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Photo: Tony Tickle



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A



B



C



D



E

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## Notices

### ALL CAN NOW BE REVEALED

At the Annual General Meeting of the Central Council of Physical Recreation held on 10th March 1987, we were all delighted when Mr. Ron Emes, the Director of the British Canoe Union was elected as its Chairman for the next two years. It is gratifying to know that canoeing has a good friend in this most important position in influencing the development of sport and recreation in this country.

It is little wonder that as Vice President of the ICF and now as Chairman of CCPR (and a member of the Sports Council), Ron felt that he needed to relinquish the reins as Director of the Union. He is going to be more than busy, and we all wish him well in this new appointment.

### APPOINTMENT OF NEW DIRECTOR

We are pleased to announce the appointment of Mr. Trevor Bailey as the Union's new Director from 1st July 1987. Trevor has extensive experience of management and finance in both the public and private sectors and is presently employed with the Severn Trent Water Authority, as a Management Accountant. Previous employment with Leeds City Council and Nottinghamshire County Council will undoubtedly have provided an extremely useful insight into the Committee system, a valuable asset for any professional officer of the Union.

Trevor lives with his wife and two sons at Castle Donington, Derby, and is actively involved in the local community as a Governor of three local schools, as Vice-Chairman/Treasurer of the local Community College, and is also a past County Councillor on Leicestershire County Council. He is a member of the BCU, and readily admits that his enthusiasm for canoeing currently exceeds his skill. Other interests include all types of sport and walking.

The Executive Committee are particularly anxious to ensure that the inevitable problems that arise with changes in the Headquarters Staff are minimised, and have agreed that Trevor should commence his employment with the Union in early May and work closely with Ron Emes, the present Director, before taking up his full responsibilities on the 1st July.

The Union has expanded its activities and influence during the past ten years far beyond even the ambitious hopes and expectations of its enthusiastic supporters, and we wish Trevor Bailey every success during the important period ahead, when the solid foundation carefully laid for the future must be firmly and positively consolidated.

### BCU AGM

At the Annual General Meeting of the Union held at Nottingham on Saturday, 7th March 1987, the following results of the elections were announced:

**President:** Mr. David Wain OBE

**To be members of the Council of Management** (for two years)  
Messrs. M. J. Haslam; D. Maycock; P. Midwood; G. Sanders and A. J. Woods

At the meeting, Motions 1, 2, 3 and 5 on the order paper were discussed at length and ultimately carried. The fourth motion was amended with the agreement of the proposer, so that reports based on meetings could be made available. The sixth motion was subsequently withdrawn by the Proposer.

### AMENDMENTS TO YEARBOOK

The following amendments should be made to Members Yearbook and Calendar of Events 1987.

#### Page 6 ACCESS OFFICERS

*Scotland:* Delete T. Cook and reference  
insert Mrs. M. Conacher, 81 Dundee Road, West Ferry, DUNDEE, Tayside.

*London & SE:* Delete D. Caffyn and reference  
insert D. Moss, 85 Lower Road, Fetcham,  
LEATHERHEAD, Surrey  
add (London)  
G. Baker, 35 Stanton House, Thames Street,  
LONDON SE10 9DJ.

*South West:* add (Devon and Cornwall)

A. Box, 9 Tuckers Meadow, CREDITON, Devon  
EX17 3NT.

#### Page 7 COACHING ORGANISERS

*North (North East):* Delete D. Hellowell and address.

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# Comment

By RON EMES Director of the British Canoe Union

## TIMES THEY ARE A CHANGING

It is coincidental that this issue of CANOE FOCUS should be the 50th, and also the last occasion that I will be writing the 'Comment' page in my capacity as the Director. Obviously then, there exists the justification, without the need for excuses, to review, reminisce, and remind ourselves of what, if anything, has been achieved since CANOE FOCUS was first published in May 1976.

Whilst, as Mark Twain said 'There are three kinds of lies - lies, damned lies, and statistics', nevertheless, to use a more respectable and imprecise term, the analysis of 'demographic information' can be of considerable value when seeking to measure the relationship between what was and what is. In 1976 for instance, the Union had 7,321 individual members and 289 clubs, a gross turnover of £103,370.00 and the total number of Coaching Tests and Awards administered by the Coaching Scheme was 4,081. Subscription for full membership was £3.50 at a time when the £ was worth £2.64 in relation to 1986, there were only three issues of CANOE FOCUS, no free BWB licence, no boat or fully comprehensive insurance. In 1986 the Union had 15,285 individual members, a gross turnover of £1,032,845.00 and the total number of Coaching Tests and Awards had increased to 20,998, subscription for full membership was £15.50. In 1976 the Union were pre-occupied with implementing the recommendations of their Development Project Group for regionalisation and federalisation, the Montreal Olympic Games were the high point of the sporting year, canoeing 'round the Horn' and 'down Everest' were both attracting the attention of the media and the canoeing family, and the sport was still awaiting international success.

It would seem therefore, that what was in 1976 is different to what was in 1986, and if sheer size were to be a measurement of progress, which it isn't, we have easily achieved the growth which the Development Project Group were seeking in 1976. On average, more than twice the individual membership, almost three times the number of clubs, five times the tests and awards, ten times the turnover, and better value for membership subscriptions, is a pretty formidable record, even restricting one's judgement to the use of

such basic criteria as those referred to. If one begins to examine facility developments such as the Tryweryn, the Holme Pierrepont Canoe Slalom Course, Strathclyde Water Park and dozens of other similar schemes; competitive success in Slalom, Wild Water Racing, Marathon and Sprint racing, with a clutch of gold, silver and bronze World Championship Medals; the influence of, and respect for, the Union, within the national and international sports communities; then truly, the Union has grown from the status of a minor to that of a major body of sport and recreation during the past ten years.

On a more pessimistic note however, it is regrettable that after an initial success in obtaining the co-operation of the angling organisations, the Country Landowners Association, and other interested parties, all agreeing to the publication of a 'Statement of Intent' regarding access to water by canoeists, to note that since 1976 there has been an ominous failure to achieve any real progress. Indeed, all the signs are that the situation is deteriorating rapidly, becoming more polarised, and that landowners, fishermen, and canoeists are in a militant mood. That, instead of water sportsmen and recreationalists behaving intelligently, and joining forces, one with the other, to resist the depreciation of those who are endeavouring to turn our water space into a gigantic country park on the one hand, or real estate on the other, they continue with their internecine squabbling to the advantage of no-one but those who will benefit from their ultimate embarrassment and discomfiture.

Having said all of that, to use an expression that has become well established over the years, I leave my office as Director of the Union with enormous regret. Not to be intimately involved in what I know will continue to be the exciting developments that can be anticipated for canoe sport during the coming years, will be a severe personal loss, only partially compensated by my new responsibilities as Chairman of the Central Council of Physical Recreation, member of the Sports Council and Vice-President of the International Canoe Federation.

I am however, sanguine about the future of our sport. All the signs are that we can expect even better facilities and results,



more interest and participation, a continuing expansion in our activities, as the years pass. I shall be an interested, non-passive observer, who will continue to serve the Union in one capacity or another, as the need arises.

For some, canoeing is more than a hobby, a recreation, a sport, or a pastime, it's a way of life. As Confucius said -

*'The wise find pleasure in water;  
The virtuous find pleasure in hills;  
The wise are active;  
The virtuous are tranquil;  
The wise are joyful;  
The virtuous long lived.'*

## PASSAGE TO INDIA

One of the first duties undertaken by the newly elected Vice-President of the International Canoe Federation, Ron Emes, retiring Director of the Union, has been to advise the Indian Government and the Indian Canoeing and Kayaking Federation, regarding the development of the sport and recreation of canoeing in their country. His journey necessitated travelling to New Delhi, Cochin, Alleppey, Madras, Port Blair in the Andaman Islands, and Calcutta. Visits to Kashmir and the Laccadive Islands were cancelled due to insufficient time. As a consequence of the proposals submitted to the International Canoe Federation for assisting with the Indian development programme, Dave Moore, presently a coach with the Olympic Training Squad, will be helping to establish racing canoeing at Port Blair, and during his one month stay will begin work on the long-term task of producing Olympic standard competitors from the local Andamanese and Nicobar Island fishermen.

*Rafting on the Upper Ganges.*



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by Colin Broadway (Mobile Adventure Ltd)

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Award; we decided to take our Raynard Tourers and Bobcats to the Slalom Course at Holme Pierrepont. Armed with the excellent guide written by Frank Goodman and George Parr and with only one of the three of us having seen the course before, we took ourselves over to Nottingham for a very enjoyable half days paddling. The water was a little over half flow, 20.2 on the gauge. We have been back a few times since.

The accompanying photos speak for themselves and can perhaps dispel some of the myths. All that is left to add is that there is no part of this excellent course which cannot be paddled in an



Open Canoe, either solo or double. With a little knowledge and care this includes the drop at the inlet gate. All the stoppers, standing waves and drops can be comfortably paddled by a reasonable competent paddler, although perhaps because of the waterline length of our sixteen and a half foot canoes, we found the eddies were sometimes a little tight.



Photographs by Vicki Townsend



# What's New Down The Old Kent Road?

Go down the Old Kent Road in South East London today, and you will still find famous landmarks such as the Thomas A'Beckett pub and boxing club. But now there is something different, in the middle of the Aylesbury and North Peckham Estate. There is a brand new park of over 100 acres, constructed from what was previously roads, houses and factories. The original core of the park was the bombed sites from the last war, but large areas were also added because of slum clearance and the opportunity to purchase land and buildings as they came onto the market.

Within the park is a new eight-acre lake, the first of its kind to be created in Inner London. The lake was opened in May 1982, and holds 12 million gallons of water. The water is kept in by a lining of sheets of polythene 10 metres wide. They are welded together at the edges and protected by a thick layer of gravel placed on top.

A Fountain and Cascade have been provided to circulate and aerate the water thus preventing it from becoming murky. The pumps circulate the water in the lake every eight days. In the Autumn in 1982, some 14,000 fish were introduced into the lake. Aquatic plants and other forms of life have established themselves, including a wide variety of wild birds. It has also attracted a large number of fishermen who are happy to share their new facility with water sport activities.

Southwark Leisure and Recreation Department are encouraging and providing the opportunity for canoeing on the lake, for schools, youth groups, and the general public. Instruction is provided by BCU qualified Instructors. For information, contact the Park Manager, Burgess Park. Tel: 01-703 3911.

In this area of London which has produced some of the world's best boxers such as Terry Downes, Charlie Magri and Frank Bruno; a lot of the success for canoeing has been due to the enthusiasm of Phil Gasson. Phil has taken canoeing and canoeists by the scruff of their neck. So could this be the spawning ground as opposed to the sparring ground of world champions of a different kind? Let's hope so!



## NATIONAL CANOEING APPEAL

**This appeal is to YOU.**

**This appeal is for YOUR benefit.**

**This appeal is the chance for you to help the BCU.**

The BCU needs your help to raise money to help pay for development projects, for more and better canoeing facilities, for more access.

We have the makings of a National Canoeing Centre at Holme Pierrepont: the regatta course is there; the slalom course is there (but we haven't finished paying for it and there is still much to be done to get the best from it); but there is no polo facility; no Headquarters and Control Building; no floodlighting, etc. We must put our money on the table if the Sports Council and Nottinghamshire County Council are to believe in our intent to use all the facilities to the full and support our efforts to finish the job.

Round the country there is a crying need for more training and competition sites for all disciplines, for more access, for permanent regional and club buildings.

### You have a choice:

- You can sit back and let nothing happen.
- You can wait for a £5 or £10 levy on your subscription.

● You can help the work of the Appeals Committee.

### How?

We will let you know how you can help if you have some time to give to organising appeal groups in your area. Write to me.

You can take part in club, regional or national fund raising activities – collecting sponsorship for example.

Every club has been asked to set a target for this year, perhaps shared between the Appeal and the club's own project, charity of other cause. Ask your club secretary what your club's target is and offer help.

Do you know any business or person who might support this exciting, youth based sport that is canoeing? Tell me about it or tell your Regional Secretary.

This Appeal is not to benefit a few elite slalomists; it is for you and for the tens of thousands of young people who would love the chance to have a go and take it further but are put off by the lack of facilities in the area. The BCU needs to establish a major capital development fund to grant aid approved projects.

For tax payers, covenants or PAYE deductions give the best return – for every £100 net, the Jubilee Canoeing Foundation would receive £137 at standard rate.

See next CANOE FOCUS for more details or check in Club News, but why not send in your offer of help, your ideas, your gift (or loan over £100) now – to me

Roger Fox  
BCU National Canoeing Appeal  
Flexel House  
45-47 High Street  
Aldstone  
WEYBRIDGE, Surrey  
KT15 1J

Don't forget to support the Water Carnival –

**Nottingham – Holme Pierrepont  
23-25 May 1987**

*P.S. The Jubilee Appeal – to which many of you contributed did NOT fail but the job is not finished – please get your name or someone else's on to the register of donors and benefactors.*

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# Here and There

## WEATHER INFORMATION

Details of Marineline – the coastal weather forecast information service – were included on page 94 of the Member's Yearbook distributed with February Focus.

Dick Richards, Regional Controller for HM Coastguard for Swansea, and BCU Sea Touring Committee liaison Officer, has kindly drawn to our attention, the fact that the service has been changed.

Now known as 'Marinecall' and costing more – 38p per minute (peak and standard) and 25p per minute at other times, information is still provided by the Met Office, on the numbers listed below. It is suggested that you cut out the column and paste it on page 94 of your Yearbook.

The following numbers correspond to the map Telephone 0898 500 followed by the code for each part of the coastline.

Area 1	Scotland North	0898 500 451
Area 2	Scotland East	" " 452
Area 3	North East	" " 453
Area 4	East	" " 454
Area 5	Anglia	" " 455
Area 6	Channel East	" " 456
Area 7	Mid-Channel	" " 457
Area 8	South West	" " 458
Area 9	Bristol Channel	" " 459
Area 10	Wales	" " 460
Area 11	North West	" " 461
Area 12	Clyde	" " 462
Area 13	Caledonia	" " 463
Area 14	Minch	" " 464
Area 15	Ulster	" " 465



## CORACLE REGATTA – 31 AUG

It is known that quite a few BCU members are into coracles. On the occasion of the BCU AGM three coracles were seen being transferred between the cars of two Council members! But did you know that the first Coracle Regatta is being organised at Bewdley on the River Severn over the August bank holiday on Monday 31 Aug, '87?

The Regatta is the culmination of a

coracle building course organised by Bewdley Museum held over the two weekends 22/23 and 29/30 Aug. The cost including materials and entry to the regatta (you keep your coracle) is £60. Full details from the Curator, Bewdley Museum, Load Street, Bewdley, Worcestershire. You can enter the regatta without going on the course: apply to the Curator.

## PRIZES AT THE EXHIBITION

### Spot the Canoe

The Oulton Broad Canadian Canoe Club (OBCCC) organised the Canadian Canoe Association's stand at this year's Exhibition and organised a competition to 'Spot the Canoe'. The winner of the Oulton Broad Canoe was Barry Collins from Newbury. The balance of proceeds from the competition will be going towards the purchase of camping equipment for young people who canoe with the OBCCC, but it will also be available to BCU and CCA members.

### Sealink

There was also a competition sponsored by Sealink British Ferries, who support British Wild Water Racing. The winner of their competition was Mr. Dave Patchett, of Sale, in Cheshire, who receives a free crossing for a car and two passengers on any of Sealink's routes

## SUFFOLK CANOE AND KAYAK ASSOCIATION

Anyone canoeing or kayaking in Suffolk interested in joining an Association within the Region is asked to contact Dave Hart, 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD. Please write enclosing an SAE. Details will be sent by return.

## JUBILEE APPEAL CLUB

Members of the Jubilee Appeal Club (JAC) will be able to claim their two free runs on the Holme Pierrepont Slalom Course on any one of the following dates in 1987 –

- 30/31 May
- 24/25 October
- 7/8 November
- 26/27 December

Further details from the Coaching Department, BCU Headquarters.

