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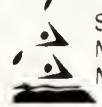
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Canoeing on the Ardeche

(Photograph by courtesy of PGL Young
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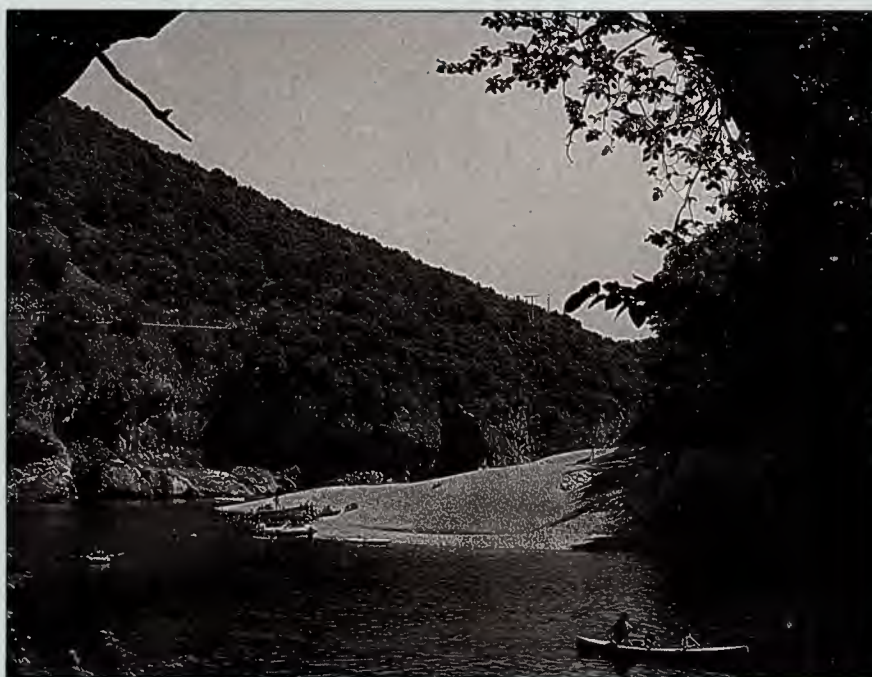
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Photograph courtesy of PGL Young Adventure Ltd.

Canoeing Holidays

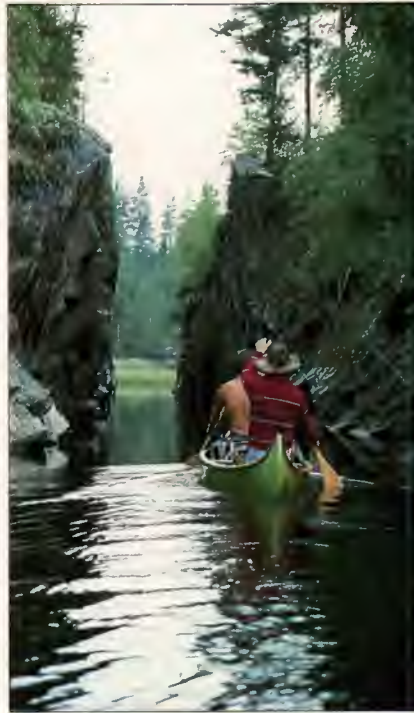
in Scandinavia

'Now available — Package Canoeing Holidays'

I wonder how many people are actually put off by that statement. Canoeing has always been regarded as a do it yourself sport where, if you fancied a holiday, it was a matter of putting your boat on top of the car, driving to the area of your choice, and spending as much or as little time as you could spare. Sometimes the trips were well organised, especially if travelling abroad, as decisions regarding ferries had to be made, others were just spur of the moment, nevertheless they were all self-organised. In reality, this is how it had to be as it was not possible to buy holidays.

It is interesting though, that this lack of choice did not exist on the continent where a complete range of holiday opportunities had developed through people's love of a the countryside. Scandinavian people especially, have always realised the importance of nature where rather than rushing to the crowded beaches of the Mediterranean, many preferred escaping into the vast forests and lakes, away from civilisation. It was here, that soon realised the most useful and peaceful mode of transport was the canoe, leading in turn to the formation of various canoe rental agencies.

These agencies adopted the canoe as opposed to the kayak for their business because



Photograph by Preben Mortensen, Anjang, Sweden

it offered them everything they were looking for, a virtually uncapsizable craft that would not present any stability problems, capable of carrying all necessary equipment, yet could be mastered in a very short time by anybody, no matter what their age or size. Business then flourished, as people could now hire boats for either a few days or a few weeks, it became possible for anybody to experience a canoeing holiday.

One area where these canoeing holidays developed, was the Swedish Wilderness an area covering thousands of square miles of interconnected rivers and lakes, set amongst vast forests where a few people unfortunately got lost. As a result the rental companies started offering organised packages for those people not wishing to go alone, consisting of a canoe, camping equipment, food and guide. This idea was readily accepted, as people could now see the wilderness at its best, led by people who really knew and appreciated it. These packages were not just regimented trips, they were conceived to help people appreciate the beauty and tranquility of the wilderness, so there was no rush about them. Groups were kept relatively small, and everybody travelled self-contained, caring for themselves. The guide was only there to advise and assist where necessary. He would discuss each days options over breakfast, whether to canoe or take an excursion into



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the forest to witness the wildlife.

These days, it is still possible to experience one of these safari's, although the problem of finding out about them is slightly easier, because Companies like Sporting Travel Services have researched Scandinavia looking for Canoeing Holidays.

What is a package holiday? Basically, it's a



Photograph by Silkeborg Tourist Bureau, Denmark

holiday supplied with a means of travel included, ie. with your ferry crossings and depending on your personal requirements vehicle reservations or return rail tickets.

In an area such as the Swedish Wilderness, where many people feel unsure about going off alone then certainly the best choice for them is to accept an escorted tour. In other places where the need for a guide is not so important, unescorted tours are offered, although all these packages include full instructions on canoeing.

As already mentioned, trips in the Swedish Wilderness take place in the vast area of country where centres have existed for over twenty five years. Every year they cater for hundreds of people from all over Europe, so when booking a holiday, there is the possibility to join a multinational group, which adds to the enjoyment. Groups are intentionally kept small, normally only 12 people on the more adventurous expeditions, rising to about 20 on the standard ones. Family trips are also available, which are geared to the needs and enjoyment of adults with children. Obviously, young children are not as capable of long canoe trips, so these are designed as canoeing plus fun. Every boat supplied is self-contained, having been supplied with enough camping equipment, food and accessories to sustain a weeks holiday. Obviously, there are a few personal items that need to be taken, but nothing that most people could not easily get hold of.

The various routes that are available are obviously too numerous to mention but each guide discusses with his group, prior to departure, the various options. Some trips begin at a centre, for others you are transported to a distant start point. This is intentionally done to relieve the pressure on

available campsites for the first night and helps spread groups throughout the whole area. Each nights camping takes place in a variety of locations, some beside the river or lake, others on one of the abundant islands that exist, which is an experience not to be missed, — the sense of isolation and peacefulness that you experience when camping on a small island is unbelievable. With the exception of the more adventurous safari's, the trips are organised so that you are not in a canoe all day, every day, as there is no point in making every body so tired that they do not enjoy it.

Campsites are picked early afternoon, to enable people to rest and relax, to have a swim, or perhaps take a wander through the forest. Guides will be only too willing to show you around pointing out things of interest, one of which is almost certainly to be sitting on a bank watching beavers playing or gnawing down trees. The evenings are spent around the camp fire, swapping stories of home, or wandering off to relish in the overpowering silence and isolation which after a while makes you feel guilty if you break it. Sweden, is fortunate in being one of those countries that does not really experience a night, so you will find that the time will flash past while you wait for it to get dark, as dusk lasts all night.

Moving on to Norway, here one finds more unescorted safari's, taking place through the very beautiful Telemark Waterway, where it is impossible to get lost as you travel downstream through a series of lakes and interconnecting riverways, past some truly breathtaking scenery. These trips often utilize youth

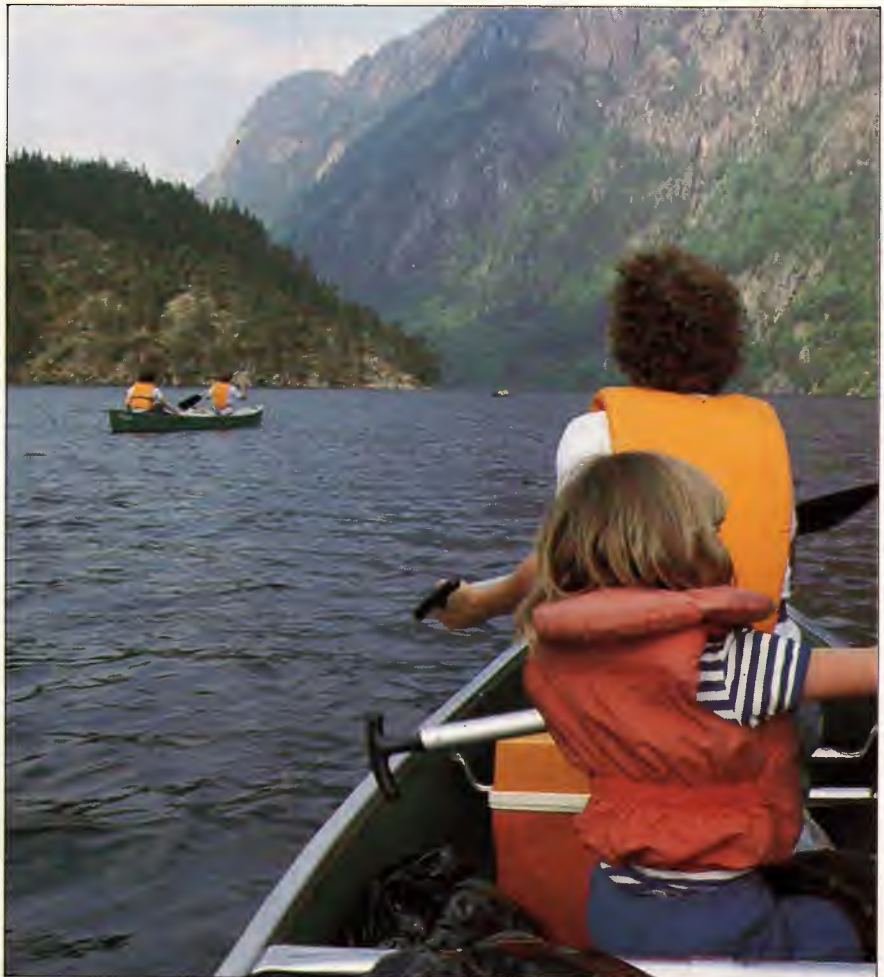
hostels at the start, where you can be briefed as to your trip, regarding recommended camping spots and places to visit.

These holidays are again not designed as long canoe haul from start to finish, but as a gentle appreciation of one of Norway's more picturesque areas. How you progress is up to you, again your only commitment is to be at the finish on time so that the boat and equipment can be collected for transportation back to the start.

Denmark also specialises in unescorted safari's, taking place along such beautiful rivers as the Gudena which meanders from its source to the Danish lakeland, taking you through picturesque forest covered hills and lakes. However on these tours you are committed to being at specified camping sites each night, because one has to use properly organised sites. There is no cause for alarm as these sites are so spaced to allow you to visit the numerous places of interest that abound. At some sites it is possible to hire bicycles encouraging you to venture slightly further afield. Because Denmark is more populated, many tours do not provide food as this allows you to shop, or alternatively you can buy cooked meals at some of the overnight stops.

A popular addition to the offers now available, there are trips from Britain to the Lafoton islands of the northern coast of Norway. Minibuses take you and your equipment all the way there and back, so there will be no problems regarding transport. This set of Islands are a sea canoeists dream and will provide a holiday that will be hard to forget, both from the people who live there and the incredible wildlife.

Photograph by Tebmartreiser, Norway



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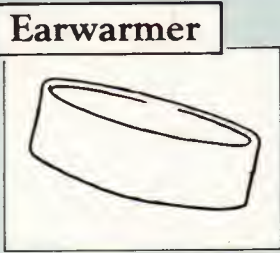
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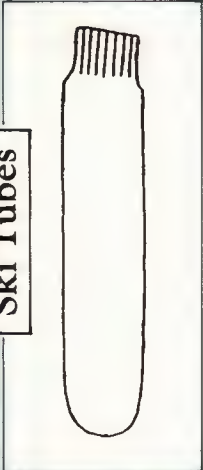
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Greetings



Greetings to all B.C.U. members from your Council of Management in this, our Jubilee year. The growth of canoeing in recent years has been both exciting and challenging. The Council represents all members and all branches of our activity; it aims to serve by doing all in its power to increase opportunities of canoeing for all.

In offering Seasonal Greetings to you all may I thank the many hundreds of volunteers who so regularly give their time and talents for the service of canoeing, be it at club, regional or national level. Canoeing in this country — or the B.C.U. — could not have developed without that dedicated, willing effort — nor can it in the future. Much remains to be done, but with your active support and encouragement and with a sound vision of the kind of development required in the future, we can look forward to good progress in the next fifty years.

You have our best wishes for 1987 and please keep up the good work!

GEOFF. SANDERS
Chairman
B.C.U. Council of Management

Christmas and the New year are traditionally a time of peace and goodwill. A time for festivity and a time for relaxation. May I then, in this spirit, express to all members of the British Canoe Union, to the fellowship of canoeists at home and around the world, and to those associated with canoeists and canoeing, wherever they may be, an extremely Happy Christmas, and a thoroughly successful canoeing New Year.

RON EMES
Director
British Canoe Union.

Notices

ANNUAL GENERAL MEETING OF THE BRITISH CANOE UNION

The AGM of the British Canoe Union will be held on Saturday 7 March 1987 at the Royal Moat House Hotel in the City of Nottingham.

Members are reminded that Article 18(b) of the Union's Articles of Association requires that any motion for discussion at the Annual General Meeting not originating from the Council of Management, shall be signed by two full members entitled to vote and be lodged with the Secretary (Director) before the 1st January 1987.

Article 13(c) requires that the nomination of candidates for election as elected members of the Council of Management are to be put forward in the form of such a motion. Nominations should be accompanied by a pen portrait of the candidate. As a consequence of previous vacancies for elected members of the Council of Management, and the completion of their two year electoral term by sitting Councillors, there are five vacancies for membership of the Council.

POLO ANNUAL GENERAL MEETING

The AGM of the BCU Polo Committee will take place on Saturday, 10 January 1987 at the Holme Pierrepont National Water Sports Centre, Nottingham. Any motions for discussion of the AGM not originating from the Executive must be signed by two FULL members of the BCU who are members of and represent a Club entitled to vote, or who are members of and represent a National Association. These shall be lodged with the Honorary Secretary, Mr A. Rackham not later than 20 December 1986.

SLALOM ORGANISERS CONFERENCE AND CLUB PRESS OFFICERS CONFERENCE

A Conference for Slalom Organisers will be held at the Holme Pierrepont National Water Sports Centre, Nottingham on Saturday, 31 January and/or Sunday 1 February 1987. Running concurrently there will be one day Conferences for Club Press Officers. Further details can be obtained from Robin Pinner, 5 Bondley Fields, OSWESTRY, Shropshire SY11 1SP.

HOLME PIERREPONT USER COMMITTEE

The Council of Management have now established a Holme Pierrepont National Water Sports Centre and National Canoeing Centre

Users Committee, representative of all members of the Union using the Centre, and delegated with responsibility 'to act as the liaising and co-ordinating authority for the Union, its Committees and its Members, in all matters relating to the use of the Centre'. The Chairman of the Committee is Mr Albert Woods, who remains Chairman of the Union's Holme Pierrepont Development Working Party. All committees and disciplines have representatives serving on the Users Committee. Members of the Union who are users of the Centre, who have complaints or suggestions, should communicate them to the Chairman, to BCU Headquarters, or to the appropriate member of the Committee, constituted as follows:-

- Access, Coaching & Recreation Management Committee — G. Lyon
- Committee for English Affairs — R. Lawrence
- Sports Management Committee — R.J. Annan
- Marathon Racing Committee — G. Oliver
- National Coaching Committee — G.C. Good
- Racing Committee — G. Parry
- Slalom Committee — J. Croft
- Wild Water Racing Committee — D. Cooper

The User Committee it must be emphasised, is a consultative group. Management of the Centre is completely within the control of the Centre Director, and his staff. Accordingly, all enquiries regarding day to day usage of the Centre should be addressed thereto.

