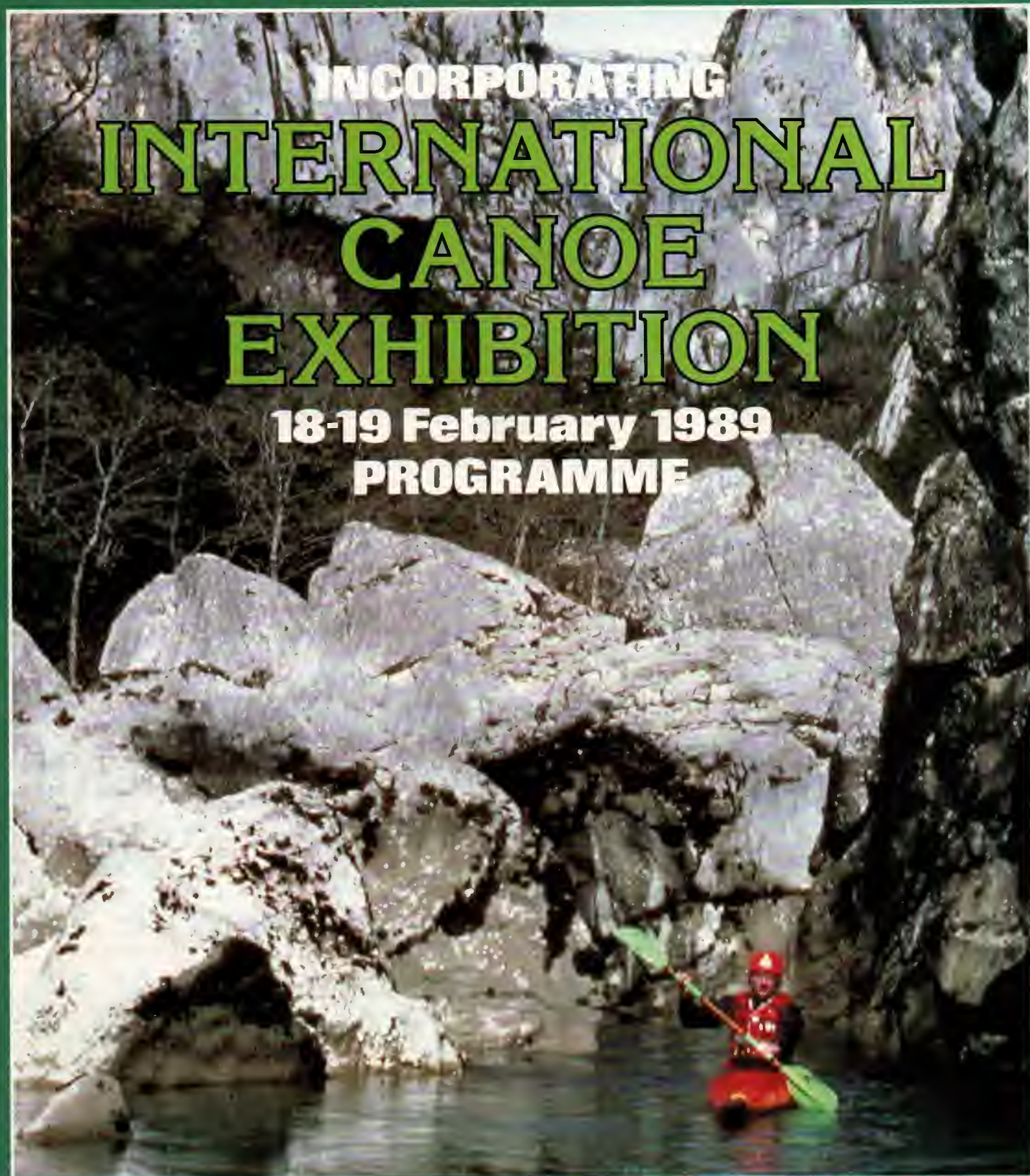


CANOE FOCUS

No 58 FEB 1989 — Price £1.25

THE OFFICIAL MAGAZINE OF THE BRITISH CANOE UNION



INCORPORATING
**INTERNATIONAL
CANOE
EXHIBITION**

**18-19 February 1989
PROGRAMME**

COME CANOEING BASIC TECHNIQUES TRADE REVIEW EXPEDITIONS

Whitewater

THE CANOEISTS PARADISE

FOR IMMEDIATE DESPATCH
PHONE YOUR ACCESS. VISA
OR AMEX NUMBER TO THE
HOTLINE



0932-247978 OR
24 HOUR ANSWERPHONE
0932-225988 OR
TELEX 291674 FAX: 0932-243152

GLASSFIBRE KAYAKS

STANDARD SPECIFICATION	
Tinker	130.00
Comanche	155.00
Snipe	155.00
Telstar	165.00
Ardeche Double	205.00
FLADBURY RANGE	
Polypippin	149.50
Polypippin Super	178.25
Discovery 17" Touring	297.95
Blenheim 17" Racing	297.95
Spartan 17" Racing	361.50
Discovery 21" Double	391.00

POLYETHYLENE KAYAKS

YAK Spud	330.00
MI 370 Std	199.75
MI 370 Slalom	259.95
MI 415 Basic	149.95
MI 415 Tourer	173.95
Aquabat Popular	165.00
Aquabat Sports	212.95
X Linked	252.00
*Swing Flatwater	164.00
*Swing Intermediate	196.00
*Swing Whitewater	220.45
Cadence	253.00
MX340	207.00
*Valeta Intermediate	211.50
*Valeta Whitewater	263.50
*Europa Flatwater	171.50
*Europa Intermediate	212.00
*Europa Whitewater	261.00
RotoBat Centre	234.00
RotoBat W.W.	329.00
Mountain Bat	369.00
Master Centre	329.00
Master W.W.	369.00
*Dancer XS	289.50
*Dancer	276.00
*Dancer XT	306.00
Mirage	276.00
Spirit	289.50
Sabre	289.50
Keowee	230.00
Prijon Taifun	333.00
Prijon Invader	333.00
Prijon T Canyon	333.00
Aeroquatic	299.00
*£13.50 Extra for colours	

SLALOM COMPETITION

EXTRA, PREMIER, IMAGE	
SPRINT, ALPHA DELTA	
RANGES	
Diolen	300.00
Kevlar	375.00
Kevlar Carbon	425.00
All other specifications P.O.A.	

CANADIAN CANOES

Fladbury Victoria 14	287.50
Fladbury Victoria	
15ES P.E.	345.00
Fladbury Victoria	
16 P.E.	345.00
Fladbury Victoria	
16SP E.	402.50
Coleman 13'	349.00
Coleman 15'	379.00
Coleman 17'	399.00
Coleman Whitewater	449.00
Grumman 13'	480.70
Other Grumman models P.O.A.	
Perception Gyromax	333.50
Traveller 16	439.00

SEA KAYAKS

Sea Lion	460.00
Shoreline Basic	369.00
Shoreline Fully Rigged	539.00
Chinook	460.00

SURF SKIS

Waverider	179.95
Wave Patrol	202.00
Crusader Cruiser	230.00
Lazer	285.00
Pro Gun	295.00
Tsunami Std	275.00
Tsunami Flo Colours	290.00
Raider Cruiser	240.00
Raider Wedge	249.00
Raider Pro	275.00
Breaker 225	159.95
Breaker 260	169.95

PADDLE KITS

Flat/Curved A.B.S.	6.95
Canadian Blade Wood	4.95
Flat Blade Wood	6.25
Curved Blade Wood	8.95
Assymetric Blade Wood	8.50
110cm Shaft	3.75
120cm Shaft	4.50
120cm Jointed Shaft	8.95

COMPLETE PADDLES

Canadian Blades	--
A.B.S./ALUM	14.95
New Wave R.I.M.	22.50
New Wave Slalom	24.95
Schlegel Allround	37.95
Schlegel Rapid	37.95

KAYAK PADDLES SLALOM STYLES

A.B.S./ALUM	19.95
A.B.S. Jointed Shaft	22.95
New Wave R.I.M.	19.99
New Wave All Round	34.50
New Wave Hydro	49.95
New Wave Hydrocarbon	49.95
Schlegel Touring	57.50
Schlegel Allround	62.25
Schlegel Slalom 810	65.95
Kober Allzweck	63.95
Freeblade Classic	41.95

ASSYMETRIC RACING STYLE

New Wave Mistral	49.95
Canoe Sport UK	
Racing Alloy Shaft	44.95
Racing Glass Shaft	49.95
Racing Semi Carbon	59.95
Lendal Powermaster	49.95

PADDLE ACCESSORIES

Canadian Tee Handle	
Male	2.50
Canadian Tee Handle	
Female	1.75
Drip Rings	.70
Paddle Leash	4.95
Paddle Jointing Ferrule	3.95

BUOYANCY AIDS

Shorti Junior/XS	24.50
Shorti Adult	32.95
2 Pocket Shorti	39.00
4 Pocket Shorti	47.95
Wildwater Adventurer	45.95
Wildwater Expedition	54.95
Wildwater Explorer	89.95
COMPETITION JACKETS	
Wildwater Cojak	32.45
Wildwater Slalom X	36.45
Wildwater Prolite	39.95
Palm Competition Plus	38.95

CRASH HELMETS

Ace Standard	10.95
Ace POLY	15.50
AP200	17.50
Wildwater	19.95
Wildwater Comp	19.95
Combi Grade 4 plus	39.95
Protec Helmet	34.95
Romer 42 with chin guard	49.95

CANOE TRAILERS

Custom made to your exact requirements.
Prices on Application.

SPRAYCOVERS

Standard Nylon	11.95
Touring Nylon	12.95
7oz ADJ Touring	14.50
Deluxe with braces	15.95
Heavy Duty for P.E.	16.25
Wildwater twinseal	34.95
Bush Deck Slalom	31.50
Bush Deck P.E.	33.50
Bush Deck C.I.	36.00
Y.A.K.	38.00
K1 Racing No zip	17.95
K1 Racing with zip	18.95

CAGS ETC

Standard	23.95
Semi Dry	39.95
Dry Cag - Pyranha	46.95
Wildwater S.s1 Lite	15.95
Wildwater L.s1 Lite	21.95
Y.A.K. Std	29.95
Y.A.K. Dry Neck	38.00

CANOE CLOTHING

Pogies Paddle Mitts	5.95
Pogies 40 Below	9.95
Arctic Mitts	18.95
Gul Overall	39.95
Neoprene Hood	17.95
Surf Hood	13.95
Scull Cap	6.95
1/2 Finger Gloves	13.95
Open Palm Mitts	13.95
DRH Paddle Shorts	
Supersheen or Lycra	11.95
Lifa Short Sleeve	10.75
Lifa Long Sleeve	12.95
Lifa Turtle	15.95
Lifa Long Johns	15.95
Javlin Short Sleeve	9.95
Javlin Long Sleeve	11.95

CANOEING FOOTWEAR

Sarazaine Sandals	5.45
Neoprene Surf Slaps	6.95
Okewind Slippers	8.95
Neoprene Socks	8.95
Windsurfing Boots G.P.	21.95
Steamer Boots	23.95

CANOEING ACCESSORIES

Toggles	1.00
Failsafe F.R. Clip	.95
J.R./Badger Footrest	12.95
Lendal Footpump	19.95
AIRBAGS	
Slalom Bow (pair)	11.00
Slalom Stern (pair)	13.95
Touring Bow (pair)	15.50
Touring Stern (pair)	17.50
Large Bow (each)	8.95
Large Stern (each)	9.95
Repair Tape (small)	1.45
Repair Tape (large)	4.95
Canoe Backstraps	6.95
Rudder Assembly	21.25
Neoprene Glue	2.95
Skeg Universal	13.95
Glassfibre Repair Kit	7.95
Noseclip	2.00
Sportswise 1st Aid Kit	18.95

EXPEDITION EQUIPMENT

Large B.D.H.	6.95
Medium B.D.H.	5.95
Small B.D.H.	4.95
Seals for above	1.25
Waist Tow Line	11.95
Heavy Duty Tow Line	16.95
Green Slime Throw Bag	18.95
H.F. Bags and Aquasacs	
Small Size 1	10.95
Medium Size 2	10.95
Large Size 3	11.95
Ex Large Size 4	14.95
Master Pack	
Size 2	11.95
Size 4	17.25
Size 6	25.50
130LK	39.00
Paddle Leash	4.95

WETSUITS

Junior Long Johns	32.50
Economy Force 5	39.00
Deluxe Adult Force 7	69.00
Gul Triathlon 1V	53.50
Bolero F5 and 7	45.00
STEAMERS	
Whitewater original	119.00
Gul D/Lined Power	165.00
Gul S/Lined Power	159.00
Typhoon Tundra	159.00
We are one of the largest stockists of wetsuits in Great Britain. We specialise in Gul and Typhoon plus many others. Contact us for further details.	

ROOF RACKS

3 Metre straps	4.95
5 Metre straps H.Duty	7.95
Vertical Posts per pair	17.95
J Bars pair	17.95
V Bars pair	17.95
Lock Wires (B.C.U. approved)	6.25
Roof Rack Pads	3.95
Load Carrier Roof rack	33.95
High Foot Load carrier	44.95
Gutterless R.Rack	p.o.a.

SURVIVAL EQUIPMENT

Survival Bag 1 man	1.50
Survival Bag 2 man	2.50
Space Blanket	2.50
Individual First Aid	7.50
Flare Kit	16.95

CANOE SCHOOL

Our B.C.U. Canoe School operates mainly from April to September and offers Novice, Intermediate and Advanced courses. Please ask for our school leaflet.

VIDEO HIRE

Various VHS tapes are available at £2 per day. We have a large selection of canoe, surf, windsurf, snow & water skiing films at present.

CANOE HIRE

Our Marina premises are situated on the banks of the River Thames, with a lake along side. The following items can be hired, Single and Double Seat Canoes.

WHITEWATER INSTANT CREDIT FACILITIES

CAN'T AFFORD IT? PAY £10 PER MONTH & SPEND UP TO £240 OTHER AMOUNTS PRO-RATA APR 29.8% (Subject to variation) WRITTEN DETAILS AVAILABLE ON APPLICATION

FOR CLUB EDUCATION & ARMED FORCES ORDERS SEE OUR CONTRACT DIVISION

BRITAINS TOP SHOP FOR CANOEING, WINDSURFING, SNOW SKIING, SURFING & SKATEBOARDING

EASY PARKING & FRIENDLY EXPERT ADVICE CLOSE TO M3, M25 & HEATHROW AIRPORT



OPENING HOURS
MON - SAT 9.30 to 5.30
& FROM APRIL TO SEPT THURSDAY NIGHT TILL 8.00 P M

Price List DECEMBER 1988
PRICES: All prices include V.A.T. where applicable. Prices are subject to change without prior notice.
POSTAGE AND PACKING: For orders under £20.00 add 10% (min 50p). For orders over £20.00 add 5%, except as follows. Windsurfers and canoes add £18.00 Kayak Paddle add £10.00. For large orders we will calculate the price.

CANOE FOCUS

Canoe Focus, Mapperley Hall,
Lucknow Avenue,
Nottingham. NG3 5FA
Tel: (0602) 691944

Canoe Focus is the official magazine of the
British Canoe Union.

ISBN 0953-010X

T J Bailey Director
A. Stevens Editor and
Advertising Manager
Ray Rowe Features Editor

Next Issue 24 April 1989
Latest Copy Date 10 March 1989

Designed and printed by DDMA Ltd,
17 Parmiter Centre,
Parmiter Street, London E2 9NG

BCU Headquarters as above for all
enquiries except:
Supplies, Finance and National
Development Officer at
BCU, The Elms,
National Watersports Centre,
Adbolton Lane, Holme Pierrepont,
Nottingham NG12 2LU.
Tel: (0602) 817412 Supplies
(0602) 455423 Finance & Development

Front Cover

The Grand Canyon du Verdon, taken from
the Kanu Alpin Calendar 1989.
Reproduced by kind permission of Markus
Schmid and the Deutscher Kanu-Verband.

Subscription Rates

UK inland £12.50, overseas £14.50 for ten
issues.

Advertising rates and data

are available on application from BCU
Headquarters.

Canoe Focus encourages contributions of any nature
but reserves the right to edit and condense to fill the
space available and unless otherwise stated the
Publishers assume no responsibility for the return of
unsolicited manuscripts, artwork or photographs.
Opinions expressed in this magazine are not
necessarily those of the British Canoe Union, its
committees or members. The printing of an
advertisement in Canoe Focus does not necessarily
mean that the British Canoe Union endorse the
Company, item, or service advertised. All material in
Canoe Focus is strictly copyright and all rights are
reserved. Reproduction without prior permission from
the Editor is forbidden

'Canoeist' is an independent monthly
magazine available on subscription from:
4 Sinodun Row, APPLEFORD,
Oxon OX14 4PE

CONTENTS

3	A year of British Achievement – the 1988 Champions
5	Welcome to the 1989 Exhibition
6	Come canoeing – An introduction to canoesport
8	Here and There – continued on page 11
9	Basic Kayak Control – by Ray Rowe
13	Dear Focus – Your Letters – continued on page 41
14	Canoeing on Loch Enoch – the highest lake in Britain – by Phil Southall
16	Alphabetical Guide to Exhibitors – continued on page 33
19	Jersey Waters – Kevin Mansell describes a very special kind of paddling
21	Hall of Canoe Sport
29	Regional Round-up – Access
30	The Ganges Challenge – Expedition Report
31	Canyons & Cloud Rivers – the Colca Canyon Expedition
32	Books
34	Getting About by Boat
35	Trade news
37	The Chest Harness – equipment report by Jim Shields
38	BCU Membership Application Form
39	To go or not to go – accent on river grading
42	Take up the Challenge – an introduction to competitive canoeing
44	Competition – News and Results
46	Canoe Sailing makes a comeback
48	Classified



1988 Exhibition – Photos: Tony Tickle



COLEMAN CANADIAN CANOES

The World's most popular Canadian Canoe

Incredibly rugged, easy to paddle and light enough to be car topped, the Coleman Canadian Canoe is a very versatile single seater or family craft.

Coleman means quality - something that sets us apart from any ordinary canoe. Our one-piece hull construction means durability - no second or third skin is necessary.

Our patented cast aluminium bowcasting protects against knocks and to ensure maximum stiffness and rigidity, we fit gunwhales and keels on made of high tensile aircraft aluminium.

This year we have added protective black vinyl capping to the gunwhales, recessed carry handles at each end and bold new graphics and colour.

Coleman Canoes are available in a choice of four models from 13' to 17'.

See them at your nearest Coleman dealer, or call us for a free catalogue and details of your nearest demonstration centre.

**The Coleman Company, Parish Wharf Estate, Portishead, Bristol. BS20 9DA
Telephone: (0272) 845024**

A British year of achievement



▲ Richard Fox. Photograph by Keith Williams

BRITAIN'S CANOEING CHAMPIONS IN '88

There was success to celebrate in 1988 despite the failure to win any medals at the Seoul Olympics.

The inaugural World Championships in Marathon Racing took place at the National Watersports Centre in Nottingham. The C2 event was won by brothers Andrew and Stephen Train who thus became Britain's first World Champions in this discipline. Ivan Lawler and Graham Burns gained the silver medal in the Mens K2 and Great Britain won the Nations Trophy by just one point over Hungary.

Britain dominated again in Slalom with Liz Sharman winning the Pre Worlds and the first leg of the Europa Cup competition in Dublin. Richard Fox won both the Pre Worlds and Europa Cup competitions overall, pushed hard by Melvyn Jones, also British, who came second in both competitions.

Steve Wells came second overall in the C1 class of the Europa Cup winning the greatest success for Wild Water Racing. Most encouraging of all was the success of our junior paddlers. Gareth Marriott won gold in the Junior World Slalom Championships C1 class, Brian Holden and Jason Bennett in the C2 and Laura Tipper won a silver medal in the ladies K1.

Sprint Racing European Championships gold medals were won by Andrea Dallaway in ladies K1 and Jason Wilson and Stuart West in Mens K2.



▲ Liz Sharman. Photograph by Tony Tickle.

Brian Holden and Jason Bennett





**LATEST TECHNOLOGY ♦ HI-TECH MATERIALS
SUPERB QUALITY**

EXPORTING TO MORE THAN TWENTY COUNTRIES



30 HUNTER STREET PRESTWICK AYRSHIRE KA9 1LG SCOTLAND
Tel. 0292 78558. Fax. 0292 691298. Telex 777308 LEXUS G

CANOE SPORT UK

- Racing Paddles
- Touring Paddles
- Marathon Paddles
- Sea Paddles
- Wild Water Paddles
- Surf Paddles
- High Volume Kayaks
- Racing Kayaks
- Kevlar Kayaks
- High Rigidity Kayaks
- Low Volume Kayaks
- Marathon Kayaks

NEW 'BOXER RACING K2' AVAILABLE NOW

0932 566851 (24 hour answer service) & 0932 845510
Farm Lane, Addlestone, Surrey.

EVERYTHING FOR THE CANOEIST



BUSHSPORT

NEOPRENE SPRAYDECKS

The BUSINESS

14 Ferry Court Bath Avon England BA2 4JW Telephone (0225) 445326

Hello and Welcome



Photo: John Fridmore

Hello and welcome to the 1989 International Canoe Conference and Exhibition. The aim, as always, of the Organising Committee, is to make your visit to Crystal Palace, as stimulating and interesting as possible. With this in mind we have a new Exhibition Area and new attractions, one of which, is a Fashion Show of canoe wear, in, on and out of the water. New films and of course the pool events, with "Come and Try It" to "Canoe Super Stars". The world of canoeing is here before you to enjoy, so I wish you a pleasant and interesting day.

James A Bright
Chairman of the International Canoe Exhibition Committee.

down the Slalom course. As the challenge was accompanied by an offer of £1,000 towards the cost of the Slalom course I readily accepted, and in the event, my successful paddle raised nearly £1,300. I also said, early in the year that I would like to try a tour during 1988. I just made it, joining the Manchester Club Tour on the Dee in December, a thoroughly enjoyable experience.

I intend to continue paddling throughout 1989 and hope to see many of you at the various events. Whatever your chosen discipline, keep paddling, and why not try something new in 1989?

Trevor Bailey
Director British Union.



DIRECTOR COMMENTS.

On behalf of the BCU it is with great pleasure that I welcome you to the 1989 International Canoe Exhibition. Last year was my first experience of the event and I was delighted at its obvious success. It can truly be said to have something for everyone, the experienced paddler can see what is new on the market and newcomers can get advice from the many committee stands. All sections of the Union are represented so help can be forthcoming on matters relating to competition, coaching, touring, access or activities with the regions.

The period from last year's Exhibition has been an exciting one for the Union culminating in our long awaited move to Nottingham in January. Our final home at Holme Pierrepont is not ready yet so we have had to move into temporary accommodation. Hopefully, by the time of the next Exhibition we will also have paid off our debt of £100,000 towards the cost of the Slalom course and, after a period of consolidation, can look towards potential expansion again.

There is a lot to be done. The inclusion of Slalom in the 1992 Olympics should provide a useful boost to our media coverage. The major problem facing all canoeists, competitors and recreationalists

alike, is lack of water. We continue to work towards a more equitable sharing of water, both at local and national level.

For me the year had two highlights. Having described myself in last year's programme as 'a paddler of modest ability' I was immediately challenged to paddle

CRYSTAL PALACE CALLING



It gives me great pleasure to welcome the British Canoe Union to the Crystal Palace Sports Centre for the 1989 International Canoe Exhibition.

Whilst for many of you, both exhibitors and visitors, it will be a return to Crystal Palace, I should state that it is my first Canoe Exhibition since my arrival here in April 1988 and I look forward with much anticipation to this particular venture having had many reports about the changes to the exhibition during the preparations.

You will see some changes to the

layout but I would like to point out that these are not as a result of the arrival of this 'new broom' but are due to the new legislation covering safety requirements now applicable to spectator venues which were recently reviewed by the Government following the tragedy at Bradford Football Club.

I would ask you to bear with us in these changes in the knowledge that they are made for the very best reasons.

I have been informed by the organisers that some exhibitors have been forced to rebuild their stands and to relocate due to these changes, for which we would like to apologise.

We are confident though that the new arrangements will not effect the success of the exhibition and we look forward to the return to Crystal Palace in 1990.

Peter J Morgan
Director Crystal Palace National Sports Centre.



Come Canoeing



Its fun! Adventurous and challenging or leisurely and relaxing - competitive or recreational - exploring the countryside, town or city - make new friends or get away from it all - or just something new and different that will give a sense of enjoyment and achievement.

GETTING STARTED

The best way is to join a local group or club. Here you can master the basic skills quickly and safely. Regional lists of affiliated clubs are published by the BCU.

Alternatively, why not try canoeing as an activity holiday? You will receive expert guidance to equip you for a lifetime of watery wanderings. Full details are published in the BCU Year Book.

The BCU also maintains a register of Centres, approved for the quality of the canoeing and instruction of it, along with a specific register of instructors, activity centres and clubs which cater for disabled canoeists. Send an SAE to BCU HQ for an up to date list.

TESTS AND AWARDS

The BCU operate a comprehensive system of encouragement and ability tests, which can be examined locally, covering most areas of canoeing for which there are badges and certificates at all levels. There are also a series of coaching awards for those who want to pass on their love of canoeing to others.

EQUIPMENT

Canoes come in all shapes and sizes for the many different branches of the sport. Some designs are very specialist; others are more versatile. Whichever you choose, before buying your own canoe it's best to gain some canoeing experience and informed advice. Make sure the boat carries a label stating that it was made in accordance with the recommendations of the British Standards Institution Code of Practice for Canoe Manufacture and Recommendations for Safety features in canoes. You'll also need a paddle, buoyancy aid, spray deck, cagoule and warm clothes.

