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INTER CLUB REGATTA

This years inter clubs regatta produced a phenomenal entry of over 460 competitors. With a large entry in almost every class this produced a programme of racing with starts at 3 minute intervals right the way through from 10 o'clock on Saturday morning until late Sunday evening, and in almost every race there were 8 or 9 lanes filled. With only club crews scoring points it was very pleasing to see that many clubs had tried very hard to put together their own crews and this particularly showed in the K2 and K4 events where the entries were considerably up. And with the new clubs vest rule now having an impact provided a very colourful spectacle. The weather was also kind and on Sunday afternoon a "crowd" of several hundred people formed on the far bank of the course.

To nobodies surprise Fladbury, with over 70 paddlers taking part, managed to retain the McGregor paddle trophy quite easily, although their supremacy over Nottingham Kayak Club is not well reflected by the numerical totals, since the canoe events that were largely uncontested, except by Fladbury, provided an abundant source of easy points. Royal, depending largely on the strength of their senior paddlers, were third edging out their London rivals Richmond who were nearly another 200 points further adrift from them in 4th place, and only just holding off the emerging Preston Brook Canoe Club. It was also nice to see Hereford, another relative newcomer to the sprint racing scene, finishing in 8th place overall.

MACGREGOR PADDLE TROPHY

POINTS	CLUB	POS	POINTS	CLUB	POS
1735	FLA	1	127	LEA	22
1063	NOT	2	97	TON	23
674	ROY	3	87	BSF	24
486	RIC	4	79	BOA	25
471	PRE	5	78	HAR KC	26
444	IRE	6	74	RAF.C.U.	27
366	RLP	7	68	NOR.SS	28
355	HER	8	61	HAR CC	29
353	HUL	9	57	BIR.UN.)	30
352	LIC	10	57	WOR)	30
326	GAI	11	55	CHE	31
303	KIR	12	48	IRV	32
258	WEY	13	46	DER	33
251	LEI	14	43	NEW	34
234	WFN	15	36	OX.UN.	35
216	SAS	16	28	HEY	36
202	ACU	17	28	MTP	36
149	LAN)	25	WOL	37
149	RLS)	21	CHE	38
141	BIR)	15	SUN	39
141	LIN)	5	NOR	40
136	NEW	20	4	HOV	41
128	WAR	21	3	BWL	42
			1	AD	43

EDITORIAL

The Flat Water editorial team would like to wish the British team the best of luck at the world championships. Our teams results at the Duisberg Regatta a month before the championships gives us cause for optimism over the possibilities of us gaining some significant success in the metal department for the first time at the World Champs.

A full report on the Duisberg, Amsterdam and Ghent regattas appear in this edition. In the next edition we will be printing the full results of the championships as well as an analysis of the performances during the event. Also in the next edition will be reports on the Junior team trip to the Gothenberg regatta, the marathon trip to Zamorra and hopefully the Sella Internatinal Marathon in Spain.

Make sure that you get your copy by sending in a subscription for the magazine to be delivered by post. Remember that during the winter this may be the only way that the news on racing will reach you.

The May and Possibly this edition have appeared significantly later than the date printed on the front cover, this is due almost entirely to the pressure of work that the office has been under recently which has meant that Flat Water has had to be placed lower down the list of priorities than that which it has previously occupied.

For our Senior competitors this was a very important regatta with the coaches looking to the results here and in Duisberg on the following weekend to finalise their crews for the World Championships at the end of July. And there was no doubt that the senior event produced some of the most exciting and fastest racing we have seen for several years.. Four new British records were set in the K1-500m K2-500m C1-500m and K2-1000m-

Certainly the man of the weekend was Kevin Smith of Warren Canoe Club who managed to win all three of the

1,000m events, and then to team with Sheriff his partner in the K2 1,000m to win the National Championships K2 10,000m. However, perhaps even more interesting than witnessing Smith confirming the considerable promise that he has shown over the last 18 months, was the authority that Andy Sheriff of Wey Canoe Club stamped on this event.

Andy has always shown an incredible talent as a canoeist, but in previous years has convinced few of his ability to stay for more than 250m let alone 500m events at top national level. In this event not only did he pair with Kevin Smith to win the K2 1,000m and with Williams, Canham and Brown to win the K4 1,000m, he managed to pull off perhaps the biggest surprise of the weekend by edging out Bourne, in a very exciting K1 500m event. Then after pairing with Smith to take 2nd place in the K2 500m went on to team up with Bourne, West and Hancock to win the K4 500m in an exceptionally fast time of 1.30.58 and finally capped a magnificent weekend by pairing once again with Smith to win the K2 10,000m event. In fact it was only Brown and Canham winning the K2 500m who prevented Smith and Sheriff making a clean sweep of it.

In the ladies events it was Lesley Smither who was making all the running. In addition to winning the K1 500m in the very respectable time of 2.05 she paired with Gaye Clough to hold off Perrett and Wetherall by just over a second in the Senior Women K2 500m event. Not surprisingly the Senior Womens OTS group of Perrett,

Wetherall, Smither and Clough was easily first some five seconds clear of the Junior Ladies squad crew of Craske, Davies, Jacobs and Watson although the times of 1.51 and 1.56 in such good conditions were not very impressive.

In the Junior Mens Kayaks the OTS crews again looked very mediocre and it is quite clear that they are unlikely to bring back the superb results that we enjoyed at the Junior World Championships of 2 years ago. Only Gregory of Warren who came home a clear winner by 7 seconds in the K1 1,000m and 2 seconds clear in the K1 500m looked at all impressive.

In the Junior womens events the OTS crews again dominated the events, although it was pleasing to see that Sellwood of Bradford and Lawler of Richmond have made huge steps in closing the gaps between themselves and the squad four.

Although the squad four were undisputed winners their performances this weekend could best be described as disappointing for four girls who have shown such considerable promise, and let us hope it is only the pressure of examinations that has taken the edge off their performances.

In the canoe events we were treated to the first confrontation this season between Willy Reichenstein and Steven Train with the latter running out the clear winner. at least in the 1000m event. However, in general on a weekend which produced good conditions for canoe paddling both the times produced in the Senior and Junior events show that we have little cause for optimism in terms of expecting to receive any greater levels of success in these events than we have done in the past.

ANTI-DOPING CONTROL

For the first time ever in a domestic canoeing regatta in this country an Anti-Doping control was carried out. Although this was primarily in preparation for the World Championships there is no doubt that the Sports Council is pressurising governing bodies into making this a regular feature in its National Events.

Competitors called to give a urine sample, were selected on a random basis from the first six boats to cross the finishing line in one event from each of the Senior Mens and Womens and Junior Mens and Womens Kayak classes. The draw was made by Geoff Saunders Chairman of the British Canoe Union and the tests were supervised by Craig Sharpe, the CANOE 81- Medical Officer. The samples will now be analysed by the Drug Testing and Teaching Centre, at Chelsea College London.

TIRELESS WORKERS

Perhaps the highest accolade of the weekend ought to go to the officials. Particularly those who had to

struggle with antiquated timing machine, the production, typing and printing of draws and results, and the endless computations needed to calculate the team scores which entailed many of those officials working non-stop on both days from 8 o'clock in the morning until past 7 pm in the evening without a break. Whether it is reasonable to expect people to continue to work under this sort of pressure, particularly when one club can provide over 70 competitors and only one official to assist with the task of keeping the regatta running, is highly questionable. Whilst it is great to see such a large number of competitors taking part we are obviously going to have to do something to try to recruit more officials, and that might possibly involve a quota basis as is used in some countries, whereby say, a club that has ten paddlers must provide at least two officials, a club with 30 paddlers four officials, and so on. Alternatively, and it was a view expressed by several of the officials at this regatta it will be necessary to take some steps to reduce the size of the entry.

LOGICA LETDOWN

After Colin Gray's confident comments (see Flat Water No.6 page 7) that the new Computer Timing System would be installed for the World Championships we now learn that Logica will not be able to produce the system in time for the Championships at all!

Apparently Logica have run into a number of difficulties involving both the supply of Hardware, and because they had considerably underestimated the complexity of the job. At the end of May they advised the Sports Council that they could not give a guarantee to complete the project in time for the World Canoe Racing Championships. At a top level meeting involving representatives of Logica, The Sports Council, in London, The National Water Sports Centre and CANOE 81 it was agreed that it would be far too dangerous to try and implement an untried system which at best could be ready only a few days before the Championships. It was therefore reluctantly agreed by all parties concerned that alternative arrangements would have to be made for the Championships.

The very next day Roger Gibbs from the National Water Sports Centre was able to make contact with Hird Smith who have provided the new Timing System that has been sold to the British Canoe Union Slalom and White Water Racing Committee to be used at Bala during their World Championships. And it has now been agreed that Hird Smith will instal at the National Water Sports Centre for the practise regatta on the 11/12 July and for the World Championships itself a temporary timing system.

Colin Gray had this to say "It is obviously a big disappointment to us all that the new system will not be ready, especially those of us and that includes the Centre Engineer and the Amateur Rowing Association representative, and the Logica people themselves who have burnt a considerable amount of midnight oil in order to try and meet the World Championships date. The great pity is that we were not able to start earlier. However, the system will be completed in due course probably towards the end of this year, and now that I have seen part of the computer system and the VDU display at Logica's premises in London, I am convinced that the system will have many advantages in enabling us particularly to run our Domestic Regatta Programme far more smoothly through the next decade!"

SPORTS INJURIES

For years it has always been painfully obvious to the coach that the average GP is of limited value when it comes to the question of treating the type of injury that is often sustained by an athlete. In many other countries, particularly those of Eastern Europe, the best possible medical backup, and health screening, are provided for all athletes. There now seems to be a growing awareness of the need for this type of facility in this country.

A number of sports medical facilities usually through the auspices of a local hospital variously funded; sometimes by the National Health, sometimes by the Sports Council and/or Local Authorities and also backed by commercial sponsorship.

Roland Jones has provided us with the list below, and we

hope that this may be of some value to coaches that may be needed to seek treatment for their paddlers.

SPORTS INJURY CLINICS INCLUDING CLINICS OPERATING WITHIN THE N.H.S.

Cambridge Military Hospital Aldershot, Hants. 0252-22521 (Ext.208) LT. B. L. WILCOX.	The Middlesex Hospital, Mortimer Street, London. 01-636-8333 Mr. M. A. Edgar.
Bedford Hospital, Bedford 0234-55122 Dr. Hawkes.	Royal Northern Hospital Holloway Road, London 01-272-7777 Mr. Martin Lowry
Birmingham General Hospital Steelhouse Lane, Birmingham 021-236-8611 Mr. J. R. Pearson, Mr Nigel Tubbs.	St. Charles Hospital, Exmoor Street, London 01-969-2488 Dr. Leonard Sash.
Bristol Royal Infirmary Bristol. 0272-22041 Mr. P. G. Stableforth.	Westminster Hospital, Dean Ryle Street, London. 01-828-9811 Dr Ian Curwen
Addenbrookes Hospital Hills Road, Cambridge 0223-45151 (Ext.254) Dr. Sylvia Lachmann	Northampton General Hospital Rheumatology Dept. Northampton. 0604-34700 Dr. T. C. Beer. Dr. F. A. Newton
Severall Hospital Colchester 0206-77271 Dr. Gilbert (Soft tissue injuries only).	Institute of Orthopaedics Oswestry, Shropshire. 0691-5311 Professor Brian. T. O'Connor
Derbyshire Royal Infirmary Derby 0332-47141 (Ext.556) Dr. G. M. Cochrane	Nuffield Orthopaedic Centre, Oxford. 0856-64811 Mr. J. Kenwright, Dr. A. Mowat. Dr. A. Young, Mr M Benson.
St. Luke's Hospital Warren Road, Guildford 0483-71122 Dr. Malcolm Read.	Farnham Park Rehabilitation Centre, Farnham Royal, Slough. Dr. John Williams.
Kettering & District General Hospital. Rothwell Road, Kettering. 0536-81141 Mr. J. M. Morris.	Wexham Park Hospital Wexham, Slough Dr. John Williams.
St. James Hospital, Leeds 0532-33144 Dr. Ian Adams, Dr. Wendy Dodds.	Southampton General Hospital Shirley, Southampton. 0703-777222 Mr. James A. Robertson, Dr. D Campbell.
Guy's Hospital, St. Thomas St. London. 01-407-7600 (Ext.2424) Dr. Terence Gibson. Dr. J. E. Davies.	Hillindon Hospital, Hillingdon Uxbridge. 01-893-8282 Dr. Peter Sperry
Hackney Hospital, Homerton High Street, London. 01-985-5555 (Ext. 217) Mr. R. Neil Baxter. Mr. T. Bucknill.	Weymouth District Hospital. Melcombe Avenue, Weymouth 03057-72211 Mr. John Wrighton.
King's College Hospital Dept. Rheumatology & Rehabilitation. Denmark Hill, London. 01-274-6222 (Ext.2434) Mr. J. G. Jones.	Victoria Infirmary, Glasgow. 041-649-4545 Mr. A. McDougall. The London Hospital, White- chapel Road, London. 01-247-5454 (Ext.711) Mr. J. King, Dr. J. D. Perry.

Useful Sports Injury contacts:

Association of Chartered Physiotherapists in Sports Medicine
Mrs Paula Wilcox, 45 Uxbridge Road, Stanmore, Middlesex.
HA7 3LH.

Organisation of Physiotherapists in Private Practice
c/o Miss J M Botteley, 90 High St. Henley-in-Arden,
Solihull, West Midlands.

Fellowship of Sports Masseurs and Therapists. (about 100
members working in sports clubs throughout Great Britain).

In view of change of secretary - contact through Rowland
Jones, 5 Fabricus Avenue, Droitwich. (0905 774828).

THE DUZI MARATHON

The 30th annual Pietermaritzberg to Durban marathon which is run on the Umzumduzi river and is run over three days in January can be one of the hardest canoeing races in the world. Water conditions are very variable, some years the water is high whilst other years it can be almost non-existent and this latter case was how it was this year when the runners were expected to do well.

Portages are often measured in miles and paddlers fit themselves out with portaging racks on their shoulders to make carrying their boats easier.

Conditions were so bad that some of the 900 competitors entered withdrew from the race before the start, weather conditions were very hot with temperatures in the days preceding the race being in the range 27-30°C. the nearby Henly Dam for this years race released some water which gave the race some credibility for the first day until the paddlers outpaced the water and had to revert to running.

The race was to see a tussle between Chips St Ledger/Lyle Wheeler and Lance Park/Mike Tocknel in the K2, and Graeme Pope Ellis 9 times winner of the race, against Robbie Stewart and Danny Stewart, better known for his running than his paddling.

The start at 7am was split up into K1 & K2 and in each case the start was seeded to give the better paddlers clear water. The Duzi has a large following both with the media and the public and the banks were lined with supporters and well-wishers.

1000 metres after the start there is a large weir which has a four foot drop which means a portage as the river is very narrow and there are 250 K2's arriving there at approximately the same time it pays to get a good start.

After 6Km there is a low bridge where everyone gets out you can either do a 10Km portage here or do a 6Km portage which takes longer but is not so tiring and may be beneficial later.

At the first overnight stop Graeme Pope Ellis was 1½ min ahead at Danny Bigg's, then came Robbie Stewart 15 min back with the doubles a further minute behind with St Ledger/Wheeler just managing to hold Park/Tocknell.

The overnight Stop is an experience in itself miles from anywhere canoeist lying everywhere telling how well they did or why they didn't as the night creeps in, the Bri fires die down but the race is still with you even when asleep.

The second day starts when the leader sets at six thirty then for the next thirty minutes the people whose time was less than thirty minutes behind set off respectively. Then at 7am a mass start K2 on the first row then the K1s. You can start in the river for on the bank but with 600 boats finding a space was a problem.

The water from the Dam had come through again and made for some enjoyable paddling. The rapids were not big just tricky if you don't know how to shoot rapids.

You soon learn or its sink or swim.

At the end of the second day it was clear to see the runners had done well. Danny Biggs had gone into the lead by 1½ min Pope Ellis was still their and Park and Tocknell had moved into third 11 min. ahead of the rest.

The last day was a very hot one with some water but not a lot. After the mass start the race settled down into a fitting finale.

By half way the water had run out again and it was obvious that we had to go over Burma Road portage.

Burma Road is about 6.7 km long its a long and steep hill through dense bush the leaders run most of it but for the majority its a long walk single file in a long time. At the top is a check point where you can stop and rest and get a drink then its only another 7 miles to the end.

Pope Ellis had by now caught Danny Biggs and with only paddling left Pope Ellis was to become the first K1 paddler to win the Duzi outright in a time of 9.47.

Danny Biggs came second 8 min behind. Park & Tocknel were third winning the K2 by 20 minutes.

Simon McKhize the first black competitor to finish the course came 140th which was tremendous as he had only been paddling 6 months, this will surely give others encouragement to have a go. at one of the hardest but most rewarding canoe races in the World.

DAVE ROSE.

BELGIAN 6 HOUR RELAY

ORGANISED BY SOBEKA KANOCUB -ZWEVEGEM

The Belgian 6 Hour Team Relay is a race for Teams of 3K1 paddlers. Each Team has to complete 5 x 2000m laps (10 KM) each hour and paddlers may change over every lap.

Two B.C.U. Teams were entered for the event - 'A' Team. N.Clarke, S.Jackson and I Jobe.

'B' Team. M.Davis, P.Hignett, J.Raciborski.

The race is held on a wide deep canal and weather conditions this year were ideal - Bright Sunshine with a Light Breeze.

