

Canoe focus

No 94. APRIL 1995

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Canoe Focus

The official magazine of the
British Canoe Union
John Dudderidge House,
Adbolton Lane,
West Bridgford,
Notts NG2 5AS
Tel: (0115) 9821100
Fax: (0115) 9821797
ISBN 0953-010X

**BCU Enquiries &
Editorial to**
above address

Director
Paul Owen

Editor
Kevin Danforth

**Publishing
Contractors**
RMG Publishing
Raven Marketing Group
New Road, St. Ives,
Cams. PE17 4BG
Tel: (01480) 496130
Fax: (01480) 495514

Advertising Sales
Dean Coulter

Printed by
Southern Print, Poole, Dorset.

Colour Repro by
RMG & SRS, New Road, St.
Ives, Cams

Magazine Designer
Peter Tranter - RMG

**Typesetting and
Page Make-up by**
RMG Design, St. Ives, Cams.

**Annual
Subscription Rate**
UK inland: £13.50.
Overseas: £18.

Supplied to BCU members -
adults: £15 basic,
£25.50 comprehensive;
under 18's: £9.00 basic
£15.00 comprehensive.

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Contents

comment: from HQ page 5

noticeboard: page 6

What's On: page 15

feature: Isle of Mull page 14

The charm of saltwater Scotland



yakety yak: letters page page 19

kids page: page 20

Paddle parenting and team games.

favourite paddle: page 22

BCU Coach Dave Grant reveals his!

dub page: Salisbury CC page 25

comp focus: slalom at ICE page 26



Slalom at ICE + Polo and Placid Water
at ICE

access: page 31

NRA Licence and new agreements

yakety yak: more letters page 33

feature: peru page 36

Peru, paddles and parrots



paddlers gear: page 41

top tips: paddles and injuries pt 2 page 48

book & Video: page 50

Your contributions make Focus happen. The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers. Please don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers.

Technical Information. Contributions are acceptable in clear handwriting or typed (double spaced). PC disks (3.5 or 5.25) can be read from most Word Processing programmes especially if saved as an ASCII file. Macintosh Files saved as DOS or ASCII can also be scanned. Photographic images are preferred on transparencies (colour slide). Artwork and line drawings should be clear and large. All material is accepted on the understanding that the BCU and it's agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. A help sheet is available for potential contributors. Please send a SAE to the Editor.

The next Copy date is the 20th APRIL 1995. Material arriving at FOCUS after this date cannot be included in the JUNE issue.

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Comment



1996 Olympic Games Atlanta - USA

! Sports World Travel have been appointed the official Ticket and Tour Operator for the Olympic Games. As both the Sprint Racing and Canoe Slalom competitions are being held in what are termed "Outlying Venues" Sports World are trying to gauge the requirements of the two sections, both the demand for tickets, and any accommodation packages. One of the problems of these Olympic Games is the organisers insistence that accommodation is booked in 18 day blocks. In the case of Sprint Racing which is taking place at Lake Lanier the same venue as Rowing it may be possible for Sports World to organise a joint package with the rowing enthusiasts using accommodation in the first week and the canoeing supporters in the second. With regard to the Slalom competitions they are seeking accommodation in Tennessee. I would be interested to hear views with regard to the following questions.

- Do we just require tickets only, with visitors making their own travel arrangements?
- Do we require event specific packages?
- Will visitors to the Canoe Slalom also wish to see the Sprint Racing?
- Will visitors to the Sprint Racing also wish to see the Slalom events?
- How much of the other sports will canoeing visitors want to see?

Please send your comments to me at the BCU office.

Equal Opportunities Draft Policy Statement

BCU Council has agreed an "Equal Opportunities Draft Policy Statement" reproduced below for your comment.

The statement has been produced after consultation within the BCU's committee structure and we are aware that there may be some canoeing and sporting groups who have not yet found a way of making their voices heard. We are keen to establish a full dialogue and if you have any experience or views please write to the Chief Executive C/O the BCU Office.

1. The Policy

1.1 It is the aim of the BCU Policy to ensure that people from all sections of the community have genuinely equal opportunities to participate in canoeing at all levels. The BCU will take all appropriate and reasonable steps to remove barriers and obstacles to such equal opportunities.

1.2 The BCU is committed to the provision of high quality services and activities in a way which is fair to everyone. The BCU will continue to play an active role in canoeing and sport generally and in the promotion of equal opportunities policies and practices.

1.3 The BCU will ensure that all present and potential members/employees receive equally favourable treatment, on their merits, irrespective of their age, colour, disability, ethnic origin, race, sexual orientation or gender.

1.4 In terms of activities, employment and service delivery, the BCU will not disadvantage any person by conditions or requirements, which can not be justified.

2. Implementation

2.1 In pursuance of its Equal Opportunities Policy, the BCU will continue to support positive action schemes for those sections of the community and its workforce, where groups are under-represented in aspects of the sport of canoeing or its organisational levels.

2.2 The BCU Council will monitor the policy to ensure that it is implemented and meets the needs of all sections of the community.

3. Issuing of the statement

3.1 The statement is being issued to ensure that all members are aware of the "BCU's Equal Opportunities Draft Policy Statement" and the steps being taken by the BCU to monitor and review it. It is vital that all members/employees have a responsibility and a role to play in the promotion of equal opportunities.

Financing Your Project

The National Lottery, The Foundation for Sport and the Arts and Sports Match are all providing financial support for important projects in sport. Canoeing has benefited from all of these sources of funding and further details on how to apply for these types of funding can be obtained from:

The National Lottery, c/o The Sports Council, 16 Upper Woburn Place, London WC1H 0QP

The Foundation for Sports and the Arts, Unit 19, Faraday Road, Wavertree Technology Park, Liverpool L13 1EH

Sportsmatch Scheme Manager, Francis House, Francis Street, London SW1P 1DE

Sponsorship

Some areas of canoeing are attracting sponsorship from major companies outside the canoe trade, which is a positive development. Our sport is seen to be clean, green and attractive to participate in. We have been saying this for years, and now the advertising agencies also see canoeists as good role models of people leading positive lives. I am sure the increased interest of sponsors will be beneficial to all involved.

The BCU Rodeo committee has recently signed a sponsorship deal with Morgan Furze/Cuervo Tequila which ensures that the domestic series of competitions will continue to develop and that the growing numbers of participants are catered for.

Slalomist Helen Barnes is now sponsored by Citroen Cars and at the International Canoe Exhibition managed to break the World Record for 100 eskimo rolls. This will also be shown on national TV. Happy Paddler, happy sponsor....

International Canoe Exhibition

The Canoe Exhibition was attended by just over seven thousand paying visitors. This figure is slightly down on previous years and the overall impression is that the Crystal Palace exhibition, whilst a much loved event and institution, is not growing at the same rate as our sport. There are many theories and alternatives being put forward and all are being listened to.

- What do you think?
- Would a change of venue help?
- Do we need more attractions?
- Do we need pool competitions?
- What would you like to see at the largest canoe show in Britain? Your feedback on any aspect of the Canoe Exhibition would be most welcome.

Trevor Bailey Award

Congratulations to Rosemary Preece of Worcester Canoe Club who is this year's recipient of the Trevor Bailey Award for Endeavour.

Pollution

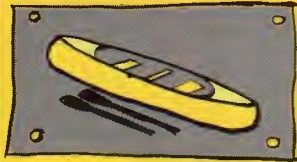
The artificial white water course at Nottingham has been closed on occasions recently. This is possibly due to high flood conditions causing unusually high bacterial levels in the River Trent. There has been sickness amongst some groups using the course and the BCU although not the operators of the course are extremely concerned at the ongoing situation. The National Water Sports Centre are fully monitoring the bacteria level on a daily basis and members are requested to take note of the information issued at Slalom control. It is suggested that those travelling long distances telephone before making the journey. When you visit the course you will be asked to take part in a water quality survey being conducted by Queens Medical Centre. This survey is important and will provide vital data on the scale of the problem.

There has been some criticism that the BCU has not banned under 18's from the course. We are monitoring the situation carefully and if there is a proven long term problem with pollution at normal river levels, appropriate action will be taken. At this point in time it would appear that there is no urgent need to ban users.

And finally...

It would be appreciated if you could mention your membership number when telephoning or leaving messages on the BCU answer phone. It really does help us identify which John or Jane Smith didn't receive their Canoe Focus.

**Paul Owen,
Chief Executive**



Notice board

Activity Holiday Association Takes Initiative on Safety

The British Activity Holiday Association (BAHA), which includes Pontons, Rank STS and PGL Adventure among its members, has committed itself to a new safety initiative at private outdoor activity centres in 1995. BAHA has been contributing to national safety talks at the Activity Centre Advisory Committee (ACAC) for two years now, but lack of government action on legislation and funding seems likely to prevent the general implementation of the scheme as anticipated.

The BAHA committee has confirmed its determination not to let the initiative lapse and will implement the ACAC Code of Practice and associated recommendations for the instruction and supervision of individual activities at member centres in 1995. BAHA centres will be covering the costs involved themselves. This decision by the Association follows the completion of the trial into the Lyme Bay canoeing tragedy and, in the absence of legislation, goes a considerable way to meeting the views outlined by the trial judge.

"After all the work that has gone into the ACAC initiative, we wanted to ensure that parents, teachers and youngsters are able to benefit straight away", said Martin Hudson, BAHA Chairman. "We will be using trained and qualified, independent inspectors to ensure that standards are met".

The BAHA believes it is also essential for LEA and voluntary centres to comply with calls for independent inspection rather than self-accreditation.

The British Activity Holiday Association was the first organisation to set operating standards for outdoor activity centres in the private sector and was invited to join ACAC discussions when the Committee was formed by the English Tourist Board in January 1993.

For Further Information please contact: Ron Dyson or Jane Davey, MCCann PR, 6 King Street, Bristol, BS1 4EQ Tel: 01272 298500

The Worlds Toughest Canoe Race

John Mark Harras would like to extend an invitation to members of your clubs to participate in a truly unique event - the world's toughest canoe race! The race is the Texas Water Safari. It is 260 miles long and is run in single stage, meaning paddling day and night. Most racers complete the course in 48-75 hours. (Actually most racers do not complete the course at all, those that do generally finish in 48-75 hours) The cut-off point is 100 hours and the record time is 31:25 which was set in flood water year.

Canoeing is not a sponsored sport in Texas so entrants would have to pay their own way to the state, and bring money for some gear and incidentals. The members of the Texas canoeing community can offer free entry in the race, race boats, river shuttles and bank support for the race itself.

One of the tougher aspects of the race is that the bank runner, known as the team captain can only provide information,

advice and water. The team itself can receive no help from outside sources, and must carry all items of food, repair and clothing with them. Another difficulty is that the Texas weather can be quite unpleasant in June, with temperatures in the low 100's and snakes, fire ants and mosquitoes aplenty, not to forget alligators in the lower course.

The race starts at Aquarena Springs in San Marcos, which is just south of the state capital of Austin, the race runs down the San Marcos river to the Guadalupe at mile 83. The rest of the race is on the relatively flat Gaudalupe, until mile 255, where the racers must cross an open bay to reach the finish line at the coastal town of Seadrift. There is a little white water, mostly on the first day and all technical but not too demanding.

For details and race entries contact: John Mark Harras, 7900 Cambridge Drive No 29-1F, Houston, Texas 77054. Tel: (713) 790 1610

Paddlers International

Due to ill health Pete Salisbury has been forced to relinquish the running of Paddlers International, and also publication of Paddlers World. Pete has kindly transferred all his files to Peter Clark, so that he can ensure both the club and the publication continue. I hope that you will support Paddlers International by renewing your subscription now. The subscriptions remain at £6.00 for UK members and £7.00 (sterling) for overseas members.

Hopefully paddlers will forward any reports on tours, and snippets of information suitable for publication in Paddlers World. It is hoped that enough material will be gathered to publish a quarterly issue of Paddlers World. Well, one could say there are not too many changes, except for the bod running things. He will not try to emulate Pete because he is unique; he has amassed a considerable amount of useful infor-

mation during eighteen years of operation. Few if anyone can claim to hold that kind of information in their head. I am sure you will wish Pete a speedy recovery.

Peter Clark:
Secretary (Paddlers International)
8 Wiltshire Avenue,
Hornchurch, Essex,
RM11 3DX
Tel/Fax: 01708 450596

YUKON Paddlers needed



Paul Venton is looking for two open boaters to join his team who are paddling the Yukon river for the Leukaemia Research Fund. If you fancy 2,300 miles of paddling for a worthy cause give Paul a ring on 0272 685641.

Rock and Rapids

Rock and Rapids - the South West's latest independent specialist outdoor equipment suppliers - will be opening the doors of a brand new shop in Plymouth on Saturday 11 March 1995. This new 'Climbing and Canoeing' shop will be staffed by a team of local experts who will be on hand to advise on an extensive range of outdoor pursuits and specialist equipment. Located on the edge of Plymouth City Centre the new shop will provide easy access and customer parking together with a friendly, relaxed atmosphere. The Rock and Rapids team look forward to welcoming fellow enthusiasts, even just 'popping in for coffee and a chat', to discuss the latest equipment on show, or to recount recent paddling adventures.

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The use of the 'Polar' Heart Rate Monitor by top canoeists as an aid to training has been on the increase in recent years. Throughout the training year canoe slalomists need to develop their aerobic system. During the winter months this work is carried out below the aerobic threshold heart rate to increase aerobic capacity. In the competition season a maintenance programme is followed with shorter periods of work carried out at the threshold level. (The threshold is the point at which the anaerobic system becomes dominant over the aerobic system).

The 'Polar Sports Tester' heart rate monitor allows an athlete to monitor this heart rate constantly during a session and adjust work loads accordingly. Information gained by the use of the 'Polar Sports Tester' allows an athlete to target his training so

that both efficiency of training time and effectiveness of the training routine are maximised. It is also a valuable tool in identifying over training or illness through lower heart rates being observed in the former and higher rates in the later.

The added benefit of the 'tester' over the more simple and basic polar models is the facility to download information to a p.c and get instant feedback in the form of graphs so that comparison between sessions can take place. A download facility has kindly been provided by Leisure Systems International and is situated at BCU Headquarters.

Lynn Simpson

The downloading facility is available to anyone with a 'Sports Tester' during office hours 8.30-4.30 Mon-Thur, 8.30-4.00 Fri.

Normally the 'Sports Tester' will have to be left at the office for the minimum of one hour or the maximum of one day, depending on workloads in the BCU office. A 'Sports Tester' watch is available for use by "Squad Coaches" from the BCU Office on a daily basis.

The BCU South West Development Plan for 1995 to 1997

The next three year plan for the Region has now been completed and a copy has been circulated to all BCUSW officers and representatives, as well as to all affiliated clubs and organisations. Further, copies have been sent to Local Authorities, Playing Field Associations, Water Authorities and Organisations for the Disabled.

If you would like a copy, please send a cheque payable to the BCU South West Regional Committee for £1.50 to cover post and packing. Don't forget to include your address. (Send to Terry Cripps, Chairman BCUSW, address in BCU Yearbook)

FOUNDATION FOR SPORT AND THE ARTS Grants and Beneficiaries - Winter 1994-95



DYFFRYN CONWY PADDLERS - £8,000

Provision of storage area for canoes; purchase of further canoes and ancillary equipment.

LLANGFNI SCOUT TROOP - £6,000

Purchase of canoes and associated equipment to enable a canoeing activities programme to be developed.

BATH CANOE CLUB - £15,000

To assist with the provision of toilet, shower and changing facilities, improved access to the river and improving the car parking area.

LLANDYSUL PADDLERS - £40,000

To meet the current shortfall in the funding of purchase and conversion of properties for the creation of a Canoe Centre in South Wales. Total for canoeing, four grants - £69,000.

Sports Aid Foundation

Paul Darby-Dowman



Walton on Thames canoeist, Paul Darby-Dowman, is to receive a £500 Mercury Asset Management Sports Award under a scheme administered by the Sports Aid Foundation (SAF). The grant has been awarded to seventeen year old Paul in recognition of his achievements to date and will provide a contribution to his training and competition expenses for the forthcoming year.

Paul was a finalist at the Junior World Cup at the age of 16 and proved this wasn't an isolated result by taking several other top 9 placings in major Junior International's during the 1994 season. At the Bochum International he achieved 6th place in the K4 500 event and was promoted to the elite senior class shortly afterwards. A student at Esher College, Paul has won over 20 National Championship medals since 1989 and looks a good prospect for the World Junior Sprint Championships in Japan in July 1995.

Diane Woods

Eighteen year old Diane Woods from Rugby is also to receive a £500 Mercury Asset Management Sports Award. The grant has been awarded to Diane in recognition of her achievements to date and will provide a contribution to her training and competition expenses for the forthcoming year.

Whilst still a junior, Diane is rapidly growing into a slalom canoeist of great maturity. Placed 9th in the ladies K1 discipline at the 1993 pre-World Junior Championships, Diane was delighted at winning the silver medal in the same event at the '94 Worlds. The Rugby High School for Girls student is ranked number 1 junior in the UK and number 2 in the World and she will face a difficult task juggling 'A' level studies with her canoe slalom pursuits in 1995.

