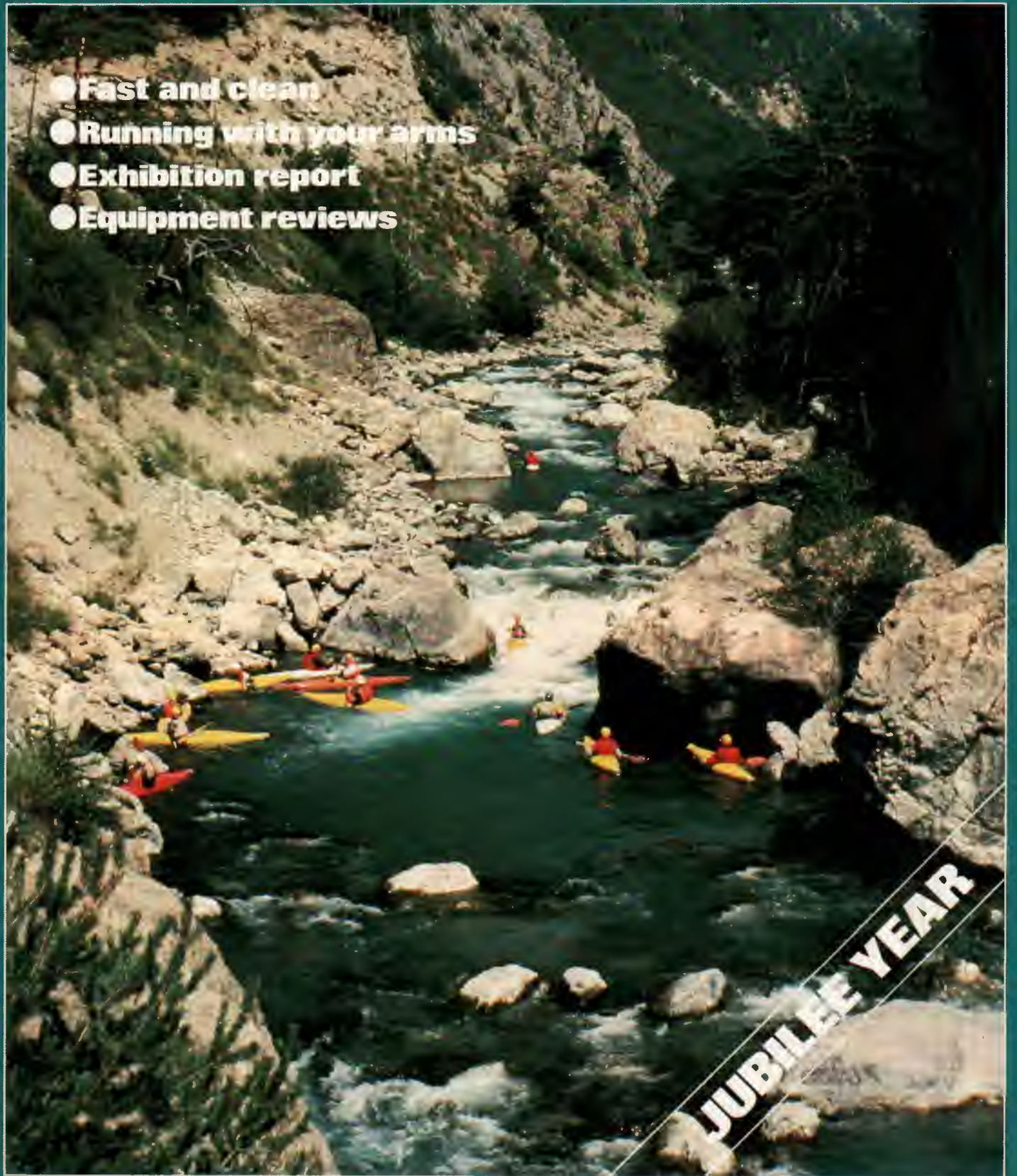


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CONTENTS

2 Exhibition Report — World Record — Award Presentations
— Best Trade Stand — Opinions — Results

5 'Fast and Clean' Winter — The winter exploits of Richard
Fox

7 Competition — 10,000 metre future — Trans Pennine
Marathon — Placid Water Tests — Polo boats and referees —
Slalom and white water outlook

10 How Do you Win Friends and Influence People? —
Membership Survey Results

13 Books — Derek Hutchinson titles — Path of the Paddle —
Chest Harnesses

15 Buoyancy Aids — The BCU/BCMA Standard BA 83
explained

17 Trade News — BCMA Officers — Selkie Rescue — New
from Palm — Richard Fox joins Wild Water

21 Stopper Rescue Techniques — Graham Wardle explains
the behaviour of stoppers, and how to rescue canoeists and
swimmers

22 Running with your Arms — Dr. Craig Sharp explains
aerobics and anaerobics

25 Jubilee Appeal News — Water Carnival — Sports Aid
Week — 2,000 Mile Paddle

29 Comment — 'Canoe Focus' The 'Popular' Press? — The
Gathering at Greenwich

31 Question Answered — Dave Greet's lighthearted view of
our sport and its practices

33 Dear Focus — Canoe Clubs Beware — Whose head in the
sand? — Polo Canoe Design Rules

41 Equipment Reviews — Aquasac — Aquaman — Suunto
Jes Field Compass

42 Expeditions — Alpine Antidote — Ladakh Jottings

44 Classified Advertisements



42 Alpine Antidote

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EXHIBITION REPORT

PICTURES BY BRIAN JONES

CRYSTAL PALACE ACTION

By Dave Powell

This year, the pool events produced a mass of participation. From heated competition for the experts to the newcomers who came to have their first go in a canoe, hundreds of people took part. The very spectacular and visual polo competition saw invitation matches with Ireland and Finland creating a truly international flavour. The slalom, as usual, provided a very exciting event, showing many of our medal winners in action. There was also a chance to see those names that keep appearing with International honours in the Superstars events. An informative demonstration came from the Corps of Canoe Lifeguards from the Kent Mobile and the Barking and Dagenham Groups. Then there was the hand rolling by 15-year old Colin Hill, which is reported separately. Meanwhile, the zany Dave Ruse, dressed in Hawaiian shorts and G.B. vest, kept 50 youngsters over the two days, entertained with some fun canoeing. He was quoted to have said: 'Over 1000 canoeists were in my session on Sunday.' There are rumours abroad that his is not very good at counting! The 'Come and Try it' events pulled all levels together, and kept the swimming pools busy throughout the weekend. The Slalom Clinic worked on the Saturday with Alan Edge, one of the Assistant Directors of Coaching for the BCU giving his expert advice to new arrivals to the sport. Alan Rees' team of Instructors made a superb job of introducing approximately 600 newcomers to the sport in the two teaching pools. Meanwhile, round in the Weight Training Room, aspiring competitors took advice and

had a go at weight training. The other assistant Director of Coaching for the BCU, Brian Greenaway, felt that some of the ten year olds

that were turning up were just a bit too ambitious. Thanks go out to all those who took part, either organising or performing.



Superstar Cynthia Berry in the marathon phase powers to her overall win with Fiona Mitchell in hot pursuit.

A TRADERS VIEW

by Jim Hargreaves

Despite the polar temperatures the Exhibition proved to be the most successful that we have ever attended. The organisation, a titanic task, was slick, friendly and efficient, and we had no real complaints of any note. The abolition of the one way system up and down the stairs to the pool side saved a lot of aggravation and allowed more freedom of movement, and the manner in which the

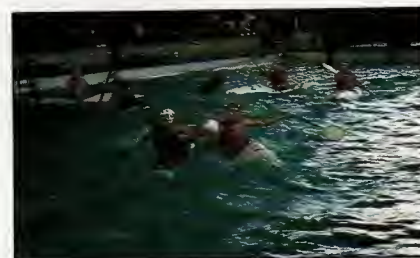
access and egress of traders to and from the entrances was handled, seemed to work very well, with very few frayed tempers.

The buying atmosphere was almost frenzied; the response to the new BCU approved helmet was beyond our wildest 'Wild-Water' dreams, and the reactions to our new range of colour co-ordinated accessories were cries of delight from all who passed our stand, that at last some flair and fashion was being introduced into our sport.

There were the same old batch of complaints, mostly from the same old batch of traders who still think that the Exhibition is a flea market. Whilst the general standard of the show, from the exhibiting point of view, is improving every year, there is still a trace element within the trade who would be better suited attending the Calgary Stampede than the International Canoe Exhibition. It is time that a bit of pruning was done in this respect; this is now a professionally organised Exhibition, with a mile long queue of existing traders clammering for more space, and new businesses that cannot get any space at all. There is now no room at the Palace for part-time, unprofessionally run traders; things are moving in the right direction, lets keep it that way.

To sum up, a great show; this should prove to be a bumper season for canoe sport.

The Finnish Canoe Polo team in their victorious match against Northern Ireland.



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COLIN ROLLS INTO THE RECORD BOOK

Colin Hill, a member of Derwentside Canoe Club, entered the Guinness Book of Records at the Crystal Palace Canoe Exhibition when he beat his own World Handroll Record and established a new one of 100 rolls in 2 minutes and 39.5 seconds. After a false start when he completed more than 30 rolls before he could be stopped, Colin then re-started and knocked 10 seconds off the record in front of an ecstatic crowd. Congratulations Colin for triumphing over the odds. Anyone interested in beating his record at next years exhibition should start training now!

Colin Hill ready to start.



SURVEYS

Having been told many times in an authoritative way that, for example, "people only come for the trade stands" or "no-one goes to halls two, three or four" and similar bold assertions we decided to ask visitors why they came to the exhibition and if they visited the downstairs halls. Early on Saturday morning, a large proportion of visitors said they had come for the trade stands, which could possibly indicate a "February Sale" clientele. As the weekend progressed, responses changed to an even spread over all activities at the exhibition, with many pointing to the social contacts they make. Early in the day visits to the lower halls were low, but it appears that this was a reflection of visitors not having been in the exhibition long enough. By the afternoon of both days, nearly everyone said they had visited the downstairs halls. The Exhibition Committee is most grateful to market researcher Paul Gibbard who conducted the survey and to those visitors who answered his questions.

We also asked all exhibitors to fill in a simple questionnaire. Within a week of the exhibition, 25 traders and 27 canoeists replies had been received. This is a very good response and we are most grateful to those who found the time to fill them in so quickly. There are many constructive suggestions (not all conflicting!) which can be considered in the planning for 1987. With a very few exceptions the general tone varied from satisfaction to enthusiasm for how the exhibition went this year.



Martyn Bumstead is seen talking to the BCU President, David Wain, who had presented him with the BCU Award for Valour. This was in recognition of his spectacular rescue of a fellow paddler, at great personal risk, on a grade V section of the River Inn.

David Wain also made poolside presentations of the BCU Award of Honour to Geoff Good and of the BCU Award of Merit to

Gerry Bannister, Mike Carter, Neville Unwin and Brian James. The total service to the BCU given by the recipients is enormous and illustrates the debt owed by canoeing to dedicated people without whom there would be no canoeing as we know it today. The winner of the Strand Touring Award Draw, Mrs Elaine Cowles, was presented with a Comanche kayak by Strand Glass.

KIRTON KAYAKS WIN BEST TRADE STAND AWARD

This year, the International Canoe Exhibition Committee introduced an award, donated by the BCU, for the best trade stand. Two members of the Committee inspected all the stands early on Saturday morning, and finally awarded the cup to Kirton Kayaks of Credi-

ton, Devon. Their colour-co-ordinated stand showed considerable thought in its design and bore in mind the crowd problems encountered by the exhibition. Splashsports of Darwen, Lancs, who had made extremely good use of a small exhibition area, were narrowly beaten into second place.

David Green of Kirton Kayaks received his award on Sunday morning from Jim Bright, the Chairman of the Exhibition Committee.

POOL EVENT RESULTS

POLO

Home Internationals

England	5	Wales	0
Scotland	7	N Ireland	0
N Ireland	0	England	9
Wales	7	Scotland	2
Wales	3	N Ireland	2
England	6	Scotland	1

Invitation Internationals

Scotland	5	Finland	0
Finland	0	England	5
Wales	1	Finland	1
Finland	4	N Ireland	1

Ladies Semi-Finals

St Albans	1	Dudley	2
Mutineers	3	CPC	1

Final

Mutineers	3	Dudley	0
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Open Quarter Finals

Bere Forest	5	Grimsby	0
Tigers A	5	Dudley	1
CPC	5	GVP	1
Luton Tigers	4	W Lothian	2

Finals

Bere Forest	2	Tigers A	1
CPC	4	Luton Tigers	2

Final

Bere Forest	0	CPC	2
-------------	---	-----	---

Youth Semi-Finals

St Albans	4	CPC	6
GVP	4	Grimsby	2

Final

St Albans	4	GVP	0
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POOL SLALOM (Individual)

K1 — 1st Richard Fox (57.0) 2nd Jimmy Jayes (58.5)

C1 — 1st Bob Doman (61.1) 2nd Pete Bell (62.9)

Ladies K1 — 1st Liz Sharman (64.1) 2nd Gail Allen (65.5)

C2 — 1st Alan Meikle/Colin Brown (69.4)

2nd Andy Smith/Mick Smith (71.0)

POOL SLALOM (Regional)

K1 — Malcolm Reynolds

Ladies K1 — Janet Johnson

C1 — Mark Delaney

C2 — Andrew Fisher/Andrew Pratt

SUPERSTARS

Men 1st Jimmy Jayes (14) 2nd David Martin (11)

Ladies 1st Cynthia Berry (14) 2nd Liz Sharman (11)

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'FAST AND CLEAN' WINTER

BY RICHARD FOX



At Roches du Diable Slalom, Left to right — Andy Gladwin, Richard Fox, Melvyn Jones, Ian Raspin.

What a cold start to the year it has been — now I know why I went to Australia last winter! But despite the weather there has still been a lot of action. The final Dee Race in January was held on very high water, and with a strong tail wind the finishing times were the fastest ever on the course to the Woodlands Hotel. The short course suited me, and I beat D R H Taylor into second place. The Dee really is a fantastic river when it is in flood, but it is a rare treat to catch it right on one of the race weekends. In fact, it proved too high for some of the Division Three competitors and I hope number 31 found the remains of his boat below the Hand Hotel!

D R H Taylor had his revenge on me at the Dart race, winning by eight seconds, and in doing so he secured the National Championship. The Dart was his fourth consecutive A race victory — let's hope he keeps his form for the summer races. It has been quite a refreshing change for me to have a go at a few of the downriver events, especially on rivers like the Dart, which I hadn't paddled before. I'll keep going back there until I catch it in high water!

In between the river races the slalom squad has been very active. Our men's K1 squad is looking stronger than ever, and I am hard pushed to beat the likes of Andy Gladwin and Melvyn Jones in training, not to mention the younger paddlers like Ian Raspin and Dave Crosbee. Some of us have done a fair amount of paddling at Bala during the week, often going there for one long workout on a Wednesday afternoon. It is amazing the number of people who now find the time to skive off

work or college to get some whitewater paddling done! Even in February, with ice on the poles, it has been hard to find space in the changing rooms, let alone the breakouts. It is such a shame though, that the release schedule doesn't run forever — we always complain when it rains at Bala, but really we need half an inch every night so we can have a few million gallons every day. Dream on.