The entry was disappointing with only 6 Teams entered 2 British and 4 Dutch Teams with no Belgian paddlers supporting their own race!.

From the start the 2 British Teams broke away and by the end of the 1st hour, the 'A' team had a 38 sec. lead of the B's. who were well ahead of the rest of the field.

During the 2nd hour the pattern for the race seemed to be emerging with our teams content to paddle round together. However, in the 3rd hour things started to liven up. The 'A' Team were penalised 60 sec. for unsporting behaviour (cutting the Dutch up the bank) and Steve Jackson ('A' Team) missed a turn buoy and in re-taking the turn lost a further 30 sec. Naturally the 'B' team took full advantage and at the end of the 3rd hour held an O/A lead of some 35 sec.

The following hour saw tremendous efforts with the 'A's trying to drop the 'B's but to no avail. The 'B' team had just the inspiration they needed and hung on gamely.

In the 5th hour however, disaster struck for the 'B's with a misunderstanding at a changeover costing them vital lengths, and their wash. Once clear the 'A' Team pressed home the advantage and finished the 5th hour leading by 18 sec.

During the Final hour the 'A' Team extended their lead over the 'B' Team the 61 sec and finished over 10 min. ahead of the 3rd placed Dutch.

Both teams finished very tired but very satisfied with their days racing.

Although the entry was poor the race has possibilities for the future. The organisers provide free hostel accommodation for all competitors and being only 2 hours drive from Calais the race would make a cheap friendly Weekends racing abroad for British Club Teams who would be by no means outclassed.

RESULTS:-	1. Nigel Clarke	- B.C.U.
	Steve Jackson	
	Ian Jobe	4 hrs.44min 11 sec.
	2. Mark Davis	- B.C.U.
	Peter Hignett	
	Jan Raciborski	4 hrs. 45 min 12 sec.
	3. B Muuse	- Holland
	A Reitmaier	
	H Zeegers	4 hrs. 54min 46 sec.
	4. A Huizingen	- Holland
	J Kraaijenga	
	J.Termors	4 hrs. 58 min 16 sec.

THE FLADBURY PHILOSOPHY

This article by David Train is extracted from a piece written for the new canoeing handbook which will replace the BCU Coaching Handbook

Fladbury Canoe and Kayak Club is situated on the placid River Avon. It is a club of over two hundred members of all levels of ability, from parents who have started in their forties to top class Olympic Squad paddlers. Within five years of its formation it became a major force in the marathon and sprint racing world, largely because of the interest of parents as well as its youngsters.

Its philosophy is that canoeing is about being on the water and not in it. It is about travelling and not going round in circles, looping or rolling. It is about using the many miles of flat water of rivers and canals which predominate in this country. It is about using kayaks and canoes which are suitable for this type of canoeing, and it is about running a club on these two points.

More importantly the teaching methods we have developed mean that it is possible to teach anyone how to canoe. We have taught people of all ages. We have provided for all an activity based on flat water, where they can develop to their full potential.

The 'Fladbury Way' is simple. It is canoeing for fun, it is canoeing for the family, it is canoeing for fitness. It really is CANOEING FOR ALL.

It is a simple philosophy and any canoeist at the instructor level with the motivation and following a few key points could create a major club within a few years. It took Fladbury about five years to become a major club. Cutting out the mistakes could have reduced that to three. So if you are an instructor who has an urge to do this then here is how it is done.

In this article I will cover:

1. The STEP BY STEP method of teaching KAYAK
2. The STEP BY STEP method of teaching CANOE.
3. The STEP BY STEP into competitions, The CLUB ACTIVITY
4. I will also cover some basic elements of canoe paddling technique.

1. TEACHING KAYAK.

Central to the Fladbury method of teaching is that canoeing is about being on the water not in it. It is also about going in straight lines not circles.

All the boats we have, whether kayak or canoe have:

- a. Open cockpits i.e. the knees are not trapped under the deck.
- b. They are all boats with little rocker so that they are easy to paddle in a straight line.

We believe it is because of these two points that we are able to get so many people of all ages to have a go.

The four kayaks we use.

A fifteen foot long by 24" beam touring kayak.
A seventeen foot long by 22" beam fast touring kayak with a rudder.
The Espada. A stable racing K1 for adults and youths.
The latest design of K1.

The method of teaching in Placid Water conditions is very simple. The steps are:

1. A brief session on safety which covers:
 - a. Wearing a buoyancy aid.

- b. Danger of weirs.
 - c. Wearing wellingtons- Dangerous.
 - d. What to do in the extremely unlikely event of a capsizing.
2. How to use the paddle.
 3. How to paddle forward, stop, reverse.
 4. How to get into the kayak.
 5. We stress that they must do everything gently. at first.
 6. Then let go and Watch repeat Watch.

Whatever the age there are some people who have a natural balance and are relaxed and others who are tense and sit stiffly. Some take a few sessions to get used to feathering the paddle, others pick it up quickly. As a coach you must then WATCH and decide when to change to the second level- the fast touring K1 with a rudder. For some people this could be within a few minutes, with others a few sessions, but I have not found anyone who has not progressed to a fast tourer.

For many adults the fast tourer will be as far as they wish to proceed. It is a beautiful kayak for touring and it can be used at a reasonable level for racing in marathon and sprint. For those who want to become more skilled the progression is then to the Espada and then the racing K1. When we advise people on the level of craft for them we stress that speed is a function of the person and boat. It is no good having a theoretically fast boat if the person cannot stay upright in it.

With these four kayaks we have successfully taught people from under three years old to over seventy. five years old. The level they reach and the type of kayak they use will depend on each person. All will start with the first kayak. Some adults will conquer the Espada and the latest design K1. Our under nine's now paddle the most unstable K1 within a few hours of starting.

Within a few sessions and with only the knowledge above paddlers are ready to take part in the club Fun Race activities. The progress in some can be quicker. I have taught youngsters how to canoe and within a week they have raced in open competitions.

3 STEP BY STEP INTO COMPETITION- THE CLUB ACTIVITY

Whilst some of our adult members like to go out for a gentle paddle there are few who do not at some time take part in racing. Here again the gradual step by step method works, starting at the club level with the weekly Handicap race. Then the now OPEN RACING SCHEME run by the Marathon Racing Committee provides a natural progression up to whatever people wish to go. We also take part in Sprint Racing although the system used does not allow for natural progression and has less appeal to the adult joining the sport. This, however, is likely to change. In this section I will write about these three aspects of competition - The Club Handicap Race, Marathon Racing and Sprint Racing.

The Club Handicap Race

Canoeing, unlike other sports has a very weak club structure. A great number of popular and successful sports such as golf, sailing, squash, tennis even cricket and football revolve around a club base where people meet and take part in their sport. Why then is canoeing different?

Because of the way it is taught most of the people taking up canoeing end up either touring or in competition. Touring naturally takes people away from their club base, and competitions until recently have been organised on a National circuit again taking competition away from the club. The expansion of the sport and the high cost of petrol will force a change within the next decade and we will see the growth of club based canoeing activity. For most clubs this must be on flat water simply because that is what is available in Britain.

TABLE FOR WEEKLY HANDICAP RACE

<u>NAME</u>	<u>BOAT</u>	<u>STANDARD TIME</u>	<u>START</u>	<u>FINISH</u>	<u>NEW TIME</u>	<u>POSITION</u>
M. Broadbent	C1	55	00			
S. Wickens	Touring K1	47	08		CALCULATED	
K. Holton	Touring K1	44	11			
S. Haines	K1	40	15			
A. Train	C1	36	19			
B. Broadbent/ M. Train	C2	35	20			

Our own experience is that a successful club can exist with a couple of miles of flat water available to it.

We race at regional and national races, we do fitness and strength training for our athletes, but the one event which binds the club together is the weekly Handicap Race. At two athletic clubs and two canoeing clubs I have used this with success. This one activity alone can be the base of any successful club.

The principles are:

- * That each paddler has a standard time for the course based on previous performances.
- * That the race is run with the slowest off first and the fastest last.
- * If the handicapping is correct then all will be together at the finish.

This type of race gives something to everyone in the club. Everyone can improve. The beginner competes with the top paddler. The top paddler always has another boat to try and overtake.

Here Is How To Do It

* Hold it every week. Club members will then know that if they turn up there will be an activity involved. We used to make the mistake of not holding it if most of us were away at a national competition. The effect was to lose the interest of those left behind. Now we always arrange it each week.

* The course you use will depend on your river or canal, and you may wish to have more than one distance- 2 Miles, 3.5 Miles and 4.5 Miles.

* To set the standard times take a rough guess at what each paddler might do and work on that.

* The table at the end of this section shows all you have to do.

1. List the names starting with the slowest and ending with the fastest.
2. Fill in the standard times from previous weeks.
3. Calculate the start time by subtracting each of the times from the slowest.

Slowest is 55 minutes.
Set off 00 mins.
Next is 55-47 = 08 mins.
Next is 55-44 = 11 mins.
and so on.

4. Fill in the finish times.
5. Calculate the new time which will be used to calculate the new standard.

The new standard can be the latest times, or an average it depends on how accurate you wish to be.

We do not give prizes but use the OPEN RACING SCHEME certificates so that all competitors have a chance of a good prize with a benefit to the club.

We keep a chart in the clubhouse showing everyone's times. It provides continual interest. As shown in insert below.

IN CONCLUSION

I said at the beginning that any instructor using a few simple principles and methods could create a major club within a few years. So now is your chance and your challenge. Start to use your flat water, teach your paddlers, form your club, compete and enjoy a great sport. A sport which we have proved at Fladbury has as wide an appeal to participants as any other sport I can think of.

DUISBERG REGATTA

1981

Our prospective World Championship team of 5 women, 4 mens Canadians, 11 mens Kayak paddlers and 4 Officials travelled to Germany on Wednesday preceeding the start of the three day regatta. We travelled in five cars, carrying the boats on our cars: this being the cheapest way of getting there. Two team members, because of work commitments, flew out the evening before the racing began.

We spent all day Wednesday travelling and had Thursday as a rest day. This ideal arrangement was largely made possible by the British Army, who agreed to accommodate us throughout our stay. This is not the first time Glamorgan Barracks have been so generous, and we are most thankful for their help once again.

Previous experience of Duisberg regattas led us to expect the best of everything as far as organisation goes. In most respects we were not disappointed; we had been rather apprehensive about borrowing K4s, but the boats lent to us were as good, or even better than our own. The superb tree-lined course remains flat, even in a fairly strong wind, and the buoying was absolutely perfect, it had to be seen to be believed. I doubt if one of the 1000 buoys on the course was more than six inches out of place.

However, there were organisational problems that occurred through no fault of the organisers, more through lack of consideration of the federations making their entries. The programme we received prior to our departure from England indicated that 21 Nations had entered the regatta. Posters around the course on our arrival in Duisburg announced that 24 nations were taking part (3 more must have entered late?). At the Team Leaders meeting it was yet another story.

We were informed that 8 of the nations that had originally made an entry, had since withdrawn at the last minute. The gaps this left in the programme, added to the scratchings made by other teams at the meeting, meant that the whole programme had to be revised. Because of the extremely good entry and the highly competent organisation, the Germans were still able to hold a successful regatta. However, had the event been less well attended, the withdrawal of 8 teams could have rendered the whole thing a non-event. The ICF should perhaps introduce some sort of legislation to discourage such last minute withdrawals. Federations may otherwise become reluctant to risk organising such costly events.

Because of the alterations in the entries the programme was changed from, 3 from each heat to the semi-final, 3 from each semi-final to the final.
to
1 from each heat straight to Final, remainder to Semi-finals, 2 or 3 from each semi-final to final.

This made for some very good racing in the semi-finals. We were unable to win any heats, but performances looked promising ; all our paddlers went on to race in the semi-finals. The very fastest having gone straight to the finals, competition was very close in the next round. This, added to the fact that there was a following wind, produced some very fast times, which are all worth noting, most of our competitors going through to the finals.

- K1. 1000m Kevin Smith. 3.48.91 Alan Williams 3.48.26.
- C1. 1000m Steve Train. 4.18.00
- K1. 500m Lesley Smither 2.03.20
- K2. 1000m Ballard/Robson 3.28.01
- K2. 500m Wetherall/Perret 1.54.48
- K4. 1000m Williams/Sheriff/Canham/Brown 3.07.47
- K2. 500m West/Robson 1.39.74
- C1. 500m Willy Reichenstein 2.03.92
Steve TRain 2.06.77
- K4. 500m Sheriff/West/Bourne/Hancock. 1.31.47

Our first Final was the Mens K1 1000m. Both Kevin Smith and Alan Williams had won their semi-finals in almost

identical times, and we were delighted with the final result. Smith finished 3rd, only 4 secs behind the winner, Rasmussen of Norway, second place being taken by Thompson from New Zealand. This gave the Western nations a clean sweep in this event.. surely an unprecedented occurrence in an International of this size.

Other 'Finals' results on the same day were:-

Ladies K1	500m	Lesley Smither	6th
Mens K2	1000m	Ballard/Robson	8th
		Smith/Sheriff	9th
	C2	1000m S.Train/A.Train	8th
Mens K4	1000m	Williams/Sherriff/	
		Canham/Brown	7th

The third day dawned fine and clear; as they say in all the best stories, and it was certainly a day we will all remember. Bourne and Sherriff had both won their semifinal in the K1 500m, in the Final however, Bourne had a very bad start which ruined his race, Sherriff on the other hand paddled very strongly into 3rd place, less than 2 secs behind Parfenowitsch the World and Olympic Champion from the USSR.

Other final results were:-

Ladies K4	500m	Wetherall/Perrett	9th.
		Clough/Crawley	
Mens K2	500m	West/Robson	7th
	C2	500m S.Train/A.Train	8th
Mens K4	500m	Sheriff/West	
		Bourne/Hancock	6th

The 10,000m races opened with the K1 event in which our two competitors were Kevin Smith and 'Willie' Williams. They were both regarding this event as the final eliminator for selection for the World Championships K1 10,000m and were grimly determined to each prove himself the man for the job.

Willie went very fast off the start, in order to drop the slower starting Smith from the front bunch. Although this tactic succeeded initially, he was forced to lead the race for the first 2000m where Smith eventually caught him. In the race round the first turn, the front bunch was reduced to four, Smith, Williams, Stepanenko (USSR) and Lebink (Holland). Lebink led for the next 3000m, disputing the lead with anyone who wanted to take up the pace. The Dutch trainer explained that he preferred to race in this way as he was unhappy wash-hanging.

At the halfway stage, Stepanenko made a bid to reduce the bunch, succeeding as Williams and Lebink clashed. Williams uncharacteristically came off the worst from this encounter and dropped about five lengths. The race continued thus to the next turn, where again Stepanenko took up the pace and dropped Smith and Lebink five lengths behind.

After the turn Smith, with Lebink on his wash, went after the Russian, and caught him up in a distance of about 200m, Williams still trailing 10 lengths behind. Incredibly, Williams proceeded to creep back and catch the bunch, just before the last turn, where even more incredibly he initiated the sprint into the turn, and this time it was Lebink who was dropped.

So, out of the last turn came Smith, Williams and Stepanenko. With 1200m to go, Smith moved off the Russians wash and pushed up the pace. I think the sight of an unknown British Paddler pulling away from him was just too much for Stepanenko (Often World Championship medalist in this event), he visibly wilted; Williams came past him as if he were standing still,, to take up his battle for supremacy over Smith. The Russian cracked completely. Smith went on to win the event with Williams 10 secs. behind in second place.

Other 10,000m events results were:-

K2	10,000m	Ballard/Robson	2nd.
		Canham/Brown	6th
C1	10,000m	Marcus Gohar	9th
C2	10,000m	S.Train/A.Train	6th

So ended a great weekends racing, and we came away with

1 GOLD 2 SILVER 2 BRONZE Medals.

As if the medals were not enough, the highlight of the week end was when I received the final results and saw that Brian Greenaways Mens Kayak Squad had come second only to the formidable Russians in the Nations Competition.

DUISBURG RESULTS.

K1 MEN 1000m.

1. Rasmussen	NOR	3.44.50
2. Thompson	NZL	3.46.23
3. Smith	GBR	3.48.35
4. Weta	URS	3.48.46
5. Brand	FRG	3.49.57
6. Williams	GBR	3.50.04
7. Boccara	FRA	3.50.44
8. Stepanenko	URS	3.54.05
9. Kvillum	NOR	3.54.46

C1 MEN 1000m.

1. Ljubek	YUG	4.06.04
2. Lisejtschikov	URS	4.07.02
3. Eicke	FRG	4.07.05
4. Zarjonok	URS	4.11.53
5. Hoyer	FRA	4.11.99
6. Dopierala	POL	4.12.77
7. Jakubowski	POL	4.14.34
8. Kyoto	JPN	4.15.83
9. Backlund	SWE	4.17.81

K1 WOMEN 500m.

