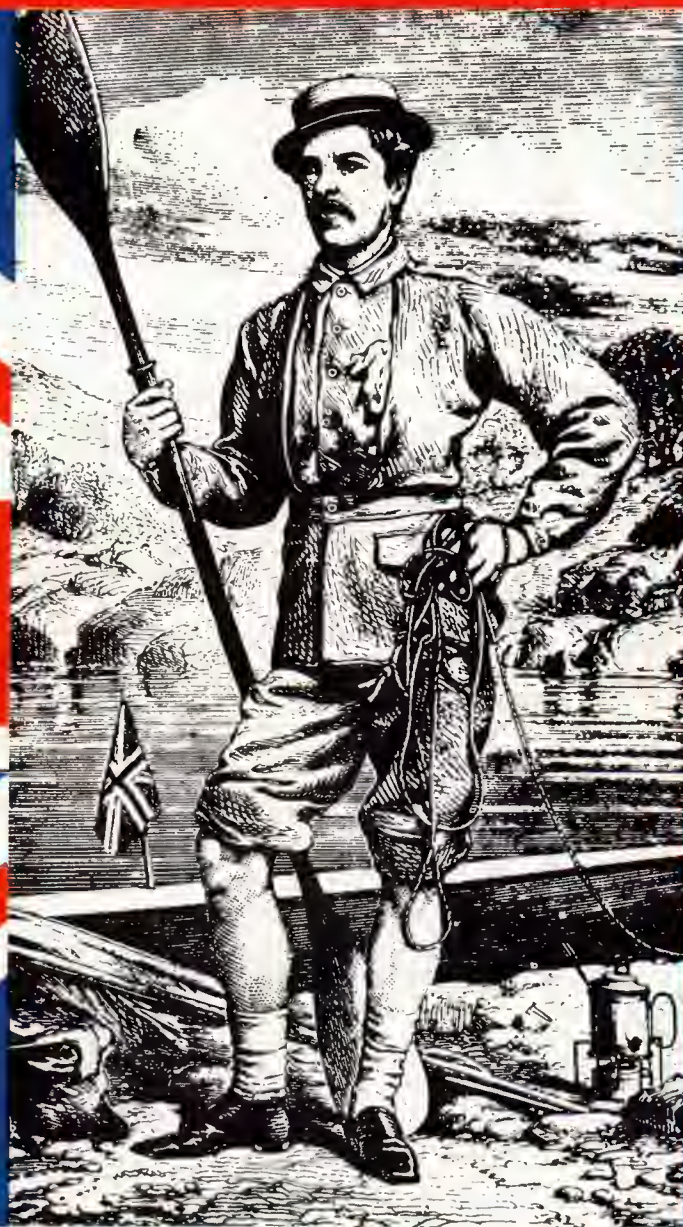


No.6 July/August 1977

Price 25p

Canoe Focus

The official magazine of the British Canoe Union



SILVER JUBILEE
1952-1977
SOUVENIR EDITION

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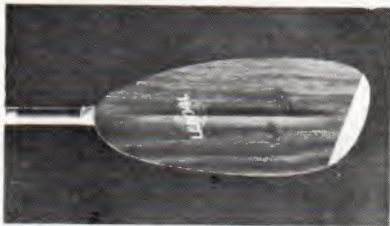
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H. M. The Queen



Kayak Away. Page 8.

Canoe Focus

Editorial Offices: 70 Brompton Road, London SW3 1DT.
 Editor: Gordon Richards, MBE, FPEA, ACP.
 Advertising: Colin Higgins, DipEd, MIAM.

On the occasion of Her Silver Jubilee it is a pleasure, on behalf of the British Canoe Union, to pay tribute to Her Majesty the Queen. At the same moment it is timely to acknowledge the great debt owed to Her and Her Family for giving a lead, both by precept and example, in the development of sport and recreation in these British Islès.

On another occasion tribute has been paid to the late Dr Kurt Hahn, who was largely responsible for the rapid development of informal outdoor education in this country — his philosophy has, as a by-product, stimulated the growth of interest in canoeing which now commands a prominent position in outdoor recreation. Hahn often said, long after the founding of the first short term school at Aberdyfi, that the time should and would come when the presence of the specialist short-term school would no longer be justified. This would happen as soon as informal outdoor education became an acknowledged and integral part of the school curriculum, with all schools having easy access to residential wilderness camps and floating 'classrooms'. That time is now not far distant. The British Canoe Union should therefore, as the '80s' close in, think and plan carefully on the subject of planting and cultivating the recreation and the sport of canoeing in the schools. Children are instinctively highly competitive creatures. The canoe is a highly adaptive and ideal vehicle for competing against oneself, in a touring or expedition situation, or against others in the manifold racing interpretations of the sport.

Peter Sebastian, of the Physical Education Association, has commented that "the pursuit of excellence may be frowned on by some, but it's achievement is applauded by all". It would seem therefore right, if all pursued excellence and not only excellence in sport. Perhaps the answer is to reward, quite openly, the elite of meritocracy. This would, of course, mean encompassing all those who strived towards it, be it in the pursuit of excellence in service to the community and country, or in pursuit of excellence at work and in sport.

On the subject of excellence it would be quite unfair not to pay a public tribute and give my thanks to my colleague, Colin Higgins, and the team in Bristol.

Finally, to some 20 canoeing nations officially visiting us in this year of special celebration, on behalf of the British Canoe Union Council, its Executive and all its individual members and associated or affiliated organisations, the Hand of Sporting Friendship is extended.

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PORRIDGE *By Andrew Morton*

Weight training, circuits, running, isometrics et al must be left behind and replaced with Porridge if the results of the British 10,000m K1 Championships are anything to go by.

In early June an acceptable number of English paddlers ventured across Hadrian's Wall to do battle with the wee Scots lads. Excuses such as love of Scotland, a desire to see Strathclyde Park before the border was closed, a chance to get away from the wife, were offered, but we knew many were up on a Pot Hunting expedition! Suffice to say, many returned empty handed!

Alistair Wilson, British Champion for many years during the nineteen sixties, made a come back after five years' absence during which he has built up his paddle manufacturing business and increased the World Population with the aid of his wife! (Womens' Lib. would do no doubt claim the converse). Ten years ago, almost to the day, Alistair beat Lawrence Oliver in the 10,000m Championships and it looked as though it would be a battle of the old giants as Lawrence had travelled north for the event.

The race started smartly and the pace was fierce, with young Martin Harvey leading. Round the second turn, another young paddler, Peter Turcan, took the lead, closely followed by Alistair, Lawrence and Martin. However, by the third turn Lawrence had dropped right out of the race and Martin was being held off twenty-five yards or so behind Peter and Alistair. The gap was widened a little before the finish and Alistair, who had carefully eased himself round the course with a minimum of effort, sprinted past Peter to win. Martin managed to hold on to third place and was followed in by two more Scottish paddlers, Andy Morton and Robin Lang. A happy day for Scotland then, marred only by the absence of some of the top British paddlers who were competing abroad.

On the following morning a similar needle match had been arranged at Loch Lubnaig, a Tier 3 selection event of thirteen miles. The Scottish contingent was noticeably weaker with the absence of Alistair Wilson, and the English party noticeably strengthened with the addition of a number of strong I.D. paddlers including Robin Belcher who had had a fairly comfortable cruise round Strathclyde Park on the previous day to win the Senior 'B' 10,000m event.



Robin Belcher.

A strong head wind force 4/5 and a massed start (including the K2s), ensured a hectic paddle to first turn where Andy Morton, Robin Belcher and Martin Harvey broke away from the others. Robin and Andy then dropped Martin and stayed together for almost half the race. However, by the third turn Robin was well in the lead, finishing some 400 metres clear and Martin just caught Andy Morton to cross the line in second place over two minutes behind Robin. Not such a good day for the Scots you might say, but Robin had porridge for breakfast so what do you expect?!

Thanks for coming north lads, we look forward to seeing more of you next year.

HOVE TO *By Max Kirschner*

Hove was the last selection race for Norway. The sea was calm in comparison to Three Harbours & Lock Labnaig where it was blowing force 6 and force 5/6 respectively and it was almost impossible to wash-hang (in the K2 Class at Three Harbours only 8 out of 22 finished!)

Unfortunately, at Hove I was 200 yards behind the line when the race started and from my position it was hard to see who was first to the portage but after the portage Brian Greenham and Robin Belcher were sat on a leading K2's wash closely followed by Tim Cornish & Keith Owen and a group of paddlers in close pursuit. At the second portage Greenham portaged 1st Belcher misjudged the landing stage and the leading K2 slipped in front of him. However with a fast run Robin put his boat in just behind and soon caught Brian up.

The leading group consisted of Brian Greenham, Robin Belcher, and two K2's, ourselves and Blackmore/Doman. At the top turn we were closely pursued by 2 K2's and a group of K1's led by Owen, Cornish, and Speight.

On the way back the leading K2 broke clear of the other K2 leaving them on the shallows and took Brian Greenham with them.

Robin made a valiant effort to get back but didn't quite make it.

The final result being:

B. Greenham 1 hr. 50 mins. 59 secs.
R. Belcher, 1 hr. 52 mins. 30 secs.
T. Cornish 1 hr. 56 mins. 00 secs.
D. Smith 1 hr. 56 mins. 22 secs.
K. Owen 1 hr. 56 mins. 45 secs.

And the Senior Team for Norway is:

1 Greenham 5 Owen,
2 Belcher 6 Harvey,
3 Cornish 7 Morton,
4 Smith, 8 Clarke.

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Inland waterways in Great Britain and Northern Ireland contribute greatly to our country's natural beauty and to its commerce.

Our waterways also add much to the quality of life for countless people. Many thousands seek a leisure-time alternative to the stresses of modern living, and find relaxation on or beside our rivers, streams and canals.

For these reasons, Britain's inland waterways need not merely to be maintained, but also restored and improved.

The Shell Inland Waterways Restoration Awards scheme is being established to help encourage this important work.

Sponsored by Shell in association with the Inland Waterways Association, the scheme will reward voluntary work in a tangible and practical way.

An Award Fund of £6,000 is to be distributed by four adjudicating panels, working on a regional basis. In deciding who should receive an award, and the amount of that award, the members of the panel will consider the extent of each project, its cost, the results achieved to date, and the results which could be achieved with financial help.

Three categories of project are eligible for consideration for an award (see Categories and Awards section below). Basically they comprise the improvement of navigation on rivers and canals; other restoration work not directly concerned with navigation; and the improvement or enhancement of waterway environment.