THE BCU

The British Canoe Union, formed in 1936, is canoeing's national organisation and has over 17,000 individual members and 700 affiliated clubs. Its purpose is to unite everyone interested in canoeing and encourage others to join in. It aims to provide a complete service to paddlers - education, information, training expertise, improved access to canoeable waters and to increase the enjoyment, safety and skills of all paddlers at every level. The BCU is affiliated to the International Canoe Federation and the Olympic Association and is responsible for national and international competition and the administration of grants. Joining the BCU will provide you with inclusive, comprehensive insurance, covering life, accident, canoes and third party liability, free canal and river licenses, a regular colour magazine, discounted canoeing supplies, annual



3

year book, free trade discounts, local river and coastal information services, skills courses, proficiency tests and free advice and help on any aspect of canoeing.

1. Make new friends.
2. Exploring the countryside. Photograph by Shawn Baker.
3. Some designs are very specialist. Photograph by P Westley
4. It's best to join a club.



4

Here & There

CHINESE INTERNATIONAL CANOE ADVENTURE

A canoe and rubber boat expedition is planned for a changing series of paddlers during April and June 1990, travelling through GDR, Poland, USSR, Mongolia and China. Canoeists from every country are invited to join.

K.W. Ruppenthal, Magnolienweg 38,
D-6638 Dillingen/Saar

CANADIAN CANOE ADVENTURES

Canadian Canoe Adventures is a consortium of sea kayak and canoe outfitters who offer trips in all 10 Canadian Provinces and the adjoining oceans. The project was initiated by the Canadian Recreational Canoeing Association who represents North America on the International Canoe Federation's Touring Committee. Representatives of the project will be attending the International Canoe Exhibition.

In 1989 there are 35 paddling trips ranging from three days to several weeks in the pristine watery wilderness of Canada. The trips are graded according to the experience needed by participants and include all the specialised gear required for a successful paddling trip.

Brochures are available from Ann Allen, Ontario House, 21 Knightsbridge, London, SW1X 7LY. Telephone 01.245.1222



SPORTS AID FOUNDATION GRANTS

SPORTS AID FOUNDATION

Canoeing was one of the largest recipients of Sports Aid Grant in 1988 with 140 canoeists sharing a total of nearly £77,000.

This money is raised by public appeal, and is not supplemented by Government Grants.



Keith Sykes and his canoe were reunited by the AA Service after a motoring accident in Newquay.

CANADA'S CANOE ADVENTURES



John Stradiotto Quetico Park

Canada. A world of possibilities: 35 sea-kayak and canoe trips in 3 oceans, 10 provinces and 2 territories. Trips designed for you. For paddlers of all kinds: Novice to white-water and those in search of tranquillity, wildlife, the private swimming hole.

We're friendly and we give you value for your money. We're part of your future, as much as you're part of our past.

For a free catalogue contact:



sobek expeditions inc. (Canada)

159 Main Street, Unionville, Ontario, Canada L3R 2G8
Phone (416) 479-2600 or FAX (416) 479-2604

Canadian Recreational Canoeing Association
International Canoe Federation-Touring Committee

Canada

BASIC KAYAK CONTROL

In Focus 57 we published an extract from Ray Rowe's excellent book *Whitewater Kayaking* published by Salamander Books, available through BCU Supplies at £9.30 to members or £10.30 to non members inc P&P. The series continues with part two of *Secondary Turning Strokes showing the Bow Rudder*.

THE BOW RUDDER.

The bow rudder is known as a compound stroke. This means that it is not a single movement nor position, but rather a sequence of subtle pulls, pushes, and slices of the blade. It can function as a brake to the boat's forward speed or it can inject acceleration. It can cause a long carving turn with no change in the kayak's speed or it can spin the boat and shoot it off on a new course. The range of effects of the stroke is wide but fundamentals in technique are relatively simple.

- Start the boat running on still water.
- Initiate the turn using a forward sweep.
- Trunk rotates towards the turn.
- With the arm which finished the sweep, take it across the top and front of your head and hang the paddle shaft from it.



Above and below.

The bow rudder is a sequence of pushes, pulls, and slices of the blade. In other words, the bow rudder is known as a compound stroke. It can be used either to accelerate the kayak forwards or to reduce forward speed.

It can also be used for long turns with little change in speed or rapid changes of

course. Despite versatility of the technique, fundamentally, it is very simple to execute. The diagram below explains how it works in more detail.

- Using the other arm, position the blade into the water, level with your knees.
- Open the leading edge of the blade so that it draws water in towards the boat.
- Drive the boat around the turn with the outside knee.
- Look at the photograph and notice the following points.
- Seen from the front view, the whole of the paddle shaft is on the working blade side of the boat;
- both wrists are rolled back to their full extent to 'open' the blade;
- the blade is fully immersed.

Remember:

- Always to initiate the turn with a sweep.
- That the power for the turn comes from unwinding the trunk from rotation. This is transmitted into the footrest and knee brace to drive the kayak around.

As the kayak completes the turn your wrists will naturally unroll leaving the blade and lower hand in a position to drive the boat forward. Practice the whole turn on flat water.

- Aim to keep the boat moving forwards so that, as you finish, you are paddling forwards.
- Move sharply from the sweep to the bow rudder position.
- Try to feel the blade and shaft fixed in the water, like a solid post.
- Drive the kayak around it using your abdominal muscles.

Bow rudder in an eddy turn

If you want to turn out of the current into an eddy:

- Place the kayak across the eddy line using a forward sweep.
- Rotate to the turning side of the boat.

- Place the bow rudder blade into the eddy.
- Drive the boat as far into the turn as is required.
- Finish the turn by giving a forward power stroke.

Eddy turns make the bow rudder easy because the current assists the turn. The blade is positioned with little 'opening' that is, almost parallel to the kayak side, and the finishing forward power stroke, which is in effect a short pull, is always used. It is called a checking stroke and prevents the kayak from sliding backwards as a result of the pendulum effect of the turn.

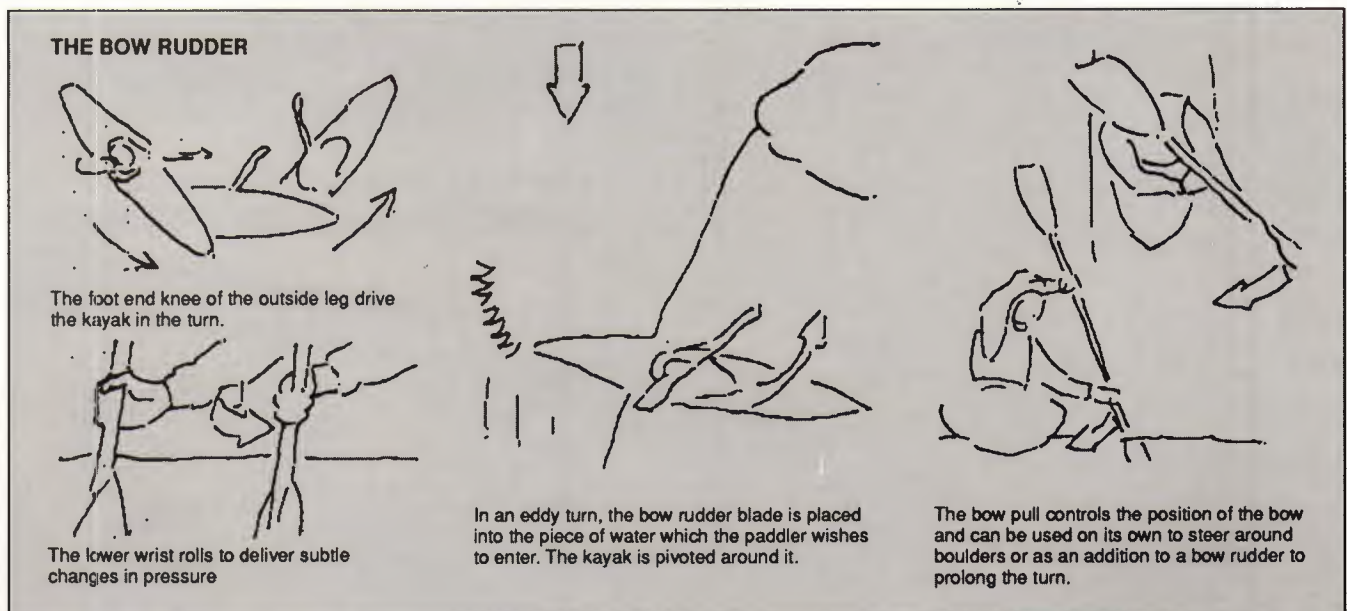
The bow rudder is not a stroke to be attempted half-heartedly. It needs power and commitment from the paddler to make it work. Holding back makes it impossible to achieve the wrist position and blade angle which are fundamental to the mechanics of the turn. The bow rudder uses a deep blade. It does not work with a shallow blade, and it is hard to balance if you attempt it where there is barely enough depth. It would be better to use a low brace followed by reverse sweep in these conditions.

Edging and leaning

In the eddy turn you will need a little of both. It is possible to speed up the turn by using a lot of edging. This is especially noticeable in highly rockered kayaks. White-water paddlers use this edging control if they realize half way through that a faster turn is required than they were originally intending.

THE BOW PULL

Slicing the bow rudder blade towards your feet and out a little from the boat gives you more control over the position of the bow. This can be useful for avoiding collisions or if you want to position the bow carefully in a piece of water. The bow pull can be used on its own as a modified form of the bow rudder, or the normal position for the rudder can be sliced into the bow pull half way through the turn.



WELCOME TO

Wet & Wild

ADVENTURE · SPORTS

Yorkshire & Humberside's specialist Outdoor shop for Canoeists everywhere

Wet & Wild have an incredible selection covering all disciplines of canoeing, from top manufacturers at home and abroad.

Call in and see us – you won't be disappointed

or

Just pick up the phone for our fast mail order service

WET & WILD ADVENTURE SPORTS
619 ANLABY ROAD, HULL HU3 6SU
Tel: 0482 54076

Come and see us at
Crystal Palace – Stand 301
on the North balcony

TWICKENHAM

Canoe Centre

Established 1960

18 Beauchamp Road, Twickenham, Middlesex.

CANOE AND KAYAKS
FROM ALL THE BCMA
MANUFACTURERS
OWN NAME KAYAKS
AND PADDLES

AGENT
FOR

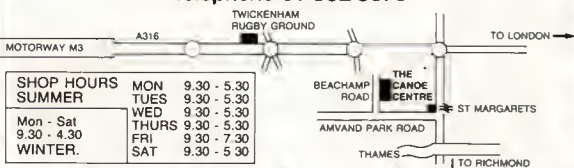
ARGOE AND SAVAGE KAYAKS

FOR ALL YOUR
PERSONAL EQUIPMENT
WE STOCK ALL
THE TOP NAME
BRANDS

THE FIRST
CANOE SHOP
IN GREAT BRITAIN
HERE TODAY AND
HERE TOMORROW

CLUB
DISCOUNTS
SCOUTS, CLUBS,
ARMED FORCES,
EDUCATION AUTHORITIES

MAIL ORDER  
Telephone: 01-892 8979



Proprietor: G. S. Woods

FOR EITHER

SEX

ANY SIZE OR SHAPE

Wet Suits

AT UNBEATABLE PRICES

Long John
READY MADE FROM

£32.20

Also made to measure service

ACE WATERSPORTSWEAR

Beverstone Corner, Britannia Road
Kingswood, Bristol BS15 2BJ
Telephone: Bristol (0272) 675065

Write
or phone for
Free Brochure

paddle your own canoe!

Prices from only £65.00

- Complete Range.
- Kits or Ready built.
- Wood or Glassfibre.
- Kayaks, Tourers, Racers, Canadian canoes.

Send for
Brochure
pack
CF1

Granta
BOATS LIMITED Ramsey Huntingdon Cambs PE17 1EZ. Tel (0487) 813777



Here & There

THIS LEGISLATION COULD AFFECT YOU

The Carrying of Knives

The Criminal Justice Act 1988 contains a section making it a criminal offence to be in possession of a sheath knife or any other similar bladed instrument in a public place. This particular of the Act came into force on September 29, 1988. A further section, making it an offence to sell such articles, will be brought into force at a date to be announced.

Drivers of minibuses - minimum age limits

Under Minibus Permit Legislation it has always been a requirement that the driver of a permit minibus should be at least 21 years of age and some insurance companies demand a minimum age of 25 years for drivers. Many people have assumed that if no permit has been insured in respect of the vehicle then 'normal' age requirements as for a motor car (17 years) would prevail.

Unfortunately this assumption is wrong and could lead to prosecution as well as jeopardising motor insurance cover!

No person under 21 years may drive a vehicle with a seating capacity of more than 9 persons (including the driver).

THE RON MOORE WILDERNESS TREK



WINSTON CHURCHILL MEMORIAL TRUST

Robin Everingham from Kendal, Cumbria, and Sharon Lambert from Plymouth, Devon, both sponsored by the Winston Churchill Memorial Trust, have recently returned from taking a group of young disabled people on a three week trek through the Canadian Wilderness using canoes.

Robin reports:-

When confronted with a mobility problem and a long rough portage ahead after many hours in the canoe; when arriving at a spot to camp in the woods with enthusiasm and energy for

nothing but food; when drinking from the water beneath you and listening to the choir of calling loons echoing off the pine forest wells .. you realise on the one hand what a truly wild, unspoilt and beautiful environment this is and simultaneously how stimulating the environment is for pulling people together, communicating needs and expressing feelings not normally shared.

I have never experienced such a powerful medium as these wilderness waters for integrating disabled and able bodied people, developing self-confidence, communicating skills and meeting the needs of less fortunate members. Such a wonderful experience.

JUBILEE WATERSIDE CENTRE

A water-based youth club and activity centre situated on the Regent Canal in Camden, which offers excellent facilities for all levels of canoeing with an extensive range of equipment for members. Open during evenings and weekends with an adult section (18+) on Thursday evenings. Paul Wallett, Warden, 01.388.3451

CANOEISTS RESCUE LIFEBELTS

Teenagers from a Shropshire School got more adventure than they bargained for on a canoeing trip on the River Severn recently.

The youngsters, from the Shotton Hall School at Harmer Hill came across a lifebelt that had obviously been thrown in by vandals, then another, then another, then another.

In all the four boys found a dozen orange lifebelts in a five mile stretch of the river, between Shrewsbury and Atcham.

Now they have taken them back to Shrewsbury and Atcham Borough Council, saving the Council about £600 - the cost of replacing them.

Teacher Mike Ford, said the pupils had been shocked at their find. 'They realised that if anybody such as a fisherman or angler had fallen in, there could have been a tragedy because the lifebelts were not there'.

Shrewsbury and Atcham Borough Council spokesman Mr. Gary Howell today praised the public spirited actions of the boys.

The four boys Martin Hawkins, Simon Redman, Gareth Sutton and David Neale were all attending a One Star kayak test on the River Severn with instructor M.A. Ford - who extracted this cutting from the Shropshire Star on 2 December 88.

1st INTERNATIONAL THERAPEUTIC RECREATION SYMPOSIUM ON LEISURE, RECREATION AND SPORT

Nottinghamshire County Council in conjunction with the University of Missouri, Columbia and Indiana University, USA are sponsoring the first International Symposium on Therapeutic Recreation to be held in Nottingham 21-23 July 1989. The concept of Therapeutic Recreation is extensively used throughout the Americas and its purpose has been described as 'to facilitate the development, maintenance and expression of an appropriate leisure lifestyle for individuals with physical, mental, emotional and social limitations'.

The aim of the symposium is to extend peoples' knowledge of therapeutic recreation by giving them examples of its use from both England and the Americas.

For further information: Mr Frank Boylan, Assistant Director, Disabled Persons Divisions, Social Services Department, Nottinghamshire County Council, County Hall, West Bridgford, Nottingham, NG2 7QP Ext. 3909.

YHA 'ALERT' ON THE IMPLICATIONS OF THE WATER BILL

There has been little attention to the Water Bill's implications for general informal access, habitat conservation and development activities in rural areas. Substantial land sales by water companies keen to attract investment and raise money from such assets are already in the offing. The buyers, (some from overseas) may discontinue opportunities for free public recreation currently enjoyed over this property. They may then seek changes of the land use out of character with their surroundings.

More positive aspects of the intended legislation promise national improvements to water quality and effluent management. However, unless this Water Bill is amended to better safeguard access and nature conservation, the outcome could both weaken the government's commitment to environmental issues and severely detract from the enjoyment of the countryside by millions of people.



Running	10 miles
Canoeing	10 miles
Cycling	30 miles

TOTAL DISTANCE
50 MILES


TEAM AND
INDIVIDUAL EVENTS

MALE, FEMALE AND
VETS SECTIONS
(Minimum age 18)

Sun. 4th June 1989

12" x 9" SAE for
details from:-

Kings Norton Sports &
Leisure, Shannon Road,
Birmingham B38 9DE.
Tel: 021-459 8995

 City of Birmingham
Department of Recreation
and Community Services

SNOWGOOSE ACTIVITIES

BCU APPROVED CENTRE

SEA RIVER CANADIAN

JOHN OR TINA CUTHBERTSON
c/o 27, HILLVIEW DRIVE, CORPACH, FORT WILLIAM
039-77-467

Unique situation for all standards and disciplines of canoe sport.

Instruction/equipment hire for groups, individuals, families.
Strong emphasis on quality coaching and enjoyable paddling
for all standards with experienced instructors only.

Non-residential or residential instruction package in s/c flats
or Alpine Bunkhouse. Multi-activity courses in canoeing,
sailing, mountain activities. Expeditions and Wilderness Treks
by land or water.

OPEN ALL YEAR

*Uniquely situated at extreme S.W. end of Caledonian Canal
at head of tidal waters of Loch Linnhe, 4 miles from Ben Nevis.*

SAFETY AFLOAT

STAND
number 205



Crewsaver, manufacturers of safety equipment,
present their range of buoyancy aids
specifically designed for the Canoeist &
Competition Canoeist alike. For all your safety
needs, see us at stand No. 205.

 **CREWSAVER**

Mumby Road, Gosport,
Hants PO12 1AQ
Tel: 0705 528621
Fax: 0705 510905

PADDLE WELSH WHITE WATER

Wild water courses now being run until 23rd March,
in the beautiful Upper Wye Valley.
Supervised by professional instructors, specialist equipment provided.

Individuals and groups catered for.
All levels of paddlers welcome.

Pub accommodation, home cooked food, real ale,
log fires, hot showers and baths, drying room and laundry.

Week — £150 Weekend — £60 plus VAT

Maeswilch Arms,
Glasbury on Wye,
via Hereford
Telephone 04974 226

THE
Welsh White Water School

Dear Focus

CANOEISTS CUT OWN THROATS

If I did not know better, I would say that the price of competing in a Slalom competition is too high! During a recent trip to the River Dart I stayed at a campsite with canoeists that were taking part in a Division 3 slalom. I was horrified to hear from the owner that frequently over half of the canoeists vacated their pitch without paying. If this practice continues one of two things will happen; either the site will close, which will be a disaster considering its position, or site fees will be increased to cover loss of income. For the sake of our reputation (and my pocket), spend less in the pub and more at the camp-site.

Peter Bunvan, West Sussex.

CANOE DREDGERS

A friend and I were paddling through the cut at Windsor Lock when a fisherman ran up alongside us on the bank and asked "can you do that rolling thing?"

Puzzled we said 'yes' and prepared to demonstrate to his fishing friends now congregated on the bank. He then asked us to capsize and scour the murky depths with our arms for a valuable carbon fibre rod he had just lost!

To help, we plunged in up to the neck - it was November - an probe about with our paddles and frozen toes. We found the rod and the delighted fisherman offered us £10 for our trouble. Whatever will the fishermen think of next?

Dominic Cribbin, St. Albans.

WHITE WATER IS SERIOUS

The hazards of white water canoeing are comparable with climbing, so the casual attitude of some leaders I witnessed at Tryweryn on 3 August is alarming. Whether it is because "it's only Tryweryn", "only grade II" or just "for fun", little consideration was shown for inexperienced canoeists, many of whom were on the wrong route.

The leaders should aim to give students a wish to return, a sense of achievement, inspiration and the capacity to use available water to the fullest.

Those who work with a variable and intolerant medium like white water are aware that mistakes can be made but sensible precautions allow everyone to have fun. Stupid leaders undermine the work of the majority of good ones and create the wrong impression in the public and would-be canoeists.

Tim Palmer, Hinkley, Lincs.

CONTINENTAL TOURING RALLIES

In March 1987 my club ventured on a touring rally with a visit to Brugge. We caught the overnight ferry to Zeebrugge, had breakfast aboard and were drinking coffee and schnapps in the club house by 9 a.m. a morning paddle on the canal and back for a hot lunch. Afternoon sight seeing in the

beautifully preserved town and then a meal, before an evening of music etc in the club. Sunday morning we had time to drive around the local countryside before paddling on the main rally through the town's central canals. Great weekend. In April 1988 we went overnight to the Hook of Holland to the Harlem club where we departed by water to see the flower parade, and an afternoon guided paddle round the canals of Harlem old town. Sunday morning all depart by road to launch near the Keukenhof flower gardens and then paddle back along a signposted route through the bulb fields. Those who are quick away can fit in a visit to Amsterdam before catching the night boat home!

In 1989 we plan to go to the Ourthe rally at Barvaux, south of Liege. Travel on Wednesday 3 May and return Sunday. Rivers include up to grade 2+ with a variety of distances for a scenic run on Saturday. Camping and self Catering should keep the cost around £80. Any adults interested in joining us please get in touch before 28 February.

In future we hope to attend other events such as the September Veluwe Rally in Holland and the April Tagus Rally in Portugal, so why not join us?

Colin Kempson, 108 East Street, Olney, Bucks, MK46 4dJ 00223344 711833 (home)

TRY TRYWERYN - SEPTEMBER 3/4

Congratulations to the organisers for a superb and exciting event. Though my family and I were not as experienced as many paddlers there, we were allotted to a trio of kindly and competent experts (well they seemed expert to us anyway!!) who saw us safely down. Many thanks to Chris, Geoff, Carel and John Gregson and his team.

Bob Jones Somerset.

BIG CANOES



I was interested to read about Dave Hart's big canoe, Focus 56. At Blairvadach Outdoor Centre we also have a big canoe which is 30' long and 2' wide, and having an outrigger makes it very stable. Constructed of 6 millimetre marine ply with an internal spine of 2' by 2' pine supporting the eight thwarts. The 16' outrigger is 5 feet from the

main boat and full of buoyancy. The boat was made for and is suitable for eight students of one star standard.

Malcolm Ranson, Strathclyde

SHOULD THE BCU PROMOTE COMPETITIONS

I was surprised to read in September's Canoe Focus that many BCU members believe that the BCU and its magazine Focus, concentrate too much on competition. Most people start canoeing by taking a beginners course at a local sports centre or canoe club which is likely to be based on the star tests. A natural progression follows, via proficiency tests, to creating another instructor to teach beginners on further courses. For many young paddlers this is not sufficiently demanding or exciting, causing the loss around the 12-16 age group of people who could have made a great contribution to the sport. These young people might still be paddling had they been introduced to competition and the techniques of competitive paddling.

I have been competing for several years, as well as touring, playing and also doing some instructing, and have found that overall, competitive paddlers are often far more pleasant people than your 'SI Types', as well as being far better canoeists. Perhaps canoeists should practice skills in competition before teaching others, rather than instructors with no competition experience, believing that competition is for the elite and that normal people only paddle sedately down rivers, or play stoppers with no real aim to their paddling.

Guy Gratton, Marlow CC.

Director of Coaching Comments

50% of Coaching Schemes members (currently around 7,000) are competitors. Over 1,000 for instance, compete in slalom (1 in 5 slalomists?). So be careful who you're talking to Guy - he or she might be one of those 'SI types'.

To become an 'instructor', one must basically enjoy sharing experience, knowledge, and giving to others - time and energy. It is difficult to see why people with such attributes should be unpleasant, although as with any cross section of humans, there may well be some.

Every encouragement is given to those joining the coaching scheme to gain experience in, and promote all facets of the sport. It is possible for positive 'aims' to exist outside competition, but the point is well made that competitive provides both a ready made incentive and goal.

Geoff Good.

PUBLIC AWARENESS DEPENDS ON COMPETITION

I am not interested in competitive canoeing, or any competition, but it is competition that the general public notice. If canoeists want public sympathy, it will be through competitions like Paddles Up heightening their awareness.

So I do not object to competitive canoeing being promoted by the BCU and appearing in Canoe Focus, I too will benefit by easier access to water, gained from an aware and sympathetic public.

Michael Rhodes, Lymm, Cheshire.

Continued on page 41 →



CANOEING ON LOCH ENOCH

by Phil Southall

A year ago, I was told by the Local BCU Coaching Officer not to present myself again for Senior Instruction assessment. After sixteen attempts, he said, it wasn't fair on the assessors. I've been happily splashing around in canoes for over thirty years and these hot-shot assessors, half my age and less, fail to see the fun that somebody like me can have in a canoe. And more than fun, 'challenge' too. I am fortunate enough to possess over a dozen canoes of various types, and over the past few years have enjoyed some of the finest adventures of my life. I enjoy paddling off Scotland's West Coast, I relish a good lake trip, and I just adore a brisk but gentle rapid.

This Autumn, some of my young friends came with me on a modest little venture to canoe on Loch Enoch, said to be the highest lake in Britain. Loch Enoch nestles just below the peak of the Merrick, the highest mountain in the South of Scotland, and the banks of the Loch lie on the 500 metre contour line. Loch Enoch has several islands within its strange shamrock shape, and one of these islands itself supports a small loch - a loch within a loch so to speak. The loch straddles a ridge which separates Glen Trool from Loch Doon, and must be one of the windiest places in the world as well as being unusually remote on account of the complete absence of roads or tracks.

We decided therefore, to take just one canoe, and between the four of us, backpack it in together with the camping gear to a convenient bothy, and then spend one complete day hauling the canoe up to the Loch, paddling thereon, and carrying it back to the bothy.