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Comment

By RON EMES Director of the British Canoe Union

BARCELONA 37 - BIRMINGHAM 8



The majority of British sportsmen and sports-women were extremely disappointed when they heard the news from Lausanne, Switzerland, that Birmingham had failed in its bid for the 1992 Olympic Games. The majority, rather than all, because some would still rather compete at a Games held in a more exotic environment than Birmingham can provide. Canoeists, however, cannot afford the luxury of choice based on such esoteric considerations as scenery, weather, culture and such like. For them, it is simply a question of which bidding city had included the full canoeing programme, and that means Racing and Slalom events, within the package offered to the International Olympic Committee for support.

A successful Birmingham bid would, of course, have guaranteed Olympic Racing and Slalom events at the Holme Pierrepont National Water Sports Centre, Nottingham, in 1992. Birmingham's failure was therefore, a double disappointment to British canoeists. For the opportunity was lost, not only to host the world's elite performers in the two disciplines in which Britain currently holds the men's World Individual titles, Richard Fox and Jeremy West that is. 'Perhaps', yet again, and the word perhaps should be emphasised, they may also have lost Slalom canoeing from the Olympic programme. Be that as it may, Birmingham are to be congratulated for their outstanding endeavours. Undoubtedly, the City scored a series of tens for technical merit, though they may have had problems with their artistic interpretation. Certainly, their Organising Committee in general, and their President, Denis Howells, in particular, were very favourably disposed towards canoeing, and used the thrills and skills of the sport as a major feature of their Olympic presentation. We are all in their considerable debt for promoting canoeing within the International Olympic movement, and we are all grateful to Birmingham for helping to remind British fans that the Olympic Games programme contains other exciting activities than athletics, swimming and boxing.

Having therefore thanked and congratulated Birmingham for undertaking such a tremendously imaginative project, and having witnessed the enthusiasm and commitment with which they pursued their objective, it was sad to be given the impression by the British media, that Birmingham failed

because some of the other bidding cities resorted to unsporting practices, and some members of the International Olympic Committee were tempted to exercise their vote on the basis of non-pragmatic considerations. These allegations may or may not be true — who knows, or will ever know what made the 92 members of the Committee vote in a particular fashion. What is certain is that it would be unforgivable naivety to believe that a bid for the Olympic Games will succeed simply because a free meal is provided, or a television set presented. Barcelona, of which more will be said later, deserve, more than any other City, next to Birmingham, to be awarded the 1992 Olympic Games. It was the fourth occasion they had applied; the Games had never before been to Spain, or indeed to a Spanish speaking country, other than Mexico in 1968; Europe had only hosted the Games twice in 40 years — Rome in 1960, Munich in 1972; and the other bidding European countries, France, Holland and Britain, had all organised previous Olympic Games at least once, and in the case of Britain, twice before.

Yugoslavia had organised the Winter Games in 1984. The cards were therefore well and truly stacked in favour of Barcelona, and they are to be congratulated, firstly for being awarded the Games, and secondly for their tenacity in continuing to bid after three previously unsuccessful attempts. There is the real lesson for Birmingham to learn; keep trying, maintain your enthusiasm, keep your word, and build all those sports facilities you promised. Together with Nottingham, the opportunity exists to make Britain once again, a first class, all-round, sporting nation.

Finally, for those involved with the Olympic Movement for many years, whose understanding of the terms "Olympic Family" and "Olympic Ethic" has been tempered in the hard world of sports politics, and the inspirational world of Olympic competition, it was a saddening experience to hear a number of eminent public figures talking on television, and pontificating in the press, about the importance of upholding the principles of Olympism, and the values of Baron de Coubertin when considering the respective merits of Olympic bids. Saddening, because whilst their desire for the observance of standards of behaviour becoming to the Olympic movement were perfectly proper when applied to their own personal aspirations, or the

aspirations of their particular interests, it was rather different six years ago in 1980. These same public figures then sought, by the use of extremely questionable methods, to browbeat and bully the British National Olympic Committee into boycotting the Moscow Olympic Games, and even encouraged the organisation of an alternative Olympics. Hardly a practice to be encouraged amongst members of the Olympic family. But then, sportsmen and women have become innured to exploitation by those who see sport as an easy option for beating a drum in pursuance of their own particular objectives. Witness every Olympic Games since 1972; the 1984 Commonwealth Games; and a whole host of World Championships, tours, and matches.

Barcelona was, of course, one of only three of the seven cities bidding for the Games, that had included Slalom canoeing on their programme, the other two being Birmingham and Paris. It was particularly fortunate therefore, that Birmingham's failure was compensated by Barcelona's success. Fortunate that is, providing Barcelona keep their promise. Slalom canoeing, as everyone must know by now, is an optional part of the Olympic Canoeing programme, Racing being compulsory. Bidding cities have been known to promise the inclusion of Slalom canoeing as part of their bid, and then having been awarded the Games, have reneged. Los Angeles is a case in point.

Fortunately, the Secretary of the Spanish Olympic Committee is Manuel Fonseca, and he is a past member of the International Canoe Federation Board of Management, and the Slalom and Wild Water Racing Committee, and is unlikely to permit the Organising Committee of the Barcelona Olympic Games to change their mind easily. It has until now, been very difficult to obtain any detailed information regarding either of the venues for the canoeing events — primarily because they were not agreed until recently. It does seem however, that both the Regatta Course and the Slalom Course will be well outside Barcelona, and will necessitate canoeists living in a separate Olympic village to the main body of athletes. The rumour is that Racing Canoeing will be held at Manzanares, near the municipality of Gestafe, and Slalom canoeing held at La Seu d'Urgell, which is bordering Andorra, between Spain and France. The Slalom site is a very, very long way from Barcelona, and therefore an isolated competition environment, that will certainly not permit any possibility of slalomists being part of the Olympic family, which is such a unique and important part of the Olympic Games. However, there still are six years to go, and the possibility remains that Barcelona could be persuaded to be as imaginative as Nottingham, and build an artificial course!!

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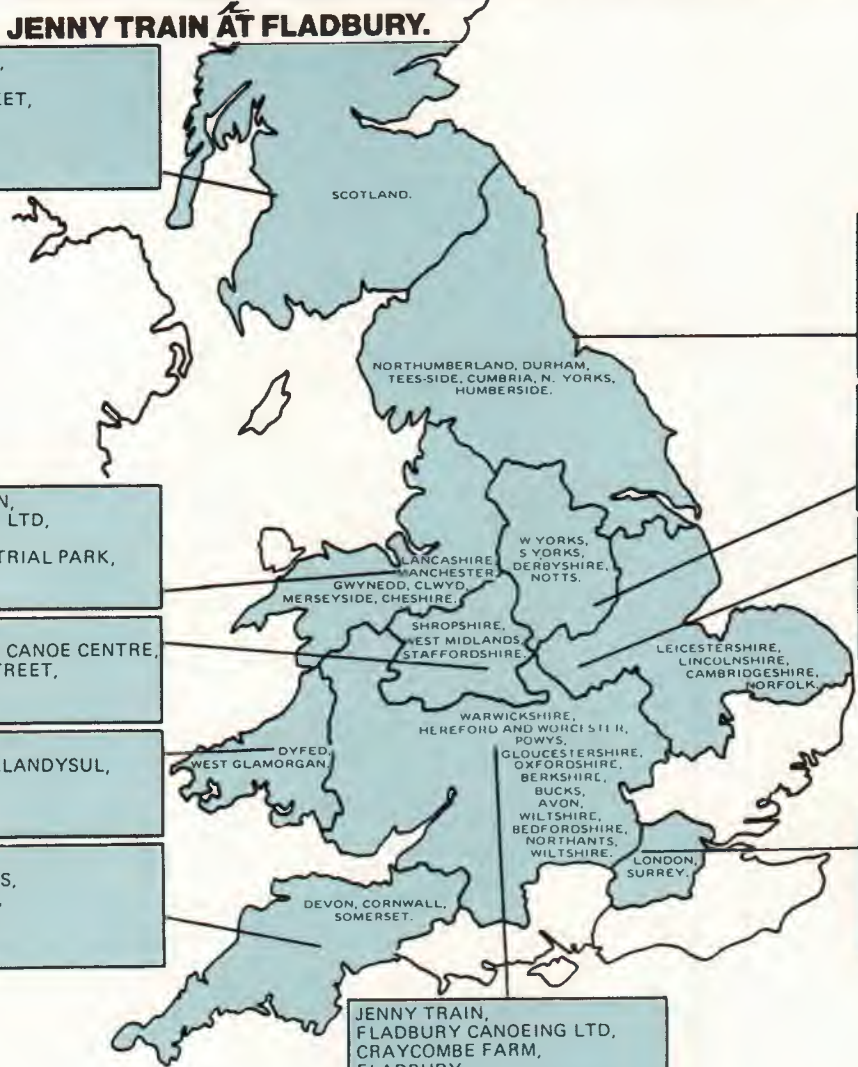
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Trade News

EVEREST 390

Some ten years after the Everest Expedition and the descent of the Dudh Kosi River, Pyranha Mouldings Limited, the Cheshire based kayak and paddle manufacturers, have released the long awaited polyethylene Everest 390. This is a direct descendent from the fibreglass Everest which was originally designed for that first successful expedition which brought big whitewater canoeing to the forefront of public interest.

Pyranha say that the initial response to the new boat has been exceptional. They are now in full production of a comprehensive range of rotationally moulded Everest 390's to suit a variety of applications. The Everest is to be used for another major expedition down the Dudh Kosi, which is being organised by Kites and Kayaks and includes many of the world's top expedition paddlers. Everest 390 will be used in conjunction with Rotobat Whitewaters, access to the difficult terrain being gained by Microlight aircraft, a method used in the Iceland Breakthrough Expedition in 1985. These boats will be later used for a further expedition to Iceland with handicapped paddlers.

Pyranha Mouldings Limited, Marina Village, Preston Brook, RUNCORN, Cheshire, WA7 3DW.



Member of the Everest Team collecting kayaks from Pyranha

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Snug Suit

Just the job after exercising in low temperatures to ensure maximum insulation and heat retention in severe conditions. Try it underneath waterproofs when coaching or instructing or as an extra to your sleeping bag when the temperatures in your tent get beyond a joke! Zip fronted with drawn in waist and elasticated cuffs it sports two patch pockets in the hips.

Colour: Navy. Sizes: M and L. Prices: £29.99 (members) £32.99 (non-members) inc. P and P in UK from BCU Supplies.

Both garments are made from the superior laminated fibre pile that is exceptionally hardwearing and designed to reduce furring and increase wind resistance. The synthetic fur lining is 80% acrylic and 20% polyester and both garments are fully washable.



SEA PADDLING

The letter H seems to be always cropping up in the descriptions of deep-water rescue methods — now we've a new one ... the 'H J' RESCUE.

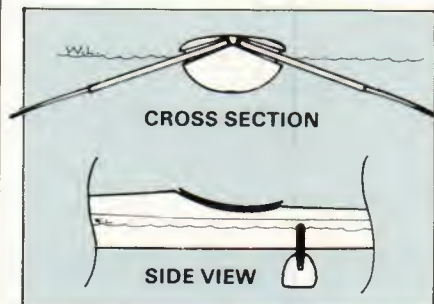
These initials stand for Howard Jeffs, of Plas y Brenin, who, as a very experienced sea-paddler, has devised a new self-rescue method using the split paddles he carries for a spare on his rear deck.

The idea is to stabilise the boat by sliding the two halves of the spare paddle into two holes cut just below the gunwales and to the rear of the cockpit of the canoe. The holes are positioned so that the paddles slope down into the water on either side of the boat, and they stabilize the craft so that a stand-up re-entry is easily achieved on calm water, and a more normal, 'roll in quick' style, is good for rough days. Howard worked closely with Valley Canoe Products to finalise the design, which uses the standard Ottersport drip-ring to grip into the hole while the paddle is being used as a stabiliser. It is easy to pull the paddles free once re-entry is achieved.

Frank Goodman of VCP was over in the USA for the fifth annual East Coast Sea Kayak Symposium in Castine, Maine, and he had sufficient confidence in the method to demonstrate it in front of a crowd of on-lookers without ever having tried it before. It worked well, he said.

Valley are producing this device as a kit that can be fitted to most boats. The kit consists of two GRP tubes that can be glassed into position in the canoe after you've cut out two suitable holes for them. Instructions come with the kit. If you prefer it, the whole job can be done professionally by the manufacturer.

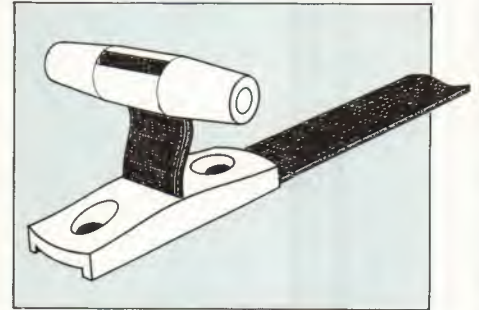
The beauty of Howard's idea is that you don't have to blow anything up, or deflate it, as you do with the sea-seat or a paddle-float, and also you don't have to carry extra gear ...



the spare paddles are a must for any sea-kayaker who paddles out of the bay, so they are lying on the back deck, just waiting to help anyway.

The guess is that Howard's name, or at least his initials, will be bandied around for many years in sea-canoeing circles. Long after the origin of Aitch Jay is forgotten, this rescue method will still be saving people from the water and popping them back into their boats again.

TOGGLE TRENDS



The ubiquitous white toggle, seen on almost any kayak you like to mention, has been produced by Valley Canoe since 1970. Unchanged in sixteen years, it has filled a niche in the market so inexpensively, that it has remained the only toggle designed expressly for canoeing in the UK.

Now, however, Valley have designed a new toggle aimed mainly at the polyethylene canoe, as opposed to those of GRP construction, and with especial reference to White-Water boats.

Essentially, it is the same basic shape and size as the original toggle, but is designed to take 25mm (1") webbing instead of 4mm line. There is also a base-plate that fastens onto the surface of the canoe itself and takes the webbing. Although this base plate has been designed for fastening with bolts into captive nuts cast into the body of a polyethylene canoe during the manufacturing process, it can also be secured onto a GRP boat with M8 counter-sunk head bolts very effectively.

The cunning thing about the base-plate is that it can be used on its own also, so that a webbing strap can be run down the centre of the deck from cockpit to endtoggle: a system highly recommended for heavy white-water boats.

Since it is primarily for polyethylene kayakers, it seems as though Valley's main customers will be the trade. Frank Goodman welcomes enquiries, but is selling the toggle plus base-plate retail for 80p plus VAT.

Valley Canoe Products, Private Road 4, Colwick Estate, Nottingham (0602 614995).

PATH OF THE PADDLE

Tim Ward Canoes and Kayaks have secured the UK dealership for the excellent book on the open canoe 'Path of the Paddle' reviewed recently in Canoe Focus. No canoeist's library is complete without a copy of this very comprehensive book which together with the 'Path of the Paddle' films (from Chrisfilm Ltd) form both an introduction and a reference better by far than any available for other branches of our varied sport.

The book is available through Chiltern Canoes, Twickenham Canoe Centre, Wild Water Centre, Mobile Adventure Ltd and other good canoe shops, at £16.00.

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Competition



The British crews of Lawler/Burns Belcher/Dresser, 1st portage at Hardenborg

Marathon Grand Prix Series

The first event of the Grand Prix Series and also the World Cup took place in Hardenborg, Holland on 6 September. Marathon Racing continues to grow internationally and 15 nations attended the Hardenborg event.

The course consisted of two 21km laps around a network of canals with four portages per lap. The racing proved to be close with the winner in most races only emerging on the sprint into the finish line. Britain swept the board in the Ladies events, with Anne Plant winning narrowly from the Australian, Jane Hall. In the K2, Jan Lawler and Susie Perrett had a comfortable win over the Danish pair. The Mens K1 saw the Australian John Jackobi retain his title when he out portaged Paul Wells on the last portage to win by 10 seconds, with Rick Daman of Holland third. The Mens K2 saw the most competitive race with the Danish crew of Lars Kock and Thor Nielson outsprinting Robin Belcher and Guy Dresser to win by two seconds with the Australian crew of Colin Brown and Matthew Coulter coming third. The other British crew of Ivan Lawler and Graham Burns came fourth. They were in the leading group until the last portage, when they speared the polystyrene landing stage and with the front of the boat impaled, had to sit and watch the group leave, while they tried to extricate themselves.

The C1 saw the lead continually changing between the eventual winner Libor Dvorak of Czechoslovakia and Marcus Gohar. Robin Williams gained third place. Britain came third in the Nations Trophy. Had we had a C2 entered, even if it had come last, Britain

Tweed Slalom 30/31 August

Submitted by the Organiser, Jim Buchan

This is the third year that the Tweed Canoe Club has organised this event. The entry this year is the biggest that they had seen with entries from as far afield as Portsmouth and Ellon.