An enormous amount needs to be done, and the scope is wide for voluntary groups such as the one you belong to or will be forming.

If you care enough to devote time and energy for the benefit of Britain's waterways, Shell believe you deserve the encouragement of an award scheme such as this.

Good luck with your project.

CATEGORIES OF PROJECT ELIGIBLE FOR AWARDS

- 1 The restoration or improvement of navigation and navigational works on rivers and canals.
- 2 Other restoration work on waterways not directly concerned with navigation (e.g. water-mills, warehouses, towing paths, etc).
- 3 The improvement and enhancement of urban waterway environment (e.g. landscaping of banks, clearance of towing paths, improvement of access, provision of waterside facilities, etc).

CLOSING DATE

The scheme opened on 1st May, 1977, and the closing date for entries is 1st November, 1977. Projects do not, however, have to be completed by this date, as entries will be judged on their merit, on what has been achieved so far, and on what may be achieved ultimately.

Award winners will be announced in waterways and boating publications.

Forms available from: Shell Inland Waterways Restoration Awards, UOMK/6112, 3 Savoy Place, London WC2 0BN.



BRIAN JAMES

Brian James, the new B.C.U. administrator, joined us from the first May after a three year spell with the Sports Council at the Holme Pierrepont National Water Sports Centre. Brian, 29, is married with a five year old son and a daughter aged 3 and was Finance Officer at the Centre. He is qualified in administration and finance and is a keen sportsman, participating in badminton, sailing, squash and windsurfing and canoeing. Prior to his employment at Holme Pierrepont he was employed as assistant to the managing director at a leading air conditioning and refrigeration company in Nottingham where he controlled all administration and financial matters as well as 'helping out' in the other sections of the company.

To mark the association between his old and new employers he has presented the Racing Competition Committee with a silver cup to be presented to the Junior K4 National Champions 10000m which this year was held on 29th May 1977, at Holme Pierrepont.

DOWN UNDER

Sue Whitebrook (see photo left) of Lismore, Australia, holds six national titles in Wild Water, Slalom and Sprint Racing. In 1976 she paddled in the United Kingdom as a member of Riverside Oxford Club and has been a member of the BCU for several years. Whilst in the UK she gained second place in the Tryweryn International Slalom, was third to Pauline Goodwin and Hilary Peacock in the Wild Water race, won Grandtully with two clear runs, recorded fastest time for women in the Wild Water Racing section of the Liffey Descent, only a few seconds behind the Open K1 class and had numerous successes in racing at Nottingham.

She has been selected in the Australian Slalom and Wild Water Racing Team to paddle at Spittal in the World Championships and also the Australian Junior Racing Team to compete in the European Junior Championships at Vichy.

Australia is sending teams to Spittal, Vichy and Sophia, there is no government assistance for these teams.

Sue is seen in the photograph competing in the Northern New South Wales State selection slalom event in May '77 at Nymboida. She won both slalom and Wild Water Racing events.

NOT READY

There has been a spate of serious accidents in the canoeing world this year.

From them it has become patently obvious that many are not equipped or prepared as they should be for such emergencies.

The following is a quote from a letter recently received from Nigel Mathews, someone with very great experience in canoeing!

We have been giving a great deal of thought to the frightening increase in accidents, both fatal and near misses. The advent of the low profile, low buoyancy slalom boat is contributing to a lot of these. They get buried in the heavy water, thereby losing controllability. Equally alarming is the mobility of average club paddlers in the rescue situation, a total unawareness of deep water rescue and general lack of basic equipment. The paddler who carries first aid kit, throwing line, spare clothes etc, appears to be looked on as something of an oddity.

On the opposite side it was good to read in the newsletter of the Birmingham Canoe Club an article by Gary Draper which indicated that at least one club if not two had members who knew what was necessary.

An invitation from Viking Canoe Club to paddle through Downton Gorge was not to be missed!

Dark brown water swept us along with deceptive haste.

On a flat piece of water, I found myself impaled on a wooden stake just below the surface. The water then piled up, bent the boat banana-like around the post, completely trapping my legs in the bow.

Was I glad to find I soon had the assistance of Ray, Mike and a few other folk. In flooded conditions it really is essential to have everyone in sight.

My thanks to the dozen or so club members who are always first to help.

When others have a "nasty" they are out of their boats making sure that you are o.k.

We are all in trouble at some time. The only thing better than a fellow canoeist helping you out is the whole party doing likewise.

WASHED UP !!

Two South Wales airmen on a sponsored 150-mile Silver Jubilee canoe trip were capsized in the Thames by the wash from a barge — 149.9 miles from the finish.



Editors Postbag

74, Presthope Road,
Selly Oak, Birmingham B29 4NL
Thursday, 19th May 1977

Dear Sir,

So Colin Green has done it again! (Canoe Focus Page 8). On several occasions I have canoed the Wye (in the fishing season) from Llangurig to Rhayader, having been told by the River Advisor that the section from there to Glastonbury was prohibited to canoeists by the angling fraternity. It was (until now) the only stretch of water for miles where restrictions did not apply to a rapid river.

In the light of the latest news, I am bound to tell you that it seems to me that the attitude of the B.C.U. towards 'Sport for all' shared recreational facilities and similar phraseology would be laughable if it were not so tragic (and indeed hypocritical if the advice to Join the Access Debate' is to be taken seriously). Some of my friends have taken to nick-naming the B.C.U. the Angling Preservation Society, and not without reason.

Canoeing is the fastest growing sport in this country, and already numbers some 80,000 persons among it's adherents. It is a sport which offers unparalleled potential opportunities for self-development and appreciation of the environment among the young and old alike (see last Sunday's Times Magazine) I am one of the very many helping young people towards proficiency Standard in the sport. Having turned out Proficient canoeists, I then tell them they can't canoe rapid rivers unless they are prepared to do so in the depths of winter! And even then only if they continue to subscribe to the B.C.U. A fine way to produce an Olympic Slalom team incidentally!

I believe that there is a well-co-ordinated campaign among Angling Associations and the Country Landowners Association actively to pursue a dog-in-a-manger attitude towards other water-users. For evidence of this, please turn to the Editorial in the 1976 edition of "Where to Fish" which I happened to see in my local public library recently. The attitude there was quite clear. I haven't seen the 1977 edition yet, but it would be worth a look.

The question of the right to canoe on a piece of water is still legally problematic (access from banks is of course another question). With every ACTIVE CUTS DOWN that area of fruitful ambiguity, and plays directly into the hands of anglers and riparian (note that word, it comes from a Latin one meaning Banks) owners.

It is time that the B.C.U. took a much more militant stance. This low-profile 'behind the scenes' approach has gone far enough and must end. In the 1930s the Rembler's Association forced access to Kinder Scout by mass trespass, and we now have the Pennine Way. The inland Waterways Association saved several waterways by similar tactics. In Scotland, someone made a stand, and got the Spey (and by implication several other rivers). Although this latter example is in Scottish law, it is still a precedent of a kind. In any case, the message is clear. The only way forward seems to me to be to acquaint with their civil rights, particularly with regard to the provision of names and addresses (except to a Police Officer in Uniform or to C.I.D. upon presentation of warrant card), and the right to withdrawal (downstream) in cases of alleged trespass. An awareness of the law appertaining to assault might also be quite useful. It may be that some prosecutions might be attempted. Those thus attained should be supported by the B.C.U. and be seen to be so supported, if necessary by a levy on members to provide a fighting fund. Instead of backing down all the time, the B.C.U. should be seen to be really 'for the paddlers' — not the competitive minority. This is the sort of organisation I want and would support. At the moment, I regret to say that I cannot much longer ally myself with a body which is seen actively to operate against my interests as a canoeist. Unless some radical change of posture is initiated, I shall be unable to renew my subscription, and I do not believe I am alone in taking this view.

As a first step in a new policy, it would be useful for you to use Canoe Focus to publish hard evidence of your efforts on access with the Secretary of State for the Environment, the Minister for Sport, and the various Regional Water Authorities, plus an appeal to the E.E.C. (possibly the European Court for Human Rights — the matter is as serious as this). At the moment I can see no evidence of this kind of hard approach, and unless it is forthcoming, the B.C.U. will become even more of a laughing (or weeping) — stock among serious non-competitive but competent recreational canoeists.

I have several friends from abroad (France, Greece, Germany and Austria) who are amazed and affronted by the difficulties of access to the countryside in Britain, compared to their own countries. My next-door neighbour (the Austrian) simply could not believe me at first, when I pointed out the position here (he is a keen wild-water canoeist back home). The French are a fairly sporting nation, and angling is very popular, yet I have yet to hear of any access difficulties in that country.

Whether it likes it or not, the B.C.U. is at present the organising body at national level for the sport of canoeing. This means it has an obligation to ALL involved, whether members or non-members. It has not done much to win the support of the latter. Registration will simply kill the sport, not increase the membership. I can speak with some authority on this since for five years I was the local representative of my Professional Association (a teachers organisation). Membership was voluntary, but I had almost 100% membership because I projected an image of sympathetic concern, involvement and, where necessary, militancy. As ye sow, so also shall ye reap. The moral must surely be obvious. Fight the good fight, and be seen to do so, and you will extend your membership.

You now have my contribution to the 'Debate.' I must finish now, change the oil in the car and get the Norkapp ready for the weekend.

I'm lucky: I can afford it!

Yours, more in sorrow
than in anger,

JOHN GOSLING

* * * * *

18, Priors Road,
Hemingford Grey,
Huntingdon, Cambs. PE18 9BT.
16th May, 1977

The Editor,
"CANOE FOCUS"

Dear Sir,

Before giving my views on access, I would like to congratulate you and your staff on the lay-out and content of "Canoe Focus," it is a great improvement on its predecessor "Canoeing in Britain."

Now I would like to take the opportunity of giving my views on access, in reply to the article in the May/June issue of "Canoe Focus."

I live less than half a mile from the River Ouse in Cambridgeshire, as a result this is the site of most of my canoeing, it is one of the few rivers where a licence is issued for canoes. Since I acquired a second canoe, over two years ago, I have written to the River Authority four times requesting a licencing form with no result. The renewal form for my first canoe arrives regularly. None of my canoeing associates have a licence and none of us have ever been asked to produce one. The river is heavily populated with larger boats, especially "cabin cruisers." Thus I can only conclude that the River Authority cannot be bothered with "small boats."

