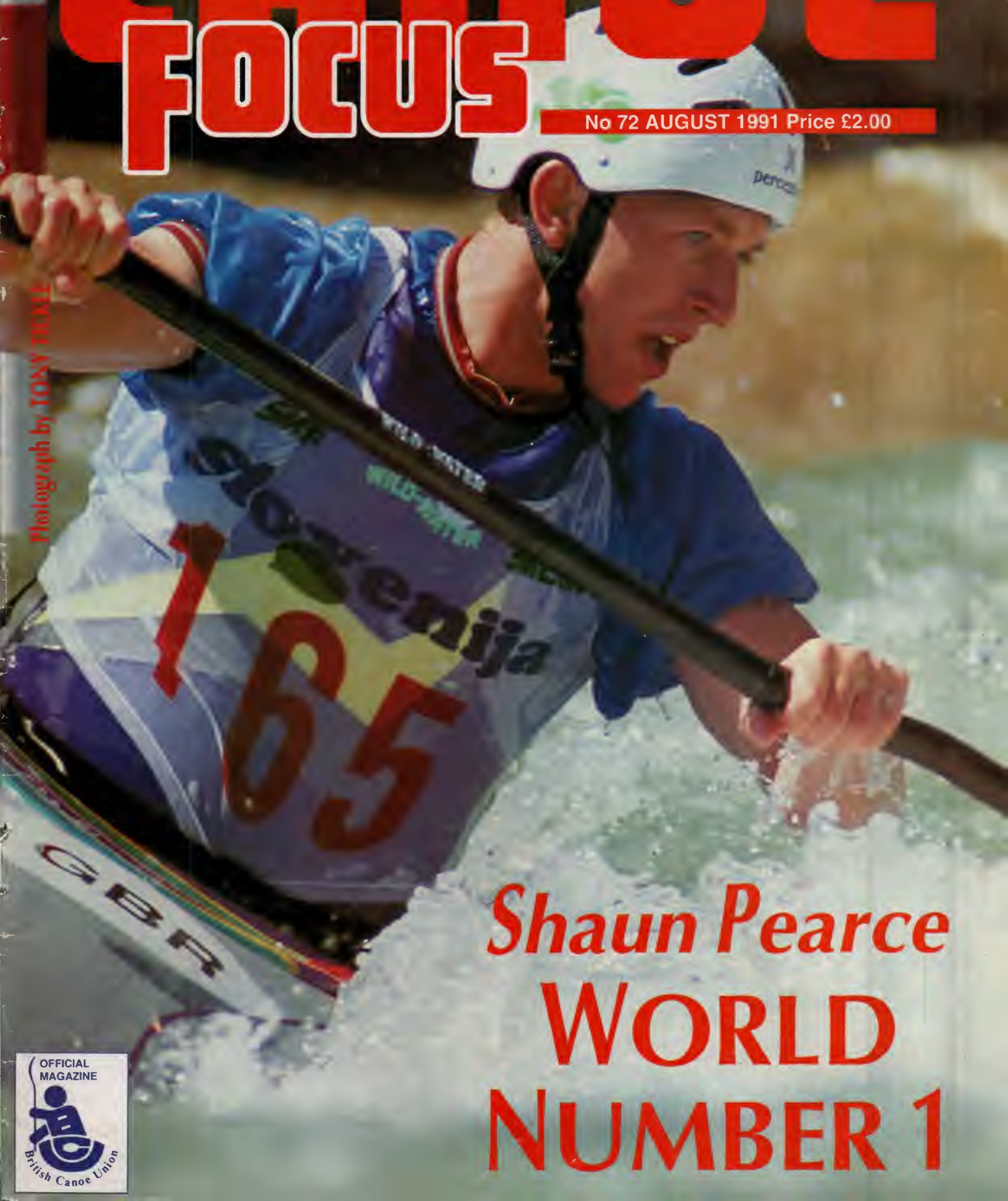


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Shaun Pearce
**WORLD
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CANOE FOCUS

Canoe Focus The official magazine of the British Canoe Union

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C O N T E N T S

Comment

Members will have noticed in the last edition of *Focus* a short note from Caroline Tombs announcing that she was leaving. In the two years that she was with the BCU Caroline did a tremendous job, and I know that members in general were pleased with the improvement in *Focus* under her guidance. After a spell of coaching during the summer Caroline will decide on her future, and I'm sure all members will wish her all the best.

We have been particularly fortunate in obtaining a replacement for Caroline. Kevin Danforth started with us at the beginning of June. In the immediate past Kevin worked as a rep with a canoe manufacturer, and prior to that he ran his own Activity Centre. He has a wide interest in canoeing. He will already be known to many of you through his interest in sea paddling. He served for a number of years as a local coaching organiser and has coaching qualifications in Inland, Surf, Sea as well as holding the Certificate for Teaching Canoeing to Disabled.

He completed the first double kayak crossing of the North Sea in 1989, and he, like the Director, completed the Devizes to Westminster race. Kevin is a firm supporter of canoeing as a family activity, as the photograph below indicates, with him enjoying a paddle with his wife and family.

Both Caroline and I have indicated in previous articles that we welcome comments from members. Kevin has a number of ideas already about changes he would like to introduce into the magazine,

but would welcome any comments that you would like to make.

Being a membership organisation it is important that we do maintain contact with our grass roots. I, and members of Council, attend a number of canoeing events during the year, both competition and recreational, and thus have the opportunity to meet many of you. However, there has to be a limit to the number of people you can actually talk



to at such events. In order to supplement the knowledge gained from this feedback, and to try to reach people that we have not met, we recently commissioned some market research.

Richard Scarre is a student at Newcastle Polytechnic and is a paddler. He recently spent 6 weeks at BCU HQ on an industrial placement. We took the opportunity to gain more information about members and non members, and asked Richard to design 3 questionnaires during his time with us.

The first one will be a follow up to one that some of you will have completed a number of years ago. It is the

intention to send the questionnaire out with the October *Focus*, and is designed to find out what our members want from the BCU.

The second questionnaire is aimed at Star Test candidates. It is the intention to send it out to paddlers 6 months after they have taken a 1 or 2 Star test. It is aimed at ascertaining the follow through into canoeing and membership of the BCU from the star test scheme. The



The most optimistic feature of the survey was that it revealed that well over half (65.4%) of the respondents indicated that they intend to become BCU members. Reasons given for not being members included ignorance of the existence of the BCU, lack of information, and lack of knowledge of the benefits of membership. The cost of membership did not appear to be a major factor.

Amongst the reasons for wanting to join were for third party insurance, BWB licence and boat insurance. It is interesting that again competitive canoeing did not feature in this response.

70% of the sample participate in organised events, and over 80% indicated that they would pay an entry fee to participate in a BCU event.

The survey has provided some useful guidance to future action. It has long been recognised that clubs are vital in the attempt to gain more members. The survey has shown that BCU events, organised at local or regional level, are popular. The current membership benefits, when known about, are an incentive to join. We at HQ must attempt to improve our publicity to the clubs, and clubs themselves should recognise the potential benefit of Taster events.

Finally may I congratulate Shaun Pearce on his magnificent gold medal success in the World Slalom Championships. The detail of that event appears elsewhere in the magazine.

**BCU Director
Trevor Bailey**

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7TH BITCHES RODEO



British Rodeo came of age in June this year at the 7th Bitches Rodeo. Entries were lower than last year, with 40 paddlers in the contest and 50 or so spectators but quality was much much higher than past events. There were many new faces, no 'weak' paddlers and plenty of smiles.

The 7.3m tide on Friday's practice was pushed around by a force 4 S.E. wind across the Bitches and conditions weren't easy. Despite this, Simon Dawson was impressive in an enigma and Chris Hipgrave carved well in his new stunt bat.

Saturday dawned cold, wet and windy; promises of St David's characteristic sunshine were fulfilled by the time paddlers made their way across for the evening tide.

As the flow increased in the stopper, the juniors were sent in to test the water. Michael Bennet (15)

found it to his liking and won the event. The ladies followed next. A hard fought heat and some impressive

moves gave Sandra Schmidt of West Germany first place, followed by Mandy Castle and Kirsty Wigglesworth.

The first heat of the open event was the hardest to judge and other heats not much better; everyone was performing loops, 180°s and occasional 360°s.

Two semis and the final were held at peak flow on Sunday morning; fast water and a moderate swell made the paddling 'very interesting'.

The final was by elimination. Start with 6 on the water; choose the last place, and then there were 5, 4, 3, 2, 1. Local boys, Andy Middleton and Steve Quinton managed 1st and 2nd place

in AQ/corsicas, faring better than Chris Hipgrave and Paul Currant in stunt bats in the big water. Steve's upside down reverse pirouette was the surprise move of the contest.

The Midsummer Madness

Bitches Rodeo is on August 10th and 11th. Hoppin, poppin and fun for all the family.



The first World Rodeo Championships take place on the Bitches on the 13th July. A full report will appear in the next issue with comment from international competitors.