Water conditions were good compared with last year although some concern was evident among club members earlier in the week. The course was constructed in time for Friday evening's free practice session which made a pleasant change from last year when high water conditions prevented this. A few minor adjustments were necessary on the

would have won comfortably. So where are all those D/W paddlers? Your Country needs You!

The second Grand Prix event took place in Berlin, and was probably the most interesting of the three Grand Prix courses, consisting of both canals and lakes and three portages. The top Sprint Team at the Worlds was Hungary, and they turned up for the event with their World Championship team. However, the course proved that for Marathon Racing you have to prepare properly and nearly half their team retired. Again Britain came third only because we did not have a boat in the C2 class!

Best British results were Ladies K2 first Janine Lawler/Susie Perrett, third Christine Belcher/Angela Dawson; Men K1 second Ivan Lawler, fourth Paul Wells; Mens K2, second Robin Belcher/Guy Dresser; Mens C1 second Marcus Gohar.

Finally the third and last event took place in Bratislava, Czechoslovakia. The entry was a little disappointing as the Eastern Bloc were expected to turn out in force, but did not appear. The course proved to be very long and Britain won the Team Trophy here despite again not filling all the canoe events. Best individual results were Mens K2, first Ivan Lawler and Graham Burns, third Gary Hall and Roy Fieldus; Mens K1, first Robin Belcher, second Paul Wells; Mens C2, first Marcus Gohar/Robin Williams; Ladies K2, second Andrea Hurrell/Jackie Eastwood, third Christine Belcher/Gay Clough; Ladies K1, fourth Janine Lawler.

All in all a very good season for the Marathon Team. Expectations for the Inaugural World Championships in Nottingham in 1988 are HIGH.

Saturday morning, then the competition started on time. It was good to see a reasonable turn out in the team and Canadian events, but it was felt that more paddlers in the Canadian events will be made more than welcome, so please come and compete next year — all you folks who kneel and use only one blade.

Saturday's events went well finishing early enough to permit an early start to the Canoe Polo competition. Canoe polo you say? It is played on the pond which is quite close to the slalom site. It was the most entertaining event we have seen in the three years it has been played. All competitors won a consolation packet of 'Polo's'. Much credit must be given to all teams for very sporting play. The Brox-

burn team looked certain to do well since it boasted Mark Delany and other Scottish team paddlers. Not so! They managed to come last scoring no goals at all. Boldon from England managed rather better reaching the final against the Woodmill team. This Scotland — England game proved to be the most entertaining of the tournament with Woodmill eventually winning 5-1. All credit to the Boldon coach who throughout persisted in encouraging his team in a very emotional and verbal manner.

Sunday's competition ran to time, no overnight flood like last year which had swept away some of the gates. Competition was keen in all of the events with some good times being recorded. People started to take a keen interest in the points being collected in respect of the Wildmoor Trophy. This is awarded to the club collecting most points during all the events. It was close with Central Region Canoe Club looking good but Tweed Canoe Club was always in with a chance. When the final reckoning came, it was Tweed who won again. Perhaps next year some other club will take this coveted Trophy for display in their club room.

So to the last event of the weekend — the judges. Needless to say the fastest times of the weekend were recorded here. George Spital was first overall but David Wright also recorded a good time (only three seconds behind George) to come second and beating a number of Premier/Division One paddlers.

Mention must also be made of the efforts of Tweed Canoe Club members, parents etc. who put a great deal of effort into this event. It should never be forgotten that without the dedication of these people and others like them there would be no slalom events for paddlers to attend.

1986 Hasler Final

This year saw the Hasler Finals being hosted by Lincoln Canoe Club. The top marathon clubs in each region compete for this event, to decide the overall champion marathon racing club. Despite the competition being open only to those clubs who had qualified regionally, there were nearly 500 boats entered, a record number. The organisation by Lincoln Canoe Club was superb, and will set the standard by which future Hasler events will be measured. The course consisted of circular laps, and with so many boats on the water, the wash caused great problems for all competitors, with many capsizes. As is usual in the Hasler final, many paddlers had been "hiding their light under a bushel" all year. The winner of the Rhodes White Trophy for the best man, was Ivan Lawler of Elbridge Canoe Club, and to make it a family affair, his sister Janine won the Dave Shankland Trophy for the best lady. The best club, after much recounting, was Richmond Canoe Club with 86 points, closely followed by the host club, Lincoln, with 83 points, and in third place, only one point down was Wey Kayak Club with 82 points.

Wild Water Racing Ansaphone

The new W.W.R. Ansaphone number which was not available when the yearbook was published is Guildford (0483) 38221. Alastair Bayliss is continuing to operate the race information service. All Race organisers and competitors should follow the instructions given in the front of the W.W.R. Yearbook.

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Regional Roundup

REGIONAL BULLETINS

For the past two years information from the English Regions has been circulated with CANOE FOCUS. These were in the form of Regional Bulletins and latterly as a combined English Regions Bulletin. These have been very important in the development of the Regional structure, and have given the Regions the opportunity of passing on local news to clubs and members in their area. When BCU Headquarters experienced difficulties with the change over of computers, it became necessary to combine into a consolidated bulletin. From reports coming back, a great deal of interest was shown in the happenings of and in other Regions, especially by members of one Region who lived adjacent to another.

As a development, for a trial period, these Bulletins will now be incorporated into the magazine as a regular feature, so that all of the membership can be informed of all regional support, forthcoming local events and activities being planned in your locality.

Your reactions would be appreciated.

EASTERN

Marathon Racing

Congratulations to Leighton Buzzard on gaining sixth place in the Hasler Final. This is the best position the club has had. Other regional places — Cambridge 26th and Braintree 28th.

The results of the first two races counting towards the 1987 Hasler Final are as follows: Lea Valley Marathon (14 Sept) 1 — Leighton Buzzard, 2 — Harlow OPC, 3 — Newham, 4 — Herts CC, 5 — Barking and Dagenham OPC, 6 — Hemel Hempstead, 7 — Colchester, 8 — Braintree.

Cam Marathon (12 Oct) 1 — Leighton Buzzard, 2 — Cambridge, 3 — Harlow OPC, 4 — Norwich, 5 — Leaside, 5 — Harlow.

The next Hasler Marathon will be at Huntingdon on 8 March.

EAST MIDLANDS

Regional Handbook 1987

The Handbook published this year for the first time was well received and we would like to make it better for next year. The booklet will be prepared in January 1987 ready for printing prior to the International Canoe Exhibition. We need your help to provide the information about things happening in the Region for 1987.

Clubs or individuals running events or courses which they want listing should send the details to the handbook editor by the new year. The booklet is circulated to canoe clubs and schools within the region and is an excellent way of publicising your club's activities and drawing in new members as well as reaching established paddlers. The handbook editor is Colin Broadway, Mobile Adventure Limited, Bridge Works, Knighton Fields Road West, LEICESTER LE2 6LG Tel: 0533-830659.

Swarkestone and Kings Mills, River Trent

There are exciting developments ahead with the co-operation of BCU East Midlands Region, Derby Anglers Association and local landowners to provide facilities at Swarkestone for the mutual benefit of BCU members and anglers using the site.

It is important that canoeists using Swarkestone should maintain correct standards of behaviour at all times. This unfortunately has not been the case recently, with unidentified canoeists being abusive and disrupting angling matches. This behaviour is not wanted in our sport and will not help the negotiations currently in progress.

It would also help as a gesture of goodwill to the anglers if canoeists would use their BWB/BCU

membership stickers whilst canoeing at Swarkestone, although there is no requirement for this as the Triver Trent is a navigation at this point. It could help to eliminate BCU members from the type of incidents mentioned above.

Recently there have been demands for payment for using access points at Swarkestone and Kingsmills. These demands for payment should be refused politely! There is no legal basis for anyone making demands for payment when using the proper access points.

Access at Swarkestone is on the right hand bank, leaving the road upstream of the bridge, passing under the dry arch and launching just below the bridge arch. DO NOT LAUNCH UPSTREAM OF THE BRIDGE.

Launching from the public footpath of the left bank should be avoided. Access at Kingsmills is from the common and which starts about 40 yards downstream of the water wheel, and is a strip of land between the river and the mound alongside the Priest House Hotel car park and garden.

Regional Wild Water Racing Series and Championships

The details for the NEW series are nearly complete at the time of writing and will be ready by the time you read this. The series will consist of four races of easy standard for the clubs in the region to send teams to compete for the overall Club Championship of the East Midlands Region for 1987. There is also a Regional Championship for individuals being held in conjunction with the last race on the River Derwent.

The four races are as follows: 1 Feb, Nene Div C; 15 Feb Trent (H Pierrepont) Div C; Trent (Swarkestone) Open, date to be confirmed 15 March Derwent Div C and EM Regional Championship. Organisers of the Div C races are in the WWR Yearbook or with Aug/Sept Canoe Focus, details of the Trent (Swarkestone) race and Club Championship from the Regional WWR rep, Miss S Parker, Launde House, 47 Ermine Street, Ancaster, GRANTHAM, Lincs (with SAE please).

LONDON AND SOUTH EAST

Annual General Meeting

The AGM of London and South East Region will take place at Crystal Palace National Sports Centre (Conference Room) on Wednesday, 21st January 1987, commencing at 8 pm. Following the meeting, there will be an audio/visual presentation by Alan Fox on the "Amazing Zambezi".

3rd Peoples Canoe Marathon

Enjoy a marathon canoe trial on the River Thames without the aggravation of summer boating enthusiasts. It has been designed so that paddlers can either have a race within their own start group or take part in a leisurely trip at their own speed.

To be held on Sunday, 28 December, between MARLOW and WEYBRIDGE a distance of 26.2 miles. Start from the Longridge National Scout Boating Centre, Quarry Wood Road, Marlow at half hourly intervals between 9 am and noon, so that you finish at Elmbridge Canoe club, Weybridge between 3 and 4 pm. Souvenirs for all who complete the course within these timings, and prizes for the fastest man, lady, veteran, Under 16 and Under 18 boys/girls. Marathon Test awards can also be obtained at this event. Competitors are strongly advised to have a support crew.

Entry fee of £2.50 includes hot food and drink for all competitors at the finish. Enquiries and entries to: The Secretary, The Elmbridge Canoe club, 42 School Road, EAST MOLESEY, Surrey (Entries by 17 December please).

A New Years Day Race

A New Years Day Race is being organised by the Royal Canoe Club, starting at 10.30 am. Details from the Secretary, The Royal Canoe club, c/o 97 Riverbank, Laleham Road, STAINES, Middx TW18 9QQ.

Pool Slalom

The Pool Slalom Competition to determine the representatives of London and South East at the forthcoming International Canoe Exhibition will be held on Saturday 10 January, between 7 pm and 10 pm at the Gurnell Swimming Pool, Ruislip Road East, GREENFORD, Middx. Entry will cost £3 and entry cards should be sent to Jane Badillo, 46 Harboard Street, FULHAM, London SW6 6PJ. (Tel: 01 385 4703)

Regional Grand Prix Slaloms

These will be held on Saturday 25 January at YEALDING, and Saturday 8 February at GUILDFORD. Details can be obtained from Martin Green, 74 Masefield Avenue, SOUTHALL, Middx (with SAE please).

WEST MIDLANDS

Annual General Meeting

The Regional AGM will be held on Thursday 22 January. Club Secretaries will be sent the agenda nearer to the date.

Regional Slalom Series

Congratulations to Pool Hayes CC who have won the 1986 Regional Slalom Series, which was sponsored by West Midlands Canoe Centre. They will receive the Regional Slalom Trophy and the boat which has been donated by West Midlands Canoe Centre, for the club winning the series. Second in the series were Stafford and Stone, followed by Central Paddlers.

Regional Handbook 1987

All club secretaries have been sent a letter about the 1987 Regional Handbook. We would like to make this edition a comprehensive directory of regional canoeing activities, and all clubs have been invited to send in details of courses/events for inclusion. Also sent out was a questionnaire for the club directory, which will appear in the handbook. This handbook is an effective way of publicising your club. Copy should be sent to Brian Porter, 15 Russell Croft, Aston Fields, BROMSGROVE, Worcs B650 3EF, to arrive before Christmas.

Regional Wild Water Racing

The Regional Wild Water Racing Series is taking place at the moment. After the first race held on the River Severn, Worcester CC are leading the series, followed by North Bromsgrove High School.

Placid Water Kayaks

Thanks to the efforts of Keith Falconer and the instructors at Stoke Garden Festival, where over 7,000 people tried canoeing, the regional committee now have six Poly Pippen 14 Canoes. These may be hired by clubs wishing to try placid water boats, and are ideal for beginners and come and try sessions. For further details and rates for hiring these boats, please contact Ann Gillespie.

Regional River Guides

Mike Nicholls has been working very hard to produce updated river guides for rivers in the region. He still has gaps in his material, and would like to hear from anyone who can help with detailed knowledge of any stretch of river in the region. If you can help, please contact Mike on 021-360-2136.

Holme Pierrepont Slalom Course

The Holme Pierrepont Artificial Slalom Course is a superb facility for canoeing. The Regional Committee have applied to the Users Committee for a weekend during 1987, for the use of the course. If the application is successful, we hope to arrange a weekend when regional paddlers will be able to use the course.

Change of Club Secretaries

Clubs who change their secretary, are asked to keep Brian Porter informed of any changes, so that regional records can be kept up to date.

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LIKE A BUNCH OF HEADLESS CHICKENS

by John Handyside

Having once been a competitor in the Devizes to Westminster Canoe Race and been a member of support crews on many occasions, I feel that the time is probably now due to comment on the Race in a completely new manner and try to improve the general standard of support given to crews on the race.

This year's race, like most years was great, the paddlers were tremendous, the spirits were high and considering the weather the results were very impressive. The competitors were absolutely dedicated to finishing, it is the be all and end all of their participation. I wish the same could be said of the commitment and ability of the carloads of supporters who purport to be assisting the paddlers in their hours of need.

This year I was not supporting any particular crew, but generally covering the Race. My photographer witnessing his first D/W, who was with me at the first portage was absolutely amazed at what he saw. There were bank crews slithering about everywhere, people falling over each other, drinks being spilt, crews getting out in completely the wrong places, people falling out of boats and other such mayhem. He just turned and said to me in all seriousness 'John, this lot are rushing around here just like a bunch of headless chickens' — and it was true! — they had no idea.

Later on in the day when the fast Senior crews came through the canal sections there was a look of professionalism in the approach of their support crews. These were the people who actually 'supported' their crews, no panic, no rushing about, good sound advice and encouragement. It's support like this that everyone needs not just the winners.

So, what are the hallmarks of good support on D/W? Where do people go wrong?

The most common problem is probably over enthusiasm especially at the portages. The crews need feeding we all know that, we also know that a little and often is better than a lot of food at one time. "But", one asks, "when do we feed them?". You feed the crews from the word go and onwards, it is useless to wait four or so hours until they feel hungry or thirsty and then give them their food and drink. At that stage it is too late,

their reserves would already have been depleted to much.

The procedure at a portage should be — Arrive in time and take everything you or the crew might need to the portage, spot your crew as they come in and guide them to the easiest, driest, safest spot to get out. Lead them to the best place to get back in, see them into their boats, THEN feed them and give them advice or instructions about the next section. Do not try to force bananas or drink down their throats whilst they are running, they will only spill it, choke or worse throw up afterwards. Get them in their boat and then give them their food and drink from a container that is easy to drink from, and food that is easy to swallow and digest. They do not want a sticky mess all over them and have to chew something for the next two miles.

One supporter, who will know who I mean, was spotted at a portage, or rather his legs were spotted at a portage, as the rest of him was covered with a map. What, I ask, was he doing with a map on the towpath anyway?

One of the other most common problems during the race usually encountered by the less experienced support crews is that of losing touch with their paddlers. More often than not these supporters have driven too far down the course and misjudged the distance, then think that as they have waited so long that the crew has already gone by, so off they charge even further down and further away from their crews.

The most serious problem here is not so much that the supporters are lost or wasting petrol but that the crew is without assistance when they need it. See your crew too often, rather than too little and BE THERE if you say you will. The best way is to have an itinerary that you have planned on training beforehand. Work to this — amend it according to the prevailing conditions and use it as a guide when you tell other supporters where they can find your crew. It is always good for a paddler to see new faces and hear new words of encouragement on the way.

Other good pick-me-ups are changes in drinks in the diet during the race, something with a different flavour will keep someones mind occupied for ages trying to guess what

it is through all the mud and canal water that he has been tasting for ages. Clothing changes at good strategic points also raise one physically and mentally — County Lock, two up from the Thames, has now replaced the traditional Blakes Lock changing place, in theory all the wet, damp portages are over by the time you reach Reading so it is very refreshing to be dry — a complete strip is not a problem and is much appreciated.

