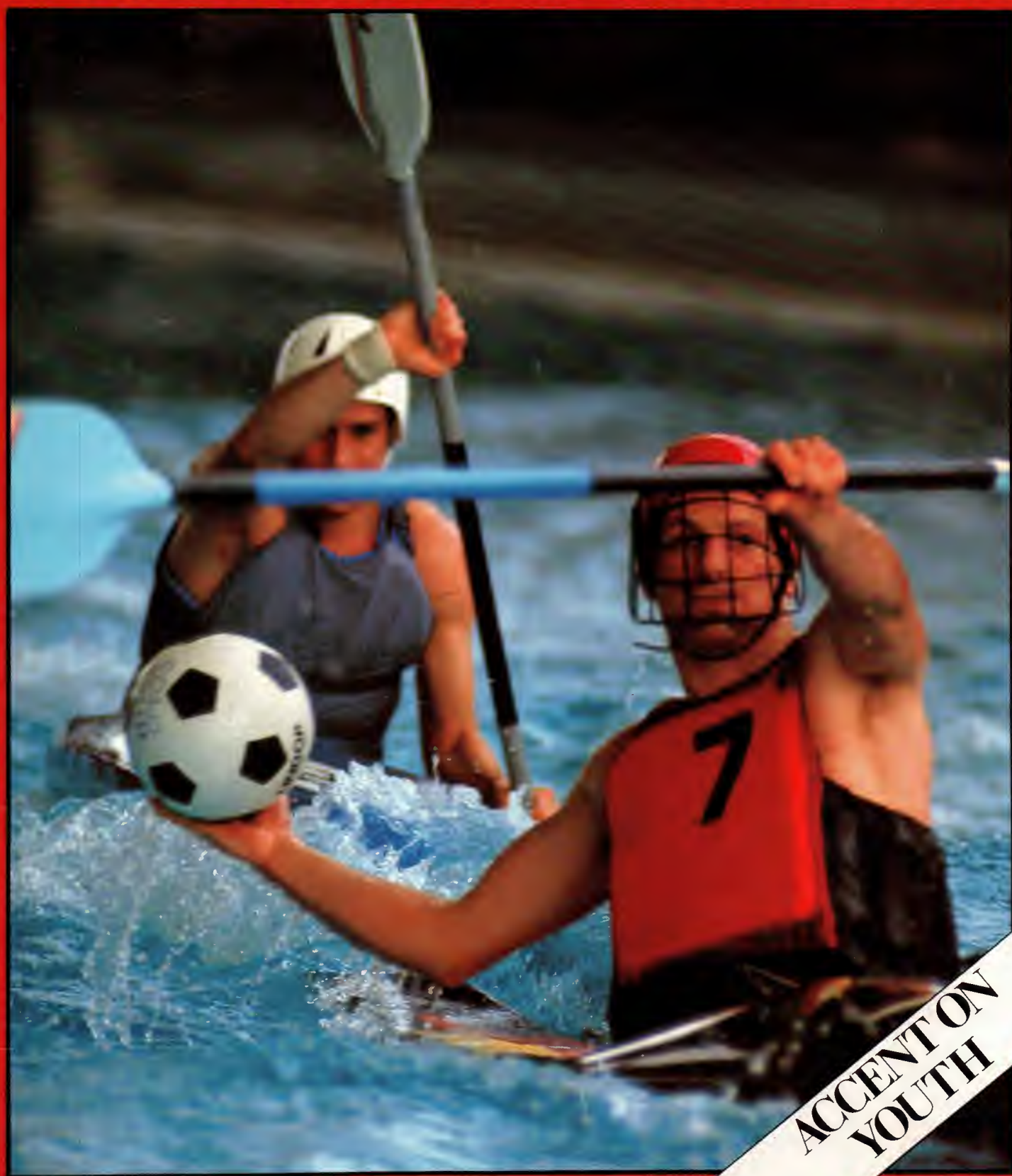


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Canoe Polo action at Crystal Palace
(Photograph by Tony Tickle)

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Pool Slalom photograph by Tony Tickle



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Comment

by Trevor J. Bailey,
Director of the
British Canoe Union



Before starting in this job I had never visited the Crystal Palace Exhibition, so this year's event was a totally new experience for me. My first reaction must be one of relief that it all seemed to go so well. Visitors and traders alike seemed to be unanimous in their praise, and the queues waiting to get in on both mornings were a testament to how popular the event has become.

Coupled with the feeling of relief are feelings of both gratitude and pride. Gratitude to the countless number of volunteers who contribute to the success of the event, the exhibition committee members, the regional and specialist committee people who manned the stands, the organisers of the various pool sessions, and of course the other BCU staff who gave up a weekend to be present. Membership, both renewals and new members, came in at an encouraging rate throughout the weekend, and apart from the occasional grumble, most people seemed to be quite happy with the Union and what it offers and does for members.

I feel proud that our sport of canoeing can come together and put on such a wonderful advertisement. One of our invited guests on the Sunday, a man who has travelled the world on behalf of his

own chosen sport and who is no stranger to Crystal Palace, remarked that he had never seen the place so alive and vibrant. The fact that all sections of the Union, together with members of the canoeing trade, can come together and put on such a display must be source of both pride and optimism. Surely this sport must have a good future with such obvious goodwill present from all those currently involved.

I personally spent much of the weekend talking to people, visitors to the BCU stand, voluntary officers on the various stands, and members of the trade. If I did not get a chance to talk to you please accept my apologies. Obviously it would have been an impossible task to talk to everyone!

One of the most frequent comments that I received concerned the receipt of CANOE FOCUS. It seems that some people consider it a waste of our limited resources to send more than one copy to each address. I must point out that where the receipt of Focus is a benefit of membership then we clearly have to send it. However, where more than one person at an address is a member we can limit the number of copies sent provided you tell us. Many people in this position want to receive their full entitlement, but if you are happy not to do so please write in and we can amend the records accordingly.

Another thing that clearly has caused upset is the decision not to have a yearbook in 1988. Many people have commented that they wish to plan their current activities for the year ahead, and the absence of the yearbook has meant that this is not possible. Hopefully the inclusion of the forthcoming events as an insert will have satisfied many peoples needs. It is recognised that the handbook is missed, and the comments that have been made will be noted. The decision was taken this year because of the need to achieve financial savings. In the longer term, it is hoped that sufficient additional income can be generated to enable not only the yearbook to be re-introduced, but also allow further expansion in a number of areas.

The exhibition was the first of a series

of important events for canoeing in 1988. Let us hope that the success at Crystal Palace is a good omen for all the subsequent events.

The very first World Marathon Championships are the next major event. These are being staged at Nottingham on 23rd July, and they promise to be a visually exciting spectacle. Hopefully television coverage can be secured, to bring this aspect of our sport to a larger audience.

We then have the double attraction of the Europa Cup events, the finals of both Wild Water and Slalom being held in Great Britain. Scotland is the host for the Wild Water event, being held on the river Awe on 6th/7th August. The following weekend sees the slalom final at Holme Pierrepont. We are already assured of live TV coverage for the slalom final, with recorded highlights of the Wild Water event. The week between the two events will also see plenty of activity. It is hoped to have a Wild Water event on the Washburn on Tuesday 9th August and a Rapid Race at Holme Pierrepont the following day.

We then move to what many people still regard the very pinnacle of sporting events, the Olympic games. The success of Jeremy West last year means that we can look forward to success this year. Additional interest will hopefully be supplied by Liz Sharman. Liz, the current slalom Europa champion, will be defending her title this year. Apart from this, she has also decided to try to qualify for the Olympics in the totally different discipline of sprint racing. Whilst it is a matter of regret that slalom is not included in the Seoul Olympics (hopefully it will be in the 1992 games) I am sure that canoeists everywhere will be wishing Liz every success in what is obviously a very difficult task.

For many of you the competitive side holds no real interest. A casual paddle on the local canal, a major trip lasting many days, or even expeditions to the far flung corners of the globe is what canoeing means to you. Having tried most of the competitive disciplines last year, I hope to try at least one tour this year, and my own limited ambition in canoeing terms is to paddle from the mainland to the Isle of Wight. Whether your target is Olympic gold, Europa Championship, the gaining of coaching awards or simply the continued enjoyment of your chosen pastime, I hope that the year brings you achievement.



Photographs by Tony Tickle

Brisk trade in the exhibition halls



BCU President David Wain presents a bouquet to Liz Sharman in recognition of her regaining the World K1 Ladies Slalom title in 1987. She also received the White Water Magazine Trophy as 1987 British National K1 Ladies Slalom Champion.

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THE FUTURE LIES WITH YOUTH

by **GEOFF SANDERS**
(Chairman, BCU Council
of Management,
Founder Chairman,
British Schools'
Canoeing Association)

Is it not really time that we got our act together as far as youth canoeing is concerned?

Since the 1960s we have always been interested in young people and have realised that canoeing has so much to offer them. A National Youth Officer was appointed in 1959 and it was hoped to establish a network of Regional Youth Officers. This was largely superseded by the advent of the Coaching Scheme in 1960, which later developed active coaching panels in all areas. A prime aim of the Coaching Scheme was to ensure that the many schools and youth groups which were then taking up canoeing should have sound standards of safety and training. 1961 saw the organisation of the first British Open Youth Championships for sprint racing and in 1970 The British Schools' Canoeing Association was founded by a group of BCU members.

Originally schools' canoeing had been under the wing of the National Schools' Sailing Association. The word 'Schools' in the title of the BSCA was only placed there because it was the only way a grant could be obtained from the Ministry of Housing (Work that one out!) but it was the intention from the beginning that all young people, in or out of school, should be included within the remit of the Association. The BSCA began to regionalise, held rallies and championships in most of the branches of the sport, introduced Expedition Awards and produced its own newsheet and information sheets. Its main failure, compared with other school sports governing bodies, was that it did not attract sufficient volunteer workers to organise events ... and the main reason for this was that the leaders of school and youth group canoeing were so often fully tied up in running their own units or adult canoe clubs or, more especially, with organising BCU events. Neither was the duplication of BCU and BSCA membership helpful and so in 1980 a special relationship was forged with the BCU which included combined membership. Since then regular championship events have been held, largely thanks to the efforts of adult and school clubs.

And so ... time for a re-vitalisation ... a new initiative. If we are to develop as a sport and recreation, we must get our 'youth formula' right! It provides the base

on which we can build; the means of introducing enthusiastic youngsters to canoeing who, if appropriately attracted and 'nurtured', will become the keen and dedicated canoeists (and champions?) of tomorrow. The emphasis for all activities in the future must be on increased participation. The time is thus certainly ripe for consolidation leading to expansion.

But how to get the act together? We commissioned Wally Keay, well known in the sphere of outdoor activities, to review the situation and, armed with the evidence and recommendations of his "Report on Canoeing in Education", (available from BCU headquarters for £2) we offer a possible approach for your consideration.

We suggest a new youth initiative ... the amalgamation of BCU and BSCA functions ... to be spearheaded as **BRITISH CANOE YOUTH**.

There should be a new emphasis and input placed on youth canoeing by ALL branches of canoeing. National, regional and local committees should be asked to pull together to create new opportunities for youth canoeing. The place where the increased participation must take place is in the local community in the first place. And the BCU is in a unique position to provide the necessary expertise to enable it all to happen. The development of the regions, with their representation of all the different disciplines and strong panels of qualified instructors and coaches, can offer a service second to none. If we mobilise our strengths and resources there is much that can be done.

But other resources need to be mobilised as well; with the present system of grant aid we cannot do it alone — no matter how noble our intentions. Experience has already taught us that funds, both locally and nationally generated, are available for new initiatives. Community involvement seems to provide the key — activity programmes where the sports leaders are local people trained to help. The efforts of the joint MSC and Sports Council's 'Action Sport', for example, are to concentrate on areas of 'social disadvantage and under-provision ... 'to assist those deemed to be recreationally deprived' and 'to locate under-used facilities and to extend their use by local people for sport and recreation'.

We need to push for the establishment of water activity centres which can be staffed and available for use by schools, youth groups and community groups. (At present we have an uncertain picture of the likely future of extra-curricular activities in schools and it may well be that the provision for canoeing as well as other sports will have to be much more

community based.) There are many examples of exciting developments from all parts of the country and we need to examine these and learn from them.

Not all personnel can be provided by the voluntary sector. We would like to see the eventual installation of a network of full-time Youth Canoeing Development Officers. They would be appointed locally or regionally depending on need and the means of financing them; they would liaise with all agencies providing equipment or facilities for canoeing in order to maximise the use and availability of opportunity; they would be funded jointly by the 'providing' agencies.

Is all this a sound basis for development or so much pie in the sky? Certainly we believe we have a right (or even duty?) to direct young people into worth-while activities like canoeing and to harness resources in the interests of young people. We would like to hear your views and have your ideas on how this can be achieved. Our recent consultation meeting at the International Canoe Exhibition certainly reflected a high degree of diversification throughout the country and suggests that there is a need for more effective communication and co-ordination. The consultation continues. What do you think? Please let us know.

(Letters addressed to Geoff Sanders at BCU headquarters will be sent on to him.)

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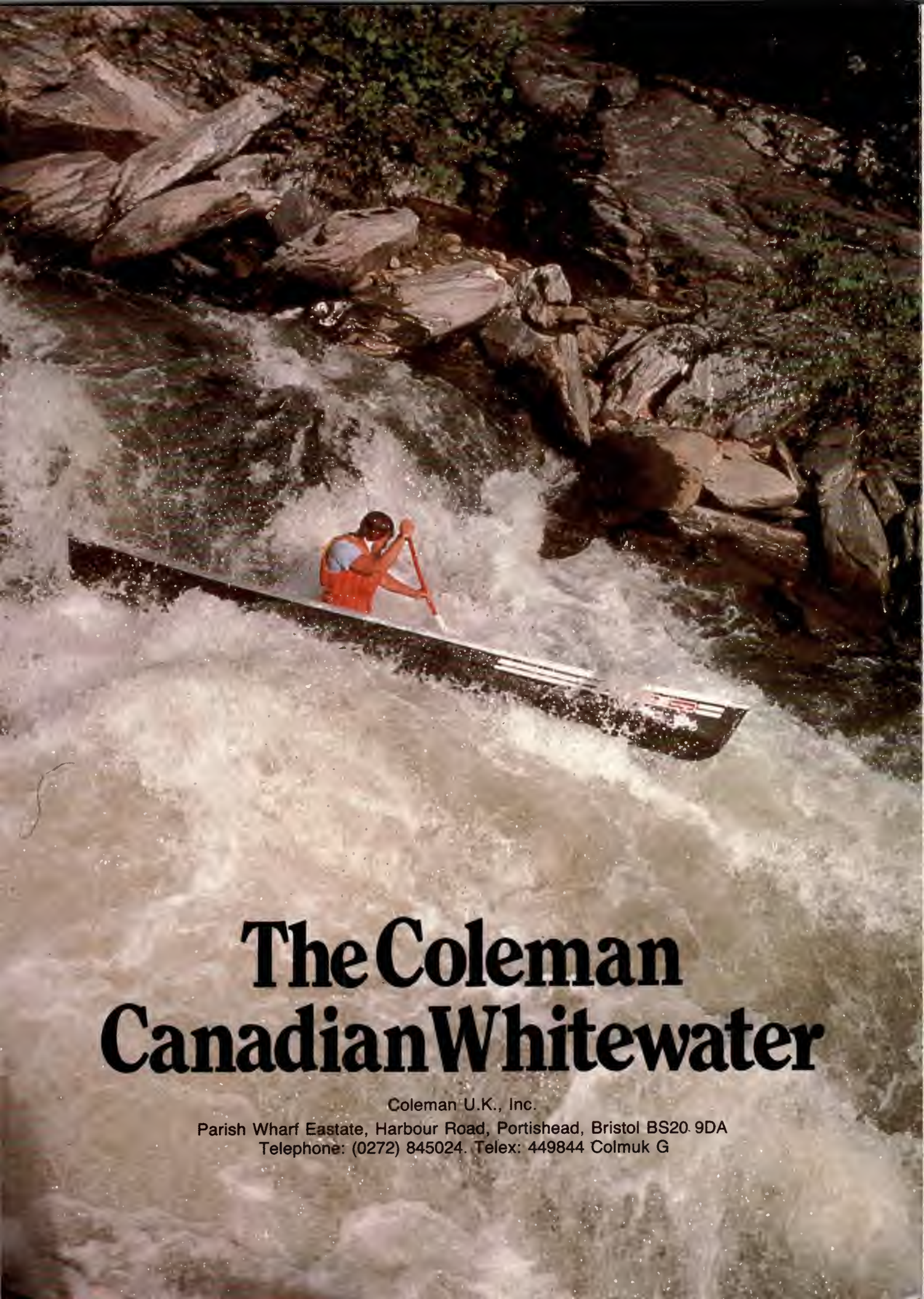
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THE JUBILEE CANOEING FOUNDATION

by Donald Bean,
Foundation Secretary

OBJECTS AND OPERATION

What, you may ask, is the Jubilee Canoeing Foundation? Why was it set up and by whom? What are its objectives and targets and for how long will it continue to exist? Where is it getting its money from and what will it be spending it on? All fair questions, to which this article will give answers.

