

# CANOE FOCUS

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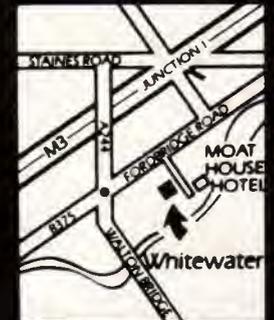
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## Front Cover

Part of the British Olympic Canoe Team on  
parade. Eric Jamieson & Adrian Collier  
carrying Angela Dawson and Ivan Lawler  
carrying the banner with Rueben Burgess at  
the fore.

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Sea Kayaking — Calum Myles of Stewart's Melville College Edinburgh CC in action off Seacliffe,  
North Berwick.

Photos by George Logie.



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# Olympic Regatta

The course for the Olympic Regatta must be one of the fairest and most spectacularly situated in the world. The finish end, shadowed by a large hill, had boathouses, rest rooms etc built to a high standard, and the finish tower, offices and grand stand were entirely adequate. The sun shone throughout all the events and the wind was normally light and variable with the occasional still period.

The organisation was smoothly run with few problems. The American boats did not pass boat inspection and had to be modified and the Kiwis were made to remove their streamlined, shoulder height cockpit covers. (They had to use a crane to get into the boat!) The entry was relatively low but the standards were incredibly high!

The racing leading up to the finals was good and the finals themselves were superb. The photo finish of the 1000 metre K1 reversed an early result for the gold medal place and Barton (USA) was awarded this over Davis (Australia) by 0.01 seconds. The East German was third, about 25/100 seconds after. Probably the saddest happening during the whole regatta was the failure of the French pair of Boccara and Boucherit to make the start of their semi. One of them was asleep and could not be found in time for their race. Boccara therefore was disqualified also from the 1000 metre K1 final in which he had previously qualified.

## Results

Well how well did we do? Eric Jamieson reached both finals in C1, in what was probably his best ever performance. He finished 9th in both finals. The remainder of the team had a disappointing regatta, mostly knocked out in the semi-finals. It became very obvious that many teams were made up of full time competitors who had been in training camps for many months. In particular the emergence of the Australians, who had been in camp in New South Wales for some months underlined the need for a full review of the approach and finance of the British team in the future.

David Maycock

## FULL RESULTS

### Men

**KAYAK SINGLES 500 METRES:** 1, Z Gyulay (Hun), 1min 44.82sec; 2, A Stähle (EG), 1:46.38; 3, P Macdonald (NZ), 1:46.46.

**KAYAK SINGLES 1,000 METRES:** 1, G Barton (US), 3min 55.27sec; 2, G Davies (Aus), 3:55.28; 3, A Wohlbe (EG), 3:55.55.

**KAYAK PAIRS 500 METRES:** 1, New Zealand (I Ferguson and P Macdonald), 1min 33.98sec; 2, Soviet Union (I Nagaev and V Denisov), 1:34.15; 3, Hungary (A Abraham and F Csipes), 1:34.32.

**KAYAK PAIRS 1,000 METRES:** 1, United States (G Barton and N Bellingham), 3min 32.42sec; 2, New Zealand (I Ferguson and P

Macdonald), 3:32.71; 3, Australia (P Foster and K Graham), 3:33.76.

**KAYAK FOURS 1,000 METRES:** 1, Hungary (Z Gyulay, F Csipes, S Hodosi, A Abraham), 3min 00.20sec; 2, Soviet Union (A Motuzenko, S Kirsanov, I Nagaev, V Denisov), 3:01.40; 3, East Germany (K Bluhm, A Wohlbe, A Stähle, H-J Bliesener), 3:02.37.

**CANADIAN SINGLES 500 METRES:** 1, C Heukrodt (EG), 1min 56.42sec; 2, M Slivinskii (USSR), 1:57.26; 3, M Marinov (Bul), 1:57.27.

**CANADIAN SINGLES 1,000 METRES:** 1, I Klementiev (USSR), 4min 12.78sec; 2, J Schmidt (EG), 4:15.83; 3, N Boukhalov (Bul), 4:18.94.

**CANADIAN PAIRS 500 METRES:** 1, Soviet Union (V Reneisky and N Zhuravsky), 1min 41.77sec; 2, Poland (M Dopierala and M Lbik), 1:43.61; 3, France (P Renaud and J Bettin), 1:43.81.

**CANADIAN PAIRS 1,000 METRES:** 1, Soviet Union (V Reneisky and N Zhuravsky), 3min 48.36sec; 2, East Germany (O Heukrodt and I Spelly), 3:51.44; 3, Poland (M Dopierala and M Lbik), 3:54.33.

### Women

**KAYAK SINGLES 500 METRES:** 1, V Guecheva (Bul), 1min 55.19sec; 2, B Schmidt (EG), 1:55.31; 3, I Dylewska (Pol), 1:57.38.

**KAYAK PAIRS 500 METRES:** 1, East Germany (B Schmidt and A Nothnagel), 1min 43.46sec; 2, Bulgaria (V Guecheva and D Paliiska), 1:44.06; 3, Netherlands (A Derckx and A Cox), 1:46.00.

**KAYAK FOURS 500 METRES:** 1, East Germany (B Schmidt, A Nothnagel, R Portwich, H Singer), 1min 40.78sec; 2, Hungary (E Geczi, E Meszaros, E Rakusz, R Koban), 1:41.88; 3, Bulgaria (V Guecheva, D Paliiska, O Petkova, B Ivanova), 1:42.63.

## Paddle Philately



JIM BRIGHT

It is surprising just how many different stamps there are with canoes on them, and how many countries have issued them. My collection of 180 stamps comes from some thirty-five different countries.

The most common canoe stamp must be the Canadian 10 Cent with an Eskimo in his kayak; another Canadian stamp has two men in an open canoe on a lake with one of them fishing.

Some are shown as working boats while others commemorate world championships or the Olympics; most are pictorial, but some are stylised, usually these are the Olympic ones sold in sets depicting a number of sports and you have to buy the set whether you are interested in the other sports or not just to get the one you want, but usually they come singly

or in pairs so collecting them is not too expensive.

The islands of the Pacific show a lot of working or war canoes mostly the Gilbert and Ellice and Solomon Islands, while Hungary and Bulgaria have issued a commemorative set for most of the Olympics. Slalom and White Water racing have been covered by the French and the German Democratic Republic. Most European countries have produced a canoeing stamp of some sort, to commemorate a world championship or just canoeing.

Great Britain's Post Office has not yet produced a canoeing stamp although we have had world championship events and world championships to commemorate. This is another aspect of canoeing's low profile that we must try to change.

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## Comment

Trevor J. Bailey, Director

### ICF CONGRESS

The International Canoe Federation hold a congress every 2 years, with alternate congresses being staged during the Olympics. The BCU were represented this year by Albert Woods, representing Slalom and Wild Water, Alan Laws from Marathon and David Maycock from Sprint Racing. I attended as an observer. David also acted as a course umpire for the Olympic Regatta, details of which are elsewhere in Focus. British influence was evident during congress. Ron Emes was there in his capacity as 2nd Vice-President and Albert Woods was elected to the position of Chairman of the ICF Slalom and Wild Water Committee. With Slalom in the 1992 Olympics the next 4 years will be very hectic for Albert, and I'm sure our members wish him all success. Congress approved a set of rules for Polo, and Brian Porter was subsequently elected to the Polo Committee. As Alan Laws retains his position on the Marathon Committee the BCU can be said to be well placed to help determine future policy of the ICF. The Congress accepted the greatest changes in the Racing rules for many years. Included in these changes are a number of items which will directly affect all British competitors. These include:-

- \* Advertising is now permitted on all equipment subject to certain size restrictions.
- \* No electronic/electric devices may be used when racing.
- \* The 10000 metre internationals will now run with one long 1750 metre leg and return plus 500 metre legs for subsequent laps.
- \* The start will change to "Attention please — Go" with a recommendation of between one and five seconds.
- \* The 5 metre rule for washriding in short races has been simplified, making measurement the criteria rather than the present "gaining benefit". The ladies events will now include 5000 metre distances for K1 and K2.

Traditionally the congress has concentrated on Racing but this time there were a number of aspects of significance relevant to all disciplines:-

- \* Motion to remove the right of Congress to elect technical committee Chairmen, potentially making the board all powerful. The motion was heavily defeated, showing congress' opinion of the board's motion and indicating the mood of congress for things to come.
- Motion to separate the job of General Secretary/Treasurer into two which led to an incredible amount of 'behind the scenes' lobbying. The motion was carried and a subsequent vote for Secretary resulted in the existing General Secretary being defeated although there was no other candidate.

One effect of the manoeuvrings was that Jorn Cronberg was re-elected as Chairman of the Marathon Committee. If Jorn had been elected to another position then Alan Laws would have succeeded him as Chairman.

It was agreed to rationalise all common parts of the Marathon rules. The new rules should be available in the next month or so.

The Slalom and Wild Water rule changes submitted by the board were accepted and the major changes were the elimination of the pre-touch in slalom and the addition of team events in Junior World Championships in both Slalom and Wild Water. The BCU motion for re-introducing the team gate in slalom was heavily defeated and the proposal concerning a World Cup in both Slalom and Wild Water was referred back to the relevant committee for their deliberation and report back to the 1990 Congress in Poland.

My first congress was most interesting and could lead to a shift in power within the ICF, and to the congress delegates having more say in the running of things.

### BCU IS MOVING

After a period of uncertainty the BCU HQ is now set to move to Nottingham on 1st January 1989, prior to a building being available for us at Holme Pierrepont. The latest views of Nottinghamshire



Photograph by Richard Bentley

Trevor Bailey winning £1,300 sponsorship money for the B.C.U.

County Council are that a building should be completed in 1989. We have not yet managed to find suitable premises for the short term future. Whilst it has been the policy of the BCU to transfer to Nottingham the move will lead to major short term problems, primarily the loss of many of our existing staff. I cannot speak too highly of the contribution made by the staff to the development of the Union and it will be a sad day when we say farewell to the staff not re-locating. In order to have a smooth transfer HQ will close on Friday 16th December 1988 and re-open on Monday 9th January 1989. Please co-operate by not trying to contact us during that time. If our new address and phone number is known before the final deadline for this Focus, it will be found in "Late News".

### SPONSORED PADDLE

Thank you to all those who responded to my sponsored paddle down the Holme Pierrepont Slalom course. £1300 was raised, which will be used to help pay the amount still due to the Sports Council for the construction of the course. Special thanks are due to the anonymous sponsor who, by offering £1000 started the whole thing. I must also thank Frank Goodman of Current Trends who showed such patience during our training sessions, and to Donald Bean, who acted as the third man during the training and was always there with a can of "coke" after my numerous swims. Thanks also to the Slalom Committee, and in particular Jim Croft, who managed to find time for my paddle in a very busy programme during the Inter-Club weekend. Now I have managed it, I hope to continue my paddling, although my next target is a more gentle paddle on a tour.

### KEN PEREIRA

With great sadness canoeing mourns the death in September of one of its strongest supporters.

Although only 44, Ken had spent most of his life pursuing a variety of canoeing activities.

Mainly a marathon and Sprint paddler he had competed with considerable distinction finally appearing for the British Marathon Team in the Luxembourg World Cup in 1984.

He had already turned to coaching by then and many youngsters have been given more than a sound start in our sport.

Over the years he had been a member of Royal Canoe Club, Lincoln Canoe Club and latterly, Richmond Canoe Club. Their members join us all in expressing our sympathy to his wife, Wendy and their two small children.

Alan Laws.

### NATIONAL WHITE WATER SAFETY CONFERENCE

Following on from the recent international White Water Safety Symposium, held at Holme Pierrepont, a National White Water Safety Conference is planned for 29/30 April, 1989, at the same venue. It is intended that this will give an opportunity for feedback from the International

symposium together with a wider discussion of topics related to British canoe and kayak safety.

The last national white water safety conference was held in North Wales in 1984. Techniques and equipment have evolved since then, and a chance to take stock of the present level of knowledge and expertise is overdue.

Accommodation has been reserved at Holme Pierrepont but places are limited. Priority will be given to ensure attendance from at least one member from each national association and region. This hopefully will provide a wider dissemination of information.

Those interested please contact Colin Tee or Sam Cook at Beverley Park Centre, Beverley, Pateley Bridge, Harrogate, North Yorkshire, HG3 5JB, giving name, address, telephone number and national association, region or other interest.

The estimated cost of the Conference will be — £45.00 resident or — £16.00 non-resident (camping available).

### ANNUAL GENERAL MEETING OF THE BRITISH CANOE UNION

The AGM of the British Canoe Union will be held on Saturday 4th March 1989 at a venue in the South West Region yet to be confirmed.

Members are reminded that Article 18(b) of the Union's Articles of Association requires that any motion for discussion at the Annual General Meeting not originating from the Council of Management, shall be

- 1 signed by two full\* members entitled to vote, and
- 2 be lodged with the Secretary (Director) before 1st January 1989.

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

\* Full members entitled to vote include the following classes of membership.

- 1 Comprehensive FULL MEMBERS (FULL).
- 2 Comprehensive LIFE MEMBERS (LIFE).
- 3 BASIC FULL MEMBERS (BASIC).

# Only Full members as designated in \* above are eligible for nomination as elected members.

### NOTE

An information sheet "Guidelines for the Submission of Motions to the AGM" contains detailed information and advice regarding the correct procedures for submission of motions to the AGM and is available to any member on receipt of a s.a.e.



