

Aug. 1995

THE CANOE SPORT MAGAZINE FOR THE NINETIES

FOCUS

No. 96 £2.00



The Placid Water

Progression

Scottish

Sea Kayak Symposium

Stoppers:

Top Tips for Survival

Expedition to:

India

PLUS

all the usual features,
letters, news
and views

THE OFFICIAL MAGAZINE OF THE BCU





2b Graphic Design

01484065081

Welcome to the all new-look Canoe Focus. 2b Graphic Design are proud to be the new publishers of the title and with the co-operation of the British Canoe Union, we have future plans for the continued improvement of the magazine in partnership.

A big thank you to all the advertisers for their contribution to the support of the magazine and if there are any further requirements do not hesitate to call us. We now have the benefit of being linked to a large reprographics company therefore we can design, layout and scan large colour ads to your requirements at a very competitive price.

Arrowcraft

COMPETITION CANOES AND KAYAKS



**Arrowcraft Marina
Sneyd Wharf
401 Sneyd Lane
Bloxwich
Walsall WS3 2LT**

MARINE LTD

**Tel: 01922 479335
Fax 01922 479096**

NEW

Junior Kayaks

NEW

Introducing two rotationally moulded plastic kayaks specifically aimed at the 7-12 year old paddler

Now available

"Sunbeam" (9-12 year old)

"Sunburst" (7-9 year old)



OUTDOOR LEISURE SUPPLIES

Contact Outdoor Leisure Supplies
for details of your nearest stockist:- Tel 01824 707177

Issue 96
August 1995

Contents

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
Chief Executive
Paul Owen
Editor
Wendy Blackman

**Publishing
Contractors**
2b Graphic Design
29 Greenfields, St. Ives,
Cambs. PE17 4HB
Tel/Fax: (01480) 465081
Eves: (01480) 382488

Advertising Sales
Peter Tranter

Printed by
Southern Print, Poole, Dorset.

Colour Repro by
2b Graphic Design & SRS, New
Road, St. Ives, Cambs

Magazine Designer
Peter Tranter

**Typesetting and
Page Make-up by**
2b Graphic Design

**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.

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



F FEATURES
Sea Kayaking in Scotland 14
Scottish International Sea Kayaking Adventure - SISKKA '95.

BCU Expedition to India 24
Nottingham Trent University in the Himalayas.

Placid Water 41
A new approach to teaching kayaking and canoeing.

Favourite Paddle 48
Bob Timms and the Ubaye.

F INPUT & IDEAS

Comment 5
From Chief Executive Paul Owen.

Top Tips 10
Stopper Safety and Rescue techniques.

Yakety Yak 32
Readers Letters Page.

F NEWS, INFORMATION & EVENTS

Noticeboard 6
Latest news.

What's On 8
Upcoming events.

Water Diseases/Club Venture 16
A paddler's guide/Wigan Canoe Club Caledonian Challenge.

Lottery Fever/Bell Boating 19
A guide to making an application.

Paddle-ability Racing/Reebok Comp 42
Marathon and sprint canoeing for the disabled.

Member's Classified 46
Plenty of bargains.

Access 50
News on agreements.

F REVIEWS

Video and Book 23
Readers Letters Page.

F COMPETITION

Lead in to Slalom World Champs 30/37
Event information.

Lead in to WWR World Champs 36/38
Preparation for the World Championships & Junior Wild Water

Marathon/Rodeo
Competition round-up.



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 canoeists 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 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. **Next Copy date** is the 20th AUGUST 1995. Material arriving at FOCUS
after this date cannot be included in the SEPTEMBER issue.

Front Cover pic



PADDLE SPORT

waveform

WATER SPORT

Canoes & Kayaks - whatever you paddle

WE HAVE

one of the largest retail showrooms in the UK and full workshop facilities

plus

20 acre teaching and demo lake all within a country park setting

GROUP BUYERS PACKAGE DEALS

EG. 6 kayaks + decks + paddles + buoyancy aids from £1595 inc VAT and delivery.

INSTANT MAIL ORDER SERVICE



All stock orders despatched same day - free delivery on most items



OPEN CANADIAN CANOES

Choose from the best available in the UK - We supply all the major makes.

BEGINNERS COURSES *plus*

BCU Star Test and proficiency training and assessment - Canoe & Kayak - phone for details and dates.

INTEREST FREE CREDIT

12 months to pay THE BEST DEAL IN THE UK (retail purchases over £295)

ACT

association of canoe traders

ATTENTION!



Bulk buying means more than good prices

Delivery dates, quality and good after sales service are just as important... Waveform understands. Our contract services division offers unbeatable rates, first class delivery and a friendly helpful team to select the best equipment for your organisation.

We supply the best deals to H.M. Forces, Outdoor Centres, Schools, Colleges, Scouts and Guides. So don't get caught out when you buy in bulk. Contact Waveform and you can stand easy.



WE ARE CLOSER THAN YOU THINK

STRATFORD	10 MINS	WORCESTER	30 MINS
WARWICK	10 MINS	EVESHAM	20 MINS
COVENTRY	20 MINS	CHELTENHAM	45 MINS
BIRMINGHAM	30 MINS	CLOUCESTER	45 MINS
NORTHAMPTON	40 MINS	LEICESTER	35 MINS
OXFORD	25 MINS	LONDON M40	60 MINS

PARK FARM ESTATE
COMPTON VERNEY, NR. STRATFORD UPON AVON, WARWICKSHIRE CV35 9HJ
TEL/FAX: 01926 640573

The New Look Canoe Focus

This months Canoe Focus is the first under a new publishing deal with 2b Graphic Design, who I am sure, together with our new Canoe Focus Editor, Wendy Blackman, will further develop the magazine and introduce several innovative and new ideas. Our plans include more colour and in time even more pages bringing plenty of news and topical debate for your information.

Prior to taking up her new appointment Wendy was the Chief Executives PA and she brings with her a wide experience of the workings of the BCU, together with an in depth knowledge of many areas of our Sport. I am sure you will all join me in wishing Wendy well with her new and challenging role.

World Championships

The talking is over and the eyes of the Canoeing World are firmly focused on Bala and Nottingham the venues for the White Water World Championships. Commencing with the Wild Water race on the River Tryweryn in North Wales from August 24 to August 28 and then continuing at Holme Pierrepont with the Slalom competition from August 30 to September 3 the Championships will prove to be the highlight of our sporting year. Our good wishes go to both our athletes and the two organising teams. I sincerely hope that you will be there to witness a memorable occasion and support our athletes in their quest for medals.

August also sees full GB teams attending the Sprint Racing World Championships in Duisburg as well as the Marathon Racing World Cup in Spain, Good luck to you all.

Federalisation

Federalisation remains firmly at the forefront of discussion within the BCU and a major debate is scheduled for the September Council meeting. It is vitally important that you let your representatives, either from the national associations, specialist activities or regions, know your views on how the BCU should plan its structure for the future.

Young Peoples Panel

The British Canoe Youth Panel formally changed its name to the British Canoe Union Young Peoples Panel as the first move in driving forward new proposals for a BCU National Junior Sports Development Programme, linked to new Sports Council initiatives under the Top 's scheme and the work of the newly created Youth Sports Trust. The BCU's plans will

be revealed at a special conference later in the year.

Sportswomen of the Year

The BCU has been invited to make nominations in the following categories for The Sunday Times Sportswomen of the year 1995

1. Schoolgirl (11-years)
2. Student
3. Sportswomen
4. Team
5. Administrator

The distinguished panel of judges are looking for individuals who have made outstanding contributions to their sport and nomination forms are available from the BCU Office in return for a SAE..

Good News from the National Lottery

One of the first recipients of funding from the National Lottery Sports Fund is the BCU Sprint and Marathon Racing Committees who were awarded a £58,000 grant towards the purchase of new boats. Full details are available later in the magazine.

To assist all National Lottery applications the BCU is drawing up a National Facilities Plan which will include projects important to canoeing development. In order to ensure that this plan is as up to date as possible, thus enabling the BCU office to comment accordingly on applications, it is important that we are informed of Lottery applications for club houses and similar facilities. All information should be sent for the attention of the Chief Executive, Paul Owen, BCU office.

WCA on the Move

The Welsh Canoeing Association have moved offices into a magnificent new facility adjacent

to the White Water Centre beside the Tryweryn in Bala, the new address is WCA, Canolfan Tryweryn, Frongoch, Bala, Gwynedd, N. Wales, LL23 7NU. Tel: 01678 521199.

BCU Subscriptions

Increases for 1995/96 are being kept within inflation the new rates will be applied to all members and included on Direct Debits from November 1st as follows:

Individual Membership

- Life Comprehensive*
£396.00
- Adult Comprehensive*
£26.25
- Under 18 Comprehensive*
£15.50
- Family Comprehensive*
£14.50
- Adult Basic*
£16.00
- Under 18 Basic*
£9.50
- Family Basic*
£8.50

Clubs

- Senior*
£50.00
- Junior*
£45.00
- Capitation*
£0.60p

Please quote your membership number on all correspondence and cheques sent to the office.

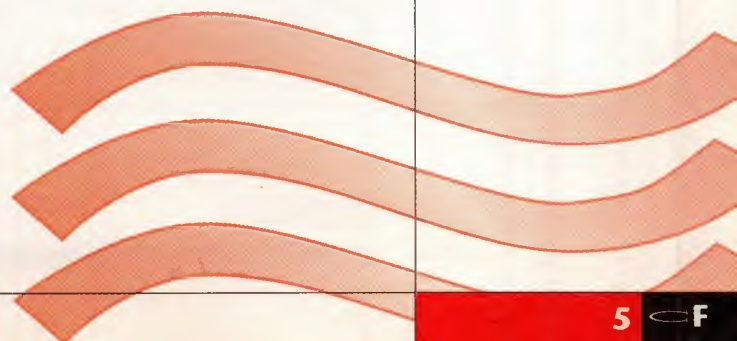
New Developments at Holme Pierrepont

Work started on 22 June on a brand new training facility at the National Water Sports Centre, Holme Pierrepont, Nottingham. It will provide some of the most sophisticated sports medicine and science back up services for Britain's elite athletes. Water sports athletes based at the Centre will now be able to fulfill all their training requirements on one site. The facility will also be developed as a national and local training site for disabled activities for both coach and athlete development.

Paul Owen
Chief Executive

And finally... Welcome Lorraine

Lorraine Varney commenced work with the BCU in July as the Chief Executives PA. We hope that she will have a long and happy time with the BCU.



Marathon and sprint racing

Photography competition

To improve the profile of Marathon and Sprint Racing in the canoeing press and at exhibitions good photographs are required. To offer an incentive to photographers to show off their best work, the following categories will be run:

- Domestic Racing
- International Racing
- Race Coaching
- Introduction to paddling.

New facilities at Holme Pierrepont

Improvements worth nearly £500,000 at the National Water Sports Centre, Holme Pierrepont, are set to make canoe slalom facilities there "the best in the world" according to the Centre's Director, John Davies. New facilities include; A 1,500 seat spectator terrace and Olympic standard scoreboard and timing system for the canoe slalom course. More facilities for disabled people, including a lift inside the main building, providing

access to specially adapted accommodation with ramp access from the main building to the water side.

These new facilities, together with the floodlighting unveiled last year, means that Holme Pierrepont can now boast "the best slalom competition and training facilities in the world" according to John Davies, Centre Director "These facilities will come into their own when we host the Canoe Slalom World Championships at the end of August."

250 competitors from more than thirty countries will be taking part in the event which was last held in Britain 14 years ago. Nottinghamshire County Council funded half the cost of the new facilities for disabled people with the Sports Council providing the money for the rest of the improvements. The Sports Council sees Holme Pierrepont as a key facility in the development of sporting excellence.

International Canoe Exhibition - 1996

change of venue - change of date

Next years International Canoe Exhibition will be held at the National Exhibition Centre, Birmingham on the 24th and 25th February 1996. (Please note this is not the date that was previously published in the 1995 Exhibition programme). The times of opening on both dates will be 10am to 7pm. Applications to exhibit have been sent to all 1995 Exhibitors. Any Company/Organisation that did not exhibit, but wishes to have further information, should apply to the Exhibition Organiser at the BCU Office.

Sports Aid Foundation grants

The following Sports Aid Foundation Grants have been awarded to the following paddlers: Grayson Bourne, Rachel Crosbee, Helen Gilby, Stephen Harris, Anna Hemmings, Ivan Lawler, Gareth Marriott, Shaun Pearce, Ian Raspin, Lynn Simpson, Alison Thorogood, Andrew and

Stephen Train, Mark Delaney, Nick Smith, Ian Tordoff, Beth Campbell, Lucy Hardy, Brian Hemmings, Melvyn Jones, Andrew Morgan, Philip Murphy and Benjamin Nelson. Thanks once again to the Sports Aid Foundation for supporting our top athletes.

GB Wild Water racing - World Cup selection '95

The following paddlers have been selected for the World Cup Wild Water Races for 1995:

- K1 Men** - Ian Tordoff, Jon Folland, Michael Mason, Martin Streeter, Fraser Gormal.
- K1 Ladies** - Lisa Rae, Cynthia Berry, Tina Parsons.
- C2** Andy/Iain Clough, Paul Farr/Jim Ross, Dave Belbin/Phil Caunt
- C1** Rob Pumphrey, John Willacy, Ross Pearton, James Lee, Mackon Singh.

A number of paddlers declined selection due to having to go to work and other such tiresome commitments! They were Alan and Andrea Tordoff, Neil and Howard Blackman, Dave R H Taylor and James Block. We wish all GB Wild Water Racers the best of British luck in the World Championships to be held in Bala 21st - 28th August. Come and give them your support!

West Midlands Paddlers Day Sunday 10th Sept

The West Midlands will be holding their "Paddlers Day" on Sunday 10th September at Snead Lake, Sneyd Community School Water Activities Centre, Vernon Way, Bloxwich, Walsall. Novice or expert all are included, any age, assorted sexes, all are assured of a friendly day making new friends and a right spectacle of themselves. For more information on a FUN day out contact the West Midlands Secretary, Peter Jones, Tel: 0121 745 3415

For the best three pictures in each category the photographer will receive a copy of the new Marathon Racing Poster.

Further details from Richard Ward, 3 Gorden Terrace, Park Street, Crediton, Devon EX17 3EB.

DESPERATE MEASURES

Latest demos from Pyranha, Dagger and Perception
 'Try before you buy at Holme Pierpont'
 39-41 Trent Boulevard, West Bridgford, Nottingham NG2 5BB
 Tel: 0115 9816815

Mail Order a Speciality - Open 9am till Dusk



ACTIV-SYSTEM clothing for those who seek out and enjoy the harshest conditions - combining lightness and endurance - used by professional guides, expedition members and serious activists - an alternative, flexible and affordable insulation system.

FEATURES:

Action cut pit zips, deep front zips, double slider zippers, vented cuffs and adjustable elasticated drawcords provide quick and effective venting.

A-P 6 Pile traps body heat and its low water absorption allows rapid wicking of water away from the skin.

Airflow 600 microfibre shell fabrics are durable, highly water repellent and windproof due to the use of extremely fine fibres in their construction

Send for details of the full range which includes
 Guide Pullover - Guide Jacket
 Salopettes - Salopants
 Pile Shirts - Leisure jackets - Trousers - Caps - Mitts



VALLEY CANOE PRODUCTS LTD
 Private Road No. 4, Colwick Ind Est
 NOTTINGHAM NG4 2JT
 TEL (0115) 9614995 FAX (0115) 9614970

New training opportunity

Coaching Disabled People - Outdoor Adventure will be running a series of two week courses specifically designed for existing Instructors to broaden and develop their coaching skills while increasing their awareness and knowledge of this vastly untapped area of coaching.

The course will specialise in coaching methods for disabled people to participate in windsurfing, sailing, canoeing and surfing.

For further details please contact:
Jeff Gill,
 Outdoor Adventure,
 Atlantic Court,
 Widemouth Bay,
 Cornwall, EX23 0DF
 Tel: 01288 361 312

Complaints from Hurley villagers

The residents of Hurley Village in Berkshire have recently found cause to complain about canoeists who are visiting Hurley Weir, the site of the Thames Weir Rodeo. Among the complaints are inconsiderate parking, litter, loud music from car stereos and indiscreet changing.

Hurley is one of the best playboating facilities in the Thames Valley and it would be a tragedy if the site was lost. It will help to improve the relationship between canoeists and locals and ensure the Hurley continues to be a trouble free paddling site if the following recommendations are observed:

1. Park considerately and make sure that boats and kit are not causing an obstruction to other users of the car park.
2. Try to avoid busy times e.g weekends and bank holidays (This will also reduce queuing times in the eddies at the weir).
3. At busy times arrange to car share with friends.
4. Change discreetly (you might not mind undressing in public, but it can cause offence to non-canoeists).
5. Keep the volume of car stereos to an absolute minimum.
6. Put litter in the bins provided or take it home.

If we can build a good relationship between canoeists and the residents of Hurley Village, we will all be able to enjoy Hurley weir as a playboating site for many years to come. It's worth the effort!

Happy Paddling
Shaun Baker - Playboater

What's On ● What's On ● What's On ● What's On

Worcester Canoe Club

The Worcester Canoe Club "Swan-Along" Charity Paddle to be held on Sunday 3rd September 1995 will raise funds for the Kidney Foundation and the National Kidney Research Fund.

The Kidney Foundation will present a Gold Watch to the lady and to the gentleman raising the most sponsorship money. Each participant will be entered into a free draw for £25 worth of canoeing equipment presented by Joel Enterprises of Holt Fleet, Worcestershire. There will be a £10 prize for the best dressed Pirate (fancy dress) arriving at Worcester.

The paddle of 16 miles is on the River Severn from Bewdley to Worcester. With the use of the locks no portaging is necessary.

For further information contact:
 Brian Cox, 23 St Peters Crescent,
 Droitwich, Worcs, WR9 8QD Tel:
 01905 773689

London & South East events

20th August - Westel Tourist Trial - A good day out with challenging distances ranging from 6 to 30 miles on the Basingstoke Canal. The start is from the new canal centre with loos and all mod cons. All standards, all boats welcome.

26th to 28th August - Arun weekend. Treat yourselves to a very pleasant weekend camping or just pop down for the day. All standards, all boats welcome.

These events are a good way of keeping in touch with what is going on and are beneficial to newer paddlers as you can "home in on what suits you".

Details available in the handbook or ring Jeff on 01784 255085

PIRATES CANOE CLUB - Charity Paddle '95

The event is open to all paddlers, and obviously the more paddlers that take part the more money can be raised for the two chosen charities. The event

takes place on 3rd September 1995 -

there are two routes available
 1- Tonbridge to Maidstone, approximately 17 miles and
 2 - Yalding to Maidstone, approximately 8.5 miles. The sponsored paddle on the River Medway will raise funds for Guy's Hospital - London (Cardiac Research Fund) and The Research Trust in to Metabolic Diseases in Children. This paddle is not just about raising funds for charity, it is also about having fun on the day. Please come along and bring along some friends for a great day out!. There will be a small memento for everyone who takes part, regardless of the distance paddled or the amount collected. For more detail and entry form apply to Jane Munro - Pirates Canoe Club, 2 Hardens View, Warehorne, Ashford, Kent TN26 2LG

WASHBURN WHITE WATER EXPERIENCE

Saturday 2nd and Sunday 3rd September 1995.

2 glorious miles of exciting grade 2 & 3 wild water unsurpassed in the western world (West of Harrogate!). Dam release 9pm to 4pm both days. Paddles up event on Saturday afternoon. Shuttle transport available all day. Hot & Cold food all weekend. Overnight camping or B & B available. Excellent car parking facilities, clean WC & running water. Book early to be sure of places. The Washburn experience is a Leeds Canoe Club event, for further details please contact Ian Needham on 01943 463199. This event is subject to water availability, please ring the regional information line before travelling on 01426 978654

BCU Lifeguards National Championships 16-17th September 1995

Are to be held in Weymouth in conjunction with Weymouth and

Portlands Leisure Department over the weekend 16-17th September. The competition is open to any BCU member or club. All events are based at rescue test level. The main base will be at Weymouth Outdoor Education Centre with events taking place on the main beach. Various types of accommodation is available along with the option of catering. For further details contact Andrew Turner, Publicity Officer, 51 Queen's Street, Horncastle, Lincs, LN9 6BH

SCOTTISH CANOE EXHIBITION 14/15 October 1995

Once again the Scottish Canoe Association is hosting the Scottish Canoe Exhibition over the weekend 14/15 October 1995. This is the third year of this friendly Exhibition which in 1994 attracted 900 visitors over the weekend.

This year the programme of events includes a lecture by epic Scots paddlers, Dan and Karen Trotter, Fitness Testing and the use of demo boats adjacent to the River Tay.

For paddlers in the north of England, Perth is much easier to reach than Crystal Palace so why not make a weekend of it and come and visit the Exhibition, and even paddle the River Tay at Grandtully or Stanley.

For further information contact the SCA office on 0131 317 7314 or fax on 0131 317 7319. See you there!

WELSH OPEN FESTIVAL OF CANOEING

9 and 10th September

Canolfan Tryweryn will be hosting the first Festival of Canoeing. There will be numerous courses and clinics for all levels of canoeist. If you would like to run a course, or would like a specific course run for your self of your club, or would just like further information, please contact the Operations Manager 01678 521083



PHOENIX OF NOTTINGHAM

**THE BEST QUALITY DECKS, USING THE FINEST
QUALITY JAPANESE NEOPRENE -
UNRIVALLED VALUE FROM ONLY
£39.00**

For nearest dealer contact:
**Unit 2, 39-41 Trent Boulevard, West Bridgford,
Nottingham NG2 5BB
Tel: 0115 9816815**

Special Discount Motor Insurance Scheme For All BCU Members



**The Scheme offers a fast
and efficient claims service
with discounted insurance
premiums.**

SPECIAL FEATURES:-

- * £5 voucher towards BCU membership.
- * FREE £200 worth of cover for equipment in vehicle.
- * Up to 15% discount on certain policies.
- * New car replacement for cars in first year of registration and where damage exceeds 50% of its original purchase.
- * FREE "uninsured Loss Recovery" service
- * Legal advice or assistance up to £25,000 (including personal injury) following accidents in the UK.
- * Contribution towards hire or replacement car.
- * Payment by instalments - spread the cost over 10 months by payment through Direct Debit facilities (full details supplied on request).
- * Payment by Access or Visa cards.
- * Breakdown Recovery Insurance.
- * 24 hour accident helpline.

FILL IN AND SEND THIS COUPON TODAY

Send to: Boncaster Ltd, Freeport, Brentwood, Essex CM14 4ZP

BCU

Mr/Miss/Mrs/Title _____	Surname _____	Car Model _____
Christian Name _____	Age _____	Year _____
Address _____		Engine Size/cc _____
Type of Cover (Please tick) _____		
Comprehensive _____		Third Party Fire & Theft _____
Third Party Only _____		NCB Protection _____
Use: Pleasure _____		Pleasure & Business _____
Drivers (Please tick) _____		
Insured Only _____		Insured & Spouse _____
Any driver over 25 _____		Any Driver _____
Please list all drivers under 25 separately		
Postcode _____	I am presently insured with _____	
Membership No. _____	No Claims Bonus _____ % _____ Years _____	
Occupation _____	Expiry Date of Present Policy _____	
Period of residence in UK _____	Present Premium £ _____	
Licence and how long held _____ years _____ FULL/PROV		
Excess: Nil		
Any previous accidents, losses or convictions? YES/NO _____		I will pay first £50 £75 £100 of own damage
If YES, please attach details		
Do you require loss of use cover? _____		

**RING
LINKLINE**

0345 616161

**FOR THE
COST OF A
LOCAL CALL**

Stopper Safety and Rescue

Lets face it
.....if you end up in
a killer stopper its
probably down to
pilot error! Either:

1. You over-estimated your paddling skills.
2. You under-estimated or mis-read the water.
3. You failed to scout the river and assess the risks whether from your boat or a bank inspection.