Firstly, the Jubilee Canoeing Foundation is a registered charitable trust set up in 1986 on the initiative of the BCU as part of its Golden Jubilee celebrations. The foundation is a separate legal entity from the BCU, but will maintain the closest working relationship. The trust deed vests in the BCU the power of appointing new and additional trustees to the foundation, whilst the 'arm's length' operational relationship is illustrated by the foundation appointing its own officers.

The present trustees are Geoff Sanders MBE (Chairman), John Dudderidge OBE, Ron Emes MBE, Ted Owen, Roger Fox, Donald Bean and Trevor Bailey. You may well ask why two years have elapsed from the launch before the foundation received other than minor publicity. The reason is simple. Until now the BCU's main thrust on fund raising has been directed towards the Holme Pierrepont development.

The object of the foundation is to provide a permanent fund from which grants can be made, mainly for 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 decide. The possibilities are indeed wide ranging, but to achieve charitable status are applicable to young people in any part of the United Kingdom. Why not let the BCU administer the fund? There are several reasons. Unlike the BCU the Jubilee Canoeing Foundation is a registered charity and can, therefore, enjoy substantial tax advantages, such as the right to recover income tax on its investment earnings and on donations under charitable covenants.

The foundation has inevitably started in a small way, as all funds do. Its total funds at the present time are about £6,000, representing mainly an accumulation of previously fairly small separate funds, some special donations by early well-wishers and a small number of covenants. The foundation desperately needs additional funds, with the object of progressively building up the capital so that the foundation can more readily meet

the almost unlimited demands likely to be made on it. In the early years it is intended that the principle of building up the capital shall be paramount. To this end the trustees feel that outgoings in each of the early years ought to be limited broadly to a sum equivalent to the amount of interest receivable on investments in the previous financial year.

The sum available for spending in the next financial year is likely to be no more than £600. To honour specific wishes of donors it has been agreed that £100 per annum should be made available for grants towards expeditions by deserving young people, based on recommendations of the BCU Expeditions Sub-Committee. A further £100 per annum should be allocated for the encouragement of young people in canoe racing and £15 per annum for the Corps of Canoe Lifeguards in the training of young persons in the skills and duties of canoe lifeguard work. The trustees can do no more than scratch the surface of meeting applications with worth while grants until the capital of the foundation has been really well built up. No specific target for the fund has been considered, but targets of £50,000 and then perhaps £500,000 must be long term. The foundation will have a permanent existence and there is no reason why the fund should not be progressively built up to such levels.

APPEAL FOR DONATIONS

This brings readers to perhaps the main purpose of this article — fund raising for the foundation. It is a matter of practical realities. We must get in the funds before we can give out the grants and financial assistance. It is as simple as that. A little from a lot of you; a lot from a few of you — all will be gladly received and gratefully utilised to further canoeing developments amongst the up and coming generation. Do please give something now. The simplest method is a straightforward donation and it will be great if many readers do this. There are so many other ways of giving, many of which avoid the payment of tax. Brief details follow, but a fuller explanation is available from Donald Bean or the BCU.

a) Deed of Covenant

If you are a taxpayer you can covenant (strict rules to be followed) to pay a fixed sum for a minimum of four years. For example if you pay £7.30 per annum to the fund, the trustees can reclaim £2.70 from the Inland Revenue making your annual donation worth £10. If you are a higher rate tax payer there is further advantage.

b) Loan/Covenant

There is a method which makes it possible to set up a covenant, but cover all annual payments with an initial total lump sum.

c) Give As You Earn

Ask your employer if he does or will be willing to operate this scheme. You may authorise him to deduct up to £120 per annum for payment through the GAYE system to your nominated charity (or charities). As this deduction is made before calculating your taxable pay the effective net cost to you is only £87.60, although the charity receives the full £120.

d) Outright Gifts

This may interest our wealthier members (yes, we do have some). Outright gifts to charities, including the Jubilee Canoeing Foundation, are not liable to inheritance tax, whether the gifts are made in the donor's lifetime or at death in his/her will.

e) Stocks and Shares

Gifts of stocks and shares to a charity are exempt from capital gains tax on their donation. This is usually better than selling an investment in order to fund a donation.

f) Gifts by Companies

The tax implications for businesses making charitable donations can be somewhat different. Full details are given in Inland Revenue leaflet IR64 'Giving to charities — How businesses can get tax relief' Donald Bean can send you a copy.

PLEASE ACT NOW

Do please respond positively to this appeal for canoeing funds. An insert is enclosed with this magazine for use when making donations, with sections for those wishing to complete covenants with bank standing order forms.

Donations and covenants should be sent to Donald Bean. Cheques should be drawn in favour of the Jubilee Canoeing Foundation. Bequests in wills should be worded in favour of the Jubilee Canoeing Foundation (Registered Charity number 294464) and notification should be sent to the Foundation c/o the BCU at Holme Pierrepont.

It is hoped to publish reports on the foundation from time to time. Invitations will be made in due course to organisations having projects, which they wish to have considered for grant aid by the foundation. The timing and the extent will depend directly on the generosity of the readers of CANOE FOCUS.

CONTACT ADDRESSES

Jubilee Canoeing Foundation
c/o The British Canoe Union
The Elms, National Watersports Centre
Adbolton Lane
Holme Pierrepont
NOTTINGHAM NG12 2LU
D Bean Esq, Hon Secretary
Jubilee Canoeing Foundation
44 Corporation Street
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Late News

EVENT TICKETS

Will event organisers please note that as from 1 November 1987 the event ticket price was raised to £3. The organiser keeps £1 and sends £2 to BCU headquarters. It is no longer possible to give any form of refund to purchasers of event tickets.

THE AGM AND THE DEE

The eighth Annual General Meeting of the British Canoe Union was held on 5 March 1988. Geoff Sanders, in moving the acceptance of the annual report, commented that the previous year had been one of dramatic change. Ron Emes had retired as Director, and the BCU would always owe him a great debt for the way he had developed the Union. Whilst the BCU should now be looking at a period of consolidation, it should continue to look forwards.

Ron Vessey, Roger Fox, Ralph Tyas, Ron Rymer and Jon Nicholls were elected to the Council of Management. John Kuysier did not seek re-election and has been replaced as representative of the elected members on the BCU Executive Committee by Ron Vessey.

The AGM noted the action being taken by the BCU in conjunction with the WCA to work towards more access on the Dee at Llangollen. Within BCU/WCA access policy the Dee Users Group has reaffirmed its support in principle for the Serpent's Tail Slalom. The Group's ten point positive action plan has been endorsed by the WCA and the BCU.

1. To seek to find ways of involving relevant authorities in an effort to extend access to the river.
2. To seek the involvement of the Sports Council for Wales through the Chairman of the WCA.
3. Contact, through the Chairman of Access, the National Federation of Anglers and the Salmon and Trout Association.
4. Continue to research the riparian ownership of the river and access to it, and to ascertain what the anglers own or lease.
5. To continue to negotiate for full use of the river during the closed fishing season and to expand canoeing use during the fishing season.
6. To further impress on the anglers the significance of the Serpent's Tail Slalom with its long history of high standards as a major national event. To bring to their attention again the practicalities of running such an event on an alternative date in the closed season when daylight hours are restrictive.
7. To seek to use such time offered for access to the river in a more effective manner.
8. To endeavour to ensure that all canoeists meet, to the letter, all access agreements made with the riparian owners.
9. To support the riparian owners by disciplining members who do not abide by an access agreement made and to

discourage any form of rogue paddling.
10. To continue to make the usual donation to Llangollen Anglers Association as a token of goodwill.

GB POLO WIN

The British Polo team won the tournament at Lyon in France on 5/6 March, beating teams from France, Germany and Italy.

CANOEING AND THE ENVIRONMENT

As its contribution to the European Year of the Environment the BCU adopted its draft policy statement 'Canoeing and the Environment' at the meeting of the BCU Council of Management on 5 March 1988. It reads:

This statement is about the protection, management and access to environments for canoeing.

The canoe is a traditional craft used throughout the world for exploring wilderness areas and observing wildlife without disturbing it. The canoe causes no erosion, noise or pollution and leaves no trace of its passing. Wildlife and landscape are an essential part of the canoeist's pleasure for aesthetic, cultural and recreational reasons. It is in the canoeist's interest to conserve the environment.

The British Canoe Union (BSU) as the sport's governing body in the United Kingdom recognises that the wildlife and landscape of Britain is a part of our common heritage, and that we all have a vested interest in its survival. It acknowledges a clear duty to concern itself with the care and conservation of the environment where canoeing takes place.

The BCU does not believe that canoeing disturbs or damages the environment. Well planned competitive events such as slalom, wild water racing and long distance competitions are compatible with the most sensitive of landscapes, as can be seen for example at the National White Water Centre which is located on the Afon Tryweryn in the Snowdonia National Park.

The BCU regards the conservation of Britain's rivers, waterways, enclosed inland waters and coastline as about more than just preserving the actual resource. It is also about people's opportunities to enjoy and experience such resources, whether in the cities or countryside of Britain. There is little point in cleaning up our polluted rivers and seas or in saving the surrounding land and estuaries, if people's enjoyment of these areas is restricted.

The BCU has taken the opportunity of the 1987/88 Year of the Environment to restate its commitment to the conservation of canoeing environments. To this end the BCU policy is to:

1. Continue to encourage members and others to conserve and care for canoeing environments;
2. Promote scientific research and collect information on any effects that canoeing may have on the environment;
3. Participate in, and encourage projects

and schemes which attempt to conserve canoeing environments;

4. Introduce a conservation element into its coaching awards; and
4. Back global, European and UK initiatives aimed at promoting environmental conservation initiatives.

CRAKE AGREEMENT

Colin Litten, the BCU Local Access Officer, has successfully concluded negotiations for a two year trial access agreement on the River Crake in Cumbria. Continuation of the agreement will depend directly on the good conduct of canoeists and their honouring its terms. Full details are available from Colin and canoeists should obtain these before planning a trip. Write to him with SAE at Holly Lodge, Soutergate, KIRKBY-IN-FURNESS, Cumbria LA17 7TN. Access at Brown How car park on Coniston water only. Egress at Spark Bridge village green or Greenodd only. Unrestricted canoeing from 1 November to 31 March. No canoeing from 1 April to 31 October. PLEASE RESPECT THIS.

BCU MODEL ADOPTED

Leeds City Council have decided to use the BCU model access agreement for inclusion in the leases on all water they control. This significant step towards the shared use of water was announced on 2 March at the Leeds City Sports Federation by the city council representative.

YEARBOOK AMENDMENTS

Regional Access Officers:

London and South East — David Moss, 85 Lower Road, Fetcham. LEATHERHEAD KT22 9HG.

North West — Pat Moran, 1 Mawdsley Avenue, Woolston, WARRINGTON, Cheshire WA1 4DJ.

South — Bill Dodwell, Thornhill House, 23 Middleton Road, Chacombe, BANBURY, Oxon OX17 2JF.

South West (Devon and Cornwall) — Adam Box, 9 Tuckers Meadow, CREDITON, Devon EX17 3NT.

West Midlands — Steve Brown, 65 Main Street, Newbold-on-Avon, RUGBY, Warwickshire CV21 2HH.

Regional Committee Secretaries:

London and South East — Mike Hodgson, 531B Chiswick High Road, LONDON W4 3AY.

North — Robin Everingham, 5 Singleton Park, KENDAL, Cumbria LA9 6PE.

West Midlands — Jan Parker, Tudor Lodge, Churchill, KIDDERMINSTER, Worcestershire.

Regional Coaching Organisers:

North (Cumbria) — Barry Howell, Eynsford, Barn Hey, Allithwaite, GRANGE-OVER-SANDS, Cumbria LA11 7RJ.

North (Northumbria) — Bob Egelstaff, Pendower OEC, Fox and Hounds Lane, Benwell, NEWCASTLE-UPON-TYNE NE15 6PE.

South West (Devon and Cornwall) — Janet Bradford, Eden Villa, Exminster, EXETER, Devon EX6 8DB.

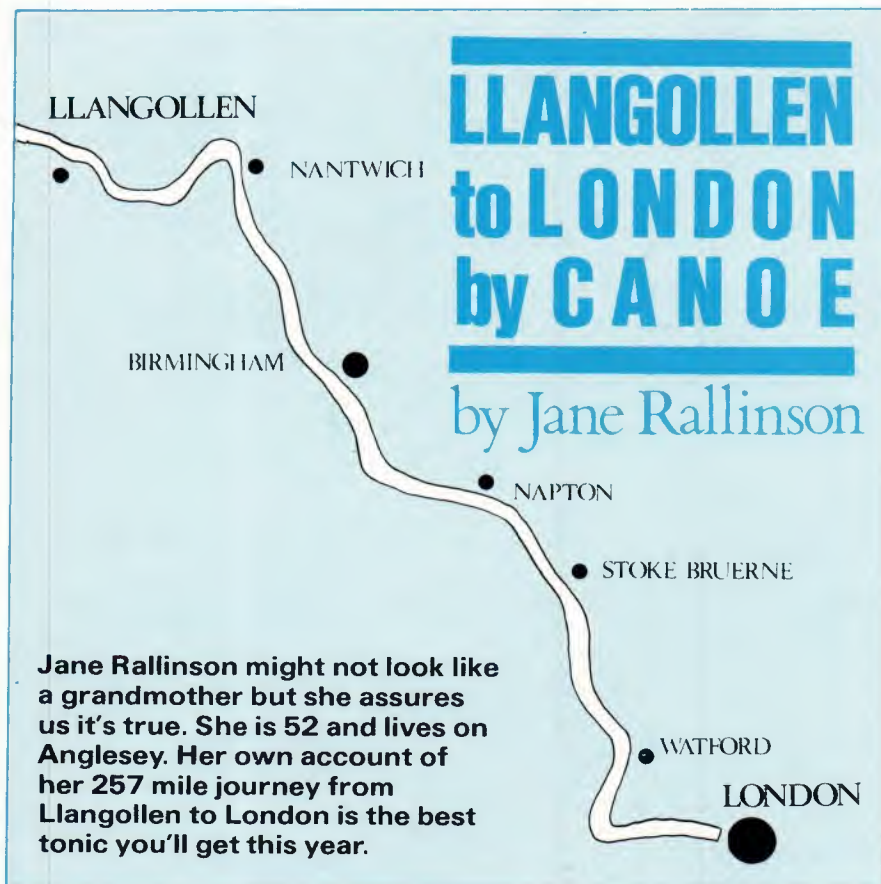
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You are used to reading articles about exciting trips made by strong, bronzed young men. Well, sorry, this is about a slightly mad grandmother with practically no canoeing experience. If you can't be bothered to read it, hand it over to someone in your family who doesn't canoe — yet.

It all started years ago. We were going by train to London when I saw a big sign saying 'Grand Union Canal'. Funny name. My husband explained that the 'Union' came from joining the canals together, and now you could go by boat from London to Llangollen. Get on! Who wants to go from London to Llangollen? Then it hit me — I did! I kept it a secret for years, of course.

With the freedom of retirement approaching, I asked a friend for advice on the choice of rowing boat. He said 'If you row, you'll only see where you've been. Go by canoe, and you'll see where you're going'. 'I can't canoe'. 'Learn! Go on a course'. So I went to Plas y Brenin. Oh, gosh, all those fit people, half my age! But they were very encouraging. I enjoyed myself, nearly drowned, survived, and after a week I got my confidence.

