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FRONT COVER AND BELOW

Myles Morely, a member of the British Antarctic Survey reading his CANOE FOCUS, which had been air dropped to him.

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By RON EMES Director of the British Canoe Union

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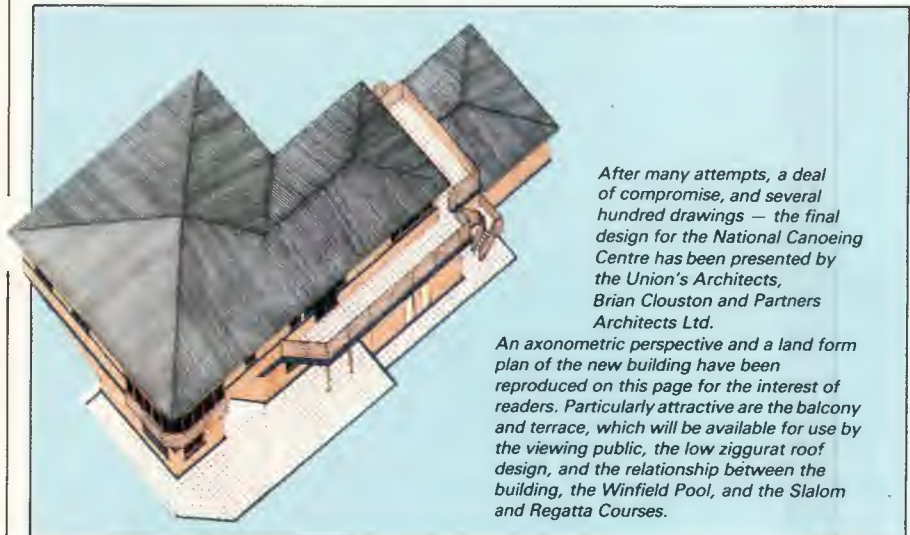
The British Canoe Union are delighted and privileged to announce that Her Royal Highness, the Princess Anne, Mrs. Mark Phillips, has graciously accepted the invitation, extended by the BCU, the Sports Council, and Nottinghamshire County Council, to formally open the Holme Pierrepont Canoe Slalom Course, on Saturday 13 September. It is particularly appropriate that Princess Anne should perform this historic ceremony, for, as President of the British Olympic Association, she has expressed her enthusiasm for Birmingham's bid to host the 1992 Olympic Games on very many occasions. The Canoe Slalom Course, which will provide the venue for the Canoe Slalom events should the bid prove successful, is the first Olympic facility to be opened since Birmingham launched its campaign in mid 1985. If the International Olympic Committee, who meet just four weeks later in Lausanne, to determine the site of the 1992 Games, have any doubts regard-

ing the seriousness of Birmingham's intentions, the opening of the Canoe Slalom Course, provided by courtesy of the Sports Council, Nottinghamshire County Council, and the BCU, should serve to convince.

The visit of Princess Anne to the Holme Pierrepont National Water Sports Centre, will be the high point in what promises to be a very exciting and spectacular weekend's activity. The Golden Jubilee Water Carnival, which is the most important event in the Union's 1986 Jubilee calendar, will certainly provide something for everyone, and should not be missed, particularly as admission is entirely free. In addition to the excitement of the conventional canoeing disciplines, Slalom, Wild Water Racing, Marathon, Sprint,



Sailing and Canoe Polo, there will be a series of rather more bizarre happenings, Dragon Boat Racing, Iron Man competition, Rafting, Rubber Duck Racing (?) Water Pentathlon, and all the fun of the fair. Mike Haslam, the co-ordinator of the whole two day jamboree writes in full on page 18, and the programme appears on page 20.



After many attempts, a deal of compromise, and several hundred drawings — the final design for the National Canoeing Centre has been presented by the Union's Architects, Brian Clouston and Partners Architects Ltd.

An axonometric perspective and a land form plan of the new building have been reproduced on this page for the interest of readers. Particularly attractive are the balcony and terrace, which will be available for use by the viewing public, the low ziggurat roof design, and the relationship between the building, the Winfield Pool, and the Slalom and Regatta Courses.

COURSE CONTROL

The official opening of the Slalom Course naturally leads to the questions, When will it be available for use? How much will it cost? Who has priority? and a whole series of imponderables in similar vein. Before seeking to clarify these various issues, it is perhaps appropriate to remind readers that the Canoe Slalom course is unique, and that whilst its hydrological behaviour had been modelled,

tried and tested to the satisfaction of all the experts, no one knows in precise terms what will happen when the water is turned on. To be more explicit, and for example, with the water running at half bore, will the fall two thirds of the way down the Course be Grade III or Grade IV? What will be the effect at full bore on the same fall? This sort of hypothesis and many others will be examined during the



commissioning period for the Course, and when complete it will be possible to establish parameters of skill related to use, which will then provide the basis for determining levels of activity. Assuming that all of these problems are successfully resolved in good time, the Course will open for public use on the 1 October 1986. The Sports Council having made the facility available, the Union have been obliged to establish a suitably democratic mechanism to facilitate the use of the Course on fair and equitable terms, by all those potential individuals, groups, and organisations *within* the Union, who it is anticipated will demand exclusive bookings from time to time.

The Council of Management have therefore appointed a British Canoe Union Holme Pierrepont User Group, who will be required to arbitrate on all matters involving the use of the Course and the Centre by the Union's Committees, Clubs and members. Its first meeting will be held on the 6 August, and its first business will be to produce a programme of activity on the Course from the 1 October 1986 until the 31 December 1987. Costs for use of the Course have not yet been finally confirmed, but it has been agreed that they will not exceed those enjoyed by users of the Canolfan Tryweryn National White Water Centre. As the number of canoeists visiting Tryweryn has quadrupled in the past year, it is not considered that their charges are unreasonable.

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RICHARD FOX MBE

It was with great pleasure that the canoeing fraternity learnt that Her Majesty had conferred the award of Member of the Order of the British Empire, upon Richard Fox in her recent Birthday Honours. Richard is currently the World Mens' K1 Slalom Champion, a title he has held for five years, having first won the title in 1981 at Bala and retained it twice since then. This award is recognition of his talent and achievements and reflects upon all those who have known and supported him. One such person who shall remain nameless, but some may recognise the style, traces his start in the sport.

THE RELUCTANT CANOEIST

Richard was eleven years of age when his parents gave him a canoe kit and told him to start working. The craft was eventually launched and the St. Albans Canoe Club founded. Two years of placid water fun followed before Ron Vessey and the Scaifes introduced white water paddling.

One bitter March day Richard, then 14, was driven to Duck Mill car park, frog marched to the water, and told to paddle through all the gates, in the correct order. Five minutes later sparkling blue eyes entreated his parents to buy a low-line boat, a second hand Phaser belonging to a member of the British Team. The home made 'barge' became a hand-me-down to a brother!

In six weeks Richard was in Division 1. The family gulped and adjusted to a new lifestyle. They left their son on a stranger's doorstep and he accompanied the Pendletons of the Manchester Canoe Club on their Scottish tour. The trip ended at Grand Tully, Aberfeldy, where Richard entered his first Div 1. From Tully he was transported to an invitation slalom in Yorkshire and the Div 1 at Bala where he was picked up by some surfing enthusiasts bound for Bude. Five weeks later his parents said 'hello' to him on the front doorstep of a Devon holiday cottage! The family had experienced something of the amazing fellowship and communication network within canoe sport.

1976 was O Level year. A good memory helped him with his Latin, his sister's notes with his Chemistry and so into the sixth form of Verulam School, St. Albans. However freezing or unpleasant the weather Richard interrupted his eight mile cycle ride to school with a training session on the river Lee. There was little time for French studies and less for History. Sometimes he would train at Hertford with Chris Lovelock (the international who had sold him his first competition canoe). At other times Pete Keane, (C1 paddler and fourth in the world in 1985) would



take him to a Thames weir to train. The training paid off. On his 17th birthday he was given a place in the British Team bound for Spittal and the World Championships.

The gold went to Albert Kerr and Richard knew that Britons could win. Albert was presented with the Paul Farrant Trophy. This much sought after trophy is in memory of Paul Farrant, the first Briton to win the world title.

There were other lessons to be learnt. Richard had to learn to lose and to pass his exams. More concentration on the History, a little bit on his French verbs and total neglect of the Italian dealt with the A Levels: failing to make the British Team was a bitter lesson which John MacLeod helped him to understand.

School was finished. Richard moved to Stone in Staffordshire and lived with the Beresford family. He joined the new Centre of Excellence run by John Court, with Ken Langford and Pauleen Goodwin as coaches. He worked as a labourer straightening bent scaffold poles. It was gruelling work. John Court took pity and created a job for him as a canoe instructor with trips to Bala.

1979 was the Worlds at Jonquiere. Here Richard learnt how luck moves one down and another up. He brought home a bronze in the individual and a gold in the team event (Albert Kerr and Alan Edge being other members of the team). The medals were important — he was given a grant from the Sports Aid Foundation.

He remained a member of Stone's Centre of Excellence but was occasionally to be seen

on the campus of Birmingham University as a student, studying for a Degree in Physical Education. The survival techniques learnt at school held him in good stead. More notes borrowed from his sister, coupled with his own memory, concentration and an ability to distinguish the trivial from the important enabled him to gain an honours degree.

He respected the advice given to him by his Head of Department, Bill Slater, and appreciated the help given to him by the Department in general. He was allowed to take five years over his studies and exam timetables were altered to suit major competitions. Bill Slater understood about the conflicts of study and international competition. This kind of understanding was, and is important. The day after sitting his finals Richard was defending his European title in Czechoslovakia.

But we have jumped ahead too quickly. The British Open at Llangollen, 1980, was the first win for Richard and it marked a turning point in his career.

1981 was World Championship year in Britain. It was a July many will never forget. Canoeists and supporters from all over the world and all over Britain poured into Bala. The rain was torrential. Thousands of human feet transformed fields into quagmires. The rain dripped down necks and soaked through all types of protective clothing.

Richard was 21 and knew the meaning of responsibility and pressure; many expected him to win, the survival of Stone's Centre of Excellence was on his shoulders. His first run was a disaster. After an hour's rest, he was at the Start for his second run. His supporters roared their encouragement. Richard put everything into his paddling and his supporters burst their lungs with cheers as they encouraged him every inch of the way. He was fast and clean. An agonising quarter of an hour ensued. The results were announced. Richard had won. The British camp went mad and the excitement was tremendous. The rain stopped. The sun peeped out from behind the cloud!

The following day team medals were added to Richard's individual gold; gold for the Men's Kayak (Richard, Alan Edge and Nicky Wain), gold for Canadian Doubles, silver for the Ladies. The event over, the tents came down and the world went home to sleep and dry out but Richard went on paddling and winning medals — three times World Championship, three times European Champion, and five times British Champion. Apart from assistance from the Sports Air Foundation, he received no sponsorship until 1983 when a tea firm, Williamson Holdings were very generous. He has a real understanding of work, and will train until all those around him are exhausted, and then he still goes on. His sporting titles, an Honours Degree, and the MBE are all results of this dedication.

Well done Richard

*...Amazing Discoveries
in Worcestershire village...*



In the last issue of Focus we featured Placid Water canoeing, and the exciting new sponsorship of its special coaching scheme by Fladbury Canoeing Ltd. Spearheaded by the invincible David Train the company has a range of Placid Water canoes and kayaks

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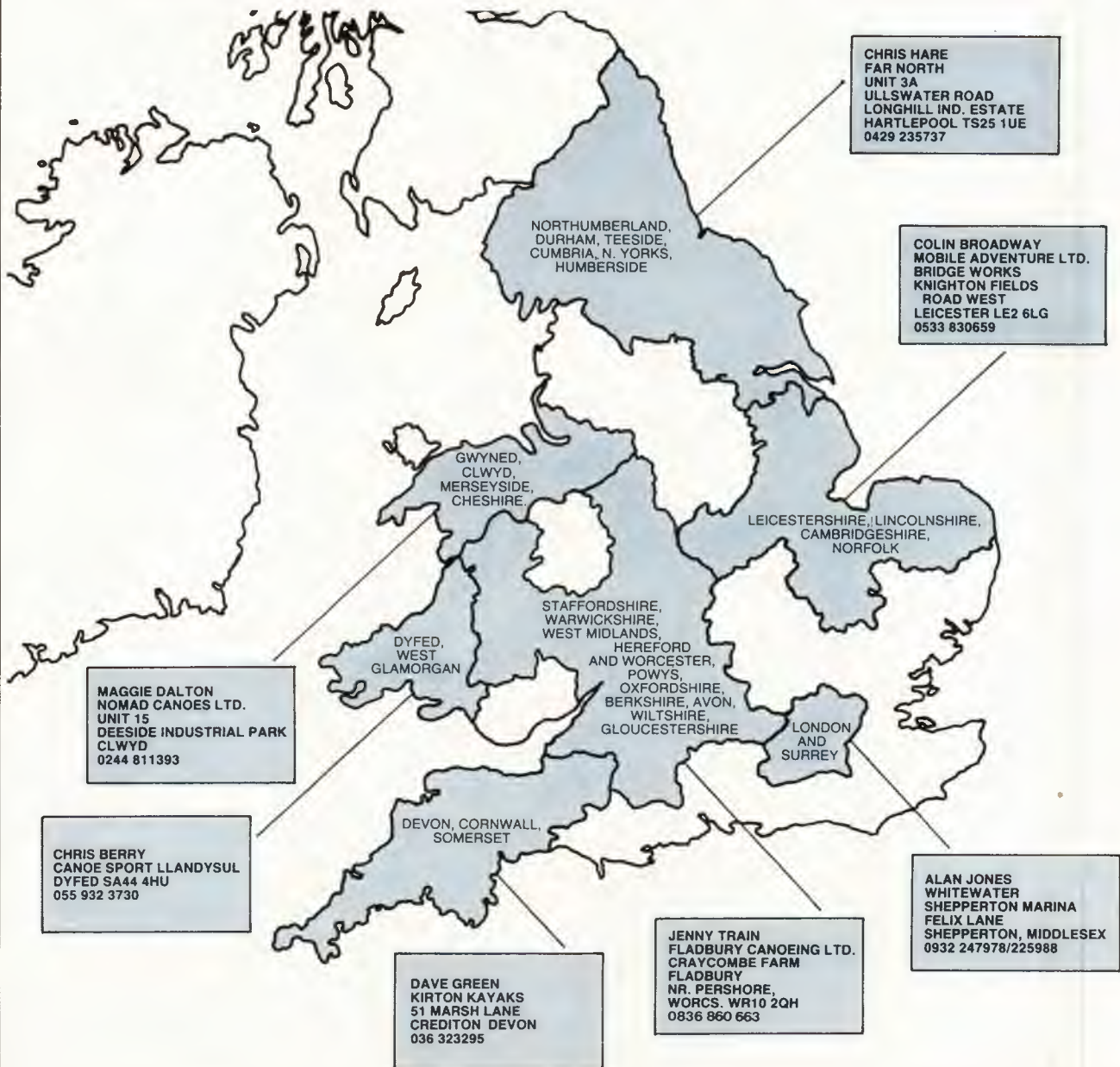


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President of Honour, British Canoe Union



In August our President of Honour, 'JD' will be celebrating his eightieth Birthday, and it is with deep affection that the Union would wish to convey its congratulations to him on yet another milestone in his remarkable life. JD, one of the last surviving founder members of the Union, has served in so many different capacities; the list is endless to mention them all here, but those that particularly stand out are as British Team Manager, Organiser of the Olympic Games Regatta and World Championships, General Secretary, President and Chairman of Council. John as President of Honour does not see his appointment as a sinecure, as he continues to be active and involved. Indeed anyone attending the recent Nottingham Regatta will have seen him presenting the medals with great charm, agility and enthusiasm (At times it even seemed he was organising the presentation as well). Long may he continue to do so and guide our counsels with his wisdom. Happy Birthday — JD.