Most of the above are avoidable, but we all make mistakes! So read on.

Understanding Stoppers

Stoppers are formed when water that has speeded up as it flows over a drop, gets rid of the extra energy thus created. It does this by sending the water that can't flow away normally, rushing to the surface. Some of this water is then forced to re-circulate upstream.

Surface vs. Deep Stoppers

There are different types of stopper and at one end of the scale is the 'surface stopper', (fig. 1). Here the action takes place on the surface. Therefore although it will hold a buoyant object such as a kayak, a swimmer would normally be flushed through the stopper in the deeper water.

At the other end of the scale is the 'deep re-circulating stopper' (fig. 2). Most of the action is deep down.

This is a dangerous type of stopper because the tow back will often hold a swimmer. They are also deceptive because the water isn't very aerated and may appear fairly calm.

The critical factor is the distance between the slot and the boil line. In other words, the length of the tow back. As a rough guideline, anything over half a boat length is probably worth walking around.

Natural stoppers are rarely 100% surface or 100% deep re-circulating. Due to the uneven nature of the river bed they often change in character throughout their length. So you may find that one end of a stopper is very 'grabby', while the other end is very forgiving.

Even vs. Uneven

Most, though not all, natural stoppers are uneven, the towback will have weaknesses

where the water flows through. These may be caused by a break in the underwater feature that is causing the stopper or because the stopper is not at 90 degrees to the main flow. In the case of the latter, some of the re-circulating water flows towards the downstream end of the stopper. (fig. 3). 'Even' stoppers, that is stoppers that have no break in the towback through which you can escape are potentially lethal.

Unless you are 100% certain that you can power through, or in certain cases jump over, a stopper, you should keep clear of any stopper that does not have a weakness that will allow you to escape it's clutches.

Weirs

Weirs often produce dangerous stoppers. This is because they are symmetrical. Therefore they produce stoppers that are even and have no weaknesses. "Weirs are either a piece of duff, or they kill you". If in doubt portage. The only way to be sure is to ask the local paddlers.

Assessing Risk

By looking at whether a stopper is even or uneven, deep or surface we can assess just how dangerous it is, (see fig. 4). Bear in mind that there are other factors to take into account such as the size of the stopper, the power of the current, underwater and downstream hazards and the technical skill of the paddlers involved.

Boater Self Rescue

The usual method is to 'side surf' the stopper and work your way towards the weakness using braces and power strokes on the downstream side. It is also possible to 'ender' or 'tailie' out of a stopper.

Coaching these techniques is beyond the scope of this article. These are skills that can only really be learned through practice and coaching on the medium.

Friendly surface stoppers make great 'play-holes', in which to learn these skills. Make the most of them!

Boater to Boater Rescues

These methods can only safely be used in surface stoppers that the rescuer is happy to play in and the boater is only stuck because they have enough skill to stay upright but not enough to get themselves out by the methods outlined above.

Bow Rescue

As long as the back tow is less than half a boat length you can get the victim to hang on to your toggle and ferry glide them towards the weakness. A bow presentation is best as the greatest danger to the victim is the end of your boat.

Bumping Out

This involves paddling upstream of the victim and deliberately dropping sideways into the stopper so as to barge them out. The rescuer faces the opposite way to the victim so as to minimise the danger of injury from each others paddles. The dangers of injury to both paddlers are such that I would discourage its use. Use the Bow Rescue.

Swimmer Self Rescue

Stoppers usually spit you out if you go for a swim. However, if you read the water incorrectly or are stupid enough to run a drop without inspecting it, you may find yourself held as a swimmer.



Fig. 1 Surface Stopper

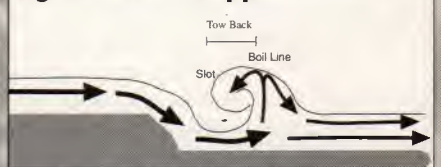
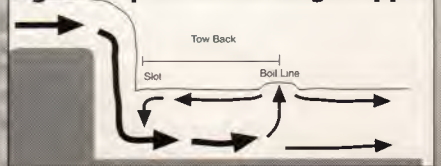


Fig. 2 Deep Re-Circulating Stopper



PEACE RIVER CRUISER

Less Paddle Strokes
per mile...

Specifications:

Length: 5.18m (17' 0")
 Gunnel Width: .87m (34")
 Depth, Centre: .36m (14")
 Rocker Bow: .03m (1")
 Weight: 38kgs (84lbs)

Options: Centre Seat for Passenger or Solo Paddling

Colours: Red or Green

Suggested Usage: Fast and Efficient Family Touring, Cruising,
 Flatwater, Lakes, Rivers, Light Whitewater.



Photo: Ray Greenhall

Available from



& all good canoe shops

Bridge Works • Knighton Fields Rd West • Leicester LE2 6LG • UK
TEL: +44 (0)116 283 0659

**NUCLEUS
THE ESSEX
SUPERSTORE**

Ace, Coleman, Mi, Palm,
 Old Town, Perception,
 Pyranha, Yak, Dagger,
 Circle One, Wild Water,
 Valley, Prijon, Schlegel &
 Wave Skis

Individuals, families & bulk
 supply for the hottest prices.

**We consider P/Ex of
 any watersport item
 including windsurfers
 etc against any new
 kayak.**

Centres & groups send
 your list of requirements
 for special quotes.

**VISIT OUR
 STAND B4 AT
 SOUTHAMPTON
 BOAT SHOW
 16th - 24th
 September**

**Lots of special
 offers.
 We will refund
 the entry fee for
 one person if
 you purchase a
 kayak from us
 at the show on
 presentation of
 this ad.**

NUCLEUS
 204 Frinton Road,
 Holland on Sea,
 Clacton
01255 812146
 OVER 40 MODELS
 USUALLY IN STOCK

CALSHOT activities centre

The Solents Premier Watersports Centre

- CANOE COURSES AT ALL LEVELS
- COACHING, PERSONAL PERFORMANCE
- INDIVIDUALS, GROUPS
- ADULTS, CHILDREN
- SEA KAYAKING EXPEDITIONS
- WIDE RANGE OF OTHER WATERSPORTS/LANDSPORTS



FOR A FULL COLOUR BROCHURE RING 01703 892077 OR WRITE TO:



Buoyancy

Some people recommend that you take off your buoyancy aid. The idea being that if you are less buoyant you will get down to the water that is flowing downstream.

I believe this is a bad idea. Even without your buoyancy aid, you are still fairly buoyant because of your clothing and the air in your lungs. If because of this inherent buoyancy you find yourself still in the stopper, it will be harder to get to the surface for air and stay alive long enough for anyone to get in a position to effect a rescue. There is also the strong possibility that, having got out of the stopper without your buoyancy aid, you drown on the rapid below it.

Getting Down Time

You can deliberately swim into the water that is pouring over the weir/obstruction, in the hope that the fast water will push you down deep and take you far enough downstream to surface beyond the tow back.

Keeping Your Head

If the above doesn't work, save your energy by not fighting when you have no idea whether you are swimming in the right direction or not. On surfacing, get some air and try and get your bearings so that you can work your way towards any weaknesses in the stopper, or an obstruction you can grab hold of. Keep calm, this saves precious oxygen and increases your chances of seeing or feeling any lucky breaks, such as a tree branch, throw-line or a toe hold that enables you to propel yourself towards safety. Above all, never give up!

Article by:

Franco Ferrero

Head of

canoeing

Plas-Y-Brenin

Stopper Rescues of Swimmers

Time is of the essence! 'Keep it simple' and by having already

practiced some tried and tested methods you can save precious time. The following methods pose no risk to the rescuer and are arranged in order of the time it takes to set them up:

- **Reach**

Many rivers are relatively narrow and it may be possible to simply reach out to the victim with your paddle.

- **Throw**

Wait till the swimmer surfaces and has had time to get their bearings before throwing your line. In order to minimise the risk of entanglement take out any surplus line before throwing the bag.

- **Float-boat**

Fix a line to an empty boat and push it out into the current upstream of the part of the stopper into which the swimmer is being re-circulated. The boat will be held in the slot and on hitting a solid buoyant object a swimmer will instinctively cling like a limpet. Pull boat and swimmer to the side.

- **Tag-line**

This method may not be practicable if the bank is obstructed. Clip two throw bags together so as to provide a bright, buoyant object. Tension the line across the river so that the throw bags are positioned above the point at which you expect the swimmer to surface. As they surface lower the bags right in front of their eyes. When they grab the line one rescuer will have to pay out as the other takes in the line. This must be pre-arranged. Do not simply let go of one end of the line because if the swimmer lets go you will have to try again.

High Risk Rescues

Any technique that involves a serious risk to the rescuer is best avoided. However, there are circumstances where these may be the only options available. Each individual will have to decide whether the risk is one they can justify taking in the particular circumstances.

- **Swimmer on safety line**

If the swimmer is unconscious and the banks such that a rescuer can jump onto the place where the victim surfaces this may be an option. The rescuer must be attached by a chest harness and the bank crew must keep as much of the safety line as possible out of the water to avoid entanglements.

- **Boater on safety line**

In the case of very wide stoppers that hold a swimmer well away from the banks this may be the only practicable option. The rescuer paddles to where the swimmer will surface and is prevented from being pulled into the slot by the safety line. After numerous practical tests the Austrians are of the opinion that it is best to attach a line to the rescuers chest harness. A line to the boat can provide a greater element of control but the advantage is more than outweighed by the dangers of the lines becoming tangled. Under no circumstances should the line be attached to the boat only.

Having said all that, don't be put off. Most stoppers are pussycats!

Fig. 3

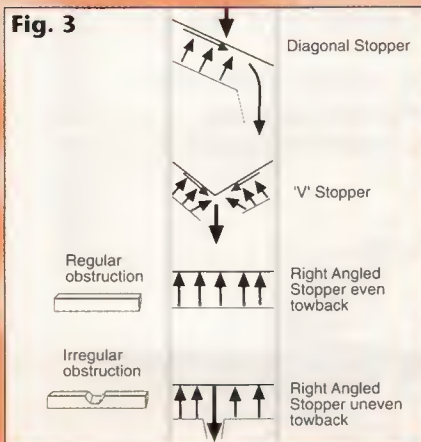
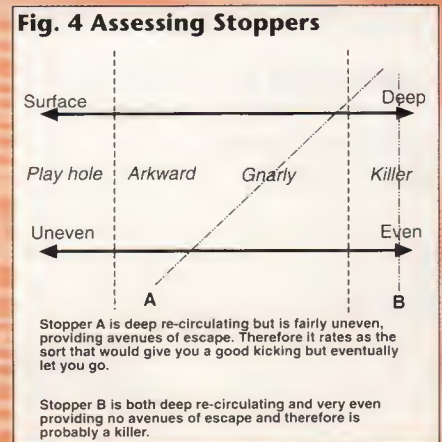


Fig. 4 Assessing Stoppers

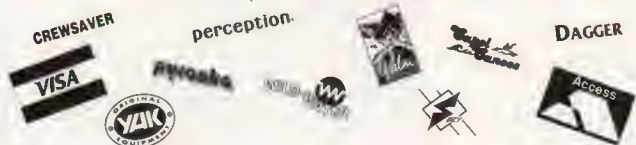


Capel Canoes

FIVE OAK GREEN, NR TONBRIDGE, KENT
Tel: 01892 832128

LARGEST SHOWROOM IN KENT

BARN FULL OF CANOES AND KAYAKS



MAIL ORDER



WIRE OUT

7 Park Hill, Swallownest, Sheffield, S31 0UN
Tel & Fax 0114 2692739

PERCEPTION & PYRANHA BOATS KAYAKS REDUCED TO CLEAR

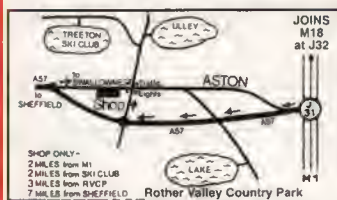
TYPE			
MOUNTAIN BAT	Ex display	yellow	£369
MOUNTAIN BAT	Ex display	red	£369
PIROUETTE	Ex display	magenta	£339
TUFFY MASTER	Secondhand	A/Marine	£165
FREESTYLE	Secondhand	yellow	£95

ACCESSORIES

Paddles by Ainsworth & Schlegel, spraydecks, airbags, spray cags, dry cags, long johns, gloves, boots, dry sacks, buoyancy aids, helmets, throw bags, towlines, BDH bottles, roof racks, roof rack uprights, J-bars

BOAT REPAIR SERVICE AVAILABLE - ring for details

Discounts: Groups/Clubs/Quantity Purchase



MAIL ORDER with FREE DELIVERY on mainland UK.

0% FREE CREDIT
on purchases over
£300 ring for details

Shop only 2 miles from M1; 2 miles from Ski Club; 3 miles from Rother valley Country Park; 7 miles from Sheffield; 4 miles from Rotherham



**NEW 48 PAGE
SPRING/SUMMER
BROCHURE
OUT NOW!**

**MASSIVE RANGE -
DON'T MISS OUT**

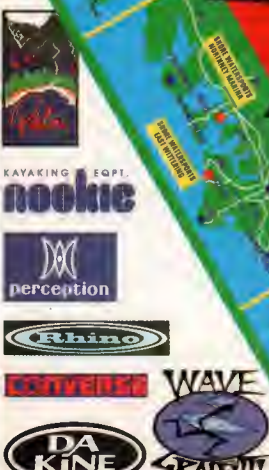


**PHONE 01243 672315
NOW FOR YOUR FREE
48 PAGE BROCHURE
OR SEND THE
COUPON BELOW
FREE
STICKER
WITH
EVERY
BROCHURE
ORDERED!**

PLEASE RUSH A BROCHURE TO:

Name
Address

Send to: SHORE WATERSPORTS 20 Shore Road, East Wittering, Chichester, W Sussex PO20 8DZ



Shore Road
EAST WITTERING
Chichester, W Sussex
PO20 8DZ 01243 672315
Fax 01243 672314





Siska

Christian Gabard is to blame. Perhaps we should not blame him for the Scottish weather, but we can blame him for a week of sea kayaking with a wonderful group of people from all over Europe.

But who is really responsible? I accuse Dave Ross. It was he (and I suspect his wife in colluding) who really put in a tremendous amount of effort to make the SSKA week a great success. And the charge. Making available a week of paddling off the North West coast of Scotland, including the Isle of Mull and labelling the event the Scottish International Sea Kayaking Adventure or 'SSKA' for short. The evidence is overwhelming and here it comes. I am sure you will find all those guilty as charged.

It was Christian who, many years ago, started organising a bi-annual sea kayaking meet on the Ile de Re off the South West French coast. Last year a crowd of us from the UK trooped down to join this event and, as always, had a great time.

'Scottish sunshine'

Dave Ross, who was among our numbers, got the idea from this meet to organise a similar one on the west coast of Scotland. A brave idea as at least the weather is reasonably certain to be warm and sunny on the Ile de Re, where as we all know about 'Scottish sunshine'.

Dave set about organising a replica albeit on a much smaller scale, of the Ile de Re concept and chose Oban as the starting position. After a year of effort and planning we all met up at the Kilbouie Outdoor Education Centre on a wonderful sunny day on Saturday 20th May. This centre is to the south of Oban and an ideal launching

pad for our SSKA week. Before we all carefully packed and re-packed our kayaks we had a welcoming meet chaired by Dave. After introductions all round we were issued with plastic name tags courtesy of Harry Simpson. Not that we needed introduction as most of us had met previously so it was good renewing friendships.

Dave had worked hard to get this SSKA week sponsored, and I have listed our sponsors, but at the briefing we were to understand the fruits of this sponsorship in the shape of cheese, stickers, hats, sweat shirts, whisky, mugs etc, etc. We also learnt about our thirty foot safety boat as skippered by a wonderful local character, John McLeod, his boat, which he bought whilst a wreck under 30 fathoms of sea!, was useful for carrying excess booze, including a huge, very huge box of wine which Jacques Valentin dispersed to all and sundry at every available opportunity and still we failed to consume it all!

To return to Saturday, and our departure from Oban. It must have been 1700 hrs before we finally paddled along the north coast of Kerrera Island heading for Loch Spelve on the Isle of Mull with a head breeze it was a stiff paddle and it was 2000hrs before the advance party touched down on a small beach to the north of Loch Spelve.

Soon tents were up and evening meals on the go, but there was little socialising as most of us were fairly 'cream crackered' after a long day.

Grey day

A grey day greeted us next morning and once we had made contact with our escort boat we set off for Loch Buie, down the Firth of Lorne, a well controlled but fairly straggly group as we cruised along the beautiful Mull coastline.

A pit stop en route and by late afternoon we were gliding across Loch



Buie on flat calm water to our next campsite on the north east corner of the Loch.

Now the rains came - 'Scottish Sunshine' as Dave Ross told us. Next day was no better, a stiff breeze, very wet and an uncertain weather forecast, so we had a lie-in and trooped off along the shore, among the Highland Cattle to the small shed at Buie used as a post office and staffed by a cheerful and bubbly young girl who allowed twenty two wet and dripping persons to cram into her shop whilst phone calls were made to all over Europe. I guess more business was done in an hour that day than during the preceding year.

A cave was discovered close to the camp site and here we gathered to consume more of Jacques wine and stay relatively dry.

The plan was to make Iona, an island off the Ross of Mull and use this as a base to perhaps visit Staffa and Fingles Cave but, the best laid plans of mice or Dave Ross... Instead we portaged from Loch Buie into Loch Spelve. No we didn't hump our laden sea kayaks the four miles portage. A friend of mine living on the Mull, Ian Smith, came over with his Land Rover and flat bed trailer and soon we were all ensconced on the south west corner of Loch Spelve.

Article and
Photos by
John Ramwell
FRGS

1995



It was a beautiful day and several of us took the opportunity to explore by kayak and foot. It was also a chance to dry everything out and socialise.

The main social event of the week happened that evening. A 'Taste of Scotland' with Haggis and Neaps washed down with Whisky was one of the highlights.

Raw herring

Olaf and Ragnhild from Sweden prepared a wonderful dish of raw herring, boiled potatoes and mayonnaise sauce, this washed down with a Swedish spirit whose name escapes me now. It was a great evening of friendship, food drink and song with the sun going down over the hills of Mull and the last of the light glistening across the Loch.

Then came the camp fire on the beach. It was here the video crew set out to make a commercial for Lendal Paddles under the direction of Dave Ross. This consisted of a war dance around the fire with all participants firmly grasping a Lendal Paddle and making noises about the merits of Alistairs' paddles. I've since decided to transfer all my shares from Lendals!

Wednesday and Mike Dales and I crept away from the camp at the crack of dawn and hitched ourselves a lift to the base of Ben More, which at 996m is the only Munro on Mull. A damp and windy climb with disappointing views, due to the low cloud.

Pity the weather couldn't have been like yesterday, or even the day after - but at least we made it to the top and so

added to Mikes already long list of 'bagged Munros'.

The rest of the group kayaked over to the mainland, over to Easdale and Mike and I paddled over early Thursday morning in fairly windy and 'claggy' conditions. It was late morning before we met everyone on Easdale Island and it was clear the SISKA had made an impact. Several local people were still dazed on what had been a late session in the little local inn and most of the SISKA participants were gradually recovering. By the time Mike and I got there the inn had virtually sold out.

Late that Thursday afternoon I left the group with Guy Smith to paddle up the coast to Oban. It was brilliant weather with high clouds of cumulus in a bright blue sky casting the occasional shadow on the hills of many colours. When Scotland is nice it is wonderful, and it was a memorable paddle to the calmer waters of the Sound of Kerrera and back to the Centre near Oban.



SPONSORS

- Lendal** - funding and paddles
- Valley** - loan boats
- Kogg** - Dry Cagoules /trousers
- SCA** - funding
- West Highland Tourist Board** - funding
- John McLeod** - Support Boat/dinghy at ridiculously low cost.
- Hewlett Packard** - funding
- Scottish Pride Dairies** - Cheese, sun caps and mugs.
- Grants** - haggis
- Aitkens Bakery (Aberdeen)** - Rowies
- Patrick McGlinchey** - artwork for the logos and jerseys
- FOC**
- Graham and Richard** - video production at cost
- Newton Hydraulics** - Whisky
- Garnock Canoe Club** - use of VHF radios
- Nevisport** - bits and pieces
- Many, Many Thanks.**

David
Blakeney and
Dr Adrienne
Garner

A paddlers guide to water-borne infections

Over the past few years I have become aware of an increasing amount of views, conversations and opinions on the subject of water-borne illnesses particularly stomach related ones.

As an outdoor pursuits instructor and trek-leader in Nepal, I have some experience in this area, and I am writing this in conjunction with Adrienne Garner (a GP and marathon canoeist) to hopefully give some guidance to readers of Canoe Focus in the subject.

There are three ways in which we can contract infections from the water on which we paddle: swallowing, through cuts, and through the mucous membranes. There are several types of infection - following is a simple resume of the most common.

These can be considered under three headings.

Bacterial

Simple - The most common, eg E Coli are probably contracted by swallowing water contaminated with sewage. Symptoms: rapid onset of diarrhoea, without blood. Treat by fasting for 24 hours, drink clear fluids (water, tea without milk, commercial

rehydration solutions). If symptoms persist then it may well be:

Conditions possibly requiring treatment

(Shigella and Salmonella are examples) Symptoms generally start 24 hours after exposure and may include fever, vomiting and diarrhoea with blood. Treat by visiting your GP - do not take anti-diarrhoeal (eg Imodium or Kaolin) as these mask symptoms, do not cure the problem and may make things worse.

Complex

Weil's disease is a classic, and enough has been written on this already. However, if you take penicillin in time you will make a recovery, but the whole thing hinges on the time factor. So if you have any worries go straight to your GP and tell him/her that you are a canoeist and think you have contracted Leptospirosis. You need a ten day course of penicillin.

Giardiasis and Amoebic Dysentery are good examples. Vomiting, diarrhoea with mucous and blood, eggy-sulphurous burps and foul smelling gas are all possible

symptoms. A stool test is recommended to get the diagnosis, and therefore the treatment, right. (The stool test may well be negative in Giardiasis) Symptoms start 24 hours after exposure. For Treatment see 'Conditions requiring treatment' above.

Viral

For example Hepatitis A. These infections are not common and there is no specific treatment. Normally your own immune system will sort them out. It is worth mentioning that you can get free immunisation from your GP against Hepatitis A - a course of two injections is needed for 10 years protection.

There are many more types of water-borne hazards, e.g chemical, algae - but this is supposed to be a simple guide. If the clinical diagnosis confirms that you could have Leptospirosis. A blood test is usually taken to confirm the diagnosis but treatment should not be delayed as the antibodies will not show up in time.

One important thing to remember is that prevention is better than cure, so if the water looks dodgy - stagnant, filmy, polluted - don't go in. Always cover cuts with a good plaster, wear suitable dry-cag, including adequate footwear. Try not to swallow whilst immersed, and don't open your eyes under water. If rolling a lot wear a nose clip. Think about getting good water-tight containers for your sarnies, and drying your hands prior to eating. Rinse your flask cup out with a little of the flasks contents, and try to shower soon after paddling.

It must be stressed that out of thousands of paddlers, only a small percentage get ill, so this should not be taken as a scaremongering article.

Finally, Coca-Cola seems to be used as a preventative measure by many paddlers. Although there does not seem to be any real research evidence that this works "if it makes you happy go for it!" Adding a bit of Rum - provided you've finished paddling - may add to its efficacy, says the Doc!

A Club Venture... or was it a challenge?