For some of us the slalom season is under way even as I write before the end of February. Our men's and ladies' kayak teams were well represented in Brittany for an International event against the French. Last year, Jim Jayes was the best Brit in fifth place, but we turned the tables completely this year, taking the first four places and six of the top ten. I don't think les Francais know what hit them! It was the most encouraging performance for a long time by the men's kayaks. I pulled a few seconds from Russ Smith to win the event, but Russ, Andy Gladwin, Melvyn Jones and Ian Raspin were all very close together on time. The selection events are really going to be electric this year with Jim Jayes and Jim Dolan also in threatening form. Bob Doman was our only C1 paddler and he produced two clear runs to take second place. Gail Allen was second behind Marie Francoise Grange of France — the disappointment being the absence of Liz Sharman, who flew home with a bad viral infection, and missed the event. She has a lot to answer for. No less than six of us who went on that trip are now coughing and spluttering.

The Brittany trip to Les Roches du Diable is likely to become a regular event. Brittany

ferries kindly supplied our ferry tickets and Lockers of Northwich donated a new Sherpa van from Freight Rover to help transport some of the team. We nearly had some bad news to tell them on our return after we lost the back end of the van on sheet ice. We found it again off the road, but no damage was done — Phew! How not to impress a sponsor!

One week after the race in Brittany, we all turned up for the Crystal Palace jamboree. As usual, a million things were going on at once, and I was busy dashing in and out the Nomad Canoes stand and talking about new products with my latest sponsors, the Wild Water Centre. Most traders I spoke to reported a successful show, and there were some interesting new products on show. I think the paddle market showed the greatest number of new developments, and not only in slalom competition blades. One new face at the exhibition was that of Martyn Hedges, trading as Bushsport. It is good to see someone breaking into the market with an excellent new product and making a professional job of it — especially when he is a team mate. Good luck, Bushsport.

I made a return to the pool slalom after several years' absence. Now I know why I stopped racing there — it hurts! There are a few pool slalom specialists on the scene now — paddlers like Wranski and Raynolds powered their way impressively into the final rounds. They may feel disappointed that they were drawn together, but we breathed a sigh of relief! Jim Jayes only just beat Malcolm to reach the final, while I was stretched against a rapidly improving Dave Crosbee. An all-Nomad final was what we wanted, and it took the pressure off Jim and myself. He had me for speed on the roll and a spin, but his two second penalty meant I just squeezed him out. I didn't deserve it, three other paddlers had beaten my time, but in the wrong races.

The freeze continues and I am escaping what remains of the winter for Vancouver, and hopefully some warmer whitewater racing. If it stays cold here, a tip for warming your hands up is to place them either side of your neck, next to the skin, for 30 seconds or so, front and back. That's usually enough to take the chill off. Melvyn Jones was the first I saw do this — we always thought he was trying to throttle himself!

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COMPETITION

SLALOM AND WHITE WATER

Optimistic outlook for 1986 season:

National squad have been working hard all winter in both white water disciplines. In downriver, squad coaches Dave Kay, John Handyside, Dennis Cooper and Chris Horrod, have been putting paddlers through some gruelling weekends. The new programme of races leaves things fairly quiet up to March, so they do not have to go too fast too soon. New faces have appeared at the top of Men's K1, with Neil Stamps, Joe Lyons, and Alan Tordoff all making a mark — these, along with established slalom stars Fox, Hedges, Allan, and Sharman, all taking downriver seriously to make 1986 a memorable year.

Quote Dave Kay in 'White Water News': 'For the first time in a while, targets we are chasing seem to be in the UK. Europa Cup and pre-world medals could result.'

On the Slalom scene, three very successful full squad weekends have taken place on the Dee and the Washburn. Lack of water on the Tryweryn at weekends has been a disappointment, but many of the squad have managed to make use of the weekday releases — easier for some than others.

Men's K1 is looking especially strong with Messrs. Jayes, Smith, Gladwin, Jones and Raspin pushing Fox very hard. Competition for the three Europa Cup places will be the tightest for a while.

In C1 Mark Delaney and Alan Gillibrand have made spectacular progress and will be very close to Bell, Doman and Hedges. In C2 Meikle and Brown go from strength to strength.

All this augurs well for a successful Europa Cup and pre-world year, with the 1984 haul of two golds, two silvers and one bronze the target to beat.

On the domestic scene, Slalom has undergone two fairly major changes. New rules replace old, with compulsory reverse gates disappearing. Slalom so far indicates that this will improve things for the paddlers, officials, and competitors, reasons being it is simpler to understand, but more interesting to watch, the latter point always being welcome especially in a time trial event. On the organisational side, Premier and Div I events have separated to different weekends. This is an attempt both to control numbers and to provide more water time for competitors. Obviously, the number of total events has increased which must also be a welcome improvement.

So, with GB, Slalom and White Water teams' hopes high, 1986 looks like being a memorable year.

ESSEX WINTER SERIES RACES 1985/86

A winter series of six races was run on behalf of the Essex Association, by member clubs at

Bishop Stortford, Flatford, Paper Mill, Sudbury, Harlow and Leaside. Winners were Leaside with 57 points, 2nd Harlow Outdoor Pursuits Centre, 3rd Braintree. At each event there were 14 classes, catering for all age groups and most types of craft.

The series Winners were: Over 16 K2 Dains/Robinson, Newham; Over 18 K1 Maile G. McKean, Havering; 16 to 18 K1 Mailes M. Adams, Harlow; Over 16 K1 Female A. Crawley, Newham; Veteran K1 C. Tatam, Leaside; Under 16 K1 Female V. Pike, HOPC; Under 16 K1 Male I. McIlhargey, Harlow; Under 16 K2 Lynch/Fahey, Leaside.

Slalom Classes: Over 16 Male M. Eldrett, Richard Hale School; Over 16 Female A. Runnegar, Canvey Slalom Squad; Under 16 Female S. Nichols, Braintree; Under 16 Male M. Barker, Braintree; Under 14 Male C. Roberts, Bishops Stortford; Veteran M. Box, Braintree.

The Association would like to thank everybody who took part, both paddlers and organising clubs without whose assistance the events would not have been run. The average number of Paddlers was 144 at each event, with a total of 26 participating clubs.

ISLE OF THANET CANOE MARATHON 20/4

There is still just time to enter this unique marathon event, which requires you to race on sea, river and ditches. The race takes about seven hours, and, as last year, the prize

for the fastest time will be a canoe or kayak to the value of £400. The event will also receive good media coverage from Southern Television and local radio — details from Thanet Canoe Club PO Box 29, Broadstairs, Kent, CT10 2AA. Members should note that the river Wansum is used only by special permission, and further details regarding use of this river should be made to Thanet Canoe Club.

TRANS PENNINE CANAL — MARATHON 24 MAY 1986 COURSE 127 MILES, LEEDS — LIVERPOOL

This race continues to gain in popularity, sponsored by the Leisure Division of the British Waterways Board it is bringing marathon racing to an area of the country where there is great potential for growth in racing. I am sure that it won't be too long before this race rivals the Devizes to Westminster for numbers of participants. Race details are available from The British Waterways, 1 Dock Street, Leeds, LS1 1HH. There are four classes to enter:

a) Non-stop race K1 or K2 paddlers. Minimum age: 18 years.

b) Non-stop team race K1 and K2 paddlers canoeing in relay (i.e. 2 man K1 team or 4 man K2 team). Minimum age: 18 years.

c) 3 stage junior team race K1 or K2 paddlers canoeing in relay with two compulsory overnight stops. Age: 16-19 years.

d) Fun event for teams of 3 or more canoes over a maximum of six days, camping overnight. Minimum age: 16 years.

PRIZES

All finishers will receive a certificate and limited edition T shirt recording their achievement. Trophies will be awarded to race winners in classes A, B and C and there will be prizes for the first three teams in these classes.



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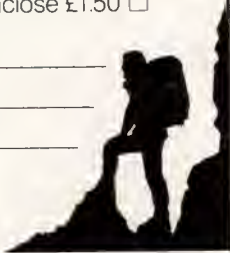
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10,000 METRES TO GO FROM WORLD CHAMPIONSHIPS

In the programme for the World Sprint Racing Championships in Montreal this year, many people have been surprised to find that all the 10,000 metre events have been relegated to Wednesday morning of the competition. It has been known for some time that some members of the ICF Board wish to dispose of 10,000 metre races because they believe them to detract from the Olympic programme. One has to ask the question whether this is the first move in a campaign to eliminate the 10,000 metres from the World Championships altogether. It is to be hoped that this will be rectified at the next Congress of the ICF.

Popular spectator event under threat.



PLACID WATER RACING TESTS

The Placid Water Coaching Scheme have introduced a series of 500 metre racing tests and awards in order to encourage people into flat water racing.

The Sprint Racing Committee has agreed to use these to set minimum standards for entry into Sprint Regattas at the National

Watersports Centre, Nottingham, and the Marathon Racing Committee has agreed to use them as a guide to help people who wish to know what division they should start in. They do stress however that these awards are not mandatory for entry into the Marathon Racing Scheme.

STANDARDS

DISTANCE	C1 TIME	K1 TIME	AWARD
500M	5min.00s	3min.30s	BLUE
500M	4min.00s	3min.10s	BRONZE
500M	3min.30s	2min.50s	SILVER
500M	3min.00s	2min.30s	GOLD

ENTRY INTO SPRINT RACING

The following standards should be achieved before paddlers are eligible to take part in regattas at the National Watersports Centre (i.e. National Regattas)

Mens Kayak Classes

Gold Award (500m)

Womens and Veteran Classes

and Boys A & B: Canadian

Silver Award (500m)

Boys C & D: Girls A & B

Bronze Award (500m)

Girls C & D

Blue Award (500m)

The Regatta Committee would appreciate your co-operation in producing the evidence

of standard when registering new racing competitors.

ENTRY INTO MARATHON RACING

If you have a 500m Award the following is a guide to which division you should enter.

Kayaks:

Blue Award Div. 9

Bronze Award Div. 8

Silver Award Div. 7

Gold Award Div. 6

Canadian:

Blue Award Div. 9

Bronze Award Div. 9

Silver Award Div. 9

Gold Award Div. 8

These tests may be examined by a Placid Water Teacher or Senior Instructor.

CANOE POLO — SPECIFICATION OF BOATS

The Canoe Polo Committee have become aware that some boats which have been sold to paddlers do not meet with the required specifications. As a short term compromise, the Canoe Polo Committee are prepared to allow designs which are marginally illegal until 1st September 1986. After this date boats which do not conform to the specifications will not be allowed in competitions. This compromise will only be allowed for boats which have been purchased prior to 1st January 1986.


In making the above statement, the Canoe Polo Committee will not become involved in any dispute between manufacturers and purchasers concerning the legality of a particular design. The specifications for canoe polo boat designs have not been altered for several years and have been freely available upon request.

In an effort to prevent further problems concerning illegal designs, the Canoe Polo Committee have now formed a Boat Eligibility Committee. This committee will check and approve designs on request. In the near future it is anticipated that a list of approved designs, suitable for use in canoe polo competition, will be available.

CANOE POLO REFEREES

The Canoe Polo Committee have decided that Grade 3 Referees who take a Grade 2 Course, will now only have one year in which to present themselves for assessment. Failure to be assessed within one year from the date of the course will mean that the period covered by the training course has expired. This will therefore mean that a further course must be attended. Grade 3 Referees who have attended a course up to 31st December 1985, will have until 31st December 1986 in which to arrange their assessment.

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HOW DO YOU WIN FRIENDS AND INFLUENCE PEOPLE?

What better way to find out than to ask — so we did — via the questionnaire sent with the October/November Focus. Here's what we found out.

"In Tests, Eight Out of Ten Owners Said Their Cats Preferred It!"

Conducting a survey is a tricky business. Consider this fashionable type of advertising claim. We don't know what the poor cats prefer at all. We only know what their owners think they prefer; and to what? Dog Biscuits? The point is, if you ask a biased question, you'll receive a biased answer, so the phrasing of a survey is all important. The questions must never hint at the desired answer and the answers must be just that, and not the result of an indirect question left open to another's interpretation.

If surveys and questionnaires are such an undertaking, why did we choose to conduct one? We could have compiled a summary of views and opinions from your letters, phone calls and chats on the river bank or at the Exhibition but a postal survey offering everyone an equal opportunity to have their say, even with its inherent problems, is the best way of getting an accurate picture.

To Read or Not to Read?

Identified as a particular area of interest was Canoe Focus. Although it is generally accepted that in the main, canoeists just want to get out and do it, there is still a demand for a magazine — a focal point. The reading population seems to be of great interest in all circles recently. Indeed the remaining commercial magazine, Canoeist, ably edited by Stuart

Fisher, has conducted an independent survey of his 1800 readers. A good response of nearly 6% was received to the eight point questionnaire which also sought views on Canoe Focus. Although it did not attempt to distinguish between BCU members and others or between those who read Focus and those who enjoy it, which we were more interested in, we were glad to see that 88% of Canoeist readers also read Focus and only 12% either don't receive it or don't read it. In fact 49% endorse our present 6 issues per year while 24% would like to see more than 6 editions. Happily the majority agreed with a suggestion that there should be healthy competition between magazines. Sadly the other independent magazine, Canoeing, ceased publication in May 1985 after a private dispute between its editor Mike Clark and the publishers, Ocean Publications.

What You Said

With the postal cost involved we obviously cannot conduct membership surveys on a regular basis and needed to aim for a substantial return on this one to ensure value for money spent. We thought that the free gift incentive would be an encouragement but we have been staggered by the enormous 26% response rate, over 3,000 replies and only two thirds claiming their gift.

It is obviously important to establish whether or not the replies were representative of the BCU membership as a whole before we can claim that the findings have any significance. On the left is the breakdown of replies received by membership category and on the right the current structure of membership. As you can see the two are almost identical and an accuracy of $\pm 3\%$ can be attributed to the results.

	Survey Replies %	Current Membership %
Introductory	3.6	2.9
Basic	8.2	8.0
Cadet	5.1	7.7
Full	66.7	63.5
Youth	14.1	13.8
Family	2.3	4.1

We have shown the further breakdowns by age, ability and the different activities enjoyed which again indicate a fair spread.

CANOEING ACTIVITIES PURSUED			
Readers were invited to select as many options as appropriate.			
Recreational %			
Inland Touring	58.9	Canoe Sailing	1.8
Sea Touring	34.1	General "pottering"	1.8
White Water Touring	51.3	Competitive %	
Canoe Camping	23.7	Slalom	45.6
Canoe Surfing	53.0	Wild Water	23.6
		Sprint	8.4
		Marathon	23.7
		Canoe Surfing	6.2
		Canoe Polo	16.6
		Canoe Sailing	6.6
			355.2

ABILITY %	
Novice	20.0
Intermediate	53.2
Advanced	26.8

AGE %	
Under 18 years	18.0
18-25 years	33.0
26-40 years	33.4
Over 40 years	15.6

HQ SERVICES %	
Have you ever contacted BCU HQ? YES = 47.4	
What is your opinion of the services and information provided?	
Good	48.9
Adequate	46.8
Poor	4.3

ACCESS %	
Is access to suitable canoeing water a problem in your area? YES = 28.7	
To what extent does any such problem affect your canoeing activities?	
Hardly at all	16.9
Sometimes	21.3
Often	7.8
All the time	1.9
Not Applicable (No Problem)	52.1

CANOE FOCUS

The following tables show the % of replies that indicated 'YES' to the question asked.

Do you enjoy reading Canoe Focus?	91.3
Do the following current topics interest you?	
Action on Access	71.6
Book Reviews	51.1
Competition Reports & Results	58.8
Editorial Comment from the Centre	53.0
Expedition Reports	82.6
Features	84.7
Letters	73.8
Nations and Regions Round Up	59.1
News and Views	78.1
People Profiles	42.1
Safety/Health	83.5
Touring Articles	66.3
Trade News	79.1

Would any of the following type of articles appeal to you?