Photograph recently taken at his home in Oxfordshire, where JD is surrounded by a number of his souvenirs and memento's.

NOTICES

COMMONWEALTH GAMES/ — EDINBURGH 1986

In August 1984, it became known that the organisers of the Edinburgh Commonwealth Games would not be including sprint canoeing in the official programme for the Games, although there was an offer to hold a Canoeing Demonstration event at the same time. This decision was made in spite of the agreement given by the Commonwealth Games Federation that when rowing was to be in the programme, sprint canoeing should also be included.

Accordingly the Council of the Commonwealth Canoeing Federation advised that their officers and member countries submit representations to their respective Commonwealth Games Councils, seeking to obtain the inclusion of sprint canoeing as an official event, together with rowing in the programme of the 1986 Edinburgh Commonwealth Games.

Furthermore the Council rejected an invitation extended to the Commonwealth Canoeing Federation by the Organising Committee of the 1986 Edinburgh Commonwealth Games to participate in the Games as a demonstration sport.

During the period since this arose, the various Commonwealth Games Councils, the Commonwealth Games Federation, and the Edinburgh Commonwealth Games Organising Committee, have each been subjected to intensive lobbying by the Member Associations of the Commonwealth Canoeing Federation, in an endeavour to obtain the inclusion of sprint canoeing, as a programmed event at Edinburgh. On occasions, it seemed that the efforts of the Canoeing Associations would

be successful, and this undoubtedly, led to considerable confusion and uncertainty. It also caused serious delays to National Associations anxious to confirm their international programmes. Regretably however, the Organising Committee for the Commonwealth Games remained intransigent, and despite their certain breach of the Constitution of the Commonwealth Games Federation, have finally excluded canoeing from the official programme. The Edinburgh Organising Committee have continued to promote a Demonstration Event to be held on 27 July. Unfortunately, participant teams will receive neither travelling expenses, accommodation from the Organising Committee, nor will official Commonwealth Games medals be presented.

The policy of the Commonwealth Canoeing Federation has therefore, remained unchanged. Accordingly, with considerable regret, the invitation of the Organising Committee to participate in the Demonstration, has not been accepted by the Federation, although it is up to individual National Associations to agree whether they will or will not participate. Representative teams from Ireland, Scotland and Wales are taking part, but England has declined the invitation.

ANNUAL GENERAL MEETING

The Annual General Meeting of the British Canoe Union will take place on Saturday 7 March 1987 at a venue within the City of Nottingham. Further details will be announced in a future edition of CANOE FOCUS.

BCU JUBILEE DINNER

The Jubilee Dinner to celebrate fifty years of the British Canoe Union will be held at LLANGOLLEN on the evening of Saturday, 1 November 1986. The cost of the Dinner will be in the region of £10 per head, excluding wines.

The number of available places will be limited, and will be allocated in the order applications are received. Further details can be obtained from, and applications should be submitted to, the Press and Information Officer at BCU Headquarters.

Canolfan Tryweryn National White Water Centre

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Further details may be obtained from:

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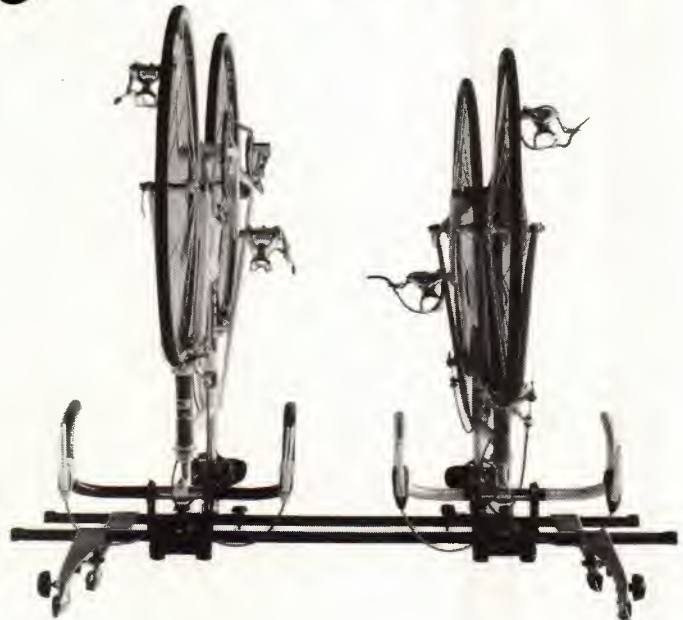
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The Exeter Maritime Museum first opened its doors in 1969 with only 23 boats on display. It has come a long, long way since then. Now there are over 80 exhibits, making it one of the finest and most comprehensive collection of the world's boats. Located on the picturesque and historic quayside at Exeter, itself a worthy tourist attraction, the Museum plays host to over 90,000 visitors every year.

It's easy to visualize a picture of a few old boats carefully roped off and accumulating dust, perhaps with a few aged academics pawing over them. Many people have been put off museums for life, by peering at relics of the past in places more reminiscent of dungeons than of what a museum really should be. This museum will make you think again. For a start, the visitor is not roped off from the exhibits. On the contrary, you are encouraged to 'please touch', enjoy and experience the craft. Several are kept afloat and you are invited to climb aboard and investigate. The exhibits come from all over the world and range from coracles and rafts to a

150 ton tug that still raises steam occasionally. There is plenty to interest the canoe enthusiast at even the most cursory inspection. There are dugout canoes, sophisticated and crude, outriggers and kayaks. There are expedition canoes that set off around Great Britain, Greenland and the Caribbean.

It is not easy to single out individual examples. Every visitor remembers different exhibits on his walk around the Museum, but the canoeist will come away with an insight into the development of the canoe. The exhibits show how the canoe has evolved to suit man's various needs and environments.

DUGOUTS

The very first canoes were probably dugouts. It is wrong to assume that dugouts are all primitive craft, although the first certainly were. Equally it is incorrect to assume that dugouts are now extinct. They are still the commonest hull form in Central America and the Zaire (Congo) Basin.

The Zaire Dugout (No. 96 at the Museum) is of a very simple design being made entirely from a single tree. The finish, however, is superb considering the tools available — usually only a broad chisel and an adze. Fire was normally used only to soften the most stubborn wood grain. Some isolated communities never progressed beyond such basic designs, whilst others began planking the sides of their canoes, hollowing out only the keel section.

The 25 foot Sierra Leone Dugout (No. 25) though roughly made, has a single plank fastened with pegs nailed across plank and dugout hull on the inside.

Propulsion methods evolved too. The Nigerian Sailing Canoe (No. 101) was made by the Ijaws who, with a strong tradition canoe building, built wide, open hulls, using wedges, water and sun to bend out the dugout section, thus giving their craft greater stability. Equally interesting are the Piccin Boats (Nos. 43 and 49). These are roughly 13 feet long and only one foot wide. They are extremely frail and made from mangrove wood, stretched apart with temporary struts whilst the hull is filled with water heated by hot stones. Cane is stitched on to reinforce the gunwales. They are particularly thin to negotiate the tortuous mangrove swamps of the Niger Delta. For similar reasons they are light for portage. Evidently the skill of poling these craft, one foot in front of the other



All photos by Exeter Maritime Museum.

without overbalancing is not an easy one to acquire. More sophisticated is the 44 foot Racing Prahú from Brunei (No. 34). Descended from the war canoe, this enormous dugout also has a particularly thin hull for lightness. The splits resulting, are drawn together with stitches and occasional patching where necessary.

The sides are braced by thwarts and Spanish windlasses of palm fibre.

The bow and stern are so well shaped, that it is hard to believe that this canoe is not planked. This particular canoe used to race for a former Sultan of Brunei with a crew of 15.

OUTRIGGERS

The outrigger canoes tend to be more flimsy than other dugouts reflecting their environment and uses. Most were used for inshore fishing and transport. Simple outriggers such as the Tongan Canoe (No. 20) are still the main form of transport around the many thousands of islands in the South Pacific. The Gilbert Islands Proa (No. 24) has a carefully shared asymmetric hull with a bulge on one side (nearest the outrigger) to counteract the drag caused by the outrigger. It is of sewn plank construction, without caulking, relying on the carpentry skills of the builder to make it water-tight.

The foot of the mast can be moved to balance the rig so that the steering paddle can be shipped. These features show a highly developed understanding of the concepts of hull and sail design, making this perhaps the most sophisticated canoe of the collection.

BIRCH-BARK CANOES

The Birch-Bark Canoe from North America (No. 58) is a rare example of a fast dying art of canoe building. Some say that this may represent the earliest form of canoe construction. They were built to be portable, capacious and strong. The bow and stern are raised for rough water. Without saws the Indians had to split or cut what wood they used with axes. The skin is cut often from the bark of a single tree and turned inside out. A series of 'V'



The Nigerian Sailing Canoe (No 101)

shaped cuts are made to enable the bark to fold up neatly. Seams were sewn with the split roots of Black Spruce or White Pine and coated in pitch. Slats and a few cross members were fitted internally and finally a strengthening rubbing strake was lashed on. In this form the Birch-Bark Canoe survived for thousands of years for hunting and the fur trade. Now they seem confined to adventure parks and museums.

KAYAKS

More familiar is the Labrador Kayak (No. 76). These were built for hunting seal and walrus, originally by harpoon. The harpoon was attached to an inflated seal skin and not to the canoe. The seal was then pursued until it tired and could be safely hauled aboard. The kayak frame was traditionally covered with seal skin. Labrador Kayaks are beamier and heavier than Alaskan Kayaks and are not rolled. Somewhat larger is the 25 foot Umiak (No. 112) in which the intrepid Eskimos hunted the

whale. Although an open boat, its design owes much to the kayak. This too would originally have been covered in (walrus) skin. This boat, with some modification was used by Wally Herbert in 1977 for the first part of his circumnavigation of Greenland.

EXPEDITIONS

Equally ambitious, was the Caribbean Kayak Expedition, also in 1977, which travelled from Venezuela to Miami via the Caribbean. One of these craft is on display at the Museum. Geoff Hunter's Kayak 'Nimrod' is here too (No. 83). In 1970 he set off for the 2000 mile trip around Great Britain, alone. Unfortunately 'Nimrod' was severely damaged in the Solway Firth and Geoff spent 15 hours clinging to a buoy before swimming ashore. 'Nimrod' was recovered and the journey was completed in another canoe. 'Nimrod's' design is based on the Eskimo Kayak (or Angmagssalik. The deck and hull are 1/8 inch marine ply sewn with nylon line. The deck is glued and pinned and glass fibre resin is glued along the joints.

FINALLY...

These are just some of the exhibits of particular interest to canoeists. There is of course much more besides. There is a Dhow, a Junk, and a striking collection of Portuguese boats, to name but a few. You do not have to dig deeply to enjoy your visit. Whatever the interests, the Museum tends to entertain its visitors. It is big and rarely overcrowded. In summer there are dinghies for hire and a licenced restaurant that caters for other than intellectual tastes. Out of season there is a coffee bar. The Museum is open every day of the year (except Christmas and Boxing Days) from 1000 hours to 1700 hours (1800 hours June to September). There is free parking and the Museum is signposted from the City centre. Exeter is easily reached by the M5 or British Rail. The Museum is comprehensive, informative and extraordinary in its atmosphere. It is hoped that your appetite has been whetted, and as a result the Exeter Maritime Museum can look forward to many paddlers visiting them.



The Frame of the Labrador Kayak (No 76)



The Birch Bark Canoe (No 58)

NEW HANDBOOKS FOR COACHES!



The NCF announces a series of three Coaching Handbooks -for coaches who want the best for their performers.

These handy pocket-sized books link in with the NCF Level 2 courses for coaches. The information is presented in a clear, lively style, complemented by diagrams and cartoons. Each handbook is 96 pages in length. Essential reading and reference for all who need an up-to-date guide to coaching at its best.

1 The Coach at Work

Have you stopped to ask why you coach as you do, and what you really want to achieve?

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2 Safety First for Coaches

Alongside the excitement and rewards of competitive sport, some risks and dangers are inevitably to be found. *Safety First for Coaches* helps you keep these to a minimum while still encouraging your performers to achieve the best possible results.

Find out how to prevent injury through proper care of your performers, and discover many ways to make the training and competitive environment safer. Learn how to deal with any injuries that may still happen despite all precautions, and discover your full duties and responsibilities.

3 Physiology and Performance

Here is a truly *practical* guide for coaches and athletes.

Part One shows how the body is constructed and how the various systems keep it supplied with the resources needed for performance. The mysteries of nutrition are unravelled, and good diet habits are explained.

Part Two shows how the muscles consume the fuel they are sent, and how the body deals with the waste products of its activity. Methods of training are recommended which will develop the energy systems for maximum effect. Simple tests to monitor the results are suggested.



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Coaching

HYPOTHERMIA UPDATE

Following the article in the April Coaching Bulletin, enclosed with CANOE FOCUS No. 44, Stephen Bonce, Executive Officer of the Royal Life Saving Society, has kindly forwarded this further statement on the treatment of hypothermia, produced by the RLSS Medical Panel.

Exposure Hypothermia

Slow-onset hypothermia (exposure during mountaineering, hill-walking etc. produces compensatory peripheral vasoconstriction (the blood vessels near the surface close down). This conserves heat and shifts blood (hence fluid) centrally. As the body is now "overfull" extra fluid is excreted via the kidneys. This reduces total body fluid although there is the correct amount for the smaller vascular space.

If such a vasoconstricted and relatively hypovolaemic (reduced volume of blood) casualty is placed in a hot bath, the peripheral vessels dilate. This increases the space available for the blood. As fluid has been lost during vasoconstriction, there is now insufficient blood in the body to fill the restored volume and the casualty suffers from hypotension (low blood pressure), collapse and, possibly, death.

Those suffering from exposure hypothermia should, therefore, be rewarmed slowly to allow time for the blood volume to

re-adjust. Provided there is no likelihood of imminent surgery, fluids should be allowed by mouth. Rewarming can best be achieved by wrapping the casualty in a sleeping bag, blankets or plastic bag, allowing his own metabolic heat to warm him from the body core outwards.

Immersion Hypothermia

Similar fluid shifts and hypovolaemia can occur during the onset of immersion hypothermia. Loss of body heat in the water is usually so much more rapid than during exposure in the air that death occurs before these physiological changes have had time to occur.

If an immersion casualty is found unconscious and hypothermic, it is safer to assume that he is fluid-depleted; he should be treated as for exposure hypothermia. If, however, he is conscious and shivering he can be put into a warm (hand-hot) bath. Shivering increases the work of the heart which is reduced when the warm water takes away the cold stimulus on the skin.

Another cause of loss of body fluid is the increased hydrostatic pressure ("squeeze") on the body from the surrounding water. This reduces the volume of the body as a whole and blood volume is decreased in proportion. Sudden re-expansion of the body on removal of the external pressure results in inadequately filled blood vessels until re-adjustment takes place. It is for this reason that rescue in the horizontal position is recommended.

Although the "squeeze" effect is most commonly seen during immersion in cold water, it can occur in warm water or due to pressure from other external forces (eg: the South American earthquake disaster).

Immersion in a hot bath can help to counteract the effect of loss of hydrostatic pressure which is an additional advantage after cold water rescue. When one is dealing with a severely hypothermic immersion victim, the danger of collapse due to rapid reversal of the cold-induced vasoconstriction outweighs the advantage of restoration of "squeeze" and the hot-bath treatment should not be used.

Hot Air

It has been suggested that one can avoid the undesirable effect of peripheral vasodilatation during rewarming by getting the casualty to breathe hot air from some suitable device. The theory is that this will deliver heat to the inside of the body (via the lungs) so that the temperature of the body core is raised before that of the surface. In practice, the amount of heat transfer that can be achieved is very small and of no clinical significance, unless air is breathed under hyperbaric (raised pressure) conditions. Warming and humidifying the inspired air is, if possible, worthwhile, as this acts as "respiratory insulation" preventing further loss of heat from breathing, but it does not result in a net gain.