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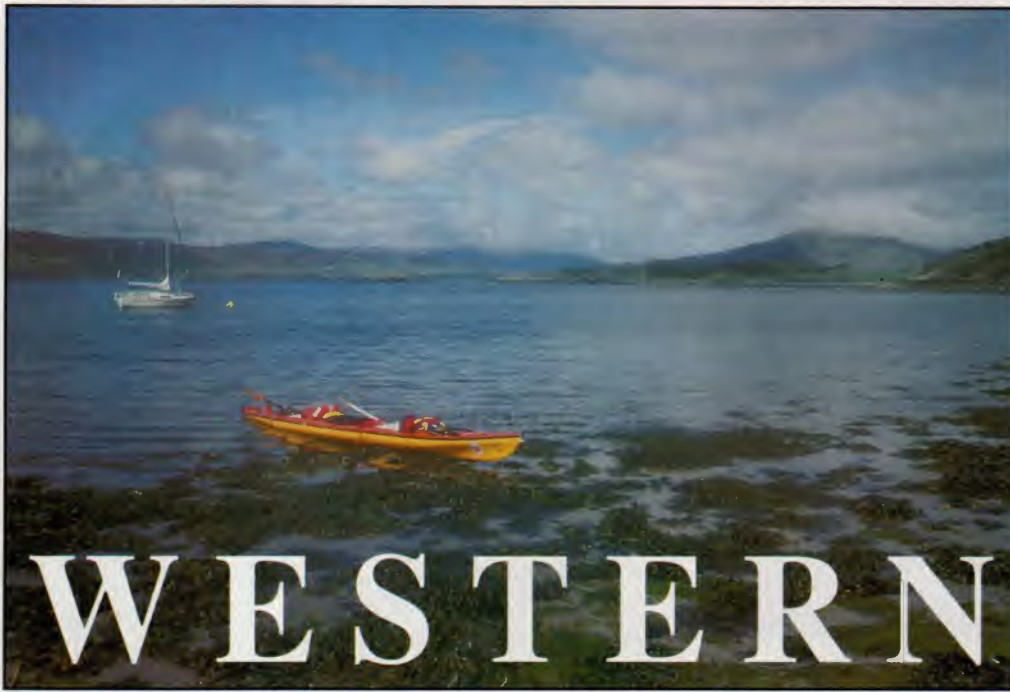
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PYRANHA GUARANTEE THE PARTS THAT OTHER KAYAKS HAVEN'T GOT



WESTERN ISLES

MAY 1991

Bzzzz !! 5am and the alarm clock going off. He can't really be serious, this is our holiday. No ! It's OK. It's only Howard's masterplan to avoid the traffic. A good one I agreed, 8 hours later when we were on Skye. During the winter Howard had been reading Argonauts of the Western Isles and the chapter about Raasay and Rona sounded just the place for a family trip.

DAY 1

We gathered with our kit at Broadford harbour and although I honestly did leave the kitchen sink at home, we were about to be faced with the problem of fitting everything in. It was quite simple, we didn't. Eventually though, we were sorted and set off to the West side of Scalpay, letting the girls watch the fish jumping in the fish farms on the way.

The further we paddled the more spectacular the scenery became. The mountains were gradually appearing through the mist, still with snowy tops, and the range of colours was amazing. We paddled for about eight and a half miles before we made camp in a small bay on the north of Scalpay. It had been a good first day, with a lot of wild life

seen on the way. Even the old faithful seal had kept us company for a while. We took a walk in the evening up a small hill behind us to a ruined house. It was sad that coke cans, litter and writings on the walls had been left behind by previous visitors along with blank shells and HM Forces ration pack remains.

Howard decided to light a small camp fire and, I think, was trying maybe to compete with the Argonauts chapter Blazing Socks by burning holes in Naomi's socks, a tea towel and melting the bottoms of my shoes!

DAY 2

We made an effort to make an early start this morning as we hoped to cover a longer distance before camping. This we hoped would put us in a better position to be able to complete our plan to canoe around Rona as well as Raasay. I convinced myself that the packing of the kayak would get quicker and easier. I'm still not so sure !

It was hot and sunny as we paddled across to Inverarish on Raasay. We stopped and took a walk into the village. We chatted with a man there who had been born and grown up on Eileen Fladday where we were going the next day. He was full of informa-

tion about the Island and the coast.

We continued to Holomar Island for lunch. It was Naomi's turn to find the perfect picnic spot and she did just that. The girls were fascinated to see two gentleman farmers dressed in their kilts on the island checking the sheep.

Since stopping the wind had increased and it had become a little choppy. Luckily we made the right decision in carrying on as it all died down again very quickly. We passed some magnificent sea cliffs full of sea birds of all kinds, also a lot of caves which the really enjoyed paddling through.

The sea was so clear that we could clearly see the purples and pinks of sea urchins and star fish on the sea bed. We gave up counting the jelly fish, there were so many.

Rhiannon was obviously intending to continue in her reputation for falling asleep in the cockpit. She is 4 years old now, but once again her snoring was the only noise to be heard.

We eventually made camp at Loch Arnish after a good day's paddle of fifteen and a half miles.

We had tea and then scrambled up the mountains which then allowed us to view the east coast of the

Island. We sat and watched a spectacular moonrise over the Applecross Mountains. Naomi and Rhiannon made their first attempts at photography.

DAY 3

A more relaxed start today, but although it was hot and sunny the wind had increased to 4/5 and the sea was choppy. We paddled across the bay and into the shelter of Eileen Fladday and stopped for lunch and a walk about. Time to re-assess the weather and hear the shipping forecast. It wasn't good so we decided to camp here. We were a bit disappointed but at least it was a beautiful spot.

The Island had originally been inhabited by four families with their own community school. The houses still remain but are now holiday homes. Howard was happy picking and cooking himself some mussels, and Naomi and Rhiannon were excited when he found some pearls in them.

DAY 4

There was little improvement in the weather as we left Eileen Fladday and set off across the bay. Despite my confidence in Howard and the Aleut, it was non-existent where my own ability was concerned. Despite the fact that the girls were obviously enjoying every minute, I was relieved to reach the shelter of Eileen Tigh. What a change. Blue sky, brilliant sunshine and lovely calm sea! We decided to leave Rona for another day and continued down the east coast of Raasay. It turned out to be a lovely day with our first sightings of Puffins, Golden Eagles and Sea Otters.

We camped on a private beach owned by a local fisherman, a smashing chap who even left his toilet unlocked for us. Luxury ! We managed to get in a walk around some castle ruins before our first visit from the Scottish midges. Either they weren't hungry or we weren't tasty, but they didn't bite too much or stay long, thank goodness.

DAY 5

Only a short five mile paddle today past even more



breath-taking scenery. Everything was so green and fresh. We paddled under a waterfall before camping in the bay. It was so hot that we had to abandon our plan to walk to the top of Dun Caan until evening. We never did quite reach the top as we were given a fantastic close up display from a pair of Golden Eagles and we spent ages watching and photographing them.

DAY 6

A good start to the day as we watched a Sea Otter having breakfast on the rocks. We set off and just reached the sheltered straight between Raasay and Scalpay as the weather picked up. We met up here with some lads from Yorkshire who had just finished their paddle around Skye.

We had lunch on Scalpay before making our way to Guillimon Island. Naomi had a big smile on her face as she had another try at paddling with her dad and Rhiannon snored in contentment. The

wind and sea seemed to change so suddenly and we very quickly decided to change our plans and make for Broadford. If I'd though it was rough two days previously, I was mistaken. It was rough now. (For me anyway). The girls shrieked with laughter the whole time, I held my breath and paddled for my life. At last a deep breath and sigh of relief as the protection of Broadford harbour arrived. I was absolutely wrecked.

It was hard to believe the trip was over. It had been a brilliant weeks holiday, a great success for our first "big" family trip.

Now then, where shall we go next. I'm hooked and luckily so are Naomi and Rhiannon at the moment I hope they don't change their minds for years to come.

For someone planning their first kayaking trip to Scotland, the Raasay/Rona area could not be better. A spectacular backdrop of the Cullins, plentiful wildlife, sheltered position and a safe tidal environment that needs little planning.



Shirley Jeffs is a housewife, mother, and paddler

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PYRANHA GUARANTEE THE PARTS THAT OTHER KAYAKS HAVEN'T GOT

Noticeboard

The Sunday Times Sportswoman of the Year Awards 1991

The Sunday Times Sportswoman of the Year Awards held in conjunction with Moët and Chandon, the Central Council of Physical Recreation and British Airways Sport and Entertainment is up and running for the fourth year. The aim of the awards is to boost the image of women in sport and reward those whose achievements are not otherwise recognised.

The overall winner will receive a £1000 worth of travel donated by British Airways Sport and Entertainment and each of the category winners will receive a day trip abroad again courtesy of British Airways.

The closing date for competition is September 13 1991. To obtain nomination form write to: The Sunday Times Sportswoman of the Year Award, PO Box 480, London, E1 9DN.

Eastern Electricity Sports Award of Excellence Slalom Paddler

James Croft, 16, from Marlowe Close, Stevenage, is one of fifteen young people from all over the Eastern Counties who so far have benefited from this funding in their pursuit of worldclass sporting titles.

Slalom canoeist, James, who has been paddling since he was three, is GB under 16 champion and is currently ranked No 1 in the country, in his age group.

The scheme is funded by Eastern Electricity and organised by the Sports Aid Foundation to help talented young sports people.

Slalom

In a recent issue you carried a report on the Crystal Palace Pool slalom 1991 in which was a comment that the event was helped by Tony Arrowsmith's excellent timing.

Whilst not disputing that the timing was excellent I would like to put the record

straight. The Timekeeper was in fact David Gravestock, a retired Slalom paddler. I would like to publicly express my thanks to him for all his hard work and support.

A G Arrowsmith.

Marathon

The Hasler finals this year, are being held at Burton, on Sunday 22nd September 1991 and are being hosted jointly by Gailey and Burton. Both clubs wish to extend a friendly invitation to all paddlers and spectators, to make this a very special day for all concerned. Any trade stall wishing to participate, please contact Cannock 0543 506776.

Trust

The Churchill Trust is offering one travelling fellowship next year for someone wanting to study some aspect of canoeing and the successful candidate is likely to be the one that comes up with the most adventurous or exciting project. The awards are funded by the £3 million memorial trust which was set up following the death of Sir Winston Churchill in 1965. Successful candidates will get all travelling, accommodation and daily living expenses. The closing date is October 28 and application forms are available from The Winston Churchill Memorial Trust, 15, Queens Gate Terrace, London SW7 5PR. Telephone 071 584 9315.

Anglesey Inland Sea Playspot

The popular playwave at Stanley embankment has dramatically changed wave shape and character, following building work in the road tunnel which forms the tidal jet. The wall inside the tunnel has been altered and reinforced. Local paddlers report that the stopper wave moves further into the tunnel, closing the ends of the wave and is far steeper at some states of the tide which will make escape more difficult. It is not yet known whether it will hold a swimmer and paddlers are advised to treat the wave with even more caution and respect than normal. Float-boaters may or may not have problems, depending on their skill level, but the Squirt fraternity are enjoying the wave and describe it as radical and

improved!

