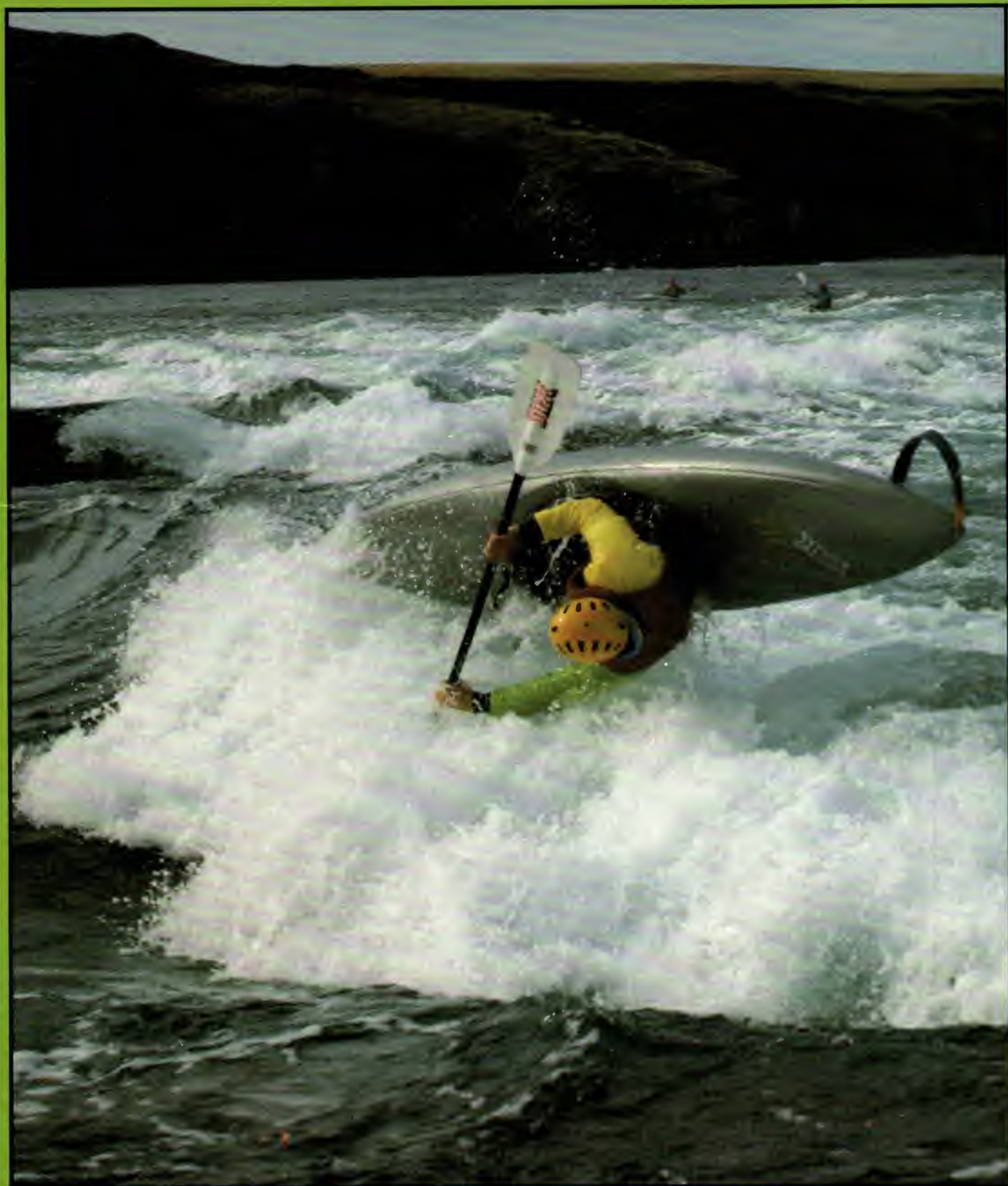


CANOE FOCUS

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THE OFFICIAL MAGAZINE OF THE BRITISH CANOE UNION



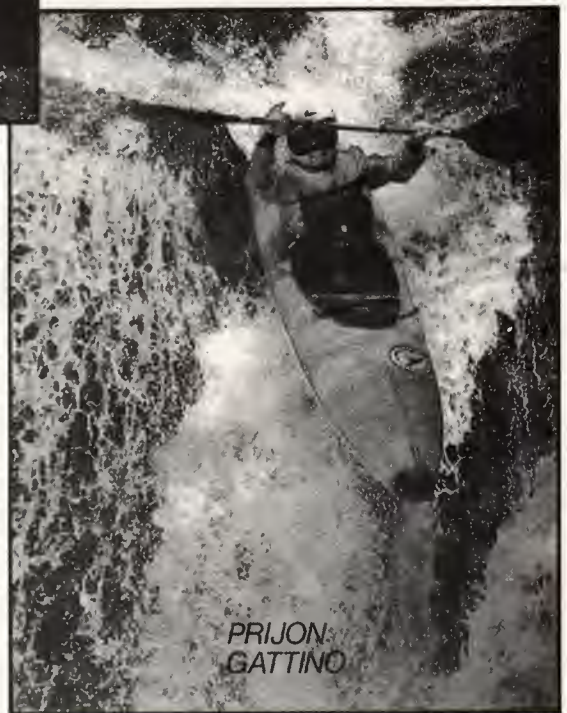
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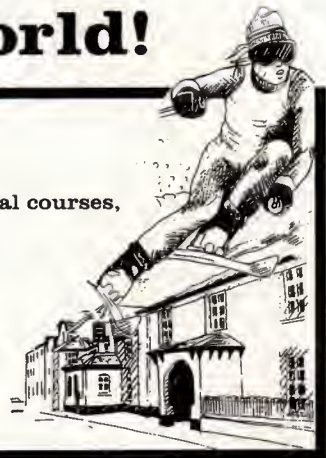
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Comment

By Trevor J. Bailey, Director



May I first make an apology. We indicated in the article on page six in Focus 59, 'Grant Aid for Canoeing Projects', that the Ron Moore Wilderness Trek were the first group to benefit from the James Turner legacy fund. In fact the group involved were offered £1000 from the fund, but received many offers of help from other sources and did not call on the legacy money. The Expedition made a surplus which it has been decided to donate to various charities, and so the organising group decided not to request payment of the grant.

The article referred to has led to some applications for grant aid being received, but we would welcome more. Apart from the James Turner legacy fund, grant is available from the Jubilee Canoeing Foundation. This latter fund, established to encourage young people to take part in canoeing received a recent boost with a donation of £5000 from the TSB Foundation for England and Wales. This will be used for the benefit of young disabled canoeists.

OBITUARY

The Union has received, rather belatedly, the sad news of the death, in April 1987 at the age of 76, of Hans Renold, a leading figure in the founding of the British Canoe Union.

Those who have been long in the sport or who have made a study of its history, will remember Hans Renold as the canoeist whose initiative, expressed through a letter to the Times, led to the convening of a meet-

ing in London, in the autumn of 1932 at which the formation of a national canoeing association was considered and decided upon. In the following Spring of 1933, a British Canoe Association was founded with Hans Renold as its Hon Secretary. Shortly after this foundation meeting, members of the Camping Club and the BCA became a Section of the Camping Club.

There were in existence at that time several old canoe clubs such as the Royal Canoe Club, which had been in existence since 1866, the sport was growing, and new clubs were coming into existence, and it was soon realised that even though the BCA was affiliated to the International Canoe Federation and the British Olympic Association, its constitution did not permit it adequately to serve as a national governing body representing all canoeists and canoe clubs. In 1935 the Committee of the BCA reviewed its position and when a suggestion that its withdrawal from the Camping Club was not acceptable to that body, a proposal was made that a new and independent organisation be formed to which the 'governing body' functions of the BCA might be transferred. It was decided to follow up this proposal and Hans Renold was a key figure in successful negotiations with the Camping Club, the only regret arising from refusal by the Camping Club to release the title BCA though it was willing to suppress it to avoid confusion. That is why the new national governing body adopted the name British Canoe Union. A draft constitution was drawn up by Hans Renold for presentation to a constituent meeting of all interested parties in the Spring of 1936. The British Canoe Union was founded at that meeting but Hans Renold excused himself from nomination for any office on account of business pressures although he remained a member of the Manchester Canoe Club.

Hans was a close associate of John Dudderidge, the BCU President of Honour. On behalf of John, and the Union, I would like to express thanks for the work Hans did to forward our sport, and to extend to Mrs Renold our sympathy in her great loss.

WATER PRIVATISATION

The Union has received a number of letters on the subject of water privatisation. A common thread to such letters is contained

in the following extract from a letter from Michael Ryding of Kendal: "In short; I'm not asking you to be against privatisation (although that would be nice) all I can hope for is that the BCU will fight for a clear definition of boundaries and make sure that this fair and equitable arrangement is not just another 'who's got the most money' scheme."

The Union has consistently taken the view on matters of Access that negotiation, not confrontation, is the way forward. Whilst this 'softly, softly' approach has its critics, there are encouraging signs that the Union is now seen as following a reasonable line and a number of speeches in both Houses during the debate on water privatisation supported the concept of the NRA being used to bring about agreement.

Having carefully monitored the passage of the Bill, the Union decided to seek to have an amendment tabled, and approached a number of Lords, as well as the Minister of Sport, on the subject. The Union's proposal was simple one, to put the NRA in a position where it can use the same powers in relation to private rivers that Parliament enacted in relation to mountain and moorland, which was designed, by means of access agreements, to safeguard landowners' basic property rights while enabling the public to have permissive use for walking and recreation subject to prescribed conditions. The Union is not seeking to give the NRA power to make compulsory access orders. The Union believes that voluntary arranged access agreements are much more appropriate.

At this time of writing the Bill is still proceeding through the House of Lords. The Union will continue to monitor its progress and will follow up this initial work as necessary.

HELP - POST-CODES WANTED

In closing the column I would like to make a plea to all members. The Union currently has a contract with the Post Office for the delivery of Focus. The contract offers substantial savings over normal postal rates. A new system is about to be introduced, and for the Union to retain the benefits 90% of all addressees must include the post-code. **So please, when renewing your membership, be sure to include your postal code.**



3 in the stopper - Canolfan Tryweryn

Photograph by John Draddy.

We have just received the sad news that David Barrow, the BCU's Finance Officer died on June 18 1989. He had been taken ill with lung cancer a number of weeks ago. David was with the BCU for 2 years and had already made a substantial contribution on the accounts side. He will be greatly missed by everyone and we extend our sincere condolences to his family.

CLUBS!

Has your secretary changed since you last paid your affiliation? If so please tell the BCU Office.

THE SAVAGE WORLD C

Maryland, USA 17-24



Jean Luc Bataille of France - 6th C1



Britain's medal winners: Steve Wells (left) and Neil Stamps (right)

Photographs by Tony Tickle



C1 Event: Steve Wells in action



Richardson/Thompson



Gareth Marriot



Richard Fox regains his world title

HAMPIONSHIPS

June 1989

Wild Water Racing

Joe Lyons Reports.

Extensive British Team planning and preparation for the 1989 worlds paid off handsomely.

The river is aptly named: a champion on the 'Savage' is a true wild-water champion and in mens kayak, he was nearly British. After 22 minutes of racing, 0.16 of a second seperated Neil Stamps from a gold medal. The man who won it, Marco Previde Massara of Italy, goes down alongside Fox and Lugbill on the list of canoeing greats - 3 golds and a silver in 5 world championships, on rivers from Bala to the Savage, is no mean feat.

Alongside him on the record books must go Srecko Maslé and Andej Grobislá of Yugoslavia. In a C2 class hotly contested by the worlds best, they won by over 30 seconds, only 13 seconds slower than Fox's K1 time. This was a popular victory, as these smiling Yugoslavs became everybody's friends.

In Canadian singles, Britain's Steve Wells fulfilled his promise with a bronze -

behind the other Yugoslav star, Andrej Jelenc and Vladimir Vela of Czechoslovakia. Steve's dedication, perseverance and commitment took him all over Europe to paddle wild water in preparation for this race, and it paid off well. In the ladies' event, honorable mention must be made of Julie Ashton, first British lady and 8th at her first world championships and first race on the River Savage.

Poor weather at the event was used as a psychological bonus as far as the British team were concerned; apart from the very misty conditions on the river, the coolness and the rain suited the team down to the ground. The occasional snake was a little frightening but all helped to keep the adrenalin going for the big event.

The following day, the team event results were disappointing. The ladies came the closest, only 2.5 seconds adrift of a bronze, but all together it was a satisfied Wild Water Racing team that left Frostburg University and the River Savage. With their best results for over 10 years, Wild Water Racing is looking forward to an even better future.