I have never been White Water Canoe touring, but am against the idea of it becoming purely a winter or closed season event. Many people can only take their holidays at certain times of the year and live out of range for weekend trips.

I am very strongly against making a direct payment for canoeing. This will discourage people from taking up the sport, particularly young people still at school. It would also hit groups like the Scout Association, who introduce many people to canoeing.

I am however, in favour of money raising to enable the B.C.U. & W.C.A. to purchase canoeing sites, the sites chosen however, must be given the utmost consideration. A site which can only be used a few times each year is of no use, the water flow must allow canoeing all year round. The sites should also be open only to B.C.U./W.C.A. members only. Non B.C.U./W.C.A. members canoeing on waters where B.C.U./W.C.A. have an agreement with the riparian owner, should be left to the riparian owner, it is for him to decide the policy and what action to take, if any.

River authorities should have a clear defined policy covering the use of backstreams of rivers by fishermen or canoeists. Fishermen seem to regard these as purely their property. On the River Ouse the backstreams are quite long and narrow. If a canoeist has canoed two miles along a backstream and meets a fisherman ten yards from the mainstream, he can portage round, but if there are fifty fishermen it is too far to portage around them and too far to return and take the alternative route via the mainstream. On top of these problems the fishermen hide in the undergrowth so that they are invisible, until one almost runs into their lines. Fishermen seem to be blind to our problems, these incidents usually result to abuse being thrown at us, and on two occasions solid objects, a six feet long tree branch and half a brick have been thrown at myself and another member of a party I was in. The brick incident resulted in "star cracks" on the deck of one of my friend's canoe. This sort of violence surely disturbs the fish much more than four or five canoes passing by.

Your sincerely,

(Signed) PHILIP EDWARD BRAGG.

Dear Sir,

I have read your article on 'Access' in the last issue of Canoe Focus. The Director of the B.C.U. has also shown me — as the Chairman of the Water Recreation Division of the CCPR — the letter written by Mr. John Gosling.

I know that the very small secretariat of the B.C.U. is acutely aware of the many problems of access but it is certainly not mealy-mouthed about them. The B.C.U. is constantly and strongly presenting their case, on all the various Committees and Boards throughout the country, for all canoeists. Furthermore, my Division supports the concept of "Sport for All" with fair "Access for All." We do not want to see any section of the eight million people who participate in and enjoy water sports of all kinds depriving others of their rightful and proper place in the limited amount of water space available.

I accept that some rights are not lightly given and that they must be fought for — often against very difficult odds — but once they are won, they must be carefully used and protected and respected. They should not be taken, for example, as an opportunity to interfere with or destroy the recreation and pleasure of others.

Canoeists, like many other water sportsmen I could mention, face a good deal of opposition in my quarters for reasons, which are sometimes difficult to understand or indeed justify. Nevertheless, we are making some progress even though it may not be so fast or as spectacular as Mr. Gosling would wish, but I must support the B.C.U. in its plea for good behaviour, mutual respect and discipline, not only among canoeists but also among other sportsmen as well. No good will come of abusing others, whether they were first on the water or not.

In the Water Space Amenity Commission, of which I am a Member, we have another slogan "More Water for More People More Easily." Here we have run a number of successful campaigns to overcome the exclusive use of water, particularly that in public ownership, by selective or selected clubs and thus make it available to the general public for both active and passive recreation on a casual basis. We would dearly love to see the same on our rivers, and by working hard with the Sports Council, the Regional Councils for Sport and Recreation, Regional Water Authorities and the governing bodies of sport, we are gradually developing a growing interest in the many needs of canoeists. What we must have from the B.C.U. and its various committees throughout the country, are the lists of rivers and streams which they consider to be the most important for all the various types of canoeing so that we can get down to cases for access agreements. I do stress that as the law stands we must concentrate on "agreements" because if canoeists want access "as of right," then the law will have to be changed, with all that that entails.

The whole question of greater use of water for all forms of recreation is my personal crusade and I give the strongest support to the B.C.U. members and officers, both paid and unpaid, in their many campaigns to acquire, control and advertise every piece of water which will help their sport in one way or another.

Yours faithfully,
DAVID NATIONS

* * * * *

St. John's College,
Oxford.
24th May, 1977

Dear Sir,

I have read with great interest and appreciation the May/June issue of Canoe Focus. The articles cover a wide range of interests, are well written, and with the exception of the occasional typographical error, well presented.

However, there is one important error which is repeated, so I do not think it can be excused as a misprint.

I refer to the article "Don't Paddle it off" on page seven, in which the dangers of overheating are described. This condition is, of course, Hyperthermia, not Hypothermia as printed in the text.

I would hate to think of the possibility of people looking up the treatment for Hypothermia (commonly called exposure) and finding that the patient should be kept warm and dry, or given a hot bath first to warm him up quickly.

No doubt you have had scores of letters pointing this out, and I would like to think that a large proportion of Canoe Focus readers are sensible to the distinction. However, please correct it in the next issue.

J. W. L. Ackers.

Yours faithfully,

CANOEING FOR DISABLED

The Sports Council, at a Press Reception last month launched their new booklet "Water Sports For The Disabled". Talking to the Press, Alf Morris, Minister for the Disabled, said "we know just how wide the interests of disabled people are and just how much they can do; their interests are as wide and as diverse as anyone else's; they like to extend themselves and discover their full potential". Disabled people have the right to choose which activities they pursue and to participate in them in their widest sense as performers, helpers or spectators. But, if they are to have these opportunities, they, again, like anyone else, need information, often expert advice and sometimes expert supervision. This handbook on water sports provides just the right framework for these people.

The Minister went on to say that he was a "convinced believer in integration" and he felt that the book was an important step towards that goal. He also felt that the work undertaken by the Sports Council clearly demonstrated how much the cause of integration can be helped by, and in fact largely depends upon in the world of sport, co-operation between the organisers of events of the particular governing body, and the disabled people themselves.

The Minister congratulated all those concerned with the publication of the book, but in particular he congratulated Liz Dendy of the Sports Council, to whom a bouquet was presented.

The booklet, which has a large section on canoeing, may be obtained from the Sports Council, 70 Brompton Road, London SW3 1EX. Price: 50p.



EDUCATION by Eric Lahmy

Visits to the German Democratic Republic have become a necessity for a journalist whose speciality is Olympic sport. The successes achieved by this country in track and field athletics, swimming, canoeing, rowing, etc., etc., simply provoke more detailed commentary.

A study tour of the GDR is of special importance if the journalist comes from the western world, because the GDR's successes in the sporting sphere have not only been misinterpreted in the West, but have also given rise to speculations, made quite intentionally in many places.

The Executive of the GDR's DTSB, through the intermediary of the "Panorama DDR" Press Agency, gave me and twenty other journalists and photographers from three continents the possibility to go and see with our own eyes. They did not only explain to us that there was no secret about GDR sport, but they also enabled us to see for ourselves and ask all the questions we were interested in. For six days we had the opportunity to study in detail from Berlin to Oberhof, from Leipzig to Halle, the remarkable organisation, the excellent results of which we all saw in Montreal. Through the co-operation of Herr Rech, DTSB Vice-President, we also had the opportunity to visit a sports school and a sports club in Berlin, items which were not provided for in the original itinerary.

If we add to this our inspection of a factory sports club section in Berlin, the "Magnus Poser" Polytechnical Secondary School in Zella-Mehlis, the winter sports facilities in Oberhof and of rural sport in Wunschendorf, prolonged discussion with the organisational bureau for the VI Sports and Gymnastics Festival and the VI Children's and Youth Spartakiad in Leipzig, and the visit to the famous College for Physical Culture in Leipzig which is generally considered one of the most important sport centres in Europe and throughout the world, and to the "Turbine Halle" Factory Sports Club; we can say that we became familiar with many aspects.

I personally took home from this journey many, many pages of notes and the understanding of a co-ordinated, wisely built-up system. I believe, above all, that those dealing so intensively with the system of sport and who are hypnotised by it before they can then "reveal the secret," will never be able to really understand this system. One should on the contrary, be able to see it from a distance in order to avoid devoting too great attention to sport while ignoring the educational system in general.

The GDR has tackled the problems which we in France are faced with through the "infant prodigies," children, i.e. who are specially gifted — be it in mathematics, music, or sport — and whose talent deserves special training.

Comparing the educational system with gastronomies, we

can say that in a number of countries the school children are only offered a certain fixed choice of dishes with little variation, which they all become fed up with at the end; while the GDR offers its young people education "a la carte," so that everyone can have the "diet" in line with his or her liking and abilities.

French pilot Saint-Exupery, who viewed the world from above 50 years ago, was distressed by the thought that among those human beings beneath him there certainly were "prevented Mozarts," highly gifted people who lacked the financial means for their development. Today it can be said that the GDR has managed to reduce the loss of talent to a minimum. If Mozart were born again — i.e., in this country — we could rest assured that he would quickly be discovered as was Cornelia Ender.



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SURF South West

The annual championships were held at Watergate Bay, near Newquay, Cornwall, on Saturday 14th and Sunday 15th May. This year's entries were down on last year but nevertheless the quality of surfing in the premier events was of a very high standard and included several former national champions and many National Championship finalists.

Saturday proved to be one of the most enjoyable championship days ever held in Cornwall. The surf, although smaller than hoped for, was a good shape and gave competitors a chance to show their skills. Spectators who basked in the hot sunshine were treated to superb displays from some of the great names in canoe surfing, Andy Knight, Tony Blackwell, Ron Graham, Nigel Boulton, John Kent etc.

After such a good day competitors retired to the nearby Chequers Inn, with high hopes for Sunday, but unfortunately this was not to be. Sunday morning began with a torrential downpour and the first competitors to arrive at the beach looked down on an almost flat sea. This continued until dinner time with all the morning events postponed. After dinner a few lines of very small surf began pushing in and with the help of a strong off-shore wind an occasional surfable set of waves was seen. The organisers decided to try to hold events which had not already got a points decision and leave the premier event to be decided on the scores obtained in Saturday's semi-final. Although accepted by competitors it was sad that the championship had to be decided like this, especially after Saturday's euphoria. Many of the competitors from the Midlands and London were pleased, however, to pick up and have the opportunity of an early start home.

Needless to say, once the organisers' decision had been announced, the surf started to build, and by the time most competitors had left the few local surfers could be seen enjoying an occasional good run.

From J. P. Herme, Hon Sec, Cornwall Canoeing Association, The Cottages, Tregneham, St Austell, Cornwall PL15 3TH.