### CHRISTMAS COMES

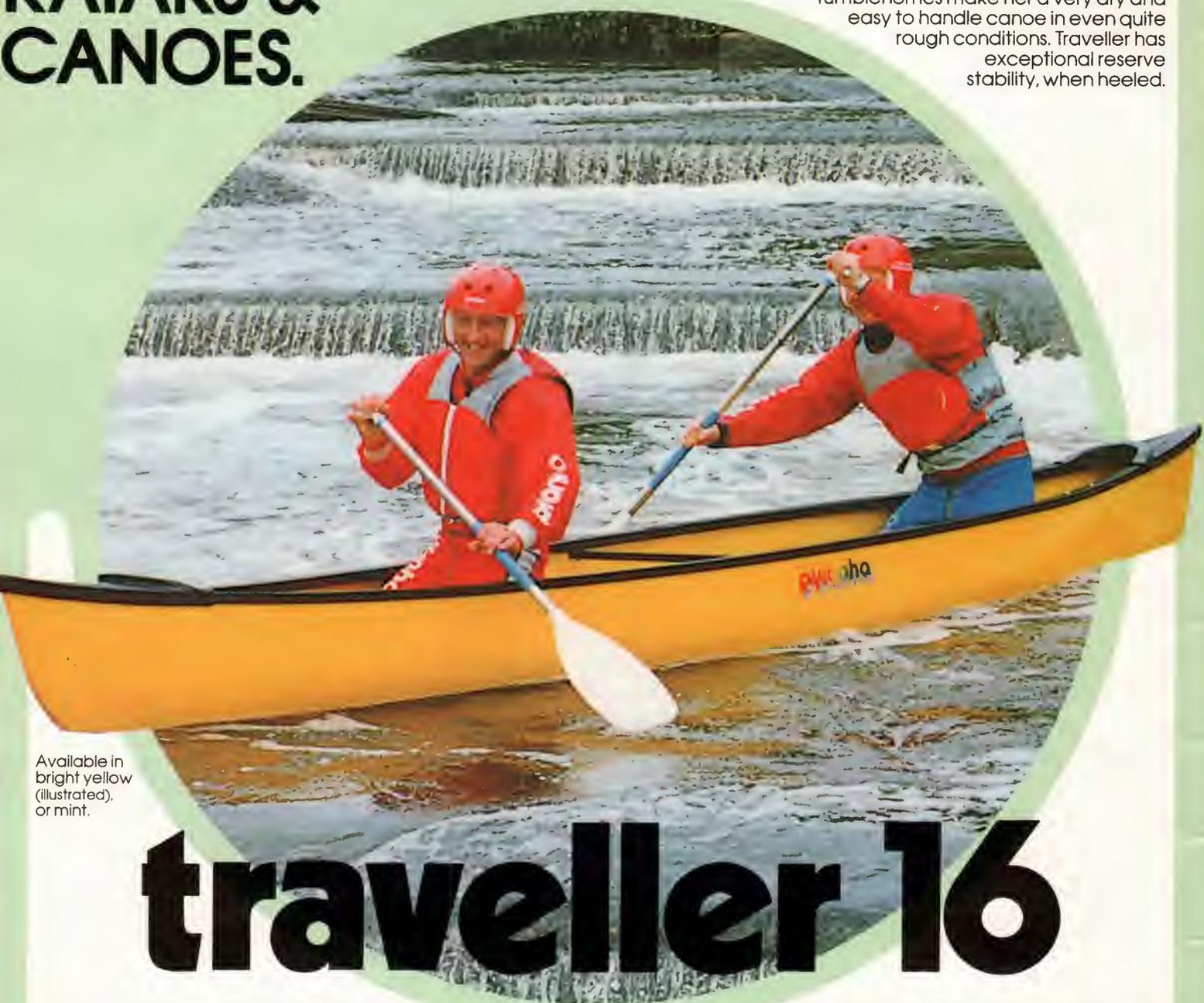
All at the BCU wish you a very Happy Christmas and successful canoeing in 1989.

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## PLANNING CANOEING TRIPS AND USING THE BCU INFORMATION SERVICE

In Britain, many rivers are private but some of them can be canoed with permission. Some waterways require canoeists to obtain a licence before canoeing. BCU members obtain a British Waterways Board licence as part of their membership benefits. The detailed situation changes frequently. This is why the British Canoe Union has recruited a team of *voluntary* Local Access Officers to secure greater access for canoeing and to provide up-to-date information for members. Members are asked to quote their membership numbers.

**BEFORE CANOEING, GET UP-TO-DATE INFORMATION** and please do not leave it until the last minute! CONTACT the Regional Access Officer for the areas in which you are interested and he will either provide you with information himself, or will put you in touch with one of his team of Local Access Officers. Telephone numbers are given where Access Officers are willing, or prefer, to deal with enquiries by phone. Do not telephone late in the evening. Otherwise write and include a stamped, self-addressed envelope for the reply. Please remember that you will be dealing with *voluntary* officials and you should allow 14 days for a reply.

IT IS ESSENTIAL TO KEEP STRICTLY TO THE TERMS OF ACCESS AGREEMENTS AND TO FOLLOW SUCH INSTRUCTIONS AS THE ACCESS OFFICER MAY GIVE. Officers will NOT offer advice or approve a planned trip with regard to canoeing competence of a group: this is the responsibility of the group leader, who should allow for adverse changes in the weather. Observe the COUNTRY CODE and the CANOEISTS CODE so that you and later canoeists are welcomed. HAVE A GOOD TRIP! Should you encounter any problem, please give full details to the Local Access Officer concerned.

### Access Officers are Volunteers!

**Eastern**—Mr. Colin Kempson, 108 East Street, Olney, Bucks MK46 4DJ. Tel: 0234 7118343.

**East Midlands**—Mr. Don Windsor, 11 Wallis Close, Draycott, Derby DE7 3QS. Tel: 03317 4972.

**London & South East**—Mr. David Moss, 85 Lower Road, Fetcham, Leatherhead, Surrey KT22 9HG. Tel: 0372 58280.

**North (Cumbria)**—Mr. Mike Hayward, Bridge House, Bentham School, Low Bentham, Nr. Lancaster SAE only.

**North (North East)**—Mr. Graeme Gordon, 14A St. Thomas Crescent, Newcastle-upon-Tyne NE1 4LG. Tel: 091 261 1494.

**North West**—Mr. Pat Moran, 1 Mawdsley Avenue, Woolston, Warrington WA1 4DJ. Tel: 0925 821667.

**South**—c/o Mr. Barrie Le Grove, 11 Peregrine Road, Littlehampton, Sussex BN17 6DT. SAE only.

**South West (Devon & Cornwall)**—Mr. Adam Box, 9 Tuckers Meadow, Crediton, Devon EX17 3NT. Tel: 03632 4882.

**South West & West**—Mr. Jim Coombs, Briar Cottage, Middleton, Winterslow, Salisbury, SP5 1QS. Tel: 0980 862021.

**West Midlands**—c/o Mr. Brian Porter, 15 Russell Croft, Aston Fields, Bromsgrove, Worcs. SAE only.

**Yorkshire & Humberside**—Mr. Mike Twigg, 38 Badger Gate, Threshfield, Skipton, North Yorks. BD23 5EN. Tel: 0756 753101.

**Northern Ireland**—Mr. S. Creber, 26 Ravensdene Crescent, Belfast, Northern Ireland BT6 0DB. SAE only.

**Scotland**—Mrs. Mary Conacher, 81 Dundee Road, West Ferry, Dundee, Tayside DD5 1LZ. SAE only.

**North Wales (Clwyd & Gwynedd)**—Mr. Peter Weston, 170 Conwy Road, Llandudno Junction, Gwynedd LL31 9DU. SAE only.

**South Wales (Usk & Taff)**—Mr. David Hope, Plas Pencelli, Pencelli, Brecon, Powys. SAE only.

**Welsh Wye**—Mr. Chris Charters, Worlds End Lodge, Staunton on Wye, Hereford HR4 7NF. Tel: Moccas (09817) 308.

**West Wales (Dyfed & Bower)**—Mr. Roger Miles, Swn Y Dwr, Gwynfe, Llangadog, Dyfed. SAE only.

### Access Officers Need Help!

As a member of the BCU *your* information is sought — after all, you do the canoeing! Information on many rivers is not as comprehensive as we would like. You can help by writing to the relevant Access Officer with details of whatever rivers you canoe. This will help to make our information complete and up-to-date.

### Holiday Areas

It is especially important to get up-to-date information in holiday areas such as the Lake District and the West Country. Regional Access Officers report increasing problems caused by uninformed holidaymakers.

### South West (Devon & Cornwall)

**River Dart:** Owing to tremendous pressure on this river, particularly on the Dartmeet section, the riparian owners have changed the access agreement. No canoeing will be permitted between Dartmeet and Newbridge during the months of November and December. Access during the remainder of the canoeing season is only permitted with the specific authorisation of the L.A.O., Mr. D. Scrase, Red Post Garage, Totnes, Devon, TQ9 6NQ. (Please do not phone, and enclose a s.a.e. with requests). The arrangements below Newbridge are unchanged.

**River Lyn (Exmoor):** Despite an illegal run by a group of canoeists in July South West Water have now agreed to let us use the river again this season from December 1st until 28th February. Written permission MUST be obtained first from the L.A.O., Mr. J. Hilton, N. Devon Canoe School, East View, Buckland Brewer, Bideford, North Devon, EX39 5LR. We are unlikely to keep this agreement if there are any further incidents during the fishing season, so please keep off the river unless you have permission.

Also see page 11

### DO CANOES DISTURB SPAWNING FISH?

One might be tempted to answer; 'it depends on who you are and what your interest is'. One thing which is certain is that there is little, if any, research data available to resolve the issue on a scientific basis.

The criminal offence under Section 2(4) of the Salmon and Freshwater Fisheries Act 1975 reads '... any person who, except in the exercise of a legal right to take materials from any waters, wilfully disturbs any spawn or spawning fish, on any bed, bank or shallow on which any spawn or spawning fish may be, shall be guilty of an offence'. One opinion is that this clause was inserted in the Act to prevent removal of river

gravel by mechanical digger, but as has been seen in the Seint case, it is capable of much wider interpretation.

Surely the Act is intended to safeguard the spawning operation and the spawn? Surely the natural instincts of the fish will ensure that spawning takes place, even if it had been momentarily delayed by such incidents as a fallen tree or branch floating down the river out of control, a canoeist descending the river, probably in full control, pedestrians walking down the banks, tractors in adjoining fields or animals or birds wading in the river?

We have qualified opinion that the effect of passing canoes on spawning fish could only be minimal and if there were any effect, it would be insignificant. But, there is a lack of scientific data to prove the point. When exploring the possibilities of setting up a research programme, it was suggested that no scientist would want to spend time proving whether canoes disturb spawning fish or not, when 'everyone knows they don't!'

Having heard the opposite opinion it must be said that it is expressed by those with a vested interest in seeing canoeing curtailed. Nor have those holding that opinion supported it with scientific data. Thus the BCU places great importance on obtaining scientific data, which will be expensive. A research specification has been drawn up and we are trying to get an impartial agency to take up the project so that the findings, could be more readily acceptable than if the BCU itself commissioned the research.

Consequently, the BCU is being very careful not to say or do anything which might be interpreted as accepting that canoeing disturbs spawning fish. We do not wish to pre-judge the outcome of a scientific study.

### APPEAL FOR FUNDS

An appeal leaflet was sent out with FOCUS 56 and a further copy is enclosed with this issue. Donations and new pledges are already starting to arrive at the BCU office at Holme Pierrepont and Mike Twigg the BCU Access Chairman thanks all those who have responded so quickly. A five figure number of members has still to send in a donation or a pledge, so if you are one of this number, PLEASE ACT NOW!

We will keep you informed through CANOE FOCUS about the access work being done by the BCU and our team of voluntary access officers. (The reference in FOCUS 56 to the 1989 Parliamentary lobby should have read 1987).

### WELSH DEE

It is disturbing to see a report in the minutes of the September meeting of the Dee Users Committee of an increasing number of canoeists attempting to avoid payment of camping fees, thereby creating a bad reputation for all canoeists. Successful access negotiations rely on canoeing having a good reputation. Let's not be our own worst enemies!

### ACCESS NEWS

— The BCU and the Country Landowners Association have swapped names of regional officers.

— Access Chairman Mike Twigg is seeing the Shadow Environment Secretary, John Cunningham MP, at the House of Commons on 26th October.

— The Yorkshire & Humberside Angling and Canoeing Liaison Group is having its first meeting on 26th October. The Bedford Ouse Group met on 10th October. We hope to be able to report successful meetings in a future issue of CANOE FOCUS.

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# BASIC KAYAK CONTROL

Extracted from *White Water Kayaking* by Ray Rowe.

Published by Salamander Books Limited.  
Available through BCU supplies at £9.30 members, £10.30 non members inc P&P.

## TURNING

There are two levels of turning and steering a kayak:

- 1 Initial turning — the sweep stroke and stern rudder.
- 2 Secondary turning — the low-brace turn. — the bow rudder.

The first group of strokes initiates turning in the kayak, while the second group is applied once turning movement has been started.

## SECONDARY TURNING STROKES

### The low brace turn

The aim of the low brace turn is to enable the kayak to turn in a long, wide arc without it losing its forward momentum. The stroke has an important function in eddy turns on the river.

- Start the kayak running.
- On the other side, set the back of the blade on the surface, level with your shoulder and away from the side of the boat.
- Lift the opposite edge using your thigh.
- Allow the kayak to continue to glide as it turns.

The function of the paddle is to give you support while you set the boat on its edge, and so it should remain flat on the water but with its leading edge raised by only a few degrees to cause the water moving towards it to pass underneath. The kayak is set on its edge to help it follow a smooth turn (called **carving**), and also because it is essential when it is applied in eddy turns on the river.



*The low brace turn has important functions in eddy turns.*

### Edging and leaning

For the purpose of the low brace turn and for other white-water skills you should understand these terms clearly.

To edge a kayak, you lift one side using your knee and thigh on the brace on that side. Quite naturally, you also depress the hip and buttock on the opposite side.

- Sit on the floor with your legs in the kayak seating position.
- Raise one buttock off the floor.

*You are edging!* It is slightly harder when you have to lift at least half the weight of your kayak on that top thigh, of course. You have to build strength in your groin and abdomen for edging, and using a very heavy kayak is not a

good way to learn.