The National Association of Boys' Clubs' 100 Mile Canoe Test

The National Association of Boys' Clubs' 28th annual 100 mile Canoe Test had a spectacular ending when just under 300 young canoeists crossed the finishing line at Wainlode Hill, Gloucestershire, having successfully completed the gruelling 100 mile route.

The four day event which started on the River Avon at Fladbury near Evesham on Saturday is the biggest of its type in Europe and the canoeists covered 20 miles on the River Avon before joining the Severn for the remaining 80 miles - ending up at Wainlode Hill, Gloucestershire for the finish on May 28th. Every finishing canoeist received a certificate and badge.

Islington Boat Club

Islington Boat Club will be holding a fun slalom event on the City Basin of the Regents Canal on Sunday September 1st 1991. The event will take place from 1.00pm.

All classes will be welcome and prizes will be awarded to the winners.

There will also be a barbecue and various other events taking place.

Entry fees will be £ 2.00 for Seniors and £ 1 for Juniors.

For further information please contact: Mike Conway, Islington Boat Club, 16-34 Graham Street, London N1 8JX. Tel 071 253 0778.

Chester Weir

Canoeists using Chester Weir since last summer will be aware that extensive civil engineering work is being carried out.

Chester Sailing and Canoeing Club have been in close co-operation with the NRA throughout the project and canoeing interests have been protected. The ever popular event of the Chester Weir Slalom (Division 4 & 5) will proceed as usual this year on July 6/7. The club is very grateful to the NRA for all their co-operation and would encourage all paddlers to observe the access rules that have been in place for many years. These are clearly dis-

played at the Weir.

Lynne Pearn, Organiser Chester Weir Slalom, 80 Upton Park, Chester, CH2 1DQ.

Gregson Pack Competition Winners



When Michael Gregson was approached by Anne Salisbury requesting first aid sponsorship for Assistant Instructor Scheme run by Plas y Brenin, the National Centre for Mountain Activities, he said he was only too pleased to help out, if in return Anne would pick out the three winning entrants for the Gregson Pack Work Maze Competition.

Out of 350 correct entrants the three winners were:

JD Watkins of Swindon
Danny Hawksworth of Leeds
Bill Bramnan of Kent.

Jubilee Canoeing Foundation

Enquiries and applications for Grant Aid from the Foundation should be made to the Director by 30th November. The awards are made as a contribution towards projects, mainly for facilities and equipment, which will enable and encourage young people and the handicapped of any age to participate in canoeing. The possibilities are wide ranging and deserving projects should apply as soon as possible.

Canoe Sprint Racing : A Centre of Excellence

The next coaching course will be held at Royal Lemington Spa Canoe Club on the 19-20 October 1991. TIBOR HERBERT, will be pleased to hear from interested instructors and anyone who wants to learn about Canoe Sprint. Tebor is particularly keen on promoting the TC2 class for newcomers to the sport and through the Royal Lemington Spa club is setting up a Centre of Excellence. There is support from The Marathon Committee, the Sports Council and the trade (from Mobile Adventure and Kirton kayaks).

An official opening is planned for the near future. RLS already has International standard racers in brothers Tom and Jonathon Love who are aiming for Junior world places in Vienna. Contact Tibor Herbert at 4 Chiltern Leys, Coundon, Coventry CV6 1BL or on 0203 592247 after 9 pm.

Dutch Tours

There is a full programme of tours in the Netherlands, in fact on many weekends a choice of venues, to which BCU paddlers are welcome. For full information contact; Francis Cooke, 1 Moring Road, Tooting, London SW17 8DN. Tel: (081) 672 8837.

Sharp Focus

Gossip

Howard Jeffs of Valley Canoe Products earns his living as a

designer and manufacturer of sea kayaks and surf skis. He is a renowned perfectionist in the workshop and from his personal experience has compiled a list of ten prominent paddlers who have earned the dubious honour of being the worst people to have around kayaks in the workshop. It is not easy to get on the list; you have to have had at least one major disaster. If you think you are one of the ten please drop me a line or call and say why! When all ten report in, we'll publish the list. There are a few good stories in this and I'll own up straight away and admit that I'm on the list, although I won't say why until the rest of you come clean!

Adam Hall of Worcester has spotted a mysterious spare hand in the Coleman Canoe Advertisement in the June Focus. Any explanations?

BCU Council of Management; June

Well! How do I summarise a 7 hour meeting? Here are selected items that may be of interest.

-Next years' AGM will be (provisionally) March 14 at Westminster Boating Base. Since it is right on the Thames perhaps a canoeing event could be organised to add interest.

-Minutes of Council meetings will be available on request to BCU members though sensitive items (eg personal issues or ongoing negotiations) may be removed with broad reasons for their removal being given. Minutes are, of course copyright and not for publication.

-John Gregg was voted an award for valour - he towed an inflatable dinghy for 35 minutes in heavy seas off Brighton, bringing 3 people to safety. He has also been commended by the RNLI.

-Donald Bean of Staffs and Stone CC has been voted an award of honour for 60 years active canoeing during which he has helped and encouraged many canoeists in many ways.

-A long debate on finance left me confused. The long and short of it seems to be that we are not out of trouble yet and we must continue to trim our sails (if that's the correct metaphor when discussing canoeing!).

-the new membership structure seems to be working well and it was generally felt that Basic membership cost should be kept low to encourage people to join. Competitors felt that they get a raw deal as they have to be comprehensive members. The issue was resolved as follows: the 1992 subs will be: Comprehensive £22.50, Basic £13.00, Under 18 Comprehensive £11.50, Under 18 Basic £8.00, Family Comprehensive £10.50, Family Basic £7.00.

-Previously the BCU has had the policy that we may accept sponsorship from tobacco companies we reviewed this with many angles being considered. We decided to withdraw from the policy allowing tobacco company sponsorship - but only by one vote!

-Communication within the BCU was discussed - Focus being the main channel. We have a new editor, Kevin Danforth. We felt furthering our own canoeing (eg access, equipment, theory and events) are as important as competition results and reports of grand trips. Certainly Focus should reflect the BCU's policies and development plan. Best of luck, Kevin!

-Discussions are taking place to hold the 1995 White Water Racing World Championships on the Tryweryn. Alterations may be necessary to bring the site up to world class competition standard.

-Discussions on rafting continue. Dave Gent is convening a meeting in September to consider constitutional issues. Please contact him if you have an interest in this matter.

-And finally, the Corps of Canoe Lifeguards, now a full BCU Committee, wish to be known as the BCU Lifeguards in future.

Report by Helen Mullineux

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Flatwater touring in INDIA

The purpose of my trip was to set up and run the first Coaching course in India, for the Indian Kayaking and Canoeing Association. And it was all about paddling on flatwater in both Kayaks and Open Canoes.

It may be of interest to note here, that in India you have to paddle Open Canoe Solo and Doubles, a general purpose Slalom style single Kayak, a double Touring Kayak and a Sprint style ruddered kayak, to about the equivalent of our three star award, and take a safety test in each craft, all as a prerequisite prior, to taking the Instructors Award. Then you are encouraged to specialize in one or more types of boat and disciplines of our sport. It's quite a good system, in that it ensures that all members of the Indian Coaching scheme start with a very broad base of skills.

The course itself was very successful, creating 21 new Instructors over a 10 day period, all having paddled for over 10 hours each day in temperatures of up to 110 degrees F. on a lake just outside Delhi.

The secondary purpose of my trip was to discuss the development of Canoe and Kayak Touring with the Indian Government Tourist board, who are very keen to develop Kayaking and Canoeing as both a domestic and International Tourist attraction all over India.

I was taken to see four lakes in Haryana State, one of which will be an International Standard regatta course, and also to the Jamuna (Yamuna) River to the proposed site of a slalom training course (British grade 2/3).

India, the land of flatwater rivers, canals and lakes! Yes I didn't believe it either but it's true. We have all heard of the major Himalayan kayak expeditions in recent years, and even of trips to paddle the headwaters of the Ganges River. (Spelt and pronounced Gunga in India). But on my recent trip I was taken on a tour round Delhi State, Haryana State and Uttar Pradesh.



This river is also most suitable for canoe touring, being mostly flat, and very clean on the upper sections. I saw three further lakes in Delhi State again, one of which could comfortably hold an Olympic standard regatta, and I surveyed the Gunga Canal for the International Marathon Race and Canoe and Kayak Tour to be held in India. All flat water, all less than five hours drive from Delhi airport, and within the foreseeable future, all will have canoe and kayak hire facilities.

Although Canoes and Kayaks are now being built in India to a reasonable standard, (they are of course being built under Mobile Adventures supervision) my one other reason to visit was to arrange canoe touring trips within India, and to discuss with Air India favourable rates for carrying canoes and kayaks onto planes, especially for the forthcoming Asian Gran Prix Marathon race and Canoe/Kayak tour. The end result was that I had to write a brochure for Air India, about Canoe/Kayak touring in India, and oh yes, Canoes and Kayaks travel free on all Jumbo International flights to and from India providing they are included within your baggage allowance. The brochure titled, Air India the Canoe/Kayak friendly Airline, could well be titled India, the Kayak friendly country.

Colin Broadway is the Director of Mobile Adventure Ltd, who are sponsoring the British Marathon team on the trip to India in October this year. Colin is also the Indian National Canoe and Kayak Coach.

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The Aland Island Kayak Expedition, organised by the Extramural Centre at Atlantic College in South Wales, was undoubtedly an expedition with a difference. The team consisted of a mixture of students, ex students and staff and four young people from South Wales who had undergone treatment for Cancer. As if this wasn't enough half of the expedition team had no previous experience of sea kayaking.

The aims of the expedition were very much in keeping with the aims and ideals of Atlantic College. The College is an international sixth form school where students study their last two years prior to university, where the emphasis is very much on adventure, international understanding and service to the community. The Extramural Centre runs activity based courses for groups of disadvantaged young people from all over the U.K. and as a direct result of one of these courses the idea for the expedition was born. These aims were:

- 1) To provide a memorable experience to a group of people who had undergone a difficult and traumatic period in their lives.
- 2) To forge links between young people in Finland and young people in Wales who had undergone treatment for Cancer.
- 3) To provide inspiration to others in a similar position in both countries.
- 4) To undertake an unsupported crossing through the Aland Islands from Turku to Mariehamn.