1. Filonitsch	URS	2.00.62
2. Waitkjabitschute	URS	2.02.82
3. Andersson	SWE	2.03.33
4. Wiberg	SWE	2.05.22
5. Blencowe	AUS	2.05.36
6. Smither	GBR	2.06.38
7. SchUttpelz	FRG	2.06.40
8. Kuppens	BEL	2.06.54
9. Knopf	FRA	2.06.60

K2 1 000m MEN

1 MERK/WELNA	POL	3.22.25
2. PARFENOVICH/SUPERATA	URS	3.22.45
3. MENENDEZ/RAMOS	ESP	3.25.21
4. HARTL/BACHMEYER	AUT	3.25.57
5. MACHLER/HESSEL	FRG	3.25.85
6. GILJE/KALLEKLEV	NOR	3.27.97
7. ASTAPAKOVITSCH/ ROMANOVSKI	URS	3.28.11
8. BALLARD/ROBSON	GBR	3.29.52
9. SHERRIFF/SMITH	GBR	3.30.51

C2 MEN 1 000m

1. MURADOSILOV/TSCHJAKAITIS	URS	3.52.16
2. WISLA/LBIK	POL	3.58.03
3. COBZARENCO/CORNEECO	RUM	4.02.77
4. MAGAZ/SUAREZ	ESP	4.05.14
5. RENAUD/LAMBERT	FRA	4.06.26
6. KUHN/EBHARDT	FRG	4.08.59
7. AUBERT/DEBOVE	FRA	4.10.04
8. TRAIN/TRAIN	GBR	4.11.10

K2 WOMEN 500m

1. LJULITE/MELINKOWA	URS	1.49.29
2. WAITKJAWITSCHUTE/ FILONITSCH	URS	1.50.10
3. OLSSON/ANDERSSON	SWE	1.51.79
4. KARLSSON/WIBERG	SWE	1.52.39
5. THYS/SEUTENS	BEL	1.54.55

K4 MEN 1000m

1. KOLOKLOV/BARANOV/ KOLISH/ERMILOV	URS	3.05.10
2. TIMOSCHIN/WODOWATOW/ KRIWOSCHEEV/GAIDAMAKA	URS	3.07.66
3. SUNDQUIST/ANDERSSON/ JOHANNSSON/HANNSSON	SWE	3.08.17
4. SZCZEPANSKI/OLZEWSKI/ KRZYANSKI/SWIERCZYNSKI	POL	3.09.01
5. BOCCARA/LEFOULON/ BAROUGH/BERAND	FRA	3.09.82
6. SEACK/FLUNKER/RENNER/ KEGEL	FRG	3.12.40
7. WILLIAMS/SHERIFF/ CANHAM/BROWN	GBR	3.13.58
8. OBORSKI/KLIMASZEWSKI/ SZUBSKI/JAMROSINSKI	POL	3.14.43
9. REYES/HUEVA/HUEVA/ LOPEZ	ESP	3.15.12

K1. 500m MEN

1. PARFENOWITSCH	URS	1.45.42
2. WETA	URS	1.46.49
3. SHERRIFF	GBR	1.47.38
4. RASMUSSEN	NOR	1.48.23
5. MERK	POL	1.48.66
6. MEIER	FRG	1.50.27
7. WELNA	POL	1.50.37
8. THOMPSON	NZL	1.51.15
9. BOURNE	GBR	2.02.47

C1. 500m MEN

1. LISEJTSCHIKOV	URS	1.57.45
2. EICKE	FRG	1.58.03
3. PASTRECHIN	URS	1.59.77
4. JAKUBOWSKI	POL	2.00.07
5. DOPIERALA	POL	2.02.31
6. KYOTO	JPN	2.03.11
7. CAPUSTA	ROM	2.04.45
8. BACKLUND	SWE	2.04.64
9. ROZANSKI	NOR	2.04.88

K4 500m WOMEN

1. FOLINITSCH/NEDWIGA/ WAITKJAWITSCHUTE/ SCHIPULINA	URS	1.40.28
2. OLSSON/ANDERSSON/ WIBERG/KARLSSON	SWE	1.40.71
3. VOICU/POPOV/WOJTASZEK/ WYSOCKA	ROM/POL	1.44.26
4. KNOPF/MAGNIER/ LECLERC/OLSSON	FRA/SWE	1.44.42
5. BLENCOWE/STAD/ HITTINGER/BRUNSING	AUS/HOL/ HOL/FRG.	1.45.94
6. SCHUTTPELZ/EICHIN/ JURGENSEN/REH.	FRG	1.46.22
7. RASMUSSEN/BLICHFELD/ OFSTAD/GJORVAD	NOR	1.47.73
8. KUPPENS/BERNS/ SEUTENS/THYS	BEL	1.48.96
9. WETHERALL/PERRETT/ CROWLEY/CLOUGH.	GBR	1.49.19

K2. 500 MEN

1. PARFENOWITSCH/SUPERATA	URS	1.36.18
2. MERK/WELNA	POL	1.36.77
3. HARTL /BACHMAYER	AUT	1.37.74
4. AKUNITSCHNIKOV/EROKIN	URS	1.39.08
5. MENENDEZ/RAMOS	ESP	1.39.25
6. BREGEON/VAVASSEUR	FRA	1.39.54
7. WEST/ROBSON	GBR	1.40.44
8. BROECKX/ALDERS	BEL	1.41.72
9. LUCA/KOVACS	ROM	1.42.54

C2 500m MEN

1. MURADOSILOV/ TSCHJAKAITIS	URS	1.46.05
2. WISLA/LBIK	POL	1.46.55
3. COBZARENCO/CORNEENCO	ROM	1.52.12
4. RENAUD LAMBERT	FRA	1.53.93
5. SUAREZ/MAGAZ	ESP	1.54.16
6. BERTIN/AUBERT	FRA	1.55.23
7. MANTHEY/LAUERMANN	FRG	1.56.53
8. TRAIN/TRAIN	GBR	1.58.92

K4 500m MEN

1. KOLISCH/BARANOV/ KOLOKLOV/ERMILOV	URS	1.29.23
2. KRIWOSCHEEV/GAIDANAKA/ TIMOSCHIN/WODOWATOW.	URS	1.29.83
3. SCHMIDT/HUPPERTZ/ BLACHA/SCHOLL	FRG	1.30.76
4. SZCZEPANSKI/OLSZEWSKI/ KRZYANSKI/SWIERCZYNSKI	POL	1.30.94
5. OBORSKI/KLIMASZEWSKI/ SZUBSKI/JAMROSINSKI	POL	1.32.09
6. SHERRIFF/WEST/BOURNE/ HANCOCK	GBR	1.32.89
7. REYES/HUEVA/HUEVA' LOPEZ	ESP	1.33.96
8. IGNAT/SPAC/NICOLAE/ FRIGIOU.	ROM	1.34.14
9. KENNY/WOODEN/WOODEN/ MARTIN.	AUS	1.34.86

C2 10,000 M. MEN

1. MURADOILOV/TSCHJAKAITIS	URS	43.59.44
2. COBZARENCO/CORNEENCO	ROM	44.18.04
3. KUHN/EBHARDT	FRG	44.25.49
4. MAGAZ/SUAREZ	ESP	46.05.53
5. HOYER/DEBOVE	FRA	46.10.37
6. TRAIN/TRAIN	GBR	46.46.59
7. LAMBERT/RENAU	FRA	

K1 10,000 m MEN

1. SMITH	GRB	44.06.91
2. WILLIAMS	GBR	44.16.72
3. STEPANENKO	URS	44.32.52
4. LEBBINK	HOL	45.02.64
5. LEFOULON	FRA	45.25.05
6. BOCCARA	FRA	45.57.31
7. RITTER	FRG	46.04.46
8. RASMUSSEN	NOR	46.08.00
9. HANSENS	BEL	46.11.23
10. BAIJENS	HOL	

C1. 10,000m MEN

1. LIMINOWITSCH	URS	47.55.01
2. LJUBEK	YUG	48.01.27
3. BACKLUND	SWE	48.49.68
4. DOPIERALA	POL	49.15.41
5. KYOTO	JPN	49.21.43
6. JAKUBOWSKI	POL	50.28.46
7. WIESE	FRG	50.34.82
8. AUBERT	FRA	50.53.39
9. GOHAR	GBR	51.05.28
10. REICHENSTEIN	GBR	

K4. 10,000m MEN

1. OBORSKI/KLIMASZEWSKI/ SZUBSKI/JAMROSINSKI	POL	36.18.26
2. SEACK/FLUNKER/RENNER/ KEGEL	FRG	36.23.89
3. AMUNDSEN/KVILLUM/GRAN/ OSTBY.	NOR	36.25.90
4. SUNDQUIST/ANDERSSON/ JOHANSSON/HANSSON	SWE	36.32.12
5. SZCZEPANSKI/OLSZEWSKI/ KRZYANSKI/SWIERCZYNSKI	POL	37.05.41
6. BAROUH/JULIEN/LEGRAS/ LEROY	FRA	37.10.51
7. KRIWOSCHEEV/GAIDAMAKA/ TIMOSCHIN/WODOWATOW	URS	37.48.77
8. DOAK/DOAK/MARTIN/WOODEN.	AUS	37.53.57
9. ALEGRE/REYES/HUEVA/LOPEZ	ESP	38.31.20
10. DE LEEDE/TOIRKENS/VAL LAARHOVEN/HEUSEN	HOL	39.24.72

K2. 10,000m MEN

1. ASTAPKOWITSCH/ROMANOWSKIJ	URS	40.09.72
2. BALLARD/ROBSON	GBR	40.16.61
3. MACHLER/HESSSEL	FRG	40.20.40
4. BROECKX/STINCKENS	BEL	40.31.73
5. CANHAM/BROWN	GBR	40.43.52
6. MENENDEZ/RAMOS	ESP	41.01.23
7. BREGEON/VAVASSEUR	FRA	41.02.00
8. GILJE/KALLEKLEV	NOR	41.24.92
9. SLETSJOE/NICOLAISEN	NOR	41.42.23
10. DUNCAN/ADAMS	NZL	41.46.91
11. WOODEN/KENNY	AUS	42.19.36
12. KOFFI/ADONGON	CIF	44.39.22

Classification by points of the nations -KAYAK-WOMEN

1. URS.....	46 POINTS.	6. NOR.....	6
2. SWE.....	34 "	7. AUS.....	5
3. FRG.....	12 "	8. FRA	4
3. BEL.....	12 "	8. ROM.....	4
5. GRB.....	8 "	10. POL.....	1

Classification by points of the nations Men

1. USSR.....	109 Points.
2. GBR..	63 "
3. POAND.....	60 "
4. W.GERMANY.	44 "
5. NORWAY....	34 "
6. FRANCE....	30 "
7. SPAIN	21 "
8. AUSTRIA...	13 "
8. SWEDEN....	13 "
10. BELGIUM...	10 "
11. NEW ZEALAND	8 "
12. AUSTRALIA..	3 "
12. RUM(B'TEAM).	3 "
14. NETHERLANDS.	1 "

CANCELLED REGATTA

WHAT HAPPENED TO THE 5 NATIONS MATCH 1981?

The 5-Nations match began to take place several years ago, initially as a four-Nations Match between Holland, France, Belgium and Great Britain, West Germany joining in two years later. The event has already been staged in France, Great Britain and Belgium and was due to be held in Holland this year.

Although information was rather late reaching us we had every intention of sending a full team. Our entry had already been telephoned to the organisers, when we learnt from the team returning from Gent, that the Germans had withdrawn from the Match. As a result the French had also decided not to go. A further telephone call to the organisers confirmed the withdrawal of both French and German Teams.

What were we to do? We had already raced the Dutch and Belgian teams at Bosbaan and Gent very recently, and it was hardly worth another trip abroad to do the same again, especially as we could ill-afford it. There was really no incentive for us to go either. Reluctantly we made a third phone call - and withdrew.

This left the Dutch with no match to organise, embarrassing and probably a financial disaster. They will certainly think twice before taking the event on again, and the future of the Five Nations Match as an annual event, is obviously very much in doubt. All because one nation withdrew.

Surely, having agreed that the event should be held annually, each one of the five countries has an obligation to take part, and should not feel at liberty to let other participants down.

The cancellation of entries at the last minute also appears to have been a considerable problem at Duisberg. Perhaps it is a problem with which the ICF should deal before the matter gets too far out of hand.

DI LAWLER

STOP PRESS-STOP PRESS

The results of the anti-doping control carried out at the July Regatta at the N.W.S.C. showed all clear for all ten competitors tested.

Samples were tested for steroids and other substances.

WESTEL

TWO COUNTIES RELAY RACE

SATURDAY, 19 SEPTEMBER 1981

START FLEET - BASINGSTOKE AND WEY NAVIGATIONS - FINISH GODALMING

EACH CLUB TEAM TO CONSIST OF EITHER SEVEN OR EIGHT MEMBERS

WASSA PERPETUAL TROPHY FOR FASTEST TEAM TAKING THE CANOE THROUGH
WESTEL PERPETUAL TROPHY FOR FASTEST TEAM WITH RUNNER
PRIZE FOR FASTEST TEAM USING TOURING BOATS
INDIVIDUAL PLAQUES FOR TEAM MEMBERS
TEAM PRIZES TO SIXTH PLACE

Course: FIRST STAGE - 12 miles - Fleet to Curzon Bridge Deepcut
Two seater canoe - 1 lady, 1 junior

SECOND STAGE - 10 miles - Curzon Bridge to Sheerwater
Two seater canoe - any crew of 2
OR 1 runner without canoe

THIRD STAGE - 8 miles - Sheerwater to Send
Two single seaters - 1 senior, 1 junior

FOURTH STAGE - 11 miles - Send to Godalming
Two single seaters - 1 senior, 1 lady

Full details and entries
SAE please

Jeff Simmons
52 Ashgrove Road
Ashford
Middx TW15 1PJ
Telephone: Ashford (Middx) 55085

CLOSING DATE FOR ENTRIES SATURDAY, 12 SEPTEMBER 1981

ENTRY FEE £1 PER TEAM MEMBER

WHAT'S ON

DIARY OF EVENTS

JULY

11/12 HPP REGATTA (RESTRICTED ENTRY)	3.7.81	(224)
12. Exe Circuit	B.	(192)
18. Richmond K2	B(S)11.7.81	(99)
19. Tewkesbury-Twyning		(64)
25. Royal K1	B(S)18.7.81	(74)
26. Beccles-Bungay	B 20.7.81	(216)
26. 2 Counties Devon/Cornwall	B	

30-2 AUGUST WORLD SPRINT RACING CHAMPIONSHIPS HPP NWSC

AUGUST

8. SELLA DESCENT (GP) SPAIN		
8/9. COMMONWEALTH REGATTA		(225)
BRITISH K1 10,3 & 6000m NAT CHAMPS		
9. Norwich Scouts.	A 2.8.81	(66)
11. 15/16 HPP REGATTA 7/8/81		(183)
16. CARES DEVA INTERNATIONAL SPAIN		
22. N.W.Region Regatta Sale Water		(188)
Park - (Limited Programme)		
22. Tail O' The Bank		(205)
23. Lichfield	A.S.18.8.81	(108)
23. Tidal Thames	B	(38)
29/30 Executive Committee Stage		(10)
Marathon.		
29. Irvine Regatta		(214)
30. Irvine Marathon		(214)

SEPTEMBER

5. Eastern Region Regatta		(145)
Peterborough.		
5/6 River Tay.	2.9.81	(112)
6. Eastern Region-Championships		(145)
Peterborough.		
12. LIFFEY DESCENT IRELAND		
12/13 HPP REGATTA 4/9/81		(224)
13. Arun Scouts.		(128)
19/20 GUDENA (GP) DENMARK		
19/20 Cardiff Regatta		(189)
20. Willenhall	13.9.81	(179)
20. Pangbourne	12.9.81.	(103)
27. Wey	19.9.81	(60)
27. Kirkcaldy Regatta (Loch Ore)		(39)

OCTOBER

3. Sheffield Canal	1.10.81	(150)
3 or 4 River Leven		(39)
4. Longridge	30.9.81	(54)
10. Truro-R.Fal.	4.10.81	(102)
(S.W.Region K2 champs)		
11. Avon Descent	4.10.81	(30)
11. Tonbridge.	3,10.81	(25)
11. Scottish K1 10,000m Champs		(39)
Strathclyde.		
18. Sidcup.	7.10.81	(195)
18. Huntingdon	12.10.81	(227)
18. Wolfreton School.	10.10.81	(48)
18. 3 Bridges-Perth.		(206)
25. NATIONAL CHAMPIONSHIPS	11.10.81	(146)
SEN K1 JUN K2 LAD K2 Reading		
24. 1st Lewes Scouts	18.10.81	(233)

NOVEMBER

1. Shrewsbury	25.10.81	T.B.A.
8. Cambridge	1.11.81	(175)
8. Wye Descent		(165)
8. Plymouth Sound		(153)
15.Exe Descent	30.10.81	(142)

For addresses see Racing Year Book Directory of
Addresses Pages 9-12.

REGISTRATIONS

LIST OF PADDLERS REGISTERED AT THE JUNE REGATTA AT HOLME
PIERREPONT.

