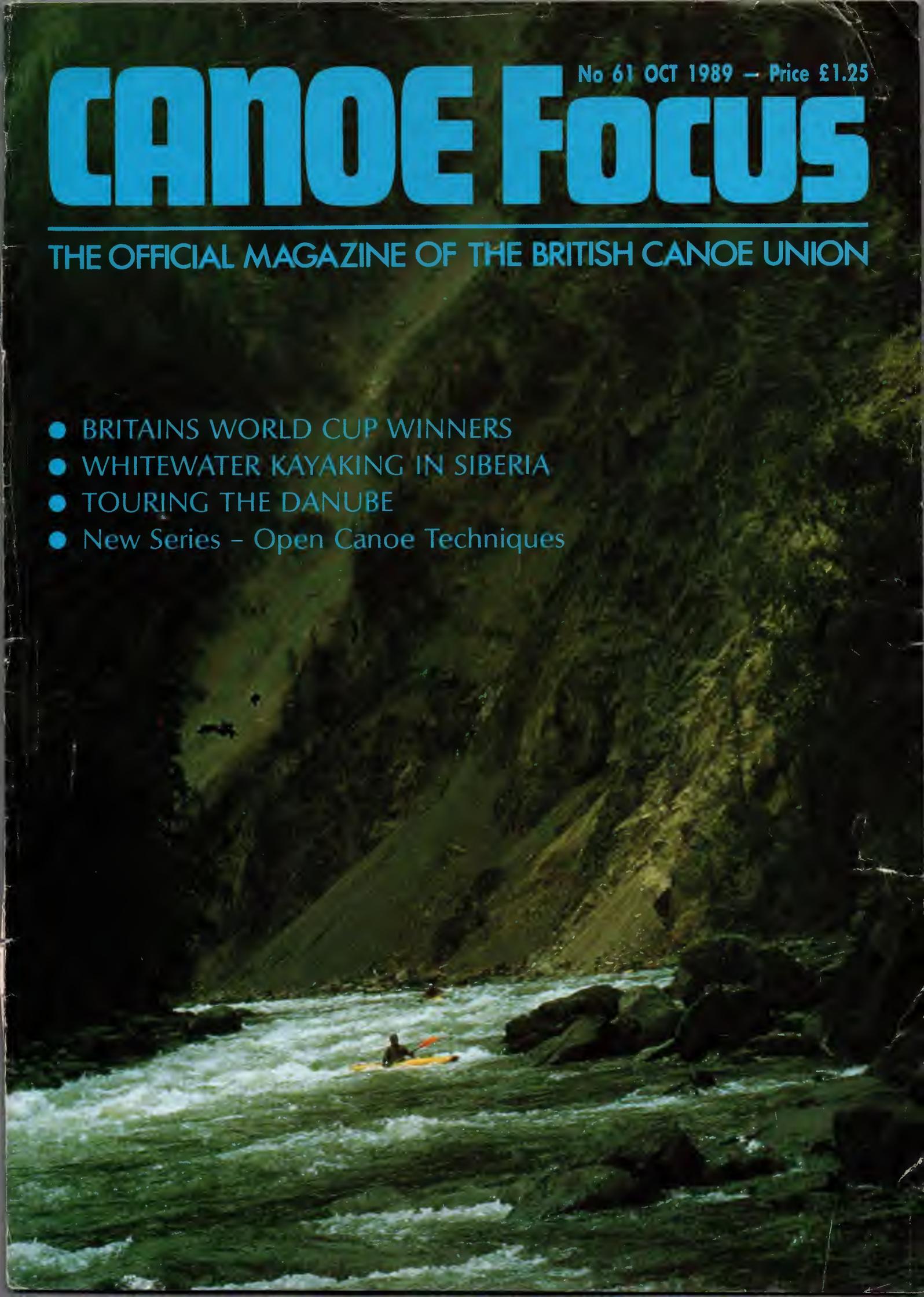


CANOE FOCUS

No 61 OCT 1989 — Price £1.25

THE OFFICIAL MAGAZINE OF THE BRITISH CANOE UNION

- BRITAINS WORLD CUP WINNERS
- WHITEWATER KAYAKING IN SIBERIA
- TOURING THE DANUBE
- New Series — Open Canoe Techniques





PRIJON
T CANYON

PRIJON
TOPOLINO - SPUD

PRIJON
GATTINO

SOLE U.K. DISTRIBUTOR FOR

PRIJON

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

INVADER 89. NOW available. Come and see the Worlds Most Advanced 3.5mtr Blow Moulded whitewater fun boat with all the superior safety features keyhole cockpit etc.

Visit our warehouse facility and see the largest stocks of kayaks, canoes, paddles, safety equipment, and accessories available from all the Worlds leading names:

Prijon, Grumman, H.F., Romer, Ace, Perception, Arrowcraft, Old Town, Coleman to name but a few.

Opening Hours
MON-FRI 9am-5.30pm
SAT 9am-1pm

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

COME TO

AVONCRAFT

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

CANOE FOCUS

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

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

ISBN 0953-010X

T J Bailey Director
C J Tombs Editor and
Advertising Manager
C Quaife Regional Round Up
Editor

Next Issue 1 December 1989
Latest Copy Date 20 October

Printed by Leicester Printers,
164 Barkby Rd, Leicester LE4 7LF

BCU Headquarters as above for all
enquiries except:
Supplies at BCU, The Elms,
National Watersports Centre,
Adbolton Lane,
Nottingham NG12 2LU.
Tel: (0602) 817412.
Assistant Directors of Coaching,
address as above. Tel: (0602) 455423

Front Cover
Entering the Shavlinsky Gorge - Kayaks to
Siberia Expedition 1988
Photograph by John Hatton

Subscription Rates
UK inland £12.50, overseas £14.50
for ten issues.
Supplied free to BCU members.

Advertising rates and data
are available on application from
BCU Headquarters

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

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

CONTENTS

-
- 3 Comment - by Trevor Bailey
-
- 6 Noticeboard - news and announcements
-
- 7 Whitewater Safety - a cautionary tale by Richard Townshend
-
- 8 Book and Video Reviews
-
- 9 Trade News - a new kind of paddle
-
- 10 Canoe Touring - news and events
-
- 13 Regional Round Up
-
- 14 Open Canoe Technique - Poling by Colin Broadway
-
- 17 Slalom World Cup - another double win for Fox/Jerusalmi
-
- 18 TID - The Tour International Danubien, by Rodney Baker
-
- 20 Kayaks to Siberia - expedition report by Andy McDowell
-
- 23 Competition Scene - reports from all the latest events
-
- 27 Dear Focus - readers' letters
-
- 34 Classified
-
- 36 Win a Watch competition - loadsa prizes!
-

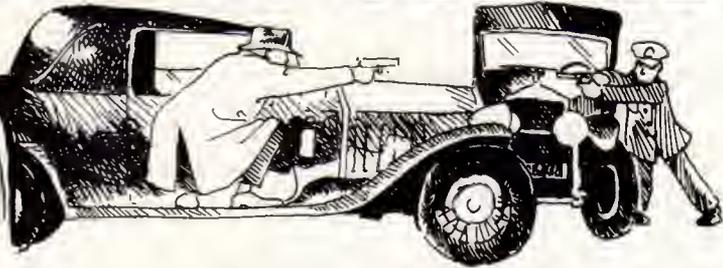
Photograph by John Allan, Caldercruix OPC



Taking the dog for a paddle. River Tay, Scotland



MAKE A KILLING SIGN A CONTRACT



You need protection. . .

The boys from **Waveform** understand. . .
Delivery dates, quality and good after sales services are our trademark. Our contract services division offers unbeatable rates, first class delivery and a friendly helpful team to select the best equipment for your organisation.

We supply the **best** deals to HM Forces, Outdoor Centres, Schools, Colleges, Scouts & Guides.

Don't cop out when you buy in bulk. Contact **Waveform** for an offer you can't refuse.

waveform
WATER SPORT



Canal Buildings, Leicester Row, Coventry CV1 4LH Tel. 0203 228246

64 Millgate, Newark, NOTTS. Tel: 0636 700362

ACE, ARROWCRAFT, BUSHSPORT, BADGER, DELAPRE, DIAMOND, DRH, FLADBURY, FREEBLADES, GAYBO, HELLY HANSEN, KIRTON, LENDAL, MARSPORT RACING, MI, NEW WAVE, NOMAD DESIGNS, OTTERSPOET, PERCEPTION, PYRANHA, PALM, SCHLEGEL, SUZY, SPLASHSPORT, WILD WATER, YAK, etc. etc.

PLEASE TELEPHONE FOR OPENING TIMES

WHAT DO YOU PADDLE?

RACING OR RELAXING

We have one of the widest ranges in the U.K. for you to choose from.

**CALL US ANYTIME
MON. TO SUN.
DAY OR EVENING
DELIVERED TO YOUR DOOR**

PADDLE SPORT

TO THE CANOE EVENT

GOOD SIGNS

9 SADLER CLOSE, STRATFORD-ON-AVON. CV37 0EE TEL. 0789-298187 / 0836 580598

Barclaycard
VISA

Comment

by Trevor Bailey, Director

At the time of writing I am busily engaged in a number of related activities. Following the BCU submission to the Sports Council in the Spring, we were requested to submit a further, briefer report. The main purpose of this was to indicate the BCUs priorities both within and between the various programmes that we have.

I am also putting the final touches to the budget for 1989/90, which will be presented to Council in November for final approval. The other major task is the preparation for the EGM scheduled for September.

In compiling the figures for the various reports I thought it would be useful to once again use this column to explain to members where the money comes from and where it goes. For the purpose of this article I will use the figures from the last financial years audited accounts.

WHERE DOES THE MONEY GO?

The BCU, a company limited by guarantee, has a legal responsibility to file its audited accounts with the Registrar of Companies. Last year's accounts showed a turnover in excess of £1.1m, with a surplus on ordinary activities of £73,615. This simple statement does little to reveal the true complexity of the union and its multitude of committees.

The central accounts showed income of slightly less than £1m. The biggest source of income was the Sports Council which gave grants totalling £353,000 during the year. A common complaint is that we spend too much on competition at the expense of the recreational interests, particularly Access matters. It must be stressed that the Sports Council give grant aid for specified purposes, and the BCU clearly has to spend the money accordingly. Just over 50% of the grant (£180,000) was specifically granted for the Excellence programme, with a further £50,000 being a one off grant in respect of the proposed National Canoe Centre. £60,000 was allocated to Development, and the same amount was allowed for coaching.

The next biggest source of income was membership subscriptions, which, at £222,000 showed a marginal increase over the previous year. Because of an increase in subscriptions, this actually shows a reduction in the number of members.



Photograph by Richard Bentley

Trevor Bailey winning £1200 sponsorship money for the BCU

The other income was a combination of a number of items, including International Canoe Exhibition, Supplies, Coaching Scheme, Focus advertising, Approval schemes. On a personal note, I am pleased to say that the accounts show that my paddle down the Slalom course raised £1200, a figure I hope to improve on this year with my Swale Paddle.

Grants totalling £250,000 were paid out from central funds, primarily to the Specialist committees for their Excellence programmes. Administration cost a total of £624,000, with the biggest items being Salaries, the provision of membership services, Focus, BWB licences and Insurance.

The above figures indicate that the amount of discretionary income is very small. Council have determined that the over-riding need at the moment is to consolidate, and thus build up our level of reserves. This means that any new initiatives have to be self-funding, and the present level of grant to committees is likely to remain low. Given this background, it has been decided to incorporate two special requests for grant aid in the submission currently being prepared. The first request is for funding to enable the BCU to undertake some basic research into Access matters, and more of this will be written in future editions of Access Extra. The other request is for initial funding for the Touring Development Plan. It was the original intention to fund this development from the accumulated reserves of the Touring Committee, and from additional funds generated by the implementation of the plan, both from an increased number of events and also an increase in membership of the BCU.

FUNDS FOR TOURING

The Touring Development Plan itself is aimed at promoting touring and recreational canoeing and increasing

general participation therein. It has identified 20 key tasks which must be achieved if the Plan is to achieve its maximum potential. These can be summarised in groups:-

1. To strengthen the regional structure.
2. To then use regions to expand the perception of participation through recreational canoeing.
3. To publicise to paddlers who are not members the benefits of joining.
4. To extend the current range of membership benefits, especially in the field of information, licensing and insurance.
5. To promote opportunities for participation by arranging or encouraging touring and recreational events.
6. To compile annual programmes of such events.
7. To promote the Touring Awards Scheme, which is seen as a means of encouragement for beginners to progress.
8. To liaise with other sections of the union in an attempt to bridge the gap that follows leaving school or youth organisation.

SPONSOR THE DIRECTOR!

Trevor Bailey, BCU Director will be taking part in the Swale Charity Paddle. Last year he raised £1200 for the Slalom course - this year YOU can help him do better. The course - 10 miles of Grade 2 - 3 water - will present a considerable challenge to "a paddler of modest ability" (this is how the Director describes himself). If you would like to sponsor Trevor, in aid of Access for canoeing, write to BCU Office, Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA - but hurry!, the event takes place on October 14th.

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

Spray Decks

5oz Slalom Spray Deck.
Poppin Spray Deck.

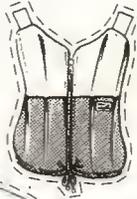
Mitts

Insulated padding.
One size only.



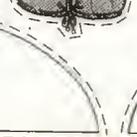
The Allsport

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



The Shortie

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



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

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

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

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

DESIGNED FOR WATER
SAFETY BY

perrys

Marine, Offshore & Industrial Safety Specialists

Perry-Harishok

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

TWICKENHAM

Canoe Centre
Established 1960

18 Beauchamp Rd,
Twickenham, Middlesex
TW1 3JD

Telephone:
01-892 8979



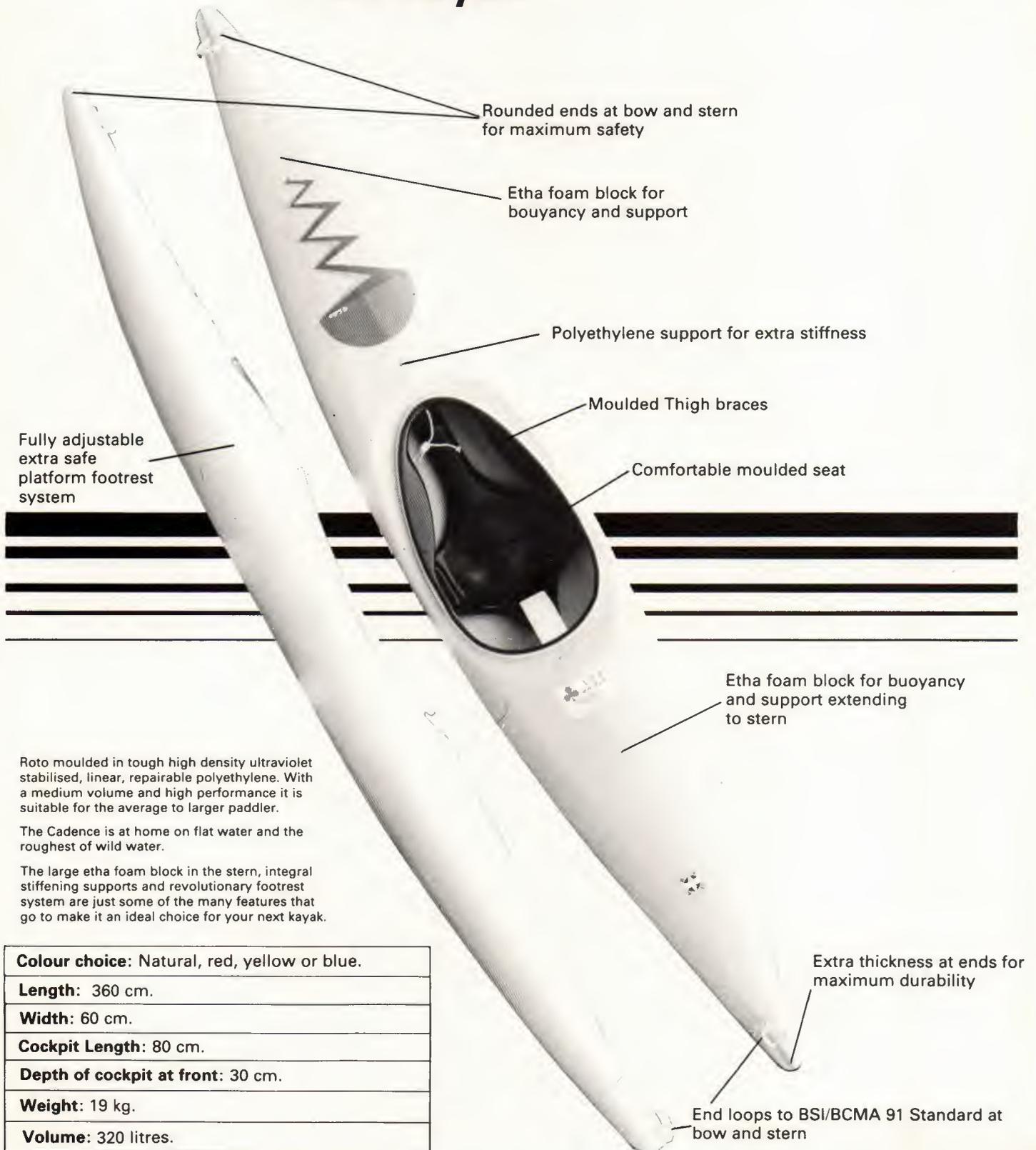
London's Leading Retailer of Canoeing Equipment

CADENCE

Medium Volume High Performance
Fun Kayak



Feuillette



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

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

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

Colour choice: Natural, red, yellow or blue.

Length: 360 cm.

Width: 60 cm.

Cockpit Length: 80 cm.

Depth of cockpit at front: 30 cm.