Time wasting must be cut out as much as possible, remember that idle chatter or mistakes cost time — one extra minute spent at a portage will put over an hour on the duration of the race for a crew, an hour they can well do without. Support crews must plan. It is like an army exercise when you follow someone down. Remember that it can be a matter of life or death for someone if you miss them or they start to suffer from dehydration or stomach cramps from poor supporting and diet.

More haste and less speed is probably a good maxim for D/W crews. All the rushing around does nothing, — be cool and calm. If your paddlers sense panic or incompetence they will suffer for it. When paddlers train, then the supporters should train with them, learning the roads alongside the canal and river, learning the portages as well as the competitors and have a good idea of how long it will take to do each section of the race. All the good teams have a schedule to work from and the information is given to the competitors when needed.

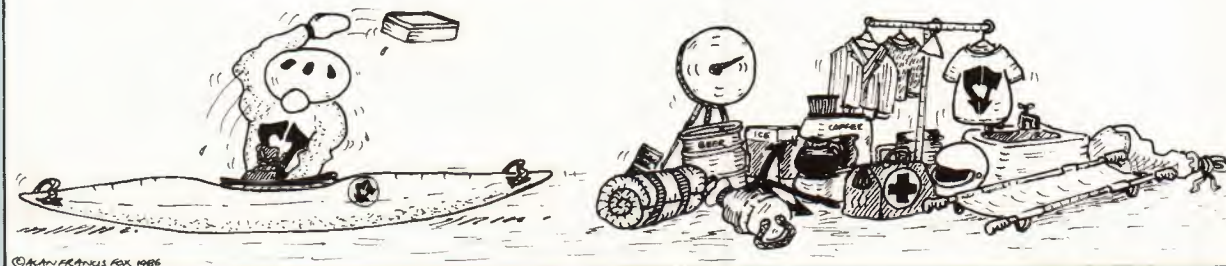
It is also a good point for the supporters to also understand that they will become the most abused, unpopular and useless people on this earth as far as their paddlers are concerned. It is very common for the paddlers to get 'ratty' with everyone and each other, the slightest little thing can upset the fragile harmony that exists between everyone. It's nothing personal, just human nature when the going gets tough.

Just remember, it's a great race. People go back to it every year and do it again and again. This year was one of the good ones, particularly the singles event. It revolves around the personalities involved, just don't make it too hard for the competitors.

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If you don't like getting wet, look for the Placid Water courses. On these you will learn to operate the large cockpit kayaks and canoes which are best for quiet exploration, participation in local fun marathons, or flat water racing.

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CANOE OR KAYAK?

Most 'canoeing' courses in Britain are actually for 'kayaking'. You sit in a kayak, which is decked, and use a double bladed paddle. Canoes are open vessels — Red Indian style — in which you kneel or sit, and use a single bladed paddle.

If you particularly want to learn to canoe, you are advised to look for courses which make special reference to the use of these boats.

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KEY TO ABBREVIATIONS

TYPE OF COURSE

Res — Full residential facilities available
Non-Res — No residential facility — day use only
Camping — Camping facilities available

Course duration

Eve — Evening Courses
Eve(s) — A course taking place over a number of evenings eg 6 consecutive Tuesday evenings
 $\frac{1}{2}$ d — $\frac{1}{2}$ day course
 $\frac{1}{2}$ ds — A series of $\frac{1}{2}$ days
1d — 1 day course
1ds — A course taking place over a series of days eg 6 consecutive Saturdays
2d — 2 day course (usually weekends)
week — Week long course (may be anything from 6 — 10 days)

Age Range

Min — Minimum age catered for (eg Min 10 = nobody under 10 years of age)
All — No upper/lower age limit
Fam — Some courses arranged for family participation (ie parents(s) and child(ren))
Dis* — Special facilities for persons who are disabled
Dis — Persons who are disabled are welcome, but there are no special facilities

LEVEL OF COURSE OFFERED

Hol — Holiday courses where canoeing forms part of an activities programme
Intr — Course for Beginners
Imp — Improvers
Int — Intermediate courses (2 star — 3 star/Proficiency)
Adv — Advanced level course (4-5 star /Advanced Proficiency)
Exped — Expedition courses available (including camping)

TYPE OF WATER

P1 — Placid Water
WW1-2 — White Water Grade I-II
WW3 — White Water Grade III and above
Har — Harbour
Est — Estuary
Sea — Sea
Su — Surf



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**Kevin Danford, North of England
Adventure Training Ltd, Craster,
Northumberland NE66 3TW.
066 576 551**

Centres which provide canoeing courses under the guidance of British Canoe Union Qualified Instructors

Type of Centre	Course Duration	Age Range	Level	Type of Water
Abernethy Outdoor Centre Mrs. W. Anderson NETHY BRIDGE, Inverness-shire, PH25 3ED. (047 982 279)				
Res Camping	½d 1d 2d week	Min 10 Fam	Hol Intro Imp Int Exped	P1 WW1-2 WW3 Est
Abernethy runs basic Kayak and open Canadian courses and is excellently situated near good rivers. Multisport, adventure and family holidays also include other activities. Week-ends possible. Video, pool-training, indoor swimming, sports hall and adventure courses are also available.				
Adventure Days Mr. P. Frost The Waterfront Centre Upper Wharf, BUDE, Cornwall. (0288 55551)				
Res Camping	½ds or by arrangement	All Dis (by arrangement)	Intr	P1
Bewl Canoe School Mr. Dave Ayres Capel Canoes Ltd, Five Oak Green, TONBRIDGE, Kent (0892-832128)				
Non-Res Camping	Eve Eve(s) ½d ½ds 1d 1ds 2d week	All Fam Dis*	Intr Imp Int Adv Exped	P1 WW1-2 WW3 Har Est Sea Su
Bewl Canoe School aims to provide courses tailored to the individuals requirements and for all ability and age ranges.				
Bowles Outdoor Pursuits Ctr Mr. Mike Thompson Eridge Green, TUNBRIDGE WELLS, Kent TW3 9LW (08926 4127)				
Res	Eve(s) 1d 2d week	Min 10 dis	Intr Imp Int Adv	P1 WW1-2 WW3
Progressive courses at all levels from beginners through British white water to the Alps. Canoeing also available as part of multi-activity holidays including rock climbing and ski-ing.				
Calshot Activities Ctr Mr. John Kuyser The Spit, Calshot, SOUTHAMPTON, Hants S04 1BR (0703-892077)				
Res Camping	Eve Eve(s) ½d ½ds 1d 1ds 2d week	Min 10 Fam Dis*	Intr Imp Int Adv Exped	P1 WW1-2 WW3 Har Est Sea Su
Hampshire's major residential centre on the Solent specialising in sea kayaking. Beginners and expedition weekends with BCU Awards available. Coaching and expeditions, schools, colleges, youth groups welcomed. Watersport and multi-activity courses. All age groups.				
Camp Windermere (Cumbria) Mrs. Clare Allan Low Garth, Millans Park, AMBLESIDE, Cumbria LA22 9AG. (0966 32163)				
Res Camping	Eve Eve(s) ½d ½ds 1d 1ds 2d week	Min 10 Dis	Intr Imp Int	P1 WW1-2 Est
Recognised by BUC, MLTB and RYA. Qualified staff. Specialist courses, Activity courses designed to suit specific group requirements. Ideal for school and youth groups.				
Canoe Cumbria Mr. Paul R. Hughes Howbarrow Farm, CARTMEL, Cumbria (0448 54330)				
Res	½d 1d 2d week	All Dis	Intr Imp Int Adv	P1 WW1-2 WW3 Est Su
Canoe Cumbria – Canoeing for all – from 'give it a try days' on Windermere to white water holidays in the French Pyrenees. BCU courses, river guiding, equipment hire, camping, farm house accommodation. Interested?				
Carnoch Outdoor Centre Mr. J. Ducker Carnoch House, GLENCOE, Argyll PA39 4HS (08552 350)				
Res	Eve(s) ½ds 2d week	Min 10 Fam Dis	Intr Imp Int Exped	WW1-2 Est Sea Su
Sea canoeing on the west coast of Scotland for beginners and experts alike. Fantastic scenery, best equipment, high quality instruction.				
Croft-Na-Caber Watersports Centre Mr. Oliver J. Crane Kenmore, NR. ABERFELDY, Perthshire PH15 2HW (08873-236)				
Res Camping	Eve Eve(s) ½d ½ds 1d 1ds 2d week	All Fam Dis*	Intr Imp Int Adv Exped	P1 WW1-2 WW3
Modern purpose built watersports centre on Loch Tay. Caters for individuals, groups, beginners, improvers and advanced paddlers. Ideal position, 100 yards from start of River Tay. Ensures interesting paddling, many other rivers, excellent equipment, kayaks, canadian. Accommodation.				
Dalguse Centre Glasgow Battalion the Boys' Brigade Mr. David Judd, DUNKELD, Perthshire PH8 0JX (03502-339)				
Res Camping	½d 1ds 2d	All	Intr Imp	P1 WW1-2
Fun afloat for all; canoeing and outdoor activities; weekends or longer. Resident or camping. Groups of ten or more; we tailor the programme to your needs. Nearby: Grantully, Thistlebrig, Tummel, Lyon and more.				
Dolygaer Outdoor Educ. Ctr Mr. C.C. Roberts Dolygaer, NR. MERTHYR TYDFIL, Mid-Glamorgan CF48 2UR (0685 5305)				
Res Non-Res Camping	Eve(s) 1d 1ds 2d week	All Fam Dis	Intr Imp Int Exped	P1 WW1-2 WW3 Har Est Sea Su
Druidstone Activity Centre Mr. David Abbott Druidstone Hotel, Broadhaven, HAVERFORDWEST, Dyfed (043 783 221)				
Res Camping Self-Catering cottages	½d ½ds 1d	Min 10	Hol Intr Imp int	Har Est Sea Su

Type of Centre	Course Duration	Age Range	Level	Type of Water
Drummond Outdoor Mr. J. Roger Drummond South View, 8 Severn Bank, SHREWSBURY, Shropshire SY1 2JD (0743 65022)	Res Camping	Eve Eve(s) ½ d 1d 2d week	Min 10 Fam Dis	Intr Imp Int Exped P1 WW1-2
At Drummond Outdoor we welcome all levels of paddler to our small friendly centre on the banks of the Severn at Shrewsbury, Shropshire. Our Kayak and Canoe School offers courses throughout the year and canadian canoe tours during the summer.				
Folkestone Activity Hol. Ctr Mr. E.A. Mackenzie, Marine Crescent, FOLKESTONE, Kent CT20 1PS (030-55651)	Res	2d week	Min 10 Fam Dis by arrangement	Intr Imp Int Har Sea Su
Seafront residential centre, water-skiing, cruising, powerboating, surfing, canoeing, seasled riding, windsurfing, sailing, snorkelling, fishing, cycling, tennis, rambling, riding, multi-activity holidays. Social programme. British Activity Holiday Association Approved. Colour brochure.				
Glenmore Lodge National Outdoor Training Centre, Aviemore, Inverness-shire, PH22 1QU (047 986 256)	Res	2d week	All Dis	Hol Intr Int Adv WW1-2 WW3
Harlow Outdoor Pursuits Ctr Mr. Mark Osborne Burntmill Lane, HARLOW Essex CM20 2QS (0279 32031)	Non-Res Camping	Eve(s) ½ ds	All Dis	Intr Imp Int Exped P1 WW1-2 WW3 Har Est Sea Su
All types of canoe and kayak courses available for beginners and improvers. Many trips, surf, sea, canadian, inland, white water. Qualified BCU Instructors.				
Haven Banks Sailing & Canoeing Centre Miss Janet Bradford Haven Road, EXETER, Devon (0392-34668)	Non-Res	Eve Eve(s) 1d week	All Fam Dis	Intr Exped P1 Est
Hawkthirst Adventure Camp Mr. D.R. Langford Kielder Water, NR. HEXHAM, Northumberland NE48 1QZ (0660 50217)	Res Camping	½ d 1d 2d week	All Fam Dis*	Intr Imp P1
The Scout Association Centre on Kielder Water, Northumberland. Hostel accommodation 40 beds, self cater or catered for. 100 craft available for hire, camping for 1,000 in forest sites, open to all organisations.				
Headwater Holidays Mrs. Christine Bass UK Office: 62a Beach Road, HARTFORD, Cheshire CW8 3AB (0606 782011)	Res in Lac de Chambon, France	8 & 14 days half board	Min 14 Fam	Intr P1
River rambling on the Creuse (Loire Valley) Unspoilt scenery, comfortable hotels, all transport and baggage taken care of. Grumman canadians. Tuition given as needed.				
Hilston Park Outdoor Ctr Mr. Brin Tucker Newcastle, NR. MONMOUTH, Gwent (060084 221)	Res	2d	Min 14 Dis	Intr Imp Int Adv Exped P1 WW1-2 WW3 Est Sea Su
Liverpool Watersports Ctr Mr. Kevin Lanaghan Unit 27, Britannia Pavilion, Albert Dock Village, LIVERPOOL L3 4AA (051 708 0322)	Non-Res	Eve Eve(s) ½ d ½ ds 1d 1ds	All Fam Dis*	Intr Imp Int Exped P1
Tuition covers several watersports. Open all year round, the Centre functions in the inner city. Canoeing concentrates on the placid water scheme. Members book sessions hourly.				
Loch Insh Watersports Ctr Mr. Clive Freshwater Insh Hall, KINCRAIG, Inverness-shire PH21 1NU (054 04 272)	Res Camping	½ d 1d week	All fam dis (by arrangement)	Intr Imp Int Exped P1 WW1-2
White water canoeing courses on the River Spey and Great Glen canoe/camping expedition. Also introductory sailing and wind-surfing, comfortable hostel accommodation at Insh Hall.				
Michael Mallinson Scout Ctr Mr. R.G. Ridge The Charter Road, WOODFORD GREEN, Essex (0277 228219)	Non-Res Camping	Eve Eve(s) ½ d 1d 2d	All Dis	Intr Imp P1
Michael Mallinson Scout Centre, Woodford Green, Essex. Open for BCU 1 and 2-Star courses to members of Scout and Guide Associations. Half day introduction sessions available as part of camp or holiday.				
Miles Platting Outdoor Pursuits Centre Mrs. Pat Mee Community Education Centre, Holland Street, MANCHESTER M10 7AF (061-205-1355)	Non-Res	Eve Eve(s) ½ d ½ ds 1d 1ds 2d week	Min 10 Fam	Intr Imp Int Exped P1 WW1-2 WW3 Sea
Manchester urban canoe centre. Courses for all the community on flat and moving water in open and closed cockpit canoes. Canadian canoeing, canoeing for the disabled, rolling, BCU Awards and instructor training.				
Mobile Adventure Centre Mr. James Stewart/Mr. John Watkins St. Michaels College, Venton, Widecombe-in-the-Moor, NEWTON ABBOT, Devon TW13 7TF (036 42 346)	Res Non-Res Camping	Eve Eve(s) ½ d ½ ds 1d 1ds 2d week	Min 10 Fam Dis	Intr Imp Int P1 WW1-2 Har Est Sea
Mobile Adventure Ltd. Mr. Colin Broadway Bridge Works, Knighton Fields Road West, LEICESTER, Leics. (0533-830659)	Res Camping	Eve Eve(s) ½ d ½ ds 1d 1ds 2d week	All Fam Dis	Intr Imp Int Adv Exped P1 WW1-2 WW3 Har Est Sea Su
Mobile Adventure for all your canoeing holiday requirements. Holidays across the United Kingdom and Europe. Canoe and kayak award courses. Canoe trail holidays. Canoe Equipment sales, climbing, hillwalking, ski-ing, multi-activity.				
Mountain Stream Activities Mr. K.S. Chamberlain 300 Marsh Road Hilperton, TROWBRIDGE, Wiltshire BA14 7PL (02214-68525)	Non-Res Camping	Eve Eve(s) ½ d ½ ds 1d 1ds	Min 10 Dis	Intr Imp Int Adv P1 WW1-2 WW3
Mountain Stream Activities: Canoeing, climbing, field study, multi-activity adventure courses for groups and individuals. All ages and abilities welcome. Equipment and caring qualified instructors. Camping/Basic accommodation available.				
National Centre for Mountain Activities Plas y Brenin, Capel Curig, BETWS Y COED, N. Wales	Res	2d week	Min 10 Dis	Intr Imp Int Adv P1 WW1-2 WW3 Est Sea Su