The late-night walk to the bothy proved that a kayak is a dreadful thing to carry for several miles over rough ground, but it was

fun, and we reached the bothy not long after midnight. The next morning it was dark and dismal, with odd showers of rain, so I decided to set off before the youngsters, and see how far I could carry the boat before my legs snapped off. Actually, it wasn't too bad. I spent some time experimenting, and found that the cockpit seat nicely fitted the top of my head if I held the craft at 90 degrees to my direction of travel. The first mile was through a mature forest, and it just wasn't easy. Once across the Saugh Burn, I had the 'Silver Flow' to cross. This is a gigantic bog over four square miles which is actually flowing south down the valley. Seen from the top of nearby hills, the Flow is covered with crevasse-like rips in its surface, and these water-filled holes are said to be bottomless. Climbers tend to avoid crossing the Flow, preferring instead to go round the north side by Round Loch of the Dungeon, but the Wild Goats cross the bog, and it wasn't difficult to follow their tracks, and after a comfortable trudge, I was soon at the Brishie Burn where it comes out of Long Loch of the Dungeon. I had a wee rest there, before the long haul up the scree slopes to the col between Craignaw and Craignairny, two 700 metre hills which guard Loch Enoch's eastern sides. The ground was so bad to walk on that it was easier to follow the stream bed up on to the col. After all, we should know, nobody ever died of wet feet.

By the time I reached the col, the sun was trying to be brave, and it was pleasant to sit on a rock and look down over the Silver Flow, watching the three little coloured shapes - the youngsters, squelching over.

As the exercise was doing me a world of good, it was no trouble to carry on with the boat to the top of Craignairny. To get from the col to Loch Enoch means either a delicate traverse along huge cliffs

overlooking Loch Neldricken, or a series of short climbs up a terrace of granite slabs. I chose the granite slabs, and the higher I got, the more the wind made life interesting. But it was all good clean fun, and soon I was sat on the upturned canoe on the summit of Craignairny, savouring the views and waiting for the youngsters. They soon appeared, and by the time I had carried the boat down to the white granite shores of Loch Enoch, they had caught me up.

It was bitterly cold and very windy, yet the water still managed to look crystal clear and mysterious. The island with the Loch on it beckoned so we got cracking, taking it in turns to explore. The main Loch is surprisingly deep, its bottom having been scoured out by long-gone glaciers. We heard of one chap, who wanted to measure the depths so he waited until deep winter walked out onto the ice and cut a hole through which to drop his lead-line! The loch on the island surprised us. It turned out to be a good twenty feet above the level of the water in the main Loch, and the water in it was very peaty compared to that in the main Loch.

Over the years I have had several climbers telling bothy-fireside tales about the Loch Enoch monster. It was probably the wind acting on some sort of cross-current, but the big black wave which suddenly appeared, threatening to overturn me couldn't possibly have been caused by a fish, could it?

After a while we all succumbed to the bitter cold, so we scooped our butties behind a rock, and then we set off back to the bothy. On the way down, the youngsters carried the boat, well, it was their turn, and like the RCO told me, I'm too old.

Photographs by Phil Southall

Safety is a good feeling!

römer

WHITEWATER

AVONCRAFT



Kajak



Canyon



sole U.K. distributor.....

Eskimo

Slalom



römer

römer

AVONCRAFT, BURROWFIELD, WELWYN GARDEN CITY, **whitewater**
HERTS. AL7 4SR. Tele: 0707-330000 Send for our colour brochure:-

Guide to Exhibitors

TRADE STANDS

VALLEY CANOE PRODUCTS **STAND 101**

Private Road No. 4, Colwick Industrial Estate, Nottingham, GN4 2JT.
Telephone 0602 6114995

VALLEYS reputation for sea kayaking is boosted this year with the launch of the SKERRY - complementing ocean classics NORDKAPP and SELJE. Plus - AEROQUATIC - Rodeo winning USA import. Pirouetting perfection in touch blow moulded rainbow colours - a real alternative in plastics.

CAPEL CANOES **STAND 102**

Five Oak Green, Tonbridge, Kent, TN12 6RB
Telephone 089283.2128

Capel Canoes Ltd. Canoe beat our prices. Come and see us on Stand 102. Good range of fibreglass and plastic kayaks and canoes. All accessories. Showrooms at Five Oak Green, Nr. Tonbridge, Kent. Telephone 089283.2128

SUNRAY G.P. **STAND 103**

4A Bolton Road, Adlington, Nr. Chorley, Lancs.
Telephone 0257.483362

Audi to Zastava, Panda to Porche. Sunray uprights, J Bars, V Bars and Thule Roofracks to fit over 350 different models of cars. Phone orders Access/Visa. Also suppliers of canoes and accessories to clubs, groups, individuals, H.M. Forces and Educational Authorities.

SPLASHSPORT **STAND 104**

224 Harwood Street, Darwen, Lancs, BB3 1PD.
Telephone 0254.75737

New for 1988 - Dri-cagoules and matching Dri-trousers in exciting colour combinations, a new instructor buoyancy aid, re-designed cagoules and buoyancy aids in fluorescent colours. Come and see our range, then make your selection from one of our retailing stockists.

NEW WAVE **STAND 105**

76 The Green, Twickenham, Middlesex. TW2 5AG.
Telephone 01.898.4839

New Wave canoe and kayak paddles. Full range of the latest designs and constructions including Rim and Rim High Tech.

LENDAL PRODUCTS LTD. **STAND 106**

30 Hunter Street, Prestwick, Ayrshire, KA9 1LG.
Telephone 0292.78558

LENDAL continue to improve quality and design. A new SLALOM paddle is to be introduced for competition paddlers incorporating a replaceable tip where the paddle suffers most wear and tear. Come to stand 106 for the latest in paddle technology.

BUSHSPORT **STAND 107**

Unit 14, Ferry Court, Ferry Lane, Bath, Avon, BA2 4JW.
Telephone 0225.445326

Exciting new developments in spraydeck technology will be displayed alongside the complete range of Bushsport products.

BUSHSPORT - THE BUSINESS

HAZE ENTERPRISES **STAND 108**

25 Primrose Hill, Tockenham, Wootton Bassett, Swindon, Wilt.
Telephone 0793.852904

Come and see our range of high quality canoes and accessories at down to earth prices, including many special offers at the show.

GRANTA BOATS LIMITED **STAND 109**

29 Great Whyte, Ramsey, Huntingdon, Cambridgeshire, PE17 1EZ.
Telephone 0487.813777

A wide range of ready built craft in both GRP and Polyethylene will be on display. Also the Kayel range of 'Typy' do-it-yourself plywood kits for canoes and kayaks, together with safety equipment, paddles etc. New additions to the range for this year's exhibition will make their debut.

A.C. CANOE PRODUCTS **STAND 110**

(CHESTER)LTD
P.O. Box 62, Chester, CH1 3SX.
Telephone 0244.311711

New products on display will include the new helmet models AP2000 and AP3000 developed to meet the needs of the modern rough water canoeist together with the 390 cm general purpose kayak Feishion and 360 cm white water kayak Cadence.

WAVESPORTS LTD **STAND 111**

5 Tudor Court, Harold Court Road, Romford, Essex. RM13 0AE.
Telephone 04023.73371

Bigger and better yet again. More space at the Exhibition

so nobody need miss out on the bargains this year. Bigger and better at Romford and now at the new shop and outdoor facility in Wirksworth, Derbyshire. Wavesports always does it with style.

Look out for the amazing new Lazer white water play boat with the Yankee custom job. Squirr boats are here at last - brought to you by Wavesports - a new philosophy of sub aqua canoeing. Plus lots more. Karnali, Mexico, Siberia, Peru - we were there providing the expedition equipment - Wavesports always involved, always at the top.

PERCEPTION KAYAKS SEE GAYBO **STAND 112**

Bellbrook Industrial Estate, Bell Lane, Uckfield, East Sussex. TN22 1QL.
Telephone 0825.5891/2

From Sprint Racing in the Olympic Games in Seoul, to the Europa Cup and Marathon Worlds, Gaybo canoes and Kayaks have been chosen in 1988 by top paddlers across the world. New Perception kayaks on display - The Dancer XS; The Keowee; The new polyethylene Reflex.

TRYLON LTD. **STAND 113**

Thrift Street, Wollaston, Northants NN9 7QJ.
Telephone 0933.664275

TRYLON are showing a popular range of thermoplastic canoes along with a selection of accessories and equipment from leading manufacturers. Look out for our stand in the main hall where you will receive the usual first class service.

WILD WATER **STAND 114**

Glasshouses Mill, Pateley Bridge, North Yorkshire.
Telephone 0423.711624

New drytops, new body form suits, new helmets, new paddles. All of 'Wild Water's' extensive range is on show. Careful attention to fabrics and textile performance make Wild-Water's 1989 range the best there is. Wild Water - for that freedom feeling.

CHRISFILM AND VIDEO LTD **STAND 115**

Glasshouses Mill, Pateley Bridge, North Yorkshire.
Telephone 0423.711310

Canoeing and outdoor films and videos are our speciality. 20 new titles, from basic strokes to advanced USA Squirt Boating will be on view. Many now reduced in price. The gravity sports are our speciality.

MARSPORT **STAND 116**

215 London Road, Reading, Berkshire.
Telephone 0734.665912

Marsport views the Exhibition as an occasion to meet and talk to paddlers of all abilities and disciplines. We value the opportunity to display our very successful range of boats and paddles and are delighted to help or advise.

DALAPRE BLADES **STAND 117**

DELAPRE are now specialising in paddle blades. See the finest range of competition and club quality blades available today in Hall 1 on stand 117.

WHITEWATER **STAND 118**

Shepperton Marina, Felix Lane, Shepperton, Middlesex.
Telephone 0932.247978

Part of our huge range of canoes, kayaks, surf skis and accessories will be on show. Expert advice from qualified staff will help you to get the most out of your equipment.

THE P & H COMPANY **STAND 119**

Station Road, West Hallam, Derby, DE7 6HB.
Telephone 0602.320155.

SEA - SLALOM - POLO

Visit the new P & H COMPANY stand and see the largest selection of glassfibre kayaks for 1989. Excellent products and design, friendly service. Stand 119 in the Main Hall.

PYRANHA CANOES **STAND 120**

Marina Village, Preston brook, Runcorn, Cheshire, WA7 3DW.
Telephone 0928.716666

Acknowledged as the world leaders in the production of high specification white water and general purpose kayaks, Pyranha now introduce their foam sandwich 16' Open Canadian "The Traveller". Highly manoeuvrable, yet stable. This canoe sets new standards in canadian paddling.

ARROWCRAFT MARINE **STAND 121**

Union Street, Bridgetown, Cannock, WS11 3BY.
Telephone 0543.573466

Arrowcraft are manufacturers and wholesalers of canoes, kayaks and canoeing equipment. All of these products, including the Aquabat Polo/Fun craft are available from your nearest canoeing retailer. A selection of the range can be seen on our stand number 121.

THE COLEMAN COMPANY **STAND 122**

Harbour Road, Parish Wharf Estate, Portishead, Bristol, BS20 9DA.
Telephone 0272.8845024

Coleman Canoes are the world's Number One selling Canadian Canoe available in four separate models from 13'

to 17'. They are incredibly rugged and have hulls moulded of tough RAM-X, a material that is exclusive to Coleman, will-flex under impact and stands up to punishment that would destroy any aluminium or fibre glass canoe. For 1989 we have attractive new colour choices and added a protective black vinyl cap to our gumels. If you want to see exactly why Coleman Canoes are the toughest afloat, then visit our stand to see our hourly demonstration (on the hour) of just how indestructible our canoes are.

ECLIPSE RACING **STAND 201**

5 Washington Road, South Woodford, London, E18 2JZ.
Telephone 01.989.4372

The right boats - the right equipment - the right advice - the right price. Panther K1; Cyclone K1; Cirrus K1; Vitesse K2; Whisper K2; Stratos K2;

Double Olympic Gold - National Sprint and Marathon Championships Gold Devices /Westminster Gold - Beat That'. Eclipse Racing - right from the start.

CANOE SPORT **STAND 202**

1 Lincoln Drive, South Wigston, Leicester, LE8 2XU.
Telephone 0533.786944.

Suppliers of a range of quality boats and accessories by leading manufacturers. Independent expert advice always available from our friendly team. FREE MAIL DON'T MISS THIS CHANCE TO SEE US IN HALL 2.

HEYLAND MARINE **STAND 203**

Bourne End Marina, Wharf Lane, Bourne End, Bucks, SL8 5RR.
Telephone 06285.28830

Will be exhibiting their range of quality and competitively priced double lined wetsuits and accessories. New suits for 1989 in fluorescent colours. Plus their range of single general purpose GRP canoes with accessories/discounts available for Schools, Scouts, County Councils.

TRAIN FOR CANOEING **STAND 204**

(ELLIOT TRADING LTD)
Unit 5C, Ashchurch Business Centre, Tewkesbury, Glos. GL20 8HD.
Telephone 0684.29844118

Visit us on Stand No. 204 for our full range of Placid Water Canoes and Kayaks including the lightweight Victoria 16 and Poly Pippin 14 Kayak. We also have the full barishok range including cags and the new Allsport buoyancy aid.

CREWSAVER **STAND 205**

Mumby Road, Gosport, Hampshire, PO12 1AQ.
Telephone 0705.528621

Crewsaver will be exhibiting their range of buoyancy aids especially designed for beginners and enthusiasts alike. The Canoe ideal for beginners and pleasure paddlers or the Slalom for white water enthusiasts. For the full safety story come and see the Crewsaver range of safety equipment.

HARMAN SERVICES **STAND 206**

89, Hazel Way, Crawley Down, Crawley, West Sussex, RH10 4EU.
Telephone 0342.715035

The best thermal products available. All are British made in machine washable thermal fabric, as used by divers, cavers, lifeboat crew etc.

Our fourth successful year of supplying British canoeists. Now extended range of styles and fabrics to suit all.

KINGS GLASSFIBRE **STAND 207**

Unit 19 Atlantic Trading Estate, Barry, South Wales.
Telephone 0446.721488

Manufacturers of a wide range of craft, from beginners to competition. Also on display this year, a range of surf skis and the Sea Tiger, the ultimate in sea canoeing, with an emphasis on safety, stability and manoeuvrability.

PURE PERFECTION **STAND 208**

CUSTOM/MOBILE COACH
Unit 22, Gaerwen Industrial Estate, Gaerwen, Anglesey, LL60 6HR.
Telephone 0248.421036

Pure Perfection renowned for their radical surf skis have done it again. Come and see the revolutionary new Aleut Sea II double sea kayak, the boat designed by a sea canoeist for sea canoeists. See Howard Jeffs on stand 208.

NO LIMITS **STAND 209**

59 Trent Boulevard, West Bridgeford, Nottingham, NG2 5BB
Telephone 0602.813222

Brighten up 1989. Come and see our new range of No Limits original clothing, Jumpin Jack Splash wetsuits and canoe equipment. Be different and make this year full of fun and excitement with No Limits.

WATERWAYS **STAND 210**

62 Lagland Street, Poole Dorset.
Telephone 0202 677523

Probably the largest retailer in the UK for Wave Skis and still having the largest range of canoes and accessories on the south coast. Introducing for the first time Perry Wetsuits, offering the made-to-measure suits for all.

MOBILE ADVENTURE **STAND 211**

Bridge Works, Knighton Fields Road West, Leicester.
Telephone 0533.830659

The Open Canoe Specialists continuing to spoil the customer for choice. A greater choice of quality and efficient canoes, a larger selection of paddles, a wider choice of accessories designed especially for the open canoe paddler. Call and see us Stand 211.

HAYLING TRAILERS **STAND 212**

254a Havant Road, Hayling Island, Hants, PO11 0LW.

Telephone 0705.4464176

Come and see us and discuss your requirements for transporting canoes and kayaks. We have a range for carrying up to 18 with optional storage boxes. Our policy of continual research and development coupled with tight quality control and good solid engineering has made Hayling Trailers the leading specialist canoe trailer manufacturer in the U.K. today.

TWR-Y-FELIN

OUTDOOR CENTRE STAND 213
St. Davids, Pembrokeshire, SA62 6QS.
Telephone 0437.720391

The best sea canoeing in Europe. Offshore islands, clean surf, magnificent cliffs and the best tidal rapids in the country. All lie within four miles of our front door. We run exciting courses and expeditions and a sea kayak demonstration centre.

NIGEL FOSTER

CANOING VENTURES STAND 214
5 Tan-y-Bwlch, Mynydd Llandegai, Bethesda, Gwynedd, LL57 4DX.
Telephone 0248.6022058

SEA CANOING SPECIALISTS. Iceland and Lofoten Islands (Norway) are our 1989 expedition course venues, with North Wales and Scotland providing delightful training grounds for our novice, improver and advanced courses. We now also market the best of kayaks and equipment.

OUTBACK LTD

STAND 215
6 Brenton Terraces, Downton, Nr. Torpoint, Cornwall.
Telephone 06035.332

PADDLES PAUL BURAUD

STAND 216
c/o The Layland & Birmingham Rubber Co. Ltd., P.O. Box 2, Golden Hill Lane, Layland, Preston, Lancs. PR5 1UB.
Telephone 01033.46.96.42.22

Paddles Buraud - the bright ones from France. New colours, attractive prices. Distributors in the UK required. Come and see us on stand number 216 in Arena 2.

CLOTHTEC

STAND 217
92 Par Green, Par, Cornwall, PL24 2AG.
Telephone 0726.66565

Visit Brian Sheen at Clothtec, Stand 217, Arena 2. Look at his unique range of canoeing accessories - special buoyancy aids, canoe cags and mittens.

CHANG

STAND 218
2 Stanley Court, Perton, Wolverhampton, WV2 7TG
Telephone 0902.351076

We manufacture a range of canoeing clothing and equipment. We also manufacture "Own Label" products for several leading retailers. We will discuss your requirements for our products or the manufacture of your own designs. Trade enquiries only.

YAK

STAND 219
35 Harcourt Road, Dorney Beach, Maidenhead, Berks, SL6 0DT.
Telephone 0628.31583

YAK will be exhibiting their latest designs for hot dogging and playboating. Additions to the range include Harlequin cags (dry or slalom), the acclaimed "Care Bear Handbag" throwline and the new all double lined Yakdeck.

FIELD AND TREK

STAND 220
3 Wales Way, Brentwood, Essex. CM15 9TB.
Telephone 0277.233122

We're not famous as canoeing specialists (although we have canoe enthusiasts on our staff), but we are famous for our low prices and superb catalogue. See our range of canoeing equipment plus outdoor clothing, waterproofs, sleeping bags and much more.

MOUNTAIN STREAM ACTIVITIES

STAND 221
Wydemat, Hexworthy, Yeovilton, Devon, PL20 6SF
Telephone 03643.215

BCU Approved Centre offering specialist canoe courses and outdoor activities (e.g. climbing, walking, caving, riding, sailing). Residential courses/holidays for individuals, groups and schools. All ages and abilities welcome throughout the year. Self catering, B & B or full board accommodation available.

SPORTING TRAVEL SERVICE

STAND 222
9 Teasdale Close, Royston, Herts. SG8 5TD.
Telephone 0763.42867

Canoeing and Adventure Holidays for everybody, ranging from Swedish, Danish, Norwegian and French Canoe Safaris in open canoed to our successful "Canoeing in Nepal".

Also featuring special deals for international competition at Arctic Canoe Race, Liffey and Scandinavian Water Race.

CANOIST WORLD

STAND 223
Unit 10, Eaglesfield Works, Main Street, Leire, Leicestershire, LE17 5HP.
Telephone 0455.202167

Designers and manufacturers of leading quality canoes and kayaks and suppliers of all makes of accessories. A friendly team always available with helpful advice. Special rates for clubs etc. FREE MAIL ORDER.

For all your canoeing needs "CANOIST WORLD".

SLALOM SPORTS

STAND 224
12 Holmscroft Road, Luton, Beds, LU3 2TJ.
Telephone 0682.571841

Slalom Sports will again be displaying a wide range of canoes and canoeing accessories by leading manufacturers, plus their own exciting Lycrawear products. Also for the

first time, a display of the revolutionary new design "Dave Brown Polo Paddle".

COASTAL MARKETING & NUCLEUS STAND 225
204 Frinton Road, Holland on Sea, Clacton, Essex, CO15 5SP.

Telephone 0255.812146

Coastal Marketing/Nucleus, the largest canoe shop in North Essex specialising in beginners and intermediate paddlers and bulk supply to Scouts, Centres and Forces. Close to Harwich for exporting to Europe and Scandinavia. Manufacturers of the Beaver, Brave and Chieftain.

MI DESIGNS

STAND 226
Scanro Ltd, Unit 99, North Pine Ind. Estate, Long Benton, Tyne and Wear, NE12 9SZ.
Telephone 091.266.9222

MI Designs will display many new items including paddles, accessories and the new MI Adventure 335 Kayak. MI Designs in 1989 will continue its commitment to high quality and service at the most competitive prices available.

KIRTON KAYAKS

STAND 300
Marsh Lane, Cradition, Devon, EX17 1ES.
Telephone 03632.3295

Kirton Kayaks (The Canoe Centre Ltd) are on the North Balcony, showing the latest additions to their range of world famous Racing Kayaks, with the usual quality others strive to achieve. Call and discuss with the experts your personal requirements.

HUMBER KAYAKS

STAND 301
619 Anlaby Road, Hull, HU3 6SU
Telephone 0482.54076

Looking for some serious paddling? Don't get heavy, come along to stand 301 or to Wet and Wild Adventure Sports, the Hull shop, ready to make light of your canoeing and outdoor equipment needs.

TWICKENHAM CANOE CENTRE

STAND 302
18 Beauchamp Road, Twickenham, Middlesex, TW1 3JD.
Telephone 01.892.8979

Twickenham Canoe Centre established since 1960 and has a vast range of canoes, kayaks and accessories for racing paddlers, slalomists and the enthusiast. We offer a range of services which include: canoeing courses by BCU Qualified Instructors, Canoe/Kayak hire and repairs, a quick and reliable mail order service. Visa and Access facilities. Come and meet George and all the staff at our stand.

PALM CANOE PRODUCTS LTD

STAND 303
Harbour Road, Portishead, Bristol, BS20 9BL.
Telephone 0272.844.22740

Palm are established as leaders in the production of high quality canoes, surf skis and fashionable accessories. As one of Europe's leading brand names, visitors are welcome to the stand on the North Balcony to see the exciting colours and designs for 1989.

CANOIST MAGAZINE

STAND 304
4 Sinoan Road, Appleford, Oxon, OX14 4PF.

Britain's monthly canoeing magazine covering all canoeing. Inland and sea touring, surfing, slalom, wild water racing, marathon, polo, sprint, lifeguarding and sailing in all parts of Britain. News, comments, equipment tests, water guides, competition coverage, expeditions and free select mailing service.

GUL WETSUITS LTD

STAND 305
Walker Lines Industrial Estate, Bodmin, Cornwall, PL31 1EZ.
Telephone 02008.72382

Gul - one of the pioneering companies in the water sports industry, started developing in their specialised field of wetsuits 18 years ago. Their range has now expanded to include suits for diving, canoeing, dinghy sailing, making Gul a leading manufacturer in Britain today.

RAIDER WAVE SKIS

STAND 306
Unit 8, South Cornelly Trading Estate, Portcawst, Nr. Bridgend, Mid Glamorgan, South Wales, CF33 4RE.
Telephone 06556.744691

RAIDER WORLD CHAMPIONS. Raider Wave Skis lead the world in design, winning more competitions world wide than any other ski. Skis are now finished in fluorescent colours in a new, High Tech modern factory. Books, videos, clothing and accessories are available.

SCREEN GRAPHICS

STAND 307
73 Great Norbury Street, Hyde, Cheshire, SK14 1BP.
Telephone 061.368.3775

Wide range of printed leisure wear, T-shirts, vests, sweatshirts, jog bottoms, printed with inhouse or own designs. Best quality garments at great value prices. We also print vinyl stickers, marathon/racing plates. Telephone for free quotation.

FREEBLADES

STAND 308
51 King Edward Road, Northampton
Telephone 0604.38673

Our commitment to development ensures that your performance is improved dramatically. One example of this being our new slalom paddles, which went through six subtle design changes to give the blade that extra edge you need. Like all the freeblades range, designed to win. Come and see us on stand number 308.

SUZU

STAND 309
34 Kelvinbrook, West Molesey, Surrey, KT8 9RZ.
Telephone 01.941.2714

Equipment designed by canoeists - for canoeists. Come and talk to the designers and manufacturers and see our full

range of products, including further improvements to the very popular GREEN SLIMES THROWBAGS AND SUZY WAIST TOWNLINES. Introducing our new LINE AND TRACK PACK for open Canadian Canoeing. Plus old favourites - PADDLE MITTS, BACKSTRAPS and don't miss our OUT TO LUNCH RADICAL SHORTS (or could you?)

AVONCRAFT

STAND 310
Barrowfield Industrial Estate, Welwyn Garden City, Herts, AL7 4SR.

Telephone 0707.330000

The most exciting and varied range from Prijon Schlegel H.F. Grumman and Roma. Prijon will be introducing three new kayak designs. Schlegel the eye-catching fluorescent safety coloured paddles, H.F. the new and extended range of safety equipment and dry packs.

NORTH SHORE DESIGNS

STAND 311
Tanton Hall Farm, Stokesley, Middlesbrough, Cleveland, TS9 5JT.

Telephone 0642.710350.

SOLA WETSUITS

STAND 312
Ocean Quay, Richmond Walk, Stonehouse, Plymouth, PL1 4QA.

Telephone 0752.550442/0752.551510

An excellent new range of wetsuit. Special terms for retail outlets, clubs etc.

McNULTY SEAGLASS

STAND 313
McNulty Quay, Corstorphine Town, Commercial Road, South Shields, Tyne and Wear

Telephone 091.456.3196

Come and see the record breaking Sea Hunter with its new lifting rudder and revolutionary water tight hatch. Also the ever popular Huron Canadian, superbly finished in mahogany. For the kids, the superlight Junior Harrier on the North Balcony.

FAR NORTH - CHRIS HARE

STAND 314
Unit 3A, Ullswater Road, Longhill Industrial Estate, Hartlepool, Cleveland, TS25 1UE.

Telephone 0429.2235737

Far North - the Canadian Canoe people, show their new Kevlar Trapper. 17ft. 6 in. Liffey Descent winning craft. Light, fast touring canoe for double/sole paddling. New, classically lined, Freedom 13 for solo adult, junior double paddlers plus canoe accessories from boots to paddles.

