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CANOE FOCUS

Canoe Focus The official magazine of the British Canoe Union

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Comment

BCU FINANCES

Members received, with their notice of the AGM, a copy of the abridged Audited Accounts for the year ended 31st October 1990. These were on a single side of A5, the full set of accounts are on 13 sides of A4 and it can therefore be readily appreciated that there is far more detail than shown on the abridged copy.

This article is aimed, without getting too technical, at trying to explain some of the detail behind the figures.

The BCU turnover last year was in excess of £1.3m, and an operating surplus of £19,984 was produced. For Sports Council purposes the Union's activities are divided into 6 programmes, and the results for the individual programmes are shown in Table 1, and in diagrams 1 and 2.

Of the 6 programs 3 make surpluses and do not receive sports Council grant, 3 make deficits and the BCU receives Sports Council Grant aid to help meet the cost of these programs. The two biggest programs are Administration and Excellence. The Administration income of nearly £350,000 was primarily membership subscriptions at £225,000. Other income related to advertising, insurances and other miscellaneous income. Expenditure of £286,992 was salaries at £66,000, general administration costs of £70,000, plus the costs of membership services, i.e. insurance, licences and Focus.

The Excellence programme cost nearly £350,000 last year, and produced an income of £150,000. A substantial part of this deficit was met by Sports Council grant of £175,000. It should be stressed that the Sports Council specify how their grant is to be allocated, and the Excellence grant is given to 4 disciplines. The largest part of the grant is given to the 2 Olympic sports of Sprint Racing and Slalom. Wild Water Racing and Marathon receive smaller grants, and Polo and Sailing no longer

receive any grant. It is also worth noting that the paddlers themselves paid a total of £87,000 in order to compete for their country!

The BCU marketing turnover now approaches £200,000p.a. This is made up of Supplies, Handbook, Exhibition, Films and sundry items. National Competition has over £100,000p.a. income, primarily entry fees.

The Development program cost £60,000. Apart from the normal costs of running development the costs last year included £14,500 for legal costs for the Itchen case, nearly

£3,000 towards a project designed to secure greater access and £3,000 towards the Touring Development plan.

In overall terms nearly 60% of the BCU Central income comes from 2 sources, Sports Council grant and Membership subs. Nearly 50% is spent on two headings, salaries and excellence (see diagrams 3 and 4). This is very much a short explanation of some of the major aspects of the BCU Finances, and I feel sure that for some of you it may well pose more questions than it answers. I will be pleased to receive your comments or queries.



DIRECTORS CHALLENGE 1991

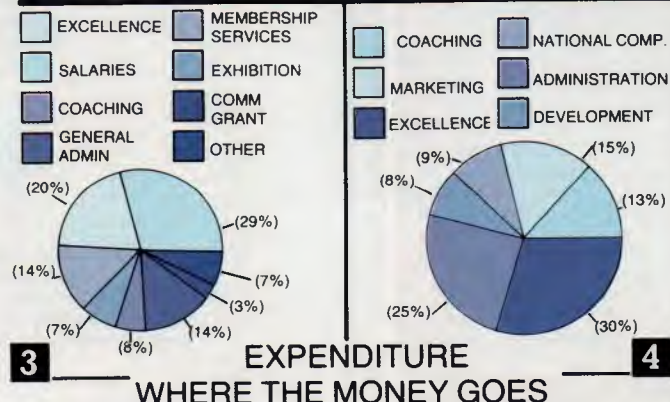
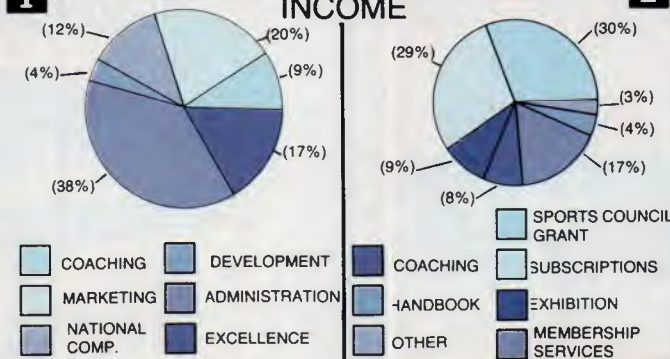
Just before Christmas I received a phone call from Colin Broadway. He had just read my article in Focus (proves that at least one person does!), and suggested that the Devizes-Westminster race would be an ideal challenge, especially as the money raised was going towards the Marathon team. In a weak moment I said Yes, and fully planned to get in some serious training. The fact that we were to do the race in a racing C2, and I had never paddled one before, highlighted the need for some training. Unfortunately this proved to be impossible, and so it was a somewhat apprehensive Director on the start line at Devizes on Good Friday. Colin has written an article on the event and so I will not duplicate what he has written, but I'm pleased to -say that we managed to finish. The time of 47 1/2 hours did not exactly challenge the record, but in all the circumstances finishing was more important than time. I must thank Colin for his efforts and help, and also the magnificent back-up crew for their efforts over the 2 day paddle. Colin's daughter Elizabeth, Atul Raicha and Andrea Sawiack of Mobile Adventure, and my son Nigel kept us well fed and watered throughout. My son was so impressed by the whole thing that he is already making plans to paddle in next year's event, possibly with me if I can motivate myself again. My thanks are also due to the organisers of the event, the whole thing was organised extremely well and I'm sure all my fellow paddlers would echo my appreciation to all the organisers.

**BCU Director,
Trevor Bailey**

**TABLE 1
RESULTS BY PROGRAMME**

Programme	Income	Expend.	Surplus/ Deficit	S.C. Grant
Coaching	85269	151372	-66103	25000
Marketing	189564	179853	9711	NIL
National Comp.	113765	103682	10083	NIL
Development	34840	95236	-60396	60000
Administration	348767	286992	61775	NIL
Excellence	153552	348638	-195086	175000
	925757	1165773	-240016	260000
S.C. Grant			260000	
Surplus for year			19984	

1 - WHERE THE MONEY COMES FROM 2



3 EXPENDITURE 4 WHERE THE MONEY GOES

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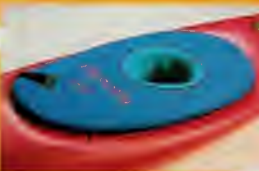
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Noticeboard

JONES RALLY TO MOVE

This year's Mike Jones Rally is changing venue and is due to take place on November 2/3 at Hexham in Northumberland. The decision to move from Llangollen was taken sadly after much deliberation - the rally has been at Llangollen since it started 10 years ago in memory of the canoeist who drowned on the Braldu river in Pakistan saving the life of a friend. In the end however, the small group of friends who organise the rally felt that the move was essential in order to reduce the pressures brought by an increasing number of canoeists and their cars on this small Welsh town. But all is not lost - Hexham is also likely to prove an excellent venue for the rally, offering a wide choice of paddling of different grades on the North and South Tyne, the Allen and the Tees, a large campsite next to the river and most important of all, plenty of good pubs. The successful formula will continue - good whitewater paddling, some fun events and a full programme of entertainments. And for devotees of the Welsh Dee, there are still three whitewater tours planned for the coming season.

THE THREE PEAKS BY CANOE

Six police officers are at present attempting one of the most demanding endurance challenges yet - to paddle from Barmouth in North Wales to Fort William in Scotland, taking in ascents of the three highest peaks in England Wales and Scotland respectively: Scafell Pike, Snowden and Ben Nevis. The Three Peaks Yacht Race has become a popular and prestigious endurance event, but this is the first time anyone has made the attempt by sea kayak. Paddling Aleut Sea II double sea kayaks, the six: Mike Yuill, Frazer Dodds, Gordon Briggs, Trevor Barnes, Neil Thornborrow and Gary Shanahan set off from Barmouth on May 20th. They aim to be in Fort William by mid-June.

NEW CLUBS

Updates to BCU Yearbook Add Clubs. Arethusa Kayak Club, c/o Alan Hoile, 13, Cadnam Close, Stroud, Kent ME2 3TS (0634) 719191

NEW CANOEING SITE

Bradford and Bingley Canoe Club have created a new slalom site at Wagon Lane in Bingley, thanks to help from the local sports centre, and a lot of hard work from club volunteers and 272 Squadron Royal Engineers TA. The new facility was recently used for a Div 4/5 slalom and is now available for training to any paddlers in the locality.

BASINGSTOKE CANAL REOPENS

The Basingstoke Canal has been officially reopened after many years of falling into disrepair. The ceremony took place on May 10th with the Duke of Kent in attendance. A clear 30 mile stretch of the canal can now be paddled from the limit of navigation at North Warnborough to the confluence with the River Wey. The canal is managed by the Basingstoke Canal Authority but arrangements have been made for BCU members to have free access to the 30 mile section. Be prepared to display your BCU sticker and carry your membership card!



Freddy Walsh, aged 13, attacks a "mean" stopper at the St Pierre-de-Bouef artificial course near Lyon

BCU AGM

This year's AGM took place in March courtesy of Leeds City Council who provided an excellent venue (the Council Chambers!) completely free of charge. The proceedings were opened by the Lord Mayor himself, who mentioned the fact that his sons were canoeists and had been introduced to the sport in a local swimming pool.

There were no motions so the only business of the meeting was to announce the result of the postal ballot, electing new members to BCU Council for the 1991/3 period of office. The newly elected members are: John Handyside, Helen Mullineux, Geoff Saunders, Mike Wood and Albert Woods. Geoff Saunders was re-elected as Chairman of Council and Ron Emes was returned unopposed as President. Only 225 people voted, which, out of the total BCU membership of nearly 14,000, was a bit depressing. BCU Council does make important decisions and voting in this election is one way in which you can influence them. So don't forget to vote next year, the voting slips are always enclosed with February's Canoe Focus, all it costs you is a little bit of time and a stamp!

Report from BCU Council - April Meeting

Rafting

It was reported that the Scottish Canoe Association are opposed to the BCU becoming the governing body for whitewater rafting. A working party has been convened and they

and other interested parties will be invited to make representations.

