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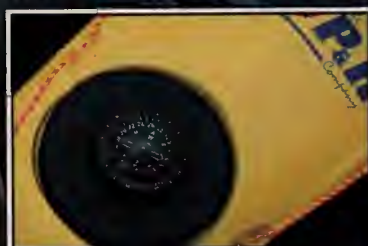
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Contents

comment: from HQ *page 5*

noticeboard *page 7*

comp' focus : domestic *page 11*

regional round up *page 12*

feature: tejo marathon '92 *page 14*



The British contingent tell of
their experiences of 8 days in
July on the River Tejo.

comp' focus : europa cup *page 17*

Reports from the Europa and Quincy
Cups together with the British
Championships of Canoe Sailing.

feature: iceland *page 20*

Robert Pumphrey and his account of
two trips to Iceland.



focus competition: ralplex *page 24*

10 Ralplex bags to be won.

feature: african odyssey *page 26*

The 1992 Little Killary Guinea Bissau
Sea Kayak Expedition.



dear focus *page 31*

top tips *page 32*

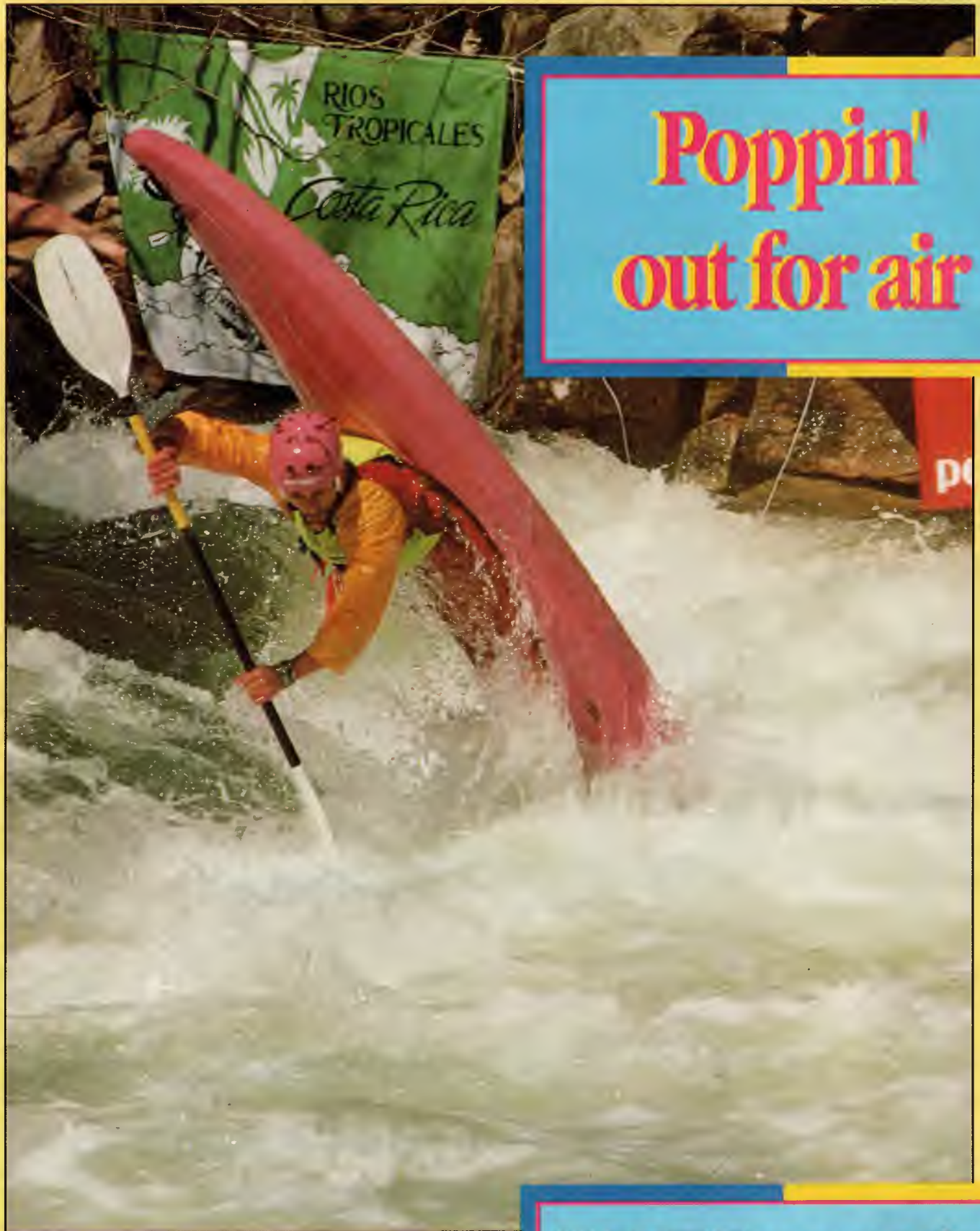
members classified *page 36*

paddler's gear *page 38*

**Front Cover: England's Lester Noble competing at
the International Canoes Europa Cup held at the
Clyde Canoe Club in August of this year.**

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Comment

Directors Comment

Olympic Games congratulations to Gareth Marriott on his outstanding Silver Medal winning performance in the Olympic Slalom C1 event at Seu d'Urgell, our first Olympic Medal in canoeing. Congratulations and thanks must also be mentioned to all of the athletes and people behind the scenes that helped to make this event one of our most successful yet.



Gareth Marriott

Derwent Appeal

Many thanks to all members who raised funds towards the Derwent Appeal, donations received from members to the BCU HQ and directly to the Derwent Trust totalled around £5000, and the outstanding balance of £5000 was met by Committees of the BCU.

AGM

The Thirteenth Annual General Meeting of the BCU will take place on Saturday 13th March 1993 at Lake Windermere commencing at 4.15pm, it is hoped that holding the meeting later in the day will encourage paddlers to come to the region to paddle and to attend the AGM, we look forward to seeing you there.

Jubilee Canoeing Foundation

Following in the adventurous footsteps of the Bailey family, Nigel Bailey is attempting a parachute jump to raise funds for the Jubilee Canoeing Foundation, we wish him the best of luck.

National Canoeing Day

We are already receiving many positive reports on National Canoeing Day although the full picture will not be clear for some time. What is clear is that the day was a resounding success. The BCU Staff certainly enjoyed their Open Canadian Expedition and are already looking forward to National Canoeing Day '93.

Paul Owen

Notice for your English Regional AGM

- EAST** 23 Nov 8.00pm Moat House, Ipswich
- EAST MIDLANDS** 16 Nov 7.00pm Current Trends, Holme Pierrepont
- LONDON & SE** 25 Nov 8.00pm St John's Middle School, Caterham
- NORTH** 20 Nov 8.00pm Wentworth Leisure Centre, Hexham
- NORTH WEST** 21 Nov 5.00pm Chester Canoe Club
- SOUTH** 17 Nov 8.00pm Liston Hall, Marlow
- SOUTH WEST** 27 Nov 7.30pm YMCA, Friern Avenue, Bridgwater
- WEST MIDLANDS** 18 Nov 7.30pm Malthouse Stables, Tipton
- YORKS & HUMBERSIDE** 3 Dec 7.30pm 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 the BCU individual members to be elected; and for the Regional Representatives to the BCU Council, and Specialist Committees whose constitutions provide representation to be elected or approved at the AGM.

THE AGENDA for the AGM will be dispatched 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 dispatched to affiliated clubs without special request.

REGIONAL SECRETARIES, whose names and addresses are in the BCU Members Yearbook, can provide more detailed information.



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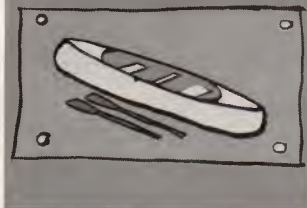


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Notice board

BCU OFFERS PARTNERSHIP TO SCHOOLS

One thing is certain in sport today. If we want canoeing to thrive we need a constant flow of new blood and we have to catch them young! The inclusion of physical education and outdoor pursuits in the national curriculum is just the opportunity we need. We will have to work to benefit from this.

The British Canoe Youth panel of the BCU has spend some months planning and preparing an integrated project. It is based on a partnership between the BCU, which is strong on expertise and short of resources, and the schools, who may be short on expertise but may be able to channel resources into canoeing both in the curriculum and as an after school activity.

A glossy leaflet has been produced intended to capture the imagination of head teachers and motivate them to write off for the BCU Education through Canoeing handbook, which has been edited by Dudley Courtman. The

leaflet is being sent out in October to 9000 head teachers in secondary schools in England and Wales.

Local Help. We are offering help to schools with their canoeing activities, by giving points of contact for local help and resources and by providing advice and information. What can actually be done will depend very much on the time that the local canoeing experts in the BCU and its affiliated clubs can make available. It makes a lot of sense to give priority to helping schools to stand on their own feet rather than doing the job for them on an ongoing basis. To assist BCU members and clubs who want to get involved in helping local schools we have written a BCU Organisers Handbook. It is being issued to all regional committees and is available free from the BCU office to clubs and members of the coaching scheme.

Do ask for a copy whether you are already working in partnership with a school or if you are just thinking about doing so. To exploit this opportunity canoeing needs your help!



15th Mike Jones Rally

This years Rally will be hosted at Hexham on the River Tyne, Northumberland. The weekend of 7/8 November has been chosen to coincide with a programmed dam release from Kielder reservoir. Excellent white water paddling of all grades (including the notorious Warden Gorge), a guest speaker, novelty race and a Ceilidh are all part of the event. Further details and advanced ticket sales are available by sending a stamped addressed envelope to Mike Jones Rally, C/O Belper Sorting Office, Belper, Derbyshire DE56

THE CANOEIST AND THE SWIMMING POOL

For some time now clubs and other groups have been experiencing difficulty when hiring some swimming pools due to the increased requirements for life guarding qualifications demanded by many pool operators.

In 1989 the Health and Safety Executive in conjunction with the Sports Council, produced a set of guidelines in the light of concern about public safety in swimming pools.

Canoeing has a fatality free record in this area. However, with the ever increasing concern over safety, the enhanced legal responsibilities placed on site owners, the ever increasing fear and possibility of being sued, and the 'what if' syndrome, it is now less likely that an instructor or experienced canoeist armed only with the BCU Rescue Test or similar award, will be

accepted as sufficiently trained to supervise canoeing in a swimming pool.

BCU Lifeguards have therefore produced a 'Swimming Pool Endorsement' to the Rescue Test. This has been accepted by the RLSS, and the Institute of Baths and Recreation Management, as sufficient qualification for those supervising canoeing in swimming pools.

Concern centres around whether or not the ability to dive to the deepest part of the pool and retrieve an unconscious person, has been assessed, and whether the lifeguard is au fait with all the safety equipment available at the pool, the normal operating procedure, and the emergency action plan, including such things as what to do in the event of fire, blackout, or similar.

The RLSS Pool Lifeguard

Bronze Medallion is also sufficient lifesaving qualification for swimming pool use, and an instructor holding that award does not require anything further.

The situation can also be covered by a Trainee BCU Instructor or above, or suitably experienced canoeist appointed by a club, supervising the canoeing, supported by a canoeist or lifeguard holding either the BCU Lifeguards awards, or the RLSS award as defined above.

Information concerning the use by canoeists of swimming pools, and defining the qualifications which are agreed by IBRM and the Health and Safety Executive, are contained in an update of the leaflet The Canoeist and the Swimming Pool available free from the BCU office on receipt of a sae.



lifeguards AGM

Sunday, 25 October 1992 at 2.00pm at Stevenage Sea Cadets, Shephall View, Stevenage, Herts.

lifeguards Convention

FIRST ENDORSEMENT COURSE. The BCU Lifeguards are holding a convention at Calshot Activities Centre from 16-18 April 1993.