PADDLESPOUR/WAVEFORM

STAND 315
9 Sadler Close, Stratford on Avon, Warwickshire.

Telephone 0789.298187 0203.228246

The Paddle Sport Company, now including Waveform shops at Coventry and Newark, offer one of the widest ranges of equipment in the U.K. Customer service is the cornerstone of our business for both retail and contract customers.

DIRTY HABITS WAVE SKIS

STAND 316
2 Piece Farm Cottages, Piece, Redruth, Cornwall.
Telephone 0209.211977

Britain's No.1 Skis. Total quality, unbeatable performance, incredible style. For awesome performance try the XP75 and XP85, otherwise try the exceptional all-rounders the AV70 and AV90. See our very latest designs together with all accessories and clothing.

SHELL OIL

STAND 507
The Wild Water Racing Committee are pleased to announce their sponsorship link up with Shell Oil for the 1988/89 season. This will culminate with the world championships in June on the Snake River in America.

ALPINE CANOE HOLIDAYS

STAND 601
Pace Outdoor Centre, Forest in Teesdale, Barnard Castle, DL12 0HA.

Telephone 0833.22302

Excitement, fun. Canoe Austria. Big bouncy water to picturesque mountain streams. For beginner to expert, excellent tuition, new boats, May to September, fly or drive, and now fly/hire for the independent paddler. The adventure holiday from Alpine Canoe Holidays.

OCEAN WORLD

STAND 604
Ocean House, High Street, Cowes, Isle of Wight, PO31 7RR.
Telephone 0983.291744

Ocean World will be displaying their largest range yet of canoeing leisurewear for all disciplines, including Slalom, Marathon, Sprint, Polo etc. Information for club and team uniforms will also be on display.

SPLASH

STAND 605
7/9 Hasseldine Road, London Colney Herts, AL2 1RR.
Telephone 0727.22200

Splash Watersports/Hotsurf will again be retailing a comprehensive range of wetsuits, clothing and footwear at the best prices.

CALSHOT ACTIVITIES CENTRE

STAND 606
Calshot Spit, Fawley, Southampton, SO4 1BR.
Telephone 0703.892077/8913380

Calshot Activities Centre, situated on the South Coast within the Solent, is widely recognised as the County's premier sea canoeing centre. As a BCU approved centre we can offer competent safe instruction second to none, whether it is for a beginner's course, or for a high level coaching weekend. Besides the full range of BCU courses we also run advanced sea and white water trips and expeditions to the Continent and Scotland

Continued on page 33 →

**Where else could you –
CAVE – CLIMB – CANOE –
MOUNTAIN BIKE
SUB AQUA
WINDSURF
HORSE RIDE
HANG GLIDE
PARACHUTE
ABSEIL
SAIL...**

**from as little
as £35!**

GREAT ESCAPES

ADVENTURE HOLIDAYS '89

Ring for your **FREE COLOUR BROCHURE**
and YHA map – **NOW!** on
(0727) 43871 or write to:

Great Escapes Dept:
YHA (England & Wales)
Trevelyan House,
8 St. Stephen's Hill,
St. Albans, Herts AL1 2DY.



Wise DESIGNS Recreation

The Recreation range has been specially selected for coastal touring, games in the local swimming pool, or tackling the gentle rapids of wide rivers.

The range consists of the 415 "tourer" and the 300 "Spirit" kayaks, the recreation paddle (also available in a "Canadian" option) and accessories are specifically designed for recreational usage. (a separate rudder kit is also available to fit to the 415 tourer).

The 415 is a classic touring kayak, comfortable, stable yet responsive with a comfy seat and adjustable foot-rest.

The 300 is short & quick with a roomy cockpit capable of taking anyone from a child to an adult, and is therefore perfect for holiday use.



**300 Spirit
415 Tourer**

Manufactured in the UK
by Scanro Ltd.,
Unit 99/15 North Tyne Ind. Est.,
Whitley Road, Longbenton,
Newcastle upon Tyne
Tel: (091) 266 9222
Fax: (091) 266 9225

JERSEY WATERS



Peter Hargreaves tackles Tour de Rozel. Photograph by Kevin Mansell.

Kevin Mansell of Jersey Canoe Club describes the very special kind of paddling offered by the island of Jersey.

The waters around Jersey offer a wealth of canoeing experiences for the discerning paddler: coastal exploration, offshore cruising or white water thrills.

Interesting coastal paddling can be found on the Western half of the South coast and the whole of the North with numerous caves and good rock hopping potential. Departing from Greve de Lecq in the North West of the island, the mile and a half to the East has plenty of caves and inlets to investigate.

Within the bays, the main strength of the tidal stream is avoided, but rounding the headlands requires some planning. Quite strong tidal races develop off the prominent points, providing endless whitewater excitement.

One headland in particular, Tour de Rozel off the North East corner has unseated many a competent canoeist. The race forms on the rising tide flowing eastward, and on springs moves at up to 8 knots. Access is usually by leaving Rozel paddling West, using the eddies. The fast water occurs between the headland easily distinguished by its white summit rocks, and a rock about 50 metres off shore.

There are numerous other paddles in the area, of all standards and types which are waiting for the visiting paddler. So if you are looking for good quality canoeing away from the mainstream of British paddling seriously consider Jersey as your next destination. You won't be disappointed!

Exploring the North Coast. Photograph by Kevin Mansell.



WAVE DESIGNS BREAKER

Catch a wave, out manoeuvre all but the best board surfer on the wave face and then accelerate back out through the break leaving the board surfer floundering in the waves-the greatest surf experience!

While the MI Surf Breakers provide an ideal introduction to surfing for the canoeist it can also offer an introduction to kayak techniques for board surfers and wind surfers.

Although really easy to learn on, the Breakers are exciting in surf and are fun to paddle off any beach.



Manufactured in the UK
by Scanro Ltd.,
Unit 99/15 North Tyne Ind. Est.,
Whitley Road, Longbenton,
Newcastle upon Tyne
Tel: (091) 266 9222
Fax: (091) 266 9225



RIVER DART Canoe Courses 1989

Beginners Kayak & Open Canadian
2 - 4 June, 21 - 23 July.

Proficiency, 3 Star Training & Testing
10 - 13 March, 7 - 9 April, 8 - 10 Sept.

Beginners Whitewater Skills
10 - 12 March, 8 - 10 Sept, 20 - 22 Oct
3 - 5 Nov, 1 - 3 Dec.

Instructor Training/Assessment
5 - 7 May.

SI Training/Assessment
13 - 15 Oct.

All courses include
full board accommodation from £42.

For details of courses,
accommodation and instruction
contact

**Mountain Stream Activities,
Wydemeet, Hexworthy, Yelverton
DEVON PL20 6SF. Tel: 03643 - 215**



Eskimo Rolling for Survival **NEW**

Derek Hutchinson

This clearly illustrated book gives step-by-step instruction on mastering a variety of rolling techniques together with confidence-building exercises and advice on teaching. The technical information is enlivened throughout with rolling anecdotes from famous canoeists.

The book is a 'must' for learners, teachers, and even the experienced, who will discover quite how much more there is to learn.

also
available

Canoe Games David Ruse
Sea Canoeing Derek Hutchinson

A & C Black

ORDER FORM

To: A & C Black, FREEPOST, Huntingdon, Cambs PE19 3BR
Please send me:

QTY	TITLE	PRICE	Prices are inclusive of Post & Packing
	Eskimo Rolling	£9.95	
	Sea Canoeing	£7.95	
	Canoe Games	£7.95	

I enclose a cheque/postal order for £ _____

or Please charge my Access/Visa card with £ _____

Card No.

Name _____ Signature _____

Address _____

Postcode _____

Helping you out of hot water...and cold.

Spray Decks

5oz Slalom Spray Deck.
Poppin Spray Deck.

Mitts

Insulated padding.
One size only.

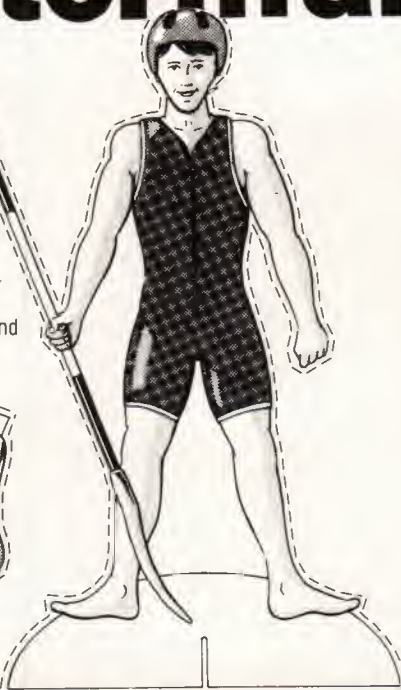


The Allsport

Ideal for canoeing and other water sports.
Short waisted for comfort and ease of movement.
6 sizes : XL - Toddler.

The Shortie

Designed for the Canoeist.
Short style with waist draw cord for ease of fit and wear.
Absolute ease of movement.
5 sizes : XL - Child.



You might say that the Perry-Harishok range of buoyancy vests, cags and accessories were 'cut-out' for water safety. You'd be right.

Perrys have been at the forefront of the marine safety market for over 100 years. Ample time to perfect comfortable, high quality buoyancy vests designed with safety in mind.

Unsinkable, long-lasting AIREX foam, easy-use fasteners, snug-fit zippers and tough Bri-Nylon outer covers are some of the more obvious design features. We have all our vests approved by relevant independent authorities to cover the less obvious.

Whatever your water sport or leisure activity, Perrys have a buoyancy vest to suit. See your local stockist for our full Perry-Harishok range, or for a brochure, call us direct.

DESIGNED FOR WATER
SAFETY BY

perrys

Marine, Offshore & Industrial Safety Specialists

Perry-Harishok

R. Perry & Co. Ltd., Monks Ferry, 90 Church Street,
Birkenhead, Merseyside. L41 5EQ. Tel: 051 647 5751
Also at: Southampton (0703) 632824 Bristol (0272) 631294

COMMITTEE FOR ENGLISH AFFAIRS

English Regions

Wherever you live in England, the British Canoe Union is close to you. If you live in Northern Ireland, Scotland or Wales, then your own national canoeing association is near at hand. Each English region has its own organisation to look after the interests of all its members. Regional officers, who are volunteers, can provide up-to-date local information on all aspects of canoeing and details of canoe clubs.

Newcomers to the sport can take part in regionally organised local competitions before moving on to take part in national ranking events. Regional committees are promoting more and more of these local events. This is an easy way into competition or simply to see if you like competing. If competition is not your scene, then you can enjoy taking part in tours organised in many regions.

The regional committee is a strong voice for canoeing which must be heard on the Sports Council, local authorities, river authorities and many other bodies who can make decisions which will affect canoeing and canoeists. The committees try hard to understand what their members think and what they want so that they can influence the central organisation of the BCU to make wise policy decisions. This may sound a bit boring and far removed from actual canoeing but canoeists would soon notice the difference if the work of the regional officers was not carried out!

The regional committees work as closely as possible with clubs and much of the development of our sport and recreation is achieved through the efforts of clubs. Regional committees set out to act as catalysts and to coordinate the work of clubs to maximise the work of volunteers.

There are many fine examples of how the BCU in the regions is achieving advances in canoeing. Near Manchester, the BCU North West region is working with Trafford Council and the Sports Council to develop a watersports site at Sale Water Park, with a large canoeing section and a slalom and white water training course on the adjacent River Mersey. In the Yorkshire and Humberside region, they hold regular video evenings which provide first class entertainment and an opportunity for exchanges of views between members and the committee. In the West Midlands there is a well established regional competition series in both slalom and wild water racing. Many regions produce directories, yearbooks, newsletters and river guides.

Good communication is vital to any successful organisation. The English regions provide a positive two way link between the members and the central organisation. At national level, the BCU has a management committee with the specific job of looking after the regions. Each regional chairman has a seat on this committee. In this way, any member can be involved in the decisions of the BCU.

If you are visiting the Canoe Exhibition and are not yet a BCU member, you can be sure of getting into the action if you join.

WHAT IS ACRMC?

Of the 3 management committees of the BCU, ACRMC is the one that canoeists find most confusing.

I understood that it was the committee that was made up of all the committees left over from the two other management committees

Hall of Canoe Sport

and they are a very varied bunch.

The letters ACRMC stand for 'Access, Coaching and Recreational Management Committee'. It is the word 'Recreational' that cements us together.

Canoeing is a growing sport which needs increasing access to water. The Access Committee oversee this work and finds itself increasingly in the firing line from anglers and canoeists. It is always problems that are apparent in everybody's mind and a successful agreement on a river goes by with little recognition of the hard work involved. Our policy of shared use and negotiation rather than confrontation does not hit the headlines and canoeists often feel that little is being done.

The Access Committee is only as strong as the support we give it. The creation of the voluntary access officers in each region who are building teams of local river advisers is still fairly new. It is proving highly successful with river guides available and increased access in a number of areas.

Whenever there is doubt about the access arrangements on a particular stretch of water it is important to check through the service which is offered.

The Coaching Committee represents one of the largest sections of the Union with over 6,000 registered members. The word 'Coaching' is usually associated with competition and it is rather surprising to find the vast majority of coaching scheme members work in the recreational field. So successful has been the growth of the scheme that anybody should be able to get expert help on any aspect of canoeing in almost any part of the country.

There is also a highly developed system of tests and awards to mark your progress through the sport.

Under the 'R' is a number of committees that is almost entirely devoted to the recreational canoeist.

The Touring Committee is there to promote and advise on all aspects of touring not only in this country but also abroad. They have produced a number of canoe trails and have further embarked upon their touring development plan which promises to open up this aspect of the sport with some very exciting ideas. There is also a system of touring awards which many people will find interesting.

Being an island with a strong marine tradition it is not surprising to find a separate committee for promoting sea touring. This can be a highly specialised activity and at the very least requires a certain knowledge of the sea and the weather if it is to be undertaken in safety. Over the years the Sea Touring Committee has built up an extensive store of knowledge and expertise; so much so that there is nowhere else in the world that you could go to get better help and advice on this aspect of the sport.

The Committee of the Corps of the Canoe Lifeguards represents a small, dedicated band who have given much of their spare time to the service of others. Beaches are patrolled in summer and rescue cover provided at a number of water sports events up and down the country. The Corps has developed a variety of proven techniques over the years and is able to provide training under their award scheme for anybody interested in this area. Their own design of rescue kayak is always of interest to those who

have never seen it.

Canoeing expeditions look exciting on television but are even more so to go on. The Expeditions Committee is a more recent committee which has grown in response to an interest in this area.

Originally formed to help with the financial side it has gathered much expedition knowhow which is freely available.

The Chairmen of the committees that make up the ACRMC meet twice a year to discuss finance, matter of common concern and their plans for the future development of the sport.

Graham Lyon - Chairman ACRMC

SPORTS MANAGEMENT COMMITTEE 1988 REPORT

Perhaps the most significant event of 1988 for the Sports Committees of the Union were, the recognition of Canoe Polo as an International Sport by the ICF, the appointment of Richard Fox as a member of the Sports Council and the election of Albert Woods as Chairman of ICF Slalom and Wild Water Committee. In competition all sports are active and there were several major international events staged in Britain.

The 1st World Marathon Championships were at Holme Pierrepont in July and were an outstanding success in the organisation of the competition. The Wild Water Racing Committee ran the 2nd leg of the Europa Cup on the River Awe near Oban, Scotland with Steve Wells taking overall second place in the Canadian singles event on the first weekend in August. The Slalom committee ran the Europa Cup Final in the form of the 2nd leg of the Slalom Europa Cup at Holme Pierrepont with Richard Fox retaining his title and the C2 crew of Alan Meikle and Colin Brown coming 2nd in the event. The success of the events in Nottingham and Scotland was in no small measure due to the magnificent support received from the local authorities.

The 1st Polo International was a great success with the British team giving splendid performances.

The Racing Committee ran another exciting event at Nottingham and then of course, took their competitors to Seoul for the Olympic Games.

Best results at the Olympics came from Eric Jamieson who reached the finals in both his C1 events.

None of this would have been possible without the help of the Sports Council, the Sports Aid Foundation, the British Olympic Association and monies raised by members to support teams. Even with assistance, many competitors are finding the honour of representing their country a very expensive hobby. During its deliberations FMC have backed the Sports Councils stance on the use of drugs in sport and have recommended a minimum one year ban for anyone tested and found positive.

All competitors will receive advice from their committees as many commonly used medications contain banned substances. Another area of discussion has been the reforming of Centres of Excellence and proposals for a multi discipline centre based at the National Watersports Centre. 1989 will bring many challenges - finance being perhaps the greatest - but we believe that British Canoe Sport is in fine shape and that results and champions will continue to be produced.

Roger Annan Chairman of the SMC



NORTH, SOUTH, EAST, WEST
GAYBO perception®
REACH THE OUTER LIMITS



Photo: M. Attenburrrow.

79° 54' NORTH

Gaybo Ozean double touring Kayak chosen for successful Spitzbergen Expedition 1988

"We reached 79° 54' N. Just 608 miles from the North Pole. Thanks for a great boat."



WEST: World Cup, European and British Slalom Champion, Richard Fox, using Perception Reflex top slalom Kayak.



Photo: Yorkshire Schools.

EAST: China '88. The Yorkshire Schools Exploring Society successfully circumnavigate Lake Quinghai Hu, 10,450' above sea level using Perception Chinook.

SOUTH POLE:

Roger Mear, Robert Swan and Gareth Wood successfully man-hauled their Gaybo-made sledges 883 miles across Antarctic ice to reach the South Pole.



Photo: R. Mear.

Newsflash: Gaybo have been chosen by Sir Ranulph Fiennes to work with British Aerospace to manufacture the high-tech, amphibious sledges for his 1989 Expedition to the North Pole.

For full details of the GAYBO and PERCEPTION range:

**GAYBO LIMITED, Bellbrook Industrial Estate,
Uckfield, East Sussex, TN22 1QL, England.
Telephone: 0825 5891/2**



BCU SUPPLIES

A COMPREHENSIVE RANGE
OF ACCESSORIES FOR
ALL CANOESPORT

Valid until 24th April 1989

MEMBERS ONLY - LOGO DESIGN

	Non-Members Prices	Members Prices
BCU01 Card Organiser. Blue with silver logo design, holds membership card and up to five other credit/business cards.	N/A	1.00
BCU02 1988/Diary. Wallet design, blue with silver logo, incorporates 1988 Diary/Year Planner, large pocket compartment for personal notes and two credit/business cards.	N/A	1.30
BCU03 1988 Year Planner Insert. Year Planner only. For use with 1988 diary wallet.	N/A	.80
BCU04 Key Ring. Leather, blue with silver logo design, holds several keys.	N/A	.85
BCU05 Members' Sew On Badge. Oval shaped cloth members' badge, blue logo and edging on white background, colourfast.	N/A	1.00
BCU06 Blazer Badge. Square cloth badge for blazers, embroidered logo in silver, black background.	N/A	1.50
NEW DESIGN		
BCU07 Members' Tie. Navy blue with two diagonal stripes and logo depicted in white, machine washable.	N/A	3.90
BCU08 Tie Pin/Lapel Badge. Stick pin suitable for ties or lapels, blue logo on silver coloured metal disc.	N/A	1.50
BCU17 Darts Case. In blue leather with BCU logo.	2.95	2.25
BCU16 Hip Flask. Smart 4oz flask, blue leather outer with BCU heraldic emblem in gold.	12.50	10.50
BCU09 Canoe Lock. Tough plastic coated cabling to be used with a padlock for securing canoe and paddle(s) on roof rack or to a fixed point e.g. tree. Approved to the standard required to validate BCU Membership insurance. Padlock not supplied.	5.95	4.95
BCU14 Keepsafe. Brightly coloured water-tight cylinder, screw-top, can be conveniently worn around the neck. Colours:- dayglo orange, dayglo pink, yellow, red, royal blue, white, green.	1.80	1.50
BCU11 Cadet Badge. Round cloth badge for cadets, pictures smurf canoeist in colour on a white background, colourfast.	N/A	.50
BCU13 'I do it ... with the British Canoe Union' Button Badge.	.30	.20
BCU12 'I ♥ Canoeists!' Button Badge.	.30	.20



	Non-Members Prices	Members Prices
STA09 Pencil Rubber. BCU logo in blue.	.45	.35
STA11 "What Breakout?" Poster. Full Colour, 590 mm x 420 mm (portrait).	2.45	1.95

GUIDES AND MAPS

BRITISH ISLES

GAM01 Guide to the Waterways of the British Isles.	4.50	3.50
GAM34 BWB Waterways Map.	.95	.70

NEW EDITION

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

NEW

GAM36 Canoeists Guide to East Anglia.	3.00	2.50
--	------	------

OVERSEAS

GAM15 Austrian & Bavarian River Guide.	7.00	6.00
GAM16 Alpine White Water Guide.	3.60	2.95
GAM17 French River Notes.	.50	.30
GAM18 Canoeists' Map of French Rivers.	5.40	4.50
GAM20 River Allier Guide. French text.	5.00	4.10
GAM21 River Eyre and Leyre Guide. French text.	4.25	3.50
GAM22 River Dordogne Guide. French text.	6.15	5.15
GAM23 River Célé Guide. French text.	5.55	4.80
GAM24 River Charente Guide. French text.	.30	.20
GAM25 River Yonne Guide. French text.	.30	.20

STICKERS

STK01 'I Love Canoeing' Sticker. Strip design 215 mm x 45 mm, for windows, red heart, blue letters.	.60	.50
--	-----	-----

STATIONERY

NEW

STA01 KANU '89 Calendar. 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
---	------	------

NEW

STA02 FIRST DAY COVER	60	.49
STA03 Greetings Card. "Shooting the Rapids" colourful print of the Mattawa River, blank for special messages.	.80	.65
STA06 Licence/ID Sticker Holder. This clear plastic, self-adhesive envelope enables the transfer of your sticker between your boats. One required for each boat.	N/A	.35
STA07 Exhibition Postcard. Colourful scene depicting the Canoe Exhibition at Crystal Palace.	.15	.10
STA08 Pendant Pen. Ballpoint pen with a handy rope for wearing round your neck with BCU logo top.	1.60	1.40

STICKERS Cont'd.

	Non-Members Prices	Members Prices
STK02 'God Went Canoeing' Sticker. Wording reads '...and on the seventh day God went Canoeing' strip design 185 mm x 70 mm, self-adhesive reverse, three colour canoeist.	.60	.50
STK03 'Go Canoe a Kayak' Sticker. Strip design 185 mm x 70 mm, for applying to windows, three colour depicting a canoeist.	.60	.50
STK05 'I'd Rather Be Canoeing' Sticker. Strip design 310 mm x 45 mm for windows, red and white.	.60	.50
STK06 'Oceans are Free' Sticker. Strip design 310 mm x 70 mm, self-adhesive finish on reverse, sea canoeist silhouette, three colours.	.60	.50
STK08 'I do it ... with the BCU' Sticker. Circular design, 100 mm diameter, black and yellow, for windows.	.60	.50
STK09 Union Jack Sticker. Circular design, 100 mm diameter, Union Jack and BCU logo, for windows.	.60	.50
STK10 Graphic Surfer Sticker. Strip design 185 mm x 70 mm, self-adhesive finish on reverse. Features graphic silhouette of a paddle surfer, four colours.	.60	.50

GET INTO GEAR

CLO01 Competition Cag. Lightweight with Scotsguard proofing and PU coated, velcro strap cuffs and collar fastener, elasticated waist and sleeve ends, striking red and royal blue with contrasting stripe, BCU Members' badge sewn on. Sizes:- S, M, L.	16.50	15.50
CLO02 Recreation Cag. Lightweight waterproof top with drawstring hood, velcro strap cuffs and neck fastener, elasticated waist and sleeves ends, red and royal blue with contrasting stripe. BCU Members' badge sewn on. Sizes:- S, M, L.	16.50	15.50
CLO03 Overtrousers. Lightweight, waterproof trousers elasticated waist, zipped pocket, ample leg width and length, royal blue to match cags. Sizes:- S, M, L.	10.75	9.75
CLO06 Thermal Paddlemitts. These mitts., in red to match our cags, have a fibrepile lining ensuring maximum warmth and comfort, even when wet.	10.50	9.50
CLO04 Holdall. Large, lightweight, waterproof sausage-bag style holdall, reinforced seams, sturdy zipper, tag and ring at each end, royal blue and red to match cags. Members badge sewn on.	9.50	8.50
WATERPROOF 'SACS' This range protects valuables from water, sand, dust and rain - keeping cameras, cash, credit cards, documents, emergency kits etc. safe and dry.		
CLO34 'Pouch' 160 mm x 150 mm.	4.10	3.10
CLO35 'Wallet' 280 mm x 170 mm, adjustable cord.	5.10	4.10
CLO36 'Jumbo' 350 mm x 350 mm, adjustable cord.	6.95	5.95
CLO15 'Aguasac Submersible'. Completely water-proof valuables' bag 250 mm x 150 mm, adjustable cord.	6.15	5.15
CLO16 'Aquaman'. For personal stereos - also floats.	8.90	7.90
CLO10 Green Slime's Personal Throwbag. The bag contains 15 m 8 mm of polypropylene rope and comes with explicit instruction on its safe use in every situation.	20.50	19.50
CLO27 Widget Wallet. Zipped cash pocket, clearpockets for credit cards and five separate compartments for visiting cards, stamps etc. Various bright colour combinations. Non-rotting nylon.	3.90	3.25
CLO38 Canoeist's First Aid Pack. Well designed water-resistant pack.	17.50	16.50
NEW		
CLO39 Headtorch. Hands free, comfortable, spare bulb. Batteries not supplied.	19.60	18.40
SUPERLIGHT WARM'N'DRY GEAR is made from a non-irritant wool and nylon mix, is exceptionally comfortable and absorbs and evaporates moisture keeping you warm and cosy. It can be happily machine washed and tumble dried.		