Weight: 19 kg.

Volume: 320 litres.

ACE

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

Noticeboard

THOSE CLUBS AGAIN

The 'complete clubs list' circulated with your last Focus (July edition) was not quite complete. The following clubs have written in and brought this to our attention. Apologies to these people and any other club that was inadvertently excluded.

The missing clubs were:

DISS Canoe Club, Eastern Region. Mr A A Johnson, 6 Horner Close, Roydon, Diss.

Meridian Canoe Club, London & South East Region. Mrs J A Hallett, 107 Ashen Drive, Dartford, Kent DA1 3LY.

Scrap Merchants Canoe Club, North West Region. John Carroll, 127 Wakefield Road, Scissett, Huddersfield HD8 9HR.

St Austell Canoe Club, South West Region. Mrs J M Ash, 33 Bownder Dean, St Austell PL25 3DB.

WELSH CANOEING ASSOCIATION - DEE TOUR

11/12 November 1989

The river will be open from Cynwyd to Llangollen Town on both days. All paddlers must register with the organiser and have Dee Tour identification visible. Individual members WCA, BCU, SCA, CANI £2.50 both days, non-members £6. Affiliated groups per five people £5, non-affiliated groups per five people £15 (group bookings in advance only).

Minibus shuttle available, camping free in Corwen. Write to WCA, Pen y Bont, Corwen, Clywd, enclosing SAE and membership number for reduced rate, cheques payable to WCA.

12TH MIKE JONES RALLY

This year's Mike Jones Rally will be held on 18/19 November. This highly successful event offers touring and general recreational paddling for all levels. The upper section of the River Dee is a gentle and scenic paddle with grade one rapids. Closer to Llangollen, the notorious Serpent's Tail and Town Falls offer the excitement of grade three and four rapids. There will be the usual 'fun race' on the Serpent's Tail on Saturday afternoon. A full programme of videos and lectures will be included in this comprehensive canoeing weekend.

Full details will be found in the broadsheet available from the end of September. Stickers will be available on the day for £3.00 or in advance by post at the cheaper rate of £2.50 (cheques should be made payable to Mike Jones Rally). Please send a stamped addressed envelope to: Mike Jones Rally, c/o Betws y Coed Sorting Office, Betws y Coed, Gwynedd LL24 1AA. Only those enclosing a stamped addressed envelope will get a reply - it is a charity event!!!



Ken Laurie seal launches off the railway bridge, River Awe, Scotland.

AND IF YOU THINK HE'S CRAZY

How about this? Istvan Torok, a Hungarian canoeist, spent his summer holidays paddling from Budapest to Luimneach on the West Coast of Ireland. His solo tour of Europe took three months, totalled 3500km and included the Rivers Danube, Rhine, Seine, Thames, the English Channel and the Irish Sea. Apparently the French authorities were so concerned over his safety on the channel crossing, that they insisted on providing a naval vessel to portage Istvan plus boat over the French half of the Straits. Us English had more faith!

As well as getting into the Guinness Book of Records, Istvan's epic trip was a gesture of European Friendship and a plea to European Governments to protect the fragile environments he traversed.

EXPEDITION NEWS

The Organisers of the Malvern College Iceland Expedition have written in with news of their trip - one of the BCU approved youth expeditions this year. Roger Smith reports:

The 54 members of the Malvern College Iceland Expedition 1989 returned safely on 4 August after spending three and a half weeks in South-Central Iceland.

A group of 20 successfully river-rafted the Hvita gorge below Gullfoss on two separate occasions but on the Markaflojt gorge one of the two rafts capsized adding to the excitement.

Two groups completed whitewater kayak training on local Grade I/II rivers and a more advanced group kayaked (i) the lower Markarfljot river (Grade II/II), (ii) around the sea stacks of Dyrholaey and (iii) through the Hvita gorge below Gullfoss (Grade III/IV) in the company of the river-rafts.

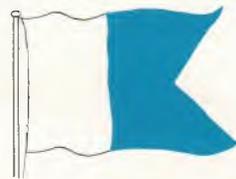
TANIA ROBERTSON

On 2 June members of Regents Canoe Club paddled the Ubaye River on the last day of a very successful trip to the French Alps. The water was at a good level. On the last rapid of the grade IV section, just before the get-out-point, Tania capsized and did not manage to roll. Several rescue attempts with throwlines failed and she was swept away, carried down the heavy grade V/VI water of the Freschiere rapid. One club member followed her down, but he himself got into difficulties and had to swim for his life. Tania was pulled unconscious from the river 2km downstream by the local French rafting centre. Initially in hospital in Gap, France, where her condition was stabilised she was later flown back to her hometown of Whitehaven, Cumbria. She never recovered consciousness and Tania died on 8 July, aged 24.

Tania started canoeing in her first year at City University and joined Regents whilst at university. Always an active member she was involved in many whitewater trips and she was an enthusiastic and experienced slalomist, competing in Div 2. Tania was an open, vivacious and generous person - great fun to be with, light-hearted yet prepared to state her opinion. As a fellow canoeist, friend and flat-mate we had many good times together. Her infectious enthusiasm for life which was apparent to everyone who met her, is much missed by her friends and all those at the club. Our thoughts go out to her family and friends.

by Liza Bruml, Secretary Regents Canoe Club

WATCH OUT - DIVERS ABOUT!



The 'A' Flag is the internationally recognised signal that divers are beneath the surface. The flag is flown by boats covering divers and is also used on surface marker buoys attached by line to the diver below. So if you see this flag when out paddling, please keep well clear - otherwise a surfacing diver could end up with a very sore head!

OPEN DAYS ON THE LEVEN

Another series of open days have been arranged on the River Leven, Cumbria. The dates are 8 October, 22 October, 5 November, 26 November, 7 January, 11 February, 4 March and 18 March. To book your place, write to Stan or Angela Sture, 28 Newton Road, Dalton in Furness, Cumbria LA15 8LS (tel 0229 66063) **no more than** two weeks in advance of the date you wish to paddle. £1 is payable with booking and £5 bib deposit on the day. The events are limited to 60 paddlers on the river, so advance booking is advisable!

January 1981, three of us on a bit of do it yourself staff training from the outdoor centre at which we worked stood on the bank of a Scottish river in a snowstorm. I think I was meant to be in charge.

"Let's see how easy it is to get an unconscious person out of this rapid" I said. Brushing the snow off our boats, two of us took up station in eddies, new fancy towlines coiled in their pockets ready to pounce.

"Right Robert, in you go." Without a murmur, Robert being even harder than the average Scot, cast himself into the top of the Grade II (Scottish) rapid, disappeared into the first stopper, and, true to his name, bobbed up below.

"I can't move my legs", he stuttered as I struggled to attach my towline to the 'Lifting Becket' of his BS3595 lifejacket. It was with some effort that we got him out, into the van, and along to hospital. He was kept in overnight with a nasty bruise on his lower back, and the effects of cold and shock. Released next day he exhibited no ill effects, but an understandable scepticism of my bright ideas. He'd hit the bottom, and his, in the stopper, and the water temperature was well below five degrees C.

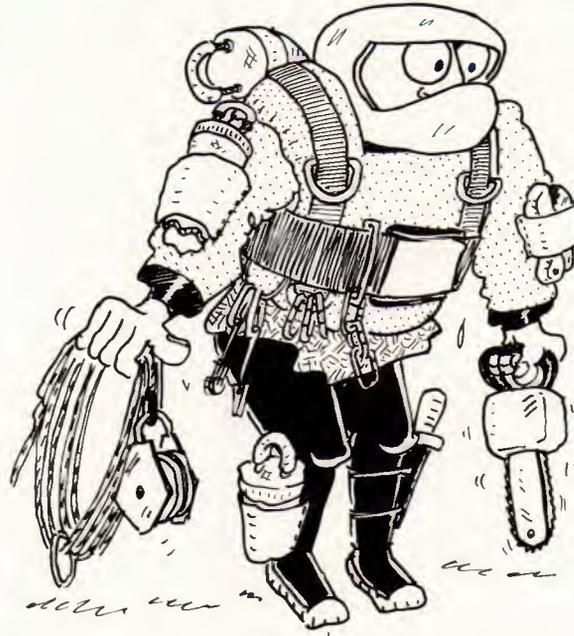
In those days most whitewater rescue gear was home-made, and a capsized and swim often resulted in a smashed boat, and a tow to the bank below the rapid from your partners if you were lucky. (Spoonfuls of hot gravel optional). Today's tyro full face helmeted, beharnessed, carrying one or more throwlines and more carabiners than Joe Brown on Cenotaph Corner, bears as much resemblance to the 1970's paddler as Buzz Aldrin did to Biggles. But the most vital bit is still the bit inside the helmet - it is no use carrying all this gear if you can't use it correctly.

This learning process requires practical, wet experience, but should not result in frequent visits to hospital or worse - a little care may prevent your whitewater survival training from becoming too realistic.

One result of sudden immersion in cold water can be an involuntary loss of breathing control and co-ordination, at worst even loss of consciousness. Whilst this condition is very uncommon and is less likely in a well clothed adult who makes a frequent practice of falling into cold water, it happens. Be prepared by having a rescue boat downstream,

WHITEWATER SAFETY -a cautionary tale

by Richard Townshend



Today's Tyro's - More equipment than brains!?

or bank support ready to jump in, grab and be pulled out.

A second problem is the extreme danger of being attached to a rope in moving water. This may occur deliberately or accidentally (ever swum down the Serpents Tail on a Mike Jones weekend and had ten throwlines drape themselves around you?).

The classic situation involves the rope becoming caught and jammed under a boulder and the swimmer being held underwater and unable to release from the rope. In an extreme case the force of water may prevent them using a knife, although this is one solution and the official reason that divers carry those huge knives strapped to their calves that I always thought were for fighting off sharks. Anyway - ropes and moving water are dangerous together. Your point of attachment to the rope makes a difference to your ability to breathe if you are on the surface, but if

the rope has slipped down a rounded boulder you may not be.

In short there are no clear cut answers to whitewater safety, but knowledge and experience of using the gear is much better than mere possession. The following list of books may help but you should follow this up with practical experience in a safe, controlled situation for example by attending a whitewater safety course. These are held regularly at a number of centres nationwide and are listed in the Yearbook.

Illustrated by Alan Fox

WHITEWATER SAFETY THEORY

**Whitewater Kayaking, Rowe R.
Salamader Books 1988**

**River Rescue, Bechdel & Ray. 1985
Appalachian Mountain club, Boston**

**The Throwline and its uses, Rowe R. 1986
BCU Supplies**

**Chest harnesses and their uses in whitewater.
BCU Supplies**

Kayak, William Nealy. Menasha ridge press

RUNNING THE AMAZON

by Joe Kane
The Bodley Head London
ISBN 0370 31253 8

Reviewed by Pete Knowles

The book tells the tale of the 'first' complete kayak descent of the Amazon in 1986 from source to sea - a 4200 mile epic from the Andes mountains, through Amazon jungle to the Atlantic Ocean. Many people have dreamed of descending the Amazon and quite a few have of course done so. Dr Francois Odendaal had such a dream and organised this expedition. He invited Joe Kane (the author) to accompany the expedition to write about it.

This is a real life adventure story with lots of excitement and action and, like any good story, much of the interest is the personalities and the human conflicts that develop. Francois Odendaal selected the strongest and best qualified people he could find, but few of them even knew each other and all had different expectations of what they would like to achieve... a sure recipe for disaster. All credit to the team, that they did manage to stay together and successfully complete the most difficult and dangerous part of the river to the Brazilian border before they split up.

This is not just a book about the descent of the river, the author gives excellent descriptions of the country they pass through and a good insight into the people and lifestyles. On the negative side it has to be said that this has none of those interesting appendices you normally find in expedition books, no bibliography and not even an index. I particularly disliked the fact that (despite two pages of acknowledgements) there is hardly the courtesy of a mention of the other adventurers and expeditions that had paved the way for the author's own trip.

I recommend this book as a **darned good read** - one that will appeal to anyone, canoeist or non-canoeist alike and certainly it is one of the best canoeing 'travel adventures' that I have read. At £15 I don't think it represents good value and so suggest that this is indeed a book to borrow from your local library.

MOUNTAINEERS BOOKS

The Mountaineers Books, Seattle, has established a \$15,000 prize called the Barbara Savage/"Miles From Nowhere" Memorial Award, to be presented every two years for the best unpublished manuscript exhibiting "excellence in writing narrative accounts of outdoor adventure". The prize program involves a cash grant, guaranteed royalty advance, and contract for publication as part of The Mountaineers' list of outdoor and adventure travel titles.

Non-fiction proposals and manuscripts will be accepted through 1 March 1990, with the winner to be announced on 15 May 1990 and publication within a year of completed manuscript.

The Mountaineers, a non-profit outdoor activity club and publisher, will select a panel of judges to determine the award-winning manuscript, with Larry Savage acting as honorary chairman. Subjects appropriate for the award include personal narratives involving hiking or trekking, bicycling, skiing, mountain climbing and similar non-competitive outdoor adventures (including canoeing!).

For information on submission guidelines contact: Ken Vickers, Cordee Publishing, 3a De Montfort Street, Leicester LE1 7HD.

RIVER RESCUE - THE VIDEO

based on the book by Slim Ray and Les Bechdal

Reviewed by Mike Devlin

The last 10 years have seen a dramatic increase in the number of people participating in whitewater kayaking. Travel on and exploration of whitewater rivers all over the world is the draw for the growing number of plastic boat paddlers.

Unfortunately, this increase in numbers, associated with the development of more durable boats, has given rise to skills development often outside a reasonable experience range. Because of this, there has been an increase in the number of accidents caused by entrapment and drowning on weirs, or as a result of swims in serious whitewater. In order to counter such problems, training and experience of rescue methods and techniques is what is required by all involved in such adventures.

Now, to complement source material already available, is 'River Rescue' - the video.

Having watched the first five minutes of the video, I must admit to being somewhat shocked by what appeared to be a typical day on a big American river. Having previously read the book, 'River Rescue' and having been party to various reports/papers etc on Rescue/Safety in the States, I was surprised by the apparent disregard of some of the more basic safety steps one would normally take when venturing onto a river.

Contrast as it did with my personal feelings and philosophy towards safety and rescue, I considered that this initial footage may be intended to highlight the need for such river rescue systems rather than point to the safer practice of running rivers.

Some of the techniques and methods mentioned are just the application of common sense - others are adapted from mountaineering techniques or have evolved undoubtedly through experience.

The American professional's fastidious attention to safety and rescue is undoubtedly due to the large number of people finding recreation on whitewater and to the nature of American liability laws. Some would, perhaps, feel that because of this, certain techniques are complicated and unrealistic to the extreme. I would not disagree as such, but would point out that as all rescue situations are different, the whitewater paddler should be armed with a wide variety of techniques which can be used to suit particular situations.

One word of caution - viewing the video prompts me to mention that the techniques as demonstrated need to be practised in safe, controlled surroundings and only working familiarity of these methods and a common sense approach to their use will make them effective and safe for all concerned. Just viewing the video and committing the methods to memory is not enough. Safety and rescue should be treated as an important part of everyone's canoe or kayak training. With this in mind, I would suggest that 'River Rescue - the Video' be a valuable aid and source material, although be aware that some of the American terminology used may be different to that with which you are familiar.

COACHING VIDEOS: A WEE SURVEY

A number of instructional videos are now available, aimed at instructors and teachers but equally useful to anyone else waiting to sharpen up their technique for example prior to assessment for coaching awards. Overall, there are now coaching videos covering kayak, open and closed cockpit canoes on both basic skills and advanced whitewater techniques.

Come Canoeing - Kayak Handling (the 'Richard Fox Video!') - has been out for some time now and covers all the basic kayak strokes, with demonstrations by the man himself complete with freeze frames and slow motion sequences, mainly on flat water, with the final sequences filmed on Holme Pierrepont slalom course.

Also on kayaks a pair of videos have been produced by BCU coach Mark Attenburrow, titled 'Mastering Kayak Control'. The first in the series, 'Control Techniques', is orientated towards the teacher or learner of the BCU Star Tests Skills. Filmed on flat water throughout, all the basic strokes are demonstrated with full explanation, followed by a summary of coaching points. 'A Taste of White Water' features some exciting footage of extreme whitewater paddling but I did find the commentary rather uninspiring. The filming, however, is excellent and ranges from expedition sequences at the Dubh Kosi to hotdogging at Holme Pierrepont with the odd waterfall thrown in for good measure. Possibly not the right film for introducing to the uninitiated the vagaries of ferry-gliding; inspiring stuff none the less and for those waiting to find out how to drink a can of Pepsi in a stopper whilst performing an artistic swirl with one's paddle... not to be missed!

On a similar theme, another pair of videos have been produced by the Victorian Board of Canoe Education, Australia. Entitled 'The Basic Skills', the two cover techniques in kayak and closed cockpit canoe respectively. They are specifically aimed at teachers and instructors with an emphasis on identifying good technique for the purpose of teaching others. Both use the same format: on first flat water then the same stretch of rapid. Each stroke is demonstrated and analysed, then summarised with four or five key teaching points. Both videos cover equipment, launching, turning, forward and reverse paddling, support strokes, breaking in/out, ferry-glides and capsizing procedures.

Not forgetting the classic Bill Mason adaptation, 'Path of the Paddle' on solo and doubles open canoeing. Not the archetypal instructional film, Bill Mason has presented the techniques and philosophy of journeying by open canoe in his own inimitable style. A trip along an American whitewater river, alone and with his son Paul, is used to illustrate such skills as breaking in and out, ferry-gliding, setting, reading rapids, lining and wading. Bill Mason gives no hard and fast rules: rather an idea of the dangers and possibilities, a heartfelt appreciation of the natural world and the fact that wilderness canoeing is as much as anything a voyage of self discovery.