The idea had its origin at the General Committee Meeting when the Club Development Officer suggested we needed an expedition to give the members a challenge. He proposed the Caledonian Canal which he had wanted to paddle for some years. Due to the lateness of the hour, the general feeling of wanting to socialize rather than continue the meeting, and the darts team wanting their room back, we all said "What a good idea". We had already done some distance on the Leeds Liverpool and Bridgewater Canal so a Scottish canal seemed a nice change.

The following weeks saw the idea pick up speed and also more detail. It was approximately 60 miles; there was a canal but it connected three lochs, one of which, rumour had it, contained a monster the famous Loch Ness - all 22 miles of it. Further reading revealed that the Loch sometimes had waves of 1.5 metres. Luckily there were 2 grade 2 rivers to assist! This all had to be achieved in 4 days!

A lot of thought and planning went into the venture. Several meetings brought together the ideas of the group of ten and a Catering Manager was appointed; Official Photographers were nominated and equipment list drawn up. The venture became a challenge as the group realised that personal goals were being set and worries concerning fitness had to be resolved by training.

The day of departure arrived and the group travelled up in the minibus with tents and camping equipment and the agreed one bag of

personal clothing.

After an overnight stop at the YHA in Fort William the group set off to complete their first 18 miles. Prayers were answered and the weather was more than kind. The Great Glen was seen in all its beauty and the refreshment breaks gave canoeists the opportunity to admire Scotland as seen by past generations.

The four days passed and everyone achieved the distance and felt justifiably proud when they reached Inverness. On their last night out they recalled the night they entertained the group who had gathered in the public bar of the ship moored at Laggen Lock; the friendly welcome and support from the camp site owners by the side of Loch Ness; the storming of Urquhart Castle to the amazement of tourists who had paid to come in only to see 10 delighted canoeists set foot without payment on the castle shore; the friendly banter between canoeist and fisherman on the River Ness; the dunking of the expedition leader upon arrival in Inverness.

The club has already started discussing its next expedition. More personal goals are being set. Imagination is running riot. Let's hope the weather will be as kind.

This trip is worth doing as a club and we would recommend it. But be warned, this sort of thing is addictive!

**Frank Swith -
Chairman Wigan Canoe Club**



ROBIN HOOD WATERSPORTS

MEGA STORE

EST. 1981

LATEST RECOMMENDED CANOES

0% FINANCE

PYRANHA	STD	ARTLINE	ARTLINE CLUB	CLUB MULTI
MICRO 230	✓	✓	✓	×
CREEK 280	✓	✓	✓	×
MOUNTAIN 300	✓	✓	✓	×
ACRO 270	✓	✓	✓	×
ACRO 300	✓	✓	✓	×
MASTER	×	×	×	✓

STD - dep £51 + £63 x 6 TOTAL £429
 ARTLINE - dep £49 + £70 x 6 TOTAL £469
 ARTLINE MULTI - dep £59 + £75 x 6 TOTAL £509
 CLUB - dep £40 + £37 x 6 TOTAL £262

PERCEPTION

PROQUETTE SS - PROLINE	dep £52 + £63 x 6 TOTAL £430
PROQUETTE - PROLINE	dep £52 + £63 x 6 TOTAL £430
CORSICA S - PROLINE	dep £52 + £63 x 6 TOTAL £430
DANCER - CLASSIC	dep £43 + £32 x 6 TOTAL £235
DANCER XT - CLASSIC	dep £43 + £32 x 6 TOTAL £235
DANCER - CLUB	dep £33 + £36 x 6 TOTAL £225
MIRAGE - CLUB	dep £35 + £35 x 6 TOTAL £245
KIWI 1 - CLUB	dep £28 + £32 x 6 TOTAL £220
KIWI 2 - CLUB	dep £39 + £51 x 6 TOTAL £345

YAK ORIGINAL NEOPRENE SPRAYDECK with reinforcing £49.95

ADVICE FROM EXPERIENCE

- PYRANHA • TUFFY
- PERCEPTION • MI,
- PRIJON • COLEMAN
- OLD TOWN
- WILDWATER
- PALM, YAK
- AINSWORTH
- SCHLEGEL



STARTER PACK
 PYRANHA CANOE, PADDLE, SPRAY DECK
 £269.00
 STARTER PACK

DEMO BOATS ...TRY BEFORE YOU BUY - INCLUDING CREEK, MICRO 230 & OVERFLOW

MAIN AGENT FOR



WILD-WATER

EQUIPMENT YOU CAN RELY ON

Price Promise... "we guarantee to beat any advertised price in the U.K."

Yorkshire's Premier Canoe Centre

152 Leeds Road, Heckmondwike, West Yorkshire WF16 9BJ
 Tel: 01924 443843 Fax: 01924 474529

WETSUIT SALE
 100's to clear

- SOLA LONG JOHNS ankle zips & knee pads £45
- TYPHOON EDGE LONG JOHN - kneepad flexible £55
- GUL SHORTIE £49.95
- GUL SHORT JOHNS £35
- NEOPRENE SHORTS £20
- GUL CAGS £25
- ROHO WETSOCKS £11
- TYPHOON EDGE BOOTS £19.95
- ROHO DRYSUIT £209

MAIL ORDER SERVICE

BEST PRICES FOR SCHLEGEL PADDLES IN THE UK!

FREE DELIVERY MAINLAND UK



White Water

CONSULTANCY & CANOEING EQUIPMENT



There's only one Whitewater Consultancy

FREE Phone 0500 118051

This month's special new 'N' reg kayaks
 FREE delivery (UK mainland only) and FREE heavy duty air bags with all kayaks bought this month, while stocks last.

100's in stock

Prijon, Perception, Pyranha, Dagger

We'll even pay for the phone call!

General inquiries 01559 362083 The Wilks Head Square, Llandysul, Dyfed, SA44 4AA

DISCOUNTS
AVAILABLE FOR
ADVANCED BOOKINGS



THE

MAIN EVENT

The Wild Water & Slalom World Championships

**Wild Water Racing - Canolfan
Tryweryn, Bala, North Wales
Mon 21st - Mon 28th Aug 1995**

**Slalom - Holme Pierrepont,
Nottingham
Tues 29th Aug - Sun 3rd Sept 1995**



Enjoy the biggest Wild Water competition to take place in Britain for over fourteen years.

Come and see over thirty nations compete for the world's most coveted prize.

FOR FURTHER INFORMATION CONTACT:

The British Canoe Union,

Adbolton Lane, West Bridgford,

Nottingham NG2 5AS United Kingdom

Tel: 0115 982 6434 Fax: 0115 982 1797

There are lots of other events happening during the competition.

Bring your family and friends and enjoy the excitement.

National Lottery Fever



Many canoeists will be looking to the National Lottery as a potential source of future funding for their major projects. The sports council has a list of recognised sports of which Canoeing is one. Canoeing also comes under the heading of sports where safety is of particular importance and as such applicants will only be considered from organisations that are affiliated to the National Governing Body.

I am pleased to be able to report that the first successful BCU lottery application was approved on the 5th June 1995, and that several others are currently being processed. The successful application was made on behalf of the racing sections and will provide almost £104,000 of new boats, this will include new K4s for the National Water Sports Centre and competition boats for our national Sprint and Marathon teams.

The application process takes quite a while and detailed planning and a little stamina will be required to see any application through to a successful conclusion.

I applied for an application form in November of 1994, the form came by return of post and included a guide to applicants and also a projects development guide. The application form must be returned within six months so it may be better to ask for a lottery information pack if you still have a lot of

background work to do, this would almost certainly apply for projects that involve building or land acquisition. My application was for capital equipment and therefore detailed costings from all suppliers and a breakdown of how the project would be funded were required.

The funding side of any lottery application will cause most people some concern. All applications are required to contribute a minimum of 35% - with a target of 50% towards the total project costs. This contribution can be made up in several ways, it could be money or goods/services in kind, but must not include funding that has already come from the Sports Council. A minimum contribution of 10% in cash will almost certainly be required. There is also the question of VAT, if your organisation is VAT registered you will be expected to fund the VAT element of your application. This will be an additional burden on your cash flow, and will require careful planning. It helps if you can step back and look at your overall cash flow for at least a year and identify the areas of income which could be directed towards your lottery application.

Lottery funding is available for a variety of capital projects, which fall into three main areas:

- 1. Construction or upgrading of buildings.**
- 2. Purchase of Land.**
- 3. Purchase of capital equipment.**

Making a lottery application:

- 1 For information about the National Lottery phone the Sports Council 0171 388 1277.
- 2 For an application form phone the Sports Council Lottery Line on 0345 649649.
- 3 You will receive an application pack along with its unique reference number.
- 4 Read the contents of the pack carefully and make sure that your scheme is eligible.
- 5 Complete the application form and send off the consultation forms in the pack to the Governing Body.
- 6 Be patient, the number of applications is growing steadily and they all take time to process, my application was among the first and it has taken five months from submission to approval.

If you are successful you will be notified of the level of grant. This will be paid in stages according to your projected cash flow. The Sports Council will hold on to 10% of your award until completion of the project. Don't forget this when budgeting.

On completion you will be expected to hold an official opening ceremony.

Lottery funding is not going to be easy for most of us, but with careful planning is should be possible.

Alan Williams

Bell Boat

The Union Flag was upside down on the Rowing Club's mast, but no signs of distress were evident as some 500 participants, parents and teachers made good use of the facilities.

The second year of the MAIN regatta, saw an increased number of eager youngsters,

armed with the paddles they had assembled and decorated themselves, meeting on the Avon at Evesham to race Bell Boats helmed by international paddlers and paced by their teacher and a 'President'.

Enthusiasm was the order of the day and was maintained right through to the prize-giving.

David Train, Graham Campbell and their band of helpers must be thanked and congratulated for the outstanding success of the occasion. 34 Primary schools and several scratch crews made up the teams' while the Presidents

included MPs, civic and church dignitaries, as well as leaders of commerce. We are grateful to all for their valued support.

Notable BCU personages present were our President of Honour, John Dudderidge OBE, Alan Laws, Vice Chair, BCU Council, Richard Ward National Marathon Coach, and John MacLeod, past Manager of the Olympic Slalom Team.

The Bell Boat is an undoubted success and popular among primary schools, as a craft for getting young children afloat in a safe, and a purposeful way.

The thinking behind the scheme including stories and a philosophy of life, provides a complete package, while the boat lends itself to everything from family picnics, through teaching canoeing skills, to management training projects.

Geoff Good
Director of Coaching



All Books & Videos reviewed here are available at discount from BCU Supplies. Ring 0116 283 0659 and ask for a brochure if you have not received one in your Focus Mailing

All reviews by Kevin Danforth

Chestnut Canoes

Kayaks North West have imported the reprint of the Chestnut Canoe Company catalogue 1950.

This fascinating reprint is a professional lithograph from the original document on heavy, high quality paper. 34 pages with additions of 5 pages by the

publishers, Plumsweep Press, includes a 4 page "Retrospective on the Chestnut Canoe", detailing the origins of the company and its relations with Peterborough, Old Town, etc. The added pages are printed with a 10% grey screen to visually distinguish them from the original text. 37

illustrations and full design lines for the "Labrador" model canoe. Included with the catalogue is a faithful reproduction of the 1950 Price List covering all the familiar models and a wide range of accessory items. If you are at all interested in the Open

Canoe and it's (relatively) recent history then this is for you. If you ever wondered how things progressed from the woodland native canoe to the design lines of your latest Royalex pride and joy, then this book will give you insight. In the manufacturing heyday of the sixties and seventies there were several lawsuits and patent disputes between the main players including the Peterborough Canoe Company, and Old Town!

The real interest for me is the photographs. There are some real gems here: snapshots of history, with shades of the "Great Gatsby goes canoeing". How many people today paddle open boat in a shirt and tie along with the obligatory stylish straw boater?

Available at £11.95 plus postage from Kayaks North West, Marina Village, Preston Brook, Runcorn WA7 3DW



Pembrokeshire & Ceredigion

A Sea Canoeing guide to South West Wales.

This new sea canoeing guide to the coasts and estuaries of Pembrokeshire and Ceredigion is co-published by the Welsh Canoeing Association and Susan Griffith. Susan is a Senior Instructor Sea and for many years has worked in local authority outdoor centres in various parts of Wales. She now lives and works in Pembrokeshire. Initially interested in river canoeing, she was introduced to sea canoeing in South Wales some 20 years ago. The canoeing she now does is purely recreational, having 'retired' to bring up a family. Her partner in paddling as well as life, Raymond, is a teacher in St David's. Together they have put together a comprehensive and well researched guide to the coastline.

The military, the National Park Authority and various conservation bodies concerned with the coast were consulted, so that any particular concerns they had relating to canoeing /conservation/ access could be addressed as far as was possible within the guide. A home-grown guide but excellent in both content and quality information.

The retail price is £9.99 and the guide is available from BCU Supplies and the WCA.

The Canoe Boys From The Clyde Past The Cuillins

Prior to the Second World War, Scotland was, to a great extent, a country unsure of its identity within the framework of the UK. But for many young Scots it was still one of the most inspiring places in which to live, for it possessed wilderness and coastlines like no other. In the early 1930s Alastair Dunnett and James Adam started up an adventure magazine called *The Claymore* which, after a brief life, left the two lads with no work and a hefty printer's bill to pay.

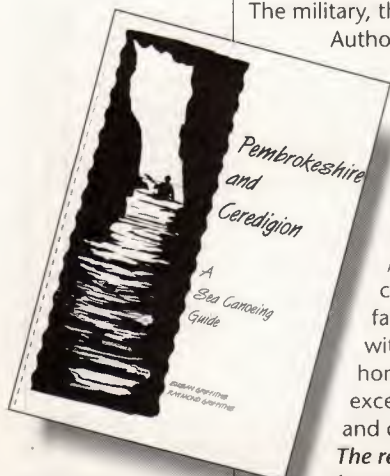
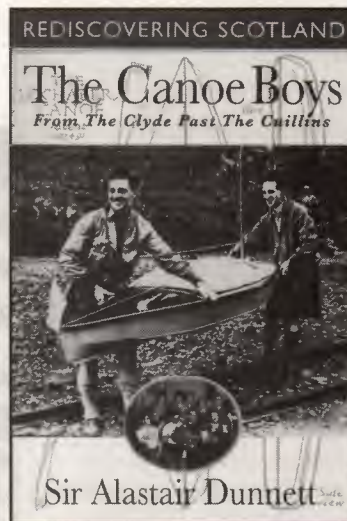
Their answer was entirely in character...they would canoe north from the Clyde by way of the West Coast to the Hebrides and earn enough money to repay their debts by writing dispatches for *The Daily Record* along the way. And so 'The Canoe Boys' set off on an adventure that took them into many of the diverse and distant communities along the West Coast, which Dunnett was ultimately to recall in this book.

First published in 1950 as *Quest by Canoe*, it remains one of the most unusual and outstanding Scottish travel books. It is no surprise that both Dunnett and Adam were to go on from this episode to make major contributions to Scottish culture and public life.

Sir Alastair Dunnett's most public position was as editor of *The Scotsman* between 1956 and 1992 but he has held a wide variety of posts in government, broadcasting, the arts and industry. He was knighted in the 1995 New Year's Honours List, lives in Edinburgh and is married to the author Dorothy Dunnett.

James Adam has spent almost all of his working life in journalism but is best known as a co-founder of the International Gathering of The Clans. During a hectic career he took the time to learn Gaelic and has also written several books. He now publishes poetry in Gaelic, Scots and English and also lives in Edinburgh.

The book is published as part of the *Rediscovering Scotland* series by Neil Wilson Publishing at £7.99. Available from BCU Supplies.



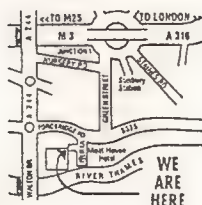
WHITEWATER

The Canoe centre

At
Shepperton Marina
Felix Lane
Shepperton
Middlesex TW17 8NJ



HOW TO FIND US



BRITISH RAIL MAIN LINE TO SHEPPERTON

PHONE
01932
247978
or
01932
225988

MAIL ORDER UK & WORLDWIDE
CREDIT CARDS - ACCESS OR VISA
COURTESY BUS FROM STATION

EQUIPMENT - COURSES - HIRE - REPAIRS - INSTRUCTION -
HOLIDAYS - ETC. FROM NOVICE TO EXPERT - BCU QUALIFIED
STAFF FOR FRIENDLY ADVICE AND HELP - MAIL ORDER SERVICE

*Kanu School
and
Canoe Suppliers to the North*



FOUR SEASONS

The Ultimate Adventure Store!

*River Lake Sea
White Water or Flat
River Run : Race : Rodeo
Slalom or Serious Fun*

*44 The Bank, Barnard Castle
Co Durham Tel 01833 637829*

**The most comprehensive Mail
Order Catalogue 95**

covering

**AFFINITY SHOP
STOHLQUIST
WATERWARE**

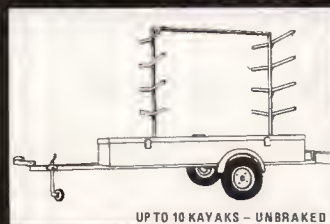
**NOW OUT
RING 0161 833 1500**

HOT NEWS

**Stohlquist Cataract Dry Cag
Now only £69.95**

Hitch up ... and go ... with

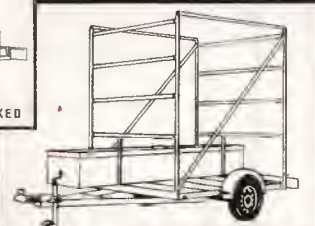
HAYLING TRAILERS
CANOE & KAYAK TRAILERS



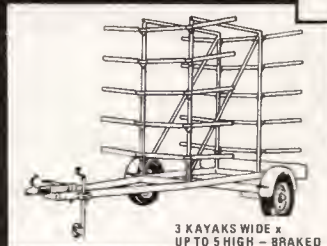
UP TO 10 KAYAKS - UNBRAKED

All models include
lights and jockey wheels
Standard Trailers Ex Stock

Models to carry
up to 30 Kayaks
Choice of Stowage Boxes



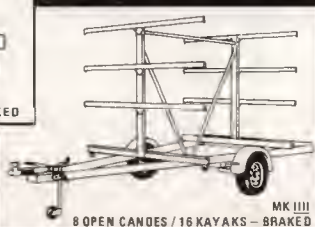
4 POSTER WITH STOWAGE BOX
UP TO 10 OPEN CANOES / 30 KAYAKS - BRAKED



3 KAYAKS WIDE x
UP TO 5 HIGH - BRAKED

Built to latest EEC
Regulations

Custom made service



8 OPEN CANOES / 16 KAYAKS - BRAKED
MK1111

For details &
FREE BROCHURE
ring
0705 464176

THE SOUTH COAST TRAILER CENTRE
254A HAVANT RD HAYLING ISLAND HANTS PO11 0LW.
FAX 01705 463069 Tel. 01705 464176

Yak, Wild Water, Nookie



ROCK & RAPIDS

OUTDOOR EQUIPMENT SPECIALISTS
Everything for the climber and canoeist

● **DEMO BOATS AVAILABLE** ●
Eurokayaks and much more!

2/4 Mutley Plain, Plymouth, Devon
Tel: 01752 227264

Koba, Lendal, Ainsworth

CANOE WORLD
VISIT OR 'PHONE OUR
SHOP

For Prijon, Schlegel, HF
and other quality equipment

Canoe World
251 Mary Vale Road
Bournville
Birmingham B30 1PN
Tel: 0121 433 5025




AVONCRAFT NORTH
CARLISLE CANOES
Kayak & Open Canoe Specialist



EVERYTHING FOR THE CANOEIST, FROM
BEGINNERS TO ADVANCED WHITE WATER

KAYAKS IN STOCK
PRIJON, PYRANHA, PERCEPTION, DAGGER



OPEN CANADIAN CANOES IN STOCK
GRUMMAN, DAGGER, OLD TOWN, COLEMAN

PLUS FULL RANGE OF ACCESSORIES

MAIL ORDER
Carlisle Canoes, 41 Wigton Road,
Carlisle, Cumbria CA2 7AX
Telephone/Fax: (01228) 31703
Mobile: (0836) 296431




**EAST BARNBY
OUTDOOR EDUCATION CENTRE**

A residential centre running Canadian
and kayak, sea and inland courses at all levels

Week courses from **£220** and
weekends from **£75**. All inclusive
of full board and lodging,
equipment hire and fully
qualified instruction.


For a brochure and details of
all courses write to E.B.O.E.C.,
East Barnby, Whitby, N. Yorks, YO21 3SA
or 01947 893333 phone and
01947 893467 fax.


Stop Press

WEEKEND COURSES BOOKING NOW
SEPT 22-24 SEA KAYAKING

1. Sea proficiency training or assessment.
2. Senior Instructor (sea) training or assessment

OCT 13-15 CANOEING/KAYAKING FOR BEGINNERS OR IMPROVERS
Training and/or assessment for 1,2 and 3 star awards



Plas y Brenin 

The National Mountain Centre
Advanced courses for advanced paddlers.

**WHITE WATER PADDLING,
LEARN THE METHODS BEHIND
THE MADNESS**

An introduction to white water paddling in kayak or canoe
is often an unsatisfactory affair. "Learn by your mis-
takes" you are encouraged. Usually though your disori-
entation and frustration makes this sort of advice irritat-
ing and next to useless. Particularly when your well
intentioned companion is not expert in recognising the
true causes of your difficulties.

Our instructors and coaches are experts. Listen to them
and learn from them. Your paddling will never have been
better.

Plas y Brenin, The National Mountain Centre, Capel Curig,
Gwynedd, LL24 0ET. Telephone: 01690 720384/720366

FOR EITHER
SEX
ANY SIZE OR SHAPE

Wet Suits

AT UNBEATABLE PRICES

Long John
READY MADE FROM
£36.50

Write
or phone for
Free Brochure

Also made to measure service

ACE WATERSPORTSWEAR
Beverstone Corner, Britannia Road
Kingswood, Bristol BS15 2BJ.
Telephone: Bristol (0117) 9675065

Rapid Canoe Supplies

The New North West
canoe shop.
Stockists of all leading
equipment and
accessories.



**Rapid by name:
Rapid by nature**

OPENING TIMES
Mon - Sat: 9.00 am - 6.00pm
Thursday: 9.00am - 7.00pm
Sunday and out of hours:
By appointment only
01524 388850

Unit 17, Lake Enterprise Park,
Caton Road Industrial Estate,
Lancaster LA1 3NX
Half a mile towards Lancaster
from M6 Junc 34

Canoe Slalom UK - Top of World

In around four weeks' time, the World Championships will have returned to the United Kingdom - to Holme Pierrepont, Nottingham.

Fourteen years is a long time since the event was last held here and for just one week, Nottingham will be top of the world, hosting almost forty nations, all attempting not just to win in Nottingham, but also to ensure that their nation qualifies for next year's Olympic Games, as the event has a double significance having been nominated as the first of two Olympic qualifying events.

Your Slalom Committee will form the major part of the BCU Organising Team led by Roger Fox as Technical Director. Many friends, long gone from the discipline, have volunteered to help and assist the band of dedicated volunteers - we offer them a warm welcome and look forward to working with them

once again! Let's make sure that we all perform with distinction and make the event a Worlds to be remembered. Both the Sports Council and Nottingham County Council have been working together to improve facilities at Holme Pierrepont. A new scoreboard straight from the Calgary Olympics, new timing systems, public address system, terracing and surfacing are immediately obvious. The Centre staff led by Centre Director, John Davies, have made sure that we will be proud to show off these improved facilities at the Slalom Course which will draw international crowds for years to come.