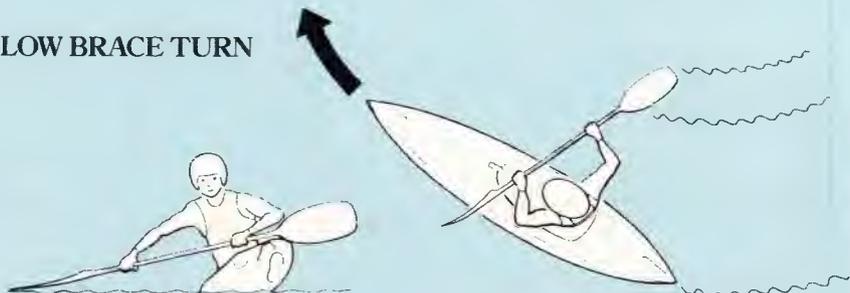
Leaning is the term used to describe moving your upper body mass off its upright position of balance. It is the movement you make going around a corner on a bicycle. Sometimes in kayaking, you turn a corner quickly, in the same way, and you lean to compensate as you would on a bike.

In a low brace turn, you must always edge. Whether or not you lean and to what degree depend on how tight the turn is. The stroke gives you a high degree of security on moving water, resulting in a slow, non-attacking turn. To get a faster and more aggressive turn you use a bow rudder.

### EDGING AND LEANING



### LOW BRACE TURN



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The world's largest manufacturer of blow-moulded, high-molecular weight, polyethylene kayaks. So tough and rigid that no pillar supports are necessary in the cockpit area. (The incredible T-CANYON is now available ex-stock). Also Invader T-SLALOM, TAIFUN, GATTINO and YAK SPUD (TOPOLINO).

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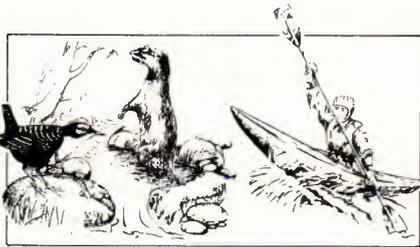
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## Wildwood & White Water on Dartmoor

Are you looking for . . . . white water canoeing whatever your standard, reliable high water flows and parking right next to launching point? If so, the chances are, you have already canoed on the River Dart or plan to do so — it is one of the premier white water sites in the country. The sheer dramatic beauty of the Dart Valley will add considerably to a challenging, exciting and exhilarating experience. From its source high on the peat bogs of Dartmoor, through the deeply incised gorge on the edge of the granite, to the placid wooded estuary, the Dart is breathtakingly beautiful.

An appreciation of wildlife may be one of the reasons you have chosen canoeing as a sport which uses, and is compatible with, the natural world. You may notice the rich and unique wildlife on this river system. If you fall in you will be reassured that the water is pure and unpolluted. You will share it with a rich invertebrate fauna including caddisfly, dragonfly and mayfly larvae. Salmon and trout feed on these, as do dippers (illustrated). These brown and white birds, rather like large wrens, bob up and down on the rounded river boulders and walk under water to catch their prey. Grey wagtails snap at adult insects a few feet above the water surface and you may see a heron fishing in the shallows. Mink regularly hunt along the banks and a glimpse of an otter is still occasionally reported by fishermen and lone canoeists.

More unusual plant life includes royal fern, growing to more than 6 foot high in summer still abundant near Lover's Leap and Newbridge. The tiny Tunbridge filmy fern can also be found by the discerning eye growing under riverbank boulders.

The oakwoods which come right to the water's edge are also special. They form one of the most extensive areas of broadleaved ancient woodland in England.

Canoeing is a recreational use which allows all this wildlife to thrive and flourish whilst at the same time providing enjoyment for a growing number of people.

However, it is only one of the many competing recreational interests which the National Park has to accommodate. With 7½ million recreational visits a year, increasingly involving more active pursuits, the potential for conflict is high. There are also other activities such as agriculture, forestry, mineral extraction and military exercises which may constrain recreational use. It falls to the National Park Authority to resolve conflicts where possible whilst protecting the environment. Legislation exists to set limits and provide back-up powers but agreement and co-operation can avoid draconian measures.

An access agreement exists here between the BCU and the riparian owners who amongst other things are concerned about fishing interests (See section in 'Access' page —)

Canoeing is allowed for members and affiliated clubs, subject to certain conditions (see inset). If these conditions are met, canoeists are welcomed by local people and other visitors, the nesting season is avoided and most plants will have finished active growth. However, the potential for disturbance is still there. It is distressing to see dippers fleeing from a noisy group of canoeists and followers even if they do return after the weekend furore; and obviously the quieter you are the more chance you will have of seeing wildlife. The Dart is a spring and autumn salmon river, and

salmon spawning grounds can be ruined by thoughtless launching over the reeds during the winter months. Because of this, launching above Dartmeet Bridge is now prohibited.

More obvious conflicts arise when canoeists occupy car parks to the exclusion of other visitors. It can be annoying to plan a quiet family walk along the Dart Valley to find the car park full of rubber-suited, or even naked, canoeists waving paddles aggressively and shouting. An exaggeration thankfully, but a point of view expressed to National Park Rangers. The narrow road, particularly at bridges can easily become blocked by inconsiderate parking. Ongoing discussions between the Dartmoor National Park Authority and BCU at local level will hopefully solve some of these problems but the fact remains that canoeists, as all other countryside users, need to use the resource with care and consideration both for other users and the environment.

# RECREATIONAL CONTRASTS

## Access Agreement between BCU & Riparian Owners

- 1 River open to canoes only out of fishing season. October 1 to February 1.
- 2 All parties to obtain permission from BCU River Officer at least two weeks before trip.
- 3 Only BCU members of groups with a BCU member in charge will be granted permission.
- 4 BCU No. will be displayed on craft. Membership cards made available on request to water bailiffs, National Park Rangers, Riparian Owners or their representative and the BCU Liaison Officer.
- 5 Permission may be refused due to Race or Salmon activities or to overcrowding.
- 6 All canoeists to be equipped with helmet and buoyancy aid or lifejacket.
- 7 The use of river banks other than at the recognised egress and access points is not allowed other than at times of emergency.
- 8 Park your cars sensibly. Avoid obstructing narrow roads, keep off verges. Use car parks. Don't spread your gear so that you upset others.
- 9 **Non-observance of these rules could result in future permission to canoe the river being withheld.**
- 10 As the Dart flows through private fields and woodland, canoeing without permission could be regarded as trespass.

## Additional Rules for Dartmeet

This stretch should only be attempted in heavy water conditions by people with experience of severe alpine conditions and not in low volume boats.

- 1 It is suitable only for people of advanced proficiency standard. It should always be treated with respect.
- 2 Access only at Dartbridge, egress only at New Bridge.
- 3 Application made to River Dart Access Officer to include names of members of group and an indication of his/her ability for ratification by the riparian owners.
- 4 Canoeing gear should not be left in sight at Dartmeet. We do not want to encourage amateurs to try this stretch.
- 5 Broken boats are your responsibility, remove them!
- 6 Paddlers are asked not to play on the gravel beds as they are all spawning grounds.
- 7 Party must consist of at least four paddlers and no more than seven in a group.

Access by foot or even by helicopter in some places is difficult, it can be a long and difficult walk if you wipe out. It is your responsibility to provide your own safety back up. You should allow 3 hours for this trip, some people have taken 6½ hours.

Also see page 7

As we pitched tents and polythene, turning a pleasant camp site into something resembling a gypsy encampment, enough rain descended from the black skies to hold the rodeo there and then. It was quite an experience to go to the loo in a mountain hut! Saturday morning dawned as only a Welsh summer morning can, rain and gale force winds. It was enlightening with a cultural visit to the beautiful cathedral, but we left hurriedly as the Archbishop objected to the dress of some members of our party, wet suits and spray decks. I didn't think "He" cared about dress.

On to Twr-y-Felin for the briefing from Andy Middleton, who with a sly grin, gives advice and boat numbers.

"Turn left at the lifeboat station, paddle to the end of the peninsula and ferry glide about half a mile and turn right up the coast to Ramsey. If you fall out, get back in quickly or you end up in North Wales". He sounded like a Cardiff Copper

directing a drunken Paddy across the Irish sea. So to St Justinians and on to Ramsey.

Spectators and "press" go by Jet boat, planing the Bitches in a high powered oversized rubber dinghy should not be missed. Remember though do not stand at the back, the idiot driving did a three-point-turn at the top of a ten foot wave and filled my hiking boots with water.

We arrive at Ramsey in glorious sunshine and jostle for the best viewing. "Top of the cliffs the best", some soul shouts, but how to get there. "Up that rope", the same soul advises. This was real excitement, the look of horror on the faces of Jill Fulwood and Eileen Hind made my wet socks pale into insignificance. Still it took their minds off their "little boys" danger a hundred feet below.

The competition begins in horrendous water as a tide of 7 metres at 22 knots advances on the Bitches. There are "oohs" and "ahs" from the gallery, perched precariously on a six foot wide cliff top, as battle commences. It was like a football crowd as Jill and Eileen cheer Rob and Dave but boo the rest.

We were treated to the full repertoire, tricks more suited to a Japanese kamikaze pilot than canoeists. Loops, popouts, pirouettes (and simple swimming) in the gigantic stopper. Surfing enormous standing waves.

Frank Goodman and the other judges perch on a rock like multi-coloured cormorants and cast their votes.

Ecstasy as Rob goes through, commiserations for Dave and John, but well done. So to Sunday and the semis, only sixteen left in now and the tension mounts. Another Indian rope trick and we are back up the cliff. More spectacular tricks and the 'cormorants' huddle on their rock.

A blue aerodynamic waves to the cliffs and unbelievably Rob Hind from Draycott Canoe Club has made the last four.

The final test comes in a majestic green and white stopper as an unreal hydraulic force pushes itself between rocks at the base of the cliffs, Rob, Andy, Jason and Pip perform stupendous feats. Loop after loop, bucking like bronco's, paddles held skyward in a one handed salute to their skill.

Andy Gooday wins, Rob Hind second. Back to Twr-y-Felin for the presentations, a new boat for Andy, cag and spray deck for Rob; now for the celebrations, an exceedingly wet Sunday night at the Farmers Arms.

Bitches Rodeo '88 — Rob Hind



## THE BITCHES RODEO 1988

"What are we doing August Bank Dad"? "Why"? "I've entered the Bitches Rodeo, can we go to St Davids"? "The what"!!

So, Rob Hind, Dave Fulwood and John Brazier, plus various parents (who think they are going to a wild west show) set off for the extremities of wet (sorry west) Wales.

# PADDLE WELSH WHITE WATER

Wild water courses now being run until 23rd March,  
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## KAYAKS IN TIBET

First ever kayak trip in Tibet. In May 1987 Arlene and a companion smuggled their boat across the Himalayan border, then hitch-hiked across the Roof of the World (with their boats!) to the source of the Brahmaputra River (Tsangpo La) and kayaked this for several hundred miles. They had no knowledge of the river ahead of them, no maps, no support, and they had to hide from Army patrols as their journey was illegal.

Arlene is probably the world's top female expedition kayaker, attractive, good fun, enterprising and courageous.

One of the best kayak lecturers of North America — Whit Dasher, Rob Lesser and Dennis Keagan all recommend her as an entertaining speaker. Specially flown from Nepal by the Mike Jones Rally for this lecture tour. Spectacular slides (Arlene is a Photographer for the National Geographic Magazine).

### Slide show and talk by Arlene Burns

Please phone the following for more details

Nov 19 Llangollen — Mike Jones Rally

Nov 23 Nottingham — Current Trends

0602 818844

Nov 24 Doncaster — Canoe Clubs

0302 834527

Nov 28 Aberdeen — Grampian Region

0358 20715 Ext. 27

Nov 29 London — Westminster 01-821 7389

## CANOE POLO COMMITTEE AGM

The 10th AGM of the Canoe Polo Committee is 12 noon Sunday 8 January 1989 at Coventry Leisure Centre, Fairfax St, Coventry. Motions for the meeting should be signed by two people eligible to vote at the AGM and sent to the Secretary, Tony Rackham, 73 Dunlin Rd, Hemel Hempstead, Herts HP2 6LX.

## NEW PREMISES FOR VIKING KAYAK CLUB

Eastern Region Sports Council was represented when the Viking Kayak Club was opened by Lord Luke of Pavenham on 8th July. The new building shared by Star Rowing Club offers gymnasium and social facilities only 100 metres downstream from the old clubhouse.



The museum at Gloucester Docks was officially opened by

HRH The Prince of Wales in August 1988.

The display floors are entered through a replica lock chamber, dripping with water, which leads to the exciting exhibition tracing the history of Britain's inland waterways. The Trade and Local History gallery, newly-opened for the Royal visit, charts in detail the story of the local waterway system, based on the River Severn and Gloucester & Sharpness Canal. Much of the original warehouse and docks equipment is featured here, and many may be handled by visitors.

This gallery has been designed by Nita

McClarence of The Design House, Birmingham, to enhance the original features of Llanthony Warehouse. It provides much material for study and project work for students, as well as helping in the understanding of the key role that canals played in the shaping of Britain's development through the Industrial Revolution.

The history of boats and their propulsion, from the horse to modern engine power, is displayed inside Llanthony Warehouse, and outside are the floating historic boats which visitors may board, including the mighty No. 4 steam dredger which is run daily for visitors.

Llanthony Yard features a recreated canal maintenance yard, with working blacksmiths' forges; carpenters' workshop; locally-built Fielding diesel engine, and resident shire horse, Peter, who provides horse-drawn public bus rides around the Docks.

The National Waterways Museum is open daily, Easter to October 10.00am-6.00pm, and October to Easter, Tuesdays to Sundays, 10.00am-4.00pm.

## STOLEN CHEQUEBOOK

A stolen chequebook drawn on the account of TREWORRA ACTIVITY CENTRE at the Midland Bank, Bodmin in Cornwall has been used to purchase large quantities of canoeing equipment and remains unrecovered. Anyone being offered any of these cheques or with knowledge that could be of use should contact their local police urgently.