REG.NO	NAME	CLUB	REG.NO	NAME	CLUB
1051	J.Fryers	ADL	1108	M.Timbrell	SAS
1052	J.Bennett	HER	1109	M.Elton	SAS
1053	A.Claydon	BU	1110	S.Bird	WOL
1054	N.Underwood	SUN	1111	S.White	WOL
1055	N.Martin	SUN	1112	A.Pennick	WOL
1056	C.Smith	WEY	1113	P.White	WOL
1057	I.Evans	WEY	1114	M.Trevett	SAS
1058	T.Martin	BWL	1115	J.Boundy	SAS
1059	J.Healy	NOR	1116	T.Marriott	LAN
1060	M.Nielsen	FLA	1117	G.Marriott	LAN
1061	H.Nielsen	FLA	1118	M.Scott	LAN
1062	J.Giles	FLA	1119	I.Pringle	ICV
1063	R.Giles	FLA	1120	P.Connor	ICV
1064	M.Giles	FLA	1121	D.Lowe	ICV
1065	S.Russell	AYL	1122	T.Macmahon	ICV
1066	B.Smith	AYL	1123	G.Kelly	ICV
1067	J.Parsloe	FLA	1124	S.Macrab	ICV
1068	M.Parsloe	FLA	1125	A.Bryce	ICV
1069	M.P.Parsloe	FLA	1126	C.Mcmullen	ICV
1070	A.Barkway	NOR	1127	W.Deacon	ICV
1071	L.Ellis	FLA	1128	T.Green	ICV
1072	A.Ellis	FLA	1129	R.McMullen	ICV
1073	R.Ellis	FLA	1130	W.Duke	ICV
1074	E.Hodgkinson	FLA	1131	N.Potterton	ICV
1075	K.Hodgkinson	FLA	1132	J.Douse	ICV
1076	J.Hodgkinson	FLA	1134	D.Brevitt	FLA
1077	D.Hodgkinson	FLA	1135	A.Cockerton	LEA
1078	N.Hadwen	HUL	1136	S.Newbold	LAN
1079	J.Little	IRV	1137	N.Bills	LAN
1080	C.Lundlack	TON	1138	M.Wakefield	LAN
1081	P.Jones	FLA	1139	N.Tilt	FLA
1082	C.Jones	FLA	1140	J.Tilt	FLA
1083	S.Jones	FLA	1141	C.J.Jones	FLA
1084	M.Jones	FLA	1142	C.Showell	FLA
1085	A.Neve	WOL	1143	A.Showell	FLA
1086	P.Steel	NOT	1144	N.Redmond	FLA
1087	M.Brooks	NOT	1145	K.Reed	FLA
1088	M.Knight	NOT	1146	J.Beach	FLA
1089	M.Roberts	NOT	1147	R.Byrd	FLA
1090	C.Hartlett	NOT	1148	E.Brevitt	FLA
1091	A.Brooks	NOT	1149	L.Wild	FLA
1092	P.Gent	NOT	1150	R.Wild	FLA
1093	A.Birch	NOT	1151	T.McQueens	HER
1094	M.Smith	NOT	1152	S.Tucker	HKC
1095	E.Newitt	NOT	1153	A.Heath	ACU
1096	K.Sawyer	HKC	1154	M.O'Brien	KIR
1097	M.Gent	NOT	1155	P.O'Brien	KIR
1098	A.Smith	NOT	1156	N.McLachlan	RLS
1099	N.Fay	WOR	1157	A.Nisbett	TON
1100	A.Hobkirk	WOR	1158	L.Glass	RLP
1101	P.Savage	PRE	1159	M.Coatham	RLP
1102	M.Young	BSF	1160	P.Collie	NEW
1103	L.Griffiths	FLA	1162	P.Redmond	FLA
1104	J.Charles	LIC			
1105	H.Sturgess	PRB			
1106	J.Carr	WOL			
1107	M.Bounsall	SAS			

ADDITIONAL REGISTERED RACING COLOURS

SAWBRIDGE WORTH CC - Maroon shirt with 2" Yellow diagonal stripe from right shoulder on front. On back 2" letters in YELLOW S.K.A.

SUNDERLAND POLYTECHNIC

- Red shirt with large White Club logo on front.

NORTHAMPTON CC

- Black Shirt with Orange diagonal stripe from left shoulder front and back.

AYLESBURY CC.

- Red shirt with large Black club logo on front.

ADLINGTON CC

- Red shirt Yellow horizontal stripe.

BEWL BRIDGE

- Light blue shirt with club logo on front and BEWL BRIDGE in black on back

XVITH WORLD CANOE & KAYAK RACING CHAMPIONSHIPS

NUMERATIVE ENTRIES BY COUNTRY



COUNTRY	EVENTS																	
	MEN K1			MEN K2			MEN K4			MEN C1			MEN C2			WOMEN K1	WOMEN K2	WOMEN K4
	500	1000	10000	500	1000	10000	500	1000	10000	500	1000	10000	500	1000	10000	500	500	500
AUSTRALIA	1	1	1	1	1	1	1	1	1							1	1	1
AUSTRIA	1	1		1	1													
BELGIUM	1	1	1	1	1	1	1	1	1							1	1	1
BULGARIA	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
CANADA	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
CHINA PEO REP	1	1	1							1	1	1	1	1	1	1	1	
CUBA	1	1		1	1	1	1	1										
CZECHOSLOVAKIA	1	1	1	1	1	1		1		1	1	1	1	1	1	1		
DENMARK	1	1	1	1	1	1	1	1		1	1	1	1	1	1		1	
FINLAND	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
FRANCE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
GERMANY DEM REP	1	1		1	1	1	1	1		1	1		1	1		1	1	1
GERMANY FED REP	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
GREAT BRITAIN	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
HONG KONG	1	1		1	1	1	1			1					1	1		
HUNGARY	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
IRELAND	1	1	1	1	1	1	1	1	1							1		
ITALY	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
IVOPY COAST		1	1		1	1			1									
ISRAEL	1	1																
JAPAN	1	1	1	1	1	1				1	1	1	1	1	1	1	1	
LUXEMBOURG	1	1																
NETHERLANDS	1	1	1	1	1	1	1	1	1						1	1	1	
NEW ZEALAND	1	1	1	1	1	1	1	1										
NORWAY	1	1	1	1	1	1	1	1	1	1	1				1	1	1	1
POLAND	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
PORTUGAL	1	1	1	1	1	1	1	1	1									
RUMANIA	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
SOVIET UNION	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
SPAIN	1	1	1	1	1	1	1	1	1	1	1	1	1	1				
SWEDEN	1	1	1	1	1	1	1	1	1	1	1	1			1	1	1	1
SWITZERLAND	1	1	1	1	1	1												
UNITED STATES	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
YUGOSLAVIA	1	1	1	1	1			1	1	1	1	1						
TOTAL ENTRIES	33	34	27	30	31	28	25	26	22	22	21	19	18	18	17	23	22	17

THIS IS THE NUMERATIVE ENTRY.
THE ACTUAL ENTRIES MAY BE
SMALLER. THIS IS THE LARGEST
EVER WORLD CHAMPIONSHIPS WITH
34 COUNTRIS COMPETING.

HOLME PIERREPONT RECORD TIMES

INTERNATIONAL

ALL COMERS

DOMESTIC

DISTANCE	CREW	NAT	TIME	DATE
K1. 500m	H. Menendez	Spain	1.47.16	9.7.77
K2. 500m	V.Parfinovitch	USSR	Joint	
	V.Romanovsky/ S.Nagorny	USSR	1.36.02	9.7.77
K4. 500m	V.Vorobyov/ N.Astapkovitch/ V.Romanovsky/ S.Nagorny	USSR	1.26.71	17.6.78
C1. 500m	Z. Soroka	USSR	1.58.43	9.7.77
C2. 500m	J.Wood/ G.Smith	CAN	1.44.91	9.7.77
K1. 1000m	H.Menendez	Spain	3.45.62	18.6.78
K2. 1000m	Z.Bako/I.Szabo	Hung	3.25.47	10.7.77
K4. 1000m	Menendez/ Cellorio/ Diaz-Flor/ Misione	Spain	3.03.81	18.6.78
C1. 1000m	S.Antipov	USSR	4.01.28	10.7.77
C2. 100m	Buday/Frey	Hung	3.42.00	18.6.78
K1.10,000m	N.Stephanenko	USSR	44.41.23	23.6.79
K2.10,000m	V.Morozov/ Avdeyev	USSR	40.07.60	18.6.78
K4.10,000m	Klimaszewsky/ Lepianka/ Torzecki/ Szubski	POL	36.59.99	24.6.79
C1.10,000m	D.Csepai	Hung	48.49.93	23.6.79
C2.10,000m	Pieperbeck/ Pieperbeck	FRG	41.50.37	22.6.80*
WOMEN				
K1. 500m	G.Dittmar	DDR	1.58.15.	9.7.77
K2. 500m	Fischer/ Rosiger	DDR	1.45.98	10.7.77
K4. 500m	Dodge/Guay/ Holloway/ Lukanovitch	CAN	1.40.96	17.6.78

CREW	CLUB	TIME	DATE
A.Sheriff	WEY	1.48.09	21.6.81*
C.Canham/S.Brown	OTS	1.38.01	21.6.81*
A.Williams/ B.Haynes/ A.Alan-Williams/ J.Oliver	OTS	1.29.17	15.8.76
W.Reichenstein	IRV	2.03.89.	21.6.81*
W.Reichenstein/ M.Bradford	OTS	1.57.04	9.7.77
D.Parnham	RIC	3.48.96	9.7.77
K.Smith/A.Sheriff	OTS	3.32.71	20.6.81*
Brown/Mason/ Harding/ Alan-Williams	OTS	3.13.38	20.6.75
W.Reichenstein	IRV	4.23.51	20.6.75
S.Train/ A.Saunders	FLA	4.06.85	25.5.80
A.Williams	ROY	44.45.23	23.6.79
Greenham/ Cornish	RLP/ RIC	40.39.00	18.6.78
Bailard/Robson/ Duncan/Hancock	ROY	37.54.78	24.6.79
S. Train	FLA	53.20.72	23.6.79
Train/Saunders	FLA	44.46.11	22.6.80
F.Wetherall	RIC	2.02.80	27.4.80
Peacock/Perrett	WWR	1.54.83	18.6.78
Wetherall/ Smither/ Perrett/Money	OTS	1.43.88	17.6.78

* New Record.

WORLD CHAMPIONSHIPS/OLYMPIC GAMES TIMES 1933 - 1980

			C1 1000	C1 10,000	C2 1,000	C2 10,000	K1 1,000	K1 10,000
EC	1933	PRAGUE	5.37	-	4.53	-	4.35	-
EC	1934	COPENHAGEN	6.26	-	5.28	-	5.07	46.16
WC	1938	VAXHOLM	6.45	-	5.47	52.38	5.03	46.42
OG	1948	HENLEY	5.42	62.05	5.07	55.55	4.33	50.47
WC	1950	COPENHAGEN	5.19	60.33	4.56	54.22	4.18	47.10
OG	1952	HELSINKI	4.56	57.41	4.38	54.08	4.07	47.22
WC	1954	MACON	5.12	56.50	4.51	53.14	4.23	48.14
OG	1956	MELBOURNE	5.05	56.41	4.47	54.02	4.12	47.43
EC	1957	GENT	4.49	65.13	4.25	59.19	3.57	46.02
WC	1958	PRAGUE	4.33	52.15	4.27	49.45	3.51	46.58
EC	1959	DUISBERG	4.54	53.23	4.51	50.14	4.10	45.03
OG	1960	ROME	4.33	-	4.17	-	3.53	-
EC	1961	POZNAN	4.36	53.14	4.05	47.42	4.12	46.03
WC	1963	JAICE	4.33	52.13	5.02	46.33	3.56	45.18
OG	1964	TOKYO	4.35	-	4.04	-	3.47	-
EC	1965	SNAGOW	4.21	52.53	3.59	52.58	3.51	47.07
WC	1966	BERLIN	4.29	50.39	4.10	46.09	3.59	45.28
OG	1968	MEXICO	4.36	-	4.07	-	4.02	-
EC	1969	MOSCOW	4.23	50.10	3.57	45.46	4.02	44.37
WC	1970	COPENHAGEN	4.05	50.03	3.42	45.30	3.41	44.21
WC	1971	BELGRADE	4.12	49.22	3.46	44.30	3.46	44.37
OG	1972	MUNICH	4.08	-	3.52	-	3.48	-
WC	1973	TAMPERE	4.25	48.43	3.49	45.01	3.51	45.17
WC	1974	MEXICO	-	-	4.02	47.12	4.03	47.02
WC	1975	BELGRADE	4.07	45.33	3.49	42.34	3.43	42.12
OG	1976	MONTREAL	4.09	-	3.52	-	3.48	-
WC	1977	SOFIA	4.12	46.31	3.46	42.56	3.53	43.30
WC	1978	BELGRADE	4.05	47.03	3.46	42.53	3.49	44.34
WC	1979	DUISBERG	4.22	49.08	3.54	45.53	3.58	46.01
OG	1980	MOSCOW	4.12	-	3.48	-	3.49	-

EC = EUROPEAN CHAMPS. WC= WORLD CHAMPS. OG = OLYMPIC GAMES (REPRINTED FROM KANOT, SWEDEN)

WORLD CHAMPIONSHIP TIMETABLE OF EVENTS

BASED ON THE NUMERATIVE ENTRIES (MAY ALTER SLIGHTLY)

THURSDAY 30TH JULY 1981.

HEATS

RACE	TIME	EVENT
1.	0930	MEN K1 1 000m HEAT 1
2	0940	MEN K1 1 000m HEAT 2
3	0950	MEN K1 1 000m HEAT 3
4	1000	MEN K1 1 000m HEAT 4
5	1010	MEN C1 1 000m HEAT 1
6	1020	MEN C1 1 000m HEAT 2
7	1030	MEN C1 1 000m HEAT 3
8	1040	WOMEN K1 500m HEAT 1
9	1045	WOMEN K1 500m HEAT 2
10	1050	WOMEN K1 500m HEAT 3
11	1100	MEN K2 1 000m HEAT 1
12	1110	MEN K2 1 000m HEAT 2
13	1120	MEN K2 1 000m HEAT 3
14	1130	MEN K2 1 000m HEAT 4
15	1140	MEN C2 1 000m HEAT 1
16	1150	MEN C2 1 000m HEAT 2
17	1200	MEN C2 1 000m HEAT 3
18	1210	WOMEN K2 500m HEAT 1
19	1215	WOMEN K2 500m HEAT 2
20	1220	WOMEN K2 500m HEAT 3
21	1230	MEN K4 1 000m HEAT 1
22	1240	MEN K4 1 000m HEAT 2
23	1250	MEN K4 1 000m HEAT 3

1300 The Drawing of Lots.

REPECHAGES

24	1500	MEN K1 1 000m REPECHAGE 1
25	1510	MEN K1 1 000m REPECHAGE 2
26	1520	MEN K1 1 000m REPECHAGE 3
27	1530	MEN C1 1 000m REPECHAGE 1
28	1540	MEN C1 1 000m REPECHAGE 2
29	1600	WOMEN K1 500m REPECHAGE 1
30	1610	WOMEN K1 500m REPECHAGE 2
31	1620	MEN K2 1 000m REPECHAGE 1
32	1630	MEN K2 1 000m REPECHAGE 2
33	1640	MEN K2 1 000m REPECHAGE 3
34	1650	MEN C2 1 000m REPECHAGE 1
35	1700	MEN C2 1 000m REPECHAGE 2
36	1710	WOMEN K2 500m REPECHAGE 1
37	1720	WOMEN K2 500m REPECHAGE 2
38	1730	MEN K4 1 000m REPECHAGE 1
39	1740	MEN K4 1 000m REPECHAGE 2

1800 The Drawing of Lots.

FRIDAY 31ST JULY 1981

HEATS

RACE	TIME	EVENT
40	0930	MEN K1 500m HEAT 1
41	0940	MEN K1 500m HEAT 2
42	0950	MEN K1 500m HEAT 3
43	1000	MEN K1 500m HEAT 4
44	1010	MEN C1 500m HEAT 1
45	1020	MEN C1 500m HEAT 2
46	1030	MEN C1 500m HEAT 3
47	1040	WOMEN K4 500m HEAT 1
48	1050	WOMEN K4 500m HEAT 2
49	1100	MEN K2 500m HEAT 1
50	1110	MEN K2 500m HEAT 2
51	1120	MEN K2 500m HEAT 3
52	1130	MEN K2 500m HEAT 4

53	1140	MEN C2 500m HEAT 1
54	1150	MEN C2 500m HEAT 2
55	1200	MEN C2 500m HEAT 3

56	1210	MEN K4 500m HEAT 1
57	1220	MEN K4 500m HEAT 2
58	1230	MEN K4 500m HEAT 3

1240 The Drawing of Lots.

REPECHAGES

59	1500	MEN K1 500m REPECHAGE 1
60	1510	MEN K1 500m REPECHAGE 2
61	1520	MEN K1 500m REPECHAGE 3
62	1530	MEN C1 500m REPECHAGE 1
63	1540	MEN C1 500m REPECHAGE 2
64	1550	WOMEN K4 500m REPECHAGE 1
65	1600	WOMEN K4 500m REPECHAGE 2
66	1610	MEN K2 500m REPECHAGE 1
67	1620	MEN K2 500m REPECHAGE 2
68	1630	MEN K2 500m REPECHAGE 3
69	1640	MEN C2 500m REPECHAGE 1
70	1650	MEN C2 500m REPECHAGE 2
71	1700	MEN K4 500m REPECHAGE 1
72	1710	MEN K4 500m REPECHAGE 2

1730 The Drawing of Lots.

SATURDAY 1ST AUGUST 1981.