Awards

Two awards were given; an Award of Merit to Peter Lee for his many years of dedicated service to canoeing and an Award of Valour to Kevin Leighley. Were it not for Kevin's timely intervention in dangerous circumstances in rescuing fellow paddler Rob Lee from West Tanfield high weir on the River Ure, and resuscitating him until the emergency services arrived, Rob would almost certainly have drowned.

Council Appointments 1991 - 92

BCU Committee Chairs were announced; Geoff Saunders is Chair of Council, Albert Woods is Vice Chair, Dave Gent is Chair of the Access, Coaching and Recreation Committee, Ron Hodgson is the Chair of English Regions Management Committee and Alan Laws is Chair of the Sports Management Committee.

Finance

The BCU assets were reported to be alarmingly low - now down to £23,000 - and concerted efforts are to be made to keep within the 1991 budget. Fortunately some large items of expenditure have now been dealt with such as the payments on the Holme Pierrepont whitewater course and the new headquarters building.

Helen Mullineux

A MESSAGE FROM THE EDITOR

I'm moving on from the BCU Office so, sadly, this is the very last edition of Canoe Focus that I shall be editing. All together now, one, two, three BUT SERIOUSLY, I'd like to send my heartfelt gratitude to all the people who have been sending in their news, letters, results, gossip, articles and photos over the past couple of years. Most people, even regular contributors, don't get paid any money for this at all, which makes their efforts even more greatly appreciated. So THANK YOU one and all, and remember - keep those stories coming in!

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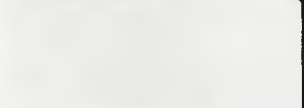
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Regional Roundup

Chair's Chat

There appears to be confusion between the responsibilities of the British Committees and those of the four home countries. Wales and Scotland appear to feel that the problems could be more easily resolved if there was an English Canoe Association. By the time you read this ERMIC will have had an initial debate on the matter but we would welcome your views either to myself or your regional chair.

The season is now in full swing and I hope you are all enjoying the events being organised by your regional committee. Volunteers to run more events are always welcome.

EASTERN

Have you seen "Eastern Region News"? If your club is a member of the BCU the secretary should have two copies. If you would like a personal copy please send a SAE or 20p to the Editor Ron Hodgson, 6 Paddock Road, Buntingford, Herts, SG9 9EY. Not satisfied with the Eastern Region? We are still short of a secretary. I am a volunteer. I enjoy canoeing. I need help if you would like the Region to do more. Women or men! Would you like a gentle introduction to sea canoeing on 19/21 July at Harwich. Further details from Helen Mullineux, 16 Rathmore Road, Charlton, London SE7 7QW. HACC is back: Chair Ray Croft, Secretary Ann Barrie, Treasurer Lisette Davies.

EAST MIDLANDS

We need clubs to hold local "Come and Try it" events. The region can support with equipment, expertise and publicity; the knock-on benefits to both the Union and clubs are greater participation and membership. Enquiries to Pearl Mulholland, 23 Riddings, Allestree, Derby, DE3 2GD. Tel: (0332) 558263. Low level flat water slalom on the Winfield Pool, Holme Pierrepont, 16 June and 1 September. Classes are under 11, 12, 14, 16, 21, and

over 21. Entries taken up to 10 am on the day. Entry fee £2.00 to members, £3.00 non-members, equipment available if necessary. Come and join in! Also, Slalom Competition Trainer Course 7/8 September. Contact Pearl or George Oliver on (0602) 624040.

LONDON AND SOUTH EAST

Basingstoke Canal. The London and South East and Southern Regions have paid the licence fee. Members may paddle provided they display their BCU number and carry membership cards.

Regional Whitewater training weekend at Holme Pierrepont, 10/11 August. Send a SAE to Paul Newman for details, 20 The Rise, Hempstead, Gillingham, Kent, ME7 3SS. Paul can also provide details of a race coach course to be run in the region.

The Seven Sisters Sea Kayaking meet will be held at Seaford 19/21 July. This is an informal weekends paddling around the Beachy Head, Seven Sisters Coastline. For information send SAE to Chris Childs, 8a Holland Street, Brighton BN2 2WB.

The Maidstone Marathon has been moved to 15 June to avoid the fishing season.

NORTHERN

If you need Sports Council funding, Eddie Palmer (0434) 27031 can give you advice. New arrangements have been made for the River Eden; contact Jim Wilson (0228) 37658 before paddling. The Kielder canoe marathon and long distance swim is on 20/21 July; contact G T Stanley, Seven Mile Farm, Seaton Burn, Newcastle-upon-Tyne NE13 6BS. Paddlers are needed for something different on 29 September; contact Mary Armstrong, 7 Dryburn Park, Durham Moor, Durham DH1 5AD (send SAE) for the event on the Tyne from Newburn in aid of the British Heart Foundation. Mary can tell you about

the Durham City marathon on 1 September (091) 384 6118. No access to North Tyne in September and October.

NORTH WEST

We still need a Treasurer and representatives for slalom and sea canoeing - contact Chris Bolton. We have recently recruited new local access officers, but there are rivers where we still need local advice - contact Jill Bolton.

Our Sports Council project is running well. Gary Charlton has two main objectives; helping schools to form links with local clubs and setting up courses for coaches.

The North West Inter Club Slalom is at Marple on 13 July. Although the winners qualify for the National finals, any club can enter a team. You don't need fast paddlers to come and enjoy the event.

Merseysport want to beat the world canoe raft record! 14 July Albert Dock - contact Rob Sutcliffe, (051) 708 9322 paddlers needed.

SOUTHERN

There are still three of the six Southern Region Sunday tours down the Kennet and Avon Canal to go from Dun Mill to Newbury on 7 July. Newbury to Tyle Mill on 1 September and Tyle Mill to Caversham on 6 October. Each is about nine miles through interesting country and in good company! Ring Ted Moulding on (0908) 676343. If you would enjoy making up, or joining, a team to play canoe polo in the Southern Region - contact Andee Rawson on (0734) 473456 (evenings) or (0344) 711510 (work) about his future plans. 'Well done' to all those Southern Region paddlers who finished a very chilly D/W this year.

SOUTH WEST

South West Water PLC has set up a leisure orientated company to run water based activity at reservoirs in Cornwall. The main facilities are for canoeing at Tama Lake near Bude. The contact for canoeing is Neal Pike at Tama Lakes Reservoir. There will be facilities for launching by the day, and refreshments. Equipment can be hired by the day/hour. The "open canoe on open water" course at Seaton on 21/23 June includes poling and sailing open canoes in sea con-

ditions. Fee £5 contact Bob Ottley, 30 Lower Touches, Chard, Somerset, TA20 1NY SAE. Equipment can be hired. Also 23 June non-ranking fun slalom at Flowerpots, Weir, Exeter. All welcome contact D Walls, (0392) 433811.

WEST MIDLANDS

The Regional Touring Officer has arranged several events recently which are not in the BCU yearbook. Come and join in and bring your friends' so that they can sample canoeing with the BCU. Mike Nicholls (021) 360 2136 is leading the tour in the River Severn on 28 July from Hampton Loade to Bewdley. Keep 15 September free for the tour on the River Avon from Leamington to Stratford to raise money for guide dogs for the blind; Dave Bateman (021) 771 4448 has details. 22 September - Black Country canals - contact Mike Hubbard (021) 356 7619. Contact Mike about possible Vyrnwy tours on 5 and 19 October. Annual paddlers day is 3 November contact Malcolm Freeman (021) 520 4712.

YORKSHIRE AND HUMBERSIDE

The Yorkshire Pennine LCO meeting at Mixenden Reservoir near Halifax at 7pm 17 July introduces competition coaching in slalom, wild water racing and polo. Contact Bill Lodge (0924) 493526. Hull Club International Polo Tournament on the 8/9 June (all club teams are welcome to enter) contact Joy Davis (0482) 24867, there has already been a good response from European teams wishing to enter this competition. Geoff Smedley is running another Disabilities Endorsement course at Mixenden, Halifax on 6/7 July, places are limited, contact John Swallow (0532) 492676 (daytime). The Washburn is open on the weekend of 8/9 June for recreational paddlers; for further details send SAE to 12 Low Town, Kirkburton, Huddersfield HD8 OSD.

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CANOEING WITH OTTERS

In the mid 1970's, otters were close to extinction in Britain. At the height of concern over their decline, Mike Mills became involved in the National Otter Survey. Otters were still being hunted and the opportunity to become involved in a more benign way became the basis for his fascination.

Frosty and still, the magic of a winter night was made, for me, by my first encounter with otters. Still and starlit the sound of otters whistling across the Essex mudflats. I never saw the otters themselves indeed it was a good few years before I did actually see one.

The trail hotted up for me one winter in the Outer Isles. Surveying a Western beach on North Uist, the surf rolling in under brilliant winter sunshine. With sand dunes flown over by a shower of snow buntings I almost tripped over fresh otter prints in the sand - they emerged from the surf and must still have been warm. I followed them along the beach and through dunes for three quarters of a mile before they disappeared, back into the surf. No sign of the animal but increased respect for his surfing! Meanwhile friends were seeing otters on the West Coast of Scotland and so, eventually did I.

Now hardly a sea trip goes by without otter sightings, an otter of the day. We joke of otter of the day - curried otter, otter and chips, but we see them. What had happened was that I had tuned into them and their presence and the areas with otter potential. Still it was a further wait before seeing an otter on a river.

What we have in Britain is one species of otter but two distinct lifestyles - a bit like canoeists - inland and sea. On mainland Britain where otters exist they are nocturnal and secretive with a recent history of persecution by man. Rivers provide limited avenues of escape in this context and hence it is no surprise that few are seen - just the occasional sign of their passing - footprints in fresh sand as the water level drops. Meanwhile on the sea otters are active by day, cautious to an extent, but with no history of being hunted and with the vastness of the sea at hand they can afford to have a different outlook.