RESULTS

Junior Surf Race

1st G. Moore (Truro Cathedral School)
2nd R. Berridge (Truro Cathedral School)

Relay Race

1st Marlyn Trotters (Cornwall), 2nd R.A.F., 3rd Penzance Allstars

Ladies' Slalom Handling

1st Miss J. Russell (St Columb, Cornwall)

Junior Slalom Handling

1st Nigel Boulton (Penzance), 2nd I. Sedgbeer (Taunton), 3rd R. Lias (Taunton)

Novice Canoe Handling

1st S. Hill (Plymouth), 2nd N. Fay (Plymouth), 3rd S. Mills (Truro)

Surf Ski Handling

1st N. Boulton (Penzance), 2nd J. Meardon (Penzance)

Surf Canoe Handling

1st Ron Graham (Devon), 2nd T. Blackwell (Brighton), 3rd G. Jones (R.A.F.)

Slalom Canoe Handling

1st John Hermes (Cornwall), 2nd Andy Knight (Bristol), 3rd M. Stone (Cornwall)

The E.C.L.P. Cup for the best South Western competitor in the Slalom Handling Championship went to John Hermes.



Reading canoeist, Brian Greenham, took second place in the annual Marathon Race staged on the Thames on Sunday, 15th May. More than 160 kayaks set out from Caversham Bridge on a 14½ mile circuit and Brian was a close second to John Fowler, from the Royal Canoe Club at Teddington. (Picture right Kayaks gathered down Caversham Bridge).

On Saturday, the Lex Brooklands sponsored a 10,000 metres Olympic Sprint, open to all classes of canoe, which was won by Alan Williams. The prizes were presented by Neil MacFarlane, M.P., who is a member of the British Canoe Union.

INFORMATION

The Sports Council's INFORMATION CENTRE is available to all organisations and individuals concerned with sport and physical recreation.

It acts as a central clearing house for the collection, exchange and distribution of information in the UK on:

the planning, building and equipment of facilities; the administration, management and development of sport and recreation.

It houses a collection of material including books, journals and reports which may be used on the premises for reference purposes, and maintains unpublished information in index form covering updated details of:

existing sports facilities; materials used in sports building; outdoor pursuit centres; films on sport; major events and meetings; membership factors from the governing bodies of sport.

Publications issued from the Information Centre include:

Sport: a guide to governing bodies. £3.50.

A Directory of outdoor activity centres in England, Wales, Scotland and Northern Ireland. 85p.

Sports Centres in England (directory). 75p.

A Guide to sports films (in preparation).

The Information Centre also exchanges information with organisations overseas particularly with the Council of Europe's Clearing House in Brussels, with which it has an official link. In this connection a card index is issued which follows developments in sports administration in member countries and which is available on annual subscription (details available on request).

The Centre is used by local authorities, architects, recreation managers, teachers, students and many overseas visitors. Members of the British Canoe Union are welcome to ring, write or call if you are in need of information.

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SILVER



JUBILEE

1952



1977



Peter Wells, President Royal C.C.

This is our Queen's Silver Jubilee Year and the British Canoe Union wish to congratulate and thank her for 25 years of service and wise counsel to our Nation.

The Queen and the Duke of Edinburgh, in fact all the members of the Royal Family, have always placed great emphasis on the importance of Sport to the British People, and their encouragement in progressing the aims and objects of all sporting activities to achieve perfection and discipline amongst competitors and understanding between Nations has been a major contribution to the development of recreation as a whole.

I would, however, suggest that this Silver Jubilee Year is also a time to reflect upon what we ourselves have achieved in the British Canoe Union during this period — how and in which direction we should be looking for future development and I would ask Executives and Committees of all the various disciplines of of the Canoeing world in the United Kingdom to give special thought to how they see their particular area of the Sport progressing into the 1980's.

With the rapid development which has taken place in the last two years, your Council has been carefully monitoring progress and planning its central administration to cope with a considerably increased workload. Their plans which included the appointment of an Administration Director and increased office staff should be completed in the next 18 months, hopefully with a move to new and larger office premises able to deal with the ever increasing request for help and information.

These changes have already caused the Director, Gordon Richards, and his Staff a great deal of extra work, with more to come, and we must offer them all our thanks and help in every way.

Our new Magazine 'Focus' published entirely by the B.C.U. is part of the plan to reduce costs and this is proving a great success and a good self supporting communication.

I believe your Council is looking to the future and is being successful.

May I wish you all in this Jubilee year your own personal success and please remember — 'be kind to other people'.



David Wain, President B.C.U.



Canoeing 1893

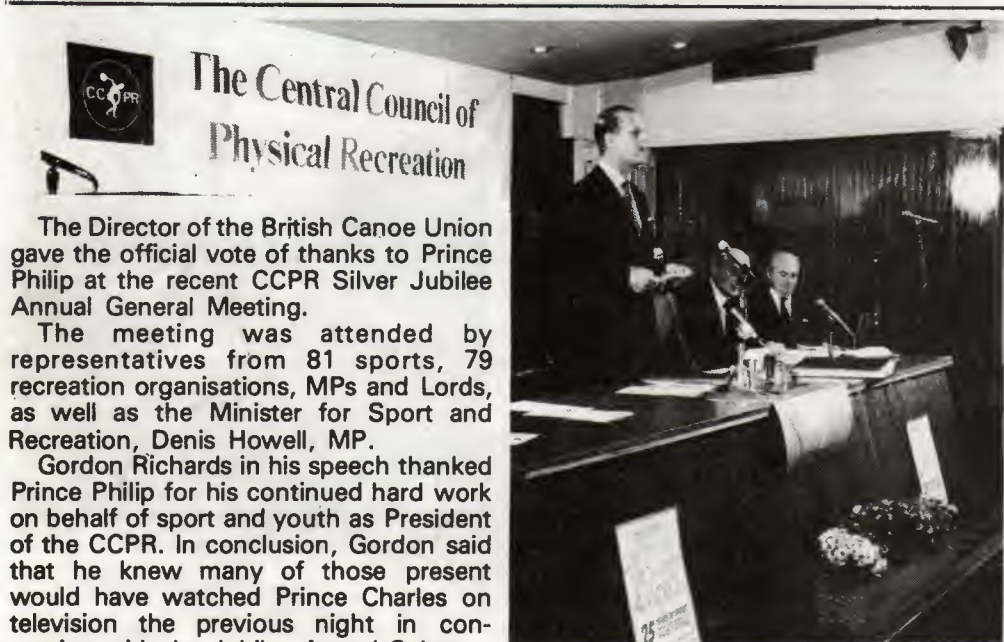
D. Wain
 D. WAIN
 President of
 The British Canoe Union



Gordon Richards, Director B.C.U.



Royal Canoe Club



Prince Philip replies;

The Director of the British Canoe Union gave the official vote of thanks to Prince Philip at the recent CCPR Silver Jubilee Annual General Meeting.

The meeting was attended by representatives from 81 sports, 79 recreation organisations, MPs and Lords, as well as the Minister for Sport and Recreation, Denis Howell, MP.

Gordon Richards in his speech thanked Prince Philip for his continued hard work on behalf of sport and youth as President of the CCPR. In conclusion, Gordon said that he knew many of those present would have watched Prince Charles on television the previous night in connection with the Jubilee Award Scheme. Prince Charles has stressed the concept of service, of thought for the disabled and thought for conservation. All three concepts had been embodied previously in the thinking of Kurt Hahn, from which he, personally, had learnt a great deal. Kurt Hahn had had great influence on people's thinking about recreation in this country and this should be acknowledged.

Around 1938 Kurt Hahn brought together boys and girls to take part in physical recreation and today people were still trying to carry on this work, though lack of finance was a continually hampering factor.

The CCPR was concerned with the whole of sport. He was confident that the CCPR had no preference or partiality for any particular sport. There was a lack of

the bovine bureaucracy characteristic of some institutions which meant that everybody was always sure of a hearing at the very least. The CCPR was a place of instant action.

He thanked the CCPR for all that it had done for its members and he extended a particular thank-you to His Royal Highness for cutting through the red tape.

He asked the Prince to convey the meeting's loyal greeting to the Queen. In reply His Royal Highness thanked Gordon Richards and assured him that the message would be conveyed to Her Majesty.

The speech was well appreciated and gave the BCU yet more favourable publicity.

"AGENCY"

John MacGregor, barrister, traveller, author, Volunteer Officer, philanthropist, lecturer and lay missionary, was typical of the self-confident men who strode the world in the late 19th Century exploring new continents, beginning new enterprises and almost incidentally starting new forms of sport and recreation.

In N. America John MacGregor had seen the kayaks of the Esquimaux and this gave him the idea for a new form of travelling boat which he had built for him on the Thames — the original Rob-Roy canoe. He used this craft for a cruise on the rivers and lakes of Europe in 1865 and his book, "1,000 Miles in a Rob Roy Canoe", was an immediate success. Such was the enthusiasm for the new sport that a meeting at the Star and Garter Hotel, Richmond, on 25th July, 1866, founded The Canoe Club, whose objects were: "To improve Canoes, promote Canoeing and unite Canoeists."

Links with Royalty were formed early for the Prince of Wales became Commodore in 1867 and held this office until his accession to the throne in 1901. It is recorded that he kept the Canoe "Risk" on Virginia Water. In 1873 The Canoe Club became The Royal Canoe Club by command of Queen Victoria and the Crown was added to the Club's badge. A remarkable honour, at that time, for a club devoted to small craft.

The Club has been based on the Thames from its very beginning and in 1897 built the Clubhouse on Trowlock Island, Teddington, which, with modernisation and improvement, still serves well. Firmly based, The Royal Canoe Club maintains the outward-looking approach of its founder. Its members are to be found in every continent and take part in most of the many forms of canoeing — competitive and recreational. In turn canoeists from all over the world are welcomed at the Club Headquarters. It was an especial honour for the Club to entertain the Board of Management of the ICF at the time of their meeting in London in 1976.

Members of the RCC serve the canoeing community by their contribution to the work of the BCU and the ICF and celebrate this Jubilee Year by continuing to "improve Canoes, promote Canoeing and unite Canoeists".

P.E.W.

COMMODORES OF THE ROYAL CANOE CLUB

- 1867-1907 Edward Prince of Wales.
(Later King Edward VII).
- 1901-1921 Bertram de Quincey.
- 1922- R. F. Lawson.
- 1922-1935 Edward Prince of Wales.
(Later King Edward VIII).
- 1936-1948 Lt. Colonel R. W. Roylance
CBE, DL, JP.
- 1948-1958 H. Eustace Wells.
- 1958-1963 Henry Gurton.
- 1964-To Date Peter Wells.