## BRITISH DRAGONS ABROAD



The crew from the Elmbridge Canoe & Kayak Club, U.K., on Hong Kong's Victoria Harbour during the Hong Kong Dragon Boat Festival — International Races 1988. They fought their way to third place in the Chow Tai Fook Cup — Hong Kong Invitational Final after Kingston & Wey, U.K. (2nd) and Torquay Australia (1st). Their 10-year-old drummer, Gina Russell, was the star attraction.

Photo by Courtesy of Hong Kong Tourist Association

The British Dragon Boat Racing Association launched itself on the international scene this summer with crews competing in Hong Kong, Singapore and China.

Elmbridge Canoe and Kayak Club from Surrey, the 1987 National Champions, was the official GB entry in the Hong Kong Festival, acknowledged as the World Championship of the sport.

Elmbridge were joined in Hong Kong by Kingston and Wey, a composite crew of canoeists and rowers who, after competing in Singapore, made their own way to compete as guest crew in the international races which attracted 24 crews from 15 countries.

## GETTING IN THE PICTURE

Dragon boat racing has certainly caught the imagination of fund raisers and the eye of television producers in recent months.

Five boats were filmed racing in a fund raising competition in London's Victoria Docks for the Thames Telethon programme and the boats were raced again in the finale to this event at Chelsea Harbour. Another boat competed in the Trans-Pennine Marathon Canoe Race.

Prior to their Hong Kong trip the Elmbridge crew were featured in the BBC television "London Plus" programme, whilst the Lincoln Canoe Club appeared on BBC television "Look North" as they trained for their trip to China.

Elmbridge, together with Kingston and Wey, also appeared on Hong Kong television and a Japanese television company has recently visited this country to film the crew selected by Sheffield Dragon Boat Racing Club as they prepared for their trip to Osaka.

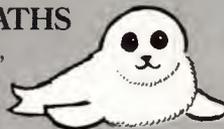
Canoeists or rowers seeking a career in television should perhaps consider taking up dragon boat racing!

## S.C.A. MOVE

The Scottish Canoe Association move has been delayed until 6 January 1989 when they will link up with the Scottish Sports Council to simplify administration at Caledonia House, South Gyle Industrial Estate, Edinburgh EH1 9D2.

## SEAL DEATHS

John Ramwell,  
Sea Touring  
Committee  
Chairman



Following the serious epidemic of seal disease, a public appeal has been launched for information on dead seals around the coast.

The purpose is to help determine any increase in seal mortality which might indicate the spread of the disease around our coasts.

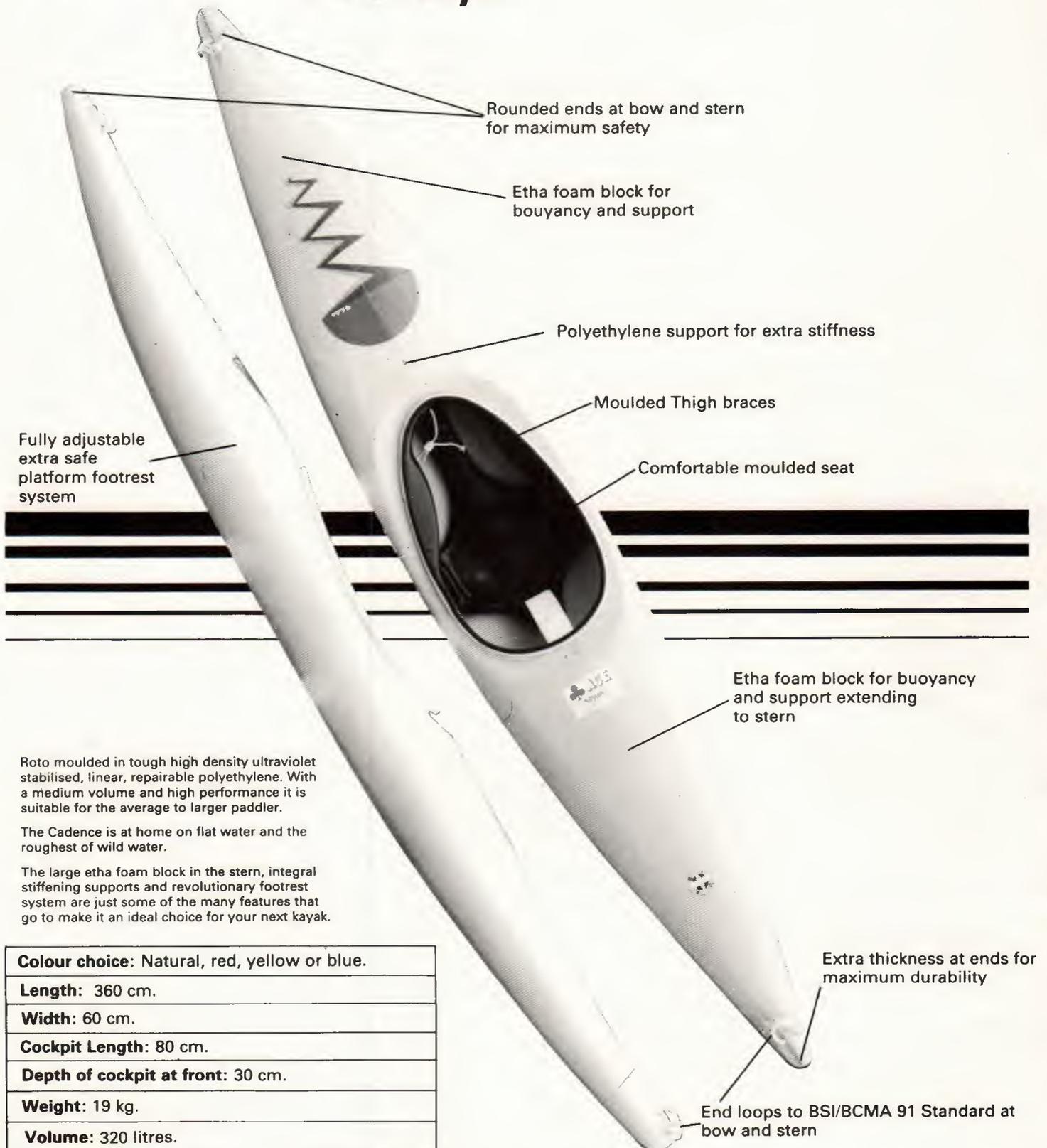
Any information should be relayed to Sheila S. Anderson, Sea Mammal Research Unit, c/o British Antarctic Survey, High Cross, Madingley Road, Cambridge CB3 0ET.



Splashing out for Sport Aid '88. Canoeists from Ashton's ICL manufacturing plant who took part in a 120 mile sponsored paddle down the River Thames, sponsored by friends, colleagues and local businesses.

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to stern

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maximum durability

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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.

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## BRITISH WATERWAYS CANAL SHOP

Reading about waterways rather than canoeing on them at this time of year may be preferable to many.

Books on a favourite subject certainly make highly acceptable Christmas presents.

The British Waterways Board Information Centre and Canal Shop at Melbury House, Melbury Terrace, London NW1 6JX, telephone 01 267 6711 stock a wide range of books of which the following selection will give pleasure to anyone who is attracted to inland waters.

**Inland Waterways of Great Britain** by L A Edwards published by Imray Laurie Norie and Wilson at £14.75. Now in its sixth edition, revised and updated this is the standard directory to British waterways giving detailed information on canals and rivers, distance tables, navigation conditions and lock operation.

The same publishers produce **London's Waterway Guide** by Chris Smith at £7.50 with detailed analysis of the Thames and Lee and canals in the London area.

**The Shell Book of Inland Waterways** by Hugh McNight published by David and Charles at £12.95 is also a very comprehensive guide, very readable with excellent photographs and line drawings.

Inexpensive and useful publications include Imray's map of the **Inland Waterways of England and Wales** at £1.95. The Belmont Press Navigator Series **Inland Waterways Route Planner** at £1.00.

**London's Canals** by Derek Pratt at £1.25 from Shire Publications.

**Water Holidays in Britain** by Janice Anderson a 'wish you were here' Guide published in association with Thames Television's holiday programme at £1.75. Finally a delightful stocking filler from Ladybird Books at 90p a clearly illustrated, simple instruction book on **Water Safety** ideal for every 6 to 10 year old.



## THE INNER GAME OF KAYAKING BY ROBERT CUNNINGTON

Reviewed by Sam Crymble, Glenmore Lodge

Available from BCU Supplies at £1.50 members; £2.00 non-members

The 'Inner Game' approach to teaching has been widely applied to sports such as golf, tennis and latterly downhill skiing. Robert Cunnington, in his booklet, 'The Inner Game of Kayaking' looks at this approach to the teaching of kayaking.

Essentially the Inner Game aims to improve the student's awareness of his body so that his performance in his chosen sport is enhanced. The elimination of such destructive influences as stress, self-doubt, or fear of failure, and the enhancement of kinaesthetic awareness and what the originator refers to as 'relaxed concentration'.

In Chapter One Robert Cunnington quotes extensively from the three books on the subject by Tim Galloway, the American originator of this method of teaching. This section encompasses the essentials of the Inner Game

without the padding which characterises Galloway's own books.

The next two chapters dealing with the direct application of Inner Game techniques to the teaching of kayaking caused me concern. In fairness, Robert does make the point that his explanations of the teaching of the selected techniques should not be treated as a check-list, and he does advise that intending users of the technique should develop their own awareness of Inner Game potential and limitations by using and developing it for themselves.

As one who had done such experimentation over a period of years, I find that I now use the Inner Game approach only if it is faster and simpler to do so, and only if it produces a better performance at the end of the day. Consequently the approach to the teaching of the forward sweep stroke as detailed in the book was, I felt, involved and had little or no advantage over conventional approaches to teaching. Aspects of performance such as the varying amount of pressure on the posterior during the stroke are dealt with in detail, out of proportion to its marginal influence on the performance. I feel that the seeming complications of using the Inner Game, as presented, would either deter prospective users, or stifle their imaginations.

One other disappointment was the limited type of skill referred to. I would like to see some reference to the application of this method to the teaching of complex skills, such as entering or leaving the current, as, in my experience, it is in the teaching of such complex skills with their endless variations and subtleties that the Inner Game may most usefully be employed.

On balance, the book would be a worthwhile addition to the library of any thinking instructor. It is an excellent introduction to Inner Game principles and provides the basis from which one could develop one's own teaching strategies. Chapter Four reviews other methods of teaching kayaking, and puts the Inner Game in perspective alongside them. This alone makes this inexpensive booklet worth buying.

## 1989 CALENDARS

Available from BCU Supplies at £6.90 members, £7.90 non-members, including p&p and VAT.

There are two versions available once again for 1989 of the beautifully produced calendars imported from the German Canoe Federation. Each includes twelve high gloss, full colour views — 'Kanu '89' capturing the calm and serenity of backwoods travel and the rage and thunder of wild water (420mm x 290mm) and 'Kanu Alpin' concentrating on white water paddling with adventurous canoe touring and some spectacular waterfall jumps (300mm x 445mm).

## "COME CANOEING VIDEO SERIES — 'KAYAK HANDLING' WITH RICHARD FOX"

Available from BCU Supplies £25.00 members £25.80 non-members inc p&p and VAT.

Chrisfilm Ltd and the British Canoe Union are pleased to announce the long awaited arrival of this video and apologise to those people whose orders were delayed.

Filmed at Holme Pierrepont this brand new 40 minute production features three times World Champion Richard Fox demonstrating all the strokes of basic kayak control incorporating freeze frame, flashbacks and slow motion technology. The video covers:-

- \* Getting on and off the water
- \* Forward and reverse paddling
- \* Stopping quickly

- \* Sweep Stroke
- \* Draw Stroke
- \* Stern and Bow Rudder
- \* Recovery and Bracing
- \* Low Brace Turn

The separate strokes are demonstrated on flat water from both eye level and overhead angles and then Richard moves to the new whitewater course to show them linked together.

This joint project has been kindly sponsored by Wild Water and PGL Adventure.

## "ESPRIT DE LEAU"

A new series of attractively produced canoe guides to French rivers is being published by Les Editeurs Evidant, 46 rue du Faubourg Poissonnière, Paris 10e:

Rivières d'Ardèche, by Claude Peschier and Denis Cheminade, 96 pages, 75 francs.

Rivières d'Ile de France, by the Ligue Régionale d'Ile de France de Canoë-Kayak (F.F.C.K.) 160 pages, 75 francs.

Announced: Rivières des Cévennes, by Paul Amouroux, 112 pages, 70 francs.

We give a short description of the first two, and look forward to the appearance of the third, which is to include the Tarn and Lot gorges.

**Rivières d'Ardèche.** Claude Peschier, a former French world slalom champion, and Denis Cheminade, on the staff of the F.F.C.K. responsible for its Touring and Open Air division, are joint authors.

The "Ardèche" in the title is the Département of Ardèche, which comprises not only the whole of the River Ardèche and its tributaries but two other wild water rivers to the north, the Doux and Eyrieux, flowing down steep valleys to the Rhone from the mountains of the Massif Central and used as practice rivers by French wild water paddlers, with gradings up to V, and beyond in periods of high spate.

The guide has excellent illustrated canoe itineraries and strip maps, together with all you need about water levels, topography, geology, fauna and flora, facilities and places of interest (including a steam-hauled narrow-gauge train along part of the Doux without road access). There is a glossary in French, English and German. The drawback of the area for British canoeists is that except for the Ardèche itself these rivers carry too little water in summer to be canoeable. The best time is in spring after snow melt and autumn after rain.

**Rivières d'Ile de France.** Compiled by the Ligue Régionale d'Ile de France, the F.F.C.K. equivalent of a B.C.U. Region.

This is not a comprehensive guide to the many rivers in the extensive basins of the Seine and its major tributaries Oise, Marne and Yonne. It picks out a score of specific stretches of rivers of greatest canoeing and scenic interest, varying from 7 to 70 km, including one through the centre of Paris. Besides lowland rivers within easy reach of Paris there are half a dozen in hilly country 2-3 hours' drive away, the Orne, Rouvre, Sarthe in Normandy and the Cure, Chalaux, Cousin in the Morvan Regional Park SE of Paris.