All Lifeguard Grade II Examiners (LG2) need to attend the half-day module on the Saturday for upgrading to enable them to assess the new BCU Lifeguards Swimming Pool Endorsement.

On the Sunday there will be the first opportunity for testing for those who wish to obtain the Swimming Pool Endorsement (to the BCU Rescue Test). Please send sae to the BCU office for a copy of the syllabus.

Community Partnerships



Kent Adventure Club for the disabled has received a £3600 grant as part of the new BT Community Partnerships scheme. The cash will be used to train instructors so that they can take the young people out on the water.



Above: The Kent Adventure Club for the disabled prepares to strike out on its first venture on to the water.

Instructors Think Tank!

Two years ago Portsmouth and District Canoe Club held a very successful Instructors Day, giving Trainee Instructors, Instructors and Trainee Senior Instructors a chance to meet, chat and exchange ideas.

A second Instructors Day, with the same aims, is to be held in Portsmouth on 11 October 1992. Simon Blake, of the BCU Lifeguards, and BCU Coach Phil Quill will be speaking in the morn-

ing and there will be an afternoon session on the water in Langstone Harbour.

Any Trainee Instructors, Instructors and Trainee Senior Instructors who would be interested in attending should contact the Secretary of Portsmouth and District Canoe Club, Miss Alison Romeril, 25 Kelburn Close, Chandlers Ford, Eastleigh, Hampshire, SO5 2PU for further information.



ANNUAL GENERAL MEETING OF CANOE POLO COMMITTEE

The Annual General Meeting of the Canoe Polo Committee will be held on Sunday 3 January 1993, at 12 noon at the National Water Sports Centre, Holme Pierrepont, Nottingham. Motions for the meeting for committee posts, must be received by the Secretary before the end of October 1992. Copies of the agenda including any motions, or proxy voting

forms for clubs entitled to vote, who are unable to attend, may be obtained from the Secretary, 73 Dunlin Road, Hemel Hempstead, Herts HP2 6LX from November 1, on receipt of a stamped addressed envelope. Proxy forms indicating the way they would like their votes cast must be returned to the secretary by 31 December



National Canoeing Day STOP PRESS



Reports are flooding in from all over Britain. The numbers of people participating on September the 5th have exceeded the organisers expectations. Clubs, Centres and individuals have worked hard to make the

Left: Robert Key MP paddles at Salisbury C.C. with club chairman Roger Perris

day the success it undoubtedly was. Many organisers note large numbers of people paddling for the first time on 'come and try it' events and most clubs have new members as a result. Good for the clubs, good for the BCU, good for Canoeing. Pictured left is Robert Key (MP with responsibility for Sport) with Roger Perris of Salisbury Canoe Club, along with almost

300 paddlers. Press exposure was very good and our sport was well promoted at grass roots level. Did we make 50k on the day? The next issue of Focus will carry more details, more celebrity photos and the vital statistics. Please keep your reports and photos coming: a full report will be produced. **National Canoeing Day is here to stay!**



Canoeing with the Ideas Factory

Television, film and video production company the ideas factory is giving away 1000 videos entitled 'Do it'. Each video focuses on a different sport and the Foundation for Sport and the Art have provided funding. The Canoeing video was filmed at Holme Pierrepont in Nottingham with the assistance of the BCU and Current Trends Canoe School.

Dave Bennet Reports:

During May I took part in the filming of a video on the subject canoeing for people with disabilities.

Commissioned by the Foundation of Sport and the Arts, the video was to be one of a series of ten intended to highlight and promote a number of sports enjoyed by people with disabilities. The production company, The Ideas Factory filmed over two days at the National Watersports Centre, Holme Pierrepont, Nottingham. Day one was spent with a local group of beginners and intermediates coached by Geoff Smedley. Day two was intended for the more advanced paddler, time was booked on the slalom course and at the end of the day the group were to try rafting, which for some, proved to be an exciting first. As one of the second group on day two, the weather proved overcast and gloomy. Despite this we were soon called into action and filming began in earnest.

I use a Dancer, and there had been a number of important factors involved in my choosing it. As I have cerebral palsy, it is not possible for me to brace myself in the boat in the usual way. The central foam buoyancy helps to keep the knees apart, and at the same time, the adjustable footrests are fixed so as to keep the knees bent. In addition, a quick release webbing lap strap has been secured to either side of the seat to keep the hips anchored, enabling me to stay in the boat when capsized until an eskimo rescue can be effected. Should this fail, the strap is released and I get out of the boat in the usual way. Such adaptations have proved to be very popular with many variations on the theme. They can be a simple and effective means of keeping lower limbs, hips and stumps secure in the cockpit. One of the group (am amputee) used a strap made from neoprene and velcro.

As I live in Plymouth, most of my paddling takes place on the sea. I am not that experienced on white water and at present I am not able to roll. When it came to the filming at the slalom course I decided that the volume of the water was too much for me, and so did not join the group on that section.

Paddling a raft down the course at the end of the day did give me an insight into the degree of difficulty and challenge to be faced by the other canoeists. Never before had I experienced such a force of water, it was all exciting to say the least. Teamwork essential (difficult for canoeists since they all want to do their own thing!) if the raft and its crew were not to be capsized. I'm sure the video will prove yet again that no matter the degree of a persons disability it is possible to enjoy the water and the sport of canoeing at every level. It is after all the ability, not the disability that counts.

Adaptions can make a huge different and more often than not are usually inexpensive 'tweaks' that require just a little bit of thought and a few materials. Canoes come in such a wide range of sizes and types these days that it is possible to find one to suit the needs of an individual with a disability. Canoeing really is a Sport for All! Dave Bennett works as a Sports Development Officer for Cerebral Palsy Sport - the sport and leisure arm of The Spastics Society. Based in Plymouth and covering the south west he had been a canoeist for a number of years. Introduced to the sport by Ron Moore and Floke De Rijke-Winter he has worked as an instructor with a group of local paddlers with disabilities.

Dave Bennet



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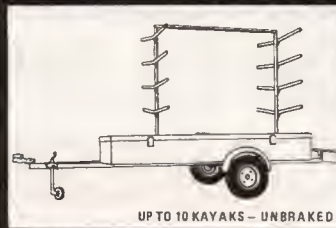
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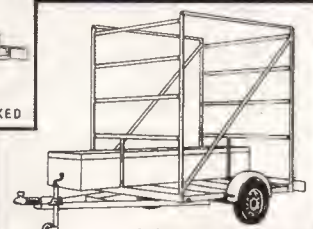
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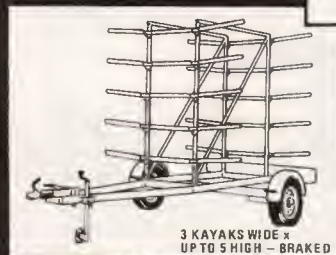
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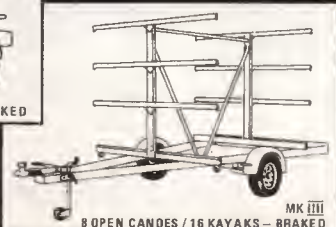
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POLO HUMBERSIDERS CLOG MERIDIAN INTO AN AMSTERDAM

The domination of European club canoe polo was much in evidence as British teams swept to victory in all 3 finals of the Amsterdam International Kano-Polo Toernooi Sloterpas.

The weekend climaxed in Humbersiders captain Jez Peal lifting the trophy from a dejected Meridian after the London side had failed to retain the trophy in a gripping final. The absence of German, French and Belgian teams resulted in a Dutch Vs English confrontation with a few wimpy Welsh players thrown in for good measure.

Once again Kano Vereniging Sloterpas put on an exceptionally good tournament including

a cultural after dark tour of Amsterdam. Our European correspondent returned limp and soggy after a thunderous experience in down town Amsterdam. Meanwhile on the pitch the top British teams put on a marvellous display of polo at its best, while the other British teams faded on the Sunday morning.

Teams from Bum Uni, Dudslly & Suntan, FOA (Friends of Anybody), Leeds Panter, Nomud, Stalbansee, Scrubbers, Thunderbirds, Mermedium, Beer Forest and Wimpy Dragons joined Humbersiders as the large contingent of teams making the journey across the channel to take all that the Dutch could throw at them. The team was divided into 3 pools according to ability and national league status. The pool C final between Stubbers C and Wimpy Dragons was a tense affair ending in victory for the Wimpy Dragons.

The pool B final saw Kapow

Il take on Bere Forest in what was a one sided game. Bere Forest quickly established an unassailable lead and won by a hatful of goals, hardly the way to foster Anglo Dutch relations. The pool A final lived up to all expectations as two teams with very different styles went head to head in a titanic struggle for supremacy, none of the spectators were willing to predict the outcome of this gripping encounter. Humbersiders were first to strike after some very close control created a sniff of an opening which was dispatched with surgeon like precision. The scoreline remained 1:0 until early in the second half when Meridian scored two quick fire goals to lead 2:1.

The game swung back Humbersiders way when they equalised and then went ahead with less than 4 minutes remaining, but Meridian were far from finished as they grabbed a late third goal to take the match into extra time. Humbersiders were first to show in the first 5 minutes period and then went into a 5:3 lead which proved to be enough to take the title.

Hans Von-De-Baal



Above and Right: Three action shots from the European Canoe Polo Finals

OXFORD BODY TONIC KAYAK TRIATHLON

The Oxford Body Tonic Kayak Triathlon attracted a field of 80 on July 26, an increase of 50% from the 1991 number. The K2/tandem category - new this year helping with that growth, and saw several pairs competing in a close run race. J Bird & S Laing coming in first in 2 hours 15 minutes.

The main race, which starts with the UKs only Le Mans type dash-to-the-boats attracted a great deal of local media interest, in part due to the participation of local Paul Fanigham, ex British kayak team member (32) who became a focus of

local interest when he fought off a group of knife wielding youths who jumped him when out on a training run. Paul was hospitalised for a week and only started training the week before the race. He came in 7th, only 5 minutes short of his best time.

The mens winner was Steve King (2:11:58). The ladies H Morriott (3:29:10). The team trophy went to local club Falcon. Race organiser Peter Travis says "the race gets bigger and better each year - watch for it in next years calendar".

Peter Travis



SLALOM

Entry Fees

Paddlers are reminded that cheques and postal orders for slalom entry fees must be made payable to the organising club, and not to an individual, or to the BCU or the slalom committee (expect where that body is the listed organiser - eg the British Open). This is particularly important with the new rules relating to the security of cheques.

Slalom Bib Deposits

All competitors applying for bibs are reminded that cheques for bib deposits must be made payable to BCU Slalom Committee and not to the individual Bib officers concerned. This is particularly important with the implementation of new rules to the security of cheques.

Slalom Bibs Generally

All competitors in Division four and above are reminded that they must have satisfied the Bib regulations on pages 94 and 95 of the 1992 Yearbook otherwise results and points gained and even promotions, could be jeopardised. If you have any doubts about your own position please contact the Bib officer for your class and division, or alternatively the ranking officer Mike Carter for clarification.

End of Season bib returns

End of Season Bib Returns If you have a 1992 slalom bib you must remember to return it, clean and dry and with adequate postage please, to the bib officer from whom you obtained it. You should return your bib as soon as possible after your last competition for this season and at the latest by 30 November if you wish to qualify for a voucher to use against next year's bib. Please remember to enclose a stamped, addressed envelope to receive your voucher, and do not expect the bib officers to exchange a 1992 bib for a 1993 bib.