The Mercury Asset Management Sports Awards were introduced in 1994 and will provide £30,000 to assist a large number of young sports people during the first year of operation.

Sports Aid Foundation is an independent organisation which awards grants to talented able bodied and disabled British competitors who need financial assistance to fulfil their potential. Support is given to over 2500 individuals a year across a range of 50 different sports.

Obituaries

Pete Shaw

It is with a sense of deep personal loss that I report the sudden and tragic death of my brother Peter Shaw. Pete had been a canoeist from an early age, representing Britain in the Junior Slalom Squad. Through the years he remained active in slalom paddling for Carlisle Canoe Club and UMIST/Manchester University.

He will be remembered by fellow canoeists at Manchester University as someone who did not appear to be directly organising things. But as someone who was always helping in the background, someone who could be counted upon when needed. Pete was equally at home playing canoe polo, surfing at Hells Mouth, paddling white water at home and abroad, or taking beginners to their first slalom.

Pete will be sadly missed by all who knew him. He will be remembered for his quiet, unassuming good nature which often had a strong drive and determination. He will be remembered by many, not least for the respect he commanded on the waves.

Robert Shaw

Carl Hind

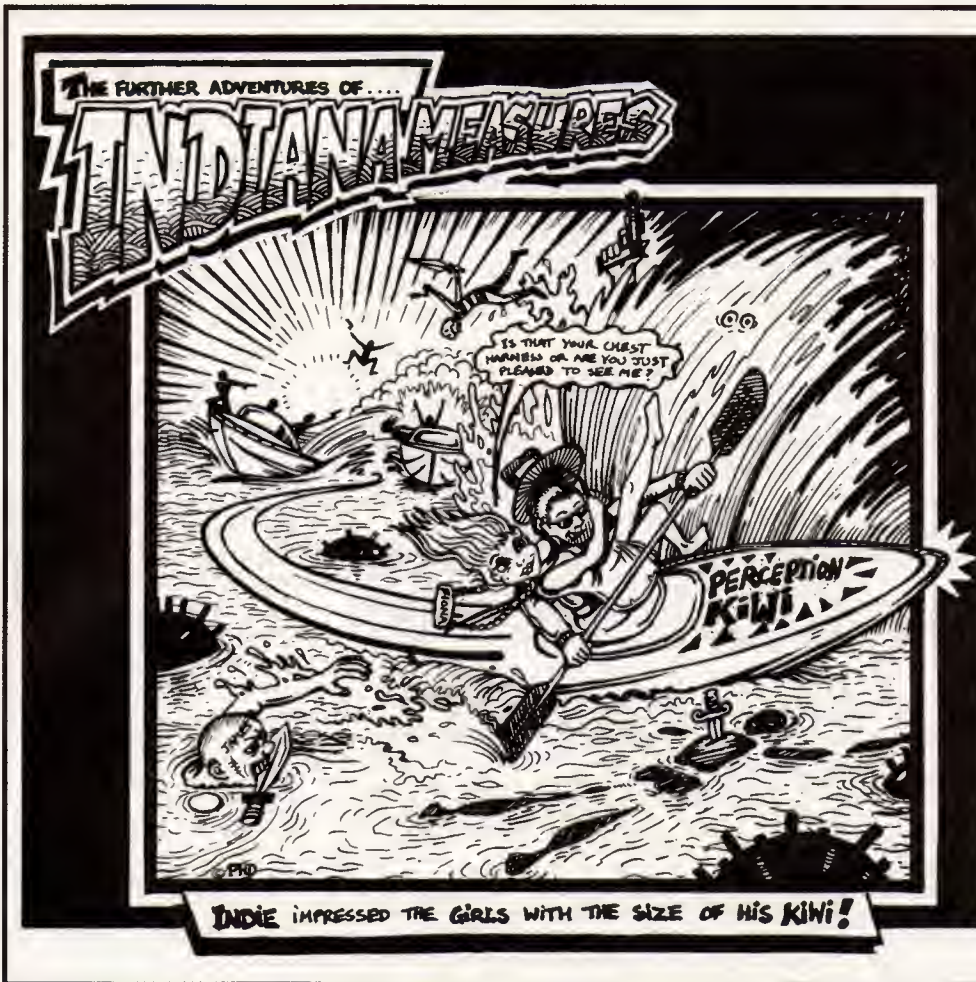
Carl Hind, one of the founder members of "Draycott Canoe Club", passed away unexpectedly on 16th January 1995 aged 54.

Carl would come canoeing and, with his wonderful sense of humour and mischievousness would have everyone around in hysterics.

He was a friend to both the young canoeists in the club and their worried mums and dads and was canoeing with the club a week before his tragic death.

Carl entered many competitions in canoeing magazines and won. He also wrote very jovial articles for the same magazines.

Carl Hind was a most wonderful man will be greatly missed; a huge loss to his family, friends and canoeing.



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NEW

Wild Water Racing Coaching

If you or your club are interested in learning more about Wild Water Racing or you want to improve or refine your racing skills Andy Parry the National Wild Water Racing Development Coach would like to hear from you.

Coaching can be offered to clubs or to individuals of any standard during the week or at weekends.

Courses for clubs etc. can be organised on any stretch of water, flat or rough. Courses can be tailored to the needs of any group of paddlers, beginners or the more experienced. Coaching sessions on the water could include sessions on boat control, forward paddling technique, white water techniques, team races etc. Wavehoppers can be provided for those who do not have access to Wild Water Kayaks. Coaching in

Canoes can also be given if required.

More in depth coaching can be offered to small groups or individuals. Coaching can be offered in any part of the country for any length of time. However accommodation and coaching can be provided in the Lancaster area where good white water facilities are available. Coaching at various Wild Water Races throughout the country can also be arranged.

To discuss any ideas that you have please contact:

Andy Parry,
3 Beechmount Cottages, Mount Pleasant Terrace, High Bentham, Lancaster LA2 7LB
Tel: 0154242 62680

The Universal Licence in the South West

When the BWB Licence was included in the BCU membership package, many SW members felt aggrieved that they were losing out since there are few BWB waters in the SW. This situation has not improved as other stretches of water have subsequently been added.

The BCUSW Regional Committee have decided to start to compile details of waters in the SW where paddlers are being charged to paddle, to see whether we have a case for lobbying for

inclusion in the Universal Licence fee. The Dart Estuary and the Salcombe Estuary, for example, currently attract charges.

If you know of other areas in the SW where paddlers are charged, please write to Dennis Walls, BCUSW Secretary with details. (address in BCU Yearbook)

Surfing in the South West

Surfers - please note, there are possible access problems at Croyde Bay at time of going to press. this beach is private and for reasons unknown at the

moment the owner is denying surf canoeists access to the water across his beach.

Future BCUSW Regional Meetings
7th April

Bryanston School, Blandford, Dorset.

21st July

Exeter Canoe Club

13th October

Taunton Canoe Club

24th November

Annual General Meeting - venue to be decided.

Water Quality at Holme Pierrepont Slalom Course *The Position So Far*

Following the widely reported cases of gastro-enteritis by users of the Slalom course last autumn, no further occurrences have been reported to the National Water Sports Centre Management.

On 15 November 1995 a meeting was called with representatives of the following bodies: The National Rivers Authority, Environmental Health Office, Queen's Medical Centre University Hospital, Public Health Authority and the National Water Sports Centre.

Following that meeting a decision was made to keep the Slalom Course open to the general public, on the understanding that the management of the National Water Sports Centre undertake a risk assessment of that part of the River Trent used by the Slalom Course.

The water quality survey has started and is being carried out by Dr Keith Neal of the Queen's Medical Centre University Hospital, in conjunction with the Public Health Office who will be taking the water samples. This survey is being funded by the Sports Council.

It is envisaged that the survey will take approximately one year to complete, although no time limit has been attached to the survey. Once completed the results and recommendations will be published.

Until the survey is completed the National Water Sports Centre will be monitoring the quality of the water on a daily basis. If the water, in our opinion, is high in bacteria we will close the Slalom Course. However, closure of the course will be for as short a time as possible.

The Facilities Manager at the National Water Sports Centre will be available to discuss this issue with anyone who requires reassurance on the risks involved in using the Slalom Course.

We ask all potential users to telephone before travelling, to check the Slalom Course is open, and on arrival to pick up our "Important Notice to Water Users" leaflet. If, after using the Slalom Course, you unfortunately fall ill and feel this could be attributed to the River Trent water at the Slalom Course, please inform the National Water Sports Centre immediately.

Please take part in our water survey.

Brian Pluckrose
Facilities Manager,
National Water Sports Centre

Seebord Sponsors Sprinter

Olympic paddler Hilary Dresser will be sponsored by Seebord, the regional electricity company serving the south east of England. Hilary will work for the company until 1996 as an internal consultant on its employee sport and fitness programme. The company will offer her a challenging work opportunity and be flexible enough to allow her the time she needs for training and competing in her preparation for the 1996 Olympics on Atlanta.



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NATIONAL CANOEING EXHIBITION

People at the Palace

(Crystal Palace that is !!....)



Trevor Bailey Award

Rosemary Preece (centre), of Worcester Canoe Club receives the Trevor Bailey Award from Margaret and Simon Bailey. She is seen here pictured with her family.

BCU Award of Merit to POLO trio

Phil Bennet, Marianne Spender and Curly Barker receiving their Awards of Merit for services to canoe polo: in particular for their efforts in running last years World Championships at Sheffield.



Helen Barnes breaks world record at ICE

A new world record was established at the Exhibition at Crystal Palace. Live at the show on February 18 Helen, won herself a place in the Guinness Book of records for completing 100 Eskimo rolls in 3 minutes 44.7 seconds. This was within sight of breaking the men's record of 3m 43secs!

Support for Helen, both for the record attempt and for her 1995 slalom season comes from Citroen UK who provide financial support and a ZX car to get her and her equipment to events around the country.



Perception Kayaks sponsor BCU expeditions

Perception kayaks have agreed to sponsor the BCU Expeditions committee, whose work ensures that our paddlers are continually paddling in new and interesting places. Our photo shows the all important hand-over of the cheque for £2000. Graham Goldsmith of Perception on the right and Richard Fox hand over the readies to Albert Woods, BCU President and Pete (Slime) Knowles.



English regions win Best Stand Trophy

John Gregson, Phil and Debbie Ludlow show off the trophy awarded to the best stand at the International Canoe Exhibition. The all new English Regions stand was supplied, along with a great deal of help, by Boldlook Limited, of Cheshire.

Strand Touring Awards at ICE

George and Shiela Skinner of the Strand Canoe Centre at Plymouth congratulate Donald Bean MBE on winning the Strand Touring Award Prize Canoe and two certificates.

George and Shiela Skinner of the Strand Canoe Centre congratulate Dave Bateman of the Ackers Trust on retaining the Strand Touring Award trophy.

If you would like to find out more about the Strand Award scheme, apply to the scheme administrator for free posters, rule leaflets and

club entry forms, contact Mike Hubbard, 78, Derrydown Road, Birmingham B42 1RT. Log books for recording your mileage can also be obtained from the same source at £2.50 plus a SAE (discount is given for bulk purchase to Clubs and Activity Centres).



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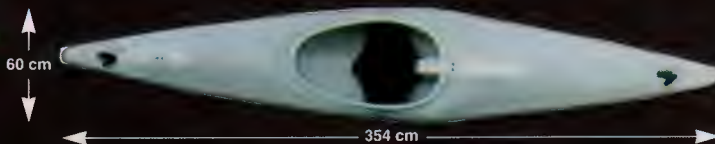


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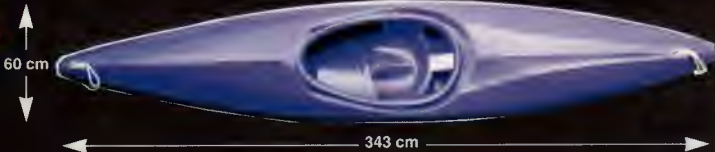
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What's On? *Diary*

Wild Water Racing World Championships 26th - 28th August 1995

Wild Water Racing is a test of competitor, craft, skill and courage against the river and the clock. This exhilarating and spectacular sport is contested on different rivers around the world by many nations and has its World Championship every two years. Competitors start at minute intervals and the winner is the competitor with the shortest lapsed time to complete the course. The anticipated winning time for this year will be under twenty five minutes.

The Welsh Canoeing Association is proud to host this event, which is being held on the Afon Tryweryn for the second time in 14 years. The last occasion that this premier event was held in Wales was back in 1981. In August 1994 the dress rehearsals were held at Bala in the form of two World Cup Races, including the final. These were attended by more than 20 national teams from 5 continents.

The World Championships programme commences on Wednesday 23rd August with an opening ceremony in Bala. The competition takes place over the August Bank Holiday period of the 26th, 27th and 28th of August. The organisers are very fortunate in having secured Royal Patronage from HRH Princess Anne, the Princess Royal.

The course for the Championships is a very testing 4.5 mile time trial down the length of the River Tryweryn. Tricky rapids and falls with names such as 'The Graveyard', 'Ski Slope', 'Chapel Falls' and 'Bala Mill Falls' search out the skill and nerve of these world class competitors. With only one competition to count, there is no room for error or complacency, on or off the river.

Make the Summer of '95 one to remember and witness this sport performed at the highest level by the best in the world. Spectators are welcome on every day.

Programme of Events

Monday 21 August	Practice
Tuesday 22 August	Practice
Wednesday 23 August	Practice and Opening Ceremony
Thursday 24 August	Non-stop practice - All Classes
Friday 25 August	Practice
Saturday 26 August	World Championships Single Canoe (C1), and Women's Kayak (K1W)
Sunday 27 August	World Championships Double Canoe (C2) and Men's Kayak (K1M)
Monday 29 August	World Championships Team Event, All Classes.

The BCU Lifeguards Annual Convention

Is to be held at Dinton Pastures Country Park, Wokingham, April 22-23rd 1995. Activities will include all aspects of lifeguarding and lifesaving, including resuscitation, first aid, kayak/canoe rescue and white water rescue techniques. Assessment for wards ranging from Canoe Lifeguard (inland), Aquatic First Aid including Lifeguard resuscitation (RLSS Life Support 1,2,3) will be available. Finally there will be opportunities for suitably qualified Instructors to be appointed as Canoe Lifeguard Trainers and Lifeguard Examiners. Accommodation options range from camping to full board.

Further details should be requested by March 26th from Simon Blake, 2 Heathcote Close, (Church Path), Ash, Surrey GU12 5BE Tel: 01252 333062

What's on in the South West? BCUSW Canoe and Kayak Rally

Over the weekend of the 15th/16th July, Thamesway Canoe Club will be hosting the SW Region's Canoe and Kayak Rally at the Cotswold Water Park.

Activities will include local river tours, racing events, a Giant Canoe Slalom, low level slalom, Lifeguard demonstrations and training and Saturday evening entertainment. Caravan and camping facilities are available locally, and the event is set in the superb Cotswold countryside.

For further details send a large SAE to: Terry Cripps, 9 Grindal Drive, Grange Park, Swindon, SN5 6HD.

Chester Team Spring Regatta

Chester Sprint Regatta this year takes place on Sunday 18th June. It is hoped that moving the event 2 weeks later in the calendar, thus avoiding a clash with Nottingham will help increase entries.

Chester Regatta, for teams of 4 and individuals, has racing over 500m and 3km, K4s are provided for the team sprint event.

Further information and entry forms can be obtained from Mr D Yates, 68 Station Road, Ashton-in-Makerfield, Wigan, WN4 OSD

West Cornwall Sea Kayak Experience

The West Cornwall Sea Kayak Experience, is a 12 mile sea race around Mount's Bay and including a 4 mile open sea crossing. It takes place at Mounts Bay, Penzance, Cornwall, on Saturday 27th May at 4.00pm.

There are classes for single/double sea kayak, Single/Double G.P./Tourers, Single/Double Racing Surf Skis, plus non-competitive class. There is also a 3 mile fun race around St Michael's Mount, and an Under 12's 'Minnow' Race.

Races start at 4.00pm, entries and scrutineering from 1.00pm - 3.30pm. Refreshments and social evening will take place at Penzance Canoe Club, after the race. Other trips and/or surfing will be arranged for the remainder of the weekend.

Entry Forms (SAE please): Richard Uren, Trescroman, Heamoor, Penzance.

Cheshire Ring Race

The Cheshire Ring Race will be held on the weekend of 1st and 2nd July. The race starts on the Macclesfield Canal and runs anti clockwise around the ring of canals through Manchester and Cheshire to finish some 95 miles and 97 locks later back where you started.

The most popular class is the 5 pair double tourer relay, there are also classes for K1 and K2 relay and non stop.

For information on this small and friendly but challenging race contact: Chris Cleaver, 39 Cavendish Road, Hazel Grove, Stockport, Cheshire, SK7 6HX

Cotswold Canals Challenge

Now in it's fifth year the Challenge is a marathon race from Gloucester to Stroud via the Sharpness and Stroudwater canals. It includes 2 long and several other portages. The main event is over 14.5 miles, but there are shorter courses for other classes.