I spent the winter planning. I had a look at the Llangollen end. The water was flowing fast! I looked at London. The canal was a floating rubbish dump! But I found it passed within yards of King's Cross Station, and I checked that I could return my canoe by train at journey's end. I got in a tizz trying to get a BWB licence, until the WCA came to my rescue. Then Nomad Canoes, Llangollen, offered me a canoe and recommended a Fladbury 'Discovery', 17' with open cockpit. (They all looked the

same to me then, apart from colour!).

Dave Woolridge from Plas y Brenin was going to help me with my preparations on his return from the Himalayas. Then I heard he wasn't coming back. For a long time I just couldn't think about the trip. But Dave had pushed me hard on the course, and showed faith in me. I knew I had to go on. I painted his name on the front of my canoe.

I studied canal guides and chose my route. I photocopied the pages I needed and trimmed them to save weight. I designed and made a goretex tent, a double insulated sleeping bag, a spray-deck, paddling mitts, lightweight clothes, and bags that would hold these and fit snugly into the canoe space. I experimented with foods, sometimes made myself sick, but ended up with some sound, nutritious recipes. I decided on an Army type solid fuel stove and kettle, since all my cooking involved simply the addition of boiling water.

I set off during the run up to the election. Journalists were sick of electioneering news, and descended on me for a 'human interest' story. I'm a very ordinary sort, but I was interviewed, filmed and taped for three newspapers, three radio stations and two television stations! Then a thunderstorm threatened, and I was left in peace at last, well, apart from the flashes and thunder and hail that accompanied my first nervous miles. An omen of things to come? It rained every single day of the trip!

I was just getting used to the narrowboats when one overtook me and kept changing speed, disturbing the water badly. I caught a crab and capsized. (My only ducking of the trip). I waded to the

side, emptied the water, and wondered how much of my gear had tipped into the muddy canal. I felt really low and decided to look for a place for my tent. Then an angel in disguise made me some coffee, offered her lawn for my tent, put my wet clothes in her spindryer and aired them by the morning! Another omen — the canalside folk and boaters are incredibly kind, a race apart. I lost count of the offers of tea and coffee, a 'dry-out', a 'warm-up', a shower, a bed for the night, a phone...

Llangollen Canal supplies water to Cheshire, so the water flows like a main. But the other canals are fairly still. Where there are locks, the water is moving quite fast, because the water by-passes the lock in a sort of waterfall. When the paddles are opened, there is a powerful surge, and it is best not to go too close. A body can be trapped underwater in the paddle aperture. Canoeists don't go in locks or tunnels. A BWB man told me I could go through one tunnel, so I tried it, but it was a terrifying experience! I could not see if I was going straight and knew that, if my paddle caught the side and I capsized, no-one would ever know. I've had nightmares about it. I usually got lifts through tunnels on the top of narrowboats.

Going through Wolverhampton and Birmingham was quite an experience! I set off at 5am and finished about 10pm. I had been warned by BWB men that there would be nowhere safe to put my tent, so I did 30 miles that day to reach the countryside again. It was weird, paddling gently within yards of frantic rush-hour traffic and under gigantic motorways. The debris was frightening, the strange-coloured water off-putting, but the banks of wild lupins and broom were astonishingly beautiful.

I kept healthy. A bit of cramp in my shoulders on long days, and pins and needles in my right hand sometimes. My feet suffered most. They were constantly wet from the rain soaked grass, and couldn't dry out till I curled up in my tent. One endlessly wet day I got soaked through so badly, I thought I'd get pneumonia. But a canalside engineer let me dry out in his workshop as he repaired my 'trolley', used for portaging.

I was amazed that there were hardly any other canoeists. A teenager playing on the Llangollen Canal, a camping club messing about with one near Leighton Buzzard, a few more near London. Why not?! As bystanders often remarked to me, 'What a lovely way to travel!' Are you canoeists only interested in terrifying rapids and overfalls? Take a tent and see the world! Well, quite a bit of Europe anyway. There are not enough canals in Wales, but masses in England.

I'm very grateful for all the help I received, from so many people. Special thanks to Nomad Canoes, Llangollen. Their canoe proved very reliable and fast. Although I'm a novice and an oldie, and I wasn't trying to rush, I completed the 267 miles in three weeks. The seat was very comfy! Thanks too to the WCA. Their backing, advice and encouragement made me feel confident, despite my inexperience.

Now it's over, I'm amazed at the reactions. I set out quietly to fulfil a personal ambition, but I've become a local heroine! I was scared, but I did it, and I'm chuffed to bits. Canoeing is not just for strong, bronzed young men!

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Men	Tigers A	3	Woodmill	1
Ladies	Mutineers	2	St Albans	1
Youth	Nomad	1	Viking	0

Pool Slalom

Men K1	Russ Smith
Ladies K1	Myriam Jerusalmi
Men C1	Gareth Mariott
Men C2	Richardson/Thompson
Regional Winners:	
Men K1	Andrew Wronski
Ladies K1	Cynthia Berry
Men C1	Paul Brain
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Cynthia Berry

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Paul, who is 25 and based in Ruislip, works as a salesman for Subtronic

Limited who are expanding quickly in the USA as well as in the UK.

Paul who is National Champion in K2 was delighted about the trip: 'Training in ideal conditions will give me a much better chance of winning a medal at Seoul next autumn. At the same time I can use my expertise in underground pipe, cable and leak detection to train staff at Subtronic's new office'.

SKOL AWARD



Canoeist Gill Berrow of Killin, Perthshire received one of the coveted Scottish Sports Awards recognising sports achievement in 1987 at a Glasgow presentation at the end of January.

SPONSORSHIP FOR CANOEING

Space does not permit full reports on all sponsorship received by canoeists but CANOE FOCUS would like to gratefully acknowledge the support of the following sponsors. The Scotland Post Office who are supporting Scottish canoeist Cynthia Berry in her attempt to retain her title as Scottish Sprint Champion. Britannia Building Society who presented Wild Water Champion Alan Tordoff with a

cheque of £200 towards training expenses. Canoeist Magazine, Splash Sport, P and H, Style for presenting prizes or trophies for Canoe Exhibition events.

AUSSIE POLO

The Australian Bi-centennial Canoe Polo International competition will take place in Sydney on 2-4 December 1988. Richard Boulton writes from the Australian Canoe Federation to invite teams from Britain to take part under ICF rules in Open, Women or Junior (players born on or after 1 January 1970) categories. He suggests that teams and supporters make a holiday of it. Further details are available from the BCU Canoe Polo Secretary.

PUNTERS

Canoeist Chris Booth featured on the Radio 4 Punters programme on 10 March. Access problems on the Swale were covered clearly. The local angling club contributed to the programme by letter.

WCA THANKS RON EMES

At a lunchtime gathering at the Chain Bridge Hotel, Llangollen, on 6 December 1987, the day of the Mike Jones rally, Ron Emes MBE, retiring Director of the BCU, was presented with a crystal decanter engraved with the logo of the Welsh Canoeing Association, in recognition of his support and encouragement to the WCA firstly to become a Region of the BCU and later an autonomous National Body. WCA members were pleased that the new Director, Trevor Bailey, was present, so that they could meet him and make him feel welcome in their midst.

DRY GEAR FOR WET WEAR

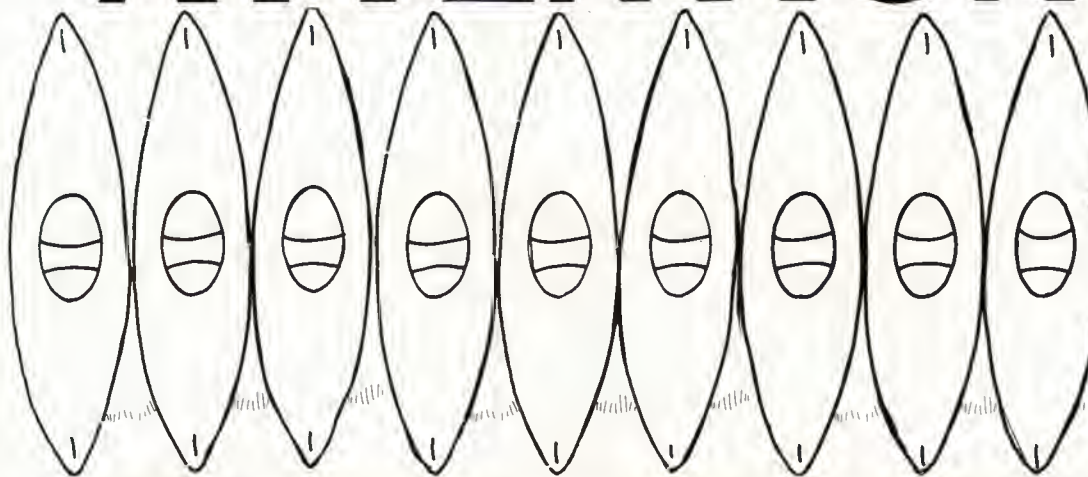
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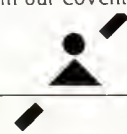
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MERSEY VALLEY 4 N Sale Water Park Manchester CC

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N. Robinson, 11 Kingscote Avenue, Up Hatherley,
Cheltenham, Glos.

LIVINGSTONE 4 N Lothian West Lothian Canoe Club

Jim Shanks, 3A Craiglaw, Dechmont, West Lothian

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P. Hulland, 5 Bradley Fields, Oswestry, Salop SY11 1SP

RIVER AWE 2.3 Oban Strathclyde University CC

Miss A. Dunsmuir, 26 Letham Drive, Newlands, Glasgow

CANOLFAN TRYWERYN 3 Bala, Gwynedd

Roy Sheriff, 9 Belfort Road, Gateacre, Liverpool L25 2QJ

MIDDLETON-in-TEESDALE 4 N Leekworth Farm

R. Agar, Tanton Hall Farm, Stokesley, Middlesbrough,
Cleveland TS9 5ST

IRONBRIDGE 4 N Shropshire Telford Canoe Club

Mrs Terry Gatford, 28 Portobello Close, The Rock, Telford,
Shropshire TF3 5DB

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Sean O'Regan, 2 Sussex Road, North Harrow, Middlesex

CHESTER WEIR 4 N Chester Sailing & Canoeing Club

Comp. Sec., 80 Upton Park, Chester CH2 1DQ

HAMBLEDEN 4 N Mill End, Bucks

Comp. Sec., 22 The Furrows, Harefield, Middlesex

SOEWBY BRIDGE 4 N West Yorkshire

A. Close, 16 York Terrace, Ackroyden, Halifax, W. Yorks.

TEVIOT BRIDGE 4 N Kelso Woodmill CC

Jackie Moore, 48 Keir Street, Cowdenbeath, Fife.

July 2/3

WASHBURN 1 Harrogate

S. Ackroyd, 9 Scar Bottom Cottages, Mytholmroyd,
Hebden Bridge HX7 5EJ

ELAN VALLEY 3 Rhayader Gloucester Canoe Club

D. Parsons, 22 Colebridge Avenue, Gloucester, Glos.
'Grand Prix in Bats on Saturday'

DARLEY ABBEY 4 N OT Derby Midland Canoe Club

Rod Brown, 23 Clinton Street, Derby.

PETERBOROUGH — ORTON MERE 4 N

M. Peacey, 104 Wood Road, Kings Cliffe, Peterborough,
Cams. PE8 6XR

CARLISLE 4 N Sands Rapids Carlisle Canoe Club

Jim Wilson, 82 Inglewood Crescent, Morton West,
Carlisle CA2 6JL

July 9/10

HOLME PIERREPONT 4 Nottingham

Comp. Sec., 9 Stanton Place, Mansfield, Notts, NG18 5PW

WINCHESTER N O OT Winchester & District CC

Mrs M. Kearney, 1 Valerian Road, Hedge End, Hants.

July 16/17

CANOLFAN TRYWERYN 2 Bala, Gwynedd

Julie Jones, c/o 39 Churchill Crescent, Marple, Stockport

BALA MILL 3 Bala, Gwynedd Bala Canoe Club

Ian Bebbington, 4 Cae Groes, Stryd-y-Fron, Bala,
Gwynedd LL23 7YY

STRATFORD WIER 4 N Stratford-upon-Avon Kayakists

D. Gravesstock, 22 Valletta Way, Wellesbourne,
Warwickshire

July 23/24 Reserved for Regional Events

July 30/31

CARDINGTON 2 Bedford Viking KC

Mike Elkins, 10 Armstrong Close, Wilstead, Bedfordshire.

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OLD WINDSOR 3 Berkshire Windsor & District C.C.

Antonia McKinnon-Wood, 18 Ham Island, Old Windsor,
Berkshire.

KINGS MILL 4 N Castle Donington

Kevin Toach, 19 Cawsand Road, Wigston Magna,
Leicester LE8 2JS

STONE 4 N Staffordshire Stafford & Stone CC

Dave Royle, c/o 3 The Lindens, Stone, Staffordshire

August 6/7

BALA MILL 4 N Bala, Gwynedd Bala Canoe Club

Endaf Griffiths, 3 Cae Gwyn, Rhyduchaf, Bala, Gwynedd

HOLME PIERREPONT N Nottingham

Peter Bell, 15 Neartown, Olney, Buckinghamshire

August 12/14

EUROPA CUP FINAL

Holme Pierrepont Nottingham B.C.U. Slalom Committee

OFFERS OF HELP TO:

Jim Croft, 12 Holmscroft Road, Luton, Beds. LU3 2TJ

MILE END MILL 4 N Llangollen Llangollen & District CC

Comp. Sec., Bod-Lon-Deb, Market Street, Llangollen.

August 20/21

TRYWERYN 1 Gwynedd W.C.A./Aberavon C.C.

D. Chambers, 14 Lillian Street, Port Talbot, West
Glamorgan SA12 6AJ

ELAN VALLEY 3 Rhayader

Paul Ford, 18 Dilys Street, Blaencwm, Rhondda, Mid
Glamorgan.

FAIRNILEE 3 4 Scot-Can Selkirk

Pam Birchenall, Blackhouse, Yarrow, Selkirkshire TD7 5MJ

MARTLEY 4 N Worcestershire Birmingham CC

R. Leadley, 70 Russell Bank Road, Four Oaks, Sutton
Coldfield, West Midlands B74 4RQ

PETERBOROUGH-ORTON MERE 4 N Northampton CC

Andy Rance, 89 Lower Adelaide Street, Northampton

sponsored by SLALOM SPORTS U.K.

August 27/28

GRANDTULLY 1 Perthshire Forth Canoe Club

Scott Ramage, 61 Watson Crescent, Edinburgh EH11

LLANDYSUL 4 N Dyfed Banbury & Llandysul C.C.'s

Mrs S. Blair, 125 Bull Balk, Middleton Cheney, Banbury,
Oxen OX17 2SP

(Bank Holiday Monday Open Funday)

September 3/4

CANOLFAN TRYWERYN P Bala, Canolfan Tryweryn

George Davis, Canolfan Tryweryn, Froongoch, Bala,
Gwynedd.

