

CANOE FOCUS

No 56 September 1988 — £1.00

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Front Cover

Gold winning Train brothers portage at
World Marathon Championships
Photograph by Tony Tickle

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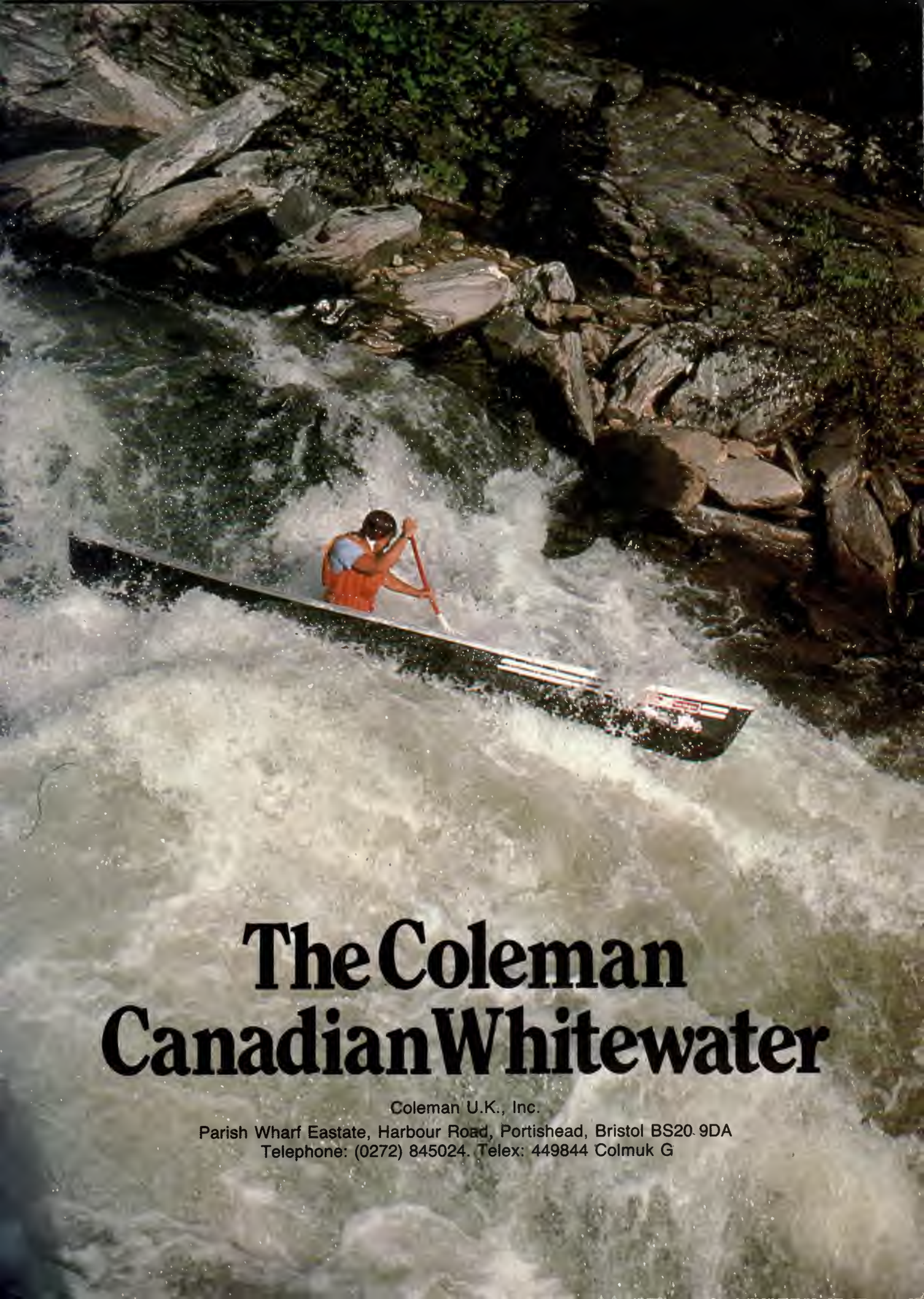
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Paddles and Skis explained by Derek Wilson-Young in Boots across Scotland page 13.

Slalom Course photo, page 3, June Focus was by Gordon Graham.



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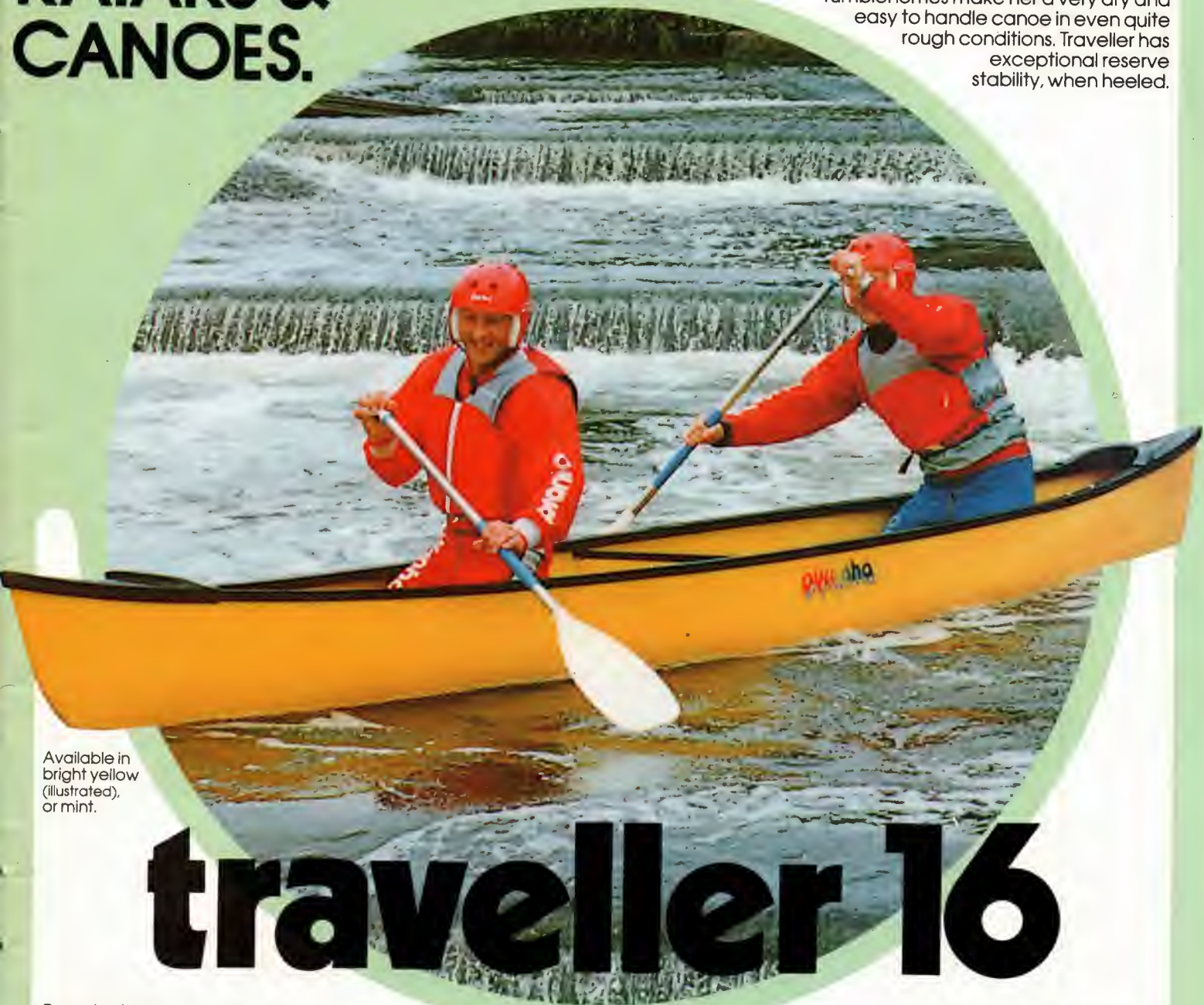
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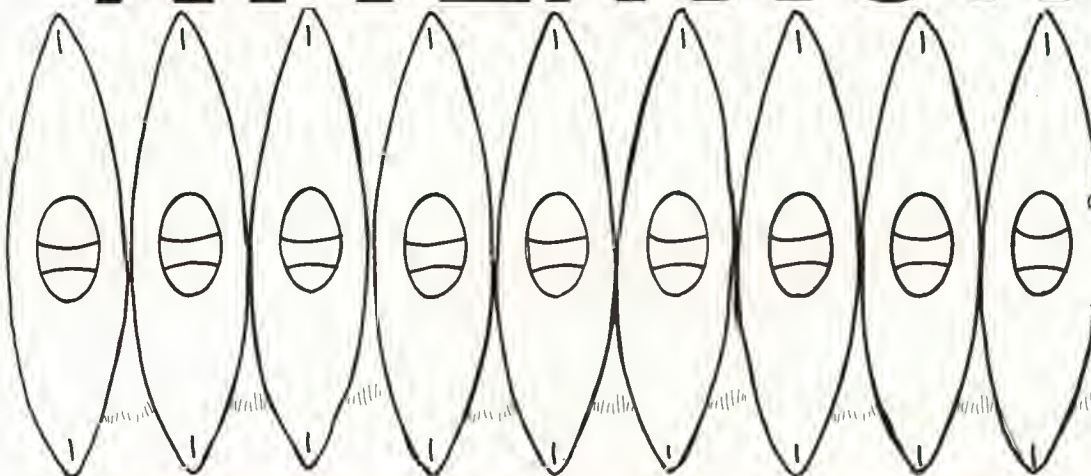
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Comment

TREVOR BAILEY

I am writing this shortly after the Marathon World Championships and before the two Europa Cup events. Hopefully the latter two will prove to be as successful as the former.

FIRST MARATHON WORLD CHAMPIONSHIPS

For many years people have been campaigning for the acceptance of Marathon as a discipline by the International Canoe Federation, and for holding a World Championships.

Their efforts were amply rewarded by the success of the first ever Marathon World Championships held in Nottingham on 24 July. I'm sure that everyone attending will agree that the event fully justified the faith in Marathon demonstrated by those early campaigners. It was particularly pleasing that 22 countries took part, and seven won medals.

The highlight for me was the look of pure pleasure on the face of David Train. The gold medal won in magnificent style by his two sons Steven and Andy was the culmination of years of hard work by both paddlers and David. Very well done!

OTHER VIEWS

Some members will view with mixed feelings the obvious success of a competitive event. They consider that the 'BCU' concentrates too much on competition, and should be doing more for the recreational canoeists, especially in the matter of securing better access to water. This is a short-sighted attitude and to those people who have specifically criticised FOCUS for concentrating on competition. I would point out that the majority of our members are competitors. Competition will always be a major part of the 'BCU', and success can only act as an encouragement for others to try canoeing, some of whom may then decide to concentrate on the recreational side. The recreational canoeist must be brought into membership if the 'BCU' is to expand, and a positive encouragement to such potential members would be the securing of more access to water. The 'BCU' is always pursuing ways of securing better access.

MEETING THE MINISTER

The Vice-Chairman of the 'BCU', Albert Woods, and I recently had a private meeting with Colin Moynihan, the Minister of Sport, at which a number of items were discussed. The Minister's first question concerned our medal prospects this year. We then discussed the future of Holme Pierrepont, funding of governing bodies and sponsorship. We emphasised to the Minister the 'BCU's' response to the establishment of a National Rivers Authority as part of the Water Authorities privatisation. We pressed for the Authority to have a statutory duty to establish access to water. We underlined our basic approach of shared use, fully accepting the needs of others to utilise the waterways. This final point led to a discussion about a licence scheme and the benefits that such a scheme, linked to 'BCU' membership, could be to all water users.

Albert and I left the Minister feeling pleased that he was obviously well informed, aware of the problems facing us as a governing body and optimistic regarding the future. The privatisation proposals will be published in the Queens speech and will form a major part of the legislation programme in the next parliament. The 'BCU' will be monitoring the passage of

the bill through parliament, and will be actively lobbying on your behalf.

Many members are concerned about the future of Holme Pierrepont. The Sports Council has announced that it is not happy about the way joint management has operated and has given its partner at the centre, Nottinghamshire County Council, two years notice of its intentions to withdraw from the agreement. The Sports Council has confirmed its wish to see Holme Pierrepont continue as a National Centre, which they offered to run, the Notts CC response to this is not yet known. Members should be re-assured that the County has also expressed the wish to see the centre continue its present work with excellence, a view supported by the Minister. The recent results at the Junior World Slalom Championships demonstrated the tremendous benefit our paddlers are already obtaining from the course, and I am confident that its future is secure. The 'BCU' remains committed to move its 'BCU Headquarters' to Nottingham.

DIRECTION OF FOCUS

In the last issue the new editor, Angela Stevens, invited members to send their comments on FOCUS. The response has been minimal, but two common threads have appeared. I have covered the questions of too much emphasis on the competitive side at the expense of the recreationalist. This had led to the argument that "FOCUS has no relevance, therefore I do not want it, therefore my subscriptions should be reduced by six pounds p.a." This argument fails to recognise that the actual cost of FOCUS is substantially less than six



pounds p.a., and that as a membership organisation, and a limited company the 'BCU' has a duty to communicate with its members. The revenue received from advertisers make FOCUS very cost effective, scrapping it would not lead to an overall cost saving. We received more complaints about non-arrival of FOCUS when we had circulation problems with a recent edition than we have ever received about its quality.

We are not complacent. Angela Stevens and all concerned are seeking ways to improve FOCUS. We aim to include more instructional and touring features in future issues and to incorporate some articles of general interest from CODE. All your comments are carefully considered, so please keep writing.

MEMBERSHIP SUBSCRIPTIONS

I will finish with the good news that the existing subscription rates for 1987/1988 agreed at the June 1987 meeting of the Council of Management will continue to July 1989.

NEWS LATE NEWS LATE

EUROPA CUP FINAL LEG CANOE SLALOM NOTTINGHAM 13 AUGUST 1988

Favourite Richard Fox just retained his European championship title after a close contest with Melvyn Jones in the Mens K1. Jones closed to within 1/2 second of Fox's overall time winning the race by nearly 3 seconds.

Liz Sharman came only 7th in the Women's K1 having concentrated recently on sprint racing in preparation for the Olympics. First was Miriam Jerusalem, Fox's French girlfriend.

The reduced water level at the Holme Pierrepont course suited the Americans who took the first 3 places in the Canadian singles.

The Canadian doubles event was won easily by the West German champions Hemmer & Loose. Scots Alan Meikle and Colin Brown performing brilliantly came in 2nd, taking 4th place overall.

RESULTS

Kayak Men

Pos	Competitor	
1	Melvyn Jones	GBR
2	Richard Fox	GBR
3	Laurent Brissaud	FRA
4	Russell Smith	GBR

Kayak Ladies

Pos	Competitor	
1	Miriam Jerusalem	FRA
2	Dana Chladek	USA
3	Marie-Francoise Grange-Prigent	FRA
4	Cathy Hearn	USA
5	Karen Davies	GBR
6	Anne Boixel	FRA
7	Elizabeth Sharman	GBR
8	Rachel Fox	GBR

Canadian Singles

Pos	Competitor	
1	Jon Luggbill	USA
2	David Hearn	USA
3	Jed Prentice	USA
5	Gareth Marriott	GBR
9	Martyn Hedges	GBR
20	Mark Delaney	GBR

Canadian Doubles

Pos	Competitors	
1	Hemmer/Loose	FRG
2	Meikle/Brown	GBR
3	Saidi/Daval	FRA

FINAL INDIVIDUAL TROPHY POINTS

K1 Mens

Pos	Name	Dublin	Nottingham	Total
1	Richard Fox GBR	3	2	5
2	Melvyn Jones GBR	5	1	6
3	Laurent Brissaud FRA	4	3	7
4	Janez Skok YUG	1	7	8
5	Pierpaolo Ferrazzi ITA	2	8	10
6	Russell Smith GBR	9	4	13

C1 Mens

Pos	Name	Dublin	Nottingham	Total
1	Jon Luggbill USA	2	1	3
2	Jed Prentice USA	1	3	4
3	David Hearn USA	4	2	6
7=	Gareth Marriott GBR	14	5	19
7=	Martyn Hedges GBR	10	9	19
19	Mark Delaney GBR	38	19	38

C2

Pos	Name	Dublin	Nottingham	Total
1	Hemmer/Loose FRA	1	1	2
2	Saidi/Daval FRA	2	3	5
3	Saidi/Delrey FRA	3	4	7
4	Meikle/Brown GBR	8	2	10
11=	Richardson/Thompson GBR	12	11	23

K1 Ladies

Pos	Name	Dublin	Nottingham	Total
1	Miriam Jerusalem FRA	3	1	4
2	Marie-Francois Grange-Prigent FRA	2	3	5
3	Dana Chladek USA	4	2	6
4	Elizabeth Sharman GBR	1	7	8
5	Anne Boixel FRA	5	6	11
6=	Cathy Hearn USA	9	4	13
6=	Karen Davis GBR	8	5	13
8	Gabriel Loose FRA	7	11	18
9	Jennifer Stone USA	10	9	19
10	Rachel Fox GBR	12	8	20

European Cup Combined Nations Total

Pos	Nation	Points W.W.R.	Points Slalom	Total
1	FRG	12	51	63
2	FRA	39	27	66
3	GBR	51	35	86

Twenty-two nations line-up for FIRST WORLD MARATHON CANOE RACING CHAMPIONSHIP



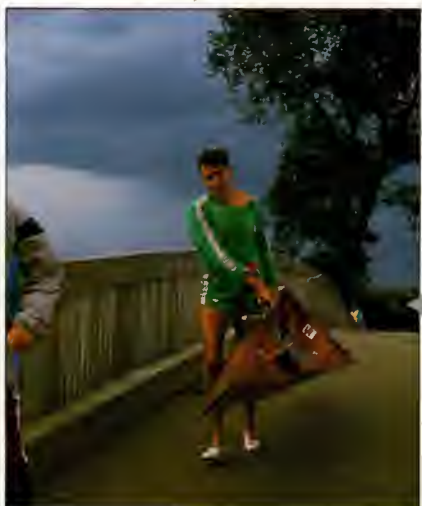
Many years of effort to promote Marathon Racing as a major competitive discipline in canoe sport finally paid off at the Inaugural World Championships held at the National Watersports Centre Nottingham on 24 July sponsored by Sun Life Assurance.