Regional round up

Vice Chairman's chat

Ron has gone on holiday AGAIN! You will see the notice elsewhere in this Focus of the dates and venues of the 9 English Region AGMs. Your Region needs to hear your views and they always need able people on Regional Committees. Do please attend your Regional AGM and give your support and guidance. In this Focus also there is reference to the BCU's initiative to promote links with schools. These can help the schools to meet their new physical education and outdoor pursuits obligations under the National Curriculum, and provide canoeing with a much-needed influx of young people and canoeing facilities. Success will depend on the support forthcoming from clubs and coaches. So please explore with any local school that makes an approach the ways in which they can best be helped to get started. They could be just the canoeing preparatory school that your club needs, providing star-tested young canoeists, eager to join the club and become the Richard Fox, Jeremy West or Rob Roy MacGregor of the future.

Charles Hicks



Eastern

The Regional Committee and the Regional Newsletter are your platforms for ensuring that canoeing in the Eastern Region is providing the events, courses, competitions, etc that YOU need, and that news of canoeing activities in the Region is reaching everyone. The AGM near Ipswich on 23 November is your chance to have your say – new faces and fresh ideas are always needed. Please ensure that YOUR club is represented at YOUR AGM. October events include the Broadland Marathon on 4 October; Cardington 10th Anniversary 17/18 October; Cam Marathon 25 October. Articles, dates, results etc for Regional Newsletters (also requests for copies) to me on 0603 663492.

Judith Coffin

East Midlands

Our AGM will take place on Monday 16 November, 1992 at Current Trends, Nottingham at the entrance to the National White Water Site at 7.00pm. Due to relocation, key changes to the committee will be necessary; we need your support during this time. Please make the effort to attend. The region would like to congratulate all regional paddlers on their efforts at the Olympics, but especially Gareth Marriott for bringing home a Silver Medal – Well done! The Regional Pool Slalom will take place at Bramcote Pool on Saturday 16 January, 1993; entries welcome – open class available to non Regional Paddlers – Taster scheme in operation for non BCU members.

Pearl Mulholland

London and South East

Well done to the London and South East team that took part in the Inter-regional Polo Championships in Liverpool in July. Meridian represented the region in the open and youth competitions and came second in both. The ladies team combined players from several clubs and came fourth. In the overall competition the region came second. Congratulations to all involved. The regional touring programme is still going well with recent enjoyable runs on the Medway and the Basingstoke Canal. Anyone thinking of organising any trips in 1993 should contact Jeff Simmons to get them included in next year's touring calendar. The Regional AGM is at St John's School, Caterham on Wednesday 25 November at 8.00pm.

Chris Childs

Northern

Do come along to the FREE lecture by Mike Watchorn "Blue Ice, White Water

– Tales of Canoeing in Norway" at the Regional AGM at 8.00pm on 20 November at the Wentworth Centre, Hexham. The Mike Jones Rally is at Hexham on 7/8 November. For access and river level information ring Dean Maragh daytime on 091 272 2225; for the Wear and Tees ring 091 213 0829. The 2nd edition of Northern Paddler is available from Sarah Shrimpton on 0434 381966; send her copy for issue 3 by 25 November. Very many thanks from me to all the clubs and event organisers for their support on National Canoeing Day; thanks also to the NRA and Silver Screen for their help; I hope you all enjoyed the day and now what about 1993?

Mary Armstrong

North West

The Regional AGM is at Chester Canoe Club on 21 November, starting at 5.00pm, after a day of 'fun and frivolity' with the weir and Canadian canoe paddling being main themes. Apart from voting in officials, the AGM is THE opportunity for ALL members to air their complaints, suggestions and observations. Access is of course normally left to access officers. Now everyone must play their part in changing the law. Bob Hartlebury (0257 269409) would appreciate a call after you have written to your MP (Much better to see your MP – Ed). This way he can check that EVERY MP is lobbied. Please send articles, reports, suggestions, cartoons, letters and ideas for the Newsletter to me urgently at 49 The Circuit, Cheadle Hulme, Cheadle, Cheshire, SH8 7LF.

Mike Weaver

Southern

The 27/28 June Pewsey Canoe Exhibition was a gallant effort, strong on support, hard work and friendliness from Stonehenge Canoe Club, but low on attendance and on participating polo teams. More national publicity and creating a major polo event might work wonders for another time. Thanks to clubs for their support and information about National Canoeing Day. Congratulations to Jerry Rogers and Jon Butt for taking their K2s to Finland, completing the Arctic Canoe Race and winning the DW/Arctic Classic prize. Jerry, alas, is resigning as Regional Secretary at the AGM. Volunteers' names to me on 0252 850657 please, but come to our AGM on 17 November in any case, hear what we are doing and tell us what you want.

Charles Hicks

South West

What with National Canoeing Day and the 50th anniversary Hasler competition

finals, September was a hectic month for the organisers involved – very well done. There is a good programme of tours and events, including the Dart and the Exe, in the next two/three months. Join in and meet your fellow clubs and members. 1993 sees the end of the special funding arrangements to enable clubs to buy equipment for their future development plans. So get your bids in quickly – by March 1993 if possible. Clubs/organisers running events NOT shown in the yearbook should send details to the Regional Secretary soonest. Try hard to turn up at the AGM and influence the Region's policies.

James Cornwell

West Midlands

Paddlers Day is with us again on 18 October; this is your chance to enter the 1993 West Midlands Super-team and Super-paddler events at Malthouse Stables; details from Peter Jones, 173 Longmore Road, Shirley, Solihull, West Midlands. The 3rd West Midlands Triathlon is on 21 November; try something different – canoeing, cycling, running – open to teams and individuals; entry fee £2; contact Keith Guest at Malthouse Stables, Hurst Lane, Tipton, West Midlands. This is also the venue for the AGM on 18 November; whether or not you agree with the way your region and regional events are run, do come along and tell us; working together is the only way forward!

Mike Male

Yorkshire and Humberside

Congratulations to Lynne Simpson for her tremendous Olympic result – the best of the British women in K1 Slalom! The 1993 Regional Yearbook is now being compiled. Event dates – in particular non-competitive and recreational – and article contributions should be sent to Nigel Addy, 7 Gatehead, Huddersfield, HD7 6JR – 0484 847838. An Aqua-Knockout fun event is being held at Ponds Forge on Saturday 17 October, teams of 10 will be invited to participate: contact Christine Lawlor – 0226 751250. The Calder River Race takes place on Saturday 29 November: contact Sid Dixon – 0924 430785. The Pool Slalom is to be held at Grimsby on Saturday 5 December: contact Bill Simpson – 0430 422123. A special Under-16 polo tournament is to be organised at Grimsby in the New Year: contact Colin Moore – 0472 70983.

Marianne Spender



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Recreational Canoeing

Support for the nationwide list of recreational canoeing events listed each year in the members Yearbook is still remarkably low. It may be that paddlers are just not interested in joining in with anything outside their club circle but it is equally likely that the events offered are not sufficiently attractive. If this is the case I invite you to improve the situation by ensuring that your club offers your Regional Touring Officer a new event for 1993 NOW. Squirr and rodeo type events have become very popular and enjoy an informal atmosphere. Some paddlers fear that closer links with the BCU would change this into a red tape nightmare. As these events are already largely organised by BCU members and the majority of participants are BCU members this fear seems to be unfounded. It is time for all these great events to come within the loose framework of the BCU Touring & Recreation Committee and enjoy the status of being national events. I can assure paddlers



Colin Kempson
Jack Carroll
Roy Woodgate
Margaret and Malcolm Palmer



TOURING IN PORTUGAL

RIVER TEJO 1992

The river Tejo or Tagus flows from Spain down through Portugal and out into the Atlantic at Lisbon. The Tejo Marathon, until this year has been held in April over four days. This year for the first time, it was held in July over 8 days, to promote the recreational and touring side of canoeing. The marathon started at Villa Velha de Rodao near the Spanish border on 12 July and finished 200k (125m) later on July 19 in Lisbon. My husband first saw the trip advertised at the Canoe Exhibition at Crystal Palace. My mistake was in saying that I wanted a more active holiday this year rather than a beach holiday. As we are not marathon canoeists a 200k canoe trip in very hot temperatures was not what I had in mind. After a lot of debating we decided to have a go on the understanding that it was a holiday not an endurance test and any day that we needed a rest we would explore the surrounding countryside instead of canoeing. We did not have time to drive to Portugal so we arranged to borrow an open canoe from the organisers and we flew to Lisbon, hired a car and drove to Villa Velha de Rodao. There were approximately 100 entrants, 5 of which were British, one Spanish, (Pablo who learned to canoe in Preston) and the remainder were Portuguese. We knew that the food was going to be served from a mobile kitchen but we were surprised to see the Portuguese Army arrive with a mobile kitchen. Throughout the trip the toilet facilities were basic or non-existent but it made a good excuse to visit the bars in the evening. Some of the municipal parks had toilets that were open all night. The Army provided excellent showers every night which were much appreciated.

DAY 1: THE HAIRDRYER

At 9.30am everyone was lined up at the start. The Portuguese were singing and drumming out rhythms on the sides of their canoes. Then we were off. We knew that the first day was going to be hard but we didn't realise how hard. The sides of the valley were fairly

steep so that the heat was held in there was no flow to the water as it was a 38k trip between the Fratel and Belver dams. This meant 2 long portages. It was like canoeing into a hot hairdryer. I was really beginning to wonder if this had been a big mistake. We really needed longer to acclimatise for such a long paddle on the first day. We reached Belver in the early evening. After climbing up to the village we found the army waiting for using the village square with a very welcome meal of soup, pork chop, rice, salad and fresh fruit. We were then entertained by a local folk group. At 9pm it was back to the river for a nocturnal paddle of 5k to Ortiga. A lot of people had candles in jam jars taped to their canoes and Belver castle was floodlit on the hill to the right. The moon appeared between two hills and with

Throughout the trip the toilet facilities were basic or non-existent but it made a good excuse to visit the bars in the evening.

Jack singing spirituals as we paddled along the difficulties of the earlier part of the day faded away. It was 11pm when we reached Ortiga. It had been a very long day.

DAY 2: ABRANTES

This 22k paddle to Rossio was great fun with grade 2 rapids at several points along the route. Near Rossio the river flattened out and became very shallow. Numerous large fish were jumping out of the water, one of which managed to clear our boat. As we rounded the final bend Abrantes castle stood majestically on the hill.

we rounded the final bend Abrantes castle stood majestically on the hill.

DAY 3

Castle on the island In the morning we paddled 15k through shallow water to Constancia. After a swim there was a treasure trail around the village with a trophy for the winner. We then paddled 5k to Almoural. This was a very attractive place with a castle on an island in the river. After lunch there was a "raid" on the castle to find three posters. It was well worth the climb to the top of the castle for the beautiful views. In the afternoon it was very windy and hot so we decided not to paddle the 16k to Chamousca.



Approaching Almaurol Castle

DAY 4: SIESTA

This was a 27k route through shallow water. The scenery began to change considerably with the banks of the river were lined with trees and water lilies. After lunch and a siesta under a fisherman's hut we made our way to Santaram. There we played traditional Portuguese games. These really made the group gel together and language barriers were beginning to disappear. In the evening the villagers entertained us with an excellent barbecue and folk dancing.

DAY 5: FIREWORKS

We started the day with a meandering paddle to Valada where the local people had cooked us another barbecue of pork, sardines, salad and fruit with plenty of local wine to wash it down. At 4pm we set off again but the conditions had completely changed. We had entered tidal waters and with waves coming broadside on to the boat and the usual strong wind it was a hard 10k paddle. Salvaterra was 2k down a small channel which we paddled as a group, as we neared the town the people greeted us with fireworks. Roy who is a professional magician had by now made a lot of friends by moulding balloons and by teaching some of the group how to juggle. As a folk group played we all had a chance to try out Portuguese dancing.