Specific information about the various disciplines	72.3
Information for beginners	55.3
A regular spotlight on a different club each issue	45.5
A regular spotlight on a different manufacturer in each issue	66.5
Quizzes	35.1
Studies on stretches of river, waterway or coastline	85.8
Equipment reports and tests	91.8
Repair, maintenance and construction information	80.2
Information about canoeing overseas	61.3

INJURIES %

Have you ever suffered from any of the following problems related to your canoeing?

Head Injury	10.5
Muscle Injury	26.9
Tendon Injury	13.3
Dislocation	5.0
Sprain	8.9
Foot Injury	7.7
Lower Leg Injury	7.4
Other	16.6

Have you ever suffered problems with either wrist? 27.6

REASONS FOR JOINING THE BCU %

Again participants were invited to select more than one reason if this was appropriate and from the results it is apparent that most people join to take advantage of several benefits.

Why did you join?

To generally find out more	41.4
To take part in events/competitions	57.5

To obtain low cost insurance	19.4
To obtain a cheaper BWB licence	6.2
To belong to the Coaching Scheme	43.7
To receive Canoe Focus and other literature	38.7
To purchase discounted goods	11.3
Other	3.3

BACK TO THE FUTURE

To concentrate on the future then, how will these results help? Your tremendous enthusiasm and interest in what's going on is very encouraging.

We now have a much clearer picture of what you would like to see and will take on board as many of your positive recommendations as we can, given the limitations placed upon us.

It remains for us to thank most sincerely all those of you who completed the survey and for all your additional comments.



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BOOKS

Path of the Paddle

An Illustrated guide to the art of Canoeing

Bill Mason. Van Nostrand — Reinhold, 1980.

Price £17 from Tim Ward, Henley Villa, Wycombe Road, Stokenchurch, High Wycombe, Bucks.

Reviewed by Steve Lacey.

Bill Mason, commercial artist turned filmmaker, is one of Canada's leading canoeists and conservationists and an award winning director for the National Film Board of Canada.

It is exciting to review this book, because it is such a complete and absorbing work, with something of value for everyone. It is also frustrating, because one is overcome by the strongest urge to grab a paddle and head for the nearest rapid.

Path of the Paddle is arguably the most comprehensive guide to paddling the traditional canoe of the prospector or trapper.

Each skill, for solo or double, on placid or white water, is described and illustrated, with a series of annotated photographs, augmented by a clear and concise text.

The section on reading water is of equal value to the canoeist or kayaker, with the white water grading system explained in terms of the capability of the traditional canoe. How to cope when things go wrong, recovering canoes, pinned boats, deep water rescues, are illustrated from experience.

The arts of wading, lining, tracking, poling, snubbing and portaging are all examined, as are the skills of building canoe catamarans for transporting loads, or sailing, and crossing large expanses of water.

White water and wilderness safety, types of canoe, preservation of the wilderness and the canoeist's responsibility for the environment, are featured.

This book is the most complete guide I have found, to rediscovering the natural world and yourself by canoe.



Stan's the man



Sea Canoeing

By Derek Hutchinson
A & C Black

Available from BCU Supplies £7.30 (members); £8.00 (non-members) both inc p&p

ISBN No. 0-7136-5602-6

Derek Hutchinson's eminently readable, comprehensive guide to the art and love of sea kayaking has now been published in paperback form. This is the third edition, revised in 1984.



The Chest Harness and its Use in White Water Canoeing

Raymond Rowe and Graham Wardle
Published by BCU Reference No. BLT31
Price: £1.00 Members, £1.50 Non-Members (both inc p&p)

Properly used, the chest harness offers features which can significantly improve a white water paddler's safety.

Misused however, or applied without forethought or practise, the opposite can be the case.

In this inexpensive guide, Ray Rowe and Graham Wardle outline the types, give practical examples of rescue situations where the harness can be usefully employed, describe a

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signal system, and provide hints on how to belay in order to cope with the load when rescuing from the bank.

Recommended reading for all serious white water paddlers.



Derek C Hutchinson's Guide to Sea Kayaking

Pacific Search Press

Available from P & H Fibregalss and Valley Canoe Products

ISBN No. 0931397 00 6

Reviewed by Nigel Foster

This is a short publication aimed at the American market. It is in the well illustrated and readable style of the author's previous book, Sea Canoeing, and falls into short and easily comprehensible chapters. The lay-out is good, making the book easy to dip into for reference, and the inclusion of illustrations and excerpts from historical sources adds a pleasantly nostalgic background to the technical information. These additions are printed on a grey background to clearly distinguish them from the author's own work.

The twelve chapters cover three main areas: equipment, paddle and kayak techniques, and additional information. The chapters examining equipment include both single and double kayaks and everything from paddles to drogues and radar reflectors, not forgetting the fire-arm as a relevant inclusion for the American reader.

Paddling techniques refreshingly does not include every skill, but highlights the more important together with rescues, rolls, potential hazards on the water and handling double kayaks.

Finally the variety of additional information ranges from hazardous wildlife, strategies for survival, and planning an expedition, to ice-axe braking (not in a kayak) snow-holing and a most ingenious "morse code" using words rather than dots and dashes (an error I trust?).

Looking closely at the technical kayaking section of the book I was disappointed to find this sadly lacking. Firstly, from a British viewpoint the terms used do not always accurately belong to the techniques described. Secondly, many of the techniques are out of date in Britain, having been superceded by more efficient or safer practices. I was particularly disappointed in this respect with the favoured deep-water rescue techniques, the methods of towing illustrated, which omit the most efficient system, and the chapter on the handling of double kayaks, which illustrates some pretty unenlightened techniques.

Conclusion: this is a well illustrated, well laid out book aimed at the American market. It would make interesting reading for the experienced paddler able to sift the good from the bad. Maybe this is what the American public need, but I personally feel disappointed.

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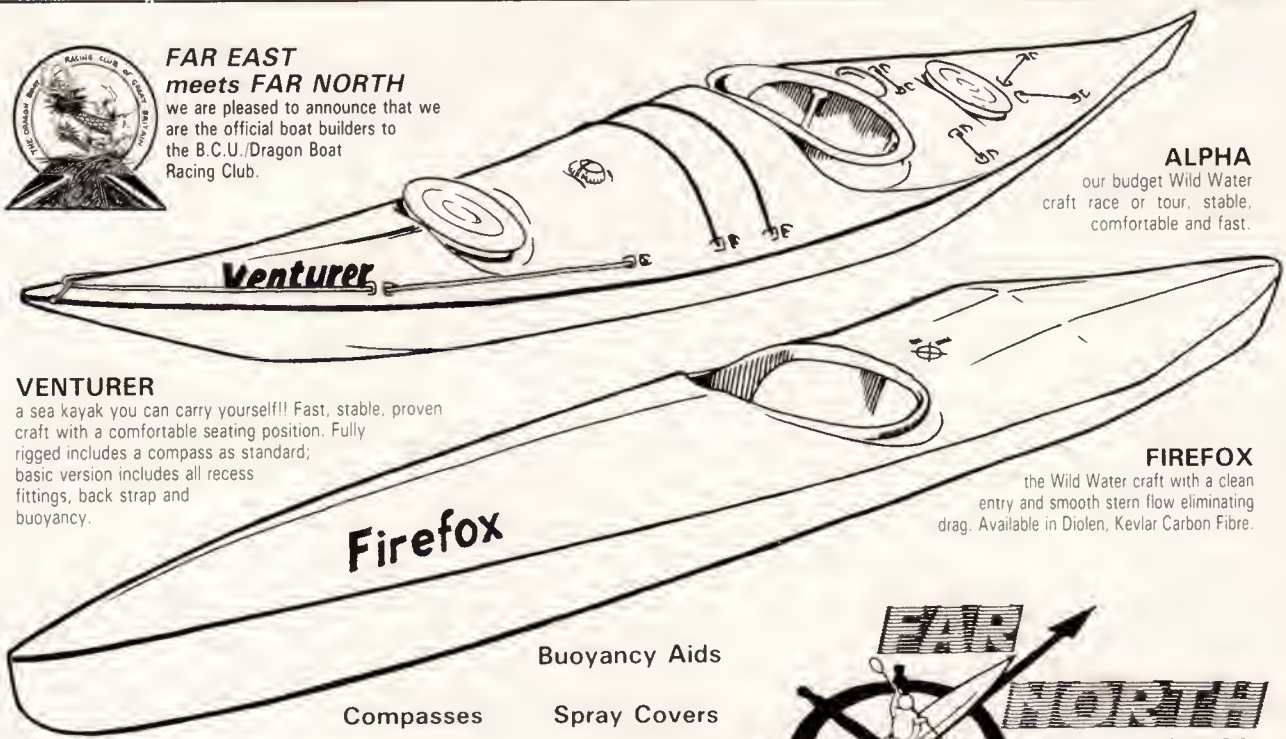
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All About Wave Skis

by Roger Shackleton

Available in hardback from BCU

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Price £13.50 Members, £15.00 Non-Members (both inc p&tp)

Reviewed by Charles Willis

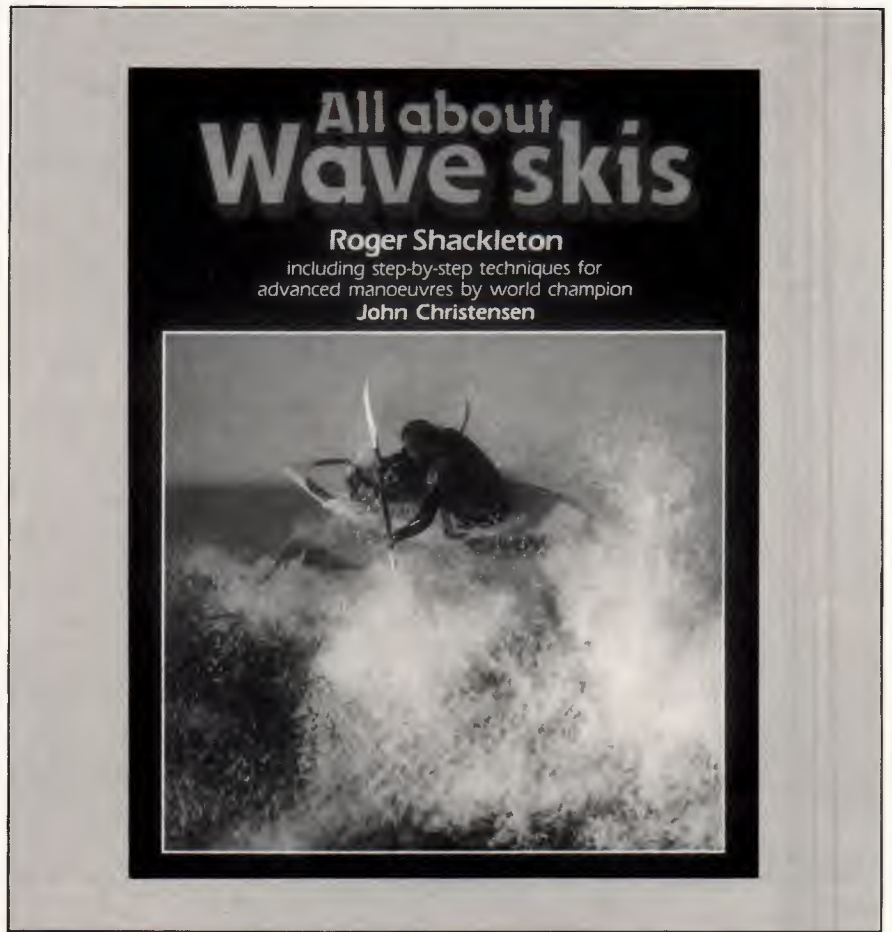
ISBN No. 0 9589385 0 4

If a wave ski paddler had to choose one book to grace his coffee table this would be the one. Hard bound and a solid 95 pages of action photographs and drawings the text leaves no facet of the sport unexplained.

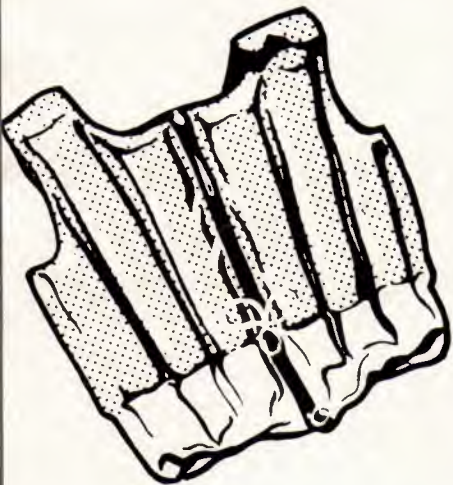
Superbly compiled and presented, the reader is led through the history of the sport, ski design and safety to getting started and ultimately producing 'radical manoeuvres'. Each section is covered by separate chapters containing sequences of photographs that should enable anyone considering wave riding to progress with maximum enjoyment.

The section on surfing technique is written by World Champion John Christensen, who has the ability to define the essential points of each manoeuvre, and break them down into easy to follow steps. His skill in converting this to words will be recognised by all who read this book.

Wave skis have been gaining popularity around the world for the past five years. It is estimated that over 10,000 skis per year are sold in Australia alone; the reason is simple. Surfing is great fun and wave skis make surf accessible to just about everyone. This book will go a long way in continuing the trend. It has got to be good for the sport.



WHAT LIES BEHIND THE BCU/BCMA BA-83 STANDARD FOR BUOYANCY AIDS By Frank Goodman, BCMA



This standard was designed to provide a basic requirement for a canoeists' buoyancy aid; catering for general water use and also for the special requirements of the canoeist. Remembering that the term 'canoeist' covers activities that are considered separate disciplines within the sport, it must be emphasised that the standard caters only for a 'general purpose' buoyancy aid; certain canoeing activities may need special requirements beyond the scope of the standard.

The following ground rules were used when the standard was planned:

1. A capability for repeated use on both fresh and salt water.
2. Ease of donning, adjustment and securing on water.
3. Adequate fit.
4. Ease of movement and freedom from skin abrasion when paddling.
5. Ease of movement and freedom from skin abrasion when walking and climbing on land.
6. Protection from impact.
7. Protection from excessive heat-loss.
8. Protection while carrying the canoe or portaging.
9. Freedom of movement when swimming.
10. Freedom of movement when capsizing or eskimo rolling.

The buoyancy minimum of 60N (6kg.) is a figure that is accepted as being reasonable by many bodies concerned with water activities. The strength tests on the shoulder and waistband are designed to enable the jacket to withstand a reasonable pull, for instance, if a canoeist was being hauled from his boat by someone grasping his buoyancy aid only. Since canoeists are particularly prone to impact it was felt that the material of the life-vest must surround the torso, and this helps to prevent hypothermia too.

Not mentioned in the standard is the fact that in some situations the canoeist may wish to remove his buoyancy aid quickly. Obviously individuals must assess the facility for this by checking individual designs. The stan-

dard does not offer the special protection against impact demanded by the governing body of canoe polo. This is that the foam inserts must not leave gaps of more than 40mm width around the torso, and that there must be no gap between the B.A. and the spraydeck. The standard itself should be read as there is considerable detail dealing with the philosophy behind the standard.

Some concern has been expressed recently about the ageing of close-cell P.V.C. foam used for buoyancy. Tests carried out on one year old B.A.s stored in a warm roof-space and under some compression in cardboard boxes, showed a buoyancy loss of around 5%.