Whilst the organisation has been planning and arranging, the British Team has been completing their preparation. Medal tally at the last World Championships held on the River Noce in Mezzana just two years ago totalled 5 - 1 individual gold, 1 individual bronze and gold, silver and bronze in the team categories - best ever for a British Team but this year we can do even better on home water and before a home crowd! It's not going to be

easy with stiff competition from the rest of the world, all aiming for both medals and Olympic qualification. But let's remember, it's all about enjoyment too - we hope all will appreciate both the event, and the hospitality offered by the city of Nottingham. As the baton is handed to Brazil, venue of the 1997 World Championships, and the final curtain falls all should have fond memories of their stay.

Trade show and other attractions

There will be a large trade show on site and there will be children's play opportunities.

Also, on the Regatta course, the European Dragon Boat Racing Championships and an international canoe racing competition for the disabled will be taking place over the weekend 1-3 September.

There is a full programme of canoeing "come and try it" with canoe equipment provided.

Refreshments will be available at several locations on site, including at the main centre - hot and cold meals, snacks, licensed bars and soft drinks.

Accommodation

Information about special rates at selected hotels is available from Conference Nottingham, tel: 0115 982 1212. Camping is available at Holme Pierrepont and there are special rates for event ticketholders and members of British Canoe Union and National Canoe Associations.

The Nottinghamshire Tourist Office, tel: 0115 977 4212 and Nottingham City Tourism, tel: 0115 948 3500, will give further information on accommodation and on the numerous other attractions available in the area.

Access

Access by road is from the A52 to the East of Nottingham, with easy approach from motorway network - watch out for National Water Sports Centre signs. Bus connections from Nottingham railway station and bus station. Car parking is free. There is good access for disabled spectators with special car parking spaces.

Ticket information

Day tickets are available in advance or at the gates on the day. Special advance booking discounts for full event tickets only - ticket hotline 0115 982 6434.

Day tickets:

29-31 August
£1 (no concessions)
1-3 September
£3 (£2 concessions*)

Events tickets:

29 August - 3 Sept.
£6 (£4 concessions*)

Group discounts:

● 10 or more £5.00 (£3.30) per person
● 25 or more £4.50 (£3.00) per person

*Concessions for senior citizens, registered un-employed, disabled people, students, children under 16

All tickets for 1-3 September also give access to the Regatta course and "other attractions" on site.

Event timetable

(slight alterations may be made to the times shown)

29 August	1200 Practice C1, K1W and C2 Welcome Ceremony
30 August	0930 Practice K1M 1150 Qualification C1, K1W and C2 first run 1450 Qualification C1, K1W and C2 second run
31 August	0845 Qualification K1M, first run 1045 Qualification K1M, second run 1335 Teams C1, K1W and C2 first run 1520 Teams C1, K1W and C2, second run
1 Sept	0905 Teams K1M, first run 1005 Teams K1M, second run (1115/Course adjustments for finals 1145) 1305 Finals C1 first run 1415 Finals C1, second run
2 Sept	1105 Finals K1W and C2, first run 1305 Finals K1W and C2, second run
3 Sept	1105 Finals K1M, first run 1305 Finals K1M, second run 1350 Closing Ceremony

For those of you unable to come, there's lots of TV coverage on Eurosport and on BBC. Watch out for details!

Please contact

Sue Wharton,

Event

Administrator, for

further informa-

tion about the

Slalom World

Championships,

Tel:

01636 705363

or

0115 982 6434



Sponsors the BCU Expedition Approval Scheme

Window

The Nottingham Trent

In the smoky atmosphere of the local pub, a group of friends were reflecting upon previous kayak adventures. Through the beery haze of enthusiasm the idea to kayak in the Indian Himalayas emerged.

After much deliberation the whimsical gesture became a realistic goal and as the Easter holidays approached, preparations for the expedition were finalised. The expedition team, three Design and Technology trainee teachers from Nottingham Trent University, left for Delhi with the great perception of taking their own kayaks!

With the objective to kayak from as high as possible on the two sources of the Ganga, the team blew out the cobwebs of jet lag and the remnants of the air line curries with a two day 70km descent of the Ganga, from the confluence of the Bhagirathi and Alaknanda at Devaprayag to Rishikesh. The Ganga provided an excellent introduction to the valley with interesting bouncy rapids scattered throughout its length. The combination of a wet bivi, the amazing culinary talents to nuke rice and soya lumps for dinner and slight paranoia of being attacked by wild animals during the night, ensured an early start to the second day. As a result, good progress was made through the well known rapids of the Wall and the Golf Course. A pleasant welcome by locals at Rishikesh rounded off our first river trip in the valley. As a holy town on the Ganga, Rishikesh attracts many travellers "to find themselves" with the relaxing arts of yoga and meditation. We concluded that one particular

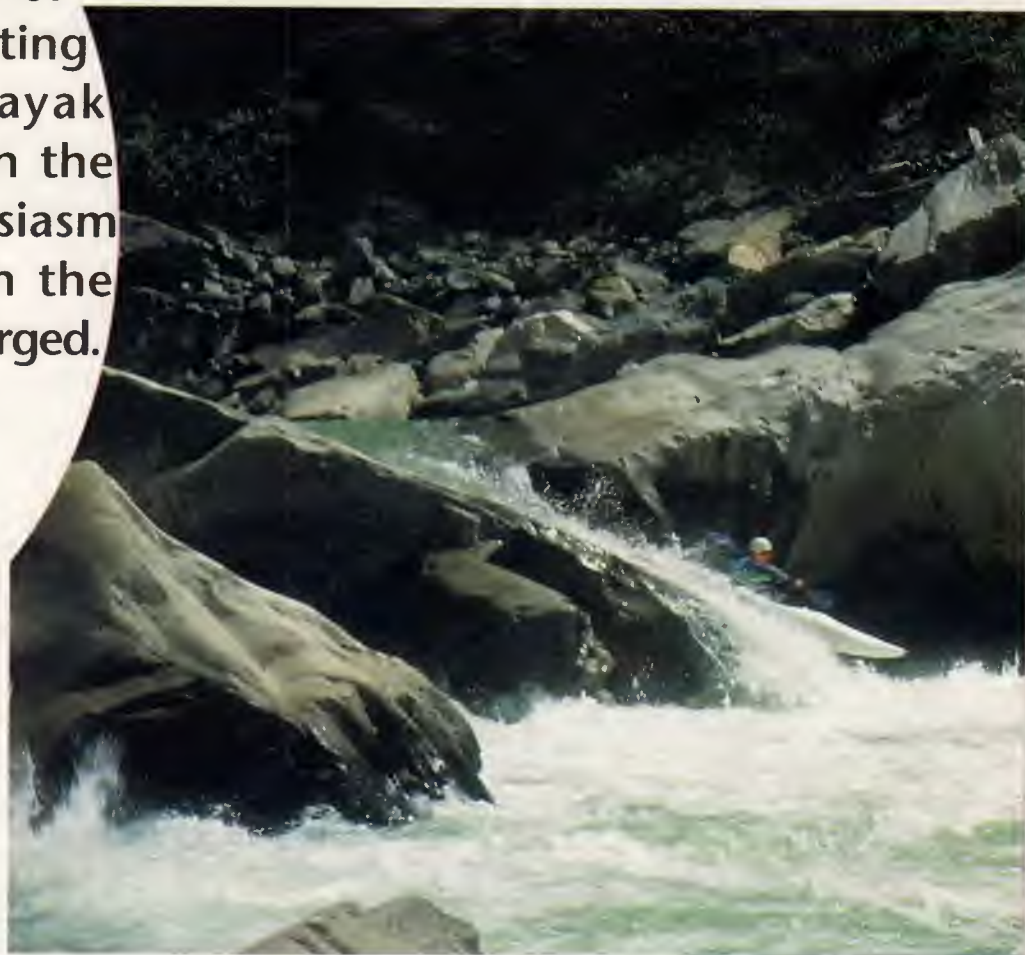
Team

- Andrew Bolton
- Giles Griffiths
- Chris Thorley

Story by

Giles Griffiths

lost Westerner hadn't had his fair share of gravity that day was orbiting the planet after he suggested that we "just kept on floating to the sea, man". We decided to take a leaf out of his book and "go with the flow", but try to



remain firmly on the ground and not to expect that we could walk on water by the end of the expedition.

Public buses

Heading off to the high sections of the Bhagirathi, transporting the team and our gear was remarkably straight forward throughout the expedition on the public buses. With the three Overflow kayaks strapped amongst the various local paraphernalia on the roof, the bus journeys were a great opportunity to absorb the passing countryside. Although the picturesque views were often framed with streaks of a substance that had been left by those who were experiencing something other than a travelling bug, it also resembled the texture of pebble-dash and the colour of the ceiling in a heavy smokers room. The team were able to observe India through their own windows of discovery and

develop a great understanding and insight into the area of India the expedition was visiting.

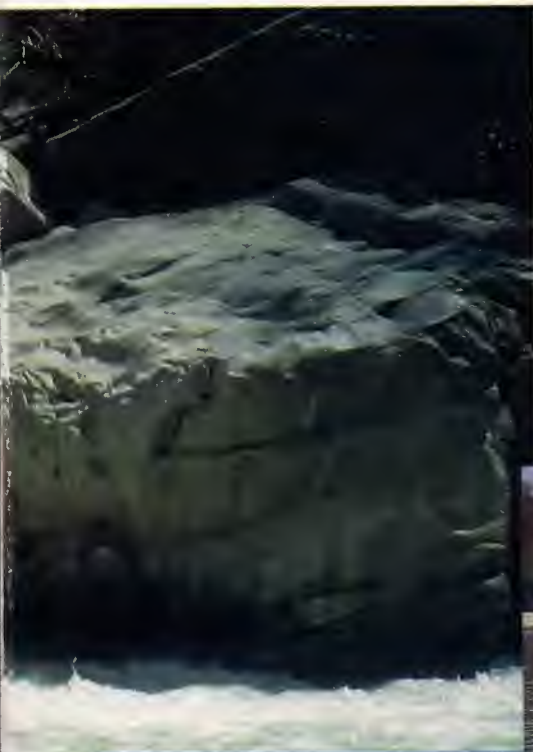
Later local knowledge informed us that the upper sections of the Bhagirathi were closed due to snow on the road passes and after close



s of discovery

University

1995 Kayak Expedition to India



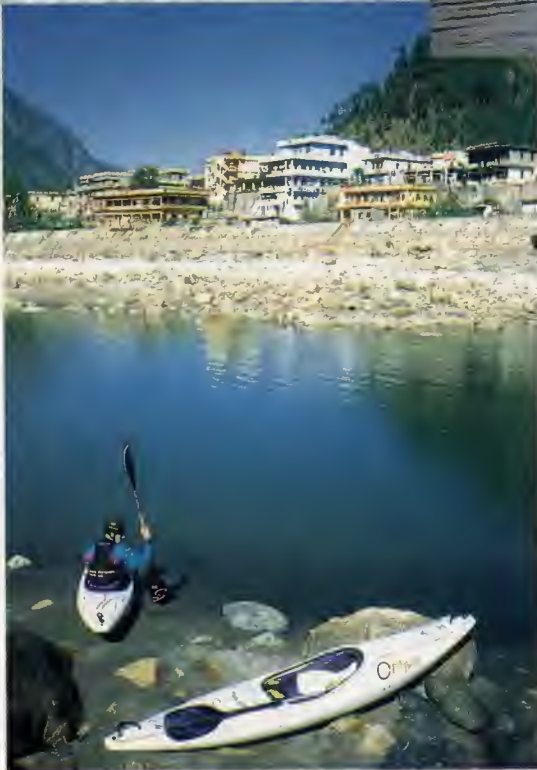
inspection of the river, the team decided to put in at Gangnani, just above Uttarkashi. With the intention to bivi out that night, the team were keen to get stuck into the steep technical sections ahead. An overwhelming send-off by a group of local children seemed to be a good start, but as I have found out, God moves in mysterious ways and I barely remember asking for his divine intervention, as I found myself following the volume of the river over a 12ft drop that was split by two large stoppers that led into an undercut on river left and a cave on river right. Stuck in the undercut by my paddles wedging in the boulders, a shadowy image of the undercut darkened the sky above me. Although we were bivying I wasn't that keen on a permanent roof



throwline, we finally retraced our footsteps along the path and emerged at the road to calm our shattered nerves with tea at a local chair house. Finding out that we had missed the last bus and that a two day strike of all transport (including bicycles) was about to start, we were pleased to see a jeep head towards us on the narrow road

Arriving back at Uttarkashi, I was in two minds whether it was safer back in the kayaks than the jeep to head down the river. The team put the day down to experience and quashed any doubts as to how the adventure went. We traded in our thoughts for a couple of beers and plenty of chapatti and dahl. The descent to Tehri was a pleasant section as the river wound its way through micro-climatic gorges which provided good IV + rapids. Arrival at Tehri meant a rather crucial break out as the river disappeared down a tunnel that diverted the entire river to allow a dam to be built. A long portage over the dam building site led to the lower section of the Bhagirathi that had III/IV sections. Our first cases of water wanting to escape from most orifices of our bodies appeared after a

Continued on page 28



over my head. A knock on the head later and an impression of an Olympic swimmer, with a kayak in tow, led me to emerge on the river bank. I tightly held onto my kayak and desperately grasped for my customised paddles, that had been bent to a right angle. Realising Sven had followed me down I heard him expressing his wishes for a bit of advice to help get him out of the sumping cave opposite to where I was standing. After great persistence by Sven to power out through a cushion wave and to avoid a pour-over, we set about heading off as soon as we had reshaped my paddles and fully appreciated that pot-holing was for another trip! 10km later of continuous grade IV, V water and two portages, the team decided to head up to the road to Uttarkashi. The day was far from over with Sven trying to cross a landslide that had taken away the path to the road, over a cliff 200ft above the river. Using a paddle for support and my gesture that if he fell I would use my



With thanks to the sponsors without their help the expedition would not have been possible:

- 1 **BCU Expeditions Committee**
- 2 **Nottingham Trent University International Education World Citizen Scholarship.**
- 3 **Nottingham Trent University Union of Students.**
- 4 **Perception Kayaks**
- 5 **Ainsworth**
- 6 **Mobile Adventure**
- 7 **Peak Performance**
- 8 **Dolland and Aitchson, 3 Fryers Lane, Nottingham.**

Well over 100000 canoes have been built since the early days of PYRANHA some 24 year ago. They have been used the world over by famous names such as Dr. Mike Jones and his team on the first descent of Everest In 1976. Albert Kerr, Richard Fox and others used PYRANHA canoes to win World Individual and Team Slalom Championships from 1977 to 1985. The ROTOBAT was used by Colin Hill to give him the World Rolling record and we have worked with many great paddles, accomplishing many paddling firsts using PYRANHA canoes. PYRANHA are Britain's LARGEST EVER designers and manufacturers of canoes and kayaks and throughout our history PYRANHA have led the world in performance and innovation, especially in Whitewater.

We are proud of our achievements and to celebrate we are offering the following special deals until the *end of September*:

Vision Club - Coloured - with Free HP1 Paddle

Master Club - Coloured - with Free HP1 Paddle

Master S - Coloured - with Free HP3 Paddle

Stunt Bat Std. - with Free Backstrap and HP5 Paddle

Magic Bat Std. - with Free Backstrap and HP5 Paddle

Traveller 16 - with Free Bow and Stern buoyancy bags

PYRANHA have been responsible for many milestone design; the ROTOBAT, MOUNTAIN BAT, MASTER, STUNT BAT, MAGIC BAT, ELITE EQUIPE, PREMIER IMAGE, EVEREST, ACROBAT, MICROBAT, to name but a few. Led by the demands of many paddlers, we have continually developed an impressive range of innovative features. We have listened with interest to both suggestions and criticism and have responded to everyone who has contributed. We have designed and developed features and we have evolved the use of specialised plastics in construction techniques. We have improved hull designs and have achieved far greater performance than ever before, making our boats *more competitive, our sport more fun and more safe.*

Win one of 4 canoes Entry & Nomination Voucher

Take this to your local main dealer (*from the list on this page*) who will give you an entry form.

Name _____

Address _____

Post Code _____

This voucher entitles you to a Pyranha Thermal Mug for £2.40, instead of £4.95, or FREE if you spend more than £30 on Pyranha equipment

1000

0,000

Thank You

from
everyone
at

ouranha

Marina Village, Preston Brook, Runcorn, Cheshire WA7 3DW
: 01928 716666 Fax: 01928 714399

DEALERS

- **Affinity Watersports** - Unit 5, Middle Warehouse, Chester Road, Castle Quay, Castlefields, Manchester M15 4NJ TEL 0161 833 1500
- **Aquatics Extreme** - 69 Church Street, Antrim BT41 4BE TEL 018494 68739
- **A/S Watersports** - 15 The Quay, Exeter, Devon EX2 4AE TEL 01392 219600
- **Board Talk** - Battery Green Road, Lowestoft, Suffolk BR32 1DE TEL 01502 517992
- **Capel Canoes Ltd** - Badsell Road, Five Oak Green, Tonbridge, Kent TN12 6RB TEL 01892 832128
- **Carlisle Canoes** - Pennywise Shop, 41 Wigston Road, Carlisle CA2 7AX TEL 01228 31703
- **Climb & Axe** - 71 South Methven St, Perth, Scotland PH1 5NX TEL 01738 636993
- **Davros Marine** - The Outsider, Cwm-Y-Glo, Caernarfon, Gwynedd LL55 4DD TEL 01286 871172
- **Desperate Measures** - 39-41 Trent Boulevard, West Bridgford, Nottingham NG2 5BB TEL 01159 816815
- **Eddylines** - Mile End Mill, Llangollen, Clwyd L20 8AD TEL 01978 861444
- **Four Seasons** - 44 The Bank, Barnard Castle, Co. Durham DL12 8PN TEL 01833 637829
- **Garstang Adventure** - Unit 1, Pringle Court, Thomas's Weind, Garstang, Lancashire PR3 1 LN TEL 01995 602114
- **Kayaks North West** - Marina Village, Preston Brook, Runcorn, Cheshire WA7 3DW TEL 01928 710770
- **Kent Canoe Services** - New House Farm, Wrotham, Kent TN15 7BU TEL 01732 886688
- **Kayaks & Paddles** - Unit 52, Valley Road, Plympton, Plymouth, Devon EL7 3RF TEL 01752 335176
- **Loch Park Adv. Centre** - Loch Park, Drummur Castle Estate, Drummur, Banffshire, Scotland AB55 3JX TEL 01542 810334
- **Marsports UK** - London Road, Reading, Berks RG1 3NY TEL 01734 665912
- **Mobile Adventure** - Bridge Works, Knighton Fields Road West, Leicester LE2 6LG TEL 01533 830659
- **Morton Boats** - Eagle Road, Morton, Swinderby, Lincolnshire LN6 9HT TEL 01522 868689
- **James Meldrum** - 1 The Park, Newark, Notts NG24 1SD TEL 01636 700362
- **Nucleus** - 204 Frinton Road, Holland-On-Sea, Clacton Essex CO15 5SP TEL 01255 812146
- **Outdoor Action** - 32 New Street, Enniskillen, Co. Fermanagh BT74 6AH TEL 01365 328188
- **Paddlesport** - Park Farm, Compton Verney, Nr. Stratford U Avon CV35 9HJ TEL 01926 640573
- **Quip-U-For-Leisure** - 60 West Street, Old Market St., Bristol B52 0BL TEL 01272 558054
- **Robin Hood W/Sports** - 152 Leeds Road, Heckmondwike, West Yorks WF1 6 9BJ TEL 01924 443843
- **SDS Watersports** - 60-70 Station Road, Halfway, Sheffield S1 9 5AW TEL 01142 488688
- **Shore Watersports** - 20 Shore Road, East Wittering, W. Sussex PO20 8DZ TEL 01243 672315
- **Graham Tiso** - 13 Wellington Place, Edinburgh, Scotland E86 7JD TEL 0131 554 9101
- **Up And Under** - 490 Cowbridge Road East, Victoria Park, Cardiff CF5 1BL TEL 01222 578579
- **Sheila Urquhart** - Sheilspport, Sunnyknowle, Kellas, Elgin IV30 3TW TEL 01343 545408
- **Whitewater The Canoe Centre** - Shepperton Marina, Felix Lane, Shepperton, Middx TW1 7 8NJ TEL 01932 247978
- **The Watershed** - Unit 1 Elliot Terr., Mill Lane Ind. Est, Newcastle Upon Tyne NE4 6UP TEL 0191 272 2225
- **Whitewater Consultancy** - The Old Shop, The Wilks Head Square, Llandysul, Dyfed SA44 4AA TEL 01559 362083
- **Wet And Wild** - 619 Anlaby Rd, Hull, Humberside HU3 6SU TEL 0148 235 4076
- **West Mids** - Sneyd Wharf, 401 Sneyd Lane, Walsall, West Mids WS3 2LT TEL 01922 479279
- **Woodmill** - Woodmill Lane, Swayth Ling, Southampton SO2 2JR TEL 01703 555993

BCU Expeditions Committee

This Expedition was one of a number supported by the BCU Expeditions Committee and given BCU approval. This often unlocks the door to sponsors and can give an expedition documentary evidence of National Body support. Sometimes small amounts of real cash may be given from the Committee's grant to help worthwhile expeditions, but help is dependant on your trip being a first or exceptional. For further details and an Expedition information pack send £3.50 and an A4 SAE to the BCU office marked "Expeditions Pack".



continued from page 25

Windows of discovery

The Nottingham Trent University
1995 Kayak Expedition to India

doggy dinner the night before. Diarolytes were consequently put to the test. Finding that neoprene shorts were excellent during these quick emergencies, the team finally arrived in Devaprayag to negotiate the final rapid of the day and the mercenary holy men who were eager to bless us and the kayaks with long life. A bit of a novice manoeuvre and Rs 300 less (£6), we left the contented gurus at the holy 'ghats' (steps) to relax in Devaprayag at the government run tourist house. Three days later the poo pills had started to take effect and the team set off for the Alaknanda rivers and its tributaries.

Superb surf wave

After a long bus journey the team headed off to run a section on the Pindar river which ran into the Alaknanda. An excellent continuous IV section, that reminded us of French Alpine rivers. The team progressed well down the long section, despite some



of hand signals developed as the team became split on opposite sides of the river above the waterfall. It was fairly clear that the signal of cutting one's throat meant that a portage had been decided on and the team regrouped below the drop. A superb surf wave became an ideal lunch stop and we soon attracted the local school to watch our attempts to surf the large steep wave. The following bouncy pool drop section could be held in contrast to the tranquil sights of wildlife, including a small herd of buffalo bathing in the river.

The team proceeded to kayak the voluminous sections of the Alaknanda from Karnapryag to Rudrapryag. Kayaking several exciting rapids. We arrived at a narrowing of the river called Deer Leap Gorge, here, the river funnels into a small gap that pushes up against an undercut. Feeling confident, I leapt into my kayak to attempt the gap but underestimating the water speed I was tipped over by a haystack wave and washed across the face of the undercut to an eddy on the opposite side of the river. A couple of large seal launches later the team regrouped after the portage and proceeded down to Rudrapryag.

Excellent grade IV Alpine type run

Here the Mandakini flows into the Alaknanda. The team kayaked this superb section of the Mandakini from just below Guptakashi which was an excellent grade IV Alpine type run. Continuous rapids lead into a pool drop lower section as it met the Alaknanda. The halfway point of this section was marked by a public carrier truck which had rolled down the steep bank to the side of the river, All of a sudden the bus journeys that had been exciting due to the speed, narrow roads and height above the river, lost their appeal and some team members spent the rest of the bus journeys either asleep or pretending to be asleep, listening to Supertramp, to avoid watching the progress of the precarious road journey.