## STRAND TOURING AWARD 1987 "Draw" Winner

The lucky winner of the Strand Touring Award was Robert Porter of 45 Surrey Road, Barking, Essex. Aged 44 years, he has been canoeing for only six years but has already achieved the Gold Award. He is a Scout Leader, Canoeing Instructor, and an active member of Barking Canoe Club. In completing the award he canoed an 80 mile trip on the Upper and Lower Wye, took part in trips on the Stour, Thames, Dee and

many others both home and abroad. By participating in the Touring Award, he was automatically entered into the FREE DRAW. The prize of a Canoe was donated by Strand Fibre, which was presented to him at Crystal Palace on Sunday 22 February 1987. If you wish to know more about the Touring Award, please send a SAE to Mike Wood, 5 Mill Hill Drive, SANDBACH, Cheshire CV11 0PW.

## SERVICE TO SPORT AWARD 1987

The London Sports Council have this year inaugurated an award for service to Sport. This award sponsored by Cannons Sports Club is awarded in four categories, disabled, womens groups, improving standards and youth. Brin Hughes, leader of Perivale Youth Club and Chairman of the London and South East Region received the award in the youth category for his work with young people in canoeing, which takes place mainly in the borough of Ealing. The award, an engraved cut glass trophy, was presented to Brin at a reception at Cannons Sports Club in London on 25 February,

## BANBURY'S SPORTS PERSONALITIES OF THE YEAR

It is always very encouraging to learn of canoeists receiving recognition from outside the sport. Such was just the case for Andrew Fuller of the Banbury Canoe Club, when in March this year he received "The Banbury Guardian Sports Personality of the Year" award. The presentation was made at the Banbury District Sports Advisory Council Annual Dinner, and acknowledged his achievement in becoming a member of the British Youth Slalom Team.

At the same event, the Junior Team title was awarded to three young ladies of the same canoe club, Jackie Ayre, Rachel Janes and Sarah Shepherd, who won the British Schools canoe Association's Ladies Slalom Championship.

## RECORDS TUMBLE

At this year's International Canoe Exhibition, Colin Hill (aged 16½) from Derwentside, broke his own world record, established last year at Crystal Palace, when he completed 100 handrolls in 2 minutes, 36.2 seconds breaking his old record by 2/10th of a second.

Ray Hudspith (aged 26) also from Derwentside, broke the old record of 1000 rolls in 44 minutes, 7 seconds, previously held by Steve Flint. This was after a false start, when he had reached 80 rolls, he lost his nose clip and had to start again. The following day, Ray set a new target for anyone to challenge, when he completed 100 paddle rolls in 3 minutes 22.7 seconds.

Since the Exhibition, we have learnt that Colin has done it again. On 12 March, at Consett Baths, he attempted the record for 1000 hand rolls and knocked 12 minutes and 12 seconds off the record. Having established an incredible time of 31 minutes and 55 seconds, Colin now has his sights on the continuous rolls record, which currently stands at 1,555.



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## IOC LIMITS CANDIDATE CITIES

Although the members of the International Olympic Committee expressed pleasure at the competition for hosting the 1988 Olympics there was general agreement amongst them that, in future, certain limitations should be placed on the activities and financial commitments of the Candidate Cities. Suggestions from the thirteen cities involved in the 1992 contest will be considered along with those of the Executive Board and proposals will be formulated for presentation to the next session of the International Olympic Committee.

## MIKE JONES AWARD 1987

The Winston Churchill Memorial Trust has awarded this years Mike Jones Fellowship to Mike McDonald for an expedition next October to Nepal. Mike plans to take a team of six paddlers on a long lightweight self-contained descent in remote West Nepal. Up to ten days supplies will be carried in the boats before re-supply, so perhaps lightweight is a relative term. Rotobats are not being considered! Mike has paddled in East Nepal before, where the logistics of such trips are simple – plenty of food on sale, easy transport (buses and porters), and friendly people. West Nepal is likely to be a more serious proposition, with major transport problems, few opportunities for bank support and little food available locally.

Mike feels that experience gained on previous expeditions will be invaluable, including losing his boat, passport, and cash down the Doda river in Zanstear, being abandoned by the team for three days on the Coruh in Turkey, and finishing almost last in the first Arctic Canoe Race. His sense of humour will help too.

The Mike Jones Fellowship is one of some 100 annual Churchill Awards, and is particularly in memory of Dr. Mike Jones who died whilst leading a canoeing expedition to the Braida river in Pakistan. It is available for canoeing projects as diverse as a youth expedition to Zanstear, a Caribbean sea trip, and research into white water safety. Applications are due in August – start planning yours now!

## TRY TRYWERYN 5/6 September 87

The first full weekend of the month, giving the benefit of late summer is the time to take part in the event for all paddlers of varying skills. TRY TRYWERYN is specifically designed to teach, encourage, and develop the white water skills of each and every person, old and young alike. Basically a River Tour, starting below the International Slalom Course and terminating at Bala Town Bridge, TRY TRYWERYN offers the services of instructors at no extra cost, to guide you, advise you and coach you along the four or so miles of continuous grade II water.

For many the TRY TRYWERYN tour is their first taste of white water canoeing – an experience never forgotten. The Touring Committee actively encourages the novice to participate. In fact, this is what the weekend is all about, though it must be

stressed that the Tryweryn is not suitable for the complete beginner in canoeing. With the scenery, abundance of campsites, hotels, B & Bs, cafes, restaurants and the inevitable pubs, the weekend of TRY TRYWERYN makes an ideal mini-holiday. For further information, send SAE 9" x 4" to TRYWERYN TOURS (Dept GW), Studio Four, 8 Birchtree Grove, PERSHORE, Worcs. WR10 1PJ.

## THE 6th INTERNATIONAL SEA KAYAKING SYMPOSIUM 1987 6-8 November 1987

Organised by the Sea Touring Committee of the BCU, this event is open to all with an interest in sea kayaking. The central theme will be expeditions by sea kayak with emphasis on general preparation and equipment. The venue will be the YMCA National Centre, Lakeside, Ulverston, Cumbria, LA12 8BD and the cost of £38.00 includes full board and accommodation and lecture costs.

The AGM of the BCU Sea Touring Committee will be convened on the Saturday evening. Places at the Symposium are limited, so please apply

early (with a £15 deposit) to : 7 Miller Close, NEWPORT, Isle of Wight PO30 5PS.

## SPORTS PSYCHOLOGY CONFERENCE

The two day practical Conference, organised by Audio Expression, will be held at Aston University in Birmingham on 18/19 July 1987. The principle speaker will be Lars-Eric Unestahl. The cost of this residential conference is expected to be in the region of £50 per head. Further details and applications from Audio Expression Business Centre, Moulsham Mill, Parkway, CHELMSFORD, Essex CM2 7PX.

## LOST AND FOUND AT MIKE JONES RALLY

The organisers found a canoe left after this event which has not yet been claimed. A camera lens and a canoe bag have been lost. If you can help, please send an accurate description of any lost and found items to either Llangollen Police Station, LLANGOLLEN, Clywd or Mike Jones Rally, c/o Llanrug Outdoor Centre, Llanrug, CAEMARFON, Gwynedd LL55 4AP. Please write – do not phone.



Yes – even Government Ministers are going canoeing these days! The Education Minister, The Rt. Hon. Kenneth Baker and his family went on a placid water Canadian canoeing holiday, run by Headway Holidays, in Central France during the summer of 1985. After initial lessons, they paddled down the River Creuse for six days as part of a small group. The canoes used were Grumman's (Editors Note: Headway Holidays are at 62a, Beach Road, HARTFORD, Cheshire, CW8 3AB).

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## SAFETY AND RESCUE

Submitted by Tim Palmer of Hinkley, Leicestershire

The idea I am using on my Dancer may be of interest. Later I will describe fitting etc., but it basically consists of an etha foam bulkhead. This bulkhead is located on and around the J and R footrest and its main jobs are:

a) to prevent the central buoyancy from skewing. On a recent trip to the Alps, the buoyancy in an empty kayak skewed, front and back, giving much concern should it have been occupied.

b) to cushion impact on sudden stops in rapids or misjudged seal launching.

We all know that French and German kayaks have bulkhead footrests, with ether foam sandwich or rope to take up the whip. My idea is not as good as these types of footrests, but will uprate a Dancer, cheaply and quickly.

Fitting and construction.

a) Adjust footrest further than normal (approx 2" or 3")

b) Using a card template, get a snug fit to the hull level with the footrest.

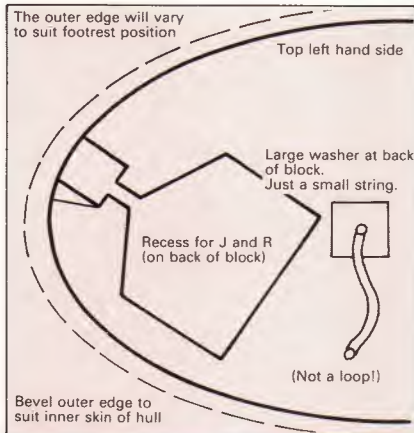
c) Check again, before cutting the ether block to shape.

d) Recess the back of the block to hold the J and R footrest, firmly (with a 3¾" block, recess about 1¼")

e) Put a drain slot at the top of the block.

f) Before fitting, I advise drilling the etha block, threading a string through the hole, adding a large washer and knotting the string, so that the work can be removed.

g) Airbags can be fitted behind the block to uprate it more



## AN OBITUARY TO GWYN EDWARDS

Gwyn Edwards was a very special man and gifted teacher who died during March after a period of ill-health. He was a central pillar of the Whitehall Outdoor Education Centre staff – a quiet and unassuming individual who was rich in respect for his fellow human beings, displaying an inexhaustible capacity for tolerance no matter how uninteresting the stories of others sounded.

I bumped into Gwyn in 1975 during an advanced sea kayak proficiency assessment off the North Yorkshire coast. Conditions were considered 'rough to very rough' – but we still had to go out.

Gwyn's technical skills were most evident; in excess of most of the candidates, and he proceeded to fish the assessor out of the sea after an unsuccessful attempt to roll, in very heavy surf, under the lee of a boulder strewn cliff-bound storm beach. Gwyn thought the sea 'choppy'. He had a reverence and respect for the sea that was both sobering and a source of admiration. His understanding and respect were important ingredients that made the 1977 Spitzbergen expedition such a success and a forerunner of advanced arctic sea kayak adventures.

Gwyn was a man of so few words yet many thoughts; an "aspiring one line specialist" who described the Spitzbergen experience as 'a right old lark' – you just somehow knew it had been serious. He somehow had the capacity to make a serious point more pertinent with his subtle linguistic gymnastics.

Gwyn loved so many things about life, not least of which were the mountains and the sea. He moved in an almost surreptitious way through these places and was a reassuring companion in whom one felt a sense of reliability and predictability. He will not only be remembered by those who were fortunate enough to follow him down a raging alpine river, share a rope dangling off a cliff, sit out at sea and watch the sun sink below the horizon, but by all those who met him. We will dearly miss that calm voice, that gimlet eyed expression and that private little chuckle that so conjured up a man who emanated a zest for life and an inner contentment. Our thoughts go out to his wife Pam and young daughter Mary Jo.

Jon Anderson

## ACCESS TEAM NEWS

Last autumn Eric Totty gave notice that he would like to give up as Treasurer of the Access Committee. The Committee thanked Eric for his long and loyal service, having benefitted greatly from his knowledge and years of experience. Andy Lewis has been elected in his place. There is now a new Regional Access Officer for the London and South East Region in David Moss, who is a Solicitor. He will be assisted by Guy Baker looking after London access matters.

The South West Region has been split into two areas for access purposes. Adam Box has been elected as Regional Access Officer for Devon and Cornwall and it is hoped to have a RAO for Wessex soon.

## PLAS Y BRENIN

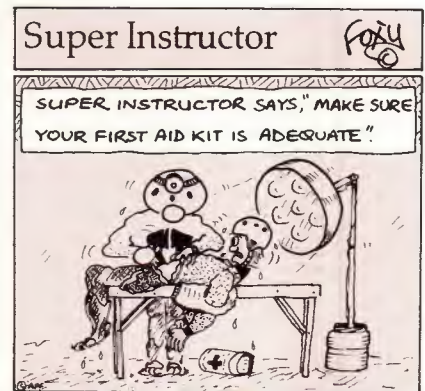
There is a misprint in this centre's brochure for 1987 – the cost of the White Water Safety course should read £25.

## TRYWERYN

All canoeists who use the River Tryweryn are warned that the Irish Bridge is strictly out of bounds until further notice.

## CARNIVAL

Are you coming to Holme Pierrepont over the last Spring Bank Holiday (23-25 May)? If you are free – join us at the BCU Water Carnival. Support the Racing Regatta, Div II Slalom, Polo and Wild Water Racing. Come and Try It, Rafting, and the Massed Paddle, all need 'punters'. Programme and entry forms etc. are available from BCU Headquarters and the BCU Offices at Holme Pierrepont.



## CONFESSIONS OF A KAYAK BUM

by John Kuyser

The first indication that Whit's talk was to be out of the ordinary came with the first few hilarious slides. The zany characters introduced with homemade subtitles gave little indication of the superb photography and professional nature of the rest of the lecture we were to enjoy.

A fascinating insight into the short but profitable cod fishing bonanza in Alaska which Whit uses to earn enough cash to

finance his kayak 'bumming' quickly led into a travelogue ranging from Africa to Japan, from wild river to surf.

Although the talk contained many shots of wildwater kayaking to which we are all now becoming accustomed, they were skilfully mixed in amongst views of the landscape and people of the many countries he has visited. Particularly memorable was his 'fish heads' sequence with appropriate folk song and views of the grotesque soft pink bodies of Walrus in enormous colonies basking in the sun. Not so pleasant were his shots of horrific

pollution in rivers particularly Japan where there seems more rubbish than water.

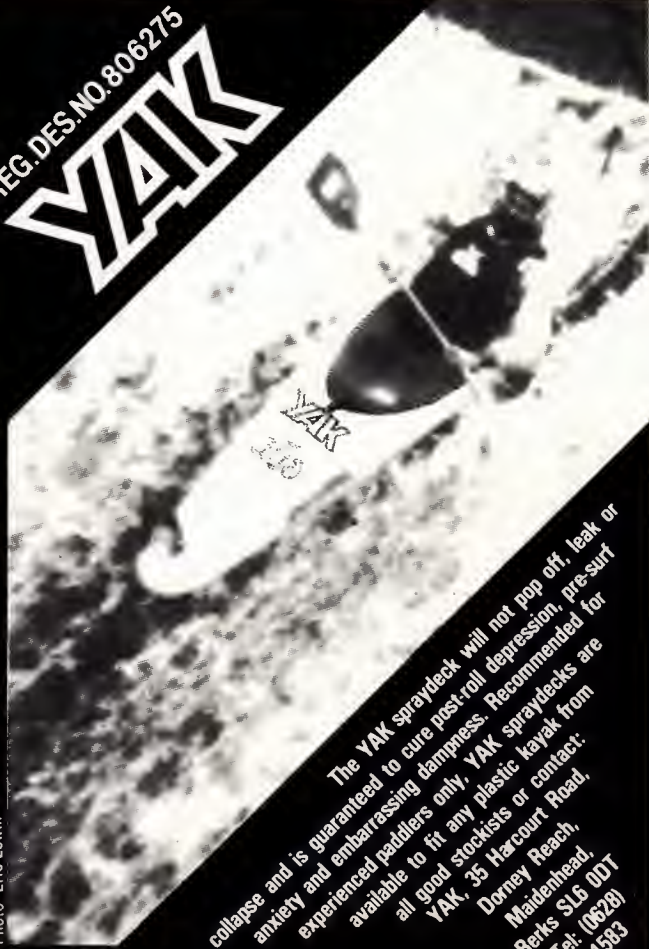
Whit's self denigrating description of himself as a Kayak bum is far from the truth and our brief meeting with him showed a man who is very much in harmony with the environment and the enjoyment of wild rivers and country and a very able paddler.

Although only a small audience had the benefit of this entertaining evening, most of them made their way to the bar afterwards planning how they could break the ties of everyday work to visit some of the places Whit had shown us.