Relaxing at Constancia

DAY 6: THE TIDE

The river had really widened out now and sometimes it was difficult to see which way we were supposed to go. It was choppy and in the afternoon we had the tide against us. We were advised to stay close to the north bank. This certainly paid off as we were sheltered and we managed to pick up a bit of current. Those who cut the bends were

almost stationary. Tonight we camped on a real campsite with a swimming pool, showers and a toilet block!

DAY 7: LISBON HARBOUR

We knew that crossing Lisbon harbour was going to be difficult, so when quite a few of the younger members of the group decided to have a rest day, we did not feel too guilty in joining them. After a leisurely wander around Alandra market we made our way down to Seixal. We camped on the harbour wall and had a good view of Lisbon across the river.

DAY 8

It was hard to believe that it was nearly over. Roy had made us Indian head-dresses out of balloons and complete with warpaint we set off. Roy had warned us that it was a little choppy. He wasn't joking. I was very relieved that Colin, Malcolm and myself were paddling the Coleman as it had more freeboard than the boat that Malcolm and I had been using. There were ferries and ships coming from all directions but it was a great feeling when we reached Lisbon with the largest suspension bridge in Europe towering above us. After a celebration lunch and the presentations it was time to say goodbye to a lot of friends that we had made during the past week. Did we enjoy it? Yes it was great! There were a few things that I would change with hindsight. The organisers thought that the army drivers could shuttle our cars between stages but Colin's own car was only insured for him and ours being a hire car was only covered for us. We really needed a mini-bus with a non-canoeist driver. There were some long portages and beaches and the open canoe was too heavy to carry. So if you don't want a beach holiday, if you are prepared to rough it to a certain extent, if you enjoy mixing with people, GO FOR IT! It was great fun and a great experience.



Fishing boats at Ortiga

that we do not have the time or inclination to interfere and would welcome their participation in recreational development. I would personally like to encourage more activity for those touring paddlers who seek to paddle over twelve miles each day, perhaps for more than one day and sometimes abroad at both informal and organised events. There is a small group of these paddlers within the Canoe Camping Club but surely it is time the BCU had its own "touring group". If you are interested please get in touch and we will see what can be done. Any recreational paddler with practical development ideas and offers of help is invited to write to me. If you live in the Eastern Region there is even a vacancy for a Regional Touring Officer which includes a place on the Regional and National committees! Colin Kempson, Chairman Touring and Recreation Committee, 108 East Street, Olney, Bucks MK46 4DJ.



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Competition *focus*

Canoe Sailing

Europa Cup and British Championship Loch Lomond 8 to 14 August 1992

T David Hullin (Germany) won the Europa Cup by 1/4 point from the holder, Mark Goodchild (GB) with Anders Petterson (Sweden) in third place. Mark Goodchild retained the British title, which he won last year at Hayling Island together with the Quincey Cup as well as the prestigious Royal Canoe Club Challenge Cup – instituted in 1875 one of the oldest trophies for small sailing craft in the world. 59 sailing canoes from Germany, Sweden and Britain plus one from the Cayman Islands, now that Roger Nelson is domiciled in that off shore haven, gathered at the Clyde Canoe Club on Loch Lomond for a week of keen competition.

Europa Cup

The Europa Cup regatta is held in a European country during each of the two years between World Championships, the best 4 results from 5 races to score. The usual Royal Canoe Club "Canoe Week" was held concurrently with 5 results out of 6 to count for the (open) Quincey Cup and the (restricted) British Championship.

After a washout on day 1 when the wind was killed by heavy rain, Goodchild got away to a good start winning both races on day 2. Day 3 produced good sailing with a steady force 4 blowing down the Loch. The Swedes, Ola Barthlesson and Anders Petterson were invincible to windward taking 1st and 2nd place with David Hullin getting into his stride in 3rd place. Goodchild never broke away from the pack and returned his worst result of the week in 8th place. Day 4 started promisingly enough with a good start in a brisk breeze. Before the leaders reached the windward mark the wind frustratingly shifted through 180 degrees, making a nonsense of the course and forcing the Race Officer to abandon the race. In shifting winds two further attempts were made to start a fair race but without

success and the programme was abandoned for the day.

Day 5

brought welcome sunshine and a steady north westerly at force 3-4. With 2 races scheduled, Hullin, pushed hard by Goodchild stayed in command to gain two victories with Goodchild in second place each time. In the morning Bathelsson came through to 3rd place, but in the afternoon Lee Noble, from Ullswater, a newcomer to the sport sailed a well judged race into 3rd place and to show this was no fluke repeated the performance on Day 6. Noble is an accomplished sailboard sailor and is said to have mastered the basics of canoe sailing in three weeks. If he continued at this rate up the learning curve we have a potential world champion with us!

Day 6.

The last day of the regatta opened with sunshine and hope but a flat calm. With the leaders so close on points it would have been frustrating to lose the final race. The race management decided that 3pm was the last possible time for starting the race, so it was nail biting time until 2.30 when a sudden gust of wind came from nowhere and blew over one of the 59 fully rigged canoeists sitting on the shore.

The course buoys were hastily laid and the fleet got away to a clean start dead on 3pm. A first place would have brought Goodchild the Europa Cup but in the event Petterson romped away to win, nearly half a leg of the course ahead of Goodchild at the finish, leaving David Hullin as the well deserved winner of the series. Of course, not all the activity took place on the water. The members of Clyde Canoe Club are famous for their hospitality and laid on a full social programme complete with ceilidh, haggis accompanied by a talented young piper and the Eightsome Reel and Gay Gordons. David Hullin showed that he had as remarkable talent for the latter as for

canoe sailing.

Regatta Dinner

At the Regatta Dinner the glittering display of silver cups attracted many cries of admiration and among the guests were Craig Douglas, President of the SCA, Per Sjhult Chairman of the ICF Sailing Committee and Paul Owen Director of the BCU. The sailing canoe fleet was notable not merely for the numbers present but for the general high quality of the craft (many built or completed by their owners) and the sailing skills displayed right down the fleet. Nevertheless, winds have been fairly light at recent championships and those who go to northern California for the World Championship next year will have to be thoroughly prepared for strong winds and cold water.

Among the new ideas this year may be mentioned the sleeve sail of Sven Ahlenius, designed to meet the ICF requirement that mainsails must be capable of being removed while the canoe is floating, a number of all transparent mylar sails (derived from sailboard practice?) and some carbon fibre masts among the Swedes, as previously seen in the US fleet. This latter development is spreading largely because British manufacturers of aluminium masts charge such high prices in export markets.

Finally, mention should be made of the emerging Classic Canoe division. Graham Mackereth brought the Uffa Fox "Flying Fish" (K32) beautifully restored to her 1937 specification and Edward Pot appeared with the Ian Proctor designed "Impala" (K66) of 1968 vintage and similar to the canoe Bill Kempner sailed to win the New York Cup. Now that "Defiant" (K24) is Bill Kempner sailed to win the New York Cup. Now that "Defiant" (K24) is in the national collection at Greenwich perhaps others will be encouraged to dig out and restore other examples from our rich heritage.

Peter Wells



RESULTS

Europa Cup

1. G58 Obsession
David Hullins (Germany) 6.5pts
2. K219 Something Happened
Mark Goodchild (GB) 6.75
3. S90 Gulingen
Anders Petterson (Sweden) 10.75
4. S94 Krille Kroddil Ola
Barthelsson (Sweden) 19.75
5. K211 Incognito
Simon Allen (GB) 23.00

Quincey Cup

1. K219 Something Happened
Mark Goodchild (GB) 7.5pts
2. G58 Obsession
David Hullins (Germany) 10.5
3. S90 Gulingen
Anders Petterson (Sweden) 16.75
4. K164 Rainbow
Lee Noble (GB) 26.00
5. K211 Incognito
Simon Allen (GB) 27.00

British National Championship

1. K219 Something Happened
Mark Goodchild (Medway) 7.5pts
2. K164 Rainbow
Lee Noble (Ullswater) 26.00
3. K211 Incognito
Simon Allen (Medway) 27.00
4. K221 Rawhide
Alan Powell (Oxford) 45.00
5. K227 Malarky
Tony Robertshaw (Desborough) 49.00





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A photograph of Gareth Marriott, an Olympic silver medalist, kayaking in white water. He is wearing a white and blue racing vest with the number 220 and a black helmet. He is holding a black paddle and is in a dynamic, forward-leaning position.

GARETH MARRIOTT
Olympic Silver Medalist

FOR BEST RESULTS JUST ADD WATER

A photograph of Melvyn Jones, an Olympic canoeist, in a red kayak on white water. He is wearing a white helmet and a white and blue racing vest with the number 243. The kayak has "GBR" and "ARROWCRAFT" written on it. He is holding a black paddle and is in a dynamic, forward-leaning position.

MELVYN JONES
Olympic Canoeist

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must go to all
those who
helped both
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1989 The idea of an Expedition to Iceland first reared its head in early 1989 when the problem of the summers trip loomed near. America looked promising and on viewing a map we noticed a small island in the top corner, Iceland. The prospect of visiting a relatively small place where no-one know much about the paddling seemed like a good plan. The logistics of such a trip were not straight forward. We did as much reading as we thought necessary and looked at numerous maps. Clearly from a brief survey Iceland was full of rivers. We still had our doubts about whether any of the paddling would be worthwhile, but on 23 July 1989 we were ready to depart. We had spent the previous month doing little but getting

our £1500 Landrover in a fit state to go. A short (4 day)ferry trip from Aberdeen to Seydisfyordur, via Shetland and the Faroes and we had arrived in Iceland.

ICE LAKE
Strange Icelandic customs mean one has to pay a road tax for Diesel vehicles, this is no joke at £25 per week. All the import regulations aside and we were in. The country looked very promising, with high mountains and lots of snow. Having arrived at the north east side of the country we decided to drive south and aim for the Jokulsarlon, the ice lagoon that heralded the start of the Iceland Breakthrough Expedition and a James Bond Film. The Ice lake proved to be a real winner of a place to start



an Expedition, with plenty of photo opportunities and a chance to watch Icelandics swimming in water at 0.5 degrees C. From here the plan was to travel round the country in an anti-clockwise direction, stopping to paddle anything on the way. We were not disappointed. It took us two weeks to discover that Iceland has some of the most impressive white water kayaking around. There is also a vast range of paddling available from spectacular lakes and fjords to huge glacial rivers flowing at 1000 cumecs. The main obstacles tend to be huge waterfalls or Foss as the Icelandics call them.

HFD's

The relatively new geology of the area means the rivers have not had time to form large rounded valleys and as a consequence the rivers are liberally dotted with HFD's, translated in to the English as Horrible Foss Death. Two long descents were undertaken in 1989, The Jokulsa a Bru and the Skjalfandaflljot, where 45 and 120 miles were covered respectively. The Bru was planned to be a warm up for the Skjalfandaflljot, however, it became a bit of an epic in its own right flowing at about 500 cumecs and with rapids such as Bad News I, II and III, the big scoop and the long section in Poo Canyon.

TALES FOR FOOD

The Skjalfandaflljot was a different type of descent, a much smaller river, with a problem of several long portages in deep canyons. After 5 days on the river we had managed to lose a lot of weight, local farmers however seemed all too happy to supply us with vast volumes of food in return for epic tales of paddling on their river and a grandstand view of us paddling over their local Foss. The trip ended in Reykjavik, when the Landrover decided it had enough and large parts of the chassis parted company.