GET INTO GEAR Cont'd

	Non-Members Prices	Members Prices
CLO29 Thermal Longsleeve Crew Top. Navy, S, M, L.	11.95	10.95
CLO30 Thermal Longsleeve Zip Top. Navy, S, M, L.	15.50	14.50
CLO31 Thermal Longpants. Navy, S, M, L.	10.65	9.65
CLO32 Thermal Headover. Navy, Navy, red trim. Red. One size.	4.40	3.40
CLO33 Thermal Ski Tube Socks. Navy. Red. 60 cm.	3.85	2.85
CLO08 Motif Sweater. V-necked pullover ideal for smart or casual wear, embroidered motif, fully machine washable. Sizes:- S, M, L. Colours:- Sky blue, oatmeal, grey, navy blue, black.	11.50	10.50
CLO26 Collared T-shirt. 'Fred Perry' style in airtex cotton, BCU Union Jack embroidered motif. Pastel shades of pink, pale blue, white, and lemon. Sizes:- S, M, L.	10.25	9.25
CLO21 Sweatshirt. Round necked, fleecelined. Machine washable with paddle emblem on left breast in light blue, navy, grey or burgundy. Sizes:- S, M, L.	9.50	8.50
CLO22 International "I'm a Paddler" T-Shirt. English cotton shirt, white with round neck. Logo and "I'm a Paddler" printed in four languages, depicted in blue. Sizes:- 30-32, 34-36, 38-40.	4.80	3.80
CLO23 International "I'm a Paddler" Vest. Cotton vest, British made, white. "I'm a Paddler" in four languages with BCU logo, depicted in royal blue. Sizes:- 30-32, 34-36, 38-40.	4.80	3.80
CLO28 "I'm a Paddler" Baseball Cap. White/royal blue, "I'm a Paddler" in four languages, adjustable strap.	4.40	3.40

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.

STP01 The Coach in Action. Geoff Gleeson.	2.00	1.70
STP02 The Body in Action. Cadman and Hazeldine.	2.00	1.70
STP03 Safety and Injury. John Aldridge, Dr. Howell Jones and Norman Pilgrim.	2.00	1.70
STP04 Improving Techniques. Lees and Shedden.	2.00	1.70
STP05 Mind Over Matter. Hardy and Fazey.	2.00	1.70
STP06 Planning and Practice. Rod Thorpe.	2.00	1.70
STP07 Complete Set of Six Books.	11.25	9.40

NCF COACHING MANUALS

Clear, lively style books - essential reading and reference for all who need an up-to-date guide to coaching at its best.

STP11 The Coach at Work.	6.50	5.50
STP12 Safety First for Coaches.	6.50	5.50
STP13 Physiology and Performance.	6.50	5.50
STP14 Set of Three NCF Manuals.	16.50	15.20
STP08 Stretching.	9.70	9.30
STP09 'Sports Injuries' by Dr. Malcolm Read.	6.60	6.20
STP15 The Inner Game of Kayaking by Robert Cunnington. A psychological approach to coaching technique.	2.00	1.50

BOOKS

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

BOOKS Cont'd

	Non-Members Prices	Members Prices
BKS31 'Slalom Canoeing - An Introduction'	2.95	2.65
BKS22 'To Win the Worlds' by Bill Endicott.	11.25	10.25
BKS14 'US White Water Handbook' by J.T. Urban.	5.90	5.50
NEW		
BKS42 White Water Kayaking by Ray Rowe	10.30	9.30
BKS30 'The Path of the Paddle' by Bill Mason.	16.80	15.80
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

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

HOW TO ORDER

- Select your items from the brochure.
- Complete the order form overleaf, as shown below, stating style, size and colour preferred where relevant.
- Choose your method of payment. You may pay by cheque, postal or money order, BCU Voucher, cash or Access/Barclaycard, although cash is not recommended. Cheques and money orders should be made payable to "The British Canoe Union". Please note that members' discount cannot be applied if current membership number is not supplied. Remittances from Overseas must include 25% extra to cover excess postage and any bank charges incurred in currency exchanges.
- Telephone Orders. Access/Barclaycard holders can speed up delivery by telephoning their orders. Simply call (0602) 817412 during office hours.
- The BCU guarantee that if you are not entirely satisfied with your purchase, you can return any item to us unused within 14 days and ask for a credit, refund or replacement, it's up to you. This no-quibble guarantee is in addition to your legal rights, however we are not responsible for loss or damage on the return journey or for postage costs.
- Under normal circumstances, goods are despatched within 3 days. We may sometimes hold up a consignment if 'out of stock' items are expected soon, otherwise these will be sent on later. If we cannot deliver within 28 days we will notify you. If you have not received your order or notification from us within 28 days, please telephone us immediately.
- Send your order, enclosing payment to British Canoe Union, The Elms, c/o The National Watersports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU, England.

Access/Barclaycard holders can speed up delivery by telephoning their orders.



(0602) 817412

NOTES ABOUT ORDERING

- Prices:** All include postage and packing in the UK, VAT where applicable and are valid only until the expiry date shown on the front of this price list.
- Terms:** Strictly cash with order. Access and Barclaycard-Visa Credit Card payment excepted.
- Overseas:** Remittances must include 25% extra to cover excess postage and any bank charges incurred in currency exchanges.

OFFICE USE ONLY

Received	
Sent	
Complete	Part Order

EXAMPLE ORDER

Qty	Item Description	Item Code	Size	Colour	Total Value
2	SWEATSHIRTS	CU021	L	NAVY	17 00

HOUSE PUBLICATIONS Cont'd

Non-Members Prices Members Prices

NEW

BLT39 'Come Canoeing' Video. Kayak Handling featuring Richard Fox.	25.80	25.00
BLT05 Slalom Yearbook. 1988 edition.	2.30	2.00
BLT06 Wild Water Yearbook. 1988/89 edition (1987/88 £1.15/£1.65)	1.85	1.35
BLT07 Racing /Marathon Yearbook. 1988 edition.	2.60	2.30
BLT28 Polo Handbook 1988.	.75	.65
BLT24 Canoe Polo Coaching and Tactics by Brian Barfoot.	2.00	1.60
BLT38 New Touring Logbook. Includes protective cover.	2.00	1.25
BLT26 Canoe Lifeguards Manual. Eight booklets covering awards and training, equipment, first aid, accident prevention and reading water and weather conditions presented in a ring binder.	11.50	10.50
BLT34 Expedition Pack. Includes planning guide, details on BCU Expedition Grant.	2.50	2.00
BLT08 Information Directory. Summarised version of all information leaflets and documents available from the BCU, loose leaf binder supplied.	9.70	3.40
BLT10 Coaching Logbook. Saddle-stitched.	1.80	1.20
BLT29 Coaching Logbook. Loose leaf.	1.80	1.20

HOUSE PUBLICATIONS Cont'd

Non-Members Prices Members Prices

BLT30 Logbook Continuation Sheets. Sets for loose leaf version. Handling Management.	.90	.75
BLT11 Canoeing No. 2	1.00	.70
BLT12 Canoeing No. 3 Canoe Camping.	1.00	.70
BLT13 Canoeing No. 4A The Kayak roll.	1.00	.70
BLT14 Canoeing No. 4B The Canadian roll.	1.00	.70
BLT15 Canoeing No.5 Canadian Canoeing.	1.00	.70
BLT16 Canoeing No.7A Canoe Building SoftSkin.	1.00	.70
BLT17 Canoeing No. 7B Canoe Building - Glass Fibre.	1.00	.70
BLT18 Canoeing No. 8 Canoeing for Schools and Youth groups.	1.00	.70
BLT19 Canoeing No. 9 History of Canoeing in Britain.	1.00	.70
BLT20 Canoeing No. 10 Canoeing for Disabled Persons.	1.00	.70
BLT31 Canoeing No. 12 Chest Harnesses and Their Use in White water.	1.50	1.00
BLT36 Canoeing No. 13 Throwlines and Their Use in White Water.	1.50	1.00
BLT22 ICF Statutes Book (1985). Rules and regulations for ICF disciplines.	5.00	4.00

Don't forget to quote your membership number.



ORDER FORM

Complete carefully, printing in BLOCK CAPITALS please.

We cannot accept responsibility for incorrectly ordered goods.

Initials Surname Current Membership No.

Address

Daytime Phone No. - in case of queries

Qty	Item Description	Item Code	Size	Colour	Total Value

I wish to Access
pay by :- Barclaycard

Cardholders Name

Card Expiry Date

Cardholders Signature

Barclaycard

IMPORTANT: Keep a note of your order as we do not return a copy.

£

Date Signature

Access

Please print clearly, in the box below, as this will be used to return your goods.

Name
Address
Postcode

If undelivered please return to:-
British Canoe Union, The Elms,
c/o The National Watersports Centre,
Adbolton Lane, Holme Pierrepont,
Nottingham, NG12 2LU, England.

AVONCRAFT

SOLE U.K. DISTRIBUTOR FOR **SCHLEGEL**

SCHLEGEL PADDLES

The undisputed world leader and innovator of composite paddles with the integral aluminium in-laid edging which protects the blade.

ALLROUND
W W PADDLE



BAT POLO PADDLE



PRIJON SR 800 SLALOM W W PADDLE



TOURING PADDLE



ALLROUND EXTREME
W W PADDLE



ALPINE W W PADDLE
FLAT BLADE



SLALOM W W PADDLE



PRIJON SR 810
SLALOM W W PADDLE

AVONCRAFT

GIVES YOU THE CHOICE OF THE WORLD'S FINEST

Office and show rooms open:

Monday to Friday 9.00am to 5.30pm

Saturday 9.00am to 1.00pm

Burrowfield, Welwyn Garden City, Herts, AL7 4SR (0707) 330000

SOLE UK DISTRIBUTOR FOR GRUMMAN CANOES, PRIJON, hf SCHLEGEL AND ROMER.

TRYLON

TEL (0933) 664275

TRUST TRYLON For the **best of everything in Canoeing** send for our latest catalogue and price list or **visit our shop at Thrift Street, Wollaston, Northants.**

Mon-Fri — 8am - 12.15pm 1.30pm - 4.45pm
Come and see us on stand 114 at the International Canoe Exhibition.



ADVENTURE TRAVEL INTERNATIONAL

Multi Activity/Outdoor Pursuits
Instructors required
from January 1989 to work at residential centre in Shropshire.

Persons wishing to undertake a career in Outdoor Education should seriously consider this opportunity.

An intensive training programme will be followed by a full contract, plus food and accommodation.

This position could also lead into extended work in Europe at our adventure centres in the Ardeche, Allier or Mediterranean.

For further details and application forms please apply in confidence to:

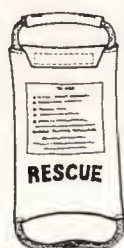
Personnel Officer
Adventure Travel International Ltd
58-60 Saltaire Road
Shipley, W. Yorkshire, BD18 3HN

Suzy

EQUIPMENT DESIGNED FOR
CANOEISTS - BY CANOEISTS

Green Slime Rescue Throwbags

Designed by one of the UK's leading whitewater expedition canoeists and used by major expeditions worldwide.

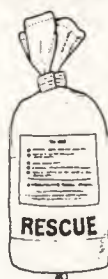


Personal Throwbag

15 metres 8mm rope

Expedition Throwbag

25 metres 10mm rope



Waist Towlines - both placid & rough water models improved for 1988

NEW - Line & Track Pack for open canadian canoes

Pogies - Standard & Forty Below plus our **NEW** model for **Canadian Paddlers.**

COME AND SEE US AT THE CANOE EXHIBITION - Stand 309 North Balcony or for details contact: **SUZY**
34 Kelvinbrook, West Molesey, Surrey
KT8 9RZ. Tele 01 941 2714.

YAK

Visit us on stand 219 in Arena 2 at Crystal Palace. We will be exhibiting our new range for '89, including the return of the Toastie buoyancy aid, an all new super durable YAK spraydeck, the ultimate wetsuit for whitewater (You'll never slide around in your boat again!) plus our proven Dry Cag with the warmest neck seal on the market and the acclaimed Care Bear Handbag Throwline. If you need advice on any aspect of playboating or this years Rodeo Circuit, pop along for a chat. For full details of the YAK range write or telephone, **YAK**

18a QUEEN STREET, ASPATRIA,
CUMBRIA, CA5 3AR. TEL: (0965) 21190

Regional Round Up

EASTERN

Following representations from the BCU and local canoeists, the Waveney District Council have agreed to exempt canoes and rowing boats from harbour dues at Southwold Harbour. Have any members come across other examples of harbour masters levying dues? If so please contact the new Regional Access Officer, Rod Cooke, 5 Cliff Avenue, Gorleston, Norfolk, NR31 6EQ. The region nominated Rod Cooke as a member of the Broads Authority Navigation Committee, but the nomination was unsuccessful. Many thanks to the retiring RAO, Colin Kempson, who will be concentrating on canoe touring.

EAST MIDLANDS

Problems have arisen at Kings Mills on the River Trent due to the behaviour of some canoeists. The new owner of the Priest House Hotel plans to charge canoeists to use his land and car park. Please park at the far side of the car park from the hotel. Do not use the hotel toilets as changing rooms, but be discreet when changing. Behave so as to be in no way objectionable to hotel patrons. Suitably dressed canoeists are welcome in the hotel bar and restaurant.

Following the regional AGM on 22 November, the region still needs a new chairman to replace Keith Hampton and represent the region at national level. As Vice-Chairman, Keith will concentrate on development as part of the new team for 1989.

LONDON AND SOUTH EAST

Would you like to help to run your region? We need a secretary and other committee members. Offers of help to and more information from Chairman, Brin Hughes, 14 Reeves Avenue, Kingsbury, London NW9 8LP (tel 01 205 5388).

NORTHERN

At the regional AGM on 24 November, David Taylor from Windermere was elected Chairman and Vice-Chairman is Paul Kelly of Durham. Keith Lambley of Sunderland remains as Treasurer and Robin Everingham of Kendal as Secretary. In the new year, Dave Gray of Winlaton Mill, Tyne and Wear will take over, pending elections, as Regional Coaching Organiser from Bob Eaglestaff who is moving to North Wales. Regional Wild Water Championships will be on the Washburn on 9 April - details from Mary Armstrong, 7 Dryburn Park, Durham Moor, Durham DH1 5AD.

Robin Everingham, 5 Singleton Park, Kendal LA9 6PE has details of sea canoeing weekends on 29th April, 13th May and 17th June.

NORTH WEST

Regional offices are looking after members' interests. Linda Halton - NW Federation of Sport and Recreation and its

Executive Committee, Manchester Outdoor Activity and Rivington Conservation. Roy Bradshaw - Mersey Valley Users Group and Trafford Canoeing Strategy. Roy Hitchins - Cheshire and also Merseyside Outdoor Activity Advisory Panel, National Association of Outdoor Education. Margaret Robinson - Oxton Conservation Advisory Committee.

SOUTH WEST

Urgent reminder for regional AGM and Special General Meeting at Exeter Canoe Club on Friday 10th February at 7.30 pm. Nominations and motions not submitted already may be taken if considered sufficiently urgent on the day. Exe River Race for single slalom kayaks only, 10 km from Bolham to Bickleigh for individuals and teams. Details from Millfield School Canoe Club, Street, Somerset.

SOUTHERN REGION

At the AGM on 14th November, elections included the Chairman, Charles Hicks (tel 0252 850657), the Vice-Chairman, Roy Lawrence (tel 0734 666573), the Treasurer, Ian Davey (tel 0252 621381), and the Secretary, Paul Owen (tel 0491 872042), Barrie le Grove (the former secretary, tel 0903 722150) took on grants and wild water. Barrie was presented with a BCU Regional Award for his services as secretary to the region. A major new appointment was Ian Janes (tel 0327 60051) with responsibility for schools and youth.

YORKSHIRE & HUMBERSIDE

New is the 'Yorkshire & Humberside's Own Regional Canoeing Information and Events' newsletter - YHORKIE. The first edition will go to regional clubs in April. Send your information for inclusion in YHORKIE by 1st March, June and September to editor Marianne Spender, Long Rigging Farm, Booth, Halifax HX2 6SZ. The regional AGM agreed on 17th November that clubs would each pay £10 to help finance regional work, especially YHORKIE and the regional year book. The yearbook goes free to every full BCU member in the region with complete details of all forms of local canoeing. Last year's successful video/information evening is being repeated on 16th March at 7.30 pm at the Queens Hotel, Pontefract - details from Marianne Spender.

WEST MIDLANDS

After the first of the three race wild water series, Birmingham University lead with 491 points.

Telford Canoe Club have secured a lease for access to Jackfield Rapids, following two years of hard fought negotiation, and can now develop the area. Telford will be offering Associate Membership to individuals and groups. Details from Mark Broad, 77 Broughton Grange, Randleigh, Telford, Shropshire. Please send an SAE.

The 1989 Regional Handbook will be available at the end of February at 50p plus a 9 inch x 6 inch SAE from Brian Porter, 15 Russel Croft, Aston Fields, Bromsgrove, Worcs B60 3EF.

Access

Waterways for Canoeing

Most people assume that if a waterway is big enough for a canoe, then it is just a matter of launching and paddling away. This is often the case in many parts of the world, but not in Britain.

First the good news! Anyone has the right to paddle on the Wye from Hay to the Severn and on the Severn from Pool Quay near Welshpool to the sea. Anyone buying the necessary license on British Waterways rivers and canals (included as a benefit for all BCU members) or on rivers such as the Thames and the Medway, can paddle their canoes. There are various acts of Parliament giving rights to certain people or the public to navigate parts of certain rivers. Tidal waters are nearly always free navigation. The bad news is that apart from this, waters are usually private and it is then necessary to get permission from all the riparian owners on the river you wish to paddle. In all these cases the canoeist must launch or land on public land or must have the permission to do so from the owner of private land.

For canoeists who do not live near to free or licensed waterways, launching a canoe can be very difficult to arrange legally and not without the risk of committing trespass! This is why it is in the best interests of canoeists to join the BCU and a BCU affiliated club. In this way the canoeist can benefit from the work the BCU members and officers are doing to increase the amount of water for canoeing and to make up-to-date information available.

In the long term, the BCU is working towards a change in the law to improve the lot of the canoeist, but in the short term the BCU aims to obtain the use of more private water by negotiating agreements. The BCU is increasing its number of voluntary Local Access Officers, each of whom is responsible for getting to know his or her local patch and seeking agreements with riparian owners and other interests. BCU members can obtain up-to-date information on rivers and agreements relating to them by sending a stamped, addressed envelope to the Local Access Officer concerned.

The BCU looks to all touring canoeists and other canoeists wanting to enjoy private waters to support the access effort by joining the BCU and keeping strictly to the terms of access agreements. Canoeists who do not join the BCU will be without important information and are in danger of jeopardising present and future agreements. A full explanation is given in a BCU leaflet 'Access to Water' (SAE to BCU Headquarters).

Remember - check the access to water before canoeing.

The Ganges Challenge



Running 'Golf Course' rapid - Grade V

Featured in the Canoe Exhibition Lecture Programme

This expedition was in India from 29 January 1988 to 12 May 1988. Two paddlers spent 10 days successfully descending rapids up



Transporting our canoe - Indian style

to grade 5 on the Upper Ganges (at the cost of one open canoe). 63 days were spent paddling the flatter, more placid Ganga from Harwar to Calcutta. We were self sufficient for most of our journey, carrying our camping gear, clothing and food in the canoe and relying on villages for fresh food and drinking water. We completed the full length of the snout of the Gangotri Glacier, the Cave of Gamulch, the source of the holy river over 11,100 feet up into the mountains.

We found the generosity of the Indian villages overwhelming. We paddled with dolphins, were attacked by robbers (and saved by villagers) we caught giardias (a type of dysentery) and baked in temperatures of more than 40 degrees. We were guests at a funeral feast and were blessed by priests at the Golden Temple, Varansai. We experienced sandstorms and electrical storms and were amazed at the wealth of wildlife along the route.



A film star like welcome

Michael Wardle and Yvette Hassan

Wife DESIGNS Sport

Rapids and alpine rivers, the excitement of paddling on weirs, the Sport range from Mi allows the paddler to achieve the performance he requires.

Developed for canoeist's who take their paddling a little more seriously than for holiday recreation use the range consists of the 370 "Slalom" and 335 "Adventure" Kayaks, the Regatta Sport Slalom Whitewater and Slalom Sport paddles and is completed by a comprehensive group of Sport orientated accessories including bouyancy aids, spraycover and Dri Cag.

The Sport accessory range uses many "state of the art" high performance materials and all items incorporate the best of current design features to provide control comfort and safety.



335 Adventure 370 Slalom

Manufactured in the UK
by Scanro Ltd.,
Unit 99/15 North Tyne Ind Est.,
Whitley Road, Longbenton,
Newcastle upon Tyne
Tel: (091) 266 9222
Fax: (091) 266 9225

Canyons & Cloud Rivers



Alan Fox describes his team's descent of the world's deepest canyon. Featured in the Canoe Exhibition Lecture Programme.

In Southern Peru the river rises at 1600 feet and during its 233 mile course to the Pacific Ocean changes its name four times. As it passes through the spectacular canyon, probably the deepest in the world, it becomes the Colca. The river offers fantastic scenery, excellent grade 4-5 paddling and good inspection and rescue cover - except on the 'blind' rapid in 'Reparez' canyon and the last, where portage is necessary. Beware of rock falls, intense sun and sandflies.



GETTING THERE
Bus from Lima to Arequipa or fly Lima to Arequipa, then local bus to Haumbo or hire a vehicle direct. Mules can be hired in Haumbo, ask at shop next to the police station. Haumbo to Canco is a 7-8 hour walk. Spectacular scenery, take plenty of water. Camp at Canco. Exit at Aplao. 3-4 hours by bus to Arequipa.

Canoeists Alan Fox, Guy Baker and Les Lloyd made this expedition in 1988 and express their thanks for the support of: The British Canoe Union, Peruvian Tourist Board, Lamington Travel, Viasa Airlines, Pyranha Kayaks, Wild Water, Wave Sports /Nautisports, Sola, SubZero, H-F KayakSport, Schlegel. Additional assistance in Peru from: Tambo Treks, Luzma Tours, Antonio & Ana Maria De Velluntino and Foptur.



Photographs by Alan Fox

Wave DESIGNS Pro



Designed, tested and produced by professionals for professionals, these Kayaks give high performance with good safety in all conditions. All are built to pro specifications in cross-linked polyethylene. A strong range of world class paddles and durable accessories are also available.

Manufactured in the UK
by Scanro Ltd.,
Unit 99/15 North Tyne Ind. Est.,
Whitley Road, Longbenton,
Newcastle upon Tyne
Tel: (091) 266 9222
Fax: (091) 266 9225

Sunray GP



SUNRAY GP - 4A BOLTON ROAD - ADLINGTON - CHORLEY - LANCASHIRE PR6 9NA - TELEPHONE (0257) 483362

POLYTHENE CANOES AND KAYAKS PADDLES AND ACCESSORIES BUOYANCY AIDS
 HELMETS CAGOULES ETC CANOEING ACCESSORIES WET SUITS EXPEDITION EQUIPMENT
 SUNRAY J BARS SUNRAY UPRIGHTS SUNRAY V BARS THULE ROOF RACKS AND STRAPS



Phone Orders
 Access / Visa
 0257 · 483362

Trade Enquiries
 Welcome

**AUDI TO ZASTAVA
 PANDA TO PORCHE
 SUNRAY UPRIGHTS
 SUNRAY J BARS
 SUNRAY V BARS
 THULE ROOF RACKS
 TO FIT OVER
 350 DIFFERENT
 MODELS OF CAR**

WET SUITS



Direct from our factory.
 Superb value, top quality,
 Wide range, large stocks,
 Quick delivery.

**Double-lined Long Johns
 from £39.95**
**5mm Steamers
 from £89.95**

Quite unbeatable.
 See For Yourself - write or
 ring for free brochure,
 or call in.

DOLPHIN WETSUITS
 3/4 Ashwell St., St. Albans
 Herts, Tel: (0727)40404

Books

Coaching Handbooks

The Coach at Work, Safety First for Coaches and Physiology and Performance

*Published by the National Coaching Foundation,
 Available through BCU Supplies. £5.50 Members; £6.50 non-
 members.*

These indispensable guides for coaches remain the most practical, clearly written and informative handbooks for anyone engaged in coaching work and provide the answers to the enormous diversity of questions that arise in the course of acquiring new skills.

Eskimo Rolling for Survival

by Derek Hutchinson, 1988.

*Publishers, Adam and Charles
 Black Ltd., London. £8.95*

Reviewed by Barry Howell.

My reaction, when Derek mentioned that the subject of his next book would be Eskimo Rolling, was somewhat guarded. My knowledge of rolling was restricted to the handful of rolling techniques that I turn to in moments of blind panic and ineptitude. I imagined that there wouldn't really be much more to it, certainly not enough for a whole book. Well, I am proved wrong again by a book that will become a classic reference document.

In a text painstakingly researched, entertainingly written, and beautifully illustrated, Derek has managed to combine a wealth of technical information with a fund of fascinating anecdotes by figures from the paddling world. The result is eminently readable and will appeal to a wide audience from the canoeing world, be they top level practitioners, aspirant rollers, or armchair paddlers.



Blazing Paddles by Brian Wilson

*Published by Oxford Illustrated
 Press at £12.95*

For stockists phone 0963.40635

Reviewed by Anna Shaw

With the new year, Brian Wilson's beautifully illustrated story of his kayak journey around Scotland's coast and islands. This 1,800 mile solo journey by a perceptive conservationist, is both entertaining and topical in its catalogue of evidence of problems facing the marine environment including the dying seals, overfishing and coastal erosion. Instruction is given with humour "after hours of careful packing I'd almost forgotten to leave room for me". This vivid account is as full of fascination for the non-paddling reader as for the active sea canoeist.



CANOESPORT STANDS

BCU SOUTHERN REGION STAND 401

Secretary, B. La Cross, Training Design, HMS Sultan, Gosport, Hants, PO12 3BY.

The Southern Region, as defined by the Sports Council includes Oxfordshire, Buckinghamshire, Berkshire, Hampshire and the Isle of Wight. The Southern Region Committee represents the region at National Committee level in all canoeing disciplines.