All the above videos are now available from BCU Supplies or through Chrisfilm and video, Glasshouses Mill, Harrowgate, prices from £19.95.

NEW CANOE SHOP

David and Valerie Reed have opened up a retail outlet in Chesterton, on the outskirts of Cambridge. The Reeds have been familiar figures on the competition circuit for some time, with their stall of canoeing gear, but it was only in July this year that they took the plunge and opened their shop, Reed Canoes and Camping. The Reeds are selling a wide selection of boats and accessories, and being only 400 yards from the River Cam, there will be a chance to 'try before you buy'.

As well as catering for the slalom and 'plastic' markets, the shop is stocking touring canoes and a selection of Open Canadians: open canoes are also available for hire.

DOUBLE TORQUE:

A revolutionary type of paddle shaft has come on the market which manufacturers, Wild Water, claim is up to 5% more efficient than conventional types. The main feature of the shaft is that it has a three dimensional kink in four places, enabling greater leverage and a more comfortable paddling position.

Double Torque was inspired by studies of ergonomics carried out by an Andrew Bruce, designer of garden tools and appliances for the disabled. Discovering that kinked handles were more efficient on screwdrivers and walking sticks, he suggested that his findings could be applied to other areas.

Top slalomists, Richard Fox, Myriam Jerusalemi, and Melvyn Jones, have been involved in extensive trials of 'Double Torque' - including Richard's Gold Medal winning run in the World Championships, and have given top marks for comfort and performance. Development is still ongoing and Chris Hawkesworth of Wild Water, is optimistic of even greater efficiencies in the future. He suggests that the more natural hand position used with Double Torque puts less strain on the wrists, using instead the powerful shoulder muscles: good news for Tenosynovitis sufferers. Tests have shown that the greatest efficiencies occur in forward paddling which suggests that Double Torque may be equally suitable for touring and marathon racing.

Double Torque was launched in September and right hand paddles are now available from Freeblades, West Midlands Canoe Centre and other large suppliers. At £30 per alloy shaft, they don't come cheap, but if the manufacturers' claims are correct, we could all be queuing up to buy them.

TOURING KAYAKS

The Touring Committee has recently reviewed the long standing BCU advice regarding the basic dimension for touring kayaks and confirmed that the minimum length for a placid water touring single at 4.4m and for a double 4.9m are still valid. These kayaks are not suitable for waters of grade 3 or above.

A circular to over 50 retailers/manufacturers confirmed that there are few kayaks in the touring range so we have listed those identified.

Yukon	4.40m	Avoncraft
Cygnets	4.42m	Kirton Kayaks Ltd
Weekender	4.43m	Valley Canoe Products Ltd
Sea Tiger	4.50m	Sea Tiger, Cowbridge
Eagle Leisure	4.57m	Marsport Ltd
Golden Eagle	4.75m	Kirton Kayaks Ltd
Swiftsure	4.95m	Granta Boats Ltd
Sea Otter	4.97m	P & H Company
Kayette	5.18m	P & H Company
Effendi	5.20m	Kirton Kayaks Ltd
Discovery 17	5.20m	numerous
Laance	5.20m	Marsport Ltd

Doubles

Ventura		
Hi-Lines	5.00m	Kirton Kayaks Ltd
Horizon	5.20m	McNulty Marine Services
Tasman	5.49m	Kirton Kayaks Ltd
Barracuda	5.49m	Kirton Kayaks Ltd
Discovery 21	6.40m	numerous

These kayaks are all built in glassfibre except for the Yukon which is built by Prijon in their very tough high-molecular polythene. The singles over 5.00m are considered to be very 'placid water' boats as is the Discovery 21.
by Colin Kempson

HIGHS AND LOWS

Which do you want first, the good news or the bad?

The good news is that the Skerray, new from Valley last spring is breaking new records for sales in the USA. It has taken many years for the merits of an easily handled, seaworthy boat to be appreciated by the Americans. This is because they are more used to paddling bigger, more ungainly kayaks over there, (they carry more food and more camping gear than we do) and consequently, they have large-volume boats that are difficult to paddle and are lacking some of the sea-worthiness we expect to find in our boats in Britain.

The new large hatch on the Skerray, which has shown no tendency to leak, has been a huge success out there, and the idea that it is possible to have a bone-dry kayak is only slowly dawning on them.

Even in this country, the Skerray's qualities are being recognised. Sam Cook, a member of the Nordkapp Expedition of 1975, has been paddling his original expedition boat for fourteen years... it is still in good enough condition for it to be sold, rather than buried, and he recently arrived at Valley to see about buying a new kayak. He test-paddled a Skerray and was so delighted with its handling that he had decided to order one instead of another Nordkapp. Valley consider this, from the man who has made such a large contribution to sea kayaking as a whole and to the design of the Nordkapp in particular, a huge endorsement of the Skerray.

The dark cloud is that over 600 Aeroquatics, and all the workshops of the Noah Canoe Company in South Carolina, were gutted by fire in July. Nothing remains after this total disaster, and there will be no deliveries of Aeroquatics from the States for some time. The silver lining is that Valley have just received a container-load from the States, so this superb Rodeo kayak continues to be available over here while stocks last... don't delay, if you're thinking of buying one; they'll be at a premium by the end of the season!
Frank Goodman

DID YOU KNOW?

The following retail outlets offer a discount to BCU members:

- YHA shops countrywide - 10%
- Twickenham Canoe Centre, London - 5%
- Haze Enterprises, Swindon - 10%
- Alternative Surf, Exeter - negotiable
- Avoncraft, Welwyn Garden City - negotiable
- Brookbank Canoes, Stockport - 5%
- Canoe Cumbria, Grange-o-Sands - 10%
- Cutting Loose, St Day, Cornwall - 5%
- The Outsider, Cwm-y-Glo, Gwynedd - 10%
- Dirty Habits Wave Skis, Redruth, Cornwall - 5%
- Four Seasons, Barnard Castle - 10%
- Garstang Adventure, Preston - 10%
- Granta Boats, Huntingdon - 10%
- Joel Enterprises, Worcester - 10%
- Lakeland Canoes, Kendal - 10%
- Marsport, Reading - 5%
- Ocean World, Isle of Wight - 20%
- P&H, West Hallam, Derbyshire - 5%
- Riverside Centre, Oxford - negotiable
- Scuba-Tech, Lancaster - 5%
- Scirocco Wetsuits, Scarborough - 10%
- Slalom Sports, Luton - 5%
- Splashport, Darwen, Lancs - 5%
- Suzy, West Molesey, Surrey - 5%
- Fladbury Canoeing, Fladbury, Worcs - 2%
- Twr-y-Felin Outdoor Centre, St Davids, Pembro - 5%
- Whitewater Sports, Shepperton - 5%
- Wind and Water, Windermere - 10%

COMMITTEE NEWS

The committee has received approval to change its 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. Simon Dawson has been co-opted to represent whitewater activity and we hope that others will come forward to give him some help.

CANOE FRANCE 89

This year BCU tour took place in late June on the river Dordogne. Sometimes de-Sunshine . . . and shade on the Dordogne



scribed as the 'Wye in the sun' it certainly fitted the description.

Although the water level was well down there was sufficient for a touring party and we were able to cover most of the river from Argentat down to Allas-Les-Mines covering over 80 miles during the week. The low water produced some small rapids as well as shingle banks but nowhere was paddling prevented. The scenery is attractive throughout the whole length with occasional chateaux perched above the river.

At this time of the year the river was almost our own but the large number of hire craft piled up on the banks indicated the level of usage to come within a few weeks. This time of the year was also excellent for quiet camp sites, easy access to sight seeing attractions and tables in res-

taurants for many superb evening meals.

The mixed party (all senior paddlers) drove straight through both ways, used two good quality base camps and ate out most evenings for an easy life. Large quantities of coffee and wine were also consumed. The week was full of activity, the company excellent and the tour proved a great success . . . join us next year!

THE STRAND INTER-CLUB TOURING TROPHY COMPETITION

Entries for this trophy for 1990 should be made on the form obtainable from, and returnable by 15 January to, the Award Administrator Mr M J Wood, 5 Mill Hill Drive, Sandbach, Cheshire CW11 0PW.

WET SUITS



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

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

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

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

paddle your own canoe!

Prices from only £95.00

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

Send for Brochure pack CF1



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



RIVER DART Canoe Courses 1989/90



Beginners Whitewater Skills: 20-22 Oct, 3-5 Nov, 1-3 Dec, 9-11 March.
Intermediate Whitewater Skills: 24-26 Nov, 12-14 Jan.
SI Training/Assessment: 13-15 Oct.
Whitewater Rescue Techniques: 17-19 Nov, 9-12 Jan.
Instructor Training/Assessment, Proficiency Tests: 11-13 May.

All courses include full board accommodation from £42.

For details of courses, accommodation and instruction contact
Mountain Stream Activities,
Wydemeat, Hexworthy, Yelverton,
DEVON PL20 6SF. Tel: 03643-215



THE AFON CONWY ASCENT

- Paul Gibbard describes his open canoe adventures

I arrive for the briefing at 10.00 and arrange to start at 10.45. It's a lovely day, no point in hanging around. The first of the flood tide I calculate. High water 1600 Llandudno. My home built plywood canoe is resplendent and shiny. "Are you going solo?" I am asked. The implication is disconcerting, do they know something I don't? "Of course", I reply. I am going to be a 'voyageur'. If lone French trappers could do weeks on dried buffalo and cold water, I can do twelve miles on a rising tide in high summer. The sun shines, the wind is a bit fresh, but in the right direction, I think. So away I go.

I take water over the side approaching Conwy Castle, river still running out against the wind. Water a little rough for an open canoe. I land, to pour out, on the beach, and take a photo of my canoe under Conwy Castle. Under the bridge, another showing on the moorings in the river, so I run up on a sand bank for an early lunch and coffee. I've been paddling an hour. I sit here in shorts and tee shirt in the sun and wait for the tide to turn. I watch lesser mortals paddle by in kayaks, in caguoules and wet suits, helmets even. I'm a paddler who stays dry!

The wind freshens. I pack and proceed, but the going is hard. I have to paddle lee side, and trim for head wind. It looked easy on 'Path of the Paddle'! Around the next bend I come into heavy waves, wind against tide, and strong. I start taking water again, not a lot, but I can't relax to sponge out as the canoe blows beam on, and feel dangerously unstable like that. I run for the sand bank, run aground, map out, and decide to try lining against the wind. It takes a moment or two to get the bow and stern painters balanced into the correct form, but it seems successful, so I walk the sand bank. The canoe rides easily about 20 feet out, and that becomes the only way to proceed.

A few kayaks pass me. Other canoes, two and three handed, struggle to overtake, most fail. Walking is certainly faster. A pair of bronzed young paddlers in a Canadian, see the value of lining and leap out. They're obviously done it before. Painters out. One man each end and ... they run. They pass me, of course. In bare feet on shifting sand, sometimes thigh deep in water I struggle to maintain a slow walking pace. I walk, lining the canoe, paddling only to ferry glide to a more favourable shore. I paddle past 'The Ferry Inn'. Its after 2pm - had I really expected to have lunch and a pint there? What time do they close on Sunday in North Wales? Did they open? I've been on the go for three hours. I consider quitting. I'm told, from the bank that, it's easier from here on, as there will be a lee. Lee? There's nothing between me and the Caribbean sea, except Snowdon.

The river has risen, the sandy banks have gone and I must now line from tidal mud or paddle. Bare feet sink, mud (and other things!) spreads between toes. I retrieve my wet suit boots

from the forward locker and start walking again. Though walking is not perhaps the right word for my muddy progress. A K2 passes me. Heads down, singledteted, single minded, and with full trunk rotation. The safety boat passes. "Are you OK?" I reply that I'm determined and in no danger. But, "Please check me later." The voyageur resolve is waning!

A kindred spirit passes and speaks to me. C1 racer also singledteted, dedicated, bent paddle, almost in a high kneel.

Another sand bank appears, at least I can line again, if I can get to it. I fight the wind, the tide is rushing in, carving sand as it goes. The wind is searing out. There is a 'sea' running. I look at the water and realise I'm actually going backwards. Only the distant bank truly indicates slow progress forwards. I land, lines out and walk, but the bank is covering fast. It's about 3pm an hour before high water at Llandudno. I consider waiting for the tide to turn, then I could return down wind, with an ebb tide to Conwy. It should be an easy run, but not for at least another two hours. I think about 'ballasting' the canoe with water to avoid drift in this dreadful wind, but I recognise a severe stability problem if I do. So I don't. I just plod on. There really is no option. Indian stroke, paddle always in the water, drawing myself labouriously towards Dolgarrog and the finish.

Suddenly there is a lee shore, along the reed beds! Progress is still hard, but the difference is so great that I gain new strength. My spirits rise, so that when the lee disappears and the finish is in sight I am able to paddle on in some style. I am shattered but I will retain co-ordination and my dignity to the end. The spectators cheer me from the bank. I expect they did for all the paddlers, but it feels special for me. I've finished and I'm very proud of myself in a time of 5 hours 11 minutes. Thank you to Pete Weston and Kevin Coleman for organising a great event.

The Conway Ascent 1989 took place in June and the organisers hope to repeat the event next year at about the same time. For details contact Pete Weston on (0492) 820821.

WYEDEAN CANOES

The Three County Canoe & Kayak Specialists on the borders of
GLOUCESTERSHIRE - HEREFORDSHIRE - GWENT

Try before you buy on the River & Rapids adjacent to the shop

Stockists of all leading makes of Canoes, Kayaks and Accessories
If we do not have it we can get it within 7 days. Pyranha and CSC cosmetic seconds in stock.

TWO YEAR GUARANTEE ON SOME MAKES OF PLASTIC BOATS

Can we visit your Centre, School or Establishment, for a demonstration of the very best Canoes, Kayaks and Accessories or you visit us? Telephone now for an appointment. We are specialist suppliers to Armed Forces, LEA, Centres, Scouts, etc. for your contract price list Tel: 0600 890129 and ask for Paul.

ADVENTURE CENTRE

Canoeing, Kayaking, Caving, Climbing and many other Activities.
Prices from £8 pp ½ day

WYEDEAN CANOES

Symonds Yat East, South Herefordshire HR9 6JL

Tel: 0600 890129

OPEN 7 days 9-5 all year round evenings by

arrangement

Fast Mail Order

Best Prices & Details. Professional advice.

CANOE SCHOOL BCU APPROVED - HIRE FLEET OF 40 PLASTIC BOATS



Winter Lecture Programme

Plas y Brenin

In our new lecture room 8.00pm start Tickets £2.50

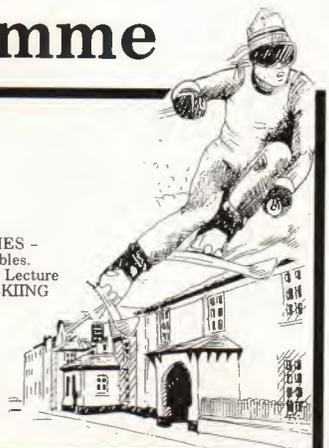
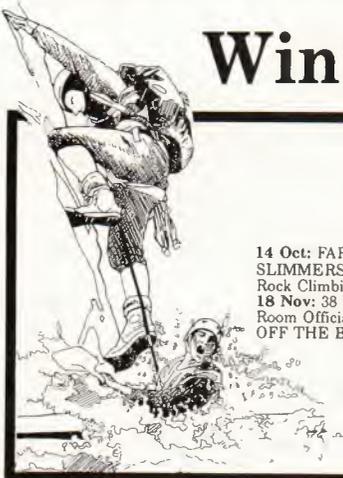
National Centre for Mountain Activities

14 Oct: FAR FROM THE MADDENING CROWDS - Escaping - on a budget; Craig Smith. 28 Oct: A SLIMMERS GUIDE TO THE HIMALAYAS - Mountaineering Humour; Jim Curran. 4 Nov: MIND GAMES - Rock Climbing; Paul Pritchard. 11 Nov: EVEREST - KANSHUNG FACE - A First Ascent; Steven Venables. 18 Nov: 38 YEARS AND THE WORLD'S HIGHEST MOUNTAINS - Plas y Brenin Open Day and New Lecture Room Official Opening; Chris Bonnington. 2 Dec: WILDLAND PHOTOGRAPHY; John Beatty. 9 Dec: SKIING OFF THE BEATEN TRACK - Off-piste skiing/touring; Rob Collister.