Besides illustrated itineraries and strip maps there are interesting chapters on the history of commercial and recreational use of the rivers, including logging, on topography, scenery, ecology, facilities and places of interest, and a glossary in French, English and German. There is also an intriguing chapter on the French variety of Access difficulties, concerning the legal status of boating and the voluntary and other limitations on the use of those stretches that are not "domaine publique" (public waterways).

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<b>BCU01 Card Organiser.</b> Blue with silver logo design, holds membership card and up to five other credit/business cards.	N/A	1.00
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<b>BCU03 1988 Year Planner Insert.</b> Year Planner only. For use with 1988 diary wallet.	N/A	.80
<b>BCU04 Key Ring.</b> Leather, blue with silver logo design, holds several keys.	N/A	.85
<b>BCU05 Members' Sew On Badge.</b> Oval shaped cloth members' badge, blue logo and edging on white background, colourfast.	N/A	1.00
<b>BCU06 Blazer Badge.</b> Square cloth badge for blazers, embroidered logo in silver, black background.	N/A	1.50
<b>NEW DESIGN</b>		
<b>BCU07 Members' Tie.</b> Navy blue with two diagonal stripes and logo depicted in white, machine washable.	N/A	3.90
<b>BCU08 Tie Pin/Lapel Badge.</b> Stick pin suitable for ties or lapels, blue logo on silver coloured metal disc.	N/A	1.50
<b>BCU17 Darts Case.</b> In blue leather with BCU logo.	2.95	2.25
<b>BCU16 Hip Flask.</b> Smart 4oz flask, blue leather outer with BCU heraldic emblem in gold.	12.50	10.50
<b>BCU09 Canoe Lock.</b> Tough plastic coated cabling 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
<b>BCU14 Keepsafe.</b> Brightly coloured water-tight cylinder, screw-top, can be conveniently worn around the neck. Colours:- dayglo orange, dayglo pink, yellow, red, royal blue, white, green.	1.80	1.50
<b>BCU11 Cadet Badge.</b> Round cloth badge for cadets, pictures smurf canoeist in colour on a white background, colourfast.	N/A	.50
<b>BCU13 'I do it ... with the British Canoe Union' Button Badge.</b>	.30	.20
<b>BCU12 'I ♥ Canoeists' Button Badge.</b>	.30	.20

## STATIONERY

	Non-Members Prices	Members Prices
<b>NEW</b> <b>STA01 KANU '89 Calendar.</b> Twelve high gloss, full colour views capturing the calm and serenity of backwoods travel and the rage and thunder of white water. 555 x 300 mm.	7.90	6.90
<b>NEW</b> <b>STA10 KANU Alpin Calendar.</b> Same high quality, full colour shots as above, but focusing on white water paddling and adventurous canoe touring. 300 x 555 mm.	7.90	6.90
<b>STA03 Greetings Card.</b> "Shooting the Rapids" colourful print of the Mattawa River, blank for special messages.	.80	.65
<b>STA06 Licence/ID Sticker Holder.</b> This clear plastic, self-adhesive envelope enables the transfer of your sticker between your boats. One required for each boat.	N/A	.35
<b>STA07 Exhibition Postcard.</b> Colourful scene depicting the Canoe Exhibition at Crystal Palace.	.15	.10
<b>STA08 Pendant Pen.</b> Ballpoint pen with a handy rope for wearing round your neck with BCU logo top.	1.50	1.30



	Non-Members Prices	Members Prices
<b>STA09 Pencil Rubber.</b> BCU logo in blue.	.40	.30
<b>STA11 "What Breakout?" Poster.</b> Full Colour, 590 mm x 420 mm (portrait).	2.45	1.95

## GUIDES AND MAPS

### BRITISH ISLES

<b>GAM01 Guide to the Waterways of the British Isles.</b>	4.50	3.50
<b>GAM34 BWB Waterways Map.</b>	.95	.70
<b>NEW EDITION</b>		
<b>GAM27 Where to Launch Your Boat.</b>	5.05	4.25
<b>GAM30 Ordnance Survey River Thames Guide.</b>	5.50	5.35
<b>GAM29 A Scottish White Water Guide.</b>	3.50	2.50
<b>GAM28 A Canoe Guide to Northern Ireland.</b>	2.95	2.25
<b>GAM07 Canoeists' Eastern Region Map and Guide.</b>	3.10	2.60
<b>GAM33 Snowdonia White Water, Sea and Surf</b>	6.15	5.15
<b>GAM35 Rivers of Cumbria</b>	5.40	5.25
<b>GAM10 Broadlands Map.</b>	1.25	1.00
<b>GAM11 River Thames Map. Lechlade to Richmond.</b>	2.80	2.35
<b>GAM12 River Severn Map.</b>	.95	.75
<b>GAM13 Canoeists' Guide to the River Wye.</b>	1.55	1.20
<b>GAM14 River Wye Map.</b>	1.15	.95
<b>GAM31 Holme Pierrepont Users Guide.</b>	2.20	2.00
<b>GAM32 Guide to the Rivers of the West Midlands.</b>	Temp. Unavailable	

### NEW

<b>GAM36 Canoeists Guide to East Anglia.</b>	3.00	2.50
<b>OVERSEAS</b>		
<b>GAM15 Austrian &amp; Bavarian River Guide.</b>	7.00	6.00
<b>GAM16 Alpine White Water Guide.</b>	3.60	2.95
<b>GAM17 French River Notes.</b>	.50	.30
<b>GAM18 Canoeists' Map of French Rivers.</b>	5.40	4.50
<b>GAM20 River Allier Guide. French text.</b>	5.00	4.10
<b>GAM21 River Eyre and Leyre Guide. French text.</b>	4.25	3.50
<b>GAM22 River Dordogne Guide. French text.</b>	6.15	5.15
<b>GAM23 River Célé Guide. French text.</b>	5.55	4.80
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<b>GAM25 River Yonne Guide. French text.</b>	.30	.20

## STICKERS

<b>STK01 'I Love Canoeing' Sticker.</b> Strip design 215 mm x 45 mm, for windows, red heart, blue letters.	.55	.45
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## STICKERS Cont'd.

	Non-Members Prices	Members Prices
<b>STK02 'God Went Canoeing' Sticker.</b> 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
<b>STK03 'Go Canoe a Kayak' Sticker.</b> Strip design 185 mm x 70 mm, for applying to windows, three colour depicting a canoeist.	.55	.45
<b>STK05 'I'd Rather Be Canoeing' Sticker.</b> Strip design 310 mm x 45 mm for windows, red and white.	.55	.45
<b>STK06 'Oceans are Free' Sticker.</b> Strip design 310 mm x 70 mm, self-adhesive finish on reverse, sea canoeist silhouette, three colours.	.55	.45
<b>STK08 'I do it ... with the BCU' Sticker.</b> Circular design, 100 mm diameter, black and yellow, for windows.	.55	.45
<b>STK09 Union Jack Sticker.</b> Circular design, 100 mm diameter, Union Jack and BCU logo, for windows.	.55	.45
<b>STK10 Graphic Surfer Sticker.</b> 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

<b>CLO01 Competition Cag.</b> 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
<b>CLO02 Recreation Cag.</b> Lightweight waterproof top with drawstring hood, velcro strap cuffs and neck fastener, elasticated waist and sleeves ends, red and royal blue with contrasting stripe. BCU Members' badge sewn on. Sizes:- S, M, L.	16.50	15.50
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<b>CLO06 Thermal Paddlemitts.</b> These mitts., in red to match our cags, have a fibrepile lining ensuring maximum warmth and comfort, even when wet.	10.50	9.50
<b>CLO04 Holdall.</b> 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
<b>WATERPROOF 'SACS'</b> This range protects valuables from water, sand, dust and rain - keeping cameras, cash, credit cards, documents, emergency kits etc. safe and dry.		
<b>CLO34 'Pouch'</b> 160 mm x 150 mm.	3.95	2.95
<b>CLO35 'Wallet'</b> 280 mm x 170 mm, adjustable cord.	4.95	3.95
<b>CLO36 'Jumbo'</b> 350 mm x 350 mm, adjustable cord.	6.60	5.60
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<b>CLO39 Headtorch.</b> Hands free, comfortable, spare bulb. Batteries not supplied.	19.60	18.40
<b>SUPERLIGHT WARM'N'DRY GEAR</b> 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.		

## GET INTO GEAR Cont'd

	Non-Members Prices	Members Prices
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<b>CLO30 Thermal Longsleeve Zip Top.</b> Navy. S, M, L.	14.50	13.50
<b>CLO31 Thermal Longpants.</b> Navy. S, M, L.	9.65	8.65
<b>CLO32 Thermal Headover.</b> Navy. Navy, red trim. Red. One size.	4.40	3.40
<b>CLO33 Thermal Ski Tube Socks.</b> Navy. Red. 60 cm.	3.85	2.85
<b>CLO08 Motif Sweater.</b> 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
<b>CLO26 Collared T-shirt.</b> '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
<b>CLO21 Sweatshirt.</b> 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
<b>CLO22 International "I'm a Paddler" T-Shirt.</b> 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
<b>CLO23 International "I'm a Paddler" Vest.</b> 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
<b>CLO28 "I'm a Paddler" Baseball Cap.</b> White/royal blue, "I'm a Paddler" in four languages, adjustable strap.	4.40	3.40

## COACHING STUDY PACKS

An invaluable introduction to the art and science of coaching in six handy pocket-sized books, liberally illustrated by cartoons and diagrams.

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<b>STP05 Mind Over Matter.</b> Hardy and Fazey.	2.00	1.70
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<b>STP13 Physiology and Performance.</b>	6.50	5.50
<b>STP14 Set of Three NCF Manuals.</b>	16.50	15.20
<b>STP08 Stretching.</b>	9.70	9.30
<b>STP09 'Sports Injuries'</b> by Dr. Malcolm Read.	6.60	6.20
<b>STP15 The Inner Game of Kayaking</b> by Robert Cunnington. A psychological approach to coaching technique.	2.00	1.50

## BOOKS

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

Temp. Unavailable

**BOOKS Cont'd**

	Non-Members Prices	Members Prices
BKS31 'Slalom Canoeing - An Introduction'	Temp. Unavailable	
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
<b>NEW</b>		
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
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
BKS15 'Canoeing Down Everest' by Mike Jones.	4.25	3.85

**BOOKS Cont'd**

	Non-Members Prices	Members Prices
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

**HOUSE PUBLICATIONS**

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.	4.20	3.20
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- 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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Non-Members Prices      Members Prices

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BLT06 Wild Water Yearbook. 1987/88 edition.	1.65	1.15
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
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.	9.90	8.90
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.	9.50	3.20
BLT10 Coaching Logbook. Saddle-stitched.	1.80	1.20
BLT29 Coaching Logbook. Loose leaf.	1.80	1.20

## HOUSE PUBLICATIONS Cont'd

Non-Members Prices      Members Prices

BLT30 Logbook Continuation Sheets. Sets for loose leaf version. Handling Management.	.90	.75
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BLT12 Canoeing No. 3 Canoe Camping.	1.00	.70
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BLT17 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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Nottingham, NG12 2LU, England.

# Competition

## BRITISH CANOE HAND ROLLING CHAMPIONSHIPS 1989

### The Competition

To find the fastest individual man and woman in Britain who can complete one hundred hand rolls in a canoe in the shortest possible time.

The championships will take place at the International Canoe Exhibition, Crystal Palace, London on Saturday 18th February, 1989.

If the World Record is broken at the Championships, as long as all the rules are adhered to, the record breaker's name will appear in the Guinness Book of Records.

### How to Enter

There are two classes of entry, Men and Women. There is no U18 competition, although those U18 may enter. Fully completed entry forms will be accepted on a 'first come, first served basis'. The Organiser reserves the right to select and seed entries as he deems necessary.

Entrants must on their entry form, submit an accurate indication of their best one hundred hand roll time.

All completed entry forms must be received by the Organiser by 9th January 1989. An entry fee of £1 is charged.

Entry forms and details are available on receipt of a stamped addressed envelope from:

The British Canoe Handrolling Championship Organiser, Raymond Hudspeth, 26 Masters Crescent, Prudhoe, Northumberland NE42 6NT. Telephone 0661 34035.

## SLALOM NEWS BIB ARRANGEMENTS 1989 ALL DIVISIONS

Competitors in all classes from Division 4 up to Premier must wear numbered bibs, which are supplied by the Committee in individual events at all ranking competitions. Bib numbers for 1989 will be available after 31 January 1989.

Obtain your bib by sending the following to the appropriate address below

- £6 bib deposit (cheques payable to BCU Slalom Committee) or valid bib voucher.
- 1 current National Association Membership Card (BCU/SCA/WCA/CANI).
- A strong self addressed envelope stamped at rate appropriate for 150gms and large enough to take your bib.

*K1 Ladies Div, Premier and 1* Mike Carter, 5 Clarendon Street, Bedford MK41 7SQ.

*Divs 2 & 3* Mrs. Daniels, The Den, Fowbridge Gardens, Walford, Ross on Wye HR9 5RZ.

*Div 4* Mrs. B. Hill, 59 Macadam Way, Penrith, Cumbria CA11 9HE.

*Canadians C1 - Divs Premier 1, 2 & 3* Mrs. S. Elkins, 10 Armstrong Close, Wilstead, Beds MK45 3EJ.

*C2 Divs Premier 1, 2 & 3* Mr. H. Brown, 18 Sion Hill, Kidderminster DY10 2ZS.

*Div 4 C1 & C2* Mrs. S. Blair, 125 Bull Bauk, Middleton Cheney, Banbury OX17 2SP.

*K1 Men Premier* Terry White, 7 Pitstone Close, Staffs ST16 1TT.

*Div 1* Mrs. S. Davis, 1 Sanfield Drive, Stanningley, Pudsey LS28 6DS.

*Div 2* Mrs. N. Croft, 45 Fairham Way, Houghton Regis, Dunstable LU5 5ER.

