the paddler concerned from the prize-giving. Throughout the day the ever-present rescue boats had little chance to demonstrate their skills as paddlers declined to fall into the cold water!

A pleasant, if rather cool weekend and well run event.

G.D.N.

**Dedham Mill Results**

**Novice Men K1**

- |                   |           |
|-------------------|-----------|
| 1. J. Wheeler     | Bow       |
| 2. J. Davison     | Ipswich   |
| 3. R.M. Southgate | Kingsbury |

**Ladies K1**

- |           |            |
|-----------|------------|
| G. Waters | Colchester |
|-----------|------------|

**N C1**

- |                |              |
|----------------|--------------|
| 1. I. Calver   | Colchester   |
| 2. P. Mepstead | Telegram Sam |

**N C2**

- |                     |           |
|---------------------|-----------|
| 1. Mills/Caswell    | Bow       |
| 2. Furmenger/Paxton | Nort wood |

**Div 4 K1M**

- |               |                |
|---------------|----------------|
| 1. N. East    | Shepperton     |
| 2. P. Wallett | Jubilee W'side |

**Div 4 K1L**

- |             |         |
|-------------|---------|
| 1. S. Walsh | Sudbury |
|-------------|---------|

**Div 4 C1**

- |         |              |
|---------|--------------|
| G. Peek | Telegram Sam |
|---------|--------------|

**Durngate Novice 3/9 March**

A warming of the weather melting the snow gave Durngate the highest water flow since 1982 and the main flow coming down a different channel,

coupled with th new rules gave Adrian Jones the chance for quite a different course which proved testing for judges without being too difficult for the novices, who were, even so, of a very high standard. The course was up Friday and thus available for early Saturday morning practice but few took advantage of this as the weather was cloudy and cold. The team event started on time and the BCUs new headset proved excellent for judges. However, 'Tutti' the aging timing gear was, whilst consuming one car battery every half hour, quietly planning hara-kiri.

Sunday proved far warmer and there was much more activity on the water during free practice. The individual runs started on schedule but almost immediately the failure of 'Tutti' gave control the unexpected problem of running the event on back up timing. They coped well but inevitably all the extra calculation involved caused delay in posting results.

Uncle Nev once again appeared with his new judging exam but alas he didn't even equal the one pass of Shepperton and the highest score was 19/20. It is obviously taking a while to penetrate the fog of misleading and incorrect information surrounding the basically simpler new rules and regrettably the new Year Book doesn't help much.

A constant light rain fell during the afternoon but it had eased by prize-giving when a good selections if prizes were presented. Of the 4 divisional judges prizes awarded first Div 1/Prem judge was, as often here, battled out between British Youth Team members Shaun Pearce and Mat Maclean with Shaun gaining the upper hand this time by 5 seconds, due to a spectacular 2nd run.

An enjoyable weekend and a good start for the region's novice events; an event which deserves to attract more of those who choose to wait for warmer weather!

**Durngate Results**

**Men's K1**

- |                     |               |
|---------------------|---------------|
| 1. Paul Edelstyn    | Kingston Poly |
| 2. Martin Pattinson | Worthies      |
| 3. Nick Woolven     | Ind.          |

**Ladies K1**

- |          |         |
|----------|---------|
| Pam Bell | Westrel |
|----------|---------|

**C1**

- |                |            |
|----------------|------------|
| Iain Paul      | Portsmouth |
| 2. Chris Hendy | Worthies   |

**C2**

- |                |           |
|----------------|-----------|
| 1. Budd/Turner | Millbrook |
| 2. Bell/Woods  | ARSP      |

**Judges**

- |                 |                       |
|-----------------|-----------------------|
| 1. Shaun Pearce | Newbury               |
| 2. Matt Maclean | Winchester            |
| 3. Simon Wood   | Hastings and District |

**Junior World Championship Team**

**Men K1**

- |              |
|--------------|
| G. Spittal   |
| G. Outhwaite |
| D. Crosbee   |

**Intermediate Team**

- |               |
|---------------|
| <b>Men K1</b> |
| B. Melia      |
| A. Welsh      |
| K. Brown      |
| R. Wright     |
| T. Leaver     |
| L. Shackleton |
| R. Luke       |

**Ladies K1**

- |               |
|---------------|
| J. Cawthray   |
| I. Grant      |
| H. Corrie (J) |

**C1**

- |                 |
|-----------------|
| B. Geddes       |
| M. Wharton (J)  |
| G. Marriott (J) |

**Ladies K1**

- |             |
|-------------|
| A. Owen     |
| C. Pallett  |
| C. Jones    |
| K. Longrigg |

**Pre Worlds Team**

**Men K1**

- |            |
|------------|
| R. Fox     |
| J. Jeyes   |
| A. Gladwin |
| I. Raspin  |
| M. Jones   |
| R. Smith   |

**C1**

- |               |
|---------------|
| M. Hedges     |
| M. Delaney    |
| D. Jones      |
| J. Doman      |
| A. Gillibrand |
| P. Bell       |

**Ladies K1**

- |            |
|------------|
| L. Sharman |
| K. Davies  |
| G. Allen   |
| S. Ward    |
| J. Wilson  |
| I. Grant   |

**C2**

- |                     |
|---------------------|
| Arrowsmith/Brain    |
| Meckle/Brown        |
| Richardson/Thompson |
| Smith/Smith         |
| Rance/Horsman       |

**RESULTS - SLALOM SPRINT - GRANDTULLY**

C1	TOTAL
1. Pete Bell	165.56
2. Dave Janes	170.97
3. Michael Corcoran	173.62
<b>K1L</b>	
1. Liz Sharman	149.76
2. Sue Ward	166.71
3. Karen Davies	172.04
<b>C2</b>	
1. Meikle/Brown	164.48
2. Arrowsmith/Brain	170.69
3. Rance/Horsman	217.16
<b>K1M</b>	
1. Richard Fox	128.18
2. Ian Raspin	135.49
3. Russ Smith	138.92

Many thanks to the Scots for letting us disrupt their Sunday programme to stage the first event!

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