NCF Video Cassettes

The National Coaching Foundation (NCF) have produced three video cassettes to complement their introductory study packs.

1. Safety and Injury in Sport
2. The Body in Action
3. Planning and Practice

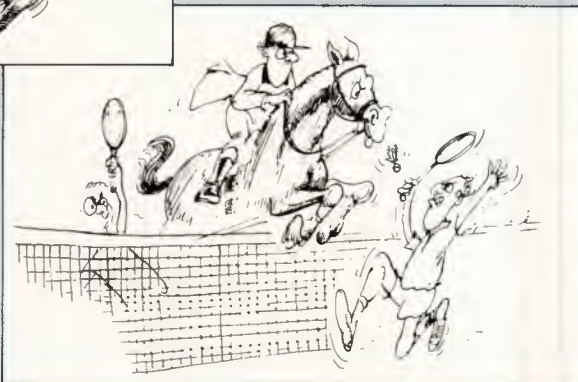
1.



2.



3.



Numbers one and three are very basic and really do not add very much to the introductory study packs. Number two, 'Body in Action' is recommended for an excellent introduction into the different types of fitness that are required for different sports, and how to train the relevant fitness for your particular sport. It is available from The NCF, 4 College Close, Beckett Park, LEEDS LS6 3QH, or it can be loaned from the Coaching Office at BCU Headquarters for a handling charge of £2 - VHS Format only.

PRICE LIST

August 1986

PRICES All prices include V.A.T. where applicable. Prices are subject to change without prior notice.
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THE EUROPA CUP AND PRE WORLD SLALOM CHAMPIONSHIPS

A crowded three weeks at the end of June and beginning of July saw our slalom team compete in the two legs of the Europa Cup and then take part in the 'Pre-Worlds'. A pretty fierce schedule.

The first leg of the Europa Cup was held in MEZZANA in Italy, in good paddling conditions. Richard Fox headed the Mens K1 results, ahead of challenges from Richie Weiss of the United States and Albin Cizman of Yugoslavia. These paddlers had ranked 46th and 50th respectively last year. The Ladies K1 saw Marie-Francoise Grange ahead of Gail Allen and Liz Sharman, with Karen Davies in seventh place, her best result to date.

The C1 results at this stage were disappointing for Martyn Hedges as he slipped to 19th place after his world ranking of 3rd last year. In the C2, teams from France and Czechoslovakia dominated, Chris Arrowsmith and Paul Brain having lost their competition boat earlier in practice. In the team event Great Britain lay in second position in both mens and ladies events.

So on to SEO-DE-URGEL in Spain for the second leg, where the river conditions were far from ideal, through low level water and exposed rocks. This made paddling difficult and damage to boats inevitable. A surprise occurred here when Donald Johnson of New Zealand pipped Richard Fox by some seven seconds, with Albin Cizman coming in third. The Ladies K1 also saw a change round, Liz Sharman in good form finished ahead of Marie-Francoise Grange with Gail Allen moving back into seventh place. In the C1, Martyn

Hedges improved and moved up to sixth place. Mark Delaney and David Jones in their first international finished a creditable 17th and 24th. The C2 saw paddlers from Yugoslavia in the lead with France and West Germany following. Colin Brown/Alan Meikle finished sixth with Chris Arrowsmith/Paul Brian slowly regaining form and pulling back to tenth.

In the overall placings as a result of both legs, Liz Sharman finished ahead of Marie-Francoise Grange and Miriam Jerusalemi both of France, with Gail Allen in a very commendable fourth place. Richard Fox had done enough to remain ahead of Albin Cizman in the final reckoning. **Congratulations to Liz and Richard, the European Champions of 1986.**

BOURG ST MAURICE DES ARC'S is to be the venue of next years World Championship for Slalom and Wild Water Racing. As is often the case a Pre-World Championships was held at the same venue to familiarise both competitors and officials alike. Many foreign teams took the opportunity of being present, as they had previously in the Europa Cup, and a good entry was experienced.

The first results came through, and what a start! Liz Sharman once again had shown Marie-Francoise Grange the way home, with Susie Arnaud of France in third position. Gail Allen maintained her form and finished in fourth place. Out of 50 starters, Jane Wilson finished 13th, Sue Ward 22nd and Ishbel Grant 38th. Karen Davies did not paddle owing to injury. The Mens C1 saw the battle between John Lugbill and David Hearn of the United States continuing, but this time in contention was Martyn Hedges! The final placings were John first, David second, and

Martyn third — an excellent result. Other placings out of an entry of 46 were Bob Doman (17th) Mark Delaney (20th) Pete Bell (28th) Alan Gillibrand (31st) and David Janes (37th).

Onto the second day and an upset for the books. The Mens K1 and again close times, but in the final order Lubos Hilgert of Czechoslovakia finished ahead of Jan Abramic of Yugoslavia with Richard Fox in third position (with dubious penalty points!) In an entry of 84 all the British paddlers finished in the top half — an excellent performance - Jimmy Jayes (10th), Ian Raspin (17th) Melvyn Jones (21st), Russ Smith (22nd) and Andy Gladwin (31st).

The C2 event was a win for the Czechoslovakian pair with West Germany and France following. From an entry of 29 pairs Chris Arrowsmith/Paul Brian resumed their British No. One spot in ninth position, ahead of Alan Meikle/Colin Brown (15th) Colin Thompson/Clive Richardson (19th) Andy Rance/Brian Horsman (21st) and Andy/Mike Smith (23rd).

In the team race, another surprise in the Mens K1 event saw the British 'B' team of Ian Raspin/Russ Smith/Melvyn Jones in third place, with the 'A' team a little way behind! The Ladies Team felt aggrieved when the judges awarded a 50 penalty for a touch, but they still finished in fourth place.

Overall a hectic tour, but valuable experience for many of our paddlers, who were able to familiarise themselves with continental rivers. This will stand them in good stead for the future. Commiserations to those who did not do as well as they had hoped, well done to those who did, and special congratulations to Liz Sharman, not only European Champion once again, but winner of the 'Pre-Worlds'.



Liz Sharman



Richard Fox

(Photographs by Tony Tickler)

YMCA LAKESIDE on the shores of Windermere



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JUBILEE APPEAL NEWS

No 6 August 1986 Published by the British Canoe Union



Get Into 'Shape' — A New Method for all Canoeists!

Getting into shape can take many forms, this latest one is a must for all canoeists and their families, whatever their age! For this getting into shape cost no extra and involves the minimum of physical activity. It also helps the Jubilee Appeal and there's the clue, for this 'Shape' is the St. Ivel variety, covering such products as Yoghurt, Cottage Cheese and Cole Slaw. St. Ivel's latest promotional campaign is called 'Family Sports Savers', and it involves collecting tokens from special Shape product packs which can then be used to-

wards the cost of sporting activities at municipal sports centres around the country.

Where does the Jubilee Appeal fit in? Well, Option 1: (the advertising agency co-ordinating the Shape Campaign) have agreed a very special arrangement with the BCU Jubilee Appeal and it's very simple. You are asked to collect Family Sports Saver Tokens from any Shape product in the scheme and send your tokens direct to BCU Headquarters. The BCU will then be able to redeem through Option 1 every batch of five tokens for a voucher, value of 25p. This money will go towards the Jubilee Appeal.

Simple and effective for the Jubilee Appeal

and it costs you nothing extra but your support for your sport (and the hope that you love yoghurt and cottage cheese!) Get your family and friends to help you collect the tokens as well and if you want your Canoe Club to benefit then speak to your Club Secretary who already has details of how this scheme can help your Club too.

Don't delay — start collecting Shape tokens now. The offer closes on 31 December 1986, so start supporting your sport — you know it makes sense. SHAPE TOKENS TO: BCU JUBILEE APPEAL, FLEXEL HOUSE, 45/47 HIGH STREET, ADDLESTONE, WEYBRIDGE, SURREY. KT15 1JW.

The remainder of this issue of the Jubilee Appeal News is devoted to the Unions Golden Jubilee events at Nottingham over the weekend 13/14 September. See you there.

JUBILEE WATER CARNIVAL — A TIME FOR ALL THE FAMILY

The Jubilee Water Carnival weekend at Holme Pierrepont, Nottingham, on the 13/14 September 1986 looks like being the highlight of the Union's Golden Jubilee Year, and an event for all the family to enjoy. Read on for details of this superb weekend which is designed to give everyone the opportunity to watch or take part in a multitude of canoeing and other activities — both land and water based. Admission will be FREE with car-parking at £1 per car.

WATERSIDE EXHIBITION

A mini canoe and watersports exhibition at which most of the major canoe manufacturers and retailers will have on display the complete range of their products for you to see and try out. Yes, that's right — a specially designated area of the regatta course will be available for you to 'come and try' the canoe of your choice.

COMPETITION FOR THE 'GLADIATORS'

Specially organised competitive events in Slalom, Wild Water Racing, Marathon Racing, Canoe Sailing and Olympic Racing are being organised by the respective specialist Committees on either the Saturday or Sunday of the Carnival Weekend with an International Water Polo Tournament taking place over the whole weekend. Full details of each competition — type; entries; time; date; etc., can be

obtained from the following Committee representatives:

MARATHON	Robin Belcher	2 School Cottages, Crowthorne Road, Edgeworth, Bolton, Lancs. BL7 0UX.
POLO	Brian Barfoot	18 The Cedars, Dunstable, Beds
SAILING	Peter Wells	55 Arnison Road, East Molesey, Surrey
SLALOM	Roger Fox	3 Moreton Ave, Harpenden, Herts AL5 2EU
RACING	Di Lawler	42 School Road, East Molesey, Surrey
WILD WATER	Dennis Cooper	20 Harlaxton Drive, Lenton, Notts NG7 10A

ASCOT GOLD CUP

On Saturday, immediately after the course has been opened, Slalom Course FIRST RUN Certificates will be awarded with prizes for the fastest times. This competition will be open to the 200 or so highest bidders — target £5 minimum — please send your bid on your entry card.

SLALOM COMPETITIONS

There will be a special invitation slalom after the opening ceremony on Saturday. The slalom competition on the Sunday will be limited to 120 — All classes (open to Premier, Division One, and subject to numbers, Division Two). The entry fee will be £10 (including either Team or Sprint).

Entires for the above on normal cards to Roger Fox, address as above (Cheques paid to BCU Slalom). All proceeds from these competitions will be going towards the Jubilee Development Fund.

COME AND TRY IT

For the keen ones among you, there will be an opportunity to try the Slalom and White Water Course in your own boat at selected times during the weekend, again at a cost of £1 per person, per run. Free for JAC Members.

RUBBER RAFTING

Enjoy the thrill of the Slalom and White Water Course in the 'comparative safety of an Avon Adventurer river running raft! Specially arranged by George Davis, the Bala White Water Centre's raft will be at Holme Pierrepont for the weekend for you to ride the rapids on. Cost of a run on the raft is £3 per head.

BREAK A WORLD RECORD

On Sunday, at 1600 hours you will have the opportunity to try and break a World Record, when Nottingham Kayak Club want you and your boat to join them in attempt to set a new record for 'canoe rafting'. The present record of 285 canoes and kayaks rafted up for at least 30 seconds is held by the National Association of Boys Clubs. Come along and try to bring the record to 'Canoeing'.

RUBBER DUCKS RACES

Those of you who are familiar with the fund raising event at Ironbridge each year, will be used to seeing many thousands of rubber (actually they are plastic) ducks bobbing down the river, instead of in the baby's bath. If you purchase a duck and enter it in the race — who knows it might reach the Trent ahead of the others and your fame as an owner will be known far and wide!

DRAGONS ON THE COURSE

To co-include with the Carnival Weekend, it is intended to organise the first National Championships in Chinese Dragon Boat Racing. This exciting new sport is a must for any group of canoeists with a bit of get up and go. With a crew of 22 — one banging the drum, one steering, and the rest paddling — Dragon Boat Racing is great fun and is guaranteed to go down with a big splash amongst the uninitiated! Races will be held over 500m, 750m, 1000m, plus 1500m and 2000m (if the demand is there) with special classes for ladies, juniors (under 18) and veterans (over 40). A special trophy presented by the Hong Kong Tourist Association will be awarded to the crew that puts up the best overall performance during the weekend. At a cost of only 50p per person, per race, this is an event not to be missed, and it requires no previous experience — mums and dads can have a go too — provided that they can swim!!

IRON MAN OF CANOEING AND THE BOYS CLUBS IRON MAN

Two new and very different types of athletic pursuits will be coming your way with the 'Iron Man' contests. Based on the Australian 'Iron Man of Surf Competition' (of which racing canoeist Grant Kenny is three times national champion) our Iron Men will battle it out within the confines of the National Water Sports Centre.

The Iron Man of Canoeing will be an open age group contest in which the competitors will race against each other and the clock over the four competitive events: Olympic Racing, a Mini-Marathon Race, a Grand Prix Slalom and a Whitewater Race. Competitors will be responsible for providing (or arranging for) their own boats. The event will consist of 5000 and 1000 metres sprint races with a grand Prix Slalom and a White Water Race in between each sprint race. Finally, the competitors will undertake a Mini-Marathon over 3000 metres. Total distance approximately 7,000 metres. Interested? Entry fee £4 per competitor (trophy and medals awarded). Further details and an entry form, are available from Mike Haslam, at BCU Headquarters.

An **IRON MAIDEN** contest along similar lines will be held if enough entries are received.



The Boys Clubs Iron Man will be for members of the National Association of Boys Clubs and will be run in age groups over the whole weekend.

The competitors will start with a 100 metre run followed by a 25 metre swim on the Regatta Course, after which they will run through the Country Park to the Slalom Course, which they will then paddle down. At the end of the Course, they will portage to the Regatta Course and complete their torture with a 1000 metre race to the finish line. A series of heats will produce a nine man final in each age group entry fee £1 per competitor — further details from Barry Williams, NABC, 24 Highbury Grove, London N5.

CANCER RESEARCH RAFT RACE

Forming part of the Water Carnival on Sunday 14 September will be a special raft building and racing event in aid of cancer research. Organised by the Cancer Research Campaign, this novel event is designed for teams of four to eight competitors (aged 16 or over) racing home-made rafts. Each raft must be assembled on site during the Sunday morning, ready for a 220 metre, out and back race on the Sunday afternoon. Further details, entry and sponsorship forms from 40 Arundel Drive, Bramcote, NOTTINGHAM NG9 3FN.

SPEEDO WATER PENTATHLON CHAMPIONSHIPS

If you have enough energy left after the Iron man competition on the Sunday. This annual event at Holme Pierrepont is designed to test the competitors' personal skills and stamina to the limit, with a day of activity that will see the individual tackle canoeing, rowing, swimming, dinghy sailing and board sailing, one after the other in continuous competition. If you are interested in entering this tough arena contact Linda Gordon, 19 Redland Avenue, Carlton, NOTTINGHAM Telephone 0602-618563.

ALL THE FUN OF THE FAIR AND CAMPING TOO

If all this activity is not enough to tire you out (even just watching should do that!) then a fun fair will be in full swing during the whole weekend and the Radio Trent Electric Gramophone Mobile Disco will be in evidence too. Helicopter rides and other fun events are planned to occupy the whole family. Add to this full camping and caravan facilities on Holme Pierrepont's own site at just £1 per person per night (booking form below) and you really do have a weekend not to be missed. See you there.

PS JAC members will on production of their JAC membership cards, be able to use the Slalom and White Water Course, free of charge, during the sessions open to the public over the Jubilee Carnival Weekend (Want to join the JAC — details below).