The local paddlers took us on the surf and I hope they managed to pick up a few tips from us. The main lesson

snow melt rivers were lower. A varied selection of paddling was carried out before we arrived at the Skafta, the first big descent. Five days total was spent paddling of 80 miles of the Skafta. With a river bed just two hundred years old there was an excess of sharp rocks on which to wreck equipment. The put-in for the top section was 24 miles up a very rough track that saw little traffic. A steep sand bank ensured we were not able to reach the river side and it looked like a long walk to the river with boats and camping gear. Tom and I drew the straws to move the boats whilst Andy had the task of getting the Landrover to the bottom. The boat carries got away with a somewhat less arduous task than the shuttle bunny, who had to walk the whole 24 miles without seeing one vehicle. At the put in there was a significant rapid, 100 meters long with a slope of 30 degrees. With 150 cumecs thundering down and the slide ending in a hole large enough to lose a Landrover in, we bottled out and started just below. After five days we had covered some major rapids, played in large banks of quicksand, rescued one member of the expedition after an unfortunate swim and discovered that rivers flowing over fresh larva are liable to disappear into gas pockets and re-emerge some way down stream.

TUNNEL VISION TRENCH

The chance to name rapids on the Skafta was taken, leaving the river with sections labelled Tunnel Vision Trench and The Whirling Dervish. A river guide here would be of dubious worth since the river is exceptionally braided and there are thousands of possible routes. A visit was paid to our Icelandic kayaking connection who was able to show us some interesting sections of river near Reykjavik. This included a spectacular gorge on the Hvita and a small river that has a constant flow rate through out the year (ideal for Slalom!!).

The most terrifying moment of the trip, and probably of my life occurred when paddling a rapid, previously run in 1989 on a river called the Skjalfandaflljot. After scant inspection Tom decided that he would lead the way down a small rapid. The drop was on a tight right hand bend very close to an undercut wall. Things were looking OK until I noticed Tom was a tad too far right, he hit

ICELAND

1989-1991
sheffield
university
kayak
expedition

learned was there are plenty of rivers to paddle and we had only touched the surface. One and a half years later I decided that the only option was to repeat the whole episode and attempt to paddle on the rivers that were not attempted in 1989. Since money was again very short in supply and the only way to get access to the top of many of Iceland's rivers is via a "track" it was again necessary to purchase an old cheap Landrover. The routine of desperately trying to get people to give away money for ones holiday went by with varied success, though Pyranha did help with the purchase of boats and equipment. Once again we set off up the M6 after departing from my parents house, leaving them in a state of total confusion. Three days of food packing and Land Rover adjustments had left its mark.

1991 ABERDEEN REVISITED

The same journey from Aberdeen to Iceland was undertaken and we once again arrived in Iceland to find very little snow and bags of sun. The glacial rivers were significantly higher than two years ago, but the

a small wave side on and it looked as if he was about to hit the wall. Instead, his boat suddenly went vertical and he corkscrewed down a hole, totally disappearing from view.

TOM VANISHED...

The two of us left on the bank could do little but stand and gape at the spot where Tom vanished. After what appeared like several minutes but was more like 10 seconds we heard a shout from the bottom of the rapid. Tom was still alive and had been rinsed through a sump, this was very fortunate, what was slightly less fortunate was the fact that his boat was well and truly stuck in a small hole in the rock through which several cumecs of water were flowing. After a brief seven hours and lots of sweating, cursing and ingenuity we managed to extract the boat. Considering what it had gone through it was in remarkable good condition. The rest of the day was taken off and we waited until morning to continue the section. During a routine (every half day) inspection of the Land Rover we noticed that one of the front leaf springs had snapped. This was clearly unsatisfactory and we set about attempt-



ing to find a replacement.

New Land Rover parts are not cheap in Iceland and a trip to the parts dept of a garage told us that a new spring would be £75. This was no way to set about repairing a Land Rover worth about £50 so we headed up a small valley in search of a farm with a redundant Land Rover. After a few abortive attempts we found exactly what we were looking for. The owner of the vehicle even knew what we wanted as the local communication network appeared to hit overdrive. With the aid of a tractor fitted with a front loader we removed the front suspension of a 1963 diesel Land Rover and fitted it to our own. The only thing the farmer requested was photographic proof that we had paddled over Godafoss, a 7m high fall nearby. As a tourist with an imported vehicle there is plenty of fun to be had with people in a similar position. A group of Americans tried to tell us they were having a bit of a rough time since the "muffler" had come loose and their number plate had fallen off. We delighted them with tales of our brakes totally failing on a large hill, the steering arm perpetually coming loose, total destruction of a rear half shaft. If only we had met them a few weeks later we could have added the one about the front springs collapsing and the rear wheel falling off (during transit). Taking an old Land Rover meant that we have to be fully prepared for Land Rover maintenance include welding jobs and part replacement. Several other rivers were paddled but whether they were first descents or not remains to be seen. One of the more notable descents was on the Eystri-Jokulsa, 50 miles of paddling was done on almost continuous rapids with out the need for one portage. The river passes a spectacular U shaped valley before plunging into a deep gorge, from which the only way out is down.

The Icelandics appear to have a very localised method of selecting river names. There are many rivers called Laxa (salmon river) Jokulsa (glacial river) and Hvita (white river). As a general rule the Laxa's are to be avoided due to shotgun wielding fishermen, whilst good sport can be had on the Jokulsas.

As far as logistics goes it is essential to have 4WD and lots of clearance if you intend to travel to the tops of river, even so it is common to have to walk some way to the put in. The ferry to take is the P&O Shetland service from Aberdeen to Shetland and the Smyril Line service to Iceland (summer only). This is for accompanied vehicles or passengers. It is possible to fly from the UK to Reykjavik with Iceland Air and ship vehicles using Eimskip (Immingham to Reykjavik) though the P&O

method is cheaper. Diesel vehicles are heavily taxed, but diesel is cheap. There are lots of import regulations on the mass of food taken to Iceland (in 1991 this was 2.5Kg per person).

The flow rate in glacial rivers varies rapidly throughout the day while the flow rate in mountain river is highly dependent on the rapidly changeable weather. Rain fall in the mountains near the coast tends to be high, up to 8m per year in some areas. The season for paddling on rivers is short, probably the best is from mid June to late August, but this varies from year to year. Summer weather is very varied and changes from season to season. In July temperatures at sea level vary from 0 to 30 degrees C. Water temperatures in rivers are generally low. 8 degrees is normal for a glacial river away from the glacier, while river temperatures have been recorded at 2 degrees C 8km from the Ice (in one case the river had the added joy of large rapidly moving ice blocks). Iceland rivers in general have lots of potential fatal features such as falls and sumps or syphons. Rocks tend to be sharp due to their young age and except on a few rivers plastic is the order of the day.

I can highly recommend Iceland as a place to go, not only for kayaking but also walking, mountain biking etc. Running Shuttles though is not usually quite so easy as in the Alps, as most of the river sideroads are farm tracks and have traffic flow rates of several vehicles per week.

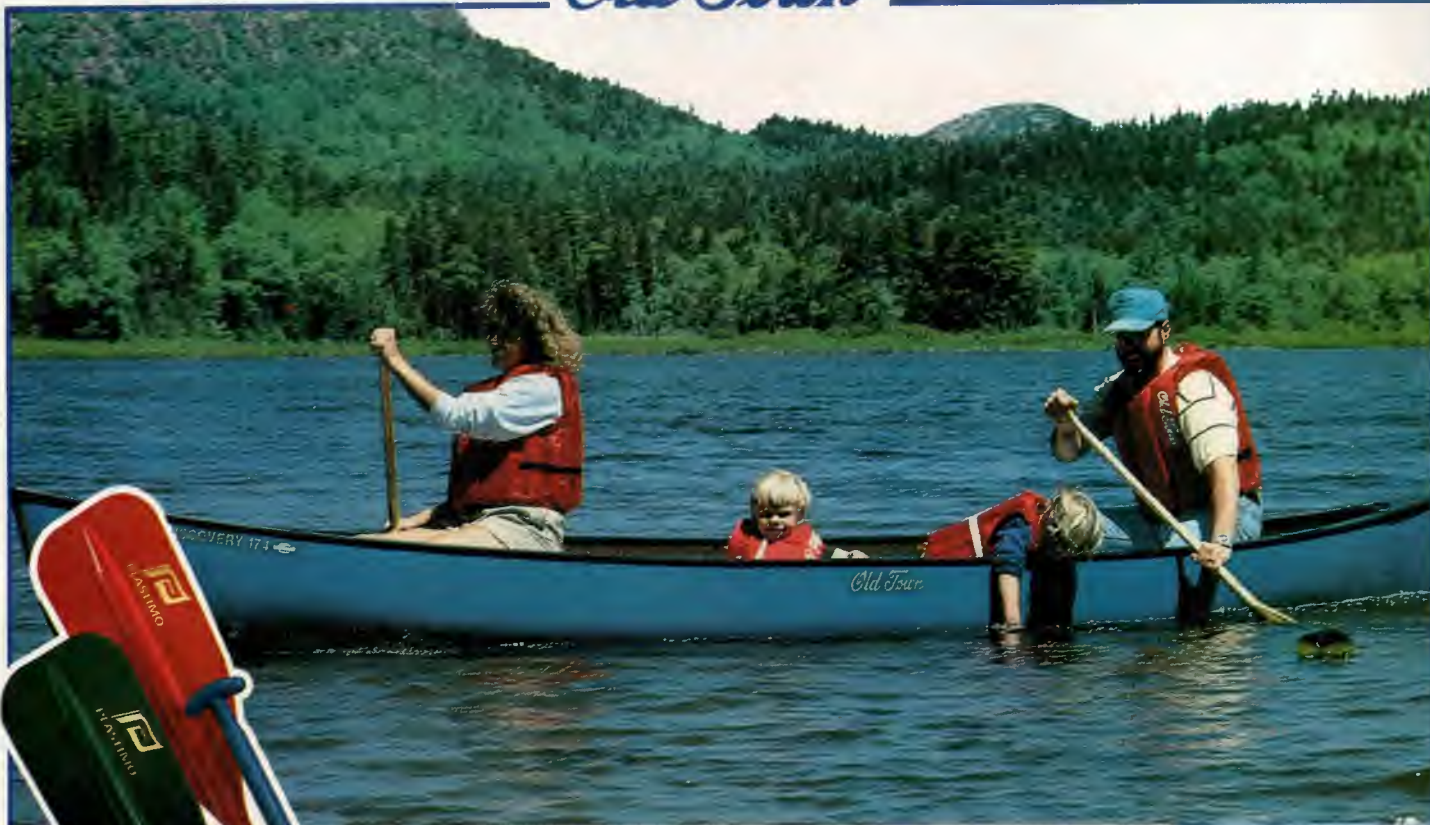
There is something of a water diversion problem occurring and some of the best stretches of river are in the process of being turned into Hydro power station works.

One potentially excellent piece of river we saw was totally empty due to the filling of a reservoir upstream. As mentioned there is a huge selection of things to do, water falls to drop over, horrible fosses to avoid, huge waves to surf etc...



1991
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169
5.10 m

174
5.30 m

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10 ralgex

BEECHAM



COMPETITION

SPORTS BAGS TO BE WON



Injuries are a fact of sporting life, and with the constant pressure on the upper body, canoeists are prone to injury of the shoulders, elbows and back. And in particular, they tend to suffer from inflamed tendons of the wrist.

Some injuries are unavoidable, others can be prevented by adequate warm-up - slow gentle stretching for at least five minutes, but preferably fifteen minutes. Attention to general fitness is also important and although many canoeists concentrate on sport-specific training, cross training would also be beneficial.