The abuse of a buoyancy aid will increase the rate of buoyancy loss. Compression, excess heat, incorrect washing or cleaning methods or contact with petrol, oil or chemicals will help to decrease its effective life. In practice, if you do sit on your B.A. during a lunch stop, remember to keep an eye on it for premature ageing. Even allowing for a storage period before sale, a working life well in excess of three years should be possible before any serious lack of buoyancy develops.

The BA-83 label inside a buoyancy aid is a quick guide to its quality, but it is possible that this quality has been eroded by abuse. A quick visual check should always be given to an unfamiliar B.A. and to familiar ones too, every month or so. The canoeists' own sense of responsibility is a necessary ingredient of safe canoeing!

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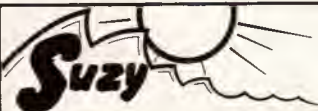
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Trade News

BCMA

On the BCMA AGM in December, changes were made to the committee as follows:

Chairman — D F Patrick (P&H Fibreglass Ltd.). *Secretary* — T R Ward (Tim Ward Canoes & Kayaks) *Treasurer* — Mrs J Goldsmith (Gaybo Ltd)

The BCMA records its thanks to committee members for the past year's work and in particular to the retiring Chairman, Mr C Hawkesworth (Wildwater Centre).

CANOE SELKIE RESCUE

On show at Crystal Palace was the Selkie Rescue. This boat, as the photograph illustrates, has a back deck modified in the tradition of the Classic KW7 rescue boat from the sixties, but with a modified handle arrangement. These grab loops are much easier to grasp and hold than the old type. There is a hatched bulkhead behind the seat too.

VCP's retractable skeg has many unique features, including watertight compression joints on the operating cable, and a new snap-home central pivot and a parabolic fin. The simple lock holds the skeg at any desired position. The operating handle can be placed on the deck anywhere the customer wants it. Another useful feature is that the whole assembly can be taken apart very easily, and a DIY kit version is also available.

In the past, VCP Aquasacs have been stitched and then sealed by a glued tape — which has caused a glue-sniffing problem with some of their outworkers! All this is finished, and glue abuse incidents are dropping in the Nottingham area, now that the Aquasacs are high-frequency welded in a superb material that gives a totally reliable seam — it has to be seamed to be believed — get it?

The new Three-Piece Nordkapp is designed for easy air transport. We nearly called it the Holy Trinity, but decided that the last thing we wanted was a holey boat! I just don't know how we keep thinking them up!



PALM

During 1985, PALM moved to a new purpose built factory and show room. All products are on display, and a warm welcome awaits visitors. The new address is PALM, Harbour Road, Portishead, Bristol. Tel 0272 84 2740.

LEICESTERSHIRE CANOES

Leicestershire Canoes exhibited their new Slalom C1 'Devastator'. The prototype was first seen at the Llangollen Town International Event, taking first place in the Regional Competition. Also featured were the Supra and Supra XLV for Juniors. Both canoes are proving popular with paddlers.

ALTERNATIVE SURF

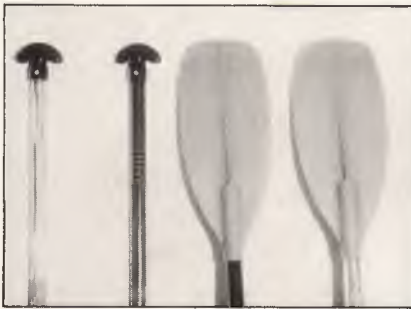
Alternative Surf have moved from Honiton into a purpose built retail shop in Heavitree, Exeter. The product range has been increased to include practical fashion for today's paddler. An unusual feature of the shop is a 23 foot high ceiling, enabling boats to be suspended in mid air.



Alternative Surf, 30 Fore Street, Heavitree, Exeter. Tel (0392) 219600.

ABS PADDLES

A new range of ABS Paddles from PALM are on the scene. Available in flat or curved, the blades are a stylish red and black and are available for both Kayaks and Canadian.



NEW POLYETHYLENE SKI

PALM are pleased to announce the introduction of their new polyethylene ski — a British first. Designed for both centres and individuals, it is claimed to maintain stability with no loss of performance. Extensive design and testing has resulted in a new shape with a channelled deck for strength.



PYRANHA'S PREMIER III SPRINT

Pyranha launched their latest slalom kayak, the Premier III Sprint at Crystal Palace. As its name suggests, it is a development through from the World Championship winning Premier line, and is to be an alternative to '85's success, the Image Two.

Designed to take advantage of the new rules, Pyranha claim that the Sprint is a very fast kayak. This has been achieved by narrowing the cross sections, making the entry finer and increasing the wave length by 12 inches. Manoeuvrability has been very little affected by making the stern sections more hydrodynamic. This makes spin turning, especially on the stern, exceptional — a paddling technique likely to be developed more in 1986.

Early tests show a big advantage over all previous boats in performance. The Sprint will be available in traditional fibreglass, kevlar and carbon technology as well as the new Vaclite system. Pyranha expect most boats to be built in the Vaclite Kevlar construction though for training boats the new diolen product is proving very popular.

After the last World Championship in Augsburg, where more than half the male competitors used Pyranha designed or built boats, Pyranha pulled out of sponsoring leading paddlers, as their demands would have meant price increases. *Pyranha's 1986 policy is one price for all, gives all paddlers the best possible deal by no compromise in design and technology, but at an affordable price.*

The Everest 390

Almost ten years after the success of the Expedition to Everest, an event which captured the imagination of canoeists and the public alike, Pyranha are now introducing an updated version of the design which made the Expedition such a success, the Everest.

For 1986, the Everest has been revised to cope with the demands of modern canoeing but its essential spirit remains the same. This combination of classic design and latest construction technology produces an all-round boat which is unsurpassed by any of its competitors.

Everest is a 390 centimetres long, medium/high volume stable kayak with excellent directional stability. The boat will be available in basic forms for flat water paddling, and in more advanced forms in cross linked polyethylene and also in vaclite for Schools, Centres and high performance individual use

Hotcan Agents

Pyranha have been appointed as the exclusive UK agents for the Hotcan range of self-heating foods featured in Focus No. 39.

RICHARD FOX JOINS WILD WATER

'Wild Water' announce that Richard Fox will be wearing, exclusively, the famous 'WW' sign for the next three years, using spray cover, buoyancy aid and competition cag as well as the new competition helmet.

Richard will also be assisting with the research and development of a range of new products, as well as promoting existing ones.

Wild Water's new, purpose built factory is now complete, with labour saving machinery and tools installed and working. A research and Development Department has been created, run by a qualified fashion designer, whose responsibility will be the creation of new, exciting designs in up to the minute colour and fabrics, providing a host of new, exciting products for the 1986 season, from brightly coloured, fashionable clothing to technical hardware for the specialist.

PRICE LIST

APRIL 1986

PRICES: All prices include V.A.T. where applicable. Prices are subject to change without prior notice.
 POSTAGE AND PACKING: For orders under £20.00 add 10% (min 50p). For orders over £20.00 add 5%, except as follows:
 Canoes add £12.50, Kayak paddle add £6.00. For large orders we will calculate the price individually.

DISCOUNTS: We will be pleased to quote competitive prices for official orders from clubs, education, businesses and Armed Forces. Please send full details for a quotation.

PAYMENT: Cash, Cheque, Access, Visa or American Express are welcome.

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Gul Turbo	£199.00
Gul Pro Steamer	£139.00
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Typhoon Icewarm Steamer	£119.00
Javelin Steamer	£139.00
Tiki Thickskin	£129.00

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We stock a huge range to suit all pockets.

Here are a few of our most popular items.

Mix n Match L. John	£37.00
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Typhoon MM L. John	£47.00
Typhoon MM Bolero	£41.00
Gul Superstar L. John	£69.95
Gul Superstar Bolero	£54.95
Gul Star L. John	£46.00
Gul Bolero	£40.00
Gul Windbreaker	£34.00
Gul Canoe L. John	£64.00
Short Johns	from £20.00
Summer One Piece	from £59.00

We also have many oddments, seconds etc at very low prices.

BOOTS

Okewind Super	£7.95
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We have facilities for basic and advanced tuition to RYA and B.C.U. standards

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Windsurfers can be hired at Wraybury Lake and Canoes from Shepperton. Contact us for availability

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Kayak Kits	£11.95
A.B.S. Paddles	£16.95
New Wave Hydro	£34.50
Freeblades Slalom	£43.50
Nimbus Capillano	£54.95
Nimbus Capillano	£9.00
Canadian Kit	£11.95
A.B.S. Canadian	£11.95
Nimbus Canadian	£33.95

ACCESSORIES

We have a large selection of canoe clothing and accessories. Just let us know what you need we probably have it.

For example.

Large B.D.H.	£4.95
Medium B.D.H.	£3.95
Small B.D.H.	£2.95
Pogies	£5.95
Throw Bags	£14.95
Vee Bars	£15.95
Survival Bags	£1.50
Flare Kit	£14.95
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Freestyle Basic	£207.00
Freestyle Whitewater	£248.00

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Nigel Foster, a BCU Coach and one of our leading sea kayakers, has now launched his own activity holiday company, *Canoeing Ventures*.

Based in North Wales, Nigel offers 'exciting courses for the group and individual' in sea kayaking, inland kayaking and open canoe.

His long experience as a full time instructor and able performer in kayak and canoe should stand him in good stead.

Contact address: 5 Tan y Mynydd, Llandegai, Bethesda, Gwynedd, N. Wales (0248 602058).

1986 CALSHOT SMALL BOAT SALE

The sixth annual Calshot Small Boat Sale, for new and secondhand boats, will take place from 10.30 on Sunday, 11 May.

Britain's largest one day Small Boat Sale is expected to attract over 300 types of craft from sailboards, canoes, inflatables, to racing dinghies, day boats, trailer salers or motor boats.

There will be a full entertainment programme for watersports enthusiasts and their families. They will be able to 'Have a Go' at skiing, shooting, archery, rock climbing, cycling and other sports. Full bar and refreshment facilities are available.

The annual Southern Region Canoe Polo Championships usually attract over 30 teams to play in the pool, which is in the centre of the exhibition area.

Over 100 boardsailors will take part in the Dibden Purlicu Motors Boardsailing Speed Trials, and most of the public will have a front seat view of this spectacular event.

THE UNCOMMON CHALLENGE

Visitors to the Exhibition had the chance to win a case of Canadian Club Whisky in a special competition.

They had to guess how long it will take Tees Kayak Club members, Dave Hellawell, Richard Agar, Mike Nelson, Martin Hansel and Geoff Burke to paddle across the North Sea from Zeebrugge to Felixstowe.

It will be the first time the unsupported crossing has been attempted and Dave Hellawell reckons at a push it should take the Canadian Club Team somewhere in the region of 31 hours.

The Tees Kayak Club's North Sea Challenge is one of the winners of this year's Canadian Club Uncommon Challenge competition which attracted over 12,000 entries including a large number of canoeing challenges.

Special thanks for their help go to Wild Water and Cody Electronics.

NEW 16 FOOT 'GOLD MEDALIST CANOE'

Coleman announce their new 16 foot Gold Medalist, which can handle Class 3 white water, which has a patented keel track construction and a pair of aluminium thwarters for more rigidity. Coleman UK Inc, Parish Wharf Estate, Harbour Road, Portishead, Bristol, BS20 9DA, Tel (0272) 845024



HEADWATER HOLIDAYS

The Greuse, in the Upper Loire Valley is the river chosen by Headwater Holidays, for their 1986 season of canoe cruises.

With everything provided, from Grumman canoes with tuition, to overnight accommodation in friendly French country hotels, the itinerary is ideal for the experienced paddler who wishes to include his wife and family in a journey, or the paddler who enjoys the unhurried pleasure of the paddle.

Headwater Holidays, 62a Beach Road, Hartford, Northwich, Cheshire, Tel (0606 7820).

THE CHALLENGER II WETSUIT FOR MEN FROM TYPHOON

Typhoon International have redesigned one of their successful two-piece suits for men, the Challenger. It is now called the Challenger II.

Ideal for all-round year wear other than in the extremes of winter and summer, the Challenger II comprises a long john and freestyle jacket which continue to be manufactured in the comfortable Sedo double-lined neoprene. The freestyle jacket sleeves are now in 2 mm neoprene to give greater warmth than the nylon sleeves used in the old model, and give greater freedom of movement to the wearer.

With zips at the ankles and a full length zip in the long john, the Challenger II also features shin pads which can be easily replaced if subjected to great wear and tear.

For a full colour brochure and details of your nearest stockist, contact Typhoon International Ltd, 42-44 Arundel Terrace, London SW13 9DS, Tel 01-748-8341.



HOTGEL — A COMPLETELY NEW PERSONAL RECHARGEABLE HEAT STORE

For anyone involved in outdoor activity during cold weather, this new product from Crew-saver will be a blessing. It is a personal heat store that can be activated whenever the user requires heat, no matter where they are, and once the HOTGEL sachet has released its heat it can be recharged and so used over and over again.

The Hotbelt is worn round the waist with the heat pad sitting comfortably in the small of the back. It is designed for use underneath existing outdoor clothing so the maximum of heat is retained close to the body.

A Hotjacket version is also available which can take up to four HOTGEL sachets. Each can be activated independently to give a constant heat course for up to 16 hours. For longer periods of continuous heat, spare sachets can be carried and of course recharged later.

Retail prices (including VAT) are: For the Hotbelt with one HOTGEL sachet £19.95, and for the basic Hotjacket £28.75 with individual sachets costing £10.95.

Details of stockists are available from Crew-saver on 0705 528621.



BUY WITH CONFIDENCE

Buying specialist outdoor leisure equipment can be costly. It is important to know the quality and standard of the product reflects the price paid.

The Camping and Outdoor Leisure Association ensures the consumer is not disappointed. COLA represents over 300 members in the UK — manufacturers, retailers, wholesalers, agents and distributors of camping and outdoor leisure equipment, specialist clothing and accessories.

For any customer who may be unhappy with a product bought from a COLA member, the association offers a free arbitration service. 'This aims to settle any dispute between consumer and COLA retailer, wholesaler or manufacturer in a fair and reasonable manner with the minimum of inconvenience caused,' says Ray Williams, RP Chairman.



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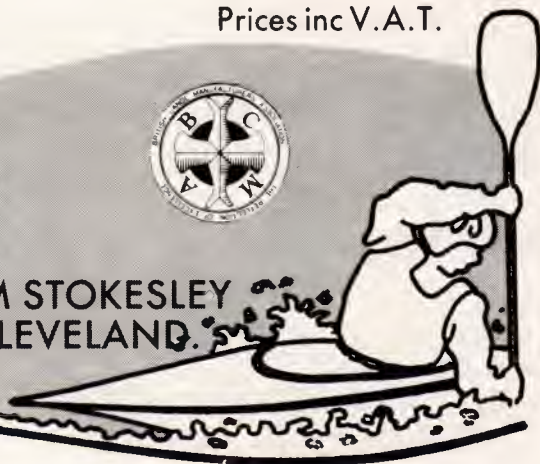
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STOPPER RESCUE TECHNIQUES

Written and Compiled by Graham Wardle. Diagrams by Kate Giddins.

In recent years very little has been written about Stopper Rescues, the BCU Canoeing Handbook outlines only a few ways of effecting a rescue.

Perhaps the most important factor for the Wild Water Paddler is to understand the "force of water" and the way in which Stoppers form, and behave.

After attending and running several Wild Water Rescue Technique Courses, the following are ideas that I've formulated and tested in varying conditions.