Approximately twenty to twenty five per cent of all deaths are caused by Cancer. One in three people will contract some form of the disease and forty per cent of Cancers are curable. During recent years there have been enormous advances in the treatment of some types of Cancers but the treatment, which may involve surgery, chemotherapy and radiotherapy do leave the recipients with physical, mental and social scars.

ALAND ISLAND *Kayak* EXPEDITION 1990

"My final word, before I'm done,
Is, 'Cancer can be rather fun!
Thanks to the nurses and Nye Bevan
The NHS is quite like heaven
Provided one confronts the tumour
With sufficient sense of humour.
I know that Cancer often kills
But so do cars and sleeping pills.
And it can hurt till one sweats
So can bad teeth and unpaid debts"

J.B.S. Haldane "Cancer's a Funny Thing"

Any treatment demands a high degree of co-operation between the patient and the Doctors it also requires a huge amount of courage from the patient.

With these facts in mind a team was selected by the Director of the Extramural Centre, David Cope, who

would lead the expedition and Dr Wyn Davies, an ex-student from the College and a Radiologist at Velindre Hospital in Cardiff from where patients would be selected, who would also act as the Expedition Doctor. They were joined by Matti Joutsikoski a Finnish ex-student and Ismo Laitakari a student from the University of Turku, both of whom had paddled extensively in the area. Malcolm Ellis, from the Isle of Man, who was working as an Instructor at the Extramural Centre made up the experienced paddlers in the team.

The selection of the students and the young people from Velindre was probably the hardest job of all. Twenty-four students applied for the four places and after interviewing all of them James Tansey from Norwich, Felicity Morgan from Blackpool, Perveez Mody from Bombay and John Robertson from Canada were selected. All four were very deferent personalities, but were totally committed to the project right from the outset. The selection of the patients was done in a similar way. Much of the advertising and ground work had been done by Wyn at the hospital in the previous months and in February of 1990 fifteen interested parties were interviewed and from them Angela Gillon, Terry Jones, Alan Higgins and Gareth Dart were selected.

The four young people from the hospital had all undergone a very traumatic time in their lives. It is impossible to say how each had coped with their illness, or how each would cope with the difficulties faced by the expedition.

John Robertson in his diary wrote:



"I have heard it said that every man has his own drama. To us, the students, Cancer seemed like a huge ominous thing that they had been through. It is as much a part of their lives as Atlantic College is to us. It has made me more aware already that if other people can learn the things that I have so far, through records of a trip like this it will have been a success"

Gareth Dart, until it had been diagnosed that he had osteogenic sarcoma (a bone tumour) in his leg, had been one of the finest Hockey goalkeepers in Wales. The tumour was treated with surgery and chemotherapy, and in fact he had his last operation one month before a week's training on the Isle of Man in March 1990.

Angela Gillon is still at school at St Cyres Comprehensive in Penarth and in 1984 was diagnosed as having non-Hodgkinsons lymphoma. Her treatment involved a course of chemotherapy between 1984 and 1986 and meant that she had missed an entire year at school.

Alan Higgins, the only one of the patients who had any previous canoeing experience had a Cancer of the thyroid gland and had been treated with both surgery and radiotherapy.

The oldest of the patients was Terry Jones, who was as Supermarket Manager from Neath. Terry had been treated for testicular teratoma and had made a very good recovery.

The team met for the first time together in February of 1990 and during the following months trained on a regular basis at the College and on the Bristol Channel and also had a week away together on the Isle of Man. This training involved kayaking skills, rescues, campcraft, navigation and was invaluable in the formation of the relationships that would be tested during the actual trip. It was necessary to get everybody to a standard of proficiency which would enable them to cope with the anticipated inclement weather, therefore a fair amount of time was spent on rescue skills.

During the time on the Isle of Man a diary was kept and it is probably fitting that part of it is quoted here:

"Another full day has come to a close and the Aland expedition is settling in for the night. It has been another terrific day and the group continues to grow together".

Raising money for any expedition is no easy thing! We had a Patron in Sir Rannulph Fiennes and also a high profile cause. A brochure was produced, letters sent, people visited, individuals wooed and over a period of eighteen months the sum of £7,000 was raised. People really identified with the aims of the expedition and were incredibly generous both in terms of their financial support and gifts in kind. A particular mention should be made to a school in North Devon, who have strong links with the Extramural Centre, whose pupils raised the single largest sum of money donated, £1,300.

The logistics of travel, food, equipment, insurance, all take up a large proportion of the time prior to the departure of any expedition, this one was no exception. Scandinavian Seaways were generous in allowing the expedition a large discount for the mini-bus and trailer to Finlandland the Cancer Society of South West Finland had purchased twelve Sealion Sea Kayaks which the expedition transported and used during the trip. Other equipment such as wetsuits and flares had been borrowed from the Extramural Centre. The Cancer Society also acted as the expedition's host before and after the trip itself. Much of the organisation in Finland had been taken care of by Matti and Ismo in the usual efficient manner that is the hallmark of the Finns!

In terms of sea kayaking this trip was not going to be on a par with the circumnavigation of Britain and Ireland, nor as hair-raising as canoeing down the Dudh Kohsi ! But the one hundred and eighty kilometres from Turku to Mariehamn was going to be the team's Everest. The Aland Islands had been chosen because of their natural beauty and also because both Matti and Ismo had kayaked extensively in the area. The islands lie between Sweden and Finland in the Baltic sea and are the largest archipelago in the world, consisting of six and a half thou-

sand islands. Although geographically Finnish the islands are culturally influenced by Sweden, having their own flag and Parliament and being Swedish speaking. The islands vary in size from large barren rocks to land masses several kilometres long. During the summer months they are a very popular tourist area for both Finns and Swedes.

The team left Turku on September 2nd in bright sunshine and a north easterly breeze. The aim was to average about twenty kilometres per day which would mean the team would reach Mariehamn in between ten and twelve days, allowing for rest days or days when it would be dangerous to paddle.

The first three days the weather stayed sunny and with light winds which allowed the team to make very good progress. Everyone was getting on well together extremely well and the paddling techniques improved hour by hour. By the end of the third day the team were about half way to Mariehamn. On the uninhabited islands we found good campsites which allowed shelter from the wind which was picking up. We were treated to spectacular sunsets, mosquitoes and the occasional sauna on islands where settlements existed.

During the next four days the weather deteriorated but the team still maintained a good daily distance. One of the most dangerous aspects of the trip was dodging the huge and impressive Silja Line and Viking Line ferries which ply their way between Stockholm and Helsinki.

Finally on Sunday September 9th, seven days after leaving Turku, we arrive at our destination and two years after the project had been initiated the goal had been reached.

The sense of achievement felt by everybody involved in the expedition was evident but the whole experience had been about Angela, Terry, Gareth and Alan's determination and tenacity. They had climbed their Everests - twice over.

Angela wrote in her diary: "I realised at the end of the expedition the impact we had on people and that we were doing something of use

to others; we were influencing people and making them aware of Cancer and the fact that it needn't restrict your life ... I hope we made some people realise that Cancer isn't death".

The story doesn't end there. During July 1991 a group of Finnish Cancer patients will be visiting the Extramural Centre for an activity week and Angela, Terry, Gareth and Alan will be very much involved with the organisation of it.

David Cope

David is the director of the Extra Mural Department of Atlantic College.

ALAND ISLANDS KAYAK EXPEDITION FUNDRAISING

Funds came from 4 sources:

- Grant giving organisations
- Charitable trusts
- Industry
- Public Assistance came largely in the form of cash.

TRAVEL

By road and ferries with minibus and trailer. Ferry from Harwich to Gothenburg, drove across Sweden to Stockholm, ferry from Stockholm to Turku. Journey time 60 hours. Companies used: DFDS Scandinavian Seaways and Silja Line both gave the expedition generous support.

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INFORMATION Finnish Tourist Board, London "Finland - Facts and figures" - Yrki Leskinen "Travellers guide to Finland" - S. Nickels

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If we wish to apply for BCU membership as indicated below. If we agree to be bound by the rules and regulations of the Union. If we accept liability for my/our (£1) in the unlikely event of the Union's liquidation.

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Regional Roundup

Chairs Chat

There is still time to make your views on the matter of an English Canoe Association felt, either for or against. Would it benefit the English paddler? Would it benefit the Welsh, Scottish and Northern Irish Paddler? The Northern Regions development plan was welcomed by the ERMC and has been positively supported by a supplementary grant of £300. I hope you read what the Director said in his comment column about the number of nonBCU members in clubs who would consider joining. The potential is over 6000 more basic BCU members, so it is a challenge to clubs to sign them up. Use the application form in this magazine. Go to it!

Ron Hodgson

East

The AGM is scheduled for 26 November 1991. Put this in your diary NOW. It is your chance to moan about the work of the region. Work continues on the Access front. Discussions over the rebuilding of the Cambridge sluice are taking place with the NRA and other interested bodies. The Lea Valley Park and Countryside Commission have appointed a new Access Officer to the Lea Valley. Initial discussions have proved hopeful. The region is interested to hear from women who have been either "encouraged" or "discouraged" from canoeing by their local club. Can we do more for women participants?

Ron Hodgson

East Midlands

Following two successful flat water slaloms the third in the series will be held on the Winfield Pool, Holme Pierrepont on 1 September as part of the Regional open day. Our Open day is your chance to try a new discipline/ a different type of boat or introduce a beginner to the sport. Come along on 1 September and see your BCU Regional Committee at work. Courses: Slalom trainer 7/8 September. Racing Competition Trainer

19/20 October. Details from Nottingham Kayak Club, Trentside North, West Bridgford, Nottingham. The Regional River guide is now available from Simon Dawson, 75 Turney Street, Meadlands, Nottingham, NG2 3EG. The Region still needs a Slalom Representative: volunteers to Reg Robinson, Regional Chairman, 4 Lightfoot Close, Newark, Nottingham, NG24 2HT.