JAC CLUB

The direct way of supporting the Appeal. £5 for annual membership and you get FREE runs on the White Water Course; CON-CESSIONARY RATES on Jubilee Appeal Promotions; OTHER PRIVILEGES from time to time,

DRAGON BOAT RACING

Please send me details/entry form for Dragon Boat Racing. I enclose a S.A.E.

Name: _____

Address: _____

CAMPING PERMIT

I would like to reserve a site at Holme Pierrepont Camp site over the Jubilee Weekend.

I shall be using _____ Tent(s)/Caravan/Camper Van (delete as appropriate)

No. of personnel _____ No. of nights _____

I enclose my remittance of £ _____ (at a rate of £1 per head, per night)

BCU JUBILEE APPEAL CLUB MEMBERSHIP APPLICATION

Surname: _____

Forenames: _____

Address: _____

Post Code _____

I hereby apply for annual membership of the British Canoe Union Jubilee Appeal Club (JAC) for the period ending 31 December 1986. I enclose a remittance of £5

Signed: _____ Date: _____

I am/am not a BCU member (quote membership no.) _____

FOR BCU USE ONLY:

Date: _____ JAC Membership No. _____

Forms, and cheques made payable to the BCU Jubilee Appeal, should be sent to the British Canoe Union, Flexel House, 45/57 High Street, Addlestone, Weybridge, Surrey KT15 1JV.

JUBILEE WATER CARNIVAL



Holme Pierrepont National Water Sports Centre, Nottingham

The Organisers reserve the right to alter or amend the programme, subject to local conditions

Saturday 13th September

ALL DAY
FROM 1000

WATERSIDE 86 EXHIBITION
with Come & Try It Sessions,
(see below for times)

A fun fair will operate next to the National Watersports Centre main building.

WINFIELD POOL

International Canoe Polo

SLALOM & WHITE WATER COURSE

- 1130 – 1215 OFFICIAL OPENING CEREMONY BY HRH THE PRINCESS ANNE
First Flow of water down the course followed by a "Paddles Past" of canoes and other craft.
- 1215 – 1330 Ascot Gold Cup – First runs on the course
- 1330 – 1400 Iron Man of Canoeing Contest (Heat.1.)
NABC Iron Man Contest (Heat.1.)
- 1400 – 1500 Rubber Rafting Sessions
Great Rubber Duck Race.1.
- 1500 – 1700 Slalom & Wild Water Competitive Events (1 Hour each)
- 1700 – 1730 Iron Man of Canoeing Contest (Heat.2.)
NABC Iron Man Contest (Heat.2.)
- 1730 – 1830 Rubber Rafting Sessions
Great Rubber Duck Race.2.
- 1830 – 2000 Come & Try It, General runs on the course
- 1900 – 1930 Iron Man of Canoeing Contest (FINAL)
- REGATTA COURSE**
- 0900 – 1100 Regional Racing Championships (500m & 1000m) Team Events
Canoe Sailing Regatta (1000m to 2000m area)
- 1230 – 1330 Waterside Exhibition – Come & Try it Sessions
Dragon Boat Racing – 500m events.
Canoe Sailing Regatta (continues)
- 1330 – 1400 Iron Man Contests, (and on Slalom Course)
Olympic Canoe Racing Squad – Demonstration Events
- 1400 – 1630 Regional Racing Regatta (continues) 500m & 1000m
Dragon Boat Racing (continues) 1000m to 2000m area
- 1630 – 1830 Waterside Exhibition – Come & Try It Sessions
Dragon Boat Racing (continues) 1500m & 2000m events.
- (1700) Iron Man Contests.
- 1900 – 1930 Iron Man of Canoeing FINAL.

Sunday 14th September

ALL DAY
FROM 1000

WATERSIDE 86 EXHIBITION

A fun fair will operate next to the National Watersports centre main building.

WINFIELD POOL

International Canoe Polo

SLALOM & WHITE WATER COURSE

- 0800 – 0900 Come & Try It,
Runs on the course continue,
- 0900 – 1000 Wild Water, Short Course Race.1. (WWR Committee)
- 1000 – 1030 NABC Iron Man Contest (Semi-Final)
- 1030 – 1230 Invitation Slalom – Practice & 1st Runs (Slalom Committee)
- 1230 – 1330 Rubber Rafting Session
Great Rubber Duck Race.3.
- 1330 – 1400 Marathon Race Finish – selected divisions.
- 1400 – 1500 Wild Water, Short Course Race.2.
- 1500 – 1700 Invitation Slalom – 2nd Runs & Team Events.
- 1700 – 1730 NABC Iron Man (FINAL)
- 1730 – 1830 Rubber Rafting Sessions
Great Rubber Duck Race.4.
- 1830 – 2000 Come & Try It, More runs on the course
- REGATTA COURSE**
- 0900 – 1200 Speedo Water Penthalon Championships (up to 250m)
Canoe Sailing Regatta (1000m to 2000m area)
- (1000) Raft Building Competition (at 500m area)
- (1000) NABC Iron Man Semi Finals start
- (1000) Waterside Exhibition – Come and Try It Sessions
- 1200 – 1400 Marathon Race – Regatta Course, River Trent and Slalom Course. Start 1200. Finish 1400.
Dragon Boat Racing
Waterside Exhibition – Come & Try It Sessions
- 1400 – 1600 Speedo Water Penthalon (continues)
Raft Racing Competition (across the course at 500m area)
Dragon Boat Racing (continues)
- 1600 – 1630 World Canoe Rafting Record attempt
- 1630 – 1830 Waterside Exhibition – Come and Try It Sessions.
- (1700) NABC Iron Man FINAL
Dragon Boat Racing



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The Palm Dealer network is one of the better things in canoeing. Our dealers, many of whom are themselves keen canoeists, are to be found in most areas. Carrying a wide of Palm products you can be assured of value for money and top quality boats and accessories.

Congratulations to Jeremy Palmer for completing a 24 hour non-stop surf on the Gun 610, Palm's radical new ski, and for raising over £1000 for Beacon Radio.

The advantages of buying from a dealer are many. The most obvious is that you are never far from Palm, and with such a wide product range of top quality accessories your local shop will be pleased to advise on the right choice.

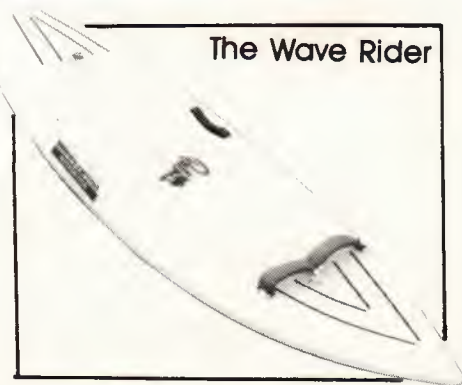


WAVE SKI

PALM DEALER NETWORK THE PALM DEALER NETWORK

Palm equipment is pushing forward the barriers of design and production. Many of the British Slalom team members have chosen a Palm Image Slalom Kayak: Karen Davie, Isabelle Grant, Jane Wilson, and Simon Crooke.

We wish them every success at all levels of competition.

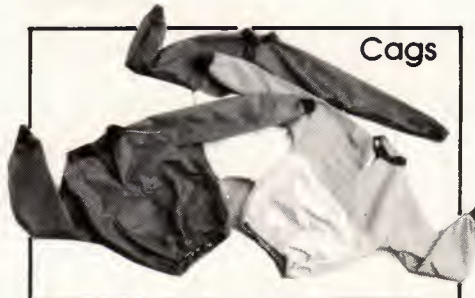


Palm Dealers are found all round the country and include such names as Strand of Plymouth who with a tradition of high quality glass products stock both skis and accessories. Waterways of Poole carry the full range and are ideally suited to advise on paddling in the South. Alan Jones' shop, White Water Sports, carries all Palm accessories and is well worth a visit if in the London area. Super-sports offer the full

range as well as tuition in most water sports and holidays.



In Devon Alternative Surf carry the full range and are ideally suited for advice on surf conditions on the North coast, as are Cutting Loose of St Day for surf checks in Cornwall. In Northern Ireland Alan Brown imports Palm accessories and craft which more than stand up to its rigorous waters.

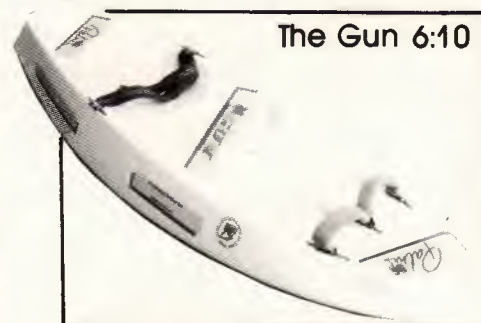


A new dealer is that of Cotswold Leisure who carry a wide range of accessories and are always pleased to advise on the correct choice.

In this issue we feature three of our stockists who are ideally placed to give help

and advice on all our products. If you have any problems please contact us for your nearest dealer.

Remember to ask for Palm products by name. If you want to paddle to success you need to join the Palm team.



Exeter based Alternative Surf are, as their name suggests, sea and surf experts. A friendly humorous approach is extended to all visitors and Director Michael Bewsey said you can guarantee my staff are 10% brighter at no extra cost. Well, with praise like that can you afford not to visit?



THE PALM DEALER NETWORK ... THE PALM DEALER NETWORK

Supersports surf ski specialises in water sports in the summer, including a council and R.Y.A. board-sailing school.

The large showroom has displays of surf ski canoes, and sailboards complete with wetsuits and leisure wear.

In the winter skiing becomes the main approach, providing ski boots, clothing, and their own 'ski chalets' in France, where chalet parties are arranged.



Supersports Dorset

'Cutting Loose' is the new image of Cornish Fibre Sports, established in the summer of 1974 and is Cornwall's largest canoe and surf ski supplier offering a full range of craft for

beginners to experts. At the shop in the village of St. Day, near Redruth, centrally placed for all of Cornwall, they hold a large stock of accessories, paddles, buoyancy aids, cags, wet suits, etc. Kayaks and surf skis can also be hired. All in all, the firm can guarantee a good time on the water for all.



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Competition

CANOE SAILING ROUND UP

British sailors swept to victory in West Germany; gained the bronze medal in Sweden; whilst Steve Clark, the USA, North American and reigning World Champion showed that he will still be the one to beat at the World Championship to be held at Lymington next year. This was the outcome of three overseas International Regattas attended by British competitors.

Murray Corke, from Cambridge and Simon Allen, from Kent made the long haul to San Francisco for the North American Championship on 16-18 May. With only the effects of jet lag to overcome, they heard horrendous tales of the six boat trailer arriving from the East Coast. The trailer had its tyres burnt out in the Nevada Desert and then the hubs almost shearing off after four days on the road. The Canadians made the 1500 mile trek down from Calgary with talk of a freak snow storm which cut all communications with the city. It makes our expeditions around Europe seem rather tame!

The sailing area in San Francisco Bay was spectacular and the racing testing, with winds force 3 to 6 and steep swells 3 to 4 feet high. Steve Clark took the gold with 6 firsts, Chris Maas the silver with one first and 5 seconds while Dels Olsen, from the West Coast collected the bronze. Murray and Simon in borrowed boats were 7th and 9th respectively in a fleet of 17.

Ian Perry, from Norfolk, went to Gothenburg on 14/15 June to defend the International Trophy which he won last year. He had to contend with 17 competitors from Sweden and West Germany. In light and shifty winds as well as flat water, Ian took the bronze medal with the Swedes, Ronny Carlson and Olle Bergquist taking the gold and silver respectively.

Patrick Marshall from Havant, Roger Nelson from London and Peter Fothergill from Hayling Island drove across to Steinhudermeer, near Hannover, in West Germany for their International Regatta on 28/29 June. Again, with the anticyclone which has brought fine weather to Britain for most of June still across Europe, they experienced high temperatures with fluky shifting winds up to force 4. Against a fleet of 13, again with Swedish and West Germany competition, Patrick Marshall collected the Trophy (the Horse of Hannover) with a first and two second places. Roger Nelson gained a first and two thirds to take the silver and the Swede Anders Sunquist took the bronze. The German, Jens Reichert, was 4th and Peter Fothergill 8th.

The final test of international form this year will come at the British International Regatta and United Kingdom Championship which will be held at Rock, in Cornwall, between 26

July to 1 August. There will be strong opposition for the home sailors from Sweden and West Germany. It promises to be an exciting and closely fought Regatta.

DUISBERG REGATTA

26 countries attended this year's pre-World's Regatta in Duisberg, the only notable exception being the Soviet Union. With each country allowed two entries in each event, it was probably harder to make a final at Duisberg than it will be at the World Championships at Montreal in August.

For the British Team this regatta was the make or break event for gaining World Championship selection and nerves played an important part in the heats of the first days racing. With a hot sun throughout the weekend and little wind to disturb the water fast times and good competition was inevitable, and so it proved.

Saturday saw the finals of the 1,000 metres events for men and the ladies K1 and K2 500 metres. Britain was represented only in the men's kayak singles event, with two representatives, Kevin Smith and Jeremy West. In what was a most exciting race, West contested the lead with Csipes, the Hungarian World Champion, all the way; at the line the win went to Csipes by just over one second from West, in the remarkable time, considering there was a head wind, of 3 minutes 40 seconds. Over the last two years the improvement in this event is astounding — to win a medal your time now needs to be six seconds faster than previous winning performances. No other event has shown this great leap in standards.

On Sunday the finals of all the men's 500 metre events and the ladies K4 500 metres were held. Britain was represented in all the men's kayak finals, but did not reach the finals of the canoe events or the ladies K4. In the K1 500 metres, Jeremy West gained a bronze, and in the K2 500 metres, partnered by Grayson Bourne, gained another third place after being edged out in a photofinish by the Olympic Champions Ferguson/McDonald of New Zealand. With these results, Britain must now have its best chance ever of winning medals in the sprint events at a World Championships, something we have yet to do. The K4 crew of Collier/Lucas/Ruskin and Czilaho, came eighth.

In the 10,000 metre events, the results were: West/Bourne — third, K2; Train/Train — fourth, C2; Wells — fifth, K1; Hall/Martyn/Croucher/Blyth — seventh, K4; Gohar — ninth, C1.

The men's kayak team were placed a creditable fourth in the Nations' points table, canoes were placed tenth, ladies were unplaced, and Great Britain were ranked seventh overall.

THE RICHMOND K2

The first major selection race for the Europa Cup Marathon Series took place from Windsor to Richmond on Saturday 5 July. A group of five boats established a lead early on, and stayed together for most of the race. The finish saw three boats racing in together, and the win went to Lawler/Burns from Elmbridge Canoe Club. Second was Wells/Williams of Richmond and Royal Canoe Clubs, third was Belcher/Dresser of Adlington and Royal Canoe Clubs. The first ladies home were Lawler/Perrett from Elmbridge and Reading Canoe Clubs, and the Junior winners were Elliott/Gibbens from Reading and Exeter Canoe Clubs.

NATIONAL CADET SLALOM CHAMPIONSHIPS

The Newbury Canoe Club organised this year's National Cadet Championship on 5 May. The under 14 Boys class was won by David WATSON of the Forth Canoe Club, with Mark HANCOCK of the Stratford on Avon Kayakists and Kevern KERSWELL of the Newbury Canoe Club finishing second and third respectively. The under 14 Girls event saw a clean sweep from the Ambleside Area Adventure Association Kayak Club with Ann STOBART finishing ahead of Rachel DOHERTY and her sister Helen STOBART.

THONON LES BAINS INTERNATIONAL 22 JUNE 1986

The River Dranses at Thonon, running into Lac Leman, is one of the best rivers for training and competition that there is. It has good steady, continuous rapids, the occasional difficult bit, superb weather, and a good supply of water from the Dam.