Setting off from the base at Rudrapryag, a large hole that extended to almost river width became a typical example of the power of peer pressure. Providing Sven with the incentive of a bottle of wine to run the hole down the middle, the rest of the team looked on with disappointment to see the lack of trashing he received. Competent to follow the same line, the rest of the team received no more than a vertical back loop through what became known as Buffalo Hole, after one of the team's Buffalo jackets was blown into the river and consequently sunk.

The Alaknanda provided comfortable III/IV rapids to Srinigar with several play holes and surf waves along this section. Meandering through a beautiful gorge, the Alaknanda finally met the Bhagirithi at the Devprayag confluence where it forms the Ganga. Making full use of the remaining time, two of the team kayaked the previous sections of the Ganga and greatly appreciated the hospitality from the Himalayan River Runners rafting company, whilst the third member kayaked below Rishikesh and explored the potential to Haridwar and the Ganga Canal. The attraction of this area to the team was immense and the expedition was an invaluable experience.



inspection. A brief rest was conveniently provided at lunch time after Chris was recycled a couple of times in a stopper. Over lunch we considered that red was a good colour to have on your helmet because it made it easier to trace the recycling pattern even if the person is almost completely submerged. Heading back up to Nandapryag to kayak the Alaknanda, confusion



Celebrate with

pyranha

&

**CANOE
Focus**

Win one of 4 canoes

2 Pyranha Kayaks & 2 Pyranha Canoes to be won



To celebrate Pyranha's 100,000th canoe, Pyranha are giving four canoes to this magazine, 2 to be won from this magazine's competition, and 2 to be nominated to the sports most unsung heroes, the most deserving canoe club volunteer, or education centre worker.

To win your choice of a Pyranha canoe, or a Pyranha kayak up to £600 in value each, you must answer the following questions.

- 1. Which is Pyranha's latest Rodeo design?**
- 2. What plastic is the hull of the Prospector made from?**
- 3. What is the recommended carrying capacity of the Traveller 16?**
- 4. What type of foam does Pyranha fit in ART spec. kayaks?**
- 5. Which aluminium Open Canoe does Pyranha supply?**
- 6. Which design has been called "an awesome shredding machine"?**

As a tie breaker in not more than 30 words, What new design or alteration to specification should Pyranha introduce to further improve their kayaks and why?

.....

.....

.....

Entry and nomination forms can be obtained by taking the voucher on Pyranhas advert to your local Main Dealer. Photocopies, are not acceptable and the entry forms are not available by post. The voucher will also entitle you to a special deal on a Pyranha Thermal Mug. The questions are only here in the magazine, and the answers will be able to find at the dealers, by looking at Pyranha's literature and by asking your dealer.

When judging the tie breaker, age will be taken into consideration.

Closing date for entries is 30th September.

The competition will be judged by Pyranha Mouldings Ltd. Notification of winners will be by post in November, and the prizes will be delivered before Christmas. The results will be published in this magazine.

This competition is not open to employees (or their family) of Pyranha to other canoe and kayak traders, (inc. their employees, or family) or the staff of canoeing magazines, (inc. their employees, or family).

An insight into preparation for the Wild Water Racing World Championships, By Ian Tordoff, GB Wild Water Team

To win the world's or - to do your best

Although at first sight the level of competition appears to be different, the preparation for a junior national championships or a major international competition remains the same, no matter what sport you follow.

Having competed in Wild Water Racing for the last eleven years, I have been fortunate to gain experience from other British paddlers, through the years, from all canoeing disciplines.

Following my third place at the World Cup in Bala, the opportunity to gain a World's medal soon became evident. For me, Bala was always going to be an ideal opportunity to meet my potential. Knowing the river is one of the greatest skills to gain in Wild Water Racing, although it is only when you have a World's on a home river that you get to know a course.

Preparation

To prepare for a World's - it is so easy to quote from books, the route to follow, in the lead up to a major race, fortunately we are not all robots who

perform to what we are told, so I aim to give my personal view of the run up to Bala. It will be interesting to see how successful it is on race day.

My plan for the World's started the month after the pre-world's when I was made redundant, ironically, from my job with the Sports Council for Wales! I saw this is an opportunity to train full time and rest effectively.

The first step was to identify the equipment I am to use for the world's. Informing manufacturers of your needs early on in a season ensures that you are not rushing around for kit following your selection.

Locating in Chester where I had made my first step into a senior team, and into the sprint team, was the most ideal choice. Being a social trainer it was important for me to have friends around to socialise and train with. Although we don't have large numbers of competitors in Chester, the individual strength of paddlers such as Melvin Swallow and Stuart West, will always ensure the quality and intensity

of a given session.

Weight training for all sports is important, not only to gain strength for your sport but more importantly to balance out your weaker muscles to prevent injury. For myself gaining more strength was not too important, as this would lead to an increase in weight. Maintaining my current strength from my previous years of sprinting was the goal, but also to provide a variation in training.

Unlike many of the top paddlers in the country who train 12-14 times a week, I have arrived to my current level by once a day, and at most 8 sessions a week.

With time on my hands and the frustration of being out of work, amongst other pressures, a natural reaction was to turn to training. Stepping training up from 8 sessions a week to 15 or 16 soon led to the biggest problem of full time training, over training, to exhaustion.

Although having passed a degree in the field of Sports Science and the ideal world of elite athletes, it didn't teach me what to do when things go wrong. It was now time to turn to the experts. Alan Tordoff, Neil Stamps and Chris Humpage have practical background and experience to out weigh many of the books which sit on my shelf. I was now faced with three weeks off training to recover and pick their brains.

A reduction in training and a change in the intensity followed, under the guidance of my Polar heart rate monitor which when used effectively will help to control the training session and can be used to tell you when to stop. It's so easy to train hard in a bid to get fast, what makes a champion is one who can rest when they need to and to 'train not strain'.

The prospect of being stuck at home week in week out is not a good one. My plan was to take the opportunity to travel to train, regular trips to my brother and his wife in Scotland, which is very dear to my heart, gave me the chance to train with new people. The variety of the rivers, the limited boat damage and the enjoyment Scottish paddlers gain from their canoeing is an inspiration to all, the views not bad either!

Bourg St Maurice, in France, is one of the greatest training venues around for rough water canoeing. Although I

believe that technically I can paddle most rivers, being able to race fast down big water is a skill which I will always strive for. Winter training in Bourg for two weeks not only allowed me to race rivers every day with Melvin Swallow, but also to test paddles and water proof kit which I am to use at the World's.

My final holiday training site is the tropical island of Anglesey! Having previously worked in the area knowledge of the local water is important to get the most out of training. I have spent many happy times paddling the coast and inland waters. The unpredictability of sea water helps in developing the fine control to keep the boat remaining straight and develops your all round strength. The weather usually turns out good too.

The Way Ahead

I've now finished the winter endurance training and am well into the threshold and speed work. A series of good results has set the base to the run up to the World Cup and the World's selection. Races are now important to test race preparation and develop a competitive edge.

Top level sprints and marathons are a change from the main event but being slightly out of your depth puts the pressure on the events and even makes you nervous, I sometimes even win a few!

The World Cup races are next on the agenda. Good results here would be an advantage although it is still another training opportunity. Racing against the best in the World not only gives you the chance to compare the speed, but it can also be a psychological game of 'who looks good this year, and who is in with a chance?' The question is, will they know?

I would like to thank the following people for their support:

- The Sports Aid Foundation for their grant aid support
- Gaybo Perception
- Lendal Products
- Ras Dex
- Schlegal Paddles
- Dutch House Fitness Centre, Chester.



Ed's Note
Ian is a definite medal prospect for the World Championships, we wish him and all of the GB paddlers all the best for their bid 'To Win The World's'.

If you want the best choice, service and advice in
LONDON AND THE SOUTH EAST
 talk to us!!

If you are fed up with visiting canoe shops with tiny premises and minimal stock! - pay us a visit!

Our newly expanded show room offers an area of over 1300sq/ft crammed full of **CANOEING EQUIPMENT**

WE STOCK BOATS FROM:

Prijon	including the Diablo!!
Dagger	including the Transition!!
Pyranha	including the Acrobat 270
Perception	including the Pirouette S.S.
Ace	including great beginner deals
Mobile Adventure	including the Peace River C.

OUR DEMO FLEET INCLUDES:

Prijon Diablo	Pyranha Acro Bat 270
Prijon Hurricane	Dagger Freefall LT
Prijon Topolino	Dagger Transition
Pyranha Mountain 300	Perception Pirouette S.S.
Pyranha Micro Bat	Perception Corsica Overflow

ACCESSORIES FROM:

Palm Playboater
 Peak Nookie
 Yak Crewsaver
 Chang and more

PADDLES FROM:

Dr.D. Paddles
 Prijon Paddles
 Schlegel Paddles
 Ainsworth Paddles

OUR CANOE SCHOOL IS RUN BY A B.C.U. COACH!!

One Star	22nd July	19th Aug.	2nd Sept.
Two Star	12th Aug.	30th Sept.	
Three Star/CST	3rd Sept.		
Eskimo rolling - evenings	18th August		
Prof./Rescue Test	17th Sept.		
Instructor Training	9th/10th Sept.		
Instructor Assess.	8th October		
S.I. Training	23rd/24th Sept		
S.I. Assessment	28th/29th Oct.		

WE ARE ONLY:

5 Minutes from the M20/M26
 10 minutes from the M25
 20 Minutes from the Dartford Bridge
 45 minutes from the channel tunnel

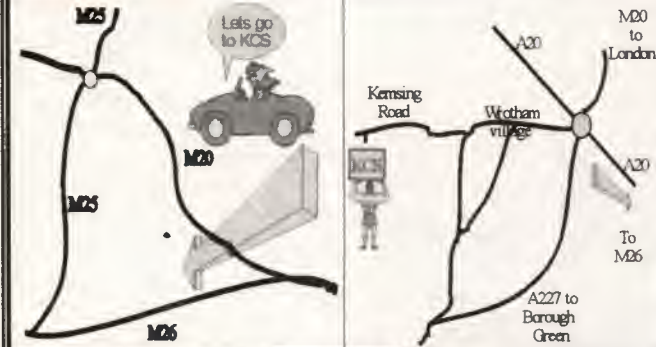
WE ARE OPEN:

Tuesday 9.30-5.00
 Wednesday 9.30-12.30
 Thursday 12.30-8.00
 Friday 9.30-5.00
 Saturday 9.30-5.30
 Other times by arrangement

SECOND HAND BOATS TAKEN IN PIX FOR NEW

RING US NOW FOR INFO ON SI/HAND BOATS

WE TAKE ALL MAJOR CREDIT AND CHARGE CARDS



We are
KENT CANOE SERVICES
 Avoncraft South

Unit 1, New House Farm, Kemsing Road, Wrotham,
 Sevenoaks, Kent TN15 7BU

TEL: (01732) 886688

You can stay drier and warmer with a
 made to measure spraydeck to
 a classic design

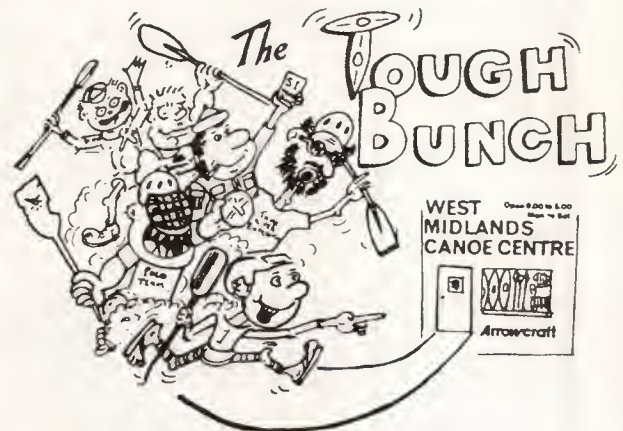
Prodecks Topdecks
 Bushdecks Bushpants
 Kayak/Polo gaskets Longs
 Lycra Wear Shortcord
 Vest-tops Canadian
 Bib & braces Marathon
 Sea Kayak
 Deck Cags WWR
 Plastic gasket

**BUSHSPORT
 DESIGNS**

for prompt friendly service phone today



Brigstock Manor, Brigstock
 Nr. Kettering Northants, NN14 3HG
 Tel/Fax No 01536 373038



WE STOCK A TOUGH BUNCH
 OF ROTO MOULDED KAYAKS

Glass Fibre Canoes PLUS Cags, spray covers,
 Paddles, Buoyancy Aids Crash Hats, Roofracks etc.

West Midlands Canoe Centre
 Sneyd Wharf, 401 Sneyd Lane, Bloxwich, Walsall WS3 2LT
 Telephone: (01922) 479279



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

sponsored by:



Wigan Canoeing Group

Dear Focus

Iwish to take this opportunity to thank the BCU, for your support of the Groups Canoeing Day on Scotsman's Flash on Easter Sunday. Wigan Canoeing Group are a modest sized family fun club, whose door is open to anyone, whatever age, or ability, or if they are able or disabled.

We believe the day was the first of its kind in the area, and was a progressive step forward for the Group. Encouraged by the growing membership of our own club we talked of providing a vehicle to introduce the masses to our sport. Shortly after Christmas we set the wheels in motion.

After all the preparation, organising, and after all the hard work, seeking sponsors, advertising, arranging the BBQ, the creche and bouncy castle, all we needed now was the weather. The Gods were kind to us the weather was looking good and getting better by the minute. We all scurried about with the last minute preparations, when another question entered

everyone's mind. "Would anyone turn up?"

The clock slowly ticked on to 11'o' clock and with baited breath we waited for the people to arrive. And arrive they did, and they kept on coming. We estimate that during the four hours of the event that we gave 150 people the taste of canoeing by actually getting them into a boat and on the water.

The majority of them were in kayaks, taken out in groups. It was heart warming to see rows of people sat in boats on the ramp to the lake all kitted out eagerly waiting for one of the groups to return so that the instructors could take them on to the water. Then there were groups of people picking up their wetsuits and buoyancy aids, and waiting for the next available boat, the kids pointing out to the lake "I want the red one", "OK then I'll have the yellow one". When the groups returned to shore they were given the opportunity to go down the fearsome seal launch. Daunting in its appearance, many brave canoeists tried it out. One or two even more brave canoeists did it

twice. Two Canadians were strapped together so that families and the little ones could go on the Scotsman's Safari, guided by Indian Bob, and Crocodile Bill on a journey across the water to brave the fearsome creatures lurking beneath and on the surface of the water (the perch and duck in reality).

The attendance and the smoothness of the whole operation was way beyond our wildest dreams, the four hours seemed like minutes as the time sped by. Before we knew it we had sold the last burger and were making the draw for the raffle.

I hope that these few words will encourage other clubs who may be thinking on similar lines, not to be deterred by the prospect of having a go. The feeling of satisfaction of seeing so many people enjoy the sport we all love so much is one I can highly recommend.

The group would like to thank the sponsors of the event: Cotswold The Outdoor People, Affinity Watersport, R. Bullock & Sons of Wigan, Magpie Play Equipment and Wigan M.B.C
Andy Allen



Croyde Beach

Dear Focus

Iwrite in response to your noticeboard item in April Canoe Focus, regarding Canoe Access across Croyde Beach.

We have never restricted access to the water across our beach, nor is there any suggestion of us so doing.

From our large car park there is easy wide access to the beach. There is no difficulty for either the canoeists or other beach users. This may not be so if attempted from the southern approach known as Down End. Here access is down a narrow path, and problems may be encountered with other beach users.

I hope you will be able to find space in another issue to let your members know that considerate canoeists are very welcome here at Croyde.

*Mike Penny -
Manager Croyde Bay Holidays*

It's Time To Change Slalom

Dear Focus

The present decline in entries to Slalom events has to be considered. Most people will agree that we have too many events chasing too few competitors. Because paddlers have the opportunity to compete almost every weekend, Organisers find they have fewer people to assist them in running the events. The outcome is over-burdened organisers, and paddlers frustrated by poor organisation. We seem to have the option of a compulsory reduction of the number of events, or leave it as a war of attrition, where only those clubs, willing to hang on to the bitter end, finish up running the events for those paddlers also willing to stick it out in the hope of achieving National honours. Or do we? Why shouldn't Slalom change?

Slalom needs to do two things. It obviously needs to select National Representatives, but it must also provide a satisfactory sport for those unlikely to achieve this, or who have no desire to do so. At present our aim is totally towards promotion through the Divisions, culminating in National Representation. If Slalom is to remain healthy we need to provide a system that will also satisfy those who compete just for the love it.

Slalom relies heavily on those willing to act as a team in order to run events. Unfortunately the present ranking system acts against this. Friends that start out competing together in the same events soon find

themselves ranked in different divisions and no longer able to enjoy a social weekend together. Similarly paddlers willing to assist at events are torn between doing so or attending another event in order to achieve promotion within their Division. We need to improve the social side of Slalom. So how can we do this?

Division 1 and Premier could be combined into one division of, say, 200 paddlers.

We replace Divisions 5 to 2 with Age Groups, e.g U12, U14, U16, U18, U20, U25, U35, U50, Over 50.

Division 1/Prem events would be run as now.

Other events would be run as Inter-Club events with prizes for each age group and team prizes for the leading Club Teams.

In order to compensate for the loss of incentive through Individual Promotion, Annual prizes could be awarded (at the AGM?) to the leading paddlers in each age group. Lesser paddlers would aim to become a "90% paddler", for example. (I personally prefer the Percentage system as this gives a better guide to ability than the present points system. It also gives a wider variation of results at the more difficult events this benefiting the better paddlers aiming for Div 1/Prem.)

Event prizes could be awarded in each age group and to the leading clubs both from Consolidated results from Individual events, and also from Team events. Annual Club & Team

prizes could be deducted from results achieved at their best 5 events. This means clubs could nominate 5 events in their programme where the whole club would endeavour to take part, but this would not prevent either clubs or individuals, particularly those seeking National Representation, from attending additional events in the quest of achieving a better yearly ranking.

Those paddlers in any age group that appear in the overall top 20 places in the Ranking system would be "offered" places in Division 1/Prem. to take the place of 20 paddlers who would be demoted. It must be recognised that not all paddlers may want to take this promotion, some preferring the social aspect of the age group system, thus a further 5 would be reserves to take up any unwanted places.

Thus, although unlikely, a brilliant new paddler could be promoted into Prem. within one year. Conversely no paddler would be discouraged by having to paddle a course they dislike. This system would encourage a better club atmosphere, encourage greater coaching at all levels, develop a team spirit that would assist those clubs who run events, and do away with the dilemma of paddlers having to decide between paddling a ranking event or assisting in a club promotion. Similarly, parents with children in more than one Division would no longer have to decide which child took precedence.

This is just a basic outline, there are other ways of dealing with the principle and many other things to consider, Judges for example, but nothing that a little thought cannot overcome.

If you think this idea has possibilities, let's hear your views within Focus.

Roy Bradshaw

Comment from Slalom Development Officer on Slalom News Page.

Confession

Dear Focus

As Secretary of Leatherhead University Canoe Club, I feel that Lancashire University Canoe Club have been unfairly slandered with respect to the theft of Mr Chapman's flag. We have languished under our guilt for long enough. We confess. It was us. It's a far, far, better thing that we do today, than we ever did on the Tyne Tour.

R Turpin

Surf Accident

Dear Focus

I am writing to advise you of an accident which could have had fatal consequences.

On 14 April 1995 a person was using a slalom kayak in the surf, off Croyde Bay in Devon, a surfing beach. By her own admission, 'she got on a wave and did not know how to get off it.' She did so by driving directly at my son who was standing in 1.5 metres of water, with his surfboard, prior to working his way out of the waves.

The 'sword like' nose of her canoe, was only prevented from seriously injuring my son by his swift action in sacrificing his new surfboard as a shield.

After many attempts to contact her, as she has not contacted me as promised, I find the address is wrong and the phone number is not listed.

It is not the first time that surfers at Croyde have contended with inexperienced canoeists, but this incident has caused my son considerable loss and expense.

I would also appreciate it if you could, in some way, restrict your inexperienced 'sea-canoeists' from putting more vulnerable surf users at risk. What would have happened if the victim of this incident was not my 17 year old son, who through judo, has a quick reaction, but a 7 year old child paddling around with a polystyrene body board?

Name and address withheld

Editorial Comment: Surfing a kayak on a crowded beach by someone with insufficient experience and skill for the conditions is irresponsible and brings our sport into disrepute. To give a false name and address to avoid the consequences of one's actions is, to say the least, reprehensible.

Let us hope that the person involved is not a member, but if they are, that they will return to the human race, and own up: The name of the complainant is available from the BCU Office.



Paul McConkey Memorial Slalom 10/11 June 1995

Stafford & Stone Canoe Club, with kind sponsorship from Arrowcraft Marine Ltd. successfully organised the Paul McConkey Memorial Slalom on the River Tryweryn at Bala.

All the top Premier division paddlers were in attendance and some 20 International guests travelled to North Wales to compete. Even 5 times World Champion, Richard Fox came out of retirement to compete in the Veterans Class.

On the Saturday event Shaun Pearce won the Men's Kayak class convincingly with two clear runs. On Sunday the course was made for sprinters, at the end of the first runs Shaun Pearce was winning again with Ian Raspin in second place. Excitement mounted as the results came in for the second runs. Second place Ian Raspin went into first place with a clear run and then almost immediately Shaun came up with a faster time and clear run. The nine year old Paul McConkey memorial was undeniably his.

Top American Scott Shipley overpowered Ian Wiley of Ireland to win the International Guest class after being beaten by him the previous day.

David Royle

Martyn Hedges Perpetual Trophy

A car accident just prior to the Barcelona Olympics ended the life of the most outstanding C1 paddler in Britain of the 1980's. Thirteen times national champion, Martyn Hedges won a bronze medal at the 1985 World Championships at Augsburg. He preceded this with a fourth place at Bala 1981, so it was appropriate that the new perpetual trophy, in Martyn's memory, has been awarded at the June double-header premier division slaloms on the Tryweryn championship course. Martyn's former coach Jim Sibley presented the trophy to the first holder Stuart Bowman who placed first and then second to be best overall in the C1 events over the two days.

The paddle was made and donated by Dave Mitchell the many times national kayak slalom champion of the 1960's formerly of Chester, now of Canaan USA. Martyn used Mitchell blades for most of his paddling career.

The base was made by Paul Iskra of



Colchester a slalom kayak paddler who frequents Boulter's lock when the Thames is running high. The curl symbolises the front wave there which 'Bushy' enjoyed to surf so much.

News and views

It's fashionable today to talk of crisis in the sport and numerous solutions are discussed up and down the country. Should the divisional structure be altered, should age-group Slalom take the centre stage, should the current voting structure change? Roy Bradshaw's correspondence appearing elsewhere in the magazine both suggests and asks for ideas. Please remember that this sport is your sport and that you decide on the way in which it moves. It is the Slalom Registered Clubs who form the Slalom Committee, the body responsible for overall policy. Any changes are made at the Annual General meeting and items for discussion at this meeting are put forward by these Clubs in the form of Motions, which are then debated by the Committee.

Date for your diary -

this year's AGM is on 25 November and will take place at Nottingham. Any Motions for debate must be put forward by eligible Clubs by the due date as per the Constitution, i.e. 30 days before the meeting.

National Inter-Club event -

will take place at Cardington on the weekend following the Worlds, 9/10 September. Still going strong, this event moves into its eleventh year - it's pure fun!

Llangollen in October -

lots to see as usual! The British Open and final of the National Championship series takes place

during the weekend of 21/22 October on the "town" section of the River Dee and on the same weekend, the Division 2 event is being run by Manchester Canoe Club at the "Serpents Tail". The new National Inter-Regional event brings the season to a close and will be held on the "Town" section on 28/29 October. Spectator and photographic opportunities abound as well as competition for the hardy!