For further information contact: John or Veronica Westlake, 33 Golden Vale, Churchdown, Gloucester GL3 2LU 01452 531218

ADJ Challenge

The ADJ challenge is four race meetings run as separate events and also as a series competing for individual and team trophies on the Startford Avon at Tewksbury. The races will include 4.75 and 7 mile courses (no portages) to be run on BCU divisional lines. Other classes and a shorter course will aim to introduce paddlers to competition and encourage newcomers.

For further information contact: John or Veronica Westlake, 33 Golden Vale, Churchdown, Gloucester GL3 2LU 01452 531218

Around



After last years Scotland Expedition we all felt in need of another dose of spectacular scenery. If you look on a map of the UK, you might just be able to see Shuna, Luing and Seil, they might even be labelled! Next to them is a huge island that totally dwarfs them. A place so big that it even sticks out on a small map of the UK, MULL, probably the biggest British Isle one could paddle around in a week, unless one paddles very, very fast non stop for seven days and nights that is (And the answer is no, we are not that dedicated!). All the planning that goes into a trip like this is vital and can be fun. Of course the tides, times and stopping points were David's province since he is our expert in these things and is better at pronouncing all those strange place names spelt almost entirely with no vowels. As we counted down the days and months, practised at Rutland, Mersea Island, and on the Crouch, the excitement rose. At last the day came: Boat packing was soon finished and we all set off across the Sound of Mull. After a short stop, on Mull, we set off again and soon the wind got up. We had some fantastic views of the castle at the Oban end of the Sound and a large Cal Mac ferry as we turned the corner to see the Island of Seil where we stopped last year. The days 18 miles passed quickly and we soon arrived at our first nights camp. This place was dully re-named Bivy-Bag-Upon-Sea in honour of the fact that this was for many of us our first night in the wild in a bivy bag.

In the morning we prepared to set off on our longest day of 27 miles. This day saw weather that ranged from mostly dead calm and lovely bright sunshine down to slight seas and overcasts. On our way we saw fantastic scenery that included a large cave, a huge rock arch, basalic columns and a water fall. We also saw several seals. When we sighted our intended campsite we could also see just a little further off a small but much more secluded beach. This beach would save us a good half hour paddle in the morning so we changed course and headed to our new camp. As we approached we found the beach could only be reached by carefully negotiating some rocks but this was no problem. We did wonder though how things would be for launching the next morning. That evening we saw a rare sight, an otter feeding.

Next morning the tide was out, leaving 20 meters of large and very slippery boulders and rocks between us and the sea, so we all became instant rock climber sand carried our very heavy sea canoes towards the nearest bit of water we could find. Eventually after a lot of fast launchings and shifting of boats that involved standing in quite deep water to



allow two boats to load at once we all were afloat and we could at last set off. As we left our sheltered little inlet we were met by some large breakers that we had to paddle through. For safety, David split us up into small groups whose members would paddle close together in case of difficulties. Also each group was to paddle close behind the next in a strict order. This worked well and it was great fun crashing through the big waves. After a short distance we turned a corner and suddenly were in flat water and heading for the sound of Iona.

Dangerous Reputation

This sound has a reputation for being quite dangerous due to large waves that shoot you right down it's length at high speed - a four mile surf was David's description. However, when we got there it was virtually dead calm and we paddled down quite happily till we reached the small ferry port to Iona where we made a short stop. The stop was a brief one and we were soon heading off to clear the Sound of Iona. In the distance we could see Staffa and the black shape of the famous Fingal's Cave. It was a matter of some regret that with the wind being as strong as it had been on our first exposed section that morning, that we could not risk paddling out to the huge cave which you can paddle right into. Staffa has a reputation for being a place you can get on to but have no guarantee of getting off of again. At our next stop we had a look at the map to decide whereto make our next camp. We had a three way choice: paddle several miles up the coast towards Ulva and find a suitable spot; or to paddle a long way up Loch Scridain to our planned camp where we should be okay to cross over the loch in the morning even if the weather was bad; or finally we could again take advantage of the day's reasonable sea state and, as in option one, cross the loch now and find a campsite just inside it's mouth. The last option looked nice but unlikely as it looked to be cliffs all the way. But then as David and I looked at the map I spotted a tiny beach that

Mull



was barely visible on the map. David said this looked well worth trying and we headed off across the loch. When we arrived we found the spot to be excellent with a beach that went well out to sea so there should be no launching problems at low tide, there was a stream and some reasonable and sheltered sleeping spots. We decided to stay! We had a lovely time at this place. Some of us went for a walk to an object that was perched on a small summit part way to the main summit of the hills behind us. It had puzzled John and I from the water and we had to find out what it was. It turned out to be a memorial to a woman called Daisy Cheape who had drowned in this loch almost a hundred years before. This spot, known as Castle Dare, had been her favourite place. It was quite emotive sitting there alone in the almost total silence, broken only by the slight wind and some bird song, looking at a view that save for a few distant telegraph poles and a car on a road you could not quite see on the far side of the loch it could not have been any different from the view she had loved. Although there were other places on our trip that I found more beautiful and breath-taking and that I would very much like to re-visit should I ever return to the waters of Mull, this is one place I should feel compelled to visit again.

Fossilised Tree

In the morning the choice of this place to stop proved itself, as the sand stretched down to the water where just a few rocks were easily negotiated. We soon passed the memorial and left the loch behind us as we paddled along a spectacular line of cliffs that towered above us. On the way along we stared desperately at the cliffs to try and see the best example of a fossilised tree in Scotland. As David said we certainly saw it, it was just that we did not know which bit of the picture we were looking at actually was the tree. We followed the cliffs until we came to a nice sandy beach to stop at. On the way we saw some more caves. After our stop we paddled on just a short distance to our lunch stop opposite Insh Kenneth Island with its famous chapel. Here, at our lunch spot, we examined another touristy thing: The place in question is where there used to be three cottages until one night a large lump of cliff fell off and crashed down squashing one of the cottages and its occupants, the Neighbours hadn't even move the rock. The house next door was for sale and I couldn't help thinking it had probably been that way ever since the unfortunate night! Also at this lunch spot we found ourselves the subject of a photographer who had been commissioned to take pictures of people doing things on and around Mull, so we are probably due to star in the next holiday brochure for

Mull. I do hope he got my best side. From here we set off for the Sound of Ulva which is just a few feet wide and apparently only passable at high water. As we approached the narrows there was a pub and David had to keep us well over the other side as we were all hit with a desperate yearning for a nice cold pint. We passed through the narrows and were greeted with a magical scene with a dead calm sea, sun, and a waterfall. We had a choice of three stopping points all quite close together. One was however within walking distance of the waterfall and when we got there it looked a nice spot to stop, so we did. There was a beautiful plateau just above where we slept; the pictures I took from here are treasured possessions. The sun was strong and the colours it brought out on Ben More, the water, and in the plants and cliffs were fabulous. Later we walked along to the waterfall which was a fantastic sight. That night was the best of the week. We had a wonderful fire and we were all in such a daft mood that the evening just had to be great.

Dead Calm

As we left the next morning it looked like we were in for another dead calm day. The weather forecast was that things should stay just as they had been, the water in the loch was certainly flat. We passed the other potential camps we could have chosen and these helped us decide we had definitely made a good choice in the site we had spent the night at. Gently we paddled on towards the lochs entrance and at first all seemed to confirm another flat water day. Then slowly but surely we began to see some waves ahead. These turned out to be the meeting point of two tide races and once you had managed to turn the 90 degree corner you were soon out of the choppy stuff. However the smooth bit was short lived and the rest of the day was a choppy and bleak but fun. The final event of the day was trying to get off the water at the end of the day. We found what looked a slightly reasonable spot after having half got out a few yards before. The problem was that it was a very steep rock/shingle "beech". David's map had showed just a gap in the cliffs which I had looked forward to as a quite spectacular camp site. Here though, and this was the right place, there was not a proper looking cliff in sight. Except perhaps the beech! Geographically a cliff is anything over 45 degrees so the beach was at least a good impression. Here we discovered a most bizarre sight of a large purple teddy bear in a rather nice Adidas T-shirt stuck up a tree. Weird. We had another nice evening by the fire and some gorgeous sunsets that almost, but not quite, equalled those of last year at Cave Bay on Luings.

And then came the last mornings paddle back to base camp. On reflection this 15 odd miles seemed a short distance. Although several said the passage across the Sound of Mull from Tobamory was most taxing. Tobamory was at the briefest of glances, a nice place, and just outside there was a gorgeous cottage. Our final lunch stop nearly ended in a long walk as the falling water revealed a long almost flat beach which meant something like an inch less water meant a 25m hike with the boats. Our arrival back at base camp was sad but meant a fantastic sense of achievement of having circumnavigated such a huge Island. And now we had to get used to Civilisation again!



Contact

Trevor Radford
is the
Chairman of
Stevenage
Canoe Club:
he can be
contacted on
01707 266117



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FOR FURTHER INFORMATION CONTACT:

**The British Canoe Union,
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There are lots of other events happening during the competition.

Bring your family and friends and enjoy the excitement.



Your opportunity to write in and comment on what is going on in canoeing today.

Stress and How to Cope



Research that is now becoming available indicates the growing possibility of reducing stress within canoeing, pointing towards the growing hope of using practical measures in the reduction of stress for the paddler. Given the correct coaching techniques, stress reductions can alleviate the paddler at the time he most desperately needs, sitting in that last eddy before the crunch move is a location that springs to mind. Obviously these findings could not be ignored if it helped the canoeist calmly draw upon his skills repertoire.

Most of the research work carried out was mainly at club level though it transferred well to other paddling groups large or small. The general cycle of new paddlers joining the groups remained fairly constant during the observation period; familiar requests of "I want to learn to roll" were not uncommon from raw recruits on their first pool session. The next phase of the data mainly concentrated on the "club run" involving a lot of driving around the countryside early in the morning to the start point, then the canoeing could start, that is until the mass capsizes, surprisingly the river levels remained generally constant (too low to cause any harm), yet there was always the frustrating comment from locals saying "if only you had come last weekend". Having had a thoroughly good day the evening would consist of driving home, hanging up all of the wet gear to dry, just in time for some sleep before work the next day.

After a winter's season of ticking off the weekend dry river guide book and taking paddling more seriously, most canoeists would subconsciously enter into game of doing as many rivers as possible, the number being largely irrelevant, apart from within their pier group. This scenario would then set in motion many within the group who paddled for pier group esteem rather than for joy. Many pensive paddlers worried me, as the pressure mounted so would the excuses for the next "run". Perhaps the solution lay in actions of some canoeists actu-

ally avoiding the canoeing to reduce stress. To stop canoeing rendered you no longer a canoeist though maybe ideas could develop from this strategy.

Those who actually enjoyed canoeing seemed not to have a problem with stress, yet instructors would be noticeably beside themselves to keep group order and positively relieved that the canoeing was over for that day but when asked if they had "enjoyed" the trip were often lost for words. The enjoyment element was clearly a factor together with responsibility yet not the whole story. Some of the conclusions pointed towards actually reducing the canoeing element to reduce anxiety, in some cases actually stopping altogether seemed the only solution. What I hadn't accounted for was that the club scene had already a framework in existence to cope with this; Surfing weekends without surf, White water weekends without white water and river trips too low to paddle. This made no allowance however for the individual to decline from paddling gracefully without loss of face, only a few uttered the words "I'm not canoeing this weekend", Spontaneous props were clearly a help, spray decks that wouldn't fit, forgotten paddles, the wrong kit, etc. all had their place. What does seem appropriate is that this aspect of canoeing gets the support it deserves.

With these factors in mind a small number of paddlers have formed the Society of Armchair Paddlers in order to promote a Stress Free Canoeing existence, mainly born out of a frustration of organising weekend trips only to find the rivers bone dry after torrential downpours during the week then lack of interest when the rivers were just right. Clearly two whether conditions were at play here, climatic weather conditions and apathetic whether conditions. Perhaps the only appropriate motto for such a group can only be "Go for it! TOMORROW", as you can imagine due to lack of interest membership has not increased greatly.

**Chairman 1st April 1995
Society of Armchair Paddlers**

How accountable is the BCU?

Dear Focus

Having recently attended the Southern area AGM I was appalled to find that all those standing for election, with one exception were voted in by **ONLY TWO MEMBERS**.

How did this occur? Well, unbeknown to everyone, other than the committee members, 21 days notice was required for nominations!

Can all announcements in Focus stating dates for AGM's etc where officers are to be elected please state the relevant submissions dates! Otherwise we seem to be denying the members their rights to elect those who should represent them!

Also in the debate on Federalisation Mr Kempson and Mr Hicks, on the federalisation review group, were suggesting that the Federal representatives should be elected by the regional and other committees. This would result in a lack of accountability and a "jobs for the boys" culture! All representatives of the BCU members should be elected **DIRECTLY BY THE MEMBERS**, to maintain accountability, i.e. if they upset the membership, they can be voted out of office.

In reality I do not foresee any changes in the committee representatives and BCU Officers, **BUT** to be credible to the membership, democracy must be seen to be happening! As the majority of members do not vote anyway, no coups will occur, but this real democracy may disrupt their apathy!

Philip Smith

Ed: In future the 21 days notice will be emphasised in Focus. If you recall my Ender comment in October 94 Focus I think the real problem is not 'Jobs for the Boys' but one of finding boys (and girls) for the jobs.

"Paddling the Cut"

Dear Focus

I am writing to say how much I enjoyed John R Axe's article "Paddling the Cut" - my favourite paddle, and how much I endorse his comments/observations and sentiments - especially about the feeling that one is not a "real paddler" as a "senior" recreational cut-lover! In the piece he referred

to Nicholson's Ordnance Survey Guide to the waterways. Is this publication available through the BCU? If not, where might I obtain a copy, please?

Sue Ash

Editor: The Nicholson Guides, of which there is a series of four covering most of England are available through BCU Supplies.

More letters on pages 33-34

Kids page

Does Canoeing Need Parents?

(by Sue Andrews, mother of two racing canoeists)

When children take up any sport, there is always a commitment needed from parents to help with finances, travel, clothing, equipment and support. Canoeing is no different.

- Parents must be ready to get the youngsters to the canoes as these are not usually available in the average back yard, school playing field, sports centre or local park.
 - Parents must be prepared to encourage the youngsters to learn basic paddlcraft and safety techniques but be careful, there is a danger as this sport seems to be addictive - for a sports mad youngster to want to do the same sport several days running, it has to be. Also some young people get hooked who have not taken to any sport before.
 - Parents must be prepared to help in the protracted search for and buying of a suitable first secondhand canoe. Give up the thought that they will work to pay for their own because once training and racing takes over there isn't time for the youngster to have a job. Parents must then help in the search for second, third and fourth canoes, not forgetting a K2.
 - Parents must provide a suitable vehicle designed for carrying several canoes, paddles and wet people. Parents are essential for securely strapping on boats, remembering seats, spraydecks, buoyancy aids and number plates and paying the race fees.
 - Parents must be prepared to put up with the sulks, moods, tempers and silences and other expressions of frustration that occur when a performance had not lived up to expectations.
- Parents must also be restrained when performance exceeds expectation or the success will be ruined by embarrassment.
 - Parents must plan the shopping and cooking to make sure that the racing youngsters are carbo-loaded. (Parents must also learn what this means).
 - Parents must go to bed early especially on Saturday nights, because lie-ins on Sundays stop as soon as racing begins.
 - Parents must get up earlier than the racers (who need their rest) to prepare flasks of hot coffee and picnic lunches.
 - Parents must eat Sunday lunch in the wind and rain on river banks and canal towpaths (in the car if you're lucky).
 - Parents must have a good supply of maps, especially of waterways, and be proficient in their use and in the estimation of paddling speed so that they always arrive at bridges, portages or feeding stations in advance of canoeists.
 - Parents must provide washing machines, drying machines, hooks for cags, drawers for hellies, space for boats on the back lawn, materials for boat repairs, huge rolls of tape and a shelf big enough to hold all the trophies.
 - Parents must above all else, be grateful that their youngsters have chosen a sport where their parents are involved and necessary. We are.
 - Lastly parents must prepare for either the day when the Squad wants them - all you do is deliver them; or the day they become independent - all you do is give them the car keys. The best preparation is learning to paddle for yourself and helping to run your canoe club - then you will realise that it isn't just that canoeing needs parents, parents need canoeing.

Canoeing in Schools

The Weakness of Team Games

Let me say at the outset that I am a great supporter of team games, and do everything to encourage my own two youngsters to participate in them. I don't perhaps go quite so far as to believe that the battle of Waterloo was won on the playing fields of Eton - there were a few ordinary people there, as well, I understand. However, I do accept that participation in team sport can have a demonstrable positive value in terms of personal and social development, as well as the obvious physical benefits.

The disadvantage of team games is that they nearly all rely on good eye-ball-hand-foot co-ordination, and to a large extent you've either 'got it' or you haven't.

At junior school age the lack of natural flair is not of too great a consequence. Anyone who has been a 'taxi-driver' for Cubs football

will be well aware of the enthusiasm and mass participation which is involved, regardless of identifiable innate talent on the part of many of the participants.

After the age of 11, however, it begins to dawn on the majority that their ball skills are not of the same order as those of a minority, who run circles around them. Gradually their interest fades, and they certainly don't get picked for 'the team'.

If there were C, D, E, F and G teams, then many would still play and enjoy themselves, into their teens, but in the main that is not how things are organised.