Slalom

Prior to the start of the Slalom events, the team were dealt a severe blow with the withdrawal of reigning world champion, Liz Sharman. Liz aggravated an old back injury recently and after a fitness test on Wednesday, announced her withdrawal.

The first day felt strange with no Liz. Starting with the mens C2, gate 1 proved to be one of the most difficult all weekend. Chris Arrowsmith and Paul Brain were early victims, swimming on their first run. Badly shaken, they bravely completed their second run to finish a creditable 16th. Meikle and Brown were the top British crew in 9th position, with Richardson and Thompson 13th.

In the ladies' K1, top British place went to Karen Davies in 12th. Maria Francis was 17th with Rachel Fox 25th. Myriam Jerusalem of France won by a clear 4 seconds, a popular win with the British team.

The two Saturday events provided a marked contrast. In the C1 Gareth Marriott, was expected to do well and in the K1 Richard Fox was fighting to regain his world crown.

Gareth had a clear first run in a time of 233 seconds which put him in 4th place. The leader after the first run was Jon Lugbill, USA, 12 seconds ahead of fellow countryman David Hearn. Whilst Gareth improved on his second run, two other paddlers overtook him to give him a final placing of 6th. In an incredible performance, Lugbill went clear in 205 seconds,

to win his fifth world title. Mike Wharton, also in his first worlds, finished 15th.

In the mens' K1, Russ Smith, one of the early starters was in the lead for a long time with a time of 223 seconds. Melvyn Jones missed a gate, and Len Shackleton clearly was not paddling at his best. Richard Weiss of America, going off four in front of Fox, took the lead with a time of 204 seconds, including one penalty. Richard Fox appeared to be paddling well within himself and still managed to put in the fastest time of the day, 196 seconds, but collected 10 seconds penalties to lie fourth after the first run.

Melvyn went clear on his second run in a time which was to be less than 1.2 seconds off the silver medal winners time. Gilles Clouzeau of France then proved to be the surprise package, taking the lead with a time of 203 seconds. Richard Fox stormed down the course 3 seconds faster than his first run, but picking up a penalty of 5 seconds on gate 1 to give him a total time of 199 seconds. With eight more paddlers to go there was an anxious wait, but Richard regained his world title with a 4 second margin. Melvyn Jones finished 6th, Russ Smith 30th and Len Shackleton 44th.

After Richard's result, the team events were disappointing for Britain, missing the medals in all classes. The French dominated with 2 golds and a silver: the Yugoslavs again challenged strongly, taking gold in the K1 team event. With 2 years to the Yugoslavia worlds, it will be interesting to see how these paddlers perform on their home ground

WILD WATER RESULTS

Individuals

K1			
1	Marco P Massara	Italy	22.12.88
2	Neil Stamps	G Britain	22.13.04
3	Antoine Goetschy	France	22.16.17
15	Richard Fox	G Britain	
22	Alan Tordoff	G Britain	
	Wayne Boss capsized		

K1 Ladies

1	Sabine Kleinhenz	France	
2	Uschi Profanter	Austria	
3	Aurore Bringard	France	
8	Julie Ashton	G Britain	
13	Gill Berrow	G Britain	
15	Cynthia Berry	G Britain	
17	Shirley Bain	G Britain	
C1			
1	Andrej Jelenc	Yugoslavia	22.37.00
2	Vladimir Vela	Czechoslovakia	24.42.77
3	Steve Wells	G Britain	24.47.46
19	Mackon Singh	G Britain	
23	Dave Ruse	G Britain	
26	James Wingfield	G Britain	

C2

1	Grbesla/Masle	Yugoslavia	22.48.74
2	Alaphillipe/Payfoulhoux	France	23.20.01
3	Archambault/Carlin	France	23.21.75
13	Morris/Pearton	G Britain	
18	Kay/Hibble	G Britain	
20	Lyons/Tomlinson	G Britain	

Teams

K1 Mens

1	France	
2	Germany	
3	Switzerland	
7	Great Britain - Stamps/Fox/Tordoff	

K1 Ladies

1	France	
2	Germany	
3	Italy	
4	Great Britain - Ashton/Berrow/Berry	

C1

1	France	
2	Germany	
3	Yugoslavia	
7	Great Britain - Wells/Ruse/Singh	

C2

1	West Germany	
2	France	
3	Italy	
5	Great Britain - Kay/Hibble, Pearton/Morris, Lyons/Tomlinson	

SLALOM RESULTS

Individual

C1			
1	J Lugbill	USA	205.04
2	D Hearn	USA	217.01
3	T Humeau	France	226.52
6	G Marriott	G Britain	231.78
15	M Wharton	G Britain	255.29
24	M Hedges	G Britain	270.73
25	M Delaney	G Britain	277.15

C2

1	Hemmer & Loose	Germany	237.55
2	Petric & Petrick	Czech	243.21
3	Saidi & DelRey	France	248.54
9	Meikle & Brown	G Britain	257.50
13	Richardson & Thompson	G Britain	260.41
16	Arrowsmith & Brain	G Britain	284.46

K1 Mens

1	Richard Fox	G Britain	198.61
2	G Glouzeau	France	203.28
3	J Abramic	Yugoslavia	203.39
7	M Jones	G Britain	204.43
30	R Smith	G Britain	
44	L Shackleton	G Britain	

K1 Ladies

1	M Jerusalemi	France	234.80
2	D Chladek	USA	238.98
3	C Hearn	USA	244.20
12	K Davies	G Britain	265.13
17	M Francis	G Britain	284.52
25	R Fox	G Britain	328.37

Teams

C1			
1	USA		242.50
2	France		263.21
3	Yugoslavia		288.80
5	Great Britain		304.46

C2

1	France		286.76
2	Czechoslovakia		298.76
3	Germany		333.52
7	Great Britain		356.07

K1 Men

1	Yugoslavia		228.05
2	Italy		232.77
3	Germany		238.28
7	Great Britain		256.07

K1 Ladies

1	France		271.67
2	USA		292.54
3	Czechoslovakia		327.70
5	Great Britain		351.30

THE CURRENT POSITION ON DOPING

By David Hunter

There is understandable confusion on the issue of drugs in sport, particularly with regard to medication taken for genuine illness. In this article, Dr David Hunter clarifies matters, giving guidance on what should be avoided and what may be used to treat minor ailments during competition without risking disqualification.

Background

In 1984 the Sports Council's policy on doping control moved significantly from encouraging the governing bodies of sport to introduce anti-doping measures to requiring them to do so against the sanction of withdrawal of grants and services. These obligations included participation in drug testing and the adoption of effective anti-doping regulations.

Since 1984 the council, advised by its drug advisory group, has sought to improve the effectiveness of drug testing procedures, and in 1987 a further tightening of procedures was proposed in a report entitled 'The Misuse of Drugs in Sport'.

The adoption of this report has resulted in a revised system of doping control. This incorporates new procedures for testing at competitive and squad training events, the introduction of 'out of competition' testing at any time of the year and the appointment of a review body to monitor drug abuse offenses.

Canoeing relies heavily on the Sports Council for the money required to finance its international teams. For this reason competitive canoeists may be subject to increasingly frequent drug testing as there will be tremendous pressure for canoeing to be seen as a 'clean' sport.

Drug Testing Procedures

Under the new system the British Canoe Union will be required to inform the Sports Council of the dates of competitive and training events and the names of training squad members. The selection of events and of the individuals who are to be tested will be by the Sports Council and sample collection will be by an independent sampling officer. This will be in addition to any testing which the BCU decides to arrange itself, for example at major championships and international events. There will be no advance notice of the intention to run drug testing in either case.

The International Olympic Committee has recently announced that at future Olympic Games drug testing will include blood tests. This may well become normal practice, but for the present, testing is exclusively by urine samples. There are

guidelines for the collection of samples and these should, ideally, be followed to the letter. At competitions the selection of the individuals to be tested should be arranged independent of anyone connected with the event. Usually this would be on the basis of finishing position. Selection at other times would be from a central register.

On being invited to provide a urine specimen an athlete would be expected to attend the 'doping control' area within one hour. This would be verified by the athlete signing the invitation. Refusal would be taken as an indication of guilt. Any medication taken within the preceding 48 hours must be declared, this includes herbal and homeopathic remedies, any pharmaceutical purchased from a chemist or other retailer and any prescribed medicine including, for women, oral contraceptives ie 'the pill'. The specimen should be produced in the presence of the sampling officer and, to deter cheating, the sampling officer or an assistant should actually be in the closet while the sample is produced. It is, however accepted that this may sometimes be impractical, particularly at slalom and down river events.

Specimens are measured, divided between two sealed containers, which are again sealed in a coded container. Specimens usually take approximately four weeks to process, but this may be as little as three days. If a banned substance is detected the athlete and/or a coach has the right to be present while the duplicate sample is tested.

Banned Substances

Because pharmaceutical companies are continually producing new drugs and as unscrupulous individuals may chemically alter existing drugs with the intention of circumventing the rules it would clearly be impossible, and perhaps undesirable, to produce a complete list of banned drugs. For this reason they are banned according to the following broad pharmaceutical classifications, examples being given in each category.

a) Psychomotor stimulants

amphetamine
benzphetamine
caffiene
chlorphentermine
cocaine
diethylpropion
dimethylamphetamine
ethylamphetamine
fencafamin

meclofenoxate
methylamphetamine
methylphenidate
norpsendephedrine
pemoline
phendimetrazine
phenmetrazine
phentermine
pipradol
prolitan

b) Sympathomimetic amines

chlorprenaline
ephedrine
etafedrine
isoetharine
methylephedrine
methoxyphenamine

c) Miscellaneous central nervous system

stimulants
amiphenazole
bemegrade
doxapram
ethamizan
leptazol
nikethamide
picrotoxin
strychnine

d) Narcotic analgesics

anileridine
codeine
dextomoramide
dihydrocodeide
ethylmorphine
heroin
hydrocodone
hydromorphone
levorphanol
methadone
morphine
oxycodone
oxymorphone
pentazocine
pethidine
piminodine
thebacon
trimepradine

e)	Anabolicsteroids
	clostebol
	ethyloestranol
	floxymesterone
	methandienone
	methenolone
	methandriol
	methytestosterone
	nandrolone
	oxandrolone
	oxymetholone
	stanolone
	stanozolol
	testosterone
f)	Growth Hormone
g)	Masking substances
	probenacid
h)	Diuretics
	acetazolamide
	amiloride
	bendrofluazide
	bendroflumethazide
	benthiazide
	bumetamide
	chlorthalidone
	cyclopenthiazide
	ethacrinicacid
	flumethiazide
	frusemide
	hydroflumethazide
	mefrusemide
	metazolone
	polythiazide
	spironolactone
	triamterene
	xipamide

Caffeine being a constituent of tea, coffee and soft drinks is banned quantitatively – according to the amount present. It is most unlikely that an individual could drink enough tea or coffee to fail a test but caffeine containing pills such as Yeast Vite contain enough of the drug for this to happen. Testosterone and growth hormones are natural substances. Usually they would register along with the bodies other hormones and be passed as a normal result. When these hormones are used as doping agents the normal hormone profile is disturbed so it is possible to differentiate natural from exogenous hormone.

It must be emphasised that medicines prescribed by a doctor or purchased from a chemist may contain one or more banned substances, and that under the Sports Council guidelines even the legitimate use of such a drug is disallowed. It is the individual's responsibility to check

whether anything being taken contains a banned substance. It should be realised that very few medical practitioners, unless involved with sports medicine, will be aware of the list of banned substances or the products containing them.

The majority of problems related to banned substances arise because of medication purchased without prescription for the treatment of nasal or bronchial problems. Many of these products contain stimulants such as ephedrine and pseudoephedrine. Examples of branded products which would not be allowable for this reason include Actifed, Bronchipax, Contact 400, Dimotane Plus and Mucron. Similarly pain relieving medicines such as Panadeine, Phensedyl, Migralvee, Solpadeine, Codis and Paracodil are banned because they contain codeine. Care should also be taken with antidiarrhoeals which may contain small doses of morphine, codine or related drugs.

Risks of Doping

Side effects may occur with all drugs. These are uncommon and generally unpredictable. When drugs are used to enhance athletic performance there is a much greater risk to health. There are a number of reasons why this is so. In part this is because the doses used are often considerably in excess of what might be used for medical reasons. For example body builders are said to use 20-30 times the normal dose of anabolic steroids. Also their use is normally without medical supervision.