Stormy Weather

Heavy rain had raised the River Trent to a record level which, combined with gale force winds created an arduous event and influenced the results. Races started on the Regatta Course which was so stormy that many crews sank before the first turn including most of Britain's medal hopes.

Mens K1 ...

saw John Jackoby of Australia paddle superbly, after being well down the field for most of the race he stormed through in the closing stages to win. Robin Belcher came a creditable 5th place in what he claims to be his last major international for Great Britain, Duncan Blyth only 12th, due to sinking on the Regatta Course. The favourites in



Mens K2 ...

Koch/Neilsen of Denmark won easily as the only crew who could have been on terms with them were Ivan Lawler/Graham Burns of Great Britain who had also sunk and were last at the 1st portage. Having battled on they worked their way right through the field to gain the silver medal, a really excellent performance. The other GB crew of Dresser/Williams was placed 9th.

In the Mens C1 ...

Peetervuari won for Hungary with Britain's Marcus Gohar just missing out in 4th place and Rob Williams GB in 10th place.

In the C2 ...

race a great tussle developed between the current World Champions over 10,000 metres, Neilson/Frederikson of Denmark versus the Great Britain crew of Andrew and Steven Train. The Danes led for most of the race, but with six miles to go Andy and Steve made their move and broke clear to become BRITAIN'S FIRST WORLD MARATHON CHAMPIONS. Tim Phillips and Andy Guest came in 6th. A very good performance as they were the first 'sit down canoe' home.



Ladies K1 ...

proved disappointing to Jan Lawler who leading the race with only 5 miles to go capsized and was relegated to 5th position and Anne Plant, nursing an injury could only make 10th place. Australia gained its second gold medal through Jane Hall the winning lady in this event.

Australia also gained another gold medal in ...

The Womens K2 ...

with Mayes/Cooper. British results were Susie Perrett/Jackie Eastwood 4th Christine Belcher/Sandra Troop 6th.

Finally Great Britain won the nations cup from Hungary by only one point.

Full Results Table Focus Page 7.

All Photos by Tony Tickle



Competition



SEOUL 1988



BRITAIN'S OLYMPIC PADDLERS



Jeremy West

Mens Kayak

Jeremy West
Grayson Bourne
Kevin Smith
Jan Raciborski
Adrian Collier
Rueben Burgess
Robin Ayres
Ivan Lawler
Andrew Sherriff

Royal CC
Royal CC
Warren
Fladbury
Nottingham
Nottingham
Royal
Elmbridge
Wey

Ladies Kayak

Susie Perrett

Reading
Leighton Park
Elmbridge
Elmbridge
Adlington
Nottingham

Mens Canoe

Andrew Train
Steven Train
Eric Jamieson
Robert Williams

Fladbury
Fladbury
Wey
Wey

The team will leave for Seoul on 13 September. The British Olympic Association have chosen Jo Turvey of Royal Canoe Club and Oliver Morgan of Nottingham Canoe Club to represent Great Britain at the Youth Camp in Seoul.

WORLD MARATHON CHAMPIONSHIPS RESULTS

Mens K2

1. DEN	T. Nielsen/L. Koch	3.19.31.3
2. GBR	I. Lawler/G. Burns	3.23.18.1
3. AUS	R. Edgar/C. Barnett	3.23.28.2

WOMENS K1

1. AUS	J. Hall	4.06.43.1
2. HUN	A. Polgaar	4.08.15.5
3. POL	B. Lewicka	4.10.51.2

WOMENS K2

1. AUS	G. Mayes/D. Cooper	3.48.10.0
2. HUN	K. Lakatos/E. Jaanosi	3.51.59.5
3. POL	M. Switalska/R. Oles	3.52.30.2

MENS C2

1. GBR	S. Train/A. Train	3.46.21.5
2. DEN	A. Neilsson/C. Frederiksen	3.48.21.5
3. POL	A. Kaminski/K. Glowacki	3.49.57.3

MENS C1

1. HUN	P. Peetervari	4.16.14.5
2. HUN	G. Kolozsvaari	4.19.53.2
3. DEN	S. Jepsen	4.30.53.2

MENS K1

1. AUS	J. Jacoby	3.38.16.0
2. SWE	S. Gustafsson	3.38.18.1
3. HOL	E. Onnekes	3.38.19.1

3 GOLDS FOR GB IN OPEN JUNIOR '88

Lawrence Oliver

This bi-annual event, the major junior regatta of the year, was held on the picturesque Trasona Dam, near Oviedo, Northern Spain 30-31 July.

A total of sixteen nations took part; twelve from Western Europe plus Canada, Costa Rica, Israel and Japan. The races, in K1, K2 and K4 were held over 500 metres, 1000 metres and 5000 metres for Junior Men and 500 metres and 5000 metres for Junior Women.

The Great Britain team reached all of the finals except the Men's K1 500 metres. Highlights were Andrea Dallaway's win in the K1 500 metres a second gold medal in the K1 5000 metres followed by Stuart West and Jason Wilson winning gold in the K2 5000 metres.

THE GB JUNIOR TEAM

Junior Men

Roger Davey (Coach)

Andrew Barkway	Norwich Sea Scouts	K1, K4
Stuart West	Leamington Spa	K2
Jason Wilson	Anker Valley	K2
Christopher Bland	Fladbury	K4
Craig Murray	Anker Valley	K4
Russell Unsted	Elmbridge	K4

Junior Women

Peter Lawler (Coach)

Andrea Dallaway	Elmbridge	K1, K2
Tricia Davey	Richmond	K1, K2

"TWO BRITISH WORLD SLALOM CHAMPIONS" SEU D'URGELL, SPAIN. JULY 9/10.



Brian Holden

Jason Bennett

A really good team effort with medals in three out of four categories speaks volumes for the work of Chief Coach Len Smith and his enthusiastic assistants.

The junior team were also congratulated by the ICF officials on their bearing and turnout in the opening ceremony and were splendid ambassadors for their country.

C.1.

1. Gareth Marriott	GBR	217.90
2. Michael Doetsch	FRG	224.28
3. Adam Clawson	USA	224.75
7. Mike Wharton	GBR	233.22
13. Richard Comer	GBR	258.73

C.2.

1. Brian Holden/Jason Bennett	GBR	258.57
2. Juraj Mikus/Marcel Kollar	TCH	259.27
3. Marek Lubusky/Martin Kral	TCH	267.02

KIL

1. Sandra Berger	FRG	237.15
2. Lara Tipper	GBR	242.32
3. Katja Sosnowski	FRG	244.96
7. Lynn Simpson	GBR	258.52
21. Susan Marriott	GBR	292.86

KIM

1. Scott Shipley	USA	195.33
2. Claudio Roviera	ITA	203.08
3. Andraz Vehovar	YUG	203.16
14. Kim Gaster	GBR	212.18
23. Matthew Stephens	GBR	226.41
45. Michael Green	GBR	254.27



Grattan's Mick Bottomley, presenting canoeist Sue Marriott, 17, of Bradford with her specially-commissioned slalom kayak part of the sponsorship package for competing in Junior World Slalom in Spain and Czechoslovakia.

INTERNATIONAL CANOE FEDERATION

In connection with the usage of the material 'Scotchcal', the Board of Management was agreed that all National Federations should be immediately advised that the use of the line grooved material 'Scotchcal' and other similar materials applied on boats or built into boats during construction, is **forbidden in all competitions** organized within the Rules of the International Canoe Federation.

DURNGATE MILL SLALOM OCTOBER 1988

Due to the withdrawal of the Worthies Canoe Club from the B.C.U. The October slalom will be organised by The Winchester and District Canoe Club. Therefore all entries should now be sent to: Mrs. M. E. Goodwin, 1 Valerian Road, Hedge End, Southampton, Hants.

DIVISION ONE SLALOM - SEPTEMBER 24/25

The "Serpents Tail" event. It is confirmed that it will move to the Tryweryn - graveyard site.

As noted at the meeting of the Slalom Executive this decision is made with renewed regret that it has not proved possible to secure the agreement of Llangollen Anglers Association to the reinstatement of the event on its traditional site and on its traditional date. We continue to hope that the Welsh Canoeing Association through the Dee Users Committee will be successful in their declared objective of securing improved access to the Dee and the reinstatement of the event at the Serpents Tail site in the future.

R. H. Fox, Chairman, Competitions Management Committee

CANOE POLO NATIONAL CHAMPIONSHIPS 1989

Entries invited for Canoe Polo National Championships. Qualifying rounds regional 5 or 12 November, combined area 26 November or 3 December. Send sae for entry forms from Canoe Polo Secretary, 73 Dunlin Road, Hemel Hempstead, Herts HP2 6LX, which **must** be returned with entry fee by 1 October 1988.

COMPETITORS CLINIC

Do you have a question on training, preparation etc. for slalom, racing or WW racing? Send it to Canoe Focus to be answered by one of our National Coaches.

NEW DIVISION 2 BIB OFFICER

Mrs. N. Croft, 45 Fairham Way, Horton Reggis, Dunstable, Bedfordshire, LU5 5ER. The 1989 bib issue officers and early part of the 1989 calendar will appear with the next issue.

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COMPASSES AND CROSS TIDES

Need

The Sea Kayak is essentially a coastal craft and rarely do I need to use a compass. In some areas like the Channel Islands open crossings are common and a compass is essential. Carrying one in reserve is vital because of the possibility of poor visibility.

If your paddling requires you to steer a compass course for long periods it is probably worth fitting a small yacht or dinghy compass to your deck. As a reserve, or for occasional crossings a Silva compass, as used by mountaineers, strapped under a deck elastic or taped to the deck is adequate and cheaper.

Accuracy

The accuracy of a compass can be affected by two factors; Deviation and Variation. Keep ferrous metal objects more than three feet from the compass and Deviation shouldn't trouble you. Variation is the difference between Map North and Magnetic North. The figure varies in different areas and over time because of fluctuations in the earth's magnetic field. When you measure a bearing off a chart in Britain you must ADD variation to get the correct course. The exact variation is shown on all maps and charts.

A compass is a device to enable you to travel in a straight line at an angle to the earth's magnetic field. The needle points North; if you wish to travel East you turn 90 degrees in a clockwise direction. Your compass will read 090 degrees.

The Compass Has Two Uses

1. To reach an unseen destination, requiring a plotted course on the map or chart. Refer to any navigation book for this simple operation.
2. To get out of trouble.

To explain this here are two examples.

(i) You are crossing a large bay towards a visible headland when you notice visibility is deteriorating. Point your boat at the desired target, read your compass heading and simply hold that course.

(ii) You are paddling on the south coast of England, some distance off-shore, when a fog bank suddenly engulfs you. Simply paddle due North until you hit the beach. Yes, it's that simple!

Cross Tides

In most sea kayaking situations in Britain, usually going out to islands, you can allow for tides that run across your course in a number of ways without having to resort to compass courses and tidal vectors. You will only need



Photo: Kevin Mansell

THE BLACK ART DEMYSTIFIED PART III

by Franco Ferrero

these when your target is not visible due to fog, haze or distance.

If the distance is short, up to one hour's paddling, you can cross at slack water and probably not have to make any allowance at all. Provided that the tidal stream is not too strong you can ferry-glide. The problem with ferry-gliding is that the stronger the current the less progress you make in the desired direction. As a rule of thumb I try not to ferry-glide if the tidal stream is running at more than half my cruising speed (three knots). If the streams are strong it makes sense to do your crossing in that two hour period, one hour either side of slack water when the tidal streams are running at less than a third of their maximum rate, and/or at neaps.

Approach

The best approach in strong tidal streams is to start at a point on the coast well upstream of your target. Paddle at right angles to the tidal stream till you are abreast of your target and then paddle with the current to the target. To work out how far upstream you need to start measure the distance from the mainland to the island. Work out how long it would take you to make the crossing if there were not tide involved, suppose two Nautical miles at three knots; 40 minutes. Then work out how far you would drift if you sat on the water and did not paddle for forty minutes at the time of day you intend to make the crossing. If the tidal stream averaged about three knots during the period in question, 40 minutes at three knots equals two nautical miles. Add at least half a mile for any unforeseen problems and the distance upstream of your target should be about two and a half nautical miles.

You have just worked out a 'Tidal Vector'. Doing it this way around you don't need to draw lines on a chart. Your course is 90 degrees to the direction of the tidal stream.

A tidal vector is a way of working out what course to steer in order to ferry-glide or allow enough distance upstream to hit your target. The chart work involved is very simple and can be found in any sea touring book.

The only way to really learn is to get out there and do it! As I've said before, good luck.

Reading list:

A Practical Guide to Sea Canoeing H. Jeffs
Reeds Nautical Almanac
Coastal Navigation chapter
Sea Kayaking J. Dowd
Navigation RYA



Here and There

WATERWAY DEVELOPMENTS

'More Miles For Your Money'

Reciprocal arrangements with Anglia Water Authority offers British Waterways' licence holders a further 61 miles cruising on the River Nene at no extra cost for an annual 14 day visit. "In addition, since we took over control of the South Stratford Canal on 1st April, cruising on the 13 mile waterway has not cost licence holders any further fee and, the Linton Lock Commissioners now offer a 20% discount concession to our licence holders on passage fees through Linton Lock. It is our intention to make other stretches of waterway outside our navigational control accessible to our licence holders at no extra cost."

British Waterways pledged a substantial increase in expenditure for the provision of further leisure facilities for boaters and waterway users this year.

To keep users better informed a comprehensive computer based information service is being phased into Area and Information Offices, licence holders are to receive a free copy of the August/September edition of the monthly house journal 'Waterways News'.

"Freephone Canals" will be the watch word from now on for users of British Waterways' canals and river navigations seeking assistance from operational staff outside normal office hours on weekdays and throughout weekends.

Canal users can contact the service, free of charge, from any private telephone or public call box by dialling 100 and asking for "Freephone Canals". The answering service is being provided by Securicor Communications based in Birmingham, but they will answer as "British Waterways".

Details and location of the incident will be requested, which will enable Securicor's duty operator to contact appropriate local operational staff without delay.

This new national "out of hours" service replaces previous arrangements. However, canal users are reminded that during normal office hours, assistance should be sought from the appropriate Area office.

Enhancement of the environment is a key feature in the work of British Waterways and during the year restoration of the Forth and Clyde Canal in Glasgow was started, restoration of the Kennet and Avon Canal continued and Royal Assent was given to the Bill for the restoration of the Montgomery Canal.

Nature Conservation Work on Montgomery Canal



A nature conservation research study undertaken on the largely unnavigable Montgomery Canal has been published as a full-colour leaflet, "Wildlife on the Montgomery Canal", by British Waterways who have also appointed a Conservation Officer to advise on conservation now that restoration of the waterway is in prospect.

With full restoration to navigation an increasing possibility, protection of rare species, such as Floating Water Plantain (Luronium Natans), Pondweed (Potamogeton) and the rare White-Legged Damsel Fly (Platycnemis Pennipes), will be ensured by the creation of nature reserves which will be a feature for canal users.

The survey work was carried out under the auspices of the Community Programme by the Community Task Force with funds provided jointly by British Waterways and the Manpower Services Commission. Much assistance was also given by the Nature Conservancy Council, The Royal Society for the Protection of Birds and the Severn Trent Water Authority.

The manager of the team which commenced the survey work in 1985, Jonathan Briggs, has recently been appointed Conservation Officer by British Waterways to advise on nature conservation during the expected restoration of the Montgomery Canal. He is based at British Waterways' Llanymynech officers and can be contacted by members of the public on 0691 831291.



New Broads Authority

The Norfolk and Suffolk Broads Act 1988, which creates a statutory Broads Authority to manage the Broads for the purposes of nature conservation, public enjoyment, and navigation, has received Royal Assent. The Act gives the Broads a status equivalent to that of a National Park, but the Broads Authority will have a wider range of powers. It will take over the functions of the present, non-statutory, Broads Authority, and will assume control of navigation on the rivers and broads in place of the Great Yarmouth Port and Haven Commissioners. These changes will take place on 1 April 1989.