WASHBURN 3 Harrogate Leeds Canoe Club

A. Fisher, Swincar Nurseries, Chevin End Road, Guiseley

HAMBLEDEN 4 Mill End, Bucks Marlow Canoe Club

Peter Thomas, 14 Buckingham Close, Totteridge, High
Wycombe, Bucks, HP13 7YD

MARPLE 4 N Stockport Manchester Canoe Club

M. Hesford, c/o 39 Churchill Crescent, Marple, Stockport

PULTENEY WEIR 4 N Bath Bath Canoe Club

Stephanie Wyatt, 10 Napier Road, Upper Weston, Bath

RIVER TWEED 4 N Galashiels Tweed Canoe Club

J. Buchan, 4 Honeylees Drive, Tweedbank, Galashiels,
Scotland TD1 3SD

MARATHON

Jun 04 Richmond LS* 153

Jun 05 Ackers Trust WM 004

Jun 05 Chelmer E* 121

Jun 05 Exe Circuit SW* 193

Jun 05 Marlow S* 099

Jun 11 Marathon Selection Nottingham 168

Jun 11 N. Ireland Home International 096

Jun 12 Wigan NW* 205

Jun 12 Nottingham EM* 144

Jun 12 Basingstoke S* 123

Jun 12 Maidstone LS* 158

Jun 18 Nottingham Sprint Regatta 163

Jun 19 Nottingham Sprint Regatta

Jun 26 Adlington Regatta NW 205

Jun 26 Wye WM* 003

Jun 26 Burton EM* 107

Jun 26 Broadland E* 038

Jun 26 Tamar Circuit SW* 167

Jun 26 Royal Kingston LS* 199

Jul 02 Paddling Challenge K1 10K LS 199

Jul 02 Cheshire Ring NW 094

Jul 03 Cheshire Ring

Jul 03 Ironbridge WM* 205

Jul 03 Leighton Buzzard E* 169

Jul 03 Bristol Avon SW* 079

Jul 03 Medway LS 103

Jul 09 Nottingham International Sprint Regatta 163

Jul 10 Nottingham International Sprint Regatta

Jul 10 Killingworth Lake N* 183

Jul 16 Kielder NW* 170

Jul 17 Bass Weaver NN* 035

Jul 17 Harlow E* 149

Jul 17 Bath — Bradford SW* 147

Jul 24 World Marathon Championships

Jul 24 Exe Estuary SW* 193

Jul 30 Richmond K2 LS 153

Jul 30 Wey Regatta LS 133

Jul 31 Rolls Royce EM* 159

Jul 31 Newbury K1 circuit S 195

Aug 06 Avon Stage WM 093

Aug 07 Avon Stage WM 093

Aug 07 Adlington NW* 011

Aug 14 Moonlighters WN 047

Aug 14 Wey Team Sprints LS 133

Aug 21 Lichfield WM* 118

Aug 27 National Marathon Championships

Worcester 016

Aug 28 National Marathon Championships

Worcester 016

Aug 29 Worcester Sprints 066

MARATHON RACE ORGANISERS

003 P Bagley, 39 Moorfield St. Hereford (0432 58809)

004 G Bateman, The Ackers Trust, Golden Hillock Rd,
Small Heath, Birmingham B11 2PY (021 771 4448)

011 N Bortfield, 26 Egerton Grove, Chorley, Lancs.
(02572 79294)

016 M Brookes, Worcester Canoe Club, Grandstand Rd,

Worcester WR1 3RJ (0905 29069)

035 R W Cox, 13 Bradly Lane, Frodsham, Cheshire

WA6 60A (0928 3383)

038 M H Culling, 44 Pelham Rd, Northwich NR3 3N6

(0603 404166)

047 D Dilly, 53 Emery St, Walsall, West Midlands

066 A Gillespie, Worcester Canoe Club, Grandstand Rd,
Worcester WR1 3EJ

079 B Harrison, 13 Elliston Rd, Redland, Bristol, Avon

BS6 60G (0272 730598)

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West Midlands (0202 70006)

094 J A Jones, 14 Haddon Close, Macclesfield, Cheshire

SK11 7YG (0625 617156)

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118 W & J Machin, 21 High Grange, Lichfield, Staffs
(054 32 53169)

121 J Marriage, Budds Farmhouse, High Wood,
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123 M Matthews, 34 Raphael Close, Haywards Rise,
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133 P Morley, 1 Providence Cottages, Pitch Place,
Guildford, Surrey GU3 3LF (0483 233071)

144 G Oliver, 10 Wordsworth Rd, West Bridgford,
Nottingham (0602 819758)

147 K Owen, 28 Brook Rd, Trowbridge, Wilts BA14 8DW
(022 14 66552)

149 S Palmer, 19A Rye St, Bishops Stortford, Herts

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Pershore WR10 2BE (0905 840753)

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Richmond, Surrey

158 J Player, 109 First Avenue, Gillingham, Kent

ME7 2LF (0634 576409)

159 B Pratt, 5 Gainsborough Close, Oakwood, Derby

DE2 2HY (0332 663573)

163 Regatta Committee, BCU Entries, 10 Waverley Ave,
Whitton, Twickenham, Middx TW2 6DW

167 P Rose, Plymouth College, Ford Park, Plymouth,
Devon PL4 6RN (0752 663160)

168 J Rossiter, 101 Whytealeaf Road, Caterham, Surrey
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169 K J Russell, 1 Leodon Furlong, Leighton Buzzard,
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170 A Rutherford, 37 Albury Park Road, North Shields

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193 D Wall, 71 Bistts Road, Exeter, Devon

195 B Ward, Alfriston, 18 Jubilee Road, Newbury, Berks
RG14 7NN (0635 524008)

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Wigan, Lancs (0942 711014)

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	Non-Members Prices	Members Prices
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BCU02 1988/Diary. Wallet design, blue with silver logo, incorporates 1988 Diary/Year Planner, large pocket compartment for personal notes and two credit/business cards.	N/A	1.30
BCU03 1988 Year Planner Insert. Year Planner only. For use with 1988 diary wallet.	N/A	.80
BCU04 Key Ring. Leather, blue with silver logo design, holds several keys.	N/A	.85
BCU05 Members' Sew On Badge. Oval shaped cloth members' badge, blue logo and edging on white background, colourfast.	N/A	.99
BCU06 Blazer Badge. Square cloth badge for blazers, embroidered logo in silver, black background.	N/A	1.50
NEW DESIGN		
BCU07 Members' Tie. Navy blue with two diagonal stripes and logo depicted in white, machine washable.	N/A	3.90
BCU08 Tie Pin/Lapel Badge. Stick pin suitable for ties or lapels, blue logo on silver coloured metal disc.	N/A	1.50
BCU17 Darts Case. In blue leather with BCU logo.	2.95	2.25
BCU16 Hip Flask. Smart 4oz flask, blue leather outer with BCU heraldic emblem in gold.	12.50	10.50
BCU09 Canoe Lock. 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
BCU14 Keepsafe. 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
BCU11 Cadet Badge. Round cloth badge for cadets, pictures smurf canoeist in colour on a white background, colourfast.	N/A	.50
BCU13 'I do it ... with the British Canoe Union' Button Badge. Blue lettering on a white background. 1" in diameter.	.30	.20

STATIONERY

STA02 First Day Cover. From 'Canoe '81', souvenir or collector's item, from Nottingham.	.60	.49
STA03 Greetings Card. "Shooting the Rapids" colourful print of the Mattawa River, blank for special messages.	.80	.65
STA06 Licence/ID Sticker Holder. This clear plastic, self-adhesive envelope enables the transfer of your sticker between your boats. One required for each boat.	N/A	.35
STA07 Exhibition Postcard. Colourful scene depicting the Canoe Exhibition at Crystal Palace.	.15	.10
STA08 Pendant Pen. Ballpoint pen with a handy rope for wearing round your neck with BCU logo top.	1.50	1.30
STA09 Pencil Rubber. BCU logo in blue.	.40	.30

GUIDES AND MAPS

BRITISH ISLES		
GAM01 Guide to the Waterways of the British Isles.	4.50	3.50



	Non-Members Prices	Members Prices
GAM27 Where to Launch Your Boat.	3.95	3.15
GAM30 Ordnance Survey River Thames Guide.	5.50	5.35
GAM29 A Scottish White Water Guide.	3.50	2.50
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GAM12 River Severn Map.	.95	.75
GAM13 Canoeists' Guide to the River Wye.	1.20	.85
GAM14 River Wye Map.	.95	.75
GAM31 Holme Pierrepont Users Guide.	2.20	2.00
GAM32 Guide to the Rivers of the West Midlands.	3.50	2.50

OVERSEAS

GAM15 Austrian & Bavarian River Guide.	7.00	6.00
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STICKERS

STK01 'I Love Canoeing' Sticker. Strip design 215 mm x 45 mm, for windows, red heart, blue letters.	.55	.45
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.	.55	.45
STK03 'Go Canoe a Kayak' Sticker. Strip design 185 mm x 70 mm, for applying to windows, three colour depicting a canoeist.	.55	.45

STICKERS Cont'd

	Non-Members Prices	Members Prices
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STK06 'Oceans are Free' Sticker. Strip design 310 mm x 70 mm, self-adhesive finish on reverse, sea canoeist silhouette, three colours.	.55	.45
STK08 'I do it ... with the BCU' Sticker. Circular design, 100 mm diameter, black and yellow, for windows.	.55	.45
STK09 Union Jack Sticker. Circular design, 100 mm diameter, Union Jack and BCU logo, for windows.	.55	.45
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.	.55	.45

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.	16.50	15.50
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.	16.50	15.50
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Trade News

TURN SILVER INTO GOLD

Brian Greenaway, the Olympic Coach, is pictured receiving a Ford Escort XR3i, on behalf of the British Canoe Union, from Neil Summerville, Managing Director of Budget Rent A Car UK and Ireland, at a special reception to launch Budget's 1988 Olympic Appeal.

Budget Rent A Car's "Turn Silver Into

Gold" 1988 Olympic Appeal, will raise at least £75,000 for the 1988 British Olympic Appeal. Budget is further supporting British teams by providing a Ford XR3i to each of the 23 sports associations sending a team to the Seoul Games.

The £75,000 will be raised by a donation from Budget of 20 pence for every rental taken in the UK between now and 31 August.



THE P & H COMPANY

P & H Fibreglass Ltd have been manufacturing canoes and accessories since 1968. Due to many changes, and expansion during the last few years, P & H are to change their name to "The P & H Company". The logo has been re-designed and the company looks forward to another successful year in 1988.

IMPORTANT MESSAGE FROM PYRANHA FOR ALL MOUNTAIN BAT USERS

It has come to Pyranha's attention that under certain exceptional impact conditions, it is possible for paddlers to pass underneath the full plate footrest system in the Mountain Bat. A replacement polyethylene footrest pod is now in production. IN THE LIGHT OF THIS, PYRANHA RECOMMEND THAT MOUNTAIN BATS ARE NOT USED FOR SERIOUS WHITewater UNTIL A REPLACEMENT POD HAS BEEN FITTED. The replacement pod is available free of charge to current Mountain Bat owners.

Mountain Bat plate footrest systems should be forwarded to local dealers or Pyranha for a free exchange pod. Please state name and address and boat registration number. This safety warning relates ONLY TO MOUNTAIN BAT and does not effect any other product.

Pyranha apologise to their customers for any inconvenience that this exchange may cause.

SPORTING TRAVEL IN NEPAL

Sporting Travel Services announce that following a successful visit to Nepal, arrangements have been made that will give British and Continental paddlers the opportunity to paddle some of the best water in the Himalayas. In October, November and the Christmas School holidays they will be running two week holidays to Nepal, fully inclusive of air flights, transport in Nepal, accommodation in Kathmandu, supply of canoes, all food whilst on rivers, camping equipment, support rafts (also suitable for non paddlers) an experienced guide, and supply of river permits. All rivers including the Trisuli, the Marsyandi, and the Sun Kosi, are classified as high volume, with numerous rapids of both big water and technical content, interspersed with plenty of playable holes, stoppers and standing waves. Obviously these holidays are not intended for inexperienced canoeists, although non paddlers are welcome to travel on the support rafts.

Sporting Travel Services, 9 Teasdale Close, Royston, Herts SG8 5TD. Telephone 0763 42867 (24 hours).

PURE PERFECTION CUSTOM

Pure Perfection Custom specialising in custom made wave skis, sailboards and surfboards is situated on Anglesey. Howard Jeffs is already known for his book on sea canoeing and availability for quality personal instruction.

Of particular interest to canoeists is his own designed and built double sea kayak, the 'ALEUT Sea 2'. Plastic welding is also a speciality so if you ever hole your boat in North Wales just give him a call. Most quality canoeing and surfing products can also be supplied at competitive prices.

Pure Perfection Custom, Unit 22, Gaerwen Industrial Estate, Gaerwen, ANGLESEY, Gwynedd LL60 6HR (0248 421036).

THE P & H TEAM

Due to the success of their new slalom kayak, the "Split", P & H are planning to become much more involved in the slalom scene during 1988.

A new idea is the "P & H Racing Team", a group of elite slalom paddlers who will paddle the "Split" for P & H at all national and international events.

Already signed up for 1988 are Premier paddlers Andrew Gladwin (4th), Tony Leaver (11th), George Spittal (13th) and Ishbel Grant (6th).

Helping to launch the team are Palm, who are supplying cags and buoyancy aids, and Mountain equipment, supplying "off the water" jackets and trousers.

CREWSAVER SLALOM



At the London Boat Show Crewsaver have launched a new buoyancy aid extending their range of products designed for specialist watersports. The Slalom has been specially designed for competition canoeing, with cut away armholes providing the maximum freedom of movement. The buoyancy rating is 6.1 kg for all three adult sizes and the nylon cover has a bright fluorescent orange and blue design, with black trim.

Crewsaver Marine Equipment Ltd, Mumby Road, GOSPORT, Hants PO12 1AQ (0705 528621).

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Dear Focus...

PACIFIC EPIC

Dear Focus

Together with Robin Belcher (Adlington CC) and Richard Ward (Exeter CC) on Sunday 11 October 1987 I competed in the 1987 Molokaii, Channel Race, Hawaii (Molokaii to Oahu). We paddled for a novice crew with the Lahaina CC from the island of Maui, and finished 26th out of 49 starters, in a time of 6 hours 27 minutes 45 seconds. Royal CC finished in 37th place with a time of 6 hours 56 minutes 51 seconds. The winning crew were the giants of Hawaiian Canoe racing 'Out-rigger' in a time of 5 hours 32 minutes 46 seconds.

Peter S Gehnich, City of London Police CC

MIDLAND DIVISION — CANOE CAMPING CLUB

Dear Focus

There will be a paddle on 24 April starting from Bidford on Avon and going to Offenham, a distance of some seven miles. Meet 10am Bidford Bridge car park. Afterwards we will be holding a meeting to discuss the future of the above group. Anyone requiring further details could contact me on Kenilworth 50776 or at 13 Regency Drive, Kenilworth, Warwickshire.

Secondly I wonder if I could possibly get in touch with any group who is proposing to paddle the River Wey this year. I am hoping to use a touring canadian and bring my twelve year old son with me.

John Verney, Kenilworth

NORTH WALES ACCESS

Dear Focus

As the sport in Eryri (Snowdonia) becomes more popular, the advent of the plastic canoe makes more rivers accessible to the majority of white water paddlers. The recent (and to my mind unnecessary) publication of another guide book has helped to popularise the area to an extent that is sure to lead to problems for the canoeist.

Twenty or so years ago the number of active paddlers was small and the rivers regularly paddled were few. Parts of the Llugwy, Conwy, Ogwen and Glaslyn being the most popular. The Ogwen and Glaslyn were considered to be of the greatest difficulty and seldom paddled. Any mistakes could be paid for in loss of boats. With increased instruction and general rise in the standard of canoeing it has now come to the stage that a party of relative beginners scraped down the Glaslyn Gorge at low water. Increased traffic of this sort is sure to exacerbate the problems in the future.

One of the heaviest users of the water in canoeing terms in the area have been the outdoor centres. Their over use throughout the years of particular rivers has already resulted in problems on Afon Seiont. The use of the upper parts of the Afon Conwy will surely lead to problems on this stretch of water. The local Warden of the National Trust, a keen naturalist himself, is very worried about the disturb-

ance to the habitat of otters. This is one of the last rivers where they are left in peace. If this mans fears are to be allayed then large parties of canoeists must be discouraged from using this river. If not, the centres must bear a load of the responsibility for the possible loss of more canoeable water.

Now I come to what I believe is a crucial point. That is that visiting canoeists, and to a great extent the resident centre canoeist and the white water settler element, just do not, literally and metaphorically, speak the same language as their co-river users. This is particularly true in the case of Afon Seiont where the fishing rights are held by a local club. These rights being bought after a sustained campaign with local, working blokes dipping into their own pockets to compete against wealthy foreign (English) syndicates. This is in a predominantly Welsh speaking and economically deprived area. Is it no wonder then that most local people concerned with this problem, farmers, naturalists, fishermen and even canoeists, are worried about the huge increase in 'non-paying', (say the fishermen) 'irresponsible', (say the naturalists) 'arrogant English yuppie types in canoes', (say the farmers).

Now we come to possible solutions. The centres in the area to restrict their use of rivers to Tryweryn and Llugwy between Plas y Brenin and Ty Hyll and the Swellies on the Menai Straits. Visiting parties and locals alike to operate in groups of only two or three paddlers. No paddling for the time being during the fishing season on the Seiont, Ogwen, Glaslyn, Lower Llugwy and Conwy. Further publication of information on possible new rivers or falls to be discouraged and the present guide book to be either withdrawn from publication or revised to include advice or warnings about the increasingly sensitive nature of the sport in the area.