The Mens and Ladies Kayak B Teams attended this event, and all profited by the experience. For some it was their first ever encounter with continuous Alpine rapids, obviously there were mistakes made but in all, the B Team coped with it very well. Several of the Europa Cup Team attended the event, and their results were more than a little disappointing.

There was a very impressive International field present as the season was hotting up for the big encounter of the season at Bourg St. Maurice.

We were rewarded with a bronze medal for the ladies team (Campbell/Fryers/Porter) and a silver medal in the C1 team (Wells/Pink/Singh) and Steve Wells paddled brilliantly to get a fourth place in the C1 individual event.

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EUROPA CUP WILD WATER RACING 1st LEG BRANDENBURGER ACHE, KRAMSACH, AUSTRIA 24th May 1986

The river was very disappointing as a Europa Cup Venue, likened to a cross between the Tryweryn, the Serpents Tail and the Loisach, with no water going down any of them. It was a beautiful place nice scenery, lovely town, but no water to paddle on in the river, hence a lot of damage on the River and a great deal of concern over the routes to be taken. The British Team were unimpressed with it all.

As an event it was not well organised, the Start List had to be re-issued as the organisers didn't understand the rules, the ladies event was delayed an hour during the middle of it owing to a C2 stuck across the course.

Apart from that the team paddled reasonably well. Good efforts from Chris Humpage, Gill Berrow, the C1's and the C2's were a lot further off the pace than the other classes, and Dave Taylor was still struggling to find his form.

THE HEINEKEN EUROPA CUP

As many of you may have seen on television last month, the European Canoe Sailing Championship was held at Rock in Cornwall. Paul Vaughan, the Special Events Manager for Heineken, who sponsored the event, sent the following message to the organisers 'We are very happy to be associated with this high performance single hander, and are particularly pleased to be involved in ensuring the perpetuation of an event which originated in 1874.'

CANOE POLO NATIONAL KNOCK OUT COMPETITION 1986/7

Entries are invited from BCU Affiliated clubs for the area eliminating rounds for the above tournament. The dates are 1 November, 8 November, 29 or 6 December. Please write for entry forms and copies of the rules to A. Rackham, 73 Dunlin Road, Hemel Hempstead, Herts, HP2 6LX, enclosing a stamped address envelope. Entries will only be accepted on the correct form, and these must be returned to the Secretary by 1 October 1986. Incorrect or late entries will not be accepted.



Reproduced by Courtesy of the Australian Canoeist Magazine.

WILD WATER RACING BRITISH OPEN CHAMPIONSHIPS 18 MAY 1986

Selection for the Pre-World Championships rested on the results of this race on the River Tryweryn at Bala.

With the Europa Cup Team places already decided four weeks earlier at the same venue it was critical for all the top paddlers to maintain their form in order that they can compete at the rehearsal for next years World Championships at Bourg St. Maurice in the French Alps.

The Mens K1 was hotly contested with a strong contingent from New Zealand pushing the top spots very hard.

Andrew Martin, the most travelled for all the Kiwis won in convincing style, beating Dave Taylor by 29 seconds showing that he can be beaten on British waters. It is a shame that the National Champion can not improve on his winter form and be as impressive abroad in the summer as he is at home in the winter.

The Ladies event was fairly predictable with Anne Plant taking the honours from Liz Shar-

man, Cynthia Berry continues to give of her best and was in third place quite convincingly. Perhaps the unluckiest was Gail Allan who had to abandon ship and help an earlier competitor who was blocking the route just before the finish.

The representation in the Canadian Classes was again very 'poor', with only 9 times being recorded in the C1 and C2 classes together.

Results:

Mens K1		
A. Martin	New Zealand	24.17.3
D. Taylor	Nomad	24.46.2
J. Dunseath	Nomad	24.48.6

Ladies K1		
A. Plant	Birmingham	26.32.7
L. Sharman	Bury St. Edmunds	27.15.2
C. Berry	Forth	27.28.3

C2		
Ford/Haughton	Leeds	29.35.4

C1		
D. Williams	Nottingham University	30.18.4

The Rapid Racing 500

6 NATIONWIDE 500 METRE WILD WATER RAPID RACES OPEN TO ALL CANOEISTS FIVE CHAMPIONSHIP CLASSES

K1 MEN	
K1 LADIES	
C2	
K1 YOUTH	(Under 18 on 1.1.86)
K1 JUNIOR	(Under 16 on 1.1.86)

WHAT YOU CAN WIN

Individual prizes at each race for the fastest racer in each class, including Veterans (over 35 on 1.1.86) plus runner-up prizes.

5 MAJOR CHAMPIONSHIP PRIZES to the winners of each class, based in each case on the highest number of points scored from 3 of the 6 races with **DOUBLE POINTS** awarded for the final race.

1st = 25pts	6th = 10pts	11th = 5pts
2nd = 20pts	7th = 9pts	12th = 4pts
3rd = 15pts	8th = 8pts	13th = 3pts
4th = 12pts	9th = 7pts	14th = 2pts
5th = 11pts	10th = 6pts	15th = 1pt

TIMETABLE — SATURDAYS

ENTRIES ON THE DAY FROM 9 A.M. — START TIMES BELOW

6 September	12.00 hrs	River Tryweryn, Bala, Gwynedd, N. Wales Slalom 'P' + Watersports Festival
18 October	10.00 a.m.	River Awe, Oban, Argyll, Scotland Slalom 2+3
1 November	11.00 a.m.	River Washburn, Blubberhouses, N. Yorks Wild Water Racing — Division B/OPEN
8 November	11.00 a.m.	River Dee; Serpents Tail, Llangollen Wild Water Racing — Division A/Open
15 November	11.00 a.m.	River Dart, Ashburton, Devon Wild Water Racing — Division A/Open
22 November	11.00 a.m.	River Tees, Barnard Castle, Durham Wild Water Racing — Division A/Open

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SLALOM NEWS

All those taking part in Slalom Competitions are reminded that they must be current members of the BCU. Although bibs may have been issued to paddlers in Division 4 upwards, at the beginning of the season, this does necessarily cover them for races if their membership is out of date. The concern for current membership is in their own interest as the insurance cover for themselves and their liability will not be effective.

All new members are also reminded that it is also in their own interest to have their own copy of the BCU Slalom Yearbook. Copies can be obtained from the Slalom Administrator, Mrs Sue Wharton, 1, Barnacre View, High Street, Garstang, Preston, Lancs, PR3 1EB, Price £1.40 including postage and packing

HASLAR FINAL

The Haslar Final will be held this year on Sunday 28th September at Lincoln. Prize money totalling at least £600 will be distributed between the top six Clubs, with the winning club receiving a racing kayak. Commemorative 'Haslar 86' mugs will be given to each class winner, and place winner in every division. There will also be individual prizes ranging from paddles to sweatshirts.

Other important aspects — There are no portages — the start line is wide enough for 60 kayaks — There is plenty of car parking space — Easy access to places to view the race — Male and female changing rooms — Indoor results room showing TV coverage at the finish — Free refreshments for competitors — Good refreshments available for spectators to purchase.

For hotel lists and camp sites contact City Publicity Officer (Tele 0522.32151). Further details from the Lincoln Canoe Club, c/o J.L. Oliver, Cotswold, High Street, Reepham, Lincoln, LN3 4DP. (Tele 0522.751786).

CALSHOT CANOE POLO COMPETITION

The 1986 polo competition started well with a record number of teams competing — fourteen in all, with a Royal Air Force Team making their debut. The weather did its usual, a steady force five, making play a little difficult in the outside pool. Nine senior and five junior teams took up the challenge.

In the Junior competition Hythe A beat the Millbrook Mafia (both local teams) three-one in an exciting final. In the Senior Competition, WWWW and the rest of the world, (a Southampton team), Hythe Harriers and the RAF all made it to the final round. Hythe were beaten very narrowly by both WWWW and the RAF which left an exciting final. WWWW took an early lead, but the RAF put together some excellent play winning the game six-three.

The BCU Southern Region benefitted from the event by a donation of 50% of the entry fees.

JUNIOR WILD WATER RACING SQUAD IN MONSCHAU

The Monschau race, over the past few years, has become a useful pre-selection taster for many members of the Junior Squad; for

some, it provides an early opportunity for a comparison with their European peers, for others, their first insight into competition abroad and the experience of superlative German organisation.

The trip became one of the first to reap the benefits of the Sealink sponsorship deal with the Wild Water Racing Committee; the group shifting across the estuary, relinquishing the more traditional over-night route of Felixstowe to Zeebrugge for the similar Harwich to Hoek van Holland crossing.

Saturday afternoon brought about a longer than normal release for practice and the opportunity for the Germans to hold their Team Championships. Fortunately, with a rarely seen small release in the morning, the river

took a shorter time to reach a paddlable level in the afternoon. This, plus the fact that unfavourably-situated rocks in the weirs had been given early retirement making passage less damaging, gave people almost as much practice as necessary.

Race day saw Mark Defreitas (under 18 C1) first down to test the timing gear. The whole Junior Squad, under 18's and under 16's were placed in the same race, all tackling the infamous Monschau weirs. The young ladies finished more or less in formation, but the results were evenly spread for the Junior men, producing a First and second for Neil Stamps and Alan Tordoff respectively. The squads fastest under 16 Matthew Febrey, finished 26th out of 56 finishers.



*Phillip Player Leeds Canoe Club
Monschau '86
photograph by Phil Dean*



*Alan Tordoff, Leeds Canoe Club
Fourth weir with four minutes to go Monschau '86
photograph by Phil Dean*



*David Armstrong, Durham Kayak Club
down the town weir — Monschau '86
photograph by Phil Dean*

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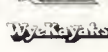
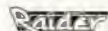
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Access

Access in Yorkshire

The question of access in Yorkshire has long been marred by attitudes of intransigence and inconsideration by the groups involved. Those attitudes may have begun to change after a successful and constructive meeting between the River Ouse Fisheries Consultative Association (ROFCA) representing a large number of Yorkshire's angling interests, and a

deputation of canoeists led by the Regional Access Officer (RAO) on the 9th June 1986.

The meeting convened at the request of the ROFCA was to firstly establish contact between the regions anglers and canoeists and secondly, to discuss the conflict in Yorkshire at regional and local level.

In what can only be described as a friendly atmosphere, an open and frank discussion was held, the meeting saw both sides pre-

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Fishermen pay for the right to use restricted waters so ...

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- Pass anglers quietly and quickly and as far away from their tackle as you can.

Farmland. Protect farm crops and livestock.

Wild Life is a valuable heritage on our water and water sides.

- Avoid using areas important for wildfowl and birds, avoid damaging plants.
- Oarsmen** in their rowing craft sometimes find it difficult to see canoes.
- Keep clear of rowing craft, especially when they are racing or training.

Issued by the Welsh Water Authority in the interests of all who use water-space for recreation. Detailed information about canoeing codes and facilities may be obtained from The British Canoe Union, 20 Brimsdown Road, London SW20 1DT which also has experienced River Advisers for most areas. You may also contact your nearest River Division based under Welsh Water Authority in the telephone directory, or the Authority Headquarters at Cambrian Way, Brecon, Powys LD3 7HP, telephone Brecon (0874) 3181.



Canoeist's still have a good name let's keep it that way!

The above poster (12" x 8") was produced a number of years ago by The Welsh Water Authority in conjunction with the British Canoe Union. A limited number of copies are available from BCU Headquarters, as are some supportive leaflets detailing the canoeists code of conduct.

pared to seriously listen and try to understand each others concern over the present conflict and how it might best be resolved.

A wide range of issues were covered from, basic misunderstandings between anglers and canoeists both on and off the river, the payment of fees, the control of unauthorised canoeing, and the best way of proceeding forward in the conflict.

A large proportion of the discussion revolved around the inability of the BCU to control unauthorised canoeing to the same extent and level as the anglers are able to restrict poaching.

The anglers expressing that, until the BCU can effectively police all those who canoe, and not just its own membership, establishing lasting access agreements will be extremely difficult to achieve. Concern was expressed over the seemingly inability by the BCU to control its more militant members, which led the angling clubs and their members to believe that the BCU is incapable of effectively entering into access agreements. The RAO answering these criticisms referred to the success of agreements already in operation on the Ure and Wharfe.

It would be untrue to say the meeting has established a belief amongst all those present that angling and canoeing can be reconciled. What it has achieved, is that anglers and canoeists can meet and discuss the conflict in a reasonable and sensible manner. Secondly, that whilst the meeting may not have changed attitudes, it has at least explained to both groups officials why those attitudes are held. It provided for many of those present a first opportunity to meet their opposite number, to present their case, and to ask questions of the other group.

Both groups felt the meeting to be constructive, and ended in a friendly manner with the discussions continuing in the bar afterwards. Valuable contacts were made between the two groups with further meetings to take place in the near future. The canoeists delegates were Mike Twiggs, Regional Access Officer, David Gent, Author of the Regions Development Plan, George Davies and Loon Yeung.

Great Ouse — Threatened Legal Action

The Anglian Water Authority who are the controlling authority for the Great Ouse (Bedford Ouse) have stated that they do not regard weirs as part of the navigable waters. Accordingly they are prepared to take legal action against anyone using the weirs, which they will claim as a trespass. The BCU Eastern Region request all paddlers to observe this requirement.

Free, Unrestricted Access — Derwent

We currently enjoy free unrestricted access to the Matlock Bath stretch of the River Derwent in Derbyshire. The Via Gellia Colour Company to whom we are greatly indebted for their co-operation would like to remind canoeists of one relatively small request.

Please do not use the small roadside car park adjacent to the green bridge at the top of the slalom site before 5.00pm Monday — Friday.

If you have any queries regarding access or canoeing in the Matlock area then please contact Tim Oldrini at BREAKOUT, 57 Dale Road, Matlock, DE4 3LT. (Tele 0629.57148)

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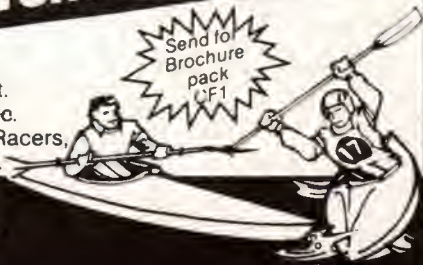
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HERE AND THERE

A BIG GAP

Talking to other members of the BCU Coaching Scheme, Instructor Martin Anderson has found that the problems of Banbury and District Canoe Club are widespread. Very strong at the novice training end, very strong at the competitive slalom end with a big gap in the middle

The situation is easy to define because Banbury have two pool sessions per week for total beginners, one pool session available for special groups and additional pool session in the winter for slalom squad training. Pool sessions are relatively easy to organise, control, monitor and to sell. Three 20 minute

sessions at 75 pence even makes a profit on the £17 per hour pool hire cost. The kit belongs to the leisure centre, and is included in the hire. It should be said that the Club and Spiceball Leisure Centre work very well together, and the facilities and provision of kit were possible because of this mutual commitment. A further truth is that the pool is close to the shopping centre where Mum can go, whilst Dad and the youngsters are canoeing.

The Club has a rule that members under 14 must be accompanied by one parent or a responsible adult, and over 14's parents are encouraged to come along to perform the many support functions — if not to paddle.

At the competitive slalom end of the Club's activities, parents build their whole life around

the fortnightly slalom programme. Families with two paddling children often find their youngsters in different divisions with differing venues on the same weekend. This is no problem either, because by the time paddlers have been promoted from Novice/Division Four, they know everyone on the 'circuit' and exchange offsprings like changing socks!

It is the transition from the pool to the slalom squad that poses the problem because new to the sport paddlers don't have the kit, and new to the sport parents don't have roof racks on their cars. Banbury are overcoming this problem in the same way that many other Clubs are — slowly and painfully. If you have any suggestions — please share them.