The Secretary of State is required, to consult boating interests before making three of his nine appointments; and farming and landowning interests before making a further two of his appointments. He consulted a wide range of other interested bodies making the remaining four appointments.

ACTIVITY HOLIDAYS

Salzburg, Austria

Adventure Clubs have been formed in the Salzburg area, the following offer canoeing: Adventure Sports School Pirker, offering courses in Hang Gliding, Paragliding, *Canoeing*, Mountain Climbing, from AS 2,500 (£119) for 5 days. Information from Erlebnis Sport-schule Pirker A-5453 Werfenweng. Tel: 01043 646/570. Club Alpine Extra, offering ski safaris, ski tours, paragliding, *canoeing*, rafting, climbing.

Austrian Trust Tourist Office, 01-629 0461.

Youth Hostels

For those people who like packing a lot into a weekend the YHA offers a fabulous range of multi-activity breaks at their two new activity centres at Llangollen in North Wales and Edale in the Peak District. Choose from activities such as climbing, rubber rafting, canoeing, archery, riding and many others. Create your own individual adventure holiday when you go on the "Pick 'n' Mix" break at Llangollen. It costs just £49 for two nights!

For further information: Kate Ferguson, Marketing Solutions Ltd, 70 Salisbury Road, London NW6 6NU. Tel: 01-624 6090.



Canoeing in the Jura

Headwater Holidays can now offer 5 and 6 night holidays paddling gently down the River Loue in their nice stable Canadian Canoes. The itinerary for both holidays is the same — you stay either one or two nights at the first hotel on the river, at Lods, then two nights at the picturesque village of Ornans, and your last two nights at Cléron. Transport from England, and carrying bags between hotels, are included, and prices are from £279.

Some experience of Canadian canoeing is required for the Loue. Beginners can choose between going on one of Headwater's holidays on placid water in the Loire valley first, or a weekend course in the UK.

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MORE WOMEN IN SPORT

The Sports Council has set a target of getting 1¼ million more women into sport by 1993. Reaction to the What's Your Sport? campaign produced an astonishing response and there are now 1,200 WYS information points in the U.K. largely centred on county council departments, libraries and sports centres and a number of local councils are appointing sports' development officers.

In addition the Sports Council together with TVS and Anchor Foods, through their new low fat 'butter' Half Fat Anchor, are spearheading a campaign to put women's health and fitness in the frontline.

A new eight week series will be broadcast every Friday evening from 29 July. "Take Time Out" focusing on a variety of outdoor activities including swimming, walking, canoeing, yachting, skiing and windsurfing.

They are keen to promote the benefits of outdoor pursuits particularly to women, who tend to prefer indoor sports and leave outdoor activities to men although it was interesting to note that almost one third of the expeditions who applied to the Royal Geographical Society this year are led by women.

The Sunday Times in conjunction with Moët & Chandon and the CCPR are contributing to interesting more women in sport by their introduction of the Sunday Times Sportswoman of the Year Awards.

Mary Peters MBE launched the scheme in London on 25 May 1988.

Awards will be presented to six categories; schoolgirls, students, sportswomen, international sportswomen, administrators and teams. The disabled will be eligible in all categories and any female may enter.

When all nominations have been received, the Award winners will be selected by a panel of expert sportswomen judges: The Baroness Phillips, JP; Mary Peters, MBE; Judy Simpson, British Olympic Pentathlete; Celia Brackenridge, of the Women's Sport Foundation; and Lady Marchwood, representing Moët & Chandon.

The winners of the Awards will be guests of honour at a grand Sportswomen of the Year Champagne Lunch to be held at Fishmongers Hall on November 16, 1988, when the overall winner of the competition, the Sportswomen's Personality of the Year will be announced.

Nomination forms are available from: The Sunday Times Sportswomen of the Year Awards, PO Box No 480, London E1 9DN to be returned by 30 September.

Further information from Amanda Sabin, CCPR, 01-828 3163.

CASH BOOST FOR GAMES

Wimpey Homes' Tony Penney, presents a cheque for £2,000 to London Youth Games Administrator, Michelle White.

Youngsters from 33 London Boroughs took part in the July Sports extravaganza. Wimpey's donation went towards the cost of staging the swimming, diving and canoeing sections.

This is the second year that the building firm has sponsored the Games, which attracts about 6,500 participants to Crystal Palace.

MIKE JONES RALLY 19/20 Nov '88

Stickers this year will be £3.00 each, with a reduced rate of £2.50 in advance by post. Please make all cheques payable to 'Mike Jones Rally'. Details and stickers will be available by post from 20th September until 10th November from: Mike Jones Rally, c/o Betws y Coed Sorting Office, Betws y Coed, Gwynedd LL24 1AA.

Please enclose a stamped addressed envelope for all replies.



BOYS' CLUB MEMBERS IN BANK HOLIDAY CANOE TEST

On May 28-31 the National Association of Boys' Clubs "100-mile canoe test" attracted 450 boys who tackled a gruelling 100-mile

course on the rivers Avon and Severn. Here they are pictured at the mass finish on May 31 at Wainlode Hill, Gloucester.



Photo by Nigel Clark.



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Dear Focus...

WAS IT DISCRIMINATION?



Dear Focus,

I organized a weir safety and rescue training weekend at Marlow weir last Spring during which my well equipped team were sent off the weir structures on the grounds of safety by a Thames Water official whilst anglers were allowed to remain in more dangerous positions.

Shaun Baker
Slough, Bucks

John Eyrie of Thames Water comments that 'due to the loss of Shaun's application, prior permission for the use of the weir had not been granted.

Anglers pay for licences to use specific positions on weirs and may be given priority on some whilst canoeists are given priority on others which are more suitable for their purposes, usually those on sections of the Thames most used by canoeists.'

CANOEISTS AND ROWERS CO-OPERATE

As organiser of the annual River Tamer Circuit Marathon I was horrified to see the river unusually full with the Cornish Rowing Association holding a full-scale regatta. They had never heard of us, nor we of them. Problem! Fortunately William, the regatta organiser could not have been more helpful. He inserted a 20 minute gap into the regatta programme so that we could get all our races started, and even did a running commentary over his tannoy system. After this the canoeists stuck to one bank as they passed the stretch of river being used by the rowers, so that no-one got in anyone's way, and both rowers and paddlers raced quite happily, literally side by side. There was never any "We were here first so push off", the attitude was "How can we help?"

I would like to thank the Cornish Rowing Association — they were great. If all water users including some canoeists, were as courteous and co-operative then things would be a lot easier.

M. P. R. Rose
Plymouth College Canoe Club

SPORT SCIENCE RESEARCH

I am carrying out a sociological study involving canoeists. If you are willing to fill in a questionnaire to advance this study please write to Richard Allen c/o Dr. A. White, Bishop Otter College, College Lane, Chichester, W. Sussex.

THE BIG CANOE



Oulton Broad Canadian Canoe Club has built a very large Canadian canoe capable of taking 8 to 10 persons plus camping equipment. This is an expedition canoe suitable for large lakes, wide rivers or enclosed estuary situations. Built of marine plywood, the canoe is hard chine, measures 20'6" by 4'10". The initial canoe material was sponsored by 'Children in Need' as it intended to use the canoe to help children with special needs to get afloat. The design and canoe can be purchased from Dave Hart at Oulton Broad Canadian Canoe Club, the builders are Dave Cartwright Boatbuilders at Linstead, Suffolk; although the prototype was built by members of OBCCC. Costs are £50 for the plans or £750 for the complete canoe, profit goes to OBCC to promote Canadian canoeing.

We understand the canoe fits upside down on top of the clubs' Sherpa crewbus, shouldn't be difficult to spot around East Anglia!

Dave Hart can be contacted at Lowestoft 0502-5697787. 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD.



THANK YOU NORTH WEST CANOEISTS

To raise money for a mini-bus for Huyton Gate Social Education Centre, a day centre for people with a mental handicap, we competed in the touring class of 1986 Trans Pennine Marathon. We finished in six days, received an award for endeavour and raised over £5,000.

This year we entered combined able bodied and disabled crews in Touring Canadian class at Wigan Canoe Marathon raising £600 and winning the team prize. We are now able to buy our mini bus and would like to thank North West canoeists who sponsored us, the event organiser for accommodating us and members of the North West Canadian Canoe Association who paddled with us.

Colin Smith
Huyton Gate S.E.C.

'BOOTS ACROSS SCOTLAND'

The intention of the organisers of this sponsored event was to have a small party of walkers on every Munro in Scotland at 1.00 pm on 1 May 1988.

Lorna Liddell and I were allocated as 'our' Munro a 1148 metre mountain named Beinn Bheoil. We arranged to stay in Ben Alder bothy on the night prior to our ascent and to gain access to the area, we canoed down Loch Ericht, preferring this to a long walk carrying heavy rucksacks. (The actual area is shown on Ordnance Survey map Loch Rannoch, Sheet 42.)

The canoes were well loaded up with sleeping bags, cooking equipment and food supplies as well as the necessary rucksacks

and mountain clothing.

Being enthusiastic ski mountaineers, we intended to use touring skis for part of our ascent and descent of Beinn Bheoil so these too had to be carried in by canoe. The skis and ski poles were secured to the deck of each canoe with very little difficulty.

The point of particular interest to readers not familiar with Scottish mountain areas is that canoes can often be used to provide relatively easy access to mountains that otherwise could only be reached after a lengthy and time-consuming walk.

Derek Wilson Young
Inverness-shire.

SWALE CHARITY PADDLE

This event, which proved so popular and successful last year, when a swollen river added to the fun, takes place on 15-16 October. Besides providing for a really enjoyable paddle on a superb river, the tour will raise funds for Guide Dogs for the Blind, the Samaritans, and for research into multiple sclerosis.

Full details from Colin Stegeman, 17 Quarry Rd, Richmond, N Yorks DL10 4BP (sae please). (0748 3861 or Joan Selby — 0642 782475).

THE CANADIAN CANOE ASSOCIATION OF GREAT BRITAIN

Would anyone who has applied for membership of the Association for 1988 and has not received an acknowledgement, please contact Lesley Catherall, Membership Secretary, 22 Old Road North, Kempsey, Near Worcester, WR5 3JZ.



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Richard Fox - REFLEX Martyn Hedges - BETTERBAT CI.

OLYMPIC CHAMPIONS CHOOSE GAYBO SPRINT DESIGNS.

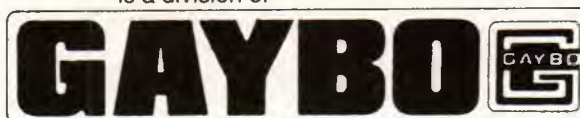
JUNIOR WORLD CHAMPIONS CHOOSE

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Regional Roundup

REGIONAL AGM's

EAST	13 December 1988
EAST MIDLANDS	22 November 1988
LONDON AND SOUTH EAST	To be fixed in February 1989
NORTH	24 November 1988
NORTH WEST	To be fixed in February 1989
SOUTH	To be fixed in mid-November 1988
SOUTH WEST	To be fixed in February 1989
WEST MIDLANDS	18 January 1989
YORKSHIRE AND HUMBERSIDE	17 November 1988

On the same dates, preceding these AGM's, each region will hold a Special General Meeting. The purpose is to consider any amendments to regional constitutions to bring them into line with the BCU model regional constitution, which was agreed in principle by the Council on 25 June 1988.

Regional secretaries will circulate BCU affiliated clubs in their region with all AGM and SGM papers including details of proposed constitution amendments. Individual members wishing to receive the same information should send a large stamped addressed envelope to their Regional Secretary well before the meeting. Motions for discussion at the AGM's and nominations for regional officers on committee members should be sent to the Regional Secretary at least one month before the meetings.

REGIONAL SECRETARIES

EAST	G. Davis — 12 Park Road, RAMSEY, Cambs, PE17 1BA.
EAST MIDLANDS	D. Halsall — 45 Auburn Road, BLABY, Leics, LE8 3DA.
LONDON AND SOUTH EAST	c/o B. Hughes — 14 Reeves Avenue, KINGSBURY, London, NW9 8LP.
NORTH	R. Everingham — 5 Singleton Park, KENDAL, Cumbria, LA9 6PE.
NORTH WEST	R. Bradshaw — 9 Rydal Drive, Hale Barns, ALTRINCHAM, Cheshire, WA15 8TE.
SOUTH	B. Le Grove — 11 Peregrine Road, LITTLEHAMPTON, Sussex, BN17 6DT.
SOUTH WEST	D. Walls — 71 Butts Road, EXETER, Devon.
WEST MIDLANDS	Mrs J. Parker — Tudor Lodge, Churchill Lane, Churchill, KIDDERMINSTER, DY10 3LX.
YORKSHIRE AND HUMBERSIDE	D. Player — 21 The Drive, Roundhay, LEEDS, Yorks, LE8 1JF.

NORTHERN

Manchester Canoe Club

The Serpents Tail Slalom on September 24/25 will be held on the Tryweryn at the Graveyard

site. We would ask all paddlers to co-operate with us by leaving the Dee strictly alone for this weekend as any activity on the river will certainly ruin negotiations for next years event and could easily lead to withdrawal of existing access for races and tours and the slalom on the town site.

Halifax Canoe Club

Our club is trying to raise money to refurbish one of the Mill buildings for use as a club house. Once completed the man made river bed can be improved. We are well involved with the 'Riverside development project' which is to rejuvenate the heart of Sowerby Bridge from County Bridge to the Canal basin by providing tourist and craft shops, museums, restaurants and a park with the canoe course and riverside walkway as a central attraction. You can help our club by attending our competitions or encouraging others to do so. Paddling is available at £1 per day or at special rates for club bookings.

When we have finished we will have a new club house with toilets and shower facilities. The site is already used by schools, and could be used by handicapped organisations, scouts, guides and other youth groups, and with its floodlighting, by paddlers from any canoe club winter or summer. The facility would provide the ideal venue to start rough water canoeing.

YORKSHIRE & HUMBERSIDE

Canoe Trail Leaflets

Items of local interest — pubs where canoeists are welcome and suitable car parking areas — as well as information about various rivers and canals are to be included in trail leaflets.

Leaflets are being compiled for the River Wharfe at Tadcaster, the Leeds Canal, a circular tour up the canal and down the River Aire at Bingley, the River Ure from Ripon to York, the Rochdale Canal and River Calder from Hebden Bridge, plus a coastal tour from the Rochdale Canal and River Calder from Hebden Bridge, plus a coastal tour from Sandsend (Whitby) to Runswick Bay. These leaflets should be ready in January — contact Peter Arter, Touring Officer, 4 Wetherby Road, Tadcaster.

Come and Try It

Interested? Contact David Gent, Flat 68, Smeaton Gardens, 18 Milford Street, Huddersfield.

Washburn

The Washburn Committee is about to sign a lease with the Yorkshire Water Authority for the development of the Washburn site and are in the process of designing toilets and providing a car park.

Polo

John Allan has been elected as Chairman of the Polo Committee in place of Barry Woodland who has left the area.

WEST MIDLANDS

In an endeavour to improve inter-club and inter-regional communication, the Committee is to produce a Regional Club Newsletter, the first to be circulated at the end of September.

Copy for the second edition must reach the Chairman or Secretary by 9 December. Let us know of your events!

1989 Regional Handbook

This is a very important directory of regional information, used for reference by many agencies. Clubs may publicise events and courses in it. Copy to the Chairman by 31 December please.

Canoe Polo Leagues

The Regional Canoe Polo leagues for open, youth and ladies teams will begin in the late autumn. Clubs who entered last year will be sent details, but any others wishing to join the leagues should send sae to Phil Bennett, 94 The Straits, Dudley, W Midlands.

Regional Wild Water Racing

The inter-club series begins with the Bewdley race on 9 October. Others will be included as soon as dates are known, and details sent to Secretaries with the September Newsletter. The series is ideal for introducing beginners to WWR.

Pool Slalom

The Regional Pool Slalom will be held later in the year. Details from Martin Gibbons, 24 Central Ave, Bilston, W Midlands.

Regional River Guide

A third edition of the successful Regional River Guide will soon be published, to include even more information, such as water cleanliness grades! Details available shortly.

Birmingham Multi Marathon

On 5 June, 67 competitors left the start line in Kings Norton to embark on the Birmingham Multi Marathon. Three hours 29 minutes later Jeremy Robinson, from Yorkshire, crossed the finish line in a record time as winner of this years Multi Marathon, having completed the 9 mile running, 9 mile canoeing and 30 mile cycling section of the event. Some two hours later the final competitors were pedalling home having achieved their own personal goal of completing the course.



AMERICAN CANOE ASSOCIATION, INC.

Whitewater Exchange Negotiated

The American Canoe Association (ACA) announces a U.S. — Soviet exchange in whitewater slalom that will take place in August, 1988 and 1989. This is the first canoeing exchange of any type between the United States and the Soviet Union.

The first phase of the exchange consists of six American athletes and support personnel travelling to Moscow and subsequently to Kutaisi, Georgia in the Caucasus Mountains in August, 1988. The second phase entails a Soviet group of similar size coming to the United States some time in 1989.

Rounding out the athlete delegation will be Richard Fox, seven time World Champion in one-man kayak (K-1) from Great Britain.