Where do canoeists fit in? Well if you fancy seeing otters then accept that it will be a privilege if you do. On rivers the chances are slim and if successful it rates as a greater achievement than on the sea. To our advantage is the fact that we don't look particularly human when we're in a kayak or canoe - I'm sure I've heard that before! Persecution has not come from this quarter before so other than sitting and waiting on a river bank canoeing must stand a chance. It is likely to be at the end of the day



when the chat has died away that the chances are in your favour. Similarly on the sea it is when you've toned down and tuned in, when your eyes are reading the waters around for any ripple and disturbance.

Read the sea from an otter's viewpoint and you can predict when you will meet them. An open stretch of coastline with no special features of tidal flow or rock formations will be of little interest. Think how from your own paddling perspective, an area which gives sheltered water in varied weather conditions is an advantage, how tidal movement and rock ledges must improve the flow of the water and the feeding potential and you can anticipate meeting your otter. When it comes to otter holts the best sites are those which give several approaches from differing areas and a variety of escapes, if needed.

Today Anglers often seek support from the conservation organisations, that canoeing will disturb the otters. There may be some risk that noisy static use of a stretch of river with canoes being hauled back along a bank will disturb an otter if that is its patch, but the argument is more likely to work against the angler. Canoeing on rivers usually takes place during daylight hours. Fishing, and poaching, prefer the ends of the day when otters are becoming active. People fishing on a river bank are clearly human in shape, (even if we have met the occasional Neanderthal type who lobs boulders). They also spend a long time static in one place, maybe spreading their presence throughout the area. The bankside disturbance and scent left behind by each and every fisherman along the bank creates such a long term presence compared to the passage of the canoe and over such a wide area that it is the angler who has the greatest potential to disturb otters.

We need to be aware of the otters needs. I suspect that they are similar to our own, and to those of the fishermen - peaceful enjoyment of the rivers.

Mike Mills is the BCU Access Officer for Cumbria. If you have had any experiences with otters which support or counter his views then he would be interested in hearing from you. Write to him at Low Gillerthwaite Field Centre, Ennerdale, Cleator, Cumbria CA23 3AX



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A TALE OF FIVE DESPERATE MEN IN PERU

Inambari Kayak Expedition 1990 Sponsored by the Winston Churchill Memorial Trust

Peru, still one of the most unexplored countries in South America, was last year the destination of 5 British canoeists. They were attempting the first British descents of the Inambari and Paucatamba rivers, sponsored by the Winston Churchill Memorial Trust and led by Les Lloyd.

Finally we started - loaded with two hundred and forty Weetabix, fifty pints of dried milk, one hundred and ninety two cereal bars, forty eight Mars Bars, ten pounds of nuts and raisins, seventy five portions of mashed potato and numerous packets of instant custard, rice, curries etc. We were at Iparo - high in the Peruvian Andes close to the Bolivian border, attempting the first ever descent of the Rio Inambari. Very little was known about the area and the rivers - the few maps that did exist simply stated 'relief data unreliable'. We had no support craft and were carrying all our food and equipment in the kayaks; the truck driver had just departed; the only route out was the river ahead. The first afternoon's paddling took us twenty five kilometres downstream through grade two-three rapids. We beached the canoes on a small sandy bank next to a fresh water stream and set up camp for the night. It was back to basics, cooking over open fires, using the plentiful supply of drift wood, going to bed early and getting up at first light, eating only what we carried.

The white fluffy clouds in the sky slowly turned to a mass of grey. By the time the meal was finished, the rain had already begun. Our first night on the river tested the camping gear to its limits - unfortunately, because of the humidity, not everything passed! With a constant eye on the rapidly rising river, we sat through a night of torrential rain and spent the early part of the next morning wringing out wet and soggy sleeping



bags. So much for the Gortex Bivvi bags. After packing away all the wet equipment into the boats, we continued downstream on the now much swollen river. The river had been transformed into a chocolate brown torrent. Making the most of the increased speed, we covered approximately 70 kms during six hours of paddling, stopping only for a few hours at lunchtime to try and dry the wet gear, over an open fire. The rain continued. The rapids had increased in both size and frequency and we were now paddling continuous grade three and four water.

By the third day on the river the water had increased to grade five, often big and bouncy with deep holes which, because of the brown water colour were difficult to see until it was almost too late. It was one of these holes that claimed the first victim of the trip. Having spent several hours happily bobbing around, surfing stoppers and play holes, Mark pushed his luck a little too far. A lapse in concentration found him sitting at the bottom of an almighty grade six plus hole. Scoring ten out of ten for style, he held on for what seemed like an eternity before giving in to the might of the water



and floated gracefully downstream, the boat several yards behind. With only a dent in his pride - and wallet; the drinks were on him! - he was quickly rescued, and we continued on our way.

By late afternoon, the rapids had eased and it seemed a suitable place to spend the night. The river was surrounded by a thick green jungle, which became impenetrable after only a few feet. After a cold but refreshing shower in a fresh water waterfall and plenty of good food, we retired to the comfort of our down sleeping bags.

Several days later and about 100 miles further down river, we arrived at a small village South East of Sangaban. The road bridge clearly illustrated on the map (which had already proved to be totally inaccurate) was simply a rope suspended between two trees either side of the river. After consulting several of the villagers, we decided to continue down the river - although unsure of our whereabouts we felt safer knowing that if we did not come across a road bridge soon, we would, in about three months, at least meet the sea!

After another day of paddling, at the end of approximately a hundred and sixty miles of river, we arrived at the confluence with the Rio Marcapata and the Puerto Maldonado to Cuzco Road. The first descent of the Rio Inambari was completed. We headed for Cuzco - a 48 hour truck journey - for a short rest and large quantities of beer, chicken and chips.

The Rio Paucatamba was much more technically demanding than the Rio Inambari, needing several portages to pass impossible obstructions and waterfalls. It was also situated in one of the most sparsely populated areas of Peru. Several days were to go by without seeing anyone.

Two days into the river a 2" split in the hull of my plastic kayak forced an early

stop for lunch. The boat was patched with carpet tape and with fingers crossed we set off. Two days, four portages and several patches later, we arrived at a footbridge spanning the river. The water was now running at a very technical grade four-five. As the repair tape was running low, we decided to try to hire some mules and walk out from this point. Mark and Anthony set off along the track into the mountains and after two hours of near vertical climbing reached the village of San Jose De Sahuay. By this time darkness was closing in and the hospitality of a local family was accepted. I spent the night thinking that

bandits, which we had heard so much about in the UK, had taken them. It was however, too dark to go off in search so we waited for first light. Just before sunrise I left with Paul in search of our friends while Steve stayed with the boats, nursing an injured leg. We eventually found them coming down the hill followed by four locals and a train of mules. Arriving at the footbridge it took only a moment for the mule owner to realise his mules were incapable of carrying the canoes along the steep, narrow tracks. Often little more than the width of a mule. We were forced to take to the water yet again.





A TALE OF FIVE DESPERATE MEN IN PERU

Later the same day, after paddling through several grade four and five sections and three further portages, we were blessed with even more excitement. Following Mark and Anthony over a plunge pool drop, Steve dropped casually over the fall and was instantly submerged in the foaming water beneath. The river beyond this point disappeared between two boulders. The unmanned boat surfaced first and passed beneath the rocks and continued downstream. Steve, not wanting to follow the same route, clung like a limpet on to a piece of driftwood before being painfully rescued from the middle of the river. The boat was found 50 yards downstream, after an hours search, submerged and pinned against a rock. We rescued it eventually, no worse for wear.

After one further portage we reached the confluence with the Urubamba and the village of Malaquiato. Since leaving Paucatamba we had covered eight days of continuous white water. We returned via a six hour trip in a leaky 35' motor launch followed by a twelve hour trip to Quailambamba, then nine and a half hours by train past Macha Pichu to Cuzco.

Cuzco allows one to travel back in time and experience a culture very different to the jungle and our own 20th century western way of life. The narrow streets are lined with massive stone walls built by the Incas in the 15th and 16th centuries which now form the foun-

dations of colonial and modern buildings. We were looking forward to touring the ruins and catching up on some sleep. It was not to be; that evening, the President announced that fuel, cooking oil, flour, bread, and rice ie all the basic commodities were to be released from the subsidised price and would be increasing in price by 3000%. We were advised to go back to our hotel and keep off the streets. The riot police were out, the shops, cafes and street traders all closed.

The next few days were very difficult. All transport stopped, there was nowhere open to buy food and the police/army were on all the street corners. Overnight Peru had gone from being the cheapest South American country to one of the most expensive. Riots in Lima had already cost the lives of 4 people. Nevertheless it was essential for us to get back to work in England; we finally got ourselves onto a full aircraft to Lima and caught the weekly VIASA flight to England.

Notwithstanding our problems getting home, Peru is an excellent country to visit, both for scenery and white water. You must, however, be constantly on guard for theft. We were fortunate and escaped almost unscathed, with the exception of some camera gear and the theft of my trousers from inside a canoe.

Les Lloyd

The author of this article, Les Lloyd and fellow paddler, Alan Fox were awarded the Mick Burke Award for their 1989 expedition to the Zambezi. The film they made, "The Smoke that Thunders" was shown on Channel 4 TV on Easter Tuesday.

The Inambari team would like thank their sponsors for making the Expedition possible:

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BUILDING AN EAST GREENLAND KAYAK

by Richard Lennox



The week before Christmas was cold. Wearing four jumpers and two hats I worked with a kayak builder - a similarly clad Dane called Svend Ulstrup. We worked quietly together in his workshop, and turned on the radio if the cold bit too deeply.

Together we twisted, bowed, steamed, lashed, stitched and seamed. Tension under control, like a bicycle wheel. Svend had a picture in his mind of how the boat would look. He knew my paddling style, the uses I put kayaks to, almost tangibly, from his mind, the form emerged of an East Greenland kayak.