PLAS Y BRENNIN, Capel Curig, Gwynedd. Tel: 06904 214/280



A SPORTS COUNCIL CENTRE



Whitewater

THE CANOEISTS PARADISE

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



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

GLASSFIBRE KAYAKS

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

POLYETHYLENE KAYAKS

M1 300 Recreation	169.95
M1 300 Pro	239.95
M1335 Sport	254.95
M1 335 Pro	299.95
M1 370 Sport	229.95
M1 370 Slalom Pro	279.95
M1 415 Tourer	199.95
*Aquatat Popular	165.00
*Aquatat Sports	212.95
*Aquatat Sports/Popular	
X Linked	252.00
*Swing Flatwater	164.00
*Swing Intermediate	196.00
*Swing Whitewater	220.45
Cadence	253.00
MX340 W. W.	207.00
*Valeta Intermediate	211.50
*Valeta Whitewater	263.50
*Europa/Falchion	
Flatwater	171.50
*Europa/Falchion	
Intermediate	212.00
*Europa/Falchion	
Whitewater	261.00
RotoBat Centre	245.00
RotoBat W.W.	345.00
Mountain Bat Int	319.00
Mountain Bat W. W.	389.00
Master Centre	345.00
Master W.W.	377.50
*Dancer XS	289.00
*Dancer	276.00
*Dancer XT	306.00
*Mirage	276.00
Spirit	289.50
Sabre	289.50
Keowee	230.00
Prijon Taifun	343.95
Prijon Invader	343.95
Prijon T Canyon	343.95
Aeroquatic	299.00
*£13.50 Extra for colours	

SLALOM COMPETITION

EXTRA, PREMIER, IMAGE	
REFLEX RANGES	
Diolin	300.00
Kevar	375.00
Kevar Carbon	425.00
All other specifications P.O.A.	
CANADIAN CANOES	
M1 465	399.95
Coleman 13'	349.00
Coleman 15'	379.00
Coleman 17'	399.00
Coleman Whitewater	449.00
Grumman 13'	480.70
Other Grumman models P.O.A.	
Perception Gyromax	333.50
Traveller 16 from	475.00

SEA KAYAKS

Sea Lion	460.00
Shoreline Basic	369.00
Shoreline Fully Rigged	539.00
Chinook	460.00
Sea Hunter	480.00
Huntsman Fully Rigged	430.00
Huntsman Basic	270.00

SURF SKIS

Waverider	179.95
Wave Patrol	202.00
Crusader Cruiser	230.00
Lazer	285.00
Pro Gun	295.00
Dirty Habits from	290.00
Raider Cruiser	285.00
Raider Wedge	285.00
Raider Pro	295.00
Breaker 225	169.95
Breaker 245	179.95

PADDLE KITS

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

COMPLETE PADDLES

Canadian Blades	
A.B.S./ALUM	14.95
New Wave R.I.M.	17.25
New Wave Slalom	24.95
Azzali all wood	35.95
Schlegel Allround	37.95
Schlegel Rapid	37.95

KAYAK PADDLES SLALOM

STYLES	
A.B.S./ALUM	19.95
A.B.S. Jointed Shaft	24.50
New Wave R.I.M.	34.50
New Wave Hydro	49.95
New Wave Hydrocarbon	49.95
Schlegel Touring	57.50
Schlegel Allround	62.25
Schlegel Slalom 810	65.95
Kober Allzweck	64.95
Freeblade Classic	41.95

ASSYMETRIC RACING

STYLE	
New Wave Mistral	49.95
CANOE SPORT UK	
Racing Alloy Shaft	44.95
Racing Glas Shaft	49.95
Racing Semi Carbon	59.95
Lendal Powermaster	51.95

PADDLE ACCESSORIES

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

BUOYANCY AIDS

Short Junior/XS	26.95
Short Adult	34.95
2 Pocket Short	39.95
4 Pocket Short	47.95
Wildwater Adventurer	45.95
Wildwater Expedition	54.95
Wildwater Explorer	79.95
COMPETITION JACKETS	
Wildwater Cojak	32.34
Wildwater Slalom X	36.45
Wildwater Prolite	39.95
Palm Competition Plus	38.95

CRASH HELMETS

Ace Standard	10.95
Ace POLY	15.50
AP200	17.50
Wildwater	19.95
Wildwater Comp	19.95
Combi Grade 4 plus	39.90
Protec Helmet	34.95
Romer 42 with chin guard	49.95

CANOE TRAILERS

Custom made to your exact requirements.
Prices on Application.

SPRAYCOVERS

Standard Nylon	11.95
Touring Nylon	12.95
7oz ADJ Touring	14.50
Deluxe with braces	15.95
Heavy Duty for P.E.	16.25
Wildwater twinseal	34.95
Bush Deck Slalom	34.00
Bush Deck P.E.	36.00
Bush Deck C.I.	38.00
Y.A.K.	38.00
K1 Racing No zip	17.95
K1 Racing with zip	18.95
Cockpit Cover	10.50

CAGS ETC

Junior	16.50
Standard	23.95
Semi Dry	42.00
Dry Cag - Pyranha	49.95
Wildwater S.s1 Lite	16.25
Wildwater L.s1 Lite	22.25
Y.A.K. Std	29.95
Y.A.K. Dry Neck	38.00

CANOE CLOTHING

Pogies Paddle Mitts	7.50
Pogies 40 Below	9.95
Arctic Mitts	18.95
Gul Overall	38.50
Neoprene Hood	11.50
Surf Cap Peaked	13.50
1/2 Finger Gloves	11.95
Neoprene/leather Glove	13.95
DRH Paddle Shorts	
Supersheen or Lycra	11.95
Thermal L/S Crew	13.95
Thermal Zip Polo	13.50
Thermal Long John	12.95
Spec Savers	2.95

CANOEING FOOTWEAR

Sarazaine Sandals	5.45
Neoprene Surf Slaps	6.95
Okwind Slippers	8.95
Neoprene Socks	8.95
Windsurfing Boots G.P.	23.95
Steamer Boots	29.95

CANOEING ACCESSORIES

Nose Clip	2.50
Toggles	1.00
Fallsafe F.R. CLIP	.95
J.R./Badger Footrest	12.95
Lendal Footpump	19.95
AIRBAGS	
Slalom Bow (pair)	14.00
Slalom Stern (pair)	13.95
Touring Bow (pair)	14.50
Touring Stern (pair)	16.50
Large Bow (each)	7.95
Large Stern (each)	8.95
Repair Tape (small)	1.45
Repair Tape (large)	4.95
Canoe Backstraps	6.95
Rudder Assembly	21.25
Neoprene Glove	2.95
Skeg Universal	13.95
Glassfibre Repair Kit	7.95
Noseclip	2.00
Sportwise 1st Aid Kit	18.95
Perception Kit	11.50

CANOE HIRE

Our Marina premises are situated on the banks of the

EXPEDITION EQUIPMENT

Large B.D.H.	6.95
Medium B.D.H.	5.95
Small B.D.H.	4.95
Seals for above	1.25
Waist Tow Line	11.95
Heavy Duty Tow Line	16.95
Green Slime Throw Bag	18.95
Expedition Throw Bag	24.99
Gregson 1st Aid	19.95
H.F. Bags and Aquasacs	
Small Size 1	10.95
Medium Size 2	10.95
Large Size 3	11.95
Ex Large Size 4	14.95
Master Pack	
Size 2	11.95
Size 6	25.50
Size 4	17.25
130LK	39.00
Paddle Leash	9.95

WETSUITS

Junior Long Johns	32.50
Economy Force 5	42.50
Deluxe Adult Force 7	74.00
Gul Triathlon 1V	59.00
Bolero F5 and 7	48.50
Junior Long Johns	32.50
Economy Force 5	42.50
Deluxe Adult Force 7	74.00
Gul Triathlon 1V	59.00
Bolero F5 and 7	48.50
Shorts	36.00
Zipvest	32.00
Swimsuit	30.00

STEAMERS

Whitewater original	123.00
Gul D/Lined Power	176.00
Gul S/Lined Power	172.00
Typhoon Tundra	159.00

We are one of the largest stockists of wetsuits in Great Britain. We specialise in Gul and Typhoon plus many others. Contact us for further details.

ROOF RACKS

3 Metre straps	4.95
5 Metre straps H.Duty	7.95
Vertical Posts per pair	18.95
J Bars pair	18.95
V Bars pair	17.95
Lock Wires	

(B.C.U. approved)

Roof Rack Pads	7.95
Load Carrier Roof rack	27.95
High Foot Load carrier	44.95
Gutterless R.Rack	p.o.a.

SURVIVAL EQUIPMENT

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

CANOE SCHOOL

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

VIDEO HIRE

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

River Thames, with a lake along side. The following items can be hired, Single and Double Seat Canoes.

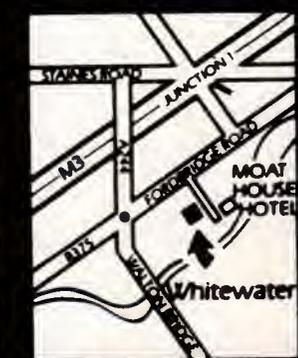
WHITEWATER INSTANT CREDIT FACILITIES

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

FOR CLUB EDUCATION & ARMED FORCES ORDERS SEE OUR CONTRACT DIVISION

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

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



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

Regional Round Up

EAST

The region's 'Women in Canoeing' campaign has been successful with steady take up. The Sports Council's publicity material and financial support has been greatly valued. A report will be available from Robin Dromard, telephone 0279 658612. Links between conservation trusts and county organisations are being developed as part of the campaign to involve canoeists in conservation. The regional committee will be reviewing its progress on the development programme and will be reporting at the AGM in November. Nominations for Treasurer urgently needed. In January it is planned to launch a regional newsletter direct to BCU affiliated clubs. The purpose will be to inform them about the committee's progress and canoeing matters in general. Bright ideas and a suggested newsletter name to Robin Dromard.

EAST MIDLANDS

As requested by some smaller regional clubs, we have arranged a slalom competition trainer course on 9/10 December at Leicester. Details from Alan Edge, BCU HQ. Also as requested, we have arranged a racing coach course for the region's Trainers and club coaches on 21/22 October. Details from Keith Hampton. If you are concerned about Canoesport in the East Midlands and have positive help and advice to give, please attend the regional AGM. Competition and Recreational Coaching Clinics have been set up for the winter. Details from Keith Hampton. Tel 0533 674428.

LONDON AND SOUTH EAST

The regional whitewater training weekend attracted 170 participants to Holme Pierrepont in July. The low level of the River Trent prevented a full release down the slalom course but the weather was excellent and an instructive and enjoyable time was had by all.

The River Arun Rally on 1-2 July was based at Greatham, with a return run to Bury on the Saturday and an upstream trip on the Sunday through Pulborough to lunch at Stopham. Very pleasant paddling through downland scenery and a good social evening with barbecue bonfire made another very successful event. The host club Shepperton won the regional slalom championships on 23 July followed by Marlin and Canterbury.

NORTHERN

The region is reinstating the Northern River Race Series. The object is to encourage new wild water racing paddlers from amongst the region's clubs, younger canoeists, and interested paddlers from outside the region. Full details of this series, which will commence with the North Tyne race on 1 January 1990, will be in the Wild Water Racing Yearbook.

It is encouraging that the Local Access Officers of the Northumbrian half of the region are regularly attending BCU Northumbrian meetings. This follows the practice already well established in Cumbria. See Access Extra for information on the new Tyne agreement.

NORTH WEST

Affiliated clubs are invited to enter as many Under 18, Senior and Ladies teams as they wish to the new regional canoe polo ladder. Baths and event costs will be split equally between teams with an extra £1 per team per tournament to cover ladder administration. Contact Scott Borders, 53 The Crescent, Flixton, Manchester M31 3QR. Tel 061 747 0281. The coaching AGM will held at 6.30pm prior to the AGM which is sponsored by Sunray GP. Contact Roy Bradshaw about courses for coaches to be run by Lancaster and Liverpool Universities. North West tour on the Ribble 4 November; contact Phil Ferguson, 1 Redcar Drive, Brinscall, Chorley PR6 8ST. Please tell Linda Halton if you are involved in any events leading towards the Manchester 1996 Olympic bid.

SOUTHERN

The regional committee strongly supports the need for its paddlers to have access to trainers, coaches and trained referees. For this reason we make grants towards the cost of going on courses to become Placid Water Instructors, Trainee Instructors, Instructors and Senior Instructors under the BCU's coaching scheme, or become a canoe polo referee. Persons seeking a grant towards the cost of going on such courses should contact the treasurer, Ian Davey, telephone 0252 621381.

Congratulations to Milton Keynes Canoe Club on reaching the grand finals of the Cathay Pacific Dragon Boat Championships (to be held on the Serpentine, Hyde Park on 14/15 October).

SOUTH WEST

Nominations needed for Vice-chairman and Secretary to be elected at the AGM. Do support the regional tour on the River Exe on 29 October, to help the Yorkshire Derwent Appeal. More tours are planned for 1990. Details from the Regional Secretary.

The Chairman has the opportunity to question the Minister for Sport on Water

Recreation and Access on 1 November. Any points or grumbles that can be included in the policy questions must be sent by members to Jim Cornwell by 22 October. Remind that comments on coastal access are urgently needed by your representatives (see last issue).

Entries to Danny Daniels for South West Pool Slalom selection at Fillwood Baths, Bristol, 6pm 9 December.

WEST MIDLANDS

The region represented the BCU at the Royal Show in early July. Ann and Peter Jones manned the stand for the four days and provided general canoeing information to the public and gave farmers advice on how they could provide facilities for canoeing within the farm diversification programme.

The highlight of Paddlers Day on 5 November at Sneyd School, Bloxwich will be the interclub challenge. This will include all disciplines and all abilities, with the emphasis on an enjoyable competition. Details from Tim Houghton at West Midlands Canoe Centre.

The regional wild water racing series, aimed at all ages and abilities, starts with the Bewardley race on 8 October. Details about the series from Ann Porter telephone 0886 32227.

YORKSHIRE AND HUMBERSIDE

The success of the Recreation Weekend on the River Washburn has ensured it will be run again next year. Despite the drought, water releases were nearly at full level for the entire weekend and more than 200 canoeists turned up to paddle the river. This is the first year water releases - including three evening releases - have been arranged for recreational purposes as opposed to slaloms and river races, and it has produced a massive response from non-competitive paddlers. As soon as the toilets have been built, this canoeing facility will be one of the foremost in the country.

AGM directions - M62 Exit 32, one mile towards Pontefract on right.

NOTICE FOR YOUR REGIONAL AGM

EASTERN	12 DEC	7.30pm	Homerton College, Cambridge
EAST MIDLANDS	7 NOV	7.30pm	Current Trends, Holme Pierrepont
LONDON & SE	15 NOV	8.00pm	Crystal Palace, Room G55
NORTHERN	23 NOV	7.30pm	RAFA Club, Keswick
NORTH WEST	22 NOV	7.30pm	Elephant and Castle, Bolton Road, Adlington
SOUTHERN	29 NOV	8.00pm	Marlow Community Centre, Liston Road, Marlow
SOUTH WEST	1 DEC	7.30pm	Heavitree Social Club, Heavitree Road, Exeter
WEST MIDLANDS	6 DEC	7.45pm	Malthouse Stables, Tipton
YORKSHIRE & HUMBERSIDE	16 NOV	7.30pm	Queens Hotel, Pontefract

Motions and Nominations for officers and Regional Committee members for election at the AGM, signed by two BCU Individual Members entitled to vote must reach the Regional Committee Secretary at least 21 days before the date of the AGM. Most Regional Constitutions provide for the Chairman, Vice-Chairman, Treasurer and Secretary to be elected; also for two representatives of BCU Individual Members to be elected; and for the Regional representatives to the Council of Management, and Specialist Committees whose constitutions provide for regional representation, to be elected or approved at the AGM.

The Agenda for the AGM will be despatched to any BCU Individual Members and Regional Associates who provide the Regional Committee Secretary with a stamped addressed envelope at least 21 days before the date of the meeting. Agendas will be despatched to Affiliated Clubs without special request.

Regional Secretaries names and addresses are in the BCU Members' Yearbook with the exception of London and South East, whose secretary is Mrs B Simmons, 52 Ashgrove Road, Ashford, Middlesex TW15 1PJ.

OPEN CANOE TECHNIQUE

A New Series by Colin Broadway

"Poling is the fastest way to ascend a stream by human power" (from the first line of the Canoe Poling Book by Al, Syl and Frank Beletz 1974).

Poling is now a required skill for the Open Canoe Proficiency awards, and as such this article is an attempt to give you some basic ideas to start you off.

GETTING STARTED

The way we introduce poling is to find a shallow flowing stream and start there. Next comes the equipment - all you need is an open canoe which you are happy to stand up in, and a pole.

Our preferred pole is lightweight aluminium about 12 feet long and jointed in the centre for easy storage in a canoe. Available from Mobile Adventure Ltd.

THE STANCE

Stand about two thirds of the way along your canoe towards the stern, so the bow just lifts out. Facing your poling side, stand with one foot in front of the other, with your leading foot on the keel line, and your shin braced against the thwart (a pad on the thwart aids comfort). Your rear foot is about 18" behind and at right angles to the keel. We maintain this position regardless of poling (traveling upstream) or snubbing (downstream).



The Stance

POLING STROKES

Now you are ready to pole: Launch your boat out to midstream, and learn by just holding it in the current - don't try to travel yet - just hold it there. From this position you can learn all the steering strokes.

POLING

The windmill stroke:

First let the pole slide through your hands until it hits bottom.



Then momentarily let go of the grip, sliding your top hand down the pole while your other hand re-grips and becomes the top hand.



Then power thrust (pushing from bent knees).



As the thrust comes to an end lift the pole out of the water behind you.



and start the windmill action, dropping the top of the pole into the water for the start of the next stroke.



Poling is about reading the water, and is similar to Ferry Gliding. To make progress up or downstream, or to just rest, you stay in line with the current pressing down on the pole with your lower hand and pulling up with your upper hand.

To turn to the direction you are facing you pull with your lower hand and to turn away from your poling side you push with your lower hand.

POLING UPSTREAM

Now for upstream progress. Here your strokes will vary depending on the speed of the current. In poling we DON'T climb the pole (that's punting).

For cruising we windmill the pole until the current is too strong.

In faster water we use quick jab strokes, lifting the pole just a few inches from the bottom and pushing, maybe only moving a couple of feet distance per stroke.



use quick jab strokes in faster water.

So what happens when the stream suddenly becomes too deep and you can't reach the bottom? No don't reach for your paddle use your pole and either continue to windmill or use it as a paddle 'J' stroke or revert to kayak stroking.

Travelling downstream, we don't turn the canoe around but travel backwards, still keeping the upstream end light.

GOING SLOW

While the current is simple you may just pole and travel faster than the river, but as speed increases and waves get bigger you may want to travel slower than the river. This is **snubbing** where you plant the pole on the river bed and lower the canoe down, then lift the pole up a few inches and replant it, to repeat the process again.

OTHER USES

Once mastered - just for fun try doubles poling and to get everyone else poling, how about a competition or two. A straight sprint upstream or maybe even a slalom but do leave the downstream gates in.