CANOEIST STILL IN KAYAK:-

(A) Rafted 'T' — the BCU recommended method of rescue. This is only possible if there are at least two rescue boats. Effective only in small stoppers, with very little tow back, puts the rescuers at risk.

(B) Bounced/bump out — may be possible by a more competent paddler to bounce out the victim. This method works only in small stoppers, the risk of this manoeuvre is the two boats could end up in the stopper, damage to the victim is possible by the rescuer's Kayak and the rescuers could also have problems extracting themselves from the stopper.

(C) Throw bags are of little usage during stopper rescues as they lack sufficient buoyancy, but by adding a buoyancy aid or

similar object it may be possible to throw a line to the trapped canoeist, to effect a rescue.

(D) Man rope canoeist rescues take time to set up but can be the most effective method of retrieval. A line is attached to the stern of a rescuer's boat who paddles slowly forward to the victim, he tries to find a breakpoint in the stopper and guides the victims back to this. The rescuer then gives a prearranged signal and the bank party pull victim and rescuer free.

If this method fails, the victim can climb out of his Kayak, up the front deck line of the rescuer's boat to be pulled free, by the bank party. The latter method requires a good end grab or decline fitted to the bow.

SWIMMERS IN STOPPERS:

(E) A roped swimmer on a quick release Chest Harness may enter the water below a weir and swim into the back tow of the stopper. Upon reaching the victim, takes a good strong hold and the bank party pull both swimmers free.

The rescuer may enter the river either above and be carried into the stopper or enter below, and use the back tow. This method works well provided you have a confident rescuer.

(F) A throw line can be strung between two rescuers, one on either bank, who float the line down into the stopper, hoping that the victim

will be able to see the rope and either clip into

or hold on to the rope and be pulled free.

(G) This method of rescue only works if the swimmer/canoist can see the floated object coming towards them. It is also possible to float a canoe from the upstream side into the stopper. The roped canoe stands a good chance of capsizing and waterlogging or even worse, not even reaching the victim.

In conclusion, it is impossible to define what action a rescuer may take, as each rescue situation encountered in one's canoeing career will be slightly different, and the methods used will vary depending on the situation. What I am aware of is the fact that a lot of people are unaware of the problems and forces involved in wild water canoeing. If we go some way to understanding these then we are halfway there. Likewise, if the rescuer is familiar with a variety of rescue techniques and rescue equipment available, then it is likely that an effective rescue will be carried out.

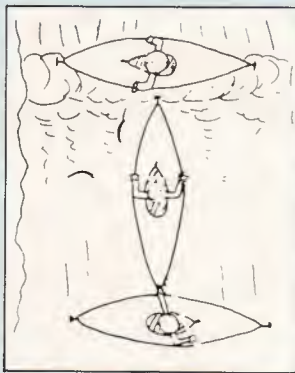
Education of the general wild water paddler is what is required, in terms of practical rescue training courses and written text, after all, we practice our basic skills but how many of us have practical experience of the forces involved, what it's like to be held on a throw line, or even to throw one accurately!

Sound judgement based on experience and a thorough knowledge of the various rescue techniques and their limitations is the key to any rescue situation that one may encounter.

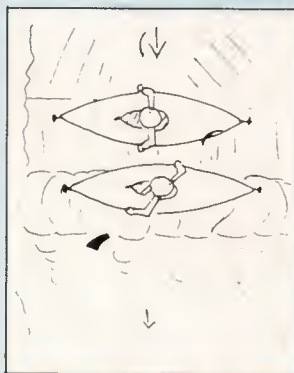
Canoeists can relax and enjoy their paddling, play on the river, but they can never afford to be irresponsible.

Prevention is better than cure.

CANOEISTS STILL IN KAYAK



A. RAFTED "T".



B. BOUNCED/BUMP OUT.



C. THROW BAG/THROW LINE.

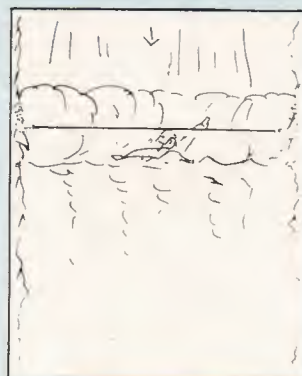


D. MAN-ROPE CANOEIST.

SWIMMERS IN STOPPERS



E. ROPED SWIMMER ON HARNESS.



F. LINE ACROSS RIVER FLOATED DOWN TO SWIMMER.



G. BOAT FLOATED INTO STOPPER.

Running with your arms

While runners require mostly aerobic energy to power their legs, canoeists channel their power, much of it anaerobic, to the upper body. Physiologist CRAIG SHARP explains.

The following is an article which was published in 'Running Magazine' in October 1985. It is reproduced here with their permission, and that of the author, Dr. Craig Sharp, Lecturer in Exercise Physiology at Birmingham University.

For those who may not understand the terms 'Aerobic' and 'Anaerobic': 'Aerobic' means 'with oxygen', that is when the energy demands of the working muscles are met by a supply of oxygen to release energy from

glucose and fats. Normally, this involves steady state efforts of more than a few minutes. If the intensity of effort is so great that the supply of oxygen is inadequate the muscle will then utilise glucose anaerobically, ie 'without oxygen'. It can only do this for a short time, as the by-products of anaerobic work are lactic acid and lower blood p.h. (higher blood acidity) which brings exercise to a halt. You can only work flat out anaerobically for about one minute.

Just like the swimmer, the canoeist moves through the water according to Newton's Third Law of Motion, namely that (in terms of force) "to every action there is an equal and opposite reaction". The canoeist displaces water with the blade of the paddle and thus exerts the force, the reaction to which propels the canoe forward. Note that this is done entirely with the arms — the canoeist is, as it were, running with his arms.

The stroke rate of sprint canoeing ranges from about 100 strokes per minute in one-man kayaks to 120 in four man kayaks, (ie between 50 and 60 each side), and the blade is only in the water for about 0.3 sec. The angle of entry of the blade is important. The blade should not enter the water vertically like a spade, but more at the angle at which one brushes a floor. The force applied to the water at each stroke is between 20 and 30 lb.

Just as in swimming, where the good swimmers bring their bodies past their hands, rather that vice versa, so in canoeing the paddlers pull themselves to the blade which is relatively fixed in the water. This fixing of the blade depends on the canoeist's "feel of the water" — one of the real skills of the top-class exponent, only acquired through considerable practice. This is one reason why canoeists, like swimmers, seem to need to do much higher training mileages than would at first seem reasonable.

Energy Output

A single kayak paddler will do about 100 strokes a minute, with the blade pulling about 20 lb for 0.3 sec of a slightly longer immersion time. This will give the canoeist a power output of around 0.3 horse power (HP) which can be maintained for about four minutes in sprint racing. This power comes from the upper body only. Using the whole body, rowers can work at 0.5 to 0.6 HP for up to 10 minutes. Using the lower body only, middle-distance runners can generate 0.4 HP for about four minutes. The maximum power outputs obtained from cyclists can be as high as 2 HP, due to the relatively greater mechanical efficiency of the bicycle.

Cardio-respiratory (aerobic) fitness

The heart rates of canoeists at racing speeds can be upwards of 195 beats per minute, and

their oxygen consumption around three litres a minute. That would be around 70 per cent of the oxygen needs of top class distance runners, and would suggest that canoeing might be very much an aerobic activity, especially when one takes into account the probable 15 per cent greater body weight of the canoeists. However, the canoeist is using a very much smaller muscle mass than the runner. A distance canoeist, "running with his arms", is at all times, much nearer to going anaerobic than is the marathon runner, hence for the runner, canoeing would not normally be very stressful to the cardio-respiratory system, because the upper-body muscle of the runner simply could not utilise the vast amounts of oxygen which his excellent cardio-respiratory system is capable of delivering. Nevertheless, world-class canoeists in our laboratory have been able to use more oxygen per minute with their arms, on our "canoe ergometer", than with their legs on our treadmills. This has incidentally highlighted the need to test aerobic power in a manner appropriate to the sportsman's specific sport. Aerobic capacity values measured on the bicycle ergometer have shown virtually no correlation with sprint canoe times over 500 or 1,000 metres, whereas aerobic capacity values measured from the "canoe ergometer" have correlated highly with actual water times.

Competition canoeists who need high aerobic levels do many different types of training session. Basically these involve spending upwards of one to two hours on the water, and working at interval paddling. Often, a much longer continuous paddle is included on a weekly basis. Slalom canoeists tend to keep the times of their aerobic work relatively short, below about eight minutes even on flat water, and do a lot of their aerobic training as one-minute intervals, or less, through gates, in repetitions of four to six, with 1:1 rest:work ratios. Canoeists may seek aerobic fitness through other sports such as running, cycling, squash or swimming, but it must be remembered that their specific need is for upper-body aerobic fitness. Circuit training is also used.

Muscle speed

The canoeist needs to develop his population of fast muscle fibres in the appropriate

muscles. It is not enough just to develop 20 lb of pull on the paddle — that force must be applied as fast as possible. Speed sessions on the water are done for training, with fairly long recovery ratios (eg 1:4 work:rest) and short working times. Land-based speed work may be done on isokinetic apparatus such as the mini-gym. The only runners who might need to gain speed in their arms are sprinters. Perhaps they would benefit from canoe speed training!

Muscle strength

Undoubtedly, even recreational canoeing is excellent for increasing strength in the upper body, ie the arms, shoulders, chest and back. Equally, to be a successful canoeist, almost all paddlers work on strength, both on and off the water. In-water methods have included using over-size paddles, towing a drag, one paddler in a pairs canoe, and paddling a tethered canoe. Slalom paddlers emphasise manoeuvres which involve sharp movements of the whole canoe, as in full spins, breakouts and tight staggers. Otherwise, canoeists use free weights and multigyms, using especially the pulley station of the latter to simulate the paddling action. They exercise their wrists, arms, shoulders, back, chest and abdominal muscle groups particularly. The more modern isokinetic minigyms, which can be bought for under £150 and set up at home, are increasingly popular with canoeists. They work on a pulley system, and provide accommodating resistance training, so their versatility makes them good for simulation work. Possibly the most noteworthy physical characteristic of canoeists is their excellent upper-body development.

Local muscle endurance

Canoeists need outstanding muscle endurance; *aerobic* — to handle the large quantities of blood that the heart can deliver to the relatively smaller mass of the upper body musculature; *anaerobic* — because the muscle is often working near its aerobic limit, and also because of the importance of the fast muscle fibres, which are far more anaerobic in nature than their slow counterparts. Even in four minutes of sprint racing on flat water, the paddler is required to make upwards of 400 20-30 lb pulls. The slalom paddlers may be working even harder, and their wild water companions will not be far behind. Very high levels of lactic acid have been recorded from all three types of event. So, recreational canoeing will develop upper-body muscle endurance in its practitioners, while serious canoeists train extremely hard to increase their muscle endurance. The land-based training here is much the same as for strength, except light loads are used, at faster rates and much greater numbers or repetitions are carried out. Water work is very much based on interval training, of 30, 40 or 50 seconds work with double-length (active) rests, in repetitions of four to six, and sets of two or three.

One of the measures of anaerobic muscle endurance is the ability to incur a large oxygen debt. After several months of training, the maximum aerobic capacities of sprint and slalom paddlers may increase a little or not at all, whereas their oxygen debt capacities increase up to 40 per cent. Very high correlations have been found between oxygen debt capacity and performance times over 500 and 1,000 metres in National standard canoeists, particularly in the slow or so-called "lactic" part of the oxygen debt.

Flexibility

Canoeists have particular requirements in this area. First, they need good flexibility of the



hips, which in practice means having relatively long hamstrings, so low stretching work is done here. Rotation of the upper body at the waist is vital in canoeing, so slow rotational stretching is done, and shoulder flexibility is also required. Equally, canoeing itself develops some increase in flexibility in these areas in recreational paddlers, and certainly the longer hamstrings would be of benefit to many runners. Short hamstrings tend to tilt the pelvis backwards, and throw a degree of strain on the lower lumbar muscles at the area of the base of the spine. One leg muscle which is developed to some extent in canoeing is the vastus medialis, as it helps stabilise the leg on the footrest. The medialis is the muscle on the inside of the leg just above the level of the knee. It tends to pull the kneecap inwards, thus counteracting the massive quadriceps group of the outer thigh, which tends to pull the kneecap outwards, leading to the condition of chondromalacia patellae in distance runners (who virtually never straighten the leg, and thus don't exercise the medialis enough. This condition is a wearing of the smooth cartilage on the underside of the

kneecap, and is particularly prevalent in women runners whose wider hips lead to a greater angle of the thighs, which tends to worsen the kneecap's position.

Body fat

Female international sprint and slalom paddlers tend to have around 19 per cent body fat, which is pretty low for sportswomen in general, though not for female runners in particular. The male paddlers tend to have around 10 per cent, which seems to be a norm for top sportsmen in a wide variety of sports.

Streamlining

Great attention is, of course, paid to canoe design in terms of the fluid dynamics of the hull, and there are strict regulations regarding measurements of competition canoes. Various nations have tried numerous surface-tension reducing compounds wiped onto the hull immediately before putting the canoe in the water to decrease the friction. The two blades of kayak paddles are offset at 90° relative to each other on the shaft, to give a feathering effect and so reduce wind res-

istance. Finally, whenever legally possible, paddlers try to "hang" on each other's wash — ie they attempt a kind of mini-surfing on the waves of the boat in front, thus getting the type of lift that grand-prix cars do when they slip-stream.

Canoeing and the runner

The main benefit of canoeing for the recreational runner is that it is such an excellent upper-body complement in terms of all-round physical conditioning. Also, if a runner becomes even a modestly competent canoeist then in times of leg injury it is possible to work the cardio-respiratory system to a reasonable degree, thus preventing too great a loss of aerobic fitness. One of our canoe team for the Munich Olympic Games actually competed there with a leg in plaster! I believe that a moderate degree of upper-body conditioning might well be beneficial to recreational runners in terms of improving their running performance. Finally, some of the triathlons and quadathlons include canoeing as one of the disciplines — and often it is the one where greatest improvements can be made.

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CGS(Commercial) Travel Ltd. as the officially appointed travel agents to the British Canoe Union are organising the travel arrangements for the Olympic Racing Squad at the 1986 World Canoe Racing Championships in Montreal, Canada.

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JUBILEE APPEAL NEWS

No 4 April 1986 — Published by The British Canoe Union



JUBILEE WATER CARNIVAL

To celebrate the Unions' Golden Jubilee year and to mark the Official Opening of the Slalom and White Water Course, a Jubilee Water Carnival will be held at the Holme Pierrepont, National Water Sports Centre, Nottingham over the weekend of the 13/14 Sept 1986.

Great things are planned for this exciting weekend which will be a shop window for each and every canoeing discipline. Already planned is an International Canoe Polo tournament; a Canoe Sailing Regatta; a Marathon Race; a Racing Regatta and, of course, both a Slalom and Wild Water Racing events. Plus on Saturday evening a grand Jubilee Dinner.

In addition there will be other water sports to come and try, including Dragon Boat Racing, Water Skiing and Sailboarding. Not to be missed are the Great Rubber Duck Races — in aid of Cancer Research the Sports Aid Foundation and the Jubilee Appeal — and the raft building and racing in aid of Cancer research. For the fool hardy there will be an Iron Man of Canoeing competition, which involves swimming across the Regatta Course to start with and then canoeing down the River Trent and the White Water Course before sprinting back up the Regatta Course to the finish line!

Add to all this a Canoe and Watersports Exhibition plus a real live Fun Fair on site, and a Water Penthalon Championships plus a Triathalon Championships and you must agree that here's a weekend not to be missed.