SEMI-FINALS

RACE	TIME	EVENT
73	0930	MEN K1 1 000m SEMI-FINAL 1
74	0940	MEN K1 1 000m SEMI-FINAL 2
75	0950	MEN K1 1 000m SEMI-FINAL 3
76	1000	MEN C1 1 000m SEMI-FINAL 1
77	1010	MEN C1 1 000m SEMI-FINAL 2
78	1020	MEN C1 1 000m SEMI-FINAL 3
79	1030	WOMEN K1 500m SEMI-FINAL 1
80	1035	WOMEN K1 500m SEMI-FINAL 2
81	1040	WOMEN K1 500m SEMI-FINAL 3
82	1050	MEN K2 1 000m SEMI-FINAL 1
83	1100	MEN K2 1 000m SEMI-FINAL 2
84	1110	MEN K2 1 000m SEMI-FINAL 3
85	1120	MEN C2 1 000m SEMI-FINAL 1
86	1130	MEN C2 1 000m SEMI-FINAL 2
87	1140	MEN C2 1 000m SEMI-FINAL 3
88	1150	WOMEN K2 500m SEMI-FINAL 1
89	1155	WOMEN K2 500m SEMI-FINAL 2
90	1200	WOMEN K2 500m SEMI-FINAL 3

91	1210	MEN K4 1 000m SEMI-FINAL 1
92	1220	MEN K4 1 000m SEMI-FINAL 2
93	1230	MEN K4 1 000m SEMI-FINAL 3

1240 The Drawing of Lots.

FINALS

94	1500	MEN K1 1 000m FINAL
95	1520	MEN C1 1 000m FINAL
96	1540	WOMEN K1 500m FINAL
97	1600	MEN K2 1 000m FINAL
98	1620	MEN C2 1 000m FINAL
99	1640	WOMEN K2 1 000m FINAL
100	1700	MEN K4 1 000m FINAL

SUNDAY 2ND AUGUST 1981

SEMI-FINALS.

RACE	TIME	EVENT			
101	0930	MEN	K1	500m SEMI-FINAL 1	
102	0935	MEN	K1	500m SEMI-FINAL 2	
103	0940	MEN	K1	500m SEMI-FINAL 3	
104	0950	MEN	C1	500m SEMI-FINAL 1	
105	0955	MEN	C1	500m SEMI-FINAL 2	
106	1000	MEN	C1	500m SEMI-FINAL 3	
107	1010	WOMEN	K4	500m SEMI-FINAL 1	
108	1015	WOMEN	K4	500m SEMI-FINAL 2	
109	1020	WOMEN	K4	500m SEMI-FINAL 3	
110	1030	MEN	K2	500m SEMI-FINAL 1	
111	1035	MEN	K2	500m SEMI-FINAL 2	
112	1040	MEN	K2	500m SEMI-FINAL 3	
113	1050	MEN	C2	500m SEMI-FINAL 1	
114	1055	MEN	C2	500m SEMI-FINAL 2	
115	1100	MEN	C2	500m SEMI-FINAL 3	
116	1110	MEN	K4	500m SEMI-FINAL 1	
117	1115	MEN	K4	500m SEMI-FINAL 2	
118	1120	MEN	K4	500m SEMI-FINAL 3	
1130	The Drawing of Lots.				

FINALS

119	1200	MEN	K4	10 000m	FINAL
120	1400	MEN	K4	500m	FINAL
121	1420	MEN	C1	500m	FINAL
122	1440	WOMEN	K4	500m	FINAL
123	1500	MEN	K2	500m	FINAL
124	1520	MEN	C2	500m	FINAL
125	1540	MEN	K4	500m	FINAL
126	1610	MEN	C2	10 000m	FINAL
127	1615	MEN	C1	10 000m	FINAL
128	1710	MEN	K2	10 000m	FINAL
129	1715	MEN	K1	10 000m	FINAL

1830 CLOSING CEREMONY

WORLD CHAMPIONSHIPS BRITISH TEAM ENTRIES

MENS KAYAKS

K1	500m	A.SHERIFF
K1	1000m	K.SMITH
K2	500m	BOURNE/WEST
K2	1000m	BALLARD/ROBSON
K4	500m	SHERIFF/WEST/HANCOCK/BOURNE
K4	1000m	BROWN/WILLIAMS/SHERIFF/CANHAM
K1	10,000m	K.SMITH
K2	10,000m	BALLARD/ROBSON
K4	10,000m	WILLIAMS/CANHAM/BROWN/JACKSON

WOMENS KAYAKS

K1	500m	L.SMITHER
K2	500m	WETHERALL/PERRETT
K4	500m	WETHERALL/PERRETT/SMITHER/CLOUGH.

MENS CANOES

C1	500m	W.REICHENSTEIN
C1	1000m	S.TRAIN
C2	500m	S.TRAIN/A.TRAIN
C2	1000m	NO CREW
C1	10,000m	M.GOCHAR
C2	10,000m	TRAIN/TRAIN

BOSBAAN REGATTA

The 1981 Bosbaan regatta at Amsterdam produced perhaps our best ever results at an international event, even exceeding our very good results at this venue last year. Several gold medals were won against teams from Rumania, Italy, Poland, Switzerland, Belgium, Holland, Spain, USA and German, Dutch and Belgian club crews, emphasising the way in which our Sprint team is becoming a force to be reckoned with on the international scene.

Our team consisted of the full OTS. squad of Senior Junior Ladies and Canoe paddlers, who because of the cancellation of the April regatta at Holme Pierrepont were having their first full competition of the year. Weather conditions at Bosbaan were ideal with Amsterdam experiencing temperatures of 25°C, the hottest place in Europe that weekend, whilst London languished at a chilly 13°C.

Heats and Semi-Finals for both 500 and 1000 metre events were held on Saturday, with some of the long distance events in the late afternoon. In the Junior K1 6000m Gregory of Warren paddled home to win our first gold medal some two minutes ahead of team mate Holme of Nottingham in 11th place. Similarly in the Womens K1 6000m Anne Plant struck gold, with Kuppens and Thijs of Belgium filling the next two places closely followed by Clough, Smither and Lucas. In the Mens K2 10,000m Ballard and Robson missed out on the gold medal by a very small margin to Stevens/Lebbink of Holland. The mens K1 10,000 was dominated by the British paddlers with Kevin Smith paddling an excellent race to win from Williams by a margin of 14 seconds, Canham made it a clean sweep for the bronze some 20 seconds down on Williams.

In the Sunday finals our first medal - a bronze was won by Ballard/Robson in the K2 1,000 metres event behind a Rumanian and a Dutch crew. In the ladies events Plant won the special K1 1000 metres event from Turner of the USA and team-mate Clough in 3rd place.

In the mens K2 500 metres Smith/Sheriff won, well clear of Rumanians Guira, partnered by ex World Champion Diba, a very good result. The K1 500 was won by Olympic medalist Birladeanu of Rumania with Grayson Bourne 2nd. The K1 1,000 produced perhaps our best ever result with Smith paddling a magnificent race to beat Birladeanu the Moscow Bronze medallist at this distance, into second place, by an enormous margin of nearly four seconds. Smith, after a not too brilliant start paddled through the field and finally broke the Rumanian with his pace in the last 100 metres. Brown snatched the Bronze less than a second down on the Rumanian.

The regatta finished off with the remaining 10,000 metre races of which the K4 10,000 metre event was the most eventful with both the Polish and Italian boats failing to finish after being smashed in collisions during the race.

The Senior men kayak paddles spent the next week training at the new regatta course at Harzewinkel, just outside Meckelen in Belgium. This is a new course which has only been open for three years. An international event had been held there shortly before at which both the Russians and the East Germans competed, results of these races in Flat Water No. 6.

At the end of the week the team moved on to the annual Gent regatta which has always been popular with British paddlers. It appears that this may have been the last international regatta to be held there, most of the available money in the Belgium federation for staging international events seems to be in future channelled towards events at Meckelen.

After our great results at Amsterdam the team were in great spirits helped no doubt by the still excellent weather, and the prospect of having another successful regatta, against relatively weak opposition. Results from Gent however, were not as expected, partly due to injuries to both Smith and Sheriff which caused them to be withdrawn from events on the Sunday.

In the K1 1,000 on Saturday Smith won again from Hanssens of Belgium and Robson in third place. Bourne took the K1 50 metres on the Sunday and in the K1 10,000 metres event Williams and Ballard dominated, with Williams finally taking the Gold.

POSTBAG

PUT PEN TO PAPER AND LET US HAVE YOUR VIEWS
COPY BY THE FIRST OF THE MONTH OF ISSUE

Dear Editor

Whilst not wishing to knock a magazine that has filled a big gap in the reporting of canoe racing, we at Warren Canoe Club feel we must take to task the unnamed reporter of the National Marathon Championships at Fladbury. He or she criticises the fact that Kevin Smith paddled with Andy Freeman, a third division paddler, whilst John Soper of Warren was a spectator that day. In fact John travelled to Fladbury with neither paddles nor kit as it was not his intention to paddle on that occasion. Consequently, in view of Neil Robson's indisposition. Kevin was happy to paddle with Andy Freeman.

The writer then somehow attributes this partnership to the supposedly low morale of the Club. May we make it quite clear that morale in Warren Canoe Club, both in the large slalom section and the much smaller racing section, is high - very high. The successes of our racing members at all levels contribute to the close knit atmosphere and buoyant morale of Warren Canoe Club.

Yours faithfully

N D Gregory (Chairman Warren Canoe Club).

Alison Haynes (Secretary Warren Canoe Club).

35TH NORWICH SEA SCOUTS

GROUP A

BROADLAND MARATHON

SUNDAY AUGUST 9TH, 1981 - 12.00

Details from:-

K. Gale,
Snaefell,
Hall Lane,
Felthorpe,
Norwich,
Norfolk.

Closing Date - 1st August 1981

STRATFIELD SAYE REGATTA

Warren Canoe Club together with Reading & Leighton Park Canoe Club on June 27th held their first Fun Regatta and that is just what it turned out to be. It was held on the lake in Wellington Country Park, the spacious grounds of Stratfield Saye House, the country seat of the Duke of Wellington. And as most people commented- they didn't know they had such an attractive place on their doorstep. They forecast rain and instead we had sun, only occasionally hidden by cloud.

By Holme Pierrepont standards the entry was small but the whole family enjoyed the regatta, made up of the more conventional racing plus the more unconventional Canadian twos and fours, many of them crewed by willing or coerced "Veterans". Said one young man "Brilliant idea those Canadian races" and indeed they did add to the general fun of the afternoon. Our thanks to those who came and - to these people and to those who didn't- a most cordial welcome to next year's Fun Regatta"

J.E.GREGORY.

Lakeside
Restaurant

COMPETING IN NOTTINGHAM ?

WHY NOT DINE AT THE CENTRE'S
INTIMATE RESTUARANT. EXCELLANT

A LA CARTE MENUS

Reservations Telephone Roy Fletcher
on Nottingham 866301
Holme Pierrepont Water Sports Centre Athlinton Lane
Holme Pierrepont Nottingham NG12 2LU

PRESTON BROOK MARATHON RESULTS.

1. N. Robson	FLA	1.32.40
2. R Belcher	PRE	1.33.26
3. N.Kemp	FLA	1.34.28

DIVISION 2

1. PR T.Middlehurst	GAI	1.38.00
2. PR G.Spiers	NKC	1.39.42.
3. M. Smith	SHE	1.40.43

DIVISION 3

1. PR Sturgess	PRE	1.26.58
2. D.Haws	GAI	1.27.58
3. H Oliver	SHE	1.28.09

DIVISION 4

1. PR D.Eglin	ACC	1.08.07
2. PR S.Lucas(F)	GAI	1.08.30
3. G.Illidge	PRE	1.09.38

DIVISION 5

1. N.Underwood	GAT	1.11.47
2. D.Hughes	PRE	1.12.29
3. H.Brough(F)	FLA	1.13.15.

DIVISION 6

1. PR. I.Hughes	MAN	49.18
2. PR. N.Price	CON	50.48
3. PR. M.Lang	ADL	52.15
4. PR. A.Baum	ADL	54.54.
5. PR. N.Davies	HER	55.01

DIVISION 7

1. PR. A.Collier	NKC	55.06
2. PR. A.Dawson (E)(F)	PRE	57.41
3. P.Turner.	ADL	58.48
4. PR. K.Stubley	SHE	59.06
5. PR. A.Muir	HER	59.07

DIVISION 8

1. PR. B.Salisbury	CON	41.05
2. PR. K.Cummerson	ADL	42.25
3. PR. A.Lacey(F)	KEN	44.10
4. PR. N. Bortfield (V)	ADL	44.26
5. PR. S.Birch	NKC	45.49

DIVISION 9

1. PR. P.Oldfield	POY	39.41
2. PR. C Pallett (F)	POY	44.45
3. PR. S.Marnell (E)	PRE	47.35

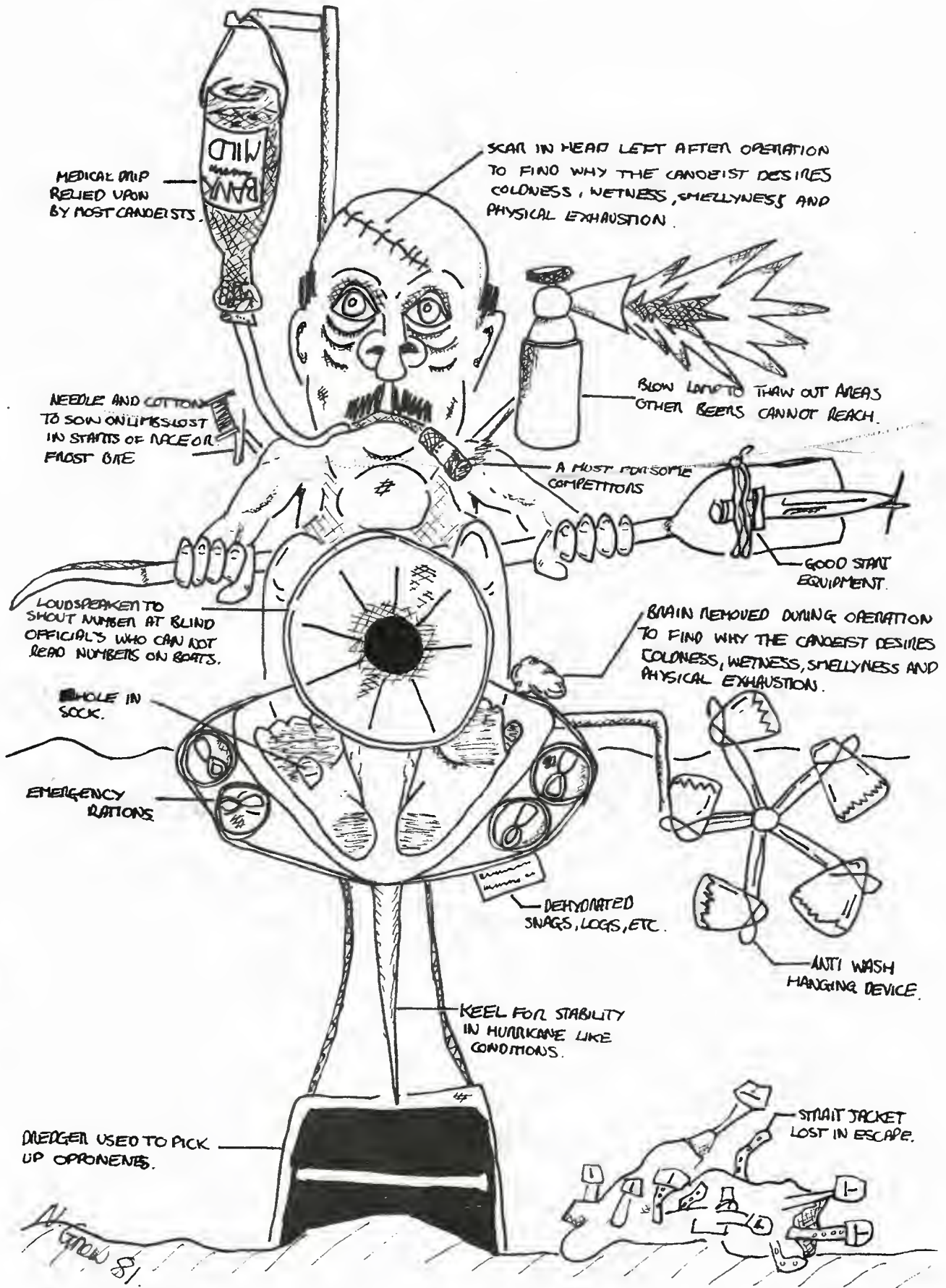
DIVISION 4/5 K2

1. M.Mashiter/M.Bentley	ACC	1.04.20
2. P.Hampson/D.Blythe	PRE	1.05.00
3. D.Ellwood/D.Kelly	KEN	1.06.35

DIVISION 6/7 K2

1. P.Crawford/R.Hicklin	GAI	53.03
2. J.Lacey/S.Head	KEN	53.04
3. B.Dukes/G.Salisbury	CON	55.26

THE COMPLETE CANOEIST



FOR THE YOUNG PADDLER

NO. 4



1 SHARE THE LOAD



DONT LET NO 1 STAY IN FRONT ALL THE TIME
BE PREPARED TO GO TO THE FRONT AND "DO YOUR BIT"...
OTHERWISE ILL FEELINGS WILL DEVELOP

2



IF TWO PADDLERS ARE SHARING THE LOAD - IT MAY BE BEST
FOR NO 2 NOT TO DROP NO 1 IMMEDIATELY... YOU HAVE TO
THINK ABOUT OTHER SITUATIONS THAT MAY DEVELOP
DURING THE RACE

3



HOWEVER DONT DRAG SOMEONE ALONG FOR THE WHOLE
DURATION OF A RACE IF THEY WONT SHARE THE WORK
(UNLESS IT IS A CLUB MATE)
LOOK FOR AN OPPORTUNITY TO DROP THEM

4 CHOOSE YOUR TIME!



IF YOU SEE THEM SLIP BACK
WITH THEIR BOW CLOSE TO YOUR STERN
TRY A HARD SPRINT



IF THEY DROP BY HALF A LENGTH
OR MORE YOU MUST STILL KEEP THE
PRESSURE ON

5 USE A TURN

SPRINT FOR A TURN...