Pearl Mulholland

London and South East

The May Western Rother Tour attracted 50 paddlers. The weather was fine and the water higher than last year. There were a few shoots en route and Moorland Farm caused several capsizes. Maidstone CC found themselves tackling more than they bargained for when pulling down their old hut. A lamp post came down with it and fell on a car. Their new clubhouse will hopefully be open in the autumn. Interested in a regional canoe polo ladder? Contact Curly Barker (address in the Handbook). Martlet Kayak Club is supporting a Home Office initiative to discourage drug involvement amongst young people. A trailer, boats and equipment are available for use by youth groups in the Brighton area. Chris Childs

North

The Northern Development Plan 1991-96 will be updated each year. Chairman, Dave Taylor (09662 5454) needs offers of help for the 92/93 update. The British Heart Foundation sponsored paddle is on the North Tyne on Sunday 29 September: contact Mr I Booker, 19 Durham Moor Crescent, Durham DH1 5AD for details. This is advance notice that a new Chairman and a new Vice-Chairman will have to be elected at the forthcoming 21 November AGM. If you are interested, Dave Taylor will give you more details. Contact Jerry Tracey (0434 683409) about the Mike Jones Rally 2/3 November on the Tyne. Next meeting: Northumbria 9 September, Ouseburn Watersports Centre, Newcastle: Cumbria 26 September, Derwentwater Marina, Keswick. **Mary Armstrong**

North West

A very successful Holme Pierrepont week-end (financially as well) was enjoyed by paddlers of all interests and abilities in inflatables on the slalom course and squirt boats in the river race! The same week-end (23/24 May) is booked for 1992. The Polypippins are booked for the summer providing funds for a regional display stand. To use it contact Suzanne Moore, 19 George Street, Patricroft, Manchester M30 0RG. The NW Slalom Team will be selected from the ranking list. The committee needs a slalom representative and a treasurer (to look after the growing surplus). See the next Focus for AGM details including canoe rally and speaker. Regional newsletter obtainable from Mike Burt, 19 Millhouse Lane, Croft, Warrington, WA3 7HA.

Mike Burt

South

At the royal re-opening of the Basingstoke Canal on 10 May, Trevor Bailey, after shaking the Duke's hand, explained to him that a lot of canoeing is in fact done on placid water, and many canoeists prefer not to go on the white stuff. So why not come on our two remaining leisurely Sunday, Southern Region Tours down the Kennet & Avon Canal?! (Newbury to Tyle Mill - 1 September and Tyle Mill to Caversham - 6 October). About 9 miles each. Contact Ted Moulding (0908 676343). Also, you polo players, jerk your club into contacting A Rawson (0734 473456) about the 6 October Southern League match. Hearty congratulations to Shaun Pearce of Newbury CC on becoming KI World Slalom Champion.

Charles Hicks

South West

The Touring programme has had a good start, with the new tour of the Somerset Levels attracting over 30 participants. However, very few non-members have attended and tour organisers are asked to advertise and market their events so as to attract individuals and youth groups to take part. The income helps the Region's development plans. Will clubs that organise races, slaloms or other events which are not included in the Year Book

nationally please send the Secretary their proposed dates soonest so that a Regional calendar can be compiled at the autumn meeting of the Regional Committee. Citations for BCU awards for outstanding service to Canoeing should be sent to the Committee, through the Secretary.

Jim Cornwell

West Midlands

The Vyrnwy Tours on 5 and 19 October are subject to water releases: contact Regional Touring Officer, Mike Hubbard (021 356 7619). Contact John Verney about the 15 September sponsored Doggy Paddle in aid of guide dogs for the blind: 13 Regency Drive, Kenilworth, Warks (0926 50776). This year West Midlands Paddlers Day is on 3 November at Malthouse Stables, Tipton. It will be a team multi-activity day so start paddling now: details from Malcolm Freeman (021 520 7261). Mike Hubbard is looking for someone to run a sea touring event in 1992, the region still needs a wild water representative and Mike Nicholls needs someone to take over as Regional Access Officer (021 360 2136).

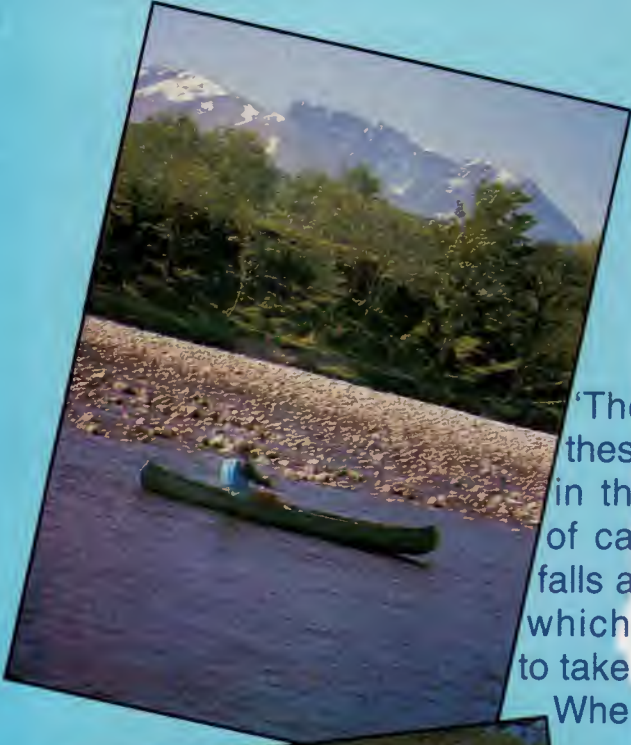
Mike Hale

Yorkshire and Humberside


So successful was the inaugural Club International Polo Tournament- supported and sponsored by Hull City Sports Promotions, the go ahead has been given for next year. The competition, which is aimed at international club teams - as opposed to national squads - will be held in July so as not to clash with school examinations. and other international events. St Albans won both the Open and Woman's events, whilst a strong team from Wales won the under 18's. Geoff Smedley's next Disabilities Endorsement course is on 28/29 September at Albert Avenue Pool, HU11. Places are limited. Apply immediately to John Swallow (0532 492676). The Swallow Charity Paddle takes place on 12/13 October, further details from Colin Stegeman (0748 3861).

Marianne Spender

WITH PADDLE, POLE & SAIL



'The convenience of these canoes is great in these streams, full of cataracts or waterfalls and rapids through which it is impossible to take any boat.



When you reach them, you load canoe and baggage upon your shoulders and go overland until the navigation is good; and then you put your canoe back into the water and embark again.'

**Rene Brehant
de Galinee c1670.**

The joy of canoeing for me is in the journey, not the destination and more so when the outcome is uncertain. After a winter of reading on the open canoe I wanted to do something in

the style of the voyagers. With pole, paddle and portage.

After many evenings with favourite maps of the Highlands I came up with a route that appealed. A start in Mallaig then along the sinuous length of Loch Nevis and into the rugged heart of the Knoydart wilderness. Pole, drag, paddle and portage the River Carnach to a col at some 600 feet and on to Loch Quoich. From there a line of Lochs and rivers connect all the way to the Great Glen. A finish then either in Inverness or Fort William according to the wind direction.

When I proudly presented my plan to friends it at first came in for some pointed comments. Not least about the size of the portage. After some initial thoughts about me being, 'out of my tree', a good friend, Andy Hall, was convinced.

Leaving Mallaig was a delight. To be on the way. Jaded from a long car drive but shirtless under clear blue skies. A young seal watched us on our way, diving only six feet from us. The superstitious side of me rejoiced in what I felt to be a good omen. Perhaps Andy was right. I was a pagan at heart.

At first it was hard work, the breeze soon swung around to give us a tail wind. A brief stop and we had built a catamaran; albeit very Heath Robinson. With my split poles forming a 'A' frame at the front and the tent fly sheet making an excellent spinnaker we made effortless progress up the Loch. Wind and tide combined through the 'Narrows' to speed us on. Both of us giggling and grinning like school kids. The final stretch into the Carnach was calm leaving us to quietly paddle into this most spectacular of glens. A session of poling up a very dry river finished the day.

The last time I had been at this spot had been whilst guiding a group of Dutch mountaineers (a bizarre thought even at the time), with horizontal rain and a river brown and dead. We had struggled to cross the flood waters to reach the bridge. Thankfully it was different this time.

Fresh food made a welcome change from backpackers rations. A meal rounded off with a giant drop scone; baked there on the stove and eaten piping hot.

Breakfast of Alpen and pancakes. Then pack, pole and drag and all too soon portage. Andy was going well; two packs, one front one back and the canoe all in one go. I buckled under the weight.



I had to double journey it; a system that ensures that you walk every bit of the way three times. Andy and my lunch were soon lost to sight. A slow brutal portage. For much of the way there was no track and the possibility of getting stuck in wild, beautiful but almost impenetrable gorges. It was a case of closing the mind to discomfort and toil and trying to enjoy this hidden place. I paddled down a half mile of loch and then there was more dragging and portage. Finally the dam and col came into sight.

A couple of miles of paddling and sailing brought us a superb camp site. A small patch of grass, at the end of a narrow rocky peninsula, barely big enough for the tent. The surrounding rocks bore deep striations, scratches left by the glaciers so many years ago.

Morning arrived with a strong east wind. Making progress against strong headwinds is desperate at the best of times but paddling solo made it doubly so. Our solution was to paddle one canoe and tow the other with the gear in it. Creeping from bay to bay we eventually reached the dam at midday.

Sadly the Gearr Garry was very low, so although we were at last going downhill it was a case of paddle, pole and wade.

After a couple of miles a hydro station was releasing into the river and some pleasant paddling presented itself.

A narrowing under a bridge gave a meaty grade three. We ran the first section, before the river then funnelled over a drop and into a large stopper. A good play spot in a kayak, but disastrous in an open boat (no airbags on this journey). A little judicious portaging followed.

It was a weary pair that camped at the start of Loch Garry.

Morning brought more head winds, so it was back to paddling tandem. Two hours later we made the awkward portage around the Loch Garry dam. The dam was releasing, the level just right. Some nice intricate grade three rapids with a couple of drops thrown in.

Continued on page 28.