Winter training -

can we really be planning this now? Well, for those of you not quite up to British Squad standard, there is an alternative - the Development group training. This winter, we plan to combine this to include Coach development in addition to paddler development - watch out for details!

Division 5 -

the newcomer division with plenty of room for all. There's still time to try Slalom if you haven't had the opportunity this year - do send for a Div 4/5 calendar and a "Starter" pack - it costs nothing! Specialist equipment is not required!

National Pool Slalom -

watch out for details - plans are not quite finalised, but we are hoping that there will be something for all divisions! Write to us - let us have your views on this subject before the end of September please.

Canoe Slalom for the disabled -

if you would like to try Slalom, but aren't sure where to start, please

make contact. We have outline plans and need to know the degree of interest from you.

Change of organiser -

Martley 4/5 x Double Oct 14/15, Kinver CC, Gail Evans, 58 Park Road, Lower Gornal, Dudley DY6 2JL

Please contact Sue Wharton, Slalom Development Officer, re any of the above or for further information about any aspect of Canoe Slalom, Tel: 01636 705363.

Welsh Canoeing Association - Slalom News

Richard Lee of Bala, has retired as the Team Manager for the Welsh Slalom Team. The Slalom Committee and Squad paddlers wish to thank Richard for his hard work and dedication during his time in office. Richard will continue to offer his skills in coaching to the squad for the foreseeable future.

The Welsh Canoe Slalom Squads have a new co-ordinator - Sue Lyons.

Notice of the AGM for the Welsh Canoeing Association, Slalom Section

This is to give notice that the WCA Slalom Section's AGM is to take place on November 4th, 1995 at Llandysul, following the Welsh Slalom Championships (venue to be announced).

Any member wishing to submit a motion for this meeting, send it to Chris Ebrey by 4th September at 12 Ffordd Garmonydd, Smithy Lane, Wrexham, Clwyd.

canoeing
water
skiing
wind
sailing
kayaking
jet skiing
yachting
sundresses



PROTECT YOUR MOST IMPORTANT PIECE OF GEAR. YOUR BODY!

TOTAL PROTECTION FROM GLARE & DANGEROUS ULTRAVIOLET A & B at £37.75 + P&P at 75p

- Full 180° optically perfect wrap round vision
- Blocks at least 99% UVA 99% UVB (82% UVA graduated tint)
- Lightweight but shatter proof
- No metal hinges to corrode
- Vented sides to resist fogging
- Floats with float straps at £2.50
- Does not distort colour
- Neoprene case with carrying clip included
- Shields eyes from wind, spray and debris
- Available in 5 colours - Teal, Magenta, Blue, Gold & Silver

ZURICH SPORTS GLASSES give excellent protection for people who wear contact lenses and will fit over normal size prescription glasses (54 eye or less)

FOR FREE COLOUR BROCHURE PHONE OR FAX
RAVENSPRING LTD

Ford Road, Totnes Industrial Estate, Totnes, Devon. TQ9 5LQ. PHONE/FAX 01803 867092

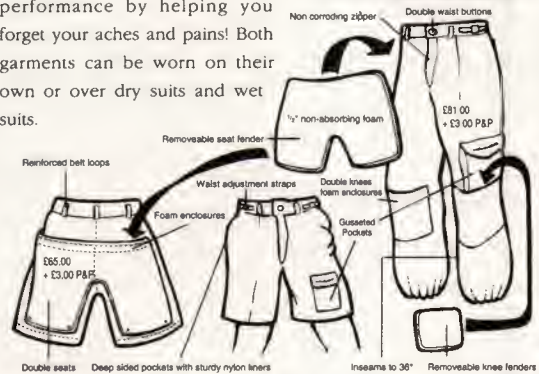


BREAKER SHORTS AND LONGS

Made from Supplex™ with Cordora™ seat and knees. Supplex™ is windproof and breathable, cotton soft yet light and strong, water repellent and quick drying. Cordora™ has outstanding wear and tear performance. The non absorbing foam fenders will increase your comfort and performance by helping you forget your aches and pains! Both garments can be worn on their own or over dry suits and wet suits.

OTHER QUALITY PRODUCTS

Dry Suits
Tops
Breathing Dry Suits from £219



NO GIMMICKS!

YOU FIND THE PRICE WE'LL TRY TO BEAT IT

AND ALWAYS BEAT THE SERVICE!

- Massive showrooms and workshops
- Comprehensive stocks of most leading brands
- Superb displays to give you a genuine feel for the products
- Full main dealer backup
- Canoe trailers etc, manufactured in house to your requirements if required
- In house trailer repairs and conversions.

FAST EFFICIENT MAIL ORDER SERVICE

YOUR ORDER WILL BE PROCESSED IMMEDIATELY AND NORMALLY DISPATCHED THE SAME DAY
TELEPHONE MAIL ORDER HOTLINE
0114.2.488688
OR FAX ON 0114.2.488689

SDS
WATERSPORTS

SIMPLY THE BEST

66-70 STATION ROAD, HALFWAY, SHEFFIELD S19 5GW

SPECIAL OFFERS

1 ONLY 94 ART SINGLE COLOUR MOUNTAIN BAT was £469 **NOW £422**

1 ONLY 94 ART MULTI COLOUR STUNT BAT was £509 **NOW £458**

1 FREEFALL LT MULTI LINEAR 95 (Scratched) was £530 **NOW £495**

WILDWATER DRY TOPS was £62.95 **NOW £58.00**

STARTER PACKAGE Usually £319.00
Tuffy Vision Club
Spraydeck
Paddle
Buoyancy aid **Our price £290.00**

Overseas & BFPO orders welcome. VAT Free exports handled. VAT Reclaim service for personal shoppers. Special prices for groups, organisations and university's.

0% FINANCE
AVAILABLE OVER 6 MONTHS
Low cost finance over 12, 24 & 36 months



WE'RE CLOSER THAN YOU THINK AND WELL WORTH A VISIT!



OPEN 7 DAYS A WEEK

Mon - Fri 9.30 - 6.00pm
Saturday 9.00 - 5.00pm
Late Night Thursday 9.30 - 8.00pm
Sunday 11.00 - 4.00pm

PYRANHA • PERCEPTION • DAGGER • WILDWATER • PALM • YAK • COLEMAN • OLDTOWNS

ACE • KOBER • AZZALI • SCHLAGAL • PROTEC • BUFFALO • MARLIN • DEMOBOATS

**British Rodeo
World
Championship
Team
Augsburg '95**

Manager:

Martin Plain

Press Officer:

Heather Gunn

Mens K1

Shaun Baker,

Paul Fletcher,

Paul Carrant,

Bill Mattos,

Harley Masters,

Andy Masters,

Tim Thomas,

Reserve:

Jason Buxton.

Ladies K1

Louise Wigmore,

Vicky Young,

Lara Tipper,

Reserve:

Greer McKenzie

Squirt

Bob Campbell,

Jason Buxton,

Chris Taudevin,

Reserve:

Andy Whiting

Deck C1

Steve Block,

Paul Robertson

Open C1

Pete Orton,

Dave Roberts

Cuervo Wild Water Rodeo Series

Britain's number one ranked rodeo paddler Shaun Baker won his second Cuervo rodeo of the season plus the National Champion title, following an outstanding victory over local Nottingham star, Jason Buxton, at the Cuervo Nottingham Rodeo 3-4 June at Holme Pierrepont, Nottingham.

The prediction of an exciting contest was fulfilled as Britain's top paddlers battled it out for individual honours and selection for coveted places on the World Championship team. The final of the main event was a close contest with the judges finding it hard to separate Shaun and Jason. Shaun was forced to call upon his years of experience and the form that has kept him in the number one spot of rodeo kayaking for the past six years to finally edge above rival Jason for a narrow win.

The overseas challenge lay in the hands of Scott

Shiple, an Olympic slalom paddler from the US, who is over practising for the forthcoming World Slalom Championships at Nottingham. Scott, who only learned some of the rodeo moves in his first heat that morning, proved to be a quick learner and snatched third place from Nottingham's Steve Block.

In the squirt boat class the winning order remained the same as at the previous Cuervo Rodeos at Hurley and Teesside with Bob Campbell placing first and keeping his number one spot and Jason Buxton and Chris Taudevin placing second and third respectively.

The Cuervo Nottingham Rodeo was the third event in the Cuervo Wild Water Rodeo series which is endorsed by the British Canoe Union, and includes three single discipline events in 1995, all of which are for World Championship team selection.

9th Blauwe Wimpel International Marathon, Eindhoven, Holland

Once again the British Marathon team took on the best of the Dutch and Belgian Marathon paddlers at the Beatrix Canoe Club, Eindhoven on Sunday May 14th.

The weekend started with an early morning ferry crossing and 4 hour drive to Eindhoven where our hosts kindly accommodated us with a traditional Netherlands lunch of Ham, Cheese and Bread. We spent the afternoon touring the town, as I practiced navigation under stress as supplied by Team leader and team. Eventually we found the town portage. After paddling the latter part of the course in what felt like a force 8 gale (a light breeze by Netherlands standards) we were again treated to a dinner of spaghetti bolognese and fruit salad in Yoghurt. Duncan Capps quickly learned never to ask for more in Holland unless you really mean it.

Sunday dawned bright and sunny with almost no wind. After the briefing we followed the convoy through the town and on to the motorway to the Junior start. Having left the Juniors behind we were escorted on a mystery tour of the cornfields, tomato plants and backwoods by the local guide. I was

much relieved, as by his standards I must have looked like Christopher Columbus! Jim skilfully turned the van and trailer around in a cornfield and retraced our tracks to the Junior start whilst we made our way to the Senior start. The local guide again took control and as we expected we ended up on the wrong side of the river and after a detour around the lock, managed to find the right start point.

Having got everybody prepared, the start of approximately 60 boats, went reasonably smoothly and most British paddlers got away cleanly. By the bottom turn Jim Butler, Richard Russell, Duncan Capps, Scott Hynds and Matthew Enoch were all sitting in the top group of about 12 with Brian Hemmings and Daniel Beazley working up the second group about 50m down. On the long wide canals it was difficult for any real tactics to be used but it was clear that the Dutch paddlers were putting in some unrealistic burns for this stage of an 18 mile race. After the first portage the positions changed slightly and by the time the pack arrived at the narrow canal a group of 4 Dutch paddlers had got away and could be

seen working really hard. At this stage Scott Hynds, Jim Butler, Richard Russell and Duncan Capps were still in contention with Brian Hemmings, Matthew Enoch and Daniel Beazley close behind.

After about 3 miles on the canal two of the pace started to tell and two of the group retired. Jim Butler and Duncan Capps managed to get away from the other British paddlers at the long portage in town after this the race became a long haul for home. At the finish Tony Benschopp beat his Dutch rival Dennis Van Vlaanderen from Viking to be the Netherlands National Champion and Jim Butler beat Duncan Capps to the Line for 3rd place. The other British paddlers swept up 4th to 10th places.

In the Junior race Lea Pilgrim won, Damien Chapman came second and Chris Cheyne came fourth. Sue Keating, a one time Nottingham Paddler now living in Belgium also won the ladies race.

All in all it was a good trip, once again showing how strong we are, especially the junior paddlers.

Ian Jobe

Eight go to Germany



If you would like to find out more about Junior Wild Water Racing and would like to receive details about future training

On the 28/29 and 30 April, three paddlers, two mums and one coach from Chelmsford, and Yvonne, and her Dad Graham Froggett (the Junior GB Team Manager) from Lincolnshire, went to an international wild water race in Monschau, Germany.

This is a tale of daring disaster, drama and drips. After leaving Chelmsford at 2pm we finally arrived tired, in Monschau at 11pm. One hour later we were still circling the back streets

of this tiny village for our B&B. The next day was to be filled with shopping and eventually an hours canoeing (when they decided to turn the water on!) Our team coach had kindly explained to us the lower part of the course including a 12 foot slide into a narrow channel of water of which on one side there was a rocky wall and on the other, half submerged rocks. He accidentally forgot to mention that on the top section there was a grade 4 weir and afterwards constant grade 4 rapids. That evening we went to a restaurant which had been recommended to us, but unbeknown to him and the vegetarians amongst us they only served meat!

On the day of the race everyone was nervous and determined to get down the course in one piece. We were all convinced that due to heavy rainfall the river was higher even

though it was dam released! Three of the "GB Team" Yvonne, Alex and Lynne sat anxiously awaiting the start, unfortunately due to a large overhanging tree only two, Alex and Yvonne made the start. After successfully completing the course with no problems they finished in eleventh and twelfth places respectively out of seventeen paddlers.

This trip there were no broken boats or paddles, although one brand new pair was seen to be floating off at the start and then found three and a half hours later at the finish line in perfect condition.

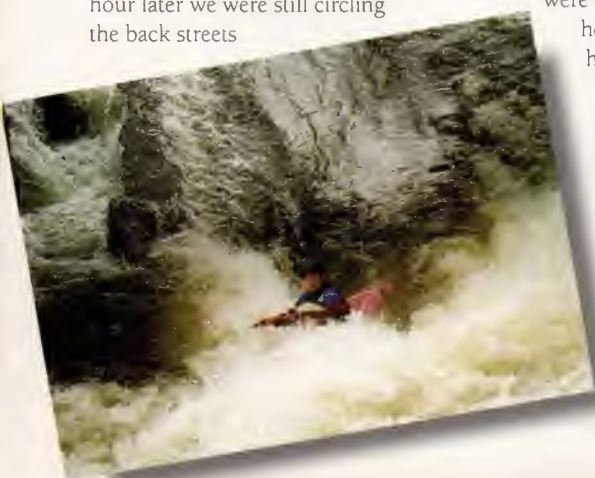
The Wild Water Course that was paddled was successfully completed by all the British paddlers (in the end!)

Much German beer was drunk and cake eaten which could not possibly have an effect on certain boat sinkages. All in all it was an excellent fun filled weekend, with good results and was much enjoyed by everybody.

Lynne Wallis & Alex Fromling



weekends, usually held monthly, dependant on competition commitment, please contact: Mr G Froggett, 34 Casterton Road, Stamford, Lincs, PE9 2YL. Tel: 01780 54890 or the National Wild Water Racing Development Coach, Andy Parry, 3 Beechmount Cottages, Mount Pleasant Terrace, High Bentham, Lancaster LA2 7LB Tel: 0154242 62680



The River Douro in Portugal provided the venue for the first Marathon Grand Prix of the 1995 season.

Crestuma 1995 Grand Prix 1

Britain made a good start to the series snatching a one point victory from the home team with wins in the men's C2, men's K2, women's K2 and a creditable third in the women's K1.

World Champions Ivan Lawler and Steve Harris racing together in their first international since taking the title in Amsterdam last year had to dig deep to win the men's K2 at Crestuma. A poor start in a strong field meant the race was always going to be an uphill battle

pairs knee blocks. Despite last minute promises to deliver they paddled on hastily made blocks made from the team hotels swimming floats! On the water, however, they were able to put their problems behind them. The Trains got away in the early stages with the Hungarian Hladony brothers, who they later dropped at the halfway stage to win their race by over 4 minutes.

In the Women's K2 Helen Gilby and Alison Thorogood established themselves with an Italian crew at the front of the race by the first portage. In the closing stages they were able to pull away from the Italians to win by over a minute.

In the Women's K1 Sonja Bapty produced an excellent Grand Prix debut out-sprinting Anne Mortense to finish in third place in a race won by Garcia of Spain.

Other British points scorers were Greg Slater, 7th in the mens K1 (although Neil Coleman was 5th boat back he was not one of the nominated points scorers) and Derek Hall, 6th in the C1 race.

In the Junior Grand Prix, Lee Pilgrim finished third in the men's K1 and Kerry Watts produced a gutsy race to finish second in the women's K1. These two results placed Britain second in the Junior Grand Prix in front of Spain, and behind Portugal.

Richard Ward



Above
GB team

Below
Greg Slater
approaching
the first
portage

Photos
Richard Ward

for the Elmbridge pair. When the race eventually settled down a 4 boat lead group formed with Lawler and Harris leading a sprint to the line holding off local favourites, Silva and Gomes, to clinch victory.

Following an attempted sabotage of their boat at last year's Worlds, the Train brothers' misfortune continued in Crestuma. This time the airline failed to deliver one of their bags, the one containing the Fladbury



RESULTS (13 NATIONS)

Senior Grand Prix

- | | | |
|---|---------------|-----|
| 1 | Great Britain | 113 |
| 2 | Portugal | 112 |
| 3 | Spain | 104 |

Junior Grand Prix

- | | | |
|---|---------------|----|
| 1 | Portugal | 84 |
| 2 | Great Britain | 37 |
| 3 | Spain | 19 |

K2 Women

- | | | |
|---|-----------------------|---------|
| 1 | Gilby/Thorogood, GBR | 2.20.55 |
| 2 | Sterau/Chaira, ITA | 2.22.18 |
| 3 | Klimova/Klepik, LAT | 2.23.26 |
| 5 | Bennett/Campbell, GBR | 2.25.26 |

K1 Women

- | | | |
|---|-------------------|---------|
| 1 | M Garcia, ESP | 2.30.07 |
| 2 | P del Villar, ESP | 2.34.08 |
| 3 | S Bapty, GBR | 2.36.53 |

K2 Men

- | | | |
|----|---------------------|---------|
| 1 | Lawler/Harris, GBR | 2.01.55 |
| 2 | Silva/Gomes, POR | 2.01.56 |
| 3 | Bauer/Paelka, HUN | 2.01.57 |
| 9 | Baker/Holmes, GBR | 2.03.51 |
| 10 | Hynds/Hemmings, GBR | 2.03.53 |
| 12 | Morley/Smith, GBR | 2.07.08 |

C2 Men

- | | | |
|---|----------------------|---------|
| 1 | Train/Train, GBR | 2.16.20 |
| 2 | Hladony/Hladony, HUN | 2.20.48 |
| 3 | Garcia/Maqueira, ESP | 2.22.44 |

K1 Men

- | | | |
|----|----------------|---------|
| 1 | R Cancio, POR | 2.10.55 |
| 2 | G Mawer, IRL | 2.10.57 |
| 3 | E De Nijs, NED | 2.11.04 |
| 5 | N Colman, GBR | 2.13.50 |
| 7 | G Slater, GBR | 2.15.46 |
| 13 | S Dark, GBR | 2.21.51 |

Junior K1 Men

- | | | |
|---|----------------|---------|
| 1 | L Ventura, POR | 1.32.36 |
| 2 | M Alvarez, ESP | 1.32.37 |
| 3 | L Pilgrim, GBR | 1.36.03 |
| 5 | C Cheyne, GBR | 1.43.42 |

Junior K1 Women

- | | | |
|---|--------------|---------|
| 1 | A Silva, POR | 1.49.38 |
| 2 | K Watts, GBR | 1.54.16 |

THE SCOTTISH NATIONAL SPORTS CENTRE GLENMORE LODGE

GREAT PADDLING, INSPIRED COACHING, GOOD CRACK AND ALL ON THE BEST WHITE WATER IN BRITAIN

Join us on our wide range of kayaking and canoe courses suitable for paddlers of all levels of skill and experience. Which ever course you choose you can be sure that we'll be making the most of the best of our Scottish rivers and you can count on the best instruction and leadership to help you fine tune your paddling skills. At the Lodge our highly qualified coaches will help you get the most out of these challenging and rewarding 5 and 6 day courses.

DATES	COURSE	PRICE
13-19 August	Open Canoe Spey Descent	£255
13-19 August	Introductory White Water	£255
27 Aug-2 Sep	Intermediate White Water	£255
2-9 September	Introductory White Water	£273
15-17 September	Inland Kayak Coaching Awards	£76
24-30 September	Intermediate White Water	£255
14-21 October	Intermediate White Water	£273
22-28 October	Introductory White Water	£255
22-28 October	Advanced White Water	£255
22-28 October	Scottish Rivers Grand Tour	£255
28 Oct-4 Nov	Advanced White Water	£273
28 Oct-4 Nov	Scottish Rivers Grand Tour	£273

Please ask for details of discounts for group bookings.

The Scottish National Sports Centre
Glenmore Lodge,
Aviemore, Inverness-shire,
PH22 1QU
Tel: 01479 861276



THE SCOTTISH NATIONAL SPORTS CENTRE
Glenmore Lodge

GORE-TEX® fabrics
PATRON & SPONSOR

CALSHOT AND WOODMILL CENTRES

BCU AWARDS AND INSTRUCTOR TRAINING

THE HAMPSHIRE *outdoor*

CENTRES

RING (01962) 846855

FOR A BROCHURE

Hampshire County Council



Doctor D's Paddles

Kayak Paddles

Made from modern engineering and aerospace materials, designed to be lightweight and tough - able to withstand all use and most forms of abuse!

Custom Built

Is an "off the shelf" paddle is a compromise? Let us custom build to your specification.

eg. Double grips, non standard feather, left handed, smaller diameter loom.

Ring for a brochure:

01661 836938 or 830561

or ask your nearest retailer



Still No. 1 in North West

IN STOCK.....

ACROBAT 270 (AND 300) -

RAPID FIRE -

HURRICANE (BOTH SPECS) -

FREEFALL LT - CREEK 280 -

GAMBLER ETC...ETC...

PLUS

RADICAL AND AWESOME

PADDLES FROM ROUGH STUFF

Garstang Adventure

Thomas's Weind - Garstang

Tel: 01995 602114/Fax: 01995 601404

DELAPRE BLADES

Manufacturers
of all types of
paddles for all
aspects of
canoeing

**Unit 6,
Strathclyde
Business
Centre,
Pottery
Street,
Greenock,
PA15 2UH**

**Tel:
01475
743433
Fax:
01475
745945**



Form and Function

How ever you paddle YAK delivers
powerful performance
with scintillating style - find out more



For your 1995 Colour Brochure write to YAK, Crewsaver House,
Mumby Road, Gosport, Hants PO12 1AQ ENGLAND Tel: +44 (0)1705 528621

SNOWDONIA CANOEING

**VISIT OUR NEW SHOP IN
CORWEN, NORTH WALES.**

(On the A5 between Llangollen and Tryweryn.)

Kayaks in stock from Prijon, Pyranha, and Perception plus a full range of gear from all the major manufacturers.

The Old School, London Road, Corwen, Clwyd, LL21 0DP
Tel/Fax. 01490 412 644 ● Mail orders welcome

Everything for the white water paddler from beginner to advanced

The Placid Water progression

The PWP was launched in 1983 as a new approach to teaching and introducing kayaking and canoeing to a greater range of people.

The name "Placid Water" was coined to get away from the image of paddling as being only a ruffy tufty white water pursuit. The new approach demonstrated that paddling can and does have a wider appeal as both a sport and a recreation.

- Encompassing and encouraging the pathways into the PW competition disciplines of Marathon and Sprint Racing
 - Supporting and encouraging PW recreational paddling (Club/ Centre based / Journeying etc)
 - Including both KAYAK and CANOE.
- The Placid Water Progression has it all, ... Something for everyone. (even the ruffy tufty white water paddlers!)

By using the thousands of miles of under utilised inland waterways canals, rivers and lakes not only is paddling given a wider appeal most of the water it uses already has agreed rights of navigation.

Any readers still with me? Well Done, the history lesson is over.

Why is it different?

Canoeists spend most of their time paddling forward so the PW approach put most effort in to the forward paddling stroke. Fundamental to a placid water boat is that it is designed to run in a straight line. Paddling is easy to learn and do particularly when the boat is designed to help.

Placid Water Paddling is all about being on the water rather than in it. I'm sure most people would agree that most of the effective paddling in the world is done from within the boat, why concentrate on trying to throw yourself out? The boats are designed to have an Open Cockpit, the opening allows the paddlers knees to be together whilst paddling and leaves them uncovered. In the unlikely event of a capsize the paddler slips clear of the boat well before it is fully upturned. Getting your hair wet doing a capsize takes a determined effort.