IF NO 1 IS MORE THAN 1/2 LENGTH UP
2 MUST DROP BACK BY ONE LENGTH
IF 1 PASSES CLOSE TO THE BOW



IF NO.1 (ON THE INSIDE) PADDLES HARD
NO.2 WILL HAVE DIFFICULTY
BECAUSE HE HAS FURTHER TO PADDLE
ON THE OUTSIDE OF THE TURN

6 IN A MARATHON —

RAPIDS —



WEIRS —



PORTAGES —



... ALL PROVIDE OPPORTUNITIES TO GET AWAY

7 WATCH OTHERS

BY WATCHING OTHERS YOU WILL LEARN WHEN TO USE THESE AND OTHER TACTIS - BUT DONT ALWAYS COPY THE SENIORS —

SOMETMES THEY USE TECHNIQUES THAT ARE UNSPORTING OR ILLEGAL - EVEN THOUGH THEY MAY NOT ALWAYS BE DISQUALIFIED

MIND OVER MATTER

BY

JOHN RAMWELL

Being physically fit is not always sufficient; psychological fitness is also important. I shall explore the different personality types, both in the coach and in the athlete, attitudes of the competitor to pain, the role of aggression, and the importance of intelligence.

THE COACH

Very few coaches have professional training, though some have mastered such subjects as nutrition, physiology and psychology.

The superior coach is competitive and ambitious. Strictness and perseverance, must be coupled with sensitivity to the needs of the athlete.

The coach should discover what arouses motivation for both training and competing in terms of physical and emotional stimulus.

Intelligence must be matched by skill in communication. An athlete is more likely to be well motivated if he understands WHY a particular phase of training is necessary and WHAT is to be gained from it.

The good coach should show himself to be familiar with all facets of sports science, encouraging the athlete to share in the knowledge of his chosen sport.

Careful records should be maintained, not only speed and strength trials but also details of diet. Log records should be kept whenever possible of the rivals performance so that weaknesses of technique can be exploited. Honesty and fairness are important qualities. There is the temptation to play down the demands of training and/or minimise the disappointment of a poor performance. However, the athlete will lose his respect for his coach if he thinks he is being constantly 'hoodwinked'.

There is a danger of the coach completely ruling his athlete's life; how much and when to eat, how much free time and how to use it, time for bed, etc. Some athletes become to depend too much on their coach. This dependant relationship should be avoided in the majority of cases.

THE ATHLETE.

One feature noted in studies of successful athletes is an achievement orientated personality, - a sense of ambition and a desire for dominance.

The winner is the type of person who reacts best when the odds are stacked slightly against him, i.e. tough mindedness. This is particularly noted in participants engaged in activities calling for aggression with a risk element present.

Conscientiousness is perhaps the most praiseworthy of characteristics, a willingness to persevere in the attainment of ambitious goals. A low level of anxiety and an ability to relax are important in skilled sports. However, some anxiety may help certain sportsmen. Trust in one's coach is vital, particularly in sports like diving and gymnastics. The successful contestant is both willing to be taught and disciplined.

A lot of athletes are extroverts, needing an audience to perform up to, footballers are known to be well motivated by crowd reaction for example. Formal personality tests suggest that individual sportsmen are dominant, aggressive, self sufficient, introverted, self absorbed, emotional and creative. Team sportsmen are emotionally disciplined, extroverted, practical and obviously have a liking for group activity.

The different sports must attract different personalities. The rugby player is usually a different personality than say the cross country runner (though in my case I used to do both!) or the figure skater.

PERCEPTION OF PAIN

Some feel pain more than others. It occurs to me that top class competitors cultivate (or inherit) an exceptional tolerance of pain, and that it is obvious to us all that some sports demand more pain than others, for example football as compared with say, boxing.

Accepting, then, that the athlete does blunt pain, how does he do it. We have mentioned personality characteristics such as emotional stability and will-power which might contribute to pain endurance, but psychologists speak of a general capacity to reduce sensory input.

AGGRESSION

Aggression is seen as a positive attribute, part of the survival instinct. It needs to be kept under control, i.e. within legally prescribed bounds. A competitor needs to be aggressive, but he is not allowed to reveal this characteristic to excess. Like other personality traits - is aggression inherited or acquired? Is it an instinct or a learned behaviour?.

Animal studies suggest aggression is instinctive. Aggression causes adrenaline to flow, i.e. the heart rate increases, blood flows faster and the breathing rate speeds up. This 'reflex' is the 'flight or fight' reaction. Society demands that aggression be suppressed. Perhaps sports allow release of this aggression in socially acceptable form.

Frustration increases aggressive behaviour; frustration born of losing while concealing humiliation; of playing well without adequate recognition; of receiving excessive criticism; of being worked too hard; etc. etc... I am sure you can think of many more reasons.

REACTIVE AGGRESSION is aggression reacting against a threatening or frightening circumstance.

INSTRUMENTAL AGGRESSION is a calculated aggression unaccompanied by hostile emotions, usually displayed in order to win. This must be kept in check by referees and judges, just like the law checks reactive aggression. Some competitors need to see their opponents as enemies and so become angry with them.

MENTAL HEALTH

I want to quickly say a few words on this important subject. The best effects on the mental health of the competitor are likely to occur when the emphasis is on sportmanship, enjoyment and teamwork, rather than winning; when competition is divorced from the pressures of community and national pride and when losing does not bring automatic blame and rejection.

Unfortunately top competitions are rarely conducted in such spirit. The pressures of competition can give rise to physical symptoms (e.g. nausea, dyspepsia etc) and hypochondriasis, though of course most athletes are well adjusted and survive with few problems in this direction.

MOTIVATION.

Research on animals shows that reward and pain does motivate them to behave in a predictable manner. Though it is fraught with danger, comparing the results of animal behaviour with human has some limited use.

Man is very much an individual and he will not always respond directly to motivation derived from promise of reward or threat of punishment. The coach must therefore discover what 'turns on' his athlete at any given point in his career.

Prizes from cups and shields to monetary fortunes, scholarships at college or universities are all strong motivators. Even in the Eastern Block, premium housing and advantageous employment is used to encourage top competitors. Nevertheless, money is seen less and less as a motivator in our society, particularly with young up and coming athletes. Certainly we all know that there is very little available in form of material prizes or sponsorship for canoeists. We as coaches must look to other forms of motivation.

Let's look at a few.

- delight of unusual sensory stimulation.
- satisfaction of curiosity.
- release of aggression.
- developing sense of independence and power.
- need for social recognition.
- personal pleasure of achievement.

The coaches can enhance this reward/punishment system by expressing his own opinions of performance, either good or bad, but always this must be done with discretion.

Many international level athletes are 'high-achievers' - people who are rarely satisfied with their own efforts. High aspiration levels are partly the product of parental and authority discipline and partly an assimilation of social values. However, success breeds success, nothing quite succeeds like it. The mature performer rejoices in the improvement of his own performance rather than in the defeat of his rivals.

RACE 78 NOV. MEN K2 1,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include HALL/KELLY, ILLIDGE/HUGHES, HISTON/HAMPSON, COCKSEGE/BATTLEY, HAMPSON/BLYTHE, HOWIE/HAYDEN, GRIFFITHS/ADNITT.

RACE 80 NOV/JUN WOMEN/GIRLS C 500m FINAL

Table with 3 columns: Rank, Name, Time. Rows include CRASKE/DAVIS, WATSON/JACOBS, EDWARDS/MILLS, SAUNDERS/WHITEHEAD, SELLWOOD/PERRETT, SOPER/SHILLINGFORD, LITTLEWOOD/LANE, BIRCH/REYNOLDS, HENRY/FREER, JOHNSON/WHITE.

RACE 81 BOYS A K2 250m FINAL

Table with 3 columns: Rank, Name, Time. Rows include AYRES/ADAMS, RUST/JARVIS, STURGESS/CROSBY, OVERALL/LOVELL, MAYCOCK/CLARK, BULL/DAVIS.

RACE 82 GIRLS A ESPADA 250m FINAL

Table with 3 columns: Rank, Name, Time. Rows include A. DAWSON, N. BURNS, B. LEWIS, C. HUGHES, L. SIMPSON, J. EDWARDS.

RACE 83 GIRLS B ESPADA 250 FINAL

Table with 3 columns: Rank, Name, Time. Rows include S. PERRETT, S. TROOP, HOLNESS, D. HOPLEY, R. LEWIS, P. BAZALGETTE, L. HOWES, M. MIDDLETON.

RACE 85 BOYS C K2 500m FINAL

Table with 3 columns: Rank, Name, Time. Rows include WARD/BARBOUR, DOUGLAS/ADAIR, NELSON/PIGON, WELLINGTON/WILSON, MANNING/STEVENS, CLOKE/CLARKE, SCOTT/CHARD, WRIGHT/MORRIS.

RACE 86 SEN CANADIAN C1 1,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include S. TRAIN, A. TRAIN, M. GOHAR, K. PEREIRA, M. TRAIN, G. SAXBY, B. BRODBENT, S. WICKENS, W. ASHMAN.

RACE 87 JUN MEN K1 1,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include M. TIDMAN, R. HOWELL JONES, D. LOUGHREY, A. DAWSON, M. WELLS, I. LAWLER, P. BARDON, A. WAGNER.

RACE 88 SEN A MEN K2 1,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include ROBSON/BALLARD, CANHAM/BROWN, WEST/SHERRIFF, DIMMOCK/GORMAN, AYRES/HARVEY, HIGNETT/JACKSON, JONES/KEMP, HARDING/HANCOCK.

RACE 84 BOYS B ESPADA 500m FINAL

Table with 3 columns: Rank, Name, Time. Rows include T. CULLING, G. WOOLVERTON, A. BOARD, A. NEAL, S. SMITH, M. HARRALL, P. CRAWFORD, D. HAM.

RACE 89 SENIOR B K4 10,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include HISSEN/DAY, MAIRS/KELLY, SMITH/SYSKA, DUNBATH/BAYLISS, RALPH/DAVID, BARRIE/DODD, FREEMAN/WHITE, LANGKISH/PEEK, CHIPPERFIELD/HAM, DISQUALIFIED.

RACE 90 NOV/VETERAN MEN K1 10,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include A. COLEMAN, R. GUEST, L. OLIVER, R. WEBB, C. COOKE, R. VINCENT, T. BURKE, C. LEWIS.

RACE 91 JUN NOV. WOMEN K1 6,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include A. PLANT, L. PERRETT, S. LUCAS, G. CLOUGH, L. SMITHER, W. CLAPHAM, J. JACOBS, T. SAUNDER, L. DAVIES, A. CRAWLEY, D. WATSON, S. HAWS, H. BROUGH, L. MORRISON, S. FREEMAN, J. LAWLER, J. WHITEHEAD, D. MILLS, M. LITTLEWOOD, M. S. PYLEY, J. FREER, S. JOHNSON.

RACE 92 JUN/NOV C1 6,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include M. EDWARDS, P. LAWLER, G. NEAL, R. HOWELL, T. WARD, D. LOUGHREY, P. HISTON, I. LAWLER, A. DAWSON, M. WELLS, P. HUTCHINSON, T. ASSER.

RACE 94 JUN MEN K1 6,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include R. HOWELL, T. WARD, D. LOUGHREY, P. HISTON, I. LAWLER, A. DAWSON, M. WELLS, P. HUTCHINSON, T. ASSER.

Table with 3 columns: Rank, Name, Time. Rows include P. SWAIN, T. BRAVER, S. ALLEN, P. GREGORY, P. WRIGHT, E. EVANS, R. PLITFIELD, T. WALKER.

RACE 95 BOYS ESPADA B 3,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include G. WOOLVERTON, T. CULLING, S. ADAMS, A. BOARD, P. CRAWFORD, A. NEAL, T. SLATER, K. ARCHIBALD, B. TUGWELL, S. CHALLICOME, I. MILLER, A. GRIMWOOD, A. EDWARDS, R. LEWIS, S. SMITH, M. HARRALL, I. COWE, G. BURNS, R. BURGESS, N. TOPHAM, S. GILES, R. HICKLIN, J. MANNING, T. KENDALL, I. STEPHENS, I. NEILL, G. M.Y, P. FIELDS, C. TODD, G. SMITH, J. HEATON, A. TURNER, N. WALLACE, A. PRICE, M. FIELDS, N. SUNDERLAND, P. MAYCOCK, T. WOOTTON, M. MILNER, A. BURNS, R. CHILDS, P. BARNETT, R. GRIFFITHS, A. SHUTTLEWOOD, D. BARKER.

RACE 96 SEN. MEN C1 10,000m FINAL

Table with 3 columns: Rank, Name, Time. Row include K. PEREIRA, RIC 59.31.11

RACE 194 SENIOR MEN A K1 10,000m FINAL

Table with 3 columns: Rank, Name, Time. Rows include A. WILLIAMS, J. WEST, P. PEACOCK, C. CANHAM, N. GREGORY, S. BROWN, S. KINCH, J. POWLER, R. BRELCHER, D. UPSON, C. BALLARD, HAYNES, M. HARVEY, N. KEMP, S. RACIBORSKI, R. LUCAS, SWALLOW, P. HIGNETT, S. JACKSON, R. LUCAS, K. SMITH DISQ.

RACE 97 NOV/VET MEN K4 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like KELLY/HALL, PARTRIDGE/ANO, COCKSLIDGE/ETHERTON.

Table with 3 columns: Rank, Name, Time. Includes entries like CRAWFORD/HICKLIN, WALTON/SLATER, MILLER/LONG.

RACE 157 BOYS A,B,K2 3,000m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like ADAMS/CULLING, ADAMS/RUST, WOOLVERTON BURNS.

RACE 114 NOV.WOMEN K2 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like SHILLINGFORD, FREEMAN/WHITE, FREER/MORRISON.

RACE 143 GIRLS 'C' K2. 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like JARVIS/GRIMWOOD, EDWARD/MILLS, REYNOLDS/BIRCH.

RACE 122 JUN.MEN K2 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like HODKINSON/TIDEMAN, WOOLVERTON/WELLS, DOUGLAS/ADAIR.

RACE 144 VET.MEN K1 500m. FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like L. OLIVER, T.SOWMAN, D.HOWIE.

RACE 126 SEN. MEN C2. 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like TRAIN/TRAIN, TRAIN/BRODBENT, EDWARDS/NEAL.

RACE 157 CONTI. BOYS A,B. K2 3,000 FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like EDWARDS/MAYCOCK, JARVIS/AYRES, HEATON/TODD.

RACE 127 SEN. A WOMEN K4.500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like PERRETT/CLOUGH, CRASKE/DAVIS, CRAWLEY/SMITHER.

RACE 147 SEN. A K1 500m. FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like A. SHERRIFF, J.WEST, K.SMITH.

RACE 158 BOYS 'C' ESPADA 3000m. FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like T.WARD, P.MARSHALL, N.NELSON.

RACE 135 JUN WOMEN K1 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like D. WATSON, A. CRASKE, J. JACOBS.

RACE 154 NOV. MEN K1 500m Final

Table with 3 columns: Rank, Name, Time. Includes entries like P. GODFREY, R. GUEST, A. COLEMAN.

RACE 159 GIRLS A,B,C K2,3000m. FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like JARVIS/GRIMWOOD, HOLNESS/LEWIS, DAWSON/BURNS.

RACE 136 JUN MEN K4 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like PEMFIELD/BATTY, GRAY/GRAY, BEAVER/HALL.

RACE 155 SEN B MEN K4 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like STURGESS/WARD, BATTERSHELL/GREGORY, SMITH/HAWS.

RACE 174 SEN. A MEN K2 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like SMITH/BALLARD, SHERRIFF/BURNE, CANHAM/BROWN.

RACE 140 SEN B MEN K1 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like R. LUCAS, M. SMITH, H. GREGORY.

RACE 175 GIRLS A/B K.4 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like LEWIS/HOLNESS, HOPLEY/TROUP, HUGHES/LEWIS.

RACE 141 JUN/NOV MEN C1 500m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like P. LAWLER, S. WICKENS, G. NEAL.

RACE 156 SENIOR JUN. MOVIE WOMEN K2 6,000m FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like PLANT/SMITHER, PERRETT/WETHERALL, CRAWLEY/CLOUGH.

RACE 182 VET. MEN K2. 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like G.EDWARDS/G.SMITH, S.SMITH/W.SIMPSON.

RACE 142 BOYS 'B' K.4 500m. FINAL

Table with 3 columns: Rank, Name, Time. Includes entries like WOOLVERTON/BURNS, BANYAN/LAWLER, ADAMS/CULLING.

RACE 183 JUN.MEN K1. 500m. FINAL.

Table with 3 columns: Rank, Name, Time. Includes entries like M.TIDMAN, R.HOWELL-JONES, A. TRAIN.

Table with 3 columns: Rank, Name, Time. Includes entries like M.TIDMAN, R.HOWELL-JONES, A. TRAIN.

RACE 184 GIRLS C. ESPADA 500m. FINAL.

1. D.MILLS	KIR	3.04.00
2. A.EDWARDS	KIR	3.05.74
3. D.SELLWOOD	BOA	3.06.16
4. D.JARVIS	DER	3.13.50
5. D.GRIMWOOD	WFN	3.22.06
6. L.MOULSON	HUL	3.27.23
7. J.BAZALGETTE	ROY	3.28.31
8. L.REYNOLDS	NOT	3.33.39
9. S.BIRCH	NOT	3.42.86

5. HAM/PEEK	ADU	2.31.89
6. HARRALL/MAY	BOA	2.33.30
7. GRIMWOOD/NEAL	WFN	2.35.57
8. TOPHAM/CHALLERCOMBE	WAR	2.41.04
9. KENDALL/COLE	HLP	2.49.48

<u>NOTTINGHAM</u>	T.DEAVER	1
	R.HARDING	2
	J.HALL	1
	D.ROSE	1
	P.DIMMOCK	1

RACE 193 VET./NOV. K.4 10,000m. FINAL.