In addition many banned drugs are inherently dangerous. Stimulant drugs, for example have contributed to the deaths of athletes on several occasions, probably because they both mask the warnings of dangerous overexertion and make the heart prone to develop abnormalities of cardiac rhythm during times of increased stress, potentially leading to cardiac arrest. As these drugs are being used in high dose at times when the individual is taxed to the limit of his or her physical ability the dangers are easy to appreciate. Narcotic analgesics and certain stimulants are addictive thereby causing long term psychiatric problems. The unsupervised use of anabolic steroids presents a particular risk. At the doses used liver problems are not uncommon, and this may lead to prolonged ill health and premature death. A further danger is alteration of fat metabolism which although asymptomatic at first causes a predisposition to the development of coronary and other arterial diseases.

Do Banned Drugs Work

Surprisingly there has been very little published and scientifically acceptable research to determine whether the substances on the banned list actually work as an aid to sporting performance. Anabolic steroids certainly cause weight gain and the consensus opinion is that a proportion of this is due to increased muscle bulk. They are also held to speed the recovery of damaged tissues and reduce fatigue. The only scientific evi-

dence to support this comes from studies of the healing of spontaneous fractures in women with severe osteoporosis (thinning of the bones), but there is no proof that these findings can be extrapolated to fit athletes. The position regarding stimulants is clearer as they have been widely researched, particularly by the military. Cocaine and drugs related to amphetamine undoubtedly improve endurance. However in canoeing, even in a sprint race, fine motor co-ordination is important and this may be impaired by stimulant drugs particularly if taken in large doses so it is hard to predict what the overall effect would be.

For the majority of the banned drugs, then, the effect on athletic performance is uncertain. Many, possibly the majority, either have no beneficial effect or may actually be detrimental. It seems reasonable to question why some of these drugs are banned. The reason is that the IOC has chosen to ban all drugs that might give an advantage, and the Sports Council and the governing bodies of most sports have agreed to follow the same guidelines. In the end it becomes a matter of 'The rules are the rules' and like it or not they have to be adhered to.

Disciplinary Measures

The BCU itself has not yet had to discipline an athlete for misuse of a banned substance. There is an agreed protocol to cover this occurrence. Initially a drugs advisory committee would investigate any alleged transgression and would decide upon appropriate action. It is likely that a serious offence would result in a period of suspension, or even a life ban.

Permitted Medicines

As it is impossible to give a comprehensive list of banned drugs the Sports Council's Drug Advisory Group has compiled a list of drugs that are allowed. Although long, it is not a comprehensive list. It covers mainly those categories of medication where problems frequently arise. Therefore in addition to the drugs covered by the list any preparation which contains only an antihistamine or an antibiotic would be allowed. Care should be taken, however, as a number of decongestant preparations contain an antihistamine in combination with stimulant drugs such as ephedrine or pseudoephedrine.

Not all sports ban the same drugs. Modern pentathlon, for example, bans barbiturates and other drugs used to treat epilepsy, which are allowed by other sports. Similarly cycling bans all corticosteroids, even if given by inhaler (to treat asthma) or by localised injection around tendons or into joints. For this reason the list of permitted drugs is only applicable to canoeing. Due to its length, it is not possible to reproduce the list here but copies are available from the BCU office on receipt of an SAE.

Dr David Hunter is Chairman of the BCU Drugs Advisory Panel and a member of the Medical Advisory Panel.

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CANOEING PHOTOGRAPHY

by Lee Frost, features
writer of Photo Answers
magazine

If you want to enjoy the thrills and spills of canoeing, but fancy keeping dry for a change, why not capture them on film? Doing so isn't as difficult as it would seem and you don't need bags full of expensive equipment.

In fact the most essential skill necessary (and that goes for any sport) is one you should already possess, which the majority of other photographers will lack. That is knowing the game inside out and having the ability, gained through practical experience, to anticipate the actions of a canoeist and the possible outcome of his manoeuvres so that you know exactly when to press the shutter.

As far as equipment is concerned, basically there are no hard and fast rules. You make the best of what you already have. A 35mm SLR (single lens reflex) camera is ideal, especially if you have a telephoto zoom lens – say 80-200mm – to use with it.

Such a lens will allow you to compose a picture accurately in the viewfinder of your camera and vary the apparent distance between you and your subject.

If you possess an even longer lens, like a 300mm telephoto, then so much the better, because the longer the lens is, the closer you will be to the action – important when you have to shoot from quite a distance.

Don't fret if you only have a compact though. It won't allow you to capture heart-stopping grab shots, unless you can get really close to your subject, but don't forget about all those wonderful scenics – like a canoeist slicing his way through a raging torrent, flanked on either side by overhanging trees and sheer cliffs. Such pictures say just as much about the sport.

The film you choose will depend upon the kind of situation you expect to find yourself in. If you're shooting on a bright day near an exposed stretch of water go for ISO100 – the film you would use for most if not all of your picture taking. But if bad weather is expected, or you know you will end up in a shady spot, then purchase something faster and more light sensitive – say ISO400.

Doing so will make sure you can set your camera to a high enough shutter speed – at least 1/500th of a second – to freeze the movement of both your subject and any water splashing around. If you have to set your lens to an aperture of F/5.6 or F/4 to obtain this speed that's fine. Such an aperture will render any background details – like people standing on the opposite shore – completely out-of-focus so that they don't cause clutter and confusion in your picture.

At the same time though, by selecting such a 'wide' aperture you need to focus

carefully on your subject and if its moving that isn't easy! To increase your chances of success a useful ploy is to pre-focus on a point on the river, like a slalom gate or a particular rapid, and wait until your subject reaches that point before pressing the

shutter.

If you follow these hints, shoot lots of film and learn from your mistakes, there's no reason why you shouldn't become highly proficient in a short space of time. Good luck.

PLUS COMPETITION

THE KEYSTONE CAMERA COMPETITION

Take a picture for the front cover of Focus and win a Keystone all weather camera!

HOW TO ENTER

Its simple! Just send in a photograph of any canoeing subject to Canoe Focus, BCU Office, Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA, enclosing an SAE if you'd like your entry returned. **The closing date is 30 September.**

Photographs should be colour transparencies, portrait orientation (upright). We promise to take every care of your transparencies while in our possession, but we

cannot make guarantees for the Post Office! – so please do make sure that your entry is well packaged in a slide box or card backed envelope.

WINNING ENTRY

The winning entry will appear on the front cover of December's Canoe Focus. The winner will also receive a Keystone Regency All weather 35mm camera, fully automatic and designed to withstand rain, sand, dust and moisture. The camera floats and has a built in flash, ideal for action shots. The runners up photographs will also appear in December's edition, with comments from Lee Frost who writes the very popular 'Photoclinic' column in 'Photo Answers' magazine.



ENTRY FORM

Name _____

Address _____

BCU Number _____

Photo Caption _____

Competition

Interested in coaching slalom paddlers? If so, contact Alan Edge c/o BCU Office, for details of weekend, slalom coach/trainer courses, September-December 1989

EXCELLENT FIRST REGATTA FOR JUNIOR MEN

The Junior Olympic Racing Squad competed in their first international regatta of the year at Mechelen, Belgium from 5-7 May 1989.

All boats reached the finals and a high standard was set right from the beginning by Mike Jenson (Richmond) who won the K1 1000m, the first of the Junior finals to take place. Jason Wilson (Anker Valley) was fifth.

Chris Bland (Fladbury) won two silver medals, coming second in the K1 5km and K1 500m. He also picked up a bronze medal along with Craig Murray (Anker Valley), Simon Ricketts (Anker Valley) and Paul Ilson (Worcester) in the K4 500m. This event was won by the GB crew of Mike Jenson, Matthew Barker (Harlow), Stephen Baker (Tonbridge) and Anthony Wynne (Tonbridge).

For the Junior Ladies the races at this event were less competitive than those for the Junior Men. However Lea Morseley (Leaside), Kim Carter (Leighton Buzzard), Nicola Upton (Elmbridge) and Rachel Leverett (Lincoln) gained valuable international experience.

Laurence Oliver
Team Manager Junior Olympic Racing Squad

HASLER TROPHY 1990

The Marathon Racing Committee invites proposals for a venue for the 1990 Hasler Trophy Finals.

To date we have been successful in moving into a different region each time the event has been held but it would seem that the time has come when to a large degree we can start the circuit again.

The Hasler Final has become a major event with as many as 800 paddlers which could cause logistical problems for a smaller club! The highly successful 1988 event in the North West Region was the result of two clubs pooling their efforts.

Any one interested in hosting the 1990 event should contact David Green, Hon. Secretary, Poole Cottage, Longbarn, Crediton, Devon, EX17 4AD.

C.O.C.L.G. CHAMPIONSHIPS

The National Championships of the BCU Corps of Canoe Lifeguards will be taking place from 22-24 September 1989 at Lydstep Haven in Pembrokeshire (2 miles west of Tenby). Breathtaking scenery (guaranteed), big surf (on order)!

Details of how to enter from Terry Davies, 87 Tyisha Road, Llanelli, Dyfed SA15 1RP (S.A.E. please)

EFTELING/EUPEN DIVISION C INTERNATIONAL SLALOMS 29/30 MAY 1989

Report by Clive Wright

Three teams of paddlers attended including Wales, the East Midlands and a team made-up of everyone else.

We arrived at Efteling in Holland about lunch time on Friday, nine of us in the Ford Transit with eight boats on top. The event was to be held on a fun fair park, a Dutch equivalent to Alton Towers, the slalom being run on the moat of a fibre-glass castle. This unusual setting was to provide more novelty

than we bargained for when the event started.

Practice began early on Saturday morning with Dave Harrison having an argument with a rock and winning when his C1 punched a hole straight through. Getting onto the course itself was exciting, hauling yourself onto a revolving ramp which lifted you like a conveyor belt from the bottom to the top of the course, whilst you remained in the boat (when can we have one installed at Holme Pierrepont?).

The event was well organised with commentary and a computer displaying results. Chris Wilson became instantly famous when he achieved the only 'clear' run on the course, eventually winning in the C1. Des Middleton and Dave Harrison were placed second and third respectively (C1), Joan Cawthray fourth (ladies K1) and P Martin thirteenth (mens K1).

After the prize giving we all 'steamed' off for a go on the fun fair and later returned to our digs anticipating Eupen in Belgium in the morning.



Dave Harrison

Photograph by Chris Worrall



Start of Boys K4 final, BCU National Junior Racing Championships: Holme-Pierrepont Regatta Course, Sunday 21st May

The event was won by Gilder/Hibberd/Barker/Baker.

Photograph by Guy Gratton



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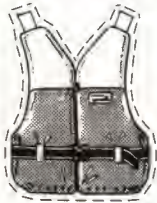
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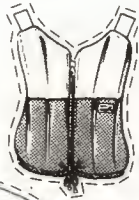


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Please contact Melvyn Jones

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

Please contact Tim Houghton

Telephone: 0902 634567

West Midlands Canoe Centre,
112 Newhall Street, Willenhall, West Midlands WV13 ILQ.



Noticeboard

ANY OLD BOATS??

A historic canoe and kayak rally is to be held at Lake Windermere over the weekend of 30 September and 1 October. The weekend includes a paddle on Lake Windermere, evening lecture and a parade of boats with prize for the 'Best Paddler and Boat in Period Costume'. Any old or interesting canoe or kayak is eligible to enter from Rob Roys to Folbots, from home-built canvas to early fibreglass models. Details from Janet Turner, 12 Low Town, Kirkburton, Huddersfield HD8 0SD (SAE please).



EXPEDITIONS 89

Its expedition time again and this year eight BCU approved expeditions have departed to various far flung corners of the globe.

1. **'Arctic Norway'** - A British Schools Exploration Society Sea Kayaking Expedition
2. **'River Baker Canoe Expedition'** - A 200 mile white water first descent in the wilds of Southern Chile
3. **'Smoke and Thunder River'** - A filmed descent of the notorious Zambezi Gorges below Victoria Falls, East Anglia - this expedition has also been selected for the Mick Burke Expedition Film Award.
4. **'Paddington and White Water'** - A self contained exploration of wilderness rivers in Peru and Venezuela
5. **'Malvern College Iceland Expedition'** - A youth expedition to kayak several rivers in Southern Iceland
6. **'Silver Sculpin'** - A self contained circumnavigation of the Queen Charlotte Islands, British Columbia, by sea kayak
7. **'Rio Colca Expedition'** - An Edinburgh University survey of the Colca Canyon, Peru, deepest in the world and only accessible by river.
8. **'Kayaks Across the Bering Straits'** - From west to east a sea kayak crossing of the straits dividing the two superpowers; Russia and America.

Full reports to follow, information on all these from Caroline Tombs at the BCU Office

If you are planning an expedition to a far-away place, why not contact the BCU Office you maybe eligible for BCU Approval or Grant Aid.