Another factor raises its head, also. Those with good 'ball skills' will often have them 'across the board'. Thus, the same small group in any school year may well form the nucleus of the soccer team, the rugby team, the

hockey team and the cricket team.

This makes for a very elitist situation, with the same minority out of any school 'year' actually playing on a regular basis. And of course it is that self-same nucleus who play for the local club junior team as well. The advantage of sports like canoeing, which, for most of its competitive activities is organised on an individual divisional basis, is quite clear to see. Everyone can find their own potential, and continue to compete at their own level, regardless of ability, age or gender.

Canoeing and other adventure activities cater also very widely for those who are non-competitive, but who respond to the challenge of pitting themselves against the elements. Again, this challenge can be enjoyed at a level to match the potential of the participant - its ben-

efits are not restricted to those who have the ability to run the very hardest grades of water.

Last, but by no means least, is the fact that pastimes like canoeing provide opportunity for those to shine who do not have a natural ability where ball games are concerned, thus widening dramatically the range of young people who can participate in a meaningful and fulfilling way over a long period of time.

What a pity it will be, and how great a loss to the health of the community, if youngsters lose out under the revised plans for sport in the curriculum, because of an over-emphasis on too narrow a band of activity, no matter how worthy those games may be for the comparative few who have the innate talent to benefit from them.

Geoff Good



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My favourite *paddle*

Dave Grant

As with those who have written about their favourite rivers in past issues my problem was in how to choose my favourite paddle. I looked at the different formulae for identifying such a river. Should it be: the one that I regularly paddle in my locality; the one that I have paddled the most: the section of river that I would paddle if the rivers were up; or the most challenging river I would dare? I was not happy with any of these approaches and then the obvious hit me. If I could do any river that I had done in the past what would it be. My thoughts pictured a warm climate with big water - Scotland, NOT!

I have paddled Westwater Canyon on the Colorado River, in Utah only once. Yet the impression that the experience left with me is one that I will cherish for the rest of my days afloat. Prior to paddling this section of river I had heard many reports of a variable nirvana of playboating hidden in the canyon.

Westwater Canyon

During the summer of '94 I was lucky enough to find myself travelling around the state of Colorado. Driving a borrowed station wagon, nicknamed the Hearse, I found myself in the vicinity of Westwater Canyon. The natural thing to do was to paddle it. Unfortunately, this is not quite as easy as it sounds. As

with many stretches of river in the States a permit is mandatory before you can put on the river, Westwater was no exception. However, do not be dismayed, there are a number of ways around this inconvenience. Firstly, you can book a permit in advance (apply at least six months before you intend to paddle). Yes, you're right an unlikely option as this requires forethought and planning. Okay, option two, when you arrive in Colorado you can apply for a cancelled permit - feasible but not reliable. Option three, go into one of the many boating shops in Colorado and ask if any one has a permit for Westwater and whether you can tag along. The final option relies on charm, wit, good looks, and an English accent (one of four isn't bad). Drive to the put in and just ask the friendly people there whether there is space for you to tag along.

I chose the latter option. I'm not sure which virtue won me a place or whether they just took pity on me, but whatever the reason I found myself on a two day trip down Westwater with a very amiable and laid back bunch from Colorado. The fourteen mile canyon is regularly paddles as a one day trip, but should you ever get the chance, try and do it in two days. This allows you to absorb the atmosphere and ambience of a truly lovely location.

Prior to getting onto the river I was warned by the trip leader that the first day would be 'laid back'



as it was only class two. He also said that lots of beer would be consumed and that people may even strip off and frolic around in the nude. My initial thoughts were 'most excellent'.

Bald Eagles

The river level was low, only about 3000cfs. This was, however, comparable to most rivers in the UK being high. The first seven miles of the river were mainly grade two, though there were a few fun spots for playing. The river was brown, wide and very warm. It meandered through semi desert terrain in a wide canyon. As with any river it is not just the difficulty of the water that makes for a fun trip but also the scenery. On this latter point Westwater Canyon truly has a lot to offer. Bald Eagles were regularly seen on our journey down, as were other creatures such as snakes, coyote and, of course, the ubiquitous chipmunks.

As well as magnificent flora, fauna and scenery Westwater also has traces of previous inhabitants namely miners and Indians. The latter leaving pictographs on the canyon walls and traces of primitive fields used for farming. The canyon has changed little since its occupation many years ago. This is primarily due to the restrictions laid down by the Department of the Interior. The campsite we used was on a beach and provided another example of how well the environment is protected, for while it is regularly used there is never any trace of previous occupant's, bar footprints, Thoreau would be proud. The second part of the trip

saw the canyon walls closing in compressing the river and forming the rapids that truly make it a playboater's heaven. There are over ten rapids in this section, generally grade III-IV, though harder with more water. The character of the rapids is pool drop, generally with a large calm pool at the bottom to collect any bits and pieces should the need arise. The names given to the rapids add character and create a certain amount of trepidation as you approach them. Names like Skull, the Room of Doom and Hummer tend to make you wonder whether the insurance that you have taken out is going to hold up in the event of an accident.

All Fun

Despite the names, the rapids are all fun and relatively straight forward. Endo holes, surfing waves, and wicked eddylines all add to the fun that can be found in each rapid. If you have ever dreamt of surfing that perfect greenback with the only worry being how you will look with that spraydeck suntan, then dream no more, you could not do much better than checking out this river. To paraphrase the Beach Boys this really is 'Surf City USA'.

Any downfalls ?..... well the paddle out involves two miles of flat water often into a head wind, but then, everything has a price in this world.

Dave Grant
BCU Coach

Dave is a lecturer at the
Scottish Agricultural
College, Ayr.



Westwater Canyon view



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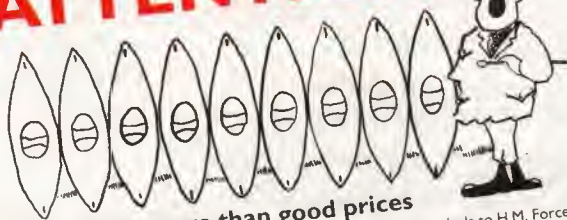
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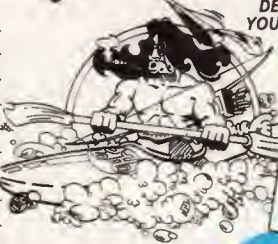
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Club news

Salisbury Canoe Club

The Salisbury Canoe Club was formed in 1983 from an original base of enthusiastic school groups. It operated from Wiltshire Council premises which provided basic changing facilities but severely restricted storage, limited availability, and poor access to both the changing rooms and the river Avon requiring numerous steps and slopes to be negotiated. A number of schemes were considered to improve facilities and fund raising for such a project initiated. The work to ensure that the provision of first class facilities was in the Local Authority, National Rivers Authority, and BCU Regional structure and strategy plans bore fruit in 1994 when a lease on land adjacent to the river Nadder was negotiated with the District Council and outline planning permission was gained.

Clubhouse

Dreams became a reality when in December a £60,000 Clubhouse was officially opened by local MP Robert Key. The building was purpose designed by architect and Club member Ray Purchase and is sited at Newton Road on the Churchfields Industrial Estate. The premises are of a traditional cavity brick and block construction with roof tiles all founded on a reinforced concrete raft. Canoe and

equipment storage is provided with both male and female shower/changing facilities and a small lecture/meeting room. Particular attention was paid to security and the provision of disabled access by way of ramps, wide openings, grab rails etc. The car park and canoe launching berm are graded to give easy building and river access.

Members raised £10,000 and a number of significant grants were negotiated including £15,000 from Wiltshire County Council Youth & Community, £5,000 from the District Council, a £9,000 grant from the Wiltshire Community Foundation spread over three years, £10,000 from the Foundation for Sport and The Arts and the South West Sports Council and £1,000 from Mencap, leaving money to be raised via members personal loans and ongoing fund raising to service the term loans. A smaller grant from the Jubilee Canoeing Foundation towards construction of access ramps was also very welcome.

Sports Club of the Year

Just two weeks before the opening the Club was selected as the Sports Club of the Year in a national competition organised by the Foundation for Sport and the

Arts and the Council for Physical Recreation. The judging panel selected the club from 126 other clubs nominated from all sports by their respective governing bodies for this prestigious title. The awards panel was "most impressed by the enthusiasm shown by Club members in offering their sport to the widest possible range of people, regardless of age, gender, ability or skill" and "the Clubs determination to succeed in spite of previously working from the poorest facilities." The Salisbury Canoe Club was commended particularly for developing links with all areas of the community and encouraging people with disabilities and learning difficulties to participate.

The award carried a prize of £10,000 which has enabled the Club to open its new premises debt free. The facility will allow greater usage of limited resources, improved access and will encourage the establishment of a centre of excellence in the Region.

Family Orientated

The Club is family orientated offering opportunities for people of all ages and abilities, our current membership of 76 spanning an age range of eight to sixty. Young people however are particularly encouraged and the club benefits from a balanced ratio of males: females.

We have a strong coaching base and operate BCU courses

attended courses and some 400 have 'had a go' at 'Fun Day' sessions. The restrictions at the old premises however, had made it extremely difficult to meet the demand for quality coaching.

Many of the instructors work with people with disabilities and learning difficulties through a local swimming group and we hope to be able to integrate people with a wide range of disabilities into the Club at the new premises which allows excellent access to the river. The canoeing experience not only gives the disabled pleasure but also gives many a mobility that they cannot normally achieve.

Club members participate in a wide range of activities encompassing many of the different aspects of canoe sport. Groups predominantly support Slalom, Wild Water, Canoe Polo and Recreational paddling and interest is now being stimulated in Surfing and Sprint Racing.

Slalom paddlers are currently competing from the introductory level of Division 5 up to Division 1 in both K1 and C1/C2 formats. A number of members represented the South West Region in competitions. Member Tim Trollope has been selected for the England C1 team for 1995 and father, Ken Trollope, is a member of the National Executive Committee for Slalom. Salisbury have organised a Div. 5 slalom for the past two years and are now firmly established as a popular venue. Our move to the River Nadder will allow development of moving water features to hopefully create conditions suitable for Div 4/5 events.

The Club organises regular excursions, particularly through the winter months, for white water paddling in the South West, Wales and Scotland. Safety is of paramount importance and training to improve white water skills is a prime activity. This year is our first, participating in the Regional Polo League and members are being actively encouraged to learn the skills to become competitive in this team event.

Our recreational paddling calendar caters for all abilities and the emphasis is on enjoying the environment and having fun. Often our outings are combined with weekend camps when games, challenges, bar-b-cues and other social activities form an important part of the proceedings.

Roger Perris

Right: Robert Key MP, receiving presentation from disabled member Fred Dray. Roger Perris, Chairman in background.

Below: Address by President, Sports Council for Salisbury and district Arthur Bowden, with Chairman of Salisbury District Council Ken Edwards, Mayor of Salisbury Pat Errington - Rycroft and husband.



up to Senior Instructor level. The coaching team is managed by John Davies, an E2 coach of long standing, supported by five senior instructors and six instructors. Courses are taken up by local schools, youth groups, Girl Guides, D of E Award candidates as well as members of the public and Canoe Club. Most find this an enjoyable experience and seek to progress through the coaching scheme. During 1994 over 100 people, both young and old, have

*National
Finals -
18/19
February
1995*



Crystal Palace

Shaun Pearce and Rachel Crosbee got on with the business in style and despite carrying the pressures of the current world and British rankings, romped home to victory in the finals of both men's and women's individual kayak events held on the last day of the International Canoe Exhibition at Crystal Palace.

SLAM

Power versus power described the tense men's final as Kevin Campbell pushed Pearce in this annual head to head contest renowned for its shocks and surprises. With two careless penalties collected by Shaun on the way up the 50 metre pool, Campbell must have seen himself a winner, but his eskimo roll technique failed him and it was to be Shaun who finished victor and winner of both the title and the BACT trophy having the fastest time of the day. This must have been music to the Scotts of Phoenix of Nottingham, sponsors of both the event and of Shaun, who now endorses their product.

It was heartening to watch the youngster, Kath Pigdon from Bridgend, take-on Rachel Crosbee in the women's event. Not overawed by Rachel's track record, Kath justified her hard-won place in the final, but she lacked speed, and Rachel, fresh from a successful week's training in France and still coping with her

full-time physio job, stamped her authority on the event and coasted home to win with a clear run.

Nick Smith, was the third Nottingham - based winner, taking the Canadian singles title from Mark Wignall. His recent spell in Australia seemed to have sharpened his reactions and his super-fast technique and agility in turning at the half-way stage gave him the edge over Toby Morgan.

The Canadian doubles event was dominated by GBR Intermediate Squad paddlers Janes and Dancer and the Wallings. The crews had a tremendous tussle with brothers Gordon and Terry leading all the way up to the final roll and spin, only to be overtaken by Pete and Andy within seconds of victory.

London and the South East won the Regional finals held the previous day. Their ten point victory over East Midlands reflected their strength and with individual



Pool SLALOM

wins from Julian Thew and the Wallings brothers, their supremacy was never in doubt. Eastern Region's total of nineteen points pushed them into third place by just two points.

There was plenty of fun throughout the event which was well organised by Ken and Sue Trollope. Synchronised rolling was not expected, but experts and "old stagers" Jimmy Jayes and Rob Soothill entertained us in this new art form and yes, pool slalom maestro, Ron Wronski was there again and won through to Sunday's final with JJ, although it was not to be his year, being knocked out finally by Kev Campbell!

Plans for next year's event are not finalised, the only certainty being that the event will not take place alongside the Exhibition as the NEC does not have a pool facility.



SLALOM SNIPPETS

Calendar Update

Oops - Family Div 2/3 will take place on 29/30 April, omitted in error from the Slalom Yearbook. Interested competitors are asked to contact Jim Macpherson, Secretary of SCA Slalom Committee for details. (Jim can be contacted on 01750 720565 or via the SCA office 0131 317 7314)

Teesside International

The new facility will be up and running when this issue is published. The official opening event is to take place on the 22/23 April and will include the Pan-Celtic Cup event alongside International Canoe Slalom, which will be organised by the BCU Slalom Committee. It's anticipated that competitors will be entertained by Teesside Development Corporation at both the new Hartlepool Marina during the event and at the course.

Slalom Skill Awards

Information on the next stages are expected soon. Levels one and two are already in place - contact the Coaching Administrator for details 01296 770464

Getting Started in Slalom

Always fancied a try but not sure how? Contact Sue Wharton, Slalom Development Officer on 01636 705363 for a "Starter Pack". Remember that you can use almost any boat up to and including Div 3 - minimum length 3.50m!

Slalom VIP's

All organisers of this year's ranking events and their partners are invited to be guests of the Slalom Committee at the World Championships. Chairpersons of Slalom registered Clubs together with their partners will also be invited along to the special British Canoe Slalom hospitality facility at the Worlds which are in Nottingham between 29 August and 3 September this year. Contact Sue Wharton as above.

Stop Press Sponsorship

Shaun Pearce joins the Raspin brothers to make a "Teesside Trio" who are to be supported right through to the time of the 1996 Olympic Games which is to be held on the Ocoee river in Tennessee, USA.

And finally, our condolences to Mrs Diana Fisher and daughter Anna of Hastings Canoe Club. Husband and Father Steve Fisher, together with son and brother Mark, were fatally injured in a car collision in February, a sorrow too deep for words.

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Placid Water

at the Palace

The International Canoe Exhibition 1995 saw the re-launch of the Placid Water Racing Awards.

K2 World Marathon Champions Ivan Lawler and Steve Harris lead a paddling machine demonstration at the exhibition before being presented with their Honorary Kayak Gold Sprint Awards.

The Elmbridge pair, Steve and Ivan, were joined by South African K1 Bronze Medallist Robbie Hervveld and past medallist Stefan Gustavsson from Sweden, both visiting the show, to make up an International quartet of honorary award winners.

The Sprint (500 metres), Time Trial (2km-10km), Half Marathon (13 miles) and Full Marathon (26 miles) awards offer a nationally accepted standard of performance for each of the distances for both kayak and canoe.

Although the awards are designed to encourage paddlers to achieve them in racing boats, to encourage their use they can be attempted in any kayak or canoe.

It is hoped that the awards will be used widely, as both a measure of performance and to provide a straight forward entry into Marathon and Sprint racing. A leaflet describing the awards in more detail is available from the BCU office, entitled "Placid Water Canoeing Tests" please send SAE.

Richard Ward



National Canoe Polo 1995 Championships

The finals of the National Canoe Polo Championships once again took place at the International Canoe Exhibition at Crystal Palace.

Youth competition

In the quarter finals, Friends of Allonby 'Y' played Glanford and Bere Forest played Kirkaldy, both teams winning by comfortable margins. The other two matches between Viking and FOA 'X' and St.Albans and Meridian were much tighter contests with both Viking and St Albans winning 1-0.

In the semi-finals the FOA 'Y' match with Viking went to extra time before Dave Hope scored the winning goal for FOA.

St Albans started well, opening the scoring against Bere Forest, but a hat-trick by Forest's Welsh import, Tim Thomas put them into the final against FOA 'Y' a repeat of last year. The outcome was the same as well, with FOA emerging winners 2-0, in an exciting game. (It seems a pity that, with so many good youth players, Friends of Allonby do not field teams in the National Youth League where they would be

an asset to the development of youth polo.)