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MEMBERS ONLY - LOGO DESIGN

	Non-Members Prices	Members Prices
BCU01 Card Organiser. Blue with silver logo design, holds membership card and up to five other credit/business cards.	N/A	1.00
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	1.00
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 to be used with a padlock 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. Padlock not supplied.	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.	.30	.20
BCU12 'I ♥ Canoeists!' Button Badge.	.30	.20

STATIONERY

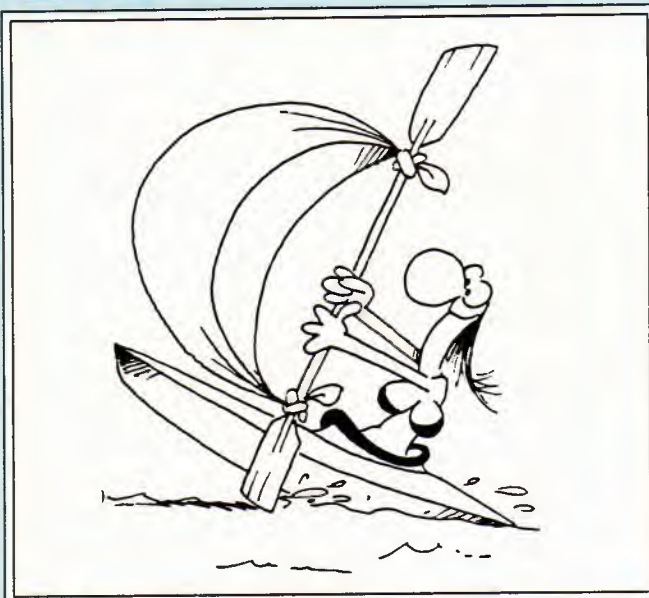
STA03 Greetings Card. "Shooting the Rapids" colourful print of the Mattawa River, blank for special messages.	.80	.65
STA06 Licence/ID Sticker Holder. This clear plastic, self-adhesive envelope enables the transfer of your sticker between your boats. One required for each boat.	N/A	.35
STA07 Exhibition 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

NEW

STA11 "What Breakout?" Poster. Full Colour, 590 mm x 420 mm (portrait).	2.45	1.95
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GUIDES AND MAPS

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



NEW

	Non-Members Prices	Members Prices
GAM34 BWB Waterways Map.	.95	.70

NEW

GAM27 Where to Launch Your Boat.	5.05	4.25
GAM30 Ordnance Survey River Thames Guide.	5.50	5.35
GAM29 A Scottish White Water Guide.	3.50	2.50
GAM28 A Canoe Guide to Northern Ireland.	2.95	2.25
GAM07 Canoeists' Eastern Region Map and Guide.	3.10	2.60
GAM08 Lake District White Water Guide.	2.50	2.10
GAM33 Snowdonia White Water, Sea and Surf	6.15	5.15

NEW

GAM35 Rivers of Cumbria	5.40	5.25
GAM10 Broadlands Map.	1.25	1.00
GAM11 River Thames Map. Lechlade to Richmond.	2.80	2.35
GAM12 River Severn Map.	.95	.75
GAM13 Canoeists' Guide to the River Wye.	1.55	1.20
GAM14 River Wye Map.	1.15	.95
GAM31 Holme Pierrepont Users Guide.	2.20	2.00
GAM32 Guide to the Rivers of the West Midlands.	Temp. Unavailable	

NEW

GAM36 Canoeists Guide to East Anglia.	3.00	2.50
OVERSEAS		
GAM15 Austrian & Bavarian River Guide.	7.00	6.00
GAM16 Alpine White Water Guide.	3.60	2.95
GAM17 French River Notes.	.50	.30
GAM18 Canoeists' Map of French Rivers.	5.00	4.10
GAM20 River Allier Guide. French text.	3.50	2.75
GAM21 River Eyre and Leyre Guide. French text.	3.50	2.75
GAM22 River Dordogne Guide. French text.	5.80	4.80
GAM23 River Célé Guide. French text.	3.50	2.75
GAM24 River Charente Guide. French text.	.30	.20
GAM25 River Yonne Guide. French text.	.30	.20

STICKERS

STK01 'I Love Canoeing' Sticker. Strip design 215 mm x 45 mm, for windows, red heart, blue letters.	.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

STICKERS Cont'd

	Non-Members Prices	Members Prices
STK03 'Go Canoe a Kayak' Sticker. Strip design 185 mm x 70 mm, for applying to windows, three colour depicting a canoeist.	.55	.45
STK05 'I'd Rather Be Canoeing' Sticker. Strip design 310 mm x 45 mm for windows, red and white.	.55	.45
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
CLO03 Overtrousers. Lightweight, waterproof trousers elasticated waist, zipped pocket, ample leg width and length, royal blue to match cags. Sizes:- S, M, L.	10.75	9.75
CLO06 Thermal Paddlemitts. These mitts., in red to match our cags, have a fibrepile lining ensuring maximum warmth and comfort, even when wet.	10.50	9.50
CLO04 Holdall. Large, lightweight, waterproof sausage-bag style holdall, reinforced seams, sturdy zipper, tag and ring at each end, royal blue and red to match cags. Members badge sewn on.	9.50	8.50
WATERPROOF 'SACS' This range protects valuables from water, sand, dust and rain - keeping cameras, cash, credit cards, documents, emergency kits etc. safe and dry.	3.95	2.95
CLO34 'Pouch' 160 mm x 150 mm.	4.95	3.95
CLO35 'Wallet' 280 mm x 170 mm, adjustable cord.	6.60	5.60
CLO36 'Jumbo' 350 mm x 350 mm, adjustable cord.	5.95	4.95
CLO15 'Aguasac Submersible'. Completely water-proof valuables' bag 250 mm x 150 mm, adjustable cord.	8.90	7.90
CLO16 'Aquaman'. For personal stereos - also floats.	19.80	18.80
CLO10 Green Slime's Personal Throwbag. The bag contains 15 m 8 mm of polypropylene rope and comes with explicit instruction on its safe use in every situation.	12.95	11.95
CLO37 Mitylite Submersible. Tough, compact, lightweight torch - waterproof to 2000 ft. Batteries included.	3.90	3.25
CLO27 Widget Wallet. Zipped cash pocket, clearpockets for credit cards and five separate compartments for visiting cards, stamps etc. Various bright colour combinations. Non-rotting nylon.	17.50	16.50
CLO38 Canoeist's First Aid Pack. Well designed water-resistant pack.	19.60	18.40
NEW		
CLO39 Headtorch. Hands free, comfortable, spare bulb. Batteries not supplied.		
SUPERLIGHT WARM'N'DRY GEAR is made from a non-irritant wool and nylon mix, is exceptionally comfortable and absorbs and evaporates moisture keeping you warm and cosy. It can be happily machine washed and tumble dried.		

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	Non-Members Prices	Members Prices
CLO29 Thermal Longsleeve Crew Top. Navy. S, M, L.	11.75	10.75
CLO30 Thermal Longsleeve Zip Top. Navy. S, M, L.	14.50	13.50
CLO31 Thermal Longpants. Navy. S, M, L.	9.65	8.65
CLO32 Thermal Headover. Navy. Navy, red trim. Red. One size.	4.40	3.40
CLO33 Thermal Ski Tube Socks. Navy. Red. 60 cm.	3.85	2.85
CLO08 Motif Sweater. V-necked pullover ideal for smart or casual wear, embroidered motif, fully machine washable. Sizes:- S, M, L. Colours:- Sky blue, oatmeal, grey, navy blue, black.	11.50	10.50
CLO26 Collared T-shirt. 'Fred Perry' style in airtex cotton, BCU Union Jack embroidered motif. Pastel shades of pink, pale blue, white, and lemon. Sizes:- S, M, L.	10.25	9.25
CLO21 Sweatshirt. Round necked, fleece-lined. Machine washable with paddle emblem on left breast in light blue, navy, grey or burgundy. Sizes:- S, M, L.	9.50	8.50
CLO22 International "I'm a Paddler" T-Shirt. English cotton shirt, white with round neck. Logo and "I'm a Paddler" printed in four languages, depicted in blue. Sizes:- 30-32, 34-36, 38-40.	4.80	3.80
CLO23 International "I'm a Paddler" Vest. Cotton vest, British made, white. "I'm a Paddler" in four languages with BCU logo, depicted in royal blue. Sizes:- 30-32, 34-36, 38-40.	4.80	3.80
CLO28 "I'm a Paddler" Baseball Cap. White/royal blue, "I'm a Paddler" in four languages, adjustable strap.	4.40	3.40

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STP13 Physiology and Performance.	6.50	5.50
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STP09 'Sports Injuries' by Dr. Malcolm Read.	6.60	6.20
STP15 The Inner Game of Kayaking by Robert Cunnington. A psychological approach to coaching technique.	Temp. Unavailable	

BOOKS

BKS02 'This is Canoeing' by R & J Farrance.	9.20	8.70
BKS03 'Canoeing' by John Brailsford & Baker.	4.90	4.50
BKS19 'Canoeing Skills and Techniques' by Neil Shave (Hardback).	10.30	9.30
BKS29 'Canoeing Skills and Techniques' by Neil Shave (Paperback).	5.65	5.15
BKS07 'Canoeing - The American National Red Cross.	7.70	7.00
BKS34 'Paddling Progressions' by Paul Jackson	5.80	4.80
BKS08 'Canoeing - The Fladbury Way' by D. Train.	2.65	2.45
NEW		
BKS40 'Canoeing' - Picture Library Series for Youngsters.	5.85	5.25
BKS04 'Canoe Games' by Dave Ruse.	8.25	7.25
BKS13 'Barty' by Janet Collins.	6.45	5.95
BKS27 'The Black Hole' by Foxy.	3.50	3.30
BKS32 'Canoeing - An Olympic Sport' by A. Toro.	18.50	16.50

BOOKS Cont'd

	Non-Members Prices	Members Prices
BKS31 'Slalom Canoeing - An Introduction'	2.95	2.65
BKS22 'To Win the Worlds' by Bill Endicott.	11.25	10.25
BKS14 'US White Water Handbook' by J.T. Urban.	5.90	5.50
NEW		
BKS42 White Water Kayaking by Ray Rowe	10.30	9.30
BKS30 'The Path of the Paddle' by Bill Mason.	17.50	16.50
BKS24 'Sea Canoeing' by D. Hutchinson (Paperback).	8.95	8.25
BKS26 'A Practical Guide to Sea Canoeing' by Howard Jeffs.	6.80	6.40
BKS 11 'Sea Touring' by John Ramwell.	3.60	3.30
NEW		
BKS41 Sea Kayaking Symposium Report.	2.50	2.00
BKS09 'Coastwise Navigation' by Gordon Watkins.	5.20	4.70
BKS10 'Exercises in Coastwise Navigation' - White.	4.65	4.15
BKS23 'All About Wave Skis' by R. Shackleton.	14.50	13.50
BKS21 'Iceland Breakthrough' by P Vander Molen.	14.50	13.50
BKS25 'Up the Creek' by John Harrison.	6.70	6.20

BOOKS Cont'd

	Non-Members Prices	Members Prices
BKS15 'Canoeing Down Everest' by Mike Jones.	4.25	3.85
BKS16 'Marsyandi' - The Illusive River of Annapurna' by Alan Barber.	4.05	3.75
BKS20 'White River Brown Water' by A. Holman.	12.25	11.25
BKS35 'Godwin's Saga' by Kenneth Macksey	12.40	11.40
BKS36 Blue Water Summer by David Johnston and Krista Nicholson. A Pacific Coastal Adventure.	5.20	4.20
BKS37 Hypothermia, Frostbite and Other Cold Injuries. Prevention, recognition and pre-hospital treatment.	8.80	7.80
BKS38 Duke of Edinburgh's Award Scheme Expedition Guide.	9.30	8.30

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BLT01 Looseleaf Canoeing Hand-book and Binder.	13.95	9.00
BLT02 Canoeing Handbook. Solid bound or loose leaf edition.	10.95	7.00
BLT03 Binder for Loose Leaf Handbook.	4.40	3.40
BLT04 Updates to 1981 and 1982 Canoeing Handbook. Loose leaf.	.60	.40
BLT37 Canoe Focus Binder. Smart royal blue binder with Canoe Focus foil blocked in silver on the spine, holds up to 12 issues without the need to hole punch.	4.70	3.70

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- Telephone Orders. Access/Barclaycard holders can speed up delivery by telephoning their orders. Simply call (0602) 817412 during office hours.
- The BCU guarantee that if you are not entirely satisfied with your purchase, you can return any item to us unused within 14 days and ask for a credit, refund or replacement, it's up to you. This no-quibble guarantee is in addition to your legal rights, however we are not responsible for loss or damage on the return journey or for postage costs.
- Under normal circumstances, goods are despatched within 3 days. We may sometimes hold up a consignment if 'out of stock' items are expected soon, otherwise these will be sent on later. If we cannot deliver within 28 days we will notify you. If you have not received your order or notification from us within 28 days, please telephone us immediately.
- Send your order, enclosing payment to British Canoe Union, The Elms, c/o The National Watersports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU, England.

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HOUSE PUBLICATIONS Cont'd

	Non-Members Prices	Members Prices
NEW BLT39 'Come Canoeing' Video. Kayak Handling featuring Richard Fox.	25.80	25.00
BLT05 Slalom Yearbook. 1988 edition.	2.30	2.00
BLT06 Wild Water Yearbook. 1988/89 edition.	1.85	1.35
BLT07 Racing /Marathon Yearbook. 1988 edition.	2.60	2.30
BLT28 Polo Handbook 1988.	.75	.65
BLT24 Canoe Polo Coaching and Tactics by Brian Barfoot.	2.00	1.60
NEW BLT38 New Touring Logbook. Includes protective cover.	2.00	1.25
BLT26 Canoe Lifeguards Manual. Eight booklets covering awards and training, equipment, first aid, accident prevention and reading water and weather conditions presented in a ring binder.	11.50	10.50
BLT34 Expedition Pack. Includes planning guide, details on BCU Expedition Grant.	2.50	2.00
BLT08 Information Directory. Summarised version of all information leaflets and documents available from the BCU, loose leaf binder supplied.	9.70	3.40
BLT10 Coaching Logbook. Saddle-stitched.	1.80	1.20
BLT29 Coaching Logbook. Loose leaf.	1.80	1.20

	Non-Members Prices	Members Prices
BLT30 Logbook Continuation Sheets. Sets for loose leaf version. Handling Management.	.90	.75
BLT11 Canoeing No. 2	1.00	.70
BLT12 Canoeing No. 3 Canoe Camping.	1.00	.70
BLT13 Canoeing No. 4A The Kayak roll.	1.00	.70
BLT14 Canoeing No. 4B The Canadian roll.	1.00	.70
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BLT17 Canoeing No. 7B Canoe Building - Glass Fibre.	1.00	.70
BLT18 Canoeing No. 8 Canoeing for Schools and Youth groups.	1.00	.70
BLT19 Canoeing No. 9 History of Canoeing in Britain.	1.00	.70
BLT20 Canoeing No. 10 Canoeing for Disabled Persons.	1.00	.70
BLT31 Canoeing No. 12 Chest Harnesses and Their Use in White water.	1.50	1.00
BLT36 Canoeing No. 13 Throwlines and Their Use in White Water.	1.50	1.00
BLT22 ICF Statutes Book (1985). Rules and regulations for ICF disciplines.	5.00	4.00

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c/o The National Watersports Centre,
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Nottingham, NG12 2LU, England.

Trade News

RECORD MEMBERSHIP BY WEST MIDLANDS CANOE CENTRE



Tim Houghton, owner of the very successful West Midlands Canoe Centre has always been active in encouraging BCU membership within the region. This year he has recruited a record number of members by offering a subscription package directly from his shop in Willenhall. The membership benefits, notably insurance are therefore operational from the moment the customer leaves the shop.

Before entering the Canoe Trade Tim was a Royal Naval Shipwright dealing with what he calls 'the stuff that kept you afloat' namely the hulls. He showed me a photograph of a mountain of water about to break over an aircraft carrier and pointed to the part of the bows where, below decks, he was working at shoring the thing up. It's certainly not surprising that his knowledge and understanding of canoes and kayaks is so sound.

My own theory about Tim's success that he is just as interested in the people who go canoeing as he is in the hardware of the sport. He is happy chatting to top athletes such as Melvin Jones who works for him in the shop or patiently describing the ins and outs of the sport to a complete beginner.

Just as West Midlands Canoe Centre has worked hand in hand with some of our top competitors Tim feels it important to foster a good relationship between the trade and the BCU.

Any other canoe trader similarly interested in operating the membership scheme should contact Ruth Parnell at the BCU.

REFLEXITE RETROREFLECTIVE TAPE

Reflexite is a new light-reflecting tape which has been developed to combine high optical performance with durability. The secret of the superb light reflection is in the new concept of using micro-prisms as opposed to glass beaded lenses to direct light back to its source. The prisms are embedded in vinyl acrylic giving impressive flexibility and abrasion-resistance.

Reflexite is available in self-adhesive (for paddles, decks or helmets) or sew-on form (cags, buoyancy aids, or throw bags).

Retail Price: Approx. £2.85 per yard.

Enquiries: The British Reflective Centre, Fairview House, Bucks Green, Horsham, W Sussex RH12 3JJ. Tel: 040 372 3311.