Poles have other uses too: A mast for your sail, a prop for your canoe, tent poles, and when the river's frozen, and you can no longer dip your paddle, try ice poling!

Colin Broadway is an Open Canoe Coach, and Director of Mobile Adventure Ltd, Europe's Open Canoe Specialists, based in Leicester. He runs the occasional Canoe Poling Workshop.

Photographs by Dave Halsell.

PALM
WILDWATER
PYRANHA
ACE
FREEBLADES
PERCEPTION
MI

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

Telephone: (0933) 664275
 Telex: 312305 HONDEL G
 Fax: (0933) 227237 Ref. Trylon

TRYLON

MAIL ORDER FROM:

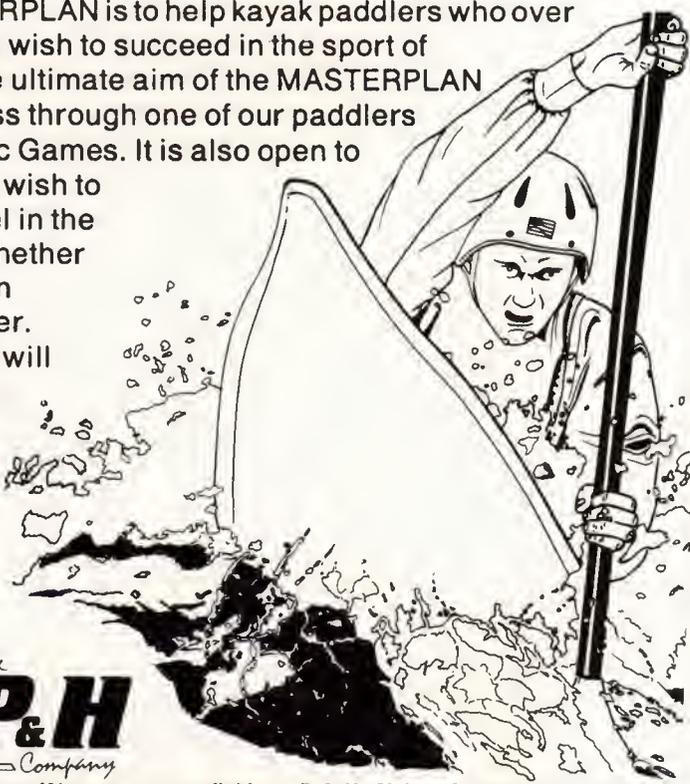
LIMITS
NO
813222

EIGHT ONE THREE TREBLE TWO
 ATE 1 3 TREBLE TWO
 ATE ONE THREE TREBLE TOO
 8 ONE 3 TRAY BULL TOO

59 Trent Boulevard West Bridgford Notts NG2 5BB

MASTERPLAN
 1989 - 1992

The aim of MASTERPLAN is to help kayak paddlers who over the next few years wish to succeed in the sport of canoe slalom. The ultimate aim of the MASTERPLAN is to obtain success through one of our paddlers in the 1992 Olympic Games. It is also open to any paddlers who wish to compete and excel in the sport of slalom, whether they are in division 4, 3, 2, 1, or Premier. Th MASTERPLAN will help to lessen the financial burden on paddlers and at the same time obtain maximum exposure for our company and Kayaks.



Demonstration Kayaks of our K1 range are available at P & H, Slalom Sports and No limits
 NEW DESIGN K1 'THE STING' - NOW IN PRODUCTION

For full details write to us at: The P & H Company
 Station Road, West Hallam, Derbyshire, or phone us on 0602 320155



perception



REFLEX



The Art of Slalom

REFLEX: Custom Made Construction for Champions and Potential Champions

Now Available In Polyethylene

Bringing you all the excitement of a top class slalom kayak with the durability of polyethylene. A high performance, low volume white water play boat, or for the competitor in you – this kayak can be used in competitions from Novice to Division 3.

Poster of Photograph available on request



GAYBO Limited / **perception**® Kayaks

HAVE MOVED to:
Bellbrook Business Park,
Uckfield, East Sussex TN22 1QU.
Telephone: (0825) 5891/2



Following the World Championships in June competitors from 22 nations took part in the second ever World Cup series which culminated in the final at Tacen in Yugoslavia on 20 August.

Tacen in Ljubljana, Yugoslavia is the site for the 1991 World Championships and is the most dramatic course on the circuit. The drop after the start is steep enough and powerful enough to intimidate even the likes of Lugbill and Fox but the rest of the course is relatively flat and fast. The skills required are good timing, just a little luck and bags of bottle at the top and then a risk it all flat out burn dodging the poles to the finish, it's all over before you know it, sometimes literally! The course is also very short which makes for good television. The complete second runs of the top competitors in K1 and C1 were shown live in Yugoslavia during a 90 minute show.

On paper it seemed as though the World Cup was sewn up for Myriam Jerusalmi of France, her early races had left her with a handsome lead over Stepana Hilgertova of Czechoslovakia, all she needed was a fourteenth place and despite a dramatic roll in the drop the World Champion recovered to finish third in the race and first in the World Cup well ahead of the Czech and Cathy Hearn of the USA. The French team dominated the series with four different paddlers winning World Cup races and with five girls placed in the top ten overall.

In one of the most exciting C2 races ever Jerome Daille and Gilles Lelievre of France clinched the World Cup title by finishing third behind Simek and Rohan of Czechoslovakia and Haller and MacEwan of the USA. The first five boats were within less than two seconds of each other with the Americans 36 hundredths of a second away from the first place they needed to retain their title. Jacobi and Strausbaugh of the USA were third overall.

It seemed unthinkable that the great man could fall, but stumble he certainly did and it nearly cost him his C1 title. Jon Lugbill had a maximum of 100 points going in to the final, the only man who could beat him was long time rival, Davey Hearn. Lugbill was lying second after first runs behind Britain's Gareth Marriott. Hearn took the lead on second runs and Zitnik of Yugoslavia moved into second, Lugbill dropped to fifth and this was enough to win the series by a single point. But the close final result does not tell the full story; Lugbill is the most dominant competitor in the history of canoe sport and he keeps getting better, at Augsburg he won the race with a five second penalty, without this he would have placed third in the kayak event! For Gareth Marriott a bronze medal at the



CANOE SLALOM WORLD CUP '89



Renato de Mouti

The course at Bourg: venue for the 1990 World Cup Final.

final is the best British result in C1 since Martyn Hedges won a bronze at the World Championships in 1985.

Leading up to the final of the mens kayak Lubos Hilgert of Czechoslovakia was the main threat to Richard Fox and was coming into dangerous form while Fox was hanging on to his results from earlier in the series. The Yugoslavs were poised to strike on their home course and had already clocked up three wins amongst themselves to confirm their position as the strongest team, but a winning second run from Fox settled the matter and he clinched his second

The invincible couple: Richard Fox and Myriam Jerusalmi have both won the two major slalom titles in the same year: World Cup Series and World Championships.



Tony Tickle

World Cup title. Lubos Hilgert was second overall and Albin Cizman of Yugoslavia third. Ian Wiley of Ireland finished second at the final which helped him to fifth place overall and Melvyn Jones finished seventh at Tacen and ninth overall.

The World Cup continues to progress. This year, as a result of the series, canoe slalom has received more television coverage worldwide (not yet in Britain) than at any time since the last Olympic slalom. The number of nations competing has also increased from last year with the appearance of the Soviet Union and the DDR at World cup events. Next year the programme starts in North America at the end of June and continues in August in Europe with the final at Bourg St Maurice in France.

by Richard Fox

FINAL RANKING

C2

1. Daille/Lelievre FRA 105
2. Haller/McEwan USA 100
3. Jacobi/Strausbaugh USA 76
4. Saidi/Daval FRA 74
5. Saidi/Delrey FRA 62
6. Simek/Rohan TCH 61
23. Pitt/Millar GBR

3K1 Men

1. Richard Fox GBR 107
2. Lubos Hilgert TCH 78
3. Albin Cizman YUG 67
4. Marjan Strukelj YUG 62
5. Ian Wiley IRL 61
6. Laurent Brissaud FRA 61
9. Melvyn Jones GBR 37

C1

1. Jon Lugbill USA 111
2. David Hearn USA 110
3. Ted Prentice USA 76
4. Thierry Humeau FRA 72
5. Bob Robison USA 54
6. Joze Vidmar YUG 48
11. Gareth Marriott GBR 32
14. Mark Delaney 23
26. Martyn Hedges 2

K1 Ladies

1. Myriam Jerusalmi FRA 105
2. Stepana Hilgertova TCH 76
3. Cathy Hearn USA 74
4. Zdena GrossManova TCH 69
5. Marie-Francoise Grange-Prigent FRA 67
6. Dana Chadlek USA 65
14. Maria Francis GBR 21
15. Karen Davies GBR 20
25. Rachel Fox GBR 3



Renato de Mouti

TID THE TOUR INTERNATIONAL DANUBIEN

by Rodney Baker



In its calendar of international tours and almost hidden away in a long list of one and two day runs, the BCU advertises this annual ICF approved event.

The organisers claim the TID to be the world's longest annual canoe cruise. It is supported in their hundreds every year by the successors of John MacGregor; those who tour by canoe and carry their camping equipment with them. They, of both sexes and all ages, come from all over Europe with even one or two from other continents.

The event has taken place since 1955, but records reveal that only eight Brits have ever taken part . . .

A TOUR OF SEVEN NATIONS

Since 1969 the TID has started in Ingolstadt in the German Federal Republic on the last Sunday in June and finished 2084 kms (1303 miles) downstream at Silistra in Bulgaria on the last Saturday in August. A look at the map shows that the trip passes seven countries but as Romania takes no interest the participants land in six; Germany, Austria, Czechoslovakia, Hungary, Yugoslavia and Bulgaria.

The TID is organised by each of the participating Danube Lands for its own section of the river and representatives meet at an annual conference to finalise details. For the West the canoe federations of Germany (DKV) and Austria (OKV) do the necessary but for

the eastern countries the national tourist authority carries the responsibility. Each finds campsites, sponsors to pay for the frequent free evening meals and arranges coach trips to places of interest away from the river.

The DKV and OKV have the well established 'canoe stations' to use for overnight stops but the easterners have no such facilities and so offer fields or woodland near towns or villages and sometimes in the wilderness.

Of the 63 days the full trip takes, 13 are rest days and it is then that the paddlers have the opportunity to see more of the country and learn something of the history of the lands through which they pass.

SUPERB SCENERY

The River Danube is the second longest in Europe and from where the two little streams Brigach and Breg unite at Donaueschingen flows 2850 kms (1781 miles) to the Black Sea. Along its course it passes much superb scenery notably the Weltenbury Gap before Kelheim in Germany, the Wachau in Austria and the Yugoslavian/Bulgarian Gorge which reaches its climax at the 'Iron Gates'. Since earliest times beautiful towns and cities have grown up along its banks. The river passes through the capital cities of Austria, Hungary and Yugoslavia. The Roman emperor Trajan caused a road to be suspended over the river along what is now the Yugoslav bank and the 2000 year old memorial to

his initiative can be seen to best advantage from a canoe. All other traces of this roadway have now disappeared as the river is 30 metres higher due to the building of the Djerdap dams.

THE RIVER

In the past the River Danube was very fast and navigation was at times very dangerous. Now the river is extensively controlled by hydro-electric schemes with locks to permit navigation. As

a result of the improvement the flow of water is much reduced and for many kilometres no current is discernable during late summer.

The general direction of the Danube is South Easterly and the weather gets hotter in summer the further you go. In Yugoslavia and Bulgaria it can be very hot; dangerously so for those with tender skins. The occasional thunder storms tend to be spectacular.

PADDLERS OF ALL NATIONS

Most of the participants are working people with limited holiday time so the vast majority do not get the chance to paddle the entire course in one year. Many folk return year after year doing a

different section each year. The Fortunate few who can devote nine weeks to the cruise are either students or pensioners. All those who have paddled from Ingolstadt to Silistra deserve the gold medal they receive.

The TID is a great canoe trip in every way but most of all for the numerous friendships made with fellow paddlers of all nations. Much can be learnt of life in other lands and many miscon-

ceptions corrected.

A very warm welcome awaits all British canoeists who join the TID. Moreover our friends overseas hope that one day the attendance by British Youth Groups will be a regular feature of the Tour.

Rodney Baker has been appointed the TID representative for this country and will willingly try to answer any questions you may have. Please send a stamped, self addressed envelope with your letter. He is also willing to visit canoe clubs anywhere to give talks about the TID illustrated with slides but will expect travelling expenses. Please write to Rodney Baker, 11 Holt Fen, Little Thetford, Ely CB6 3HB.



Socialising, Danube Style

WHAT DOES IT TAKE?

So what does it take to paddle the River Danube with the TID?

- Some time.
- The money for the travel to and from the river.
- A suitable canoe together with the necessary accessories and the skill to paddle it.
- The correct camping gear and experience of camping in all sorts of conditions. Knowing how to pack a canoe is essential.
- The desire to meet all sorts of people and the determination to enjoy oneself with them.
- About £5 a day living expenses; more if paddling only the German and Austrian sections.
- The stamina to paddle an average of 26 miles a day for up to five consecutive days with the probability of a party every evening.
- The words of several genuine traditional British songs.

Lunch Break, Yugoslavia



KAYAKS TO SIBERIA by Andy McDowell

In August 1988 four British canoeists navigated 100 miles of the River Chulyshman in the Altai Mountains, Siberia.



A range of Quality Accessories, available in ultrabright colours and manufactured to the highest standards.

Send S.A.E. for our colour brochure and nearest stockist. Showroom open Mon-Sat 9am-5pm



SPLASHSPORT

24 Harwood Street, Darwen,
Lancs BB3 1PD Tel: 0254 705737

Trade enquiries welcome

"No problem" Misha repeated his favourite two words of English. If he needed a little more time to think of a reply, his interpreter would translate our question. Then he would slap us on the back and exclaim "No problem!" yet again. We were not reassured.

We had just arrived in our Moscow hotel and Misha, the head of tourism in the region of Altai, Southern Siberia, was recommending that we kayak down the River Chulyshman (pronounced Chewlish-man) instead of the River Katun as had been planned.

"You British are so good at kayaking that the Katun would be too easy for you!" He couldn't seem to understand that we most probably weren't the best canoeists in Britain, or that we might not want to push the limits of canoeing while being 200 miles from the nearest outpost. The fact that earlier that year an American rafting team had capsized and bottled out 15 miles from the start worried us more than it did Misha.

However, as with most of the "options" presented to us on this expedition, we had no real choice. The Russians had made up their minds, and Chulyshman it was.

A week later we were camped by the Chulyshman, 7000 ft up in the Altai Mountains, near the borders of China and Mongolia. Two jets had taken us halfway across the Soviet Union and in a small town at the edge of the mountains we boarded an Aeroflot helicopter. We flew up a forested valley to the 70 mile long Teletskaya lake. Then the chopper followed the Chulyshman valley, a steep sided glacial valley containing an inviting clear blue river. Inviting despite all the white bits.

Along with us in the helicopter were five large healthy looking Siberians, five Mountain Bats, all the usual canoeing gear, sackfuls of food, three bundles of 2" aluminium poles and some mysterious, extremely heavy rucksacs.

THE SOVIETS

The Russian rafters who were our river guides (KGB agents?) were led by Victor, a youth leader in a Siberian town. Our interpreter was Valodya, an English teacher in Barnaul, the capital of the Altai region. He was brilliant at English, but the only westerners he had ever met were American; and so he talked with a grating American accent.

The other three muscular members of the rafting team were Sacha, Valodya and Sergei, all miners in nearby towns. The team had won a national rafting event, and their prize was to spend their annual leave guiding "the Englishmen" down one of their rivers. Much to their surprise we were not dressed in morning wear with top hats etc, and they did not have to do all the cooking and washing up! Their next lessons about the West were that there is

more to Britain than just England, and that Mrs Thatcher is not as wonderful and popular as they all think.

The Altai weather was glorious. The sun shone brightly every day, yet the temperature remained bearable due to our altitude. We stayed at our first camp for four days, warming up on the grade II-III water a few kilometres above and below the camp.

THE YAZULINSKY CANYON

We spent a day exploring (on foot) the spectacular Yazulinsky Canyon, which stretched for 30 km upstream. The descent of this canyon by kayak was easily ruled out due to its inaccessibility. We also visited a nearby mountain village. It was like returning to another age as we stepped inside one of the circular wooden huts. High above the fire in the centre of the room was a grille for smoking meat.

Victor and Volodya in their homemade equipment



The walls were lined with handmade rugs for insulation. The mongolian featured people welcomed us and gave us pancakes and yoghurt. Bill enjoyed two cups of the freshly made yoghurt, but found he had to stop quite often to squat in the bushes on the walk back to camp.

THE PLOT

When we arrived back at camp the heavy rucksacs we had lugged off the helicopter had disappeared, along with the metal poles. We enquired of Sacha where they had gone and he brought us down to the riverbank. There lay four massive cylindrical balloons (one metre in diameter and three metres long) lashed to a large aluminium frame. A large oar slotted into the frame at either end, and between the balloons were two rope mesh platforms to stand on. This was the "plot" (Russian for raft) and it made the rafts we know in the west look like surfboards.

But when you see the rivers they raft, you appreciate the need for such extreme craft. What's more the "plot" carried a spare Mountain Bat for us, and all our kit.

We strapped the spare boat and camping gear to the plot and our team set off: four kayakers and four rafters, with Valodya our interpreter sitting on top of the "plot", taking photographs and enjoying the scenery.

THE CHULYSHMAN

After 12km of easy grade III we dropped rather unexpectedly into the Shavlinsky Gorge. For the next three days we canoed 30km of this IV-V gorge, portaging one mean looking grade VI stretch. Thankfully the "plot" never had to be portaged.

The gorge was enclosed on either side by high cliffs and scree. Despite enjoying the whitewater in the gorge it was a relief after so many days to see the valley and the river ease.