Women's competition

In the semi-finals Mutineers were in good form against Woodmill, with Ginny Coyles opening the scoring within seconds of the start. She then went on to score two more goals in their 4-1 win. St Albans made hard work of beating South Shore in the other semi. An early Jackie Marlow goal put St Albans ahead, the Lisa Tatum equalised for South Shore in the second half. It was into the last minute of the game before Hayley Watret scored the winning goal.

In the final Ginny once again scored a hat-trick as Mutineers went on to win 4-1, so ending St Albans three year run as National Champions.

Open Competition

Six of the eight first round match-

es saw the Div 1 seeded teams safely through to the quarter finals: Meridian, Woodmill, Viking A, Bere Forest A, Ludon A and Humberiders. Both Dudley and St Albans, the current champions, had the toughest first round draws against St Johns and Wimps respectively, who have both won promotion to Div 1 this season. In the event, Dudley's game went to penalties before being decided in St John's favour and St Albans, in one of the best games all weekend, went out by a single goal to Wimps, scored by Ian Taylor.

In the quarter finals Wimps impressive form continued as they beat Humberiders 5-1. Bere Forest's match against Luton went to extra time before they emerged 2-1 winners. Meridian beat Woodmill 4-2 and St Johns run ended in defeat by Viking 1-0.

The semi-final between Meridian and Viking was a niggly affair, with several stoppages whilst referees warned various players before Viking emerged 3-0 winners to become finalists for the first time.

In contrast, the semi-final between Wimps and Bere Forest was an excellent, exciting game

which went to extra time with the score still 0-0 before Paul Brain's goal for Wimps also gained them a first time place in the final.

With two skilful, well matched sides the game was always going to be close. Colin Davis opened the scoring for Viking but constant pressure from Wimps brought its reward with an equaliser from Phil Berry in the second half. Chris Bussell, in goal for Viking, produced some fine saves to stop Wimps going ahead and the match went into extra time. The minutes were ticking by and penalties seemed likely when a sustained attack on the Viking goal broke down and Viking gained possession. The ball was cleared and quickly up the pitch for Andy Petrie to score the winning goal and add Viking's name to the trophy.

Valerie Vessey



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access news

River Dane

Upon investigation of complaints regarding a section of the R. Dane please note the following information.

The section under investigation is that above Hugbridge GR 931636. Having visited the site, perused local maps and talked to landowners some interesting facets to this case became apparent.

1. The Cheshire/Staffordshire border here does not run through the centre of the river but is displaced to the South Bank.
2. Landowners have purchased the ownership of the bed of the river.
3. A stewardship agreement has been entered into with the Countryside

Commission relating to the land and water.

4. In essence a wild life refuge has been established in this section of the valley.
5. Groups of young canoeists have been led through this section with the leaders claiming "we are BCU members and have permission."

Comment

Having visited the site I feel that both legally and physically this is not an appropriate section of water for canoeists.

The valley above Hugbridge is a private wildlife sanctuary and must be treated as such.

Furthermore the water level is such that (even after it rains) canoeing is very much a 'bump and scrape' activi-

ty. As an experience therefore it is very limited - causing damage to boats and disturbing fish and other wildlife.

Conclusion

Please do not attempt to canoe this section of the River Dane. The river is much more suitable below Hugbridge and in particular within Congleton itself where there is public access in the park behind the Leisure Centre. There is greater depth and variety of water - flat water sections, large sloping town weir and mill weir upstream.

If the canoe leaders in the Congleton, Leek area can identify themselves from this article or any clubs and organisation can pass on this information please do so.

Roy Hitchings - RCO North West

River Fowey

1. The Association recognises that BCU is a responsible organisation, with well regulated activities;
2. The members of the Association listed in the Schedule hereto have given authority to the Association to act on their behalf and wish all enquiries regarding canoe access on the River Fowey to be directed to BCU; and
3. The restrictions on access are based on (a) preserving angling interests during the angling season which runs from 1st April to 15th December in each year, (b) protecting spawning beds in the river at low flow levels, and (c) safety and general environmental pressure matters.

Operative Provisions

1. In consideration of BCU controlling canoe activity on the River Fowey, the Association grants access to the River free of charge to BCU under the following terms and conditions.
2. Access is restricted to between 1st January and 31st March inclusive in each year.
- 3a. Between 1st January and 13th February access is not permitted below a water level of 3 feet as measured on the Newbridge gauge, in order to protect salmonid spawning beds in the River.
- b. Between 14th February and 31st March access is not permitted below a water level of 2 feet 6 inches as measured on the Newbridge gauge.
4. Access is restricted to the main River below Halfway House, except with the prior agreement of individual riparian owners above that point.
5. The number of canoeists on any one day is limited to twelve.
6. All canoe groups must be led by a competent BCU instructor, who must hold a written form of authority from the BCU.
7. Access is restricted to daylight hours.
8. Access and egress points are as follows:
Halfway House
Newbridge - left bank below bridge
Lostwithiel Park - tidal area
Other access and egress points are subject to agreement with each riparian owner in question.
9. The members of the Association hereby exclude their Occupiers' liability under this Agreement and require BCU, before BCU grants access in each case, to inform those people concerned, substantially

in the form appended, that they have access and canoe at their own risk.

With obstacles and part of the excitement being an element of danger, BCU acknowledges that, in the circumstances of this Agreement, it is fair and reasonable for riparian owners to protect themselves against any such claims.

10. BCU is required to (i) keep a record of canoeists given access; (ii) check that they hold valid public liability insurance; and (iii) obtain any damage reports. The Association and/or individual riparian owners must be informed in writing within a reasonable period of any significant damage caused by canoeing activity.
11. BCU acknowledges that the River Fowey in its non-tidal stretch is not a public navigation and that BCU or those people granted access will not claim such rights.
- 12a. The Agreement is for a period of 5 years and thereafter unless and until notice is given in writing.
- b. Although the Association will use all reasonable endeavours to maintain this Agreement, each riparian owner has the right to withhold permission for access or to revoke its authority to the Association to act on its behalf in this Agreement. Accordingly, notwithstanding 12(a), the Association must reserve the right by written notice to terminate or amend this Agreement at any time without compensation.

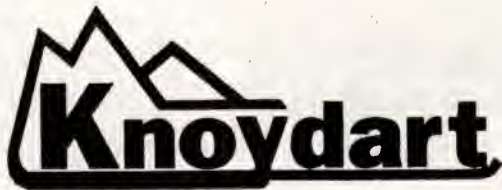
NRA announce Licence Scheme

The National Rivers Authority (NRA) has announced plans to allow boat owners holding NRA licences to use other NRA navigations free of charge.

The scheme which commences on 1st April 1995 will enable private vessels (powered and unpowered) with annual registration in an NRA Region to hold a fourteen day visitor registration for each of the other NRA Regions.

Speaking about the arrangements, NRA National Navigation Officer Craig McGarvey said:

"This arrangement will be of great benefit to canoeists registered with the NRA who will now be able to visit at no extra charge our other river navigations."



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Excellent Services

Dear BCU

Hello - I am writing to thank you for the myriad of excellent services you provide - one in particular has particularly impressed me - namely, the outstanding quality of the latest canoeing handbook: I left a young lad reading my copy on Dunbar Harbour wall while I was introducing some budding young canoeists to the sport - along came a fellow instructor who tucked my handbook down his buoyancy aid for safekeeping while he explained the design and function of various parts of his sea kayak to the young lad.

Unfortunately, he then decided to exhibit the magnificence of his dry suit by plunging himself (and my handbook) into the icy coastal waters of Dunbar - exit one red-faced instructor, talk about Blazing Paddles! and one

very soggy handbook.

However, after and evening by the fire it is perfectly useable - none of the pages are stuck together - so whether by accident or design - congratulations!

I am also writing to ask if you have any bright ideas where I might borrow or refer to a copy (not necessarily waterproof) of David Ruse's book: *Canoeing Games*, which I understand is no longer being printed. If you have any info on this or any other sources of ideas for canoeing games (to boost my weary imagination) I'd much appreciate it.

Anne Lansburgh

Editor: the latest edition of Dave's book is out in March, and is available through BCU supplies.

The Press

Dear Focus

Regarding your article in the Feb 95 edition, I would suggest that you save your energies and don't bother trying to feed the press with "positive input". They won't be interested unless there is drama which can be made out to be a crisis; any incident reported to them will be distorted as you appear to have experienced.

As a fireman and fire officer for over 20 years I am nowadays sometimes asked by reporters (usually local papers) to comment about fires and the cause of individual fires. Never having been correctly quoted I now do my utmost to avoid being allowed or, if caught, declare the fire's cause is still being investigated - if I say nothing I won't be misquoted which is what has always been the case if I comment.

For professional reasons I would prefer that my name and address are not published.

As to those who bitch and moan about how the BCU is run (and the magazine compiled, printed, laid out etc) many of their letters are a bit short in con-

structive suggestions, and I don't think it is realised how complex a task it is running an outfit like the BCU and trying to cater for all sections of the sport in the magazine.

Having ingratiated myself I'll change sides and say I would like to see a bit more for youth members' interests in the magazine articles.

Name and Address supplied (withheld)

faith in the human race

Dear Focus

A short tale which has regained my faith in the human race, particularly farmers who have been known to give canoeists a hard time.

While paddling on the Vyrnwy in January, I performed a perfect capsize on the rapid above Dolanog Bridge. After the failed roll it was out time and during the ensuing ejection I became separated from my fairly new, much loved, birthday present Schlegals. While one colleague sorted me out the other chased the paddle only to give up when he saw them about to disappear over the enormous weir just downstream from

the bridge. (He was later forgiven for this!)

When all was sorted I was one pair of Schlegals lighter and finished the trip on splits felling pretty fed up. Next day however the phone rings and Mr Jones of Mill Farm, Donolog has picked them up and promises to look after them until the next epic trip to the Vyrnwy. A very public thank you for taking the time Mr Jones to relieve my embarrassment. Top-Tip - put your name and your phone number on your paddles - even topper tip - don't let them go in the first place!

Stewart Puttick

I Can Remember

I Can Remember; When learning to paddle, there's one thing that's a must take heed of your instructor, in his words you must trust.

Can a grade three be scary? ; it's only water after all but if you're not a roller, then watch you don't fall

I paddled in the wrong place (completely my fault) along came a stopper, and I toppled out

But remember don't panic!, grab hold of your kit if there's a time to remember...that's rightthis is it

If ever you swim there's a drill you can do that makes it easier for people who try to help you

So it's heads up, feet up, keep looking around shout help....catch the rope, you'll soon be back on the ground

I swam for "k" it wasn't my day, it was cold, bumpy and scary toward the end with no energy...quite bloody hairy

Then came my instructor to give me a tow so relieved to see him, (I'm sure he did know)

Once back on the bank I gave a great sigh it's true what they say, ..to see your life pass you by

My instructor just smiled: I thought he would shout without your help son, "we'd of never gotten you out"

At the end of the day, I still had great fun canoeing is for me...yes, it's my number one

Time's long since passed... of BCU I'm a member but that day back in Austria, I'll always remember

I'm now an instructor, it's my turn to teach about safety and drills, don't overstretch your reach

To challenge the water, it has to be done as straight after safety.....it's got to be fun

Mike Garbutt

Coaching

Dear Focus

With the training for competition at the level of excellence becoming more scientific in its development I feel I must express my concern at the attitude of some racing coaches.

Whilst I appreciate the value of experience, we must always be open to new concepts and ideas - giving them time to be proved or rejected.

Organisations such as the BOMC are here to assist athletes and coaches with their testing and research. We should be listening and using them. We do not want racing to be considered unworthwhile because of the ignorance and condemning attitude of some coaches. Comments such as "all you need to go fast is pull hard", show just how far advanced our coaching is at present. As does the depth of creditable results in sprint racing at international level.

Surely coaching is the expertise of communicating information from: nutritionists, physiologists, psychologists etc, one does not have to be an expert in these field, but must be prepared to listen and use them to enhance their athletes performance.

I am also concerned by the negative attitude towards developments within the organisational structure of sprint racing. We desperately need incentives to attract people into the base level of our sport, coaching here is often a thankless and unrewarding task. I would like to see more encouragement, support and recognition given to the people involved, their professional outlook can only improve the sport.

We must measure racing canoeing success by the growth from its base, as well as the height of its peak.

S Hunter

LXXXXXXXXX
University

Dear Focus

In a letter from B Chapman in the February edition of Canoe Focus it is stated that "At the Tyne Tour Leeds Canoe Club's Flag was nicked by LXXXXXXXXX University." There were in fact two groups of paddlers, that I know of, at the tour fitting the LXXXXXXXXX University description. Mr(s) Champan may know who the perpetrators of this dastardly crime are, but many people may not be quite so well informed, and it is to these people I would like to say "Leicester University Canoe Club is innocent". We are a club of hard working, academic, serious minded paddlers and would never have anything to do with such infantile behaviour (anyway we were probably in the pub at the time). So perhaps next time accusations are flying, people should be more specific with their claims.

**Daniel Hughes
Joint Captain
Leicester University
Canoe Club**

Response

Thank you for sending me a copy of Mr S Hunters letter regarding the use of Sports Science and our national sprint racing squads.

Mr Hunter raises a number of issues and criticism that I feel are without any real substance. I am afraid he simply hasn't bothered to ask about the programmes that are already in place. If he had he would know that Sprint racing has excellent programmes covering all the items raised in his letter.

It would appear that the coaches remark "you only need to pull hard" is being taken out of context, and used to cast aspersions on both the content and quality of the sections training programme. This causes great concern particularly as no effort appears to have been directed at finding out what use the racing sections already makes of sports science programmes, and outside support such as that offered by the BOMC. Many top coaches do despair about the never ending search for the magic solution. Of course we don't want to be technically disadvantaged, but the need for hard work is often overlooked or at least left very understated.

In reply to the specific areas in Mr Hunters letter, I offer the following comments.

First I will turn to the use of the facilities afforded by the BOMC. The Sprint racing section has been using the excellent BOMC facility at Northwick Park for testing for

the last six years. We regularly send selected athletes for testing and also conduct field testing both at clubs and at the National Water Sports Centre. The numbers involved in this programme are limited by the BOA on grounds of costs, this also applies to the use of medical facilities.

This year the Racing section is running a winter test programme at the NWSC, the programme covers areas such as VO2 max, lactate testing, Fat percentages, and Peak Power tests. The programme has been agreed with the Physiological director at the BOMC.

Sports Psychology is also covered comprehensively. We are now in our fourth year of offering a sports psychology programme which is presently run by Adrian Pennington. This programme is primarily aimed at our younger paddlers where we hope to establish sound practices for the future. Both the Junior Olympic Squads and our Junior Development squads have regular sessions with Adrian. He also works with our seniors team on a more informal basis. In addition to this, sessions have been organised at several venues throughout the country. The whole Sport Psychology programme is working well and is closely monitored by the National Coaching Foundation.

Other areas such as nutrition, physiology and conditioning advice are also avail-

able. Jane Griffin the nutritional adviser to the British Olympic Association is now in her fourth year of work with our teams, she gives regular lectures covering all aspects of sports nutrition. Racing also regularly brings in people from other sports, for instance with the introduction of 200m racing we arranged for one of the national swimming coaches to come and talk about how swimming coped with the introduction of 50m racing. At the March training weekend we will have John Anderson from Athletics along to talk to both seniors and juniors on aspects of conditioning.

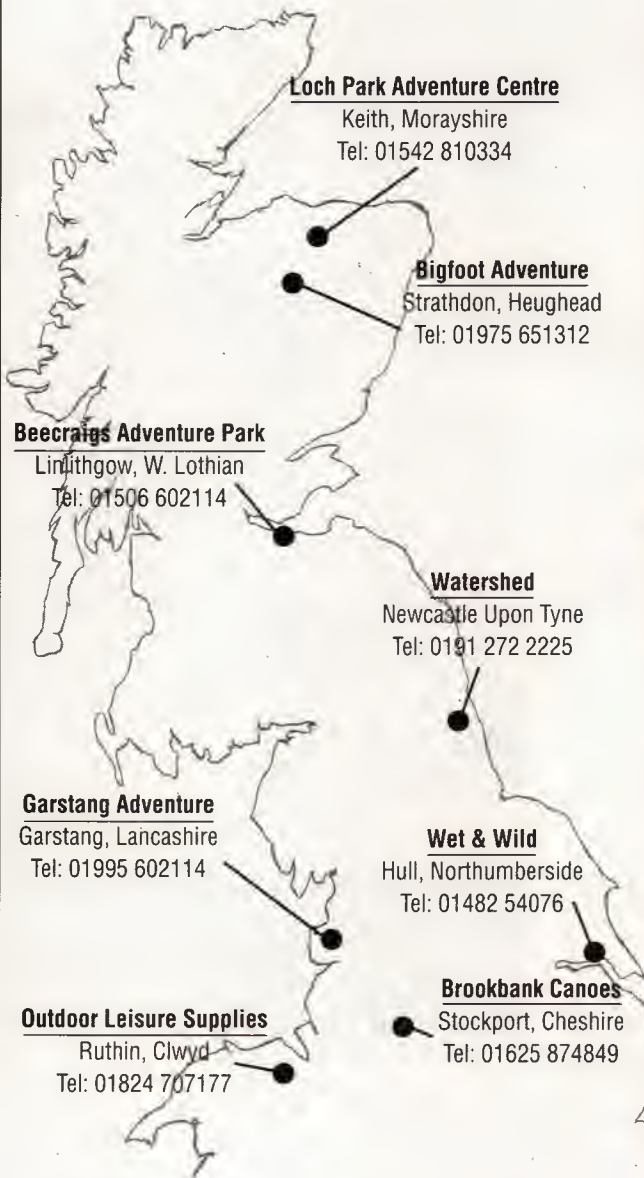
Our lecturers and talks cover all the subjects raised in Mr Hunters letter and provide a comprehensive and on going education programme that is targeted at every level. Parents and club coaches are invited to attend with their paddlers, indeed some of the sessions have been arranged specifically with them in mind.