NEW SPORTSWASH



Imported from West Germany and distributed by Ardblair Sports of Blairgowrie, this new Sportswash is claimed to be the most efficient on the market. It can be used for all kinds of sportswear, particularly effective for water repellent fabrics, equally suitable for hand or machine washing. The HEY Range includes HEY DOWNWASH — specially prepared for filled garments. HEY TEXTILE PROOFER an Impregnating Spray for re-impregnating all kinds of sportswear and an alternative to the spray — an Impregnating Agent which is non-pollutant and ecologically harmless.

"IT'S IN THE BAG!"



When you are regularly involved in any water-sports the need for a superior holdall becomes apparent. **Open Ocean Holdalls** come in three sizes and various combinations of zany colours and graphics but the most important feature of the two largest bags is the totally waterproof compartment which is claimed to be sufficiently strong and waterproof to hold a bucket of water. There would certainly be no problem with your wetsuit leaking onto your clothes.

Retail prices range from £17.95 to £42.95. Details are available on (0736) 50500.

OLYMPIC TRAVELLERS

Over a thousand Britons are expected to travel to Seoul, Korea this autumn, the world's third largest city and host to the XXIV Olympic Games (September 17-October 2, 1988).

Sportsworld Travel is the only official UK ticket and tour agent, selected by the British Olympic Association and the Korean Olympic Organising Committee. Its Olympics programme

includes a new four-night short tour for the opening ceremony at £1,425 in addition to eight to 17 night tours complete with flights, accommodation, event tickets and services of Sportsworld representatives. Prices are from £1,495 to £3,295.

Britain is one of the few countries to have obtained an allocation of apartments in the Olympic Family Town, where accommodation is offered in Gold, Silver and Bronze categories.

NEW FROM YAK

The new YAK CAG is designed to bridge the gap between the conventional cag and the dry top.

Various sizes £34.50.

A new double lined YAK spraydeck version is now also available, not quite as vicious as the single lined model, but with added durability.

Various sizes £34.50

YAK is distributing the new AEROQUATIC playboat in the South of England, courtesy of VALLEY. A product of the pro-whitewater rodeo circuit in the States, the AEROQUATIC is currently proving itself on the Thames weirs. Blowmoulded in HDPE and available in 300 colours.

£299 (all prices include VAT).

Information from: YAK, 35 Harcourt Road, Dorney Reach, MAIDENHEAD, Berks. SL6 0DT. Tel: (0628) 31583.

ROYAL ACCOLADE FOR WINNING RURAL BUSINESSES

One of the winning companies, NORTH SHORE DESIGNS, was developed by Richard Agar and Michael Nelson who were out of work themselves when they began to make world-class canoes and kayaks. Working from a once disused 18th century farm building, their 15 different designs are currently sold widely throughout the UK and exported to Europe. NORTH SHORE now provides much-needed jobs and motivation in a traditionally low-employment area of the country.

The company, chosen from a selection of eight finalists, demonstrates how successfully small businesses can be run in rural areas, show good returns and make a valuable contribution to their local community. They offer advice and information through local schools and colleges to young people eager to start up their own small businesses.

They were praised by the Princess of Wales at the "You're in Business" Awards when she presented them with a £2,500 prize at the Royal Show in Warwickshire.

WAVESPORTS are on the move at Matlock, Derbyshire

This may well cause a period of inconvenience to their regular customers, to whom they wish to apologise. Any customer requiring information should contact the main office at Romford on 04023 73371 or write to Wavesports Ltd., 5 Tudor Court, Harold Court Road, Romford, Essex RM3 0AE.

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Recreation

Garry Porter and Glenn Knowles started canoeing in an adult education evening class instructed by Dave Addison of South Tyneside Outdoor Education Dept. In April 1988 he took them for an . . .

INITIATION IN SCOTTISH WATERS

Saturday

Driving north on the A816 from Kilmartin there is a slight rise followed by a sharp bend which affords a tantalising glimpse of Loch Shuna and its outlying islands.

My paddling partner Glenn, and his wife, had arrived at the rented cottage at Ardraine before us and it was not long before the final kayak bedecked car appeared. This was Dave who runs the Water Activity Centre at South Shields and who, for the last two years, has nurtured Glenn and me from swimming pool to open sea.

A quick conference after the evening shipping forecast and plans were laid for a half day paddle on Sunday and off early on Monday morning for a return on Tuesday night.

Sunday

A warm dawn with air so clear you could see forever and so little breeze that huge cumulus were forming on thermals pushing up to vast

heights above Jura and the hills around Craignish.

We set off early, Asknish Bay, Loch Shuna and Shuna Sound being smooth as glass. It was disconcerting to paddle such calm water, the bow wave being almost mesmeric. The views were stunning; the colours pastel yet razor sharp, the sounds of cattle and sheep floating over the water and through the tranquil air.

Crossing Loch Shuna's crystal water we 'clipped' the north of Shuna and headed south. I was beginning to wonder what Glenn and I had worried about, all the weight training and springtide big swell paddling in answer to talk of whirlpools and overfalls. Here we were on water that made a flat day off Northumberland lumpy.

Dave suggested that the gulf of the Grey Dogs, Bealach and Cloin Shlais, would be worth a look especially as we could pick up a north going tide to carry us to Easdale where the families were waiting.

As we approached the gulf small swell like waves began to form. They became larger as we rushed towards the narrow channel and half a mile out breakers were evident.

Glenn got in front of me and to my starboard side as we entered the gulf now going at a fair old lick. In a split seconds confusion, he shot across my bows at 90° to his initial direction of travel. In the same instant, I followed him heading now for the northern

cliffs of Scarba. Sweep stroking like fury, we were spun 180° and, pointing into mid channel, were just in time to see our guide and mentor bouncing merrily through the dodgy bit with an air of comfort that had to be seen to be believed. Looking at the gulf from downstream gave a different impression; X million gallons of water trying to get through a narrow rocky channel hitting a deep underwater obstruction is quite awe inspiring.

We stopped for lunch around the west side of Lunga, I trying to sound cool and wondering how to get those nasty personal stains off my wet suit and thanking providence that Glenn had been in front of me, giving me an instant to lean on my port blade in the whirlpool.

Expecting to be over an hour late, we set off, anticipating a strenuous paddle to Easdale. Daves second surprise, look at the chart, see the squiggles north of Lunga. I know what those squiggles mean. Imagine wandering through a busy department store and you accidentally step on a fast escalator which takes its own crazy route at a variety of speeds. Suddenly Dave shot off at maximum warp factor with us in his wake wondering what would happen next. Around the wrong side of Belnahua and its over but for the paddle up to Easdale under the eyes of the day trippers.

So ended our first day.

Early Monday

A splendid shipping forecast with pressure rising and virtually no pressure gradient, so off we went. Glenn and I having reassured ourselves of arriving at the Gulf of Corryvreckan at slack water.

Approaching the gulf we stopped paddling a few hundred yards out and were slowly drawn in on the westerly tide. Unchanged for

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ALWAYS AT THE TOP



thousands of years with a wide channel looking out into the Atlantic with steep fells on either side and an island or two thrown in, the scene must have been viewed by Celts, Picts, Scots, Angles and Vikings sailing these waters. Our kayaks, weighing over four stone each, being packed with 4 days supply of food, water and camping gear, slowly snaked and twirled through water which, even at slack speed seemed confused. We landed on Scarba and watched the whirlpool form. The cove was idyllic. We lunched and sun bathed for an hour or so waiting for things to 'hot up'. As a small line of breakers developed we wandered up onto the cliffs to get a birds' eye view. A great boil of white water, a massive upswelling with downstream breakers formed below us. Then the penny dropped, the boats were beached two hundred yards to the east of our view point with the water going east west. One hundred yards to the west was a mass of white water with breakers and to compound disbelief a thirty odd foot yacht, across on the south side, was going like a train.

Dave assured us we could sneak through below the cliffs. If that was his plan then his shades must have been salted up because, after a record time launching, he headed straight into the worst of it with Glenn and I stuck like glue to his stern.

As long as we were there, nothing else existed beyond the three of us. In reality it was probably little worse than crashing out off a beach through big surf. At times eddies gave the impression of being in a washing machine but mostly it was standing waves with broken tops.

The tide race continues out for a couple of miles into the Atlantic but when eight knots of deep water hits a three hundred foot submerged cliff, something has to give.

Eventually we broke out of the main tide race and ferry glided toward the Garvellach islands to the north.

There was such silence in the midst of that space of ocean that the dip and slop of the paddle blades seemed an intrusion.

An abandoned monastery which seemed to have grown from the bowels of the island lies nestled in a hollow. I can understand why men of piety and great faith should choose such a place for solace and solitude.

Thursday

Dave reckons a crossing to Mull, lunch and then back across to the mainland. Half an hour out and I am struck with pins and needles in the left leg. My efforts to keep it at bay prove hopeless so a raft up is required. Feeling like a fool I get some feeling back only to be struck ten minutes later by a worse attack; it became a recurrent problem.

A sea crossing to an uninhabited area of an island the size of Mull, is disconcerting: it seems that the harder you paddle the slower

you seem to travel and there is no indication of scale. What looked like a concrete ramp was actually quite a large beach, the sea cliffs are in reality mountains.

Frightening a herd of wild Jacob sheep, I walked into the surrounding hillocks and looked down to the beach below. It dawned on me just how seaworthy those tiny plastic boats were, with a fit and relatively experienced person in the cockpit, it is staggering what can be achieved.

The crossing back to the mainland was hard and painful work, distances were deceiving and a quartering sea gave little assistance.

Clacken Sound was made in good time and a hard paddle down Seil Sound had us back to base in the red glow of sunset.

Friday

Whilst out for a walk on Craignish Point Glenn had spotted overfalls which we discovered to be associated with the Doris Mor tide race so Dave planned an evening paddle through the Doris Mor. We set out from Carsig Bay late afternoon to catch the west and north going tide race through the Doris Mor at its maximum flow. The wind had picked up to a northerly 4-5 during the day and as we were heading north with wind against tide we had the likelihood of a wet, windy and bouncy ride. Dave donned his Nordic style woolly hat. The paddle to Craignish was interesting with some sections of quite steep waves; the wind gradually blowing to a solid 5.

The Doris Mor was sheltered by Craignish Point. We were literally sucked into the passage and an amazing area of moving water covered with various patterns in response to the contortions of the tide race. Hundreds of pyramids several inches high, adjacent to vast smooth upswellings as the stream broke and rejoined, falling over itself.

Outside the gulf we lost the shelter from the strong north winds, the tide race changed. Overfalls, like North Sea waves, steepened by the wind, stretched out in front lit obliquely by the stormy sky. It was almost like sitting in the middle of a Victorian oil painting as the sun picked out the white tops of breakers. I saw the whole stern of Dave's boat awash whilst the bows of Glen's, virtually to the cockpit, was hanging in mid air. The wind seemed even stronger as we were pushed into it by the tidal stream. Waves crossed each other forming clapotis, time and again the bows dove and burst out throwing spray into the wind. Concentration was total, the trepidation of previous days gone, the elation of having run it almost absolute, but tempered by the knowledge that many months or years will pass before such a vivid experience will occur again.

GARRY PORTER

Glenn and Garry are now qualified instructors and taking part in coaching schemes... ED.

LATE NEWS NEWS LATE LATE NEWS

WILD WATER RACING RESULTS EUROPA CUP FINAL 6/7 AUG. AWE

C1 Mens

1. YUG	Andrej Jelenc	14.25.86
2. GBR	Steve Wells	14.38.36
3. USA	Andy Bridge	14.53.72

K1 Ladies

1. BRD	Karn Wahl	13.45.52
2. AUT	Uschi Profanter	13.52.61
3. ITA	Elizabeth Zingerie	13.55.88

K1 Mens

1. BRD	Rolf Killian	12.42.02
2. ITA	Marco Previoe.-m	12.42.08
3. SUI	Roland Juillerat	12.47.30

C2 Mens

1. BRD	Simon/Eich	13.43.90
2. BRD	Weidemann/Stelzer	13.44.32
3. BRD	Dajek/Knittel	13.46.19

Final Classification — Britain 4

Mens C1	Pos	
	2	Steve Wells
	14	Mackon Singh
Mens K1	Pos	
	11	Alan Tordoff
	14	Chris Humpage
Ladies K1	Pos	
	5	Gill Berro
	13	Julie Ashton
Mens C2	Pos	
	8	Clough/Clough
	9	Kay/Hibble

ACCESS WYE UPDATE

The agreement for Llanwrthwl to Glasbury has been drafted and will be considered by a riparians meeting in early September. Up to date information from Chris Charters, Moccas (09817) 308.

SCIENTIFIC DATA VITAL

The British Canoe Union views with concern the implications to river access from the conviction of a member for wilfully disturbing spawning fish on the Seint. It is understood that no scientific evidence was presented to support the verdict. The British Canoe Union Environmental Conservation Panel is drafting a research specification aimed at providing scientific data on this issue.

FOX WINS ANOTHER TITLE FOR BRITISH CANOEING

Richard Fox has won the 1988 World Cup Series with 110 point accumulation of the best 5 results of 7 ICF competitions. Melvyn Jones came 3rd equal with Brissaud of France with 86 points.

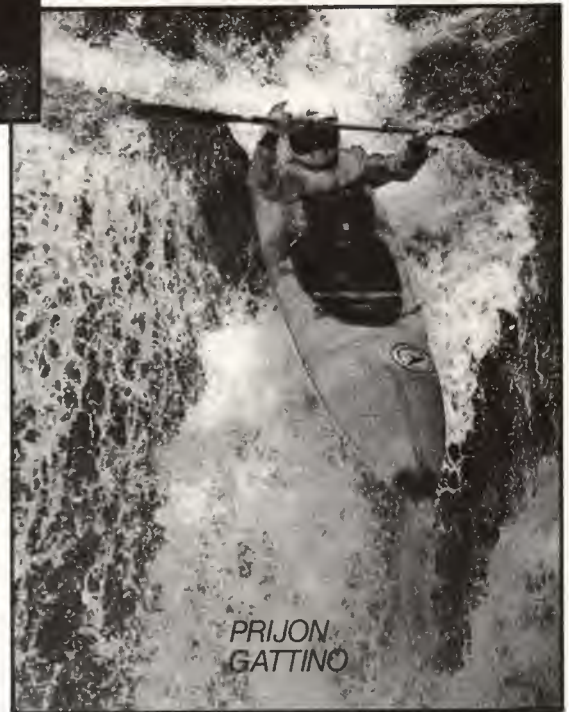
LATE NEWS NEWS LATE LATE NEWS



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BOOKS

THE EXPEDITION COOKBOOK

by Carolyn Gunn

Published by Cordee, 3a De Montfort Street, Leicester LE1 7HD at £7.95



Highly technical advice on Expedition Canoeing, primarily for high altitude expeditions. It covers nutrition, shopping and shipping, utensils and equipment, camp hygiene, recipes and diet. It uses some ingredients more familiar to the American than the British larder. Did you know that baking soda is an excellent alternative to soap for washing dishes, laundry, persons and teeth, leaves no residue and its impact on the environment is less even than bio degradable soaps?

CANOEISTS GUIDE TO THE RIVER WYE

Newly revised and updated available from BCU Supplies

Members £1.20 Non-members £1.55

SEA KAYAKER

Available from Sea Kayaker, 6327 Seaview Avenue, N.W. Seattle, Washington 98107 at \$16.50 inc. p&p payable by US postal money order for 4 quarterly issues

A superbly produced and informative magazine specializing in all aspects of sea canoeing.

CANOE CRAFT

by Ted Moores and Marilyn Mohr

Available from Cordee, 3a De Montfort Street, Leicester LE1 7HD at £7.95.



Detailed instructions in a profusely illustrated paperback on building the classically beautiful woodstrip canoe.

WHITE WATER KAYAKING

by Ray Rowe

Available from BCU Supplies
Members £9.30 Non-members £10.30

Reviewed by Simon Dawson

The sport of White Water kayaking has been expanding rapidly in recent years, with many miles of British river newly navigable by short plastic kayaks. This new book is devoted entirely to such paddling.

The book opens with basic information on

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equipment and the theory of moving water, and then goes into white water paddling technique. The simple clear text is well supported by useful diagrams and photographs. Further chapters follow on safety and rescue, and training for white water, covering both fitness and skill training.

Although the book starts at a very basic level, and could be read and enjoyed by any novice paddler, it also contains much advanced advice and information directly relevant to low volume, steep British rivers. It will undoubtedly become the essential handbook for anyone taking up this branch of the sport.

WHERE TO LAUNCH YOUR BOAT

Available from BCU Supplies
Members £4.25 Non-members £5.05



A geographical, sectional guide to inland and coastal launching sites for all small boats.

CANOEISTS GUIDE TO EAST ANGLIA

Compiled by BCU Eastern Region and The Sports Council

Available through BCU Supplies
Members £2.50 Non-members £3.00

Reviewed by David Coggins

A first guide in this format from Eastern Region with support from Sports Council and contributions from various canoeists around the Region.

The guide associates river information such as weirs and bridges with distances travelled from the start point and Ordnance Survey grid references for access points. Regrettably not all rivers are covered this way. Some rivers have small scale maps provided to indicate access points, and in a few cases details of possible camp sites. (Scope here for expansion in future editions).