BEYOND THE FRONTIERS

A one day conference, organised by the Adventure and Environmental Awareness Group, in conjunction with the BCU.

The conference aims to celebrate the canoeing world, whether through the eyes of expeditioner, touring paddler or 'leading edge' exponent of sea or white water. It is also intended to pick up on our need to

improve our practices, by education through the coaching scheme: to improve our 'conservation/environmental' image which is so relevant to the Access arena. Hopefully, powerful resolutions will be formed for the way ahead.

The conference is at Charlotte Mason College, Cumbria on Saturday 25 November (with Sunday paddling), cost £10, details from Mike Mills, Low Gillerthwaite Field Centre, Ennerdale, Cleator, Cumbria CA23 3AX. Telephone 0946 861229.

SUMMER SLALOM SCHOOL

Current Trends at Holme Pierrepont are offering a regular slalom school throughout the summer months. Separate sessions are available for Novice - Division 3 paddlers and Division 2/1 paddlers, with a 'slalom clinic' approach. Ian Rospin, fresh from competing in the WORLDS is heading the school, supported by many of Britain's top slalom paddlers and coaches. Details from Current Trends (0602) 818844.

THE SWALE CHARITY PADDLE

The Swale Charity sponsored paddle is taking place again this year on 14-15 October, in aid of four charities: Multiple Sclerosis, Guide Dogs for the Blind, the Samaritans and a local one; St Johns Centre for the handicapped. There's a choice of courses, 13 or 10 miles of grade 2-3 water in beautiful scenery. Last year 500 paddlers raised £5000, the organisers hope for more this year! Groups and individuals equally welcome although prior registration is advised.

Details from Alan Bradshaw, 24 Southwick Avenue, Middlesbrough TS4 3QG

NEW HANDROLLING RECORD

Colin Hill has broken another world record! He now holds the title for the greatest number of continuous rolls. Colin, sponsored by Gul Wetsuits performed 3700 handrolls in 2 hours 48 hours 46 seconds, beating the previous record by 200.

MORE ABOUT KNIVES

In February Focus it was reported that a change had occurred in the law with regard to the carrying of knives.

This has caused a certain amount of concern, and so the following notes are intended to help members to understand this new offence in the offensive weapons law under the Criminal Justice Act 1988.

It is now an offence for a person to have with him or her an article which has a blade or is sharply pointed (except a folding pocket knife blade 3" or less) in a public place without a good reason or lawful authority the onus of proof being on the carrier.

There is as yet no precedent to determine whether or not a group leader, or a white water canoeist, would be able to prove the necessity for a knife to be available for rescue purposes, as 'good reason'.

However, in view of the evidence which could be supplied to show how important a knife can be in certain canoeing situations, it seems likely that this could be a successful defence.

No guarantee can be given in this respect, though, as it is for a court to decide. Members must therefore decide for themselves what to carry and when in this respect.

The following knives may not be carried:

Bayonets, military daggers, gravity knives, flick knives, and butterfly knives. These are considered 'offensive weapons' per se and possession of these articles will result in prosecution without any recourse to the defence of 'good reason'.

Should a member be summoned under this act, please do get in touch with the BCU office. Further information is available upon receipt of a sae.



400 Young canoeists completed the NABC 100 mile canoe test on the River Wye.

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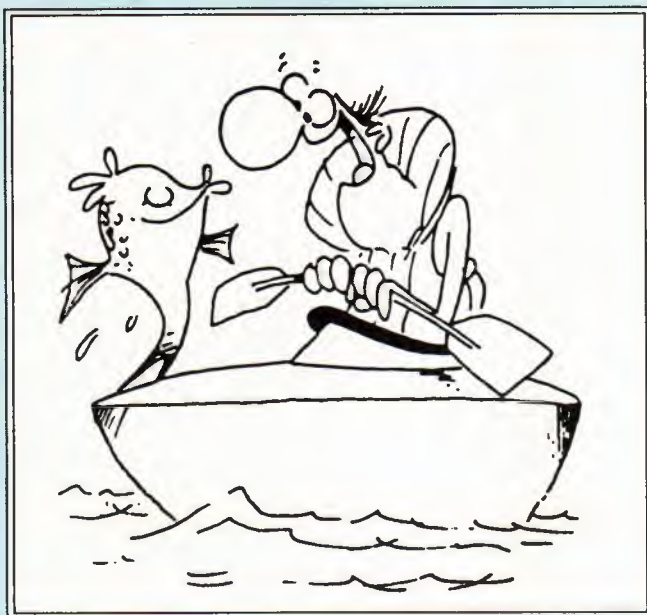
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MEMBERS ONLY - LOGO DESIGN

	Non-Members Prices	Members Prices
BCU01 Card Organiser. Blue with silver logo design, holds membership card and up to five other credit/business cards.	N/A	1.00
BCU02 Diary Wallet. Blue with silver logo, incorporates 1989 Diary/Year Planner, large pocket compartment for personal notes and two credit/business cards.	N/A	1.30
BCU03 1989 Year Planner Insert. Year Planner only. For use with diary wallet.	N/A	<i>Reduced</i> .50
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
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
BCU09 Canoe Lock. Tough plastic coated cabling, length 11 feet, to be used with a padlock for securing canoe and paddle(s) on roof rack or to a fixed point ie. tree. Approved to the standard required to validate BCU Membership insurance. Padlock not supplied.	6.25	5.25
BCU10 Smurf Canoeist.	2.25	1.75
BCU11 Cadet Badge. Round cloth badge for cadets, pictures smurf canoeist in colour on a white background, colourfast.	N/A	.50
BCU12 'I ♥ Canoeists!' Button Badge.	.30	.20
BCU13 'I do it ... with the British Canoe Union' Button Badge	.30	.20
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.	1.80	1.50
BCU16 Hip Flask. Smart 4oz flask, blue leather outer with BCU heraldic emblem in gold.	12.50	10.50
BCU17 Darts Case. In blue leather with BCU logo.	2.95	2.25

STATIONERY

		<i>Ideal for Posters Reduced</i>
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	3.50	3.00
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
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

	Non-Members Prices	Members Prices
GAM01 Guide to the Waterways of the British Isles.	4.50	3.50
GAM07 Canoe Touring in East Anglia	3.10	2.60
GAM10 Broadlands Map.	1.30	1.25
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
GAM15 Austrian & Bavarian River Guide.	7.00	6.00
GAM16 Alpine White Water Guide.	4.60	3.60
GAM17 French River Notes.	.50	.30
GAM18 Canoeists' Map of French Rivers.	8.85	7.85
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.	7.30	6.30
GAM23 River Cele Guide. French text.	5.55	4.80
GAM24 River Charente Guide. French text.	.30	.20
GAM25 River Yonne Guide. French text	.30	.20
GAM27 Where to Launch Your Boat.	5.05	4.25
GAM28 A Canoe Guide to Northern Ireland.	2.95	2.25
GAM29 A Scottish White Water Guide.	3.50	2.50
GAM30 River Thames Guide - Ordnance Survey	5.50	5.35
GAM31 Holme Pierrepont Users Guide	2.20	2.00
GAM32 Guide to Rivers of the West Midlands	5.40	4.40
GAM33 Snowdonia, WW Sea and Surf	6.15	5.15
GAM34 British Waterways Board Map	3.75	2.75
GAM35 Rivers of Cumbria	5.40	5.25
GAM36 Canoeists Guide to East Anglia	3.00	2.50

STICKERS

STK01 'I love Canoeing' Sticker. Strip Design 215mm x 45mm, for windows, red heart, blue letters.	.60	.50
STK02 'God Went Canoeing' Sticker. Wording reads '...and on the seventh day God went Canoeing' strip design 185mm x 70mm, self-adhesive reverse, three colour canoeist.	.60	.50

STICKERS Cont'd

	Non-Members Prices	Members Prices
STK 03 'Go Canoe a Kayak' Sticker. Strip design 185mm x 70mm, for applying to windows, three colour depicting a canoeist.	.60	.50
STK05 'I'd Rather Be Canoeing' Sticker. Strip design 310mm x 45mm for windows, red and white.	.60	.50
STK06 'Oceans are Free' Sticker. Strip design, 185mm x 70mm, self-adhesive finish on reverse, sea canoeist silhouette, three colours.	.60	.50
STK08 'I do it ... with the BCU' Sticker. Circular design, 100mm diameter, black and yellow, for windows.	.60	.50
STK09 Union Jack Sticker. Circular design 100mm diameter, Union Jack and BCU Logo, for windows.	.60	.50
STK10 Graphic Surfer Sticker. Strip design 185mm x 70mm, 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 sleeve 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
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
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CLO26 Collared T-Shirt. 'Fred Perry' style in airtex cotton, BCU Union Jack embroidered motif. Available in navy blue, pink, pale blue, white, and yellow. Sizes:- S, M, L.	10.25	9.25
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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
BLT28 Polo Handbook 1989.	1.00	.75
BLT29 Coaching Logbook. Loose-leaf	1.80	1.20
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Trade News

GOOD NEWS FOR SHOPPERS!

Good news for paddlers in Lancashire and Pembrokeshire. Two new Canoe Shops have recently opened - Garstang Adventure in, believe it or not, Garstang and Eskimo's Canoe Store at Twr-y-Felin Outdoor Centre. Eskimo's specialises in sea kayaking equipment and as well as providing demonstration boats (try before you buy) are offering a free weekends' tuition with every expedition sea kayak ordered.

MELVYN JONES TAKES FLYTE



Pyranha have designed a radical new slalom boat, Flyte 400. Premier paddler Melvyn Jones, pictured here on the Tryweryn, has been using Flyte as part of a test and development programme in preparation for the Barcelona Olympic Games.

Flyte is already causing quite a sensation with widespread interest from slalom paddlers and manufacturers alike. A number of unique features are incorporated in the design, including breakout rail on the front gunwale and a narrower, faster, accelerating paddling position.

Stockists Pyranha, West Midlands Canoe Centre etc.

NEW SPONSORSHIP DEALS

Sponsorship of canoeists is on the increase! This is the good news from many of Britain's top competitors who are writing in with details of new sponsorship deals. Among them are Julie Ashton (Quibell & Son Ltd) and Dave Ruse (Royal Mail): both competed in this year's white water racing World Championships in equipment provided by their sponsors.



On a larger scale, Ron Hill Sports, makers of the famous 'Tracksters', are this year providing both on and off the water clothing for the entire British Marathon Team.

DELAPRE CHANGES HANDS

Delapre Developments is under new management. Richard Warren and Michael Harris recently took over the business and are offer-

ing an 8% discount to Canoe Clubs on all items. Delapre manufacture a range of general purpose fibreglass boats and accessories. A new touring double canoe is being designed and will be available soon.

FIRST AID FOR TEETH

The last thing you need on holiday is toothache, but what do you do when your filling drops out in the middle of the Grand Canyon? Or even the Irish Sea, French Alps or on Bank Holiday Monday? In the past, the answer might have been, "suffer!", but now, Welsh dentist Tony Lees has invented and developed the world's first commercially available emergency dental repair kit. Similar to the NASA kit for interplanetary voyagers, the Dentanurse First Aid Kit allows the user to easily replace a dislodged crown, cap or bridge and also to provide a temporary cavity filling or dressing for a broken tooth.

The standard kit contains a small mirror, probe, spatula, mixing tray and cavity filling material - zinc oxide and oil of cloves hardener. An expanded version, the Travellers' Kit also contains a Sterile Dental Needle, which is highly recommended for travel in areas where blood borne diseases such as AIDS and Hepatitis B are endemic.

Approved by the British Dental Association, the Dentanurse kit has been used on the Whitbread Round the World Yacht Race, Operation Raleigh and anyone who regularly ventures into the Great Outdoors might be well advised to invest in one. The kit is available on mail order from the manufacturers, NXT in Northern Ireland. Prices start from £7.65 and NXT will also consider supplying free kits to major expeditions and events.

Details from NXT International, Belfast, 0232 245038.

THE MASTERPLAN 1989 - 1992

The P & H Company have recently begun their four year slalom 'Masterplan'. The aim of which is to help Kayak paddlers who, over the next four years, wish to succeed in slalom.

The ultimate aim of the Masterplan is for one of their paddlers to achieve success in the 1992 Olympic Games.

It is also open though to any paddler who wishes to compete and excel in the sport of canoe slalom, whether they are in Division 4,3,2,1 or premier. The financial burden can be high, especially on younger paddlers who rely heavily on parental support.

The Masterplan will help to lessen this financial burden and at the same time obtain maximum exposure for the company's slalom kayaks.

For full details contact The P & H Company, Station Road, West Hallam, Derby DE7 6HB. Telephone (0602) 320155.