CENTRES OF EXCELLENCE

World amateur sport has reached not so much the crossroads, but rather a junction with professionalism. The alternatives are either for it to come to a full stop or with courage to advance side by side with professionalism on the road of mutual benefit with a strengthened identity.

The junction is reached when the top athlete's essential training week approaches the average man's working week. The one man's week earns the money to compete; the other's the fitness to win. Clearly, in the future, no one man can succeed concurrently in both.

It is well known that amateurs from the most committed competitive nations have already passed this 'pro-am' junction and, of course, in all major sports the rules have changed their favour from those privileged by class and family wealth to those privileged by state wealth. It is now for governments to marshal the modest resources required.

Britain is now looking for its own more satisfactory solution. Mr. Howell went to see the East German 'sport schule' recently and was very impressed. On his return he sent letters to all institutes of higher education, inviting schemes for 'Centres of Sporting Excellence'. Schemes are now coming in to all the Sports Council regional offices and being considered by vetting committees. They are as varied as they are numerous and although patterns are emerging, perhaps it would not be too presumptuous to suggest some minimum standards of service they should offer if they are to help their athletes any further up the road to success.

The schemes have been invited from higher education because colleges and universities generally have some good sporting facilities.

- Institutes should attempt to organise the academic training of the athlete so that academic and sporting pressures do not coincide. This may well mean taking fewer subjects per year and extending the course, but should not, for the sake of the athlete's future, imply a dropping of standards. Standard 3 year courses with a free year tagged on are not ideal because medals are not won on one year's intensive training, and the sudden cessation of intensive study is grossly upsetting, unless there is a highly developed technical/coaching/team back-up to drive the athlete on.
- Accommodation of a high standard should be found with perhaps grant aided food supplements so that students can be freed from domestic pressures and dietary shortcomings as much as possible.
- Coaching help of a very high calibre should be available. Within a Centre it should be possible to work out a co-ordinated coaching plan so that advice and motivation are always available to the competitor, from coaches who are enabled to update their knowledge by visits to the great Centres of the leading nations.
- A Sports Medicine backup must be available. While its primary responsibility must be to keep the athlete in good repair, these units will have a nationally agreed battery of tests to measure athletic potential and condition to back up both athlete and coach.
- A well developed industrial liaison/careers guidance section is vital for two reasons. Firstly, a competitor may be an ideal Centre candidate athletically, while being non-academic, already qualified or too old for a course. He or she may wish to move close to the Centre to enjoy all the benefits of membership, in which case it would be up to the Industrial Liaison Section to see that the member is suitably employed. At the other end of the competitor's life, it would be up to the Industrial Liaison to help the non academic, and careers guidance to help the academic sports scholar with a career.
- Competitive experience for the scholar should be encouraged by financial aid towards travel and accommodation for a number of domestic and at least one international competition.
- The standard L.E.A. grant does not buy very much personal equipment, so first class equipment would have to be provided by the Centre.
- Where necessary, some resources could be put into developments of the water facility.

The Students

'Centres of Excellence' are a new and experimental concept here. There are no rules or specifications yet so there is still considerable discussion as to whom they should serve and what their aims should be.

There is a good case for aiming at the grass roots, the argument being that if the learning process is not changed and improved, then neither will be the end product.

Another case argues that our best paddlers are just a few per cent behind the best anywhere. It just needs that bit more attention to detail — that professional approach — to close the gap. Certainly our top paddlers are ready for this approach now.

The great Centres of East Germany and Russia undoubtedly combine these approaches, scouting for talent,



bringing it in large numbers and developing the few to world class. This is certainly the way to discover the physically gifted and give them every chance of success, but it requires massive resources and cannot be repeated here at the present stage of sports development.

On the other hand, there is no reason why the preparation of high class performers should not considerably benefit other younger competitors in the area. For instance if a Centre were to have ten or twelve full members enjoying all the benefits of Centre membership, then the facilities would not necessarily be barred to younger competitors of promise. They could train with Centre members, perhaps travel with them, would seek to emulate them and would ultimately replace them. Having younger paddlers hot on their heels would do no harm to Centre members, but the Centre's financial resources would not be sufficient to stand distribution to the benefit of all comers if the Centre were to attempt to be more to its members than just a good club.

COMMENT by Ron Emes, Chairman BCU Competitions Liaison Committee and Olympic Team Manager.



Centres of Excellence are seen by many influential members of the sporting establishment, as Britain's answer to the specialised sports schools of eastern Europe. Support for the concept of developing centres of sporting excellence in the universities and colleges, at which gifted sportsmen and women would be assisted to train for, and participate in competition at the highest level, was first revealed by the Secretary of State for the Environment, when his white paper, 'Sport and Recreation', was presented to parliament in August 1975. Since then, a Ministerial Advisory Group, has been meeting and attempting to clarify the concept of Centres of Excellence. Representatives of the British Canoe Union recently met members of this advisory group to discuss, together with other matters, the Union's attitudes towards Centres of Excellence, and the whole subject has since been referred to the Competitions Liaison Committee for further detailed consideration.

From the preliminary discussions that have taken place within the Committee, it has clearly emerged, that whilst the concept of Centres of Excellence is fully supported, particularly having regard to the determination of the government to ensure their success, they are not considered to be the most advantageous, nor efficient long term method of developing top sporting talent. Though quite obviously, in the short run, if the primary objective is to obtain a quick return for a relatively small investment, the concept has merit. The general response within the Union, is however, that a viable system, designed to identify and develop top sporting talent that is capable of being sustained, must quite clearly rely ultimately upon a much greater allocation of resources at grass roots level, and in the case of canoeing particularly, this means that a much increased investment in the Clubs will be required. Only in this way, can a permanent supply of suitable talent be provided for development within the Centres of Excellence.

CONTRIBUTION

There are a number of ways in which local authorities can assist gifted young sportsmen and women to develop their particular talent. A brief survey by Sports Council regions of examples of 'good practice' has highlighted the important role local authorities can play in the development of excellence in sport.

Many authorities are known to allow free use of facilities to established and successful athletes living in the locality as well as financing coaching clinics and training squads for gifted youngsters. These are all-important contributions from the community. However, there are fewer known cases of local authorities giving financial support to the individual gifted sportsman and woman to assist with their travelling, training and equipment expenses. Some of the outstanding examples are:

- **Bedfordshire County Council** made £250 available to each competitor from the county taking part in the 1976 Olympics.
- **The London Borough of Lewisham** is sympathetic to local grant-aid applications. Grants have been given for travel and tuition to talented young individuals in the local fencing and gymnastics clubs.
- **Gateshead MBC** has established a grant-aid scheme for sportsmen and women of county standard and above. The level of assistance (free use of facilities as well as a grant towards equipment and travel) depends on the standard achieved in the sport.
- **Ryedale District Council** offers grants to all local talented young sportsmen and women. This covers 75 per cent of travelling costs (up to £150), up to 50 per cent of coaching fees, and 50 per cent of the cost of necessary equipment.
- **Harlow and District Sports Trust** (largely funded by the District Council and Development Corporation) gives scholarships ranging from £20 to £60 to local talented athletes. In 1975 41 grants were made and since then at least 25 award winners have competed at national level, with 10 at international level.

The criteria of eligibility and conditions of payment vary between the different schemes. Generally, however, a potential recipient of a grant must live in the local area and be recommended by a tutor or a coach of the governing body of sport. Payment is sometimes made direct to the individual but also, especially where large sums are involved, through the sport's governing body. It would be possible, too, for a local authority to donate funds to the Sports Aid Foundation, with the proviso that the money be spent on sportsmen and women from their own particular area.

Despite the restrictions imposed on local government expenditure in the current economic climate, a number of local authorities are establishing their own Sports Trusts. Southampton has already set up its own Sports Aid Trust and Portsmouth, Rushmoor and Oxford are all considering similar schemes. Other authorities also give grants on an *ad hoc* basis to talented sportsmen and women; these include Avon County Council, Nottinghamshire County Council and Leicester County Council.

Local schemes such as these are seen as complementary to the assistance offered at national level by the Sports Aid Foundation. Whereas the SAF offers grants to top international sportsmen and women to enable them to continue high level preparation training, the local authorities are ideally suited to assist local young developing athletes reach the full potential of their talent.

"Sports Council Development Bulletin".

Canoeing Honours: Congratulations to Oliver Cock, Director of Coaching, on the award of the MBE; and Peter Wells, Chairman of the Review and Planning Committee and Commodore of The Royal Canoe Club, on being given the Sovereign's personal award of The Jubilee Medal.

DOPING CONTROL

Doping control at the World Canoeing Championships in Sofia will be carried out by Dr Burger and Dr Janjatovic, assisted by Dr Obuchowicz. All are members of the Sport Medicine Committee of the ICF. The analysis will be carried out in the laboratories of the Republican Centre for Sport Medicine in Sofia; this centre will also be responsible for the medical side of the World Championships.

JUNIORS FOR THE FIRST TIME!

For the first time at the ICF Junior Championships in Vichy, there will be doping control. The control will be carried out by Dr Horst Burger, Chairman of the Sport Medical Committee of the ICF, who will be assisted by French doctors.

"PROBLEMS OF ANABOLIC STEROIDS IN SPORT"

This article is a digest of one by Professor Arnold H. Beckett, Department of Pharmacy, Chelsea College (University of London) and member of the IOC Medical Commission, taken from the "Olympic Review". G.R.

Testing for the misuse of anabolic steroids took place at the Olympic Games held in Montreal, 1976. In agreement with the IOC Medical Commission and eight International Sports Federations some samples of urine were collected before the opening of the Games from competitors selected randomly from these particular sports; three disqualifications resulted.

During the Games, the IOC Executive approved the proposal of the IOC Medical Commission that samples taken during the Games under the normal procedures of selection for normal dope control should be subjected to anabolic steroid testing at the completion of the Games; these tests led to five further disqualifications including medal winners.

The control procedures for sampling and samples, and those for the re-check involving the B samples of urine, are subject to exactly the same inspection and verification procedures as adopted for "normal" dope control.

Undoubtedly, problems exist at present because of the long time needed between collection of urine samples and the completion of the first analysis and re-check analysis for the B sample when large numbers of samples are being processed for anabolic steroid control. Current research will shorten this time and also will increase the duration of the period between discontinuing the use of anabolic steroid misuse and the ability to detect the drugs in urine of a competitor chosen for dope control. A.B.