River descriptions are listed alphabetically in the index. Paddlers unfamiliar with the Region might find a grouping of the river descriptions into Counties helpful. I would also like to have some information on canoeing around the extensive coastline.

This publication is an excellent start to a potential wealth of canoeing information in the future, and the editorial team should be supported by canoeists providing additional information. It is a valuable source of information on the Region and a useful addition to the canoeists bookshelf.

BROWN & PERRING GO DUTCH

Planning a cruise to the Netherlands? Then the Brown & Perring Navigation Centre offers three types of Dutch Chart that will ensure that you can enjoy the best of the Dutch waterways.

1. Hydrographic Charts of the Dutch Coastal waters and Inland Seas. £7.30.
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3. Esso Dutch Canal Charts which are ideal for additional tourist information £2.40.

Also available is the BLUE BOOK part 2 which must be carried on any vessel entering Dutch waters.

Brown & Perring would be pleased to order any charts which are not kept as part of the standard stock.

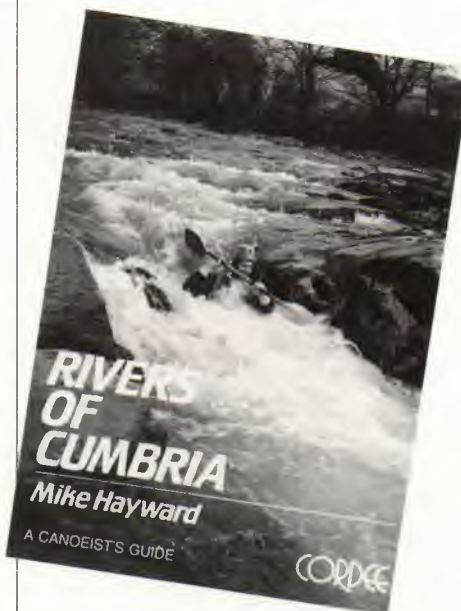
The 'Navigation Shop' is at 36-44 Tabernacle Street, London EC2 open Monday-Friday 9am to 5.15pm and Saturday 9am to noon. Tel: 01-253 4517.

RIVERS OF CUMBRIA

by Mike Hayward

Available from BCU Supplies
Members £5.25 Non-members £5.40

Reviewed by Andy Hall



Mike has covered all the most important rivers and becks in Cumbria, given them a clear map and divided each one down its length alphabetically. Each letter corresponds to a section described in the text, and specific points such as weirs get their own description. His text is also brave — this book is written for your average paddler, not Mr. Corsican-waterfall-flyer: for example his comments on Strangherthwaite weir on the Lane 'seen more

dramas than the rest of the river', 'best portaged' — sound advice — I have a hole in my Dancer to prove it. It's too easy to declare that no fall is impossible and shrug the consequences.

He reflects the Cumbrian access situation well. Cumbria has avoided 'Seiont-like' catastrophes through a pragmatic and informed approach to local land owners, which has so far (despite the attempts of CRACKed off comers) managed to steer clear of confrontation and local antagonism. So please follow Mike's well judged advice — he is no faint hearted canoeist — more than that he is a guy who wants to carry on paddling his local rivers, keeping to good agreements arrived at after much hard work by Lakes' locals.

All BCU prices quoted include VAT postage and packing.

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13 - 15	Jan	Intermediate W/Water
20 - 22	Jan	White Water Rescue

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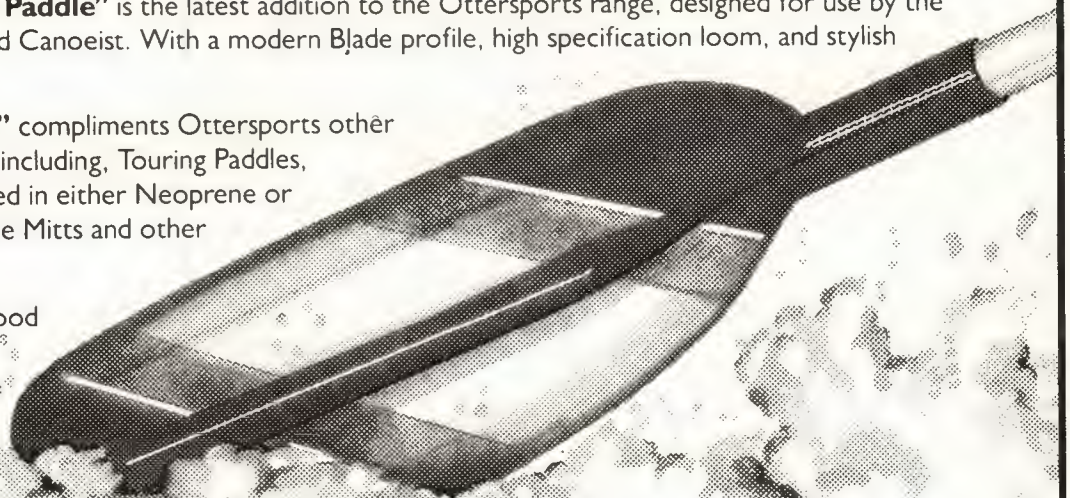


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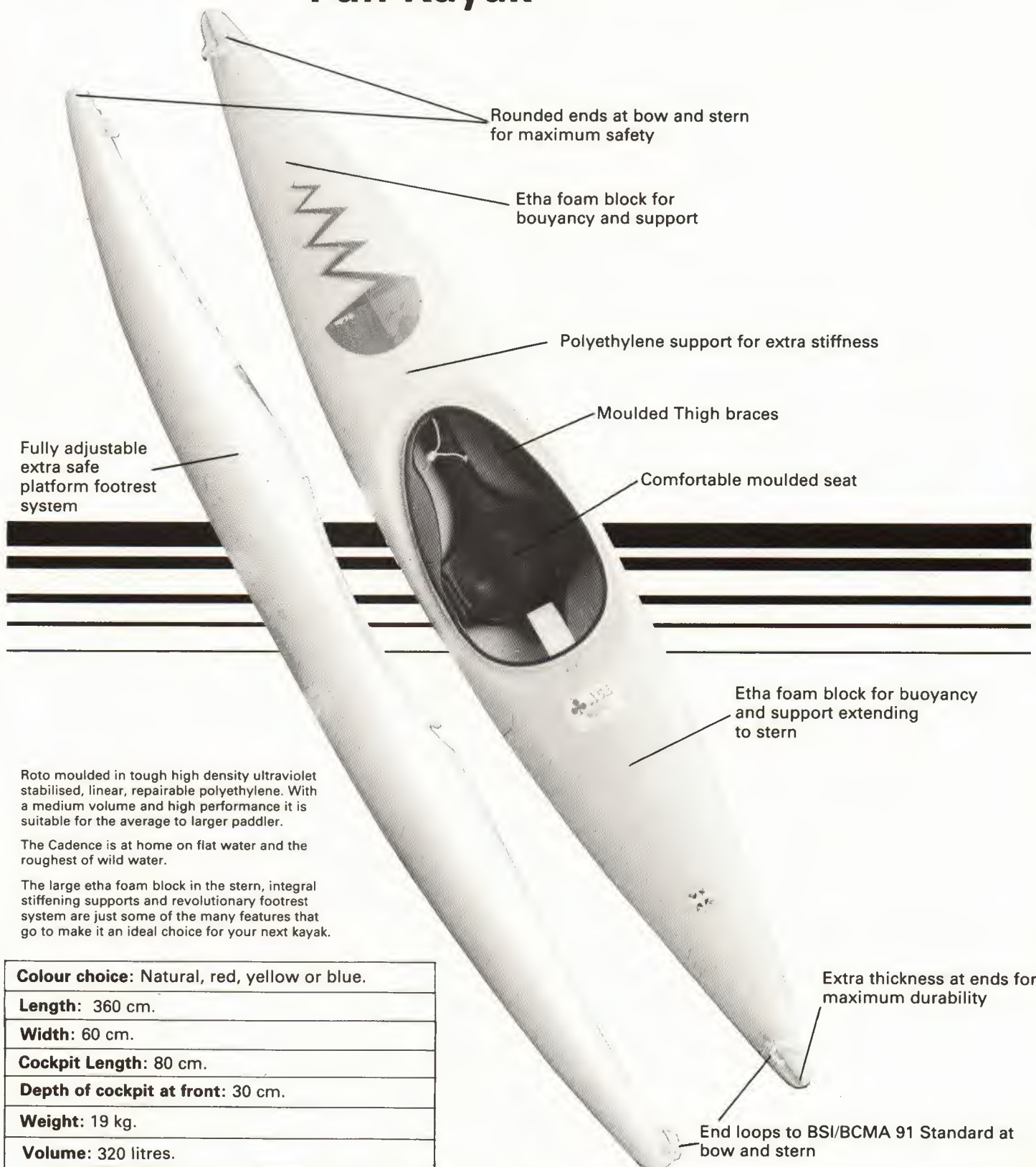
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bouyancy and support

Polyethylene support for extra stiffness

Moulded Thigh braces

Comfortable moulded seat

Etha foam block for buoyancy
and support extending
to stern

Roto moulded in tough high density ultraviolet
stabilised, linear, repairable polyethylene. With
a medium volume and high performance it is
suitable for the average to larger paddler.

The Cadence is at home on flat water and the
roughest of wild water.

The large etha foam block in the stern, integral
stiffening supports and revolutionary footrest
system are just some of the many features that
go to make it an ideal choice for your next kayak.

Colour choice: Natural, red, yellow or blue.

Length: 360 cm.

Width: 60 cm.

Cockpit Length: 80 cm.

Depth of cockpit at front: 30 cm.

Weight: 19 kg.

Volume: 320 litres.

Extra thickness at ends for
maximum durability

End loops to BSI/BCMA 91 Standard at
bow and stern

AGE

A. C. Canoe Products (Chester) Ltd.
P.O. Box 62, Chester, England. Tel: (0244) 311711.

Access

CO-OPERATION PROMISED

At the Angling and Canoeing Liaison Group meeting of 23 May 1988 it was noted that the Derby County Angling Club is not in membership of the National Federation of Anglers and consequently the coarse angling governing body had no control over that club's unsuccessful attempt to have the Derbyshire Derwent Navigation Act repealed. However, arising from this incident the National Anglers Council agreed to monitor angling bodies which might undertake similar action elsewhere and would keep the BCU informed. At the same meeting anglers and canoeists agreed to let each other know of local press reports of any angling and canoeing conflict, so that positive action could be taken to defuse any problems quickly. If you see any reports in your local paper please send them urgently to the BCU National Development Officer at Holme Pierrepont. You, the members are the local eyes and ears of the BCU.

BALA ANGLERS GO AGAINST NATIONAL POLICY

Welsh Water Authority called a meeting on 28 July 1988 between themselves, representatives of Canolfan Tryweryn and Bala Angling Club to discuss limitations on canoeing in the spawning season, regarded by the anglers as mid October to early December. For over an hour all attempts by the WWA officers and George Davis, Canolfan Manager, to have a constructive discussion failed. Then the angling club President announced that all canoeing must stop during the spawning season or there would be no further co-operation from them. So saying, the seven strong delegation walked out, effectively terminating the meeting.

TELEVISION FEATURES ACCESS

While many members were enjoying the spectacle of the first World Canoe Marathon Championships on Sunday 24 July, BBC1 were showing their country magazine programme Country File. One item featured the problems facing canoeists in gaining legitimate access to private water. There was some footage of the CRACK rally on the Seiont on 12 March and an interview with the CRACK spokesman, Geoff Wood. Fishermen and canoeists alike condemned the provocative CRACK rally and BCU spokesman, Chris Hawkesworth, and a prominent Yorkshire canoeist, Colin Stegeman, both emphasised that negotiation is the way to resolve difficulties.

The BBC are to be complimented on producing a balanced report which should have left the uninformed viewer sympathetic to a negotiated solution to our problems. As a Swalesdale angler on the programme said, "When you've got friends like CRACK, you don't need enemies like anglers!"

YORKSHIRE DERWENT

The case brought by the Yorkshire Derwent Trust was heard in the High Court in July. Ralph Tyas, Vice-Chairman of the Access Committee sat in the public gallery for the two days of final submissions. Judgement will probably not be made until the autumn.

RIVER GRETA AND RIVER DERWENT (CUMBRIA)

After an amicable meeting with the Keswick Angling Club the following access agreement was made. This applies to much of the Greta from Threlkeld to its confluence with the Derwent, and then down the Derwent to Low Stock Bridge above Bassenthwaite Lake.

NO CANOEING in August, September and October. Canoeing without restriction from November to March. Canoeing until 4 p.m. from April to July; no canoeing after 4 p.m.

There have been complaints about canoeists changing in view of the new Italian restaurant by Greta Bridge in Keswick. Please be discreet!

The Local Access Officer for the Greta and Derwent (down to Bassenthwaite Lake) is now Steve Lenartowicz, 3 Stuart Terrace, Threlkeld, Keswick, Cumbria, CA12 4RY. Tel. (059683) 713.

A POINT FOR THOUGHT

Canoeists are becoming more interested in looking after the countryside which is so important to the enjoyment of their sport. Much is talked about pollution in the context of dirty water. What about visual pollution? Should canoeists be asking themselves if highly coloured boats and gear are in character with the visual delights of the countryside? The number of brightly coloured anoraks to be seen on the fells has diminished significantly in recent years. Should canoeists follow the walkers' lead?

COUNCIL DEBATES C.R.A.C.K.

The provocative statements and actions of CRACK, often including incitement to break the law, continue to threaten the willingness of anglers to discuss shared use of water with canoeists. At its meeting on 25 June 1988, the Council agreed that, whilst receiving the CRACK news sheet did not prove involvement with or support of their activities, direct involvement with or participation in activities organised by CRACK would constitute endorsement of their actions and tactics.

APPEAL FOR FUNDS

Enclosed with this issue of *FOCUS* is an appeal leaflet seeking funds to further the work the BCU is doing to gain access for canoeing. The fund, which has been built up since 1980, has now been largely spent or committed. Recent and current important items are legal advice about the Wye, the Itchen, Avoncliffe Weir on the Bath Avon, a donation to the Yorkshire Derwent Trust and the financing of the 1989 Parliamentary lobby.

The overall financial commitments of the Union have prevented an increase in funds allocated to access work, at a time when the volume of access activity is increasing and it is becoming necessary more frequently to take expensive legal advice. We need to finance the work of the BCU Environmental Conservation Panel and, in particular, researching into the effect of canoeing on fisheries. It is felt that it would be better to seek this funding through an appeal, rather than increasing subscriptions for this purpose. In addition to making donations now, readers are invited to pledge support in the future to defray legal expenses. A form for this is included in the leaflet.

Touring

THE FUTURE FOR CANOE TOURING

The Starting Point

Canoe touring, making trips by canoe or kayak on any type of water at home or abroad, provides an unrivalled way to enjoy the natural environment with varying degrees of mental and physical challenge. It is the activity which represents the greatest area for expansion for the BCU. Expansion that we all want — more members, more subscriptions, more resources to provide better benefits for members. With more members the BCU will have a stronger voice when looking after the interests of canoeists especially in relation to access to water.

Criticism has been levelled at BCU for not providing more effectively for touring when compared with the success of the competitive canoeing disciplines. 99% of what the BCU does is what you the members do. Competitors have to be highly motivated, whilst recreational canoeists are looking for a peaceful pastime.

The result is that more competitors have come forward over the years than have recreationalists to get involved with the running of the BCU.

Moving Ahead

They are difficult to find, but there are some very keen and dedicated touring canoeists. The BCU Touring Committee has identified some of these important members and they are now making a very positive contribution.

This has resulted in the production of the BCU Touring Development Plan, which was approved in principle by the BCU Council on 25 June 1988. The BCU Regional Chairmen gave it an enthusiastic welcome. However, most important of all is that the plan must have the support of all members who have a small or great interest in touring. Help make the plan work and the BCU will be recognised as catering for both recreation and competition and we shall have expansion.

The Development Plan

The Plan has clear objectives and a definite timetable, names of individual voluntary officers and members appear against the various tasks based on the commitments they have given to the Touring Committee.

The first objective is to draw up a comprehensive programme of touring events throughout the country. This season's list is much longer than in previous years and now all Regional Touring Officers are putting together programmes of regional tours to build into an extensive national programme for 1989. If you or your club can help by organising a tour, do contact your RTO. This increase in touring activity will make the BCU more visible and more relevant to recreational canoeists. The new members that this should attract will provide resources to finance the next stages of the plan. Projects include collecting information on touring and camping matters to be available to members through an enquiry service, reviewing the touring awards scheme, seeking modifications to the coaching scheme to address the needs of touring, progressing

towards a universal licence, contributing to the development of international touring, and helping all this along with publicity and relevant improvements in the BCU structure.

Finally, it's all about enjoyable participation in an open air pursuit in pleasant surroundings and the success will be measured in terms of its increased popularity. Come and join in on touring events, bring your friends and help to transform the very practical touring development plan into a success story.

The Thames Barrier to Putney ▶

The serenity of the Canal ▲

Paddling by Warwick Castle ▼



Photo: Brian Hilton



Photo: Derek Clitheroe



Photo: Colin Kempson

DON'T COMPROMISE CHOOSE CREWSAVER



Selecting the right lifejacket or buoyancy aid is one decision you can't afford to get wrong. By combining quality, safety and style, with 30 years experience, Crewsaver is able to offer a complete range designed to meet your individual watersport needs. For the full story, write for our colour Catalogue today.