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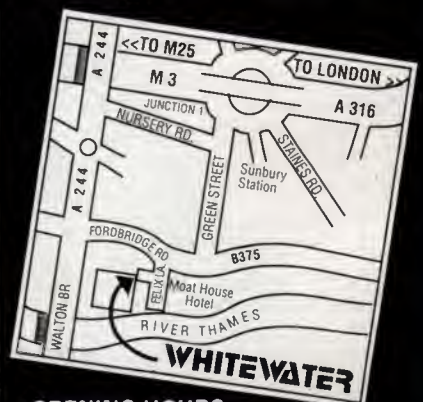
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TECHNIQUE

By Nigel Foster

TURNING

One of the most important skills to perfect is turning. Except for very short, stable sea kayaks, most sea kayaks do not turn easily with sweep strokes when upright. However, turning is much easier when they are tilted or leaned over.

TILTED TURNS

To alter course to the left while paddling forwards, tilt your kayak to the right and perform a forward sweep stroke on the right using a slightly angled blade (to give you extra stability). Straighten your right leg, raise your left knee against the inside of the deck and hold your body as upright as possible to maintain balance. The kayak should be held at a tilt throughout the turn, while your paddle either alternates between forward strokes on the left and forward sweep strokes on the right, or performs repeated sweeps on the right, returning the blade to the bow each time by skimming it forwards in a low brace position so that you can use it for support should you begin to lose balance. The tilt brings a more manoeuvrable part of the hull into contact with the water, and the paddle sweep is performed on the side towards which you tilt so as to aid stability.

LEANED TURNS

Whereas a tilted turn angles the kayak as far as possible without tipping it off balance, the leaned turn puts it well over onto its side to a point where your balance can only be maintained with the help of your paddle. Build up forward speed, then throw the kayak over onto the side towards which you want to turn. Carry out a reverse sweep with the paddle blade angled to provide the power for the turn, while the curvature of the side of the kayak becomes the effective rocker.



This is the first in a series of coaching articles aimed at the novice paddler in response to requests for more "handy hints" and "top tips". This is part of Nigel's book "Sea Kayaking" which was reviewed in the last Focus. Next issue; Graham Wardle on fitting out a white water kayak.

Carry the sweep forwards only as far as a point level with the cockpit. A good leaned turn will turn most sea kayaks through 90 in one stroke, but steep-sided hulls will be more stable in this position than round-sided ones.

Leaned and tilted turns need practice and a degree of confidence. Practise whenever you can in safe rough water so that you are not deterred when the need to turn quickly arises.

Rudders are often fitted by people who do not have the confidence to tilt or lean turn, but I consider them an additional way of turning rather than a substitute as they often fail.

TURNING DOUBLES

Doubles in which the cockpits lie to either side of the centre point tend to turn surprisingly easily while held upright by the use of sweep strokes; carry out forward sweeps from the bow to a point level with the cockpit and reverse sweeps from the stern to a point level with the rear cockpit. Doubles may be tilt-turned in the same way as singles. The bow paddler again sweeps only in an arc forward of the cockpit, whereas the stern paddler uses only an arc behind the cockpit for turning. Leaned turns require a lot of coordination between the paddlers, so I recommend you always keep the kayak in balance when tilted, even if you are using strokes to turn.

EXTENDED PADDLES

Beginners, and frequently more experienced paddlers, sometimes are reluctant to tilt a kayak for turning when conditions become rough. This can make turning slow and difficult. Under such circumstances you can extend the paddles towards one side providing greater leverage and speeding up the turn.

One caught me with a hidden rock, the price being a set of bruises across the thighs after hitting the centre thwart. All the time we were aware of the vulnerability of the boats. Take too much water on board and the boat would become unmanageable almost certainly ending its days wrapped around a rock. Fine judgement was a necessity. The outcome excellent fun.

On Loch Oich the winds were with us. This was our third cat and far more sophisticated than the first. Karabiners at the ends of the main cross piece allowed us better control of the sail via the sheets. Steering was achieved by a subtle blend of weight shift and sail movement. Yachtsmen gave us strange looks as they motored in the opposite direction. We hurtled crazily beneath a bridge on the Caladonian Canal, getting a friendly head shake from its controller. Waves and bemused looks from all we passed and an amused comment about, "thinking it was Nessy" from a lock keeper.

A warning of large waves on Loch Lochy and we were out on its eleven mile length. A force five had us screaming along, surfing off the crest of waves. At times it was a white knuckle ride, but we took no water on board and remained very stable. One last portage from the Canal and

we were at a camping spot on the River Lochy. Ben Nevis, still in its mantle of snow, rose opposite. The end of a truly magnificent day.

I had thought that the River Lochy would be an anticlimax, but I was wrong. It flows through delightful scenery, its high banks riddled with the burrows of Sand Martins. The air above us filled with so many species of bird, once a glimpse of an all too shy deer.

But the last section into Loch Linnhe broke the spell. For a few brief days Andy and I had lived within the rhythm of the journey. Now we were paddling amongst industrial waste and past housing estates. We were back, but back to a different reality. Among the holiday crowds we were the strangers.

RAY GOODWIN is a freelance instructor holding Senior instructor awards in Sea Inland and Open Canoe. He has kayaked the Colorado and is also a climber. He's also a dab hand with pancakes as well as scones.

Ray's Recipe *Camping Stove Scones !*

Half cup of suet (I use vegetable suet) 3 cups of flour 1 tbs of baking powder 1 level tbs of salt
Half cup of milk powder 1 cup of porridge oats 3 tbs of sugar 1 cup of mixed dried fruit either 4 eggs or the dried equivalent

Most of the preparation can be done at home. First blend the flour and suet before adding the remaining ingredients (the dried egg can be added at this stage, otherwise add raw eggs at camp). Mix well and divide into four. This will provide four large pan sized scones.

To cook: Add enough water (add 1 raw egg at this stage if necessary) to make a soft dough. Put dough into a shallow greased pan (I use a non stick pan) and heat over a low flame. Turn the scone as soon as it is solid enough and keep turning until cooked. Serve immediately with margarine and jam.

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Colours

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Volume
Colours

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Length
Beam
Weight
Cockpit size
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Colours

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Access

ROGUE INSPECTOR ON GREAT OUSE

Canoeists on the Great Ouse above Bedford have been accosted by a man claiming to be an Anglian Water bailiff flashing what appeared to be an identity card. Both Anglian Water and the NRA deny all knowledge of this individual. Neither body has any jurisdiction on canoeing on the river above Bedford.

A Sports Council report published in 1985 said that the balance of probability was that the river was a navigation as far upstream as Newport Pagnell. A survey conducted by the Sports Council showed that a majority of landowners were in favour of canoeing. Despite this anglers have continued to create trouble. The moral: like your mum used to say, don't talk to strange men. When paddling the Great Ouse above Kempston Mill ignore anyone claiming to be a bailiff or inspector.

The BCU won't at present finance a legal action against you in this river, but can provide a great deal of information on past use, etc.

COUNTRYSIDE

The Countryside Commission has published a consultation paper "An agenda for the countryside". The BCU has responded by expressing concern that waterways, an integral part of the countryside, receive no mention. In other respects it is a promising document.

LOCH AND RIVER TAY USERS

Mr McTaggart of Taymouth Castle Grounds has intimated that he does not wish his land to be used for access to or egress from Loch Tay. Access can be gained to the river from a lay-by further down the Kenmore-Aberfeldy Road or from the public access point on Loch Tay. If you must cross his land, please telephone him on 08873 500. Further information can be obtained from Mary Conacher, SCA Access Officer on 0382 76021.

River Eden Agreement Lazonby to Armath waite

Regional Access Officer, Mike Mills, Reports that LAO Jim Wilson's careful work has improved relations on the River Eden. Riparian owners are now discussing opening up a further stretch of river, providing a field

for car parking on open days and increasing the numbers on the river each day.

OPEN DAYS:

20 October 91
16/17 November Training & Race days
8 December
2 January 92

Details are available from Jim Wilson, 82 Inglewood Crescent, Carlisle (enclose SAE) Bookings for open days must be made through Jim.

ROCHDALE CANAL

Negotiations are proceeding positively for BCU use of the section between Rochdale and Sowerby Bridge. Work has started at the Sowerby Bridge end to reconnect the canal to the River Calder.

NRA CODE

The BCU has seen the second draft for the NRA leaflet "River canoeists and the National Rivers Authority". It is a pretty even handed document, which gives prominence to sharing scarce water resources and indicates that access agreements have a major part to play. In the BCU response to the NRA a rewording has been suggested to the paragraph dealing with spawning fish and spawning beds.

WYE

The River Wye Project Officer, based at the NRA office in Monmouth, has produced a River Wye Handbook. It contains a lot of useful information and advice to all recreational users of the Wye Valley and achieves a reasonable balance between recreation and conservation. It states that the navigation position above Hay is unclear, but records that canoeists have used the stretch from Glasbury down Hay without hindrance. The handbook can be obtained free from the River Wye Project Officer, NRA Office, Hadnock Road, Monmouth, Gwent MP5 3NQ.

NEW CCPR POLICY DOCUMENT

National Westminster Bank provided the venue for the launch of the CCPR's new policy document "Sport and Recreation in the Countryside". We can hear you say: "Not another one!", but this is possibly the most radical in its proposals of anything to appear in recent years. Ron Emes, the CCPR Chairman, opened the conference by introducing the guest speaker Mr Tony Baldry MP, Parliamentary Under-Secretary of State for the Environment. He spoke of the document with enthusiasm and with a knowledge of the problems

facing sport and recreation within the countryside. Unfortunately he was not very forthcoming when it came to the financial implications. It was encouraging to read that access to water for sport and recreation featured strongly. An invitation by Mr Baldry for canoeists to meet and discuss the problems facing them will be taken on board by the BCU. The BCU was represented by Mike Twiggs and Trevor Bailey, who put forward a number of questions to the speakers about access and the environment. We are very grateful for the hard work done by Ralph Tyas on behalf of the BCU, which led to several of our clauses being built into the policy.

ENVIRONMENT

An informal meeting of the BCU Environmental Conservation Panel, which is part of the Access Committee, took place at Leicester Outdoor Pursuits Centre on 22 June 1991 to look at the projects the panel hope to complete, both now and in the future. The panel is made up of a wide spectrum of canoeists, some who have academic qualifications and others who have a keen interest in the natural environment. All members of the panel would like to show that paddlers can make a positive contribution to the maintenance or enhancement of the waterside environment that we as canoeists use.