1. PERRETT/BURKE	GUEST/GREGORY	RLP/LIN	44.18.38
2. *TILLAGE/HUGHES	MARNELL/MAYCOCK	PRE/KIR	46.33.88
3. GRIFFITHS/ADNITT	HOWIE/TAPE	ACU	46.39.61
4. HISTON/HAMPSON	HAMPSON/BLYTHE	PRE	49.41.34

<u>READING & L.P.</u>	NELSON-MIERCY	2
	T.GRAY	1
	KENDALL	1
<u>RICHMOND</u>	J.O'DONOVAN	2
	G.WOOLTORTON	1
	G.BURNS	1
	S.HANCOCK	1

RACE 185 SEN. B. MEN K2. 500m. FINAL.

1. GREGORY/SOPER	WCC	2.04.50
2. FREEMAN/WHITE	FLA/HER	2.05.59
3. LUCAS/MIDDLEHURST	GAI	2.07.40
4. WARD/BATTERSHELL	OTS	2.09.17
5. SMITH/STURGESS	OTS	NO TIMES
6. DUNSHEATH/BAYLISS	RLS/EKC	02.11.52
7. BISHTON/SYSKA	LIC	2.14.17
8. HAWS/SLATER	OTS	2.15.38

* 1st Place Medals only to 2nd crew,
* as PERRETT/BURKE/GUEST/GREGORY are not
eligible as Novices.

<u>ROYAL</u>	HARVEY	2
	AYRES	2
	CANHAM	2
	PEACOCK	3
	J.WEST	2
	P.GORMAN	1

RACE 186 NOV. MEN K2. 500m. FINAL.

1. HALL/KELLY	ROY	2.20.01
2. HISTON/HAMPSON	PRE	2.21.51
3. DOWIE/HAYDEN	ACU	2.22.14
4. ILLIDGE/HUGHES	PRE	2.23.85
5. COCKSEGE/ETHERTON	ACU	2.25.87
6. VINCENT/WILSON	NOT	2.29.37
7. HAMPSON/BLYTH	PRE	2.32.16
8. DUFFUS/DOUGLAS	IRV	2.36.62

RACE 194 SEN. B. MEN K1 10,000m. FINAL.

1. M.KELLY	NOT	48.50.27
2. H.SMITH	SHE	49.02.11
3. S.MISSEN	BOA	49.12.10
4. N.BREVITT	LIN	49.23.42
5. FREEMAN	MET	49.30.15
6. J.DUNSHEATH	RLS	49.58.26
7. J.ROSLING	BOA	50.06.65
8. J.DAY	BOA	50.38.34
9. K.BOWERBANK	BOA	50.46.50
10. A.FREEMAN	FLA	50.47.63
11. G.SLATER	LIC	50.53.70
12. T.MAIRS	NOT	51.19.83
13. D.BATTERSHALL	WEY	51.26.83
14. I.WHITE	HER	51.38.93
15. A.YARWOOD	BU	51.49.26
16. R.FIELDUS	WEY	52.22.77
17. C.MIDDLETON	RLS	52.28.87
18. K.COLEMAN	TON	52.48.44
19. R.THOROUGHGOOD	NOT	52.57.27
20. S.ELLARD	RLS	52.57.86
21. A.BAYLISS	ECO	53.02.38
22. N.DAVIDSON	KIR	53.11.64
23. T.NELMES	RLS	56.30.90

<u>CHELMSFORD</u>	BOURNE	1
<u>LICHFIELD</u>	BALLARD	1
<u>ROYAL LEAMINGTON SPA.</u>	DUNSEATH	2
	ELLARD	1
	MIDDLETON	1
<u>WEY</u>	G.HOLMES	1
	A.SHERIFF	1
<u>WARREN</u>	K.SMITH	1

RACE 187 SEN. MEN C1. 500m. FINAL.

1. S.TRAIN	FLA	2.31.52
2. M.GOHAR	RIC	2.39.02
3. K.PEREIRA	RIC	2.41.48
4. M.TRAIN	FLA	2.41.57
5. A.TRAIN	FLA	2.47.94
6. M.EDWARDS	HUL	2.50.74
7. G.SAXBY	LEI	2.51.45
8. B.BROADBENT	FLA	2.52.48

INTER CLUBS REGATTA 20/21ST JUNE

RACE 1 JUNIOR MEN K1 1,000m Final

1. GREGORY/BATTERSHALL	WARD/STURGESS	OTS	3.30.91
2. SMITH/SLATER	HAWS/BREVITT	OTS	3.37.23
3. EVANS/KNIGHT	GOHAR/HOLME	LIN/RIC	3.44.11
4. DAVIDSON/THOMAS	HOWELL/JONES/PIGOU	KIR/LIC	3.47.30
5. HISTON/DAWSON	ALLEN/ANO	PRE	4.01.67
6. PEATFIELD/ANO	ANO/ANO	GAI	4.02.80
7. HALL/BEAVERS	WILSON/EVANS	NOT	4.05.45
8. ROHNEY/DAVEY	BATTY/MATTHEWS	TON/HER	NO TIME

RACE 188 SEN. A. MEN K4 500 FINAL

1. BOURNE/WEST	SHERIFF/HANCOCK	OTS	1.42.24
2. WILLIAMS/CANHAM	BROWN/AYRES	OTS	1.43.06
3. SMITH/ROBSON	BALLARD/HARVEY	OTS	1.44.22
4. COLLINS/DALY	MALONE/HARRIS	ICU	1.45.94
5. DIMMOCK/GORMAN	UPSON/HARDING	OTS	1.48.14

RACE 195 JUNIOR MEN K2. 6,000m. FINAL.

1. HODKINSON/TIDMAN	CHL	30.30.71
2. DAWSON/ALLEN	PRE	33.37.04
3. GREGORY/HUTCHINSON	LIC/LIN	33.57.55
4. EVANS/BEAVER	NOT	34.04.58
5. PEATFIELD/GRAY	GAI/KIR	35.36.32
6. ADAMS/RUST	ROY/LEI	36.26.92
7. TODD/GRIMWOOD	WFN	39.22.41

RACE 11 NOV./JUN C21,000m FINAL

1. NEAL/EDWARDS	HUL	5.04.78
2. BROADBENT/WILLIAMS	FLA	5.20.53
3. WYSE/RAIN	FLA	5.22.59
4. SYMONDS/GRIMSHAW	FLA	NO TIMES
5. BROADBENT/BOND	FLA	" "

RACE 189 BOYS A ESPADA 250m FINAL

1. M. ADAMS	ROY	1.16.87
2. S.RUST	LEI	1.19.07
3. R.LITTLEWOOD	NOT	1.20.31
4. G.STURGESS	PRE	1.25.99
5. J.AYRES	ROY	1.26.50
6. A.SMITH	HUL	1.31.05
7. A.MAYCOCK	KIR	1.31.61
8. N.SIMPSON	HUL	1.45.99

RACE 196 SEN. MEN C2. 10,000m. FINAL.

1. TRAIN/TRAIN	FLA	51.30.82
2. TRAIN/BROADBENT	FLA	54.03.87

RACE 13 VETERAN K2 1,000m FINAL

1. EVANS/LEWIS	HER	4.37.05
2. MAYCOCK/DAVIDSON	KIR	4.40.53
3. JONES/SYMOND	FLA	5.13.23
4. TRAIN/ELLIS	FLA	5.50.12

RACE 190 GIRLS A/3 K2. 250m. FINAL.

1. LEWIS/HOLNESS (B)	BOA/NPT	1.13.48
2. DAVISON/BURNS (A)	PRE/RIC	1.16.39
3. HUGHES/LEWIS (A)	BOA	1.24.57

RACE 93 SEN. A. MEN K4. 10,000m.FINAL.

1. SMITH/SHERIFF	ROBSON/HARDING	DISQUALIFIED	
2. JACKSON/KINCH	HAYNES/PEACOCK	RHP/ACU/ROY37.58.74	
3. GORMAN/DIMMOCK	ROSE/AYRES	OTS	39.01.28
4. WILLIAMS/CANHAM	BROWN/HANCOCK	OTS	40.29.71
5. COLLINS/MALONE	HARRIS/DALY	ICU	41.13.51

RACE 37 NOV. WOMEN K4 500m FINAL

1. SPENCER/EVANS	CLAYDON/BENNETT	HER	2.13.93
2. SMITH/SMITH	PARTINGTON/COLLIE	WEY	2.23.21
3. GILES/HODGKINSON	ELLIS/FREEMAN	FLA	2.30.29

RACE 191 BOYS C. ESPADA 500m. FINAL.

1. T.WARD	RHP	2.25.11
2. P.MARSHALL	LIN	2.34.28
3. A.BARBOUR	RHP	2.34.29
4. A.WAGNER	NPT	2.35.64
5. N.NELSON	RHP	2.35.96
6. P.SWAIN	LEA	2.36.04
7. T.GRAY	RHP	2.39.54
8. R.WELLINGTON	NOT	2.51.44
9. G.PARRY	NOT	2.54.27

PENALTY POINTS GIVEN DURING THIS REGATTA.

Club.	Name	Points
<u>CHESTER</u>	TIDMAN	1
<u>IRVINE</u>	R.DUFFUS	1
	G.ECU CLAS	2
	J.ADAIR	1
<u>LEIGHTON BUZZARD</u>	WATSON	1
	JACOBS	1
<u>METRO. POLICE</u>	FREEMAN	1
<u>NEWHAM</u>	THOROGOOD	1
<u>NORWICH S.S.</u>	T.CULLING	1

RACE 38 SEN B K2 1,000m FINAL

1. MIDDLEHURST/LUCAS	GAI	3.55.12
2. BISHTON/SYSKA	LIC	3.56.36
3. MATS/KELLY	NOT	3.56.88
4. PENDLE/RUSKIN	NSS/HKC	3.57.21
5. ELLARD/MIDDLETON	RLS	4.01.98
6. FREEMAN/THOROGOOD	MET/NEW	4.03.00
7. GREENFIELD/FIELDUS	WEY	4.22.81

RACE 192 BOYS B. K2. 500m. FINAL.

1. ADAMS/CULLING	NSS	2.18.17
2. SMITH/NEAL	HUL	2.26.51
3. CRAWFORD/HICKLIN	GAI	2.30.23
4. BOARD/LEWIS	BOA	2.31.12

RACE 91 VETERAN K4 1,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Evans/Evans, Lewis/Wagner, Smith/Edwards, Lehman/Symmonds, Train/Wickens.

RACE 92 GIRLS C K2 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Reynolds/Littlewood, Grimwood/Jarvis, Dawson/Sturges, Fish/Hawkes.

RACE 93 BOYS B K2 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Burns/Lawler, Bryce/Deacon, Hicklin/Crawford, Timbrell/Geary.

RACE 94 GIRLS B K2 250m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Hopley/Troop, Lewis/Holness, Showell/Brevitt.

RACE 95 GIRLS A K2 250m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Burns/Dawson, Rainsford/Lewis, Ryley/Jeeves.

RACE 96 BOYS A ESPADA 250m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes R. Littlewood, G. Sturges, J. Ayres, P. Savage.

RACE 97 JUN. MEN K2 1,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Brevitt/Young, Hodgkinson/Eidman, Battershall/Ward.

RACE 98 SEN. A MEN K4 1,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Williams/Sheriff, Canham/Brown, Smith/Bourne.

RACE 99 NOV. MEN K2 1,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Hall/Kelly, Spencer/McGladdery, Tape/Admitt.

RACE 100 SEN. B MEN K1 1,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes N. Freeman, M. Kelly, T. Mairs.

RACE 101 SEN. MEN C2 10,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Train/Train, Fla 49.00.

RACE 102 JUNIOR/SEN/NOV/WOMEN 6,000m K1 FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes J. Smith, S. Lucas, G. Clough, L. Perrett.

RACE 103 JUN/NOV C1 6,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes P. Lawler, M. Edwards, S. Wickens.

RACE 104 SEN. ... K1 10,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes J. Fowler, R. Belcher, B. Greenham.

RACE 105 NOVICE MEN K2 10,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Hall/Kelly, Barrie/Dodd, Spencer/McGladdery.

RACE 106 VETERAN MEN K2 10,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Perrett/Saunders, Howie/Oliver, Evans/McQueeney.

RACE 107 JUNIOR K1 6,000m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes R. Howell-Jones, G. Slavelle, T. Matthews.

RACE 108 JUN MEN K1 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Gregory/Battershall, Ward/Sturges, Evans/Knight.

RACE 129 SEN. WOMEN K4 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Perrett/Wetherall, Smith/Crough, Craske/D. Vies.

RACE 133 SEN B K2 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Mairs/Kelly, Middlehurst/Lucas, Bishop/Syska.

RACE 138 NOV/JUN C2 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Wickens/Brightley, Neal/Edwards, Symonds/Grimeshaw.

RACE 146 JUN. WOMEN GIRLS C K4 500m FINAL

Table with 4 columns: Rank, Name, Club, Time. Includes Craske/Davies, Watson/J. Cob, Mill/Edwards.

RACE 204 NOV. JUN C1 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like M. TRAIN (FLA) 2:18.80, P. LAWLER (RIC) 2:22.41, S. WICKENS (FLA) 2:26.93.

RACE 205 NOV MEN K4 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like HALL/KELLY (ROY) 1:47.05, HEADPH/GRIFFITHS (ACU) 1:47.94, DABISON/BELEFIELD (BIR) NO TIME.

RACE 206 JUN. MEN K2 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like DAMPERSHALL/WARD (OTS) 1:47.15, YOUNG/DEVITT (OTS) 1:48.17, SMITH/STURGESS (OTS) 1:50.51.

RACE 207 SEN.B. K1 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like T. MIDDLEHURST (GAI) 1:52.45, M. KELLY (NOT) 1:53.17, R. LUCAS (GAI) 1:54.54.

RACE 211 SEN.C2 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entry: 1. TRAIN/TRAIN (FLA) 1:58.26

RACE 212 VET.K2 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like EVANS/McQUEENIE (HER) 2:07.27, MAYCOCK/DAVIDSON (KIR) 2:08.86, SMITH/EDWARDS (HUL) 2:14.70.

RACE 213 SEN.A.MEN K4 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like BOURNE/WEST/SHERRIFF/HANCOCK (OTS) 1:30.58, WILLIAMS/AYRES/CANHAM/BROWN (OTS) 1:33.81.

RACE 214 SEN.WOM. K2 6000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like PERRETT/WETHERALL (OTS) 31.13, SMITHER/CLOUGH (OTS) 31.17, LUCAS/CRAWLEY (GAI/NEW) 31.19.

RACE 215 JUN. WOM. K2 6000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like JACOBS/WATSON (OTS) 31.57, CRASKE/DAVIES (OTS) 32.05, SAUNDERS/WHITEHEAD (FLA) 34.40.

RACE 216 NOV. WOM. K2 6000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like SPENCER/FREEMAN (HER/FLA) 34.04, KINNINMOUTH/LITTLE (KIR/IRW) 36.04, SMITH/SMITH (WEY) 38.53.

RACE 217 JUN/NOV. C2 6000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like TRAIN/BROADBENT (FLA) 33.46, BOND/WYSE (FLA) 34.57, NEAL/EDWARDS (FLA) 35.55.

RACE 218 BOYS B ESPADA 3,000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like N. EDAMS (ROY) 18.00, I. TIMMRELL (SAS) 18.04, A. NEAL (HUL) 18.08.

RACE 219 GIRLS C K1 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like D. JARVIS (DER) 2:30.67, E. STURGESS (PRE) 2:35.20, D. GRIMWOOD (WFN) 2:39.13.

RACE 221 BOYS A K4 250m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like RUST/AYRES (DER/ROY) 56.94, SAVAGE/STURGESS (PRE) 58.78, JEENES/WOODFIN (FLA) 1:01.95.

RACE 220 BOYS C ESPADA 500m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like P. MARSHALL (LIN) 2:12.23, J. PIGOU (RIP) 2:13.51, T. McMAHON (ICU) 2:16.08.

RACE 222 GIRLS B ESPADA 250m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like S. TROOP (LIN) 1:08.66, M. COCKERTON (LEA) 1:09.01, D. HOPEY (GAI) 1:09.48.

RACE 223 GIRLS A ESPADA 250m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like A. DAWSON (PRE) 1:07.27, N. BURNS (RIC) 1:11.85, E. RYLEY (FLA) 1:16.61.

CORRECTION

RACE 217 JUN/NOV 6,000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entry: 2. TRAIN/WILLIAMS (FLA) 3:1.57

RACE 224 SEN. A K2 10,000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like SHERRIF/SMITH (WAR/WY) 47.33, AYRES/WILLIAMS (ROY) 41.35, GORMAN/DIMMOCK (ROY/NOT) 41.36.

RACE 225 SEN. B K2 10,000m FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like GREGORY/SOPER (WAR) 43.02, LUCAS/MIDDLEHURST (GAI) 43.18, MAIRS/KELLY (NOT) 43.46.

RACE 227 NOV K1 10,000m VETERAN FINAL

Table with 4 columns: Rank, Name, State, Time. Includes entries like A. COLEMAN (TON) 50.15, A. SPENCER (HER) 50.19, G. HALL (ROY) 50.28.