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Twickenham**

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and price list or
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Thrift Street, Wollaston,
Northants.

Mon-Fri — 8am - 12.15pm 1.30pm - 4.45pm
East Midlands leading canoe retailer.



THE OPEN CANOE

Rally at
Holme
Pierrepont
29-30 October



Events

Tour/Marathon/Slalom/Down River

Clinics

Sailing, Poling, Racing, White Water, Kiteing, Marathon
Basic Skills.

A weekend of fun and activity for all levels of paddler
utilising the river Trent, the Winfield Pool
and the White Water Slalom Course.

Camping for tents/caravans available, or residential B & B.

Send large Sae for details

S. Briggs, Arnwood, 213 Newton Road, Burton on Trent, Staffs

CALENDAR OF EVENTS

SLALOM

October 1/2

HOLME PIERREPONT DOUBLE PREMIER

D. Patrick, c/o P. & H. Fibreglass Ltd. Station Road, West Hallam, Derby.

HAMBLEDEN 2 Mill End, Bucks Chalfont Park CC
Comp Sec, 22 The Furrows, Harefield, Middlesex.

HOLNE PARK 4 N Devon Bristol Canoe Club

A. Longrigg, 16 Glenside Close, Frenchay, Bristol.

TYNE VALLEY 4 N Prudhoe, Northumberland

P. Bell, 108 Eastern Way, Ponteland, Newcastle-on-Tyne.

WEST TANFIELD 4 N West Yorkshire W Yorks CC

K. Harrap, 161 Old Road, Overton, Wakefield WF4 4RR.

October 8/9

HOLME PIERREPONT 1 Nottingham Staffs & Stone CC

P. Evans, 445 Stone Road, Stafford. ST16 1LW.

CAIRNTON 2 3 Aberdeenshire Aberdeen KC

A. Stevenson, 51 Mavis Bank, Newburgh, Aberdeen.

MIDDLETON-in-TEESDALE 3 Leekworth Farm Tees

P. Robinson, 16 Norwich Road, Newton Hall, Durham.

LANGHAM FARM 4 N Somerset Frome Canoe Club

S. Fear, Appletree Cottage, Faulkland, Bath. BA3 5UX.

VALE ROYAL 4 N Northwich, Cheshire Vale Royal SC

B. Peake, Cosy Nook, Marston Lane, Northwich, Cheshire.

October 15/16

RIVER AWE 2 3 Oban West Lothian CC

S. Rennie, 15 Frobisher Avenue, Falkirk, Scotland.

LLANDYSUL 2 Dyfed Bristol/Bristol Univ CC

Comp Sec., Univ. Canoe Club, c/o Students Union, Bristol

University, Queens Road, Bristol.

RIVER DART 3 Devon Plymouth Canoe Clubs

N. Benny, 16 St Gabriels Ave, Peverell, Plymouth.

SPONSORED BY STRAND GLASS PLYMOUTH

SOWERBY BRIDGE 3 Halifax Canoe Club

R. Soothill, 18 Woodside View, Halifax, W. Yorks.

ROCKFIELD 4 N Monmouth, Gwent Wydean CC

Mrs. W. Gardner, 50 Victoria Road, Coleford, Glos.

DOBBS WEIR 4 N Hoddesdon, Hemel Hempstead CC

P. Gooding, 201 Uxbridge Rd, Rickmansworth, Herts.

DURNGATE MILL N Winchester Worthies SSC

S. Mansbridge, 129 Springfield Close, Andover.

October 22/23

BRITISH SLALOM CHAMPIONSHIPS 1988

BRITISH JUNIOR CHAMPIONSHIPS

LLANGOLLEN TOWN Clwyd BCU Slalom Executive

Llangollen Organising Panel *Open only to those qualifying.*

Invitations with entry details will be issued by Mike Carter.

BULTH WELLS 3 Powys Worcester Canoe Club

Slalom Captain, Worcester Canoe Club, Grandstand

Road, Worcester.

CHURNET VALLEY 4 N Oakmoor 3 Rivers Can-Yak

M. Twitchen, 34 Newport Road, Stafford ST16 1BH.

HOLME PIERREPONT 4 Nottingham Proteus CC

P. Rea, 6 Basil Green, Orton Longueville, Peterborough.

FRENCH WEIR N O O T Somerset Taunton Canoe Club

R. Blackmore, 13 Gyffarde St., Taunton, Somerset.

YALDING WEIR N Kent Marlin Canoe Club

V. Lamph, Flat 6, 36 Manor Road, Beckenham, Kent.

October 29/30

LLANGOLLEN INTERNATIONAL SLALOM 1988

LLANGOLLEN TOWN Clwyd BCU Slalom Executive

Llangollen Organising Panel, c/o 9 Whitehall Road,

Harrow-on-the-Hill, Middlesex. HA1 3AL.

ENGLISH INTER-REGIONAL SLALOM 1988

LLANGOLLEN TOWN Clwyd BCU Slalom Executive

Llangollen Organising Panel, c/o 3 Moreton Ave.,

Harpden, Herts AL5 2EU.

SEATON PARK N Aberdeen Aberdeen Kayak Club

A. Watt, 3 Fairview Place, Danestone, Aberdeen.

November 5/6

Kent Open Championships Yalding Weir

V. Lamph, Flat 6, 36 Manor Road, Beckenham, Kent.

November 26

B.C.U. Slalom Committee Annual General Meeting

Holme Pierrepont Nottingham

TOURING EVENTS

Oct 8 River Waveney tour Upper reaches, 12 mls. ER 1/2

Social, fun.

Oct 15-16 Swale Charity Paddle. Y&H 3

Nov 5 R Ribble Tour NW 4

Nov 6 Middle Thames tour. S 5/2

Sonning to Marlow.

14m. Social, fun.

Own licence not needed.

Nov 12-13 See Tour

There are also local events in Regions, details from

appropriate Regional Touring Officer, or J. Gregson (No. 6).

Enquiries about Canoe Camping Clubs regional groups:

Hon Sec, Canoe Camping Ave, Watford, Herts WD1 4LW.

PLEASE SEND SAE (9" x 4") for reply.

1 M Bliss, Nut Tree Farm, Redenhall, Harleston, Norfolk

IP20 9PG.

2 J Hilton, White Hart House, 44 High Street, Ridgmont,

Beds MK4 0TS.

3 C Stegeman, 17 Quarry Rd, Richmond, N Yorks

DL10 4BP.

4 P Moran, 1 Mawdsley Ave, Woolston, Warrington,

Cheshire WA1 4DJ

5 Ms J Ellis, Batson, 1A Highfields Park, Marlow, Bucks

SL7 2DE.

6 J Gregson, 8 Birchtree Grove, Pershore, Worcs.

LONG DISTANCE SPECIAL

Oct. 9 Bradford on Avon to Bristol (26.2m) R C

Stinchcombe, 5 Rushton Drive, Coalpit Heath, Bristol

BS17 2PJ.

HOLME PIERREPONT WHITE WATER SLALOM COURSE

The course is available as follows at normal rates on the

open weekends. For weekends marked "Restricted" it is

necessary to phone HPP to ascertain times and fees. It is

advisable always to phone the Centre to check availability

and water state.

Dec 3-4 Open

Dec 10-11 Restricted (Senior Slalom Squad)

Dec 17-18 Restricted (Junior Slalom Squad)

Dec 24-25 Phone centre or send sae for information

on Christmas/New Year opening times.

National Water Sports Centre, Holme Pierrepont,

Adbolton Lane, Nottingham (0602 821212)

LEVEN 'OPEN DAYS'

Oct 9, 23; Nov 6, 13; Jan 8, 12; Nov 5, 19 Bibs MUST

be booked in advance — £1 plus £5 deposit per day:

S. Sture, 28 Newton Road, Dalton-in-Furness, Cumbria.

eclipse
racing

All Ways Ahead

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NATIONAL MARATHON
CHAMPIONSHIPS
★ ★ ★ ★ ★ ★ ★ ★ ★ ★
EXE DESENT
★ ★ ★ ★ ★ ★ ★ ★ ★ ★
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The Cirrus has received wide acclaim and is the ideal boat for introduction into the racing scheme, effortless touring or Devizes — Westminster in comfort!

NEW WHISPER K2

A devastating new K2 design that sets new standards. A winner from its first race.

COMING SOON! STRATOS K2

FAST TOURING / STABLE K2

To complement the Cirrus.

make eclipse your first choice

eclipse
racing

right from the start



Landing at 10,000ft, the most remote airstrip in Nepal. We managed to squeeze six boats, the Team and all the equipment in the plane that cost £1000 to charter. At last, after two years of planning, we're here!



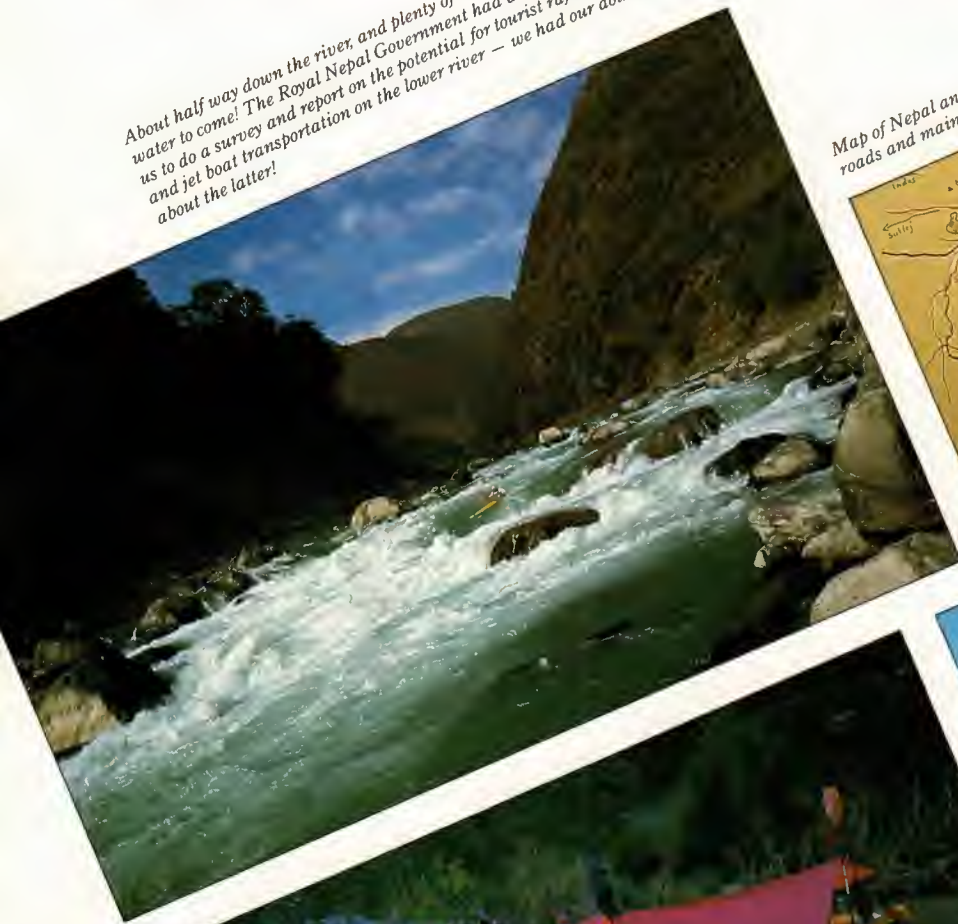
KARNALI

kayak expedition

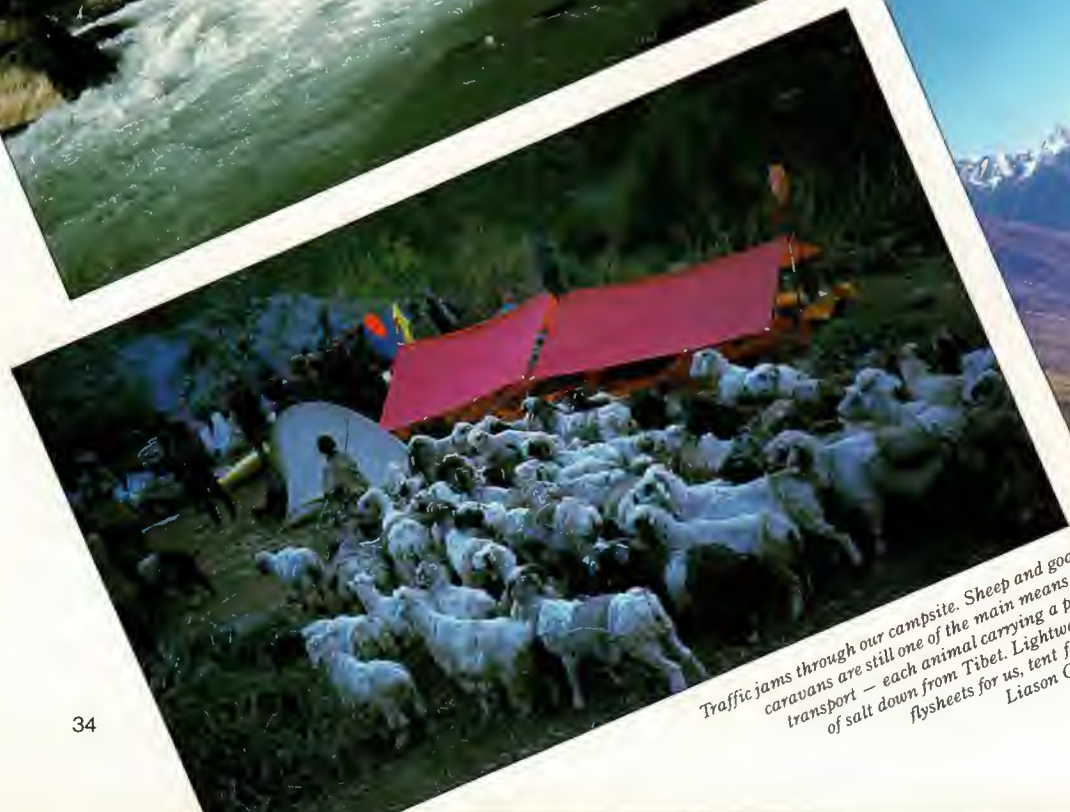
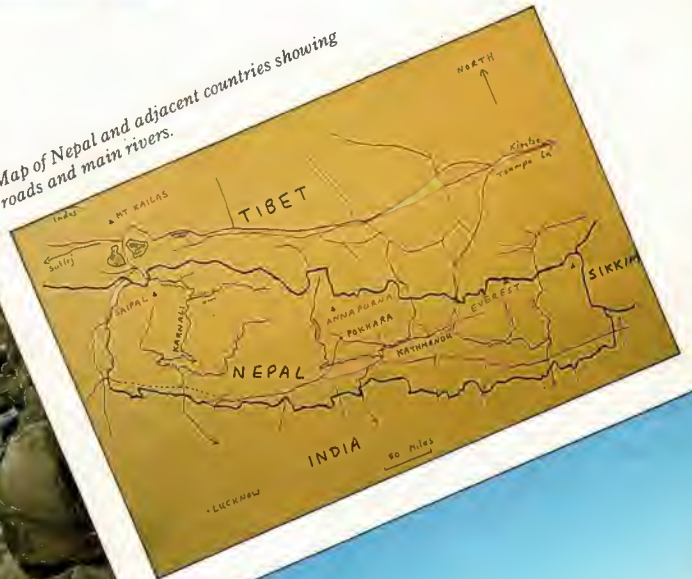
In January a British Team returned having successfully canoed the Karnali, the largest and longest river of Nepal — 250 miles of white water, gradients up to 200 ft per mile, difficult rapids, untrodden gorges, snakes and crocodiles.

One of the World's great white water rivers — very difficult and extremely committing — and a very creditable "first" — noteworthy because the team actually paddled all but some two miles out of the 250 and the fact that for most of

About half way down the river, and plenty of big water to come! The Royal Nepal Government had asked us to do a survey and report on the potential for tourist rafting and jet boat transportation on the lower river — we had our doubts about the latter!



Map of Nepal and adjacent countries showing roads and main rivers.



Traffic jams through our campsite. Sheep and goat caravans are still one of the main means of transport — each animal carrying a pack of salt down from Tibet. Lightweight flysheets for us, tent for our Liason Officer!



the journey the team was self contained with no bank support.

The Team: Phil Bibby, Phil Blain, Mick Hopkinson, Peter Knowles, Mike McDonald, and Stuart Wagstaff were also commissioned by the Nepalese Government to survey and report on the river — probably a first time that an adventurous white water expedition like this has contributed to the development plans of a country.

SPECIAL THANKS TO:

- Winston Churchill Memorial Trust —
- Mike Jones Award. Treks & Expedition Services — All arrangements in Nepal.
- Pyranha and Kites & Kayaks Expedition — Loan of Kayaks. Wave Sports — Official Equipment Supplier & dry tops.
- Wild Water — Buoyancy aids & helmets.
- Sub Zero — Thermal clothing.
- New Wave — Paddles.
- Yak — Spray decks.

The Western Region of Nepal is too remote to be generally recommended but Eastern Nepal can be highly recommended for the Kayaker or Canoeist looking for a holiday. Its a paradise for multi-day river trips!