And of course there will be the Official Opening of the Slalom and White Water Course to which HRH Princess Anne has been invited to attend. All in all plenty to see and do morning, noon and night, and there is a purpose built camping and caravanning site at the Centre too. But that's not all, for Nottingham Kayak Club will be making an attempt to set a new world canoe rafting record, so bring your canoe or kayak with you and join in the fun. What a sight that would be — 2000 canoes rafted up along the length of the National Water Sports Centre! See you there too? Make a date now for 13/14 Sept, Nottingham.

RAFFLE WINNERS

The winners of the Jubilee Raffle, sponsored by Gaybo, and drawn at the International Canoe Exhibition on 23 Feb 1986, were as follows:—

- 1st Prize — *Gaybo Olymp TS Kayak* — John Bell, Essex Ticket 00030
- 2nd Prize — *Lendal Paddle* — Anita Oppedessen, Netherlands Ticket 00945
- 3rd Prize — *Wild Water Canoeing Helmet* — Chris Bates, Letchworth Ticket 01300
- 4th Prize — *Wild Water Buoyancy Aid* — K McCrovern, Worthing Ticket 02368

The raffle collected over £400 for the Jubilee Appeal. Thank you Gaybo, Lendal and Wild Water for contributing the prizes.

SPORT AID WEEK

By the time you read this article you should be well aware of Sport Aid week. If not, I can tell you that it is Bob Geldof's fund raising project for 1986, from which millions of pounds will be raised for the starving peoples' of Africa through participation in, and watching sport during the week 19-24th May 1986.

For canoeings' part Mike Haslam will be coordinating a series of fund raising activities at the National Water Sports Centre during the weekend of 24/25 May. Based around Dragon Boat Racing the Sport Aid programme will take place on the main Regatta Course at the opposite end to the Racing Committees', National Youth Championships. Part of the proceeds raised at Nottingham will go towards the Jubilee Appeal.

To help publicize the event and to raise money during the earlier part of the Sport Aid week, Mike intends to race a Dragon Boat from Camden Lock in London through the British Waterways Board canal system, that's mainly the Grand Union Canal, and on to Nottingham. The object is to try and sink the Dragon Boat by filling it with money (or make it too heavy to portage) before it actually gets to Nottingham. The Para Logistics Battalion, 5 Airbourne Brigade, from Aldershot, will crew the Dragon Boat and mass publicity, both nationally and locally enroute, is planned for this exciting and unique event.

Why not join in both the fund raising — as the boat passes your Club on its way to Holme Pierrepont — and the Dragon Boat Racing itself at Nottingham on 24th May 1986. Full details from Mike Haslam at BCU Headquarters. Make Sport Aid a must for your support, and remember those in Africa who need it.

FOUNDER MEMBERSHIP OF THE NATIONAL CANOEING CENTRE

Why not make your Club a Founder Club of the National Canoeing Centre. Lincoln Canoe Club already have as their contribution to the Jubilee Appeal. The Founder Members scheme is open to both individuals or Clubs for a minimum donation of £100. The National Canoeing Centre is a very special project that needs special support. Use some of your Club Funds to support your sport in its Golden Jubilee Year. If you don't, who will.

UPDATE

NEXT ISSUE —

Put a brick in the wall scheme and your clubs' name embossed on the Slalom and White Water Course. Watch this space for details.

Just to remind you of the Appeal schemes already started:

JAC CLUB

The direct way of supporting the Appeal. £5 for annual membership and you get Free runs on the White Water Course. Concessionary Rates on Jubilee Appeal Promotions; Other Privileges from time to time.

FOUNDER MEMBERSHIP

Of the National Canoe Centre. A Life Membership Scheme designed to raise money specifically for the NCC. Minimum membership fee £100.

LOAN CERTIFICATE SCHEME

A way of supporting the Jubilee Appeal — and you get your money back. You loan the BCU any amount of money you like for a minimum of 2 years. It is invested in the Jubilee Canoeing Foundation (a charitable trust) and the interest accrued goes to the Jubilee Appeal.

FURTHER INFORMATION

Full details of the JAC Club; Founder Membership and the Loan Certificate Scheme are available from the British Canoe Union Headquarters, 45/47 High Street, Addlestone, Surrey, KT15 1JV. Cheques should be made payable to the 'BCU Jubilee Appeal'.

Have A Flutter With The 200 Club

The idea: 200 people pay £1 per issue of Canoe Focus for the six issues from April '86 to February '87 making of total of £6 each. After each issue there is a PRIZE DRAW plus extra BONUS DRAWS for those who enter for every draw.

Win:

Every Issue: A £10 and a £20 prize*
Every Other Issue: A £50 Bonus Prize*
February '87 Issue: A £100 Bonus Prize*
Promoter: Mike Haslam c/o BCU HQ

Yes I am interested in taking part in the 200 Club lottery starting with the April '86 issue of Canoe Focus. I am a BCU member or a member of a BCU affiliated club

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2,000 mile paddle

~The first 30!

BY Mike Haslam

Maybe this is not such a good idea, I thought, as my paddle took its first dip into the Grand Union Canal at the start of my attempt to paddle the 2000 miles of waterways that are administered by the British Waterways Board. Not in one go, I might add! Still the day was pleasant enough as I left Little Venice, in London, on a sunny October morning, heading west towards Perrivale and the first stop. Primarily designed to raise money for the Jubilee Appeal but also to promote canoe touring and the BCUs' new licensing agreement with the BWB, my 2000 Mile Paddle will take in the two "canoeing seasons" of 1986 and 1987 and you will be asked to buy tickets and guess the aggregate time it will take me to complete the journey. The winner could collect £1000 and the Club that sells the most tickets £500. More of that in later editions of Focus. For now, let us concentrate on the first 30 miles of this epic (I hope not!) journey.

Leaving Little Venice, the Grand Union runs through West London's commercial and industrial areas with the exception of the stretch immediately after the BWB Office where modern flats and old pubs a plenty overlook the canal. Sunday anglers are to be found quietly and politely enjoying their sport

whilst many a West London couple stroll along the towpath, hand in hand. The number of ducks and geese along this section is surprising — considering its location — and the anglers actually catch fish! The comparative lack of "paddle catching flotsam" too is pleasing, although in parts (depending on the wind direction) some slicks are apparent. Despite modern contamination this section remains a nice piece of water with plenty of access points and places to get refreshments.

As I gently paddled passed Sudbury Park Golf course, where the countryside finds a foothold beneath the imposing Horsenden Hill, I thought that perhaps it wasn't such a bad idea after all. This was reinforced by the sudden sight of one Bryn Hughes appearing on the bank side and offering hospitality at his nearby Perrivale Youth Groups canoeing headquarters. Such offers should never be refused on a journey such as this and I accepted his offer most willingly!

After Perrivale the canal retains its country river air as it winds west and then south before two or more miles of straight water brings Bulls Bridge into view, here at a canal 'T' junction a mile post points you to Brentford or Birmingham!! Not this year, I say

to myself and paddle onwards towards Slough. This stretch is again mainly industrial with the pubs continuing to beckon the passing traveller as they must have done in the canals heyday. From Uxbridge the canal begins to take on the appearance of a country river again and blossoms into full flower, so to speak, on the stretch from Willowbank to Batchworth. Not surprising really for the River Colne runs intertwined with it. Above Batchworth, whilst still retaining its countryness as it slips past Watford, the canal does not quite match the beauty of its previous stretch until it reaches the Grove Mill. Here it twists and turns again before wriggling under the M25. The whole of this section from Uxbridge to Hemel Hempstead is up-hill, in canal terms, as each lock encountered (20 portages in all) takes you higher and higher and away from the urban sprawl of London.

Journey's temporary end for me, was Hemel Hempstead Canoe Club, a stone's throw from Nash Mills lock at Rucklers Lane. It will be from here in the spring that I will set out again sustained during the frozen winter by the thoughts of a warm sun on my back as I head north towards Birmingham and the uncharted (for me) canal waters of the north of England, the heartlands of the British canal system. Thirty three point five miles done, only another 1966.5 miles to do!! Watch this space.

Marathon Man

Linked with the 2000 mile paddle, but definitely for completion in 1986, is a marathon run, by yours truly again, to raise more money for the Jubilee Appeal on the same basis as the paddle, that is, guess my time. I hope to successfully complete the Robin Hood Marathon in September and Clubs will shortly be circulated to help sell the tickets for this event, another Appeal scheme that could raise £500 for your Club and £1000 for you. So start thinking now about who you can sell tickets too and about buying them yourself.

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'CANOE FOCUS' THE 'POPULAR' PRESS?

By RON EMES
Director of the British Canoe Union



Headquarters staff continue to grapple with the huge response received to the membership survey recently conducted by Ruth Parnell, the Union's Marketing Manager. Well over 3,000 answered questionnaires have been received, representing a reply rate of more than 26% of members. So far, a thousand or so of the 8-page 50-question proforma sent to all Canoe Focus readers have been analysed, and, whilst final results will not be published until the survey is completed, the indicators already emerging, representing about 10% of the population surveyed, may be regarded as statistically significant, and certainly permits reasonably positive conclusions. For example, to the quite uncompromising question "Do you enjoy reading Canoe Focus?" 91% replied equally uncompromisingly "Yes". More surprisingly perhaps, 53% admitted to being interested in the content of the Editorial page, which must mean that less than half of "Canoe Focus" readers find these columns boring rubbish! Encouragement indeed for any Editorial writer. More to the point however, the credibility of the proposition, currently being argued in some quarters by the protagonists of the "Canoe Focus is read by no-one and should therefore not be published" hypothesis, have received a severe blow to their cause. "Canoe Focus" is read, and is enjoyed by a very large percentage of those who receive it as a benefit of membership, and this simple fact will encourage the Editorial Board to redouble their endeavours to produce an even more attractive magazine. Hopefully, it will also serve as a challenge to other canoeing publications to improve the quality of their magazines, thus attracting more readers, more advertising, and more income. In so doing, the very desirable objectives of increased readership and commercial viability by positive methods, will be achieved in a spirit of healthy, friendly competition, and the negative process of seeking the elimination of alternatives to their own publications will no longer remain a necessity for survival.

THE GATHERING AT GREENWICH



The sixth Annual General Meeting of the British Canoe Union was held, particularly appropriately as the Union were celebrating their Golden Jubilee this year, at the National Maritime Museum, Greenwich. Despite the elegance and refinement of the environment, and the historic and dignified atmosphere that pervaded the Lecture Theatre in which the meeting was held, members were not overawed by their surroundings, and lively and uninhibited debates on the three motions for consideration were enjoyed by those who had made the journey to Greenwich, albeit under very trying circumstances, due to the inclement weather conditions. Having regard to the disinterest previously displayed by members in serving as Councillors, surprisingly, not only were nine nominations received for the six vacancies for the Council of Management this year, but, when the result of the consequential ballot was declared at the Annual Meeting, it was learned that two of the candidates had polled the same number of votes, and therefore neither were elected to fill the sixth vacancy. No-one could recall a similar occurrence in the 50 year history of the Union, and ironically, despite nine nominations, one vacancy for a Councillor still remains.

The first motion submitted for discussion at the Annual General Meeting, sought to amend the Regulations of the Union to provide for a new class of Registered Club member. Thus, all members of Clubs affiliated to the British Canoe Union, who were not themselves individual members of the Union, would become Registered members. Clubs would be levied 32p per member, excluding those who were already members of the Union, and in exchange Registered Club members would enjoy certain membership benefits, including personal public liability



insurance. The motion was carried by a substantial majority, and full details of the new membership arrangements, which will commence from the 1st November 1986, will be published in the next issue of "Canoe Focus". The second and third motions, both of which were directly concerned with the Union's Access policy were vigorously debated, and Geoff Woods, the mover of the third motion, expressed his concern regarding the failure of Anglers in Yorkshire and other parts of the country, to negotiate agreements with canoeists for the use of certain upland rivers. There was unanimous agreement by the meeting that the Union and its members must at all times act within the law, and that trespass must not, under any circumstances, be encouraged. It was finally agreed by a substantial majority, firstly —

"That this Annual General Meeting endorses the present policy of the British Canoe Union seeking access agreements with landowners and angling organisations based on mutual understanding and goodwill, and instructs the Union to pursue urgently all appropriate means of expediting an increased number of agreements."

and secondly —

"That this Annual General Meeting notes with regret that, in certain parts of the country, all hope of achieving access agreements based on mutual understanding and goodwill with local and regional angling organisations seems to be at an impasse, and, in order to get negotiations started to implement the Statement of Intent, this Annual General Meeting instructs the British Canoe Union to urgently explore all means within the law to bring the necessary pressure to bear."

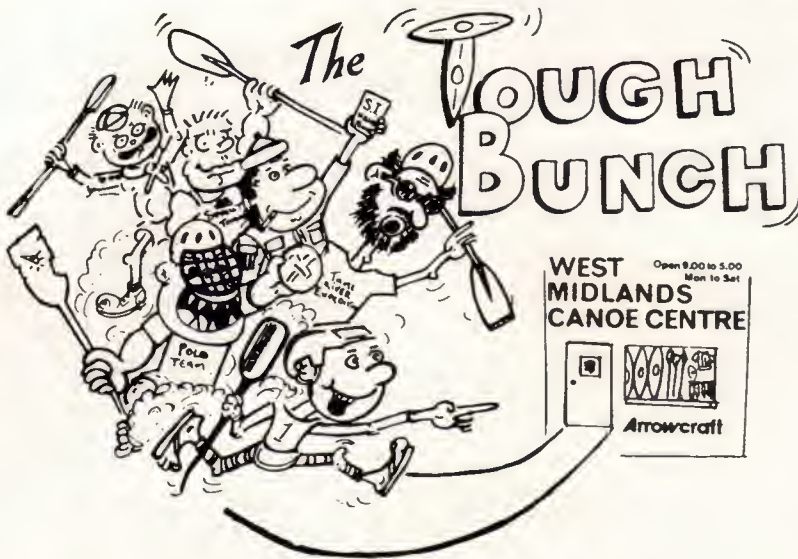
It was generally agreed that the 1986 Annual Meeting was amongst the most successful organised for many years, and certainly the interest aroused by the motions, the quality of the debate, and the congenial atmosphere of the venue were major contributing factors. Perhaps it will be possible to achieve a similar mix next year, but hopefully with a bigger attendance!

STOP PRESS — STOP PRESS — STOP PRESS — STOP PRESS

LAKELAND CANOES

Lakeland Canoes have written to the Editor and asked that an error published in Issue No. 41 of the October/November 1985 "Canoe Focus", Page 19, "Trade News — Canoe Cumbria" be rectified. The offending words in this report were "Canoe Cumbria... the only specialists in Cumbria!" Apparently, this is incorrect, and we are advised that Lakeland Canoes are the only commercial manufacturers of GRP and PRP canoes and kayaks in

the county of Cumbria, retailing to individuals, supplying clubs, the armed forces, education authorities, and many trade outlets. They are the only Cumbrian member of the British Canoe Manufacturers Association and hold the sole manufacturing design licences in the county for several craft, together with the local agency for probably the best known competition kayak manufacturer in the UK. They also stock and supply items of equipment made by all the reputable manufacturers.