EAST MIDLANDS REGIONAL GROUP STAND 401

Secretary, D. Halsall, 45 Auburn Road, Blaby, Leics, LE9 3DA.

The East Midlands Region. East Midlands paddlers, come down to your regional stand and see for yourselves just what is being done for you in your region. Regional handbooks available at 50p, all dates for regional events - competitions - courses, available today.

BCU SOUTH WEST REGION STAND 401

Secretary Dennis Walls, 71 Baits Road, Exeter Devon. Telephone: 0392.33811

Your chance to meet the officers and committee members of the South West Region. A chance to discover some of the varied canoeing opportunities within the region. A chance to voice your opinions and air your complaints.

BCU EASTERN REGION STAND 401

Chairman, R. Hodgson, Fairplay House, Wickham Bishops, Wilham, Essex. CM7 3JL.

Clubs, Coaching, Access, Touring, Competitions. Find out all about it on the Eastern Region stand, number 401.

HOLME PIERREPONT NATIONAL

WATERSPORTS CENTRE STAND 402

Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU. Telephone 0602.821212

CANOFAN TRYWERYN

NATIONAL WHITE WATER CENTRE STAND 403

Frongoch, Bala, Gwynedd, LL23 7NU. Telephone 0678.520826

Come whitewater canoeing and rafting at THE National White Water Centre, Britain's premier site on the River Tryweryn at Bala, North Wales. Opens every day subject to water releases from Llyn Celyn Dam. SAE for details: Canoflan Tryweryn, Frongoch, Bala, Gwynedd, LL23 7NU.

PLAS Y BRENIN The National

Centre for Mountain Activities STAND 404

Plas y Brenin, Capel Curig, Gwynedd, LL24 0ET. Telephone 06904.214

Plas y Brenin offers both week long and weekend courses in most outdoor activities. Come and try rock climbing, skiing, orienteering, mountaineering and canoeing. Courses range from absolute beginners through to top level instructors awards.

WELSH CANOEING ASSOCIATION STAND 405

Celia Hayward, Pw-y-Bont, Corwen, Clwyd, LL21 0R1. Telephone 0490.2345

For information on where to canoe in Wales, or courses and canoeing holidays, call and see us at the stand.

CANOEING FOR DISABLED PERSONS STAND 406

Geoff Smedley, 11 High Basch, Allesley, Coventry, CV3 4DE. Telephone 0203.303776

Information about centres, clubs, groups, holidays and expeditions for canoeists with disabilities. Adaptations, equipment and aids advice. Courses for leaders and instructors. Books and manuals, advice, support and contacts for everyone interested in canoeing for disabled people. Come and have a chat.

INNER LONDON EDUCATION

AUTHORITY STAND 407

David Shanahan, Southmere Boating Centre, Binsey Walk, Thameshead, London, SE2. Telephone 01.310.2452

The Inner London Education Authority have many centres all over London and cover canoe sailing, rowing and windsurfing.

So why not come and find out more about your local centre?

CANADIAN CANOE ASSOCIATION

OF GREAT BRITAIN STAND 408

Secretary, J. Gaca, 36 Headley Chase, Brentwood, Essex, CM14 5BN. Telephone: 01.6334.6838

The CCA encourages all comers to become familiar with the "single blade" placid to whitewater, marathon racing to family tours. We have membership who do it all. Interested - contact our membership secretary, 22 Old North Road, Kempsey, Nr. Worcester.

BCU EXPEDITIONS STAND 409

Chairman, Peter Knowles, 125 Hook Rise South, Surbiton, Surrey, KT6 7NA. Telephone 01.391.0299

From the Alps to Alaska, China to Chile - if you are thinking of a canoeing trip to distant lands then call by - we will try to put you in touch with information sources. Members of the many successful British Expeditions will be on hand to give

free and friendly advice.

Details of BCU Grant Aid and Approval.

BCU TOURING STAND 410

P.R. Officer, John Gregson, Dorinda House, Wick, Pershore, Worcestershire.

Telephone: 0386.554439

BRING your enquires about inland canoe touring and non-competitive recreational canoeing in the UK and Continent. GET your new BCU Touring Logbooks.

FIND OUT about the Strand Touring Awards, the new Higher Touring Awards and the proposed Inter-Club trophy.

BCU SEA TOURING STAND 411

Secretary Martin Maling, 20 Windermere, Cleadon Village, Sunderland, SR6 7QQ.

The Sea Touring Committee is one of the specialist BCU Committees. We interest ourselves in all matters relating to sea canoeing, promotion, participation, safety, coaching, access information, advice, development, meets and expeditions. For more details please visit our stand.

ADVANCED SEA KAYAK CLUB STAND 412

Secretary, John Ramwell, 7 Miller Close, Parkhurst, Newport, Isle of Wight. PO30 5PS. Telephone 0983.520752

The ASKC exists to promote safe and enjoyable sea kayaking. This organisation attracts members from around the world and we communicate via a regular newsletter. Membership is open to all with an interest in this aspect of canoe sport.

BCU SURF COMMITTEE STAND 413

Secretary, Mike Jones, 7 y-Gorlan, Killay, Swansea. Telephone 0792.207489

Are you interested in surfing, but unsure how to start or what craft to buy? Do you want to enter competitions or just know the best breaks? Then come along and talk to the Surf Committee.

BCU SPRINT RACING STAND 414

Honorary Secretary, E. Wykes, 8 St. Wilfrids Cottages, Old Arley, Nr. Coventry, CV7 8FT.

Racing is canoeing's Olympic event. Great Britain's senior squad is already preparing for the next Olympics at Barcelona, whilst the juniors have their World Championships in Canada this year.

The sport would like more clubs to be come involved with racing - call at the stand and find out how to get started.

CANOE CAMPING CLUB STAND 415

Membership Secretary Rosemarie Green, 25 Waverley Road, South Norwood, London, SE25 4HT. Telephone 01.654.1835

A section of the camping and caravanning club, run by members for members. Touring events through out UK. 70/80 events a year for all ages, all abilities ranging from day runs to weekends and family holidays.

BCU SAILING COMMITTEE STAND 416

Hon. Secretary, C. Bridgewater, 15 The Grove, Southchurch, Southend on Sea, Essex. Telephone 0702.615152

The International 10m² Canoe is the fastest and most exhilarating event in the schedule of ICF International disciplines, with speeds of up to 20 knots in strong winds and open waters. The IC presents the ultimate challenge to dexterity, agility and physical fitness. The last World Championships were held in Plymouth in 1987, current World Champion R. Wood (UK) sailing K166 'Sapelle Pride' an all wood, A. Miles built boat.

THE SCOUT ASSOCIATION STAND 417

Programme and Training Adviser, J.B. Davidson, Gilwell Park, Chingford, London, E4 7QW. Telephone 01-524.5246

The Scout Association is in the middle of a consultation process to improve its methods of deciding if a person should be authorised to carry out water activities with young people. The assessment of technical competence will continue to be a British Canoe Union qualification.

CORPS OF CANOE LIFEGUARDS STAND 418

Publicity Officer Paul Humphreys, c/o 59 Farrance Road, Chadwell Heath, Essex, RM6 6EJ.

Discuss the requirements for the COCLG awards. Why not set up a COCLG unit in your club or area?

How safe is your event? COCLG units can provide rescue cover for all inland and sea events. Come and see us.

THE BOYS BRIGADE CANOE CLUB STAND 419

Secretary Christopher Chester, c/o Laurel Crescent, Keighley, W. Yorks, BD21 2HN. Telephone 0535 607497

The Boys' Brigade Canoe Club aims to encourage the introduction of members of the Boys Brigade to the pleasures of canoeing. Please visit our stand for information about the Boys Brigade and the Club's planned activities for 1989.

BCU WILD WATER RACING COMMITTEE STAND 420

Publicity Officer, P. Selwood, 15 Bloomfield Rd, Bath, Avon. The Wild Water Racing Committee offers you the opportunity to sample the atmosphere and excitement of Wild Water Racing at all levels from novice to International.

Videos and photographs aimed particularly at the novice, with help and advice from both experienced coaches and international paddlers freely available on the stand. Grasp the opportunity to become involved in the friendly atmosphere surrounding Wild Water Racing.

BCU MARATHON RACING STAND 421

Publicity Officer Paul Owen, 14 Milldown Avenue, Goring on

Thames, Reading, Berkshire, RG8 0AS.

Telephone 0491.872042

A sport for all of the family. Marathon canoeing caters for everyone with races ranging in distance from three to more than one hundred miles. Renew old acquaintances or make new friends and visit the Marathon Committee Stand where plenty of advice and guidance will be available.

BCU SLALOM COMMITTEE STAND 422

Mrs. Sue Wharton, Slalom Development Officer, 1 Barnacre View, High Street, Garstang, Preston, PR3 1EB.

Slalom canoeing - the fun sport for all - action packed with excitement and challenge. A sport for young and old - the family, the individual. Information, yearbooks, stickers, magazines, handbook and posters.

TRANS PENNINE CANAL MARATHON STAND 423

Mr. T. Brock, British Waterways Leisure, Swan Meadow Road, Wigan, Lancs. WN3 5BB. Telephone 0942.3223895

DEVIZES TO WESTMINSTER

CANOE RACE STAND 424

Publicity Officer Paul Owen, 14 Milldown Avenue, Goring on Thames, Reading, Berkshire, RG8 0AS. Telephone 0491.872042

Entry forms for this unique event are available from Mrs. Janice Begeret, 87 Hibernia Road, Hounslow, Middlesex on stand number 42A. Information, advice and souvenirs also available.

BCU COACHING/APPROVED

CENTRES STAND 425

Director of Coaching, Geoffrey Good, British Canoe Union, Mapperley Hall, Luchnow Avenue, Nottingham, NG3 5FA. Telephone 0602.691944

The BCU Coaching Scheme provides a comprehensive range of ability tests and qualifications for the teaching of canoeing. A full calendar of courses is published annually, catering for all abilities and tastes. Guidance is offered on every other aspect of canoe sport. The stand this year also illustrates the opportunities offered for beginners to advanced paddlers on courses at 100 Activity Holiday Centres approved by the BCU.

INTERNATIONAL LONG RIVER

CANOEIST CLUB STAND 426

Secretary Peter Salisbury, 238 Birmingham Road, Redditch, Worcester, B97 6EL. Telephone 0524.64420

Want to know who's paddled the Aa or the Zambezi? About a club with members in 28 countries with six 28 page newsletters a year? With an accommodation scheme? Advice for expeditions? Reports on Rivers? All this for only £A a year!

BCU ACCESS COMMITTEE STAND 427

National Development Officer, Carol Quaise, Mapperley Hall, Luchnow Avenue, Nottingham, NG3 5FA. Telephone 0602.691944

The focal point where canoeists can discuss co-operation with the BCU Access team to accelerate progress towards more water for canoeing. Find out what the team of BCU voluntary access officers is doing and, more importantly, why! Co-operation achieves results!

CANADIAN CANOE ADVENTURES

by the Canadian Recreational Canoe Association STAND 504

Joseph Agnes, National Executive Director, 1029 Hyde Park Road, (2nd floor) P.O. Box 500, Hyde Park, Ontario, Canada, NOM 1Z0. Telephone (519) 473.2109

The Canadian Recreational Canoe Association presents Canadian Canoe Adventures to European canoeists. For 1989 forty of the most adventurous and spectacular canoe and kayak adventures in the world are available. Including the Nahanni, the Queen Charlotte Islands and Algonquin Park. Drop by the CRCA booth for your free brochure.

DEUTSCHER KANU-VERBAND

(GERMAN CANOE FEDERATION) STAND 505

Postfach 100 315, 4100 Duisburg 1, West Germany. Telephone 0044.203/72965

Information about canoeing within the FRG and the rivers of Europe for touring, whitewater and sea Kayaking. Showing of publications, river guides from total Europe, calendars, posters, canoeing magazine (Kanu-Sport) Local German Clubs, contacts, calendars of events etc.

BCU SUPPLIES STAND 501

Joyce Weaving, British Canoe Union, The Elms, c/o The National Watersports Centre, Adbolton Lane, Holme Pierrepont, Notts. NG12 2LU.

Whatever kind of canoeist you are - one who likes to compete with the best or splash around with the rest - our supplies are goodies you shouldn't be without. Our range of more than 100 items, many of them new, includes guides and maps for home and abroad, colourful reference books, stickers, handbooks, instructional booklets and our popular co-ordinated waterproof gear. Special 'sale' bargains. Access, Visa and Barclaycard credit cards welcome.

BRITISH CANOE UNION

HEADQUARTERS STAND 502

Mapperley Hall, Luchnow Avenue, Nottingham, NG3 5FA. Telephone 0602.691944

This will be the first opportunity for many of you to meet new members of the Headquarters Staff now based in Nottingham. Information on all aspects of canoeing will be available, and you will be able to join the BCU or renew your membership. We look forward to seeing you.

Getting About by Boat



Sea Touring (above)

Britain's rivers, canals and coastline offer superb opportunities for exploration by canoe or kayak. From a day's 'pottering about' to an extended and committing expedition, there is no better way of communing with our watery inheritance, and to experience its many and constantly changing moods, charms and challenges.

Quietly, the canoe or kayak goes exactly where you want it to, seeking out those wonders, views and encounters which make travel on water such a delight. Add to that the reward and satisfaction which comes from having achieved your destination through your own endeavours, being self contained on the way, and you begin to understand the pleasure which canoeists derive from journeying.

If travelling on quiet waters - canals and slow moving rivers - is your joy, then an open canoe or a touring kayak is the boat to look for. For solo purposes, canoes tend to be 14' - 16' in length and 15' to 18' or longer for two or more people. Touring kayaks are from 14'6" to 17' in length, with large cockpits and a straight keel line. For serious sea touring, specialist sea kayaks are the norm. The sea can be a

hostile and unforgiving place for those with insufficient knowledge of its behaviour and so a reasonable level of personal ability, and training in safety procedures, kayaking techniques, and understanding of tides, winds and weather is essential before venturing too far.

For touring on rough rivers, a manoeuvrable kayak of 12-14' in length is recommended preferably made from the new polythene materials. Canoes for white water need good freeboard, and a flat keel.

There are several rivers, and many canals in Britain, which are ideal for journeys of up to a week's duration, while on the Continent the rivers are bigger, longer and more numerous. Some British rivers require a separate

license. A special scheme, arranged by the BCU for its members, allows unlimited free use of over 2000 miles of contrasting canals and rivers winding through town and country. More information and a selection of guides and maps will be available from the BCU Touring Stand at the Canoe Exhibition.

Photograph by M Morley
Open Canadian (left)

River Touring
Photograph by Rodney Baker
(below)



Trade News

LAMINEX PUTS TAGS ON SLALOM CHAMPS

PICTURE SHOWS; Putting tags on world canoe slalom champions...Laminex International, of Mold, Clwyd, provided photo ID cards for all competitors and officials at the final leg of the Europa Cup Slalom at the National Watersports Centre, Holme Pierrepont.



OCEAN PACIFIC



Ocean Pacific, the original and now the largest beachwear company in the world, are sponsoring Guy Sellwood of the Great Britain Wild Water Racing Squad. Guy will be racing the forthcoming domestic and international season wearing Ocean Pacific wetsuits, tee shirts, shorts and casual-wear. Watch out for Ocean Pacific in action at the spring Division A races and the newly established World Cup Series

WELSH EXTREMISTS

Welsh extremists were responsible for attempting to burn down Bala Adventure and Watersports Centre, by placing a bomb on the premises on Monday 17th October 1988. The Army Bomb Disposal Squad were able to defuse the bomb, although some damage was still done to stock and the building. The Centre, owned by Stan Cooper MBE, is situated in the High Street in Bala, North Wales. The Centre shop has become well known for its range of adventure and

watersports equipment and for its activity centre based on the Bala Lake foreshore and the forest area just outside of the town.

The Watersports Centre which initially ran canoeing courses now incorporates dinghy sailing into its watersports activities and is a popular Royal Yachting Association and British Canoe Union windsurfing and

canoeing centre. Stan Cooper has been based at Bala for a number of years. As a member of the British Canoe Team he trained on the River Tryweryn and was Director of the World Canoe Championships held in Bala in 1981. More recently he has been very much involved in community work and in promoting and publicising Bala as a tourist town.

NEW BCU SUPPLIES

Warm 'n' Dry - Wool and Meraklon. Outstanding thermal insulating power, supremely washable, quick drying, tough and hard wearing. Worn by Olympic Sportsmen, International Yachtsmen and Top Mountaineers.

Colour - navy blue.

Long Sleeve Crew Neck £10.95 members
£11.95 non members

Long Sleeve Zip top £14.50 members
£15.50 non members

Long pants - no fly £ 9.65 members
£10.65 non members

Prices include P & P and VAT



Photo: Gul Wetsuits

THE DAVIS KAYAK

The Davis Kayak (DK) Designs are for simple to build, round bilge, plywood kayaks. A unique construction method is used which requires no jigs, building boards, or moulds - nor does the kayak have to be fixed down during building. The result is a tough, resilient, monocoque hull-deck structure with all plywood edges sealed and the joints reinforced with a glass-fibre tape and resin laminate. Only two 8' X 4' (2440 X 1220 mm) X 3 mm thick sheets of plywood are required for each adult kayak, and only one sheet for the DK 8 junior kayak. The only internal framing is a keelson, two inwale strips, two deck beams, and for some designs a pair of cockpit coaming support strips. No boat-building experience is required.

Plans available from 38 Redditch Road, Bromsgrove, Worcs. B60 4JN



PANTHER K1 The most successful performer. Winner of National Championships and two Olympic Gold Medals. Paddled by our top sprint and marathon paddlers.

CYCLONE K1 Lowline version of the Panther for lighter paddlers.

CIRRUS K1 Stable racing/fast touring single. Has become the most popular in its class. Delightfully smooth, effortless touring.

WHISPER K2 A devastating K2 design that sets new standards. Winner of 3 Gold and 2 Silver medals at the National Championships.

VITESSE K2 The ideal K2 design. Stable, comfortable, reliable. Suitable for sprint, marathon and D-W.

STRATOS K2 Recently introduced double to complement the Cirrus. Stable, comfortable and producing high cruising speeds. Ideal for marathon beginners and especially Devizes-Westminster.

RAPIER K1 Budget-priced K1 ideal for juniors/beginners/club use.

RIGILITE A super-strong, super-rigid, super light construction for ultimate performance. With K1 weights down to 5.5kg, K2 to 11 kg, Rigilite is the ultimate construction for marathon and ultra-marathon use. Due to continuing research we remain several steps ahead of the opposition. Used by our top Olympic paddlers.

KIRTON Quality racing designs sold by Eclipse including Tiger, Cleaver, Joker, Regina, Pacer, Mirage, Mystère etc. etc.

GAYBO Quality racing designs sold by Eclipse including Jaguar, Cougar, Midas, Stiletto etc.

TRAIN FOR CANOEING A practical range of racing/fast touring designs sold by Eclipse including Discovery K1 and K2, Blenheim etc.

PADDLES Conventional racing paddles from Lendal; revolutionary wing paddles from Gaybo; wooden paddles from Gees.

EQUIPMENT

A range of practical and innovative equipment specifically designed for racing and touring canoeing. Don't purchase until you've seen the Eclipse range!

Quality, n. Degree of excellence, relative nature or kind or character of good, high etc. -; general excellence.

Performance, n. Public exposition of talent. Execution (of command etc.); carrying out, doing; notable feat.

Value, Worth, desirability, utility, qualities on which these depend. Esteem, equivalent worth in money.

Superior, n. Upper, in higher position, of higher rank. Better in quality.

Satisfaction, n. Satisfying or being satisfied in regard to desire or want or doubt, thing that satisfies desires or gratifies feeling.

Perfection, n. Completion, making perfect; full development; faultlessness; comparative excellence; extreme quality.

Eclipse, 1) v. To overshadow or surpass
2) The Canoe Racing Specialists. Superb range of racing craft and equipment. See also Quality, Value, Performance, Superior, Satisfaction, Perfection, Durability.

Fun, n & v. Sport, amusement, jocularly, enjoyment.

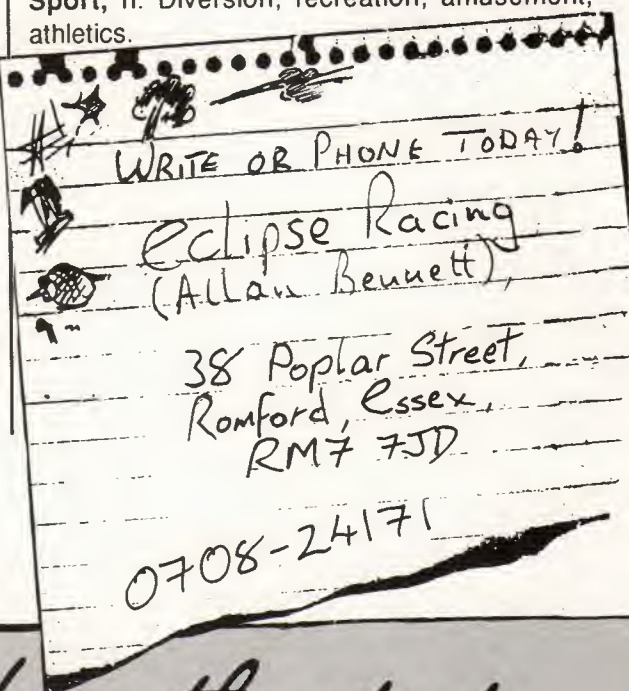
Durability, n. ability to withstand wear, decay, etc. Long lasting, hard wearing.

Unmistakable, adj. That cannot be mistaken or doubted.

Excellence, n. surpassing merit: thing in which person etc excels.

Brilliant, a. Bright, sparkling; illustrious, striking; talented, showy. Fantastic.

Sport, n. Diversion; recreation; amusement, athletics.



eclipse
RACING

right from the start

THE CHEST HARNESS – SOME THOUGHTS ON SAFETY

By Jim Shields

At a recent SI assessment, one of the lecture topics was 'The Chest Harness and its use in White Water Rescue'. The lecture and ensuing discussion brought to light some experiences and thoughts which were deemed worthy of circulation. The chest harness is appearing widely because it is part of a fairly good buoyancy aid and also because it is thought to be a piece of safety equipment. It is also currently stylish. The safety aspect however, is entirely dependent on use.

'The Chest Harness and its use in White Water Rescue' is available from the BCU, and is recommended as essential reading for harness users. This report advises on how and when the device may be safely used, and its limitations.

THE EQUIPMENT

Harnesses can be split into three categories:

- a) Harness integral with buoyancy aid
- b) Separate harness to fit over buoyancy aid
- c) The 'home made' in either of the above formats.

It has been the author's observation that category c) presents the best and worst designs, ranging from improvements on manufacturers designs, to rip-offs, to death traps. When buying or designing a harness, the following features should be present:

- 1) The device should be secured with a quick release fastening which is easily accessed in all situations and functions while under load.
- 2) The point at which the harness is attached to the rope belay must be at the centre of the back, between the shoulder blades, and this must not slip to the side when pulled.

The most common omission is the prevention of side slip as in point 2 above. The anchor point is usually a 'D' ring through which the harness belt runs. For a quick release the belt must be free to run through the ring, but the ring must be constrained to remain in the same place. This is usually facilitated by placing a loop, stitched to the buoyancy aid, on either side of the ring. The belt passes through all three, but the ring is constrained by the loops.

The loops may have to bear a considerable force, so quality materials and stitching are important. This system is applicable to integral harnesses and is shown in figure 1.

For a separate harness system the 'D' ring may be constrained by the shoulder tapes or be fixed to the main belt and released as a unit with it. This type of harness is more prone to slipping round the body and both moving the anchor point away from between the shoulder blades and placing the quick release in an inaccessible position; a potentially lethal situation where the face is no longer held clear of the water and there is no way of escape. For this reason a tow line cannot be worn round the chest and used as a harness! Some separate harnesses were only quick releases before entering the water.

Lastly, 'the cow's tail', the piece of tape or rope from the anchor point at the back passed under the arm and attached by a karabiner to some easily accessed point on the front. This allows rapid deployment of the harness system and enables the user to attach himself to a line etc. The loop created can be dangerous as the wearer risks being caught up and, as the front end is fixed, the harness cannot be released. In some cases the loop has been constrained by running through a 'velcroed' flap at the side of the buoyancy aid. This is largely useless as the flap comes undone in white water, creating a loop large enough to move outside the arm when swimming - a considerable hazard - thus the cow's tail is dangerous and an unnecessary part of the harness, useful only if the wearer is towing with it. (The reason is outlined in the next section.) It was interesting to note that harnesses both with, and without cow's tails, were around the campsites in Europe. The preference could be due to the expected role of the harness, and a decision to wear it or not, or the lack of any thought, and a 'just leave it the way it came' approach!

USES

It is beyond the scope of this report to cover the many conceivable ways in which the chest harness could be used to assist in a rescue situation, or protect in a cover situation and these are dealt with comprehensively elsewhere. However, broad outlines are discernible as below:

- 1) The harness is primarily used to provide a safety line from a belay on the bank to a rescuer swimming to assist a victim, or retrieve equipment.
- 2) A victim, having caught a thrown line,

can attach himself via the cow's tail to the line.

The first application implies a minimum of two rescuers, one of whom will swim while the other belays. This offers an extension in rescue capability as the victim does not necessarily have to do anything; helping an unconscious, trapped or injured swimmer and giving security and safety to a person wading into flowing water to retrieve a pinned boat. In an emergency situation, the harness rescue is probably most effective in providing cover before the drop is attempted.

When considering action:

- 1) The decision to enter white water, swimming, whether attached to the bank or not, is a serious one and should not be taken lightly.
- 2) When in the water, if things go wrong and the harness is released it is prudent to have a boat in the water as a backup where possible.
- 3) The key person in the rescue is the person holding the belay, and by necessity he must be someone with experience of white water and belay techniques.