—WHIT DESCHNER

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# YAK



Shaun Baker - World Freetail Record  
Photo - Eric Lewin

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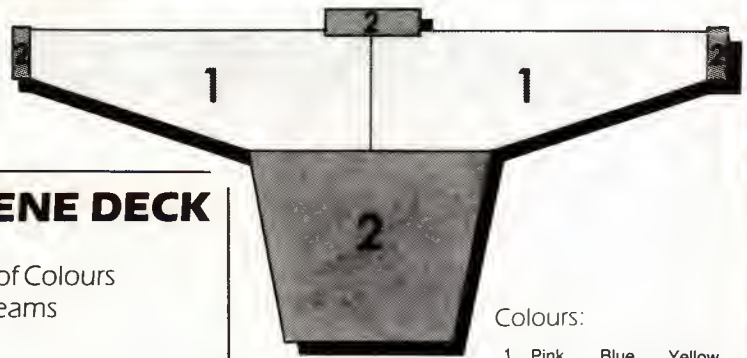
## CLASSIC NEOPRENE DECK

- Full Neoprene
- Available in a Wide Range of Colours
- Blind Stitched and Glued Seams
- Two Body Tube Sizes

# 3

## CHAMPION BOUYANCY AID

- New vibrant colours to match Champion cagoule
- Ultra soft foam
- Neat elastic side adjustment
- B.C.U./B.C.M.A. approved



Colours:

- |        |        |        |
|--------|--------|--------|
| 1 Pink | Blue   | Yellow |
| 2 Blue | Yellow | Pink   |

# SPLASHSPORT

Available from dealers throughout Great Britain

19 Brunswick St., Darwen, Lancs BB3 2AJ. Tel: 0254-75737/71456

Showroom Open Mon - Sat 9 - 5 p.m.



Send for our  
Free Colour Brochure  
and Address of Nearest Stockist

# NG FOR CANOES.

Take to the water with an MI paddle, and you get a distinct feeling. The feeling of power.

Power to manoeuvre, and power to move. Fast.

It's all down to the fact that we pay more attention to blade shape and performance.

Something you'll notice, whether you're going for it in world-class competition with one of our epoxy International paddles.

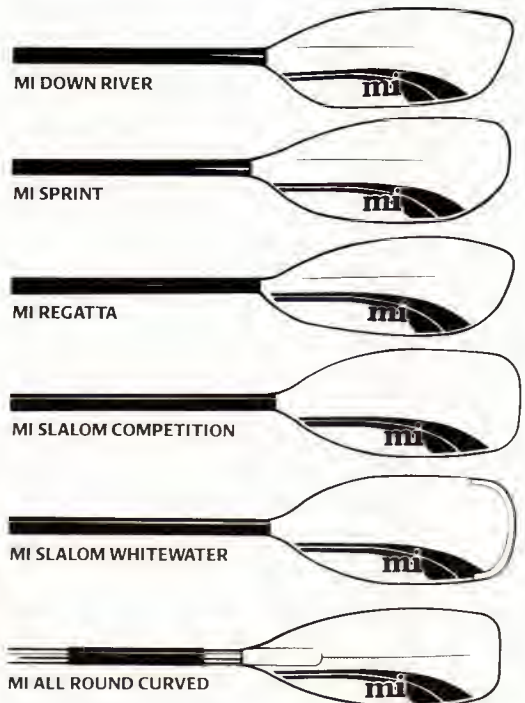
Or just getting to grips with the sport, with one of our ABS All-Round beginners' range.

Or, indeed, anything inbetween. (MI manufacture a full range of paddles, to suit every type of paddler).

For our 1987 product range leaflet, plus the address of your nearest MI stockist, either write to the address below, or phone. MI paddles. All-powerful, for all paddlers.

*The revolutionary MI Freeflow slotted paddle, the most powerful contender in marathon and wild water racing. Just one of the 1987 designs from MI, leaders in paddle technology.*

MI Designs,  
PO Box 6, Newark,  
Nottinghamshire NG24 4TB.  
Tel: (0636) 74886.



THE  
RANGE OF CANOES  
AND KAYAKS  
FOR 1987

**Valetta**

WHITE WATER FUN BOAT



350 cms

**EUROPA**

WHITE WATER, ALL ROUND GENERAL PURPOSE KAYAK



390 cms

**MX 340**

HIGH VOLUME SHORT WHITEWATER BOAT



**Jumper**

BATH TRAINER/POOL BOAT

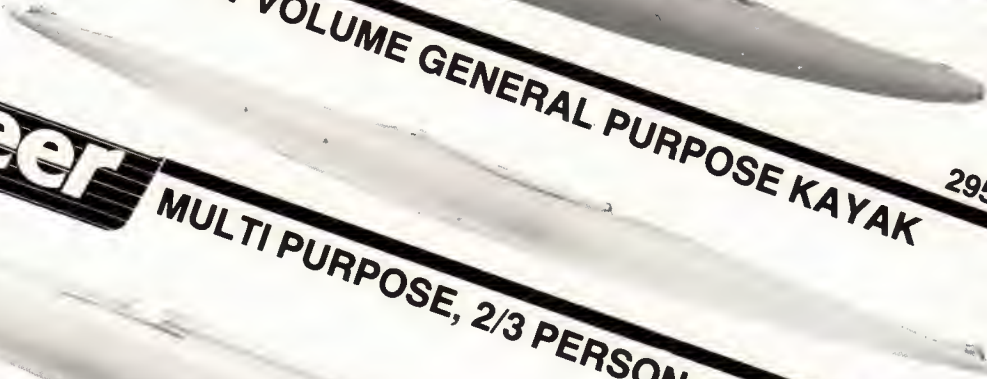


340 cms



**Swing**

LOW VOLUME GENERAL PURPOSE KAYAK



295 cms



**pioneer**

MULTI PURPOSE, 2/3 PERSON CANADIAN CANOE



390 cms

440 cms

ALL ROTOMOULDED  
IN TOUGH HIGH DENSITY,  
ULTRAVIOLET STABILISED, LINEAR  
REPAIRABLE POLYETHYLENE.  
AVAILABLE IN VARIOUS COLOURS.



**ACE**

Contact

**A. C. Canoe Products (Chester) Ltd.**

P.O. Box 62, Chester, England. Tel: (0244) 311711.

for details of your nearest stockist.

# Trade News

## STOLEN FROM CRYSTAL PALACE

P & H had one of their brand new TX-1 slalom kayaks stolen from a canoe trailer outside the National Canoe Exhibition in February. This is actually a proto-type version of the TX-1HV, which is a higher volume design aimed at the heavier paddler. The kayak is instantly recognisable by P & H, with a serial number of 870007. The colour is pink and white.

Anyone with information about this kayak please contact P & H on 0602 320155

## NEW PRODUCTS FROM P & H

### TX1 FOR THE HEAVIER PADDLER

P & H have further developed the TX-1 by launching a higher volume kayak for the heavier paddler. The TX-1 HV will be available in the same colours and constructions as the TX-1.

'No Limits' next to Holme Pierrepont, now stock the TX-1 and have a demonstration model available, bringing the number of demos to six to cope with demand. Anyone wishing to try the TX -1 should call in at P & H or 'No Limits'.

### HOT DOGS FOR SALE

Another new design from P & H is the HOT-DOG, a short highly responsive fun boat. Ideal for white water hot-dogging and great fun on the lake or in the pool.

## AQUASAC – REVIEW BY GUY BAKER

I have been the proud owner of an AQUASAC for over a year now, and was very happy with the way it performed, until I lost the metal seals for the bottom.

You can imagine my delight when I discovered that the range of Aquaman products had been developed. I was quick off the mark and volunteered to test out the entire range.

None of the others use the same sealing system as my original – instead they rely on several folds in the plastic, secured with velcro, plastic zips or plastic poppers. This ensures quick, simple access to the contents. The transparent waterproof wallet is great for showing everyone how much



money you are carrying around with you – not recommended for pubs in South London – but it does keep your money dry!

The JUMBO could be the answer for the sea canoeist who wants to keep his or her map dry on the deck, while the wallet which folds up very neatly and easily, and holds your passport, is similar in size to the AQUASAC. If you want to keep your camera dry then use the AQUASAC, otherwise go for the size that best suits the function for which it is required.

The range is available from BCU Supplies including postage and packing and VAT. JUMBO 35 × 35cms £5.20 (Members); POUCH 16 × 15cms £2.80 (Members); WALLET 28 × 17cms £3.80 (Members); AQUASAC 25 × 15cms £4.75 (Members) and AQUAMAN Walkman Cover £7.90 (Members).

## YAK SPRAYDECKS

YAK is a new company taking its name from the American term 'Yaking', slang for 'Canoeing'. Its first product is a spraydeck designed to overcome the problems associated with using polyethylene kayaks in rough water.

Recommended for experienced paddlers only, the YAK deck relies on an extruded rubber edging to squeeze the neoprene deck against the cockpit rim of the kayak. The result is an exceptionally secure and watertight seal capable of withstanding the harshest conditions.

YAK spraydecks have already been used by Shaun Baker and Allan Barrett to set the World Record in freetail waterfall kayaking and were recently used by Ray Hudspith and Colin Hill to break the world rolling record at Crystal Palace.

Other YAK spraydecks include the 'Kilt', a tartan deck in the worst possible taste; the 'Batdeck', a pool deck with a streamer style seal around the waist; and a deck for the Perception 'Sabre', featuring an extra long body tube to fit the low cockpit, high seat design. The recommended retail price is £27.50 from YAK, 35 Harcourt Road, Dorney Reach, MAIDENHEAD, Berks SL6 0DT (0628 31583).

## RADICAL CHANGE IN 1987 PLAS Y BRENIN COURSES

Plas y Brenin, The National Centre for Mountain Activities at Capel Curig, Snowdonia, has announced significant changes in the format of its courses for 1987.

The majority of the courses which were previously organised on a 7-day basis have been reduced to five days. At the same time a series of 2-day courses have been introduced to enable students to sample the activities which the Centre offers without breaking into their annual holiday entitlements. These week-end courses are particularly aimed at those who have not tried mountain and water sports before.

Special discounts of up to 15% are available to courses block-booked by business organisations which can be tailored to the requirements of the sponsor. Group booking facilities are also offered to universities, colleges and schools.

Dave King commented, 'While Plas y Brenin is recognised as one of the top Centres for the development of mountain activities, we are also very keen to help students of both sexes and of any age to

develop new interests in the sports covered by our courses. This is particularly true during 1987, with our involvement in the 'What's Your Sport' Campaign.

For more information on courses, write or ring the National Centre for Mountain Activities, Plas y Brenin, CAPEL CURIG, Gwynedd LL24 0ET. Tel: Capel Curig (069 04) 214. Booking enquiries: Capel Curig 280.

## HEADING FOR THE ALPS?

If you do head for the Southern French Alps this summer, one river you won't want to miss is the Ubage, which ranges from I-II in the Barcelonnette to Les Thuilles section to grade V-VI in the Gorge after Le Lauzet.

When you explore this valley, which is far less commercial than the Durance you might consider accommodation offered by Michel and Esther Verney. They have a 'camping sauvage' at La Fresquiere by the side of the river where the rapids demands change from IV-V. They also offer hostel accommodation in the village 50 metres from the river.

Contact with the Verneys may be made at Camping les Tourelles, Quartier Ste Marthe, 05200 EMBRUN, Hautes Alpes, France. Telephone 92.43.15.31.

Good paddling.

## NEW MARINE QUALITY SELF-ADHESIVE TAPE



A new water and heat resistant polythene laminated embossed silver cloth with an aggressive adhesive back coating, said to have numerous sealing, protection and temporary repair applications, is introduced to the marine industry by Logosigns (Safety) Limited.

Known as 'Duct-Seal' the product is capable of with-standing temperatures up to 70° and its special adhesive has high strength thick flow characteristics which gives it manoeuvrability, excellent conformity and powerful adhesion.

It is suitable for running repairs on salt, wet, or sun exposed surfaces.

Duct-Seal is 50mm wide × 50 metres long and comes on three inch diameter cores. For full technical information and pricing structure contact: Logosigns (Safety) Limited, Unit 2A, Woodway Farm Estate, Long Crendon, NR. AYLESBURY, Bucks HP18 9EP. (0844 201200).

# Current Trends

## CANOE SCHOOL

### HOLME PIERREPONT

- ★ On Site at Holme Pierrepont.
- ★ Instruction by qualified staff.
- ★ Showers and changing rooms.
- ★ Equipment loan.
- ★ Refreshments.
- ★ Private car park.
- ★ Club facilities.

COURSES FOR INDIVIDUALS, FAMILY AND CLUB  
GROUPS TAILORED TO YOUR LEVEL OF ABILITY.

INSTRUCTION AND CANOE HIRE ON AN HOURLY, DAILY AND WEEKLY BASIS.

Opening Soon  
Book NOW — at

# VALLEY

VALLEY CANOE PRODUCTS LTD, PRIVATE ROAD 4, COLWICK,  
NOTTINGHAM NG4 2JT, ENGLAND. TEL 0602 614995

## AQUASAC Waterproof Bags for all Seasons

IDEAL FOR THE BEACH, BOATING,  
CAMPING, CLIMBING, HIKING, SKIING,  
AND FOR ALL WATERSPORTS.



The AQUASAC range protects valuables from water, sand, dust and rain. Keeping cameras, cash, credit cards, documents, emergency and medical kits, as well as other items of value, or everyday use, safe and dry.

- WATERPROOF
- FLOATS WITH VALUABLES INSIDE
- EASY TO USE
- U.V. & CORROSION RESISTANT
- RESISTANT TO TEMPERATURES RANGING FROM -25 TO 90 CELSIUS

## AQUAMAN

Aquaman (UK) Ltd.,  
1A Broughton Street, London SW8 3QJ.  
Telephone: 01-627 4787/8.  
Telex: 946240 CWEASY G REF 19006115.

### AQUASAC RANGE

	DIMENSIONS IN CMS & INCHES	
	HEIGHT BY WIDTH CMS	INCHES
1. WALLET	28 x 17	11 x 7
2. POUCH	16 x 15	6.5 x 6
3. SUBMERSIBLE (to 10 metres)	25 x 15	10 x 6
4. JUMBO	35 x 35	14 x 14

SUPPLIERS OF EQUIPMENT TO THE MINISTRY OF DEFENCE  
MADE IN THE U.K.



MANUFACTURERS OF  
SPECIALISED WATERPROOF CASINGS  
REPRESENTED IN OVER  
25 COUNTRIES WORLDWIDE

## LAGO LA-02 HEADLAMPS



The LAGO head lamp is ideally suited for Campers, Ramblers, Canoeists, Joggers, Mountaineers, to name but a few.

Designed to keep your hands free, the LAGO headlamp is robust in construction and weighs only 80 grammes. The lamp is powered by 4 x HP7 batteries and comes in either a 3v model to give 13/14 hours endurance or 6/7 hours for the 6v model. It even works when totally immersed.

The light is switched on and focused by rotating the parabolic rim and in the event that the bulb should fail and require replacing, a spare bulb is hidden between the lamp and strap and is well protected from possible damage.

The cost on an individual basis, which includes a protective carrying pouch is £14.99 from Tiger Tools Limited, 12 Springdale, Barkham Wood, WOKINGHAM, Berks RG11 4RZ

## NEW DESIGNS FOR CAR ROOFS



Fapa, the manufacturer, has used Italian excellence in design to produce a comprehensive roof transport system that looks good on the car and is easy to use.

Canoe enthusiasts are particularly well catered for with a kit that carries most types of canoe. Several kits can be fitted to bars which carry up to 100kg and are available in 125, 145 and 170cm width sizes.

If you want to protect both canoe and carrier bars from being stolen, there are locking bolts available. These lock the bar to the roof when substituted for the bar's tightening bolts, and can also lock down the load when used in conjunction with the steel cable which is also part of the range.

Large wing nuts and bolts mean no tools are required for assembling and adjusting most of the equipment. Fitting the bars only takes a couple of minutes and transferring them from one car to another is also quickly done.

Accessories in the range can be fitted to any make of carrier bar. Fapa's own bars can take loads of up to 100kg, and have kits

available for fitting to any type of vehicle whether it's a modern car without rain gutters, an estate with factory fitted roof bars, or a high roofed van, as well as the standard car which has gutters.

A colour brochure illustrating all Fapa products has been produced. The complete range is available from Sedan Accessories, Bone Lane, NEWBURY, Berkshire RG14 5TD (0635 44796).

## A SOUND IDEA FOR HAPPY HOLIDAYS



There's a sound idea for making the most of your holiday abroad this year from language experts Linguaphone with their exciting new Travel Pack. This unique kit contains not only a language cassette, dictionary and a map, but also a second cassette with tourist information, and fun-to-use 'panic cards' - for the stickiest of situations!

The dictionary is specially produced for Linguaphone by Collins Gem and is a handy pocket-size. And this practical pack also contains a full colour touring map which is produced to a large scale (1:1,000,000) to help you plan excursions in detail.