*Div 3* Mrs. A. Bell, 52 Southpark, Lytham, Lancs FY8 4QQ.

*Div 4* Mrs. J. Macinnes, 65 Danster Road, W. Bridgford, Notts NG2 6JE.

*Veterans as 1988*

Please apply after 31st January 1989.

Slalom Yearbooks will be distributed to all ranked paddlers at the end of February 1989, or are available from Sue Wharton, 1 Barnacre View, High Street, Garstang, Preston PR3 1EB, or from BCU Supplies price £2 including p & p. Provisional calendar for 1989 will be available at the Slalom Committee AGM 26 November 1988.

## RESULTS

### Marathon National Finals 27/29 August at Worcester

<i>Senior Men Division 1-2 K1</i>	
I. Lawler	Elmbridge
G. Dresser	Royal
P. Wells	Richmond
<i>Under 18 Men K1</i>	
C. Bland	Fladbury
S. West	Leamington Spa
T. Healy	Irish Canoe Union
<i>Ladies K1 Division 3-4</i>	
J. Eastwood	Havering
S. Troop	Notts
A. Dalloway	Elmbridge
<i>Senior Ladies K2 Division 3-4</i>	
J. Eastwood/D. Clarke	Havering/Richmond
A. Dalloway/M. Barry	Elmbridge
C. Belcher/S. Troop	Adlington/Nottingham
<i>Senior Men K2 Division 1-2</i>	
Wells/Wells	Richmond
G. Burns/J. Timms	Elmbridge
R. Horsley/J. Block	Notts
<i>Under 18 Men K2</i>	
J. Wilson/S. West Anker	Valley and Leamington Spa

C. Murray/C. Bland	Anker Valley and Fladbury
C. Barker/A. Wynne	Tunbridge
<i>Under 16 Men K1</i>	
P. Ilson	Worcester
P. Yates	Adlington
A. Richardson	Royal
<i>Under 16 Ladies K1</i>	
T. Davey	Richmond
R. Leverett	Lincoln
L. Horsley	Leaside
<i>Under 14 Men</i>	
M. Mountford	Wey
S. Lenson	Richmond
M. Russell	Leighton Buzzard
<i>Under 14 Ladies K1</i>	
H. Gilbey	Elmbridge
R. Giles	Fladbury
S. Leverett	Lincoln
<i>Under 18 C1</i>	
M. Green	Tunbridge
T. Westoby	Tunbridge
T. Love	Leamington Spa
<i>Under 18 Ladies K1</i>	
K. Carter	Leighton Buzzard
T. Lodge	Exeter
A. Bull	Notts
<i>Under 16 Mens K2</i>	
P. Illsen/P. Yates	Worcester and Adlington
J. Brooks/A. Martin	Worcester and Fladbury
P. Hobrough/J. Mountford	Wey
<i>Under 14 Mens K2</i>	
S. Jenson/P. Slater	Richmond
A. Crowther/B. Griffith	Fladbury
S. Yates/S. Tingay	Addlington and Leighton Buzzard

### The Marathon Racing Club Finals

The Marathon Racing club finals held on the Dee at Chester on 25 September is the largest competition to be held in the N.W., 450 competitors took part from across the country. The winning club was Harlow Outdoor Pursuits with 201 points, 2nd Worcester with 196 points and 3rd Elmbridge with 179 points.

The Rhodes White Individual Trophy for the

Senior Regional Champion went to Greg Slater of Litchfield and the ladies regional award, the David Shankland Trophy, went to Sandra Troop of Nottingham. The Junior regional championship, the Barbour Trophy, was won by Stuart West of Royal Leamington Spa Club.

## Scottish Slalom Championships

Grandtully Perth 17/18 September

A record of 150 competitors took part in three Championships.

<i>Mens K1</i>	West Lothian CC
George Spittal	West Lothian CC
Alistair Currie	Forth CC
Keith Brown	Forth CC
<i>Ladies K1</i>	
Sue Burns	Forth CC
Cynthia Berry	Forth CC
Helen Jones	Forth CC
<i>C1</i>	
Mark Delaney	West Lothian CC
Craig Brown	Central Region CC
<i>C2</i>	
John Moffat/Jamies Gillies	Woodhill CC
Stuart Pitt/Mike Miller	Forth CC
<i>Under 18's</i>	
Ewan Lowe	Central
<i>Junior</i>	
Mark Galbraith	Central
<i>Youth ladies</i>	
Jenny Wilkinson	
<i>Mens 1st team</i>	
Brown/Leaver and Bownes	Forth CC
<i>Ladies 1st team</i>	
Burns/Berry and Jones	Forth CC

## Swaledale Slalom

High water levels on the Swale modified the events at Richmond Town on 24/25 September when *Swaledale Outdoor Club* held a ranked slalom competition for Div 4 and novices. Russ Smith presented prizes to the winners.

<i>Novice K1 Men</i>	
Anthony Brown	Durham Canoe Club
<i>Novice K1 Ladies</i>	
Jessica Finch	Grimsby and Cleethorpes
<i>Novice C1</i>	
Chris Barber	Richmond School
<i>Novice C2</i>	
Mascall and Aston	Richmond School
<i>Div 4 K1 Men</i>	
Paul Sinfield	Leeds Canoe Club
<i>Div 4 K1 Ladies</i>	
Helen Platts	Midland Canoe Club (10 yrs old)
<i>Div 4 C1</i>	
Andy Tracey	Hayfen
<i>Div 4 C2</i>	
Elsworth and Burt	Warrington Canoe Club

Junior prizes were also presented to the following:

<i>Novices</i>	
Mark Yerrell	Tees Kayak Club
<i>Div 4</i>	
Richard Mason	Glanford and Scunthorpe

## Canoe Polo

'We hammered the hell out of the opposition' at the British International Open Canoe Polo Tournament at Luton on 13/14 August says Albert Murkin.

Teams from Belgium, Eire, France and Finland were beaten by the British B & C Teams resulting in an all British final in which the GB 'A' team Keith Jamieston, Dave Brown, Dave Fancourt and Garry Linton, took the title.

The 'Mutineers' ladies from Cumbria as the GB 'A' team saw off the opposition from overseas and beat the St. Albans Ladies GB 'B' team 3-2. Lynn Knowles, Joe Kirkbride, Pam Walker, Virginia Coyles and Cardine Bell were the triumphant ladies who also retained their title by winning their event at Essen on 17/18 September. Here the GB mens 'B' team won and the GB mens 'A' team came second.

International Competition, Cean, France, 8/9 October

The GB 'A' Team captained by Keith Jameson, came second after Holland. The GB 'B' Team came sixth and the GB 'C' Team were ninth.

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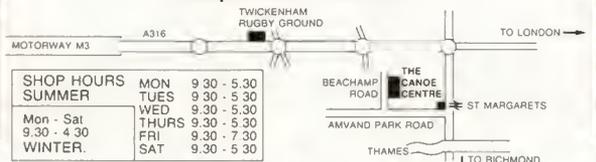
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## Regional Roundup

**URGENT LATE NEWS!!**  
BCU NEW ADDRESS is  
Mapperley Hall, Lucknow Ave.,  
Nottingham. Tel: (0602) 691944  
FROM 1ST JANUARY 1989

### EASTERN REGION

**WATER!** Water for paddling on! That's what we all require. That means ACCESS! The Eastern Region has a large number of access workers but all waters are not yet covered. How about your local patch, river, pond, estuary, etc?

Colin Kempson has done a brilliant job co-ordinating this work over the last few years but now wishes to spend more time promoting touring, so we need another co-ordinator urgently. If ACCESS interests YOU, how about volunteering? Contact Ron Hodgson, Chairman, Eastern Region, Fairplay House, Station Road, Wickham Bishops, Witham, Essex CM8 3JL.

### EAST MIDLANDS

Chairman Keith Hampton and Treasurer Linda Oughton are standing down at the Regional AGM on 22 November. Nominations to Secretary Dave Halsall at his new address: 24 The Fairway, BLABY, Leicestershire LE8 3EL Tel: (0533) 777788.

An East Midland Regional Club Newsletter should have reached clubs by now. It carries articles on the very successful regional Holme Pierrepont weekend and results of the selection event for the Inter-Regional Slalom. If its not on your club noticeboard, ask your club secretary about it.

### LONDON AND SE REGION

The AGM is on Wednesday 15 February 1989 at 8.00pm at Crystal Palace. An SGM will be held before the AGM starting at 7.30pm to adopt a revised regional constitution.

### NORTHERN REGION

North Tyne Wild Water Race — 19/20 November is a Div A event this year. Entry fee cheques payable to DUNELM CANOE CLUB. Owing to number of competitors expected for the race, there will be no rover touring that weekend.

Div B Wild Water Race — River Eden, 20 November.

A new club has been formed in Durham City which is to be known as the Dunelm Canoe Club. It is planned to help canoeists in all competitive sections and promote canoeing in general in the area.

AGM — Thursday, 24 November 1988 at 7.30pm, RAF Club, Keswick.

### NORTH WEST

The watersports building at Sale Water Park is nearly completed and BCU North West Region hopes to move in shortly. George Parr of the BCU Water Facilities Technical Advisory Panel is helping with the design of a slalom training site on the adjoining River Mersey.

The North West Region AGM will take place at 7pm on 7 February 1989. For details send SAE to Ray Bradshaw, 8 Rydal Drive, Hale Barns, ALTRINGHAM, Cheshire WA15 8TE.

### SOUTHERN

The Southern Region AGM will be held on 14 November 1988.

Club officials are asked to provide the Regional Chairman, Charles Hicks, Canal Cottage, Crondall Road, Crookham Village, Hants GU13 0SY Tel: Aldershot (0252) 850657, with any photographs, display items or papers for distribution at the Crystal Palace Canoe Exhibition, **well before** the end of January 1989.

Please also send copies of any Club Newsletters you may produce to the above address, so that we know what you are doing and can pass information on for inclusion in this column or in Regional Newsletters.

Southern Region, in support of the BCU's plans for development on the touring side, is forming a panel of people interested in touring. Please contact: Ted Moulding, 22 Cantle Avenue, Milton Keynes, Bucks MK14 7QS.

### SOUTH WEST

The Regional AGM will be held at Exeter Canoe Club on Friday 10 February 1989. Nominations for the Committee and motions should be sent to the Secretary: Dennis Walls, 71 Butts Road, Exeter by 21 January 1989.

A regional newsletter is planned for publication by December. Please send items from clubs, information on future events and other contributions to the Editor, P.J. Lacey, c/o Pippins Centre, Lyme Road, Axminster, Devon, or to the Chairman.

Following the highly successful Holme Pierrepont weekend last June, the White Water course has been booked for the same weekend in 1989. Further details in the Newsletter to help you plan — last year was great — come and enjoy next year.

### WEST MIDLANDS

The last two events of the Regional Wild Water Racing Series are:

Sunday, 27 November 1988, Teme 2 — M. Jones, 14 Chadesley Road, Halesowen, West Midlands.

Sunday, 12 March 1988, Trent — M. Shakeshaft, 16 Crown Street, Stone, Staffs.

Clubs wishing to have events and club details included in the 1989 Regional Handbook must send their copy to Brian Porter by the end of December.

As our Access Officer, Steve Brown, has moved away from the region, there is a gap on the committee which it is most important to fill. We also need an Environmental Officer to co-opt on to the committee. This new position is being created under the BCU policy on environmental matters. For either position contact Brian Porter on 0527 73635.

### YORKSHIRE & HUMBERSIDE

Two slalom improvement centres (SLICS) are to be set up in January 1989 in Leeds and Humberside in an attempt to reinstate the slalom side of the Centre of Sporting Excellence (COSE). Andy Close has agreed to help coach in Leeds and Bill Sampson will be one of the coaches in Humberside.

The 1989 touring programme kicks off on New Year's Day with a fancy dress paddle along the River Calder organised by Halifax Canoe Club. This traditional hangover remover starts at 12 noon from Scotts Garage, Mytholmroyd and is suitable for all canoeists. With many roadside vantage points this is an ideal day out for

non-paddlers and will finish with lunch and punch at the Collyer's Hotel, Luddendenfoot. Further details from Brian Dunn, Halifax 835539. February and March trips will include the River Derwent and the Rochdale Canal.

Halifax Canoe Club are raising money to refurbish a mill building as a club house offering good facilities. It is an ideal venue to start rough water canoeing and the floodlighting will permit canoeing in winter as well as summer. This riverside development project can be used by youth groups and the handicapped and deserves support.

The Regional yearbook is in its final stage of production and all clubs are invited to send copy to P. Arter, 4 Wetherby Road, Tadcaster. The Director of the BCU, Trevor Bailey, will be present at the regional AGM to be held on Thursday, 17 November at Headingly Rugby Club at 7.30pm. As many members as possible are urged to attend this meeting.

The region is investigating sponsorship sources and clubs wishing to seek sponsorship should contact Regional Chairman David Gent, 68 Smeaton Gardens, 18 Milford Street, Huddersfield HD1 3DY.

The regional polo season is already underway with a record number of 18 teams competing in the open leagues. The Regional Polo Committee is hoping to purchase a set of polo boats to hire to new clubs interested in trying out polo and wishing to join in the regional competitions.

The canoe races at Whitby Regatta were dominated by Halifax Canoe Club with Robert Soothill winning the race out to the Bell Buoy for the fourth year running, whilst Marianne Spender retained the ladies trophy and Darren Gaukrodger winning the closely contested wiggly test.

The pool slalom is to be held at South Hunsley, Hull on 10 December from 5.30pm and the White Water Championships are to be run on the River Washburn on 25 February. This event is vitally important to the development of canoeing in Yorkshire and Humberside.



"P. Madely of Bolton in Halifax Canoe Club Slalom"

### CLUB NEWSLETTERS

Many thanks to over 30 affiliated clubs who have been sending their welcome newsletters to BCU Headquarters. Sadly time for reading in Headquarters gets pushed aside by other pressures, so they have not been read from cover to cover and items which we would have liked to include in Focus may have been missed.