Finally I would mention that both a written and verbal report on all aspects of the training and competition programme is given at the Sprint Racing AGM. Copies of this report are freely available and questions on any aspect welcomed.

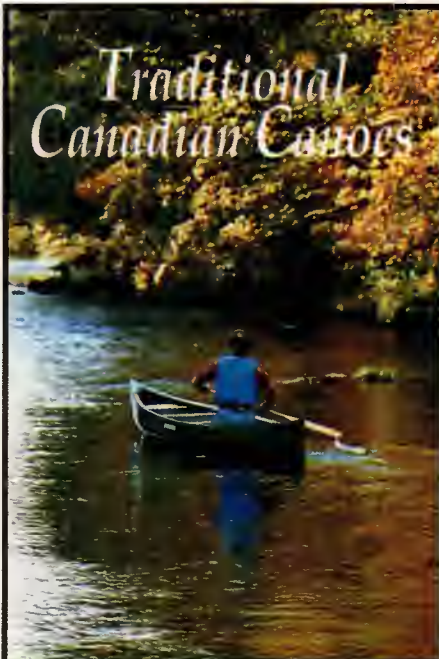
I hope this information is helpful, and would be happy to discuss the matter with any worried coach/parent.

**Alan Williams
Chief National Coach**

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Jungle



The Tambopata and Apurimac River Rafting Expedition



This was not my first trip down the Tambopata. I had been a member of the BCU Canyon and Cloud expedition back in 1988, but this time my trusty Mountain Bat was in the hands of Mark 'Stumpy' Whitefield who had been 'volunteered' as safety kayaker and I was the proud owner and 'Captain' of a 16 foot Avon self-bailing raft. The crew Carol, John, Jane and Andy had done bits of rafting around the world but a trip of this length and remoteness was an exciting prospect for all of us.

The journey from the shores of Lake Titicaca to the put-in was a bone shaking 24 hours in the back of a seriously overloaded Volvo truck, but the stark scenery of the Altiplano more than made up for the discomfort.

Punkin, our start point, was a steamy jungle town at the end of the road. We were soon surrounded by the usual rent a crowd of inquisitive onlookers as we pumped the raft up and tried to juggle 9 days supply of food, camping gear and bottles of Jamesons - the waterproof barrels and dry bags bulging with essentials were soon lashed down and we bid farewell to civilisation.

The Tambopata river in south east Peru must be one of the remotest rivers in the world, laying deep in the Amazon Jungle near the still disputed Peru/Bolivia border.

For the first two days we saw the occasional settlement and were greeted with astonished stares and gifts of bananas and oranges. Even the Bolivian border guards stopped fishing from the home made raft to cheer us on our way. Then no one....

Jaunts and Canyon Capers



rience. No more of this minimalist freeze-dried cooking and bivibag self supported kayak trips for me. Its amazing what you can fit into a raft - next year I'm bringing an ice box, tables and maybe even chairs. Not to mention your non-paddling partners and friends. Raft support kayak trips are the way to go.

Back on or rather off the river, we took time out to explore a side stream, gorge bashing our way into the jungle. And so on...down stream. After all those rapids we weren't to upset to feel the river calming down, we could kickback and watch the world go by. Roll on the wild life show. First a lone capybara, the largest rodent in the world, a sort of beaver the size of a pig, then a family of three, then more. A lone caiman (a 2m long crocodile) scared the solids out of Stumpy by popping up inches from his paddle. A close encounter with a family of extremely rare giant otters and their more common counter parts of the river otter had us all transfixed.

So transfixed that one morning over breakfast a tapir (an anteater type of thing the size of a pony) calmly walked passed us, took a swim and walked back and we almost missed it! Sadly I'm not much of a birder, but there were hundreds of them in all colours, shapes and sizes too. I forgot to mention the monkeys. For two days we slowly meandered our way to our meeting point; the odd little rapid keeping us on our toes.

Here at the Rio Tamara we'd arranged to be met by a local dugout plus motor to take us down the last boring bit. Unfortunately in our keenness we arrived a day early and spent a day fishing (largely unsuccessfully) and swatting flies whilst slowly going troppo.

But they arrived and we packed up and headed downstream through yet another amazing sunset to yet another truly spectacular sight - La Colpa - a large orange cliff where early in the morning thousands of macaws, parrots and parakeets flock to extract minerals and salts they need for a balanced diet. We were particularly amused by 4 recently to the wildlife scarlet macaws, who decided to bombard us from above and then chew their way through our clothes!

Super Seedy Jungle Town

And so to Puerto Maldonado, super seedy jungle town with cold beers and dubious but fun night life. And 35 minutes by plane lies the beautiful colonial town of Cusco, not far from the magical ruins of Macchu Picchu. We were more interested in our ongoing studies into the effect of alcohol at altitude, but after 4 days of raging it was time to unroll the grey beast and head for another classic river - the Apurimac; rapidly becoming known as the new Bio-Bio of South America. The Apurimac mean-

Technical Rock Gardens

The river starts low in volume with many technical rock gardens, none to long but perfect for us to shake-down and master new commands alien to us kayakers like 'hard forwards, left back, stop, oops, too late.. Hold on! etc..'. As tributary after tributary joins the river swells creating exciting Class III and IV rapids, great rafting and excellent surf waves for the safety kayaker. The scenery is truly amazing, rest assured the Tambopata Wildlife reserve has plenty of jungle and wildlife.

For four days the river raged. We camped as high up on sandy beaches as possible for fear of flash floods. Every campsite was surrounded by foot prints of Tapirs, Capybaras, Ocelots and Jaguar - some alarmingly fresh. The bugs kindly disappeared at night and we soon got into a routine of fire, hot drinks and, as the trip progressed we realised our 'jungle rations' were more than sufficient so standard of dinners became amazingly good. Sipping Chilean wine or hot chocolate with Jamesons whilst chewing on a chocolate bar round a campfire, as the noises of the jungle came alive, - a truly brilliant expe-





ing Lord Oracle, in Quechua is definitely a step-up in ferocity from the Tambopata, it has also been declared the definite source of the Amazon.

We bade farewell to our trusty safety kayaker, this time relying on the experience of Jose and Benjamin, two local operators who specialise in running oar-rigged rafts down the highly exciting section and for whom I acted as safety kayaker back in July when the river was at least 1m higher than I'd ever run it before. At times it had felt more like a lone kayaker with two safety rafts. Luckily I've improved from my first run down of this river in 1988 where Foxy described my paddling style as 'as out of control as the Peruvian economy!'. Luckily too the economy has improved and the terrorist that added the extra excitement to the area are well and truly defeated, Peru is definitely on the up. Just 6 hours from Cusco the Apurimac lies deep in a gorge, the drive is almost as exciting and spectacular as the river itself. But nothing prepares you for the bugs which according to legend 'make the puma cry'. This is a river you cover up for and stay covered up! Once again the river starts relatively gently but it doesn't take long to pick up. Running oar rafts means the guide has complete control of the raft, the other members merely given paddles for the look. However we opted to all paddle, so it was back to the out of control feeling as on the first rapid I was launched skywards and out!

We improved fast, developing a new technique, to slow us down. The Apurimac is an extremely technical river but with considerable volume, with huge boulders and small shoots essential to hit for fear of running into potentially total dead ends. Excellent kayaking - something else in a raft! Thank god for self bailing as the rapids follow each other pretty quickly.

Space Odyssey and toothache

Rapids with names like space odyssey and toothache are huge boulder gardens. Toothache is probably the hardest rapid on the river. The lead-in is frantic followed by a desperate reverse ferry glide (rafts aren't especially famous for their ability to perform these manoeuvres) around a serious looking hole. Then all hell breaks loose. Hole follows hole follows huge breaking waves. Oh and there's a rock inconveniently placed

half way down that we tried to mate with. Luckily it rejected our advances and put us back in line for the last big drop. So wicked we ran the whole rapid again the next day!

Just before last laugh (a little two stage shoot) John was ejected from the front and swam the rapid. The rapids were brilliant and the scenes and solitude is truly outrageous. The food (and Chilean wine) was out of this world... and the bugs weren't that bad really.

And so back to Cusco and time to crack out the mountain bikes - am I allowed to mention it's all downhill to the jungle? Can anyone beat a 9000 foot downhill in five and a half hours? I forget this is a canoeing mag.

Anyway I'm heading back to Peru next year and am looking for anyone wanting to join me to kayak or raft either of the two river or any of the countless others available. We're planning a 3-4 week trip for September, followed by some seriously fast downhill mountain biking. As I work in Nepal during the winter (it's too cold in the UK) contact Stumpy on 081 789 0824. Hope to see you out there!

Paul Crips

Team Members

Paul Crips
(UK),

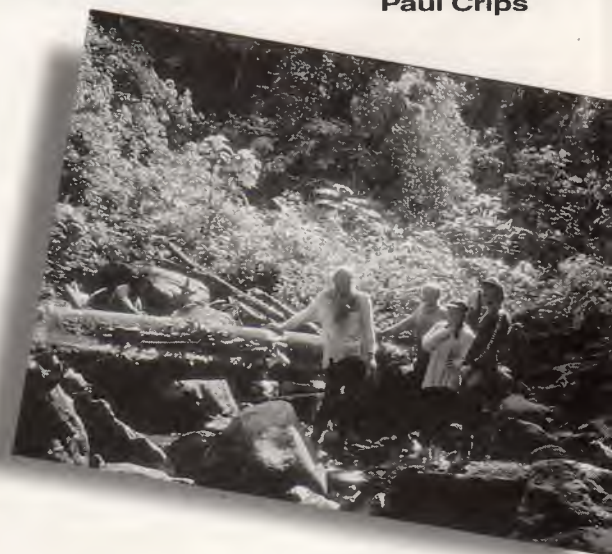
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(AUS),

Mark 'Stumpy'
Whitefield
(UK),

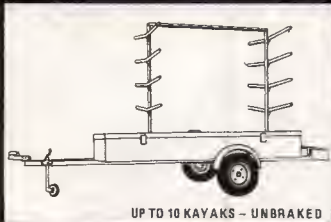
Andy Sullivan
(USA),

Jane Bowden
(UK),

Carol Thomas
(WALES)

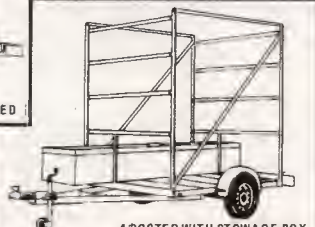


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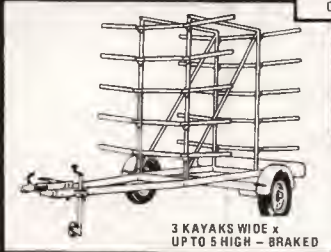
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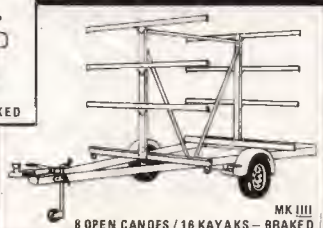
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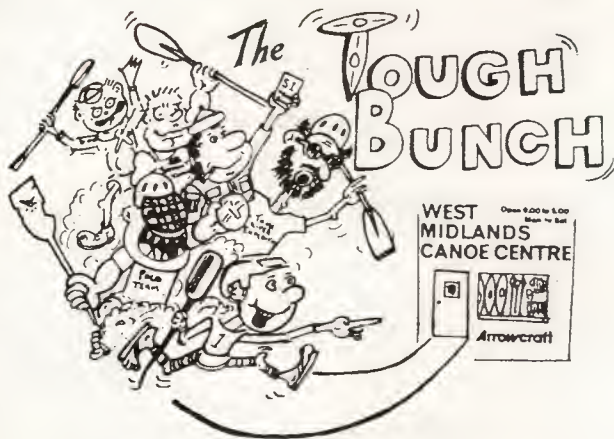
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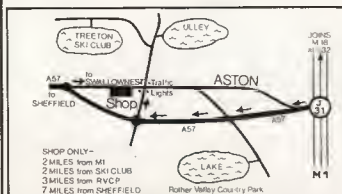
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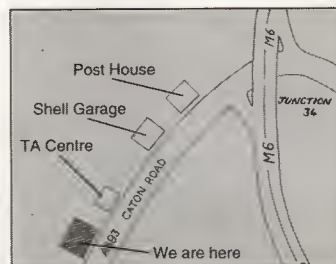
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Paddlers gear

Test Report -

Strobe Lights

Over the last four years I have used a Xenec SL-15 strobe light. Small compact and easy to operate it has been strapped as a permanent feature to my buoyancy aid. Holding a six "C" battery the makers claim of 15 hours operation is about par for the course if my bi-annual battery change is any thing to go by. Tests of "spent" cells have indicated the remaining charge would last another two years!

I was surprised to come across the Firefly Plus 735 Strobe Light, assuming any further development or improvement was impossible. Designed on similar lines as the Xenec strobe this little gem has two features which caught my eye.

First, an in-built torch, which when switched on shines downwards and will not destroy night vision. The torch has a limited life of two hours when compared to the strobe's continual use time of 10 hours. My only reservation is that intermittent use of the torch could limit the strobe's output life if ever used in anger.

Secondly, all my battery operated camping gadgets are fitted with only one cell type. The Firefly accepts two "AA" batteries. This size is my standard and has become useful when I've fallen asleep listening to the late night shipping forecast. Invariably I awake at ten minutes to six and hurriedly fumble for my Petzl torch batteries as a temporary replacement to the radio's batteries. I now have an alternative back up power source.

Both units weigh in around 100 grams (without batteries) though the Firefly is slightly bulkier. The units cost less than a para flare and have a longer life expectancy. I understand helicopter pilot's welcome these devices since 2km visibility is possible. An ingenious reed switch within the units housing is operated by an external magnetic rotary switch. The reed switch controls the on/off circuitry func-



tion. Both strobes will operate to at least 50 metres, although if I'm canoeing at this depth I could well be in trouble!

Costs, the Xenec model is £14.99 and the Firefly strobe is £23.50.

Considering the comparatively small outlay and the benefits in safety I would strongly recommend either of the two units. My own preference is towards the Firefly, since the in-built torch

combines two useful features for a minimal increase in cost.

Nigel Hingston

For information contact:

Both the Xenec SL-15 and the Firefly 735 strobe lights are available from Valley Canoe Products, Private Road No 4, Colwick, Nottingham, NG4 2JT. Tel: 0115 9614 995 Fax: 0115 9614 970

Quorum Cyclock

There is a worrying trend amongst our classified advertisements: every issue throws up another spate of boat and kit thefts. Assuming most folks are becoming more security conscious there are a few devices on the market which should help paddlers stay in possession of their kit a little



longer. The latest of these is the Quorum Cyclock, originally designed for cycles, but equally useful in protecting car topped kayaks and canoes as seen in the photograph. The device is light and unobtrusive, but the package is a real deterrent. Where it differs from the padlock and cable approach is that this little beauty emits 103 decibels of scream when the device is tampered with or shaken. The vibration sensitive setting is one of two locked settings and is prone to go off at the first touch, which is exactly what you would want.

Used on my roof rack the added effect for the potential kayak thief is that the 103 decibels are applied at face level. This not only deterred me, it shocked me to the point of needing a few minutes recovery before I dare go near the car again (and I had the key!).

Pyranha Drinks Mug

This year's indispensable bit of kit is something to drink out of. Thermal mugs have been around in the States for years: available from outdoor centres, fast food stops and big garages. I suppose the design stems from the American need to drink coffee constantly, even whilst driving. Finally the mug has arrived in the UK and is readily available: this removes the cult status previously afforded the mug. If you owned one you had been to the USA or had one brought back for you. Why is it so good? It keeps hot drinks hot for over an hour and half and as it is designed like a giant 'Tommee Tippee' toddlers mug it doesn't spill easily. It's big, effective, affordable and once you have it, you'll use it constantly. This is just the job for cold paddlers, bank coaches, and hardened desk pilots like me, who have tired of cold cups of coffee whilst compiling *Canoe Focus*.

Price £4.99



The device is simple to use, and would make the average opportunist thief think twice. I suppose it could only be improved if it also fired mace and came with a free rottweiler, but I think that might be viewed as a bit excessive by most.... unless you have had your canoe stolen.

On the basis that property protection should be reactive and not permanently damaging to the thief, the Quorum is about as far as you can go.