After painting, but before the final coat, a clear cold day tempted me onto the water. The flat water and new ice gave authentic East Greenland conditions for the maiden voyage. At about 5m 70cm long

and 49cm wide, my boat is easily driven. The carefully chined hull, and low seating position make the boat very stable despite the limited beam. I am confident that the kayak will perform well in rougher conditions, only time will give me the deep feeling of attachment that comes with long use.

Svend Ulstrup will be teaching a course of kayak building at the Anglesey Sea and Surf Workshop from 23rd November - 3rd December. Participants will build their own timber framed, canvas skinned kayak, using traditional methods and simple hand tools. The cost for instruction and materials is about £500, booking details can be provided by Richard Lennox, 42 Hill Rd, Benfleet, Essex SS7 1HL (please send SAE), accommodation can be arranged at the Anglesey School of Sea Canoeing.

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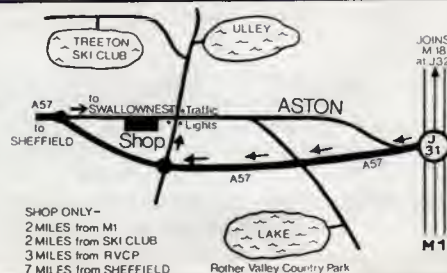
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Thames Weir Rodeo

Once more Hurley weir, March 24th on the Thames hosted the event which called itself the Mont Bel Fast Water Festival. This year, Shaun Baker was the organiser and not a competitor - a surprise to many people after his win in 1990. However the competition was still fierce for those final places.

The second gate was closed early on by the lock keeper which put a dampener on many peoples- performances, the heats were very slow and not too inspiring. The mens semi finals were almost like inals. Phil Sykes won his semi then the battle was on for second place and a position in the final, it was a close run thing, which ran to extra time. In the end Paul Riley just pipped Richard Chamberlain to the placing.

The ladies final was initially tied between Leslie Farragher and Mandy Castle but the decision was made to let them fight it out in the mens semi finals. In the end Leslie gained the edge over Mandy - she had had more chances to practice and her confidence showed through.

The mens final was a knock out so in good Hollywood tradition I will give the results in reverse order.

7th Roger Mustoe

6th Phil Sykes. Phil also won the squirt boat section but seemed more pleased with his efforts in the float boat class than anything else

5th Steve Woollett. Steve has not been well for some time and he seemed to lack his usual stamina that, combined with a new boat, the spud, instead of his familiar aeroquatic, seems to have led to this disappointing result. But I am sure that things will pick up in time for the Worlds.

4th Tim Clay

3rd Pip Croxford Anyone who know him will vouch that this was as big a surprise to Pip as anyone else, but a well earned one, Pip could well be in with a chance for a place in the worlds this year.

2nd Paul Riley It was close but someone had to come second, luckily it wasn't my job to choose between the first two

1st Chris Hipgrave. Along with Paul, Chris is a force to be reckoned with, he has even grown Shaun Baker's beard. I am told Chris won on the basis of a reverse squirt manoeuvre which was held down the flow, and they tell me its simple really

Other awards were given. To Anthony Perkins, best manoeuvre, for some psychotic paddle twirling and to Claire Cheong Leen, most embarrassing swim, for doing so before her heat started.

Kevin Whibley



Dear Focus

OBITUARIES

Ted Moore

It is with great regret that I write to inform you of the death of Ted Moore, of Slaithwaite, West Yorkshire. Ted was for many years an active member of the BCU Coaching scheme, encouraging and inspiring both youngsters and adults within the sport. He was employed as a swimming teacher at Fartown School, Huddersfield till his retirement eleven months ago. On the 4th March 1991, Ted suffered a massive heart attack from which he failed to recover. Ted's canoeing ability was impressive but what made Ted so special to everyone who was fortunate to paddle with him was his endearing friendly manner and infectious enthusiasm for life. I am sure that all readers who knew Ted will be deeply saddened to hear of his passing'

Harry Rubothan

Malcolm Bradshaw

Malcolm Bradshaw of Wiltshire was a serving Brother of St John, holding the position of Area staff officer, Adventure Training within the St Johns Ambulance Brigade. His adopted role was of service to the community and the encouragement of people to adopt a healthier lifestyle through outdoor pursuits. His drive and enthusiasm has been an inspiration to myself and many others. Youth Afloat was just one of the events that he participated in, running the climbing tower in between teaching canoeing, to give youngsters the thrills in life they crave for. Malcolm was a person who wished little recognition for what he undertook but I, for one, will miss and remember him for a very long time to come.

Pete Pendlebury.

THE AVERON AND THE SHIN

A couple of years ago I wrote a somewhat lighthearted article for Canoe Focus (Feb 1988) on the pleasures of paddling the

A LITTLE CONSIDERATION?

As somebody who paddles a great deal both with slalom paddlers and their "plastic" paddling cousins, I was not particularly surprised to read Paul Diamon's letter in, the April Focus. By and large both groups regard each other with a certain amount of contempt viz.

To a recreational paddler, a slalomist will "hog" sections of river, getting upset when anyone dares to paddle through it. They are also regarded as very cliquey when off the water. It is often stated by the more experienced recreational paddlers that slalomists are incapable of paddling 'big' water. To a slalom paddler, recreational paddlers float aimlessly down the river, regardless of anyone who happens to be in their way. They seem to have little interest in improving their technical ability, with the consequence that they are a liability when paddling 'big' water.

Unfortunately it has to be

Averon and the Shin, two fine northern rivers. Co-incidentally both of these rivers have subsequently appeared in Terry Storey's Guide to the best of British Whitewater. Unfortunately, since Mr Storey paddled the Averon, a number of nasty obstacles have been placed in this river; At two points the ghillie has had holes drilled into the river bed and inserted steel pins which are linked by a wire cable across the river. These are described, by their creators, as trash traps, designed to protect bridges and stagings by collecting logs and floating debris. However, from their design and position, it seems to me that the only trash they are intended to collect is me.

The first of these mantraps is sited well upstream of the stretch of river described by Mr Storey and is easily identifiable as it is just downstream of the first bridge on the river

said that both arguments have an element of truth in them, particularly in an enclosed area such as Holme Pierrepont. I think however that with a little consideration on both sides the problem could be improved a great deal. If slalom paddlers could keep a watch out for recreational paddlers coming downstream, whilst recreational paddlers pass quickly through areas where slalomists are training, then a great deal of friction could be avoided.

To an extent, I agree with Mr Diamon's points. I would like to see days at HPP mainly for slalom use, and some days mainly for recreational use. It would probably be more convenient for everybody to have the gates grouped in small areas, and less popular spots as the daleks, rather than spread out all over the course. But the times when the course is open to the public are also the only times most slalom paddlers can train on it; removing the gates altogether would make the course unappealing to a large number of regular users.

Guy Gratton

(Div 1), High Wycombe

(map ref NH 560752) Spoiling what was once a pleasant rapid. At high water levels the hazard may be invisible. At normal levels of 2' to 2 1/2 foot on the flood gauge it should be clearly visible. I now portage this bit.

The second is below Ardross Castle. The river turns right and one encounters a rapid with a big stave in the middle of the river and then a series of rocky shelves. This is followed by a long calm pool before the river turns sharp left and drops steeply down a rocky rapid which we call the Staircase. The man trap is at the top of the stairs. Normally this rapid is paddled starting on the left and at 2' on the flood gauge it is possible to go right over the top of the mantrap. I think the second trap is at NH 621735, but I cannot be sure of this.

Ronald Cameron,
Rosshire

EQUIPMENT FOR WOMEN

Congratulations to Peak Performance Sports for producing a ladies buoyancy aid. For years I have put up with mens extra small size which stands up above my shoulders when I sit in my canoe.

How about producing a ladies version suitable for an instructor, with pockets and harness? It isn't just the men who require such items.

Manufacturers how about producing equipment specially for women, instead of just expecting us to make do? It may even encourage more females to participate in the sport.

Thank you Peak, and how about an address, or a list of stockists.

Kathy Murgatroyd,
Livingston

Editors note

Peak buoyancy aids and clothing are stocked by No Limits (Nottingham), Eddylines (Llangollen), Desperate Measures (Leicester), Twickenham Canoe Centre (London) and Garstang Adventure (Preston). They are also available direct from Peak, c/o Pete Astles, 5 Burleigh Rd, West Bridgford Nottingham (0602) 452295

TAINTED MONEY

I read in the April edition of Canoe Focus that the BCU committees are to discuss the morality of sponsorship by tobacco companies. I was shocked to think that the BCU is even prepared to consider this possibility, and I sincerely hope that all the committees will turn such a suggestion down very forcibly.

I know the BCU needs money, but I trust there is a limit to the level to which it will stoop to obtain this. However much help might be gained by recreational or competitive canoeists from such sponsorship money, their achievements would be tainted by the knowledge that the BCU had been "bought" by the tobacco companies.

I have no choice but to remain a member to enable me to continue coaching, but I would find it very difficult to reconcile this with my conscience if the BCU were to accept sponsorship from tobacco companies.

Jackie Freer,
Gwynedd.

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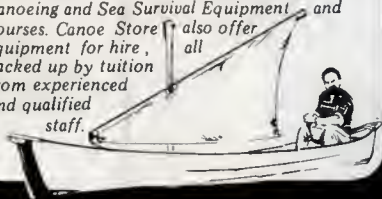
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Cynthia Berry on the Tour de Corse

C1 Andrej Jalenc YUG 2. Dominique Rouvel FRA 3. Jean Luc Bataille FRA

Tour de Corse 1991

The 5th Tour of Corsica was held over Easter and took in the Rivers Golo, Haut Golo, Javignano, Taravo and Prunelli.

Many nations competed and showed their colours in what for many was very intense racing, several nations were using the services as selection for their World Championship Team and the determination to win reflected this.