Better use can be made of club newsletters if ALL clubs put their BCU Regional Chairmen, rather than BCU Headquarters, on their circulation list, keeping regional committees informed on clubs in their regions and putting clubs in touch with the arm of the BCU best able to support them. Regional Chairmen can get their Secretaries or Editors to pick out items for submission to Focus Regional Round-up page or for Regional Club Newsletters.

# AUTUMN OFFERS

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During the last two months we have had a surplus manufacturing capacity and decided to generate a few extra sales by offering the following Sea Kayaks at discounted prices.

All the Kayaks offered are Full Expedition models, fitted with VCP Hatches, Bulkheads, Deck lines and Chart elastics. Pumps can be fitted as an extra if required.

We have a few of each of the following kayaks for sale, with a choice of Red or Yellow decks and White hulls. Choose either the latest ORION SEA KAYAK or the well established ICEFLOE or BAIDARKA EXPLORER.

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Kayaks can be despatched to UK Mainland addresses for £15.00 upon receipt of the full amount.

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# Trade News

## TYPHOON UPDATES THE WINTER TUNDRA

Typhoon have announced a new version of their popular winter wetsuit, the Tundra, with an updated 'Mark 2' version which fits into line with their new look style.

The original idea of the Tundra was to offer warmth and comfort in cool conditions, which has been extended even further.

The styling of the suit, now allows more shape and room, particularly in the forearms which tend to seize in the cold, giving them greater flexibility which in turn helps avoid cramping.

The Tundra '2' now has a detachable strap added to the ankles, offering a choice of with-or-without to the wearer, and the collar height has been increased so the collar can be tucked over, securing the neck sealing for even more comfort.

The same double-lined, supple neoprene as used in the X-TRA suit, is employed for the arms and legs, and the warm 'ripstop' torso section kept on, but for winter, in a 4mm and 3mm combination.

Tundra '2' is available in a stunning bright Fluro yellow or blue version for both men and women, retailing around £112.50.



Photo: GUL WETSUITS

## LINE & TRACK PACK



If the water is too rough to paddle, or filled with boulders that are likely to damage a loaded canoe it is often a good time to consider portaging. But perhaps a better idea than picking up your canoe and gear and carrying it, is to line or track around the obstacle. Suzy with Mobile Adventure have designed and developed a new line "Line and Track Pack" for just these situations.

**Lining** is the traditional method of floating a canoe downstream to avoid a portage around an unrunable section of river and

**Tracking** is the method of floating your canoe upstream to avoid the portage.

**Both Lining and Tracking are now included in the BCU Open Canoe Proficiency Syllabus.**

### THE PACK

Consists of two separate 50 foot lines in 5mm polypropylene (floating) rope in easy-to-see yellow. The stern line has a simple clip which can attach to any point at the rear of the canoe. The bow line is attached to the centre of a webbing bridle with quick release buckles to fit around the front seat or other suitable point which allows the towing point to be on the keel line approximately 12" from the bow. The system fits into a convenient compartment pouch measuring approx. 10" x 7" in fluorescent orange secured by a quick release plastic buckle which fixes inside the canoe by velcro. Each pack comes with instructions for use.

The packs are available from Suzy at 34 Kelvinbrook, West Molesey, Surrey KT8 9RZ. Tel: 01-941 2714. Or from Mobile Adventure, Bridge Works, Knighton Fields Road West, Leicester LE2 6IG.

## INTERNATIONAL WAVE SKI CHAMPIONSHIP

Bude, Cornwall, 27 August to 2 September  
Sponsored by Gul Wetsuits who presented the prizes

Open Ski Event won by	Neil Peck
Under 18's	N. Evans
Ladies Open	C. Major
Masters	P. Reading

Open Ski team winners were Wales with England 2nd.

## CHRISTMAS PRESENTS IDEAS FROM GUL

### WATER RESISTANT WATCH:

GUL's water-resistant watch, with luminous dial, digital display, alarm, stop-watch and light switch, will make an ideal present for all watersports enthusiasts. Available in black with fluorescent colour combinations they retail at £39.95. Fun stocking fillers include **Floating Keyrings** at £1.99, **Fluorescent Wallets** (£4.99), and **Spec Savers** (£2.50).

### STYLISH LUGGAGE:

If you are looking for a larger gift, GUL's range of stylish luggage, made of tough water-resistant nylon includes Mini Brief cases (£11.95), Holdalls (£31.95) and Travel Bags (from £26.95).

### LEISUREWEAR:

GUL also offer a variety of leisurewear from brightly printed T-shirts (£8.99) to Sweatshirts (from £14.95) and warm wool Jackets (from £79.95).

### AND A VERY SPECIAL PRESENT...

For warmth and comfort on the water this winter treat your nearest and dearest to a special present. GUL's range of wetsuits are designed with special features to ensure maximum water resistance and warmth whatever the weather. Available in black with a variety of fluorescent or pastel colours, prices start at £150 for a 'POWER'. Children's suits start at £32.95. The DINGHY or the FORCE range of wetsuits offer a number of special

features. These include a reinforced bum pad to withstand the greater abrasion and pressure of canoeing, pre bent knees for greater manoeuvrability plus knee pads at the front to cope with scrambling in and out and kneeling in boats. Even a fly zip has been incorporated into the men's suit for extra comfort, with a choice of either a one-piece Dinghy Steamer or a Force long john and bolero jacket you will find exceptional comfort. Prices start at £39 in the Force range for a bolero and suits are available in vivid blue with dove grey or vivid blue with bright pink from watersports shops throughout the country.

GUL now have a hotline information service on 0208 77221.



## QUANTEL KAYAKS

Shaun Pearce, Newbury's International Canoeist practising with the new Quantel Kayak at West Mills, Newbury. The canoe has been provided by Quantel as part of a sponsorship package to allow Shaun to continue with his training.



# MAIN STREAM REDUCTIONS

END OF SEASON SLALOM KAYAK SALE.

The following split Slalom Kayaks are to be sold at a 20% discount on recommended retail prices.  
All Kayaks are brand new unless otherwise stated

CONSTRUCTION	COLOUR	R R P	SALE PRICE	CONSTRUCTION	COLOUR	SALE PRICE
1 Kevlar Carbon II	Hull-White Deck-Jade Flash-White	£475	£380	11 Diolen Low volume inc. J+R Foam seat backstrap.	Hull-Deck Hull-Red	£190
2 Kevlar Carbon II inc. foam seat + backstrap	Hull-White Deck-White Flash-Pink	£492	£393	12 Kevlar Carbon low volume	Hull-Pink Deck-White Flash abstract	£220
3 Kevlar Special	Hull-White Deck-White Flash-White		£239	13 Kevlar Carbon inc. J+R foam seat backstrap.	Hull-White Deck-White Flash-Spots	£200
4 Diolen	Hull-White Deck-White Flash-Blue	£290	£232	14 SPLIT MK 1 (shop soiled) Diolen	Hull-Grey Seat-Blue Deck-Grey	£195
5 Diolen inc. J+R Footrest	Hull-White Deck-White Blue line and seat	£305	£244	15 SPLIT MK 1 Diolen inc. J+R	Hull-White Deck-Yellow	£210
6 Diolen (inc. foam seat)	Hull-White Deck-White Flash-red	£290	£232	16 Ex-Team boat Kevlar Carbon inc Foam seat J+R Backstrap	Hull-White Deck-Team Colours	£195
7 Kevlar Special (inc. J+R)	Hull-Blue Deck-Blue	£314	£251	17 Ex-Team Boat Kevlar Carbon inc Foam Seat J+R Backstrap	Hull-White Deck-Team Colours	£195
8 Diolen	Hull-White Deck-Blue Hull-Blue Deck-Blue	£290	£232	18 Diolen Low volume	Hull-Blue Deck-Blue Flash-White	£180
9 Diolen		£475	£356			
10 Kevlar Carbon II (second) Shrinkage on deck The following Kayaks are ex-demonstration or second hand.	Hull-Pink Deck-Pink		25% discount			

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New! *Whisper K2*

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*right from the start*

## Dear Focus...

### MEMBERS' VIEWS ON 'CANOE FOCUS'

Dear Focus,

One of the most glaring and lamentable gaps in the coverage of 'Focus' is the total lack of independent reports on boats and equipment. Over the past few years the range of such items available has increased enormously, and your average 'Joe Paddler' either has to swallow the manufacturer's blurb or hope that one of his/her mates has some first-hand experience of the item in question.

Surely one of the BCU's main objectives, and therefore that of 'Focus' too, should be to protect the interests of its members as consumers of expensive gear. The fact that 'Focus' carries so much advertising ought not to be an obstacle to objective reports.

Malcolm Fletcher, Barnsley

Editor's reply

Your constructive response is appreciated. I hope you enjoy our analysis of paddling tops on pages 30 & 31. Ed.

### MORE MYSTERY

Dear Focus,

The June edition carries an article by Franco Ferrero entitled 'The Black Art Demystified — Part II'. This contains two diagrams which are an unusual way of describing the phenomenon for an observer in the northern hemisphere, for whom I am assuming the article is primarily written.

In figure 1, the exaggerated diagram of the

surge of the earth's water is a true representation of what happens, ONLY if the observer imagines himself somewhere in space beneath the South Pole looking up at the earth. Rather than demystify the art this diagram serves only to confuse the issue for observers. We have become accustomed to an anticlockwise rotation of the earth and moon around the sun, and not a clockwise rotation as Mr Ferrero would have it.

The same situation pertains to diagram IIIA "Springs and Neaps". Furthermore the lower representation of the moon at '½ moon neaps' shows that side of the moon nearest the sun to be in darkness. This can never be the case. Mr Ferrero may have intended that this particular drawing of the moon should represent how an observer sees it from earth, but he fails to demystify this either.

R. Johnston Sailing Instructor. Strathclyde.

Editorial comment:

Ray Rowe confirms Mr. Johnston's observations.

### WOMEN EXCLUDED FROM 'CANADIAN' COMPETITIONS

'Excuse me, have you signed my petition yet?'

If you are one of the 700+ paddlers I have approached at slaloms throughout Britain this summer, you will know what I am talking about. If not, are you sitting comfortably, or rather, kneeling comfortably?

Fact: International Canoe Federation rule number 6 does not allow women to compete in Canadian classes (C1 and C2) in Slalom, Wildwater Racing or Sprint Racing.

Yes, I know your sister/daughter/mother/best friend/etc paddles either or both. I paddle C2, both slalom and wildwater. But no woman can paddle single-bladed at the Worlds, Europa Cup, Olympics, or anywhere for her country, even if she

was the best in the world!

When I took the petition to the Europa Cup at Holme Pierrepont, I found total and wholehearted support from the best paddlers in the world, male and female, of all nationalities — and every World Champion present signed. There were only two disagreements — both with ICF officials, one from the continent. He indicated that he was now aware that a body of paddlers wanted a change in the rules, but personally was of the opinion that women could never be good enough to compete in the Canadian classes. He felt it would lower the standard of the competition if a woman were to be seen paddling against someone of the stature of Jon Lugbill (Jon Lugbill signed!).

The other said that he wanted to hear the opinions of ICF delegates from the 'more chauvinistic countries', (competitors from them signed too!), but thought that it was perhaps 'physiologically inadvisable' for ladies to contort themselves in order to paddle Canadians effectively. (Liz Sharman told me that she uses cross bow rudders to warm up — she says they are most effective.)

So we, the paddlers, have to convince the ICF that this is what we want. My petition in Britain helps, but now similar petitions are needed in other countries, to show the ICF the strength of support at grass-roots level.

Whether the ICF Congress likes it or not, women do paddle, and are going to continue paddling, C1 and C2 competitively. Official recognition (and perhaps a little bit of training?) supplementing the support and encouragement already freely given by men further up the ladder will help them to be more successful. For, once bitten by the single-bladed bug, few wish to return to 'sitting comfortably'.

If you have any contacts among paddlers abroad who might be interested in organising a petition in their area, please pass this article on to them. I would also like all the petition forms that have found their way across the British Isles to be returned by the end of October, please. Margaret Robinson, 15a Shrewsbury Road, Oxton, Birkenhead, Wirral, England, L43 1UU.

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## Dear Focus...

### COMMENT — FOCUS September 88

Dear Focus,

The Director states that 'competition will always be a major part of the BCU' and that 'recreational canoeists must be brought into membership if the BCU is to expand'.

Whether he is correct or not is in the hands of recreational canoeists as they far outnumber competitors and could, if they made the effort, very quickly both expand the BCU and become a 'major part of the BCU'.

It just needs them to stop moaning, join the BCU and support their representatives.

Colin Kempson, Olney

### SOUTHBOURNE CANOE CLUB

Dear Focus,

Southbourne Canoe Club has at last realised its potential and ended a terrific season's canoeing with a show of excellent results and the presentation of 7 new canoes to its existing fleet.

As yet the Club is lacking in white water experience and we hope that next year we will be able to take small groups of our members to white water areas to practise this aspect of canoeing.

On this note, if any Club is based in a white water area and could offer us facilities for a weekend, then we would be extremely grateful, likewise, if any clubs wish to visit this area for canoeing then please get in touch.

We are a lively, friendly Club and would welcome advice, or just acknowledgement by other such clubs in other areas of the country.

Chairman John Sutton 01-922 3840

Secretary Beth Lewis (0202) 470942

### CANADIAN CANOE ACTIVITY HOLIDAYS IN EAST ANGLIA

Dear Focus,

Having founded Oulton Broad Canadian Canoe Club I have decided to turn my hobby into a small business running Canadian Canoeing activity holidays in East Anglia. The holidays offer guest-house accommodation with canoeing on the Broads, inland rivers, tidal rivers and enclosed estuaries of the East Coast. Tours by canoe are guided by myself having had extensive experience. Transport to a different

canoeing venue each day, plus all equipment needed, is supplied.

No need to be young or sporty either, these holidays are suitable for all ages and unaccompanied young persons 13+ are welcome as are families, friends, individuals or groups.