For the next 10km the river was wide and slow, meandering on a flat bed, enclosed on either side by 1500ft ridges. The roar of water echoing from round one bend warned us of the approaching 'Hippopotamus rapid'. The water gushes either side of a gigantic stone 'Hippo'! 5km of grade III-IV ensued with large bouncy waves and easy diagonal stoppers. Few flat stretches existed and we found ourselves on a 'roller-coaster' rapid called 'The Tube' - a big volume grade IV+.

A landslide on the right denoted the sudden start of the rapid named 'Cacha', stories of which the Russians had been taunting us with since we arrived in Moscow. 'Cacha' means porridge, and if porridge is white (as it is in Siberia) then it is an apt name. Two kilometres of white, overheating 'porridge' followed with innumerable man-eating stoppers. This meant a long walk for us on a high goat-track. After inspection the Siberians heatedly discussed whether or not to run the rapid. We would have loved to have understood the exchanges! However, as in most instances in Russia, the leader was obeyed, and they shot 'Cacha' on their riverworthy 'Plot' with what appeared from the bank considerable ease. But then, these men were the best rafters in Eastern USSR.

As the valley widened again we enjoyed several kilometres of grade III-IV. Then a 40ft boulder blocked the river, standing like a massive gatepost before calmer water. The narrow passage did not leave much room for error, so some members of the team explored the chicken shoot!

The Chulyshman then changed again to a wide, slow, and at times boily river, and we began to pass small farms and settlements. The Altai people were busy making hay before the winter set in. It was difficult to imagine that in only a few weeks the lush alpine valley would be frozen and covered with snow.

The Dudansky and Hykaysky rapids were dangerous, big volume grade IV-V's, which we negotiated using the safer water near the bank. When we reached the confluence of the Chylcha river we were told that all the serious paddling was over. We rewarded ourselves with a day off and spent it admiring several kilometres of

The Plot - four massive cylindrical balloons lashed to a large aluminium frame.



Photographs by John Hatton

this narrow, fast and technical tributary. The blistering heat deterred us from dragging the kayaks up to have a go; - "Something for the return trip!" we jested.

For the next 50km we drifted, while the 'Plot' was propelled by its oarsmen, until we reached the Teletska lake. The high rolling mountains around this 90km lake were shrouded in mist, and a refreshing onshore breeze kept the mosquitoes off the beach.

A few days later a ferry arrived to ship us to the lower end, where roads (of a sort) existed.

BI-PLANE

We thought the fun was over as we lurched our way in an old bus back to the little town we started from. But we had arrived on the wrong day for our scheduled flight back to the Altai capital, Barnaul. So Victor and Valodya made their presence felt in the airport. To our embarrassment at times they loved to push to the front and get preferential treatment for their guests from the West.

They found out that there was a hospital plane leaving for Barnaul that afternoon. This plane was a pre-WWII bi-plane, and some poor chap who looked rather yellow, and his Pakistani doctor had to share the cabin/cargo hold with the nine of us untidy and smelly beings!

Take any chance you get to go to the USSR. Get out of Moscow if you can and you'll discover friendly and hospitable people. Discover their "classless" system, where the classes are not rich and poor, but workers and intelligentsia. Contrast the sour and boring taste of the food in Moscow with the spicy soups in the East. See a heating system which supplies the whole town with hot water throughout the winter. Discover the Altai people who work intensively all summer just so they

have enough food to survive the icy winter. Try out a banya. And it's worth going paddling as well.

Our thanks go to

PYRANHA

for the loan of Mountain Bats

These are excellent big volume boats, which bounce easily through stoppers and surf well on big waves. They are comfortable and have a solid footrest.

Watch out, though! Don't drag them backwards, as the nose tears off, and don't put them in an aircraft without deflating the airbags. The resulting bang sends the buoyancy askew.

There are eight Mountain Bats now in Siberia for use by British paddlers. They could easily be shipped to another part of the USSR. Contact Pyranha or a member of the expedition for details.

Thanks to the following firms for supplying the expedition with free or cheap gear:

Pyranha (Bats and Dry Cags)

Diamond (Wetsuits)

Sub-Zero (Thermals - went down a treat in Red Square)

and to John Taylor for getting us lots of stuff at the last minute.

Also thanks to:

The BCU

The City University, London

THE KAYAKS TO SIBERIA TEAM:

John Hatton of Chester Sailing and Canoe Club

**Bill Taylor from Nottingham
Chris Millins**

Andy McDowell of Regents Canoe Club and City University

and our Siberian friends:

Valodya, Victor, Sergei, Valodya and Sacha.

TALES OF THE RIVERBANK

Here's one for when you're half way down a 20 mile gorge:

Our Russian friends spotted a secluded beach (given our location most of the beaches were secluded) and suggested we stop for a "banya". Banya is the Russian word for sauna, or Russian bath. The boys built a small cave three feet high out of large rocks. They lit a fire beneath it and let it blaze for about six hours. Meanwhile they built a box shaped tent, tall enough to stand in. For the frame they lashed together wood from the forest, and around it they attached a large piece of clear plastic. This plastic normally served as the flysheet of their tent.

They put out the fire and put the tent over the now white hot stones. Valodya went in and poured water on the stones, and this produced an extremely hot sauna. A couple of minutes inside the tent was all we fair skinned folk could endure.

And to cool off? Into the river!

This "banya" was just another example of the Siberians' ingenuity and skill in making things. Their raft, tents, dry-suits and buoyancy (all 60 litres of it!) had all been made by themselves.

Cooking was done in buckets over an open fire, and often the stew was based around mushrooms from the forest or fresh fish.

For entertainment in the evenings we taught our friends how to play French bowls. Russians are very keen competitors and many an argument erupted over whose stone was closest to the jack. We tried cricket on them, but they weren't so taken with it. They were excellent at volleyball.

But Sergei's favourite game was axe-throwing! Bill and John put up a good show, but weren't quite a match for the Siberian miner. One of the miners, Valodya, didn't join in the games. He spent his time carving wood. He was handy with his axe and his knife, and at the end of the trip presented each of us with a handcarved wooden spoon.

Competition Scene

SLALOM NEWS

Holme Pierrepont International

The unseasonal summer weather caused great embarrassment back in July, leading to the cancellation of this event due to lack of water in the Trent. Even the artificial slalom course was dry! But the ICF International Judge Slalom and Wild-water exam went ahead as planned. Congratulations to Sue Ackroyd, Ray Croft, Chris Ebrey (WCA), Kerris Ebrey (WCA), Ian Jones, Sue Jones, Alan Kerr (SCA) and Keith Ratcliffe, all of whom passed the exam.

Have You Changed Address?

If you've moved recently, make sure you inform your ranking officer (page 84 Slalom Yearbook). (This is NOT done automatically from Headquarters). Otherwise the 1990 Yearbook will be sent to your old address!

Llangollen International 28-29 October

This event is being sponsored by the Wales Tourist Board. Thank you Wales!

Double Gold For Lynn

Lynn Simpson completed her junior canoeing career with a double gold, in the individual and team events, at the Junior 'C' Class International at Tavanasa, Switzerland in July. This is the site of the 1990 Junior World Championships.

The junior team which included under-18 and under-17 team members had good results in the individual events with Joel Scott winning a bronze medal in the C1 class.

In the team events they won medals in all four classes. A gold medal for the ladies; silver medals for the K1 men and Canadian singles and a gold team medal for the C2 crew who



Lynn Simpson

teamed up with two Polish crews to form an international team.

The final accolade for the entire 22 strong team was to be awarded a magnificent bronze Swiss cowbell for the best competing Nation. No mean feat in a strong field of 22 Nations.

Premier Paddlers Survey

To find out what they think about premier division, 127 premier paddlers completed a questionnaire at the Tryweryn event, answering questions such as size of the division, number of events, points system, ranking system, standard of judging etc. The results were mainly encouraging, with the majority opting for retaining the status quo. 61% happy with the standard of judging, 76% happy with the present points system and 69% happy with the number of events. An open forum of premier paddlers is planned by the Slalom Committee to discuss these and other matters.

WILD WATER RACING

Rapid Racing 500 Series

The 1989 Series is now underway, the first race at Holme Pierrepont having taken place in September. Four more races are scheduled on the rivers Dee, Tees and Washburn, all exciting white-water rivers. Anyone is eligible to enter these 500m events, you don't have to be in Div A or even Div C, and if you're planning on taking up Wild Water Racing, a short course event would be an ideal introduction. For the more wobbly among us (or too poor to buy yet another boat) there are special plastic racing classes in all the events for unranked paddlers in plastic boats. One of the best things about this series is that there are loadsa prizes, all donated by Shell, the sponsors, including continental quilts, power drills, cutlery sets and a Betacom telephone ansaphone! Its a bit like buying your petrol - you collect up points over all the races, then claim a prize at the end. The events are on 14 October (Washburn), 4 November (Dee, Serpents Tail), 4 November (Dee, Town Falls) and 11 November (Tees). Entries are accepted on the day but please check the emergency number before you travel (0483) 38221. Advance details from Rapid Racing Ltd, 27 Gloucester Place, London W1H 5PB.

Great Britain Junior Squad 1989

As part of the build up to the 1990 Junior World Championships in Switzerland, the squad took in three of the



Lincoln Taylor

World Series races this summer. First, the race on the Inn covering part of the popular Imst to Haiming section though finishing at Silz, next the potential venue for the 1993 World Championships Mezzana in Italy, and finally the site of the Junior Pre-World Championships on the river Albula in Switzerland.

The final race on this dam-released river provided the 'icing on the cake' for the Junior squad when the under 17 team, all eligible for next year's Worlds (Tim Suggett, Gareth Jones, Dean Thompson) gained a bronze medal in the team event, raising hopes for an even better performance next year.

Wild Water Racing World Cup 1989

This summer saw the completion of the first World Cup in Wild Water Racing. Seven events of which a paddlers best four results count, were held in Europe and th USA. The event has surprised everyone with its popularity and success in its first year and is now destined to replace the Europa Cup as a competition.

The main feature of the World Cup is that it does not restrict the entries that a federation can submit, so anyone of suitable standard can enter and compete against the best paddlers in the World.

The importance of this philosophy was shown by the fact that Herve Vitalli from France was the winner of the Mens' K1 event even though he was unable to gain selection for the French Team at the World Championships this year.

Participation in this event was high particularly in the Ladies and C1 Classes with a very large contingent from Britain competing, 57 paddlers in all.

As it was in its first year the event had a few minor teething troubles but the events were all well organised and sponsorship and support was forthcoming from the organisers for teams at several of the events.

With the events being held in France, Czechoslovakia, Yugoslavia, United States, Austria, Italy and Switzerland, a fair amount of driving between the

events was entailed, so everyone who competed became part of the circuit and the result of this was that a tremendous amount of camaraderie built up between the paddlers from different nations.

The rivers involved were of varying degrees of difficulty, some being technical, some very deep and fast, and the last event in Switzerland was a river that found favour with the British Team as it was small and narrow and not unlike that which they race upon back home in the winter.

As far as possible the events are organised in close geographical proximity to each other and at the same time they are scheduled to cut down the amount of time that people are away from work or home, so it will now be quite normal for World Cup events to be held mid-week as well as weekends. All this has come about as a result of the various Federations involved getting their heads together and arranging the dates to suit the athletes rather than the system of races being organised at random with no thought or pre-planning.

Final World Cup Placings.

Mens K1

H Vitalli FRA
Y Masson FRA
J Doux FRA

Ladies

U Profanter AUT
S Kleinhenz FRA
K Wahl FRA

C1

A Jalent YUG
V Vala TCH
E Libuda FRG

C2

Masle/Grobisa YUG
Archambault/Carlin FRA
Alaphilippe/Puyfoulhoux FRA

Hopefully the success and the popularity of these events will encourage the ICF to recognise this World Cup as an Official Series and then give Wild Water Racing the boost it needs to become a major sport Internationally.
by John Handyside

Wild Water Racing Masters Event

The first Master's event (over 35's) will be held on the River Dee at Llangollen on 5 November 1989 in conjunction with the First Dee race. Entries are invited from all ex Wild Water Racing Paddlers paddling any boat that is suitable or indeed any paddler who has the right qualifications of age and past experience in canoeing. There is no truth in the rumour that the class of boat will be OF 1 (old fogies or old f**ts) Please come along if only to see Wild Water Racing as it is about to enter the 1990's and see our World Medallists in action. Further details from John Handyside, c/o BCU Office.

MIDSUMMER MADNESS RODEO

Twr-y-Felin's Midsummer Madness Rodeo attracted the biggest entry yet to 'the Bitches', in Pembrokeshire. 63 competitors gathered on Ramsay Island, including a West German, Stephan Doepke, and five female competitors for the first ever ladies' event. As ever, the weather was perfect, the water was big and the standard of paddling very good: Stephan introduced an international flavour by demonstrating hot-dogging skills, continental style. A highly sociable weekend, with all competitors staying overnight on Ramsey Island. Channel Four cameras filmed the event - so check your *TV Times* this autumn for details.

The mens' event finalists were:

1. Rob Hind
 2. Ray Hudspith
 3. Nigel Edwards
 4. Shaun Baker
- =Richard Atkinson

6. Dave Larkin
and the ladies' event was won by Heather Gunn.

The Midsummer Madness Rodeo was organised by Twr-y-Felin Outdoor Centre, St Davids, Pembrokeshire. There are two events planned for 1990, again in May and August, and all paddlers are welcome. Details from Andy Middleton (0437) 720391.

POLO



The Great Britain teams swept the board at the British International Open Event, held at Luton, back in June. Due to a number of withdrawals, foreign opposition was rather thin on the ground and the Belgian and German teams proved no match for the British Squads, both mens' and womens'.

Photographs by Carl Goulding.

Polo AGM

Notice is given of the Annual General

Meeting of the canoe polo committee to be held on Sunday 7 January 1990, 11 am at Coventry Leisure Centre.

Motions for the meeting or nominations for committee posts or regional representatives must be received by the secretary before the end of October 1989. Copies of the agenda and any motions will be sent after this date on receipt of a stamped addressed envelope.

Clubs entitled to vote may if they are unable to attend, register their proxy votes with the secretary at least two weeks before the AGM, indicating the way they would like their votes cast.

MARATHON RACING CERTIFICATE SCHEME

The Marathon Racing Committee is currently investigating sponsorship opportunities and in particular are seeking support for the racing certificate scheme.

Until commercial support can be arranged the scheme will continue to operate by using its proceeds to finance the quarterly prizes. The Kirton Kayak Orion has been identified as the standard prize although consideration will be given to providing the cash towards an equivalent or more expensive craft. In all cases proof of purchase will be required.

The award for the club issuing the winning certificate will remain at £100.

This announcement marks the end of Kirton Kayaks three year support for the scheme and the committee wishes to express its sincere gratitude for the company's support.

New Marathon Race

An addition to your calendar on 26 November there will be a marathon race from Holme Pierrepont incorporating two laps of the Slalom course. Details from Brian Greenaway, BCU Office.

World Cup Success

The British team romped home with a fistful of medals from the marathon World Cup in Portugal (30 July). World Champions Steve and Andy Train of Fladbury took the gold medal in the C2 event while Lawler and Burns won the K2. In the K1 events, Anna Ballard and D Blythe were both placed second in the womens' and mens races respectively.

SAD NEWS FROM FLADBURY

We regret to announce that Helen O'Toole died in a road accident on Thursday 17 August en route to Southampton. Helen paddled sprint, marathon and wild water racing for Fladbury Canoe Club. She will be greatly missed.

SPRITELY VETERANS GO FOR GOLD

by David Kay & Mike Phillip

Nine British canoeists are preparing for a race with a difference. The race is in Hawaii in 'outrigger' canoes over 40 miles of open Pacific ocean. All the paddlers are over 35 and their ambition, with the support of sponsors 'Diet Sprite', is to win the 'Master Class' (a polite way of saying veterans).

Outrigger Canoe Racing

In Europe we tend to think of kayak and canoes as singles or doubles craft whether used for racing or touring. The sprint K4, C4 and C7 are rare exceptions. This is rather parochial when one considers the exploits of the Polynesians who explored and colonised the thousands of Pacific Islands in large outrigger canoes, and who still make use of the outrigger canoe today for recreation and sport.

Polynesian folklore tells how in the dawn of creation, when the god Wakes and the goddess Ilaumea fashioned land and sea with the bowl of a Calabash they made the Pacific ocean too large. So they dotted it with tropical island to provide refreshment and shade for weary travellers. The fact that these islands were really first discovered and settled by people exploring the Pacific in canoes is perhaps harder to believe than the folklore - hence the importance of the canoe in Polynesian culture.

Even today when the importance of fishing has declined and warriors no longer set out to conquer neighbouring islands in the pealeu (fleet of war canoes), paddling strength and skills are held in high esteem amongst the Polynesians. Indeed, the sport of outrigger canoe racing is rapidly growing in popularity. In Hawaii, Tahiti, and off the West Coast of America six-man outrigger canoes are used in races ranging from a half mile to over forty miles.

The best known and most spectacular of these is the Moloka'i Hoe in Hawaii, where crews race the forty odd miles from the island of Molakai across the Kaiwi Channel to Oahu (Wakiki beach). The record time of five hours ten minutes was set in the 88 race by the local Outrigger Canoe Club in their third consecutive victory.

The race, which takes place each October, is for nine-man teams with six crewing the boat at any one time. At intervals (typically 15 to 20 minutes) the other three crew members are dropped into the ocean just in front of the canoe by an escort boat. As the three new crew members pull themselves into the

canoe three others dive over the side to (hopefully) be picked up by the same escort boat.

A British 'Masters' team!

Reports of the race in the sporting press and the screening of a documentary on BBC TV had raised awareness of the event in the UK.