Available from:

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Test Report

The Mongoose

Made by New Wave

The first impression of this boat is that it looks intentionally rounded as if someone had set out to build a short whitewater kayak without a straight line in sight.

The design philosophy is a little different to current European thinking in that the well rockered hull has very soft chines: the reasoning here is that "Boats with out concise turning points often have very involved body areas with long sections of hard chine (i.e. Scorpion, Overflow, Rodeo, AQ). With these boats turning is an issue of turning chines on and off by heeling the boat. Unfortunately long chine sections become tracking features when held and a diagonal energy is established instead of a coiling turning energy."

The makers also claim that this design serves up volume and 'turnability' without taking a big hit on speed.

I personally do not have a problem with hard chines and hard edges. I can see where they are coming from with the "diagonal energy" bit: in fact most good paddlers use this as a performance feature when a kayak is capable of it, only drop-

ping the kayak edges when the turn or breakout needs to be completed. Diagonal speed is important on heavier water. "Coiling turning energy" in this instance could be interpreted as how well the boat skids in the turn. I was intrigued enough to spend an extra hour on flat water trying to sort out whether the boat did what was expected of it. A problem here is that kayak and hull design is still a black art (even with Computer Aided Design) and I am still of the opinion that kayak design only works how the designers intend if, and only if, the paddler also performs as the designer would wish.

Enough philosophy: how does it paddle? The truth is that the Mongoose does most

things tolerably well, but without excellence in any one area. If you wanted to buy a W/W kayak that performs well on steep rivers, surfs well, and has enough playability for your local funspot, the Mongoose may be a good buy.

The Mongooses upturned soft chined ends yield willingly to 'body English' and it is responsive, if a little woolly in feel. This is most apparent when held on the edge. The knee braces are big and positive and encourage good below decks paddling, and the sit is roomy and comfortable. Despite looking like a small boat there is enough volume to float the biggest paddler and with a lightweight on board, would give good float, even in the fluffiest of whitewater piles (!!). The kayak is predictable, if unremarkable, and would look after the novice/intermediate paddler and allow them some mistakes.

A major concern in Europe would be the intended usage on "steep creeks". Our pool & drop paddlers probably would not consider the Mongoose as a safe and viable option. In common with most North American designs it persists with centre pillar buoyancy construction. Their notion of "keyhole cockpit" and "easy exit" still doesn't quite match up to ours. In fairness, the New Wave Team are at least thinking about it and exit is reasonable, provided you are not a

Bigfoot, and long legged. The foot rest and bulkhead system is rigid, tough and unlikely to fold but the centre foam is still there.

Verdict:
A good all rounder, especially for the heavier paddler.



The Mongoose

Designer	Ken Sanders and John Schreiner
Length	3.02m
Width	65 cm
Volume	286 litres
Weight	18.15 kg
Cockpit	Length 91.45cm width
50.8cm	
Materials	Roto-moulded, cross-linked polyethylene
Paddler weight range	63 - 105 kg (140-230lbs)

Design Features

- Moulded graphics
- Keyhole cockpit
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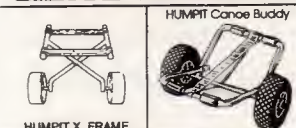


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Further details and the job description are available from the Daventry Area Youth Office, The Abbey, Market Square, Daventry, NN11 4BH.

Telephone: 01327 77022

Closing Date: Friday 21st April 1995.

Interviews: Wednesday, 26th April 1995



INSTRUCTORS & ASSISTANTS required for 1995 season at multi-activity centre in Pembrokeshire. Must have qualifications and experience in wide range of outdoor pursuits. Minimum age 18. Valid first aid certificate and clean driving licence essential. Must enjoy working with children of all ages. Send CV to: Sealyham Activity Centre, Wolfscastle, Haverfordwest, Pems. SA62 5NF.

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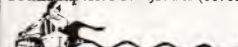
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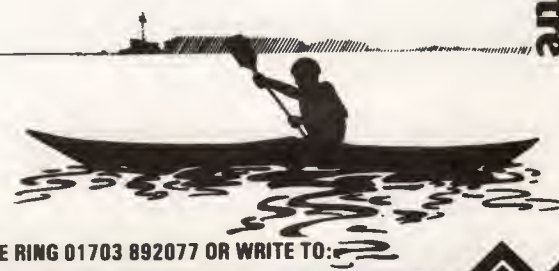
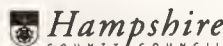


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Canadian Canoe 17ft inc. wooden paddles, excellent condition as not even 1 year old. Must sell due to new baby arriving £600 ono. Also roofrack for VW Passat 1993 offers please Tel: 0181 671 6407

Open (Canadian Type) Canoe, Class TD2, Dagger Reflection 15'4 long, ivory, 3 yrs old; air bags, 2 cranked and 2 straight paddles, 2 buoyancy aids, portage trolley. Good dual or solo tourer. Total value when new £900. £500 ono buyer collects (Shrewsbury) 01743 248951

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Perception Dancer (XS) - red, 2 yrs old, good condition, suitable for paddler under 10.5 stone £200 for quick sale Tel: 01795 531566 (Kent)

Mountain Bat, WW spec, full plate footrest, backstrap, Karabiner rails, x linked, excellent condition, for £260 Tel: 01562-850580 (Devon)

Aquabat, red, one year old, excellent condition, fitted with adjustable keeper footrests. Good pool boat, price negotiable for quick sale, Ed Hodnett Tel: 01908 511434 (Milton Keynes)

Sea kayak, Anas Acuta, hatches, bulkheads, pump, deck lines etc. Sound Condition £95 ono Mountain Bat, whitewater spec, x linked, green, vgc £225 ono Tel: 01743 850722 (Shrewsbury)

Perception Pirouette, Jade Green, with neoprene spray deck and unused neoprene customising kit, very little used, good condition £260 ono Tel: 0115 9283400 (Notts)

Spring Canoe Sale. Ardeche two man touring kayak, as new, choice of two craft one with deck lines £200. Doublet asymmetric two man very fast touring kayak, one of the best boats to paddle, a give away at £225. A choice of several Mk 5 Bats, all in very loud colours, some brand new, available from £75 to £150. Solo Plastic touring kayaks, a choice of three, in unused, shop-soiled condition, (one a sea kayak) £250 up. Two man Open Canadian canoes in three core plastic, retail at over £700 special sale price £350 with some ex-demos for £225. Only a few left at this price. A selection of general usage GRP kayaks, all in sound condition to get you on the water from £20 up to £40. Discounts available for bulk purchases! Tel: Bucks Young Mariners, Steve Bamber 01908 607800 (Milton Keynes)

Jura Sea Double, 22ft Long Expedition rigged stable Sea K2, 3x VCP round hatches, rubber, red deck, Ice grey hull, new in 1994 £650. Rapier racing K1, U/stern, good condition £120. Chaser racing K2 u/stern, all kevlar VGC £550. Stable

racing K2, o/stern, suitable DW, novices etc £440. Trimmer stable racing K1 u/stern VGC £220 Tel: George Oliver 0115 981 9758 (Notts)

1 Extra, in excellent condition, diolen with kevlar seams £150 ono. 1 pair of Kober slalom paddles, kevlar carbon with alloy shaft 202 (r) £70 ono. 1 Thule roofrack and uprights £20. Contact Janet or Tim on 0117 9714856 (answerphone) or 0454 611516 (day time only)

C not 2 much! £180 ono, Front Right C2, White Nomad Pro-Am, Kevlar Construction, Excellent Condition - Hardly Used, Complete with Spraydecks. Contact Dave Gray on 0707 321421 or Pete Johnson on 0442 826854

Prijon Topolino, 18 months old, VGC £320 or nearest offer. Tel: 021 353 3765

Pyranha Rotobat, red ww spec, inc airbags £160 ono. Lindisfame Sea Kayak, red/white, very quick, rear hatch and bulkhead, footpump, fittings £150. Circle one b/aid, used twice £25. Wetsuit jacket, 3mm neoprene, good condition £10. Ainsworth K100 paddle, hardly used £20 Tel: 01670 353700 (Eves)

Stunt Bat, red, standard spec, nearly new, little used (hence sale) in excellent condition, only £325 ono Tel: Jamie 051 630 4212 (Wirral)

Dagger Impulse, ww open canoe, fully fitted, airbags, thigh straps, etc. as new £600 ono. Fibreglass closed cockpit C1, high volume, good condition with spraydeck £25 Tel: Dave 01782 212466 (Stoke on Trent) eves.

Rienard Summersong, fast touring single canadian (diolen) 44lb with 7.5 deg paddle £320. Ace Voyager 445 single touring/sea kayak near new, extras £200. Op forces sale, Dave Turner 01332 792130 (Derby)

J Ballards' yellow C1, £20 Pyranha Vortex to be sold in lieu of storage if not claimed by 1st May 1995. Diolen, heavy and in need of some repair. P Bell 01234 720515 (Beds)

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C1 Slalom Coach, 15 years in Uk top division, individuals or groups, single day or weekend P Bell 01234 720515

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Pyranha Image Slalom Kayak. Kevlar/Carbon hull, blue sparkle deck. Ideal for "up and coming" slalomist. Very good condition. Fitted footrest £100 ono Call: 01162 374597 (Leics)

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Pyranha Acrobat 300, art version (main colour is red). Full WW spec with airbags, backstrap, full plate footrest etc. Only six months old and still in excellent condition. £400 ono. Tel: Darryl 01268 556764 (Essex)

1 well worn but sound King carbon/kevlar K1 river racer and deck £60. 1 New Wave Gemini K1 slalom good condition with deck £60. Streamlyte R H paddle 183 £40. New Wave Slalom 208 £40. Tel: 01480 455013 (Cambs)

Corsica S 1993 VGC, purple with Air bags, neoprene spraydeck £250. Ace Jumper VGC, yellow, ww upgrade kit (footrests/airbag/foam) with spraydeck & Pyranha paddle (RH) £140.

Roof bars for Escort/Orión (new shape) genuine Ford, vgc £25 Tel: Mike 01744 88 4330 (Merseyside)

Marsport Kestrel K1, marathon/sprint, suit medium paddler £125 ono Rasmussen style wings, suit teenager/adult £35 ono Tel: 01926 497726

Sabre - Blue plastic, in good condition, excellent surfer and in fast water, not for the beginner, includes an air bag only £170 Tel: Stuart 0141 552 5456 (Glasgow)

Perception Reflex excellent condition with backrest and playboater neoprene deck £220. Also Ainsworth Slalom paddle (205r) £30 Tel: Darlington (01325) 480411

We Noh Nah ICF 21ft marathon C2, kevlar, very good condition £450 ono Tel: Alan 01582 793157 (Herts)

Perception Pirouette, jade green, with neoprene spray deck and unused neoprene customising kit, very little used, good condition £260 ono. Tel: 0115 9283400 (Nottingham)

Dirty Habits Wave Ski 7'6" 3fin thruster, channels, white hull, fluo fade deck, leash, lap belt, ect, as new, plus Wave Ski book & Video £225. Ace II WWR C1, kevlar/carbon, good condition, and crunch patches Tel: (day) 0279 446595 (eve/wknd) 0992 584949 Herts Essex.

Nordkapp HM, excellent condition, refitted by Valley 2 years ago with two new hatch fittings and covers, recessed compass and rudder, little used since, red deck, white hull, £350 including Bushport neoprene spray deck. Also for sale Lendal modified crank paddles right handed £40, Seamster splits £30 Tel: 01245 421504 (Essex)

Pyranha Mountain Bat, full ww spec £300 ono Tel: 01243 538493 (W Sussex)

Magic Bat, special edition colours, air baigs, full plate footrest, back rest, must sell, bargain price £220. Tel: 0865 373115 (leave message if not in) (Oxon)

Prijon Invader Alpin spec with nose cap, bulkhead footrest, airbags, etc, 18 months old, very good condition. Offers invited - call Andy on 01370 351987 (Bucks area)

Ziggy Flyer slalom K1, kevlar carbon construction, 1 owner only, good condition £150 ono. + 2 sets of paddles (clear out sale) Tel: Beaconfield 01494 678039

£300 ono new blue Rotobat, air bag, bulkhead footrest. Contact David on (h) 0181 674 1558 (w) 0171 237 4009

Urnak P & H Iceflow sea kayak, good condition £260 ono Tel: 0181 346 6679

Yellow Magic Bat, ww spec, vgc, hardly used £250; Pro Raider Waveski including leash and belly belt, fins missing, custom paint job, excellent condition £250 Pair of Peugeot roofbars for 205 £35. Tel Chris: 01375 640169 (Essex)

Conquest, 18 months old, budget specification, but with full plate footrest, airbags, backrest etc. Only used on grade 1-2 water and so in VGC £175 Tel: 0151 327 4026 (South Wirral)

Corsica S, Red, good condition. Full plate footrest, deck lines £355. Also two kayaks and paddles for sale with spraydeck. Tel: 01384 396204

Stunt Bat. Grey/Green arline design. Excellent condition £300 ono Tel: Lucy 01946 820813

2 Fibreglass white water racers very old but in good condition £35 each. 1 touring K2 in good condition £95. 1 general purpose single fibreglass canoe in good condition £35. 1 high volume fibreglass C1 in fair condition £35. 1 discovery K2 with no seats in very good condition £140 ono Tel: 01784 460841 (Staines)

Banook Sea Kayak. Red deck/white hull, 2 hatches. New, unused. Would suit small person £200. Tel: 01267 237971 ext 321 office hours (S Wales)

Mountain Bat. X linked, fullplate footrest, good condition, offers around £175 Tel: 015395 60785 (South Lakes, Cumbria)

Corsica S Yellow in good condition. Foot rest, air bags £200 ono Tel: Roy 0181 941 3063 (Hampton Court)

Dagger Freefall LT, x linked, multi coloured, backrest, nose cone, good condition, can arrange meet £350 ono. Tel: 01934 622302 Avon

Corsica S, excellent condition, airbags, full plate footrest and backrest. Colour-Magenta £250 contact Wayne Scott 01742 87982

WANTED
Corsica S Tel: 01452 423124 (Glouc)

Dagger Crossfire, AQ2 or similar for surfing. Ed Hodnett Tel: 01908 511434 (Milton Keynes)

Stunt Bat (Pyranha) in good condition Tel: 01743 850722 (Shrewsb)

Canadian Canoe suitable for family, Dagger, Old Town, Mad River preferred, good price paid. Tel: 0115 9283400 (Notts)

Tokyo, Japan. Hallo everyone. I recently arrived here with two kayaks, but no-one to paddle with! I shall be here for 3.5 years and want to exploit Japans snow melt, rainfall and surf to the full. I am looking for people to get wet with, who enjoy river-running between grades III-V and/or surfing! If you are (even remotely) local, have contacts I could befriend or are coming out here, please get in touch with me, Simon Winter: c/o 44819 (TOKYO) Foreign & Commonwealth Office, King Charles Street, London, SW1A 2AH or 1 Ichiban-cho, Chiyoda-ku, Tokyo 102. Tel: 03 3265 5511 Fax: 03 5275 3164 Also - Mike Armstrong where are you? See Tokyo, above.

Plastic Sherry Sea Kayaks for youth project, tel with your price, Dave Hart 01743 709 680 (H) 01922 710 020 (w) Shrewsbury

Dancer or similar, good condition, also reasonable condition slalom boat. Tel: 01737 353240 (Surrey)

Perception Reflex (plastic) in good condition Tel: 01452 812229 eves (Glos)

Canadian Canoe suitable for family, Dagger, Old Town, Pyranha, good price paid Tel: 0115 9283400 (Notts)

Topolino Spud any colour, will swap for good condition windsurf only. Tel: Chris 0191 388 0569 (Durham)

Perception Pirouette, about £250 Tel: 01243 538493 (W Sussex)

Outrigger and sail for sea canoe. Can collect in GB Tel: Tim 01922 684811

Eclipse Whisper K2, excellent condition, u/stern, kevlar £460. white kevlar K1, good condition u/stern, kevlar £330 Plastex Torque Flacing blades, kevlar, reasonable £80 Aquabat, basic pool version, good condition £150. Work commitments abroad force sale of above equipment, need to shift ASAP, ONO. Please call Steve on 01860 435533

Nordkapp or similar - with bulkheads, hatches and decklines. Any age considered, must be dry. Please contact Mr Taylor, Southampton 01703 421247

LOST & FOUND
Purple "Prijon Avenger". Last seen floating helplessly, river Conwy, above Fairy Glen, Tue 10th Jan. Contents 1x Med. B.D.H Also lost 1x Radical paddles, RH. Red with carbon repairs to both blades. 1x Ainsworth RIMS RH. Green. If found please contact, Andy Acton 01902 333133

Lost from bank of River Barle, upstream of Dulverton near Slade Farm, after walk out: 1 Green Rotobat, 1 Yellow Valetta - folded, 2 sets black ABS paddles, 2 helmets, 1 deck, 1 wild-water shortie b/a, 1 red wet bag. All marked with BUCC except blades, plus telephone no's in boats. Left on Nov 19th 1994, local farmer kept an eye on it until we could return to pick it up. However all kit disappeared between Dec 3rd and Dec 18th 1994. Any info contact Ron (01272) 298074

Lost Purple Perception Corsica S on River Conwy, 11 February. Last seen at Fairy Glen Hotel, and likely to be downstream of Betws Y Coed. Any information leading to recovery gratefully received. Tel: 0114 2684610

Found - Prijon WW plastic kayak on R. Conwy/Estuary on 6/1/95. Kayak has obviously been folded on its way down river. Contact Steve or Jo on Conwy (01492) 536780

STOLEN
Kevlar/carbon Magic Bat. In purple/pink/black and silver, this is a very distinctive boat stolen from the Ross-on-Wye area over Xmas/New Year. Any information leading to its return will be gratefully accepted. Please phone Ian on 01989 768 168 during the day.