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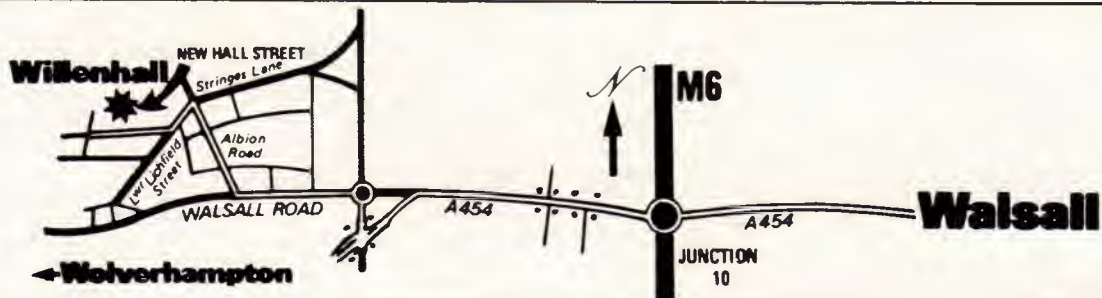
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A Question Answered

By Dave Greet

IF SURFERS DO IT STANDING UP, WHICH WAY DO CANOEISTS DO IT?

Ever since early man there have been canoes, the first was simply a log on which man sat and used his pole for propulsion. He soon realised that doing it on a log was not practical. First, it was unstable, so most of the time his pole was in the water to stabilise himself, and also he found that he had to do it with his legs wide apart and wrapped round the log, which of course caused strain and fatigue. He then got wise and hollowed out the log. This meant he could now do it sitting down with no strain on his legs. However, he still had to use his pole for stability and propulsion — not an ideal situation. In some parts of the world outriggers were put on these hollowed out logs and this gave more scope to do it. It could now be done sitting down or standing up (the early surfer???) and stability was no longer a problem.

The American Indian soon got fed up with his log. It was far too heavy, and he used up so much energy that he had no strength left to do it. So he designed an open canoe made of wood and skins which became known as the 'Canadian Canoe'. As this type was stable and roomy, doing it became easier. He then put a seat in the canoe as doing it on his knees made them sore. We now therefore, have the ability to do it standing, kneeling, sitting or even laying down due to the space in this type of canoe.

The Eskimo produced a sleek canoe and called it a kayak. This craft was fully closed in

and the paddler did it sitting down. Because of the icy Arctic waters he could not afford to capsize. He only did it when the sea was flat calm as any violent movement meant death in the cold water. So to minimise the chance of capsize he decided that rubbing noses was better and safer.

Modern man progressed, and produced a canoe constructed on the lines of the Indian canoe, it was made of wood and covered in canvas. However, in Europe this canoe was closed in, so you could once again only do it sitting down. Care was needed, as doing it with too much ferocity could puncture the skin and sink the boat. Therefore a slow, gentle movement was needed.

Then came fibreglass and all types of canoes were soon constructed in this new strong, material. Now we could do it standing, sitting, kneeling or laying down, as before, and in addition the movement could be increased as the canoe was strong enough to take it. So in this modern day and age, with so many types of canoe or kayak on the market, there are also so many ways to do it, and as it is so easy to turn over in a canoe, the scope is increased.

There is also a specialist canoe on the market used by the Corps of Canoe Life-guards. As it is a rescue canoe its design makes it very stable and it has a flat deck at the rear, this, of course, means that not only can it be done laying down, sitting, standing



or kneeling, but the kiss of life can also be done in safety on a stable surface whilst doing it. This, plus the ability to roll over makes the rescue canoe an ideal craft for doing it if you are going to do it a lot and want variety.

Apart from when in an open Canadian canoe, the big advantage of a canoe over a surfboard is the fact that, without a break in the rhythm of doing it, the canoeist can very easily roll over and do it again!!!

Surfers wanting to know more are free to come along to the Port of Plymouth Canoeing Association on the Barbican where instruction is given to beginners on how to do it. During the decent weather, canoeists at the above are doing it every night of the week, and also do it all weekend, so, hope to see you sometime.

All the best, take care whilst doing it.

BOAT SHOW 1986

by Guy Baker

The London and South East Region provided a demonstration of pool slalom at the Earls Court Boat Show in January. Three times a day for 12 days different competitors competed in a pool slalom. This involved dipping to hit a suspended ball and rolling in freezing water while negotiating million pound yachts, hard hat divers and mini submarines!

Hundreds of people packed the pool side every show to watch some of the best paddlers of the region attempt the course. The C1's and C2's were in their element.

The eventual winners of the competition received cups from the Daily Express. They were K1 Graham Blaney, C1 Ben Geddes and C2 Ben Geddes — Ashley Byles.

Colin Hill won the hand rolling competition with 62 rolls in 2 minutes — sponsored for the day by Gul Wetsuits, making the water bearable. Equipment used at the event was donated to the Region and thanks to Nomad for the C1's and C2's, Gaybo for the K1's, and New Wave Sports for the accessories. A special thank you also to the dancers at the exhibition, especially Terri, for entertainment between shows.

EXPEDITIONS APPROVED

The following expeditions have been approved by the BCU for 1986 and some grant aided.

All will be considered by the Wild Water Centre for equipment sponsorship.

Circumnavigation of Britain
(Leader — Bill Taylor)

Roof of the World

(Leader — Mark Attenborough)

Japanese Kayak Expedition

(Leader — Andy Fleck)

Colqua River Expedition

(Leader — Marcus Bailie)

Wild Water China

(Leader — Ken McNair)

Ganges Challenge

(Leader — Colin Broadway)

C.F.E.C. Arctic Norway Expedition

(Leader — Peter Marquis)

Kent Young Explorers Yugoslavia 87

(Leader — Steve Devlin)

Brittany Coast Kayak

(Leader — Creighton Dolbel)

Dorgogne (Knowsley)

(Leader — D. Faulconbridge)

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Dear Focus...

Whose head is in the sand?

Dear Focus,

I feel that the reply given by the National Development Officer to Mr. Geoff Turner's letter regarding the cost of Membership cannot go unquestioned. His attitude is exactly what alienates many canoeists to the bureaucracy of the BCU. He states that the steadily rising membership of the BCU indicates that members agree with the membership package. This must be one of the best examples of burying one's head in the sand that I have seen.

I can assure the NDO that the only reason 90% of my slalom canoe club belong to the BCU is because they have to. They are FORCED to belong if they wish to compete in ranking slaloms. It is stated that if the "fringe benefits" were offered as extras, the cost of membership would rise due to the additional work involved. Why should the BCU get involved with these at all? Surely it cannot be claimed that it is the wish of the majority. If no extras were offered, the cost of membership could be reduced by the reduction in administration costs as well as the deduction of the direct costs.

I am sure that this would be agreeable to the vast majority of members. I for one would like to see membership fees offered at the cheapest rate possible and when the NDO extracts his head from the sand he might like to count the number of members lost due to the high cost of membership.

Kevin Orledge, Shepperton

The NDO comments:

At the risk of alienating Kevin as well as the "many members" he refers to, it must be said that it is sad if some members are unwilling to pay through the membership subscription what is in fact only a proportion of the cost of the services they enjoy. Very many members provide their services in a voluntary capacity to the direct benefit of the membership at large. Those who cannot contribute to canoeing's development in a practical way can and should contribute financially. A further point is that the BCU as the national governing body for canoeing has a duty to cater for membership present and future in line with the SPORT FOR ALL campaign. It is in this context that the BCU can claim by its increasing membership figures that it has a set of membership packages of interest to the market as a whole. Be assured that this is not achieved by having our heads in the sand!

Canoe Clubs Beware?

Dear Focus,

If you belong to a small, long-established canoe club affiliated to the BCU, always struggling to attract new members, although having helped a young slalom paddler to

reach International/British Squad level, please imagine the following events happening to your club.

A member of your club (not an elected representative) is approached out of the blue by a BCU representative. The member is asked if your club would be interested in running a canoe centre for the local authority on a small man-made lake. The lake is known to be used by anglers and not very clean! Your member suggests that your club would not be interested.

Almost a year later you see a note in your BCU Regional Bulletin asking if anyone is interested in forming a canoe club in a town just 3 miles away from your club's base. The note is written by the BCU representative. Your club writes to the BCU rep suggesting that a new club is not necessary - couldn't your club absorb any new people interested in canoeing? The BCU rep does not reply!

About one month later you see a small advertisement in your local press advertising a meeting in your town for anyone interested in starting a new club. You attend this meeting to find it is the inaugural AGM of the new club. You put forward your club's case for there only being one club in the town. Your arguments are flattened by a criticism that a new canoeist wrote to the BCU asking for names of clubs in your area and was told that there were none. At this stage the meeting's chairperson (the BCU rep) smiles and says that he/she does know of your club. The meeting overwhelmingly votes to proceed with the new club, as most of the new members for the new club insist they've never heard of your club. Silence from the BCU rep! You leave dejected.

The moral of these events: Tell all club members to always say 'Yes' to a BCU rep, no matter how tenuous the contact. Remember, no matter what requirements the BCU rep would like, these are likely to change considerably as time elapses, so always find out what your BCU rep is doing in your area. Finally, next time you send your Affiliation cheque to the BCU send all the information you can on your club, especially concerning the area you cover for membership. Don't sit on your laurels and think the BCU Development Officer is there to develop canoeing through your club, no matter how old (or large) your club is.

These events did happen recently to the STOURVALE CANOE CLUB in the WEST MIDLANDS REGION.

M. R. Fletcher

Chairman - Stourvale Canoe Club

Brian Porter, BCU West Midlands Chairman replies:

After reading a copy of the letter entitled Canoe Clubs Beware, perhaps I can help by clarifying the situation as there appears to be some misunderstanding.

Perhaps the first important point to mention is that the contact address for Stourvale Canoe Club is in Halesowen, considerably further than three miles away from the area of

the new canoe club. Where there may be some disagreement over the area served is that Stourvale now use Stourport Baths for their club night, having, I believe, previously used Stourbridge and Kidderminster Baths. This area covers quite a considerable distance and the changes in venue would cause considerable inconvenience to youth paddlers without their own transport.

In 1983 the Regional Committee were prompted by the Sports Council Representative to prepare a Regional Development Plan. One part of the brief for this Development Plan was to include the Sports Council and B.C.U. policy of providing Sport for All. This inevitably means more paddlers and more clubs to cater for their needs. This document was then produced and presented in draft form to the AGM on February 1st, 1984. In the Development Plan several areas were suggested as potential sites for new clubs. The Bewdley/Stourport area was one of these. Stourvale was represented at the meeting and at no time was there any disagreement expressed over the suggestion of a club being formed in the Bewdley/Stourport area. The Regional Committee were of the opinion that the Bewdley/Stourport area, being on the River Severn and having a number of unattached canoeists as well as an L.E.A. Canoe Centre, was an excellent prospect for the development of a new club. I must also mention here that the Regional Secretaries and the L.E.A. Canoe Centre had always sent potential club members to Stourvale as the nearest club. Unfortunately, we are led to believe that unless they had their own canoe they were not always well received.

I would like to correct the information given about the Stourvale club member being approached by the R.D.O. over the use of a lake. The meeting was not set up by our R.D.O., in fact she thought that she was only meeting with the Wyre Forest Recreation & Amenities Officer (it was he who invited the Stourvale member and made the offer of the use of the lake). The main purpose of the meeting was to discuss the setting up of a club for young people who had attended canoeing courses run by Wyre Forest District Council over the previous two years, with others planned for the summer of 1985. The Stourvale member apparently gave the impression that his club were not interested in a sudden influx of young inexperienced canoeists as the club were unable to cater for them. As he was not on the committee of Stourvale he agreed to give a report of the meeting to the committee. Discussion over where the young people attending the Wyre Forest courses could continue their canoeing followed. The result of the Wyre Forest courses is that there has been a considerable demand in the area for a club to be formed. The Regional Committee therefore decided that the R.D.O. should attempt to implement the suggestion of the Development Plan.

I was at the inaugural meeting of the new club, but so were Stourvale representatives, but they said nothing! At this meeting there were 50 people wanting to join the new club. From this meeting a steering committee was formed. It was this steering committee who called the AGM. The RDO did attend the AGM and chaired the meeting until their own committee was formed. Stourvale were present in some force at this meeting and in fact were given the first 20 minutes in which to put their case. I am led to believe that the meeting listened to all that Stourvale had to say and then held a vote. The vote was either to form a new club or to join Stourvale. As the letter



Harbour Road
Portishead
Bristol
0272 84 2740

states, the decision was to form a new club.

Perhaps the moral of this story is the Club Secretaries need to work closely with Regional Committees, read all the information sent to them and pass on relevant information to their members. Added to this clubs must, if they wish to expand and increase their membership, be prepared to cater for the inexperienced beginner and make them feel welcome. Some of them may end up being the future organisers of the club. There are clubs in the region that have a waiting list for membership, perhaps they are the ones with insight!

In closing, I would like to thank the Stourvale members who have spent a great deal of time preparing proposals for the development of a slalom site. They have done this with the intention of it being for the benefit of all clubs in the area. For the proposals to be implemented there will need to be continuing co-operation between the clubs, the RDO and the regional committee.

Polo Canoe Design Rules

Dear Focus,

After reading the last issue of 'Focus' I was pleased to see Canoe Polo getting some publicity, but Bere Forest's undefeated run over the past year was probably in an illegal boat!

The boat in question is the Dragonbat Extra, which has been impressing everyone with its fast sprinting and turning speeds. The problem is that the end radius is 50mm and the regulations state that it should be 70mm. Why then were they, or any other team for that matter, ever allowed to use the boat? And why was it never checked?

Many teams have a right to feel upset about league results, Palace places etc. Now the Polo Committee commit the ultimate sin by banning the boat in September 1986! The boat should be banned now, it is not within the rules! What is the matter with the Polo Committee, do they all paddle Dragonbat Extras? Chris Bradwell, Luton Tigets

Ron Vessey Replies:

I read Chris Bradwell's letter concerning the rumoured illegality of the Dragonbat as used by Bere Forest and many others with a great deal of interest. It is obvious that Chris has been wound up by some vindictive person; indeed I have had a few unpleasant remarks made to me on the matter by an ill-informed individual. I would like to put the record

straight so that all may know the facts and form correct opinions.

1. Bere Forest were not unbeaten in 1985.

2. The end radius in profile of a polo boat is to be 5cm. minimum. The boat Chris paddles is not anywhere near 70mm. Where does this erroneous figure come from?

3. No team is allowed to use boats which the Committee know to be in breach of the rules.

4. The Dragonbat was suspected to not comply with the 10cm. plan rule. The Chief Referee checked this aspect at the Europa Cup in June. The result was that a bad outside seam caused a break in the smooth curve of the bow. Five minutes with a bit of wet and dry paper would have solved the problem. I know this for the truth as I watched the check being made and participated in the conversation with the manufacturer.

5. The Polo Committee have not banned this boat from September 1986. The Polo Committee have banned any illegal boat currently in use from this date.

6. An official boat checking sub committee has been formed for the guidance of manufacturers and paddlers alike to solve such problems.

7. All producers of boats are being invited to submit existing designs for scrutiny by this group.

8. The Dragonbat has not been proved to be outside the rules as the committee have not had one to check. The current doubts concern deck heights.

9. There are rules and regulations concerning boat design other than the polo rules, I doubt if the boat that Chris paddles complies with these rules.

10. Several teams that use Dragonbats are very concerned over this matter. My own teams from St. Albans purchase boats from various sources in good faith; we are used to winning by being better than the opposition not by trying to penalise innocent mistakes by other teams. It is a pity that this sporting attitude does not exist throughout the sport.

11. The Chairman, Secretary, Chief Referee and Acting Treasurer of the Polo Committee do not even play polo, let alone use these boats. Their actions and interests in the sport are motivated by principles far higher than those expressed in Chris' letter.