Introduction

The rapid weight increase occurring at puberty is caused by increased secretion of sex steroid hormones, testosterone in males and oestrogens and progesterones in females. Testosterone production leads to the more muscular male, i.e. it enables nitrogenous compounds to be utilised to make body protein including muscle (its anabolic action) as well as behaving as a male hormone in exhibiting virilising actions (its androgenic action). Its administration to women causes the development of masculine characteristics, i.e. increase of muscle, growth of hair, deepening of the voice, increase in greasiness of the skin.

Testosterone is a steroid; chemical modifications of the nucleus can partially separate the anabolic from the virilising actions of the compound. The natural hormone is metabolised to inactive compounds when given by the oral route and must therefore be given by injection. The introduction of a 17-*a*-alkyl substituent produces compounds, e.g. methyltestosterone, which are not metabolised as quickly by the oral route, and these compounds are then active when given orally. This change also causes some separation of anabolic action from virilising action.

Alteration of the A ring of methyltestosterone reduces greatly the virilising effect, and providing there is a 17 *a*-alkyl group present, the compounds are active when given orally.

The removal of the 19-methyl group of testosterone to give the 19-norsteroids maintains the anabolic actions but reduces the virilising ones. These compounds are active parenterally but not orally unless the 17-*a*-alkyl group is also introduced.

Use in athletics

In the 1930s the anabolic action of testosterone in laboratory animals was reported. Subsequently the above synthetic compounds were prepared in an attempt to provide drugs in which the anabolic action was enhanced and the virilising action decreased; thus "anabolic steroids" were introduced into medicine as drugs to retain organic nitrogen in the body to build up body protein in underweight patients.

Athletes, especially those in throwing events, began to use them in the late 1950s in an attempt to improve performance. By 1964 and at the Olympic Games in Tokyo, much information was circulating concerning the misuse of these drugs in sport. The former Olympic hammer champion said in 1973, to a sub-committee of a U.S. Senate Committee hearing, "just prior to the 1964 Olympic Games in Tokyo, all around me it seemed that more and more athletes were using steroids for athletic preparation, and one began to feel that he was placing himself in a decided disadvantage if he did not also get on the sports medicine bandwagon". At this stage it was primarily only the athletes from "pharmacologically sophisticated countries" who were involved.

Since 1964 the misuse of anabolic steroids has spread rapidly to many countries and almost all branches of sport. For instance, it was recently reported (Ljungqvist 1975) that in Sweden in 1973, 75 per cent of all throwers were using these drugs and 31 per cent of athletes as a whole of those who completed the questionnaire.

Do anabolic steroids improve performance?

There is conflicting information about the effectiveness of anabolic steroids to improve performance. When trained athletes were tested, the evidence of O'Shea (1971), of Johnson *et al* (1972) and of Freed and Banks (1975) indicates that there is an improvement of athletic performance when these drugs are used. This is in contrast to the result of Fowler *et al* (1965) and Casner *et al* (1971) who found no improvement from their studies using healthy young men who were not highly trained athletes. The use of anabolic steroids and a high protein diet by athletes leads to weight gain but much of this is water due to fluid retention. However, because in throwing events the mechanism is associated with mass and momentum this type of weight gain can be advantageous.

Anabolic Steroids Active

- 1 Methenolone oenanthate (Primobalan)
- 2 Stanolone (Androlone, Neodrol)
- 3 Testosterone
- 4 19-nortestosterone
- 5 Nandrolone phenylpropionate (Durabolin)
- 6 Nandrolone decanoate (Decadurabolin)

Anabolic Steroids Active Orally

- 1 Methyltestosterone
- 2 Methandienone (Dianabol)
- 3 Stanozolol (Stromba)
- 4 17 α -ethyl-4-estren 17 β -ol-3-one (Nilevar)
- 5 Orabolin

Next issue: Pt II — Side effects and dangers of using anabolic steroids.

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ACCESS

River Eden — Nunnery Rapids: 1977 Arrangements

The landowners have agreed to allow canoeing on certain days between July 1 and January 14 between Lazonby Bridge and Armathwaite Weir. But they have asked the BCU to take steps to control overuse on particular days. Last year's route is no longer allowed.

To give effect to the new conditions it is necessary for all canoeing parties to write **beforehand (at least three weeks)** to the BCU Liaison Officer E. B. Totty, Craigmuir, High Knott Road, Arnside, via Carnforth, Lancs. (Tel. Arnside 761620) for the 1977 leaflet of particulars (stamped addressed envelope) and for confirmation that there is no objection to canoeing on the desired day.

BCU Membership cards and group identification cards must be carried and shown on request, and the identification numbers shown on the boats. The access arrangements do not apply to non-members and groups outside the BCU access registration scheme. Groups must insure themselves for public liability in case of damage. This is necessary to meet a condition imposed by the owner of the egress route. Individual BCU members are automatically insured.

RIVERS DART and EXE: Arrangements similar to last year. Only in the fishing close season. Contact the river adviser well in advance of the proposed date (stamped addressed envelope).

Dart: Manager, River Dart Country Park Ltd., Holne Park, Ashburton, Devon.

Exe: C. Leach, 110 Mount Pleasant Road, Exeter, Devon.

RIVER TEME: There are some changes affecting the Downton Gorge above Ludlow, and as regards certain portages at Ashford Carbonel. Contact the river adviser for details beforehand (stamped addressed envelope).

Teme: M. J. I'Anson, 4 Cherry Tree Walk, Astley Park, Stourport, Worcs. Tel. Stourport 6349.

RIVER TYNE: The owners have not yet agreed to any canoeing during the summer months, and the 1976 arrangements are at present in abeyance. River adviser: M. Todd, David Grieve House, Headlam St., Newcastle upon Tyne 6. Any developments will be announced in Canoe Focus.

Lake District, Lune, Eden: D. Rushfirth, 44 Bleasdale Avenue, Staining, Nr. Blackpool, Lancs. Tel: Poulton-le-Fylde (0253) 886668. **Tees:** C. Litten, 36 Mexborough Rd., Bolton Woods, Bradford BD2 1BL. Tel: (0274) 593257. **Tyne, Northumberland & Wear:** M. Todd, David Grieve House, Headlam Street, Newcastle-upon-Tyne 6. Tel: (0632) 650227. **Ribble, Cheshire, Dee, Clwyd:** C M Rothwell, 21 Windsor Road, Clayton Bridge, Manchester, M10 6QQ. Tel: 061-681 1374. **Gwynedd rivers (N. Wales):** S J Baker, Dept. of Outdoor Education, Normal College, Bangor, Gwynedd. **Mawddach & Wnion:** S. Farrow, Caerdeon Hall, Bontdu, Barmouth, Gwynedd. **Dovey & Dysynni:** R. Tushingham, Plas Einion, Furnace, Machynlleth, Powys. **Yorkshire Derwent, Swale, Ure, Nidd Wharfe, etc:** W J Keay, 17 Westfield Crescent, Riddlesden, Keighley, Yorkshire. Tel: Keighley (05352) 3704. **Trent, Derbyshire Derwent, Dove, Soar:** F R Goodman, 72 Whittingham Road, Mapperley, Nottingham. Tel: (0602) 69931. **Teme:** M J I'Anson, 4 Cherry Tree Walk, Stourport, Worcs. Tel: 6349. **Severn Above Bewdley:** J Cooper, Longden Lodge, Plealey, Pontesbury, Salop SX5 0XL. Tel: Pontesbury 609. **Warwickshire Avon & Tributaries:** P. Reeve, The Outspan, Leamington Hastings, Rugby, Warks. Tel: (0926) 632400. **Upper Wye, Monnow, Usk:** J. Greenland, Woodlands Outdoor Centre, Glasbury-on-Wye, Hereford. Tel: Glasbury 272. **Lower Wye (below Glasbury):** R. Shoemith, 51 Eign Road, Hereford. Tel: (0432) 56427. **Telf, Towy:** S Pugh Jones, "Cregina," Meinciau, Kidwelly, Llanelli, Glamorgan. Tel: Port Yates 740. **Tamar:** I Ruse, 352 Wolsley Road, St Budeaux, Plymouth. **Lynher:** R Kane, 10 Hawks Tor Drive, Lewannic, Launceston, Cornwall. **Camel and Fowey:** J. Hermes, The Cottage, Tregehan, St. Austell, Cornwall. **Taw and Torridge:** Miss T Huggett, 17 Cedar Way, Bideford, N. Devon. **Telga:** D Rafferty, 34 Standford Walk, Newtown, Exeter. **Dart (above Totnes):** P. Sheehan, River Dart Country Park, Holne Park, Ashburton, Newton Abbot, Devon. **Exe:** C J Leach, 110 Mount Pleasant Road, Exeter. **Bristol Avon:** F Bamber, 24 Barons Mead, Chippenham, Wilts. **Yeo, Parrett & Cary:** K. Pritchard, Yeovil College, Ilchester Road, Yeovil. **Somerset Frome:** G. Warnecke, 15 Willow Vale, Frome, Somerset. **Southampton Water & Solent Area:** G. C. Good, Calshot Activities Centre, Calshot, Hants. Tel: (042134) 477. For other areas write to the Touring Adviser.

SCOTLAND

River Advisers appointed by the Scottish Canoe Association: **Dee and Awe:** A Manwell, 2 Kildrummy Road, Aberdeen. Tel: 40241. **Tay and Awe:** A Morton, Broxburn Academy, Broxburn, West Lothian. Tel: Broxburn 2521. **Tweed:** W Geddes, Danum Cottage, Heiton, Kelso. Tel: 2444. **J Pearson,** 30 Howden Road, Jedburgh, Roxburghshire. Tel: Jedburgh 2396. **Clyde:** Dr J Fryer, 12 Balfour Avenue, Beith, Ayrshire. Tel: 2941. **Nith:** J Beattie, 25 Pleasance Avenue, Dumfries. Tel: 4429. **Leny:** Miss M McClure, 5 Glen Gardens, Callander, Perthshire. **Spey:** S Armstrong, Lagganlia Outdoor Centre, Kincaig, Inverness-shire. Tel: 265. **J. Gilchrist,** Mochatel Grange, Keith, Banffshire.