Godmanchester, Huntingdon, eve 4 Feb 1995 from roof of car. Extremely tatty blue/black Nomad slalom C1. Unbelievable that anybody bothered to steal but they did! Chris Mc 01234 765192

Some time between 2am and 7am on 5th February 1995, the following equipment was stolen from the back garden of Lent Hill House near Holne Bridge on the River Dart: Canoes: Yellow Prijon Invader with green tow-line, initials 'JCB' and the phone No: below written inside. Unique no 1716

Green Topolino (Spud) marked with 01973 211868

Bright blue MI Designs Freestyle Red Corsica (old style) with yellow stripes and 'Nuke Proof' stickers. The name 'Gavin Lowery' and an 0920 - telephone No are melted into the cockpit rim.

Equipment: 1 set Schlegel paddles painted purple with yellow stripes. Helmets: 1 Plain Orange, 2 Wildwater Comb helmets.

B/aids: 1 blue competition style. 1 blue Wildwater 'Expedition'. 1 standard.

Misc: 1 Pyranha spraydeck, 1 tow line, 1 Nookie personal throwbag, 1 pair 'Downunder' wetsuit trousers, 1 Dry Cag.

Some of our group stayed on for the next night (Sunday) and actually witnessed a white Ford Transit type van with a roof rack coming up the drive during the night with no lights on. They were scared off before the police could be summoned so would all canoeists please be on the lookout for this kit and van offering this equipment and contact either: Ashburton Police Station: 01364 - 6522210, crime ref. No: 4235/0909/050295. John Borne: 01707 - 326177 (home), 0171 - 373 - 0041 (work).

SITUATIONS VACANT
Camas Leader, The Iona Community, an ecumenical Christian community, seeks applications from women and men with outdoor pursuits experience, BCU Instructors Qualifications and group work skills for the 1995 season at Camas. Enquiries should be made to: The Staff Co-ordinator, Isle of Iona, Argyll, PA76 6SN Tel: 06817 404



top tips

and handy hints

Paddling Injuries

Following on from the paddle advice given by Anne in the last issue of Focus, part two deals with some practical advice on what to do if you have injured yourself...

Chronic and Acute

Some injuries sneak up on you. Nothing specific happens; one day there was a tweak, the next a pain and the next you could no longer lift the kettle to make a cup of tea. This is a chronic injury. An acute injury is when something happens, you have an accident, or you feel something 'go.' However, an acute injury can become a chronic one if left untreated.

What Happens To Injured Tissue?

- a) Muscle fibres can be ruptured
- b) Connective tissue of the muscle or tendon can be damaged
- c) Capillaries (small blood vessels) can break causing bruising and swelling

If the muscle sheath is damaged blood loss from damaged capillaries leaks out into the external tissue and causes external bruising and less pain than with internal bruising.

If the muscle sheath remains intact, capillary blood loss is trapped, causing pressure to increase within the muscle which causes pain, loss of function and no visible bruising. Most chronic injuries are of this type.

Why Is There Swelling?

- a) Loss of capillary blood causes swelling preventing correct blood flow
- b) Muscle cells consequently die due to a lack of

by Anne Kendrick: Part Two

oxygen from a fresh blood supply

- c) When cells die they release histamine which causes the blood vessels to dilate bringing more fluid to the area, therefore, causing more swelling.

(See fig. 7)

Swelling is important to healing as it brings cells (phagocytes) to the site of injury which clean up the dead muscle cells. However, the clean up cells remain at the injury site and eventually form scar tissue. As the scar tissue (fibrocytes) matures it shortens. The scar tissue itself is an inelastic substance preventing maximal functioning of the muscle, sporting activities become difficult to perform.

Why Is There Pain?

- a) Swelling causes excess pressure on nerve endings
- b) Damaged tissue irritates the nerve fibre endings
- c) Histamine release causes inflammation

Pain causes voluntary and involuntary muscle spasms, which further reduces blood flow, causing more cell death, more swelling and more pain. A cycle of pain and swelling is created which needs to be controlled in order to prevent the build up of scar tissue and improve chances of full recovery.

With an acute injury pain and swelling are obvious. With a chronic injury the following chart will give an idea of the stages of pain which correlate with the phases of inflammation.

With my own injury I eventually reached phase 4/5. Normal daily living was affected; I couldn't lift a kettle full of water, brushing my teeth a sent spasm of pain along my forearm. However I was still able to kayak if I persuaded myself that I could but I couldn't get my spraydeck on without help. My muscles felt tight and larger than usual, I thought I had a mild strain but obviously was increasing muscle mass!! I didn't know about internal muscle swelling!!

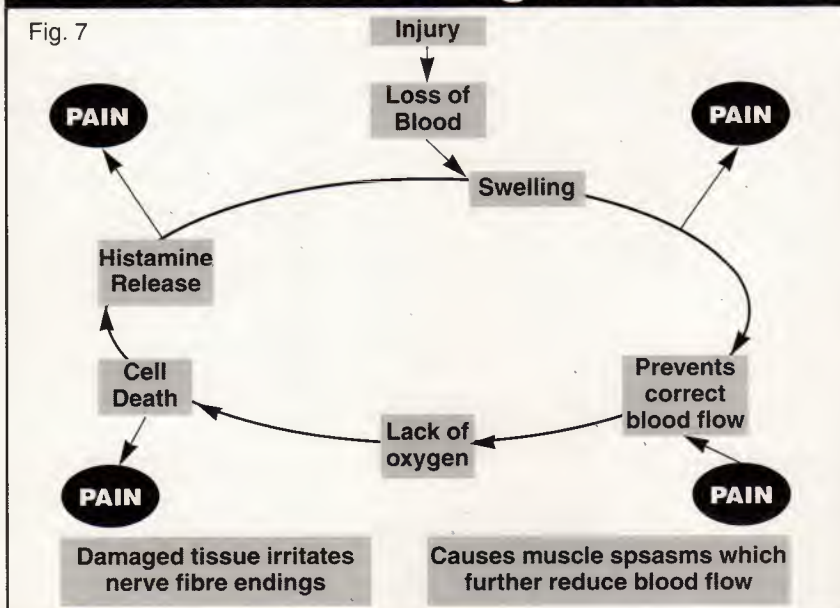
Self Help Measures

There are certain courses of action which can be taken to improve chances of recovery. The first is to contact a qualified therapist: it is money well spent.

Figure 9 shows the RICE method of treatment for an injury but includes a 'P' for protection. Protection is very important, if for some reason activity must continue before rest can begin, or if during rehabilitation any activity which causes pain has to be performed. I strongly recommend using neoprene supports for water activities as they keep the

Cause of Swelling and Pain

Fig. 7



joints warm and help prevent vasoconstriction and muscle spasms.

Rest

This is vital and means complete cessation from any activity which causes pain. It is only truly affective if combined with treatment.

Ice

- Reduces inflammation and swelling by decreasing blood flow to the site of injury
- Reduces metabolism and therefore the need of cells for oxygen.
- Reduces pain by decreasing blood flow to the sensory nerves and decreases the speed of conduction of pain messages to the brain.

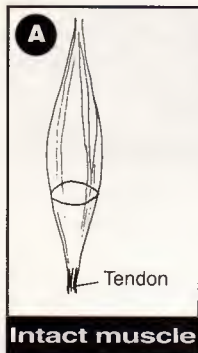
Apply ice every half hour until the skin turns pink (for caucasians) or darker (for non caucasians), or for as long as can be withstood as some people can have an allergy to ice. Apply just ice (no heat) during the acute phase of an injury as follows:

Tendons - 24 hours

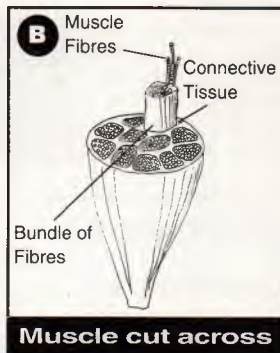
Ligaments - 72 hours

Apply ice for chronic injuries as advised by a therapist and after activity. However, I found heat to be useful after kayaking as the joints and muscles felt cold from being immersed in cold water. To accomplish this I immersed my arms in a sink of warm water and gently massaged.

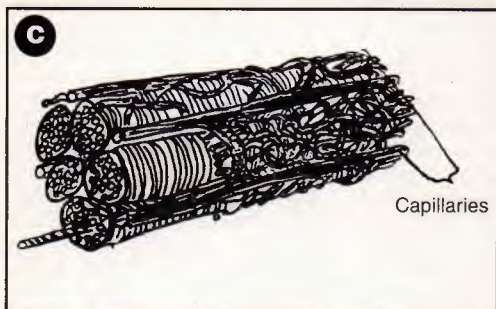
Compression



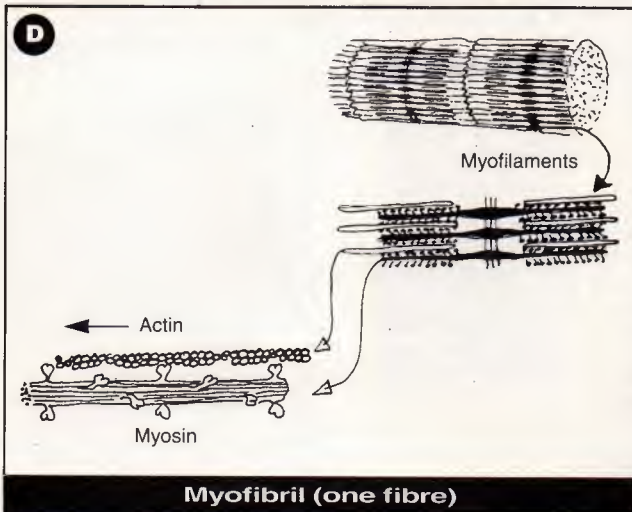
A
Intact muscle



B
Muscle cut across



C
Bundle of fibres showing capillary blood supply



D
Myofibril (one fibre)

Restores normal fluid mechanics by applying direct pressure on the swollen area to discourage fluid leakage from the capillaries into surrounding tissue.

Use bandages, taping, pressure dressing, elastic stockinette or neoprene supports.

The Use of Heat

After the acute phase of an injury heat can be used to increase blood flow, if there is no inflammation. Increased blood flow will remove waste products and thereby, decrease pain, muscle spasm, inflammation and increase relaxation and stretching ability of tissues.

Rehabilitation

As a general guideline, for every year of injury one month of treatment is needed.

A rehabilitation programme is essential to take the injury from rest to activity. It generally lasts 4 - 8 weeks. Pain pathways created by the injury may take up to two years to be reduced to normal and it is recommended that supports are used for this length of time to prevent re-injury. (I am unsure whether there are more pain nerves to the injury, or whether existing nerves are more efficient at detecting and relaying pain.)

Complimentary Therapies that I have considered include:

Physiotherapy -

physical manipulation of muscle and joints with use of machinery.

Chiropractic -

joint manipulation to affect muscle alignment.

Osteopathy -

manipulation to break down scar tissue, no machines

Acupuncture/ Acupressure -

use of acupoints to stimulate channels of energy to aid the body's natural ability to heal itself.

Homeopathy -

use of herbal medicines based on the principle of curing the ailment with a minute amount of a substance which would cause the ailment in an otherwise healthy person.

Self Massage

This can help with recovery or be preventative as it can help improve the flexibility of the muscle independent of the joints. It helps by:

- Loosens fibres that are in spasm.
- Can focus on where it feels an injury is forming
- It relieves micro trauma
- Can prevent a slight injury becoming chronic.
- Can be used as part of a warm - up routine to warm up tendons without muscles having to work at maximum to create the same effect.

How does it work

- It increases blood flow and therefore metabolic exchange of tissue fluid.
- Removes lactic acid.
- Releases pressure in superficial tissue which could be restricting circulation in underlying muscles.

Conclusion

The best method of injury treatment is prevention. It is essential to have a stretching and training routine. Learn to listen to your body and take appropriate action. Seek early advice and treatment: it's cheaper in the long term!

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book & video review

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'Looking at Weather' by Ingrid Holford.

The sea kayakers guide to the weather has yet to be written and because of this we have to rely on other peoples specialisms on the subject. There have been some excellent books on mountain weather and those written with the sailor in mind but many of them fail to provide what the kayaker requires, a book with basic explanations of the factors which combine to give us the elements of the weather and a guide to using and analysing weather charts to aid prediction.

This book does some of these things. It provides a background to the processes creating our weather, with good sections on cloud and fog formation, but the part on winds is fairly limited with only a very brief look at the relationship between pressure patterns and wind direction. The explanations use layman's terms and technical language is kept to a minimum. It includes a number of black and white photographs of cloud types which are useful but many of the diagrams lack clarity.


To the sea kayaker wanting to find out more about the wind and forecasting of weather this book has little use. As an introductory guide to the more difficult processes involved in our atmosphere then it could be helpful and at £3.50 is excellent value.

Reviewed by Nicky Mansell

Music River: Original Whitewater Songs & River Ballads

Price £9.99

Available from BCU Supplies

 At first I couldn't decide if this cassette was recorded tongue in cheek or not. I still can't, but this ceases to matter as, intentionally or not 'Music River' is entertaining. I'd still be worried if the artistes were aiming for the charts.

Recorded in Nashville, Tennessee by Brant Miller and Tom Joy, the album thus has real country and western cred and sounds just like the 101 radio stations available in the fine state of Tennessee. So it's authentic, but what is it? Someone once said that country and western songs fell into two main categories: songs about love and songs about cars. There has been the occasional one about dogs, and now we have an C & W album about canoeing and kayaking.

With titles such as 'Adrenaline', 'White water woman' and 'Talkin' Canoe Blues', the listener is left in no doubt that this is one for the white water fan.

My favourite lyric is:

'was headed for a rock, oh durn,
When someone shouted 'eddie turn'
My name wasn't Eddie,
so I didn't turn,
I just got pinned....'

The sleeve notes include a glossary of river terms (presumably in case the cassette falls into the hands of a real C & W fan) and comprehensive lyrics. My personal favourite title (unlikely ever to be featured on MTV) is the unforgettable 'When you pulled out with your Dagger, you left a blue hole in my heart...'

A good giggle for the team bus, essential listening for those going to paddle the Southern US rivers. Yee hah




Canoeing for Disabled People

Geoff Smedley

Published by the British Canoe Union £15.95

ISBN 0-900082-08-9

 I first came across Geoff Smedley on a BCU endorsement course some years back on teaching the disabled, which he was working on. The BCU is one of the few sports bodies who provide this type of add-on training for instructors and Geoff was (and is) the driving force behind this initiative. I was struck then by both his sense of commitment and his depth of knowledge and experience: here was a bloke whose brains were definitely work picking. Some of the 'pickings' have been available previously in the form of guidelines from BCU office.

This time the author has produced a definitive work, worthy of commercial publication. The book covers an enormous range of dis-

abilities and offers practical solutions to some of the barriers encountered when trying to get disabled people afloat. Geoff's approach is simple yet comprehensive, covering as many aspects as possible. There are detailed chapters on planning, preparation, equipment and support strategies as well as explanations of terminology's and excellent content on most types of disabilities. The practical implications of each are simply explained. Particularly useful is the insight this book gives on being disabled and how it feels to be on the receiving end of canoeing instruction. I was reminded whilst reading the chapter on hearing impaired of the similarity between teaching a deaf person and communicating with

people across white water. In fact there is a huge amount in this book which is of relevance to any instructor, whether they consider they deal with disabled students or not. The sections on aims and targeting are a must-read.

The overall philosophy behind the book is one of getting inside your students head and being sensitive to perceptions and needs: isn't this exactly what good instructors do? Matching this philosophy to a multitude of 'top tips' in one volume, problems are explained and solutions are offered.


This book is a milestone and essential reading for all those who take others canoeing.

Essential Reading

Canoe Games by Dave Ruse

Published by A & C Black £9.99

ISBN 0-7136-4038-3

 First published in 1986, Canoe Games is now well established as a standard tool for the BCU Instructor type who routinely deals with kids on the water in canoe related situations. I say canoe related situations because the brilliant thing about Dave's book is that he never loses sight of the fact that canoeing is supposed to be fun. It doesn't matter a hoot whether the 'canoeist' is paddling, sliding down mud, standing up in the boat, or using open boats as a bridge across a stream: as long as there are canoes kids and water mixed with water there is unlimited fun to be had. The book needs no introduction to those in the BCU Coaching Service, it is already well known, well used and well loved. I am personally glad for this revised and updated version. Not only is it a great source of ideas, but it's publication will satisfy all of those who have been ringing the BCU office wanting to buy a copy! What better recommendation could there be?

Very Highly Recommended



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