Dave Hart, Oulton Broad Canadian Canoe Centre, 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD. Telephone 0502 569787

### COCKLESHELL HERO

Dear Focus,

Bill Sparks, late of the Royal Marines and former member of the BCU, the last surviving member of the Cockleshell Heroes, now retired in Sussex, recently sold his DSM, awarded for his part in the famous Cockleshell Raid on Bordeaux, for an amazing £31,000.

He described the raid in which a 10 man team landed from a submarine to live in fields beneath camouflage nets during the day and travelled by canoes at night.

Only Cpl. Sparks and his Commanding Officer, Major 'Blondie' Hasler, came out of the raid alive. The latter is commemorated in the BCU by the Hasler Trophy marathon racing award.

Jack Travers, Worcester

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# PADDLING TOPS

by Ray Rowe

How many times have you paddled in Britain without your cag? If you are a white water lover, slalom paddler, river racer or sea cruiser I'll bet the answer is 'Not very many'. The cag is an important piece of our paddling kit. Not only is it a barrier to wind and water, and therefore a life preserver, it's also your public hiding place into which you dive as Clark Kent and emerge as 'Superman the paddler'.

We asked the manufacturers to submit their range of cags for inspection to see what is currently available, how prices compare, what materials are being used and how they perform. The results are shown on the chart.

## Categories

The cags on the market fall into three main groups:

### 1. Economy Cags

Low cost, utility type garments designed with centres and not-quite-committed beginners in mind. Materials and construction are necessarily low-tech and therefore subtle tailoring and efficient seals tend to go out the window.

### 2. Top of the Range Cags

Up market garments constructed from advanced, modern textiles such as Tactel. These have a superb soft 'feel' quite unlike conventional nylon. The cags are feather-light and offer virtually no restriction to movement. Very popular with competitors.

### 3. 'Dry Cags'

The neck and wrist seals on these are the same as those on pilots' immersion suits. The thin latex rubber forms a very effective watertight joint against the skin and is bonded to the manufacturers chosen fabric for the rest of the garment. The seams of the cag also have to be watertight and some thought has to go into the waist band. For the white water paddler who spends all day in his gear (and maybe all night) these cags are sent from heaven.

## Making a Cag

If you were making a cag from scratch you would need to consider:

1. The type of waterproof material to be used in the bodice. There are three main types to choose from:

- Polyurethane coated nylon. The cheapest, also the least hard wearing.
- Neoprene coated nylon. A softer, more expensive and more flexible proofing. The cost can vary widely with Tactel being the tops.
- Breathable. Nylon with a coating which lets out vapour coming off the skin but stops water coming in.

Each of these comes in different weights of nylon and qualities of proofing.

2. The type of neck and wrist seals. Neoprene is the most commonly used material combining warmth and sealability. Adjustable neck openings are essential for centre use; a simple neoprene band is the alternative for personal cags.

3. The type and quality of the seams. Any sewn seam will allow water to trickle in unless it is taped. The taping is normally applied to the inside of the garment. It's a fiddly, and therefore costly process.

4. Shape. To accommodate the overhead arm movements of paddling the cag has to be cut cleverly. It shouldn't ride up at the waist and yet there should be no excess bulky material.

## Evaluating the cags

Our test report chart shows the cags grouped into the three categories. On the right of the chart is the essential information about the garments, including price. On the left are the three columns summarising our evaluation criteria.

The procedure was:

### Construction quality

We took the cags to the production manager of a leading British Textile and garment producer who assessed the work on the cags after careful scrutiny (two falls, two submissions and a knockout) and scored them on seams, shaping, and overall finish.

### Excluding water

To come up with a totally watertight cag a manufacturer needs to combine good quality materials, carefully thought out design and a bomb-proof method of jointing and seaming. The Dry cags were expected to be 'dry' or very close to it whilst the economy cags, at one third of the price in some cases, couldn't reasonably be compared on the same basis. We therefore applied a different test measure to each category.

The dry cags were tested by eskimo rolling over a period of five minutes. The top of the range cags were used in white water without a capsize. The economy cags were worn during a flat water fun and games session with lots of splashing.

### Comfort and feel

This was assessed after trials by both an experienced and inexperienced paddler using all of the cags.

## Conclusions

### Dry Cags

The wild water Kosi Cag was outstanding, though expensive, the Rolls Royce for comfort and was totally watertight in the test. Construction was only let down by a rather sharp and untidy seam at the waistband. All the cags fared well on dryness but the Splashsport had a leaky seam on a chest panel caused by a taping failure.

Value-for-money in this section goes to the Pyranha cag. Main complaint was premature peeling of the logo on the sleeves.

Dry cags are here to stay, but remember, that they work best at stopping water coming downwards. Go for a big swim and the water will squeeze in and work its way upwards under your spraydeck. The rubber seals are easily torn so go gently into or out of them, they don't like heat, which melts and degrades them rapidly but you can have them replaced by the manufacturer at a small price.

### Top of the range cags

The wild water Pro-lite performed superbly and took the value-for-money award in this section. We liked the adjustable neck seal with plenty of broad velcro to clamp it down and the subtle 'Bat-wing' tailoring of the arms. Our seams expert lifted his head from the magnifying glass to flash a rare and obviously

painful grimace of approval on this one. The Tactel cags were superb on 'feel' as expected. The Palm Tactel Comp. cag had some impressive shaping and came close to the Pro-lite cag for construction and water exclusion. The Splashsport Champion cag had untaped side seams which leaked, spoiling an otherwise good garment. It comes in six choices of its 3 colour combinations.

Tactel and Wild Water's secretive Pro-lite simply has to be experienced to be believed as a shell layer for paddling in. The penalty for such featherweight clothing however is relatively poor tear-resistance so you need to look after it. It soils easily and needs washing rather than rinsing if you want to get it clean. It was disappointing to see that none of the garments came with washing instructions. Splashsport included a useful leaflet describing their breathable Tactel material 'Bretex', generally there was an absence of information and care leaflets.

### Economy Cags

Expectations were low on water exclusion and on comfort, but there could be no excuses on workmanship in construction. Our beady eyed inspector found a lot of wavering stitching and some evidence of shortcutting to save time and money. He pronounced the Dolphin Cag best on construction with very professional seam work. It uses a good sturdy fabric which would stand up well to general beginner 'hammer' but the neck could be improved with a longer velcro strip. The Palm Centre Cag (the only one with Neoprene proofing) would have been a cracker but we found a glaring fabric fault where the proofing had failed to bond. Splashsport won the colour option competition again with a snappy range to choose from and Wild Water's 'Mandarin' was nicely shaped.

Our craftsman gave the V-f-M award to Dolphin whilst the paddlers felt that the Palm 2005 was miles ahead. Taped seams, good styling and superior water exclusion make this a very attractive cag for non-centre use.

### Repair

If you rip your cag it is quite possible to repair it yourself if you aren't too fussy about looks. The simplest waterproof repair is made using Aquasure, a neoprene adhesive which comes in tubes. Sellotape the split together on the outside and then smear the tear with adhesive on the inside, overlapping it well. Cover the soft adhesive with tape and let it harden, then strip off the tape. Holes and rips in the neoprene seals are repaired in the same way. No patches needed.

### Stockists of the cags

A list of stockists can be supplied by contacting the manufacturers:

Dolphin Wetsuits Ltd	0727 40404
St. Albans	
Palm Canoe Products	0272 842740
Bristol	
Pyranha	0928 716666
Runcorn	
Splashsport	0254 75737
Darwen, Lancs.	
Wild Water	0423 711624
Pateley Bridge, N. Yorks.	

Also see further range in Trade News and Advertising pages.

Construction Excluding Comfort Taped Colour Fabric Proofing Price  
 quality water /Feel Seams options used inc. VAT

Pyranha Dry Cag	****	****	****	✓	2 Comb's	5oz. Nylon	Neoprene	£49.44
Wild Water Kosi Cag	****	****	****	✓	2	Not disclosed	Micro-porous Breathable	£74.87
Splashsport Dry Cagoule	**	**	****	✓	3 Comb's	5oz. Nylon	Neoprene	£42.50

TOP OF THE RANGE CONVENTIONAL CAGS

Wild Water Pro-lite	****	***	****	✓	4	Pro-Lite	Neoprene	£37.47
Splashsport Champion	***	**	****	Some	6 Treble Comb's	ICI Tactel	'Breitex' Breathable	£33.95
Palm Tactel Comp. Fashion Cag	****	***	****	✓	3 Comb's	ICI Tactel	Neoprene	£39.92

ECONOMY CAGS

Splashsport 4oz. Cag	**	**	***		4 Comb's	4oz. Nylon	PU	£22.00
Palm Centre Cag	**	**	**		2	4oz. Nylon	Neoprene	£21.95
Palm 2005 Cag	***	****	****	✓	3 Comb's	3oz. Nylon	PU	£25.92
Dolphin 'Cag'	****	**	**		2 Comb's	6oz. Nylon	PU	£24.95
Wild Water Mandarin Cag	***	**	***		3 Comb's	4oz. Nylon	PU	£24.96

\* - Poor, \*\* - Adequate, \*\*\* - Good, \*\*\*\* - Very Good, \*\*\*\*\* - Excellent.



9



8a



8b



2



3



8c



4



5



6



7

1. Economy cags. Top - Palm 2005; Middle left - Wild Water Mandarin; Middle right - Palm Centre; Lower left - Splashsport 4oz.; Lower right - Dolphin 'Cag'
2. Pyranha Dry Cag
3. Splashsport Dry Cag
4. Wild Water Kosi Cag
5. Wild Water Pro-Lite
6. Palm Tactel Competition Fashion Cag
7. Splashsport Champion
- 8(a) NECK SEALS. The Dry Cag system
- 8(b) The Neoprene neckband used on the Tactel Cags
- 8(c) The Wild Water Pro-Lites innovative adjustable neck seal
9. Wild Water Mandarin. The only cag with a hanging loop

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For slalom information including craft from Perception - Reflex, Nomad, Pyranha and Arrowcraft together with accessories from Wild-Water, Freeblades, Propulsion, MI, Diamond, Bushsport etc.  
**Please contact Melvyn Jones**

Information on all other requirements, Personal and Contract, including Ace, Prijon, Pyranha, Perception, MI, Coleman, Arrowcraft (new Aquabat) and accessories from Chang, Tornado, Helly-Hansen, Javlin, Lendal, Schlegal, Kober, New Wave etc.  
**Please contact Tim Houghton**



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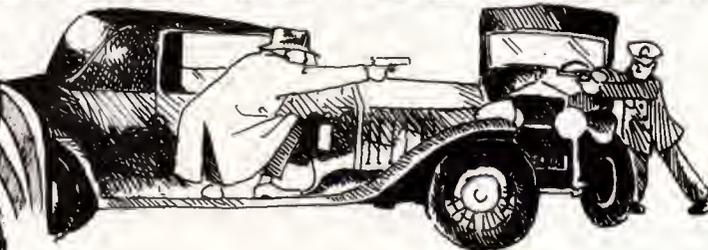
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# Enchanted

After an 18 day customs delay on the mainland of South America Anne and Andy Fleck finally landed in the Galapagos islands to explore the wild volcanic archipelago which had captivated Charles Darwin in 1835.

Everywhere we looked there was evidence of the unique standing of the Galapagos in the world of conservation and wildlife; iguanas lay basking like bean-bags on the quay, herons perched on roofs and pelicans competed with sea-lions for fish. Most impressive were the giant tortoises, the 'Galapagos', from which the islands derive their name.

Pacific swells rendered most of the shore inaccessible to all but the iguanas who, smothered in foam, clung limpet-like to the lava, Sea lions frolicked around their new playmates whilst herons used our kayaks as a perch from which they caught silver slithers of fish.

Lava heron fished from our kayaks. ▶



▲ Giant 'Galapagos' tortoise from which the islands derive their name — stared reproachfully at us.

In the Southern Islands we climbed the verdant green slopes of Sierra Negra. Sulphurous deposits lay on the rocks and the ground cracked alarmingly as we crossed it. Occasionally a fumarole would expel its foul breath leaving us haunted and intimidated by such primordial forces.

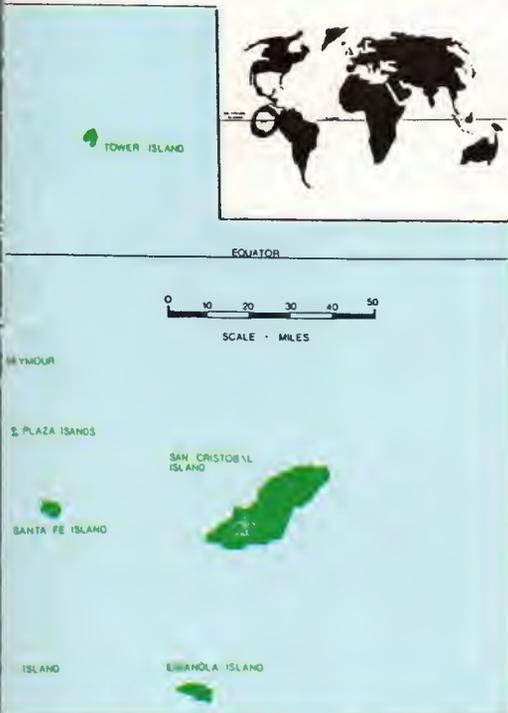
On this inhospitable coast the coral beaches proved the only respite from the southern swells. Here the turtles sought peace in which to lay their eggs and our footsteps mixed with theirs on the sand. Daily we continued to paddle amongst sea-lions and boobies and, just occasionally, we were privileged to see something more unusual; a Manta Ray feeding, four metres of gently beating wing or a white tipped shark following us.

However each new experience was tempered by the knowledge that soon we would be leaving the quiet simplicity of the islands where the environment comes before profit and where men and animals co-exist.

We would like to thank our sponsors Wild Water, Valley Canoe Products and Fuji Films. Anne and Andy Fleck.

◀ Volcan Chico.

# Waters...



▲ Lava lizard basking on the head of a marine Iguana, dry grizzled creatures living on seaweed and cacti.



▲ Short eared owl in the Sierra Negra Volcano.



Seals and sea lions lay basking on a black and white landscape of sand and lava. ►



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