Final Classification Tour de Corse

1. Yves Masson FRA 115.2, 2. Markus Geckler GER 115 3. Joel Doux FRA 101 20. Neil Stamps GB 45 30. Neil Blackman ENG 29

Twigger/Simpson (GB) racing the Eyrieux

Closely fought selection races at Grantully and the Tryweryn resulted in the following paddlers being selected for the World Championships and World Cup during the summer of 1991 World Championship Team

Mens K1 Neil Stamps (pre-selected), Alan Tordoff, Ian Tordoff, Robin Murray

Ladies K1 Shirley Bain, Julie Ashton, Nicola Weaver, Andrea Clayton

C2 Harvey/Warne, Simpson/Twigger

C1 Mackon Singh, Ross Pearson

The following paddlers will compete in World Cup events

Mens K1 Neil Blackman, Melvin Swallow

Ladies K1 Katie Watt

Mens C1 James Wingfield

World Cup Races still to come are Mur in Austria 8th June, Sanna in Austria 19th June and

the Ocoee in the USA 20th August The World Championships are being held on the River Soca at Bovec in Slovenia, Yugoslavia from 21 to 23 June.

World Cup I River Eyrieux, Ardeche, France

A spectacular course containing several artificial slides and chutes opened the 1991 World Cup season. A good water release took most of the shallow parts out of the river and excellent racing was witnessed

Results

Mens K1 1. Yves Masson, FRA, 2. Markus Gickler, Germany 3. Claude Benezit FRA.

Ladies K1 1. Karen Wahl Germany, 2. Sabine Goetschy FRA 3. Aurore Bringard FRA

C2 Masle/Grobisa Yug 2. Alaphillipe/Puyfoulhoux, FRA 3. Archambault/Carlin FRA



LD TER

Competition Focus



Julie Ashton (GB) on the Eyrieux

Ladies K1 1. Sabine Goetschy FRA 54 2. Karin Wahl GER 51 3. Uschi Profanter AUT 39. 19. Cynthia Berry SCO 1 C1 1. Andy Bridge USA 54 2. Andrej Jalenc YUG 51 3. Vladimir Vala CZECH 43 15. Ross Pearton ENG 9 16. James Wingfield ENG 5 C2 1. Alaphillipe/Puyfoulhoux FRA 54 2. Grobisa/Masle YUG 51 3. Chlouba/Hermann Czech 39 9. Simpson/Twigger ENG 23 11. Warne/Harvey ENG 19

Tragedy mars Tour de Corse 1991

During the 1991 Wild Water racing tour of Corsica, a young Italian team paddler was drowned during training on the River Tavignano.

The World Cup Race was subsequently moved to the River Golo and was held after a brief, very moving service of respect held on the river bank



Neil Blackman on the Tour de Corse

New Assessment Race

The Medway Marathon on July 14th is now an assessment race for both doubles and singles.

More K4 Races

A series of K4 races is planned for the autumn on October 12th, 19th 26th and November 3rd, to be organised by Woodmill, Reading, Royal and Nottingham clubs respectively. Please note the change of date of the Reading race - this was previously advertised as November 3rd.

Marathon Nationals

Don't forget that the National Marathon Championships are taking place this August Bank Holiday (24/25th August) in Nottingham. You don't have to be an elite paddler to take part - there are separate races and championship titles for all divisional groups, juniors, ladies and Canadians. Senior mens kayaks have races for divisions 1&2; 3, 4 & 5; 6 & 7; 8 & 9. Senior canoes and senior ladies have separate races for Div 4 and above; division, 5 - 9. And for Div 8 & 9 ladies, there are to be separate non-championship events with trophies over a simple 3 to 4 mile course. The nationals are as much for paddlers in the lower divisions as for established competitors - racers in all classes contribute the same points towards the team Championship. So come along and lend your support to your less experienced members. Bring your bicycles - this year it will be possible to follow all the races from the bank for virtually their entire length. Race info and entry forms from George Oliver (0602) 819758

Racing Scheme Certificates

Race Organisers please note that racing scheme certificates are needed for all races and should be ordered well in advance from the scheme secretary, Mrs Monica Owen, 14

Milldown Avenue, Goring, Reading, Berkshire, RE8 OAS.

Racing Scheme Draw

The March draw was held at the Devizes to Westminster race and the winner was S Williams of Hereford. The club issuing the winning certificate was Richmond at the Frank Luzmore marathon.

The Marathon Committee wish to extend its thanks to Kirton Kayaks who have kindly paid the insurance premium on the new marathon team bus.

ASIAN GRAND PRIX 1991

Fancy a trip East this year? India are hosting the first Asian Grand Prix in October and a British team will be attending. The trip (departing October 27th) is being heavily subsidised; Air India are offering discounted air tickets (with boats) at £520; Mobile Adventure Ltd are sponsoring transport, food and accommodation in India. Any marathon paddlers of a reasonable standard will be considered for the team, but you will also be expected to take part in a 120km tour after the Grand Prix. Unlimited places are available on the tour for non-team paddlers; for these people there will be an extra \$50 a day to pay for food and accommodation. If you are interested, either in being selected for the team or coming along for the tour, then contact Colin Broadway at Mobile Adventure (0533) 830659.

Tejo Marathon

The Tejo Marathon in Portugal was attended by a British team of four. Robin Williams and Ewen Cox came third in the mens K2, in the K1, Dyson Pendie was second and David Coulson was fourth. Team Selected for Eindhoven. The GB team has been selected for the Eindhoven marathon, they are: Mens K2 B.Saunt and G. Slater, R. Bushell and S.Harris; Mens K1 P.Wells, M.Wells, J.Butler, A.Heath; Junior K1 B

EINDHOVEN

AUSTRALIA 1992 - A Letter from the Marathon Committee The BCU Marathon Racing Committee are very concerned at the difference between the cost of sending a team to the World Championships in Australia and the money available.

To send a full team to the event will cost £42,000 approximately. The money currently available through Grant Aid and the Directors Challenge is £13,000. The difference of £29,000 will be financed in the absence of sponsorship by increased paddlers contribution. Whilst the Marathon Committee is exploring every avenue available to reduce this burden, it is appropriate that we formulate an overall financial policy so that everyone especially those "hoping" to compete know exactly what the situation is.

As things currently stand, we will use grant money to finance one boat per class and a team manager to the level of £1,000 per person. The difference between this and the total cost per person, approximately £1,000, will need to be raised through sponsorship and paddler contributions. Paddlers will need to seek individual sponsorship in addition to any activities that the Marathon Committee undertake.

The second boat per class will be selected from paddlers of a suitable standard who are able to finance their whole trip. All paddlers who receive a contribution from grant funds will be expected to be available for the whole programme. That is; World Championships Brisbane 3rd/4th October, K4 challenge Sydney 11th October, Grand Prix Melbourne 18th October. Those paying entirely for their own trip can participate in events as they see fit.

We are obviously concerned at the lack of funds which leads to the conditions set out above. However, we do feel that by identifying the

problems at this early stage we at least give everyone a chance.

If further funds become available then we will enhance the policy further. Additionally we will make every effort to seek additional sponsorship. If suitable athletes are not available in every class, then funds will be re-allocated as appropriate

DEVIZES - WESTMINSTER CANOE RACE 1991

Tamsin Phipps was last year's DW winner in the Ladies K2 class. Having decided at the last minute not to undertake "The Race" this year she volunteered to lend a hand on the bank. She is still trying to decide whether this was any easier than canoeing from Devizes-Westminster!

Devizes on Easter Friday morning was a hive of activity with the Venture Scouts and T.A.V.R checking kit and issuing race bracelets and numbers from an unearthly hour. Because of the tide times the 24 hour crews needed to leave at 07.00 hours. The K1 and K2's gradually began to disappear up the canal to cheers and good luck wishes. After this the Wharf became a lot quieter with only the faster crews and those trying to catch the second tide remaining.

Up the course the battle had already begun. In the K1 race Guy Dresser and Dave Coulson were vying for first place on Day 1. Watching them portage at speed was certainly an experience. In the Junior K2 race, the favorites, Donald Ricketts and Malcolm Starkey (Leighton Park School) pulled well ahead of the rest of their field to finish day 1 in a convincing first place. As the Venture Scouts organised the juniors at Newbury, the overnight race continued. The crew in contention for the veteran and first place were all trying to work out their positions in relation to their competition. For some,

Competition Focus



BCU Director Trevor Bailey completing Devizes to Westminster race

that was a minor problem compared to the extremely foggy, damp and cold night that was to come. At Sonning Lock, which was closed to all support crews, members of Reading and Leighton Park Canoe Club, were giving out free drinks from the Sponsor Smithkline and Beecham. This continued throughout the night. Standing there freezing at 08.00 hours it was wonderful to talk to crews who were undertaking the event for charity and whose main aim was to finish the race. Most of them were extremely cheerful despite having been paddling for 15+ hours! The fog and cold had really come down which added a different dimension to the race. For some crews the coldness combined with fatigue was too much and several were forced to retire. After leaving Sonning Lock it was a quick dash to Westminster to see the first crews finish. Standing on Westminster Bridge and straining my eyes into the fog, it seemed ages before the first crew appeared. First over the line were Ian Grewcock and A Beegan. Minutes later they were followed by Rose Purkiss and Angus Fitchet, then Helle Stuart and Lena Thygesen from Denmark who had broken the longstanding ladies record. The veteran team of Andy Freeman and Colin Middleton then crossed the finish. They were a scratch team as Colin's former partner Steve Ellard had been too ill to undertake the race. The minutes ticked by and still their main rivals Ronnie Thorogood and Andy Hall hadn't finished. This meant that Andy and Colin had not only won the veterans prize but the senior K2 as well!



As the first crews were finishing at Westminster, the second day of the 4 day event was starting. The slower K2's went first, followed by the K1's. The race was really on between Dave Coulson and Guy Dresser. Dave set off 1 minute before Guy and he went away like a man possessed. Dave put everything into it as he knew he had to make up the 4 minute gap that Guy had over him. Dave's portaging was superb and he gradually pulled away from Guy so much so that Guy didn't see Dave on Day 2 - Dave finished that day 9 minutes up!