As an extra incentive to stay in the boat the problems of pollution, waterborne virus and infection are all too apparent.

Paddling in a placid water boat is an all body exercise and therefore an excellent way to stay in shape. Not only that, with the paddlers weight fully supported and with the emphasis placed on good technique, injuries

are few and far between.

Paddling as a journeying. Originally the scheme was devised with journeying in mind, whether as a tour, a paddle from your club or a race.

Boat Design

The design of the Placid Water Kayak and canoe reflect the themes above. The three main criteria are:

- 1) Straight running boat. For the beginner a directionally stable boat makes it easier to paddle in a straight line, simplifying the learning process and enabling the paddler to successfully paddle from the first moment. As the paddler improves the journeys attempted can become more challenging.
- 2) Open Cockpit. To ensure the safety of the paddler in the event of capsize and to allow leg movement whilst paddling Placid Water craft are open cockpit. The cockpit should allow the knees of the paddler to be uncovered by the deck of the boat.
- 3) Range of stability. The Poly Pippin as the boat central to the launch of the scheme in 1983 is potentially only the beginning. Stability is essential for learning and so the right boat for a paddler is the boat that offers enough stability for their level of skill. A range of boats was devised to provide a continuum from the raw beginner to Olympic paddler depending on the ability and goals of the individual.

If you are like me when you read a magazine scanning the articles to pick out the ones you think you might be interested in and you have read so far well done! I hope you will be a little clearer on your understanding of the term "Placid Water".

If you would like to know more about the PWS and are interested in joining in at a club or centre which promotes the scheme please contact your local PWCP (see BCU Yearbook for details). Keep your eyes peeled for more articles, and watch out for closed cockpit directionally unstable imitations

**Article by
Richard Ward**
**For more info
contact your
local PWCP
(see BCU
Yearbook for
details)**





For more information contact

Richard Ward,

3 Gorden Terrace,

Crediton, Devon

Tel: 01363 774841

or

Tamsin Phipps,

179 Church Road,

Earley, Reading

RG6 1HN

Tel: 01734 668140

Photos by:

Tamsin Phipps



Paddle-Ability - Racing

Ever thought about taking up marathon or sprint canoeing but haven't because, perhaps, of your disability you are worried about the fact that there may be portages to overcome. Well perhaps now you might like to have a go. A group calling themselves Paddle-Ability has been set up to encourage greater participation in the sports of sprint and marathon canoeing. It has come about as a result of earlier international trips where small teams have been taken along to compete abroad.

What is sprint racing?

It is racing in competition canoes and kayaks over a course as flat and still as can be obtained, without portages, over a variety of distances from 200 metres up to 10,000. The racing takes place all over the country but large events are held several times a year on the regatta course at Holme Pierrepont, Nottingham. There are several special classes for those with a disability and later this year an international sprint competition is being held at Nottingham to promote the sport amongst disabled athletes from other countries.

Marathon Canoeing is again racing in canoes or kayaks but can be over a variety of distances from a couple of miles to 100+. Marathon competition takes place all over the country on rivers, lakes and canals both with and without portages. Like sprint, competitions can be entered in single or doubles.

Marathon canoeing is great fun and

because of its divisional system caters for people of all standards and abilities. There are also major national events such as the National Championships (1995 being held in Nottingham on August Bank Holiday weekend) and the Hasler Finals (September 24 being held at Loch Ken, Scotland) where marathon paddlers turn out in their hundreds to compete in the different divisions.

The divisions also race over different distances with the lower divisions starting at a distance of four miles. However, there are many races which do not have portages and several race organisers run events for divisions 10/11 over a shorter distance ie up to 2 miles to enable greater participation. This information can be obtained from the race organiser whose name will be in the 1995 Canoe Racing Handbook or the BCU Yearbook. For example, the following races do not have portages and/or have division 10/11 events.

Longridge Marathon 1 October

Elmbridge Marathon 8 October

There are many more, ask one of the Paddle-ability/or regional



advisors for more information.

For those with physical disability portage assistance may be given but confirmation of help should be given to the race organiser.

Training weekends are being held for all interested paddlers. It doesn't matter whether you are a beginner or an expert, do come along, the only way in which we can expand Paddle-ability is to get greater participation - everyone is welcome.

Competition Time Win Reebok Sport Sandals

We've teamed up with Reebok to offer members the chance of winning one of 10 pairs of Reebok Amazone HXL sports sandals.

The Reebok Amazone HXL sandals are renowned for their comfort and support. They feature an adjustable strap system and Hexalite cushioning, designed for outdoor sporting enthusiasts. Ideal for a wide variety of activities from Canoeing to Rafting to summer trekking, they are worn by British Team paddlers Ivan Lawler, Steve Harris and Lynn Simpson.

To win a pair of Reebok sandals answer the following questions, the first 10 correct entries received by 20 September will be the winners:

- 1 Which anniversary will the British Canoe Union be celebrating in 1996?
- 2 Where is the International Canoe Exhibition being held in 1996?
- 3 Who holds the Ladies world record for Eskimo Rolls in 3 minutes 44.7 seconds?
- 4 Who holds the supported 'team' record for the fastest descent of the Rhine?
- 5 Who is the Chief Executive of the British Canoe Union?

All answers can be found in current and or previous issues of Canoe Focus and/or the Guinness Book of Records. Send all entries to the Editor, Canoe Focus. Closing date 1 October 1995.



Holidays & Courses

LONGRIDGE Scout Boating Centre

Are running the following courses

- Canoe Safety Test
- Rescue Test
- Training & Assessment
11-13 August
- Instructor Assessment
CST Assessment
Kayak
7 October
- Instructor Training
Kayak
6-8 October
- Instructor Training
Open Canoe
20-22 October
- SENIOR INSTRUCTOR
KAYAK
Training/Assessment
27-29 October
- SENIOR INSTRUCTOR
OPEN CANOE
Assessment
27-29 October

These courses are open to everyone. To book on one of these courses or if you would like our 1995 Programme please contact, Longridge S.B.C. Quarry Wood Rd, Marlow, Bucks. SL7 1RE. Tel: 01628 483252

B.C.U APPROVED CENTRE
WELSH TOURSIT BOARD APPROVED

OUTDOOR PURSUITS INSTRUCTOR COURSE

Oct - Dec 95

Gain qualifications and experience in Kayaking, Canadian Canoeing, Mountain Biking, Orienteering, First Aid, Life Saving, Climbing & Camping Craft.

'Some parts of this course will be spent on the island of Lanzarote so a passport will be needed'

Details.

Tyddyn Philip Activity Centre
Brynteg, Benllech, Anglesey.
LL78 8JF

Tel: 01248 853439

TWR-Y-FELIN OUTDOOR CENTRE

TRIED TESTED TRUSTED

BCU COURSES - PROFICIENCY, INSTRUCTOR & SENIOR INSTRUCTOR TRAINING & TESTING

ADVANCED WHITE WATER COACHING

AUTUMN WET & WILD WEEKENDS

For a copy of our brochure, please phone or write to Andy Middleton, Twr-y-Felin Outdoor Centre, St. Davids, Dyfed. SA62 6QS Tel: 01437 720391. Fax: 01437 721838

GREY CORRIE LODGE ROYBRIDGE

For the Highlands Mountaineering, Skiing Hill-Walking, canoeing

On A86 - Fort William 12 miles Adjacent to Roybridge Hotel. Private bunkrooms for 2, 4 or 8 persons. Complete self-catering with heating, showers, toilets, drying rooms, all bedding and log fire.

All inclusive in price

Tel: Spean Bridge 01397 712236



Birmingham School of Canoeing

Beginners to Advanced Kayak
Beginners to Open Canoe
Eskimo Rolling
Intro & Intermediate White Water
Canoe Safety and Rescue Test
Supervisor Award
Instructor & SI Training & Assessment

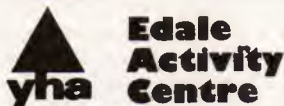
Alpine White Water - French Alps
Private Courses by Arrangement
BCU APPROVED CENTRE

Please contact:

MIKE PHILLIPS,
Birmingham School of Canoeing,
21 Heathfield Rd,
Bewdley, Worcs DY12 1JT
TEL or FAX: 01299 401872

LONDON & KENT SCUBA COURSES REEF SCUBA

Tel/fax: (01474) 326072 day/eves
(0836) 328135 mobile
Excellent facilities, Flexible time tabling



Beginners, Improvers & Advanced Kayak
Beginners Open/Canadian Canoe
B.C.U. 1,2 & 3 Star Tests
B.C.U. Canoe Safety Test (Kayak)
B.C.U. Instructor (inland kayak) Training, Assessment

Plus: courses in climbing, caving, orienteering, mountain biking, hanggliding etc.

FOR FURTHER INFORMATION PLEASE CONTACT:

Edale YHA Activity Centre
Rowland Cote, Nether Booth, Edale, Sheffield S30 2ZH
Telephone: (01433) 670302

Snowgoose Activities

The Old Smiddy, Station Road, Corpach, Fort William PH33 7LS
Snowgoose Activities provides top quality skills training courses with a personal approach with an enjoyable experience thrown in free!
Learn New Skills & Upgrade Old Ones

Canoe Courses (Autumn 1995)

- BCU Advanced Inland Proficiency Training
- Introduction-Intermediate-Advanced White Water
- Classic Scottish White Water (5 days)
- Novice-Improver-Intermediate Kayak Skills (1-3 Star Training and Assessment)
- BCU Inland Proficiency Training & Assessment
- Rescue & Safety on White Water
- Canoe Safety & Rescue Tests

Also

Mountain Courses

Try our Winter Warm-up Courses

- Mountain Navigation
- Improvised Rescue
- Mountain Safety (Weekends)
- Hillwalking
- Rock Climbing
- Mountaintcraft
- Winter Mountain Skills

Contact: John or Tina Cuthbertson
Tel/Fax on (01397) 772467 (24hrs)

ISLE OF SKYE Whitewave Activities offers a wide range of holiday courses and activities during 1995 including Sea Kayaking Expeditions. For details Tel: 01470 542 414.

Dear Advertiser

Mail, phone or fax your ad to 2b Graphic Design
29 Greenfields, St Ives
Cams PE17 4HB

Tel/Fax: 01480 465081
Evenings: 01480 382488

Accommodation

GLAN - Y - BORTH

Nestles on the banks of the River Conway in the heart of Snowdonia.

Ranging from 2-8 berth Bungalows.

20 fully equipped Self Catering Bungalows.

Offers home from home comfort.

Please Phone Bill or Gill
01492 641543

SOUTH WALES, RIVER USK 200 yards. Farm cottages. log fires, drying, centrally heated, superb accommodation sleeps 4-30, evening meal available, £10 PP per night. Bwch 01874 730460/948.

THE SMIDDY LODGE

Excellent accommodation in Pine Alpine style bunkhouse (sleeps 12), fully heated, drying/laundry room. Ideal for climbing, walking, canoe, ski groups. ALSO 4 superb apartments to sleep 2/4 or 6/8. Three Crowns Highly Commended. 4 miles west of Ben Nevis. Situated at start of Caledonian Canal, within 1 hour of some of Scotland's finest white water paddling.

SNOWGOOSE HOLIDAYS

The Old Smiddy, Station Road, Corpach, Fort William PH33 7LS
Tel/fax: 01397 772467 (24hrs)

BALA. Self Catering Bunkhouse Accommodation from £7 per night and Licenced Guest House B&B from £12.00. 01678 520507

Lanterns Inn. River Dart Canoeing

Near Holne. En-suite accommodation, family room available. Groups welcome. Drying facilities. Food available 7 days. Spacious free parking. Special accommodation rates available to canoeists with this ad.

Knowle Hill, Ashburton
Tel 01364 652697.



Accommodation

INCHREE CHALETs & BUNKHOUSE, Onich, Fort William, Inverness-shire. Tel/fax: 01855 821287. Situated in the midst of the finest white water. Suitable all grades. Pub restaurant on-site.

Bellevue Cottages in Beautiful Brittany

2 lovely self-catering cottages near north coast in Brittany, France. Ideal canoe families/friends. Winter whitewater, superb surf, spectacular sea paddling. Special rates for canoeists.

Also 7 1/2 acre field in beautiful surroundings, ideal for scouts, girl guide groups etc. Basic facilities/cheap rates.

Please phone Greg or Carol 01785 214763

Equipment & Services

Joel Enterprises are the shop for all your

Canoe and Kayak equipment. Large and varied stock to choose from: Touring to Raging Whitewater; Specialist paddles; Rafting to Racing.

Tel/Fax 01905 455311 or Tel 425959 for our latest catalogue and details of opening hours of our shop at Holt Fleet near Worcester.

A.S.S.C.M

ANGLESEY SEA AND SURF CENTRE

- Accommodation
- Sea Kayaking Courses
- Expeditions - August 1995
West Coast Ireland
Circumnavigation Anglesey
- Romany Sea Kayaks
Nigel Dennis Kayaks Ltd
Tel/Fax 01407 762525

SPECIAL OFFERS/SEA KAYAKS. We quite often have demonstration kayaks with a slight cosmetic fault. Send a SAE for our up to date list of Kayaks available. The P&H Company, Station Road, West Hallam, Derbyshire, DE7 6HB. Telephone 0115 9320155

CANCARVE DESIGNS, Hand made wooden canoe models and trophies. For details write or telephone 5, Shanklin Place, Beaconhill Green, Cramlington, Northumberland, NE23 8HA. Tel + Fax: 01670 713640

The Welsh Open Festival of Canoeing 9th and 10th September 1995

- Rodeo Skill Workshop
- Open Canoeing
- Swimming Pool Session
- White Water Coaching
- 4&5 Star Testing
- Rolling Clinic
- Slalom Coaching
- Wild Water Racing Coaching
- Ladies Only Courses
- Squirt Boating
- Introduction to White Water
- Disabled Endorsement
- Rescue Clinic
- Plus Much More!
- Trade Sites

Come and Try it
Demo Boats supplied by Pyranha

Pig Roast No Rafts between 11am & 4pm



Canolfan Tryweryn
Frongoch
Bala
Gwynedd
LL23 7NU
For more information or to book telephone 01678 521083

Tour to Bala

Equipment & Services

Situations Vacant

COMPLETE PADDLING EXPERIENCE  **MAIL ORDER SPECIALIST**

CANOEES • KAYAKS • WAVESKIS • PADDLES • BUOYANCY AIDS • HELMETS • WETSUITS • DRYCAGS • SPRAYDECKS • SAFETY KIT • CLOTHING

FROM THE OLD:
 HISTORIC BOATS AND EQUIPMENT ON SHOW.
 • THE MIKE JONES, EVEREST BOAT.
 • SEVERAL WORLD CHAMPIONSHIP WINNING SLALOM BOATS.
 • PADDLES THAT ARE OVER 100 YEARS OLD.

TO THE NEW:
 • ALL THE LATEST, INNOVATIVE AND RADICAL DESIGNS OF EQUIPMENT AVAILABLE.
 • KAYAKS, CANOES AND WAVESKIS FROM LEADING MANUFACTURERS IN STOCK.
 • ALL THE LATEST AND MOST POPULAR BOOK AND VIDEO TITLES IN STOCK.

PLUS:
 ON SITE DEMONSTRATION FACILITIES




SPECIALIST STOCKIST OF: PALM EQUIPMENT
 • NOOKIE EQUIPMENT • PYRANHA CANOES AND KAYAKS • BUFFALO CLOTHING • Dr D's PADDLES

**KAYAKS NORTHWEST, MARINA VILLAGE,
 PRESTON BROOK, RUNCORN, CHESHIRE, WA7 3DW.**
TEL: 01928 710770 FAX: 01928 714399

POLY DRUMS
 19" x 15"
 watertight containers with screw-on lids.
 £12.00 inc p+p (U.K.)
 Sam Lawrence
 Templefield
 Temple Road
 Dewsbury
 WF13 3QE
TEL: 01924-461056 (Answerphone)

ROGUE RIVER-WEAR
Dry Cags/Trousers & Fleece Wear
 SEALS Replaced or D.I.Y.
 ALBURY SALKELD ROAD
 LANGWATHRY CUMBERIA CAT10 1ND
01768 881003

BUYING or SELLING
 a used canoe? Contact:
The Canoe Trading Post
 For access or inclusion to the National Directory call 01363 775914 for details. For a free up to date copy of the craft for sale send a SAE to: 3 Gordon Terrace, Park St, Credition Devon EX17 3EB

HUMPT
 Sells the best range of Skiboard Toolless
CANOE TROLLEYS
 HUMPT Canoe Buddy

 HUMPT X FRAME

 NEW SHORTER LENGTH AVAILABLE

 HUMPT CYCLE TRAILER, Canoe/Skiboard
 See your local stockist or send for further information to:
 HUMPT TROLLEYS AND LANDSIPPERS
 Alma Cottage 15 Glencoe Road Parkstone,
 Poole, Dorset BH12 2DW
 Tel: 01202 721221 or 01202 891899

CANOEING FABRICS, Breathable Waterproofs, Cordura, Pertex, Pile, Polartech Fleece, Neoprene Coated Nylon, Buckles, Webbing, Zips, Shock Cord, Velcro. Patterns for outdoor gear, Camping and Climbing Equipment. Discounts up to 15%. Shop open 10 - 5 Tues - Sat. For mail order catalogue please send 4" x 9" S.A.E. TOR (cf), 42 Widnes Road, Widnes. WAB 6AL.

Personal
PENPAL MAG for adults: over 250 photos. APPROVAL copy from: MATCHMAKER, (T.71), Chorley, PR7-4BS. Or ring: 01257-480155 (24 hours).

BEST DEALS WHEN YOU COME TO COLLYER-SMITH MARINE. We stock Perception, Ace, MI, and all the best boats and accessories: Palm, Romer, Ainsworth, Yak, Crewsaver, Schlegel etc. Our buoyancy aid prices are hard to beat! Give us a ring. **Collyer-Smith Marine**, 61 Magdalen Street, Colchester Tel: 01206 797833

To Advertise ring/fax
01480 465081

Open Learning NVQ Level 3 O.E. Training Programme

Outdoor Education Trainers Programme - P/T Open learning and assessment based in your workplace.
 Qualifications achievable within the programme include:
 NVQ Level 3 in Outdoor Education + Training and / or
 NVQ Level 3 in Training & Development (Learning Delivery)
LEA Grants available and there are no fees for NVQ programme.
 Programme also covers Business Administration at NVQ level 1/2 & Training / Assessment for NGB Coaching Awards as an optional extra

Places available - April '96 start - Available nationally for paid or voluntary staff working within centres; it is an F.E. college programme.
Write now for further information, as places will be limited - Inter-Action Leisure Ltd, The Chittings, Manston Green, Preston Road, Manston, Kent CT12 5BA

Outdoor Education Tutors - Wanted now!

I.A.L. Ltd delivers training and assessment of NVQ's in both Outdoor Education & Training and Development at Level 3, along with a wide range of NGB coaching awards. The company is currently expanding on a national basis. It is actively pursuing the IIP award.

- We require:**
- Mature graduates able to contribute to the development and delivery of an education based training programme
 - Breadth of outdoor technical skill, ideally with NGB coaching qualification in three or more disciplines.
 - In-depth outdoor technical skill in one area ideally at SI or Coach level; examiner status desirable- must be a team player.
 - Experience of the outdoor industry is essential - in an educational or recreation setting.
 - Understanding of the broad context of ODT.
 - Good written and verbal communication skills
 - Commitment to EOP, and CPD
 - Car driver with clean full licence.

- We offer:**
- * Remuneration £12K - £16K (pro-rata) - subject to qualifications and experience. Contracts - initially 1 year - renewable.
 - * Effective staff development programme.
 - * Opportunity for staff to deliver training in a European context - sites in Belgium and France regularly used.

To apply:
 Please write, stating how you meet the criteria, along with full c.v. and photocopies of current/relevant NGB qualifications:

Inter Action Leisure Ltd
The Chittings, Manston Green, Preston Road, Manston, Kent, CT12 5BA

Closing date: 11.8.95 (interviews commence 18.8.95)

Outdoor Training Courses - F.E, College Programmes

Places available - September '95 start - in the South East

Outdoor Education Trainers Course - 2 years P/T - Well rounded in depth course, qualifications achievable by the end include:
 NVQ Level 3 in Outdoor Education + Training
 National Governing Body - Coaching Awards e.g. BCU Instructor
 FAW Certificate + RLSS - Bronze Medallion
 Business Administration + Language Training included

Outdoor Pursuits Training Course - 6 months F/T programme
 focused on technical skills, leading to NGB Coaching awards.
Both courses qualify for LEA Grants and tuition fees are free

Contact - Guidance & Admissions at:
 Northbrook College - 01903 830057
 South Kent College - 01303 850061

Please forward
all adverts to
appear in the
Members
Classified
direct to:
BCU
Headquarters
in Nottingham.
MEMBERS
ADS FREE

For Sale

C1 Slalom "Double Dutch" good condition with as new Bush Deck £120 Tel: 01924 430785 (Dewsbury)

Perception Reflex Barcelona - diolen body, Italian seat, footrest, 2 years old, very good condition, jade green, excellent slalom boat £220. Also Bushsport neoprene spraydeck to fit £20 Tel: Toby 01483 200544 (H) or 01483 272459 (w)(West Sussex)

K2 Mirage, Excellent condition, ideal for DW/other marathons. Offers around £200. Contact JP (Jnr) at 01782 316771 (Stoke on Trent) May be possible to deliver. Also looking for cheap Spud/Freefall LT.

Mountain Bat MkII, 1993 full graphics, crosslinked, excellent condition, full plate footrest, adjustable seat etc, Playboater shock deck (suit the bigger paddler) £250 ono. Mirage Club beginners kayak, excellent condition including BA spraydeck and paddle £150 ono Tel: Paul 01633 482688 (Gwent)

Perception Dancer, yellow colour, full WW spec, used only 5 times VG condition £200 Tel: Chris 01234 765192

Pyranha Acrobat, 18 months old used only twice, full ww spec, yellow state of the art design, superb condition only £400 ono Tel: 01928 701937 or 01244 310567 (Chester)

Jura Expedition Sea Double 22'9" long expedition rigged. Stable boat 2 VCP round hatches/centre oval hatch, stainless rudder, red deck grey hull, new boat being made £680 Tel: 0115 9819758 George Oliver (Notts)

Perception Reflex Barcelona K1 Slalom boat VGC bought new, only used twice. Hand made with adjustable footrests £375 ono Tel: 01565 830428 (Cheshire area)

Trailer, suit active K1/WWR Club. Good, roadworthy condition, brakes, painted and padded £350 Tel: 01242 543201 Mark

Eskie 17' Sea kayak, yellow with buoyancy aid, paddle and spraydeck £100 Tel: 0151 709 6996 (Day) Liverpool.

Perception Reflex (plastic) Colour Teal, good condition plus air bags with Playboater shock deck (medium waist) and ABS paddle included £275 ono Tel: Oliver 01256 479658 There is a genuine reason for sale.

Sea Kayak P&H Outlander fitted with COMPAC 50 pump and including matching split paddles. Bargain price of £700 Tel: 01664 64790 (Leics)

Discovery stable racing K2 £175 ono. High volume fibreglass C1 £20. General purpose single kayak £35 Tel: 01784 460841 (eves) or 01932 845544 ext 5651 (day)

Pyranha Freestyle, excellent condition including paddle and spraydeck £150 ono Tel: Alistair 0116 2366008 / 01443 493719

Canoe Gear for sale, P&H Revenge

plastic polo boat, mint condition £200. DB Radical Vision carbon paddles £80. Ainsworth Spec 4 metal rimmed paddles £30. Palm dry cag, latex cuffs and collar, size large, perfect £45.