Type of Centre	Course Duration	Age Range	Level	Type of Water
North of England Adventure Training Ltd. Miss Sue Richardson, CRASTER, Northumberland, NE66 3TW (066-576 551)				
Res Non-Res Camping	Eve Eve(s) $\frac{1}{2}$ d $\frac{1}{2}$ ds 1d 1ds 2d week	All Fam Dis	Hol Intr Imp	P1 WW1-2 Har Est Sea Su
Kayak and canoe courses for all levels at our comfortable coastal centre. River, sea surf and expeditions. Ring Kevin or Jane Danforth.				
Park House Outdoor Ctr Mr. Ewen Bennett Ingleby Cross, NORTHALLERTON, North Yorkshire DL6 3PE (0609 82571)				
Res	Eve $\frac{1}{2}$ d 1d 2d week	All Fam Dis	Intr Imp Int Adv Exped	P1 WW1-2 WW3 Har Est Sea Su
Courses for beginners to advanced paddlers for groups or individuals, white water or sea. Residential accommodation in private centre run by Ewen Bennett situated in the North York Moors National Park.				
PGL Llangorse Adventure Ctr PGL Young Adventure Ltd. Tan Troed, LLANGORSE, Powys (087 484 654)				
Res	$\frac{1}{2}$ d 1d 2d	U10 10-14 14-18 Fam Dis	Intr	P1
Plas Menai National Water Activities Centre Mr. Franco Ferrero CAERNARFON, Gwynedd, LL55 1UE (0248 670964)				
Res Non-Res	2d week	Min 12 Fam Dis*	Intr Imp Int Adv Exped	P1 WW1-2 WW3 Est Sea Su
Port Edgar Watersports Ctr Mr. Oliver Ludlow Port Edgar, Shore Road, SOUTH QUEENSFERRY, West Lothian EH30 9SQ (031-331-3330)				
Non-Res	Eve $\frac{1}{2}$ d $\frac{1}{2}$ ds 2d 4d	Min 10 Dis*	Intr Imp	Har Est Sea
Port Edgar Watersports Centre offers weekend and weekday courses in sea canoeing for beginners and improvers on the spectacular Firth of Forth. Excellent equipment, friendly instruction, local B & B, accommodation. Free 1987 brochure.				
Ravens Ait Watersports & Conference Centre Mr. R. Hayden Portsmouth Road, SURBITON, Surrey KT6 4HN (01-390 3554)				
Res Camping	$\frac{1}{2}$ d $\frac{1}{2}$ ds 2d week	Min 9 Dis*	Intr Imp Int	WW1-2 Sea
Enjoy your holiday on an island. Modern well equipped boating centre offers childrens holidays and teenager adventure/activity week. Canoeing, sailing, climbing with evening games and mixed activities. Superb accommodation, excellent food.				
River Wye Canoe Centre PGL Young Adventure Ltd Court Farm, Hole in Wall, FOY, Herefordshire HR9 7JH				
Res	Eve Eves, $\frac{1}{2}$ d $\frac{1}{2}$ ds 1d 1ds 2d	7-18 Dis	Hol Intr Imp Int Exped	P1 WW1-2
SARAS/Structured Leisure Services SARAS Precinct, The Shallows, Salford, BRISTOL Avon BS18 3HA (0272-775440)				
Res Camping	Eve Eve(s) $\frac{1}{2}$ d $\frac{1}{2}$ ds 1d 1ds 2d week	All	Intr Imp Int	P1
Avon Valley near Bath, individual or group canoeing and pursuits programmes by Saras/Structured Leisure Services, full catering/ranch or camping. Qualified BCU course and project instructors.				
Scout Dike Outdoor Educ. Ctr Mr. J.D. Crossland Huddersfield Road, Penistone, SHEFFIELD, South Yorkshire S30 6GF (0226 762 285)				
Res Camping	Eve Eve(s) $\frac{1}{2}$ d $\frac{1}{2}$ ds 1d 2d	Min 10 Adult Teachers Dis	Intr Imp Int	P1
Share Centre Mr. E.R. Huddleston Smith's Strand, LISNASKEA, Co. Fermanagh (03657-22122)				
Res Camping	Eve Eve(s) $\frac{1}{2}$ d $\frac{1}{2}$ ds 1d 1ds 2d week	All Fam Dis*	Intr Imp Int Adv Exped	P1 WW1-2
Mixed activity holiday centre situated on Lough Erne. Guest house, chalets, caravan and campsite accommodation available. All facilities adapted for use by disabled persons.				
Shoreline Holidays Mr. N.S. Cole/R. Bolland, Florida Hotel, Summerleaze Crescent, BUDE, Cornwall EX23 8HJ (0288 2451)				
Res	$\frac{1}{2}$ d 1d 1ds	All Fam	Hol Intr Imp Exped	P1 WW1-2 Har Su
Skern Lodge Outdoor Ctr Mr. John Watson Appledore, BIDEFORD N. Devon (02372 75992)				
Res Camping	$\frac{1}{2}$ d 1d 2d week	All Fam Dis*	Intr Imp Int Adv Exped	P1 WW1-2 Est Sea Su
Canoeing and all activity courses with best equipment and instruction. Excellent facilities in a superb location, open all year to groups and individuals. BCU approved. Send for colour brochure.				
Trefil Mountain Centre Mr. Alan Wilkinson Trefil, NR. TREDEGAR, Gwent				
Res	week	Min 14 dis	Intr Imp Int Adv Exped	P1 WW1-2 WW3 Est Sea Su
Twr-Y-Felin Outdoor Centre Mr. Andy Middleton ST. DAVIDS, Dyfed, (0437-720391)				
Res Camping	$\frac{1}{2}$ d 1d 1ds 2d week	Min 10 Fam (by arrangement) Dis	Intr Imp Int	WW1-2 Har Est Sea Su
Pembrokeshire islands and caves. If you want to explore this superb area or improve your skills on the sea, contact us for instruction and testing. The best is in the West.				
Whitewater Mr. A. Jones, Mr. S. Baker, Mr. R. Mortimer, Shepperton Marina, Felix Lane, SHEPPERTON, Middx (0932-247978)				
Non-Res Camping (by arrangement)	Eve $\frac{1}{2}$ d 1d	All Fam Dis	Intr Imp Int	P1 WW1-2
Learn to canoe with Whitewater Sports. One day placid water beginners, improvers and whitewater introductory courses. Canoes and equipment hire service too from our Thameside premises at Shepperton Marina. Open all year round.				
YMCA National Centre Mr. Barry Howell, Lakeside, ULVERSTONE, Cumbria LA12 8BD (05395-31758)				
Res Camping	Eve Eve(s) $\frac{1}{2}$ d $\frac{1}{2}$ ds 1d 1ds 2d week	All Fam Dis	Imp Int Adv Exped	P1 WW1-2 WW3 Est Sea Su
Lakeside is an outdoor education centre providing activity holidays for: families, young people and children, tailor made courses for schools, youth organisations and YTS; and National Award Courses recognised by the RYA, BCU, BOF and MLTB.				

Here and There

LOW COST PUMP

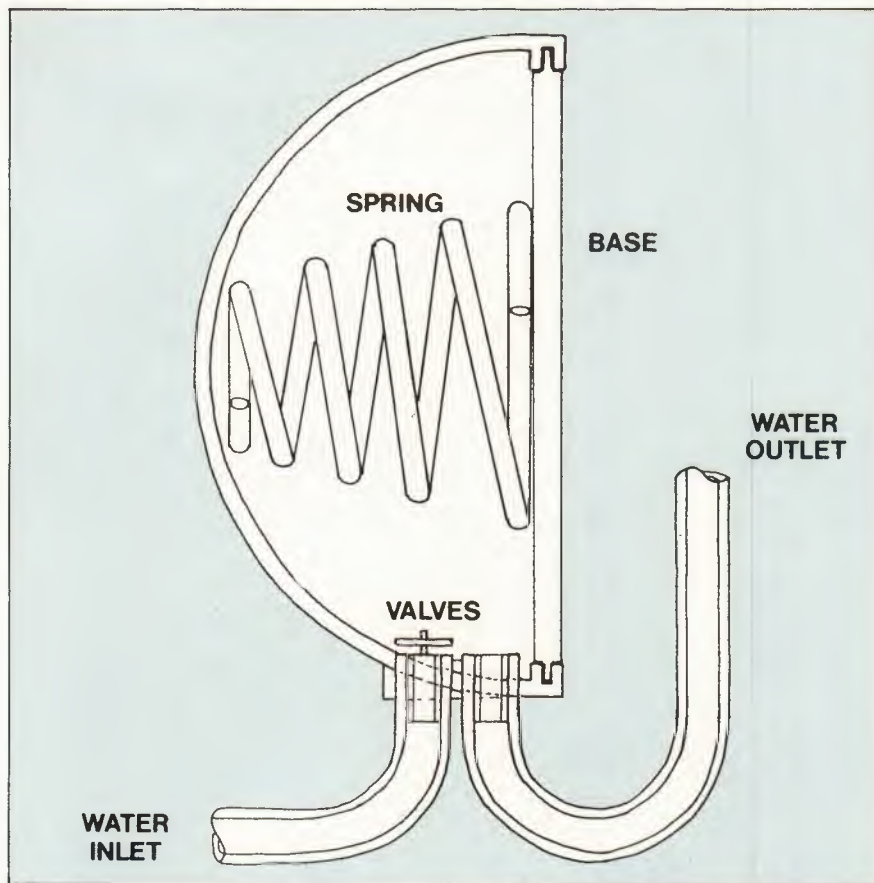
Paul Howser of Reigate in Surrey found that he needed to fit a pump to his sea kayak, but the commercial ones available were fairly expensive. He therefore experimented and came up with the following which has proved very efficient.

A highly effective water pump, suitable for foot or knee operation in kayaks, can be produced for a material cost of about £2. The pump is based on a six inch diameter, hemis-

pherical, rubber inflator for air beds (see figure).

Normally, the unmodified inflator has insufficient suction to lift water more than an inch or two. Suction can however be increased significantly by removing the detachable circular base and inserting a coiled spring. To prevent corrosion it is worth covering the spring with a length of polythene tube which can be sealed at each end.

A pump of this design has been operating reliably, over a period of several years, in a sea kayak owned by the author.



CANOE CAVALCADE 86

Once again Canoe Cavalcade has taken to the canals of the West Midlands metropolitan area during late June this summer. Initiated last year to bring to notice the huge potential of the canal network in this built up area, Cavalcade has expanded into new areas and attracted large numbers of new participants to canoeing once again.

The events this year were co-ordinated by the Regional Development Officer for the Midlands, Ann Gillespie, who stepped in in March when no one could be found to take on the job. Extra events and venues were added, with Birmingham, Wolverhampton, Merca and Walsall Tech Canoe Clubs joining in this year for the first time. The most successful venue was at the Malthouse Stables at Tipton, which ran events two or three times daily for the whole of the nine day period; 500 people took part in try it sessions, canoe polo,

flat water slalom and games. There were also sessions for disabled people, women and older adults in the different areas.

The event was financed by the individual organisations with the help of a substantial Participation Grant of over £1,000 from the West Midlands Sports Council and support from the Canoe Trade advertising in the Canoe Cavalcade leaflet.

STRAND TOURING AWARDS

A reminder from the Touring Committee

NOW is the time to check over the touring and recreational canoeing trips that you did during the year and see whether you have met the conditions for a Strand Touring Award (Bronze, Silver or Gold).

The BCU Touring Committee is planning to hold the second draw for Touring Awards in January. Canoeists who have received Awards during 1986, are eligible. A prize is to be presented to the winner at the International Canoe Exhibition at Crystal Palace in February 1987.

Last year's winner was presented with a touring kayak generously donated by Strand Fibreglass, who support the Touring Award scheme. The Touring Committee hope that they will be marking the second year of the scheme by again offering valuable canoeing equipment.

So skim through your Touring Logbooks and see if you satisfy the conditions for a Bronze, Silver or Gold level Award. If you do not possess a logbook, you can get one from other BCU Headquarters, a Regional Touring Officer or a BCU Instructor. (70p to members, £1 to non-members). These Logbooks set out the conditions and explain how you apply for Strand Touring Awards (certificates and badges).

EXPEDITION ADVISORY CENTRE

The Expedition Advisory Centre provides an information and training service for those planning an overseas expedition. It was founded, and is jointly administered by the Royal Geographical Society and the Young Explorers' Trust, and is a Shell International Petroleum Company funded project.

In addition to organising a variety of seminars and publications, including the annual "Expedition Planners' Symposium", the Centre provides a number of specialist services to those planning scientific and youth projects overseas. These include:

- access to past expedition reports
- details of planned expeditions
- directories of equipment suppliers
- personnel available for expeditions
- local advisors in UK and abroad

The Centre is open from 10am to 5pm Monday to Friday and welcomes enquiries from the general public by appointment or letter. For further information please contact Mrs Shane Winsor, Information Officer, Expedition Advisory Centre. 01-581 2057

SLALOM YEAR BOOK 1987

These will be distributed to all ranked paddlers, towards the end of February 1987. It is therefore the responsibility of every paddler to ensure that the correct address is with your ranking compiler.

SLALOM WINTER CALENDAR

These are enclosed with this edition of CANOE FOCUS, and give brief details of early season events. The confirmed calendar will be available after the AGM of the BCU Slalom Committee (19 November 1986) and if you wish for more details of these events, Club representatives will have these sometime during December.

SLALOM BIBS

All ranked paddlers now need to wear a Slalom Committee bib for events. Early application is therefore advised, and if you are not sure of the procedure, please write to the Slalom Administrator, Mrs Sue Wharton, 1 Barnacre View, High Street, GARSTANG, Preston, Lancs PR3 1EB.



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It's On The Way

TX-1

Your New Slalom Kayak For 1987



LEVEN WILD WATER TESTS

We have been notified that a mistake has occurred in the Wild Water Racing Calendar concerning the dates of the Wild Water Tests. The correct dates are:-

11 JANUARY 1987 8 MARCH 1987
15 FEBRUARY 1987 22 MARCH 1987

We are also informed that the race entry fee has been reduced to £1 per race.

HISTORY OF THE ICF

The Information and Promotions Committee of the International Canoe Federation are preparing a pictorial record of the history of world canoeing. It will be made up of pictures including posters of World, Olympic and International Regattas and Championships. Whilst they have access to material from the more recent events, they are also anxious to obtain copies of posters, handbills etc. from the earlier periods since the beginning of organised competitive canoeing.

Should any member have material that they believe would be of interest, particularly posters of the Serpentine Regattas, and International Slalom and Wild Water Races, would they please contact BCU Headquarters. Arrangements can then be made for this to be photographically copied and passed on to the ICF.

£1,600 FOR THE MARATHON MAN

Mike Haslam completed the Robin Hood Marathon on Sunday 13 September in four hours 28 minutes 36 seconds (photographic proof to hand if required!) Despite a heavily strapped right knee and an extremely warm sun. This effort raised £1,647.55 from those clubs who entered into the spirit of the Marathon Man Competition and the top club was CHELTENHAM Canoe Club who sold 260 tickets and qualified for the club prize of £82.00.

The individual winners of the competition were as follows:

1st prize £165.00 — Mr. WEARING, Redditch
4 hrs 28 mins 40 secs
2nd prize £ 99.00 — N. HUGHES, Cavaliers
CC 4 hrs 28 mins 31 secs
3rd prize £ 66.00 — P. McCAIG, Cambridge
CC 4 hrs 28 mins 30 secs
The balance of £1,235.55p goes to the Jubilee Appeal Fund.

CORRECTIONS, ERRORS AND MISTAKES

During the past year we have found that even with the most stringent checking, mistakes have occurred.

We apologise to Guy Baker for getting his expedition report in June somewhat muddled at the end. In August we relegated the men's Slalom 'B' Team in the pre-world's to third place, when actually they finished ahead of all the field — sorry 'fellas' and well done. September had two issues (albeit one of them late) Nos 46 and 47 — poor neglected November!

These errors are not intentional — but they do serve to keep us on our toes, especially when the telephone calls come in. It's good to see that others are spotting the errors — at least it proves that the magazine is being read. Can anyone spot this month's deliberate mistake?

RIO BIO BIO KAYAK EXPEDITION

Alan Fox and Guy Reeve are to make a lightweight descent of the Rio Bio Bio in Southern Chile over Christmas and New Year. So far the expedition has received assistance from Agraman UK Ltd., Europa Mountain Sport of Kendal, Iberian Airlines, Mountain Equipment Ltd., Steamonds South American Travel Ltd., and the Wild Water Centre, Harrogate.

Editor's note: They're off again — can we look forward to some more interesting lectures?

CHRISTIANS AWAKE

The Association of Christians in Canoeing aims to support and encourage Christians who are canoeists to become properly qualified, and to keep them in touch one with another. This is achieved through the publication of its journal, *Mainstream*.