Royal Canoe Club based teams competed in the 1987 & 1988 races, giving creditable performances for newcomers: in 88 the crew came 32nd in 5 hours 45 minutes - finishing in the top half and slicing three quarters of an hour off their 87 time.

1989 has seen some crew changes to qualify the team for the prestigious Masters Class (all paddlers over 35 years old), the Hawaiians treating senior competitors with suitable respect for their experience and skills. Veterans from previous Moloka'i campaigns include Bob Evans, Graham Goldsmith, John Goodwin, John Griffins, Chris Horrod & Mike Phillip plus 'Manager' Sue Hornby. Newcomers (subject to final 'selection' in true WWR fashion) will probably include Brian Haynes, a Royal member who has represented Britain in Sprint, and Dave Kay of Leeds Canoe Club from WWR C2 background.

A key to greater success - and even a possible 'Masters' medal - is the outrigger training canoe which has been in use on the Thames and on the sea at Brighton throughout the Summer. This was made by the team (courtesy of GAYBO) last summer and was the first Polynesian outrigger canoe constructed in Britain. Added to this will be the bonus of team sponsorship from Diet Sprite to cover the cost of the race trip in October.

Included in the preparation for this year's race will be a Channel crossing, racing the second Polynesian outrigger built in this country, and attempting to beat the time (4 hours 11 minutes) set by an Hawaiian crew in 1978.

Seven members have Wild Water World Championships team medals to their credit. In addition John Goodwin paddled C2 on the first Grand Canyon descent and competed in the 72 Olympic slalom. The number of collective national championship wins and Worlds appearances (Goldsmith alone has nine) indicated an enormous gulf of skill and experience both in terms of equipment and paddling conditions.

Outrigger canoeing is another culture in every sense - and therein lies the unique richness of canoesport worldwide. There is always something new to learn, another challenge of endurance, skill, intellect, adaptability. What other sport or pastime can offer such diversity?

Next issue ... The Moloka'i hoe Race 1989.

WORLD CANOE CHAMPIONSHIPS - PLOVDIV 89

The main result from this years Racing World Championships was our Silver Medal in the K2 10,000m race on the last day of competition. The crew of Ivan Lawler and Grayson Bourne paddled a superb race being narrowly beaten by the Hungarian crew of Abraham & Hodosi with the Russian crew coming in 3rd. After the first 3,000m Ivan and Grayson were in a group of four boats, clear of the remainder of the field. Ivan drove the boat with much skill seeming to always be in the right place at the right time to gain the maximum advantage from the washes, with Grayson providing the main power at the rear. It was over the last 500m, and the burn in for the line that the medal places were decided. It was a very exciting race. Let's hope that next time it will be the Gold Medal they bring home.

As expected our other notable results were in the 5,000 and 10,000m events. Stephen and Andrew Train finished a creditable 5th in the C2 10,000m, however this result was somewhat down on their previous best of 2nd. The ladies 5,000m K2 crew of Alison Thorogood and Sandra Troop were placed 8th and Andrea Dallaway was placed 10th in the ladies K1 5,000m event.

Success in the 500 and 1,000m events eluded us again this year, in fact none of our boats reached the finals. However the results were not all disappointing, as after every Olympic Games we again started this year with many new young paddlers setting out on the trail of Olympic success. The K4 500 and 1,000m crew of Simon Horsley, Andrew and Peter Maycock, and Gary Quittendon, narrowly missed the finals being eliminated in the Semi finals of both races. Their time of 1:30.10 equals the best time of a British crew this year. The K2 1,000m crew of James Block and Reuben Burgess produced a personal best of 3:25.38 but again were eliminated in the Semi-final. Stephen and Andrew Train missed the final of the C2 1,000m by one place, a similar fate beheld the ladies K4. Our Olympic finalist in the C1 500 and 1000, Bric Jamieson was also eliminated in the Semi Final. All in all these results set the base level from which we proceed to next years World Championships which are due to be held at Poznan in Poland.

Stephen Jackson

Dear Focus

BCU MEMBERSHIP 'OF NO BENEFIT'

Dear Focus

Thank you for your letter, reminding me of my BCU membership renewal. Unfortunately, along with many others, I do not necessarily agree that continued membership is of benefit to me. I now find it very hard to justify the outlay of £19.50.

I wish to continue the sport of canoeing, although it is not my main outdoor activity. I do not require the delivery of Canoe Focus, provision of British Waterways Licence or insurance. I am interested in adventurous touring canoeing on both rivers and the sea. I have no interest in competition canoeing. I am interested in increasing access to rivers in England and Wales for ALL canoeists and not an unfair split of available river time in favour of competition canoeists.

I do need to participate in a coaching scheme but why do I pay so much in comparison with other sports? I am an RYA dinghy instructor for which there is no annual cost and this is also true of my Mountain Leadership Certificate. The British Mountaineering Council does excellent work on access for climbers, which the canoeing world could learn much from. Their annual sub is £5, but I don't even pay this as I am a member of an affiliated club.

The most frustrating thing is that the BCU seems to be totally ignoring a very strong and growing weight of opinion. Last year I wrote a similar letter, enclosing my membership fee and didn't even receive a reply. This year I'm going to keep my money until I get one! In the meantime I shall be considering the benefits of membership of other organisations, perhaps more suitable to my needs.

Rick Scott, Chesterfield

PS I bet this letter wouldn't get printed in Canoe Focus! Another area where you could learn from the climbing world/press. What about a free press, where all opinions/letters are printed, so they can be discussed and answered by others?

Editor Replies:

Being a mercenary type, I couldn't resist including this letter! Unfortunately, Rick did not mention a figure for his wager, dare I suggest £19.50? Readers will be relieved to hear that Rick has now received a reply to his letter, an extract of which is as follows

"a) With the exception of postage costs FOCUS is largely self financing. We have to communicate with members, so without FOCUS we would incur similar postage costs when sending out information which could not then be included in FOCUS. No reduction in subscription would be feasible.

b) As every member is covered by the BWB scheme we have been able to negotiate a unit price dramatically less than the Standard Licence Fee and this is a modest component of the total subscription. The licence is popular with many members and provides the opportunity to recruit more members. If successful this is one of the better ways of resisting rises in subscription.

c) When you talk about insurance, I presume you mean canoe insurance. It is the BCU's inten-

tion to make canoe insurance optional for those joining or renewing on or after 1 November 1989. If you mean third party insurance then the unit cost is not a significant proportion of the subscription. The BCU Policy is that nowadays no-one should canoe without third party cover.

d) The Touring Committee of the BCU has been renamed the Touring and Recreation Committee and is taking on the wider role that this implies. The committee has been strengthened by the additional member specifically committed to your interests. I am confident that the BCU will give a progressively better service in this respect.

e) As you will know the Coaching Scheme is highly acclaimed in the outdoor pursuits world and is often held up as a model. The strength of the scheme is the insistence on continuous BCU membership for qualified members of the scheme, as it ensures that members keep up-to-date with what is a rapidly developing pursuit - you would not want your child to be instructed by someone who qualified 20 years ago and had not kept in touch. The Union continues to do a vast amount of work in such fields as safety equipment and techniques, instruction and leadership, provision of advice and on going monitoring of the incidence of Weil's Disease, researching the necessary insurance provision for members - to name but a few. You may not yourself have called directly on the services provided, but the advantage of being a member of any such organisation as ours is the availability of services.

CAN YOU ORGANISE A W W TOUR?

From our experience in running the Mike Jones Rally and the letters we receive, we know how popular it is, and it appears that here in Britain we desperately need more open recreational events for the whitewater paddler.

We ourselves are too committed in running the Mike Jones Rally to offer to organise other events, however we would like to encourage and offer support to anyone else who might be interested. An event does not need to be big - in our experience the main thing that is needed is local knowledge; probably easier to run than a whitewater race, more popular, and potentially more profitable!

We can offer help with advice where needed and in particular we will consider acting as financial guarantor for any new event - you take the profit, we will bear any loss!

Please drop us a line c/o Betws y Coed Sorting Office, Gwynedd LL24 1AA.

**From the Mike Jones Rally
Organising Team**

The Editor of Canoe Focus is delighted to receive readers' letters, complimentary or otherwise, so please keep writing! All letters are replied to - eventually - even if space does not permit publication. Letters are accepted on any canoeing subject - yes even controversial ones!! - but please keep them as short as possible.

WET & WILD

**Canoeing,
Climbing &
Camping**

Contact:
WET & WILD ADVENTURE SPORTS
619 Anlaby Road, Hull HU3 6SU
Tel: (0482) 54076



PRODIGY
PRODIGY
PRODIGY

AEROUATIC
AEROUATIC

SQUIRT & RODEO PERFECTION
by

VALLEY

VALLEY CANOE PRODUCTS LTD, PRIVATE ROAD 4, COLWICK,
NOTTINGHAM NG4 2JT, ENGLAND. TEL 0602 614995

CANADA'S CANOE ADVENTURES



John Stradiotto Quetico Park

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

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

For a free catalogue contact:



sobek expeditions inc. (Canada)

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

Canadian Recreational Canoeing Association
International Canoe Federation-Touring Committee

Canada

BOU SUPPLIES

A COMPREHENSIVE
RANGE OF ACCESSORIES
FOR ALL CANOESPORT

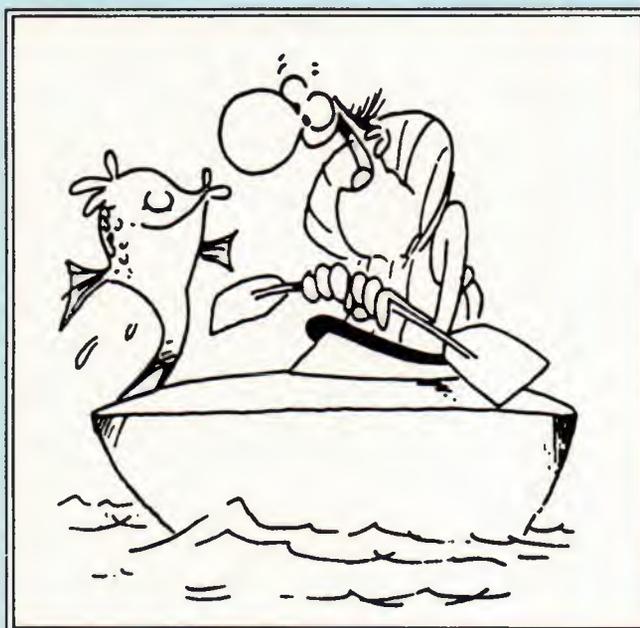
Valid until 30 November 1989

MEMBERS ONLY - LOGO DESIGN

	Non-Members Prices	Members Prices
BCU01 Card Organiser. Blue with silver logo design, holds membership card and up to five other credit/business cards.	N/A	1.00
BCU02 Diary Wallet. Blue with silver logo, incorporates 1989 Diary/Year Planner, large pocket compartment for personal notes and two credit/business cards.	N/A	1.50
BCU03 1990 Year Planner Insert. Year Planner only. For use with diary wallet.		.80
BCU04 Key Ring. Leather, blue with silver logo design, holds several keys.	N/A	.85
BCU05 Members' Sew On Badge. Oval shaped cloth members' badge, blue logo and edging on white background, colourfast.	N/A	1.00
BCU06 Blazer Badge. Square cloth badge for blazers, embroidered logo in silver, black background.	N/A	1.50
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 300mm.	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
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 Home 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
STK03 'Go Canoe a Kayak' Sticker. Strip design 185mm x 70mm, for applying to windows, three colour depicting a canoeist.	.60	.50

STICKERS Cont'd

	Non-Members Prices	Members Prices
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
CLO06 Thermal Paddlemitts. These mitts, in red to match our cags, have a fibrepile lining ensuring maximum warmth and comfort, even when wet.	10.50	9.50
CLO08 Paddler Motif Sweater. V-necked pullover ideal for smart or casual wear, embroidered paddler motif, fully machine washable. Sizes: S, M, L, XL. Colours: Sky blue, oatmeal, grey, navy blue, black.	13.70	12.70
CLO10 Green Slime's Personal Throwbag. Developed by Pete Knowles the bag contains 15m of 8mm polypropylene rope and comes with explicit instruction on its safe use in every situation.	20.50	19.50
CLO15 'Aguasac' Submersible. Completely waterproof valuables bag, clear plastic, 165mm x 280mm, adjustable cord.	6.15	5.15
CLO16 'Aquaman'. Waterproof casing specially for personal stereos and headphones, protection from water, dust and dirt, comfortable and safe, floats.	8.90	7.90
CLO21 Sweatshirt. Round necked, fleecelined, machine washable with paddler emblem on left breast in light blue, navy, grey or burgundy. Sizes: S, M, L.	9.50	8.50
CLO22 International "I'm a Paddler" T-Shirt. English cotton shirt, white with round neck and royal blue edging on collar and sleeve ends. Logo and "I'm a Paddler" printed in four languages, also depicted in blue. Sizes: 30-32, 34-36, 38-40.	5.10	4.10
CLO23 International "I'm a Paddler" Vest. Cotton vest. British made, white with royal blue edging on neck and arm holes. "I'm a Paddler" in four languages with BCU logo, also depicted in the royal blue colour. Sizes: 30-32, 34-36, 38-40.	4.80	3.80

GET INTO GEAR Cont'd

	Non-Members Prices	Members Prices
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
CLO27 Widget Wallet. Zipped cash pocket, clear-pockets for credit cards and five separate compartments for visiting cards, stamps etc. Various bright colour combinations. Non-rotting nylon.	3.90	3.25
CLO28 "I'm a Paddler" Baseball Cap. White/royal blue, "I'm a Paddler" in four languages, adjustable strap.	4.40	3.40

WARM 'N DRY GEAR

Made from wool and Meraklon - outstanding. Thermal insulating power. Supremely washable: quick drying: tough and hard wearing. Worn by Olympic sportsmen; International yachtsmen and top mountaineers. Colour: Dark Blue.

CLO29 Thermal Longsleeve Crew Top. Navy. S, M, L.	11.95	10.95
CLO30 Thermal Longsleeve Zip Top. Navy. S, M, L.	15.50	14.50
CLO31 Thermal Longpants. Navy. S, M, L.	10.65	9.65
CLO32 Thermal Headover. Navy, Navy/Red, Red, One size.	4.40	3.40
CLO33 Thermal Ski Tube Socks. Navy, Red. 60cm.	4.25	3.25

WATERPROOF SACS

CLO35 Wallet, 280mm x 170mm, adjustable cord.	5.10	4.10
CLO36 Jumbo, 350mm x 350mm, adjustable cord.	6.95	5.95
CLO38 First Aid Pack. Well designed water-resistant pack.	20.55	19.55

COACHING STUDY PACKS

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

SPT01 The Coach in Action. Geoff Gleeson.	2.00	1.70
STP02 The Body in Action. John Cadman and Rex Hazeldine.	2.00	1.70
STP03 Safety and Injury. John Aldridge, Dr. Howel Jones and Norman Pilgrim.	2.00	1.70
STP04 Improving Techniques. Dr. Adrian Lees and John Shedden.	2.00	1.70
STP05 Mind Over Matter. Dr. Lew Hardy and John Fazey.	2.00	1.70
STP06 Planning & Practice. Rod Thorpe.	2.00	1.70
STP07 Complete Set of Six Books.	11.25	9.40

NCF COACHING MANUALS

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

STP08 Stretching. Bod Anderson.	9.70	9.30
STP09 Sports Injuries by Dr Malcolm Read.	7.95	6.95
STP11 Coach at Work.	6.50	5.50
STP12 Safety First for coaches.	6.50	5.50
STP13 Physiology and Performance.	6.50	5.50
STP14 Set of Three NCF Manuals.	16.50	15.20
STP15 The Inner Game of Kayaking by Robert Cunningham a psychological approach to coaching technique.	3.50	3.00

BOOKS

BKS02 'This is Canoeing' by Roy & Jane Farrance.	9.20	8.70
BKS03 'Canoeing' by John Brailsford & Baker.	4.90	4.50
BKS04 'Canoe Games' by Dave Ruse.	8.25	7.25
BKS07 'Canoeing' - The American National Red Cross.	7.70	7.00

BOOKS Cont'd

	Non-Members Prices	Members Prices
BKS08 'Canoeing' - The Fladbury Way' by David Train.	2.65	2.45
BKS09 'Coastwise Navigation' by Gordon Watkins.	5.20	4.70
BKS10 'Exercises in Coastwise Navigation' by G. W. White.	4.65	4.15
BKS13 'Barty' by Janet Collins.	6.45	5.95
BKS14 'US White Water Handbook' by John T. Urban.	5.90	5.50
BKS15 'Canoeing Down Everest' by Mike Jones.	4.25	3.85
BKS22 'To Win the Worlds' by Bill Endicott.	11.25	10.25
BKS24 'Sea Canoeing' by D. Hutchinson (paperback).	8.95	8.25
BKS25 'Up the Creek' by John Harrison.	6.70	6.20
BKS26 'A Practical Guide to Sea Canoeing' by Howard Jeffs.	6.80	6.40
BKS27 'The Black Hole' by Foxy.	3.50	3.30
BKS29 'Canoeing Skills & Technique' by Neil Shave (Paperback).	5.65	5.15
BKS30 'Path of the Paddle' by Bill Mason.	13.95	12.95
BKS31 'Slalom Canoeing - An Introduction'.	Temp. unavailable	
BKS34 'Paddling Progressions' by Paul Jackson.	5.80	4.80
BKS35 'Godwins Saga' by Kenneth Macksey.	12.40	11.40
BKS37 Hypothermia, Frostbite, and other cold injuries. Prevential, recognition and pre-hospital treatment.	8.80	7.80
BKS38 Duke Of Edinburgh's Award Scheme Expedition Guide.	9.30	8.30
BKS40 Canoeing - Picture Library Series.	5.85	5.25