Members of the Banbury Canoe Club practice walking across the decks to improve their balance. Photograph by Ian Buchanan, Banbury Guardian



"Say after meCanoeing is Fun!" Photograph by Ian Buchanan, Banbury Guardian



Mass Capsize Drill by members of the Banbury Canoe Club Photograph by Ian Buchanan, Banbury Guardian



VIKINGS RAID LUNDY!



A replica Viking Longboat will be rowed from Clovelly across the Bristol Channel to Lundy, to raise funds for the Royal National Lifeboat Institution. Accompanying the raiding Vikings will be in excess of 50 canoeists — and more are required!

The Clovelly Vikings are raiding Lundy (in search of rumoured gold) to show that the Bristol Channel needs protecting by Clovelly's Lifeboat, without which Vikings and Mariners alike will be at Neptune's mercy. (There is a suggestion that the Lifeboat may be withdrawn from service). A very interesting weekend programme has been arranged, departing from Hartland Quay (North Devon) to Lundy at 0900 hrs on Saturday 16 August, and returning on the Sunday, ETA at Clovelly 1600 hrs. For details and full programme contact Mike Watkins (Bideford 73461).

CANOE GAMES

A one day course based on the recently published book *Canoe Games* reviewed in the last edition of CANOE FOCUS is to be held at Bewl Water (formerly known as Bewl Bridge Reservoir), Kent on Saturday 27 September. The fee will be £7.50 for the day and participants will be required to bring their own gear. Application can be made to Dave Ayres, Little Goblands Cottage, Cemetery Lane, Hadlow, Kent, TN11 OLT. (Tele No. 0732 850145).

APPROVED CENTRES

A full list of Centres which operate canoe courses covering all levels of ability, and all types of canoeing, is available from BCU - see please.

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SEEKING INFLUENCE

The Council of Europe would like to hear from interest groups whose campaigns have had a significant influence on public policy, administrative practice or legislation, and also from any whose actions have come up against insurmountable obstacles and ended in failure. Such accounts will be used as case studies at a forum in Strasbourg in November 1986 on the subject of "Are interest groups a help or a nuisance to parliamentary democracy?". Relevant information please to the National Development Officer at BCU Headquarters.

SCOUTING AWARDS

We were delighted to learn that two members of the Union's Council of Management recently received recognition for their service to Scouting in The Scout Association's annual St. George's Day awards. In their capacities as Assistant County Commissioners for Water Activities, Ken Thomas (Chairman of the East Midland Region) and Edgar Whewell (former Chairman of the North West Region) were awarded senior awards in recognition of specially distinguished service — our congratulations to them both.

CANOE WALES EXHIBITION 1986

The Canoe Wales Exhibition is being organised by the Bridgend Canoe Club at the Bridgend Recreation Centre, in Mid Glamorgan, South Wales on Saturday 25th October. An interesting competition is being run incorporating the Poster advertising the event. The Organisers invite you to identify the 'beach' on the poster and win a prize. Further details can be obtained from the Exhibition Organiser, Canoe Wales '86, c/o 2 The Woodlands, Brackla, Bridgend, Mid Glamorgan, South Wales.

SWALE CANOE PADDLE FOR THE SAMARITANS

Darlington Samaritans, situated in one of this country's blackest unemployment areas, are in constant demand for the friendship they offer. They are however in danger of closure due to lack of financial resources. The Swaledale Outdoor Club therefore are inviting paddlers to Yorkshire this autumn to take part in a sponsored event which they hope will result in a large cheque to the Samaritans, exceeding their £500 raised last year for Multiple Sclerosis.



The Paddle will take place on Saturday 11 October and possibly Sunday 12 October. The organisers point out that this not a race, but it is a chance for everyone to have excellent sport on one of Britain's best white-water rivers. The chosen stretch, the 13 miles from Grinton to Brompton-on-Swale, should provide both a challenge and entertainment for everyone. For all those who take part there will be, as last year, a momento of the occasion. The event is taking place with the full co-operation of the Army, local landowners and the Richmond Angling Association.

The Club is receiving enthusiastic support from its chosen charity, and in fact one of the Samaritan members, Gavin, who is blind, will paddle the course with Colin in his open Canadian canoe. The photograph shows club members, Jim Mooney and Colin Stegeman at last year's event when they took Les Tempest, who suffers from Multiple Sclerosis and is paralysed from the waist down.

Entry forms and further details are available from Colin Stegeman, at 17 Quarry Road, Richmond, North Yorks, DL10 4BP.

FATALITY AT JACKFIELD RAPID

On Sunday 29 June, a 26 year old man drowned when his open canoe became wedged broadside on to an obstruction near the right hand bank of Jackfield Rapid, grade

I-II, at Ironbridge, on the Severn.

The novice group was being led on the river and had broken out well above the danger spot in order to line past it.

Unfortunately, the paddler in question allowed himself to drift out of the eddy, and failed to respond to calls to regain the bank.

He drifted broadside against the obstruction, was capsized upstream, and failed to extricate himself against the pressure of water. Resuscitation was applied, but the unfortunate victim did not recover.

The obstruction involved consisted of metal pipes sunk in concrete which were originally placed to permit slalom gates to be slung. Erosion had caused them to fall into the river.

The Severn Trent Water Authority has now removed this offending obstruction, so the particular hazard which caused this death no longer exists.

RIVER TRENT

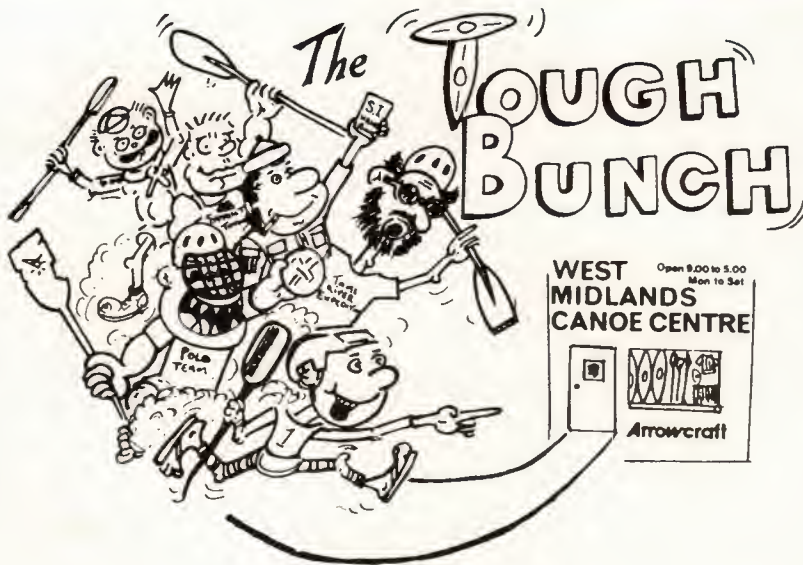
The British Waterways Board (BWB) have produced a new information leaflet for the River Trent, covering the navigation from Shardlow to Gainsborough. This glossy publication includes a map, notes on the major places of interest, and the various water activities to be found on the river. The leaflet is free and can be obtained from the BWB at any of their offices or from their Area Leisure Officer at 24 Meadow Lane, Nottingham, NG2 3HL.

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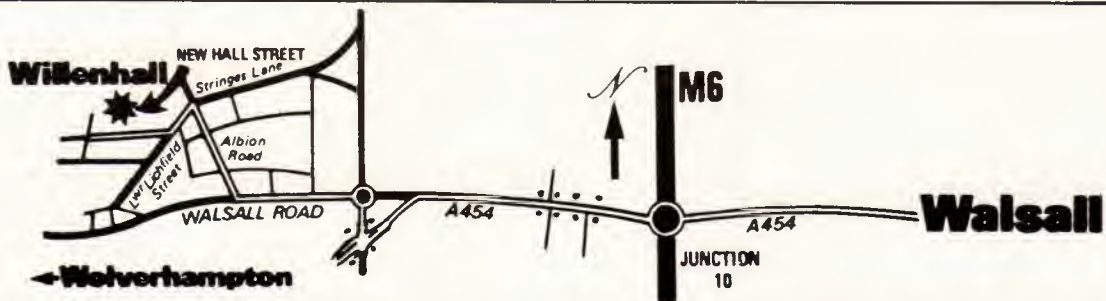
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Candidates should be appropriately qualified with extensive experience of instructing in outdoor pursuits particularly in sailing, canoeing and mountaineering. The successful candidate will have responsibility for organising the canoeing input of the Centre and for the administration of Bernice, an annexe of Benmore Centre for Outdoor Education.

Full board is available for a single person.

Salary will be in accordance with the current Scottish Teachers Salaries Memorandum plus a responsibility allowance of £753 per annum.

Further particulars and application forms may be obtained from the Head of Personnel, Personnel Section, 40 Torhpichen Street, Edinburgh EH3 8JJ

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DUDLEY QUADRATHON

Following the upsurge in Marathon running and Mini-Marathons, it seems that the up and coming new activity is 'Quadrathons' involving Swimming, Cycling, Canoeing and Running. Dudley Leisure Services are staging one of these multi-disciplined endurance events at Himley Hall, near Dudley, West Midlands, on Sunday 31 August 1986. Details can be obtained from the Manager, Coseley Swimming Baths, Pear Tree Lane, Cosely, West Midlands, (telephone number 021 557 1551)

Are there any canoeists who besides paddling three miles, will swim one mile, run six and a half miles, and cycle another twenty? If there are, and you are entering, please let us know how you get on.

SUTHERLAND RIVER PROJECT

An interesting project is being organised in October this year, when an attempt will be made to travel down all the rivers in Sutherland, in the far north-western part of mainland Scotland. It is being organised by Jerry and Jeannie Tracy, Haefen House, Middle Hay Leazes, Allendale, Hexham, Northumberland, NE47 9NP. (Tele 0434 83 409) who would welcome enquiries for further details and discussion on the area.

MORE PEOPLE DROWNED IN 1985

The number of people reported drowned in the United Kingdom in 1986 rose by 12 per cent to 599 according to figures released by the Royal Society for the Prevention of Accidents. (RoSPA)

Boat based angling deaths have more than doubled in two years from 28 in 1983 to 59 in 1985. "Many of these drownings can be directly related to a failure to follow the most basic boating rules. Boats are frequently overloaded, life jackets are rarely worn and in general there is a poor standard of seamanship", said Mr. Sanders, RoSPA Water Safety Adviser.

Remarkably, 39 people drowned in their cars, 11 more than in 1984. More people drown driving cars than driving boats if anglers are excluded from the figures.

A full statistical analysis of each of the 599 drownings is published in a county by county breakdown called 'Drownings in the UK 1985' available at £7.50 from: The Water Safety Department, RoSPA, Cannon House, Priory Queensway, Birmingham B4 6BS.

COACHING SCHEME MEMBERS PLEASE NOTE

CoDe No. 22 was despatched during the week commencing 30 June 1986.

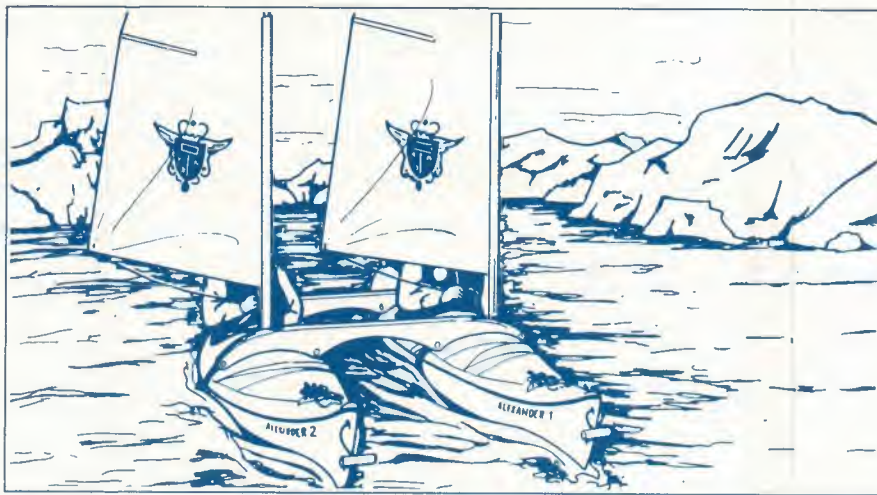
If you did not receive your copy, please phone or drop a line to BCU Coaching Office straight away.

FOR WINTER NIGHTS?

The longest day is past and autumn approaches! Well, hopefully not yet, but it isn't too soon to start thinking of Club evenings.

A leaflet listing worthwhile lectures on expeditions, and other canoeing topics, will shortly be circulated to Club secretaries.

Please send sae to BCU Headquarters if you would like a copy, or give details of what you offer, if you like to be included.



THE CRADEL OF THE VIKINGS

An unusual expedition set out from the United Kingdom at the end of July, when a British Team led by Nigel H. Seymour will be attempting to cross Sweden, negotiating canals, lakes and the Baltic Sea. The Trans Sweden Voyage will be carried out in a 'Kaymaran', which is the name given to two sea-going kayaks, which have been linked together. This has achieved the facility of a sailing dingy, yet having the ability to disengage allows them to operate as two separate units when required. The expedition is receiving major television coverage through BBC TV Bristol, and a documentary feature covering the event is to be made.

A WASH COMPLAINT

If you think that the title has anything to do with King John or 'My Favourite Launderette' think again, as it describes an incident which occurred on the Hemel Hempstead Marathon this year. Shortly after the race, the Organisers received a letter from a boat owner, whose boat was moored along the stretch of canal used for the race, and we quote, 'The canoeists had to pass a number of moored craft, one of which belongs to myself, and in doing so caused a large amount of wash to be produced. This wash in turn caused my boat to be bounced around and smashed into the bank'. During this bouncing it was alleged a number of mugs and foodstuffs were broken and an account for reimbursement enclosed. Furthermore the complainant went on 'It was fortunate that during this episode my boat was not damaged otherwise I would be billing you for the repairs, which could be a significant amount!'

In replying to the Organisers, the Hemel Hempstead Canoe Club, pointed out that the Marathon Race had the approval of the British Waterways Board, noted that there was no collision and continued 'As you will have noticed, canoes are very light, very narrow, of very shallow draught, and have no engines'. Upon investigation the Organisers had found that of the 112 entrants only 12 canoes had used this particular stretch and only three had passed together the others singly. The complainant was then informed that if the light wash from these canoes caused the damage claimed, then they would not wish the passing of a narrow boat or cruiser, upon him. Which really seems a shame as these vessels are the main traffic on this canal the Grand Union!

Thankfully nothing further has been heard.

WE ARE NOT ALONE!

A recent letter from the British Judo Association to one of its members, struck a cord at the BCU office.

'Thank you for your application for Membership of the British Judo Association.

Unfortunately, owing to a computer breakdown, we are unable to process your form and fee at present. Due to this fault it is impossible to answer queries on Individual Membership, so please do not phone Head Office regarding the whereabouts of your licence.'

CANOE HIRE ON THE DORDOGNE

The Safaraid Company based in the South of France has recently published details of a comprehensive hire scheme that would be of interest to anyone contemplating a canoe or kayak trip down the Dordogne. Further details and reservation forms are available from Safaraid Tourism & Loisirs, Place du Rampeau, 46700 Puy-l'Eveque, France.

WANTED — AN ILLUSTRATOR

An illustrator is urgently required who is able to produce artistically good and technically accurate drawings of paddling technique.

It is intended to produce an easy-to-follow flow-chart of the basic skills which will be included in a forthcoming BCU publication.

This could lead to untold fame and acclaim, but regrettably only a modest fee, by arrangement.

If you have the talent, and are enthusiastic to help, please contact the Marketing Manager at BCU Headquarters.