SEA KAYAK HATCHES - FRANK GOODMAN REPORTS

The Skerray, a new sea kayak from Valley was on display at Crystal Palace without its new large oval hatch, as there had been a problem of shrinkage on the lid, just days before the exhibition. Now the new lid is available, and after two hours surfing at the Nordkapp Weekend, and some dashing about on the Bitches at the recent Rodeo, Valley report no sign of any leakage. This has not been easy to achieve. Simple maths show that as the circumference of a circle gets bigger linearly, the area of the circle is rising by the square. A pin-hole can be staunched easily, by the thumb! The 7" VCP hatch selling 10,000 units a year, has been the only truly waterproof



hatch available for the sea canoeist, but until now, bigger hatches have proved unsatisfactory.

Many of the sea-boats in the US have big hatches and the results are ludicrous. In spite of neoprene covers, hard covers, straps and string, they leak like sieves, and since the foam bulkheads in plastic boats all work loose in no-time, it has become a farce to even pretend that they keep your gear dry. At a recent sea-symposium, the designer of one of the most popular beginner's boats stood up and answered a complaint by saying, "I guarantee that our bulkheads will leak within a month". So it was with some trepidation that VCP began research into larger hatches.

The design brief was to eliminate the stainless band that is still used on the 7" hatch, and make an oval hatch that measured about 17" by 10".

The round hatch takes a pressure of 11lbs to the square inch to blow it from the rim, which is a total pressure of 580lbs. This meant that each linear inch of rim was holding 23lbs of pressure. It was clear that the new oval hatch would have problems to match this.

To cut a long and tedious design programme short, many months of careful development slowly increased the blow-off pressure from an unacceptable 3lbs per square inch to an exciting 8lbs. Things were now on course. The total resistance to blow-off pressure rose to at staggering 1,016lbs in total, and when this was discovered to represent a rim holding power of 23lbs per lineal inch, (exactly the same as the smaller hatch) it was felt that enough was enough.

So the new hatch is available on the Skerray, and as soon as mass production methods have been completed it will be available for other boat designs too. That is still a few months off, but in the meantime it will be available on the Aleut II, the new sea-touring double from Howard Jeffs.

NEW SEA KAYAK FROM P & H

Designed by Derek Hutchinson, the Iona Sea Kayak is an expedition boat with a difference.

The demand was for a very manoeuvrable and fast open water kayak that could be handled easily by men or women of lightweight or small stature.

The Iona will carry expedition equipment but its main use is as a 'day' or 'weekend' boat. The length of the Iona makes it ideal for manoeuvring close inshore or in restricted and narrow waterways.

The Iona is manufactured, as are all Derek Hutchinson's sea kayak designs, by the P & H Company.

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Regional Round up

EASTERN

At the ER Polo Committee on 17 April, 19 people present elected a committee of seven. If your club was unable to attend please contact the ER Polo representative Mrs A Barrie, 25 The Harebreaks, Watford. Telephone (0923) 247430. An open tournament will be held primarily for non national league teams, in the late autumn. All those interested in this friendly competition should contact Lee Robinson, 22 Cavan Road, Redbourne, Herts AL3 7BJ by the 31 August. The Bedford Canoeing Association were up at 6am on the 1 July for the annual round up of wild geese for ringing. Clubs in Essex have been sent census forms for an Essex Naturalist Trust survey. Note on the form that you are canoeists. If you have not had one contact Ron Hodgson, who wants further examples of co-operation between canoeists and environmental groups. ER Secretary Robin Dromard has Sports Aid Foundation application forms. Cardington bookings to Joy Sutton (0582) 660001.

EAST MIDLANDS

The regional weekend is at Holme Pierrepont on 19-20 August. There will be time for all types of canoeing, for beginners and experienced alike. We hope it will be an enjoyable weekend for everyone. If you have any ideas how we could make our regional weekend more enjoyable to visiting non-paddlers, please send them to Jenny Willetts, 159 Rutland Road, West Bridgford, Nottingham NG2 5DY. At Holme Pierrepont on 23 July there will be an event to select clubs for the Talisman Inter Club Finals and paddlers for the Inter-Regional Slalom. Entries to Pearl Mullholland, 23 Ridings, Allestree, Derby DE3 2GD. At Kings Mills access is still under discussion with the owner of the Priest House Hotel, who is at present charging 50p per canoeist for parking. Sponsored equipment for the Special Needs Groups Project includes a trailer by Leicester County Council, a Polypippin by Leicester OPC and another by Leicestershire Schools Canoe Association (two more have been purchased) and a Caranoe by Current Trends (another is being borrowed from LCC/LOPC).

LONDON & SOUTH EAST

The new Regional Polo League will be starting in July and running through the summer. Teams that have applied to join will be notified of the fixtures by post. Any other clubs interested in Polo should contact Curly Baker, 43a Sackville Gardens, Ilford, Essex. Polo teams in the region are also reminded to send in their entries for the National Knockout competition fairly soon.

The Regional Committee is trying to build links and improve communication with clubs and individuals in the London and South East area. If you have a particular issue you want raised then write to the Regional Secretary, Barbara Simmonds, 52 Ashgrove Road, Ashgrove, Middlesex TW15 1PJ. She will then bring your letter to the attention of the Regional Committee.

NORTHERN

Selection for the slalom team for the regional championships, which will take place at the premier event at Clywedog 2/3 September, Holme Pierrepont 30 September/1 October and at division 1 at Grandtully 26/27 August and at Tryweryn 23/24 September. Those interested and eligible should contact for details Mr P Courtier, 5 North View, Crosby, Maryport, Cumbria CA15 6ST. The new access officer for Northern region (Northumbria) is to be Eddie Palmer, 3 Middle Cowden, Birtley, Wark, Northumberland. The City of Durham marathon is on Sunday 3 September from the rowing club in Durham City.

NORTH WEST

There has been some progress in the development of the site at Trafford Watersports Centre. George Parr's completed drawings have been sent to Trafford Council. The Council themselves have

asked for a list of requirements from the region who are going to try to get toilet/changing facilities. Scott Borders is trying to start a canoe polo ladder. Your club has been circulated with information. Enquiries to Scott at 53 The Crescent, Flixton, Manchester M31 3QR. The fifth addition of the Regional Newsletter has been circulated to clubs for distribution to club members. It contains many items of local interest thanks to contributions by members. We rely on clubs to distribute, however, individual subscribers should contact Mike Burt, 19 Millhouse Lane, Warrington WA3 7HA. Congratulations to the region's wild water racing champions.

SOUTHERN

With two races to go in the nine race marathon series, Basingstoke Canal CC and Reading and Leighton Park CC look certain to qualify for the Hasler Final. There is a close fight between Banbury, Wokingham Scouts, Winsor, Aylesbury, Marlow and Falcon Canoe Clubs for the remaining two places. The NE Hants Water Activity Centre Association is expanding its facilities for disabled canoeists in co-operation Boating for the Disabled. Rushmoor Borough Council are organising a 1990 mini-Olympics. Provisionally the canoeing events are team polo, individual sprint, marathon and pool slalom and a triathlon comprising the three individual events. Interested clubs should contact Kit Price (Hartley Wintney 2568). Hertz-Calshot polo winners: Open event - Martlet CC, Ladies - Basingstoke and Deane CC, Youth - Basingstoke Canal CC.

SOUTH WEST

The Pete Collins Activities Trust in memory of Pete, who died canoeing in Turkey, aims to encourage individuals to improve their qualifications and expertise with grant aid towards courses. Applications to John Goodey, 4 Clifford Avenue, Taunton TA2 6DJ. The region is collaborating with the South West Sports Council's coastal recreation study. Any member or club that has experienced problems of access, launching/landing fees, harbour dues etc, or has received special help from local authorities should tell the Regional Chairman urgently. The South West Regional slalom team selection event will be held in conjunction with the Symonds Yat Division 3 event on 30 September/1 October. Aspiring Senior, Junior or Lady paddlers should really have a go this year. Contact Danny Daniels our slalom representative.

WANTED. A willing and active volunteer to be Regional Editor for Round-up to replace Peter Lacey and ease the burden on the Chairman who is holding the fort!

WEST MIDLANDS

The West Midlands River Guide (third edition) is now on sale at £3.75 including post and packing from Mike Nicholls, 25 Dunbar Grove, Great Barr, Birmingham B43 7PT. On 26/27 August the region will be hosting displays and 'try it' sessions at the Sandwell Show. Offers of help to Malcom Freeman (021) 520 7861. 8 October regional wild water races Arley to Bewdley contact Ann Porter (0886) 32227. Paddlers day on Sunday 5 November includes multi-discipline inter-club challenge, for which details will be forwarded to club secretaries. The regional qualifying round for the 1990 National Polo Championship is on 11 November, for details contact Phil Bennett (021) 784 9479. Teams interested in the Regional Polo League for the coming autumn should also contact Phil Bennett.

YORKSHIRE AND HUMBERSIDE

Water releases including no-competitor dates and summer evenings have been arranged on the river Washburn aimed at recreational and family canoeing. It is hoped to have a slow-release on Saturday 5 August for a few hours and a 'plastic' slalom at the very top of the river on Sunday morning, 6 August. There is overnight camping nearby. This is aimed entirely at recreational canoeists, in any type of plastic boat to get them to 'have a go' and prizes will be awarded in a variety of classes. Whitby Regatta on Sunday 13 August includes river, harbour and sea events and the Wiggle Test. Entry forms for this great fun event from Mrs P Cook, 48 Staindale, Guisborough, Cleveland. In Polo the Derwent Cup on the weekend of 19/20 August is organised by Derwent Canoe Club in the Olympic sized pool near Stanley, County Durham. Visiting teams are welcome. For further information and entry forms apply to: M Spender, Long Rigging Farm, Booth, Halifax HX2 6SZ. Telephone Halifax 882908.

In this series of articles we are taking a close look at some of Britain's successful women paddlers; what makes them tick, their ambitions and their daily routines. In this first article Ray Rowe reports on a day with sprinter Hilary Dresser on her home patch at Royal Canoe Club, London.

7.15 on May morning; the sun is already warm through a silky haze and bathes the magnificent Thames in gold. In the background, early traffic rumbles and hisses over Kingston bridge but here, where the river and bank join neatly, it's quiet and peaceful. A figure in red sweat shirt and white trousers springs on to the little island which houses the clubhouse at Royal. Hilary Dresser is ready for her morning training session.

After only two and a half years of paddling Hilary is considered by those who know about racing to be one of our most promising young women sprint paddlers. Ranked as jointly at the top in Britain and finishing fourth in a semi final at her first International event she looks set to make her mark on the international women's racing scene.

What one notices first about Hilary is her striking self confidence. She's a calm, non-anxious person, oozing with inner strength and certain that she can do anything she puts her mind to. If you're thinking there might be a good old English pub-

lic school lurking in the background – you've got it right, she was a boarder for most of her school life. The resulting independence and self-reliance has given her the determination to succeed as a paddler in what is arguably the toughest of canoeing disciplines. She has also been endowed with a natural athleticism and notes herself, that she has always been good at sport

particular morning's session was interval training – 3 minutes hard paddling followed by 2 minutes slow recovery. Its a gruelling session that continues along the river and back over a few miles, repeatedly raising the pulse rate dramatically and then letting it slow down. The evening session was a series of timed 1200 metre lengths. Paddlers are set off at 30 second intervals



WOMEN AT THE TOP

with ever having to try too hard.

So why did she choose paddling? Well first there is her brother Guy Dresser, a top quality senior paddler. After a few years of watching him from the bank, she had to give it a go. She realised quickly that this game wasn't going to be so easy. Making kayaks go fast is tough work, the upper body has to literally grow into it over a period of years. Squeezing out even tiny improvements in speed demands heavy workloads in the boat but she revels in the challenge of it all, and now seeks out the men at Royal for training partners in order to keep herself striving to the maximum.

Hilary trains twice a day every day, taking out recovery periods when her instinct tells her. The morning session finishes around 8.30 and then it's off to Kingston Polytechnic where she is in the first year of a degree course in business management technology. The evening session begins at 5.30 and goes on until 7.30. Every session is boat work because she feels that she must make up for her relatively limited background in paddling-miles. This



On the water 7.30am

and race alone trying to record consistent fast times for the distance.

Despite her independence Hilary acknowledges the importance in her life of two sources of support; one is her family who help in many ways (her mother is developing a flare for carbohydrate-rich cooking) and the other is her boyfriend Jeremy Ayres. Jeremy is himself a very handy paddler, destined for success in senior racing. Together they form a strong team based on that soundest of edicts, 'remember to have fun'. How refreshing to discover it in what could otherwise become a little world so concerned about achievement that it would be dull and futile.