Most novel are the 52 panic cards - designed as an emergency aid - which can be used verbally or visually by holding up the card.

The Linguaphone Travel Pack - ideal for use in a car or on a personal stereo - is full of information to help you explore a country or simply to order another gin and tonic! It costs just £9.95 and is available from April onwards in French, German, Italian and Spanish from leading newsagents and bookshops around the country.

## WILL DROWN JOINS WATER SAFETY COMPANY

Crewsaver Marine Equipment, Britain's largest manufacturer of lifejackets and buoyancy aids and part of the Valor Home and leisure group have appointed a new sales representative. His name? Will Drown!

Taking full responsibility Managing Director, Roger Estcourt says 'I've a sinking feeling that we will have trouble living this one down! All joking aside though this is not a publicity stunt. Will has the experience and background we were looking for and I think that he will do well'.

Will who is 28 and comes from Bedfordshire was selected from 19 other candidates who applied for the position.

'I'm sure I'll get a bit of flannel from the Chandlers' says Will. 'But it will break the ice and at least they won't forget my name'.

And when asked if he might be 'all at sea' or 'out of depth' in his new role, Will Drown just smiles and says 'I'll either sink or swim'.

## PRO-SPORT SUPPORT PRODUCTS



The ProSport range of sports products is specially designed to help reduce the risk of such injuries and to protect weakened joints during sports and exercise activity.

ProSport manufacturers, Seton, have invested heavily in the development of a technically superior, high quality product which at the same time looks good and is comfortable to wear.

The key products - the knee, ankle, elbow, wrist supports and athletic/cricket supports - are made from a unique elasticated fabric which is hygienic and easy to wash, and does not slip.

ProSport sports support products are available from chemists and sports equipment shops throughout the UK. Prices range from £2.95 for knee and ankle supports.

## AQUA-MARINE TO DISTRIBUTE CITIZEN MINI-LCD TV



The Citizen PTV is a miniature, battery powered television which is ideally suited to outdoor use. The latest LCD technology means that the picture actually improves in daylight: the lighter the day, the brighter the image. The PTV can also be used indoors and a backlight unit is available which enables viewing even in total darkness.

Two models of the Citizen PTV are being marketed through Aqua-Marine. The O6TA has a 2.5 inch screen and measures just 120mm by 70mm while the O8TA features a 3.5 inch screen and built-in FM stereo radio. Even the O8TA measures just 147mm by 85mm - about the size of a wallet or purse.

Both models have built-in speakers. In addition, the more compact O6TA is supplied with an earphone while the O8TA comes with a full stereo headset. A carrying case is also included with both models.

The power source for both PTV's is a set of four, standard AAA 1.5v batteries which gives 10-15 hours of battery life. Ask your chandler or contact Aqua-Marine direct, on Southampton (0703) 694949.

STOP PRESS.....  
PALM RIDER: NEAL PEAK FINISHES  
2nd In U.K. WAVE SKI RANKINGS

Following Palms success throughout Hawaii & Europe we have Developed:

- New Polyethylene Wave Patrol 8' 6" Fun Ski.*
- New Guns Pro's 7' 2" & 7' 4" Wave Ski.*
- New Premier Sprint IV Slalom Kayak.*
- New Competition 2000 Bouyance Aid.*
- New Neoprene Spray Deck.*
- New Euro Cag 2000.*



“87

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Dealer Enquiries to:

PALM HARBOUR ROAD PORTISHEAD BRISTOL 0272 842740

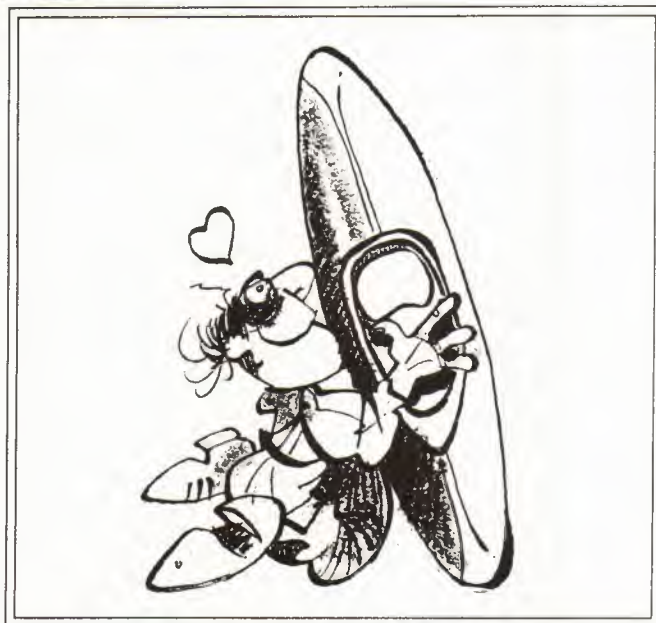
# BCU SUPPLIES

A COMPREHENSIVE RANGE  
OF ACCESSORIES FOR  
ALL CANOESPORT

Valid until August 1987

## MEMBERS ONLY - LOGO DESIGN

	Non-Members Prices	Members Prices
<b>BCU01 Card Organiser.</b> Blue with silver logo design, holds membership card and up to five other credit/business cards.	N/A	1.00
<b>BCU02 1987/Diary.</b> Wallet design, blue with silver logo, incorporates 1987 Diary/Year Planner, large pocket compartment for personal notes and two credit/business cards.	N/A	1.30
<b>BCU03 1987 Year Planner Insert.</b> Year Planner only. For use with 1987 diary wallet.	N/A	.80
<b>BCU04 Key Ring.</b> Leather, blue with silver logo design, holds several keys.	N/A	.85
<b>BCU05 Members' Sew On Badge.</b> Oval shaped cloth members' badge, blue logo and edging on white background, colourfast.	N/A	.99
<b>BCU06 Blazer Badge.</b> Square cloth badge for blazers, embroidered logo in silver, black background.	N/A	1.50
<b>BCU07 Members' Tie.</b> Navy blue with two diagonal stripes and logo depicted in white, machine washable.	N/A	3.45
<b>BCU08 Tie Pin/Lapel Badge.</b> Stick pin suitable for ties or lapels, blue logo on silver coloured metal disc.	N/A	.90
<b>NEW</b>		
<b>BCU17 Darts Case.</b> In blue leather with BCU logo.	2.95	2.25
<b>NEW</b>		
<b>BCU16 Hip Flask.</b> Smart 4oz flask, blue leather outer with BCU heraldic emblem in gold.	12.50	10.50
<b>BCU09 Canoe Lock.</b> Tough plastic coated cabling for securing canoe and paddle(s) on roof rack or to a fixed point e.g. tree. Approved to the standard required to validate BCU Membership insurance.	5.95	4.95
<b>BCU14 Keepsafe.</b> Brightly coloured water-tight cylinder, screw-top, can be conveniently worn around the neck. Colours:- dayglo orange, dayglo pink, yellow, red, royal blue, white, green.	1.80	1.50
<b>FOR CADETS</b>		
<b>BCU10 Smurf Canoeist.</b> For collectors and canoeists alike, this appealing model comes complete with canoe, paddle and safety helmet.	1.75	1.50
<b>NEW</b>		
<b>BCU15 Coffee Mug Set.</b> 4 strong, stackable plastic mugs for hot or cold drinks anywhere. Permanently labelled according to rank (Captain, 1st Mate, Cabin boy, Crew). Dishwasher safe.	5.45	4.95
<b>BCU11 Cadet Badge.</b> Round cloth badge for cadets, pictures smurf canoeist in colour on a white background, colourfast.	N/A	.50
<b>BCU12 'I ♥ Canoeists' Button Badge.</b> Two colour design on white background, 1" in diameter.	.30	.20
<b>BCU13 'I do it ... with the British Canoe Union' Button Badge.</b> Blue lettering on a white background. 1" in diameter.	.30	.20
<b>STATIONERY</b>		
<b>STA02 First Day Cover.</b> From 'Canoe '81', souvenir or collector's item, from Nottingham.	.60	.49
<b>STA03 Greetings Card.</b> "Shooting the Rapids" colourful print of the Mattawa River, blank for special messages.	.80	.65



	Non-Members Prices	Members Prices
<b>STA06 Licence/ID Sticker Holder.</b> This clear plastic, self-adhesive envelope enables the transfer of your sticker between your boats. One required for each boat.	N/A	.35
<b>STA07 Exhibition Postcard.</b> Colourful scene depicting the Canoe Exhibition at Crystal Palace.	.15	.10
<b>NEW</b>		
<b>STA08 Pendant Pen.</b> Ballpoint pen with a handy rope for wearing round your neck with BCU logo top.	1.30	1.15
<b>NEW</b>		
<b>STA09 Pencil Rubber.</b> BCU logo in blue.	.40	.30
<b>GUIDES AND MAPS</b>		
<b>BRITISH ISLES</b>		
<b>GAM01 Guide to the Waterways of the British Isles.</b>	4.50	3.50
<b>GAM02 Canoeists' Map of UK Rivers &amp; Beaches.</b> This map is free with the Guide to the Waterways of the British Isles.	2.00	1.50
<b>GAM27 Where to Launch Your Boat.</b> Ordnance Survey Leisure Guides.	3.95	3.15
<b>GAM03 North; GAM04 South; GAM05 Central.</b>	5.50	5.35
<b>GAM30 Ordnance Survey River Thames Guide.</b>	5.50	5.35
<b>GAM29 A Scottish White Water.</b>	3.50	2.50
<b>GAM28 A Canoe Guide to Northern Ireland.</b>	2.95	2.25
<b>GAM06 North West Region Guide.</b> Loose leaf edition.	2.00	1.25
<b>GAM07 Canoeists' Eastern Region Map and Guide.</b>	2.25	1.85
<b>GAM08 Lake District White Water Guide.</b>	2.25	1.85
<b>GAM09 North Wales Wild Water Guide</b>	Temp. Unavailable	
<b>GAM10 Broadlands Map.</b>	1.25	1.00
<b>GAM11 River Thames Map. Lechlade to Richmond.</b>	2.40	1.95
<b>GAM12 River Severn Map.</b>	.95	.75
<b>GAM13 Canoeists' Guide to the River Wye.</b>	Temp. Unavailable	
<b>GAM14 River Wye Map.</b>	.95	.75
<b>NEW</b>		
<b>GAM31 Holme Pierrepont Users Guide.</b>	2.20	2.00
<b>GAM32 Guide to the Rivers of the West Midlands.</b>	3.50	2.50

## GUIDES AND MAPS Cont'd.

	Non-Members Prices	Members Prices
<b>OVERSEAS</b>		
GAM15 Austrian & Bavarian River Guide.	7.00	5.50
GAM16 Alpine White Water Guide.	3.35	2.70
GAM17 French River Notes.	.50	.30
GAM18 Canoeists' Map of French Rivers. French text.	4.50	3.60
GAM19 River Lot Guide. Source to Capdenac. French text.	3.50	2.75
GAM26 River Lot Guide. Aiguillan Valley, French text.	3.50	2.75
GAM20 River Allier Guide. French text.	3.50	2.75
GAM21 River Eyre and Leyre Guide. French text.	3.50	2.75
GAM22 River Dordogne Guide. French text.	5.00	4.00
GAM23 River Célé Guide. French text.	3.50	2.75
GAM24 River Charente Guide. French text.	.30	.20
GAM25 River Yonne Guide. French text.	.30	.20

## STICKERS

STK01 'I Love Canoeing' Sticker. Strip design 215 mm x 45 mm, for windows, red heart, blue letters.	.50	.40
STK02 'God Went Canoeing' Sticker. Wording reads '...and on the seventh day God went Canoeing' strip design 185 mm x 70 mm, self- adhesive reverse, three colour canoeist.	.50	.40
STK03 'Go Canoe a Kayak' Sticker. Strip design 185 mm x 70 mm, for applying to windows, three colour depicting a canoeist.	.50	.40
STK05 'I'd Rather Be Canoeing' Sticker. Strip design 310 mm x 45 mm for windows, red and white.	.50	.40
STK06 'Oceans are Free' Sticker. Strip design 310 mm x 70 mm, self-adhesive finish on reverse, sea canoeist silhouette, three colours.	.50	.40
STK07 GB Car Sticker. Bumper type for trips overseas with 'GB' in black and smaller 'I'd Rather be Canoeing' in red.	.65	.55
STK08 'I do it ... with the BCU' Sticker. Circular design, 100 mm diameter, black and yellow, for windows.	.50	.40
STK09 Union Jack Sticker. Circular design, 100 mm diameter, Union Jack and BCU logo, for windows.	.50	.40
STK10 Graphic Surfer Sticker. Strip design 185 mm x 70 mm, self-adhesive finish on reverse. Features graphic silhouette of a paddle surfer, four colours.	.50	.40

## GET INTO GEAR

CLO01 Competition Cag. Lightweight with Scotsguard proofing and PU coated, velcro strap cuffs and collar fastener, elasticated waist and sleeve ends, striking red and royal blue with contrasting stripe, BCU Members' badge sewn on. Sizes:- S, M, L.	14.99	13.99
CLO02 Recreation Cag. Lightweight waterproof top with drawstring hood, velcro strap cuffs and neck fastener, elasticated waist and sleeves ends, red and royal blue with contrasting stripe. BCU Members' badge sewn on. Sizes:- S, M, L.	14.99	13.99
CLO03 Overtrousers. Lightweight, waterproof trousers elasticated waist, zipped pocket, ample leg width and length, royal blue to match cags. Sizes:- S, M, L.	9.40	8.45
CLO06 Thermal Paddlemitts. These mitts., in red to match our cags, have a fibrepile lining ensuring maximum warmth and comfort, even when wet.	9.50	8.50
CLO04 Holdall. Large, lightweight, waterproof sausage-bag style holdall, reinforced seams, sturdy zipper, tag and ring at each end, royal blue and red to match cags. Members badge sewn on.	9.50	8.50
CLO07 Canoeing Helmet. By 'Wild-Water' in high impact polypropylene, its foam lining enabling alteration to create a personal fit. Colours:- royal blue or red.	19.00	17.65
CLO18 Slalom Helmet. As above but especially developed for Slalom and rough water canoeing. In white with colourful trim.	19.00	17.65

## GET INTO GEAR Cont'd

	Non-Members Prices	Members Prices
<b>WATERPROOF 'SACS'.</b> This range protects valuables from water, sand, dust and rain - keeping cameras, cash, credit cards, documents, emergency kits etc. safe and dry.		
<b>NEW</b> CLO34 'Pouch' 160 mm x 150 mm, adjustable cord.	3.80	2.80
<b>NEW</b> CLO35 'Wallet' 280 mm x 170 mm, adjustable cord.	4.80	3.80
CLO36 'Aguasac'. Completely water-proof valuables' bag. 250mm x 150 mm, adjustable cord.	5.25	4.75
<b>NEW</b> CLO15 'Jumbo' 350 mm x 350 mm, adjustable cord.	6.20	5.20
CLO16 'Aquaman'. For personal stereos - also floats.	8.90	7.90
CLO10 Green Slime's Personal Throwbag. Developed by Pete Knowles the bag contains 15 m 8 mm of polypropylene rope and comes with explicit instruction on its safe use in every situation.	17.85	16.85
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## ACCESS AT THE AGM AND AFTER

There were two motions at the AGM involving access matters. The first (motion 5) was passed. Thereupon the second was withdrawn. At its meeting immediately following the AGM the Council instructed the Access Committee to come to the June 1987 meeting with proposals for carrying out the intention of motion 5. The Committee met at the end of March and having considered the objectives carefully is now planning efficient moves designed to win the necessary support for the access cause. Two recent practical examples were the Union's representation at the Action for Access Seminar at the Recreational Management Seminar, and the submission to the Countryside Commission for their report "Recreation 2000". It is hoped to cover these topics more fully in a later issue.

Back to the AGM - one speaker complained about what the BCU is not doing! He would do well to face the reality that what he and members like him are not prepared to do, will probably not be done. Access workers are right in the firing line from all sides. Let us hope that unselfish members will continue to come forward to help with this vital task. The BCU central organisation gives the lead but does not have the resources to do all the work itself.

## ACCESS SYMPOSIUM

Not only is there a need for a large team of access workers, but they must also be well briefed. Colin Kempson is organising a symposium at Olney, near Milton Keynes, on the weekend 24/25 October 1987. Local Access Officers should contact their Regional Access Officer who will be arranging groups to attend from their respective Regions.