WE WANT PADDLERS

PGL require B.C.U., S.I.'s and other canoeists with considerable experience to instruct children or families for long or short periods between March and October. Minimum age is 18 for the U.K. and 20 for France. Applicants for France should have Canadian experience. All posts are residential. Details and application form from:-



Jobs 18-30's

Application Department
PGL Young Adventure Ltd
820 Station Street
Ross-on-Wye HR9 7AH
Tel: (0989) 64211

Trade News

Eschenbach Waterproof Binoculars



A new range of top quality, waterproof prism binoculars is available from Associated Optical of Langley, specialist distributors of the Eschenbach range of precision made optical aids.

Designed specifically for all enthusiasts of water sports, the Regatta and Atlantic binocular range combine compact, robust construction with high power and light-gathering capacity.

All models are resistant to sea water and saline air and are of all-metal construction with glare-free solid rubber covering, ensuring maximum protection against shocks and impacts.

Prices range from £160.86 for the Regatta 4265 to £208.65 for the top of the range Atlantic model 4254, excluding VAT. For full details on prices, guarantees and delivery, contact Simon Pringle, Associated Optical, 96 High Street, Langley, SLOUGH, Berks. Tel: (0753) 43652.

The Canoeist's Outdoor Bug



A more concerted attack is to be made this summer on the 100 UK-based biting insects (midges, mosquitoes and biting flies) which make life a misery for canoeists.

An even more effective range of the highly-successful Jungle Formula repellents, including new Jungle Gel, is to be more widely available from leading chemists and major branches of Boots.

'Jungle Formula' — so named because it was first used by US forces in Vietnam — contains high concentrations of a substance called DEET (Diethyl Toluamide BP) which in normal use is safe, colourless, stainless and virtually odourless and which is said by the London School of Hygiene and Tropical Medicine to be the best repellent currently available.

Field trials by a member particularly susceptible to bites, both at his son's 'Beaver' camp

and on the local canal, fully support the manufacturers' claim!

Gaybo enter Plastic Canoe Market

Gaybo have long been established as quality manufacturers in the GRP/high tech. field of canoes and kayaks. Now their step into the plastic market enables them to widen their appeal to virtually all branches of the Sport.

The Perception range will be distributed by **Perception Kayaks UK**, a division of Gaybo Limited, and will be available from all leading canoe shops.

New designs have been introduced to complement the already well-known Mirage and Dancer kayaks. These are the Sabre, a low-volume high performance kayak for the advanced adventurous paddler, the Spirit, a roomy recreational kayak for Centres, cruising or river running, with ample volume and stowage space, and the Gyramax, an all purpose C1 designed by David Hearn, the World Slalom C1 Champion, for speed, river running and fun.

Fladbury Canoeing Establish Retail Chain

Fladbury Canoeing Ltd — sponsors of the BCU Placid Water Coaching Scheme — are pleased to announce the first stage of a new distribution service for its range of canoes and kayaks, from the Poly-Pippin '14' basic general purpose polythene kayak through to top level racing boats.

Each distributor will have a definite area, and Fladbury Canoeing will only supply through their dealer. At each Centre the full range will eventually be offered, together with instruction for beginners. Each Centre has qualified Placid Water Teachers/Senior Instructors, to give advice and instruction. Serving the areas are:

Devon, Cornwall, Somerset

Kirton Kayaks, headed by Dave Green, an international paddler, and a man who has served the sport for many years on the coaching and marathon side. Kirton have been leaders in racing kayaks and canoes for over thirty years.

London and Surrey

White Water Sports, headed by Alan Jones, who has made his impact over the last ten years on changing the retail side of the canoeing business. His centre at Shepperton provides an ideal location for teaching canoeing as well as supplying equipment for canoeing and other water sports.

Northumberland, Durham, Cumbria, Teeside, North Yorks and Humberside

Far North of Hartlepool headed by Chris Hare, one of the founder members of the coaching scheme, and designer of the sea tests. A leader in sea kayaking, he is an ex national coach. His company has concentrated on sea kayaks but will now be able to offer placid water equipment and instruction.

Leicestershire, Lincolnshire, Norfolk and Cambridgeshire

Mobile Adventure of Leicester — headed by Colin Broadway, a prominent coaching scheme member who has concentrated in the last four years on the promotion of the Canadian canoe. Colin offers holidays, canoe trails, and basic advanced instruction for canoe and kayak as well as a first class retail service.

Gwynedd, Clwyd, Cheshire and Merseyside
Nomad Canoes headed by Mike Dalton are

now the leading name in rough water canoeing. Later this year Nomad move to their new canoeing centre at Llangollen. A major new venture for canoeing, Nomad will have manufacturing, retailing, instruction and accommodation at their superb site. They will offer a whole range of canoeing courses including both placid and rough water.

Dyfed, West Glamorgan

Canoe Sport (Llandyssul) — is a new company headed by Chris Benny, one of the first Placid Water Teachers. Chris is to open a new canoeing centre next year based on the River Teifi for its rough water courses, and on nearby lakes for placid water.

The Rest of the Country

Fladbury Canoeing Ltd direct, or your nearest distributor.

Reeve's Mirror Hitch



The Reeve's Mirror Hitch is a totally new product, designed and produced in Britain.

It enables one person to position, precisely, the tow ball of any towing vehicle directly under any trailer socket from any angle of approach, allowing the trailer to remain fully braked at all times until attached to the towing vehicle.

Once familiar with the setting and operation procedure the whole operation can be completed in less than two minutes.

The unit is mainly of plastic construction and is attached to the tow vehicle by means of suction pads (the vehicle's paint work will not be damaged). The suction pads also allow the unit to be fitted to glass.

The basic theory is as follows: by aligning the mirror directly over the tow ball of the towing vehicle, it is then possible to set the angle of the mirror so that the tow ball can be viewed via the interior mirror of the towing vehicle from the driver's seat.

A counter-balanced and alignment marker is placed directly central over the trailer socket. This also doubles as a height gauge making sure that the trailer socket clears the tow ball of the towing vehicle.

By means of the wand marker and alignment marks on the mirror unit, the operator can now reverse the tow vehicle keeping the tow ball in direct line with the trailer socket. If the vehicle wanders off course, small steering corrections whilst reversing correct the alignment.

When tow ball and socket are approximately 8" from each other, the trailer socket comes into view on the mirror, allowing final

precision positioning visually by the driver, leaving the driver to lower the trailer by means of the jockey wheel on to the tow ball and coupling up in the usual way.

Available from Roper Services Ltd, Garreston, NORWICH, Norfolk, NR9 4QT., and their approved agents R.R.P. £26.45.

Canadian Canoeing

Mobile Adventure Ltd in their aim to develop Open Canadian Canoeing and ensuring that the paddler has the widest choice of equipment available now has in stock the full range of Grey Owl paddles, made and imported from Canada.

The range includes the traditional touring paddles through to the 70 and 150 elbow

(bent shaft) touring and racing paddles.

Also available from Mobile Adventure Ltd is the new We-no-nah/Maxicraft Canadian racing paddle as used by the winning D-W crew this year. Made from Kevlar and Carbon Fibre, this paddle weighs in at less than 15 oz.

Mobile Adventure are also importing to order the We-no-nah range of open canoes, including the model paddled by the crew of Buswell and Wardle, who won the D-W C2 class in the second fastest time ever, and who are being sponsored by Mobile Adventure Ltd. to race the Arctic Canoe Race this summer, in attempt to beat the Finns at their own race and win the Classic Series.

Mobile Adventure Ltd, Bridge Works, Knighton Fields Road West, Leicester LE2 6LG (0533 830659)



P & H Steam ahead

We have just received from P & H Fibreglass Limited a new full colour brochure advertising their range of sea kayaks.

Photographs in the catalogue, which were taken in North Wales around old slate quarries and on the coast, show the kayaks very clearly in various locations.

The illustration left, which we found quite amusing, was of Dave Patrick's wife and son chatting to the guard of the Ffestiniog Railway to see if the Umnak kayak could be carried on the train.

When we spoke to Dave on the phone he said he was pleased with the catalogue, and that they had had great fun during the four-day photo session.

Eight different designs, by such people as Derek Hutchinson, Lee Moyer, Peter van Stipdonk and the designer of the Seascope double John Abbenhouse, with various alternative models, are all featured, giving the customer surely one of the largest range of sea kayaks in the country.

Please send to P & H Fibreglass Ltd, Stations Road WEST HALLAM, Derby DE7 6HB, for a copy of the brochure by return post.

The New 'Growing' Typhoon Wetsuit



Realising the problems faced by children (and their parents from the financial point of view) who take up canoeing and grow out of their

suits at an amazing rate, Typhoon have introduced a new suit which 'grows' with its wearer.

Consisting of a long john/jane and a freestyle jacket, the new Typhoon Junior suit features especially long shoulder straps with durable Velcro fastenings on either side so that, as the boy or girl grows, the suit will 'grow' with them. Because it is made in hardwearing double-lined Sedo neoprene, which is by far the most comfortable available today, the suit has exceptional stretch which also allows for growth as well as excellent freedom of movement.

The freestyle jacket sleeves are in 2mm neoprene to give greater warmth and, combined with the loose cut of the sleeves, also give great freedom of movement.

The thicker gauge neoprene of the shin pads ensures good resistance to abrasion and therefore longer life. They can be replaced by simply returning the long john/jane to the Typhoon Repair Department at their factory in Redcar.

The French Connection

After a fantastic exhibition at the Paris Boat Show in January, where Pyranha kayaks, paddles and equipment were as much in evidence as anybody's, Pyranha have recently started a new company to look after their interests in France.

The new Company "Pyranha France" is

situated a few miles from Clermont-Ferrand on the River Allier and is to be managed by Brian and Marie Claude Smith of Auvergne Kayaks. Brian will continue to manufacture the Auvergne range of fibreglass boats in addition to marketing the Freestyle, Rotobat, Rob Roy and Everest to the French trade.

The response from both the French trade and paddlers alike has been exceptional and Pyranha look forward to capturing a considerable part of the plastic boat and paddle market over the next 16 months.

The quality of products and service to which customers have become used in the UK is now available from the main French canoe retailers! Pyranha France 2A Villeneuve d'Allier, 43380 Lavoute Chilhac, France. (010.71.76.73.09)

New Surf Centre

The Anglesey School of Sea Canoeing are pleased to announce that a new extension has been planned for residential windsurfing and surf ski/canoe courses. It will be known as the Anglesey Surf centre. The centre has now been appointed as a Mistral Funboard School, running windsurfing courses throughout the year (RYA approved). The centre is also home for Webb Custom Boards and has a new loft called The Mouse Loft, specialising in sail repair. Anglesey School of Sea Canoeing, Treardour School, Trearddur School, Trearddur Bay, Anglesey, Gwynedd. 0407.860201.

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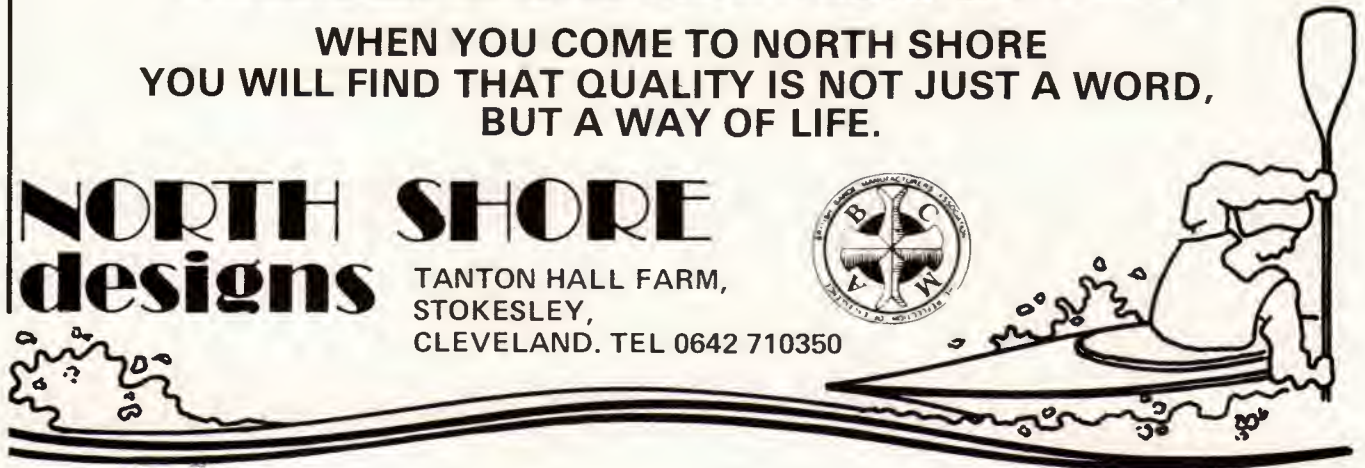
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Dear Focus...

10TH YEAR OF REGIONAL SLALOMS IN THE WEST MIDLANDS

In October 1976, Shrewsbury Canoe Club organised a slalom for paddlers from all division from the West Midlands. Competitors from some 20 clubs took part, and the hand-capping system has survived to this years competitions.

Our club newsletter records that "there was lots of coaching (i.e. cheering) and jeering from supporters on the bank at Jackfield".

Since these early days the idea of regional slaloms has been developed and expanded by other clubs to provide a whole series of keenly contested regional slaloms. Emerging clubs like Kinver have run their first regional slalom this year and our own event was won by Dudley CC's team, an area not noted for its rivers. Sadly, the jeering and cheering has subsided a bit. Perhaps it could be revived in the team runs at least by reference to the current points position, previous achievements, expectations etc?

Mike Callow, Shrewsbury Canoe Club

CANOE POLO

Further to the recent correspondence regarding canoe polo bats, I would like to make the following observations:-

1. It appears that the majority of polo bats on the market are broadly legal and that each design is "illegal" in differing areas.

2. With the advent of international rules, the design criteria is likely to change in the near future, negating any advantage of enforcing the current criteria.

3. There are other areas where attention to safety could be better applied to canoe polo, these being:-

- Paddles
- Provisions of face safety guards
- Improving refereeing standards to enforcing the rules to avoid dangerous play.

Furthermore, rules governing equipment are only of use if equipment is checked on a regular basis. In my experience such equipment checks are rarely, if ever, carried out. I have seen teams allowed to play with illegal paddles, buoyancy aids, differing colour canoes and buoyancy aids and ill fitting crash hats, all important safety items.

D.J. Goodman, Blackheath, London, SE3.

CANOE POLO IN GUERNSEY

We have recently completed our first winter canoe polo league, for which we received generous sponsorship from Aiwa (UK) Limited, the hi-fi manufacturer. As a result, we would now like to invite any canoe polo team interested in visiting Guernsey to play some matches against our island teams.

At the present moment the game in Guernsey consists of four-a-side and is played in Rotobats, which would save any visiting team the cost of transporting their own canoes to the island.

Our standard of play is as yet unknown as we have not been able to compete against any non-Guernsey teams. We are interested in playing against any standard of team, both to

improve our level of play and to refine our knowledge of the rules.

If a five star hotel is not required we would be able to provide accommodation at club member's houses.

Steve Taylor, Guernsey Canoe Club.

Editors Note

For further details please contact Steve Taylor, c/o Candolf, Les Hubits de Bas, St. Peter Port, Guernsey, Channel Islands. Tel: 0481.38558.

A CORRECTION

I would refer to Edition No. 44 page 29 and the article concerning Lakeland Canoes. It is regrettable that false claims are made, by newly established enterprises who should research their claims. This could be the longest running saga ever, with claims and counter claims.

Mountain Centre is in fact a canoeing establishment of 18 years standing in the Lake District, Cumbria. The Mountain Centre's Director holds a BCU Senior Instructors position, a Diploma in outdoor education and is the author of a popular book on canoeing. The Centre offers most canoeing items from stock. The Director is also the local Access Officer for the River Duddon.

We feel an apology would be acceptable and to put the matter right could you please publish this letter.