RESULTS OF FINALS BOSBAAN REGATTA
AMSTERDAM 9-10 MAY 1981

K1 JUNIOR MEN

1. N Gregory	ENG	26.51
2. S Verhoeveb	BEL	26.54
3. J Nagelkerke	B	26.55
4. Nuys	NKB	26.65
5. Hezel	NKB	27.45
6. A De Brouwer	BEL	27.49
7. G Verduyt	BELG	28.16
8. Den Hertoghe	BEL	28.39
9. C Bonte	BEL	28.43
11. Holme	ENG	28.46
27. Young	ENG	32.25

K1 WOMEN 6,000m

1. Plant	GBR	29.29
2. M Kuppens	BEL	29.34
3. L Thijs	BEL	29.40
4. Clough	GBR	29.55
5. Smither	GBR	30.18
6. Lucas	GBR	30.24
7. I Stad	NKB	30.32
8. A Turner	USA	30.33
9. D Berus	BEL	30.58
10. D Watson	GBR	31.00
11. Davies	GBR	31.15
12. A. Craske	GBR	31.20
13. M. Kegge	B	31.28
14. Jacobs	GBR	31.58
15. A. Stormink	DKV	32.05

K2 MEN 10,000m

1. R Stevens /G J Lebbink	NKB	41.05
2. Ballard/Robson	GBR	41.06
3. J. Broeckx/P Stinckens	BEL	41.06
4. West/Hancock	GBR	42.22
5. Uberti/Ganna	ITA	42.38
6. Upson/Gorman	GBR	42.40
7. W. Verhoeven/G. Alders.	NWC	43.17
8. Harvey/Blythe	GBR	43.17
9. Dimmock/Harding	GBR	43.24

K1 MEN 10,000m

1. Smith	GBR	45.10
2. Williams	GBR	45.24
3. Canham	GBR	45.43
4. Serowik	POL	45.50
5. Tidona	ITA	45.52
6. Brown	GBR	45.58
7. Peacock	WWR	46.06
8. K. Szozeponski	POL	46.56
9. P. Broeckx	NWC	46.58
10. R Daman	NKB	47.02
11. Ayres	GBR	47.12

C1 10,000m

1. J Kruk	POL	58.25
2. S. Train	GBR	59.05
3. Gohar	GBR	58.10
4. A. Train	GBR	59.20

C2 MEN 500m

1. I. Potzaichin/T. Simionov	RUM	1.55.0
2.	RUM	1.55.7
3. S. Train/A. Train	GBR	2.09.1

K2 MEN 500m

1. K. Smith/A. Sheriff	GBR	1.42.9
2. A. Giura/V. Diba	RUM	1.44.3
3. P. Ammann/H. Lehmann	SWIT	1.45.0
4. Canham/Brown	GBR	1.45.5
5. J. West/S. Hancock	GBR	1.46.4
6. Missionne/Reyes	SPAIN	1.46.6
7. Williams/Ayres	GBR	1.49.2
8. K. Osipozuk/K. Grygierczyk	POL	1.50.2
9. R. Stevens/G. J. Lebbink	NKB	1.51.6

K4 JUNIOR MEN 500m

1. De Brouwer/Verhoeven/ Verduijicht-C/Vliegen	BEL	1.39.8
2. A. Gonzalez/Ivan/Folch/ Trujillo	SPAIN	1.40.3
3. Gregory/Sturgess/Ward/ Battershall	GBR	1.43.0
4. G. J. Nuijs/J. D. Nijkamp/ Nagelkerke/Collignon	NKB	1.45.1

K4 JUNIOR MEN Continued

5. C Bonte/G Bonte/ D Deldaele/G Deldaele	BEL	1.46.1
6. Hezel/V Gorp/S Regtien/ R Zuiddam.	NKB	1.48.0
7. Haws/Slater/Brevitt/ S Smith.	GBR	1.48.1
8. Huijgen/Groenewoud/ B Onnekes/S Jochems.	NKB	1.54.7
9. A Gohar/Holme/Young/ Thomas.	GRB	1.55.8

K1 SENIOR WOMEN 500m

1. A Buhaev	RUM	2.12.5
2. L Smither	GBR	2.16.7
3. L Perrett	GBR	2.18.0
4. L Thijs	BEL	2.19.6
5. I Bakker	NKB	2.20.0
6. A Plant	GBR	2.21.2
7. A Turner	USA	2.22.4
8. A Crawley	GBR	2.23.0
9. D Berus	CCM	2.27.9

K2 JUNIOR WOMEN 500m

1. J Jacobs/D Watson	GBR	2.10.8
2. A Craske/L Davies	GBR	2.14.6
3. H Seutens/B V Benenden	NWC	2.15.1
4. K Aalderink/A Jacobs	DKV/G	2.17.5
5. D Last/A Snip	OD	2.37.1
6. I Klein/A V Koerten	DKV	2.40.1

K1 MEN 500m

1. I Birladeanu	RUM	1.58.8
2. G Bourne	GBR	1.59.4
3. J Sliwa	POL	2.01.5
4. F Uberti	ITA	2.02.2
5. J Alders	BEL	2.02.5
6. N Robson	GBR	2.05.4
7. P Debucke	BEL	2.10.0
8. G L Lebbink	NKB	2.13.3
9. M Maertens	CCM	2.16.9

K2 JUNIOR MEN 500m

1. I Gonzalez/C Folch	SPAIN	1.54.6
2. G J Nuijs/J D Nijkamp	NKB	1.55.3
3. S Smith/S Sturgess	GBR	1.57.1
4. D Battershall/R Ward	GBR	1.57.2
5. J Verduijckt/I Vliegen	BEL	1.58.3
6. Bonte/Bonte	BEL	1.59.2
7. B Onnekes/S Jochems	B	2.01.2
8. N Brevitt/V Holme	GBR	2.04.8
9. G Slater/D Haws	GBR	2.04.9

K4 SENIOR WOMEN 500m

1. A Buhaev/M Stefan/ A Stormink/A Turner	ROM/N/USA	1.53.2
2. M Kuppens/L Thijs/ R Seutens/D Berus.	BEL	1.57.4
3. Perrett/Wetherall/ Clough/Plant.	GBR	1.57.6
4. E Hittinger/J v Zeben E Huijgen/I Bakker.	NKB	1.58.5
5. Smither /Clapham/ Crawley/Lucas.	GBR	2.00.6

K1 JUNIOR WOMEN 500m

1. Brzenina	POL	2.23.1
2. D Watson	GBR	2.24.8
3. A Craske	GBR	2.27.8
4. H Seutens	NWC	2.30.7
5. K Aalderink	DKV	2.30.8
6. J Jacobs	GBR	2.30.9
7. Y Lambrechts	BEL	2.36.2
8. B V Beneden	NWC	2.37.5
9. A Jacobs	NKB	2.40.1

K4 MEN 500m

1. Ticu/I Geanta/ P Dimofte/M Giobanu	ROM	1.35.5
2. Williams/Robson/ Sherriff/Ballard	GBR	1.36.6
3. Brown/Bourne/West/ Hancock	GBR	1.37.7
4. Paniellier/Lewandowicz Sliwa/Serowik.	POL	1.37.8
5. W Verhoeven/G Alders/ Broekx/J Alders	NWC	1.39.9

K4 MEN CONTINUED

6. Innocenti/Manfredini/ Zucca/Savoia.	ITA	1.41.2
7. P Heusen/V Laarhoveb-C G De Leede/F Toirkens	NKB	1.42.3
8. Gorman/Upson/Ayres/ Harvey.	GBR	1.43.1
9. A Reitmaier/H Brandjes/ H Willems/E Roorda.	G	1.47.5

K1 JUNIOR MEN 500m

1. N Gregory	GBR	2.07.7
2. S Verhoeven	BEL	2.09.7
3. D Battershall	GBR	2.09.8
4. S Smith	GBR	2.10.9
5. I Trujillo	SPAIN	2.11.4
6. R V Hezel	NKB	2.11.7
7. J D Nijkamp	NKB	2.12.7
8. C Bonte	BEL	2.12.8
9. G Young	GBR	2.18.9

K2 WOMEN 500m

1. A Buhaev/M Stefan	RUM	2.01.8
2. L Perrett/F Wetherall	GBR	2.07.3
3. R Seutens/L Thijs	BEL	2.07.4
4. I Bakker/E Hittinger	NKB	2.09.3
5. A Crawley/S Lucas	GBR	2.12.1
6. L Smither/G Clough	GBR	2.12.5
7. Kuppens/Berus	NWC/CCM	2.12.9
8. A Plant/W Clapham	GBR	2.13.5

C1 MEN 500m

1. G Titu	RUM	2.15.1
2. Timofte	RUM	2.17.4
3. J Kruk	POL	2.19.4
4. Reichenstein	GBR	2.20.8
5. N Suarez	SPAIN	2.22.8
6. S. Train	GBR	2.27.3
7. M Gohar	GBR	2.32.4
8. A Train	GBR	2.37.4

K1 MEN 1000m

1. K Smith	GBR	4.09.8
2. I Birladeanu	RUM	4.13.4
3. S Brown	GBR	4.14.0
4. L Tidoni	ITA	4.14.0
5. J Baaijens	NKB	4.14.4
6. J Broeckx	BEL	4.14.6
7. H Lehmann	SWI	4.15.9
8. R Stevens	NKB	4.22.2
9. P Stinckens	BEL	

K2 JUNIOR MEN 1000m

1. S Verhoeven/ A de Brouwer	BEL	4.01.0
2. Nagelkerek/Collignon	NKB	4.02.2
3. S Regtien/R Zuiddam	NKB	4.03.7
4. Smith/Sturgess	GBR	4.06.7
5. I Gonzalez/Folch	SPAIN	4.07.4
6. N Brevitt/V Holme	GBR	4.11.7
7. C Slater/D Haws	GBR	4.15.2
8. Battershall/Ward	GBR	4.17.9
9. Bonte/Deldaele	BEL	4.19.6

K4 WOMEN 1000m

1. Plant/Clapham/Crawley/ Lucas.	GBR	4.05.2
2. Perrett/Wetherall/ Smither/Clough.	GBR	4.07.3
3. Watson/Craske/Davies/ Jacobs.	GBR	4.18.8

K4 MEN 1000m

1. V Diba/I Geanta/ P Dimofte/ M Giobanu.	RUM	3.17.2
2. Smith/Bourne/Robson/ Canham.	GBR	3.22.0
3. Panielier/Lewandoziczj Szojepanski/Ciurzynski.	POL	3.26.5
4. F Uberti/L Tidona/ M Ganna/G Innocenti.	ITA	3.28.2
5. P Heusen/V Laarhoven/ G de Leede//F Toirkens.	NKB	3.29.1
6. Williams/Brown/Hancock/ West.	GBR	3.31.8
7. Harding/Dimmock/Harvey/ Blythe.	GBR	3.36.7
8. W Verhoeven/G Alders/ P Broekx/J Alders.	NWC	3.42.4
9. A. Reitmaier/H Brandjes/ M Willems/E Roorda.	G	3.46.3

K1 JUNIOR MEN 1000m

1. G J Nuijs.	NKB	4.20.2
2. N Gregory	GBR	4.23.6
3. A de Brouwer	BEL	4.24.8
4. J Verduijck.	BEL	4.27.0
5. R V Hezel.	NKB	4.28.3
6. J Nagelkerke	NKB	4.30.8
7. R Ward	GBR	4.34.6
8. N Brevitt	GBR	4.38.4
9. F Trujillo.	SPAIN	4.56.7

K2 WOMEN 1000m

1. Perrett/Wetherall	GBR	4.31.1
2. M Kegge/M Hol	B/KVS	4.33.5
3. Plant/Clapham	GBR	4.42.6
4. Crawley/Clough	GBR	4.48.9
5. J Van Zeven/E Huijgen	LEV/ARG	4.50.5
6. P de Vries/A Dijkstra	EUROS	5.19.0

C2 MEN 1000m.

1. I Potzaichin/T Simionov	RUM	4.01.9
2. Titu/Capushta.	RUM	4.17.5
3. S Train/A. Train	GBR	4.35.4

MIND OVER MATTER (CONTINUED)

Maybe it is difficult to influence motivation directly; it is possible to some extent to influence the habits which motivation arouses. Thus motivation, once understood, can be harnessed both by the individual and his coach. This harnessing should lead to the formulation of habits which themselves become secondary motives. Being WELL MOTIVATED is to want to do something which is in accordance with the wishes of others around at the time. When motivated towards a given situation the individual will exhibit the qualities of identification, concentration, perseverance and endurance within that situation.

There appears to be no complete answer to the question of why certain individuals become physically fit and take up sport. It is clear that for the majority, satisfaction and fulfilment are acquired. It is very difficult to define (other than superficially) the specific reasons in any individual case, just as it is almost impossible to determine what influences the athletes choice of sport. All that can be said with any certainty is that the development of physical fitness and sport participation is as significant in the context of psychological health as it is for physical health. It has been said that with our present knowledge of psychology the problem of motivation should be approached with an open mind. Any adherence to one theory or another of motivation will almost certainly lead to confusion.

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K2 MEN 1000m

1. Stevens/Lebbink	NED	3.58
2. Brown/Canham	GBR	3.58.76
3. Sherriff/Smith	GBR	3.59
4. Loyau/Duhec	FRA	3.59.50
5. Williams/Ayres	GBR	
6. Bregeon/Vavasieur	FRA	
7. Alders/Debucke	BEL	
8. Ballard/Robson	GBR	

K4 MEN 1000m

1. Stevens/Lebbinck/Daman/ Ballard.	BEL	3.13.
2. Williams/Sheriff/Robson/ Ballard.	GBR	3.15
3. Canham/Brown/Hancock/West	GBR	3.16
4. Broekx/Alders/Broekx/ Alders.	NWC	3.18
5. Bregeon/Vavasieur/Julien/ Leroy.	FRA	
6. Hoekstra/Debucke/ Vendeniele/Tomanski.	CCG	
7. Dimmock/Harding/Ayres/ Harvey.	GBR	

K1 500m MEN

1. Bourne.	GBR	1.53
2. Lebbink	NED	1.54
3. Stevens	NED	1.55
4. Smith	GBR	1.56
5. Baajens	NED	
6. Hanssens	RCNML	
7. Leroy	FRA	
8. Alders	BEL	

K2 500m MEN

1. Loyau/Duhec	FRA	1.42.30
2. Bregeon/Vavasieur	FRA	1.42.84
3. Williams/Ayres	GBR	1.43
4. Robson/West	GBR	1.44
5. Stevens/Lebbinck	NED	
6. Brown/Canham	GBR	
7. Hancock/Bourne	GBR	
8. Ischirner/Forster	DUS	

K4 5000m MEN

1. Loyau/Duhec/Bregeon/ Vavasieur	FRA	1.31
2. Canham/Brown/Bourne/West	GBR	1.33
3. Hoekstra/Debucke/ Vanvewiele/Tomanski	CCG	1.35
4. Williams/Blythe/Robson/ Ballard.	GBR	1.36
5. Alders/Broekx/Broekx/ Alders.	NED	
7. Heusen/Vanlarhoven/ De Leede/Toirkens.	NED	
8. Dimmock/Harding/Ayres/ Harvey.	GBR	

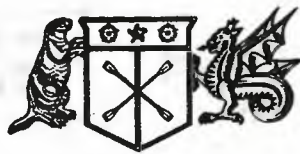
K2 10,000m MEN

1. Stevens/Lebbink	NED	43.35
2. Broekx/Stinckens	BEL	43.48
3. Dimmock/Harding	GBR	44.10
4. Bregeon/Vavasieur	FRA	
5. Ayres/Gorman	GBR	

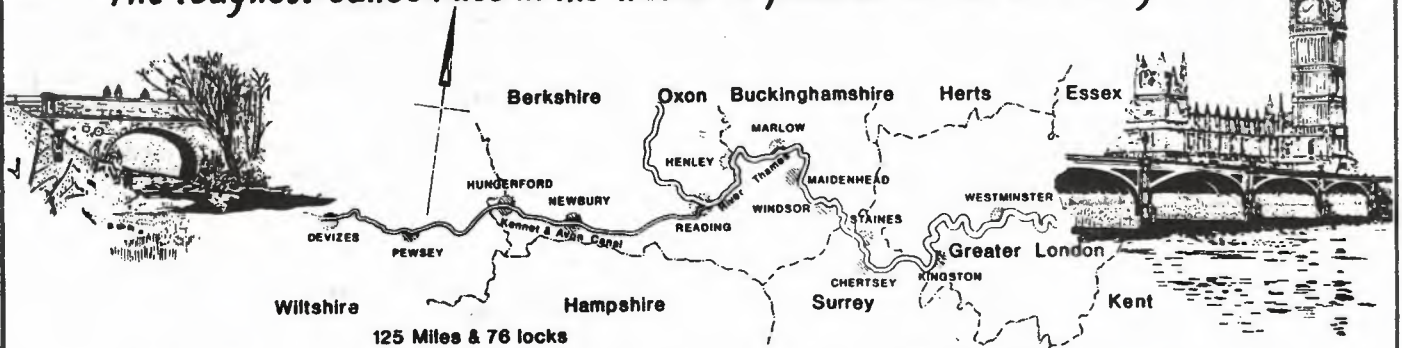
K1. 10,000m MEN

1. Williams.	GBR	48.30
2. Ballard	GBR	48.38
3. Damanr	NED	48.50
4. Hanssens	BEL	

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