As a woman in a largely male-dominated club Hilary has noticed no threatening or negative attitudes amongst her club mates; on the contrary she finds them encouraging and supportive. She is pleased that the BCU is seeking to improve women's participation in canoeing and would like to help.

As far as ambitions in racing go there can be only one major goal for a paddler with this kind of potential - the

Olympic Games in 1992. These long term goals are essential to keep any athlete on a long, hard training regime. When the weather is foul, mind and body are weary and nobody cares if you get on the water or not you dig into your dreams to find the strength to get out there. But these are achievable dreams and they are reached through setting a series of shorter term objectives. Going under two minutes for 500 metres is an important step for Hilary and the World Championships in August will be a prime target. (The winning women's K1 at the Seoul Olympics was 1 min

55.19 sec).

Hilary lives under no illusions about her present performance, she knows she is merely an apprentice. It is precisely this cool awareness of her present position, combined with an immovable faith in her own ability to improve and a passionate love of speed in a K1 that leaves me certain that she will succeed.

The following racing clubs have a high percentage of women paddlers and welcome newcomers: Fladbury CC (close to Worcester), Jenny Train, Craycombe Farm, Fladbury, Nr Pershore, Worc., WR10 2QH and Elmbridge Canoe Club (London), Di Lawler, 42 East Molesey, Surrey, KT8 0DN. Nottingham Kayak Club, John Handyside, Glebe Farm, Colston Gate, Nottingham NG12 3JX. Richmond Canoe Club, Trevor Weatherall, 10 Waverley Avenue, Whitton, Middlesex.

If you would like to know more about flat water racing in Britain contact: Secretary BCU Racing Committee, E Wykes, 8 St Wilfreds Cottage, Annesley Lane, Old Arley, Nr Coventry, Warks.



Starting the morning session

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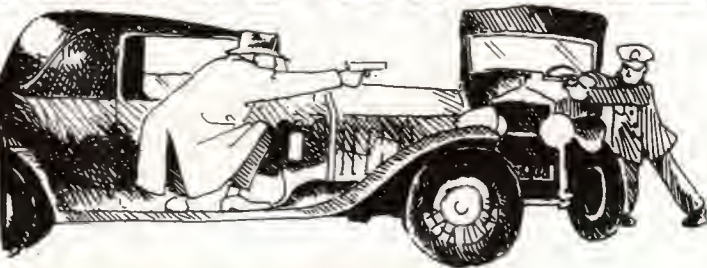


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THE STRAND INTER-CLUB TOURING TROPHY

This trophy is for annual competition between BCU Affiliated Clubs and the winner will be the club with the highest number of points. The points are awarded for the total number of miles paddled by the competing club's members plus further points for Strand and BCU Touring Awards won by those members during the calendar year.

Full details and logbooks (BCU Full Members £1.25 Non-members £2 post free) can be obtained from BCU Central, Regional Touring Officers or the Award Administrator Mr M J Wood, 5 Mill Hill Drive, Sandbach, Cheshire, CW11 0PW.

OUTHRE RALLY, BARVAUX, BELGIUM



River Outhre, Belgium

Photograph by Moira Anne Jeffcoat

This rally took place in the beautiful Ardenne region of south east Belgium on Saturday 6 May with distances of up to 48 miles on offer. The thirteen strong British contingent, from South Avon, West Heath Canoe Training Centre and Milton Keynes Canoe Clubs together with five paddler friends from Holland, chose easier options!

The rally offered optional paddles on Thursday and Friday. Thursday we chose the small but beautiful class 2 Aisne from its highest practical point to its junction with the Outhre at Bomal. This stream takes a very twisting route down a heavily wooded valley and provided considerable fun. On Friday we chose to paddle the top section of the Outhre itself starting below the dam at Nisramont and enjoying its wider and deeper class 2 section through wooded hills.

The main event on Saturday offered the whole 48 miles (completed by just one local paddler) or as little as 6 miles with all finishers receiving an appropriate badge. Club mementos were also presented. We were pleased to be able to present the special BCU pennant to our hosts in return.

Our Belgian hosts made every effort to ensure that we enjoyed our visit both on the water and at the social evenings around a bonfire. They would be pleased to see other paddlers from Britain in the future. Our two twelve year old paddlers, Adam Edwards and Lewis Moulding, missing a few days school for the betterment of their education, covered the 58 miles over the three days without any difficulty.

Why not join us for one of these very pleasant short visits to Europe? The Touring Programme is published in the BCU Yearbook, plus two extra events:

22/23 Sept Veluwe Rally near Apledoorm in Holland. A well supported touring event on a flowing navigation excited by large Euro barges! Make this a long weekend autumn break. SAE to Colin Kempson, 108 East Street, Olney, Bucks MK46 4DJ.

30 Sept Afon Vyrnwy. Promised water release offering grades 3/4 with three stretches of water available. SAE to Mike Hubbard, 78 Derrydown Road, Birmingham B42 1RT.

WANTED

Information on canoeing on the continent. If you would be prepared to give information, write articles or be a contact person for an area or river that you know well - please contact Caroline Tombs at the BCU Office

TRY TRYWERYN - 2/3 SEPTEMBER 1989

At the time of going to press there was still some uncertainty over access for this event, but hopefully it will go ahead.

TRY TRYWERYN is specifically designed to teach, encourage and develop the white water skill of each and every person old and young alike. Basically a River Tour, starting below the International Slalom Course and terminating at Bala Town Bridge Car Park, TRY TRYWERYN offers the services of Instructors at no extra cost, to guide you, advise you an coach you along the four or so miles of continuous grade II water.

If you are interested, send an SAE NOW to John Gregson, Chairman Touring Committee, Dorinda House, Wick, Pershore, Worcs, and details will be sent to you nearer the time.

TOURING COMMITTEE NEWS

The committee have applied to Council to change their name to Touring and Recreation. This is to reflect their wider interests in recreational canoeing in all its non-competitive forms. The committee hope that paddlers in recreational areas will feel encouraged to approach the officers to have their interests represented within the BCU.

The committee have now given more detailed consideration to their role in respect of encouraging both 'recreational canoeing' and 'white water touring' activities and will be implementing these ideas for 1990. If you are interested or have any ideas to offer please contact your RTO (list available from BCU office).

The committee have appointed Simon Dawson, already on the Holme Pierrepont Users Committee, to look after the interests of recreational canoeists. Simon has also volunteered to take the lead in offering some white water events next year on behalf of the Touring Committee.



Debbie and Phil Ludlow modelling the new touring sweat shirts - full details from John Gregson, Dorinda House, Wick, Pershore, Worcs.

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A BOATER'S GUIDE TO THE WATERWAYS

British Waterways Board Information Booklet.

Available free of charge from BWB, Melbury House, Melbury Terrace, London NW1 6JX

This new booklet is directed towards the larger user of the BWB network, but there is also much information to aid the canoeist. All the British Waterways Canals and navigations are covered, including Scotland, with details of opening times, blockages, locks, addresses and a useful map. Ideal reference material if you're thinking of embarking on a journey through the canal system.

RIVER GODS

by Richard Bangs and Christian Kallen

ISBN 0-87156-773-3

Publishers Random House, London. £15.95

Reviewed by Alan Barber, BCU Expeditions Committee.

For some time now daring adventurous journeys down some of the world's major untamed rivers have been undertaken by kayak and inflatable raft. This book creatively describes the descents of ten such rivers.

The book begins by defining exploration and its values in the development stages of the world. We are introduced to Sobek Expeditions, leaders in adventure travel, particularly river running. These expeditions have pioneered exciting challenges tackling some of the world's greatest unexplored rivers. Their attempts to navigate the remote rivers in what must be regarded as some of the most formidable areas of the world, provide to the reader an insight into the onerous demands of rafting rivers in the first time.

River Gods offers the river detailed descriptions with the authors (Richard Bangs and Christian Kallen) re-living some of their personal experiences allowing you to enter into what is to some an unknown world; walking where previously the modern man has not ventured!

In reading this book I found I was involved in those expeditions, featuring in the scenes, the photographs, part of the team pushing the limits, extending boundaries in what was quite often thought to be unattainable.

The first expedition described in the book takes us along the Omo - River of Life, a suitable beginning and a journey through Ethiopia which to many, is still a mystery. The reader is then taken into Zambia, a background of its culture, politics and religion is sketched for us and whilst we read of the first rafting descents of the Zambezi we also learn what has been found in a hungry crocodile! Journeys along the Euphrates and Coruh, Rivers of Babylon follow next with historic explanations, accounts of mans earliest hominid ancestors, and the first traces of civilization. The Sobek adventurers take us on to the River Indus as it slices the Himalayas and Karakoram on its way through Tibet, India and Pakistan. And so, the book goes on from Asia to South America with early recorded descents on the Apurimac (a source of the Amazon) and the Bio Bio to New Guinea a country quite new, of which little is known. Again, the authors give full descriptive evi-

dence of their knowledge and experience on these countries.

Having travelled the world in search of the excitement of new and interesting rivers, it is understandable that the book would not be complete without reference to some of North America's great rivers. Consequently a history of the Grand Canyon and running the Colorado is included with two final accounts of epic rafting trips on the Tatshenshi (River of Conflict) which cuts across California flowing from Yosemite National Park to the Pacific Ocean.

Finally a short section at the back of the book gives brief but important details (to the would be river runner) of twenty five other great rivers around the world to complete both an exciting and interesting read.

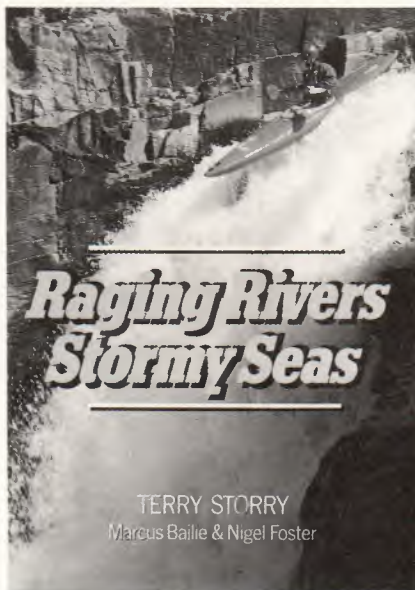
I feel that this book whilst not being specifically about Kayak Expeditions should, because of its comprehensive information of geographical and geological aspects, plus cultural and historical evaluation prove to be both enlightening and valuable to canoeists, especially those organising their own expeditions. A very good book filled with factual information and an abundance of excellent photographs of superb quality. The visual impact of the photographs alone make the book worthwhile.

RAGING RIVERS, STORMY SEAS

by Terry Storry, Marcus Bailie and Nigel Foster

ISBN 0-946609-608 Oxford Illustrated Press

Available from BCU Supplies £12.95 members £13.95 non-members.



Reviewed by Mike Devlin

Remembering back almost further than I wish to, I can recall reading vivid river descriptions from 'North Wales White Water' by Terry Storry and Jim Hargreaves. Each page gave great inspiration and motivation in pursuit of my sport.

On hearing that Terry was publishing a new book about his paddling exploits around the globe, I immediately had a feeling that the canoeing world (or at least those of us with and interest in expeditioning) were in for a treat. I was not disappointed - finding myself more than pleasantly surprised by the scope of the resulting book.

By working with Marcus Bailie and Nigel

Foster, two fellow paddlers at the forefront of expedition paddling, Terry has provided us with an excellent insight into adventurous expeditioning both on sea and river, in kayak and canoe. The book provides the reader with ten descriptions of trips as diverse as 'The Nile the Wrong Way' - a journey by open canoe, 'Shorebound on Iceland' - a sea kayak journey and 'The Call of the Bio Bio' - the most dangerous river in the southern hemisphere.

Each writer compliments the other to entertain, amuse and excite the reader. By using diary notes, one becomes acquainted with the mental and physical effects on expeditioners pushing themselves perhaps to their limit, their impressions of the environment in which they find themselves and the cultures they encounter.

Whether you have been there yourself, experienced those feelings and thoughts, or whether you have all this before you, you will find great inspiration and motivation in 'Raging Rivers, Stormy Seas' to search for the great canoeing adventure. For those 'non-canoeists' who think the rest of us are quite mad, and wonder why we do it, this book may just provide the answer.

PADDLE TO THE AMAZON - THE ULTIMATE 12,000 MILE CANOE ADVENTURE

by Don Starkell

ISBN 0-7088-4266-6 Futura paperback

Available from BCU Supplies £4.50 members £5.50 non members

Reviewed by Colin Broadway

When you are a canoeist and your wife walks out on you, what do you do? Don Starkell had no doubts. In 1970 he planned the Ultimate 12,000 mile Canoe Adventure, then waited ten years until his sons Dana and Jeff were 19 and 18, spending those years raising funds to finance the trip.