## ACCESS IN SCOTLAND

By Mary Conacher,  
National Access Officer for Scotland

The law in Scotland is different from that of England, so consequently the access problem has not reached the proportions of England. In order to avoid this happening and resulting in pressure group activities arising out of frustration, let us pay attention to a few facts.

Sport is for ALL and this includes fishermen who pay very large sums of money to enjoy their sport. We believe we have the right of navigation on most Scottish rivers - however this does not mean we may cross private land to reach the river. This is where agreements have to be made.

In many places, public roads, rights of way, and bridges help us to reach these rivers. Information on Scottish waters can be obtained in various ways:

- contacting the Headquarters of the Scottish Canoe Association (SCA) at 18 Ainslie Place, EDINBURGH EH3 6AU. Tel: 031-226 4401

- the Scottish River Guide obtainable from the above address (BCU members £1.00, SCA Members - free)
- "Scottish White Water" by Philip Todd and Ian Lochhead (£2.50 plus 50p postage)
- details of River Advisers (called Local Access Officers in England) are shown in the SCA Yearbook.
- Coastal Information Sheets covering the West Coast from Stranraer to Skye are available free of charge from the SCA Headquarters.

Always bear in mind the fact that Rivers can change from a Grade II to IV in a matter of hours under spate or snow melt conditions, or even a change of wind direction. Lochs in Scotland unless designated Bird Sanctuaries are canoeable provided access over land can be obtained. Let us all enjoy our own sport with consideration to others to enjoy theirs also.

If you have any queries, please contact the Scottish Access Committee via me, at 81 Dundee Road, West Ferry, DUNDEE (Tel: 0382-76021).

## PRESSURE GROUPS

Pressure groups spring up when active people become dissatisfied with things as they are. Then through frustration and impatience, they lose confidence in democratic policy making and in the ability of the democratic process to achieve goals at acceptable speed. Some readers will know that a pressure group has appeared in the canoeing world calling itself the Campaign for River Access for Canoes and Kayaks - CRACK. It uses an accommodation address and is led by someone with the pseudonym 'Rob Roy'.

The British Canoe Union has no connection with this pressure group and does not support it in any way. It was recorded at the November 1986 meeting of the BCU Access Committee that the Union would continue to disassociate itself from the activities of CRACK. This is why CANOE FOCUS has not carried any information about this group. This statement is now made to reinforce the BCU's official position in relation to this pressure group.

As reported in the last issue of CANOE FOCUS the BCU reviewed its access policy during 1986 through the normal democratic processes and the Council decided to maintain its direction with a few specific additions to methods of implementation. Alternative policies were considered but they did not secure majority support and were not adopted. In the longer term we continue to seek a change in the law. In the short term the policy is still to gain more access to private water through permissive agreements. The BCU is drawing up a strategy to increase public support for our cause through lobbying and publicity at national and local level. This is aimed to create the atmosphere in which we can hope to make more progress towards both the above objectives.

Many who seek to oppose canoeists regard the pressure group incorrectly as being the BCU in disguise. They use this fake perception to justify their continuing refusal to come to the table to talk to canoeists about access. The anglers, with a few exceptions, had established their unwillingness to discuss agreements long before CRACK appeared on the scene. An outside observer would no doubt be

surprised that a similar group had not appeared earlier. As already stated, the BCU position is clear. It must also be clear to all those whose help and whose co-operation we need. It is important that all officers and members of the BCU work within this policy. The BCU does not support CRACK. The BCU does not, and will not, support any criminal activity.

## YORKSHIRE CANALS

Certain commercial waterways were excluded from the BCU/BWB canal licence agreement for safety reasons. However, the following lengths of canal in Yorkshire are able to be used by members:

- Rotherham Lock to Sheffield Basin on the Sheffield and South. Yorkshire Navigation.
- The Stainforth and Keadby Canal to Bramwith.
- Fall Ings Lock, Wakefield to Sowerby Bridge on the Calder and Hebble Navigation.
- The Huddersfield Broad Canal.
- Cottingwith to Coats Bridge on the Pocklington Canal.
- The Ripon Canal and Rive Ure downstream to Swale Nab.
- The Selby Canal.

As a result of discussions, the BWB is prepared to make occasional relaxations by special arrangement, on the ban to canoeing on the following commercial waterways for organised events at weekends:

- Goole to Leeds Lock and Castleford to Fall Ings Lock Tail,
- Wakefield on the Aire and Calder Navigation.
- The New Junction Canal, which connects the Sheffield and South Yorkshire Navigation.

In the interests of safety, the BWB require that all canoeists wear a life jacket or a buoyancy aid and that all groups should be accompanied by an instructor or experienced canoeist.

For further information, and these special arrangements, please contact the Local Access Officer for the Yorkshire commercial canals - Peter Taylor, at 150 Balne Lane, WAKEFIELD, West Yorkshire WF2 0DN.

## ACCESS POLICY

The access policy printed in the last issue of CANOE FOCUS has subsequently received Council's approval on 24 Jan 1987. Copies of the full policy are obtainable from BCU Headquarters on receipt of 9" x 4" sae.

## UPPER WYE

The BCU is still in negotiation at solicitor level with a view to securing a satisfactory agreement to canoe the Upper Wye with the co-operation of riparian and fishing interests. The BCU is concerned lest unreasonable action on either side might prejudice the chances of an agreement. Members should always contact the Local Access Officer for advice on the up-to-date situation before canoeing the river. The position is developing continually. Send a SAE to Local Access Officer, Chris Charters, Worlds End Lodge, Staunton-on-Wye, Hereford HR4 7NF for the latest information

## Dear Focus...

### BRIDGE OF OYKEL

*Dear Focus,*

I have just received my copy of the February issue of CANOE FOCUS and noticed with growing interest that there was an obituary to a canoeist who died in Scotland while paddling a river without sufficient information about the rapids upon it.

I am not here going to criticize the lack of investigation before shooting the rapids as I think this illustrates a lesson to us all when in a group and under the influence of the excitement of paddling new and big water.

I will however suggest that the writer who advises us that everything possible was done to try and save poor Stewart even risking the lives of the would be rescuers but did not advise us of the cause of death. The possible reasons for Stewart's death on paddling over the fall which the author and other members of the group appear to have negotiated successfully and also the methods by which they tried to rescue the dying canoeist could have done better service to whitewater canoeists by amplifying the account to include the above information.

I feel that this information would be of more use to the increasing number of whitewater canoeists than the negative information that "somebody died here". I hope that this letter if it is published does not detract from the feeling of sympathy that must be felt by all whitewater canoeists towards Stewart's family and all those in the group who obviously knew Stewart very well.

**Alan Chappell**  
**Griffin Canoe Club, Cardiff**

*The author, Jerry Tracey replies:*

I would like to stress that this incident involved an advanced group on a trip which had the expressed purpose of seeking out and exploring new whitewater rivers. All were aware of the risks in such an undertaking. We did not attempt a 'blind' descent, but we tragically mistook the lead-in to a fall for the start of a section of rapids which we had surveyed carefully.

The cause of Stewart's death was drowning. Head injury and consequent cerebral haemorrhage were significant factors. Rescue methods attempted were canoeist to swimmer, then swimmer to struggling swimmer and finally swimmer to unconscious person. All were in very rough and boulder-strewn water.

Owing to our not expecting a large fall at this particular spot, no static rescue cover had been deployed. This was thus a multiple-incident, with all of us in trouble of one form or another. Several successful rescues were performed by other members of the party, simultaneously with attempts to recover and resuscitate Stewart.

I would like to thank Alan on behalf of Stewart's family for his expression of sympathy and I hope that the above will help to answer his questions.

*Dear Focus,*

It was sad to read about the canoeist Stewart Griffiths who died whilst canoeing

on the River Oykel in Sutherland. But in the story 'Tragedy at Bridge of Oykel' the author did mention that they were in fact the first to paddle over the Shin Falls on the day previous to the tragedy. I would like to point out that they were not the first to shoot the falls of Shin. In June 1985, five members of Ross-Shire Canoe Club along with five canoeists from Newcastle University, canoed over the falls, but we do not claim to have been the first either - only that we might have been.

**William McCluskey**  
**Ross-Shire Canoe Club**

### TOURING

*Dear Focus,*

In reply to Vince Wells's letter in the last edition, may I be permitted to make a few comments. Firstly I'm pleased to note that Vince and his group enjoyed the weekend, and to assure him that the section of river used is 'officially' grade II, with, of course, the exception of Bala Falls.

**Item 1:**

Yes, checks were made to ensure that all paddlers had paid their dues, and that they were displaying the 'sticker', but I must disagree with Vince when he states 'no checks were made to ensure that all paddlers were BCU members. There are two levels of charges on both Tryweryn Tours (May and September), and unless a current membership card is produced, the paddler is charged the non-member rate. I would like to add that the need to make continual checks along the river, for the non-paying paddlers, known better as 'pirates', is, in my mind, absolutely appalling. Not only is it a tremendous strain on the voluntary organisers, but it seems inconceivable that a small number of individuals take great delight in purposely setting out to avoid paying their dues. These paddlers, when approached, come up with the most fantastic excuses. One man in particular, with tears in his eyes, told me that he was out of work, had cadged a lift to the venue, and was absolutely broke. That night I saw the same man, in one of the local pubs, buying a round of drinks for his mates, and openly boasting, 'how he had conned his way onto the Tour'. No need to mention what happened next day!

I personally consider that the 'pirate' is robbing their fellow paddler, and for this reason the Touring Committee has taken very stringent precautions to eradicate the 'pirates' of the future.

**Item 2:**

I sympathise with the observation, but honestly, can anyone moan about a fee of £5 for a full weekend's canoeing, including free camping. Especially when any other time of the year the cost is £3 per day per member on a normally restricted part of the river.

With regards to the impression of a fortune being made, I would like to point out that the Tours are completely self-financing, and that no monies from membership funds are used. In fact, a point that may be worth noting is that the BCU Touring Committee start each financial year well and truly under budget. Thanks to the tireless efforts and total dedication of the

voluntary workers the Committee is able to achieve its yearly targets.

**Item 3:**

As far as I am aware, this in fact is already catered for, in the BCU Yearbook. I cannot miss this opportunity to recruit more staff for the Tours. In order to 'run' the events successfully it takes a great deal of manpower, and womanpower, and we are always seeking help from new marshals. You don't have to be a member of the BCU, nor do you have to be a paddler. In fact, 40% of our existing marshals fall into this category. We need people to direct traffic, issue stickers, etc, thus leaving the more qualified to concentrate on the river activity. So, come on all you Mums, Dads, girlfriends and boyfriends, wives and husbands, help us to help the paddlers.

**Bryan L. Ward**  
**Chairman BCU Touring Committee**

### LONGRIDGE

*Dear Focus,*

As you may be aware, The Scout Association is considering selling Longridge, the National Scout Boating Centre at Marlow. To this end they submitted a planning application for the erection of two houses and the alteration of the boathouse to form a third residence. This was refused by the Royal Borough of Windsor and Maidenhead on the grounds that the site is within the Green Belt. The Scout Association has appealed against the decision to the Department of the Environment and a public inquiry is to be held sometime this summer.

If you have enjoyed the superb facilities that Longridge offers and agree that it should remain open for future generations of canoeists, then you can help influence the outcome of the planning inquiry by writing, as soon as possible, to The Department of the Environment, Room 1506, Tollgate House, Houlton Street, Bristol, BS2 9DJ, quoting reference APP/DO325/A186/0450, expressing your views. If sufficient people write, then it may be possible to influence the appeal and Longridge can remain as a boating centre serving young people in the future.

**John Slater,**  
**Reading, Berks.**

### HUMOROUS STORIES PLEASE

*Dear Focus,*

Over the next twelve to eighteen months it is my intention to collect together humorous stories with a strong canoeing theme. I then intend to compile a small book very much along the lines of "Worse Things Happen At Sea" (which is available from RNLI and is highly recommended).

My aim is to raise money for the RNLI and the BCU. The proceeds from sales will be split between these two bodies. So, if you have ever been given a cheeky wave or have served a mug of hot tea to a lone canoeist in a force 6 or have any humorous anecdotes, then please do drop me a line, at 123 Abbey View, Garston, Nr. Watford, Herts WD2 4RZ.

**K. Snape**  
**Garston, Hertfordshire.**

## MEDICAL INSURANCE

*Dear Focus,*

I, like many of my fellow BCU colleagues, was disgusted to open my issue of CANOE FOCUS and find literature dropping into my lap for private health care. We in Britain are fortunate in still having an excellent National Health Service, with a private service catering for a minority of more lucrative treatments as a sort of appendage.

Whenever canoeists are involved in accidents the NHS emergency services will usually give a prompt and efficient response and treatment. Similarly for private health care patients who develop chronic illnesses or suffer complications in their course of treatment, the NHS service is then called in by the private sector to take over. If this country continues to flirt with private health care we could end up with canoeists having to haggle on the riverbank over whether their credit rating is good enough for them to be conveyed to hospital for treatment.

Could I ask what benefit the BCU was supposed to derive from this advertising service and was the move approved by elected BCU officials.

**Dave Siddall,**  
**Ennerdale, Cumbria.**

*Dear Focus,*

What is the BCU doing arranging private medical insurance? The growth of private medical schemes can only lead to a deterioration of the public National Health Service on which most of us depend. The BCU has no place promoting such schemes. Let's concentrate on negotiating access to canoeing waters, not access to the top of the hospital waiting list.

**Alastair Clark,**  
**Hertford, Herts.**

## WE DIDN'T KNOW WE WERE WANTED

*Dear Focus,*

I write in response to the report, Marathon Grand Prix Series in the December edition of Canoe Focus. There are a fast growing number of marathon C2 paddlers, but few are involved in the marathon racing scheme or local races. But we do turn out for races such as DW, Trans Pennine, all the Descent Races in force! Did you know that in the last three years, English crews have won the C2 class in the International Liffey Descent, have been placed 2nd in the International Sella Descent in Spain, and have won once and been placed third twice in the International Arctic Canoe race. Of course all of these races gave us a C2 class.

I would like to express my thoughts as to why we didn't know we were wanted.

1. Nobody asked us.
2. The local Hasler events organisers generally don't give us a class and make us race K2s.
3. The few who do, dump all the Sprint, Marathon and Touring C2s in one class over one distance, usually eight miles. The Sprint boats over these short distances almost always win, Marathon boats only come into their own over longer distances, and the Touring boats don't stand a chance.

It has been suggested that the present divisional system should help – it doesn't. C2s can't go higher than Div. 3, which means the longer distance are not open to us. We then have to race against K2s which in the same division should always beat us because ICF ruling on boat design restricts the speed of our boats. We can only win a race in the lower divisions taking pots off the kids.

What is really needed in this country is a separate divisional system based on boat design. Initially 3 classes until numbers grow I would suggest the following:  
ICF (high kneeling) sprint C2  
ICF (sit style) marathon (MC2)  
C2 touring all canoes under 18 feet

We will then see a further growth and obtain a depth of ability throughout the C2 classes. The paddlers might then buy the year book and know when selection races are held. And perhaps it can be explained just who can turn up to a selection event.

**Colin Broadway,**  
**Leicester.**

*Jim Rossiter, Marathon Team Manager, replies:*

There are two areas for comment – National and International. On the National front, the Marathon Committee have noted the development of the marathon canoe (as specified by the ICF) in this country. They wish to encourage this development.

To this end, Hasler race organisers are encouraged in the 1987 season to offer two separate races, outside the Divisional System, for Marathon C2s. A six mile course for the recreational boat, and 12 mile for the serious racing craft. The early season events at the Tonbridge and Wey Clubs are to include these classes, and we hope others will follow. Experiences gained this season will be a pointer towards future developments.

It should be appreciated that the weekly Hasler events are organised and run on a set pattern for good reasons. The distances used for each division are considered to be the most suitable for the standard and strengths of the competitors. The organisers are required to run the nine divisions to create an equal standard of competition across the country.

In the World Cup and Grand Prix events, the number of nations entering the canoe events is much less than in the kayak classes. It would appear that only those with the highest standard of canoeing competitors choose to make entries. There are signs however, that standards and entries are on the increase.

In Great Britain, we have, up to now, relied totally on our established international standard canoeists, who number about six, to compete for us at the major events. When some of these have not been available, it has resulted in us being unable to enter one or other of the classes. In 1986, this was the reason why we lost the Grand Prix Series and World Cup team trophies.