Muscle injuries will usually benefit from an early graded return to activity while injuries involving joints and ligaments cannot be 'worked off'. In these cases there is no substitute for rest.

Although professional help should always be sought for serious injuries, products like Ralgex can be found in pharmacies and supermarkets providing invaluable short-term relief.

Ralgex Freeze Spray, which contains a topical analgesic, numbs the affected area providing cooling relief from the pain of sports injuries such as sprains, strains and 'bruising' knocks and effective relief from muscular pain and stiffness. And it is the only product of its kind to be CFC-free. In the case of minor injuries Ralgex Freeze Spray will prevent the pain from stopping your sport.

Ralgex Heat Spray is a familiar sight in changing rooms across the country. Also available in cream or stick format, and in the case of the spray, in a low odour version, it provides warming relief from muscular pain.

And as freeze and heat sprays are also effective on rheumatic pain, lumbago and sciatica, they can also be used by armchair sportsmen as well as participants!

We have 10 Ralgex sports bag kits to give away in our competition; the bags are sturdy and roomy, with useful side compartments, and each contains a shower towel and range of product. To enter just answer our three multiple choice questions and send your entry in to: Canoe Focus Ralgex Competition, Raven Marketing Group, Cromwell Court, New Road, St Ives, Cambs PE17 4BG

QUESTIONS

Entry form

Entry form

- Which of the following injuries is it recommended to work off:
 - Muscle
 - Tendon
 - Ligaments?
- In particular, rowers can suffer from tenosynovitis. Would this be an injury of the:
 - Shoulder
 - Leg or thigh
 - Wrist?
- Which Ralgex product provides cooling relief from the pain of sports injuries?
 - Freeze Spray
 - Heat Spray
 - Cream

PLEASE CIRCLE ANSWER

Question 1	a	b	c
Question 2	a	b	c
Question 3	a	b	c

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- This promotion is open to all residents of the UK except for employees and their families of the promoter, SmithKline Beecham Consumer Brands, and any company or person involved with the promotion.
- Entrants must be aged over 18 years.
- All entries must be received by the closing date of the promotion, October 31st 1992. No responsibility can be accepted for incomplete, lost, damaged or delayed entries.
- Entries become the absolute property of the promoter and will not be returned.
- The winning entries will be the first ten correct entries opened selected at random. The decision of the judges will be final and no correspondence will be entered into.
- No cash alternative will be offered for any prize.
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- A list of winners will be available six weeks after the closing date; see required.

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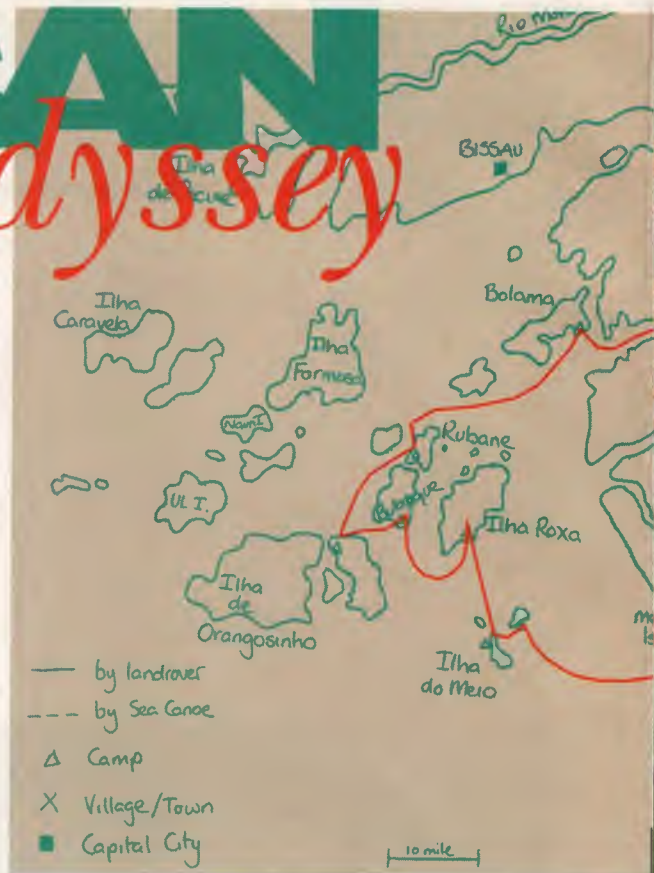
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AFRICAN

Odysey

The 1992
Little Killary.
Guinea
Bissau Sea
Kayak
Expedition



The trip was conceived by Jaimie Young, co-owner of the Little Killary Adventure Centre, on the West of Ireland. The aim of the expedition was to discover some of the areas hidden splendour. Whilst doing so, we made a film, which is now awaiting editing by RTE. There were seven of us in the team, all keen paddlers, but not all of vast experience.

January 1, Limerick, Ireland: after much delay it looked like we were actually leaving. The next day our ship, the Maritime King, and its Korean crew headed for the Southern Seas. Twelve days, and several storms later, we arrived in Port Kamsar, Guinea, West Africa: this was the thirteenth of January. On the morning of the 15 at 5am we arrived in Kambera, a small village somewhere in the African bush.

In a state of shock I packed my canoe, the others did the same. Baboons were barking in the distance, the crickets burred and the birds cried as dawn drew closer. The land was dry and dusty scorched by a recent fire. The villagers looked on. What an extraordinary sight: seven white canoes and seven white people. Had they come for breakfast?

ABANDONED

We had in fact been abandoned in Kambera, by Moses, our unscrupulous Landrover driver. We had hired him to take us to Buba which he almost did, but his Buba and our Buba were two different places. Stuck on the wrong side of a river and the Guinea Border we snatched some sleep before addressing our problem. How would we get to Buba and the start of our Kayak Expedition.

Our plan for the Expedition was to begin with the descent of the Rio Grande, a river flowing past the town of Buba. At the mouth of this river lies the Archipelago dos Bijagos, a group of remote and reputedly beautiful Islands. These we intended to circumnavigate and explore as we believe few people had done so before. We thought it would be a memorable experience and indeed it was.

To get from Kambera in Guinea, to Buba in Guinea Bissau was no easy task. First we had to find transport. After a long walk through unknown savanna and bush lands we began to get desperate. For once though luck was on our side and we chanced upon a driver in the small village of Avia. His problem now was to find something to drive. Two days later he arrived at our camp with a big open-sided truck. It was ideal.

PLASTIC FRONTIER

Our next difficulty lay in crossing the frontier: a piece of string with plastic strips hanging down. This looked simple enough but the intricacies of the accompanying military post were to test both our patience and our Marlboro

supplies. After much negotiation we crossed into Guinea Bissau. Here we ate rice with the local Chief and listened to his children sing, all twenty five of them. This was to be a relaxing and memorable interlude.

The next morning we packed up our gear and by 9am were ready to go. The truck had a simple ignition: seven people pushing. So we pushed, but this was Africa remember, and she wouldn't start. Villagers: young, old and even a crippled boy joined us in our efforts. At last and to our great relief she went. Picking up two goats, two chickens and a sack of bananas en route we settled down on top of the canoes and held on tight.

Passing through the African bush, the small lush oases and the expanses of savanna, we began to enjoy the ride, becoming relaxed, quite jolly and too confident. One bounced over a boulder too many and we broke down. The rough track had no mercy and neither had the flies soon to surround us. The "AA" has not reached Guinea Bissau, and we were far from a garage. Again luck was on our side. Our driver was also a mechanic and had her fixed up soon enough. We were off.

We reached Buba and the Rio Grande at dusk. Sitting on the pier we buzzed: it was cool and calm and our epic journey was over. Now we could start to paddle. We left with the tide the next morning. Waved off by the gathering crowd our spirits were high, though our canoes heavy. We saw fish jumping and flying and all along the mangrove shores the birds swooped and flew. Soon we became absorbed by our new surroundings. Buba shrunk behind us and its people faded: friendly as they were it was good to be on our own and on our way.

After a long paddle we reached our first camp. It was here on the bank of the Rio Grande that we were closest to our friends the baboons. Stiff and hungry, their presence lightened our mood. That night began the slow initiation into hammock construction, and the digestion of dehydrated foods. By the end of the trip we were experts in the former and numb to the latter. Our hammocks with built in mosquito nets proved invaluable. Hanging in the air, or on the ground as a tent, we were safe from all but the tiniest of insects: the dreaded sand fly.

BOLAMO

One more day of hard paddling brought us to the mouth of the Rio Grande and a view of our first Island: that of



Bolamo. Bolamo lies only five miles off-shore and is Guinea Bissau's former capital. It was to be our first stop in the Archipelago. Passing porpoise and pelican on our way, we were excited at the prospect of a white sandy beach and coconut palms.

The tidal range in the Archipelago can be up to fifteen metres. At low water the charts indicated wide expanses of mud around all the Islands.

Approaching our beach the tide was ebbing. Looking anxiously ahead we could feel the water slip away beneath us. We paddled faster though soon became stuck, still half a mile from shore. Carrying our gear to the camp, the mud squelched between our toes and around our ankles. We wondered whether there were any sea snakes lying around or hippos close by. This was not to be our most elegant arrival. From the peace of Bolamo our next Islands of Bubaque and Rubane were in stark contrast. These were the only two which had signs of tourist development. Though of a mild variety this was a severe blow to the isolated and untouched place we had imagined.

Leaving the bars and french fishermen of Rubane, we were lured to Bubaque by an African and his pirogue (dug out). This crossing was probably the most adventurous of the trip! Stepping in and sitting down I laughed nervously as the pirogue tipped one way and then the other. With our small paddles we pulled through the water. Unable to move for fear of capsizing I wondered if we'd make it ashore swimming.

On Bubaque is a small market selling everything from cans of pepsi, to plastic bags of sugar, onions and flip-flops. We were soon swept up by an English speaking Gambian

whom we haggled with in the purchase of some material. Coincidentally a friend of his could make clothes so by the time we left the Island we had on "tailor made" African trousers. Walking through the stalls we stuck out like Americans wearing tartan in Scotland. With another pirogue and this time its drunk drivers, our journey back to Rubane was even more precarious. Glad to leave this tourist hot-spot, our faith in the word "remote" was restored as we reached Ihl de Orangosinho. Wearing grass skirts the girls we met were drawing water from a well. They directed us to their village and asked for our shorts. Amongst the clay houses families sat in the shade. A man welcomed us, he unable to speak English and we conversed in sign: did I sleep with him? Did he sleep with her? The questions were simple and natural and seemed to ridicule the mental knots we tie ourselves into in the Western world.

SALT WATER HIPPO

Between the Islands we searched for wildlife. Would the salt water hippo, a reputed tent lover and human crusher live in this lagoon? We searched but in vain. Would these tracks in the sand lead us to the giant sea turtle? Again a search in vain. The most wildlife we saw on the Islands were monkeys, snakes and two wild pigs. Bird life though was in great abundance.

Paddling to the last of the Islands we were short of water. If there was none in the Jamber Group we would have to return to Roxa before heading South. We could not risk the hundred mile journey back to Kamsar without all the water bags full.

Landing on Ihl do Meio there were two shelters, a hammock, fish bones, and three shells from giant sea turtles. Hoping to find water and a village nearby we split up to search. We felt quite intrepid paddling through the jungle armed with our cameras and water bottles. Though we found no villages there were abandoned pirogues, and close by five pits with deep claw marks etched into the sides. Was the Island a temporary hunting post and had all the wild animals gone?!