Meanwhile there were still seniors crossing the finish line at Westminster. These included the Director of the BCU Trevor Bailey and his C2

partner Colin Broadway of Mobile Adventure fame. Trevor was taking part in the race as part of his annual Director's Challenge - perhaps his most arduous challenge yet!

Day 3 of the 4 day event was the longest; a total of 38 miles from Longridge to Ham. The weather was fine and all the supporters were out. The race continued; Guy set off a minute before Dave, Dave caught up at Boulter's Lock and from then on it was neck and neck to Ham. Still coming down the course were seniors who had decided to stay overnight and whose aim was to complete the 125 miles to raise money for charity.

The clocks went forward but we all remained on RACE

TIME (GMT) Whatever time one was in, the 04.30 hours start on Day 4 was still extremely early!

First across the finish line at Westminster was Dave Coulson with Guy Dresser, Donald Ricketts and Malcolm Starkey on his wash. The champagne flowed at the steps of the Festival Pier flowed and blisters were compared. On the faces of the participants, sheer delight to have completed the race.

Long after the excitement had died down the TA were dismantling the shower unit, the sales team were packing away all the goods and the communications team finalising the results and re-boxing the computers. The site looked decidedly empty and forlorn. It seemed hard to believe that so many people give up so much time to run this unique race. After the weekend, I for one felt as tired if not more so than the marathon racers... I think I'll participate again next year! Tamsin Phipps

RINGS ON HIS FINGERS

Colin Broadway tells all, including how he came to paddle the DW with the BCU Director...

Devizes to Westminster. Every year I say never again and after paddling it in a C1, I actually meant it!

So what happened? Sitting over a bottle of wine, as we do at Mobile Adventure on the occasional lunch time, I told Dave (Crooks) that there was no way I was going to paddle the DW with him. Apart from anything else, he wouldn't allow me to have a slow cigarette at each portage. Dave retaliated, saying that I was just too old, and he would ask Paul Ralph instead!

With the bottle of wine empty, and reading Canoe Focus, wondering am I really getting past it, I find that our Director is looking for a new challenge. Full of wine, I phone him at the BCU Office. "Hello Trevor, do you want to paddle DW with me? We don't have to race, we must just finish within the 100 hours." Two days later he phoned back and said yes.



Competition Focus

I was sober now, so my excuses started, no way was I going training, and anyway I would be away in India for most of January and March, coming back only for the Crystal Palace show. And I didn't have a boat to paddle either.

The boat was easy, no choice, a light weight vacuum bagged We No nah ICF C2, fast, effortless to paddle, easy to portage, weighing only 30lbs. The boat was duly ordered, due to arrive in time to be displayed at Crystal Palace in mid February. It finally arrived in Leicester, still to be fitted out, on Tuesday March 26, 3 days before the start of the race.

Wednesday morning, I rushed up to the BCU with the boat to let Trevor have a go, explain which way to hold a bent shaft paddle and start our "training" - ten minutes on the Winfield pool, with the Director of Coaching taking photos and waiting for us to fall in (we didn't). Our training complete, I drove back to Leicester and fitted the footrests in the canoe. The next evening, we drove down to the pub at Devizes, slept it off in the car park and got on the water at 8.37am Friday morning.

The rest is history. We didn't fall in but I did think we were going to swim through the tunnel and under a couple of low bridges. Grabbing 6 hours sleep at County Lock and a further 4 hours at Teddington, waiting for the tide, we paddled under Westminster Bridge and over the finishing line 47 1/2 hours later. Only 10 hours slower than the time I won the race in way back in 1983!

And I actually enjoyed it. Would I do it again? Of course not. Would my partner? I think so, but I'm sure that he'll take his rings off first...

Colin Broadway

SLALOM

EVER DECREASING CIRCLES - Slalom Participants Down to 2000

Just when you think that everything is "hunky-dory" with slalom (Olympics and all that), a quick check among a few of the bib issuers reveals a different story. Take up on this years bibs is approximately 20 - 25% down on the totals stated in the yearbook, and at Division 4 level, 60% take up is the norm.

So out of a total of 2,546 paddlers in the yearbook, there could only be something like 2000 ranked paddlers actually participating.

Spend Time with Newcomers

Club secretaries, organisers etc, can go a long way towards encouraging newcomers to slalom, and explaining what an exciting sport it can be. A good way of introducing youngsters can be to run a beginners slalom course - this has been done at some clubs/Regions already with great success.

Don't watch and wait. While someone is struggling for information and help spend five minutes sorting them out - remember you were that person once.

BCU MEMBERSHIP ESSENTIAL

Whilst Basic BCU membership is perfectly OK for Slalom events at Div 5 level, don't forget that when you are promoted to Div 4 and join the ranking system proper, comprehensive or youth membership is needed to get you on your way to the TOP!

FIRST BLOOD TO MELVIN

First Senior Selection Race

The first Senior Selection race at the Tryweryn was a trying, testing event, in more ways than one. Apart from the rare event of lovely warm sunshine (and no "midges") the paddlers had to learn to cope with a 5 hour gap between practice and first runs.

There were one or two "crunch" moves on the course which started at the top of the "Ski Slope" and ended below the "Fingers" There would be



Melvyn Jones - still hard to beat

no room for error, and slip ups would prove to be costly for some of the top paddlers.

In K1 men, Melvyn Jones showed that he is still hard to beat as he led comfortably after first runs. Ian Raspin and Shaun Pearce were going neck and neck, and finished in that order behind Jones - Good performances from David Crossbee (4th) and Kevin Campbell (5th) showed that there was still room for surprises.

The Ladies K1 event saw the continuing good form of Rachel Fox. Rachel has had some good results in this years Prem events and she took first place from Karen Like, and Maria Francis (3rd) Joan Jayes was a very creditable 4th whilst British champion Lynn Simpson finished out of the places - a major upset.

With Gareth Marriott training at Tacen, the C1 class could have been a close run thing. In the end Mark Delaney stormed home ahead of Martin Hedges and Peter Bell.

One of the big problems on the course proved to be the downfall of many of the C2 paddlers. Gate 18, a tricky downstream move on the stopper at the "Dog Leg" was causing all sorts of problems with few of the crews actually clearing the gate. Unfortunately for

them, this provided excellent entertainment for the TV crew and the assembled crowd. As expected, however, the C2 boys overcame adversity and the event was won by Richardson/Thompson, with Clough/Clough (2nd) and Meikle/Brown(3rd) following closely behind.



Kevin Campbell - surprise 5th place

Competition Focus

JUNIOR SELECTION- A TENSE AFFAIR

With the prize of a trip to Sweden and pre-Worlds in Norway at stake, the junior selection races this year proved to be a tense affair which built up to a dramatic and exciting climax at Grantully. The first two races at Tryweryn and Nottingham took place on "normal" water levels. They still managed to throw up several surprises, but this was nothing compared with what was to follow at "Tully".

The heavy rain which fell after the Easter Premier event caused river levels to rise almost as you watched, putting the Div 1/Selection event in jeopardy. If team events on the Saturday were held on a nice high level, Sunday's was heading for the suicidal! Gate 9 was taken out for the girls and eventually even the finish beam had to be taken away - the fish kept crossing the beam! Some paddlers managed better than others but the high level of "50's" showed just how tough a course it was, especially for the girls and younger paddlers.

Despite the confusion, the selections were made.

Junior Pre-Worlds. Norway K1 Men. Paul Ratchliffe, James Croft, Paul Ebrey, Mike Jesson, Leo Hoare

K1 Ladies. Treena Warman, Sally Masters, Corrie Johnston C1. Joel Scott

Under 17 Training/Competition. Veltrusy/Prague,

Czecheslovakia K1 Men. James Croft, Leo Hoare, Paul Ebrey, Stuart Bowman, Chris Wetzig, Simon Orange

K1 Ladies. Corrie Johnston, Rachel Doherty, Alison Muir, Clair Fox, Lisa Rae

C1. Hywell Lloyd, William Edwards

C2 Robert Forbes/Stuart McIntosh, John Burt/ Rick Elsworth,

James Roden/Andrew Roden

Under 16 Training Camp.

Holme Pierrepont, August K1

Men. Dan Corner, David Pimm,

Neil, Buckley, Chris Chapman,

Robin Johnson, Chris Carter,

Bob Hall, Tim Morrison,

Michael Bennett, Simon

Barber, Martin Parker, Steven

Flower

K1 Ladies. Diane Wood, Anita

Bennett

THE WASHBURN APPEAL



Penny Briscoe - 5th lady

Help us to make it happen! Most regular canoeists will already be familiar with the Washburn river in Yorkshire. Its the only dam controlled canoeing site in England, with 3 kilometres of continuous grade 2 - 3 water. Providing one of the best whitewater sites in the country, it hosts at least five slaloms and wild water races each year. The popular evening releases are, for Northern paddlers, some of the only opportunities to find good water levels in the summer months.

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ing. The planned improvements include: a new road to Hanging Bottom Farm (under construction); enlargements to the present carpark: new toilet block (under construction); changing facilities at Hanging Bottom; a campsite at Hanging Bottom and work to the river bed. To pay for the improvements, a Sports Council Grant has been negotiated and many canoeing clubs and individuals have given donations. But much, much more money is needed (about £15,000) to enable the work of the last ten years to come to fruition.

Please help us to help you. Send your donation to the Washburn Committee, c/o Hugh Pashley, 10 Crawshaw Grove, Sheffield S8 7EB.