Their route was to take them from their home in Winnipeg in June 1980 to the mouth of the River Amazon two years later. Upstream on the Red River, portaging across the continental divide to paddle down the length of the Mississippi, followed by a 6,000 mile sea canoeing trip along the drug running coastline of Mexico, Belizem Honduras, Nicaragua, Costa Rica, Panama, (where the Americans refused them permission to paddle the canal as their 21 foot canoe wasn't seaworthy!) continuing along the coastline of Columbia and Venezuela before arriving in Trinidad to paddle up the Orinoco then down the Rio Negro to the Amazon.

Paddle to the Amazon is not a canoeing book, nor is it a narrative of a canoe expedition. What it is, is an extremely honest diary account of a fanatical adventure by canoe.

Capsizing fifteen times at sea, being arrested and jailed as spies and drug runners, on one occasion being led off at gun point to be executed, harassed by petty officials, robbed and coming down with food poisoning, Dana accuses his father of putting the trip before their safety - an accusation Don never denies.

Paddle to the Amazon should also be read as an important first hand account of life on the drug coasts of South America.

Each chapter is headed with a useful map, and the group of thirteen photographs in the centre of the book add to the narrative, reflecting the physical hardships of the trip in their faces.

Access

WHARFE ACLG

The Yorkshire and Humberside Angling and Canoeing Liaison Group administered by the regional sports council was established in October 1988 at the request of the national Angling and Canoeing Liaison Group in order to further the establishment of local access agreements in the region. Over the course of its meetings the Yorkshire and Humberside Group have discussed and defined the Group's objectives and role. It has been agreed that the Group recognises the conflicts of river use between anglers and canoeists and is in existence to assist in the resolution of these. The Group has a regional facilitative function. It is a forum for the exchange, discussion and dissemination of information and ideas, to and from the various interested parties. The purpose of the Group is not to initiate or negotiate specific local access agreements but, through its co-ordinating and liaison function, to facilitate opportunities for such agreements where appropriate.

Over the course of four meetings the Group have discussed a range of relevant topics including the advantages, disadvantages and mechanics of existing access agreements, the wording of a 'model' agreement, insurance and financial considerations. The Group are of the opinion that any access agreements should be negotiated by the BCU at a local level by discussion with riparian owners and local anglers. At the last meeting the BCU presented for the Group's consideration a plan for the negotiation of access on the River Wharfe. This will be undertaken by representatives of local canoe clubs who will initiate discussion with riparian owners and anglers. The BCU will make a report of the progress of this initiative to the Liaison Group in due course.

It is suggested that individuals and clubs who wish to make a contribution to the discussions of the Group do so, initially, through Mike Twiggs.

Pippa Manson, Y&H Sports Council

GREAT OUSE ACLG

Following the breaking off of negotiations by the anglers in 1981 a new series of meetings were initiated by the Eastern Region Sports Council in 1988 culminating in March 1989 when the anglers disputed the right of navigation and refused to enter into any form of agreement for shared use. There is no reason to consider agreements where the right of navigation is proven and we are supplicants on waters which are considered to be totally private. However on those rivers where navigation rights are considered to be in doubt we consider it reasonable to offer to enter into shared use agreements. This was the situation on the Great Ouse above Bedford.

Local canoeists continue to research the river and there is considerable evidence pointing to the existence of a public right of navigation. However it is the responsibility of the paddler, if challenged, to prove the right of navigation and the evidence found so far is not yet strong enough for a court of law. Members must appreciate that the BCU does not have sufficient resources to fund court action and they must therefore make their own decision before paddling the water.

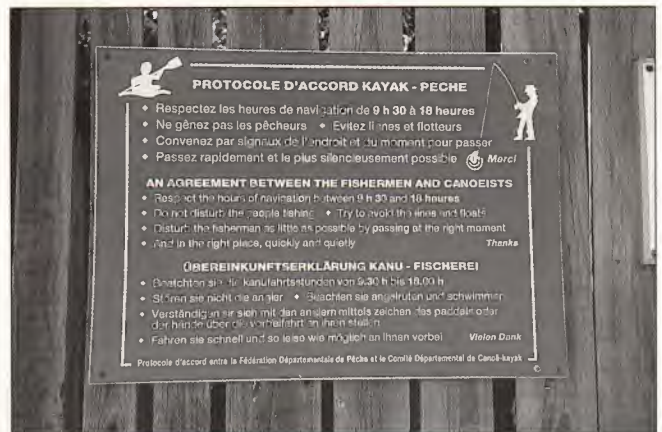
Members choosing to paddle this water are reminded that they must launch from public land or obtain the permission of the riparian owner to cross his land to get onto the water.

Colin Kempson LAO

YORKSHIRE DERWENT APPEAL

To demonstrate support and raise funds for the Yorkshire Derwent Trust's court case, the BCU Touring Committee will be organising, in consultation with the Access Committee, a series of events to be held around the country over the weekend of 28/29 October 1989. Book the date now. Full details in the next issue of FOCUS or from your Regional Touring Officer. Money raised will add to the £500 already donated by the BCU.

FRENCH ACCESS AGREEMENT



This notice was spotted in the Massif Central in France

DERBYSHIRE DERWENT CLOSURE THREAT

The BCU Director has written to the Transport Minister because it had come to our notice that the Derbyshire County Angling Club intend to seek the repeal of the Acts of Navigation relating to the Derwent from Derby to the Trent. He has corrected mis-statements made about canoeing by the anglers and urged the Minister not to repeal the Acts. A reply has now been received from the Department of the Environment, which we are informed deal with inland waterways navigation matters. The letter confirms that the Angling Club have applied to the Secretary of State for an order under Section 112 of the 1968 Transport Act to extinguish navigation rights from Derby to the Trent. At present the Department is considering what action to take but have stated that the Secretary of State has a statutory duty to consider applications for orders and could not unreasonably withhold his power to make such an order. The views expressed in the Director's letter will be taken into account.

MANY THANKS

We have just heard that Pippa Manson will be leaving the Sports Council in Leeds to become Head of Environmental Studies and Outdoor Pursuits for Nottinghamshire Education Department. Sincere good wishes to her in her new post and very many thanks for her efforts in Yorkshire and Humberside for canoeing and access.

RESEARCH PROJECT

MSc Recreation Management student Bill Taylor, formerly with Mobile Adventure, will be researching 'Issues of access on the Derbyshire Derwent'. We hope this will give us useful background and pointers for the future.

GRANDTULLY SLALOM COURSE

Contrary to popular belief the SCA does not, unfortunately, own all the land adjacent to Grandtully site. When competing at a Slalom please keep to river bank which the SCA is presently leasing. Do not walk through our neighbours land to reach the river. In order to keep our good name in the area and thereby keep our access to the river, we must consider the local people who regularly have to put up with an influx of about 200 canoeists, a number of whom seem to believe they are out in the wilds and therefore can go anywhere, this is not the case. Please remember slalom rule number 40 which states: 'Any competitor or official whose behaviour is detrimental to the good order and conduct of the competition may be disqualified by the Jury and further disciplined by the Slalom Executive Committee after report from the Jury'.

Mary Conacher, Access Officer SCA

REGIONAL ACCESS OFFICER - CUMBRIA

Mike Hayward is no longer RAO for Cumbria, so please stop writing to him! Access queries for this area should be sent to HQ (SAE please) where they will be dealt with until a replacement RAO is found. We apologise for any delay or inconvenience this causes.

EXPLORING THE

Penny Budget and Cath Collingwood last year spent some time paddling the rivers of Peru. Here Penny Budget, who gave the popular 'Space Chickens Loose in Peru' lecture, tells of their adventures.

I think the days are gone when one had to be a 6 foot 4 Macho grade 6 paddler to go on a kayaking expedition abroad. Cath and I

discovered this when we ventured out to Peru last September. We were to join an organised expedition on the Tambopata River in South East Peru, but prior to this we wanted to go off on our own kayaking and trekking adventures.

We began our paddling adventures on the Urubamba river, and spent three days paddling from Huambutio down to Huayrapunco along the sacred valley of the Incas which continues on past the world

famous archeological ruins of Machu Pichu. We gathered our canoeing information from the rafting companies in Cusco. We then declared that we were two frightened females who did not have the nerve to go on their raft, and we just hoped that they did not spot us the next day paddling happily down in our rota bats.

We planned the three days so we could stay in hostels along the way. This did not cause any problems and when we arrived at the villages we always got an amazing reception probably because we must have looked like creatures from another planet in all our canoeing gear. All the school children would rush up and volunteer to carry our kayaks to the hostel where the owner would welcome the two 'gringas' and let us store our kayaks in the courtyard. We would invariably end up giving a dry land kayaking lesson which we would give with the aid of an elaborate sign language and the Spanish that we had picked up.

The Urubamba river flowed through beautiful mountain scenery, and provided ideal canoeing for the two of us (grade 2 to 3). We never felt threatened by the villagers that we met who just wanted to come and chat out of curiosity. Although, when we returned to Cusco which is now one of the main tourist towns, I had all my canoe gear stolen from the back seat of a taxi as we were round the other side tying the Kayaks on. Fortunately we met some other British paddlers who were returning to England,



Going Downtown with the Rotobats.

Dear Focus

OURTHE RALLY

Dear Focus

I would like to thank Colin Kempson for extending an invitation to join his club on their recent trip to the Ourthe Rally in Belgium. I responded to the small article in Canoe Focus, along with four other people, and we were all made very welcome by Colin.

We spent five days in Belgium including travelling days, and paddled on three of these days on the River Aisne and the River Ourthe in the heart of the beautiful Ardennes region of Belgium.

Our hosts at the rally were superb and could not do enough to please us, enabling us to enjoy the Rally to the full.

It is a pity that Colin had so little response to his notice, as I am sure there are many more readers who would have enjoyed themselves as much as I did.

Moira-Anne Jeffcoat, Worcestershire

THE LOST PATROL OF DEVIZES

Dear Focus

Martin and I would like to thank all the support crews who 'adopted' us when we managed to lose both our own during Good Friday of the Devizes to Westminster Canoe Race.

In the seven and a half hours we were without our own support two or three crews ensured we were able to continue, and we are very grateful to them.

I have entered our teams for the 'Lost Patrol' Award but I am not sure they will be able to find the presentation venue, or they will arrive early, sit in the car until it is over, and assume that it is late starting and sit tight for two hours!

I am pleased to say that we reached Westminster in 36 hours despite our support teams.

Jonathan McMillan and Martin Tillman, Avon

ACCESS ON THE DEE

Dear Focus

With reference to the comments about access on the Dee in the February edition of Canoe Focus.

Being a dedicated sea paddler I am proud to say that from the beginnings of the Dee tour (organised by Roger and Celia Hayward and many others) that I have never encountered any problems with access or fishermen, due to good organisation by local paddlers.

Perhaps visitors to our country of Wales should express more concern for local problems - then we may all enjoy paddling the Dee into the future.

I do hope that Roger will continue his hard work on our behalf.

Bill Jones, Haverfordwest

SURFING IN SCOTLAND

Dear Focus

It was late morning. It was cold, windy and miserable. The constant drizzle soaked us as we left our cars to view the situation.

Shivering, we started to get changed. People walking past with dogs looked out from behind heavy parka's as if we were mad...we are!

Finally we're all ready. Boats come off roof-racks and the wind blows them out of our hands. When we retrieve them we laugh and head down the sand. Numb fingers and Yak decks don't seem to be made for each other.

A glance at each other, a nervous smile and we're off. As we get out further the waves crash down on us leaving us breathless. Out past the breakline, we turn and look backwards. Here it comes. "It's mine!" three of us yell together. I know they're going for it, they know I'm going for it. Oh Jeez! It's a big one...

Two hours later, battered and happy we retire like old men to the cars. The bad bit starts. Numb fingers, wet ropes, wet 'n' windy on naked bodies. Then it's coffee 'n' fags and a time to reflect. Prestwick, Ayrshire, Scotland. One of a few good surf days.

We drive home, happy and satisfied - till the next weekend anyway.

Gordon McCulloch, "Surf Dead Head", Glasgow.

I'll take my hat off to that!

URUBAMBA

and they lent me their gear for the remainder of our travels.

After the organised rafting and kayaking trip on the Tambopata river, Cath and I again set off alone up North to Huaraz the backpacking centre of South America. We spent a week trekking in the National Park, and paddling on the Rio Santa (a full bouncy grade 2 to 3). Then our last week was spent at Huanchaco a small fishing village - jogging, surfing and swimming and soaking up the sunshine. A relaxing way to end a really exciting trip.