1. Most the main rivers of Nepal have now been kayaked, many small groups and individual paddlers now fly into Katmandu each year. There are fine rivers of all grades so you don't have to be a white water macho freak!
2. There are over a 100 kayaks out in Katmandu so there's no problem in hiring. You should take all your personal paddling gear, spray decks, paddlers, flotation, etc. Ideal group size would be 3-5. Best months are probably November and December — sunny days, warm rivers, but cold nights — almost all you need is a warm sleeping bag!
3. Nepal is a very friendly country and travel with your kayaks on local buses is fairly easy and cheap. Apart from in the West, there are plenty of villages with tea houses so you don't have to carry a lot of food. A one month holiday in 1988 would probably cost about £900 inclusive from Britain.
4. There are many commercial Raft Trips on the Sun Kosi (one of the top multi day trips in the World) that you can join up with for empty boats and good company! (Encounter Overland,

267 Old Brompton Road, London SW5.)

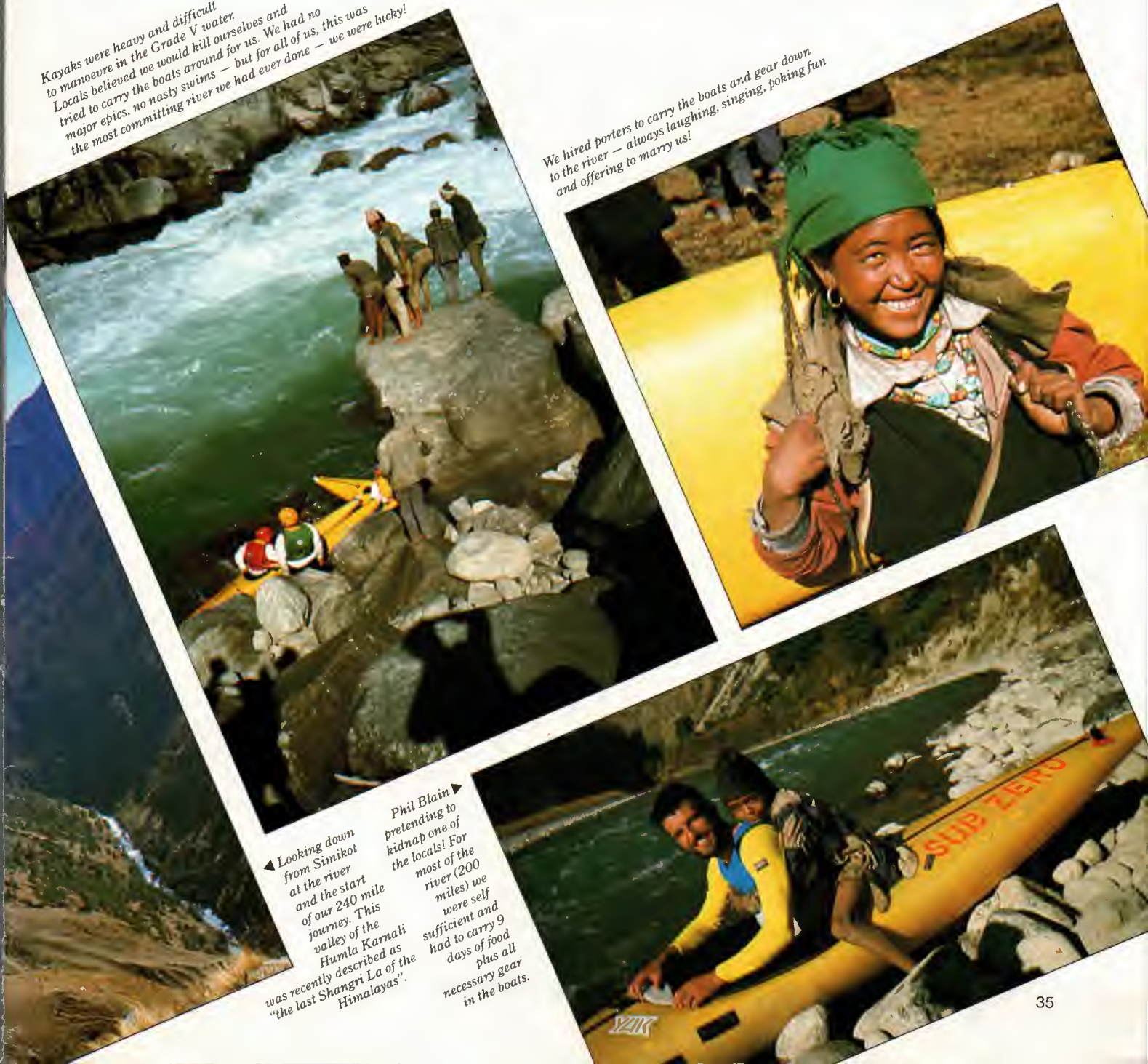
5. Rafting permits are available for the main rivers covering the main tributaries. Like Trekking permits these can be obtained in a couple of days without any real hassle — but do ask for advice first from previous kayakers or use a knowledgeable agency — you have to remember that this is Nepal, and things are done in a perhaps more friendly, illogical and at times frustrating way than what we impatient Westerners are used to!
6. It is a beautiful country, can be recommended for a holiday to anyone who is reasonably tolerant and adaptable. Forget the idea that going to Nepal is an 'Expedition' anymore, read the guide books and then fly out with your gear and you will have a great time!
7. Two commercial companies are offering organised kayaking holidays in Nepal — Sporting Travel Services, 9 Teasdale Close, ROYSTON, Herts. SG8 5TD and Nantahala Outdoor Centre, Box 41 Bryson City, North Carolina 28713, USA.
8. Our Expedition Report contains a recommended reading list together with 28 other pages of information available from: 'Karnali Report', 125 Hook Rise South, SURBITON, Surrey KT6 7NA, please enclose £1.50 — stamps or cheque made out to Oxfam.

Kayaks were heavy and difficult to manoeuvre in the Grade V water. Locals believed we would kill ourselves and tried to carry the boats around for us. We had no major epics, no nasty swims — but for all of us, this was the most committing river we had ever done — we were lucky!

We hired porters to carry the boats and gear down to the river — always laughing, singing, poking fun and offering to marry us!

Phil Blain ▶ pretending to kidnap one of the locals! For most of the river (200 miles) we were self sufficient and had to carry 9 days of food plus all necessary gear in the boats.

◀ Looking down from Simikot at the river and the start of our 240 mile journey. This valley of the Humla Karnali was recently described as "the last Shangri La of the Himalayas".



Classified

Trade advertisements at 15p per word + VAT (minimum, £3) must be pre-paid, personal ads published free if supplied with membership number.

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VARIOUS RACING KAYAKS, K1's, K2's and K4, also moulds for K1, K2, K4, Flea, Bat and G.P. Tel: (0273) 462928 for details and prices.

SURF SKI — Palm Crusader 2.5, 3 fins, waist and toe straps, good condition £140 ono. Tel: 0934-823027. (W-S-M).

CANADIAN CANOE/PROSPECTOR 16'. Cedarwood strip/GRP construction. Excellent condition £380. ono. Tel: 0404-3533.

CANADIAN CANOES for sale, Oulton Broad sixteen design, 15'9" x 35", GRP white, wood trim, 1988 built, ex club, used £225 each, three available. Tel: Dave Hart, Lowestoft 569787 or write OBCCC, 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk, NR337 QD.

MICRO CHIP SURF SKI — Tri Fin set up, belt, adjustable foot straps. VGC. £85. Contact Neil Smalley. Tel: 0532-688978.

5 BATS in good condition. Suitable for pool or polo use. £45. each. Tel: Wat. (0923) 237430.

PADDLES — As new — all left feather. 'Delapre 202' 'Freeblades' 204 — Carbon Fibre Slalom £30 ono. 'Freeblades' WW R 210 & 212. Alloy Shaft £15 ono. 'Wild Water' Prolite, yellow/blue buoyancy aid and longsleeved cag — both as new, size small/medium £25 and £15 ono. Write/phone: Gail Allan, c/o Megga Sport, Arndale House, Headingley, Leeds. Tel: (0532) 304777.

DELTA SPRINT C1. Light blue. Immaculate condition, one year old. Including custom car rack (known affectionately as the mushroom rack) £300. Can deliver. Tel: 01-894 1827 or 0703 464350.

GAYBO DOLPHIN 79 White Water racers. One all Kevlar. Excellent condition and light. £250. One diolen. Ideal for club, polytechnic, university. £100. Can deliver. Tel: 0752 223999. End protectors included.

PLASTIC EVEREST 390 (yellow) in excellent condition and whitewater construction. £200. Tel: 0286 872218 (North Wales).

STRUER PADDLES. Left-handed 216, as new. Unused. £75 ono. Tel: 06077 3616.

SEA KING (sea kayak) brand new, never used. Fully equipped with bulkheads, hatches, pump and declines. Seat needs fitting. £250 ono. Tel: 051 526 6673.

MARATHON TOURING KAYAK (Avoncraft). "Laance", Kevlar, rudder assembly. Left hand touring. Paddle (Schlegel) 200cm. Both used once. Will deliver. £200. Colin Tel: (0763) 49677.

EAGLE K1 RACER. V.fast. V.smart. V.good condition, and V.posey. (bright yellow) with Eclipse zip deck and 212 Freeblades £320 ono. Also Perception Sabre, fitted with J & R's and custom kit. Perfect for N.Wales posing (Unintentional 540's!!) £280 ono. Simon Kimber, 92 Ashton Drive, Frodsham, Warrington, Cheshire, WAG 7PX.

PROBABLY THE LARGEST range of canoe equipment in the world. For details on hire or a price list contact Wavesports, 5 Tudor Court, Harold Court Road, Romford RM3 0AE. Tel: 04023 73371.

CANADIAN 13' Coleman with Paddles 12 Months old £220.00 ono. Tel: 0744 894334, Mr. A. Kelly, 2 Gorsey Brow Close, Billinge, Nr. Wigan, Lancashire.

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

EAST COAST CANOES, Marsh Road, Oulton Broad, Lowestoft 65653/62859, large stocks canoes, kayaks, equipment, BCU approved centre.

FLADBURY K1 excellent condition £150 or swap for Discovery 17. Telephone Coventry (0203) 396413.

WANTED

PACER K2. Good condition. Tel: Andy Young. 0444 451245.

KEVLAR/DIOLEN Shadow or Dominator in good condition. Fair price paid. Tel: 0923 247430. A. Barrie.

DID YOU ATTEND the first Mike Jones Rally on 10-11 February 1979? Do you have a sticker from this event in any condition? If so please write to Mike Jones Rally, c/o Betws y Coed Sorting Office, Betws y Coed, Gwynedd, LL24 1AA.

EAGLE RACE K1 — any condition considered. Will collect. Contact Bristol (0272) 854732 after 9pm.

SLALOM C1 CANOE. Contact Pete. Tel: 0334 77305.

FULLY RIGGED sea kayak up to £220 paid for good boat within reasonable distance. Hawkins. Tel: Penrith 64340.

P & H SPLIT SLALOM kayak (pre 1988 model). Will travel to collect. Tel: 01-546 8190.

LOST

STILL UNCLAIMED from the 1987 Mike Jones Rally are two sets of car keys. Bede Kayak Club hat, canoe helmet and two buoyancy aids belonging to N.Y.W.G. Also still reported as missing from the event are one green tent and a canadian paddle. Please claim enclosing a SAE from Mike Jones Rally, c/o Betws y Coed Sorting Office, Betws y Coed, Gwynedd, LL24 1AA.

STOLEN

Sat 11 Aug at Luton Int. Polo Championships. Red X23si Reg MTP 876 Y containing pr Delapre paddles, pr Markgee paddles, canoeing anoraks, spraydecks, Adidas and Oceanworld tracksuits etc. FLUORESCENT green/yellow Kevlar 'Extra' with white hull, stolen on 10th July in Portsmouth. Very distinctive paint job. £50 reward for information leading to its recovery. Tel: 0705 832201 or the police on (0705) 321111.

HOLIDAYS

MENDIP OUTDOOR PURSUITS. Multi-activity holidays in Mendip Hills. Also specialist courses. Mendip Outdoor Pursuits, 1 Yew Tree Cottage, Brinsea Road, Congresbury, Avon (0934) 876140.

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.

ACCOMMODATION

RIVER ADUR, Sussex, Self catering group accommodation for 16 in 3 bedrooms. Instruction and equipment available. Open all year. Brochure: Adur Water Activities Centre, Brighton Road, Shoreham, BN4 5LT. Tel: (0273) 462928.

BREDWARDINE LODGE residential centre near Hay-on-Wye welcomes large and small groups whether self organised or requiring activities led by our qualified and experienced staff. Accommodation includes heated rooms, large dining room/lounge with log fire, showers, drying facilities and good food. For colour brochure please contact: Angela Whitlock at Bredwardine Lodge, Herefordshire HR3 6BT. Tel: 09817 510.

GLASBURY-ON-WYE. Large self-catering cottage well situated for canoeing the Upper and Middle Wye and Usk, and walking or pony trekking in the Black Mountains. For colour brochure please contact 04974 217 or write to 2, The Orchard, Glasbury-on-Wye, Herefordshire.

BED AND BREAKFAST £11.50 p.p. per night. B & B with evening meal £19.50. p.p.p.n. En-suite rooms £2.50 extra. Drying room. Bar Car park. Less than 2 miles River Dart. Friendly family atmosphere. Leusdon Lodge, Poundsgate, Dartmoor, Devon, TQ13 7PE. Tel: Poundsgate (03643) 304.

SITUATIONS VACANT

MENDIP OUTDOOR PURSUITS. Instructors required for early 1989 — Climbers, Canoeists, Cavers, Hill walkers. Driving licence and qualifications an advantage. CV's to Jim Hayward, 1 Yew Tree Cottage, Brinsea Road, Congresbury, Avon.

TRAINEE TUTOR/INSTRUCTOR with Climbing/Canoeing qualifications required. Applications are invited for the above vacancy from persons who hold the necessary qualification, ie. MLTB/BCU/TI/SI. For further details and an application form please write or telephone, Geoff Houghton, Staff Tutor, YMCA National Centre, Fairthorne Manor, Curdridge, Southampton, SO3 2GH. Tel: Botley (04892) 5228.

PHOTO LIBRARIAN. Canoe Focus needs a volunteer keen on photography to organise and maintain a photo reference library on behalf of the BCU. On an expenses only basis. Enquiries are often received for photographs or transparencies to illustrate articles or news releases. Many pictures are freely submitted by members for publication in *Focus* and these need to be monitored, and copied and filed where permission is given.

Interested? Please contact Angela Stevens Canoe Focus Editor 0932 841 341 (who will be delighted to talk to you).

QUALIFIED FEMALE INSTRUCTOR to join active team based in S.E. England. Job description and application forms by phoning 0273 506955/0860 536793. Professionals only.

COURSES

25-27 NOV. SI TRAINING and Assessment course at Fallbarrow Hall Windermere CHANGED to instructor training and assessment only. David Taylor 09662 5454.

NORTH YORKSHIRE. S.I. Training and Assessment course and the new Instructor Training Course. October 14-16. Contact J. S. Richardson, 19 St. Giles Way, Copmanthorpe, York, YO2 3XT.

FRANCO FERRERO B.C.U. COACH M.I.C. WHITE WATER SEA CANOE COURSES

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CANOE HIRE

CANOE AND KAYAKS complete with equipment available from £10 per day or £35. per week. Discount for large groups or longer periods. Wide variety of plastic kayaks available. For details contact Wavesports, 5 Tudor Court, Harold Court Road, Romford RM3 0AE. 04023 73371.

VIDEOS

"MASTERING KAYAK CONTROL" £19.95 covers the basic novice to intermediate kayak skills leading to BCU tests and awards. "Taste of White Water" £24.95, almost every white water manoeuvre is demonstrated in this highly entertaining video. Hire from £2.00/day. For full details contact: Wavesports, 5 Tudor Court, Harold Court Road, Romford, RM3 0AE. 04023 73371.

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PADDLE WARM PADDLE WILD-WATER

Paddling warm in the winter is hard to achieve, but we at Wild-Water paddle on through the cold. Last year we took the view that if we couldn't produce winter canoeing products nobody could. Here are the results of our labours.

The 'Kosi Cag' (Kosi is Nepalese for river) is available in five sizes, two materials (breathable and prolite) and two styles. The standard Kosi Cag comes with adjustable or plain neoprene waistbands to fit either under or over your spraydeck. The Kosi Cag+W has an extra latex seal at the waist to go under your spraydeck with the neoprene band over. Mated with the Kosi trousers you have a two piece dry suit.

'Bodyform' is the name of a new range of welded 'skinsuits'. Most wetsuits leak through the stitching so Wild-Water's answer is to glue and weld. This has the added advantage of no uncomfortable ridges or stress points. We know paddlers want to be warm — wet or dry, so our answer is to mix the stretch of a new neoprene with double lined super stretch nylon in a style that allows full freedom of body movement. Made to mix-n-match 'Bodyform' skinsuits can be worn on



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'Combi' is a new helmet for Grade 4+ paddling, rafting and other adventure sports. An ample foam lined UV stabilised Polypropylene shell gives plenty of protection. Solves the big head problem too!

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