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Cougar K1 sandwich construction, very good condition, £250 ono (021)474 2269

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HF Supra Throwline on 23/2/91, near the Nantygwyd River, Snowdonia or R Llugwy. Plus 2 krabs and

extender. If found please contact Mike (051) 724 5470

Aqua Bat found on the River Teme. Tel: (0905) 57409 or (021) 476 8867 before 2

Lower Lydbrook, Saturday 16 March, GRP kayak found. Owner to identify. Finder will be in Wye area soon. Tel: Chris Taylor (0273) 506955

Stolen from Taunton Canoe Club, Tuesday 5th March; 5 rotabats, 1 C2, 1 Europa, 1 Dancer, 1 Mirage, 1 WW Rotabat, 13 B. Aids, 14 spray decks and 11 pairs of paddles. Full list of missing equipment with identifying features available from Russell Blackmore, 13 Gyffarde St., Taunton, Somerset, or by phoning DC3262 Moore at Taunton Police Station (0823)337911

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Reviews

BRITISH WATERWAYS CODE

British Waterways have produced a new version of their Waterways Code directed specifically towards the leaders of organised parties.

The code gives information on general safety, waterborne diseases and the addresses of British Waterways managers throughout England, Wales and Scotland. Copies are available free of charge from BWW Customer Services (0923) 226422

A CANOEISTS GUIDE TO THE NORTH EAST

by Nick Doll

Cicerone £7.95

ISBN 1-825284-068-8

Nick Doll's Guide (published January) covers the counties of Northumberland, Durham, the Yorkshire Dales, the North York Moors and the Scottish Borders. It is an area which Nick has paddled extensively and the guidebook contains an impressive amount of detail - from which waterfalls to definitely avoid to which landlords to approach for interest free credit whilst you collect your wallet from your mate's car situated at the other end of the river!

It is in the main a whitewater guide and the range of water of all grades is comprehensive; there are easy paddles as well as the not so easy, the popular runs on the Tyne, Tees, Wharf etc as well as the small streams and waterfalls known previously only to local madmen such as the author. There is also a chapter on the sea paddling to be had along the North East coast complete with instructions on how to go about meeting the resident friendly dolphin.

The guide is interesting to look at as well as informative to read with some exciting action shots. If you are planning to paddle in the North East, you will find this book indispensable; if you're not, buy it anyway - it will probably change your mind!

DR THROWLINE - HF Video

Reviewed by Ray Rowe

Once again British Manufacturers have been outclassed by the Germans. Horst Fursattel makes high quality throw bags (as well as other safety gear) and while his British competitors were dithering over product liability he was busy making a training video. It is a tribute to this man that he has never been content just to produce good gear but always worked hard to educate paddlers in its use.

Doctor Throwline gives an exceptionally comprehensive guide to the use of a throwbag. A lesser person might have been tempted to portray it as a cross between a magic wand and an American express card - whip it out and pop go your problems. On the contrary, the film emphasizes the need for constant, hard practice with the bag if it is to be used effectively. There are excellent shots of the throwbag in action in many different situations. All too familiar foul-ups are shown, such as the vertical boomerang throw which takes the bag 180 degrees away from the unfortunate swimmer and into the bushes. Throwing technique is rightly given close attention and there are some brilliant suggestions for land training exercises. There are one or two short scenes which I would question, such as using the line to tow a car, a slightly dodgy shoulder belay and advice about not using a tree as a direct belay. But these are nothing but nit-pickings. Its a superb educational film - full of sound, practical advice conveyed neatly and professionally. The commentary, (by Horst himself) is good, as is the quality of reproduction.

This is a long overdue piece of resource material produced by Europe's most innovative white water rescue technician.

VHS format, running time: 15 mins Available £14.95 incl VAT (plus £1.95 p&p) from: Training Workshops, 8 The Green, Cuddeston, Oxford, OX9 9TZ

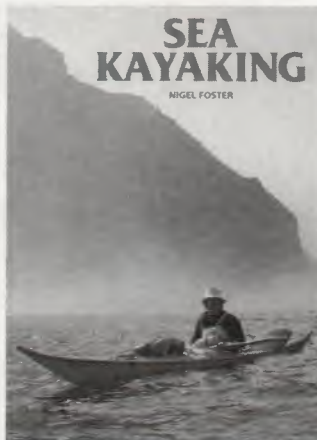
SEA KAYAKING

by Nigel Foster

Fernhurst Books

ISBN 0-906754-60-7

This is a well illustrated and clearly written book which would be most useful for newcomers to this kind of canoeing. It is principally an instructional manual but it is also very readable, with useful photographic sequences to accompany the



sections on paddling techniques. The most helpful sections to me were the ones explaining tides, navigation, weather and the water features one could expect to meet when paddling on the sea - overfalls, tideraces, surf etc. These are complicated topics, frequently misunderstood, but Nigel has succeeded in explaining them with the minimum of technical jargon.

VIDEO TAPE 'GREENLANDERS AT KODIAK'

Produced and narrated by John D Heath

Reviewed by Duncan Winning

Reviewed by Duncan Winning

Anyone who has an interest in Inuit Kayaks needs no introduction to the work of John D Heath. He has spent a lifetime in the study of the Inuit Kayak (or QAJAQ) and its use, accumulating a knowledge of native paddling and rolling techniques unsurpassed outside the Inuit themselves. So I awaited a viewing of this video tape with keen interest, I was not disappointed.

In Greenland today there is an upsurge in interest in the native culture among the inhabitants. The kayak plays a much more important role in

the Inuit culture than we Europeans can probably realise.

During the 1989 "Skin Boats of Antiquity Conference" at Kodiak in Alaska the visiting Greenlanders gave a rolling demonstration which is the subject of this tape. Filmed mainly at a swimming pool, with a follow up on the sea, John Petersen is the main participant with a short section involving Kaaleraq Bech, President of the Greenland National Kayak League. While the picture quality is not as good as we might be used to from the video industry and the commentary could be more extensive, the quality and quantity of the techniques demonstrated more than redress the balance.

Greenland Kayakers policy of staying in the kayak in the event of a capsize is underlined right at the start by the fact that it took John over two minutes, with warm hands, to get the hem of his TUVILIK (kayaking jacket) fitted to the rim of the kayak cockpit, it was so tight!

To describe all the rolls, braces etc. shown on the tape would be beyond my ability, sufficient to say John demonstrates about 18 different paddle rolls, the starting positions of which are quite varied eg with the paddle held across the foredeck, across the keel, behind the neck, with crossed arms etc., 3 or 4 types of throw stick roll and 4 varieties of hand roll. Yet one gets the feeling that his repertoire is far from exhausted! In addition there are Greenland style paddle braces, sculling on the back, on the chest and stationary with the torso in the water and no paddle movement whatsoever!

John uses a shore paddle with a "Sliding hand" stroke yet the hand movement seems so natural and flowing that it is not noticeable at first. Very little effort seems to be used in paddling, rolling and bracing yet the paddle is short and the blade narrow. Perhaps we modern recreational sea kayakers have, as yet, a lot to learn from the Inuit? They have been doing it for a few thousand years longer!

The tape is available direct from John D Heath, Rt 1, Box 125 Damon, Texas 77430, USA, price \$85 US dollars, post paid to Europe, air mail. Proceeds go to the Greenlanders, which is where they should go in my opinion.

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PYRANHA MOULDINGS LIMITED manufacturers of quality KAYAKS AND CANOES are aware that a quantity of kayaks are being offered for sale by persons outside of the Pyranha dealership network.

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The kayaks are not fit for use not least because of the material but also by not having the standard safety and structural strengthening systems. The numbers "909" are included in the identification serial number which will be found marked on a piece of self adhesive tape stuck to the seat or lightly engraved on the inside of the shell forward of the seat. Some are not numbered and are raw mouldings without trimming.

To any person having purchased one of the kayaks, please contact Pyranha Mouldings Limited, Marina Village, Preston Brook, Runcorn, Cheshire, WA7 3DW.



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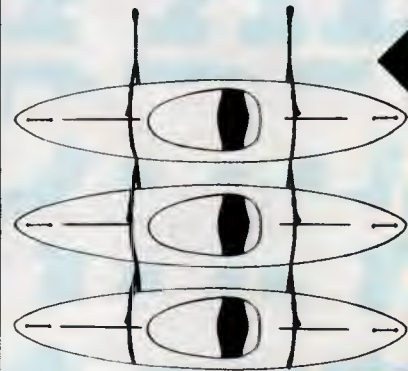
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Palm's latest buoyancy aid is designed for sea and expedition paddling, it has two front pockets and a large rear pocket that will hold flares and a survival bag.

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New from Mobile Adventure

The Dagger Interlude is the boat that Mobile Adventure recommend for pub trips! Its a 16' 6" canoe, featuring a sliding bow seat to trim the canoe and can comfortably accommodate two people plus six eleven gallon barrels of beer, 23 1/2 additional cans and two packets of fags. It still has a 6" freeboard. Available now in Teal from Mobile Adventure, Leicester.

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New from HF - hang up your kayak!

HF have pioneered a new system for storing boats using nylon straps. The assembly is supplied with two fixing points for screwing to a beam or wall, up to three kayaks can be hung up from each pair of straps, which have adjustable fastenings. The system is designed for storage in the absolute minimum space or places where a conventional racking system would not be feasible. Available from Avoncraft, price **£16 per set including p & p.**

New from MI!

The 380 Discovery Kayak is now available from all MI dealers in 3 specifications: the **MI 380** Recreation, Sport and Pro, for conditions ranging from flat-water cruising to extreme whitewater respectively. Because of its all round capabilities, it is becoming popular with Centres. Recreation and Sport Specs available in Yellow, Red and Aquamarine, the Pro spec in Strong Pink only.



News

LINDER CANOES

Avoncraft now hold the UK franchise for marketing the Swedish Linder canoes. The canoes are made from aircraft specification alloys and are manufactured in their newly modernised factory, completed in December last year.

'CLUB SPECIAL' ACCOMMODATION

Twr y Felin Outdoor Centre have put together a deal for clubs for low-cost weekend accommodation. The package costs **£30** and includes two nights B & B, one evening meal and use of the Centre's facilities. The offer is open to groups of 10 or more people, subject to availability. Groups can book equipment hire, instruction or assessment

ascprding to their needs. The centre is in Pembrokeshire and is an ideal base for sea canoeing or paddling on the "Bitches". phone Andy Middleton for details on **(0437)720391**

ESKIMO MOVES

Eskimo's Canoe Store has moved from Twr-y-Felin Outdoor centre to St Davids Adventure in St Davids itself. The shop is to be opened during all holiday periods and at other times of year by request. In addition to stocking equipment from major manufacturers, the shop will also be handling mail order enquiries for Foster Rowe.