For further information contact Peter Hollingsworth, Lark Rise, MORDEN, Hereford HR1 3EP.

ANOTHER VIDEO TO HELP YOU COACH.

Energy Food for Sport

Here is guidance from some of the most respected experts in sports nutrition who expose the myths and give detailed down-to-earth advice on eating for athletic performance.

Learn more about carbohydrate and controlling fat intake. Help your performers to widen their food vocabulary without expanding their waistlines. And see the right way to deal with sugar and supplements!

How do you keep glycogen reserves 'topped up' throughout a training schedule so

WORLD GAMES GO TO GERMANY

Many will remember the 1985 World Games held in London, only the second occasion upon which the non-Olympic sports had joined together to hold their own multi-national sports gathering. (The first Games were held in Santa Clara, California in 1981).

Now the World Games has agreed the dates and venue for the III World Games. They will be held in Karlsruhe in West Germany from 20 to 30 July 1989 and the proposed programme will consist of 20 sporting competitions ranging from Field Archery to Water Skiing and including Karate, Netball, Roller Hockey, Fin-Swimming, Trampoline, Tug-of-War and many other exciting sports.

NEW PADDLES FOR FOX

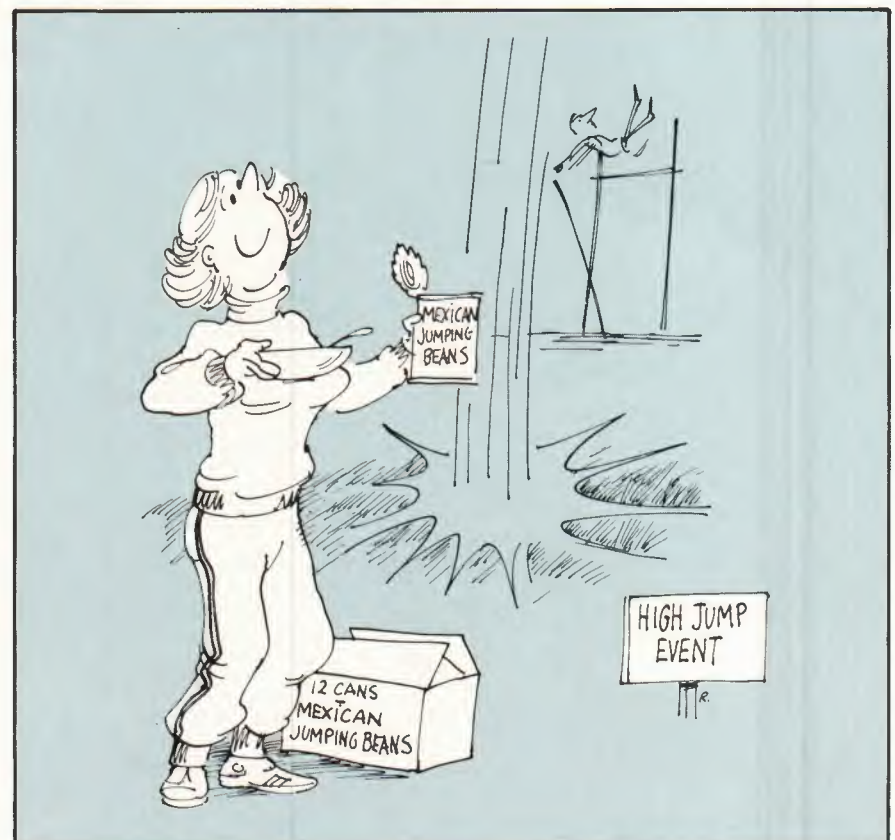
The Wild Water Centre will be marketing a new range of competition paddles made in France by 'Propulsion' and they are pleased to announce that World Slalom Champion Richard Fox will be using these in his bid to retain his title.

that the body has the best possible fuel supply at competition time? How do you eat well for general health and top sports achievement? There is plenty of practical help here on these and many other questions.

Energy Food for Sport is an invaluable teaching aid for coaches, trainers and everyone concerned with fitness and performance.

Ref.CV5 38 mins VHS format £25.00 including postage and packing.

Send the order to: The National Coaching Foundation, 4 College Close, Beckett Park, Leeds LS6 3QH. Please allow 21 days for delivery.



HOW TO BE ON THE WATER EVEN WHEN YOU'RE OFF!

This selection of specialist canoeing books is just part of the wide range available from B.C.U. Supplies. All prices include postage and packaging.

GENERAL

The British Canoe Union CANOEING HANDBOOK

The most complete canoeing publication available. Contributing authors include Frank Goodman, Ric Halsall, Jim Hargreaves, John Hermes, Derek Hutchinson, Graham Lyon, Ron Moore, David Train and the Union's Coaching Director, Geoff Good.

It encompasses comprehensive chapters on Design and Selection of Equipment, Construction and Maintenance, Safety, Kayak Skills, Reading water, Moving Water Techniques, Inland Canoeing, Sea Canoeing, Rescue Techniques, Rolling, Instructional Techniques and Use of a Swimming Pool, Canadian Skills, Surf Canoeing, Competition Canoeing and Canoeing for the Disabled. There are appendices about the B.C.U. and Coaching Scheme Structure; Canoeing with the B.S.C.A., Corps of Canoe Lifeguards, The Scout Association and Duke of Edinburgh Award Scheme; sample checklist for the guidance of relevant authorities and The Canoeists Code of Conduct, plus an extensive Bibliography and detailed Index and Glossary.

Available either Solid Bound or Loose Leaf

Non-Members £10.95 Members £7.00

THIS IS CANOEING

— Roy and Jane Farrance

Although particularly good on reading water, this 205 page manual looks at most aspects and, in addition to some pleasing colour illustrations, has a chapter devoted to each of the differing kinds of canoeing.

Non-Members £9.20 Members £8.70

CANOEING

— John Brailsford and Stephen Baker

An invaluable introduction to the thrills and excitement of whitewater canoeing. Beginning with advice on equipment and explanations of the terminology used, the book goes on to offer instruction on wild water canoeing, slalom and surfing from both a competitive and recreational angle.

Non-Members £4.90 Members £4.50

CANOEING THE FLADBURY WAY

— David Train

"... canoeing is about being on the water and not in it. It is about travelling and not going round in circles, rolling or looping." So says David Train, Senior Coach at Fladbury Canoe and Kayak Club, whose philosophy is the basis for this excellent book about 'getting started' at canoeing — for fun, for fitness and for all the family.

Non-Members £2.65 Members £2.45

CANOEING SKILLS AND TECHNIQUES

— Neil Shave

As a B.C.U. Senior Instructor Neil Shave has been teaching canoeing for many years during which time he has made a special study of the basic skills and the easiest way for beginners to master them. His book contains easy to follow explanations and informative photographs of paddlers in action in a clearly

laid out style. Although principally for beginners, instructors will find its content of value and the approach refreshing.

Non-Members £9.25 Members £8.25

CANOE GAMES — Dave Ruse

Canoe Games provides dozens of ideas for activities related to both serious training and fun paddling, with an emphasis on the latter. There are over 300 games offering limitless variations suitable for all levels of ability and every water situation. They are described and illustrated under the headings — The Pool, Flat Water, Open Water, The City, The River, Freestyle and Competition. At the front of each section is a reminder of the dangers that may be linked with each environment and the precautions which, if followed, will make a safer session. The game descriptions are simple, well depicted and brief, with amusing illustrations adjacent to the instructions.

Non-Members £8.25 Members £7.25

SPECIALIST PADDLING

ALL ABOUT WAVE SKIS

— Roger Shackleton

If a wave ski paddler had to choose one book to grace his coffee table this would be the one. Hard bound and a solid 95 pages of action photographs and drawings, the text leaves no facet of the sport unexplained. Superbly compiled and presented, the reader is led through the history of the sport, ski design and safety, to getting started and ultimately producing radical manoeuvres. Each section is covered by separate chapters containing sequences of photographs that should enable anyone considering wave riding to progress with maximum enjoyment.

Non-Members £14.50 Members £13.50

CANOE POLO COACHING AND TACTICS — Brian Barfoot

The first and only book dealing entirely with the sport of Canoe Polo. An informative and well laid out booklet its aim is to help coaches and teams to organise and run enjoyable, satisfying and well balanced training sessions to improve players individual and team skills. It commences with an explanation of the principles involved and then presents various set practices to improve basic skills and technique. Each practice is explained in detail and most have easy to follow diagrams and key points have been picked out so that mistakes can be recognised and corrected. There are sample coaching sessions covering team formation and tactics. Brian also lets us in on the secret of set plays though we suspect he may have a few aces still up his sleeve!

Non-Members £1.20 Members £1.00

SEA CANOEING — Derek Hutchinson

Eminently readable, comprehensive guide to the art and love of sea kayaking. This third edition revised in 1984 is well illustrated and comes in paperback.

Non-Members £8.00 Members £7.30

RIVER RAFTING AND CANOEING EXPEDITIONS: A PLANNING GUIDE

— Peter Knowles.

Peter Knowles (alias 'Green Slime') has created this well planned easy to follow guide for people with little or no experience of river canoeing or rafting. It will also serve as a useful check list for the more seasoned expedition paddler who has lost all those scraps of paper, backs of envelopes and cigarette packets on which he has kept his own planning notes. The guide suggests sources of information on rivers, together with calculating the degree of difficulty according to gradient, volume and topography of the valley. Useful tips and ideas are given on access, support, portages, contingencies, size and choice of party, how long it will take and sponsorships. Some practical ideas for transporting kayaks and a section aimed at improving safety at the planning stage are included plus lists of organisations, courses, books and equipment suppliers. Pete Knowles is one of the most experienced expedition planners in the country and his guide is an invaluable reference document.

Non-Members £1.80 Members £1.50

PADDLING EXPEDITIONS

ANGMAGSSALIK ROUND BRITAIN

— J. Clarke from the log of Geoff Hunter

This is the true story of one man's battle against the scepticism of friends and work-mates, lack of funds, fear of the unknown, boredom and often inadequate shelter and provisions in order to attempt a solo circumnavigation of Britain in a wooden Angmagssalik kayak. The book is a very readable adventure story and gives a fascinating insight into the philosophy and doggedness of one of canoeing's unassuming characters.

Non-Members £3.80 Members £3.50

ICELAND BREAKTHROUGH

— Paul Vander Molen

For all of you who may want to canoe a river with an unpronounceable name — Jokulsa a Fjollum — from its geothermal source beneath a glacier or fly micro-lights over the mightiest waterfall in Europe with a name like a tube of toothpaste — Dettifloss — this is the book for you. It throws much light onto the planning and execution of one of the most daring expeditions to involve canoes. However, it is unlikely that there will be many mad enough to endure the hardships of Paul Vander Molen and his crew. It is nice to know that even on the best planned expeditions, in blizzard conditions, when tents are disappearing under snowdrifts and snow caves are abandoned for the shelter of the snowcat, people still have problems with can openers and require stitches!

The descriptions of the canoeing are colourful and refreshing. Of riding the rapids none of the "and George dropped into a big stopper and disappeared" but plenty of eloquent phrases such as

"...Thick chocolate liquid...for all the world like a giant praline confection with its whips and its whirls." All the episodes of this dramatic adventure are put across with flair and feeling and the success of the book is a tribute to the writings of a great man, Paul Nicholas Vander Molen, who tragically died of leukaemia in 1985.

Non-Members £14.50 Members £13.50

WHITE RIVER, BROWN WATER

— Alan Holeman

Using a light style Alan Holeman's narrative of his record breaking 3,800m un-sponsored Amazon expedition makes absorbing reading. The first third of the book dealing with his research, careful preparation and journey to the launch point on the Urubamba will interest expedition canoeists as much as the story of the journey itself. This is an account of an arduous journey on a major tropical river full of local colour.

Non-Members £12.25 Members £11.25

MARSYANDI — ILLUSIVE RIVER OF ANNAPURNA

— Alan Barber

The first thing you will probably do when you pick up this book is to flick through and look at all the glossy photographs. There are more than two dozen to choose from, and they are of the highest quality, as one would expect with Sid Peron amongst the four-strong camera crew. Taking place in 1980 the expedition consisted of 25 members of which 17 were canoeists plus 100 porters. The list of intrepid travellers reads like a who's who of the canoe trade. A detailed account of the planning stage and problems involved with moving so much gear including Land Rover and trailer to Nepal is valuable material. The trek to Menang is well described as are the joys of paddling large volume grade V water with its thrills of holes and stoppers. Several amusing anecdotes are included. The book ends with Himalayan River Guide — essential for anyone going to paddle in Nepal.

Non-Members £4.05 Members £3.75

YUKON SOLO — Karel Dohnal

Karel Dohnal paddled from the source to the mouth of the famed Yukon River during 1983. His current journey of 1,930 miles took 66 days, during which the powerful current bore him along, but he had to contend with strong winds, torrential rain, and wide vagaries of climate. His very readable record of this journey tells of numerous interesting incidents and encounters along the way. "Stay there Mr., stay right there! I'll get my Polaroid camera!" shouted a small eskimo boy as Karel's canoe approached Alakanuk at the end of the voyage. This role-reversal occurrence is a light-hearted comment on the otherwise sickening social decline which he logs of the once proud and self-contained native people of the wilderness area — both Indian and Eskimo.

Non-Members £6.00 Members £5.50

Book Review

OUTLOOK

Weather Maps and Elementary Forecasting

by G.W. White

Available from BCU Supplies at £3.15 (members) and £3.45 (non members) both prices inclusive of postage and packing

Reviewed by John Kuyser

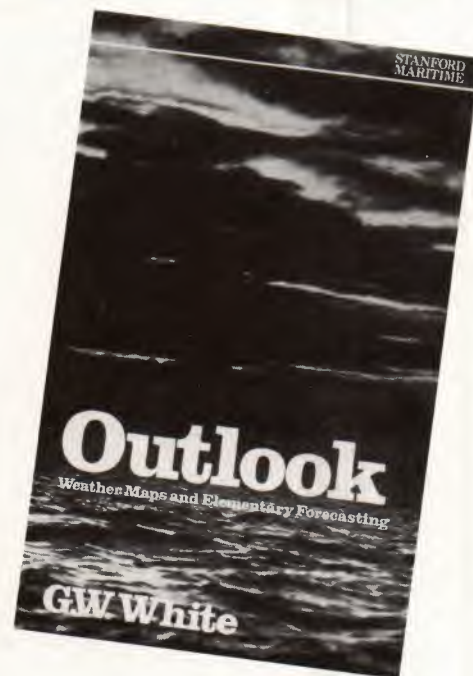
This soft back book first published in 1967 has become a standard work for yachtsmen and seafarers and is now available in an up-to-date edition, ideal for canoeists with an interest in the weather.

For the slalom competitor the book could enable them to read the forecasts and the sky and make their own analysis of what water levels, wind and temperatures the competition will offer. For the sea kayaker whose activities are so influenced by wind direction and strength, a careful study of forecasts and weather is vital.

The book is in an easily read format starting from basic meteorological information and progressing logically so that by the end of the book the reader should be able to understand both technical forecasts and how to observe and interpret weather patterns.

The special feature of this book is its use of Weather maps to illustrate and explain the effects of particular air pressure systems and the mysteries of the shipping forecasts and the newspapers synoptic charts. These charts are always carefully described and where appropriate are followed by sections dealing with particular phenomena such as clouds or secondary depressions.

OUTLOOK will be of particular help to those who have tuned in to the 05.55 or later shipping forecasts only to be frustrated by the speed of the reader and technical terms used. This book explains all the terms, shows how to draw up a synoptic chart and how to interpret the information for you particular area and activity.



Whilst some shipping forecasts are on at awkward and unsociable hours they are the basis of local weather forecasts and the ability to use them is essential for those planning open water expeditions, particularly in remote areas where other forecasts are hard to obtain.

Modern readers are used to glossy coffee table books with more photographs than facts and this book with its lack of photographs or colour illustrations will seem poor in comparison. However, its concise text, clear drawings and low price make it an excellent choice for canoeists in general and for those studying for sea kayaking awards in particular.

Unfortunately, the weather is predictable in its unpredictability and even this book cannot guarantee successful forecasting, but at least such terms as occlusion, smoke and advection will be understood.



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DECEMBER 1986

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 Canoes add £12.50. Kayak paddle add £6.00. For large orders we will calculate the price individually.

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

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

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Large selection of other makes.

WINDSURFING AND CANOE TUITION

We have facilities for basic and advanced tuition to RYA and BCU standards.