Neoprene booties fit size 7/8 £10. Long john wetsuit, medium, black/purple £30. Radiator gloves, neoprene/hide palms, like new, medium £10. PEAK reversible polo/slalom b/aid, large, mint £30. Palm tow line 3M, literally unused £20. Pro-tec helmet, yellow, medium £20. Pro-tec helmet, purple, medium, fitted face guard £30. Neoprene elbow pads (good for polo) £5. Throw line £10. Ainsworth b/aid, tatty but usable £5 Tel: Len/Jo 01926 422380 (Warks)

Obsession II, WWR, red, 2 years old, reasonable condition £200, Nomad, Extra Slalom kayak, blue £70 P&H K1 slalom kayak, red £30 Tel: 01353 777788 (Camps)

Pyranha Rotobat, ww spec, airbags, full plate footrest, Ainsworth paddles, Palm b/aid, neoprene deck, cag and roof rack all in good condition £325 ono Tel: Surrey 01932 246275

Ace Flash, ww spec with footrests and back rest, red, little used. Would suit small person £100 contact Rachel 0114 266 7509 (Sheffield)

One red Prijon Diablo used only 5 times £400 ono (Student status forces sale). Green Wildwater Explorer Leader plus B/A £50 and set of alpine paddles (as new) £50. Buy the lot for only £480. Also red Double Dutch Slalom C1 with Bushdeck (as new) £140 ono. If you want to buy any of the items then give me a ring Daz 01924 478543

Prijon T Canyon, purple, excellent condition, only 2 years old but unused for last year. Stored under cover. Full airbags £250 or nearest offer. Can deliver. Tel Andy (01904) 410701 (York)

Pyranha Rotobat, yellow WW spec, good condition £250 ono Tel: 01935 825 394 (Somerset)

Play Boater Neoprene shock deck spray deck (deck keyhole waist medium), excellent condition hardly used, with Knee off release strap, Bargain at £35 ono Tel: Dave 01480 811902 (Camps)

Perception Reflex, yellow, excellent condition £150 ono Tel: Rob 01525 717622 (Beds)

Sea King 17' 2" sea kayak - 9" hatches and covers, foam seat, foam footrest, professionally finished in white and black, declines, hardly used ex. cond £275 ono. Nordkapp sea paddles £40 Tel: Mike on 0151 348 0605 (Cheshire)

Canoe Clear Out, Tiger K1, blue, VGC £150 ono. Slalom K1, Nomad Razor, carbon kevlar, foam deck new Sept 1994 little used, good condition £350 ono. BAT, kevlar, never used new 1994 £100. Tel: 01252 617445 (Fleet, Hants)

Rapier K1, some repairs, u/s rudder £120 ono - ring Eric 0181 542 8376

Arrowcraft Lance K1, stable(ish) Racing/Tourer, two tone blue, u/stern rudder. Good condition £275 Tel: Tim smith 01753 527144 or page 0941 105331 (Slough)

Pyranha Acrobat 300. Multi Artline Spec. Red. Complete with full plate footrest, backstrap etc. 8 months old £290. Also Pyranha Master, peach colour. Very well used hence price £100.00. Call Tel: 0161 - 445 9708 (Eves) or 01831 226 375 and ask for Paul.

Coleman open canoe with two paddles good condition £330, Prijon Spud, Purple £300, Schlegal all round paddles 204cm £25. Palm drycag worn once £40, plus lots of other bits and bobs inc wetsuit and Canadian paddles Tel: Nick 01564 703694 (B'ham)

Dancer XT, Teal, bulkhead footrest, backstrap and nosecone, well used but sound, twinseal spraydeck included £175. Fibreglass touring kayak, ideal for carrying equipment, sound boat £75. Paddles, spraydecks, helmets, buoyancy aids also available. Contact Ian Tel: 01253 826594 (Lancs)

Palm Europa plastic kayak, suit novice £150 Tel: 01628 529631

Black Magic paraglider for sale £450 ono or will swap for Old Town canadian/ Rotobat/ Creek 280/Pirouette (+/- cash adjustment) Tel John on 01535 632029 W Yorks.

Canadian Canoe, Dagger Reflection 15, hardly used, 3 cane seats, 3 paddles, 3 life jackets £600 more details contact: 01734 733374

94 Mountain Bat, full plate, graphics, air bags etc, Playboater deck and paddle all in excellent condition. Perception Mirage and paddle excellent condition £150 Tel: Paul 01633 482688

Collectors Item - 2 folding Tyne canoes, 1 double £450 ono, 1 single £400 ono, perfect condition Tel: 01372 464500 (Esher) early am or evs.

2 Masters ww spec, V Good condition, little used £200 each. Tel: Mike Bridge eves 01270 841966 Cheshire.

North Shore Avanti glass fibre kayak, 13ft. Very good condition. Suit child up to age 13, very fast and light - weighs only 9kg. Integral seat with backstrap, adjustable footrests, red deck, spraydeck and New Wave paddle included. £50 Tel: 01404 822654 (Exeter)

Sea Kings (3), in excellent condition, used for only three sea trips. Fore and Aft watertight bulkheads with access hatches to both compartments. An ideal stable craft for coastal canoeing trips. Purchaser to collect. £250 each Tel: 01726 623469.

Moulds for sale: Snipe £75 ono; Surf shoe £50 ono. Wombats 6no ideal for club or other group only £15 each Contact Chris Tel: 0191 2526584 (Whitley Bay)

Perception Dancer, yellow, footrest and end toggles, excellent condition, used mainly on flat water £225 Tel: 01752 795672 (Plymouth)

Perception Reflex, blue, with neoprene deck, little used £200 ono. Tel: (Banbury) 01295 750532

Genuine Rover roof bars, fits all Rover models, lockable used only twice £75 Tel: 01355 302318 (Eaglesham, Renfrewshire)

4 double kayaks (Explorer 515) £175 each. 1 canoe/windsurf trailer £200, 1 canoe trailer £200. 1 canoe trailer £250 Tel: Bala watersports 01678 521059

Hustler 13ft 6in fibre glass canoe. Used only once. Extras supplied £180 ono Tel: 0181 743 2250 (Lond)

MI 415 Tourer, yellow, vgc fitted with rudder, with skeg option. Comes with front and rear air bags and back rest £175 ono Tel: Mark (Kent) 01634 252876 after 6pm

Perception Mirage and Quest kayaks used but in sound water tight condition £75 each. Tel 01647 24543 (Devon)

Pyranha Master kayak, full plate footrest, airbags, backstrap, skeg. Includes spray deck, AP2000 helmet and paddles. £150. Prijon Topolino Eskimo - big volume kayak, full plate footrest £250 Tel: Bill/Liz 01743 356336 (Shrewsbury)

Slalom Kayak, P&H TX1, kevlar carbon, hardly used, excellent condition £175ono, possibly can deliver. K1 o/s rudder green and white, good condition £150 ono Tel: Steve 01386 831904 (Worcs)

Knordkapp HS, expedition rigged, bulkheads, hatches, pump, blue deck, white hull, VGC £475 ovno Tel: 01294 833401 (Clyde Coast)

Enigma Squirt boat, blue, airbags included £170 ono Tel: 01768 881003 (Cumbria)

Pyranha Freestyle, yellow, excellent condition £150 ono, including paddle and spray deck, Tel: Alistair on 0116 2366008 (Leics)

Knordkapp Sea Kayak, fibreglass kayak with double hatches, pump, compass, declines, footrest. Good condition. Well loved boat but change of job forces sale. Tel 01306 627656 £250 ono (Surrey)

Rotobat original - full ww spec £150

ono. paddle Ainsworth K100 202cm RH £20 Tel: 01388 528847 after 6pm (Co. Durham)

Perception Pirouette, red with airbags, backrest and a Yak deck, good condition. Must go to make room for a new boat. Offers around £250 Tel Bill on 01509 812759 (Loughborough)

Kirton Kayaks Ventura B-Line 2/3 seater open cockpit touring canoe. Length 16' 5", beam 28.5 weight 60lb. First class condition little used £325 with bucket seat and trolley Tel: Reigate 01737 248976

Pyranha Master, x link with adjustable full plate footrest, block buoyancy and manufacturer's backstrap. £200. CSC Rotobat, pool boat with adjustable pedal footrests and buoyancy bag £100 tel Eastbourne 01323 730789

Roofrack for VW Golf Mk2, lockable (Thule) cost £100 new, hardly used £70 ono Tel: 01293 411005 (Surrey)

Absolute bargain, lightweight 3mm Bruynzeel plywood, round bilge, kayak. 13'2" x 24" finished bright. Designer's successful prototype used only for publicity photos £120 Tel: 01237 475165 (Devon)

Sierra Torque Recreational Kayak designed by North Shore fibreglass eye catching boat, excellent condition £222 open to offers Tel: David 01923 285401 (Herts)

Wanted/Swap

Aquabats, boats of any condition considered. Tel: Dave Rawding 01482 654019 (Hull)

Swap wanted, Aleut Sea II 2-person Sea Kayak little used, in fine condition for a Pyranha Prospector Canoe Tel: 01384 258492 (W Mids)

Rapide K1, good condition tel: Maggie 01795 842495 (Kent)

OLS Probe or similar, cash waiting. Tel: Paul 01633 482688

Moonraker Touring double, glassfibre hull with plywood deck, complete with paddles and spraydecks £55. Call Phil evenings or weekends on 01453 825333 (Glos)

Lost and Found

1 Suzy Green Slime Rescue bag, 1 Orange Helmet with the initials MR on a Tryweryn Tour ticket. Tel: John 01785 663878 (Stafford)

Lost on Tryweryn 23/4/95 Ainsworth Spec 4 paddle bearing serial number SEA/CC/P002 Liquid reward offered for its return. Tel: Andy 0151 327 8563 (Merseyside)

Stolen

Equipment Stolen from Capel Canoes - 9th May 1995.

1 w/w Magic Bat, Aqua-marine single Art. 1 Pirouette Super Sports Quartz. 1 Dancer Club. 1 Pirouette S Violet no: 10505. *1 left handed Schlegal Topline paddle. *2 Rough stuff radical carbon paddles. 1 K100 Spec 5 paddle. 1 Palm Single seal dry cag. 1 Purple Yak dry cag. * 1 Blue (Crewsaver) dry cag. * 1 Palm double dry cag. *3 Regatta Due (Crewsaver) Dinghy Slalom Buoyancy vests, reversible Blue or Pink. * 1 Gybe Blue/White (Crewsaver) Dinghy Slalom Buoyancy vest. The items marked * are more obvious. the B/aids are mainly for dinghy use. Telephone with any information, Capel Canoes: 01892 832128

Stolen from Chester Sailing and Canoe Club on Sunday 21st May.

Trapper 17 open canadian, green outside, orange inside, plastic, 3 wooden seats, name written on inside, any info contact Nigel Jones Tel: 01244 679578

Stolen June 1995 in the Market Harborough area, VCP Nordkapp Sea Canoe, bright yellow with black hatches and distinctive plastic hatch ring bolts, substantial reward for recovery/conviction Tel: 01858 465052 or any Police station

Aqualeisure

Tel:
01745 815476
Fax:
01745 813485

Manufacturers of Watersports and Leisure Products

Due to Aqualeisure's recent expansion to their new premises, we have available surplus stocks at once only prices. All products are of 1st quality and carry a full 12 months warranty.

D/Seal Dry Cags.....£49.95
Dry Cags.....£39.95
Spray Tops.....£16.50
Spraydecks.....£13.50
Throw Bags from.....£14.00
Tow Lines etc...

Please telephone for a complete list including Drysuits, Bouyancy Aids etc... Full reseal, repair and made to measure service available.

Units 7G & H, Colomendy Industrial Estate,
Rhyl Road, Denbigh, Clwyd, LL16 5TA

USK & WYE TOURS

USK Tour 25th/26th November 1995
Sennybridge - Crickhowell

WYE Tour 23rd/24th March 1996
Marteg Confluence/Glasbury

- Central Campsite
- Mini Bus service
- Licensed Bar
- Caterers
- Entertainment
- Trade Stands

TICKETS £7.50PP

(in advance only)

Sponsored by the

British Outdoor Professionals Association

☎: 01544 350208

Fax: 01544 350401



1. PADDLE ON THE WILD SIDE

"You've Seen"
The AD'S
NOW

Buy the T-shirt
4. FULL COLOUR DESIGNS.
(BACK + FRONT PRINT)

£14.95
INC. POST & PACKING

AVAILABLE IN:-
BLACK, WHITE, NAVY, RED,
OATMEAL & TEAL.



2. Hang Loose



3. GET A GRIP... IDEAL FOR THE SUMMERTIME



4. ATTITUDE...

The

“Creative genius is often born out of frustration of one kind or another” or so the theory goes....

That being so, God must have been wound up about something when he was planning the Southern French Alps. Briefly scan a map for blue lines and you'll understand. The Isere, Doran, Arc and Arly. The Romanche, Guisane, Claree and Durance. The Gyr, Onde, Rabioux and UBAYE. The Verdon, the Drac and the Seravaise. All good rivers, all with two things in common; they all finish in Rhone and all start life in, or very close to, ski resorts. It's logical really, you don't build a ski resort around poor snow accumulation. Lots of snow plus a sunny Med. Climate equals huge quantities of water - hence good ski resorts - good rivers. Add the regions vineyards and livestock throw in your close proximity to Italy, and to my mind you'll have a fine example of a creative genius; skiing and kayaking on a diet of pizza, ice-cream, cheese and wine, a year round tan and bars that don't close whilst you are still only half way through "100 reasons for swimming today"

So ask me my favourite paddling area. Scotland?, Wales?, Lakes?, North East?, Austria? or the French Alps. The answer is obvious, my favourite river and it's not so easy. Using David Grants criteria "of all the rivers I have paddled which would I most like to paddle again?" It's straight forward - the UBAYE. The seeds of interest were shown early, I remember reading Joseph Haas' book and one photo stuck in my memory, that of the Fresquiere section of the Ubaye with the small church perched up high on the left, overlooking a continuous section of complicated water. It served to inspire me in my early days of paddling, with rain and overcast skys, quick changes hampered by cold blue fingers and wet boots refused to come off were the norm. I used to imagine that picture and dream of paddling in the sun.....

Something for everybody

The Ubaye is a popular river of medium volume, and with sections of all grades stretching over 40kms, it offers something for everybody from a first time experience in a raft "unhinged" paddling in the gorge. Rising up high above St Paul, it runs fairly steeply down into the wide valley around Barcelonette. It continues sedately for a further 7kms and eventually starts to increase gradient, as the valley closes in then comes a superb section of grade 3, before finally closing up and dropping to mark the start of the harder paddling and "my favourite paddle" from La Fresquiere to Le Lac de Serre Poncon.

A local bylaw restricts paddling here before 1pm, so leaving La Fresquiere bridge with the intention of reaching the lake before sundown is a tall order. Although there are several egress points along the way, entering the final gorge without enough daylight is not a wise move. It doesn't help ones confidence when the first kilometre has tested you to your limit and you realise there are still another 12 to go....

The paddling may be hard between La Fresquiere and Le Martinet, but it does not feel serious because of the beautiful setting and low banks. In such an exquisite setting the paddler can be easily distracted: I'm sure "I was so taken

Story and photographs by Bob Timms



Ubaye

Bob Timms

back by the beauty of it all that....." sound familiar? Hard paddling and gorges are not synonymous, this is testimony to that!

This 2km section comes to an end at Le Martinet with a splendid grade 5 rapid of notable length, often used for assessments of the French White Water Diploma.

Below this rapid is the most popular section of the Ubaye, the National White Water course, France's answer to the Tryweryn, or is it the other way around?

Every rapid is a pleasure

Whichever, there is still similarity between the two, other than that they are both commercially rafted. Higher in volume than its Welsh equivalent, the Ubaye offers superb paddling of grade 3 and 4. Every rapid is a pleasure, playspots abound and there is always enough breathing space between each piece of whitewater to simply float and soak up the ambience. The road is close, it is well disguised and one feels quite untouched by mans interference.

There is only one rapid where there is any need for caution; the "sharks fin". Easily recognisable by the classic dorsal fin in the centre of the rapid. An interesting rapid with several routes to test ones memory, but always a good collection pool awaits below.

Acoustics of a cathedral

The finale of this section is breathtaking, a narrow gorge, smoothed walled, with the grand architecture and acoustics of a cathedral. Its upper walls decorated with hanging veils of vegetation and curtains of water cascading from its lip. Missing the take-out at Le Lauzet means commitment to the gorge below. First timers are easily spotted as the cautiously eddy hop downstream. But they care to admit that they too, thought they had missed it as they were swept around that narrow blind bend between steep walls feeling as perhaps Meryl Streep felt heading for the "Gauntlet" in the film "River Wild". Those who have been there will know what I mean.

The Gorge begins with a 1/2km of grade 3 beneath a canopy of rainbows and patterns created by light, shade and numerous waterfalls above. However, this is soon forgotten as the left bank falls back and the hard paddling begins. I enjoy "running rivers" and if I expected the Ubaye Gorge to be a "stop and start" river, I was pleasantly surprised. The river spreads at this point many channels, house-sized boulders, pour-over holes, it is virtually impossible to memorize any routes, let alone organise any effective cover. Trying to remember the worst black spots and breaking out as frequently as possible seems the only way forward.

The first rapid was the hardest on the river and the seldom run, the "Dents des Lions" is a genuine grade 6. Immediately below is the more feasible "Labyrinth", and the name says it all. Hundreds of meters of continuous grade 5 with many "dead ends"!

My experience of the "Labyrinth" is virtually lost, I think the adrenalin blocked my memory cells. I recall passing beneath the "Dents des Lions" and looking back I forced a smile at my friend Nose on the bank. The first drop spat me out in a rear ender, looking skyward, my only thoughts were of the closed recirculating stopper fast approaching. The bow slapped back to horizontal, a fast sprint took me over the hungry hole, and a final quick burst broke me free from the tow back, the rest is blank.

Below the river eases up and although still grade 4 and 5, in comparison becomes almost a pleasure to paddle. However, the concentration required to paddle necessitates a hasty decent as one cannot keep it up for long, and the closing stages find you almost wishing the river to end as the 13kms take their toll.

As you sit on the banks at the finish, staring hollow eyed at the tranquil water, it's hard to believe it's the same river!



The Ubaye holds for me special memories of special days; in a class of its own and always a surprise or two. If you get the opportunity, paddle one of its sections, and if you don't get the opportunity... make one!!

ACCESS - WCA from Julian Penney - local access officer for River Conwy

During the last month I have met with Mr and Mrs Armstrong, the new owners of the Conwy Falls Cafe on the A5. It was a very positive meeting with many of the problems arising from the restrictions on the old agreement now solved.

For the coming season canoeists will have use of the Cafe Car Park seven days a week which will avoid the problems of parking on Penmachno Bridge and causing a nuisance to others. There also is not the restriction on the number of spaces that there has been in previous years although I would remind paddlers of the limitations of numbers on the River Conwy itself ie only up to 36 paddlers a day and no groups over 6 at a time. Paddlers must continue to sign in at Cotswold in Betws-y-Coed.

Canoeists are now very welcome in the Cafe itself, in fact the concessions gained are on the understanding that we will frequent the Cafe as well as using the car parking facilities, therefore I would urge all paddlers to consider this when using the car park.

For any further information please contact Julian Penney on 01490 412644

ACCESS - SCA Glen Etive, Argyll

The local factor has asked that no fires be built by the river and that cars are parked considerately (ie not on the grass verges where the soil is breaking up and becoming damaged). Relations are good with the locals on this river and the Scottish Canoe Association would like to keep it that way!

The River Thames - Space to live, space to play

The River Thames is the subject of a new strategy published on 1 May 1995 by the National Rivers Authority and the Sports Council. The four key policies recommended in the strategy are:

Sustainable Recreation on the Thames - the remote, rural areas of the Thames will be protected from development which will affect its tranquil nature; in urban areas of the river, open spaces will be protected from development; the Thames in London will be protected as valuable open space and an important landscape feature.

Managing recreational

Conflict - all river users should recognise that the Thames is a shared resource and that tolerance of other activities is required; conflict is best resolved by co-operation and understanding the activities of others.

Water Safety - everyone will be encouraged to act in a safe and responsible manner when on or close to the river; those taking part in water sports should be aware of safety regulations and abide by the relevant Codes of Practice; swimming in the Thames will be discouraged.

Access for All - the use of the Thames and its banks for informal recreation, including walking, will be

encouraged; developments along the Thames should include the river as a positive feature, improving public access and protecting historical views; where possible and safe access routes should include provision for the disabled.

The River Thames Recreation Strategy is available from: Navigation and Recreation Section, NRA Thames Region, Kings Meadow House, Kings Meadow Road, Reading RG1 8DQ. Tel: Dean Mahoney, NRA (01734) 535535 or Cathy Walker, Sports Council (01734) 483311

River Teme

Those of you who have paddled the River Teme lately, will no doubt, have come across a number of notices bearing the message "No Canoes". No one appears to know where these have originated from and no one seems willing to commit themselves to paper and claim responsibility.

These notices have been seen from Ashford Carbonnel down stream to Tenbury, a section many of us have paddled without incident for in excess of thirty years.

Alan Jones, the Conservation and Recreation Officer of the National Rivers Authority - Severn Trent Region, and Chris Powell, the Local Access Officer of the BCU, are investigating the situation in an attempt to develop a reasonable compromise acceptable to landowners, anglers and canoeists.

Problems will obviously arise when paddlers (especially non BCU members, or members from other regions) who are unaware of the problem start on a trip down the river, only to find, having

committed themselves, that they must either continue despite the notices, or land and trespass on private property. One can hardly execute a U-turn!

The NRA's navigational strategy says they support "access agreements" as an effective means of achieving the shared use of rivers. To this end they offer the services of their officers to act as mediators in negotiation of access agreements, advise riparian and fishery owners and navigators of each party's views and requirements, promote the usage of the rivers to avoid conflict and to encourage greater liaison between users of rivers.

If you are proposing a trip on the Teme advise Chris Powell of the fact. He can be contacted on 01588 672431. Please also keep Chris informed of any problems that you have whilst paddling.

This is a good time to re-iterate the advice covered in detail in the yearbook 1995 page 55 and should be observed when paddling any river. Briefly it states:

If challenged ask the

challenger to identify himself.

If this person states he is a water bailiff, find out (politely) what sort of bailiff. (Different bailiffs have different powers.)

There is no obligation to give your name and address, only your BCU number, and inform the bailiff that all further details can be obtained from the BCU office.

Whenever challenged try to be courteous and polite whatever the provocation. Avoid anything that could be interpreted as a breach of the peace or conspiracy to trespass, that is, criminal offences.

In respect of the River Teme, the West Midlands Committee of the BCU would welcome any and all information as the historic use of the river, and any information that fellow paddlers might have.

Rosemary Preece





perception

Living life to the full...

Marcus Rychlik



...looking for the ultimate rush...



Foxy & Reeves

... discovering nature's beauty...



Bill Burger

...getting away from it all...



Perception Inc

...making the most of a sunny day...

... it's all down to Perception

For a copy of our full colour brochure and details of your local stockist contact:

Perception kayaks

Bellbrook Business Park, Uckfield, East Sussex TN22 1OU England

Tel: 01825 765891/2 Fax: 01825 763707

FOR RELIABILITY IN EQUIPMENT

A Natural Edge

"Palm equipment takes you places"



WAGHI, KAYAK, EXPEDITION
PAPUA NEW GUINEA



NEW & EXCLUSIVE

This extremely waterproof coating system offers flexibility, durability and tapeability. And out performs other coated fabrics

PALM CANOE PRODUCTS LIMITED, HARBOUR ROAD, PORTISHEAD, AVON, BS20 9BL, ENGLAND
TEL: 01275 842740 FAX: 01275 842262