12. The only thing wrong with the committee is that, in common with other BCU committees, we have far too many who are prepared to criticise in ignorance and precious few able and willing to do any work.

I would, if the Editor permits me to ramble on, like to point out that the views expressed

are not necessarily polo policy. From my experience I know that the Luton Tigers Youth A team are an exceptionally pleasant team to deal with. It is a pity that Chris appears to have been manoeuvred into an uncharacteristic letter.

Calling Danube Paddlers

Dear Focus,

I am joining the DKV Canoe Trip down the River Danube this year and should be pleased to hear from any other participants. I should also like to hear from anyone who has recently paddled the Danube in Czechoslovakia, Hungary, Yugoslavia and Bulgaria. Does anyone know if Paraffin, I use a primus, is available in these countries?

Rodney Baker, 11, Holt Fen, Little Thetford, Ely, Cambs. CB6 3HB.

Bargain of the Century

Dear Focus,

Please convey my thanks to whoever responsible for the British Waterways Blanket Permit. What a marvellous thing for the touring canoeist! That and the Insurance make BCU membership the bargain of the Century!

Peter Davies, Enfield

Expensive Competition

Dear Focus,

I read Geoff Turner's letter (December 85) and think the following points should also be raised. I don't particularly object to the extra £2 for the BWB Licence but I find it distasteful to pay £15.50 because I enter slaloms and the non-competitor pays only £6. Why the big difference between full and basic? If all the competitors were told it would cost £9.50 for their boat insurance are the BCU certain that the majority wouldn't decline.

Garry Packer, Plymouth

The NDO Comments:

The difference in subscription between BASIC full membership and COMPREHENSIVE full membership is only partially covered by the cost of boat insurance. Another major factor is the cost of providing the framework without which competition and coaching could not operate. We don't propose to dismantle the framework to make our point!

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LATE NEWS

BCU AGM

The Jubilee Year AGM was held on 1 March at the National Maritime Museum, Greenwich. The result of the postal ballot for the Council election was that Roger Fox, John Kuyser, Alan Laws, Ron Rymer and Ron Vessey were elected. Graeme Lee and David Preece tied and were therefore not elected, but were both co-opted by the Council at their meeting following the AGM. The remaining candidates were unsuccessful. Special greetings were sent from the AGM to founder members of the BCU, especially our President of Honour, John Dudderidge, who could not be present due to a bout of influenza. Motions one and two were passed and Motion three was passed in an amended form requiring a progress report at the 1987 AGM.

GREAT ADVENTURE EXHIBITION BRISTOL EXHIBITION CENTRE 18-20 APRIL

The widest selection of adventure sports — air, land and water, will be housed under one roof in Bristol city centre from 11 am to 9.30 pm on Friday 18 April and from 10 am to 6 pm on Saturday and Sunday 19 and 20 April. Experts will be on hand to cover all adventure sports, including canoeing.

HISTORIC CANOE-KAYAK DESIGN SYMPOSIUM

The symposium, organised jointly by the BCU and the Historial Group of the Royal Institution of Naval Architects, was held on Sunday 2 March at the National Maritime Museum, Greenwich, by kind permission of the Director and Trustees.

Mr. Fred Walker FRINA of the Maritime Museum opened the proceedings and assured us of a packed programme. Mr. John Brand, the first speaker, gave us a fascinating account of 'The Historical Development of the Kayak' based on a paper which he has recently published. He detailed the important part which the kayak has played in the survival of the Eskimo, and discussed the various designs of which details are available.

The story was continued and brought up to date by Mr. John Heath, from Texas, USA, who has travelled widely in Northern Canada and Greenland, living with the Eskimos, studying their way of life, and the use they are now making of their native craft and kayaking skills.

Mr. Asutin Farrar FRINA, the prominent boat designer and sailor, then gave us a comprehensive paper on 'The Sailing Canoe', detailing the history of the design developments and the story of the international competitions which have influenced these craft.

The afternoon session was chaired by Mr. Ron Emes, Director of the BCU. Mr. Frank Goodman, who spoke on 'The Development of the Modern Sea Kayak', has made an outstanding contribution by his design research, boat production and courageous expeditions. His well illustrated lecture helped the layman to appreciate a few of the difficulties facing the designer.

Professor Fred Johnston, of Queen's University, Kingston, Ontario, another leading expert on the birchbark, plank canoe and batteau, gave a comprehensive account of

canoe building by the natives and early settlers, and of the journeys of early explorers, in which these craft played a vital part. Mr. Stephen Riley, Curator of Ship Models at the National Maritime Museum, with his paper on 'Wooden Canoes and some Similar Craft', covered the exploits of John Macgregor, the formation of early canoe clubs inspired by his writings, and the development of the sailing canoe as a 'poor man's cruiser'.

The symposium had brought together a group of highly regarded experts who together presented a well balanced coverage of the design history of canoes and kayaks, and was a unique occasion which it was a privilege to attend.

Ken Littleddyke

200 CLUB — FIRST DRAW

The winner of the first draw of the 200 Club was Timothy Dabbs, of 15 Devas Road, London SW20 8PD who receives £3.00.

Not a lot, so come on you punters, help make the next draw worthwhile by joining the 200 Club in this edition of Focus. Details and application form on the Jubilee Appeal News page. Help to make the next draw worth £10, £20, £30, or even £40.

BUOYANCY AID STANDARD

Please note that the following device has now been withdrawn from the Standard BCU/BCMA BA 83:- *Splashsport Challenger*

INTERNATIONAL CANOE EXHIBITION — THANK YOU

The BCU Jubilee Appeal has benefited by £1,095.70, the biggest single donation rec-

eived so far, thanks to the International Canoe Exhibition Committee. The Committee donated this sum from the entrance money taken at Crystal Palace over the weekend 21/22 February 1986. The sum was calculated at 10p per head for those attending, so simple arithmetic tells us that 10,957 people made the Canoe Exhibition a successful weekend all round. With a further £1,000 coming from the Gaybo Jubilee Raffle and merchandise sales, the Jubilee Appeal has had a good start to the year. Keep it coming out there, every penny counts and there is still a long way to go!

INCREASE IN PUBLISHERS' PRICES

The following publications, reviewed in Focus 43, have recently been subject to Publishers' price increases, and the cost of these books will now be as follows:

STRETCHING by Bob Anderson — Members £7.20 inc p & p Non-members £7.80 inc p & p

SPORTS INJURIES by Dr. Malcolm Read with Paul Wade Members £6.20 inc p & p Non-members £6.60 inc p & p

Both available from BCU Supplies.

ADVENTURE ON RADIO FOUR

A programme devoted to adventure started on Radio Four on 19 November.

A pilot series of 12 programmes has been scheduled with Mike Hollingworth — a mountaineer and caver — as the Presenter.

Don't forget to listen at 9.15 on Wednesdays. Canoeing information will be fed regularly to the BBC. It is not intended that every programme will cover all the adventure activities, but hopefully we will see our sport well featured.



CONDUCT TO THE PREJUDICE OF...?

The Shields Gazette and Shipping Telegraph published the above picture in December, with a caption deprecating the act on the grounds of potential danger to other road

users and pedestrians.

The action is clearly illegal, and the publicity unlikely to promote the best interests of canoeists. Need we say more?

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SUUNTO JES FIELD COMPASS

Touring canoeists are regular users of orienteering compasses. Sea Kayakers find their compactness, durability and versatility well suited to the demands of their sport.

Suunto have clearly done a lot of research and came up with the new JES compass which offers a different method of plotting and following a bearing.

The transparent baseplate is six cm square with rounded corners and marked with a red 360° circle, North-South Meridian lines, a mm measure and two scales. The transparent rotating centre is marked with a green direction of travel arrow and provided with a green security cord on the other end of the arrow.

The base plate is aligned along North-South meridians and the centre rotated until the green arrow is parallel with the desired route. The green arrow will now cut the 360° markings and the bearing can be read. To follow the desired route the compass is held in the hand with the cord towards the navigator whilst the yellow 'N' mark on the base plate is kept on the yellow magnetic north needle.

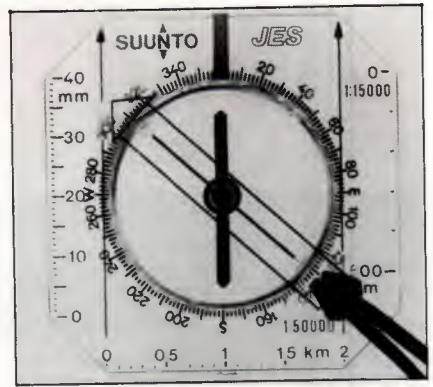
A simple, easy to learn sequence of use is therefore to line up RED (the base plate lines) YELLOW (the magnetic needle) GREEN (follow the arrow).

The compass is well suited to orienteering and it should become popular with outdoor centres for that task.

For the sea canoeist the method of operation does not allow for the fixing of the base plate under deck elastics and the base plate does not provide a long enough straight edge to allow for easy use as a plotting ruler.

It does not appear to be liquid filled or damped and this may be a disadvantage for some users. The needle was not luminous, precluding night use without a torch.

To summarise, the JES is a reasonable priced (around £8.00) compact, robust, easy to use orienteering and general purpose compass, but with limitations for plotting longer routes and for sea kayaking.



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EXPEDITIONS



Kate Parfitt on the Guil



Pont Romain, start of Ubaye Gorge

ALPINE ANTIDOTE — By Mike Thompson

The perfect antidote to another abysmal English summer was again provided by the Bowles Alpine course. The hot August sun was in evidence for all but 2 days and even then the heavy rain gave us a superb spate trip. Base camp was in Emdrun on the shores of the Serre Ponçon a huge lake which is a Mecca for local windsurfers (we had 2 boards with us for the après kayak). There is also a beach complete with topless mademoiselles, tennis courts, pizzeria etc, but more importantly, the best section of the River Durance finishes right by the campsite. This section was paddled almost every day being excellent training but also the ideal way to travel back to camp and round off the afternoon.

The first 4 days were spent on the Durance doing the sections from Briançon to Prelles (grade 2) Argentière to Roche de Rame (grade 2) and St. Clement to Emdrum (grade 3). This gave everyone a chance to practise break outs, rolls etc on some big but straightforward water before moving onto the more technical tributaries. We also spent a day at the famous Radioux rapid with many loops, rolls and swims and some fun in a C1 river racer. Our resident rescue expert though he could roll this but was so weighed down by the pullies and ironmongery in his buoyancy aid that he had to bale out — sucked out again by the power of the flat water. The Radioux stopper in August is safe enough to swim through but still big enough to loop in. It has eddies either side, a flat pool below and is easily reachable from the road in Chateauroux (follow sign for La Gare) — the perfect training ground. Now we were ready for the tributaries.

GUIL The low summer level gives paddling of technical grade 3 to 4 between Le Veyer and Maison du Roy. There is however one fall which could be up to grade 5. This is commonly called the keyhole where the river twists between 2 large rocks and drops about 10 feet (not vertically). A very precise line is

required if you are not to follow my example of being spun on the first rock and then shooting the main fall backwards and upside down.

ONDE The access point given in Alpine White Water is at the campsite but this misses out an excellent half kilometre of grade 4. Carry on along the road on the left bank until the river reappears by a bumpy layby. The first fall is a good grade 4 with a tricky route down the right. The river continues at this grade until 200m below the campsite bridge then easing off to a straightforward grade 2 to 3. However there may well be a portage round a fallen tree in the lower section, so be careful when rounding blind bends. The Onde is good value when low, an interesting bump and scrape, but absolutely superb after heavy rain; a powerful current with large standing waves, stoppers which stop but don't hold and just enough eddies to relax in. If there is heavy rain in the Gyrone valley then this is the river to head for, the Gyr will be too serious for most.

GYR There is one kilometre of continuous rapids (grade 3 to 4) above the dam in Ailefroide which gives excellent practice of break outs and route finding. Start about 10 am and the run is an easy rock hop but by 4 pm melt water from the Glaciers Blanc and Noir has turned the river into a raging torrent. The build up is fairly gradual however and it almost goes unnoticed if you run over the section several times. Unnoticed that is until you suddenly become aware of new found confidence, you are toying with a grade 4 terror, playing where before you panicked. Practice makes perfect.

UBAYE Les Thiles to La Fresquiere is an easy grade 2 to 3 but watch out for the fast rapid immediately above the bridge. It can be difficult to find a good line and a swimmer, or their boat could float off down the grade 5 section which starts below the bridge. Le Maretin to Pont Romain is an excellent

section of grade 3 to 4. This stretch is best done after rain when even in the summer it will be almost continuous rapids.

Pont Romain to the Serre Ponçon includes the infamous Udaye Gorge, grade 4 to 6. This was the undoubted highlight of the two weeks. The gorge is only canoeable in low water; some of the undercut caves would be horrendous at the height of the spring melt and so August is the ideal time.

An easy rapid flows under an ice cold waterfall and then the river disappears from view, this suggests an inspection. The first fall looks shootable but the second is blocked by a boulder with a deadly stopper on the right and a very tricky route to the left. A mistake would push you sideways down the right and into desperate trouble. We can all see how to do it but wisely decide to portage. Then the Germans arrive. A quick inspection and before we realise the leader is half way down, capsizes and is swept sideways into the huge stopper. I am filming all this and think to myself that he is dead. Amazingly he pops up 10 feet downstream and swims ashore. He then proceeds to jump back into the stopper which still holds his boat. We paddle on in disbelief. (We saw him on the Guil a few days later so he must have survived but his time will surely come).

The next fall is a 6 feet drop with a powerful stopper pushing you left onto a huge boulder. Howard goes first and completely disappears from view, bows shooting skywards as he re-appears almost under the rock. "Ten metre" Twill (fresh from Corsica) is next and takes a route more to the right which looks easier. We follow with no problems. The river now eases off gradually but is still a good grade 4, however, it can mostly be inspected from the boat so progress is swift and we are soon on the peaceful waters of the Serre Ponçon.

This year's course runs from August 17 to 31. Phone 08926 4127 for details.

LADAKH KAYAK EXPEDITION 1985

by Peter Knowles



We did do some good rivers — the upper Indus below Leh was pretty mind blowing and we did a superb first descent (I think) of the

Dras River down from the Zoji La Pass to Kargil — one of the best three day paddles in my life. One of those rivers where you stand

on the road looking down at it (a frothing nightmare at the bottom of this 400ft deep gorge) saying "there's a line down the right there" when you really mean "that's bloody horrendous". Well we must have had communication problems — because we ended up doing the river and it was superb!

Probably the climax of the Ladakh trip was the Doda river. It looked all right on the map...gradient O.K., lots of villages, etc. We ended up (at 14000ft) losing Mike's boat in a nasty little gorge — a horrible black river with blocks of ice in it. We had less gear with us than the average day trip in Britain, we carried on out of this gorge, driving sleet, getting dark, and definitely no friendly villages, walked for miles and not even a house! Eventually we came across a goat herders hovel, where with true budhist hospitality he took in these fearful looking creatures. We spent the night huddled in some half cured goat skins on the floor. Trevor woke up in the night with a goat affectionately nibbling his ear. The goat must have been disappointed in his response because I woke up in the morning to discover the goat had eaten my underpants — We beat a hasty departure before the goat succumbed! The aftermath of this tale was that we reported the missing boat to the Police Station in Zanskar and the Inspector sent mounted patrols galloping off into the sunset to search for the boat!

Our thanks to the BCU for the sponsorship and Wild Water Centre who supplied us with the excellent new "Explorer" buoyancy aids (very reassuring on the big water of the Indus).

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