Happily, we did find water on Ihl do Meio so it was now safe to continue our paddle South. Leaving Ihl Joao Viera we faced the longest crossing of the trip: twenty five miles of open sea. The swell was two to three foot and a moderate wind blew at our side. Half way over we called

The canoes we used were Sea Tigers: spacious and stable, they were ideal for such a journey. We carried all our own food and equipment, it was important that we were entirely self-sufficient. A most essential item was the water purifier, as we were unsure of our supply on the Islands. Before leaving we had a number of injections, and began a course of malaria tablets. We were in Africa for three weeks, though our river and sea journey lasted only two. During this time we

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our mission. The commander was not satisfied. Jaimie was walked back to our camp to collect the rest of us. At 11pm five bemused kayakers marched a long sandy path into Guinea.

Our visas were in fact in order, but by ignoring the Frontier post we had offended the position of the military and this could not be easily forgiven. We would have to humour them.

covered 170 miles. Paddling conditions were not difficult, with calm seas and light winds for most of the time. The heat was our main concern, with temperatures rising to 35/40 centigrade, in the shade. In the event it was less of a hindrance than anticipated, though affected some more than others. Guinea Bissau and its beautiful Archipelago offered an amazing experience. Though this tiny corner of Africa is far from unexplored,, not least by its own people, the islands are relatively in touch, and undisturbed by modern development. The people we met were friendly and proud. The cost of the trip was met largely by its main sponsor. The little Killary Adventure Centre, and by Aughinish Alumina, who provided our passage to Guinea. Food and equipment were sponsored by various Irish companies and a Scottish company.



HAPPY BIRTHDAY

Arriving at the military post we came upon two men: one wore a stripy dressing gown and was listening to Bob Marley, the other was flat on his back deep in sleep. The former was a rather embarrassed Frontier Commander. His soldiers had made a blunder, we weren't supposed to be there till morning: where would they sleep you idiots! By chance it was my birthday the very next day. This fact was slipped in as the Commander scratched his head trying to resolve the predicament. Delighted by the news he left us, returning with twenty

two white household candles. He stuck the candles in the sand and lit them. This took a while and caused much amusement as they kept toppling over. Blowing them out and listening to "Happy Birthday", my mind boggled at such a bizarre situation. His attitude softened, the Commander declared that all was in order, and the next morning helped us on our way.

By the time we reached Boffa Point we had only two days paddling left. Here we were treated to fresh coconuts and as ever were watched closely by the people. The ladies with water jugs or trays of ground nuts on their heads would walk by smiling and saying "Ca Va"?

Leaving the next day we could soon see the smoke from Port Kamsar. Our final stretch was towards its red and dusty sprawling bauxite plant. It seemed ironic to begin and end such a beautiful journey with this sight.

Our return to Kamsar as usual attracted a crowd. This time though they wore long trousers and protective helmets, not torn shorts or grass skirts. It was good to shower and to find water running from a tap, but we could have survived without these luxuries in order to stay a little longer on the Islands.

The day we arrived back in Ireland a friend brought us some news. In this months "Elle" magazine there is a full page advertisement of luxury cruises in the Bijagos Islands. It looks like we just got there in time.

in at a most unusual restaurant for lunch. Biscuits and peanut butter were served on the deck: no need to leave your cockpit, and the toilet was in the sea: no need to flush. The left over biscuits must have been scented by sharks as they were soon close behind.

With only fifty miles of coastal paddling to go our journey was close to an end. We prepared our minds for the homeward stretch and took the time to reflect on our island ventures. Though the Islands were more developed than we had expected an untouched quality did remain. There was pleasure too in the knowledge that we had to fight hard and struggle long to get to Guinea Bissau. Perhaps we were some of the honoured few who had succeeded in visiting.

Enjoying our remaining few days and thinking of showers and fresh food back in Kamsar, we were quietly confident in the success of our trip. Then on our third last day our dreamy state was shattered. We were arrested.

We had crossed the Border from Guinea Bissau and set up camp on Aube Island, Guinea. From our experience so far we had learned to dodge and duck when we saw a military uniform. Unfortunately with camouflage hammocks and seven beached canoes we were more than a little conspicuous. Soon a passing soldier was to commander Jaimie and march him off to the Frontier post five miles away.

At the Frontier he had to show our visas and explain





dear focus

out of date

Dear Focus:

Having been a member of the BCU for ten years two years ago due to a serious injury I had a lay off for two years. I rejoined the BCU last year during a competition. I did not notice at the time that my coaching qualifications had not been renewed. It was only when I was asked by a small club to carry out some Star Tests for some children, that I discovered that these qualifications had not been renewed as my membership has lapsed for a period of time. Upon contacting the BCU I was informed that if I paid for the lapsed period my qualifications would be restored. I asked for the justification behind this and was told that I would

be out of touch with the latest coaching techniques. I then pointed out that it seemed rather strange that I could immediately be placed "in touch" with these techniques if I paid the lapsed membership fee.

It would appear that the BCU is interested only in making money and not in promoting the sport of canoeing. Incidentally I also hold a Mountain Leaders Certificate, this does not depend on me renewing my membership of the British Mountaineering Council.

This very short sighted attitude adopted by the BCU will mean that I will no longer remain a member, furthermore it means that I will no longer introduce new canoeists

to the BCU through the Star Test, the BCU will thus lose this source of revenue.

P Murray, London

Three points worth considering;

1. BCU policy on such matters is decided democratically by you, the members (provided you keep up to date, thus ensuring the regular flow of Focus, CoDe, Yearbook, Regional News-letters, etc.) and the facility exists through the NCC and Regional committees for you to make changes. Be prepared for the contra view, however, some way along the line. That is what democracy is all about.

2. Maintaining membership to continue to coach means

keeping up to date with canoe-sport generally and supporting the sport through the work of the National Body. Much has happened in the last two years and the sport is changing and developing.

3. We are not a money making machine! Fairweather members weaken the ability of the BCU to make progress in areas like access, development, coaching and promoting the sport for all canoeists, areas I would suggest for long-sightedness and vision. If you genuinely love your sport do you really begrudge your membership fee for the short period you did not paddle?



surf

Dear Focus:

In reply to Wayne Alderson's letter (August 1992), one of millions in the world of complaining surfers, I would like to ask if Wayne approached these kayakers in a friendly way and explained the "drop in" rule to them. 99% of people are friendly and understanding if approached in a friendly and understanding manner. The other 1% I have found exist just as much in the surfing scene as in the canoe-surfing scene. This canoeist versus surfer problem is at large all over the country and violence is not unheard of, sadly (for instance, broken boards and canoes with holes drilled into them). Less presumed monopoly of the surf from the surfer's side would help. The probable reason for Wayne never seeing canoeists "in the depths of winter when its cold and big" is because in the depths of winter the rivers are also cold and big and most surf canoeists I know of are white water canoeists with no river. This seems fair enough to me. Another reason is that, just as in the surfing world (do not deny it), there exist many "summer only" canoeists. This seems to me also fair enough. Who are we to push them into

cold water and big waves against their will? Its supposed to be fun, not a test of macho-ism!

One last word: surfing is no longer just a surfer's sport. One would hope most surfers had grown out of the "I was here first" syndrome. Maybe others should now be asked about surf rules and etiquette (although personally the "drop in" rule sounds fine to me). Everybody was a beginner once and those less skilled should be given the space to learn and their "sad attempts" not laughed at. I speak as a regular white water/surf canoeist and just as regular surfer. I have heard the argument from both sides too many times. After all, we are all humans trying to have a good time, right? Yours with full understanding of the surfers' point of view.

**Jonathan Preminger,
South Devon**

We have received many letters on this theme. A reasonable approach from both parties usually leads to a better understanding and a better days surfing. The BCU Surf award scheme covers both the skill and etiquette aspects of the award as well as safety. Details from BCU HQ.



where is wales?

Dear Focus:

I enjoy receiving my Focus magazine, particularly the expeditions. However, there is one aspect sadly lacking - they never have a map showing the journey. Take 'Around Wales' which was most interesting, but I did not know where we were half the time. The authors assume we know the whereabouts of all the places mentioned - once we are abroad I am totally lost. Useful suggestion?

D A Brooks, Devon

Good point but never say never: there is at least one map in this issue. Canoeists are notoriously poor at drawing maps, but efforts will be made in future. Wales? M5 north from Devon and turn left around Gloucester.

Editor



good value

Dear Focus:

Until recently I used to have great difficulty convincing sceptics, usually 'professionals' who need a coaching award for their work, that BCU membership was good value for money. For these 'mercenaries', benefits such as Focus, CoDe and lobbying on our behalf cut no ice, they wanted sound financial benefits. I was able to list: 3rd party liability insurance, canal licence for flatwater paddlers. Discount on Tryweryn and other sites for white water paddlers. Then, for these mercenary types, the clincher: full professional liability insurance cover at an unbeatable rate! As an individual you would pay over £200 for such cover. A mountaineering instructor who is a member of the AMI pays £15 membership plus £45 for the insurance. A member of our coaching scheme could obtain such cover for £22.50 membership plus £7.50 eg £30! If insufficient people took up the offer of professional liability insurance then perhaps the answer is to MARKET IT! Instead of pulling the plug on one of my best 'stop whingeing, look what the BCU is doing for you plays'. One of the

continued on page 36



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top tips

and handy hints

Paddlers Conference 1992

YMCA Lakeside are organising a Paddlers Conference 30 October – 1 November 1 for all paddlers. The Coaching Scheme AGM and Coaching Conference are incorporated in the family friendly programme. There is something for everyone this year, even activities for non-paddlers. The BCU Coaching Scheme is the ultimate source for top tips and handy hints and the weekend is an opportunity to go along and grab some knowledge as well as paddle for fun. Keith Morris will send you the full programme on receipt of SAE : Lakeside YMCA, Ulverston, Cumbria LA12 8BD

So what really happens at one of these events? Jersey Canoe Club's Chairman extraordinaire, Bill Small reports from the 1991 meet in Devon.



THE COACHING CONFERENCE

Everyone Should Go Once

The 1991 beanfeast was held in Dartmoor.

We arrived on Friday just in time to be too late. We leapt into our ready made bunks for the Hyperthermia Experience. None of the hard men present would admit to being cold but every bed had a four seasons sleeping bag on by breakfast the following morning.

Our first session was the Canadian Cretin Class. I had always imagined that canoes were made of plastic and filled with punters too stupid to paddle a "real kayak". The elegance of the strokes, the teamwork and the need for positioning the crew in the boat came as something of a shock. Your Chairman was humbled. The Dart was at its most

beautiful and our passage to Buckfastleigh was breathtaking.

We poled. We shot a weir. This proved especially breathtaking for a very long man from Northampton. He discovered the support for the seat in some Colman boats can get in the way of a badly positioned paddler. When last seen he was still on pain killers. Be warned!

The afternoon was Wild Water Wescue with Wodger Wardle. The river being low, this was held in a car park full of ice cream eating auto enthusiasts. There are great risks involved in hurling throw bags around near nicely polished Volkos. Lessons were learned. Should your conventionally cockpitted kayak come to rest vertically

propped against a tree, it is almost impossible to get out. The effect with a weir is similar, but more likely to be terminal. Keyholes are it. It is possible for a large man to dance his way across a car park while ill-intentioned oafs hurl throw line sat him and for him to remain unscathed. Fat chance of the unpractised arm getting you a line, then, where the going gets frothy. Most throwbags are destined to spend their lives as fashion accessories, or at best, expensive washing lines. Nicely designed, much sort after but little use. Roger had various pieces of safety gear with him and the new Dagger boats. All worth, a look and a play.



The BCU experience

The BCU experience starts Sunday with the AGM. It is here that you find that there are a group of men dedicated to having you so qualified that you cannot possibly go paddling. Their aim is a highly trained, elite core of channel swimming paramedics who spend their whole life being re-tested.