GREGSON PACK COMPETITION

355 readers entered the word maze competition (Canoe

Focus, February edition) the three lucky winners were; JD Watkins of Swindon, Mr Branman of Kent and D Hawkesworth of Leeds. They each won a GREGSON PACK first aid kit.

VIKING NOMAD

Viking Nomad are operating two specially converted double decker buses, offering a mobile base for canoeing, mountaineering and other activity based trips. They specialise in tailor made packages designed on an individual basis to suit particular holiday groups. The buses have dormitory/lounge accommodation and kitchen facilities - the drivers will follow you along a route or down a river for meal and overnight stops. Tel **(0905) 612780** for details

SHOULDER DISLOCATION AMONGST CANOEISTS

"The people most at risk of shoulder dislocation are strong, young, adult males who are also competent white-water canoeists".

Shoulder dislocation is probably the second most common serious injury that occurs amongst canoeists - the first being inflammation of the tendons in the wrist (tenosynovitis).

During 1986/7, Clive Atkins conducted a study which looked at the cases of eighty primary (first time) shoulder dislocations which had occurred whilst canoeing, together with any subsequent redislocations. Here Clive reports on his research and gives his recommendations on how shoulder dislocation injuries can be minimised.

Incidence

Nearly all of the dislocations (96%) were 'anterior' dislocations. This is where the arm is raised and rotated palm up, as when reaching back and performing a very high brace. The few remaining cases of 'posterior' dislocation all occurred in circumstances which were out of the ordinary, for example on striking a rock with the shoulder, or whilst swimming following a capsized.

It has often been thought that shoulder dislocation is most likely to occur amongst inexperienced canoeists, who would tend to put themselves into positions that more experienced canoeists might avoid. However, it was found in the survey that the people most at risk from shoulder dislocation are strong, young, adult males, who are also competent white water canoeists. The findings in fact showed that the physically stronger and the more competent a person is on white water, the greater is their chance of sustaining a shoulder dislocation. In contrast to this, there was found to be very little incidence of shoulder dislocation amongst novice canoeists, and none whatsoever amongst female novice canoeists. There was also no incidence found amongst persons under 16 years of age.

The hypothesis for this pattern of incidence is that a physically weaker or less competent canoeist would tend to let go

of the paddle and capsize, in the situation in which a stronger or more experienced canoeist would maintain their grip of the paddle. In maintaining a grip, the shoulder joint can be forced to the extremes of its range, and beyond. This has been substantiated many times over, through comments made by the subjects themselves. Even amongst the 20% of cases in which the paddle blade hit the bottom or a rock, the resultant 'jerking' action would cause all but strong or experienced paddlers to lose their grip of the paddle.

Although four out of five injuries occurred on moving water of some sort, in general the conditions were within the capabilities of these canoeists and they were neither anxious nor tired.

It was found to be the canoeist's 'better' or 'stronger' side that is most likely to dislocate. This is probably due to the fact that most canoeists tend to perform support strokes, braces and rolls, more frequently on their better side than on their weaker side.

Causes

Analysis of the causes of injury reveals that the commonest instances (accounting for 75% of cases), occur when the canoeist is attempting some form of support stroke, high brace or eskimo roll. During these strokes the arm is raised and turned palm upwards. In most cases the shoulder joint is able to cope with the strains involved, however, under 'extreme circumstances' the joint is forced beyond its normal range with the result that dislocation occurs. Circumstances leading up to these 'extreme circumstances' can be caused by any of the following:

- Poor anticipation of the 'effort' required to perform the stroke successfully. I underestimated the strength of a small wave and had to do a high brace very quickly....shoulder dislocated anteriorly'.

- 'Desperate' circumstances, in which the canoeist is attempting to remain upright at all costs. Supporting very hard using a lot of strength.... shoulder dislocated'.

- The unexpected impact of the paddle blade against the bottom or a rock.

'Went to make a support stroke but did not realise how shallow it was. Paddle caught in sand with left arm outstretched and full weight on it; it simply lifted easily out of its socket'.

Avoidance of Injury

There is probably little that can be done to reduce the incidence of paddle impact with the bottom or a rock. Whilst a loose grip of the paddle would almost certainly prevent dislocation, it would obviously cause other problems. Care should be taken in situations where it is known that the water is shallow. Surf canoeists particularly should be aware of the fact that in shallow water, any attempt to remain upright by supporting following a loop or pop-out should be made with caution. Paddle contact with the bottom should be avoided at all costs.

It is possible, however, that some of the other injuries could have been avoided had these subjects an awareness of the mechanics of the injury. Through an awareness of the exact positions in which they are putting their arm, it may be possible to avoid 'dangerous' positions and the extremes of joint range.

It is virtually impossible to dislocate a shoulder whilst performing a low brace, and therefore wherever possible a low brace should be used in preference to a high brace.

If the canoeist needs to perform a high brace, then three factors need consideration in order to avoid a dislocation (these all relate to the arm on the supporting side):

- The elbow should not be raised higher than the shoulder.

- The elbow should remain bent.
- Under no circumstances should the elbow be further forward than the hand of the same arm.

Compare the following photographs of good and poor high brace technique, looking in particular at the relative positions of the supporting arm.



Good technique



Poor technique



Rehabilitation

Following dislocation it is recommended that advice be sought from a suitably qualified doctor or physiotherapist, or a Sports Injury Clinic. The standard regime of immobilising the arm for three weeks following injury is advised. There is evidence to suggest that the high rate of recurrence of dislocation would be significantly reduced if the subjects followed a specific, adequate rehabilitation programme, which included both a restrengthening programme, and a rigid restriction of their activities.

On returning to canoeing, the majority of canoeists have expressed caution in performing strokes on the side that was dislocated. Although this caution leads to successful avoidance of redislocations in controlled situations, it is often less evident when conditions become more demanding. It is under these 'more demanding' circumstances that canoeists should be particularly aware of the exact positions in which they are putting their arm. By doing so the extremes of joint range may be avoided. Strokes should be performed in complete awareness, or not at all.

Several canoeists, in adopting this attitude, demonstrated a successful return to canoeing.

'I now avoid high bracing and wide sweeps with the arm extended and elbow back'.

This group also includes subjects who rightly choose to capsize and perform a controlled roll in certain situations, thus avoiding the need to carry out 'desperate' support-type stroke.

'In a similar situation I would allow myself to be capsized and then roll up again in a controlled manner'.

The effect that shoulder dislocation has had on the subjects in this study has varied. There were few cases in which the subjects were able to successfully carry on as before. In the majority of instances some form of restriction of activities has been necessary.

Recurrent Dislocations

The incidence of recurrent dislocation is high – over 40%. This high rate of recurrence is possibly due to the tendency that these canoeists have of returning to the sport at the earliest possible opportunity, and carrying on as before. Of those that had redislocations, 52% occurred within 3 months of the initial injury, and 88% had occurred within two years. It was found that the longer the period that a canoeist is successful in avoiding a redislocation, the less likely it is that redislocation will occur.

Conclusions

- The incidence of shoulder dislocation occurring amongst canoeists could be reduced by an awareness of the arm position which should be avoided. This is particularly important for the people most at risk - young adult males who are also competent white-water canoeists.

- Dislocation is most likely to occur when performing high brace strokes or rolling, particularly when in rough water or where it is shallow and the paddle blade hits the bottom.

- Where possible low brace strokes should be used in preference to high braces.

To minimise the chances of a dislocation occurring, in all rolls and high braces, the canoeist should pay attention to the following three aspects of the position of the supporting arm:

- Keep the elbow below the shoulder.
- Keep the elbow bent.
- Keep the hand forward of the elbow.

Try thinking of these points next time you are playing in a stopper, or whilst doing support strokes on flat water. It is vitally important that you should avoid 'desperate' high strokes where the arm is extended and behind the shoulder.

- If you are unlucky enough to suffer a dislocation, be sure to seek medical advice from a suitably qualified person. This will typically involve immobilisation of the arm for three weeks, followed by a rehabilitation and restrengthening programme. Patience here will pay dividends; restrain yourself from returning to the sport too early, avoiding whitewater paddling in particular for as long as possible.

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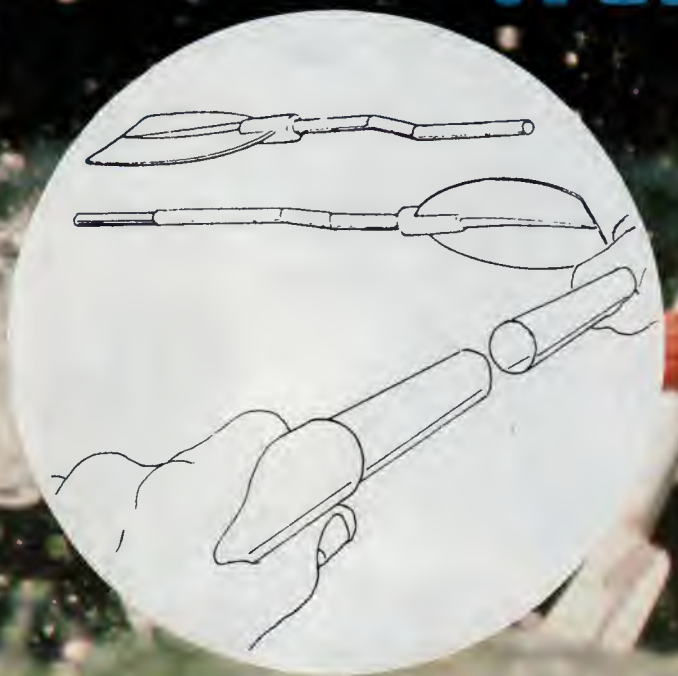
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