WINDSURFING AND CANOE HIRE

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

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Kayak Kits	£11.95
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ABS Canadian	£11.95
Nimbus Canadian	£33.95

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

For example

Large B.D.H.	£4.95
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CASIO LW20 Ladies	£10.95
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Ace std	£9.95
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Romer R41	£32.95
Romer R43	£43.95

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Junior	£109.00
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Jaycee Rapido G.P. Slalom	£185.00
Jaycee 400 G.P. Slalom	£129.00
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Ardeche Double Tourer	£169.00
Tyne Open Double Tourer	£199.00

We also stock a large range of boats from Pyranha, Gaybo, North Shore for all purposes. Please contact us for the current stocks and prices.

KAYAKS (Polyethylene)

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Rotobat Whitewater	£219.00
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Europa Basic	£179.00
Europa Whitewater	£219.00
Dancer Whitewater	£224.00
Mirage Whitewater	£236.00
Freestyle Basic	£207.00
Freestyle Whitewater	£248.00

CANADIAN CANOES

Coleman 15 foot	£325.00
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Coleman Whitewater	£415.00

SURF SKIS

North Shore	from £129.00
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Access

Lower River Wye — Behaviour

It is a change to cover the River Wye in a different vein. The lower parts of the Wye, which is also very popular with canoeists, depends a great deal on its tourist trade. It is therefore essential that the goodwill of the local residents is maintained. Many local traders and hoteliers are well disposed to canoeists but it is important that we do not abuse this helpfulness. Common courtesy expects that we respect other people's property, do not obstruct entrance ways and car parks, do not change in full view of the

population and generally behave in a manner expected of responsible people. These faults are not generally descriptive of canoeists in the area, but one or two isolated cases have occurred in the last few months which have given rise to criticism.

It is beholden on everyone to ensure that canoeing's name in the area is beyond reproach — which after all should be our policy everywhere.

The Great Ouse

The request to members to refrain from canoeing the Great Ouse above Bedford is withdrawn. River information should be obtained from Colin Kempson, 108, East Street, OLNEY, Bucks MK46 4DJ.

On page 30 of this edition, is an article describing a trip on this river by the Milton Keynes Canoe Club.

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Rydal Road,
AMBLESIDE,
Cumbria.
LA22 9BB



There have been several developments lately in open Canadian canoe design, since the flat-bottomed, high ended canoe of earlier years.

The Canadian Canoe Club, in which I am involved, developed their own design in response to the lack of a suitable canoe on the market at a price we could afford.

First we identified the design requirements. These were:

1. Good speed and ease of paddling, round bilge and fine entry.
2. Manoeuvrability — the ability to turn the canoe quickly.
3. Unidirectional, could be paddled either way.
4. One, two or three seater.

OPEN CANADIAN CANOE DESIGN

by Dave Hart

THE OULTON CANOE — 482CM X 79 CM

5. Little windage, low bow and stern sheer line.
6. Light to carry.
7. Ease of manufacture, one-piece mould.
8. Can carry two persons plus camping gear and remain stable.

As a result of this, the 'Oulton Canoe' was born during the winter of 85-86. The Club has a mould for use by members and other interested persons. Building courses started in September 86. In January 87 a further course will be held via Lowestoft College of Further Education at Colville House Canoe Workshop, Oulton Broad. The complete canoe costs about £150 to build.

A canoe builder has been appointed — DC Boats, Church Farm Cottages, Linstead, HALEWORTH, Suffolk (Linstead 302 — ask for Dave Cartwright). He produces a high quality, down to weight hull and finishes off the canoes with mahogany gunwales and seats, marine ply decks, bow tenders and bumpers, toggles, bow and stern eyes, or



cleats, for end lines. Buoyancy is either TAB or built-in. There is available a lightweight version with alloy and webbing strap seats, which can be lifted over the head by the average adult. Either version is £250 direct from the manufacturer, plus carriage.

The lines of the canoe can be clearly seen from the photographs. Individuals or groups interested in this design are welcome to come and try the canoe out on a club meet. Contact Dave Hart, Coordinator OBCCC, (0502-69787) to arrange this.

A major canoe/kayak mould hire company is in negotiation with the club to add the design to its fleet, which means you will be able to hire the mould nationally to build your canoe, DIY style, if you want, in the comfort of your own garage or workshop.



THE DELIGHTS OF THE UPPER GREAT OUSE

Sharnbrook weir

Start of the club's Christmas paddle

by George Davies, Milton Keynes Canoe Club and Swaledale Outdoor Centre.

I together with members of the Milton Keynes Canoe Club frequently paddle the Great Ouse, it being our 'home' river. We have paddled over 100 miles of it from Westbury near Brackley down to Holywell from whence it becomes a typical fenland river. By far the most pleasant reaches are those above Bedford — far from the noisy motor boats and at times polluted waters, and the sixty mile stretch from Buckingham to Bedford is paddled at least once a year by members of my club. Access to the Great Ouse presents no problems for there are many public stretches of river bank, and to describe the river further, it is appropriate to divide it into the stretches most easily paddled.

Buckingham to Calverton is the highest stretch regularly paddled, but not in the height of summer as it is apt to be strangled by weeds. One starts at the car park in the centre of this fine old market town and for the first two miles or so, the river meanders through a woodland strip between built up areas. Overhanging branches form the biggest obstacles to progress, and when the river is full, care must be exercised not to get swept into the fallen trees. The river then moves into more open countryside via a side weir which can generally be shot and on to the confluence of the River Twin (not canoeable for any great distance). The next point of interest is Thornborough Mill which is a sluice, sometimes shootable with suitable precautions and with a very pleasant picnic area on the left bank. The next weir just over a mile further down is a beginner's delight. It is a high stepped weir but in the writer's experience perfectly safe for shooting. Our youngsters love it, traditionally going round and round several times. Due, however, to abuse by other canoeists one passage is all that is now permitted. On occasions, paddlers shoot it backwards, and on one occasion at least it was shot blindfold. Further down stream the river divides into two and then three channels. All are passable depending on the water flow. The extreme left hand channel passes under Passenham Mill (no mill wheel there now), and on to Calverton where egress can be made at the public picnic area on the river bank.

Calverton to Newport Pagnell is the next stretch regularly paddled. The sluice just after the start at Stony Stratford is rarely shootable, but portage is easy. One then passes under the A5 (Watling Street) and on to Old Wolverton where there is a weir roughly 45 degrees to the river flow. This is a safe shoot provided there is sufficient water in the river. From there for the next mile one is apt to be buzzed by the radio-controlled model aeroplanes of the Milton Keynes Model Club. Immediately afterwards, one passes under the high aquaduct carrying the Grand Union Canal over the Ouse Valley. Shortly one sees a caravan park on the left bank followed by the confluence with the River Tove (canoeable from Towcester). One can now hear the trains en route from Euston to Scotland and one passes under another high viaduct to arrive at Haversham picnic area on the right bank. Two miles further on, past St Mary's ruined church is Haversham Mill and weir that must be portaged (not difficult on the right bank).

The land on the right bank for most of the next one and a half miles is owned by the Amey Roadstone Company who have used the site for excavating gravel. Part of this has now been returned to nature in the form of a wildlife reserve, and many different species of birds can be seen. The next bridge is an old two arch bridge at Linford — the left arch being the easier to shoot. The river then meanders on to the M1 motorway where it divides into two channels, the left hand carrying the more water. A two mile uninteresting stretch then follows to Newport Pagnell where there is a new weir comprising a central shoot and two side slides. The side slides should be used if there is sufficient water as in these conditions the central shoot ends in a bigish stopper. In low water levels, however, the central shoot is generally perfectly safe to shoot.

So far, no mention has been made of other users of the river, or in particular anglers. They are likely to be present in any stretch not far from road access and they are all coarse fishermen. This means that none will be encountered between 15 March and 15 June during their close season, and they generally only appear in large numbers on Sundays when there are always angling matches on one reach or another. Unpleasant encounters

are rare particularly if Sundays are avoided together with a week or two in the second half of June. Attempts have been made to negotiate shared use arrangements with the anglers, but without success. However provided reasonable common sense is shown, no problems arise. In practice, we have often exchanged pleasantries en route, recovered prized floats from the opposite bank, and generally stirred somulent fish into activity.

Anyway, back to canoeing.

Newport Pagnell to Olney makes a most agreeable morning's paddle, but can provide surprises, particularly with the river in spate. There is only one weir in this stretch and this is generally not shootable (portage on right into flood relief channel) but various capsizes have been reported as the flooded river swirls under bridges or around near 180 degree bends. In one particular stretch near Ravensstone during a strongish east wind, one only needed a touch of salt to believe that one was on a windswept coast estuary. At Olney, there is a reconstructed arch bridge with Emberton Park on the right bank and a good wine bar about 150 yds from the river in Olney. There is also a weir which should not be shot except by the most foolhardy — broken canoes have been reported here from time to time.

Olney to Felmersham is a delightful stretch. First, a stretch of rapids known as the Sheep Dip which have been known to capsize the unwary, then past the Olney Recreation Ground — scene of many a bizarre activities during the Floral Fiesta every June. The river then passes the remains of a rail bridge which carried the now defunct Bedford to Northampton rail link and continues on to Lavenham Mill. Here there is another dangerous weir which must always be portaged (with some difficulty on the steep right bank). There then follows a very pleasant stretch through wooded countryside to the delightfully named Newton Blossomville. About half a mile from the river on the right bank, there is a pub called 'The Old Mill that Burnt Down'. It was constructed recently and serves excellent bar snacks.

About one mile further on is Turvey on the Bedford-Northampton main road. An unshootable sluice gate can be portaged from the mill stream into the sluice stream channel. The river is flanked by two statues of 'Gog'



Slalom practice with friendly anglers



Thornborough weir

and 'Magog' before it passes under the road bridge and continues through open country-side again before reaching a nature reserve on the left bank about one and a half miles below Turvey. Paddlers should proceed quietly on the right side of the river for about a further mile in order not to disturb wild life. The owner of the reserve lives in a fine house on the left bank at the far end of the reserve and spends much time in his garden with its superb views of the river and hopefully quiet canoeists.

The next place of interest is Harrold. There is a side weir to the right with a long flat stopper at many levels of water. It should be portaged on the right and not on the spit of land between the weir stream and the mill stream. In a further quarter of a mile there is a beautiful wooded glade on the left bank which is also a public picnic area and is a delightful place in which to linger awhile. Harrold itself is a largish Bedfordshire village where it is well worth spending some time strolling around. Immediately below Harrold, the river shoots under a multi-arched road bridge — the channel to the right is usually the best.

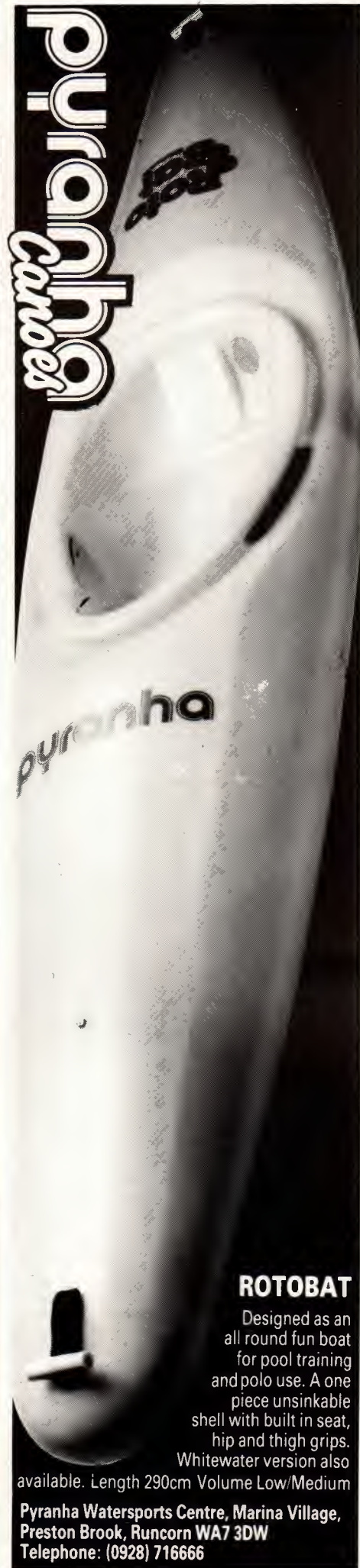
The river continues on to Odell where the right channel round the island proves to be the more exciting and less likely to incur the wrath of the householder on the left bank who claims the river as part of his private property. About one and half miles further on one arrives at the very pretty village of Felmersham on the right bank. There are number of very impressive properties with gardens down to the water edge, but whose price tags are generally well above those of the average canoeists' ability to pay. Immediately before the bridge, there is a good landing on the right bank with space for car parking.

Felmersham to Oakley is the next stretch frequently paddled by Club members. The river takes a 'four mile loop' via 'Sharnbrook (which has a high but shootable weir — after inspection) to Radwell which is only a mile or so by road from Felmersham. Radwell is another very pretty North Bedfordshire village and has been the subject of countless artists' paintings. During this stretch one passes under many railway bridges — always the same railway from St Pancras to the East Midlands. One passes Milton Ernest Hall on

the left bank, a fine building formerly a hotel and restaurant, but now in private hands. The next road bridge, known as Stafford bridge is only about half a mile from Oakley — a large village popular with commuters to Bedford. The river however has another four miles to go in another big loop close to the pretty villages of Pavenham and Stevington before returning to Oakley. Just before the bridge, there is a new weir which is generally shootable after inspection. Access and egress here is by the left bank. Oakley to Bedford is the final stretch of the upper Great Ouse. The river goes close to Clapham on the left bank (a modern relatively uninteresting village) and then turns south again to Bromham. There is a new weir immediately above the bridge which most certainly requires inspection, although portaging is fairly easy. The road bridge is worthy of note as a protected monument. It is little used now since the village has recently been by-passed, but formerly it was the cause of horrendous queues of traffic as the carriageway is not wide enough to permit two lorries to pass in opposite directions.

There is a stretch of rapid under the bridge in high water conditions, otherwise a bump and scrape is usually encountered. The river proceeds in a southerly direction to Kempston (a suburb of Bedford) where a new weir has been the scene of fatalities in the last year — portage on the right. The scenery, formerly rural, is gradually changing as housing estates encroach on farming land and the river continues on towards Bedford.

Bedford itself is a very pleasant town and good use has been made of the river as an amenity. There are public walks along stretches of both banks, many bridges and most attractive embankment gardens, particularly to the left bank immediately below the main town bridge. There are a number of rowing clubs in the town and regattas are held in the spring and early summer. It should be noted here that if the river is to be paddled below Kempston a licence is required from the Anglian Water Authority. However, the peace and quiet of the upper reaches has gone and one has to compete with motor launches and their smelly exhausts. I know which part of the river I prefer, and I look forward to many more pleasant hours of paddling.



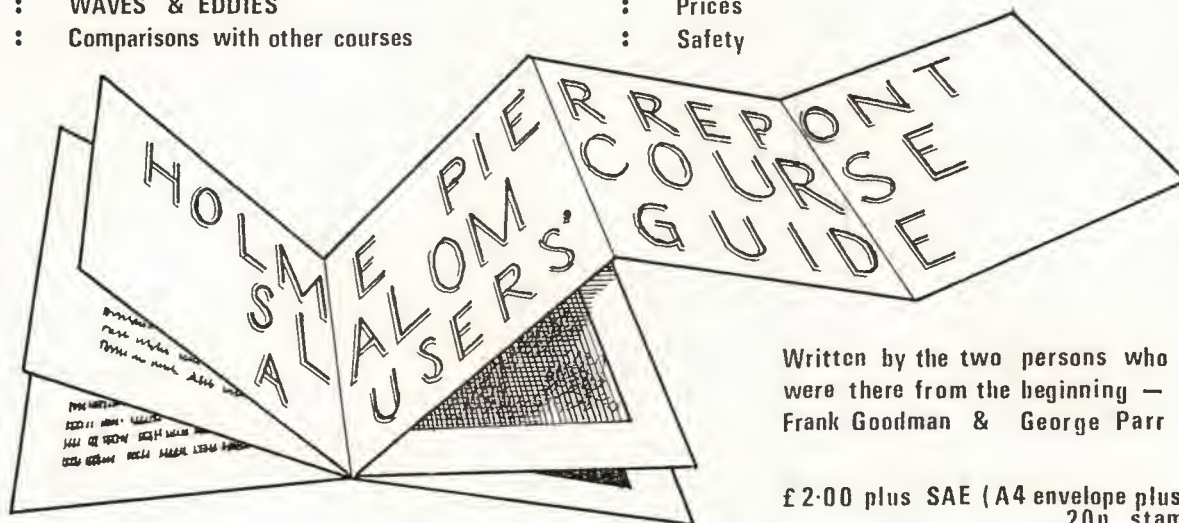
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Written by the two persons who were there from the beginning — Frank Goodman & George Parr

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HRH Princess Anne talking to Ian Green, member of the successful British Junior Team who paddled in "STYLE".