Sion Parry, Betws y Coed

CHARITY PADDLE

Dear Focus

During the months of July and August 1988, I am going to paddle around the coast of Ireland in a Kayak. The trip is due to start on the 12 July 1988 and is expected to take approximately 50 days.

One of the aims of the trip is to raise money for the Multiple Sclerosis Society and I am looking for sponsorship from companies associated with canoeing. The trip will take place without land support and will end with a crossing of the North Sea from Larne to Port Patrick in Scotland.

Barry Mills, 39 Jessie Road, SOUTH-SEA, Hampshire PO4 0EJ.

MORE LOW FLOW PLEASE

Dear Focus

I feel that lower division paddlers are not being catered for well enough on the Holme Pierrepont Slalom course. Last year there were two novice slaloms on the course and both were excellent events and they showed the true adaptability of the course for use with lower water grades. However, I feel that two week-ends in a season at low flow (grade 2-3) is not helping juniors to make full use of the course.

Chris Bud, Nottingham

TOURING CANOEISTS WANTED

Dear Focus

Your readers may be interested to know that my request for 'committed touring canoeists who are willing to help' expand touring and recreational canoeing has resulted in six very welcome volunteers. All have been roped in! We still need a lot more help if we are to make a real impact, so if you care about this majority and undervalued activity, please contact me at 108 East Street, OLNEY, Bucks MK46 4DJ.

Colin Kempson, Co-Opted member of the Touring Committee

ISLE OF RHUM

Dear Focus

Each Spring and Summer a number of sea canoeists visit the Island of Rhum National Nature Reserve, perhaps in connection with visits to the other small isles of Muck, Eigg and Canna. Facilities are somewhat limited at Kinloch entered from Loch Scresort but we are often able to offer camping and bothy accommodation if booked in advance. The reserve itself is of significant importance and access is generally unrestricted over the majority of the island except during the stalking season. The area closed for the day is displayed on the access board outside the reserve office situated next to the White House. One aspect of research requiring minimum disturbance is the red deer study area which is located at Kilmory at the northern end of the island. This is the one part of the reserve where the canoeists are asked not to land at any point along the shoreline at either Kilmory or Shamhnan Insir except in emergency. Write for more information.

C J EATOUGH, Chief Warden Rhum, Nature Conservancy Council, The White House, Isle of Rhum, Scotland.

ROTARY POLIO CAMPAIGN

Dear Sirs

A special event called the Polio Plus Regatta will be held at Bewl Water, Lamberhurst from 28 to 30 May. This is organised by the local Crowborough Rotary Club in connection with the Rotary International Campaign to raise money to immunise children all over the world against Polio.

A special course designed to maximise spectator viewing will be used for K2 10km sprint event, and a number of junior races over a somewhat shorter distance. Full details of a very full programme of sporting and other activities will be available from me closer to the event.

With coverage from TVS television, local radio and excellent press releases, it is hoped this event will give the sport some of that much needed exposure, especially in Olympic year.

M T PRIOR, Chairman, Bewl Bridge Canoe Club, c/o 3 Smugglers, All Saints Road, Hawkhurst, CRANBROOK, Kent TN18 4HZ.

Your letters on any canoeing topic are welcomed. Short concise letters stand the best chance of publication. The editor reserves the right to print parts of letters. Write early if a reply on the same page would be appropriate.



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Regional Roundup

EAST

The Eastern Region 58 page 'Canoeists Guide to East Anglia' has now been published. It is available from Colin Kempson, 108 East Street, OLNEY, Bucks MK46 4DJ. Send him £2 plus a 9" x 6" sae.

24/25 July Eastern Regional Weekend at Cardington incorporating slalom/marathon/touring and come and try it. Details from Ron Hodgson, Fair Play House, Wickham Bishops, WITHAM, Essex CM8 3JL. Visitors from other regions welcome.

Hertfordshire Marathon and Slalom Championships will be on 30 April and 1 May at Dobbs Weir. Details from Ann Barrie, 518 Whippendell Road, WATFORD WD12 7QN.

Following a meeting in Ramsey on 29 February, a county association for Cambridgeshire has now been formed. The Chairman is Mrs M Block, 27 Gilbert Rd, Cambridge CB4 3NX. The Secretary is G Simpkin, 100 Rampton Rd, Willingham, Cambridge CB4 5JQ. All groups who wish to become involved in the activities of the association should contact one of the above.

EAST MIDLANDS

The Regional Committee is setting up a local information service. Contact Keith Hampton at 42 Gwendolin Road, Birstall, LEICESTER LE4 4HD (Tel 0522 674428) if you want more information on competition, recreation, access, coaching, clubs, the Sports Council, regional development, publicity or insurance.

The Stamp End Sluice is now available when water levels permit. To find out contact either Andy Hughes on 0522 68167 or Robin Wright on 0522 24877.

All are welcome at Regional Committee meetings planned for 18 May, 10 August and 12 October. The AGM will be on 22 November at Holme Pierrepont. Details from Keith Hampton.

Regional Touring Officer Andy Fullwood has organised a full programme for 1988. Full details from him on 0602 720070 or at 50 Fairfield Crescent, Sawley, Long Eaton, NOTTINGHAM NG10 3AH.

LONDON AND SOUTH EAST REGION

London and South East Coaching Conference, 23 April, Shadwell Basin, cost £2 including lunch. Details from Paul Wilson, 109 Cranbrook Point, North Woolwich Road, London E16 2SA. Tel 01-481 4210 (work) 01-476 6742 (home).

The regional weekend at Holme Pierrepont will be on 30/31 July. Improve your moving water skills. For more details please send SAE to Chris Childs, 8A Holland Street, Brighton, Sussex BN2 2WB.

To improve regional communications a regional club newsletter will be sent every four months. If you wish to contribute with dates of events, organisers or advertising contact Paul Newman, 20 The Rise, Hamstead, GILLINGHAM, Kent ME7 3SS.

NORTH

Andy Hall, RCO for Cumbria, is taking up a post as warden of Arthog OE Centre in Barmouth. As a result there has been a 'cabinet re-shuffle'. Barry Howell steps from Regional Chairman to take Andy's job. Paul Kelly moves up from Vice-Chairman to Chairman and is succeeded by Martin Clark. Carrying on where Don Rospin left off is the new Regional Secretary, Robin Everingham, 5 Singleton Park, KENDAL LA9 6PE (0539 24014). It's all happening in the northern region!

SOUTH WEST

The Regional weekend at Holme Pierrepont is planned for Sat/Sun, 18/19 June. As well as free practice on the Whitewater course, a number of competitions and demonstrations include Hot Dogging, Grand Prix, Mini slalom for Novice and Div 4, Whitewater Rescue and possibly a Canadian canoeing clinic. Fees for use of the course for the whole weekend are Adults £8.00; Juniors £4.00. Tickets for one day and discount for group bookings available. Enquiries and details from J Cornwell, Church Cottage, The Hill, LANGPORT TA10 9PU. Tel 0458 250254.

SI Training and Assessment (Sea). Course 6 to 8 May at Porthpean, near St Austell. Details from Roger Thomas, 9 St Erth Hill, Hayle, Cornwall. Tel St Erth 752062.

As part of a Development Study, the Regional Committee is anxious to learn of School, YMCA, Youth Service canoeing groups which are not affiliated to the BCU. Members of the Coaching Scheme who are involved with or who are asked by local authorities to assist such groups could help the study by informing the Regional Committee through their LCO or RCO of such activities.

YORKSHIRE AND HUMBERSIDE

By the time you receive this magazine a video evening arranged by the Regional Executive for Thursday 7 April in Pontefract will have taken place. This innovative evening is sponsored by the Wild Water Centre of Pateley Bridge.

The aim of the evening is to try and improve communication between the clubs in the area and to increase participation in all aspects of canoeing. David Gent, the Region's potent young Chairman, has said: 'The Region covers a

vast area, and we have been finding it

difficult to co-ordinate ideas and events. We have found, for instance, that many school children give up canoeing once they have left school because they lose contact with their teachers and don't know of the existence of their local canoe clubs. I am highly confident we can now excogitate a way to encourage these youngsters and channel our effort into promoting canoeing further as a recreation to a far wider selection of people in our area'.

The video evening has been planned as a working, as well as social evening. Everyone will have a chance to watch some remarkable films of canoeing including some seemingly impossible peregrinations on rapids. The Region hope to organise other events in the area, all aimed at the recreational side of canoeing.

WEST MIDLANDS

The Regional Handbook has recently been published and been sent to all club Secretaries. The edition includes full details of the Committee, coaching, events and club details. Individuals who would like a copy may obtain one by sending 50p plus a 9" x 6" sae to Brian Porter, 15 Russel Croft, Aston Fields, Bromsgrove, Worcs B60 3EF.

At the Regional AGM, held in January, the proposals for the Severn Navigation were discussed. The meeting overwhelmingly supported a proposal to oppose the navigation.

The Region's Rally at Holme Pierrepont will this year take place over the weekend 16/17 April. Further details may be obtained by sending an sae to Mike Hubbard, 78 Derrydown Road, Great Barr, Birmingham B44 9AU.

The second edition of the West Midlands River Guide is available from Mike Nicholls, 25 Dunbar Grove, Great Barr, Birmingham B43 7PT. The cost is £2.75 including postage and packing.

Canoe Cavalcade will this year take place from 18 to 25 June. Some new events and venues have been added to the programme. Any other clubs who are interested in helping, or Instructors who can offer their services are asked to contact Mike Nicholls.

Paddlers' Day this year will be the finale to Cavalcade. It will be held on Sunday 26 June at Sneyd School. The programme is in the planning stage at present, so any ideas for items which could be included will be welcome. Clubs will be circulated nearer the event with details of club stand space, the programme etc. This is your day, help us to make it what you want and a success.

Full details on regional competition can be found in the Regional Handbook, but some dates for your diary are: Canoe Polo Day on Sunday 12 June. Details from Phil Bennett, 94 The Straits, Dudley, West Midlands.

Regional Slaloms: 1 May, Kinver, 10 July, Dudley, 24 July, Stafford & Stone, 4 September, SOAK, Regional Regattas: 28 May, Fladbury, 17 July, Burton, 29 August, Worcester. Wild Water Racing courses for Trainers and Competitors are being planned for this year. Details from Ann Gillespie, 13 Spring Hill, Worcester WR5 1BL.

SPRING CLEARANCE

We have in stock a number of Kayaks which we would like to sell to make room for export orders. Unless otherwise stated all are brand new and are not seconds. The few seconds that are listed have cosmetic faults ie. pigment discolouration or maybe a scratch which cannot be removed. If you are interested in any of the kayaks please telephone and we will reserve any one for you for 3 days pending receipt of a £50.00 deposit.

Should you wish us to despatch the kayak

we will do so upon receipt of a cheque for the kayak plus £15.00 carriage. All kayaks are sold on the understanding that if you are not completely satisfied a full refund will be given.

Please quote the number and the model of kayak you would like. If possible please give a telephone number so that we can contact you should there be any query.

The prices quoted for new kayaks are approximately 25% off our current price list and include VAT at 15%.

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1 ELITE 80SS Met. green/red. New slalom design.	£230	£180
2 JUNIOR CANOE. Red/white. New junior canoe.	£175	£145
3 ORINOCO. Met. red/clear. New high volume touring kayak. 4m.	—	£175
4 PHAZER. Met. red/clear. New med/low volume touring kayak. 4m.	—	£175
5 ELITE. Met. blue/red flash. New 1970 Slalom design. 4m.	£230	£185
6 BASIC FJORD. Yellow/yellow. Second/sea kayak.	£424	£320
7 SOLD		
8 SOLD		
9 EXP. BAIDARKA. sea kayak. All white. Retractable skeg/no pump.	£543	£380
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14 EXP. FJORD. sea kayak. All white. New/no pump.	£539	£400
15 BASIC FJORD. sea kayak. All white. New.	£424	£320
16 SOLD		
17 SOLD		
18 BASIC BAIDARKA. sea kayak. All white. New.	£373	£280
19 EXP. FJORD. sea kayak. All white. No pump. New.	£539	£400
19 (A) EXP. FJORD. sea kayak. Orange/white. No pump. Repair to hull.	£539	£380
20 EXP. FJORD. sea kayak. Yellow/white. Pump. New.	£539	£450
21 EXP. BAIDARKA. sea kayak. All white. New. Retractable skeg/no pump.	£543	£375
22 SOLD		
23 ALPHAZ. Met. blue/white. Med volume white water kayak. 4m.	—	£175
24 PHAZER. Met. red/white. Med. volume white water kayak. 4m.	—	£175
25 ARDECHE 450. All blue. Fast touring 4.5m single kayak.	—	£175

The following models are either ex demonstration kayaks or kayaks taken in part exchange.

MODEL	CURRENT PRICE	SPECIAL PRICE
26 BASIC MERIDIAN. sea kayak. All red - slight use drilled, with retractable skeg.	—	£200
27 EXP. ICEFLOE. sea kayak. Orange/white. Good/modified front hull.	£491	£200
28 SOLD		
29 SOLD		
30 EXP. ICEFLOE. sea kayak. All white. Good/pump & alum. hatches.	£594	£380
31 EXP. ICEFLOE. sea kayak. Blue/white. Good/alum. hatches, pump & compass recess.	£611	£320
32 EXP. FJORD. sea kayak. All white. Ex-demo/ Suunto compass/pump.	£643	£350
33 EXP. BAIDARKA. sea kayak. All white. Ex-demo/pump & retractable skeg.	£600	£260
34 SOLD		
35 EXP. NORDCAPP H.H. sea kayak. All red. Good/no pump, 3 hatches, compass recess, knee tube.	—	£280
36 SOLD		
37 POLO TIGER. White/blue. Good, budget kevlar with J & R footrest.	—	£100
38 POLO TIGER. Red/white. Fair/J & R footrest.	—	£ 70
39 SOLD		
40 TIGER POLO. Black/yellow. Good, budget kevlar.	—	£ 90
41 TIGER POLO. Blue/white. Good, budget kevlar.	—	£100
42 TIGER POLO. Black. Good, budget kevlar.	—	£100
43 TX 1. Pink/white. New budget kevlar slalom kayak.	—	£185
44 TX 1. Pink/white. New budget kevlar slalom kayak.	—	£185

The P&H Company

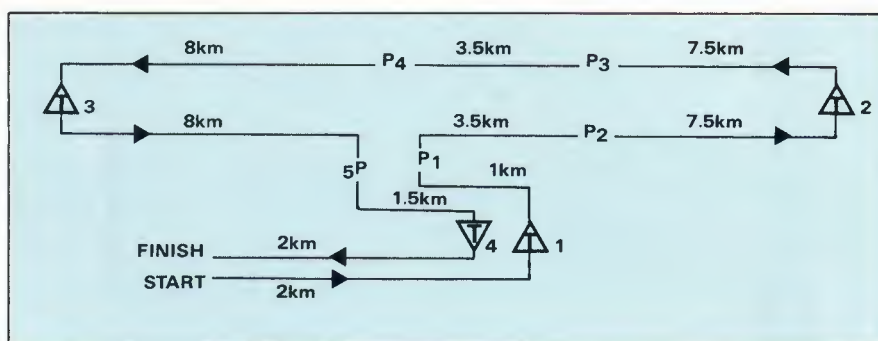
**STATION ROAD,
WEST HALLAM,
DERBYS, DE7 6HB
ENGLAND.
TEL: 0602 320155**

Competition

MARATHON WORLDS

The highlight of the Marathon Racing year will be the first World Marathon Championships at the National Water Sports Centre, Holme Pierrepont, Nottingham on 24 July starting at 12 noon. Racing will take place in six categories with each federation entering up to two boats per class — Mens and Ladies K1 and K2 and Mens C1 and C2. The forty-two kilometre journey will start and finish on the regatta course taking competitors onto the River Trent with five portages and four turns.