The day was very productive but the work load is very high for panel members. If any one is interested in helping in any way (you do not have to be an expert - just keen) then please contact Dave Halsall, 24 The Fairway, Blaby, Leicestershire LE8 3EL enclosing a large SAE.

DOWNTON GORGE

Milton Keynes Canoe Club have been refused permission to canoe the Downton Gorge stretch of the River Teme. The explanation is that the gorge is one of the most important nature reserves in the country, so public access is being restricted and measures are being taken to stop any canoeing. The Local Access Officer is working on the problem.

Help Please !

This is a second cry for help from LAO Gary Povey following his initial appeal in Access Extra in February this year. He wants hard information including dates about canoe trips on the Dun near Hungerford and the Kennet between Hungerford and Aldermaston together with details of any problems encountered. Information is vital before beginning access negotiations. Write to him at 32 Curling Way, Turnpike

Estate, Newbury, Berks RG13 2PX (mark your envelope Access).

CONSERVATION

The Sports Council has now published its report on "Good Conservation Practice for Sport and Recreation". This is available from them at 16 Upper Woburn Place, London, WC1H 0QP price £10 per copy. The belief of the author Roger Sidaway is that conflict is rarely inevitable and co-operation is always preferable. The report considers the impact of sport and recreation on wildlife and the approaches to sensitive planning and management. The important role of governing bodies of sport is emphasised. Guidelines for each major user are given. Following a major contribution from the Chairman, Dr John Thompson, of the BCU Environmental Conservation Panel, the BCU's responsible attitude to conservation and the education of BCU members is reported very clearly and is cited as an example of good practice. Unfortunately the table showing in which months various forms of canoeing take place indicates that slalom is a March May activity and there is no non-competitive canoeing from November to March, though heavy river racing is listed for the later months! Part of the report indicates that the impact of watersport on the environment is negligible on a regional or national scale, but the section on canoeing sources of disturbance are listed in a way that may give the impression that the impact of canoeing could be significant. The BCU Environmental Conservation Panel plans to provide guidelines for BCU Local Access Officers to assist them to establish a true perspective in access negotiations. The Sidaway Report is a positive contribution to co-operation between recreational and conservation interests.

CALENDER/YEAR BOOK UPDATE

Local Access Officers
Derwent (Yorkshire) M.N. Sanderson, 8 Dean Row, Norton, Malton YO17 9BX
Don Delete Andy Glasgow substitute Mark Steel, 11 Watkinson Gardens, Waterthorpe, Sheffield S19 6LU
Upper Wharfe delete Rick Halsall substitute C/O Mike Twiggs
Lynher, Tamar and Tavy From 27 October 1991 to 7 February 1992 Barry Waters is standing in as LAO for Dave Bullock. Barry's address is "Homecroft" Fore Street, St. Clear, near Liskard, Cornwall (Tel Liskeard 45228) Eastern Region Access Officer Roger Hardman has moved to 73 Topstreet Way, Harpenden, Herts, AL5 5TY, tel: 05827 13863. This is a short jog from the upper River Lee.
Herts Colne Access Officer Chris Carter has moved to 29 Pretoria Road, Watford, Herts, WDI 7DL, tel 0923 817008.

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Dear Focus

Clash of Interest ?

I am writing with respect to the article published in Canoe Focus entitled "For Slalom Paddlers Only".

I know the female paddler who often wears an England crash hat, to whom Mr Diamon refers, and out of curiosity I managed to elicit what actually happened on that day at Holme Pierrepont. She recounted her practicing on the slalom course on her fourth run a "Joey" (recreational paddler in a plastic boat) paddled out in front of her into the eddy behind the pyramid rock, so she took evasive action and broke out into the opposite eddy where she waited for him to paddle back across, so that she could continue practicing her course. He made no move so she broke into the current to break out behind him. As she paddled across the "Joey" paddled into the current, but she says he appeared not to be in control of his boat and he rode onto the deck of her competition boat.

She said in a civil manner, "Would you mind keeping out of the way when I come down the course for the few seconds that I actually pass through the gates".

He replied with a categorical "Yes I do mind, I have paid my money and have just as much right as you to paddle the course" which of course is correct. However this did not match up to Mr Diamon's tirade of abuse.

She then went on to say to him that if on paddling down the course she was committed to a manoeuvre, and he pulled out in front of her, she might not be able to avoid causing damage to him or his boat, even though she was insured.

On her trying to reason with him that she was training for an important race, Mr Diamon's reply was "Women can't compete anyway".

During the altercation several of Mr Diamon's male friends in plastic boats surrounded her and joined in. There were at least six adult males intimidating a 21 year old female.

I would suggest in direct reply to Mr Diamon's letter that he has indicated not only in the manner in which he treated this young lady, but also in his distortion of the facts and his stubbornness to co-operate that he deserves whatever abuse is thrown at him and he does not set a good example for the generally understanding recreational paddler.

If it had been myself in the place of this young lady, I am sure Mr Diamon and his friends would not have resorted to such bullying tactics.

Referring to the Code of Practice on the Slalom course, which should be read before going on the course (this is available in the centre where you sign in) Mr Diamon please take note:

1 Paddle within your ability ie, look at the flow rate and be sure you can cope with it. This does not mean just being able to roll, but being able to keep control of your boat so that it does not cause interference or danger to others!

2 Be aware of other paddlers coming down the course and avoid getting in their line. To me this is self explanatory, but not for Mr Diamon. It infers that you don't paddle in front of somebody committed to a manoeuvre no matter how far you and your friends have travelled to use the course.

I would like to suggest that if paddlers are persistently or deliberately interfering with the efforts of another, whether slalom or recreational paddler, all that is necessary is to report them and their bib number to the centre staff, and ask them to issue words of advice on conduct on the water. You see Mr Diamon, that was no female paddler, that was my wife.

Tim Deykin
BSC MCSP SRP

Chartered Physiotherapist GB
Canoe Slalom Team

Editors Note: Both parties have now stated valid points of view. It seems to me that a minority in both disciplines can't see other paddlers needs. We have enough problems with access and water quality without paddler versus paddler conflict. Does anyone want to write a short piece on river etiquette ?

Surely we are all paddlers with a common interest !

Thank You

In November last I almost died in a stopper on the river Ure. I survived mainly due to the efforts of Kevin Leighley, who rescued me from the river after I had washed free from the stopper. I have recently learnt that Kevin has been given an award for valour by the BCU and I would like to congratulate him on this and thank him once again. I would also like to take this opportunity to thank all the people who were involved in administering first aid and recovering my kit.

Robert Lee

Dithering

I agree With your reviewer that the HF Throwline video is well made, but I strongly object to his comment that Horst Furstattel was busy making a useful video "While his British competitors were dithering over product liability".

I cannot speak for my colleagues in the trade, but as a specialist manufacturer of WW Safety equipment I can only refer to my own record: organising specialist WW tours and rallies through the BCU Touring Committee, working with Dave Manby on his WW Safety courses, and publishing the first of a series of articles in this months CoDe to develop WW Coaching in Britain. I have just finished editing a Squirt Coaching Video financed with help from three British manufacturers, as well as the BCU.

It is not easy to develop a business which gives the widespread service that white water paddlers need. Unfair generalised comment does not help.

Simon Dawson
Nottingham

Old Rules Slalom

Recently our club ran its mini slalom based on the old rules, ie poles 2" above the water, 10 penalties per pole, and, of course, reverse gates. The event was part of a celebration, and we had invited several members from yesteryear to come and take part.

First reaction from some of our current members was that the course was "Impossible", and "You can't expect to race

under those conditions". They were soon having to rethink this though as some of the "oldies" showed them how it was done. Discussions were soon taking place as to what was the quickest route down, which way you should turn for the reverse gate etc, and even at the end of the day there were still several preferences shown on how to do the course.

We ran our mini's in age groups rather than by divisional status, so that in some instances two paddles in the same division would be competing against each other, and at others, current ranking paddlers would be competing against someone who had given up paddling several years ago. The results were interesting. It may be understandable that those paddlers who had competed under the 'old rules' did noticeably better than they would have expected to achieve under the 'new rules', but when one of our keenest premier paddlers is consistently beaten by someone who gave up regular paddling several years ago, it brings to mind a phrase that was often heard on the bank that weekend, "It makes you think".

Roy Bradshaw
Manchester.

Slalom Decline

During the last 2 years, it seems to me, there has been a rapid fall in the number of competitors at slalom competitions. I am sure rising costs are mainly to blame, making it a somewhat elitist sport. The high costs of equipment and entry fees make it impossible for the ordinary paddler to compete on equal terms with the high flyer who gets his expenses covered by sponsorship.

For the sport to survive perhaps it needs to follow the pattern of snooker, darts and motor racing with an elite squad of semi-professional premier slalomists who tour the world demonstrating the best while the ordinary paddler does his best in club mini slaloms in standardised boats, possibly provided by organisers or BCU. Remember, you

Continued on page 35

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**Dr PE Schur
Nantwich**

ED. We have received a letter from Mark Nichols of Stafford who has similar views and cites 'trendy, fashionable and expensive gear and unreliable water levels/releases as other causes of decline. Roy Bradshaw of Manchester also has strong opinions on the subject and has submitted an article for publication when space allows. Roy suggests a survey of why people leave slalom and asks that ex-slalomists put forward solutions to FOCUS and the Slalom Exec. Britain has produced another World Champion in spite of the system it seems; not because of it! We await your views.

Shoulder Popping !

Following the article on shoulder dislocation...

Although I have no actual statistics, from my experience of shoulder dislocation within the club and from observations of poor technique in strokes other than the high brace, I would like to point out several other situations which are potentially dangerous

The most noticeable area for concern and consideration is the bow rudder. There are two areas where incorrect technique is potentially dangerous. The first is the practise of opening up the wrists to expose the drive face, putting tremendous strain on the wrists but could also strain the shoulders in extreme situations. The second point is more relevant to shoulder dislocation and is the habit of lifting the top arm above and behind the head as the bow rudder is being held. This presents a situation similar to a poor high brace as described in the June FOCUS

I appreciate in the majority of cases instructors and coaches correct these problems fairly quickly, but if the habit is not stopped there will always be a tendency to use the poor stroke at a crucial or demanding moment.