F. Barlow, Director, Mountain Centre, Cumbria.

Editors Note:

Letter published as required, and the "longest running saga" is now ended.

ANGLERS THINK AHEAD

The River Mersey, which has been so polluted that it has been unable to support fish for many years, is now being slowly cleaned up. The local angling federation once had fishing rights on the Mersey but they were allowed to lapse some years ago. Now they wish to regain any rights that are available which naturally worries us. Although the Mersey has short white water stretches it is more like a Midlands river and we could imagine mile upon mile of anglers at ten yard spacings.

We have a certain amount of sympathy from the Mersey Valley Warden Service who service the area but so far their plea on our behalf has gone largely unheard among the Councillors and Officials who control the Valley. Naturally we shall be contacting these Councillors direct and doing what we can to influence their decision. We have the situation of a major river that effectively has not been fished before but has been used for canoeing. The boat as it were is on the other foot. If we can reach a satisfactory compromise agreement with the anglers perhaps eventually it will be seen to be applicable to many other rivers. I would imagine something like:- White Water areas kept solely for canoeing, flat water sections shared, one day per month solely angling and another day per month solely canoeing.

Roy Bradshaw, Secretary, BCU NW Region

The National Development Officer Comments:

Steady progress is being made all over the country on cleaning up rivers. The above

situation will be repeated elsewhere and we must stand up for canoeing. Whenever you hear of similar instances please inform your Regional Committee (National Committee in Northern Ireland, Scotland or Wales) or BCU Headquarters.

SIMO THE DOLPHIN AND THE NATURAL ENVIRONMENT

In October, fears were mounted for the safety of the Dolphin named Simo who had been missing from his usual swimming grounds of Solva Harbour. The dolphin had made his home in Solva for the past two years and had been very popular with the villagers, canoeists and vistors. Mrs. Ann Marks of Solva who regularly swam with the dolphin and who had made a radio appeal for his whereabouts, feared that the dolphin was dead. The fears had been reinforced by the fact that sheep dipping chemicals, which can be lethal, had found their way into a stream that runs into Solva harour. These chemicals might have affected the dolphin as they have other marine life.

Simo was one of only four dolphins in the world in their natural environment who had adopted a life close to humans. So no more can the Pembrokeshire Canoeists and other visting paddlers enjoy the company and friendship of surely, a unique mammal.

This had sensed me to put onto paper my thoughts. The enjoyment I receive from sea canoeing is to get away from the pressure, or should I say the rat race, and paddle with friends who have a love for the great outdoors. We are all privileged to enjoy the cliffs, the coves and the ever presence of the wildlife and seals, gulls of many varieties, puffins, razorbills, guillemots, manx shearwaters, kestrels, peregrine falcons, oyster catchers and once, a wild dolphin.

As sea canoeists should we thus consider joining or supporting groups which are non-political in their activities against nuclear energy, acid rain, destruction of wildlife, pollution and depletion of natural resources. I stress the fact of non-political.

In 1979 over 80 million tonnes of industrial and domestic waste and sludges were dumped in the North Sea, adding to the already huge burden of pollutants from river sources. That was a figure for six years ago. How many millions of tonnes will they discharge in 1986. Coming nearer to home, one must not forget the radioactive waste discharged from Windscale which is contaminating the Irish Sea.

Britain began dumping nuclear waste in 1949. Until the early 70's dumping operations were carried out in many areas of the Atlantic, off the West coast of Ireland.

But how long are these barrels able to hold their contents safely? Before long will we then be paddling water containing a mixture of nuclear and industrial waste?

What about the environment for the seas wildlife? Solva no longer has a wild dolphin, will the seals numbers deplete due to pollution poisoning? Are fish to be contaminated from faulty or cracked barrels containing radio active waste? Will the sea birds of our shoreline also be affected?

Having posed these questions I now rest my pen and hope that these thoughts may help all sea canoeists to appreciate our natural environment, so much so, that future generations will be able to enjoy what so many of us now take for granted.

Huw Jones, South West Wales

Book Review

GUIDE TO SCOTTISH RIVERS

by Ian Lochhead and Dr. Philip Todd

Published by the British Canoe Union

Available shortly from BCU Supplies at £2.50 (members) and £3.50 (non-members), both prices inclusive of postage & packing.

Reviewed by Mike McDonald

I personally fail to understand why any paddler from the South makes the long trip North to canoe Scottish whitewater. For just a few more hours on the road you could be in the sun, looping down the Ubayne or surfing the Sanna. Instead you crawl behind six caravans on a single track road, braving the midgets and drizzle to peer disconsolately at empty river beds, to discover by the end of your week that the only guaranteed whitewater in Scotland is the aluminium smelter outflow in Fort William — 50 yards of polluted water surrounded by fishermen, just like the weirs back home.

If this still sounds like your idea of fun then the newly published 'Scottish Whitewater Guide' from Ian Lochhead and Philip Todd will at least give you plenty to read about whilst drowning your sorrows in warm Tartan each night.

It is a selective guide including all the major rivers and a variety of smaller spate waters spread across the country. The format is a description of each river, supplemented by excellent maps — the guide is worth acquiring for these alone.

I have mixed feelings about the descriptions, some of which are so detailed that they will remove much of the feeling of exploration which I find one of the most rewarding facets of a first trip down an unfamiliar river.

Conversely they will remove less pleasant feelings such as shooting the Leny falls by accident, or dragging one's boat up the Findhorn screes in January darkness, both experiences due to a lack of detailed information about the rivers but still etched in my memory as perverse pleasures of paddling.

The guide poses a few grading traps to catch the unwary. If your idea of a grade four is limited to the Town Falls on the Welsh Dee than the elasticity of the grade will soon be made apparent by a trip down the Falls of Dochart, also grade four, whose 'long uncomplicated series of drops' are posed over a long, complicated series of stoppers, guaranteed to make you consider selling the boat and taking up golf, if you still have a boat to sell by the end of the falls!

Despite these grouses, the guide must be welcomed as a great improvement on the out of date BCU river guide, which describes the Awe, a popular training river and division 2 slalom venue, as 'not navigable'. One day it could form the basis of an International Easter Scottish Tour, with local tourist boards, hydro boards and landowners co-operating to provide access, accommodation and water releases as an off-season tourist promotion. An impossible dream?

THE KAYAKING BOOK

by Jay Evans

Published by the Stephen Greene Press

ISBN No. 0-8289-0501-0

Price £8.96

Reviewed by George Davies



The Kayaking Book is a comprehensive book for all those starting canoeing and for those who are already experts. By its very nature it cannot fully cover all aspects of canoeing, but nevertheless the author has managed to include a remarkable amount of information into its pages.

The technical descriptions of some strokes and techniques leave one somewhat at a loss, but this is more than made up for in the authors common-sense approach to his subject. As with all books relating to fast developing sports his chapter on rules of slalom is already out of date. The chapter on running rapids is excellent with good descriptions of the various features and obstacles, but the chapter on the ocean kayaking (sea canoeing) is rather perfunctory. Nevertheless it is a highly readable book and the wealth of information in it would make it a welcome addition to any canoeist's bookshelf.

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How to Order — Use the BCU Supplies Order Form sent with this magazine or send a cheque, postal order or Access card number, stating your address and requirement details to:- The British Canoe Union, 45/47 High Street, Addlestone, Weybridge, Surrey KT15 1JV. (0932) 41341 - 24 hrs.

Prices — Prices include despatch from Addlestone, usually within five working days, and no-quibble guarantee.

Crocodile Mile



photographs by Alan Cox

On 17 August 1985, two British kayakers, Alan Fox and Guy Reeve successfully completed the longest descent by kayak of the Batoka Gorge on the Zambezi River. Their six day journey began at the foot of the Victoria Falls and took them through some of the worlds most exciting rapids and crocodile infested waters. The gorge is hemmed in by precipitous cliffs and on the south side is bounded by minefields making access to the river for most of its length virtually impossible. The journey finished at Sidinda Island on the hazel waters of Lake Kariba 130 km from Victoria Falls. One episode of the descent is described by Alan Fox.

"We left the last major rapid behind, still heaving and writhing like a demented dinosaurian beast, exploding and spewing forth great volumes of water. Now the river slowed its pace and our heart beats subsided towards normal as we began the last stretch of the Batoka Gorge.

In the past few days we had caught only the occasional glimpse of the dark evil eyes that lurked in the unmeasured depths of the Zambezi, a sinister and unknown threat that had not bothered us so far as our minds and muscle had been working overtime on the rapids of this deep river gorge.

We relaxed now, content from the past few days paddling and so we idled our way with the currents soaking up the last few rays from the late afternoon sun. We would camp by the river that evening and have a lazy paddle the next day for we knew that the river had spent its energy and had no more ugly surprises to offer. At least that was what we thought when suddenly our daydreams turned to nightmares and the horror show began.

Ahead of us an apparently immobile black and olive rock began to move. It heaved itself onto four short legs and swung its long narrow head towards us, its tail twitching in



Falls in the Zambezi Gorge



Target practice in case of crocodile attack

photograph by Guy Reeve

anticipation. An evil grin split its jagged jaws as more than four metres of reptilian terror slid into the river. Its eyes and snout appeared as it slowly began to swim towards us. Instinct and panic, those two vital ingredients of kayaking combined and in micro-seconds we were out of our boats and high up on a rock. The crocodile sat below in an eddy watching us, no doubt amused at our behaviour and the terror he was inducing upon us.

The only way out for us was downstream for this part of the river was extremely remote and the south bank was still littered with old minefields making a walk out impossible. Guy pulled out the 9mm pistol and cocked it, I released the safety pin from a rocket flare and with these stuffed down our Wild Water buoyancy aids we eased ourselves tentatively back into our kayaks and turned down stream.

The crocodile had vanished but now the river narrowed and the banks steepened into a jumble of rocks 'logs don't swim!' I drew Guy's attention to the right, the log moved as we recognised the familiar ridges of the reptiles back. There was more movement followed by two successive splashes, we paddled hard towards the left only to realise that this too was a home for these beasts as another couple lurched off the rocks towards us. Visions of old Tarzan movies flickered across my mind as crocodiles disturbed from their slumbers slid into the water ahead of us. Somewhere below was a real live video nasty of the highest ratings.

The river quickened its pace as it passed through a constriction. On my right a large green and grinning head rose from the eddy and turned towards me. My furious paddling faltered for a second in panic, a scream bubbled in my throat but went no further, where was Guy with the weaponry? He was ahead, was this the end? I looked back in fear and terrorit had gone.

My limbs shook with nervous tension as we paddled on as fast as our tiring bodies would manage. The river broadened out and the crocodile sightings became fewer until we found a safe beach on which to land.

Our sleep was fitful that night as we lay beside a huge log fire which keeps our fears at bay. Guy turns over in his sleep and mumbles something, I can't quite make it out but it sounds like'Crocodiles!'

The Zambezi Kayak Expedition was sponsored by Wild Water Centre UK; Echocarhire and Affretair of Zimbabwe; and Major and Mrs. Reeve. An audio-visual lecture and presentation is available and anyone interested should contact Alan Fox c/o 127 Waveney, Grovehill, Hemel Hempstead, Herts: (Tele 0923-672611 Ext 493 (work) or 0442-217777 at home.)

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Other magazines which deal with specialist activities are:

Beachbreak (Suf)

K G Smith c/o Howard Humphries & Partners, Thorncroft Manor, Leatherhead, Surrey KT22 2JB

Canadian Canoeist (Open Canoe Touring) John E Pearton, 3 Meriden House, 33 Manor Road, Barnet, Herts EN5 2LR

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Stuart Fisher, 43 Primrose Close, Purley, Reading, Berks, RG8 8DG (Tele No 0734-421197)

CoCLG Newsletter (Lifeguards)

Mrs D Wheatley, 8 Eastcote Road, Welling, Kent.

CoDe (Coaching)

Geoff Good, BCU, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey KT15 1JV (Tele No 0932-41341)

Slalom Magazine (Slalom)

1 School Terrace, Hurbert Road, Selly Oak, Birmingham, B29 6DY (Tele No 021-471 2671)

White Water News (Wild Water)

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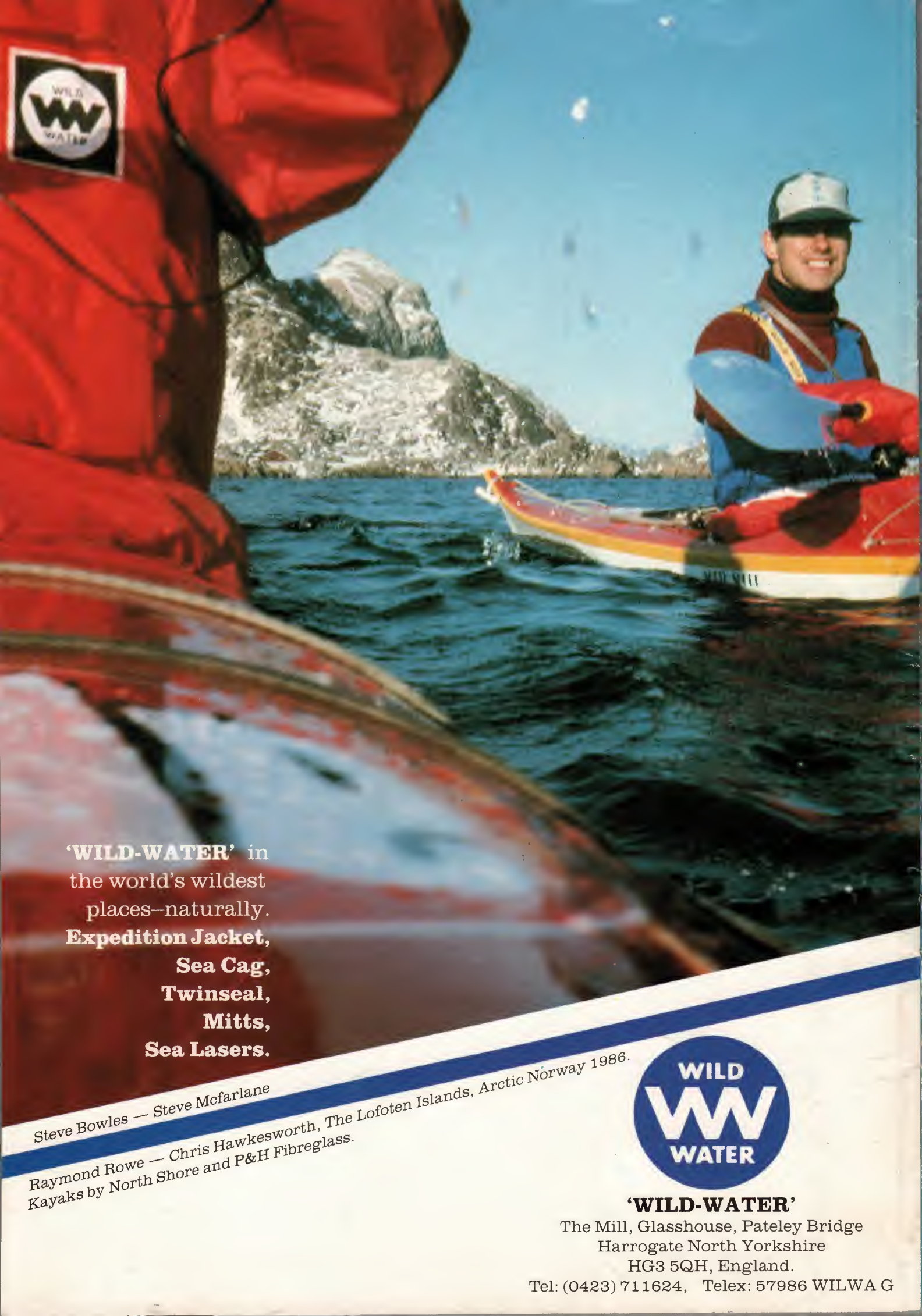
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