About twenty nations are expected to challenge for honours and Britain expects to be strongly featured amongst the medals. It is anticipated that the team selections which will take place during June will be highly competitive. The major contenders are expected to be Anne Plant, the four times World Cup Winner, and Jackie Eastwood, second World Cup 1987, in the ladies, Robin Belcher, Duncan Blyth, Graham Burns, Guy Dresser, Ivan Lawler, Kevin Smith, Mike Wells and Alan Williams in men's kayak and Marcus Gohar, Robin Williams and the Train brothers Steve and Andy in men's canoe. With all of these names and the many overseas stars the day is not to be missed and spectators will be very welcome.



TSB SUPPORTS THE OLYMPICS

The Racing Committee has joined in with the ARA fund raising organisation in their TSB Trustcard Sponsorship Scheme.

Trustcard pay £5 to the Scheme for every new Trustcard issued via the special application form. The Racing Committee get £3 from this for their Olympic Squad funds. The scheme has been set up to assist sport and up to half a million pounds is said to be available. The special form is available from Brian Greenaway at BCU headquarters. Please help our Olympic effort.

SLALOM

Slalom Yearbooks have been distributed to every ranked paddler free of charge. Haven't received yours yet? — you've probably moved house and forgotten to tell your Ranking Compiler of your new address!

Keith Ratcliffe, our new Division 4 Ranking Compiler has been omitted from the Directory of Officials (by mistake we hasten to add). His address is 53 Anchorway Road, Green Lane, Coventry CV3 6JL.

Promoted to Division 4? Procedure for application for bibs will be displayed at all

Novice events — you need not wait for a registration form — send membership card, large sae with 40p stamp, cheque for deposit and promotion certificate to the Bib Issuing Officer.

Interested in having a go at Slalom? Send sae for leaflet, 'How to get started in Slalom' to Sue Wharton, Slalom Development Officer, 1 Barnacre View, High Street, GARSTANG, Preston PR3 1EB.

POLO REFEREEING QUALIFICATION 1988

As the new rules are rather different to the 1987 version, the Canoe Polo Committee decided in the autumn of 1987 that all Grade 1 and 2 referees wishing to retain their qualifications had to attend the 1987 Referees' Seminar. Those referees who failed to attend, and who wish to retain their grade, must request a practical re-assessment (to the new rules) by 30 June 1988. Grade 3 and Trainee Grade 3 Referees who wish to remain on the list of qualified referees, must attend a half day seminar by 31 December 1988. Failure to comply with this requirement will result in deletion from the Referees' List. The next referees training and assessment course will be on 12 June at Tipton (West Midlands). The next seminar for Grade 3 and Trainee Grade 3 Referees will take place at the above course, and another one will be held on 16 April at Luton. Full details in the Polo Handbook.

NATIONAL CANOE POLO KNOCKOUT

A feast of fierce polo action was enjoyed by visitors to the Crystal Palace for the Canoe Exhibition. Sixteen teams took part in the Senior Competition. The toughest first round draw was between last years winners St Albans A, who were beaten by the 1986 winners Woodmill in a battle that would have made a fitting final. In the final, what a line up we had with Woodmill versus Tigers A, who were four times previous winners. The play swayed from end to end with no quarter given. Tigers scored in 58 seconds and then slotted in a second. Woodmill pulled one back with some ferocious attacks but Tigers held them off and netted a third to take the title.

In the Ladies Competition the semi-final between St Albans and Forth went to a penalty shoot out, where St Albans bounced three shots off the goal frame before finally getting one in to take them to the final, where they were beaten by the Mutineers. Once again it was decided on a penalty shoot out with a 2-1 score line, which shows how closely these teams are matched.

The Youth competition saw an influx of excellent new blood with Viking, who have only been competing for two years, taking Luton Tigers apart with a very good display of team polo to get into their first final, where they were closely matched with the eventual winners Nomad, who scored the only goal.

SNOWGOOSE ACTIVITIES

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Unique situation for all standards and disciplines of canoe sport

Instruction/equipment hire for groups, individuals, families.
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Non-residential or residential instruction package in s/c flats
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MAD SPORT

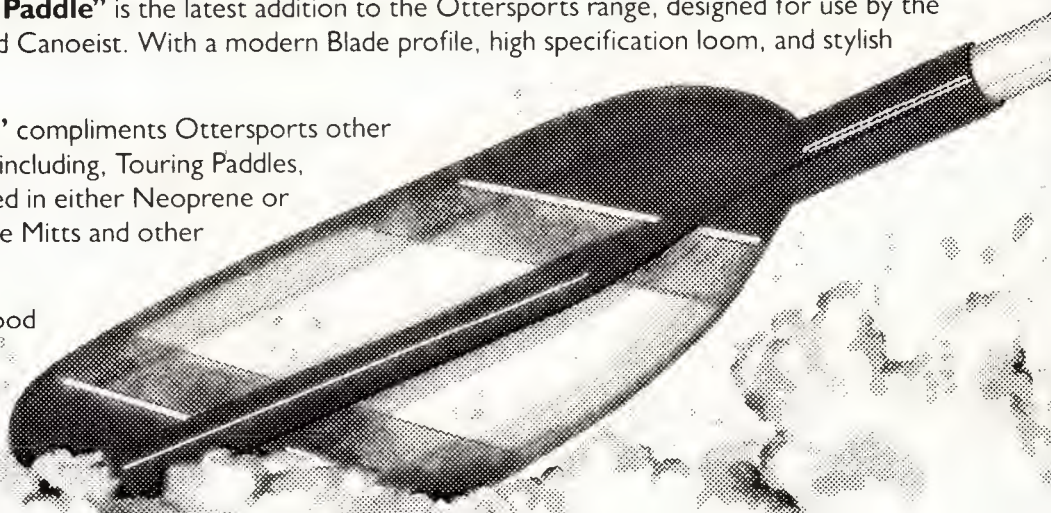
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TELEPHONE 0978 861444

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"The Sportsman" compliments Ottersports other Canoeing products including, Touring Paddles, Spray Covers, coated in either Neoprene or Polyurethane, Paddle Mitts and other accessories.

Available from all good retailers.



For further details contact **Ottersports Limited, 61 Bunting Road, Northampton NN2 6EE.**
Telephone: (0604) 719933 (2 lines)

Recreation



TOURING AWARD

At the International Canoe Exhibition the lucky winner of a free canoe, which is an Annual Draw prize donated by Strand Glass for the Canoe Touring Award was Richard Browne, who is a 12 year old member of the 60th Nottingham 1st Wilford Sea Scouts. He attained a Bronze Award, which automatically allowed him free entry into the draw. Richard has been canoeing for only 18 months and not on a really serious basis, as he has a great many other interests, which include badminton, fishing, swimming and radio-controlled models.

For further details of the Touring Award, please send a large sae to Mike Wood, 5 Mill Hill Drive, Sandbach, Cheshire CW11 OPW.

The Touring Committee also holds regional and national tours to help people to improve their canoeing skills and also give them a chance to try rivers they would not normally think about canoeing. There are two national tours on the Tryweryn, the Open Tour on 14-15 May and Try Tryweryn on 3-4 September. For further details of these and the complete touring programme please send large sae to John Gregson, 8 Birchtree Grove, Pershore, Worcs WR10 1PJ.

the ron moore wilderness trek



What is explored on expedition is not merely another country or culture but also oneself. When self-image has been damaged through physical or sensory handicap, opportunities to build self-confidence are severely limited. The opportunity to take part in this exciting expedition, the Ron Moore Wilderness Trek, offers a wonderful chance for such constructive discovery. In 1982 Ron won a Winston Churchill Fellowship to study outdoor pursuits with disabled people and explored the Boundary Waters with them. He was profoundly moved by the experience, the wild loveliness of the country, the challenges overcome whilst expeditioning, and the closeness that grew between him and his American friends and colleagues. Wilderness Trek is a memorial to Ron. It offers a chance for handicapped young people to follow in

Ron's footsteps and to have some of the experiences he felt so deeply.

The 1988 Wilderness Trek plans to leave on 20 July, spend two weeks in the wilderness of the Northern Boundary Waters and then fly back on 10 August after a little sightseeing. This is an excellent participation opportunity for the disabled and anyone interested in joining this expedition should contact Sarah Ashmead at 34 Truro Drive, Badgers Wood, Plymouth PL5 4PB. The latest bulletin from Sarah reports encouraging progress towards raising the £15,000 needed, but their target has still to be reached. Any friends of Ron Moore or for that matter anyone at all who would like to help sponsor the venture should contact Sarah. Contact in the form of a cheque made out to 'The Ron Moore Wilderness Trek' would be excellent!

PADDLE PERU — RIO TAMBOPATA AND URUBAMBA

Following the success of the BCU Amazon Expedition in October 1987 (see CANOE FOCUS 53), Guy Baker is organising an expedition to Peru during October or November 1988. This expedition has been given BCU Approval. It is open to paddlers of grade 3 and non paddlers on the rafts.

The Tambopata cuts a 120 mile course of wildlife and whitewater without peer, between the cloud forest of the Andes and the jungle basin of the Amazon. The only way through this area is by river. They will use rafts and kayaks. This untamed area is populated by tapirs, monkeys, capybaras, otters, jaguars, macaws and hundreds of birds. The trip down river will take about nine days.

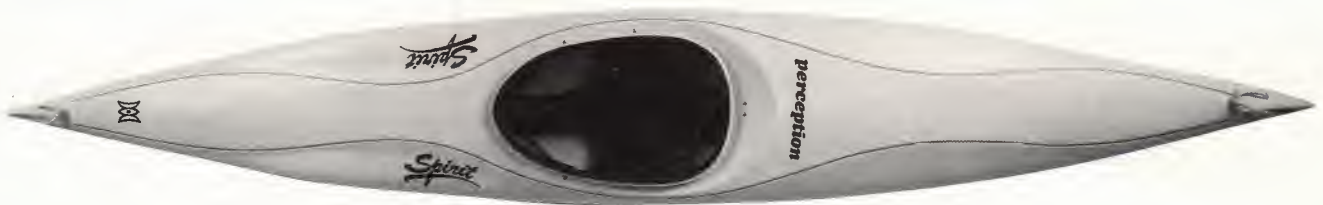
Afterwards there will be an opportunity to paddle on the River Urubamba, which offers grade 6-2, according to your ability. There will also be time to visit the Inca remains at Machu Pichu. If interested contact Guy Baker on 01-853 2644.



A sunburst raft of over 60 sea kayaks taken at the lunch stop on the first day of the annual Round/Bute trip organised by the Sea Touring Committee of the Scottish Canoe Association.



perception kayaks UK



The SPIRIT is a comfortable, stable and roomy recreational kayak. The longer waterline allows for easy tracking with a manoeuvrable, fast but stable hull shape. The higher volume ensures comfort and space for equipment stowage on extended trips or will accommodate the heavier paddler. A versatile kayak with comfortable seat for all aspects of canoeing; open water cruising, river running and excellent for surfing, even with a load. An easy boat to paddle. Suitable for all abilities and all types of water.

Length: 390cm Width: 60cm Weight: 17kg.

Colours: Red, Yellow, Blue

The Paddler is pictured wearing a PROTEC HELMET. The ideal helmet for maximum PROTECTION, made from tough high-impact plastic, to protect the brow, temple, ears and nape. The coloured outer shell is

fitted with interchangeable foam liner to fit small, medium, large and extra large sizes.

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NEW

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Designed to fit the Perception range of kayaks (except the low volume Sabre). These flotation bags are made in PVC-coated nylon for durability and light weight. To provide a perfect fit, the corners are rounded. A grommet has been incorporated for securing into the kayak. For simple, quick inflation, the PVC tubes have high quality screw-twist valves. The answer for extra buoyancy and to save your boat filling with water in a capsize situation.

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THE BLACK ART DEMYSTIFIED

By Franco Ferrero

Franco Ferrero is a freelance outdoor pursuits instructor. He hails from the island of Jersey and is one of a line of hard and dedicated sea paddlers that has come out of the famous Jersey Canoe Club over the years. In addition to his outstanding ability as a long distance sea kayak athlete Franco is also a highly respected Coach. In this series of articles he explains no-nonsense navigation for paddlers.

While the others finished packing, I strolled across to where Derek was sitting and checked his navigation. We always did that, he checked mine and I checked his. As always, it was faultless. We looked out towards the hazy barely visible group of rocks called 'Les Echrehous', that lay half way between the NE corner of Jersey and France and chuckled. A few years earlier this trip had been a major undertaking. After all, the tide ran at a maximum rate of 6 knots at 90 degrees to your course, if you tried to cross at the wrong time. Yet now, with admittedly a stable weather pattern, we were taking with us some relative novices, on what was by Channel Island standards, a straightforward trip.

We decided to go on the two hours either side of high water, which meant leaving by 6 o'clock on Friday evening. There was a slight breeze and a sea that was just choppy enough to keep you alert. Occasionally we would paddle alongside someone else and talk, then, imperceptibly, drift apart and lose ourselves in thought and the rhythmic movement of our arms.

Gradually the islands came into focus. 'Maitresse Ile', the largest is the only one large enough to qualify as an island. Covered in grass and nesting birds, it is no place to camp. All the others are mere rocks at high tide. The largest of these is covered in what were originally fishermen's huts and it was there that we were headed.

The tide was gaining strength but as we had deliberately aimed to arrive up-stream, as it were, of the islands, in order to allow for any problems or delays, we were now able to relax and allow ourselves to drift with the tide towards our destination.

When we arrived, the island was just a rock covered in a cluster of huts with the sea lapping around their foundations. By the time we had installed ourselves in the 'customs hut' and had cooked and eaten our meal, the tide had gone down enough to reveal the magic of the Echrehous. On arrival there had just been a scattering of rocks, now, there was an enormous reef, weed and barnacle covered rocks, sandy lagoons and long strands of shingle. We watched the blood red sun setting over the lagoon, the reef gradually merged into the darkness and we listened to a single tern, uttering its harsh cries as it fished for sand-eels in the fading light.

The sea is *not* a large lake. Its fickle moods can change from flat calm to survival conditions in what seems a very short time. There are warning signs but they must be watched out for constantly. This awareness of weather and tide, plus an understanding of navigation is part of what we call seamanship. For some strange reason many of us who understand these things take great delight in deliberately mystifying the whole business, particularly navigation. It is true that there is no substitute for experience. Building experience is about not setting your sights too high and building up gradually.

I believe that the theory, that we as canoeists need to know, is actually fairly simple. Anyone who is numerate can navigate. (Do I hear gasps and shouts of 'Heresy' from some eminent sea canoeists?) So take heart, help is at hand, in the next few issues I will write a series of articles

designed to help the reader make sense of navigation by:

1. Keeping the theory to the minimum that I consider to be of use to a sea canoeist. Much of the theory that is taught to yachtsmen is of no practical use to canoeists.

2. Taking it step by step, starting by planning a simple trip and moving on to progressively more advanced aspects of navigation. So if you follow me through my 'no nonsense guide to navigation' you will find that trips like the one I described are within the reach even of people not versed in these black arts.

Group ability, distance, speed, time taken

When planning a sea trip, the first consideration is: what is a reasonable distance for the group concerned? The following estimates, which are based on my experience, assume calm or light winds and make no allowance for the help or hindrance of tides.

Experience

Relative novice
Average weekend paddler
Hardened sea paddler

Daily Distances

4-6 Nautical Miles.

1-12 N. Miles.

20 N. Miles

(in comfort).

Hardened sea-gull eating paddler with partial frontal lobotomy

So long as he or she doesn't fall asleep, say between 40 and 100 N. Miles.

I prefer working in Nautical Miles because all tidal information is given in Knots. One Knot = One Nautical Mile per hour. One Nautical Mile is just over one land Mile (1.15 to be precise), or as near as matters 2 Km.

Speeds

Relative novice
Average weekend paddler
Hardened paddler

Experience

2 Knots or less.

2-2½ Kn, in GP Kayaks

3 in sea kayaks.

3½-4 Knots.

Time Taken

Now, by simply dividing distance by speed we can work out how long a journey should take. For example for a 12 N. Mile journey undertaken by an average weekend paddler in a sea kayak — 12 N. Miles divided by 3 Knots = 4 hours (time taken).

The problem with this calculation is that it assumes non-stop paddling from A to B. So you may wish to add say one hour for exploring the more interesting bits plus another hour for lunch, rests, casting doubts on the leaders' navigation, etc. Total time taken = 6 hours.

Maps and Charts To measure the distance between two places we need to use some form of map. The two choices in this country are nautical charts, or Ordnance Survey maps.