Many thanks to Guy Baker for organising the Tambopata trip and our sponsors, Pyranha.

If anyone is thinking of going to Peru and would like some information Penny will be happy to help in any way she can, c/o the BCU office.



Reception committee.



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THE THIRD BITCHES WILD WATER RODEO

Report by Andy Middleton

The third Bitches Wild Water Rodeo was held by Twr-y-Felin on Saturday 20 May in St Davids. The weather was yet again excellent; clear skies and little wind. Many competitors returned to play on this excellent stretch of water, confident that there was guaranteed water, no access problem and no fishermen except those who took the spectators over to the island.

Ex-Brenin independent film producer Alun Hughes arrived along with film crew to make a ten minute video which should be shown on S4C and Channel 4 in the autumn; the presence of TV cameras seemed to make good performances from competitors all the more important. As taking part and having a good time were of paramount importance, getting on telly without being on Paddles Up seemed to please most people!

Forty competitors made their way across to Ramsey island mid-afternoon. It was flat and sunny; had we come to the right place? Within half an hour the flood tide was running and fifty kayakers jostled for position on the many waves during their warm-up. Five fifteen minute heats were run, starting at 17.00; two competitors went through to the next round, whilst third-placing paddlers had to fight through a repechage first.

Two good semi-finals were held at the peak of the flow; Shaun Baker showed good control and excellent hand-rolling; Jason Buxton and Rob Hind were hard on his heels with faultless pirouettes, helicopter pop-outs and loops. Messrs Dawson & Hudspith squeezed through from the second semi.

With some good angles, a helmet-mounted camera and in-depth (sic) interviews, 'Alun Hughes' crew were having a great time. Overall, the standard of paddling was much higher than last year, reflected in the final when even paddlers were exhausted. Shaun Baker first, Rob Hind second, Ray Hudspith third and Simon Dawson fourth. 'Best New Bitch Prize' went to Ross Farragher for trying so hard in his spud. Sponsors were Eskimo's Canoe Store at Twr-y-Felin, Palm, YAK and Current Trends. Special thanks to Bob and Tricia Millidine, wardens of Ramsey Island who laid on an all day barbecue. (The Millidines welcome canoeists to the island at any time, year round accommodation is available.)

A 'Midsummer Madness' Rodeo is being held on the weekend of August 19-20. The tide has got a meaty 7.3m range, so the waves & stoppers will be giving as good as they get. Someone was overheard recently saying 'last August, most people didn't even want to paddle in the final because the water was so big!'

Other activities available nearby. Twr-y-Felin Outdoor Centre, (0437) 781234.



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Canadian Canoe. GRP in good condition and manufactured by Granta canoes. £190. Please telephone (0778) 344484.

Canoeing Magazines. Back copies (bound) of 'Canoeing', 'Canoeing in Britain' and 'Canoe Focus'. Dating from 1972 to present. Offers to Tony Harris (01) 668 6604. Proceeds will be donated to the Jubilee Canoe Foundation to support canoeing projects for young people.

Concept Ziggy first £100 plus cut down Ziggy first £150. Telephone Nottingham 232592.

Eagle K1 canoe, with seat, kevlar construction £120 ono. Telephone (0225) 762215 after 6.30 pm or week-ends.

Espada K1 Junior Racer. Little used and in good condition. Made by Kirton £100. Telephone Lewes (0273) 472760.

Falcon Tutor Instructor Kayak. Yellow and white. Fibreglass and Diolen. Very good condition, standard fittings including: front deck line, rear deck rope handles, rear bulkhead and hatch. Additional fittings: paddle park/towlines and gear tying points inside. Superb purpose designed teaching/rescue boat. With twinseal spraydeck £100. Telephone Bishops Stortford (0279) 507378.

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Gaybo Atlantic Sea/Touring Canoe. Lettman rudder. Deck lines. Water tight bulkhead. £180. Telephone (01) 511 0613.

Hebrides Sea Kayak. Expedition deck, Lendal foot pump, VCP hatches, red deck £165. **Falcon Tutor** with rear bulkhead and VCP hatch. Yellow £110. Both VGC. W Dunlop, Dalry, Ayrshire. (029) 483 3401.

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Old collapsing canoe - Hammer Folbotte, no skin.

Anyone interested? Telephone (091) 232 3621 evenings.

Palm Surf Ski - Crusader 250. Immaculate condition. Yellow and red graphics on white base. Adjustable footrest. Second set of footstraps, second waist belt, fins and curly leash. £130. Paddles also available. Telephone Ray on (01) 691 3793 (home) or (01) 310 2452 (work).

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Prijon Taifon £200, **Prijon Gattino** £200, both good condition. **Schlegel Allrounds 210** £40, **Schlegel Alpains 202** £50, excellent condition, plus lots of rock and ice climbing gear. Telephone John on (0702) 218803 for details.

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K2 Racing Kayak in good condition. Telephone Cardiff (0222) 726719 - ask for Tony.

Pyranha Master or **Everest** white water in good condition, fair price paid. Telephone Stephen Hillier (0642) 723138.

School Canoe Club proposing to tour rivers Tarn and Aveyron has official guide but desperately needs additional information on Aveyron especially Rodez to Villefranche. Contact D Lloyd. Hawarden High School, Hawarden, Clwyd CH5 3DJ.

Slalom C1 for the larger paddler. Any usable condition, fair price paid. LV (0992) 38317.

Volunteer needed to set up and maintain the BCU photo library. If you are Nottingham based and have a few hours a week to spare please contact Caroline Tombs at BCU Headquarters, Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA.

LOST AND FOUND

Found at the Tees White water race: 1 pair of paddles, 1 river racer - slightly bent! 1 harness sling. Telephone Alan Barber on Doncaster 834527.

Lost Ace Europa white, branded with postcode SL6 1PB behind and in front of cockpit, and yellow Poly Pippin. Stolen from Hurley Island, nr Maidenhead. Please contact Mandy, at the Castle Hill Youth Centre, Maidenhead. (0628) 31963.

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HOLIDAYS

Canadian Canoeing Activity Holidays in East Anglia. BCU approved centre. Six day courses arrive and depart Saturdays. Variety of accommodation available. Brochure: OBCCC, 33 Conrad Road, Oulton Broad, Lowestoft, Suffolk NR33 7QD. Telephone (0502) 569787.

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

Menorca Water Sports Centre, canoe and sail under British Management and instruction in a friendly atmosphere from £140. All inc. Flying weekly from most UK Airports. Call Celtic Holidays (0622) 690009 or (0622) 690008 (24 hrs) athol 1772.

Sporting Travel Services - Canoeing in Nepal. Final dates now released. First trip to depart 28 October 1989 returning 11 November 1989. Second trip to depart 23 December 1989 returning 6 January 1990. Contact us now to reserve your place. 9 Teasdale Close, Royston, Herts. (0763) 242867.

ACCOMODATION

Bala, Wales. The Millhouse B&B. 2 minutes from Bala Lake offering comfortable accommodation, drying rooms & lock ups for canoes etc. Good food. Telephone (0678) 520101.

Paddle on the Bitches. Stay on Ramsay Island. Continuous access, tidal white water, full board or self catering, other activities available nearby, Twr-y-Felin Outdoor Centre. Telephone (0437) 781234.

Pembrokeshire, Base Camp. Group accommodation up to 30 in 5 dorms. All facilities for year round use. Spectacular sea canoeing. Ideal base for tours, surfing, islands. Instructors and canoes available. Telephone (09914) 318.

White Lion Hotel. The management and staff of the White Lion Hotel, High Street, Bala, Gwynedd, welcome all canoeists and visitors. Bar meals available 12-2pm and 6-9pm. Weekend rates for supporters.

Wester Ross Self-catering, heated, 19-bed bunkhouse complete with male and female shower and toilet facilities, overlooking Summer Isles at mouth of Loch Broom. Drying facilities available. Excellent sealochs and open sea canoeing in vicinity. Telephone Achiltibuie (0854 82) 215.

COURSES

Canoe Courses and adventure holidays on sea, surf, river and Dartmoor. Youngsters, adults and family multi-adventure courses, including canoeing, sailing, water-skiing, climbing, yachting. Specialist sea canoe courses, proficiency to advanced. See our video. Please contact Mr K Garland, Courtlands Centre, Kingsbridge, South Devon TQ7 4BN. Telephone (0548) 550227.

INSURANCE

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

SITUATIONS VACANT

Courtlands Centre require Instructors, qualified RYA tidal, Canoeist BCUI/Climber. Clean driving licence essential. Minimum age 21 years. Long & short term vacancies. Apply with CV and photo to The Director, Courtlands Centre, Kingsbridge, South Devon TQ7 4BN.

Twr-y-Felin Outdoor Centre require SI (sea) instructors for permanent and part time posts. Great paddling opportunities and interesting work in a friendly, professional centre. Application forms from: Andy Middleton, Twr-y-Felin, St Davids, Pembrokeshire SA62 6QS.

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

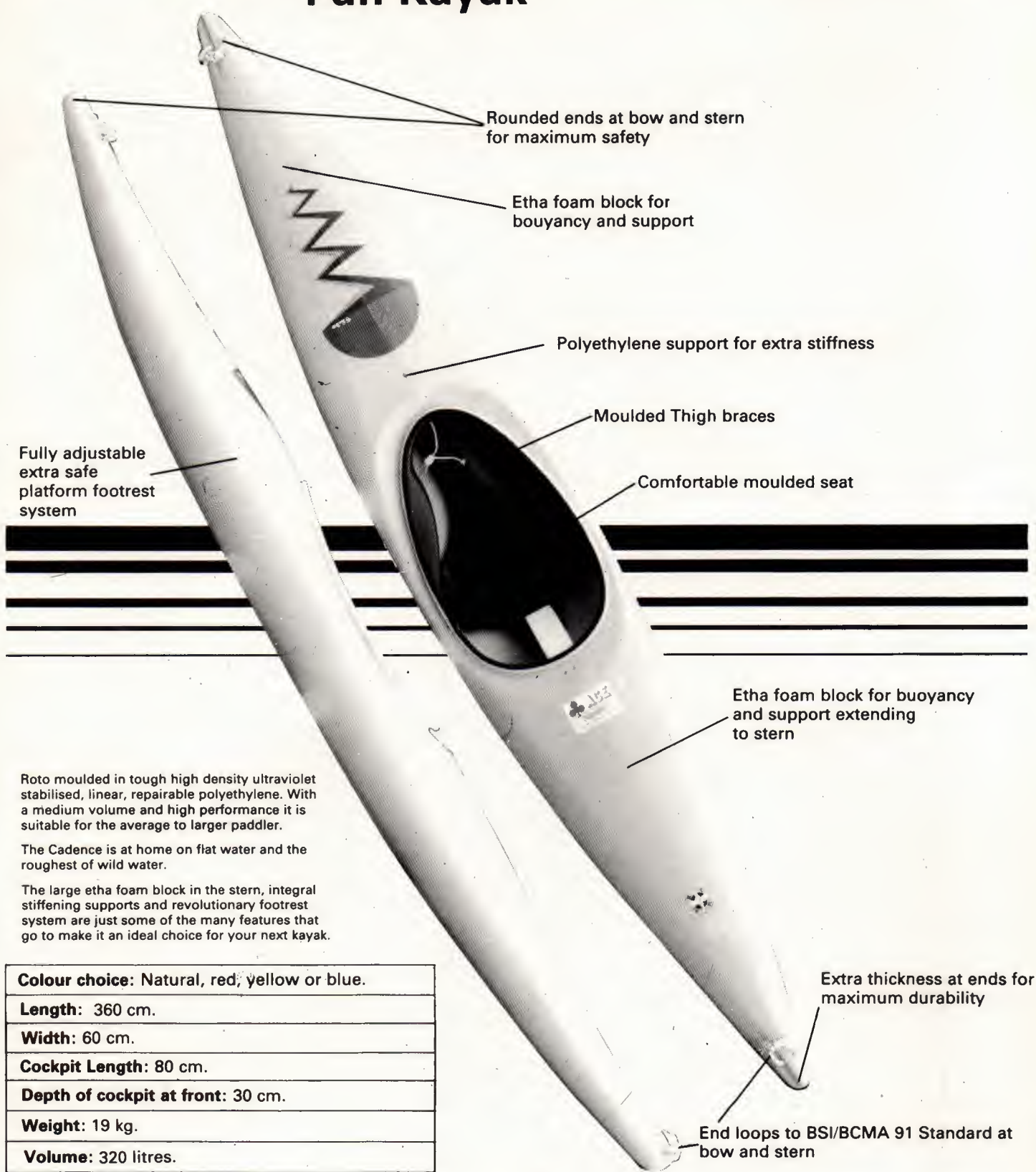
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