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GERMAN CONNECTION

The Gent International Regatta, held in Belgium during the weekend of the 21st/22nd May, was the first Regatta of the year overseas, to be attended by British paddlers. The occasion was marked by the presentation to the Racing Committee immediately prior to the departure of the British Team for Belgium, of the 'County Canoe Trailer,' by Nottinghamshire County Council. This custom designed, superbly built trailer, constructed at a cost of approximately £2,000.00 will carry a variety of racing craft sufficient for the needs of a full sized Senior and Junior Team competing at Regattas abroad. The availability of the trailer on this occasion enabled both the Senior and Junior Teams together with friends and supporters, to travel to their destination by motor coach, rather than in the usual fleet of motor cars and minibuses. Against strong opposition from Hungary, Poland, France, Holland, Switzerland and Belgium, the Junior Team was particularly successful, winning four of the six events entered, and coming second in the other two. The Senior men were second in the K.4 500m, and the 4th in the K.2 1000m, the Senior women won

the K.2 6000m event, and Frances Wetherall was third in the K.1 500m. All in all, the results showed great promise, particularly as the Regatta was so early in the season, and was regarded by the Coaches as primarily an event for experience and training, and as an important part of the build up for this year's World Championships to be held in Bulgaria in September. Doug Parnham and Sheila Burnett were both absent from Gent, and as two of the strongest paddlers available to the Selectors, their inclusion in the Team to compete at the next International Regatta to be held in West Berlin, on the 4th/5th June, gives cause for optimism.

At the European International Canoeing Regatta held in West Berlin in which nine nations competed.

Great Britain had outstanding success.

The countries competing were:- Austria, Belgium, France, Great Britain, Holland, Italy, Poland, Spain, West Germany.

In each separate race, only a two-boat entry was allowed per nation and a measure of the British team's prowess is reflected in the fact that they got two boats

through to the K2 (men's) 500 metres final, the K4 (men's) 500 metres final, and also two boats through for each of the K1, K2 and K4 1,000 metres finals.

Britain's major success came in the two most important "blue ribbon" events. In the Men's K 1,000 metres final, Britain took Gold and Bronze Medals. The first was Lance Corporal Alan Williams (Royal Engineers), member of the Royal Canoe Club, second was Maurer of France, and third was Doug Parnham, member of Richmond Canoe Club.

"Absolutely superb — this is the first time ever in the history of British Canoeing that we have achieved a result of this importance and magnitude," said Ron Emes, British Team Supremo. Ron Emes,

STOP PRESS WEST BERLIN RESULTS:

Men: K.1 500m 1st Lebas, France; 2nd Parnham, G.B.; 3rd Slediewski, Poland.

K.2 500m 1st Pland, 2nd Spain, 3rd Austria, 4th Hunter/Farrell G.B.

K.4 500m 1st Poland, 2nd West German, 3rd Spain, 4th Poland, 5th G.B.

K.1 1000m 1st A. Williams, G.B.; 2nd Maurer, France; 3rd D. Parnham, G.B.

K.4 1000m 1st Spain 3.27.1, 2nd Poland 3.29.5, 3rd Poland 3.29.8, 4th G.B. 3.30.3 (photofinish .8 secs).

K.2 1000m 1st Spain, 2nd Poland, 3rd France, 4th Holland, 5th Mason/Harding

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GREENLAND 77

Professor Harald Drever died in October 1975. For more than thirty years he was intimately involved with the Igdorsuit village community in the Umanak district on the west coast of Greenland. Almost every year he spent some weeks in the summer visiting the area and working with the villagers. When not there he spent much time in Denmark, Canada and Scotland cajoling, arguing, persuading all who would listen and could help to ensure that the community would develop without being destroyed by alien influence.

At the time of his death he was working with the Danish Ministry of Greenland Affairs to establish at Igdorsuit a Centre for Cross-Cultural Communication as the first step to the designation of the Umanak district as a national park. Although this project may be shelved without the drive born from his deep love of the community, he has achieved a lasting and worthwhile contribution towards the preservation of the cultural tradition of the community. He inspired an annual Kayak Race over the open sea between Umanak and the village 50 miles away. His aim was to ensure that the craft of kayak construction and the skill of its use in seal-hunting was not lost to those Greenlanders who still maintained a working pattern and a sympathetic relationship with their harsh but beautiful environment. In 1976 the Igdorsuit municipal council in co-operation with the Umanak district council set up a committee to run and support all future races. With a greater measure of independence soon to be granted to the Greenlanders to control their own future development, the role of the Kayak Race as one focus on their national identity and aspirations will achieve greater importance as the years pass. It is fitting that Harald Drever's contribution to the Greenlanders' way of life will be remembered in this way.

The village of Igdorsuit lies on a small 'unknown' island called Ubkendt, facing the spectacular mountains and the glaciers coming down to the iceberg-dotted sea. The two hundred villagers still make their livelihood from hunting on both the sea and the land. Harald Drever had a hut in the village and used two power boats to carry out his geological studies in the district. He persuaded many of his friends to visit and work there. I, as leader of several University of St Andrews adventurous travel and exploration expeditions, stayed and worked there in 1967 and 1969. It was an unforgettable experience to be amongst those friendly villagers and to be able to enjoy the facilities of the hut and the boats.

The Harald Drever Memorial Project 1977 is organised in order to return to the village of Igdorsuit and to participate in the summer activities of the village. It is hoped to formally hand over the hut to the control of the municipal council for use by visitors, and to arrange for the boats to be utilised to their maximum benefit in future years. A plaque in memory of 'Aralik' Drever will be placed in the village hall. The main summer event, of course, will be the Kayak Race from Umanak to Igdorsuit in early August. Our presence at this event will be the occasion to hand over a cheque towards the funds of the race which has been raised from the donations made by many friends to the Harald Drever Memorial Fund, and to hand over the trophy presented by Harald Drever to the winner of the Kayak Race. Our University of St Andrews party hope to participate in some of the hunting trips and in the village Sports Day. In this way we hope to conclude our long University link with the village of Igdorsuit.

The University of St Andrews party will also follow their own exploration and scientific programme. We hope to reascend the highest mountain on the neighbouring Upernivik Island so as to rename it Aralikgaga in memory of Harald Drever. I and David Meldrum will continue our earlier work on the recession of Sermikavsak glacier and on the recolonisation of its foreland plain by arctic plants. David Meldrum (BSc, St A), a geophysicist at the Scott Polar Research Institute, Cambridge, while still a student was the leader of Drever's 1968 Arctic Project; he also visited Igdorsuit in 1967 and 1973. The other four student members include two geographers, John Thurmon and Adam Arnott, who will work on geomorphological and social problems close to Igdorsuit. The party has the support of the University of St Andrews and the Ministry for Greenland: limited financial backing has been given to the Project; each member will contribute £250 personally to the total budget of £4,800. The support of all those organisations and people who have contributed to the Harald Drever Memorial Project in 1977 should ensure the success of this venture.

Philip W F Gribbon, PhD
School of Physical Sciences
University of St Andrews

NATION'S CUP

We have received details from the Danish Canoe Federation regarding this year's "tour de Gudena" Marathon which is taking place on 17th/18th September. It is the 10th anniversary of the Race, and the Danes are set on making it a very big event with a view to strengthening the lobby which will approach next year's Congress of the International Canoe Federation.

An innovation is the introduction of a "Nation's Cup" for teams of three K2s and three K1s in the Men's event.

The British Canoe Union's Marathon Racing Committee are intending to send a very strong team this year and hope that crews interested in competing will direct their training towards the Gudena event now. The Selection Races for Gudena are the Richmond K2 and Royal K1 Marathons on 23rd and 30th July respectively.

We have learnt, from reliable sources, that the work currently being done by the Irish Electricity Board has forced the "Liffey Descent" date to be altered to Saturday, 3rd September.

The Selection Races for the Liffey are those published in the Racing Year Book.

Each year there are a number of paddlers who decide to compete at International Marathon events, outside the official British team, under their own Club colours. These people are reminded of the International Canoe Federation rule that all entries outside of the official representative team entry must be made to the Governing Body. Application for permission to compete outside the United Kingdom in Marathon events must be submitted to the Marathon Racing Committee well in advance of the event.

PARNHAM PILLORIED

The racing season got under way with a bang during the Spring Regatta (held on Saturday, 30 April, and Sunday, 1 May, at the Holme Pierrepont, National Water Sports Centre, Nottingham) when Doug Parnham, whilst stroking the Hunter/Parnham K2 in the Senior A. 10,000 metre National Championship Event, was disqualified.

The incident that led to the disqualification occurred at the Control Tower turn when Parnham was judged to have taken the turn too wide and thus forced the 4th and 5th crews of Alan Williams/John Fowler (Royal) and Norman Mason/Rob Harding (Nottingham) into a collision situation by the concrete presentation raft.

There was general uproar over the Regatta Juries' decision to disqualify Doug (following a protest from Williams and Fowler) and a technical debate on the matter ensued. Some saw the incident as good tactics whilst others regarded it as out and out bad sportsmanship!



Parnham appealed against the decision because, as he put it, "I had no intention of putting another crew on to the bank although I admit my line round the buoys was not as close as it could have been. It is not my nature to purposely try to 'write off' another competitor's boat; I wish the jury to realise this."

The appeal was turned down and the official result of the Championship is published below. The remainder of the weekend passed uneventfully with Parnham making up for his error by winning all the Senior A. K1 events. Farrell/Lawrence (Royal) also had a very successful start to the season by winning all the Senior A. K2 events, whilst the Royal K4 of Farrell/Lawrence/Fowler/Williams won both their outings in the 500 and 1,000m races.

All in all it was a good start to the season with entries well up on 1976 and reasonable weather throughout the weekend. The results of the National K2 10,000m Championships events and the Senior Selection events for Ghent Belgium (21/22 May) were as follows:-

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WHITEWATER

SILBERSHIELD INTERNATIONAL WHITE WATER EVENT

The Senior WW Team attended the Silbershield Race (R. Erft, near Dusseldorf) while on the way to a training period at Spittal in preparation for the coming World Championships. Our Senior 'A' (Ballard, Freestone, Swallow) won the Meisterclasse Team event, backed up by the Senior 'B' (Campbell, Hibble, Hall) in 4th place, and the Youth 'A' (Dunseath, Robson, Taylor) in 11th place. Our C1 teams took 1st and 2nd places and our Youth 'B' and 'C' were placed 4th and 9th in the Youth Class.

Sunday's individual events were notable for the fine performance of Melvin Swallow who, on a comparatively flat course, was the best of the British entry, finishing 4th and 10 seconds ahead of Ian Freestone in 5th place. C1 2nd Martin Hedges, 4th Chris Herod.