The point which the author wishes to emphasise is the third one, and this also applies to the use of a throwing line. It would be conceivable to train a monkey to grab someone in the water, but fielding a swimmer into an eddy, or moving down the bank, or tying off, as the situation demands requires quick decision making, experience, and an intimate knowledge of moving water. Two follies have come to the author's notice. In the first a harness wearer was entering the water, in a training situation, and the belayer allowed a few loops of rope to enter with him. The loops wound round the swimmer's feet and held his head underwater downstream. Fortunately the swimmer was able to free himself and the outcome was increased experience. Unfortunately that was not the case for the second, where a line was thrown to a swimmer in big water. The line reached the swimmer who took hold firmly, the subsequent pull on the belay threatened to pull the belayer in. As the stance was not good the belayer was forced to release the rope and this tangled round the swimmer and snagged on the river bed. The swimmer drowned. Both of these incidents serve to emphasise the importance of the belayer and show that there exists a danger in having slack between the swimmer and the bank. Every situation is different and it is difficult to give guidelines to 'how to belay', but the overriding factors must be:

- a) can I hold the swimmer and field him

A WATER GRADING GUIDE

There is always an element of danger which can be reduced but never eliminated when paddling the most difficult rapids. Preparation, skilled teamwork and use of advanced equipment and techniques improves the chance of completing the trip safely.

Consideration must be given to the **International River Grading System**, the grading of rough water RW or WW according to difficulty.



1. Easy.

Occasional small rapids, waves regular and low. Correct course easy to find, but care is needed with obstacles like pebble banks, protective works, fallen trees, etc. Especially on a narrow river.



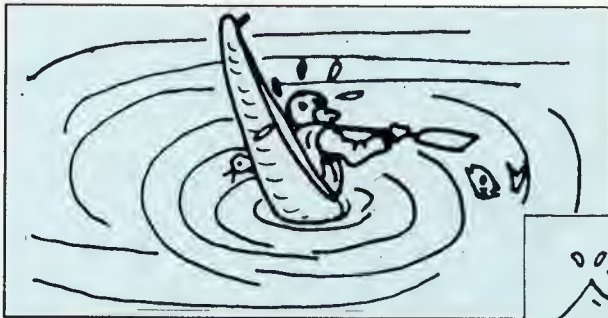
2. Medium.

Fairly frequent rapids, usually with regular waves, easy eddies, or whirlpools. Course generally easy to recognise. (on the continent: easy and medium raft channels).



3. Difficult Rapids.

Numerous and with fairly high irregular waves. Broken water, eddies and whirlpools. Course not always easily recognisable. (Difficult raft channels).



4. Very Difficult.

Long and extended stretches of rapids with high irregular waves, difficult broken water eddies and whirlpools. Course often difficult to recognise. Inspection from the bank nearly always necessary. (Very difficult raft channels).



5. Exceedingly Difficult.

Long unbroken stretches of rapids with difficult and completely irregular broken water, submerged rocks, very difficult whirlpools and very fast eddies. Previous inspection absolutely essential.

6. The Absolute Limit of Difficulty.

All previously mentioned difficulties increased to the limit of practicability. Cannot be attempted without risk to life.

Two numbers are used where a length of river falls between two grades. If there are one or two points of difficulty where a portage is easy, the higher grade of difficulty is shown as an index figure.

Grading is given for favourable conditions and a change in water level can make it easier or quite impractical. For rough water trips the canoeist must be able to swim well, be a competent paddler and the craft in sound order. There must always be another one or more boats.

Novices should not attempt beyond grade III and should have an experienced leader. Rough water V and VI is possible only for the most experienced wild water canoeist who will still be in serious danger.

The rate of flow is measured in cubic feet per second. Beware of sudden releases from dam controlled rivers. Some access points show level markers and the guides will advise on reasonable paddling levels.

NOTES ON GRADING

1. If a particular length of river falls between two of the grades in the mentioned above, or alternates between a lower and higher grade, and portaging round the more difficult parts would not make a continuation of the trip worth while, two numbers are used, e.g. II-III.

2. If a length of river offers at one or two individual points (where a portage is easy) difficulties beyond its average grading, the higher grade of difficulty is shown as an index figure, e.g. 11a.

3. A rise or fall in water level always alters a river's appearance and the rating of the stretch in question, and may make it easier or quite impracticable in difficulty. The grading given is as far as possible that for 'favourable' water conditions.

'Rough Water' trips should not be undertaken unless the canoeist can swim well, has the craft in sound order, and good techniques and boat control; there should be always at least one other boat.

Newcomers to 'rough water' rivers should not attempt anything beyond RW111 and there should be an experienced leader and an appropriate number of boats. RWIV is a real testing, even for experienced canoeists.

Rough Water V and VI should not be touched except by the most experienced wild water canoeists; itineraries and maps can only give very general directions, and there may be a real danger of loss of life.

FACTORS AFFECTING GRADING.

River Level

The grades apply to normal summer conditions and can increase by 2 or more grades in spate conditions. Some rivers have level markers at access points and the river guide will advise on a reasonable level to paddle. The rate of flow is measured in CFS, cubic feet per second. Beware sudden release from dam controlled rivers.

Weather.

Cold weather affects survival time after immersion and strong winds distort the surface making assessment difficult. The season gives an idea of conditions to be expected.

Commitment

Commitment refers to length and degree of difficulty and consequences in a mishap.

Technical difficulty

Technical difficulty is the ability necessary to negotiate rapids caused by rocks, stoppers narrows etc.

Familiarity

Familiarity reduces difficulties encountered.

Equipment

Suitability and reliability of equipment is vital and increases confidence.

Experience

Inexperienced paddlers can jeopardise the safety of a river trip.

Location

Location affects the consequences of incidents on the same grade of rapids if in remote places or on man made courses with spectators on hand.

UPPER GRADE RAPIDS.

It is important to move faster than the current to make bracing strokes more effective in climbing over a big standing wave or punching through a stopper and back flow.

Plan ahead and use a higher arm action to prevent the upper blade catching the walls. On breaking out use the upstream face of the wave to slide the bow into the eddy. On breaking in, use the downstream face to accelerate the bow to lean and turn downstream.

Inspection needs a high or downstream view point to see the obstacles and the safest route. Maps or river grades give general indications. Particular hazards should be noted.

RECOGNISING HAZARDS

Collect as much information as possible, and preferably have someone that knows the river. Recce all difficult and unknown sections. Consider portage. If the rapid is runnable, should the lead boat have bank support? Select rescue positions in relation to hazards and safe landing place. If the river requires only one paddler at a time, arrange a simple system of signalling. Each boat could hold a strategic rescue position until relieved by the following boat.

COPING WITH HAZARDS

Plan ahead to keep out of trouble

Inability to stop above hazard.

Practice breakouts, look out for eddies and practice using them. When committed, keep paddling.

Overtaken boats.

If a paddler ahead capsizes, you might also. On narrow rivers, jam-ups are particularly hazardous - keep proper spacing, close enough to help, far enough to avoid pile ups, distance depends on circumstances and requires experience.

Fallen Tree.

Usually found on the outside of bends where the bank is undercut by faster current which will try and put you onto the tree, also found where not expected due to being washed down by previous floods. Always inspect if you cannot see the whole route down. A log in a fall which was not there last week could be your last! Try to paddle a route straight through branches; if broadsided, lean towards the tree and get on to it as quickly as possible. Avoid loose equipment that could hook up.

Broadside on a rock.

Lean downstream and try to shuffle past; if not cuddle the rock until help arrives. If you are swung around, continue backwards until there is space to turn - practice paddling rapids backwards.

Stoppers.

On natural rapids you can usually escape at the ends or at a tongue of water flowing through. Man made weirs are usually straight and run the full width of the river. Try to paddle hard and straight through to the backwash. If broadsided, scull and try to exit from ends. If there appears to be no escape route and the stopper is too big to draw through, try rolling out or await rescuers bow or tow line. Try to conserve energy. If swimming, sometimes it may be shallow enough to leap and dive over the stopper or swim underneath.

Swimming.

Lie on the back, feet first, watch your breathing, look out for rescue devices coming in. If you have your canoe, hold the upstream end and try to steer it through. Try to prevent it broadsiding. Proceed to eddy. If there is a greater hazard downstream, forget the equipment and get out.

THROW ROPES.

Floating braided line stuffed into a weighted but floating bag. Consider position, that is, near the hazard with a good downstream exit, preferably a clear bank with belay available if required. Practice using i.e. throw beyond rescued person so that the line floats to him. Consider suitability for a second throw, does the line need to be re-stuffed each time? Sometimes a canoe rescue, or swimming down to safety below the rapid is the best option.

SALVAGE.

Getting a swamped boat off the rocks needs hard work, subtlety, and an understanding of the forces involved. Immediate action, lifting one end before the boat fills may release it. Once the boat is jammed hard, time is of little consequence to formulate a plan. NEVER

risk people, it is better to return once the river has dropped.

Principals are:

- Raise one end, lightens boat and reduces current's pull
- Roll boat to present its side to the current
- Work with current on the end most likely to swing downstream
- Attach a line to the upstream end to get the boat ashore once freed
- Use winch or poles for added power if all else fails

RESCUE SUMMARY

Priorities are:

- People then boats
- Finally paddles and ancillary equipment.
- Type of rescue depends on the ability of the person being rescued, the leader, the rest of the group, and the equipment available.
- The most decisive factor is usually speed. Other considerations however include:
 - What is downstream
 - The risk to the rescuer
 - Whether outside assistance is readily available
 - Time required to put rescue into action

• Contingency plans for organising a search, repairing or replacing equipment and casualty evacuation etc.

EQUIPMENT

Suitable clothing eg wet-suits, fibre-pile, wind top, hat, boots, gloves and spares. Buoyancy aid, bright and secure, with a whistle and knife. CO2 lifejacket worn on particular chunky expeditions. Paddle - strong and a spare helmet, securely fixed offering full head protection. Kayak, buoyancy secure (extra air bags), grab loops, adequate volume, good condition visible and strong. Repair kit, suitable for the type of equipment used and duration and location of trip. First aid kit, personal emergency rations, spare food, hot drink. Throw-line and tow-line. Casualty/exposure victim equipment.

RIVER LEADER

Checks everyone's equipment is suitable and appropriate rescue gear. Prescribes rescue procedures for each hazard. Decides who has adequate skill to paddle a section and organises a portage for the remainder. Should know his party before attempting an advanced trip. Never cajole a reluctant member to run a rapid. The decision is ultimately with the individual.

Arranges transport (shuttle), bank

support, permission, camping, access and egress, and escape routes. Watches self and others for signs of hunger, cold, fatigue and anxiety and takes appropriate action.

GROUP ORGANISATION

Three boats is the minimum to provide good mutual support, and some conditions require more; if, for example, there is only marginal skill present or in a remote area. Groups can be organised into singlefile with preferably a lead person who knows the river, and an experienced tail carrying additional safety equipment. Each keeps the one behind in sight. This can prove unwieldy if the river is difficult or the group is too large. Large trips can be sub-divided into independent groups of four boats, who can join up for added safety cover on difficult sections.

INDIVIDUAL RESPONSIBILITY

Each should be a competent swimmer, know expired air resuscitation, in control of own boat, able to recognise and avoid hazards, and not over-estimate ability. Must be in good physical condition and well practiced in rescues, capsize drills and swimming down rapids. All personal equipment should be suitable and in good repair.

Dear Focus

MEMORABLE MOMENTS

Recently on the Torridge (which is reputedly so polluted that there are hardly any salmon left in it, I saw an otter for the first time. It swam across in front of us and climbed the bank, in full view of my delighted group of boys. Last Sunday I took many of the same boys to the Exe. Apart from the lack of water, our day was spoiled by the sight of a dead owl, swinging from the wing. It had caught on a fish-hook left hanging from the bough of a tree over the water. The struggle it had made to free itself was obvious - and very distressing.

M.M. Davies, Grenville College, Bideford, Devon, EX39 3JR

BAN COMPETITION ON THE DEE

The programme for the Llangollen Canoeing week opens with the following words from the Mayor, Clive Wilson.

"Set in magnificent scenery, Llangollen is justified in its International reputation.... I am particularly pleased to welcome competitors and spectators from many parts of the world to the International Canoe Slalom Championships".

All very well, but access on the Dee is getting worse, soon winter events such as the Mike Jones Tour will be cancelled due to access problems which are escalating as the selfish fishermen take a better stranglehold.

Llangollen Town wants us to come and visit, canoeing brings in a large percentage of their winter trade. They contribute money

to the International week, but give little support with access. This year only the Town Fall was available to canoeists during Canoeing Week.

All competitions and events on the River Dee should be banned for one year and we may see a change in attitude and the people of Llangollen may fight our case. We might even see the return of the fantastic Serpents Tail event.

In the week preceding the International Canoeing events a fisherman was drowned at Llangollen, the fishermen continued to lob bricks at canoeists whilst they were searching for the body.

Are they part of the human race?

Dave Royle - Stoke on Trent.

Roger Hayward Comments Is Dee Access Getting Worse

Does Dave Royle get his facts from the Beano! In 1982 the Llangollen Angling Association granted 16 days of canoeing, in 1988, 24 days were allowed. Only the Town Falls were available during 'Canoeing Week' because nobody from Slalom or WWR had asked to use the rest of the river.

It has been requested and granted that the Serpent's Tail Site be available for the 1989 event. Two years notice had been given by Llangollen Anglers that the Serpents Tail Slalom event must cease to take place in September and any weekend between January and June was offered in substitution, but this was declined, at the time, by Slalom representatives.

Access on the Dee at Llangollen is complex and canoeing is managed by the Dee User Group, members coming from all branches of the sport using the river. A commercial canoeing site is also operating between the Tail and Town sites. As a

canoeist who works in Llangollen, I am aware that the vast majority of the local people are indifferent to canoeing which disrupts their Saturday shopping and Sunday leisure. The business people welcome canoeists but the general populace will not stand up and fight for our sport.

Until canoeists can buy the river banks or there is a change in the law, we must rely on the goodwill of the owners and the community.

Roger Hayward, Access Officer for Avon Lyftdwy and Chairman of the Dee User Group.

THEN & NOW

I was an active canoeist in the early days of the BCU and having retired from farming I have now taken up my paddle again.

In March, Ralph Tyas gave me information regarding the ICF International tour of the River Danube, consequently I got in touch with Rodney Baker and paddled the complete distance from Ingolstadt to Silistra some 2083 kms. I found the first 7/10 days rather hard going, as we were averaging some 26 miles per day with time consuming locks and not always much current, however, it was captivating and I finished up a fitter man.

This vast river, the sun and the social side made it all most fascinating, particularly as I did some 1300 kms from Passau to Turnu Severin in July 1937 when I kept a log of the Danube paddle.

Conditions of the river and surrounding country were much different then.

CE Farnham Norfolk.

Your letters - especially short ones! - are always welcomed, on any canoeing subject. Please send early if a reply would be appropriate.

Take up the Challenge

Seven competitive elements of canoeing introduced and explained.

WILD WATER RACING

This exhilarating branch of canoeing takes place in fast moving wild water over a prescribed course - the aim being to descend in the shortest possible time. At the highest level, Division A, wild water racers are tackling some of the most difficult white water in the country. In Division C, however, some races are nearly flat, ideal for the beginner.

Further details from:
J Lyons, Hon Secretary,
BCU Wild Water Racing Committee.

SPRINT RACING

The Olympic sport of canoe sprint racing takes place on flat water over distances of 500m, 1000m and 10,000m. Like track athletics, it is a test of speed, fitness and technique. A variety of boats are used; single, double and four seater kayaks as well as Canadian canoes.

For further details contact:
E Wykes, Hon Secretary,
BCU, Racing Committee,
8 St. Wilfred's Cottages,
Old Arley, COVENTRY, CV7 8FT.

MARATHON RACING

Most weekends during the summer, marathon races take place over



White Water Racing. Photograph by C Hind

distances from 3 miles to over 100. The races are usually down river and include obstacles such as weirs, rapids etc. With nine divisions, from novice to expert, marathon racing offers a challenge to everyone.

Details from:
D Green, Hon Secretary,
BCU Marathon Racing Committee,
Poole Cottage, Long Barn,
Crediton, Devon.

CANOE SAILING

International Canoe Sailing is one of the oldest competitive disciplines in the canoeing world. The original competition was held in 1875 with crudely rigged kayaks capable only of sailing before a following wind. Things have advanced since then; with the advent of sliding seats and centre boards, International Canoes can now be said to be modern and highly refined racing machines.

Further details from:
C Bridgewater, Hon Secretary,
BCU Slalom Committee,
15 The Grove, Southchurch,
SOUTHEND-ON-SEA, Essex, SS2 4DD.

CANOE POLO

The exciting game of canoe polo can be played by 2 teams of 5 paddlers on any area of sheltered water. Usually, a swimming pool is used with distinctive boats, small and manoeuvrable. Like football afloat, the aim is to score more



Marathon Racing. Photograph by Tony Tickle

goals than the opposition - into nets suspended above the water.

A highlight of the canoe polo year, the National Knockout Championships Finals, will be held at the Canoe Exhibition. Britain's best mens', womens' and youth teams will be competing, preselected by a number of eliminating rounds. Don't miss it!

For further details contact:
A Rackham, Hon Secretary,
BCU Polo Committee,
73 Dunlin Road, Grove Hill,
Hemel Hempstead, Herts.

SLALOM

Canoe slaloms take place on a short stretch of moving water, often on rapids. The course is marked by gates - two poles suspended above the water. Negotiating them requires a combination of skill and water knowledge as well as physical fitness. To descend a slalom course is relatively quick - only a couple of minutes, but events are spread over a weekend and are very sociable occasions.

Details from:
D Morgan, Hon Secretary,
BCU Slalom Committee,
8 High Park Drive, Bradford,
West Yorkshire, BD9 6HS.



Canoe Polo. Photograph by Tony Tickle

SURF

Canoe surfing competitions are held at many British coastal venues. Like board surfing, participants are assessed by judges. Points are awarded to each paddler for the grace and skill displayed while executing manoeuvres on the

waves. There are separate classes for slalom boats and specialised surf craft.

Details from:
M Jenkins, Hon Secretary,
BCU Surf Committee,
TyGorlan, Killay,
Swansea, SA2 7RH.



Slalom. Photograph by Tony Marshal



Surfing. Photograph by Shaun Baker

Competition



canoë-kayak
ardèche_vivarais
25 mars au 2 avril
26^e rallye international
26 mars 89

26 EME ARDECHE CANOE - KAYAK INTERNATIONAL RALLY

The rally is open to all paddlers, canoe or kayak, French or otherwise. The rally runs for about 15 miles from Pont D'Arc to Sauze and allows competitors to paddle at cruising speed along the most picturesque part of this most beautiful French river.

Further details and registration from A. O. C. ARDECHE, 17 Route de Vienne, 69007 - LYON France.

DEVIZES TO WESTMINSTER CANOE RACE

The organising committee of the above race are seeking, rather urgently, two reliable, interested and willing committee

members to join them to fill the following vacant posts: 1. Treasurer 2. Literature and publications. Anyone interested in acting in either capacity should contact the Chairman Mr Peter Begent, at 87 Hibernia Road, Hounslow, Middlesex, telephone 01-570-33041. They really do need this assistance to keep the race going.

RESULTS

Rapid Racing 500 Series -
Final results.
Sponsored by Shell.



Mens' Kayak
Jon Royle Clitheroe
Andrew Curtis

Hertford

Joe Lyons	Hertford
Joe Lyons	Birmingham
<i>Womens' Kayak</i>	
Shirley Bain	Twickenham
Cynthia Berry	Edinburgh
Julie Fryers	Bolton
<i>Youth Kayak - Under 18</i>	
Andrew Jolley	Ormskirk
Ashley Mason	Otley
Adrian Field	Otley
<i>Junior Kayak - Under 16</i>	
Gareth Jones	Clitheroe
Tim Suggett	Leeds
Dean Thompson	Clitheroe

British Universities White Water Racing Championships

Report by Mike Gillman
November 26/27 Llangollen

Birmingham University's record 12 year domination of the ladies' event at the British Universities White Water Racing Championship was broken at this year's event. Julie Ashton of Loughborough won the ladies' individual despite a close challenge by five times former champion Corrinne Parsons (Birmingham).

In the mens' individual, Birmingham dominated with Nick Gatlan winning and Sean James, third, split by Cambridge's Hugh Pritchard. Birmingham also won the mens' team event, but consistent performances in all classes, especially by Scott Simpson, gave Nottingham victory by just 4 points in the overall championship.

SLALOM RULE CHANGE

by Chris Ebrey
Slalom Judging Committee.

1988 was one of those years when an ICF Congress was held, (they are held every two years) and in this one a major rule change for Slalom was agreed. Pre-touch of a gate has now been eliminated. This makes judging a lot easier and competing more difficult. Your boat control, which is what slalom is all about, now has to be a lot more accurate, but what does this mean?

In theory now, a paddler who goes clean through gate one but touches gate twenty, (highly unlikely though it is) will pick up 50's for all the other gates 2 to 19 and a 5 for twenty (provided it is negotiated correctly after the touch).

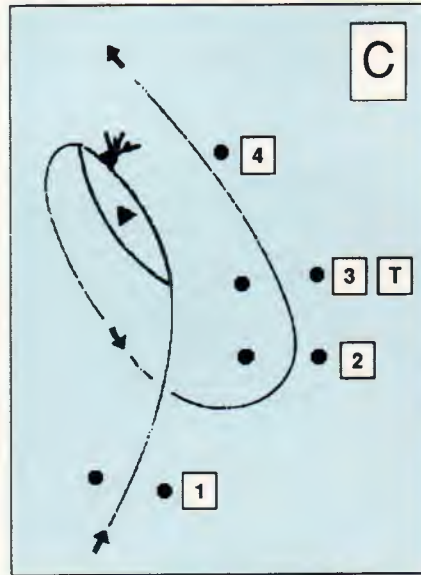
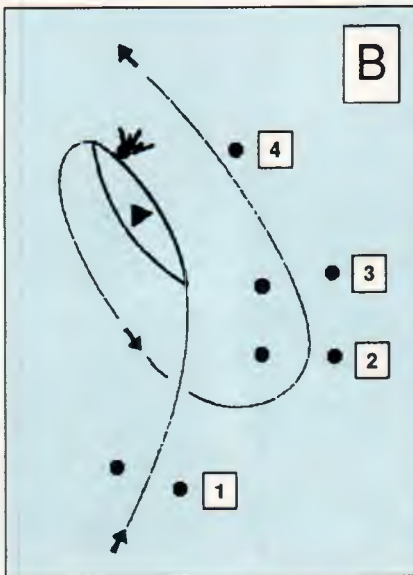
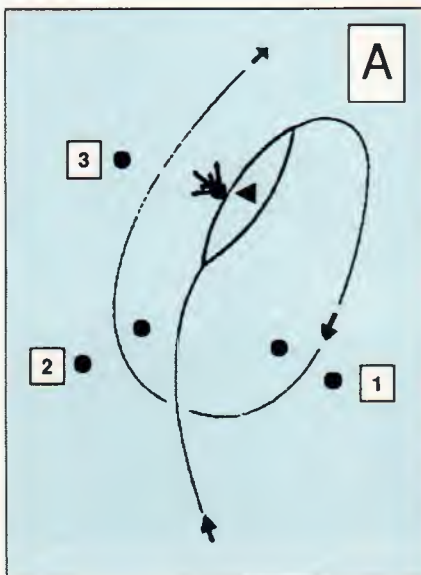
Consider diagram 'A'. The paddler crosses the start line but gets swept too low and touches gate three, he/she then completes gate one correctly, gate two correctly and then gate three correctly. Until January 1st 1989 this would have given the paddler Clear, Clear, Clear. As the touch on gate three became 'live' as soon as it was touched and it's too late to do anything about the other two gates, so the penalties now are: 50, 50, 5. It does not matter that the paddler has completed gates one and two AFTER the touch on three.

In diagram 'B' our paddler goes through gate one and then touches gate four before negotiating gates two and three, so what are the penalties? Before January 1st Clear, Clear, Clear but after January 1st it becomes a lot different, gate one, clear, of

course, then 50, 50, 5. As soon as gate four is touched, forget about gates two and three. A 50 is collected on both.

Let's go a step further. Look at diagram 'C', this is the same as 'B' but this time gate three is the Team Gate. For our paddler, gate three is dead, so it is now impossible for the team to go through in 15 seconds so the 50 second time penalty is also awarded (the next gate for our paddler has to be gate five). The penalties now stand at Clear, 50, 100, 5 plus any penalties the next of the team collect.

It is only the rule on 'Touching' which has been changed. All the other rules, ie a body crossing the gate line etc are unaltered.



Mens' K1

N Garland
H Pritchard
S James

Birmingham
Cambridge
Birmingham

Ladies' K1

J Ashton
C Parsons
T Parsons

Loughborough
Birmingham
Nottingham

C1

A Clough
S. Warden
B Horsham

Leeds
Bath
Bath

C2

Simpson/Benson
Warden/Horsham
Clark/Pumphrey

Nottingham
Bath
Sheffield

Mens' Team

Birmingham
Loughborough
Cambridge
Mixed Team
Nottingham 'A'
Birmingham
Nottingham 'B'

Llangollen International Canoe Slalom

October 29/30 1988

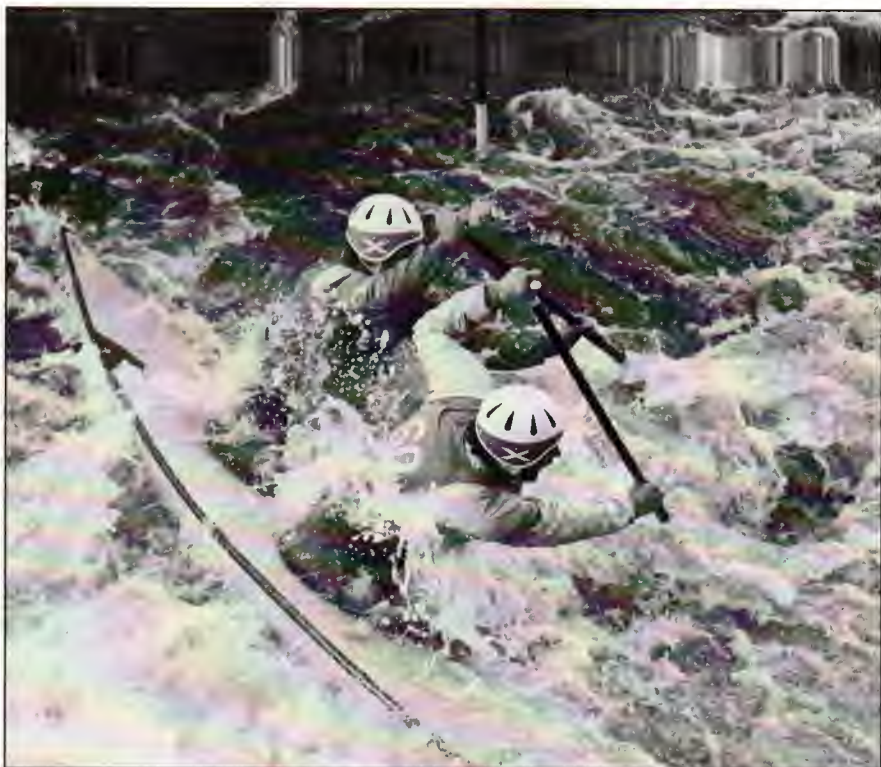
Report by Guy Gratton

This event concluded the Llangollen Canoeing week which had included the British Slalom and Junior Slalom championships as well as 'Paddles Up' for the BBC.