Anyone seriously seeking to rise in canoeing circles must also master the chair

slither. The meeting starts with Geoff Good facing the members. By the end of the bad tempered barney he is part of a group. The aspiring leaders have imperceptibly slid their chairs past all obstacles and, without ever having appeared to move, have formed a panel of experts at the front. Magnificent! Not to be missed.

Our last session was "have a go". On a reservoir. Yes,

folks, paddling on your actual drinking water without being considered a health hazard!

The whole thing was a delight, well hosted by the local region. Next years coaching conference (1992) is in the Lake District, anyone who can, should go.

Bill Small



Classified & directory

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courses/holidays

Longridge Scout Boating Centre offer the following courses:

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CST Assessment 11 October

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13-15 November

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Instructor required by Mendip Outdoor Pursuits from April 1993. Seasonal and longer term positions. Activities include climbing, canoeing, wind surfing, orienteering and caving. Must be qualified and hold clean driving licence. Preferably over 21. Tel: 0934 820518 for application.

Seasonal Instructor Required. Are you energetic, enthusiastic, believe in teamwork, and like young people. April to November 1993, qualified BCU instructor or above with windsurfing and sailing experience. Accommodation provided if required. Contact: Thames Young Mariners, Ham Fields, Riverside Drive, Richmond, Surrey. TW10 7RX. Tel: 081 940 5550

Management Development Organisation seeks freelance (preferably female) outdoor technical staff. Ideally mature, experienced and qualified. Contact Nick Eve on 0432 279030.

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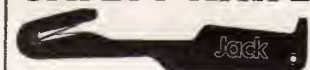
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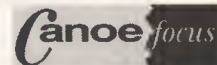
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EDITION DATED OCTOBER 1992

Dear Focus continued

BCU's main problems is that it is only just beginning to promote itself. A good example of this is the very first paragraph in the latest (August) edition of Focus. It gives details of the new membership fees and the comment: "...BCU membership remains excellent value for money and you can rest assured that we will do everything possible to continue and develop the package". Great! Unfortunately, nowhere in the issue of Focus is it spelt out what that package consists of. "Look what benefits you get!" I should appear prominently in every issue, its called advertising! On a positive note, I am over the moon about the leaflet 'An Access Campaign'. I can at last look the whingers in the eye and say that we in the BCU are at last doing something about the real access problem. Also congratulations on the steady improvements in Focus. The last issue was interesting, informative and colourful, the sort of mag I'd buy even if it were not part of the membership package!

Franco Ferrero, BCU Coach, Outraged of Mynedd Llandegai



trywern

Dear Focus:

I am writing with comments regarding the new 'improvements to the Tryweryn'. Whilst I appreciate the need to prevent erosion, and to increase the depth of flow in certain parts, the treatment of the stopper below the Stone Bridge known, I believe, as Miss Davies' fall, gives serious cause for concern. The latest 'improvement' involves filling in the stopper completely removing all the challenge. When I asked why this was done, I was told that 'canoeists' are being sucked back into it. There's no denying that stopper is not a pleasant place to be, but, treated with care I believe it could always be shot on the right, even in a rotobat. It seems illogical to me to make rivers easy - no one would dream of filling in the Grand Canyon so Joe Bloggs could paddle it safely. Will Chapel Falls be filled in next? People on the Tryweryn should provide their own safety cover, portage, or accept the consequences of a mistake. Don't spoil it for all the slalomists and playboaters who regard it as a challenge - and respect it.

Nicholas Mawer,
Surrey

PS I very much look forward to the destruction of the Culvert Bridge!

The temporary infill on Fedwrgog was actioned to prevent serious injury or worse to all (even experienced) boaters. It was not just a challenge, it was dangerous and holding swimmers, very serious cause for concern! Work continues.

Editor



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Members classified

British Canoe Union Members are entitled to advertise small sales and wants on this page free of charge. Please send your copy and quote your membership number. The Copy date for the December issue is Oct 24 1992.

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Gaybo savage white water racing kayak. Full kevlar, GC £170. P & H image slalom kayak, full kevlar, £100. Tel: S Smith 0602 862969

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Gaybo Cudamax slalom C1 metallic blue with red seams, half kevlar, excellent condition, hardly used £195. Polo boat, arrowcraft dash, blue kevlar deck, diolin hull, reinforced ends and sides, GC £150. Also polo blades, straight carbon shaft £40. Tel: P Bromwich 0527 853303

Gaybo duo slalom C2, all kevlar, excellent condition (hardly used), back left, grey deck and natural hull £400. Tel: A Clough 0509 843453

Junior wetsuit long john style for height 4'3" to 4'7", chest 26", 1/leg 22", (eg 9-13 year old) GC £25. Prijon T slalom with neoprene spraydeck GC £270. Tel: R L Sears 081 464 3512

Prijon T canyon decklines and deck mounted and tow line £250. Tel: Tim 0532 788925

Prijon T canyon, schlegel paddle, yak deck £220 or will split. Tel: 0782 787153

Two Mi 335 sport GC both for £320 ONO or £175 each. Tel: C Aldridge 0780 53833 after 7.30pm

1992 new magic HV carbon construction in clear gel, GC, no repairs with badger foot rests, 1 inch kevlar seam, half a season's use. Complete with boat bag. £450 ono. Contact 0203 638286

WANTED

Avoncraft Lance any construction considered. Tel: M Hooker 0676 23534

BCU approved buoyancy aids. Tel: D Hart 0283 820502

K2 required. Planning on using this for 1993 DW. Spraydecks welcome. Tel: Rob 0792 872137 Old training bats not over £15.

Tel: K Greenwood 0705 582175

Aeroquatic MK1 or MK2, GC. Tel: S Forrest 0252 617111

Old sea kayak, any condition or make considered, preferably water tight, will collect. Tel: G Britt 0628 525387

Prijon T canyon, GC, junction 25, M25. Tel: 0992 38317

FOUND

One paddle at Chester Weir on 29 July. Tel: J Prichard 0270 627476

Wild Water Racer on River Trent in May, owner to identify. Tel: Chris 0602 375221

ACCOMMODATION

Fort William self catering flat (six bunks). Ideal location for Scotlands west coast rivers. Run by members of the coaching scheme. Instruction and advice available. Contact: Alan or Sue Kimber 0397 772 726

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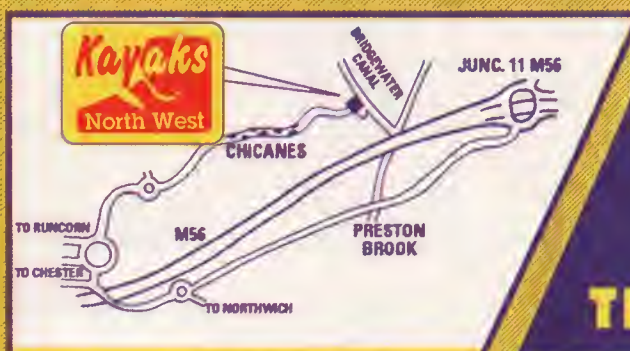
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Paddlers gear

In Paddlers Gear New equipment is reviewed and tested by paddlers for paddlers. The views are informed collected from a variety of canoeists but subjective and not an official BCU recommendation of any kind, nor is any BCU approval implied.

Trade news in brief

METFAX marine

METFAX marine is like Marine Call but has charts as well as text. The index is on 0336 400401. A free laminated Index card can be obtained on request from 0344 854018.

Plastimo UK

Plastimo UK Ltd (Old Town Canoes) are the latest trader to join and support the BCU instant membership scheme. They are now at School Lane, Chandlers Ford Industrial Estate, Eastleigh, Hampshire SO5 3DG.

Patagonia

Patagonia have produced their new Autumn/Winter catalogue and in keeping with past efforts it is a collectors item. This year a whole section is devoted to the environmental aspect of their business and wider green planetary issues. Well worth a look and a good enough read to merit mention on the FOCUS book review page! Get it from Patagonia 071 924 2155.

Nookie

Nookie have entered the spray-deck market with a number of neoprene models, the Classic at £49.95, the Extreme at £59.95 and the Safety deck for GRP cockpits for easy escape from Plastic boats.



There are twin tube variants of the above designs and a specialised Squirt Skirt design.



The Polar Sport Tester Heart Rate Monitor

By Alan Tordoff

With the increase in knowledge about the body and how its energy systems work, training has become much more structured. An athlete can focus their training to anaerobic. The question for the athletes is how do they know which system is being trained.

The answer lies with heart rate monitoring. Above a particular heart rate, which is different for each individual, it is known that you are working anaerobically. By using the POLAR sport tester heart rate monitor the level of effort can be carefully controlled.

The POLAR sport tester consists of a comfortable chest strap, with ECG sensors, heart rate data is transmitted to a receiver which is in the form of a wrist watch. The receiver displays the users heart rate, which is constantly updated.

The sport tester allows upper

and lower heart rate limits to be pre-set, causing an audible alarm to signal when the user's heart rate is outside the pre-set limits, so allowing the training effort to be targeted. The POLAR sport tester has all the normal features of a water-proof watch, stop watch, splits and timer alarms.

A complete training session can be monitored and then the memory recall the information later, in fact up to 8 training files can be stored at anyone time.

The training files can be replayed manually on the receiver or alternatively the POLAR sport tester has the capability to down load the data/information onto a computer allowing further analysis, using graphs and charts.

With all of this information available, long term progress can be monitored. Training can be more accurately targeted

making training time more efficient, specific and effective. The POLAR sport tester helps keep training under control.

Further details of the full range of POLAR heart rate monitors are available from: **Bodycare Products Ltd, 57 Fieldgate Lane, Kenilworth, Warks CV8 1BT. Tel: 0926 50935 Fax 0926 50936**

Discussions are taking place between Polar and BCU HQ on the possibility of downloading data from paddler watches at HQ Nottingham and other sites, providing hard copy printouts at the training site. With the addition of a mobile unit for laptop use at events and training camps this arrangement would be a really useful facility and perk of membership for the competition paddler.



Instructor Crib Cards

Bill Lodge has revamped the Kayak/Open Canoe crib cards taking wider advice, particularly on strokes for open boat. Aimed particularly at newcomers to teaching they are waterproof and a handy pocket size. Although perhaps a little too prescriptive for some, many will find them a useful aide memoire or a catalyst to formulating their own ideas on teaching the basics. Combined with the BCU handbook, the basic strokes video, and some experience with real beginners on the water they are good starting point. Retail £5.95 per set. Available from BCU Supplies, BCU Coaching, or from Bill Lodge, 38 Beechwood Avenue, Mirfield, West Yorkshire. WF14 9LG.



Dawson Canoe systems



Dawson Canoe systems new canoeing helmet is the latest to pass the BCU approved test. It is designed for general recreational and slalom usage. It is adjustable and padded and the result of a collaboration with a leading climbing helmet manufacturer.



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MOUNTAIN



Designed for adventurers, Mountain Bat is a fast-turning but safe and secure kayak for any sporting scenario, from white water to surfing. The first thing you'll notice about the Mountain Bat is its basic stability - it offers a platform very few boats can equal. Paddling along, its volume and hydrodynamically profiled bow ensures a smoothness that, once experienced, could prove addictive. The new deck layout gives more leg room. Taller paddlers will be able to exit the boat easily. The increased 'V' in the rear deck will improve water shedding particularly in reverse manoeuvres. Enthused over by newcomers to "playing the river" and seasoned expedition veterans alike. The Mountain Bat lets you paddle with panache.



Pyranha Mouldings Limited, Marina Village, Preston Brook, Runcorn, Cheshire WA7 3DW.
Tel: (0928) 716666: Fax: (0928) 714399

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