The Marathon Committee have advanced their views on entries for the canoe events. They are now prepared to consider entries for the C1 and C2 events from both the high kneeling and marathon canoes. Selection will be based on results at the nominated selection events. All serious canoeists who feel confident at being able to perform well over the 40+km international courses are encouraged to take part in these selection events.

I hope the Marathon canoeists are encouraged by my reply, and will now reach out and buy their Year Book.

## LOADING OF CANOES

*Dear Focus,*

As a pedal cyclist may I remind owners of K2s in particular that the law rightly requires overhanging loads of 3½ feet or more on vehicles to be *clearly* marked, and illuminated during darkness. Recently I came face to face with an aluminium rudder projecting 7 feet off the back of a rusty banger in Poole, Dorset. Needless to say it was not marked and I'm lucky not to look like Van Gogh. Road conditions in towns and cities are worsening and cyclists have a difficult enough job avoiding potholes than to have to look out for hazards offering a free lobotomy as well. Please *clearly* mark the overhanging ends.

**N. Sonntag,**  
**Southampton, Hants.**

*Dear Focus,*

I feel I must draw the attention of the BCU to unfortunate risks that can go along with the carrying of kayaks on car roofs. If any form of traffic accident or dispute occurs, it appears that the presence of such an unusual load, although properly and safely secured to a rack, can be used to distort the true facts. I recently lost a case of this nature following a traffic incident where the presence of the kayak was a total irrelevance. Members may care to be extra vigilant for this reason.

I would also point out potential legal difficulties with such loads on the continent. For example, in Holland, there must be no front overhang, and back overhang must not exceed the wheelbase of the car. Thus, to carry a sea kayak on a Metro may be to commit a traffic offence. I have not had a problem as yet, but one should beware.

**L. Carrick-Smith,**  
**Clowne, Derbyshire.**

## CHURCHILL FELLOWSHIP HELPS WRITE ANOTHER BOOK

*Dear Focus,*

With the success of my first book on 'Canoe Games' I decided to write another one on City Adventures, Land and Water Activities. This book is nearly finished. I have just been awarded one of the Sir Winston Churchill Travelling Fellowships that anyone can apply for, to study abroad. I will be travelling to New York, Mexico and Jamaica for ten weeks to observe young people playing and using their local environment in a creative and adventurous way. I have set up visits to a series of water and land based centres for able bodied people and those with disabilities.

Anyone who is interested in the Sir Winston Churchill Trust needs to apply in September each year. They will need to send for a form and if further advice is required they are welcome to ring me on 01-272 0356.

**Dave Ruse (Churchill Fellow '87)**  
**Islington, London.**

*Editor's Note:* Full details of the Travelling Fellowships that Dave mentioned were published in Edition No. 47 of CANOE FOCUS.

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# Warming up (and down)

by Brian Greenaway,  
Assistant Director of Coaching

Warming up prior to physical activity is important for two reasons. Firstly in competition it helps performance and secondly it can help prevent injury. The latter point is just as important for recreational paddling as it is for competitive paddlers.

Warming up should consist of two phases – land and water preparation. On land the warm up should consist mainly of passive stretching exercises to mobilise the joints, tendons and muscles that you are about to use. Highly recommended is Bob Anderson's book 'stretching' which is stocked by BCU Supplies, a worthwhile investment for everyone. It has clear diagrams of which stretches are good for particular muscle groups and a clear text explains how to do them correctly.

Stretching not only prevents injury, it also develops flexibility. Often poor technique is due to poor flexibility.

The object of the warm up on the water is to get the working muscles warm and so enhance their metabolism. This is done with either long steady state efforts or very short intense efforts of 10-15 seconds. What must be avoided is effort of an anaerobic nature, ie intensive efforts of between 20-60 seconds. These efforts produce lactic acid. Starting a competition with an elevated blood lactate level is detrimental to performance. Most paddlers do their paddling warm up 20 to 30 minutes prior to the start of a competition. However there are individual differences dependant on personal experience. Older paddlers seem to take longer. The shorter and more intense an event the longer the warm up required. On very long races like the Devizes/Westminster the warm up should in fact be the first couple of miles of the race itself. If you have an easy heat or competition and you are not going to have to exert yourself to the maximum then you will not have to do such a hard warm up. The warmer the weather the less you will need to do. On a cold or windy day wear extra clothing and remove it just prior to the

start of the event. If you do too vigorous a warm up on a very hot day you will actually overheat and suffer a decrease in competitive performance.

It must be remembered that if you spend too much effort on warming up and you have several bouts of competition in one day you may well be in danger of depleting the store of glucose in the muscles. For high intensity effort glucose is the only fuel. If you run out your performance will drop off greatly as the body has to use fat instead. Remember to eat complex carbohydrate during the competition to top up your muscle stores.

Finally for short competitive events of 1-4 minutes duration, the warm down is as important as the warming up. In a short intense bout of competition lactic acid accumulates in the working muscle. An active warm down ie steady state paddling of about 10 minutes will remove this lactate from the muscles into the blood hence to the liver and kidneys where it is absorbed and subsequently disposed. With an active recovery, lactate levels will return to normal in about one hour. With no warm down it will take over two hours. All this applies equally to training as it does to actual competition.



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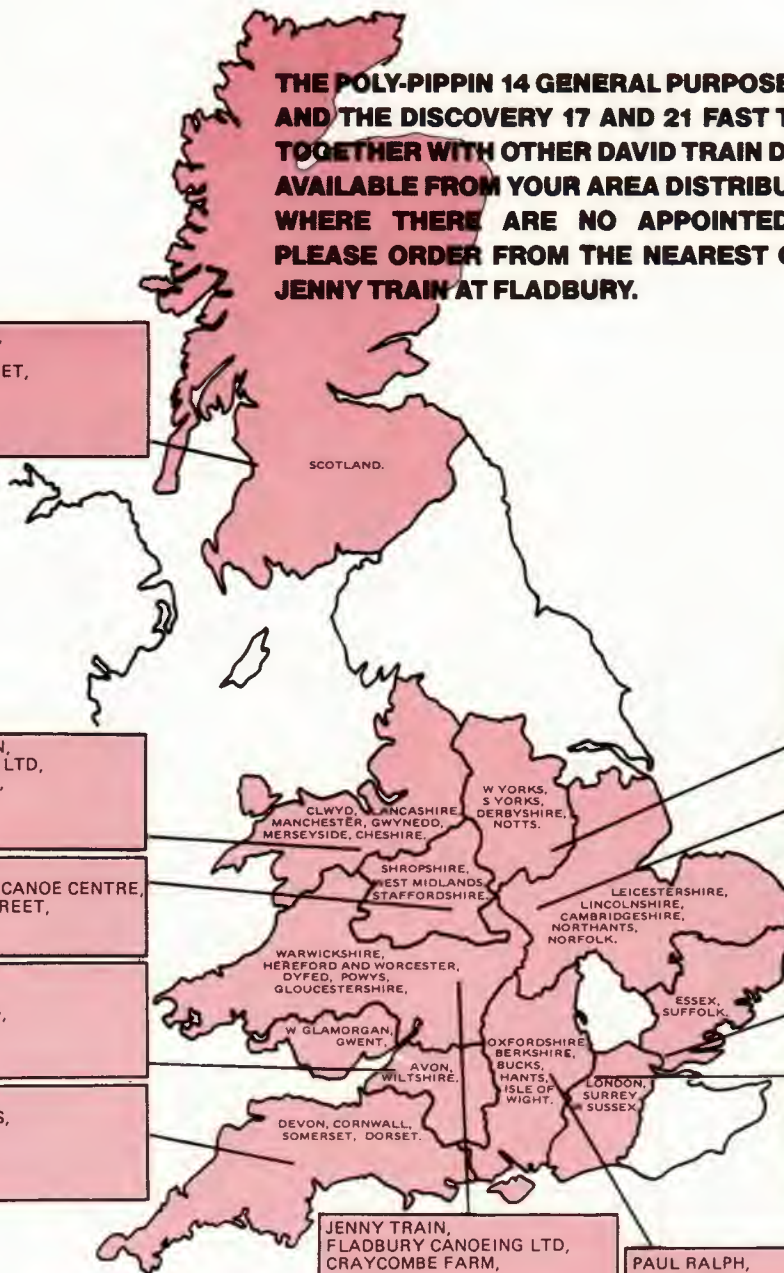
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## Regional Roundup

### EAST MIDLANDS

#### Regional Hasler Events and Contacts

June 7th, Nottingham, G. Oliver, 10 Wordsworth Road, Nottingham.

July 26th, Derby, B. Pratt, 565 Stenson Road, Littleover, Derby.

August 16th, Burton, W. Lawrenson, 9 Malvern Street, Burton-on-Trent.

#### Club Challenge 28th June 1987

Teams of four competing in the four disciplines of slalom, sprint, polo and marathon using the same boats throughout. There will also be trade stands and a social barbecue. Come and prove that your club is the best.

Contact: Keith Hampton, 52 Gwendolin Avenue, Birstall, Leicester.

#### East Midlands Water Festival 8/9th August at Holme Pierrepont

This is 'a weekend aimed at the family, canoeists and non-canoeists. There are many exciting events planned:

Trade stands, hot-dogging, rolling competition, coaching, pony rides, inflatable castle, play park, come and try it sessions and much, much more.

For further information contact: G. Wardle, 39 Heatherbrook Road, Anstey Heights, Leicester.

### Out Now

Em stickers, handbooks and river guides. Also there are Em Slalom Clinics in '87. Contact Keith Hampton as above.

Congratulations to the East Midlands C2 Marathon Teams who dominated this year's Devizes to Westminster Canoe Race.

### LONDON AND SOUTH EAST

#### Placid Water Weekend

Placid Water Trainer Course – Placid Water Senior Instructor conversion (from Inland Senior Instructor) – Have-a-Go at placid water canoeing. All these opportunities are available at the Royal Victoria Dock, London, over the weekend of 20/21 June. For further details please contact Paul Kilham on 01-947 4894 or Paul Wilson on 01-511 2326.

#### Working with the Disabled

A course for instructors and helpers who want to work in canoeing with disabled people will be based at Shadwell Basin in London on 13/14 June. For further details please telephone Guy Baker on 01-853 2644 or write to BCU Headquarters.

#### Staff Vacancies

Are you a senior instructor in the London area who would be interested in teaching canoeing during the summer? There are several vacancies for day, evening and weekend work. There are also a number of opportunities for Instructors or Trainee Instructors to help out on various have-a-go weekends. For further details contact Guy Baker on 01-853 2644.

### SOUTH WEST

#### New Club

Fowey River Canoe Club, Secretary – B. J. Timbrell, 72 Tregonissey Road, St Austell, Cornwall PL25 4DL.

Most of the membership has come from the former Racing section of the St Austell Canoe Club. The reason for the separation of the clubs was because of administrative problems of running a club from two separate locations. The club will run its activities from Golant on the River Fowey and will provide racing, marathon and touring canoeing as its main aims. The organisation of the annual River Fowey Marathon in October will be taken over by the club.

#### Regional Sea and Surf Weekend – 15/16 August 1987

Based at the Beach Campsite, Croyde Bay. For information and details contact: Nigel Hampton, Bath 317951.

#### Coaching Award

Please note that the Senior Instructor Training and Assessment at Axmouth on 9/10 May has had to be cancelled due to the closure of facilities. Sea Proficiency will take place on Saturday 9th May, applications to: Pippins Centre, Lyme Road, Axminster, Devon.

#### Club Focus

Editor – Peter Lacey, Pippins Centre, Lyme Road, Axminster, Devon. Send information of regional interest for inclusion. We have space allocated so we should make use of it. Copy deadlines – August issue: 10th July, November issue: 10th October.

## CALENDAR AMENDMENTS

### Touring events (Yearbook – page 51)

Jan 19 - 21	River Wye Open Canadian Tour Mornington to Ross	W	13
Jul 29 - 11	Walsall College Canoe Club Open event Camp at Anslie, Nr. Pembroke Touring at Milford Haven, Surfing at Freshwater West plus full programme	WM	05
Oct 31	River Ribble – Edisford Bridge to Balderstone 12½ miles – generally grade II	NW	09
Nov 14	River Dane/Macclesfield Canal – Congleton 9 miles circular – generally grade I – II (Replaces tour shown as 26 Sept)	NW	09
Add: 13	Mrs. W. Pattinson, c/o 6 Snapps Close, Wroughton, SWINDON, Wilts. SN4 0RN.		

### Marathon events (Yearbook – page 66)

Jun 7	Fladbury (Revised date)	WM.H 04
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### Surfing events (Yearbook – page 82)

May 30 – 31	Lindisfarne (Yearbook – page 82)	13
Add: 13	G. Turner, Briarside, Stations Road, CROMLINGTON, Northumberland NE73 9NE,	

### Holme Pierrepont White Water Slalom Course

May 16-17  
June 6-7  
13-14  
November 14-15  
21-22  
December 5-6  
12-13

The course is available FREE to members from 0800-1000 and 1200-1400 on the following dates, which are booked for national squad training.

For the May and June dates the Course will also be available from 1600 at the normal sessional rates.

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If this consists of a straight line of stitching, rather than an M pattern, the buoyancy aid should be returned to Wild Water for modification at the manufacturer's expense.

### INSTRUCTORS REQUIRED

Qualified Canoeing/Ski-ing Instructors required for activities programme in French Alps for the summer. For further information please write with CV to Ski-Val Ltd., 91 Wembley Park Drive, Middlesex HA9 8HF.

### RESULTS: Devizes – Westminster

**Senior K2:** 1 R Belcher, G Dresser (Royal/Addlington) 16h6m; 2 A Hall, R Thurogood (Harlow/Newham) 17h37m; 3 Mr and Mrs H Freeman (Hereford) 18h28m (also 1st Veterans, Mixed Crew and Home-Built).

**Team:** 1 Gillingham CC 58h14m; 2 Windsor CC 60h20m; 3 Royal Engineers 'B' 61h55m.

**Ladies:** 1 T Vanderburgh, E Wijarood (Holland) 25h58m. **Canoe:** 1 G Oliver, K Young (Nottingham) 21h42m.

**Junior K2:** 1 M Boxshall, J Elliot (Reading Leighton Park); 2 S Dark, M Escott (Bradford on Avon); 3 D Alberto, G Adams (Elmbridge/Royal).

**Senior K1:** 1 D Coulson (Bryanstone School); 2 J Day (Bradford on Avon – 1st Veteran).

**1st Lady:** C Belcher (Addlington).

### BASS WEAVER MARATHON – DATE CHANGE

(Race is now on 26 July (was 21 June).

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# POST-VIRAL FATIGUE SYNDROME

by Dr Peter Verow, a member of the BCU Medical Advisory Panel

How would you feel if you were exhausted by the effort of going for a short walk or even standing for a prolonged time (such as doing the ironing)? For the average person these symptoms would be most frustrating but to the athlete/canoer they can be devastating. Unable to achieve a mere fraction of their previous exercise level the canoer will eventually go to their family doctor looking for help.

Extreme tiredness may be a symptom of many medical conditions, however the condition of Post-Viral Fatigue Syndrome (or Myalgic Encephalomyelitis in medical terms), is not universally accepted amongst the medical profession and is only gradually gaining respectability as a diagnosis.

As the name suggests Post-Viral Fatigue Syndrome results from the after effects of a virus, the majority of cases appearing to be related to one particular group of viruses which are responsible for a variety of symptoms from sore throat to diarrhoea and even polio (although any virus may be implicated). Whilst the symptoms are diverse, the predominant one is the profound tiredness as mentioned above. In addition to this tiredness there may be muscular aching and mental symptoms such as difficulty in concentrating, poor short term memory with the use of 'wrong words', deterioration of reading vision and a need to get out of bed on several occasions during the night to pass urine. The condition may run a prolonged course from months to years with periods when the symptoms wax and wane but always eventually resolving. It would appear that women are affected more often than men and often in the age bracket late teens to early thirties.

The diverse nature of the symptoms together with a lack of a confirmatory laboratory tests has led to a difficulty in the doctor making a definite diagnosis. This has resulted in many frustrated patients passing from one doctor to another in an effort to find the cause of the problem. In the end many patients are labelled neurotic, depressed or hypochondriacal with an even greater

feeling of despair.