Other British placings included R. Campbell 10th, A. Hall 11th, J. Hibble (Y) 16th, N. Robson (Y) 17th. From the Youth WWE Team, who were making their first trip abroad, highly creditable placings were achieved in the K1 Class by M. Sanderson (5th), N. Woolterton (9th) and Ken Hurt 4th in the Youth C1. Hilary Peacock won the Ladies' K1 by 30 seconds.

WHITE WATER RESULTS

Results: K1 Men's Team Event: 1st, Gold Medal, Switzerland; 2nd, Silver Medal, Great Britain; 3rd, Bronze Medal, France. Great Britain Team members: M. Swallow (Chester Canoe Club), I. Freestone (Northampton), J. Hibble (Leeds Canoe Club).

Results: C1 Team Event: 1st, Gold Medal, Great Britain; 2nd, Silver Medal, France; 3rd, Bronze Medal, Switzerland. Great Britain Team members: J. Goodwin (Staffordshire Canoe Club), G. Goldsmith (Brighton Canoe Club), Martin Hedges, (Windsor Canoe Club).



SLALOM RESULTS

Slalom K1: 1st, Gold Medal, A. Kerr, Great Britain; 2nd, Silver Medal, R. Fox, Great Britain; 3rd, Bronze Medal, Peter Kauzar, Yugoslavia.

Slalom C1: 1st, Gold Medal, Peter Keane, Great Britain; 2nd, Silver Medal, Dietmar Moos, West Germany; 3rd, Bronze Medal, Madare Herve, France.

Slalom K1 Team Event: 1st, Gold Medal, Great Britain; 2nd, Silver Medal, Switzerland; 3rd, Bronze Medal, Czechoslovakia. British Team: N. Warn (Chester Canoe Club), A. Kerr (Carlisle Canoe Club), A. Edge (Leeds Canoe Club). The British Team Manager, Albert Woods, over the phone commented: "This is the most successful international race we have ever competed in" — he made his point by concluding with, "in the K1 Slalom, Great Britain has four men in the top six places."

Teams taking part in this combined White Water/Slalom event were: Yugoslavia, Czechoslovakia, Italy, Switzerland, New Zealand, France, West Germany, Holland, Australia, Belgium.

At the conclusion of the competition the final selection for the British Team, for the World Championships in Spittal, were announced:

White Water Team:

Men's K1: M. Swallow, I. Freestone, B. Campbell, J. Hibble.
Men's C1: J. Goodwin, G. Goldsmith, M. Hedges, C. Horrod.
Ladies' K1: Miss H. Peacock, Miss S. Wain, Miss A. Plant.
Men's C2: Cooper & Parr.
Coach: M. Booker.

Slalom Team:

Men's K1: A. Kerr, N. Wain, R. Fox, A. Edge.
Ladies' K1: Miss J. Harding.
Men's C1: P. Keane, M. Hedges.
Coach: K. Langford.

BEAUCHAMP LODGE

Kenny Hunt of Beauchamp Lodge is the first club member to gain International Honours in his sport. Kenny, aged 17, has been selected to represent Great Britain's Youth Team in the C1 River Racing event at Dusseldorf in W. Germany.

He is the product of a club at Little Venice in the heart of London which is situated in the basement of a Community Settlement and stores its boats in a converted coal barge. The club now has several canoes and kayaks covering many categories of competition, and it is open to anyone interested in any form of canoeing. Boat storage is available and there is unlimited amount of waterway on which to paddle.

Instruction and coaching is available all the time, when the club is open, from 4.00 p.m. to 10.00 p.m. Monday to Friday. The charge is 15p per person. Beauchamp Lodge are also the proud owners of a new 55ft canal Narrow Boat, which will be used to provide holidays to deprived children in the area and may well be used for mobile canoeing instructional weekends.

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PROJECT HEULWEN

The Inland Waterways Amenity Advisory Council were delighted to hear the references made by H.R.H. The Prince of Wales to the important part that waterways can play in his Silver Jubilee Appeal.

The Prince outlined the involvement of young people in "Project Heulwen — Sunshine," a scheme which he hoped would be extended throughout the country to improve the quality of life for disabled children.

Speaking at the Council meeting, Chairman, David Wain, said: "I am sure that all of us in the waterways world will support this positive lead by His Royal Highness to the hilt."

"This is a great opportunity to make a really worthwhile contribution to the happiness of these children, by playing our part to enable this scheme to be extended throughout the whole of the waterways of Britain."

FOOTNOTE: "Project Heulwen — Sunshine" is providing specially equipped canal craft, financed by funds raised by The Variety Club of Great Britain, the world's leading charity for handicapped children. The craft are being constructed by young apprentices at Cammell Lairds, shipbuilders of Birkenhead. The Project is centred on the Montgomery Canal and is the motive behind a restoration scheme supported by the British Waterways Board, The Prince of Wales' Committee and the Shropshire Union Canal Society.

INFORMATION

Senior Instructor (Inland) Assessment and Training 30th September to 2nd October. Fully residential — only £13.50. Under the direction of Bob Gray (Senior Coach) and Gordon Ray (A.C.O.) Details and application form from 39 AYT, Stoughton Barracks, Stoughton, Guildford, Surrey.

SENIOR INSTRUCTOR (Inland); Training and Assessment — Guildford, 30th September to 2nd October. Details: 39 Army Youth Team, Stoughton Barracks, Stoughton, Guildford, Surrey.

The National Canoe Surfing Championships will be held at Bude, Cornwall, on Saturday and Sunday, 10th and 11th September, 1977. Details from Mr C. Scott, Boscolla House, Boscolla, Truro, Cornwall.

The annual meeting of the B.C.U. Surf Committee will be held during the weekend of the 'Nationals' at Bude, and committee members will be elected.

Application for Marathon Race 1978: Forms may be obtained from Sue Kirschner, 34 Upper Regents Park, Bradford-on-Avon.

CHANGE OF ADDRESS: Mike Haslam, Secretary Racing Committee from 13 June 1977, new address will be:— C/O Planning Branch, H.Q. CAD Kineton, Nr. Leamington Spa, Warwickshire. Evening Telephone Number Kineton 640 890. Day: Kineton 640331 Ex. 486.

Lichfield Canoe Club Marathon Race, Tier 3. Sunday, 21st August. The correct address for entries is: Mrs. J. Machin, 21 High Grange, Lichfield, Staffs.

TRADE NEWS

EXCITEMENT and ADVENTURE, coupled with the opportunity of winning big prizes, are the rewards that are offered to any group of canoeists who enter the canoe race on the Leeds to Liverpool canal.

This year the event, which was won last year by Venture Scouts of the 31st Bradford South Scout Troop, is open to any youth club, scout troop, canoe club or even a group of individuals, who can pool together three canoes, which is the minimum number required to compete in this sponsored race, for 92 miles of the Leeds to Liverpool canal.

Mechanical Services (Trailer Engineers) Limited of Bolton are offering a £200 canoe trailer to the group that raises the greatest amount of sponsor money. The group that covers the course in the fastest time will receive the beautiful Viners Trophy, which was presented last year to the winning group by Princess Alexandra.



Other prizes can be won and full details and sponsor forms can be obtained from the Organising Secretary, who is Mr A. S. Baines, of 133 Welham Road, Norton, Malton, N. Yorkshire YO17 9DU.

The picture shows Barrie Badland, Managing Director of Mechanical Services, at the rear, with Mr Roger Clowes, Senior Organising Secretary for the North West Area of the Church of England Children's Society, left, together with Mr A. S. Baines of the North East Area Church of England Children's Society; they are examining a trailer similar to the one to be won.

From the camera of Chris Hawkesworth a superb full colour picture of a Canadian Singles Slalom Paddler. Taken on the River Trywern, North Wales. 35in (89cm) long x 23in (58.5cm) high, the poster is full of action. The paddler is obviously enjoying himself, globules of water hang frozen in the air, about to come to life.



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SECRETARY WANTED

The BCU Secretariat requires a Secretary. Audio/Copy Typing together with some general clerical duties. Hours 0900-1700 hours five days per week. Luncheon Vouchers. Successful applicant should be willing to work in Surbiton area at sometime in the future. Salary: £2,252 to £3,144 depending upon experience. Applications should be addressed to The Director, Bristol Canoe Union, 70, Brompton Road, London.



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The three faces of Roboserve.



The Financial Director



The Canteen Manager



The User

"We first decided to use Roboserve's catering and vending systems and services for economy reasons.

The case was utterly logical. We chose Roboserve because they proved that they could give a better service at a better price.

I was a little concerned at how this service would stand the test of time. But the installation was trouble-free, and the after sales service has been faultless.

I can frankly say we've never had a moment's worry.

And the costs have remained at the same contracted level with no hidden extras. Just right for budgeting.

I'm happy."

"When the management told me that a planner from Roboserve's catering and vending division was coming down to help things along, I was a bit put out.

After all, I don't need anyone to tell me how to run my kitchen. But it wasn't like that, he had so many ideas and was so helpful. He really has helped me to improve the smooth running of the canteen.

It's clean and very popular. And any little snags are sorted out straight away by the Roboserve back-up engineering services. I'm happy."

"None of the lads were happy about the catering and vending in the factory.

The food was pretty average. And the drinks were even worse. Now it's all changed, and it's actually OK - bigger variety, and the drinks are available all round the clock.

And they've done the canteen.

Now that is an improvement.

Most of us eat there every day. And to think I used to bring sandwiches.

Me happy?

Sure."



We're at home in any company.

To: Roboserve Ltd., 19 Aintree Road, Perivale, Greenford, Middlesex UB6 7LG. Telephone: 01-998 2828.

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- Vending Catering Snacks
 Design and Construction Ingredients

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Position: _____

Company: _____

Address: _____

Tel. No: _____

No. of employees: _____



A short story to reflect on.

Once upon a time, some people who should perhaps have known better, believed that all whiskies were more or less the same.

But as their palates and experience developed, they discovered a curious thing: not all whiskies were the same.

Some were definitely harsher than others. And some were infinitely smoother.

And as the years went by, they discovered the smoothest whisky of all, the one with unchanged and unchanging blend, had the name of Dewar's on the label.

The moral of this story is that, if you want a truly smooth whisky and wish to avoid the rigours of experimentation, then look for the Dewar's "White Label."

In it, you should find a perfect reflection of your own good taste.

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