Nautical charts only show the land detail that is visible from the sea. This is great when you are on the water but useless when you've made an unforeseen landing because of changing weather and are trying to find the quickest way back to the car. They do however have several definite advantages. They show the shape and depth of the sea-bed, which may enable you to make educated guesses about sea conditions or tides, where there is not much information available. They show the positions of buoys and details of any lights, (useful on night paddles, planned or accidental).

They are available in a variety of scales.

Small Scale eg 1:1,000. This means 1 cm on map = 10 metres on the ground. Smaller scale numbers mean lots of detail but you need an awful lot of maps.

Large Scale eg 1:1,000,000. This means 1 cm, on map = 10 km, (or 5 N. Miles), on the ground. A map of this scale would cover, say the whole of the West coast of Ireland. Great for planning but no use for day to day navigation. I find the most useful scales to be 1:50,000 or 1:100,000.

The other advantage is that you can get Admiralty charts for most of the world, not just Britain. Ordnance Survey maps have the advantage of showing all land detail, including such essentials as pubs, public toilets, access roads and paths. They do show all coastal features, including anything that shows at low water, they don't show buoys, lights, except lighthouses, or any features of the sea-bed, (below the low water mark).

Maps or charts can be used for navigation. My preference is to use both, I do my navigation on Nautical charts and keep an OS map handy. Therefore for the rest of this article we shall assume the use of a Nautical chart.

Symbols and abbreviations used on charts. There are literally hundreds of these and anyone interested should get Admiralty Chart 5011, (it is actually a booklet, but that's the Navy for you!) which explains them all. However the most commonly found ones will be explained now as we plan a simple trip from Blood and Sludge Bay to Porth Epic. (From now on you will have to refer constantly to fig 1). We shall assume for this exercise that the tidal streams are very weak and therefore not worth taking into account, which is the case in many areas of Britain.

The first thing you will notice when you look at an Admiralty chart is that they are colour coded. It couldn't be simpler. Yellow bits are dry land, green bits are covered in water at high tide and dry, (or very shallow) at low tide. White and blue bits are always covered in water.

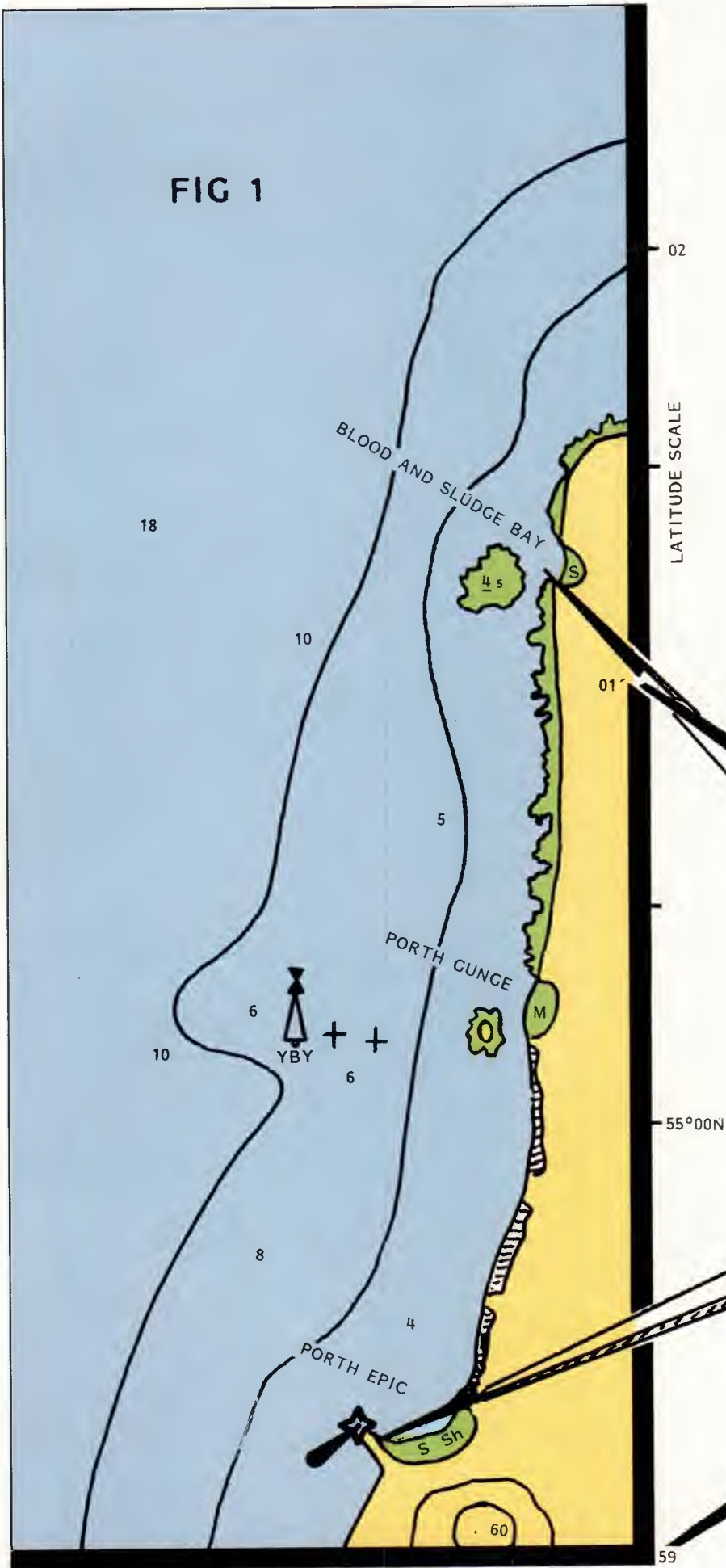
First of all work out the distance involved. To do this you require a measuring instrument. I suggest either a pair of dividers or a piece of string. (Dividers look professional, especially the brass ones. They also preserve the mystique but most importantly are more accurate). A piece of string would do, it's cheaper and easier to use when afloat. Simply open the dividers to the required distance (Fig 1A) and then measure it off against the latitude scale which you will find at either edge of the chart. (Fig 1B).

1' (minute) of latitude = 1 Nautical Mile. 60' = 60 Nautical Miles. Therefore Blood and Sludge Bay to Porth Epic = 2' of latitude (2 Nautical Miles). For the next stage it is vital that you refer constantly to Fig 1. Blood and Sludge Bay is marked with the abbreviation S. This means that the bottom consists of sand. Porth Gunge however, is marked with an M which stands for mud, so although a useful escape route from Porth Gunge it is not a desirable landing place. Porth Epic has the abbreviation S.Sh., sand and shells. Nice place for a picnic!

The shore between Blood and Sludge Bay and Porth Gunge is marked by symbols that indicate a rocky foreshore. Between Porth Gunge and Porth Epic the symbols indicate cliffs. The rock off Blood and Sludge Bay is coloured green and marked with a drying height. We are told that it is a drying height by the fact that the 4 is underlined. The larger figure indicates metres and the smaller one by its side tenths of a metre. So 4₅ indicates a drying height of 4.5 metres. All we as canoeists need to know is that anything marked with a drying height is sometimes covered by water and sometimes not depending on the state of tide. The figures offshore tell us the depth. The figure on the hill tells us its height. For a detailed explanation of the difference between heights, drying heights and depths study Figs 2 (A) and (B).

Porth Gunge is sheltered by a rock which is always uncovered. The two crosses further out to

FIG 1



sea represent rocks which are always covered but only just at low water. These represent a hazard to shipping, but not normally to canoeists. They are marked by a buoy which is distinguished by its topmark, in this case two cones pointing inwards and its colour, yellow black yellow. Buoyage is beyond the scope of this article, look it up in one of the books you'll find in the reading list. For navigational purposes in a canoe all we need is to make sure we are at the right one. Buoys are distinguished from one another by their colour, shape or topmark. Important ones will also have a name painted on them. All this information is on the chart.

The rocks could be a danger (or fun depending on your skill level or lack of IQ) if a big swell is running as the waves may build up and break over the submerged rocks. Finally, the breakwater at Porth Epic has a light at the end of it. The area where the light is positioned is usually raised and painted white so you can see it in daylight.

My planning would be as follows: with a group of relative novices in general purpose kayaks and assuming good weather conditions, paddle out of Blood and Sludge Bay; turn left; paddle straight down the coast to Porth Epic. Escape point, Porth Gunge.

2 Nautical Miles at 2 Knots = 1 hour
 Allow ½ hour for exploring = 30 minutes
 Lunch at Porth Epic, 1 hour = 1 hour
 Return trip plus more exploring = 1 hour 30 minutes
 Total 4 hours

The next part in this series looks at how tides complicate matters.

Reading List:

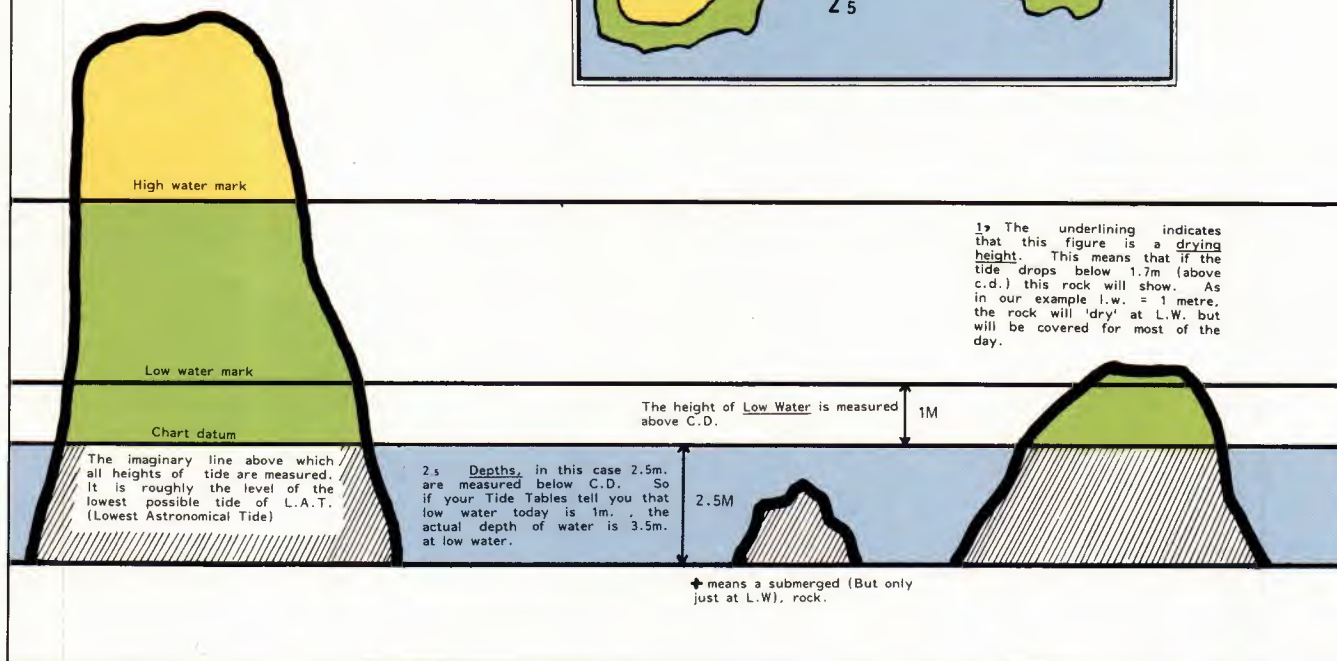
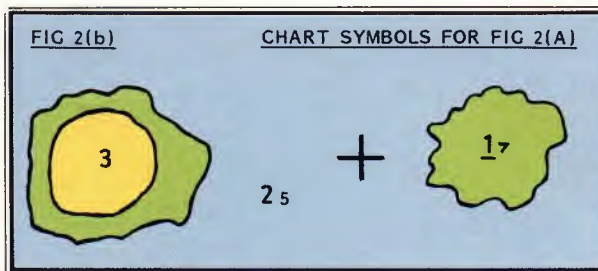
- A Practical Guide to Sea Canoeing Howard Jeffs
- Reeds Nautical Almanac, Coastal Navigation Chapter
- Sea Kayaking John Dowd
- Navigation RYA

LATITUDE SCALE

LONGITUDE SCALE - IGNORE IT!

FIG 2(A) PROFILE OF THE SEA BED

.3 The dot in front of the 3 indicates a height on dry land which is measured from another imaginary line called M.H.W.S. (Mean High Water Springs). For all practical purposes this is the high water mark, which is indicated by a black line on rocks and cliffs, caused by drying algae, or the rubbish and seaweed left at the top of the beach when the tide goes out.



Access

ACCESS WORKER HONOURED

Eric Totty presents David Rushfirth with the BCU Award of Merit at the Canoe Exhibition. David has been an active member of the access team since the early 1960s, looking after access interests on the Lune, the Eden and in the Lake District. Additionally he is a coastal adviser for the North West. He has earned this formal recognition by the BCU.

ACCESS IN SCOTLAND

From Mary Conacher
(NAO for Scotland)

In Scotland we are trying to solve the Access problem by personal contact with landowner and fisherman, trying to see both points of view, which is not always easy. Until recently there have been few complaints on either side — however the unrest south of the border appears to be having an adverse effect on us now. One fact has emerged from my meetings and that is that with consideration and politeness from fishermen and canoeists alike we could all enjoy our sports. There are however a small minority who seem

determined to ruin our efforts. This is an appeal from the SCA to canoeists paddling in Scotland — please be polite and considerate towards fishermen — do not be the first to cause antagonism. Verbal abuse on either side gets us nowhere. It is not difficult when paddling towards a fisherman to see which route would cause the least annoyance, or to stop and ask when you could pass.

River Orchy. If you want to paddle in the fishing season (1 May to 15 October) first contact Mr Church, Croggan Crafts, Dalmally (Tel 201), Argyll. No problem on Sundays or outside the fishing season.

River Etive. No access problems on six and a half miles of grade II to V (some portages) from Kingshouse to just short of Dalness. From there to Loch Etive the SCA wants canoeists to avoid paddling in the fishing season from 1 June to 20 October.

PAYMENT FOR ACCESS

As reported in the February issue of Canoe Focus, Don Windsor is leading a BCU Working Party looking very carefully into all aspects of payment for access to water and the many implications. So far he has only received two comments from members although it is a subject often discussed on the river bank and about which criticism is often levelled at the BCU. Unless you would like to pay without a say, please send your views,

reasons and suggestions now to Don Windsor at 11 Wallis Close, Draycott, DERBY DE7 3QS. Don't let Don hear anyone say the BCU has not consulted them!

RIVERS SURVEY

The work initiated by Douglas Caffyn to create a BCU record of all rivers with distances, water characteristics and the position with regard to access is being carried on by Steve Brown. Many thanks to Douglas and his wife for the work they have done and also to those who have sent in information. However the larger part of the job has still to be done. It is important because it will enable the BCU to pursue access matters from a factual base rather than making less effective generalisations. If you can help with your local river please contact your Regional Access Officer or Steve Brown at 65 Main Street, Newbold-on-Avon, RUGBY CV21 2HH.

YORKSHIRE DERWENT

Access Chairman, Mike Twiggs, read in the Yorkshire Post on Saturday 27 February that the contestants in the High Court action, due this year to settle the navigation issues on the Yorkshire Derwent, have cash available topping £250,000 to meet litigation costs. This puts into stark perspective the cost of pursuing such issues through the Courts.

Classified

Trade advertisements at 15p per word + VAT (minimum, £3) must be pre-paid, ads of a personal nature will be published free on submission of membership number.

FOR SALE

OSPREY TUTOR INSTRUCTOR BOAT. Yellow and black. Deck and map elastics, handles rear hatch to bulkhead section. Solid foam footrest. Removeable skeg. VGC only £160 ring Worcester (0905) 355227 (evenings).

BOX TYPE 10-CANOE SPRUNG TRAILER £285. Also 4 Ardeche doubles £100-120. Refused planning permission, all virtually new. Also paddles, buoyancy aids, straps. Naylor 029 18 (Nr Chepstow) 643 or 291 (day).

5 COMMANCHE KAYAKS, paddles, buoyancy aids, spraydecks, at £85 each set or all with 8/10 boat trailer £400. All items in vgc. Further details contact Aylesbury 0296 20147.