BOOKS Cont'd

	Non-Members Prices	Members Prices
BKS41 Sea Kayaking - Symposium Report.	2.50	2.00
BKS42 White Water Kayaking by Ray Rowe.	10.30	9.30
BKS43 Eskimo Rolling for Survival by Derek Hutchinson.	9.25	8.95
BKS45 Sea Kayaking by John Dowd.	9.95	8.95
BKS46 Sail Your Canoe by John Bull.	4.50	3.95
BKS47 Paddles to the Amazon by Don Starkell.	5.00	4.50
BKS48 Raging Rivers, Stormy Seas by Terry Storry.	13.95	12.95

HOUSE PUBLICATIONS

BLT02 Canoeing Handbook. Solid Bound (expected in October).	13.95	12.95
BLT04 Updates to 1981 and 1982 Canoeing Handbook. Loose leaf.	.60	.40
BLT05 Slalom Yearbook. Only available Feb-Sept.	2.30	2.00
BLT06 Wild Water Yearbook. 1989/90 edition.	2.00	1.50
BLT07 Racing/Marathon Yearbook. 1989 edition Feb-Sept.	3.00	2.50
BLT08 Information Directory. Summarised version of all information leaflets and documents available from the BCU, loose leaf, binder supplied.	Temp. unavailable	
BLT10 Coaching Logbook. Saddle-stitched.	1.80	1.20

HOW TO ORDER

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

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



(0602) 817412

NOTES ABOUT ORDERING

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

OFFICE USE ONLY

Received			
Sent			
Complete		Part Order	

EXAMPLE ORDER

Qty	Item Description	Item Code	Size	Colour	Total Value
8	OVERTROUSERS	CLO03	L	BLUE	9 75

HOUSE PUBLICATIONS

	Non-Members Prices	Members Prices
BLT11 Canoeing No. 2 Handling Management.	1.00	.70
BLT12 Canoeing No. 3 Canoe Camping.	1.00	.70
BLT13 Canoeing No. 4A The Kayak Roll.	1.00	.70
BLT14 Canoeing No. 4B The Canadian Roll.	1.00	.70
BLT15 Canoeing No. 5 Canadian Canoeing.	1.00	.70
BLT16 Canoeing No. 7A Canoe Building Soft-Skin.	1.00	.70
BLT17 Canoeing No. 7B Canoe Building-Glass Fibre.	1.00	.70
BLT18 Canoeing No. 8 Canoeing for Schools and Youth Groups.	1.00	.70
BLT19 Canoeing No. 9 History of Canoeing in Britain.	1.00	.70
BLT20 Canoeing No. 10 Canoeing for Disabled Persons. New Edition 1989.	4.00	3.00
BLT22 ICF Statutes Book (1985). Contains rules and regulations for all ICF disciplines.	5.00	4.00
BLT24 Canoe Polo Coaching and Tactics by Brian Barfoot.	2.00	1.60
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
BLT30 Logbook Continuation Sheets. Sets for loose leaf version.	.90	.75

HOUSE PUBLICATIONS

	Non-Members Prices	Members Prices
BLT31 Canoeing No. 12 Chest Harnesses and Their Use in White Water.	1.50	1.00
BLT34 Expedition Pack.	Temp. unavailable	
BLT35 Weir Wisdom.	2.00	1.50
BLT36 Canoeing Throwlines and Their Use in WW No. 13.	1.50	1.00
BLT37 Canoe Focus Binder. Smart royal blue binder with Canoe Focus foil blocked in silver on the spine, holds up to 12 issues, no need to hole punch.	6.50	5.75
BLT38 Touring Log Book Includes protective cover.	2.00	1.25

NEW

VIDEOS

VID01 "Kayak Handling" featuring Richard Fox.	25.80	25.00
VID02 Path of the Paddle Solo & Doubles Basic.	36.50	34.50
VID03 Path of the Paddle Solo & Doubles White Water.	36.50	34.50
VID04 Mastering Kayak Control with Mark Attenburrow.	21.95	19.95
VID05 A taste of white water with Mark Attenburrow.	26.15	24.15
VID06 Kayaking - The Basic Skills. Australian Red Cross.	26.15	24.15
VID07 Canoeing - The Basic Skills.	26.15	24.15
VID08 River Rescue. With Shirl Ray & Les Beehdal.	31.95	29.95

Don't forget to quote your membership number.

ORDER FORM

Complete carefully, printing in BLOCK CAPITALS please

We cannot accept responsibility for incorrectly ordered goods.

Initials

Surname

Current Membership No.

Address

Daytime Phone No. in case of queries

Qty	Item Description	Item Code	Size	Colour	Total Value

I wish to pay by:-

Access

Barclaycard

Cardholders Name

Card Expiry Date

Cardholders Signature

Barclaycard

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

£

Date

Signature

Access

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

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



Yet again Gul deliver the goods, another superb range of performance wetsuits for the dedicated enthusiast.

The acknowledged leaders in wetsuit design, Gul continue to build on quality and experience, a combination that gives you the confidence to push your sport to the limits.

Gul style speaks for itself, to experience Gul quality you need to get down to your local dealer and slip into a suit. Check out the neoprene, genuine Yamamoto for four way stretch, look at the seams, look hard and you'll see that they are double glued and stitched, high-tec glues and threads, perfect bonding - quality in every stitch.

How is perfection achieved? no short cuts, just twenty years of getting it together.

TECH - SPEC



**GUL'S
GOT IT TOGETHER...
AGAIN!**



Gul Wetsuits Ltd, Walker Lines, Dodmin, Cornwall PL31 1EZ

HOTLINE 0208 72383

J BARS V BARS UPRIGHTS ROOF RACKS FACE GUARDS

**Sunray GP
4A Bolton Road
Adlington
Chorley
Lancs PR6 9NA
Telephone: 0257 483362**



**CANOE
BUY A BETTER
KAYAK?**

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

Please contact Melvyn Jones

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

Please contact Tim Houghton



Telephone: 0902 634567

West Midlands Canoe Centre,
112 Newhall Street, Willenhall, West Midlands WV13 1LQ.

Classified

Advertise in *Canoe Focus Classified* for only 18p per word (plus VAT). (BCU members private sales ads are free of charge). Boxed ads £10 per column cm. Write to *Canoe Focus Classified*, Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA, cheques payable to British Canoe Union. Please note only pre-paid ads are accepted.

FOR SALE

Ardeche Double red and white including spray decks and rudder all as new. Telephone Bristol 658754.

Baron Cougar blue, glass K1 100. Telephone 01 898 6281.

Canadian Canoe Mould Oulton Broad 16' open canoe mould 15'9" x 35" £100. Telephone Lowestoft 569787.

Canadian, 17' Coleman, very good condition £295 ono. Telephone Cowbridge 04463 2848.

Canoe Magazines back copies (bound) of 'Canoeing', 'Canoeing in Britain' and 'Canoe Focus' dating from 1972 - present. Offers to Tony Harris 01 688 6604. Proceeds will be donated to the Jubilee Canoe Foundation to support canoeing projects for young people.

Cirrus stable K1, excellent condition, only 6 months old £200. Trylon zero, whitewater racer, diolen hull, immaculate, £140. Espada K1 old but sound £75. Busher racing paddle Kevlar/Carbon, 28oz x 80 RH new £70. Telephone Colin on 01 393 5400 late evenings.

Dancer XS, yellow used twice, unmarked, cost £289, June 89 sell for £250. 01 203 1214 (Hendon) 098 683 451 (Suffolk).

Fluo WWR C2 kevlar hull, well fitted out, good condition £200 ono. Telephone Ipswich 0473 310923.

Impact Wave Ski new condition, save £115 bargain at £180. Bat canoe £70, weever surf shoe £70 both in very good condition. Telephone Swansea 0792 465297.

KI Rapier, blue, over stern rudder, £75 ono. Telephone Markus Steel 0242 529539.

KWH General Purpose Canoe, immaculate as new £108. Gaybo Phantom white water canoe, reasonable condition £50. Telephone 01 398 3118.

McNulty Firebird slalom kayak, bronze flake deck, diolen hull. Never used £180 ono. Left handed pair of Lendal Assymmetric racing paddles as new £40. Telephone 02372 78021 (after 5pm).

Master whitewater spec & skeg good condition, 1 year old, telephone Mike on 0527 72488 daytime.

Mirage K2 good condition also 'V' bars & spray decks £345. Telephone South Charde 20741 evenings.

Nomad Pro-Am Slalom kayak in very good condition. Kevlar Carbon II construction. 1st owner L Sharman, used by M Reynolds in div 1 £190 ono. Also WW Cojak buoyancy aid, 1 year old, in good condition £15. Telephone Exeter (0392) 214697.

Pacer Sprint K2 excellent condition, only used at Nottingham, £290 ono call Steve 0376 20977.

Perception Dancer yellow, good condition, £180. Guildford 0483 224792.

Pyranha Pro Image 75, vgc and paddle, helmet and wet suit. Long Johns medium youths £200. Telephone 0803 812944 after 6pm Devon.

Revolution slalom C1 double kevlar - harlequin deck design £250. Banzai wave ski, as new £190 0946 831287.

Sea Canoe made by Greens Resins Lincoln, excellent condition, two hatches and a compass (not yet fitted), deck fitted with ropes etc. white with purple stripe hull £250 ono. Will consider swapping for pastic low volume canoe such as a 'Sabre'. Telephone Jonathan on 0522 537293.

Sprint C1 Epoxy/Veneer, available end of September, offers i.r.o £700. Sprint C1 blade wood/Epoxy £70. Telephone 0502 76677.

Trailer 17ft canoe trailer with 'V' bars for 8 canoes, fitted brakes, spare wheel and lights £450. Gloucestershire 045382 5333 evenings or 8871 daytime.

Two 16' Canadian Canoes, used, GRP hull/wood trim, £300, £350 (£600 for pair). 0502 76677 (East Anglia).

Winner WWR C1 - full kevlar vgc including bushdeck and two C1 WWR paddles £180. One perception dancer as new in blue £180. Telephone 0203 228246 or 502947. Bob Cooper.

Ziggy First, reduced by 20% volume, ideal for younger/lighter paddler yet still a full length competitive slalom K1. Very light £150. 0705 412144. Delivery/tuition possible.

WANTED

Canoeing in Britain magazine, copies wanted 1-52, 55-57, 59-61, 71, 74, 75, 77-80, 82-86, and 100. Some spares to exchange. And Canoe Focus No 1 wanted. Telephone Clive Gritten on 069 260 877.

Coleman Scano in good condition. Chris Baxter, Tremills, Lower Dunstone, Widecombe, Devon TQ13 7TH.

Plastic Kayak for general purpose use. 'Dancer' or 'Ace' ideal. Must be in good condition at below £185. Telephone 0734 788679, and ask for Alan (nr Reading).

Slalom C1 preferably an Extrabat with paddle and spraydeck. Tel Exeter 0392 214697.

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 HQ, Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA.

LOST AND FOUND

Lost, Blue Dancer with MCC welded in white across the fore-deck. Missing from Marlow Canoe Club end of April, early May. Telephone Club secretary 0628 890762.

Lost, Five red plastic canoes belonging to MERIDIAN CANOE CLUB of Bexleyheath, were stolen from a car in Hawley on Thursday night, 22 June. Anyone with information regarding the theft or whereabouts of these canoes PLEASE contact the local police, or telephone the Club Secretary on 01 538 9922 (daytime).

TRADE

Eskimo's Canoe Store: sea kayaks and accessories from the countrys leading manufacturers. Demonstration boats from Valley, North Shore, Pyranha, McNulty and P&H. Open 7 days a week, 12 months a year. Eskimo's, Twr-y-Felin Outdoor Centre, St Davids, Pembrokeshire 0437 720391.

Canoeing Fabrics, breathable waterproofs. PU, neoprene coated nylon, polycotton, waxed cotton, Cordura, Ventile, Pile, fleece and stretch fabrics. Buckles webbing, shockcord, velcro, and much more. Patterns for all outdoor gear. Discounts. For samples/prices stamp please. TOR (Ca), 3 Fryer Street, Run-corn WA7 1ND.

Carlisle Canoes, everything for the canoeist from beginner to advanced whitewater paddler. All leading makes in stock including Prijon, Schlegel, HF, Pyranha, Ace, Wild Water, Old Town, Coleman, Palm, Perception, New Wave. Open 7 days (Sunday by arrangement). Contact Carlisle Canoes, Pennywise Shop, 41 Wigton Road, Carlisle, CA2 7AX. Telephone 0228 31703/37658.

Isosport Training Systems. Isokinetic equipment for fast development of strength and power. Unit 1, Blaenau Gwent Workshop, Bryn Mawr, Gwent NP3 4BL. 0495 312239.

Kent Water Sports Outdoor Centre for all canoes and accessories, slalom/GP Boats, top brand names for all canoe equipment. Club discounts available - Mail Order Service. Telephone, write or call our showrooms at Unit 7, Deacon Trading Centre, Knights Road, Strood, Rochester, Kent. Telephone 0634 724403.

Special Offers/Sea Kayaks We quite often have demonstration sea kayaks for sale or, occasionally, kayaks with a slight cosmetic fault. Send an SAE today for our up to date computerised list of kayaks available. The P&H Company, Station Road, West Hallam, Derby DE7 6HB. Telephone 0602 320155.

COURSES

Canoe Courses

beginners and whitewater residential weekends.

Bowles Outdoor Centre (& Tunbridge Wells 0892 665665

ACCOMODATION

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

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

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.

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.

PERSONAL

UNATTACHED? 18-80? then join LINK-UP

The exciting new way to meet unattached people of all ages. Should you be unattached at the present time and seeking friendship love or marriage write to:

Link-Up P O Box 1357
Ealing, London W5 5TQ
or telephone 01 579 6860.

Asian Marriage and Friendship Bureau welcomes non-Asians. multiple advantage, wider choice. Dept Canoe, 181 Melton Road, Leicester. Telephone 0533 610266.

SITUATIONS VACANT

Instructor. The need has arisen for a young, ambitious and well qualified person to take on a FULL TIME position, from November 1989. Apply with full career details to the partners; Mendip Outdoor Pursuits, Brisey Road, Congresbury, Bristol BF19 5JH or ring 0934 876140 for an application form.

Qualified instructors required to join our pool of part-time staff for occasional weekend work. Bowles Outdoor Centre, Tunbridge Wells 665665.

The Ackers Trust requires Canoeing Instructors. Short and long term, full and part time. The Ackers is Britains premier urban outdoor activity centre and represents a challenging yet exciting Inner City environment. For further details and application forms contact: The Manager, Ackers Trust, Golden Hillock Road, Birmingham B11 2PY. Telephone 021 772 3739.

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.

HOLIDAYS

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

INSURANCE

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

SOLICITORS

We specialize in personal injury claims and are independent of insurance companies, unions or federations. We will give you free advice on any injury you have sustained whether in sport, at work or on the road. In this country or abroad. We are also specialists in the negotiation of settlement of claims with insurance companies. Legal Aid will usually be available for the prosecution of any claim.

Simon A Holt & Co, Solicitors,
18 Ribblesdale Place, Preston.
Telephone daytime 0772 50871,
nighttime 0253 738228.

LOOKING FOR A BOOK OR MAP?

Then send for a copy of our unique stocklist which contains over 2000 new titles on outdoor recreation and travel subjects.

CORDEE

3a De Montfort Street
Leicester LE1 7HD
Great Britain

TRADE ALSO SUPPLIED

FOR EITHER
SEX
ANY SIZE OR SHAPE

Wet Suits

AT UNBEATABLE PRICES

Long John
READY MADE FROM
£32.20

Write
or phone for
Free Brochure

Also made to measure service

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

EVERYTHING FOR THE CANOEIST



Five Oak Green, Tonbridge, Kent
Tel: Paddock Wood 2128

COME CANOE COME CAMP COME CARAVAN AT SLENINGFORD

- * Somewhere to park
- * Somewhere to change
- * Somewhere to launch
- * Somewhere not to get shouted at
- * Somewhere to buy canoeing bits and pieces
- * Somewhere to get a hot drink

Excellent on site grade 2/3 canoeing on River Ure in the beautiful Yorkshire Dales;
Day visitors welcome; Open all year round for day canoeing.

SLENINGFORD WATERMILL Touring Caravan Park & Camping Site
North Stainley, Ripon, North Yorkshire, HG4 3HQ. Tel: (0765) 85201

EQUIPMENT DESIGNED BY CANOEISTS FOR CANOEISTS



- ... Green Slime's Rescue Throwbags ...
- ... Line & Track Packs ...
- ... Waist Towlines ...
- Pogies - standard & 40° Below ...

Free details of all our products from:

**SUZY, 34 Kelvinbrook, West Molesey
Surrey KT8 9RZ. Tel: 01 941 2714**

MAIL ORDER SERVICE - Access/Visa (24 hr)

WIN A WATCH COMPETITION



Which part of which river does the photograph depict?



photograph by John Allen

Answers please on a postcard to Canoe Focus Lorus Quartz Watch Competition, BCU, Mapperley Hall, Lucknow Avenue, Nottingham, NG3 5FA. The first three correct entries will win an extra tough Lorus Quartz Watch, water resistant to 100m. Thirty lucky runners up will receive a Lorus Special Waterproof Ballon bag, which doubles as an inflatable pillow!

WHITE WATER CONSULTANCY

Suppliers to Colleges, Outdoor Centres & H.M. Forces ☆ Demo boats available ☆
Largest stockist of canoeing equipment in West Wales

ETC

YAK **NEW WAVE** **SCHLEGEL** **AVONCRAFT** **RIVERBOOGIE** **AGE** **rómer** **WILD-WATER**

HUW EVANS · TREFYNYS · PENIEL · CARMARTHEN · SA32 7HU

Tel. 0267-237093
0860-290750

BUSHSPORT

NEOPRENE SPRAYDECKS

The Business

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