Post-Viral Fatigue Syndrome is not a new condition. An outbreak of an obscure illness in 1955 at the Royal Free Hospital in London resulted in 290 people suffering from symptoms similar to those already described. At the time, the outbreak was called Royal Free Disease and there is still debate today whether an infection or hysteria was the underlying cause. Many similar outbreaks and other reports from General Practitioners in Scotland have supported an infective cause to the problem but the laboratory tests to confirm the causative factor were not conclusive. There is therefore still much research to be undertaken before the final answer is found but an increasing number of doctors are taking note of this syndrome. The effects of glandular fever and the experiences of doctors looking after sportsmen have convinced me of the prolonged medical consequences of a viral infection and the likelihood of this condition being much commoner than previously imagined.

Unfortunately, there is no proven effective remedy to P.F.S., however recognition is important in order to give adequate advice, and prevent the frustrated sufferer from endlessly searching for an answer. It is also of some benefit to know that this is a relatively common problem and it is not purely psychological.

With regard to advice it is important to remember a number of factors: 1. The condition will eventually resolve without any permanent results. 2. Exercise or stress is likely to aggravate the symptoms and therefore as difficult as it might be for the active individual - rest is the most appropriate treatment. 3. Maintain a regular balanced diet. 4. Avoid late nights and temperature extremes.

My experiences with this problem have also altered my views on exercising in the presence of a virus. I, like many other athletes used to try and "run off" a cold, and only refrain from exercise if a temperature was present. I would now strongly advise not to undertake any competitive or strenuous exercise (especially endurance) whilst suffering from the effects of a virus. I do not feel that the possible consequences of such an action justify the risks.

## JUBILEE CANOEING FOUNDATION

by Donald Bean, Honorary Secretary

This fund has recently been established with the object of providing a permanent fund from which grants can be made, mainly towards the provision of facilities which will enable and encourage young people to take part in canoeing, by making available buildings or equipment, courses, coaches, research opportunities, or any other necessary benefits that are exclusively charitable, as the trustees may from time to time decide.

The Foundation needs additional funds, enabling the capital to be progressively built up so that it can more readily meet more of the demands likely to be made on it.

The Foundation is a registered charity, which confers substantial tax benefits both on the Foundation and on donors who contribute, whether under a Deed of Covenant (minimum four-year period) or under the new payroll deduction scheme (The 'Give As You Earn' Scheme) being authorised by the Government for implementation from not earlier than April, 1987.

Under the new 'Give As You Earn'

Scheme, where an employer is prepared to run a payroll giving scheme, employees will be able to donate a fixed amount each week or month to the charity or charities of their choice, and have these amounts deducted from their pay at source, with automatic tax relief given through the pay packet. Employers will pass the donations to the clearing houses which will distribute the donations to the chosen charities. The payroll giving scheme is completely voluntary - no employer will be obliged to set up a scheme, and no employee will be obliged to join in. The Chancellor of the Exchequer has however expressed the hope that people will make the most of the scheme, and he has indicated that it is now up to Charities to encourage them to do so.

The maximum deductions under the new payroll scheme are £120 per annum before tax relief, which would result in a net cost to the employee of only £87.60 per annum based on a standard rate of tax of 27%. No minimum weekly/monthly deduction has been laid down.

Where the employer provides these 'Give As You Earn' payroll deduction facilities, employees will be able to nominate the Charity, or Charities, of their choice (under the main scheme it is likely that an employee may nominate up to eight

individual charities), and in so doing BCU members are urged to bear in mind the needs of the BCU's JUBILEE CANOEING FOUNDATION (Registered Charity No, 294464). Further details will be published as they become available, but in the meantime do please bear the interests and needs of the Jubilee Canoeing Foundation in mind when considering nomination of Charities under schemes available from your employers. Income received by the Foundation under this scheme will form an additional and welcome source of funds, and support from employees having the 'Give As You Earn' facilities available to them is solicited.

It should be mentioned that the 'Give As You Earn' scheme is quite separate from and additional to the Covenant scheme, which, to enable a Charity to recover tax, normally needs to be for a minimum period of four years. Details of and forms relating to, the Covenant Scheme, are available on request from BCU Headquarters.

Our wealthier members may also be interested to know that outright gifts to Charities are not liable to inheritance tax, so any bequest in their will to the Jubilee Canoeing Foundation will be exempt for any payment of death duties on the amount involved.

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# Competition

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## CRYSTAL PALACE RESULTS

The results of the various competitions held at the International Canoe Exhibition in February were as follows:

### Pool Slalom Competition

Mens K1	Ladies K1
1 Russ Smith	Liz Sharman
2 Andrew Wronski	Gail Allen
3 Mervyn Jones	Helen Marnett

### C1

1 Bob Dorman
2 Mark Delaney
3 Pete Bell

### C2

1 Chris Arrowsmith/Paul Brain
2 Andrew Smith/Mike Smith
3 Andrew Clough/Iain Clough

### National Knockout Polo Competition

#### Winners

Open	St. Albans
Ladies	Mutineers
Youth	Luton 'A'

### Superstars

Mens	Ladies
1 Russ Smith	Cynthia Berry
2 Ivan Lawler	Gail Allen
3= Dave Williams	Karen Davis
Robin Belcher	

Full and interesting reports of the competitions were submitted, but it is regretted that lack of space in this issue precludes a detailed write up.

## SPORTS AID

Following after the announcement in the last issue of CANOE FOCUS, we have now learnt that Jeremy West, dual gold medalist in last year's World Championships, has been awarded a Minet Award for Olympic Excellence. The grant, part of a £1½ million Olympic sponsorship by Minet Holdings, the major city insurance broking firm, is to assist him with training and travelling expenses in his preparation for next year's Olympic Games in Seoul.



Suzy Perrett at a special reception given by British Aerospace on behalf of the Sports Aid Trust



Liz Sharman, receiving a cheque from Richard Carpenter of Bridge Marketing Support Services, of Southall in Middx, at the International Canoe Exhibition. This is to help Liz with her preparation in America prior to this year's World Slalom Championships in Bourg St. Maurice in July.

## WORLD CANOE SAILING CHAMPIONSHIP COMES TO BRITAIN

In August this year, Great Britain will be hosting the world's canoe sailors, when the World Championships will be staged at Plymouth in Devon. The opening ceremony will be on Saturday 15 August at Queen Anne's Battery. Racing starts on Sunday and takes place every day until Friday 21 August. Special arrangements afloat have been made for spectators to watch the racing.

Further details can be obtained from Peter Wells, 55 Arnison Road, EAST MOLESEY, Surrey KT8 9JR or Chris Eyre, Herne House, Laburnum Grove, REEPHAM, Norwich, Norfolk NR10 4LR.

# PLYMOUTH



Photo: British Aerospace

# THE INSURANCE CLAIM

by E.B. Seeman

Last summer, I battled it out with the mosquitos on Walker Lake in Alaska. One hundred miles north of the Arctic Circle, in the centre of the Alaskan Brooke Range in the wilderness, no roads, no houses, no shops, just my folding kayak and the junior fishing rod. Since I was a little low on grub, having lost most of it when my kayak capsized earlier on a rapid, entirely due to my own carelessness, it was a case of having to fish at 1.00 am when, in these latitudes, it is still broad daylight.

My Gortex tent was close to the shore, the remains of my food in a sack tied to a high branch of a tree, well down-wind from the little tent. Leaving all safe, I paddled into the big lake, looking for a fish which was

determined to bite the hook, in spite of my fishing incompetence.

Then way down the deserted lake shore, I saw this cuddly little shape of a grizzly foraging in the bush. A little later I returned still in daylight, with two graylings who had obviously put a suicide pact into effect by biting unexpectedly my hook in quick succession. Heady with my fishing success, I paddled back, and walked from the kayak to the tent. Then I could feel my heart racing and my throat closing. The top of the tent was torn by what was unmistakably the paw of a bear. My clothes and camping gear on the bushes, torn, with bits all over the place. I did a rapid turn, dived into the kayak, and paddled at a speed which could

have qualified me for the Olympics. Ignoring the fact that the grizzly could, if interested, outswim me anytime. Hours later, I returned timidly to collect my bits, and to spend a sleepless night, or what was left of it, on the opposite side of the big lake.

When, on my return, I furtively informed my Insurance Company of my mishap, their reaction was dramatic: "Just go out and get yourself the best replacement tent, and don't worry about the cost". My personal Insurance Company's generosity, without inquisition, was so far unheard of. Weeks later I knew why, when I saw the Insurance Company with it's heading: "EVEN IF A GRIZZLY TEARS YOUR HOUSE APART, WITH US YOU ARE COVERED"!!

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YELLOW and white junior slalom kayak excellent condition £65 ono. Tel: Byfleet (09323) 45080.

P&H ICEFLOE sea kayak; orange deck/white hull, full expedition kit includes: bulkheads and hatches, pump, recessed deck fittings, deck lines and elastics, spare paddles and neoprene spray cover. Good conditions and value at £235. Tel: Draycott (03317) 3119.

GAYBO FUNA £90. Gaybo Sanna £110. Both GP type slalom kayaks, strong construction, suitable for surf. Clare Allan. Tel: Ambleside (0966) 33415.

W.W.R. KAYAK – Gaybo built interceptor Sprint 4. Offers around £25. 'CUB' KAYAK would suit young beginner. Can supply paddles etc. Offers around £30. LIFEMASTER Life Jacket – as new £15. Contact: Graham. Tel: 01-366 0301 – North London.

RED ROTOBAT – white water spec. 9 months old. £95 ono with deck. Very good condition for money. Can sell other kit if needed. Tel: evenings 01-868 7571.

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NORTH SHORE Hydra GP Boat. Diolen Hull, used only one weekend. £100. APACHE GP Boat. Good condition. £60. APOLLO marathon boat. Good condition. £70. Tel: WANTAGE (02357) 3258 or 65920.

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RACING Kayaks. Glass Glider-K2, three Cherokee K2s, Mirage-K2, Class 4-K2, two K1s, offers (0895) 637496.

WWR Mach II - Reasonable condition. £60 Tel: 01-833 3858.

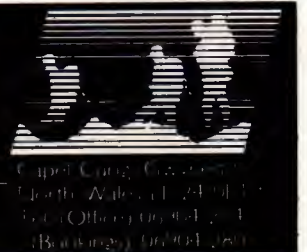
CANOE EQUIPMENT as a complete unit to suit 10 persons, crash helmets/life jackets/paddles/spraydecks/ trailer and cover. 1 Swift canoe 9 KW7 – Tel: Martin Fenn on 049 269 217, all for £1000.

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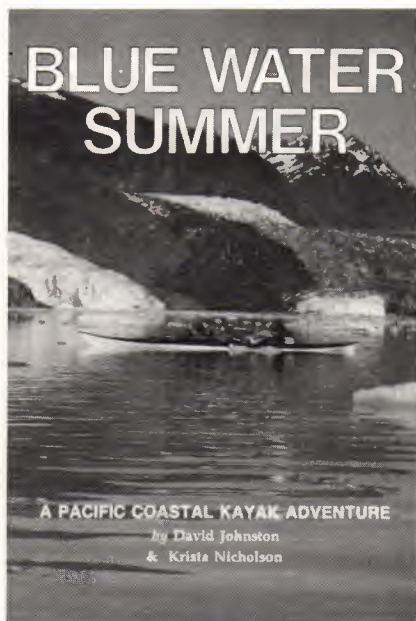
CLIMBING : CANOEING : SKIING : ORIENTEERING



## Book Review

### BLUE WATER SUMMER

by David Johnston and Krista Nicholson



ISBN 0 9511842 02

Published by Orca Publications, 35 Ide Cane, Alphington, Exeter, Devon. Available from BCU Supplies at £4.20 (members) £5.20 (non-members) both prices inclusive of postage and packing.

Reviewed by Geoff Good

The journey took 147 days from April until September 1985. David Johnston and Krista Nicholson paddled 1,600 miles of Pacific coast from Vancouver, Canada to Juneau in Alaska. They encountered the self-contained fisher and other folk who maintain a living in that isolated area, besides killer whales, hump backs, seals, sea lions and other species, and the occasional bear.

Although both were outward bound instructors neither David nor Krista had any previous experience of sea canoeing. Study of John Ramwell's book seems to have guided them through, although one cannot help but wonder why two outdoor pursuits instructors should not have obtained at least some practical guidance to avoid the obvious pitfalls before setting out. They were well into the journey, for instance, before discovering that asymmetric paddles were being used the wrong way round!

The account is very readable and full of interest, reflecting the many moods of extended sea paddling, including the inevitable monotony of the hard flog, or periods of foul weather. The reward comes from the unique encounters with wild life, dramatic conditions, and spectacular vistas of which the study of glaciers, and witnessing the calving of icebergs, forms a significant part.

A variety of home-spun and other observations are made – but can a bear's acute sense of smell really enable it to identify the contents of an unopened can of food?

### SNOWDONIA WHITE WATER SEA AND SURF

By Terry Storry

Available from BCU Supplies

Reviewed by Phil Blain

Before reading this guide, I spent time thinking on what it should offer the canoeist in terms of information and motivation. A follow-up to the original by Hargreaves and Storry, there is plenty of information in it which also includes sea trips, plus some rivers not included previously.

An important feature had to be motivation. I should want to go and canoe the rivers after a mouth watering read in anticipation of rapids to come, and fully explore a beautiful North Wales Coast. However, I also wanted adventure. I didn't want to be told how to canoe the river or plan my trip. A blow by blow account was most unnecessary. That would detract from the pioneering spirit of our sport.

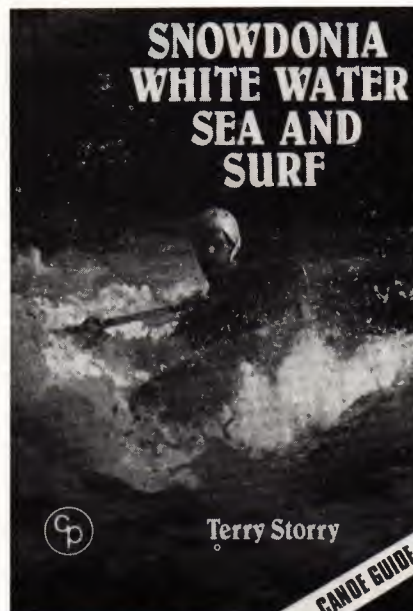
Has it succeeded? Having canoed all the rivers in the guide, plus explored much of our coastline, I think it has, kindling ambitions of canoeing all the stretches not included, or thought impracticable in the book. People new to the area will, I am sure, feel the same spirit for the trips in the guide, awakened by the precise notes and a good mixture of photographs – something lacking in the original guide. Whether or not this makes the price of the publication fair is open to debate. I felt the quality of the maps was poor, and not always immediately obvious and relevant. OS maps are a must for the river, and especially the sea trips.

The guide contains much more than information on the particular rivers, and Terry launches into a new grading system. A tricky situation to deal with. Rivers can alter during a trip, let alone over a few days. What may be a pleasant paddle one day could be a raging froth the next, especially on the mountain streams. However you interpret a grading system, and Terry makes a good effort here, the most important is a simple two-tier method called YES and NO, and no guide can substitute for personal judgement.

Terry makes important points of comparison. But can the Dee – a grade IVd – compare with the Wrion, which also has a IVd section, but unlike the Dee which does have larger calmer sections between the major rapids, the Wrion has over a kilometre of continuous grade IV rapid – a pretty lengthy swim if parted from your canoe. No system can be perfect, but Terry has given us something to think about. However, please let's not end up like climbers and have a grade for everything.

This also applies to naming rapids. What might have been an epic for Terry (or Jim) – for instance 'Hargreaves folly' – may be easy for others. By naming a rapid, it prejudices the difficulties to be encountered, something not in keeping with the adventure of our sport – an Americanism not required. Personally I would have preferred the old system of grading 1-6 open ended, no pre-judgement, and plenty to talk about in the pub afterwards!

The sea trips make an interesting addition to the old guide, and mean that if river condition do not allow, then the choice of the sea makes a pleasant change. Much information is included here. Trips, surf beaches and tidal movements for white



water gives any visiting paddler plenty of options. Hard bitten sea paddlers probably won't appreciate the guide – they thrive on their own planning. I enjoyed the section on birds. Perhaps the same for the fauna of rivers would have been nice.