COLEMAN 13ft (green) as new £250.00. Phone 0959 33192, Sevenoaks, Kent.

ZIGGY "FIRST" slalom boat carbon/kevlar construction. Slightly damaged but repaired £110.00. E Chadwick (0923) 51434.

WET SUIT LONG JOHN STYLE small size, would suit slim build up to 5'4" tall, in very good condition £20. Telephone 01-546 3440.

ECLIPSE WILDCAT K1 Glass construction understern. Excellent condition £170 ono. Telephone Ipswich (0473) 310923.

MCNULTY HUNTSMAN 16 foot sea kayak. Fully rigged model with bulkheads, hatches, pump, decklines and rudder. Very good condition. £185.00. Telephone Macclesfield (0625) 26406.

VCP KADET TOURER — brand new £130.00 ono. Telephone 0602 817609.

FLADBURY MINI SPARTAN K1 suit 7-10 year old £90 ono. Telephone 0525 375436.

PREMIER III SPRINT IN VACALITE in very good condition, very strong, ideal first buy £100.00 and a North Shore Surf ski hardly used retails at £150.00 for only £100.00 ono. Ring Jason on 09274 (Northwood) 24 198 anytime.

2 JUNIOR KAYAKS £35 and £55 each. Will separate. Telephone 0375 677358 (Essex).

17ft LAANCE FAST TOURER o/s Rudder, in kevlar £150.00 ono. Telephone Farnborough 0252 549119.

ROTOBAT WHITEWATER SPEC as new, yellow £220 ono. All Kevlar Dolphin 79 in immaculate condition. End protectors available if required £250 ono. Diolen Delphin 79 £100. Contact 0752 223999.

1987 COLEMAN 16' Gold Medalist, hardly used £325 ono. Telephone Windsor 0753 853129.

JAGUAR K1. Red and White Sandwich construction in excellent condition £180. Telephone Simon (eve) 01-399 9041.

WANTED

NOMAD PRO-AM EXTRA IN POOR STATE. Anything considered. E Chadwick (0923) 51434.

POLY-PIPPIN 14'. Telephone Windsor 0753 853129.

STOLEN/WANTED

My first Mike Jones rally was going just fine until late on Saturday when I found my three month old yellow rotobat had been stolen from the top of my Fathers car. Would anyone like to sell me a secondhand or ex-demo rotobat cheaply. All my paper round money was used to buy this canoe and I would appreciate a reply. If you can help please contact me, Scot Walker, or my Father on 0509 503604.

TRADE

CARLISLE CANOES everything for the canoeist from beginners to the advanced white water paddler. Contact Carlisle Canoes, Pennywise Shop, 41 Wigton Road, Carlisle CA2 7AX. Telephone 0228 31703.

ISOSPORT TRAINING SYSTEMS — Isokinetic equipment for fast development of specific strength and power. **PLUS SPORT TESTER**

HEART RATE METERS for accurate feedback on performance. Contact Richard Fox Isosport Training Systems, 16 Melfordhall Drive, West Bridgford, Nottingham NG2 7SP. Telephone 0602-842096.

THINK PLASTIC — THINK CANOE CUMBRIA. Large stocks of leading brands and accessories. Demo/hire boats by Ace, Perception, Pyranha, Coleman. Stockists of Cloudbase waterproof bags. Mail order and LEA/group discount a speciality. BCU approved centre for canoe tuition at all levels. Accommodation available. Contact: Howbarrow Farm, Cartmel, Grange over Sands, Cumbria LA11 7SS. Telephone 044 854 330.

PU and Neoprene coated nylon fabrics. Ventile, Cordura, breathable waterproof fabrics. Arctic fleece, pile fabric. Thinsulate, Hollofi down. Tent fabrics/fittings, mosquito netting, ground sheeting. Velcro, qr buckles, shockcord, eyelets. Zips (open-end, closed-end, 2-way, etc.) Patterns for all outdoor gear. Camping gear, Gore-Tex fabric clothing, discounts up to 15%. For catalogue SAE please. TOR(Ca), 3 Fryer St, Runcorn WA7 1ND.

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. Telephone, write or call our showrooms at Unit 7, Deacon Trading Centre, Knights Road, Strood, Rochester, Kent. Telephone 0634 724403.

MAIL ORDER — direct from Suzy, Green Slime Throwbags — Personal + Expedition, Waist Towlines — Pogies —40° Below and standard. For details contact: Suzy, 34 Kelvinbrook, West Molesey, Surrey KT8 9RZ. Telephone 01-941 2714.

SITUATIONS VACANT

BLACK SWAN SAILING CLUB, READING. Stewards/Watersports Instructors — May/Sept 88. Seasonal instructors wanted for windsurfing and/or canoeing. Also stewards for BSSC club and facilities.

PREFERABLY BCU/RYA qualified. For further details and application form write to The Manager, Dinton Pastures County Park, Davis Street, Hurst, Reading RG10 0TH.

SI TO WORK SUMMER '88 REQUIRED. Croft-Na-Caber Watersports Centre on Lock Tay, Perthshire caters for school groups and the general public. The centre is purpose built and well equipped with an excellent teaching area. Caravan accommodation can be provided if required. Please send a CV and current photograph to The Manager, Croft-Na-Caber Watersports Centre, Kenmore, Nr Aberfeldy, Perthshire PH15 2HW. An ability to dinghy sail, windsurf or instruct waterskiing would be an advantage.

QUEST INSTRUCTORS/DOMESTIC STAFF. Quest requires qualified or experienced instructors in canoeing, sailing, windsurfing, waterskiing, climbing and outdoor pursuits to work with school groups. Our activity centres are in North Devon, the Lake District National Park, the South of France and the Costa Brava. We also require cooks, catering and domestic assistants plus mini bus drivers. Short and long term positions available from early March 1988. Preferred age 18-30. Please apply for application form by phoning or writing to Ann Smith, Summer Staff, Quest, Grosvenor Hall, Bolnore Road, Haywards Heath, West Sussex RH16 4BX. Telephone (0444) 441300.

COURTLANDS CENTRE. Qualified Instructors, RYA Tidal, BCUI/SI, climbers. Clean driving licence essential. Min age 21 years. Long & short term vacancies. Apply with cv & photo to: The Director, Courtlands Centre, Nr Kingsbridge, S Devon TQ7 4BN.

SITUATION WANTED

Professionally trained and qualified outdoor education instructor/youth worker — 39, married with two children, returning from overseas in April, seeks challenging position of responsibility in outdoor centre or similar establishment, preferably with Christian aims and ideals. Reasonable salary sought but more importantly is availability of family accommodation. Rural or coastal location. Particular interest in sea canoeing and mountain activities. Temporary position considered. Full CV from Paul Grigg, PO Box 79, St Leonards, Tasmania, 7250. Telephone 010 61 03918249.

COURSES

BIRMINGHAM SCHOOL OF CANOEING — beginners to advanced kayaking courses including Star Testing, Kayak Proficiency (Inland), Senior Instructor Training and Instructor Assessment, River Rescue Techniques, Canoe Safety Test, Introduction and Advanced White Water Courses, Private Tuition etc. Coaching by qualified and experienced BCU Senior Instructors. Telephone or write (SAE) to Greg Parkes, 96 Barrs Road, Cradley Heath, Warley, West Midlands B64 7HH. Telephone Cradley Heath 67 896.

HOLIDAYS

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

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.

"ALPINE WHITE WATER" — 10 day trip to the Dauthine Region of the French Alps June 24/July 3. Based in accommodation near Briancon. Cost £350 fully inclusive. For further details telephone or write to: Nigel Robinson, Twr-y-Felin Outdoor Centre, St Davids, Pembrokeshire SA62 6QS. Telephone (0437) 720391.

ACCOMMODATION

BALA, NORTH WALES — Self Catering cottage. Minutes walk shops and lake. Private Parking. Reasonable. Please send SAE to Mrs H Roberts, Gelli, 46 Tegid Street, Bala LL23 7EL or telephone 0678 520402.

THE MANAGEMENT and Staff of the White Lion Royal Hotel, High Street, Bala, Gwynedd, welcome all Canoeists and Visitors. Bar meals available 12-2pm and 6-9pm. Weekend rates for supporters.

WORLD'S 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 telephone or write to World's End Lodge, Staunton on Wye, Hereford HR4 7NF. Telephone (09817) 308.

NEWQUAY, Cornwall, opposite Fistral Beach, 12 shower en-suite bedrooms, licensed bar, ideal for sea canoeing, surfing etc. Instruction available, open all year, reductions for parties. B&B £7.00. Penruddock Hotel, Tower Road, Newquay, Cornwall. Telephone 0637 876677.

THEME HOLIDAYS IN FRANCE. Brittany, Ardeche, Languedoc. Canoeing, Sailing, etc. Also Art & Craft Courses, French. Expert tutors for all levels. Full-board accommodation. Marvellous surroundings. Telephone LSGF (0509) 261205.

DARTMOOR EXPEDITION CENTRE. Accommodation/base near the River Dart. BCU Approved. Instruction for groups if required. John Earle, Rowden, Widecombe, Devon (03642) 249.

SILVER BAY HOLIDAY PARK. Pentre Gwyddel, Rhoscolyn, Gwynedd, Anglesey LL65 2RZ. Secluded private site with it's own access to private beach with slipway. Ideal location for canoeing, windsurfing, boating, fishing etc. Caravans for sale or hire, campers and tourers welcome. Open for 11 months.

INSURANCE

CANOE Insurance — Special low rates for BCU members. Contact Weller & Co, 17 Main Ridge West, Boston, Lincs PE21 6SS. Telephone (0205) 65505.

PUBLICATIONS

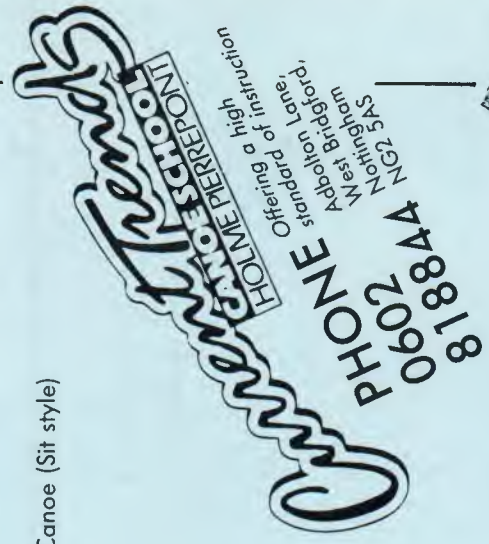
THE VISUAL DIMENSION — Lectures and audio-visuals by Foxy, Zambezi, Chile, Nepal, Various. SAE for details/bookings to Alan Fox, 127 Waveney, Grovehill, Hemel Hempstead HP2 6DJ.

06/07 Feb	Sprint & Marathon Racing Clinics	22/03 Aug	Sea Touring Trips
13 Feb	Wild Water Racing School	08/20 Aug	Continental Whitewater
08/12 Feb	Open Canoe Advanced Proficiency, Training	21 Aug	Open Canoe Senior Instructor Assessment
08/12 Feb	Open Canoe Advanced Proficiency, Assessment	03/04 Sept	Placid Water Senior Instructor
23/25 Feb	Open Canoe Senior Instructor Training & Assessment	03/04 Sept	1-2-3 Star Open Canoe Award Course
24/25 Feb	Wild Water Racing School	03/04 Sept	Corps of Canoe Lifeguards — Canoe Safety
27/28 Feb	Marathon Racing Clinic Open Canoe (Sit Style)	03/04 Sept	Corps of Canoe Lifeguards — Assistant Lifeguard
08/10 March	Inland Senior Instructor (Kayak) Training	09/11 Sept	Whitewater Safety
08/10 March	Inland Senior Instructor (Kayak) Assessment	16/17 Sept	Placid Water Awards & Skills Weekend
11/13 March	Advanced Proficiency (Kayak) Training & Assessment	17/23 Sept	Scottish Rivers
12/13 March	1-2-3 Star Open Canoe Award Courses	24/01 Oct	Sea Touring Trips
18/20 March	Advanced Proficiency (Kayak) Training & Assessment	01/02 Oct	Open Canoe Proficiency Training & Testing
19/20 March	Canoe Sailing Weekend	12 Oct	Whitewater Safety
25/27 March	Inland Senior Instructor (Kayak) Training	14/16 Oct	Open Canoe Senior Instructor Training & Assessment
25/27 March	Inland Senior Instructor (Kayak) Assessment	19 Oct	Whitewater Safety
25/27 March	Advanced Proficiency (Kayak) Training & Assessment	04/06 Nov	Open Canoe Advanced Proficiency Training
26/27 March	Open Canoe Proficiency Training & Testing	04/06 Nov	Open Canoe Advanced Proficiency Assessment
02/03 April	Introductory 1-2-3 Star Course (Inland Kayak)	04/06 Nov	Welsh Rivers
02/03 April	Sprint & Marathon Racing Clinic	07/12 Nov	Welsh Rivers
02/03 April	'Come and Try it' sessions	12/13 Nov	Marathon Racing Clinic Open Canoe (Sit style)
02/03 April	Surfing	03/04 Dec	Canoe Poling Course
08/10 April	Open Canoe Senior Instructor Training & Assessment		
09/10 April	Introduction to Slalom		
09/10 April	Placid Water Awards & Skills Weekend		
09/10 April	Intermediate White Water Training		
16/17 April	Placid Water 1 & 2 Skill — Canoe & Kayak		
02 May	'Come and Try it' Sessions		
07/08 May	Introductory 1-2-3 Star Courses (Inland Kayak)		
07/08 May	Placid Water 1 & 2 Skill — Canoe & Kayak		
14/15 May	Intermediate White Water Training		
21/22 May	Open Canoe Instructor Training		
28/05 June	River, Sea & Surf		
30/01 June	Disabled Persons Course		
06/15 June	Sea Touring Trips		
11/12 June	Corps of Canoe Lifeguards — Canoe Safety		
11/12 June	Corps of Canoe Lifeguards — Assistant Lifeguard		
11/12 June	Placid Water 1 & 2 Skill — Canoe & Kayak		
18/19 June	Whitewater Safety		
25/26 June	Open Canoe Whitewater Safety		
02/03 July	Placid Water Teacher Assessment		
02/03 July	Introductory 1-2-3 Star Course (Inland Kayak)		
09/10 July	Open Canoe Instructor Training Weekend		
11/22 July	Sea Touring Trips		
16/17 July	Placid Water Advanced Skills 3 to 4		
16/17 July	'Come and Try it' sessions		

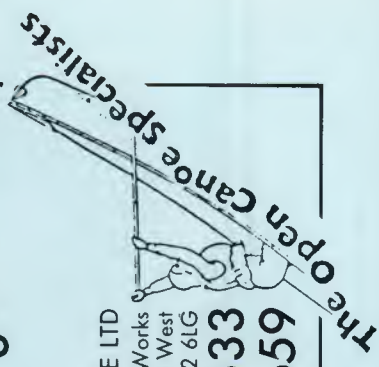
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Durable Air Bags, PVC coated inside and nylon outside, if fitted properly, are a major safety aid. In sets of four, they are designed to fit all centre pillar kayaks and feature high quality screw twist valves.

Red and fluorescent Yellow 'Flo' line and 'Flo' bag incorporate 24m and 12m of throwable line respectively. The bright yellow hollow rope with a distinctive red fleck is soft and easy to handle. Both are designed to throw well and the 'Flo' bag fits into the rear pocket of our Expedition and Explorer Buoyancy aids, as well as into the under side of the Twinseal spraycover.

The 'Wild-Water' Tow Line – 5 metres long, fully adjustable with a snug fitting pouch.

(Main Photograph & Above Right) The Explorer with nearly 30% (7.8kg) and Explorer Leader with over 50% (10kg) more buoyancy than the BCU/BCMA (6.12kg) standard, together with a built-in harness and quick release belay system.

When you select from our top quality safety equipment, we recommend that you train and practice before use, so that you can appreciate and take advantage of all the design features. The yellow toggle fitted to assist the quick release of the Explorer harness is also fitted as standard on our Towline and Rescue Harness.



The standard 'Wild-Water' helmet featured in the main photograph is supplied in Red, Blue, Orange and White. Our competition version shown above of the popular 'Wild-Water' helmet, is available in white with different coloured decals.

SAFETY FIRST FROM 'WILD-WATER'



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