Martyn Hedges, paddling for Great Britain in the C1 event, became the undisputed holder of the Wilson's Trophy with a massive 8 seconds lead. The ladies' K1 event was won by Maria Francis of Wales, followed by Heather Corrie and Lynn Simpson - still a junior. Elizabeth Micheler and Liz Sharman were both unfortunately unable to paddle due to injury.

The C2 event, one of the closest this season, was won by the Clough Brothers (Great Britain) followed closely by Meikle and Brown with a strong challenge from the Czechs, Stercl and Stercl in third place.

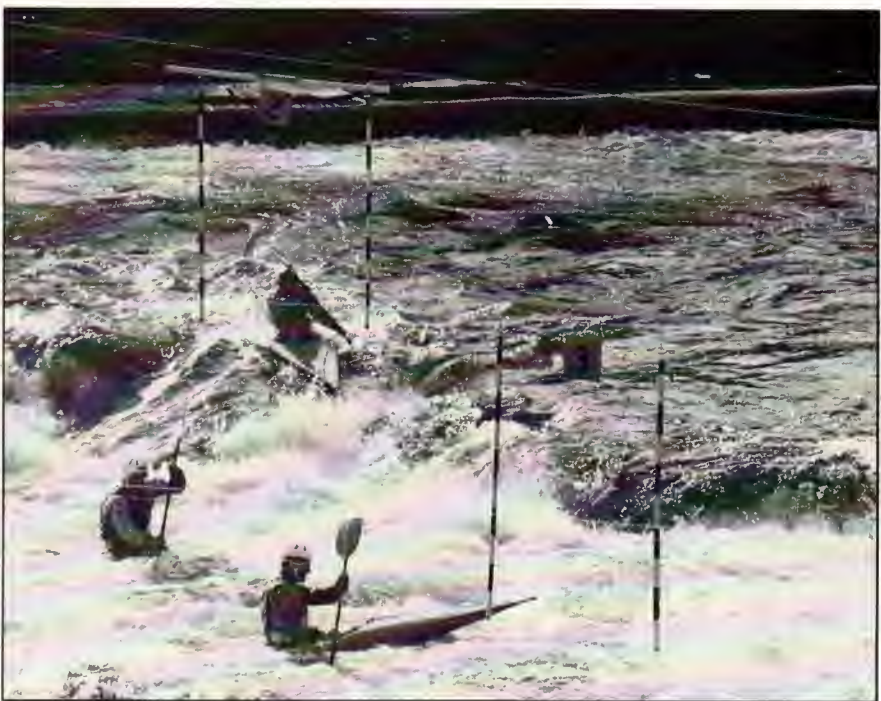
The 2 mens K1 classes, both provided some first rate paddling. The junior event was won by Kim Gaster (England), over six seconds ahead of Andrew Corrie. Melvyn Jones took the senior, followed closely by Ian Rospin and Russ Smith. This was without doubt the closest and most exciting event of this International with many excellent performances. A particular mention is probably due to Andy Fuller of England, in his first year as a senior yet still eleventh despite having spent the week before in bed with tonsillitis.



Meikle/Brown 2nd Place GB ▲

Photographs by Guy Gratton

▼ England Junior Team, 2nd place



The best sea canoeing in England and Wales!

DON'T MISS OUT ON THE BEST SEA CANOEING IN BRITAIN.

SEND NOW FOR YOUR COPY OF TWY-Y-FELIN 1989 BROCHURE OR SEE US AT THE EXHIBITION.

COVES, CAVES, ISLANDS AND RADICAL WHITE WATER WE'VE GOT IT ALL!

CONTACT ANDY MIDDLETON, TWY-Y-FELIN OUTDOOR CENTRE. ST. DAVIDS, PEMBROKESHIRE, SA62 6QS TEL: 720319



Adventure
International enterprises Ltd

The Chris Bonington Centre

Instructors required
at our Multi-Activity Centre for the 1989 season.
Climbers, Sailors, Canoeists etc.
Season starts April - finishes end October.
2 weeks training given prior to start of season.
Applicants 18 years or over.



CANOE SAILING MAKES A COMEBACK

By John Bull

John Bull's book SAIL YOUR CANOE is to be published by Cordee and will be available at the International Canoe Exhibition.

It is odd that the very type of boat that gave rise to the sport of canoeing is the one that is least represented today. In MacGregor's day, the 1860's and 70's, most canoes would have been able to sport a sail, of some sort, and they knew how to use them too.

These were travelling boats, making journeys, often of hundreds and occasionally, thousands of miles. Their creed was 'sail when you can and paddle when you must'. If we were going to emulate or even approach the performances of the past then we have to rediscover their techniques and methods.

Travelling boats, because they carry sail, should not be confused with today's sailing canoes, the ten square metre sailing canoe. The ten square metre is a formula one machine, sailed by a tyro balanced on the end of a plank four or five feet out from the side of the boat. Colin Mudie, a British yacht designer said that 'good looking boats should be built in pairs so that you could sail in one and admire the other'. The tensquare metre canoes get close to being able to manage this attractive situation by themselves. They are incredibly fast but, apart from the odd eccentric, they are not cruising boats.

Travelling boats on the

other hand are seagoing craft. They are sailed from within the cockpit without the need for a qualification in gymnastics. The ten square metre sail will be pulling around three pounds of displacement for every square foot of sail area, a travelling canoe is more likely to be in the order of five or six pounds of displacement to the square foot of sail.

Sail rigs can be fitted to many ordinary touring canoes with advantage and open up a whole new aspect of canoeing. They need not be an expensive addition, a home built rig may cost around £50 to £60 and the additional weight on the boat is about fifteen or twenty pounds. When stowed along the side deck there is only a short mast as additional windage. Most canoes are quite capable of sailing to windward and may be tacked in the conventional way.

The current interest in canoe sailing has come largely from America where it is beginning to gather considerable momentum and although the movement here is as yet slight it will certainly grow. The opportunity that a sailing canoe offers is too good to miss, the advantages of the canoe remain but its potential as a cruising boat has increased immeasurably, for young and old alike.

John MacGregor said, in the early days of canoeing, 'you can have all the pleasures of owning a yacht without the expense or worry'.

For the sum of £5 John Bull will assist with the design process of fitting canoes with sailing rigs. He needs to know the cockpit position in relation to boat length and the normal all up displacement. Contact John Bull at Holme Lea, Angerton, Kirkbridge, Carlisle, CA5 5HX





PRIJON
T CANYON

PRIJON
TOPOLINO — SPUD

SOLE U.K. DISTRIBUTOR FOR

PRIJON

The leading innovator of the toughest yet, blowmoulded high density Polyethylene kayaks, renowned for their rigidity and unequalled safety features. These include the Taifun, T Slalom, T Canyon, Gattino and Topolino Spud.

NEW * T YUKON touring Kayak.
3 versions available with interchangeable cockpit canopy touring cockpit, slalom cockpit or open. Suitable for river, sea or intermediate whitewater.
Blowmoulded by Prijon.
Length 440cms.

NEW * INVADER 89
Whitewater fun boat
Blowmoulded
Keyhole cockpit
Length 350cms



PRIJON
GATTINO



Send for colour brochures to:
AVONCRAFT, BURROWFIELD
WELWYN GARDEN CITY, HERTS AL7 4SR
TEL (0707) 330000 FAX (0707) 333026

COME TO **AVONCRAFT**

JOIN THE ELITE AND CHOOSE FROM THE
WORLD'S FINEST CANOEING PRODUCTS.

Classified

For this issue only Trade advertisements at 20p per word + VAT, there after 18p per word + VAT (minimum, £5) must be pre-paid, personal ads published free if supplied with membership number

FOR SALE

AQUABAT - Sports Model, blue, cross-linked polyethylene, very good condition, includes; ethafoam buoyancy, badger foot rests, flush fitting toggles, adjustable seat etc. £200 ono. also JUNIOR CANOE - KW7 style - glassfibre - white - 10ft and in good condition £70 ono Telephone Terry Baldwin on (04465) 4148

NOMAD EXTRA SLALOM KAYAK. Diolen hull. J & R foot rests £120 ono Telephone Uppingham (Leics) (0572) 822409

GAYBO REFLECTOR, Kevlar hull. Very good condition. £170 Telephone (07918) 2098

NEARLY NEW SLALOM KAYAK, will swap for plastic canoe, preferably a Valeta. Phone Kevin on (02246) 864184

PRIJON TAIFUN £220 ono Telephone (021) 429 5257

CHILDS KAYAK. Excellent value, used twice. Suitable for ages up to 13. As new £80 ono. Will deliver within reason. Telephone Winscombe Avon (0934) 842292.

SURF SKI - PALM REFLEX 95, 2.35m in length with adjustable waist and toe straps. Very stable and in great condition. Fins and new curly leash included, bargain at £100. Telephone (Ray) 01-310 2452 (day) 01-691 3793 (evenings).

JAQUAR K1 DIOLEN construction, lightweight and very fast, understern rudder, excellent condition £150. Telephone 01-500 6965

15ft 9 CANADIAN CANOE, glass fibre, rockered hull, one year use only £150 Telephone (09277) 66444

DAYEL TOURING SINGLE 14'6" weight 33 lbs as new £95 (Twickenham) 01-892 5290

GRANTS BOATS 16 foot, 3 man, Canadian Canoe - wooden construction with "Ottersports" paddles. Excellent condition £110 Telephone Southport (0704) 213458.

CONCEPT 'EDGE' TOP SLALOM K1 with attractive deck design., excellent condition built April 1988, Kevlar 1 £250 ono. Also Azali 204R wooden slalom paddles £25. Both pieces of equipment got me into Div. 2. Phone (0494) 712975.

APOLLO TORNADO WW excellent condition £150.00. Telephone Sarah on (0827) 897845.

SAILING CANOE - two seater, canvas-decked, sea-going, cabinet-built of cold moulded, three-ply mahogany. Portable by one person. Mainsheet & jib sheet, Bermuda-rig; lee-boards, side-steering from cockpit, rudder self-lifting. Needs more constant use, coaming high and replaceable. Elegant design. Telephone (0922) 32484

CONCEPT EDGE SLALOM K1. Built April 1988. Hardly used. Red deck, silver hull. Badger foot rests. Kevlar two, high volume, genuine reason for sale. £315. Telephone Sheffield 670998

PERCEPTION CYRAMAX polyethylene C1. Excellent condition with wild water thin seal spray deck £250 ono Telephone (043483) 409 - Andy Tracey

1 MERIDIAN SEA KAYAK - good condition £150
1 ISLANDER SEA KAYAK - used but sound £150

1 1975 C2 RED GAYBO - good condition £50

1 SURFER MK II - sound £35

1 SURF SHOE - sound £35

1 EAU VIVE TOURER - sound £35

3 B.A.Ts with bulkheads - tatty £20

Telephone Calshot Activities Centre (0703) 892077

SEA KAYAK/CANADIAN SALE Owing to re-organisation of storage, we have Huntsman and Seahunter Kayaks and Huron Canadian for sale at ridiculous prices. Mainly shop soiled and ex-demonstration, some cosmetic faults. Free delivery to London and Scottish canoe exhibitions. Send SAE for list. Prices from £195.00, McNulty Seaglass, Commercial Road, South Shields, Tyne and Wear, NE33 1RZ.

KLEPPER LOISACH - general purpose kayak in very good condition. £95.00 ono.

PRIJON TAIFUN KAYAK in very good condition £200.00 ono. Telephone (0628) 27403

NORDKAPP HM Sea Canoe. Hatches, footpump, chimp pump, recessed deck lines, red deck, translucent hull. Slightly damaged by a fall. £250.00 Telephone (0895) 52334.

WOODEN CANADIAN CANOE Cold moulded mahogany veneer, beautiful canoe £400 Tel: (0502) 569787.

DANCER AND ROTOBAT White Water spec, Sound condition, reduced to £100 each to clear. Jerry Tracey, Haefen. Tel: (0434 83) 409.

DOMINATOR SLALOM CANOE in very good condition £100 ono Tel: Penny 01-777 4133.S

WANTED

PERCEPTION MIRAGE in good condition. Fair price paid. Telephone Pete Boylan on (0664) 64043
ANGMAGSSALIK in reasonable condition. Jim Baguley 0676 34332 (home) (021) 711 3131 Ext 2753 (Work).

FLADBURY BLENHEIM K1 Canoe. Telephone (0592) 0890349

JAGUAR, PANTHER K1 or similar, Kevlar/Glass fibre construction. Also Fladbury Discovery K1. Telephone (0224) 723036

2ND HAND CANOE TRAILER for Polytechnic club, pref. "Tree" design and approximately 12 boats. Phone Steve Pike 01-549 1366 Ext 2550

LOST AND FOUND

MI PADDLE found at Ludlow Castle on 12th November. Telephone Simon on (0556283) 309

MIKE JONES RALLY November 1988. Various items of canoeing equipment and a camera found after event. Items also reported lost. Please send SAE with and accurate description to Mike Jones Rally, Betws y Coed, Sorting Office, Betws y Coed, Gwynedd, LL24 1AA.

TRADE

CARLISLE CANOES, everything for the canoeist from beginner to advanced white water paddler. Canoe and kayak hire. Contact Carlisle Canoes. Pennywise Shop, 41 Wigton Road, Carlisle CA2 7AX. Telephone (0228) 31703/37658

ISOSPORT TRAINING SYSTEMS. Isokinetic equipment for fast development of strength and power. Unit 1, Bleenau Gwent Workshops, Bryn Mawr, Gwent, NP3 4BL Telephone (0495) 312239.

NEW CANADIAN CANOE DESIGN. The EAST ANGLIAN a stable tourer, 3 comfortable thwarts, buoyancy, painters, wooden decks and gunwhales, GRP hull any colour. Complete for £350. OULTON BROAD CANADIAN CANOE CENTRE. Tel: (0502) 569787.

JOEL ENTERPRISES for all your canoeing requirements. Large stocks of plastic, from ACE to PRIJON. Accessories from most major suppliers. Our own GP f/glass from £130 including VAT. Shop open Saturdays 10.30 am until 4.30 pm (catalogue available) Joel Enterprises, Holt Fleet, Near Worcester. Tel: (0905) 55311 or 425959.

COURSES

PERSONAL AND SMALL GROUP TUITION, Architectural & Staff Consultancy, Sea Kayaking, Mountain Leadership, Climbing, BackwoodsmanShip. Jester - Lester Douglas Matthews, 63 Highfield Road, Dudley, DY2 7QE. Telephone (0384) 584492.

ACCOMMODATION

RHAYADER YMCA Hostel welcomes canoeists. Open to groups, minimum 8 maximum 22. Self-catering accommodation with access to tarmac football pitch and fully equipped youth club refurbished for 1989. Adjacent to River Wye in Powys, mid-Wales. All ages welcome. Modest charges. Phone (0597), 810792 or write Rhayader YMCA, South Street, Rhayader, Powys. LD6 5BH.

DARTMOOR EXPEDITION CENTRE Accommodation base near the River Dart. BCU Approved. Instruction for groups if required. John Earle, Rowden, Widecombe, Devon. (036421) 249.

RIVER ADUR, Sussex. Self Catering group accommodation for 16 in 3 bedrooms. Instruction and equipment available. Open all year. Brochure:

Adur Water Activities Centre, Brighton Road, Shoreham, BN4 5LT. Telephone (0273) 462928.

FRENCH ALPS - Chalet with 8 bedrooms. Very handy for Durance and Guisane rivers, and Lac De Serre Pomcon. £500 p.w. total Telephone (0952) 820155.

SITUATIONS VACANT

OUTDOOR PURSUITS, preferably Senior Instructor, required by Christian run coffee bar. Meredith, The Cornerstone, 1 New Street, Aberystwyth, Dyfed.

SEASONAL INSTRUCTORS REQUIRED for 1989 to work at CLUB UK, the National Youth Watersports Centre, March to November or June to September. Canoeing/windsurfing/waterskiing/canoeing, recognised qualifications essential, dual qualifications desirable. Application forms available from Club UK, West Cowes, Isle of Wight or telephone (0983) 294941.

PGL REQUIRE BCU SF's and other canoeists with considerable experience to instruct children or families for long or short periods between March and October. Minimum age is 18 for the UK and 20 for France. Applicants for France should have Canadian experience. All posts are residential. Details and application form from:- Application Department, PGL Young Adventure Ltd, 820 Station Street, Ross-on-Wye, HR9 7AH. Telephone (0989) 764211.

WOULD YOU LIKE TO QUALIFY as an Instructor in a number of outdoor activities? 6 months course starts March/April. Seasonal qualified instructors also required for 1989. Contact Stan Cooper, 4 High Street, Bala, Gwynedd. Telephone (0678) 521059 for more details

SENIOR INSTRUCTORS AND INSTRUCTORS required by Quest Adventure for Spring 1989. Qualifications and experience in canoeing, sailing, windsurfing, climbing, orienteering and mountain walking, to work in centres in Devon and the Lake District. Applications from un-qualified, but experienced people will be considered for Assistant Instructor positions. Contact: Jeanie Robertson, Quest Adventure, Grosvenor Hall, Bolnore Road, Haywards Heath, W. Sussex RH 16 4 BX Tel: (0444) 441300.

INSTRUCTORS WANTED (May/Sept 1989) France, Spain & UK. Canoeing and other skills. Send full details immediately: Acorn Venture, 137 Worcester Road, Hagley, Stourbridge, DY9 0NW Tel: (0562) 882151.

HOLIDAYS

CANADIAN CANOEING ACTIVITY HOLIDAYS IN EAST ANGLIA. British Canoe Union Approved Centre. Six day courses arrive and depart Saturdays. Variety of accommodation available. Brochure OBCCC, 33 Conard Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD. Tel: (0502) 569787

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

INSURANCE

CANOE INSURANCE - Special low rates for BCU members. Contact Weller & Co, 17 Main Ridge West, Boston, Lincs. PE21 6SS. Tel: (0205) 65505.

WE WANT PADDLERS

PGL require B.C.U., S.I.'s and other canoeists with considerable experience to instruct children or families for long or short periods between March and October. Minimum age is 18 for the U.K. and 20 for France. Applicants for France should have Canadian experience. All posts are residential. Details and application form from:-



Jobs 18-30's

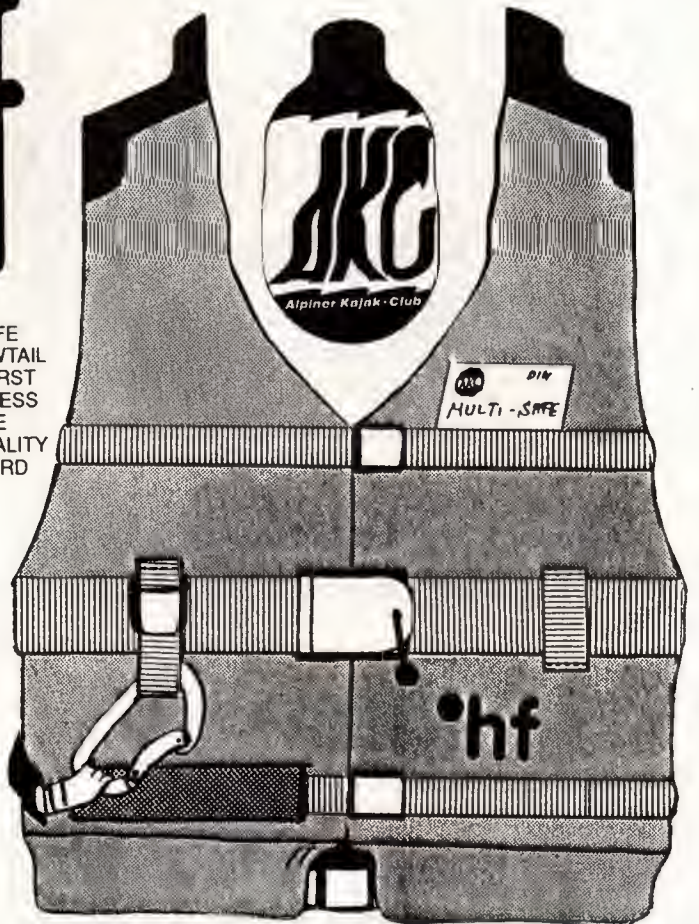
Application Department
PGL Young Adventure Ltd
820 Station Street
Ross-on-Wye HR9 7AH
Tel: 0989 764211

hf

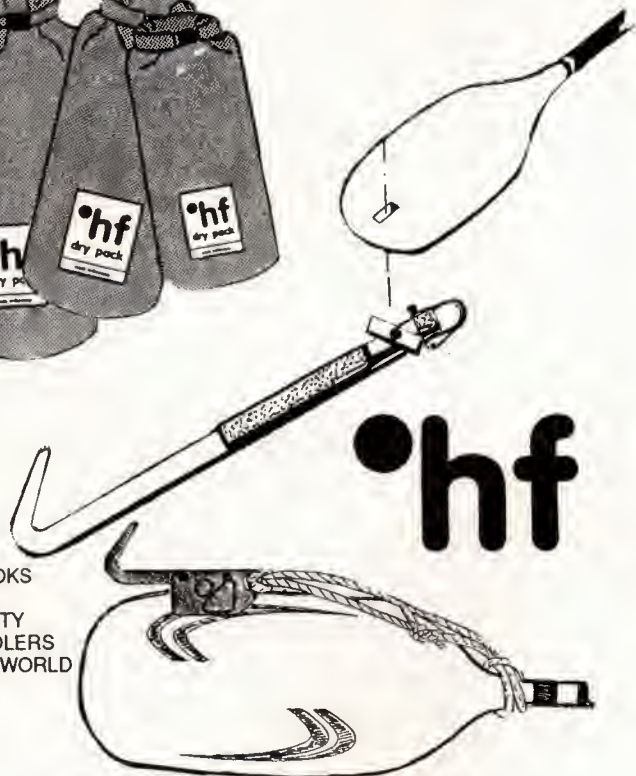


HF THROW BAGS
EUROPE'S FINEST CHOICE
AND QUALITY

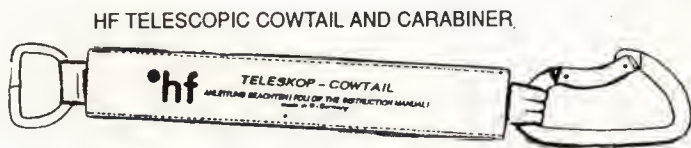
AKC MULTI-SAFE
JACKET AND COWTAIL
THE WORLD'S FIRST
INTEGRAL HARNESS
AND TOWLINE
UNBEATABLE QUALITY
TO DIN STANDARD
7874



HF DRY PACKS THE WORLD LEADER
7 SIZES STANDARD AND DELUX AVAILABLE



HF PADDLE HOOKS
AND CLIPS
USED BY SAFETY
CONSCIOUS PADDLERS
THROUGHOUT THE WORLD



HF TELESCOPIC COWTAIL AND CARABINER.



SOLE U.K. DISTRIBUTOR FOR

COME TO **AVONGRAFT**

JOIN THE ELITE AND CHOOSE FROM THE
WORLD'S FINEST CANOEING PRODUCTS.

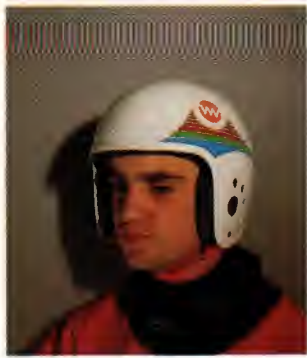
Office and Showrooms open:

Monday to Friday 9.00 am to 5.30 pm Saturday 9.00 am to 1.00 pm.

AVONGRAFT

Burrowfield, Welwyn Garden City, Herts, AL7 4SR (0707) 330000.

FAX NUMBER (0707) 333026



Combi

The new multidiscipline
Helmet from Wild Water

- For grade 3+ Paddling and Rafting
- 3 Point Fixing to avoid displacement
- Foam Filled for extra protection and buoyancy
- High Density U.V. Stabilised Polyethylene Shell
- Ear holes offset to avoid water jetting through to innerear
- Insulated — warm in winter, cool in summer
- Suitable for other adventure and gravity sports
- 2 colours, White and Red
- Solves the big head problem
- Weight 500 grams



Wild Water Standard

- Up to grade 3 Paddling and Rafting
- 2 point fixing
- Foam Filled with multi-sizing strips
- 4 colours
- Weight 430 grams
- BCU approved



Wild Water Competition

- Light Weight
- Cutaway Ears to help fine tune balance adjustment
- 2 colours
- Preferred by World Champions
- Weight 390 grams
- BCU approved



WILD-WATER

The Helmet Specialists

'WILD-WATER' (CHRIS HAWKESWORTH LTD) · THE MILL · GLASSHOUSES · PATELEY BRIDGE
HARROGATE · NORTH YORKSHIRE · HG3 5QH TEL: (0423) 711624 · TELEX: 57986 FAX (0423) 712271