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THE WANDERINGS OF THE MERMAID TAVERN

Reproduced by courtesy of the Scrap Merchants Canoe Club (Wirral)
from their New Year's Newsletter.

The Channel Isles are situated in the arms of Brittany and Normandy. They owe their allegiance to Britain but are very much influenced by the closeness of France. There's not an English surname to be seen and the majority of the 70,000 Jersey 'beans' all have French surnames.

Sea canoeing in among these islands can provide ample fun and excitement from the novice to the most experienced and for me it was the beginning of an era of confidence, when a Nordkapp was no longer a wobbly log and a tide race was a bit less frightening than the Dudh Khosi.

Four of us set off from Greve de Lecq with no set objectives except to see some of the islands. Jersey to Sark is 12 miles with two landmarks on the way. The Paternoster are a group of rocks three miles offshore over which the Atlantic swell breaks with some force. The Banque des Ormes buoy marks the south side of the shoals and that was where we first met the fickle currents around here. We paddled at a leisurely speed towards the setting sun, the tide pushing us north-westerly. The tide off Creux harbour is like a river — it roars through Goulet causing standing waves, eddies and boils. This is where the river techniques come in and the playing starts.

We slept on the harbour wall at this tiny harbour where the Germans carved a tunnel through the rock to reach a passable route in to the rest of the Island. Sark is an island surrounded by cliffs, caves and off-lying rocks, a feudal system still operates, no motor vehicles are allowed and all dogs are dogs as opposed to bitches! Brecqhou is a private island with a house, an oil store and a helicopter pad but to us it was an illegal lunch stop before setting off through the swirls and boils of the Great Russell to Herm. This is an uncertain channel and adds to the attraction of this area. Even in calm seas just under the surface 'things are happening!'

Herm is a beach at one end, rocks at the other. If the tide is in the wrong direction it's a hard paddle but find the eddy and it's easy — a four knot eddy of which to take advantage. After a quick swim in blue waters off a deserted beach we set off to the Humps — tidal rocks to the North of Herm noted for their clear blue pools, shallow water and ferocious tides through every channel. This became a practice ground for rolling in perfect races and so I was introduced to self-rescues and re-entries. This new horror involves swimming along with your upturned boat, performing a backwards somersault under water, gripping with your knees, trying

a roll, if lucky wobbling precariously until you've pumped all the water out, if not fall back in and try again. An excellent way to obtain bruises on the legs.

The day ended with a visit to the Mermaid Tavern and an illegal bivvi away from the tourist centre — all overnight stays on Herm have to be red-taped and after an evening of beer this didn't seem a good idea. Guernsey was next on the list and proved to be less interesting, except for the south coast. Canoe fishing was successful on the west coast where we caught a 5lb bass and after a choppy paddle along to Petit Port it was cooked rapidly on an open fire, rapidly being the operative word due to a tide rising through the concrete!

Guernsey to Sark is to cross the Little Russell and the Great Russell and our crossing was full of interest. The overfalls are notorious and as the weather closed in we lost sight of Herm and Sark. With the tide pushing us south we had to head north-east and for me that wasn't too easy as I'm not too stable going across breaking waves. Anyway we got there and went for a drink in the Mermaid Tavern (not the same one) before going south and around L'Etac and back up to Geux Horlou. An evening in the Mermaid Tavern (not the same one) was supposedly a visit to the Sark Disco but it never materialised. We slept on the harbour wall and felt back home.

We didn't get back to Jersey for five days but that's another story.... As far as we were concerned you can't meet a more unassuming, friendly bunch of sea canoeists as Jersey 'beans' (The Guernsey 'donkeys' weren't bad either!!), the tides and scenery are unrivalled and as for the wanderings of the Mermaid Tavern

Footnote: The Mermaid Tavern on Herm is in the 1986 CAMRA Good Beer Guide!!!

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Photograph: Remy Photography

by Richard Fox MBE

Boston Massachusetts was where Miriam and I started our 1986 American tour, and this was purely by chance. We booked at the last minute through North West Orient, who finally took our boats for nothing. We had no fixed plan except to attend two slalom races in a three week period and to enjoy paddling without pressure.

Boston turned out to be a good decision, five hours driving took us north to Maine and the Kennebec River. I had only overheard recommendations about the river so it was a little bit at a gamble just rolling up one afternoon expecting a great paddling experience. It turned out to be one of the best examples of '86. The was running at 6,000 cubic feet per second (the Slalom Course at Nottingham runs at about 1,000 cfs) creating high deep waves and some exciting play spots. There is nothing quite like the feeling of surfing a wave that is big enough to take all your confidence and concentration. The Kennebec gave this feeling, at just about on every rapid.

Like most good whitewater rivers in North America the Kennebec is heavily used by rafting companies. It is well worth finding out what time trips start so you know when to avoid zoo time! Most rafting companies are a good source of food, camping and local information. If you are competent enough on whitewater you could even ask about a rafting job for the following Summer. More often than not you get advice about some river that is just a little bigger and better than the one you have been doing underwater surveys on. The Pennoscott was one such

highly recommended river, three hours east of the Kennebec — but time was short and we headed on west.

Quebec City is a few hours drive from northern Maine and the vibrant Quebecois way of life is a startling contrast to the wilderness river environment. If you go, head for La Grande Allee at around 8 pm to eat and then Le View Port to soak up the atmosphere.

We checked at an outdoor store for information on kayaking and made a date to paddle the Jacques Cartier River just 40 minutes from the city. The Jacques Cartier is a good class three to four in low/medium water and much more pushy in high water.

Our next step was Montreal. We did not get to paddle here, Miriam spent too long in the shops. However, the Lachine rapids on the St. Lawrence are just 20 minutes from downtown. If you want to paddle here seek local advice from Pierre Lebrun at Boutique Nordic. The St. Lawrence is very big and wide and the waves are reported to be good value for surfers.

Not far from Montreal is the Rouge, another heavily rafted river and it is easy to understand why. There are some rapids on this river, some fun play spots and great slab rocks for sunbathing a la Francaise.

After the Jacques Cartier and the Rouge you are likely to feel hungry again for something big and meaty. We certainly did and we drove right past MacDonalds for the Ottawa River. If you are in Eastern Canada and want to paddle, this is the place to be. The eight memorable rapids over a scenic five mile stretch of the river can take up to five



Photograph: J. A. Krubb

hours of paddling just because they are so much fun. The water is deep and warm and each rapid has a clearout pool for swimmers. Technically the river is easy to paddle, Class three whitewater experience is enough to survive. For confident paddlers the waves and holes are hard to beat for fun paddling. It's a surfers paradise in whitewater terms and an absolute blast! You'll love it.

We continued on from the Ottawa to the Gull River in Ontario for a slalom and then south via a jacuzzi at Niagara Falls into the States, but that's another story. Next time we will spend longer in Quebec and Ontario and probably take a return flight via Montreal. If you plan a paddling trip in the States or Canada, take time to shop around for flight deals and for cheap car rentals. We paid around £70 a week for a car. A return flight will set you back about £300 to £350 including the boat.

Take new equipment, especially paddles and boat if you can. At the end of your trip you can recoup some of your costs by selling off gear. For example, a new Perception Dancer costs around \$600 and slalom kayaks sell for \$600 to \$800 new.

For further information contact the following:

Quebec	Marc Gilbert Bivouac, 1328 Rue Maguire, Sillery, QUEBEC, G1T 123.
Montreal	Pierre Lebrun Boutique Nordic, 1221 St. Hubert, MONTREAL, QC H2C 3Y8.
Ontario	Madawaska Kano Camp 2 Tuna Court, Don Mills, ONTARIO, M3A 3L1.
USA	American Canoe Association 7217 Lockport Place, PO Box 248 Lorton, VIRGINIA 22079.



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Dear Focus...

GUIDE TO SCOTTISH RIVERS

Dear Focus

What has Scotland done to Mike McDonald to deserve his so-called Book Review on Guide to Scottish Rivers. What would your ancestors say McDonald? Perhaps he has done the Scots a favour by stemming the flow of English paddlers north of the border! Thereby avoiding the problem we had on the Tay last year, when some Manchurians in open Canadian canoes made the headlines in local papers by having to be rescued by kindly fishermen while paddling an unfamiliar river without first reading useful books or ringing the Local Access Officer.

If the only water Mike can find here is in Fort William, I pity him, I personally have not tried it having found more exciting white water with or without rain. Perhaps the Tay is too tedious for him after the Dochart.

Yes stick to the Sanna Mike, I was there last year. It was 'magic'. However it has its snags also, very cold water and the biggest blood sucking clegs you can find anywhere.

Having paddled here for many years I find the book informative and accurate.

Mary Conacher, Dundee, Scotland.

Dear Focus

I have just read Mike McDonald's review of the publication "Guide to the Scottish Rivers" on page 42 of the Aug/Sept edition of Canoe Focus.

As a fairly frequent visitor who loves Scotland I am left wondering why your contributor wants to write such discouraging rubbish about the country.

Why say you, "crawl behind six caravans on a single track road". Mr McDonald must know that in fact motoring in Scotland nowadays is much more enjoyable than in England or on the Continent due to the excellent roads and the comparatively light traffic.

As for midges, during over twenty years holiday camping near Scottish rivers I have never been troubled by these to any appreciable extent. These flyers only operate after about June and then only when there is practically no wind. Drizzle also is listed as a disadvantage but I have spent fortnights on Scottish rivers when the sun has shone nearly all the daylight hours.

If Mr McDonald can find only empty river beds at any season of the year he must be looking in the wrong places. I have never

known it impossible to canoe the big rivers.

Why be so perverse as to canoe on the Aluminium Smelter outfall at Fort William when one of the great pleasures of the country is the crystal clear clean water in the rivers and the sparkling clear sea. (If you love the real Scotland why go to Fort William at all?)

As a matter of fact, during the sixties practically every member of the British kayak slalom and wild water racing teams had spent at least one holiday on these rivers.

You amaze me Mr. McDonald. Whose side are you on?

David Rushfirth, Blackpool, Lancs.

A BIG GAP — THE CHAUVINISTIC APPROACH

Dear Focus

Oh dear, 'CANOE FOCUS' I feel I must make some comment on remarks in 'Here and There' — A Big Gap on page 33 of issue No 46.

I quote 'The pool is close to the shopping centre where Mum can go whilst Dad and the youngsters are canoeing'.

I object most strongly to this remark!

Why should Mum have all the fun of logging round a crowded supermarket doing battle with one of these super trolleys whose wheels all want to go in different directions. Think of all the enjoyment Mum has at the check-out for half an hour, then its the fun game of 'try to fling all the shopping back into the trolley after its been checked so you don't hold up the rest of the queue'.

I fail to see why, in the days of supposed equal opportunities that Mum should have all this fun while Dad has the drudgery of going to a pool session with the kids.

Come on, lets be fair and let Dad have some fun doing the shopping and let Mum take a turn with the real drudgery of the pool session.

**A. L. Baillie, West Lothian, Scotland.
(A paddling Mum who dislikes shopping)**

Dear Focus

Being a fairly average female canoeist, and by no means a bra-burning womens libber, I was incensed by part of your write-up on the Banbury Canoe Club pool sessions (CANOE FOCUS No. 46 page 33).

You stated that the pool was close to a shopping centre 'where mum can go whilst Dad and the youngsters are canoeing'!

Women are certainly in the minority in canoeing, as in probably every other sport, and this is obviously recognised by the Marathon Committee, for instance, which

strongly recommends that a prize be given for the lady in each race division (as with Cls, Juniors, and other minority groups) as an encouragement. The writer of the article in contrast, is positively persuading 'the gentler sex' that canoeing cannot reasonably be expected to be part of their lives too.

Come on, you chauvinists at Flexel House, be a bit more positive about women in canoeing. Remember that there is 50% of the total UK population out here as prospective BCU members.

**J. A. Farnese, Gillingham, Kent.
(Gillingham Canoe Club)**

The Author of the article referring to Mums shopping whilst Dads paddle with the kids, walked into BCU Headquarters and was invited to comment:

"I apologise to all the lady paddlers and concede that in the Banbury and District Club (which requires an adult to be present for every under-14) there are more Mums than Dads. There are also more couples than individual parents. I asked the female staff to give me a reference, because I would not like to be thought a gutless wimp who backs down when challenged. I therefore extend an invitation to all paddlers to visit the club when in the area to extend the camaraderie (and whatever is the female equivalent is) of the sport which we invariably find when canoeists meet together.

Martin Anderson, Banbury Canoe Club

HOLME PIERREPONT

Dear Focus

I took my wife and family to Nottingham last week as a family day out to see the Slalom Course opened. Many congratulations to all, I was overwhelmed and very impressed. All those who did anything towards the final product should be thanked by canoeists and kayakers alike. Here's to your continued success.

Richard Constable, Leeds.

Dear Focus

I am writing to express my thanks to the BCU for the opportunity to be present on an historic occasion, a privilege which I greatly appreciate. I am tremendously impressed with the result of all the vision, technological achievement and financial expertise displayed by the splendid team, which brought it all about. May I add my congratulations to all the many others which are so richly deserved. 'Doc' Steele, President Worcester Canoe Club.

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OPEN CANOE HOLIDAYS



“Photographs by Colin Broadway”



by Colin Broadway

It has taken seven years to get my wife interested in canoeing again, since she had a nasty swim down a grade three rapid stuck in her kayak after being tangled up in a fishing line. It took an Open Canadian Canoe and our nine year old daughter to change her mind.

I had just come back from a week away leading a group of beginners on one of our Wilderness Canoe Trails across the Great Glen in Scotland. My daughter said, “You never take me canoeing Dad.” I found myself replying “OK lets go now.” My wife said “I’ll

come and watch.”

We went down to the local canal, I planned a short trip. “Come in with us Mum, you won’t get wet.” And that was all it took.

We set off up the Canal and onto a little known backwater, too shallow for anything other than an Open Canoe, (there are usually a few shallows where you have to jump out and push off, only ever getting the soles of your shoes wet. Jumping in and out is not so easy in a kayak).

Most of the afternoon was spent picking

and eating blackberries, watching the horses in the fields watching us, and following a kingfisher downstream.

My family has now caught the bug, and it’s the end of my quiet Sunday afternoons. It’s now “Lets go canoeing and take a picnic”, or “Lets go Canoeing this weekend and stop at a Riverside Pub for B & B”, and even “Can we come on one of your Wilderness Canoe Trails!”

Editors Note: Colin Broadway is a Director of Mobile Adventure Ltd.



The French Massif Central

This large upland area, lying south west of Lyons and west of the Rhone Valley, rises to over 5,000 feet and is the source of many of France's major rivers, eg. Allier, Ardeche, Dordogne, Loire, Tarn. Much of this area is limestone or granite, and the rivers have been lost to hydro-electric development, reservoirs and diversions, but it still provides a most attractive holiday canoeing area. The remaining wild water stretches (over Grade III) are on headwaters or tributaries, and carry sufficient water only in the early part of the year. In summer rivers in the South are more often nearly dry, but the main rivers in other parts offer agreeable touring water in very good scenery at mostly Grade I — II level, for which BCU Proficiency Test standard is sufficient.

There are many riverside camping sites, some of them very popular with French holi-

day campers in July and early August. In addition there is often uncultivated land along side the rivers which can be camped on if need be. Permission from the owner should be sought for camping on cultivated ground away from the recognised camp sites. There are relatively few access problems, but advice should be sought before proceeding to the area.

To get there, by far the cheapest and least troublesome method is to transport canoes on the car roof or on a trailer. The Channel ferries charge is related to the overall length of the boats if longer than the car. A full day's driving is needed from any Channel port to the Massif Central starting points but it is better to allow one and a half days.

Travelling around the area, especially after a long river trip, will need to be worked out. In some cases it is possible to travel back to the starting point by train, or train and bus, to

pick up the car, but make allowance for infrequent services and connections. Timetables (Indicateur Chaix) can be consulted at major British reference libraries. Some buses will take canoes on the roof, but don't count on it! Transport of canoes is fraught with delays, and is expensive.

There are a number of establishments which hire canoes to visitors, and some provide a full service linked with specific tours. Additionally, PGL Young Adventure Ltd. have established a 'Sunsport' base at Le Mas de Serret, on the River Ardeche. They offer adventure holidays in the area, with a wide comprehensive programme, based on a converted hunting lodge on the wooded edge of the gorge. An advantage of this type of holiday is that they also arrange your transport to and from London, and provide all the equipment.



Photographs courtesy of PGL Young Adventure Ltd.

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