Whatever people think of this guide it will obviously prove popular. Let us, however, not forget that part of the pleasure of our sport is adventure. Let us not lose that feeling with pull-out, pop-up identikit on how to canoe a river. Better to improve your skills and find out yourself. May canoeists also remember that North Wales is a fragile environment. May they treat it with respect, and not overuse, or descend on any one area in large numbers. There are still many hidden rivers inviting an exciting paddle if you take the trouble to look outside the guide. Whichever you choose – happy padding!

### BRITISH OLYMPIANS

The first two booklets in the series "British Olympians" are now available from the Librarian, British Olympic Association, 1 Wandsworth Plain, London SW18 1EH. "William Penny Brookes and the Wenlock Games" by Sam Mullins describes the influence which Dr. Brookes exerted on, among others, Baron de Coubertin who visited the Much Wenlock Games in 1890 six years before the revival of the modern Games.

"Britain and the Olympic Games. Rediscovery of a Heritage" by Don Anthony covers the whole range of British participation in the development of Olympic Sport. Each of these booklets can be purchased for £1.95 plus 55p postage and packing.

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### WEIR WISDOM

by Tony Ford

Members £1.50; non-members £2.00: both inclusive of postage and packing.

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# EXPEDITION AMAZON



**In October 1987, the British Canoe Union and Lamington Travel, an agency specialising in travel in Brazil, will be mounting two expeditions through the last real virgin areas in the world – The Brazilian Amazon.**

These expeditions will be led by Indian guides and will use local canoes. The route will navigate the rapids and waterfalls of the Paraui River, an extremely fast running tributary flowing south from the Sierra Tapirapeo to the vast Negro and Amazon Rivers. These will be deep jungle expeditions, completely out of contact with civilization. In order to eat, the expedition will hunt boar and tapir and fish for piranha. There will be the opportunity of seeing at first hand the wondrous splendour of nature in this primeval Garden of Eden.

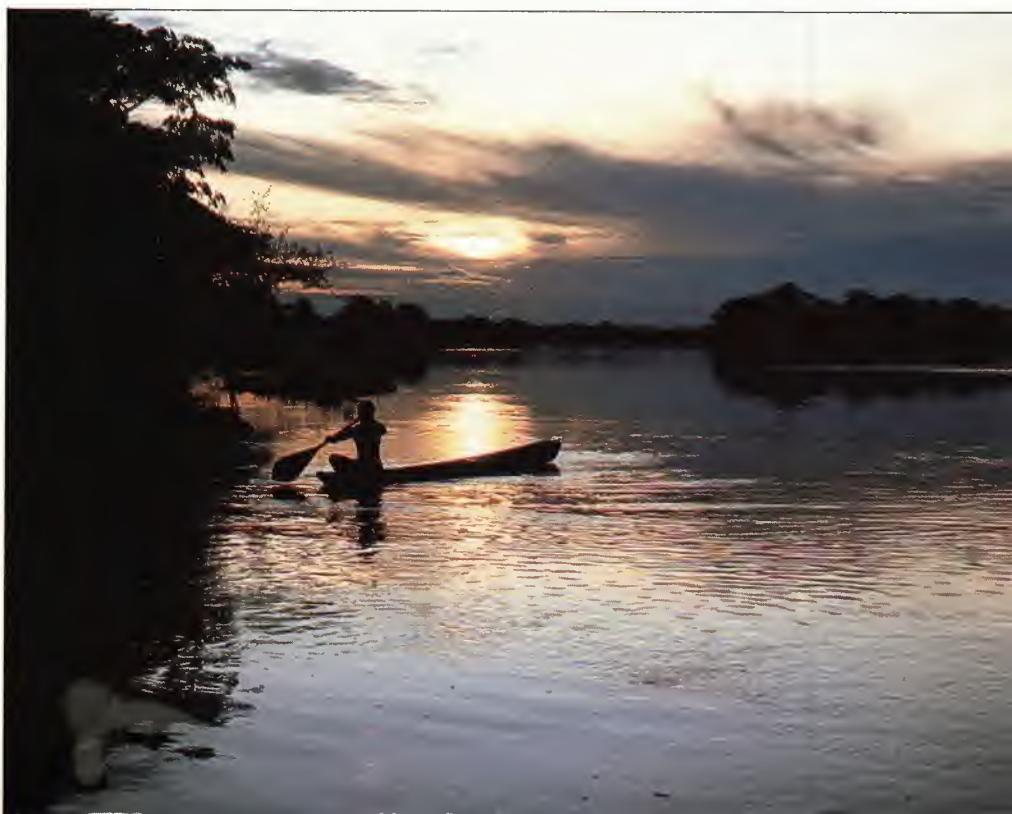
Each expedition will last two weeks and includes flight to and from London to Rio de Janeiro, Manaus and Boa Vista in the heart of the Brazilian Jungle. Two days by Amazon river boat to the head of the River Paraui where the expedition will transfer to canoe. Thence follows eight days by canoe down the Torrents of the Paraui to

the Negro River. A further two days by river boat on the Negro and Amazon Rivers sees the expedition back to Manaus.

The expeditions will use two man Indian canoes specially strengthened to withstand the rocky bed of the River Paraui. On the expeditions nights will be spent in hammocks on the banks of the river under leafy shelters made by the Indians. The Amazon is a tropical rain forest and members of the expeditions will experience a strong and humid heat.

The departure dates for the expeditions are 8th October and 29th October. The inclusive cost is £880 per person (a deposit of £50 per person will be required on booking). For those who wish to stay an extra week in South America an additional option of a week spent in a remote fishing village on the North East Coast of Brazil, can be added at a supplementary cost of £139.

For further details (and to make reservations) contact Lamington Travel at 54 Shepherd Market, Curzon Street, London W1Y 8DU (Tel 01-404 1477) or Guy Baker, 35 Stanton House, Thames Street, Greenwich, London SE10 0BJ (Tel 01-853 2644).



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## WANTED

BS 3595. Lifejackets. OBCCC 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD. Tel: Lowestoft 69787.

CANVAS KAYAK - Double. Tel: (0963) 33043.

SECOND-hand ski, preferable Raider 8' + length, but anything considered. Also cheap K2. Will travel. Contact: Chris Toothill, 5 Burgate Lane, Framingham Earl, Norwich. Tel: (05086) 3610.

SECOND-hand plastic kayak. Must be whitewater of centre version. Any type considered, would prefer Rotobat or Sabre. Tel: York (0904) 59277.

VACUUM Reflex. BS3595. Type 9, Lifejackets. Tel. or write: Dave Hart, Oulton Broad Canadian Canoe Club, 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD. Tel: (0502) 69787.

## SITUATIONS VACANT

INSTRUCTORS required - Canoeing, Sailing and Climbing Instructors required. Minimum Grades B.C.U. S/1 and R.Y.A. Tidal Instructors. Experience in other activities preferable. Minimum age 21 years, clean driving licence essential. Seasonal vacancies March-Oct. and particularly Easter, Whit, July-Sept. Apply with c.v. and recent photo to: The Director, Courtlands Centre, Nr. Kingsbridge, S. Devon TQ7 4BN.

INSTRUCTOR/Tutor - Canoeist, high calibre/experienced canoeist required - BCU qualifications T1-applicants must be experienced in all aspects of canoeing and outdoor work. Genuine interest in young people and outdoor education and the willingness to work long hours essential. Apply: Staff Tutor, Application Forms. YMCA National Centre, Fairthorne Manor, Curdridge, Southampton SO3 2GH.

INSTRUCTORS/Domestic Staff - Lake District and France - QUEST required qualified and/or experienced instructors in canoeing, dinghy- and board-sailing, waterskiing, climbing and outdoor pursuits to work with school groups at our Activity Centre in the Lake District National Park and the South of France. We also require cooks, assistant cooks, catering/domestic assistants and minibus drivers. Short and long term positions available from early April 1987. Preferred age 18 to 30. Please reply giving full details of experience to: Nigel Ragg, Summer Staff, Quest, 43 Belsize Lane, London NW3 5AU. Tel: 01-794 0427.

INSTRUCTORS wanted - T1 and SI - Summer season - Castle Hill Canoe Centre, Maidenhead. Tel: (0628) 31963.

OUTDOORS UNLIMITED is the National Staffing Bureau for Outdoor Pursuits Instructors, run by experienced outdoor pursuits instructors. We wish to register instructors of all outdoor activities, at all levels of experience and qualification, from newcomer to seasoned instructor alike. Using our job finding service is 100% free to you the instructor. Seasonal, freelance, temporary holiday, part time and permanent staff are being sought by centres throughout the entire country. Send for a registration form NOW to Nick Eve, P.O. Box 75, Hereford HR1 1NU, Tel: 0432 279030. We look forward to hearing from YOU!

QUALIFIED Instructors in Outdoor Activities required for February-October 1987. Our particular need is for RYA qualified and/or Female Instructors. Drivers only apply. Skern Lodge, Appledore, N. Devon (02372) 75992.

CANOEING INSTRUCTORS required at Children's Multi-Activity Summer Daycamp in Esher, Surrey (August 3-28 Mondays to Fridays). **Minimum qualification:** BCU Trainee Instructor. Instructor to teach groups of 9-14 year olds at

Thames Young Mariners Base, working as an Instructor/Supervisor for other activities when not teaching Canoeing. Preference given to applicants living within the locality, although not essential. Salary according to age and experience. Write for further details and application forms to: Recruitment Dept., Freetime Leisure Limited, The Mayford Centre, Woking, Surrey GU22 0PP.

## COURSES/INSTRUCTION

BIRMINGHAM SCHOOL OF CANOEING - beginners to advanced courses (daytime/evening) in all aspects of canoeing including rolling, clinics, river rescue training, surfing weekends, wild-water holidays etc. Ring or write (SAE): Greg Parkes, 96 Barrs Road, Cradley Heath, Warley, West Midlands B64 7HH. Tel: Cradley Heath 67896.

OUTDOOR ADVENTURE - Cornwall. An adult orientated centre offering a full range of courses from introductory to advanced, in all aspects of canoeing. BCU approved for quality of canoeing instruction, we train and assess for all BCU awards. Our centre is ideally situated in ten acres of cliff top land overlooking the sea and surf of Widemouth Bay. With our location, facilities and staff, Outdoor Adventure boast a high quality canoeing course within a lively and enjoyable week. Adventure Sports Holidays also available. Contact: Jeff Gill (BCU Coach) Outdoor Adventure R.8, Atlantic Court, Widemouth Bay, Bude, Cornwall EX23 0DF. Tel: (028885) 312.

SLIDE SHOW and talk of the Mid-American Slalom series for your club night or evening entertainment at your slalom. Contact: Simon Ford, 16 Gown Street, Stone, Staffs. Tel: (0785) 817789.

## ACCOMMODATION

WORLDS END LODGE. Situated 10 miles West of Hereford in the Wye Valley, this is the ideal centre for individual or group holidays. Activities include Canoeing, Climbing, Cycling, Walking, Orienteering and Pony-Trekking with transport and equipment provided. Comfortable rooms, great atmosphere and good food. Residents own bar. Also full or half board accommodation only and free places for group leaders. For free brochure phone or write to Worlds End Lodge, Staunton on Wye, Hereford HR4 7NF. Tel: (09817) 308.

ANGLESEY, RHOSCOLYN. Group accommodation, up to 20 in 3 dorms. Self or full catering. All facilities for year round use. 300 yds from beach and outstanding coast. Ideal base sea tours, surfing, overfalls. Camping available. Tel: (0407) 860469.

ATLANTIC COURT - open all year. Look no further for a base for your surfing and wind-surfing trips. Self-catering apartment accommodation set within ten acres of cliff-top land within easy access to all the surfing hot spots on the North Cornish Coast. Contact: Atlantic Court, R.9, Widemouth Bay, Bude, Cornwall EX23 0DF. Tel: (028885) 312.

NEXT TO TEES at Barnard Castle, Co. Durham. B&B: £6 - drying facilities. E-meal on request. Tel: (0833) 31026.

WYE-DEAN Canoe Centre (BCU approved). Access, camping, parking, on riverside. Grade II rapids and placid water, BCU staff available. Training and assessment for BCU Awards. Canoe, caving, climbing equipment for sale and hire. Caving and abseiling organised. Further details contact: Penny Royal Cottage, Symonds Yat East, South Herefordshire HR9 6JL. Tel: (0600) 890129.

## HOLIDAYS

DERBYSHIRE ACTION HOLIDAYS individual, group, children's canoeing and mixed activity holidays, all year. Winter skiing. Kirby House, Winster, Derbyshire (062988) 716.

Want a change of holiday this year? then SPORTING TRAVEL SERVICES, the Canoeing Holiday specialists invite you to join them. Many exciting opportunities, suitable for everybody, both on the sea or rivers and lakes. Also available, Arctic Canoe Race packages, cheaper than you think, and River Rafting. Contact: 9 Teasdale Close, Royston, Herts SG8 5TD. Tel: (0763) 42867 (24hr).

NIGEL FOSTER Canoeing Ventures. Exciting courses/tailor made to suit your needs/Sea kayaking Britain and abroad/wildlife observation. Nigel, 5 Tan-y-Bwlch, Mynydd Llandegai, Gwynedd, N. Wales LL57 4DX. Tel: (0248) 602058.

CANOE Courses and Adventure Holidays on Sea, Surf, River and Dartmoor. Youngsters, Adults and Family Courses, including: Sailing, Waterskiing, Windsurfing, Climbing, Yachting. Mr. K. Garland, Courtlands Centre, Nr. Kingsbridge, S. Devon (0548) 550227.

USA River Rafting. Action packed white water expeditions on the Colorado and Green Rivers. Contact: American Pioneers, PO Box 229, Swindon SN2 2RQ. Tel: 0793 828688 (24hrs).

## LOST AND FOUND

MIKE JONES RALLY. If you are female, northern(?) and left a buoyancy aid in our minibus when scrounging a lift, then contact the address below for its return, ICU Canoe Club, c/o ICU Union Office, Prince Consort Road, South Kensington, London SW7.

ONE MIRAGE Placcy Kayak. (Clear.) Lost on the 7.12.86 on River Conwy just above Conwy falls. Has "ABER CC" written on it + yellow plastic melted on stern. Reward for info leading to recovery. Please ring Aberystwyth University Athletic Union on (0970) 4242 or write to Paul Clark, 47 North Parade, Aberystwyth, Dyfed.

## TRADE

CHILTERN CANOES have available from stock and for hire the full Perception range of kayaks and C1. Also a comprehensive choice of GRP boats, equipment and materials. We welcome orders by phone on Access/Visa. Northend nr. Henley, Oxon. Tel: 049 163 767.

THINK PLASTIC - THINK CANOE CUMBRIA. Large stocks of leading brands and accessories. Demo boats - Sabre, Daleta, Gyramax, Coleman 13, ACE Pioneer and Everest. Mail order and LEA discount especially. BCU Approved Centre. Canoeing at all levels. Accommodation, Hire service, Write, telephone or call Howbarrow Farm, Cartmel, Grange-over-Sand, Cumbria. Tel: (0448) 54330.

KENT WATER SPORTS OUTDOOR CENTRE for all canoes and accessories Slalom-GP Boats top brand names for all canoe equipment. Club discounts available - Mail Order Service. Phone, write or call our showrooms at Unit 7, Deacon Trading Centre, Knights Road, Strood, Rochester, Kent. Tel: 0634 724403.

ISOKINETIC TRAINING - Fast speed, high intensity exercise. Simple and safe way to develop specific strength for canoeing. Used by 7 National teams. Write/phone for details: Richard Fox, Isosport (CF) 59 Trent Boulevard, West Bridgford, Nottingham NG2 5BB. Tel: (0602) 813222.

Wye-Dean Canoe Centre - stockists of Pyranha, Ace, Raider, Coleman canoes. Full range of accessories. Try a demo boat on the rapids. Interest free credit. Phone or call in at W.D.C.C. Penny Royal Cottage, Symonds Yat East, S. Herefordshire HR9 6JL. Tel: 0600 890129.

Canoeists improve your performance. Do you want more speed, more energy more endurance, more muscle? Complete professional advice on all aspects of training for sports and fitness. Sae to Physical Excellence (CF), Shapes Gymnasium, 1st Floor, 11/13 Hightown, Sandbach, Cheshire CW11 0AD.

# **SCOTTISH CANOE EXHIBITION**



**Eastwood Recreation Centre  
Eastwood Toll  
Glasgow**

**23-24 MAY 1987**

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Pro-lite equipment and Propulsion Paddles from 'Wild-Water.'  
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