At a recent division four/five slalom the occurrence of these points amongst potentially

good paddlers was alarming. As a result I would appeal to instructors, coaches or parents to emphasise the risks of poor bow rudders and high braces, and to also consider the implications of other strokes.

**Adam Hall
Worcs.**

More Shoulder Popping !

I read with interest the article on shoulder dislocation;

Anterior dislocations account for over 90% of dislocations from any cause. I would agree that the amount of force exerted on the shoulder when an experienced, strong canoeist "holds on" is the reason why dislocations are more common amongst the fitter paddlers. Certainly being strong by itself would not predispose a paddler to shoulder dislocation.

We are taught that recurrence rates are largely determined by the age at which the first dislocation occurs being around 94% in the under 20yr age group and only 14% in the over 40's. Certainly dislocation of the shoulder in the younger age group needs to be managed by a period of immobilization of a least 4 weeks - some say 6 ! Then intense rehabilitation before return to the causative sport.

**Dr A Garner
Northwood Middx**

GRINNING BRATS

Mr Witter from Bourne End has written to inform us of his difficulty in placing an advertisement in FOCUS. The main thrust of his comments however directly affect the magazine and all its readers : "In common with, I suspect, many other members, I am a purely recreational, placid water paddler. As such I look to the BCU to provide through its magazine advice upon UK waterways and attendant facilities (eg waterside pubs) and various techniques of interest to the novice paddler. As it is the magazine appears to be dominated by pictures of grinning brats who have won some local, obscure competition or by tales of derring do, perpetrated by people with more money than sense who delight in throwing their expensive kit down a seemingly endless variety of raging torrents in Asia or Latin America. There is more to canoeing than this but this is not reflected by the 'Focus' of your magazine" : Yours Dissatisfied.

I am sure many readers share some of Mr Witters views : since taking over the Editors chair in June I have listened at length to all paddler's opinions on the magazine (even non-BCU members) . Many people had positive comment : most had some grumble or personal dislike. The content of the magazine should reflect the wide interests of the Union's members: its should serve many other functions too. Information, opinion, forum, news, results, developments etc. Above all the magazine is a powerful vehicle of communication for its MEMBERS.

In defence, Focus can only print articles and features which it receives. We get lots of material in the 'Look what we've Done : Look what we've won ! ' category. Grinning Brats do tend to be photogenic and like to see themselves in magazines. Expedition white water paddlers also regularly contribute.

There is room for variety but contributions must be made from the areas of paddlesport who traditionally pursue their interests in quiet but very active corners. We do try to promote all aspects of the sport. I am sure many readers would welcome a 'paddle to pub' flat water guide from Mr Witter. Please write and tell us about it and send pictures !

June Council and Executive discussed FOCUS at some length and it will be one of my tasks to produce a working paper on FOCUS for discussion at the next Council in November. Please write to me : I look forward to your comments and views. Feedback is always welcome and it will help produce the magazine you want to read.

Editor

On a lighter note: In our Cover shot, is the GBR on Shaun's kayak a abbreviation of 'grinning brat' ? Was Tacen an obscure Local event ?

HOLME PIERREPONT WHITE WATER SLALOM COURSE

Aug 3-4	Open to the public	HPP	Oct 13	WW Race	JH
Aug 10-11	L&SE Reg Training	RR	Oct 19-20	Open to the public	HPP
Aug 17	WWR Club Champs	JH	Oct 26-27	Open to the public	HPP
Aug 18-23	Midland School of Sport	HPP	Nov 2-3	Open to the public	HPP
Aug 24-25	*Ranking Slalom - 4 SJC		Nov 9-10	Open to the public	HPP
Aug 31-Sept 1	EM Regional Training	RR	Nov 16-17	*Olympic Possibles	AE
Sept 7-8	Open to the public	HPP	Nov 23	Charity Raft Race	HPP
Sept 14-15	*Ranking Slalom - 3	JC	Nov 24	Open to the public	HPP
Sept 21	Open to the public	HPP	Nov 30-Dec 1	Open to the public	HPP
Sept 22	+ Open to the public	JH	Dec 7-8	*Junior Slalom Squad	BF
Sept 28-29	*Ranking Slalom - 1	JC	Dec 14-15	Open to the public	HPP
Oct 5-6	*Ranking Slalom - P	JC	Dec 21-22	Open to the public	HPP
Oct 12	BOA	HPP	Dec 28-29	Open to the public	HPP

+ was a White Water Race - now cancelled.

The above schedule for the rest of the year was correct at the time of going to press. Please check with the Centre before travelling, however, as exclusive bookings may occur at a later date - phone 0602 821212

Bib holders please note that 'exclusive use' continues until dark on the Saturday evenings. ALL PADDLERS PLEASE NOTE that BWB have informed us that the lock approaches on the Trent are governed by separate bye-laws, and may not be used for re-entry and paddling back up-stream.

Send SAE to BCU office for further information concerning any events not labelled HPP - or consult relevant Yearbook. For events labelled HPP contact the Centre as above.

Kayak Review Aeroquatic 2



Since the demise of the original AQ and the factory it was produced in, Vladimir Vanha has been busy on the Mark II. What he has done is fine tune the performance of the original popular rodeo Boat. The AQ was thought very unusual when it first appeared and 'Son of AQ' will raise as many eyebrows as it's predecessor. Some of the controversial features are still there; the 'accelerator' grooves in the hull for instance have been lengthened and widened at the stern. There is substantial flare in both bow and stern hull shape in the hull, an unusual move for a modern white water kayak.

The kayak is a little slimmer in the beam and has lost some volume from behind the cockpit, particularly in the rail. Topside there are minor changes to the foredeck and cosmetic changes and other quirks and idiosyncrasies here and there including a stab at subliminal marketing for male paddlers! Overall the short funboat is still very American in fittings and style; thick centre - pillar buoyancy and tape end graps which, although not ideal for WW rescue techniques can be easily changed or adapted, to suit individual needs.

The comfy seat remains the same as does the wrap around thigh braces; these are great for positive edge control, not so good for fast exits.

The material is of a very high Density Linear and roto moulded unlike the previous model which was blow -

moulded, and did suffer some brittleness through lack of UV stability.

So what's it like to paddle? Where the boat scores is in rough water handling and playboating. It's well behaved, edges well and is a little more responsive than the Mark One. It surfs and carves nicely and the bow flare rises out of troughs well. This makes ends and pirouettes positive and predictable.

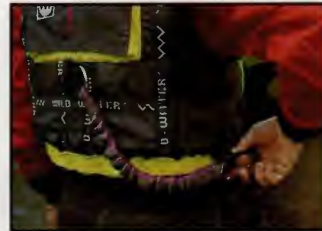
The standard boat comes without footrest so that the paddler may fit his preferred type. Ainsworth will supply foam blocks for custom fitting. Cosmetically the kayak has a few rough spots but this is a minor detail: it doesn't affect its handling. Colours are many and varied, mostly pastel shades.

Final Verdict : Quirky but fun with good performance.

Availability at the moment is limited as the kayakes are manufactured in the USA. the importers are Ainsworth Designs Ltd 76 The Green, Twickenham, Middlesex TW2 SAG. 081 898 4839 Price £450.00

Cow's Tail

The Wildwater Elasticated Cow's Tail offers several distinct advantages over conventional Cow's Tails. The main advantage is in the shorter length when not in use, this reduced the chances of a pad-



dlar snagging the tail when close to trees or the bank. The shorter length makes the tail user friendly, standard tails tend to swing around and get in the way when in serious whitewater. The elastication provides a certain amount of shock absorption during rescues but does not hinder a swimmer or paddler trying to "Clip in". The elastication of a safety item requires strict quality control so Wildwater would like to advise paddlers against the imitations that will no doubt follow.

Mont-Bell have also produced a small fleece cosy hat designed to be worn under the helmet. Looks very strange but is very effective for people who often get their heads wet! Available from 1 August 1991. Colour Black Karabiner, MultiColoured Webbing. Price £19.95 inc VAT. Manufacturer Mont Bell UK Ltd, Glasshouses Mill, Pateley Bridge, Harrogate, NYorks, HG3 5QH. Tel 0423 711624.



BOOK REVIEW

Performance Kayaking

By Stephe B. U'ren

Any technique book which will cause discussion amongst paddlers and makes you think about your own paddling is worth looking at. I found Performance Kayaking very readable especially the Rob McDougal section on 'Play Paddling'. The uninhibited use

of English Language is effective and entertaining i.e. describing stopper problems as an uncontrolled cartwheel scenario'.

Some Americanisms and terminology will need translation or tuning into but once you work out that a Dufek is our Bow Rudder and a front rudder is a reverse surf steering stroke performed at the bow you'll be alright.

I think some of the expressions to describe water features are really good; Smiling and Frowning hydraulics are an example. The chapter on reading water is especially good and easily understood.

The book has much to recommend it; some sound practical rolling advice, interesting basic strokes section and sensible exercises to improve moving water skills. Absolute beginners to whitewater would be better off with Ray Rowe's section in the BCU Coaching Handbook or White Water Kayaking' as this book is aimed at intermediate paddlers looking for 'the next step'. On this premise it is successful. It would be a useful aid for Coaches and SI's expanding their coaching repertoires as it offers a slightly different perspective from our own Coaching Scheme, and it is none the worse for that. Boat control is given more emphasis than strokework and the clear photographs and cute diagrams clarify the text. On balance the book is visually attractive and the informal writing style make it well worth a read.

Price £9.95. Distributed in UK by Cordee

Patagonia Paddling Gear

A new range of up-market software is being introduced to Britain. The range is full and varied: from thermals, through mid-way, to outer shell clothing. The garments are very well made, fashionable and in strong colours.

Two items are being tested by us now, the Paddle Jacket for river paddlers and the Skanorak for sea kayakers. A full test review will appear in the next Focus making comparisons with comparable British equipment. Clothing and catalogues are available from Current Trends, Nottingham.



Kayak review TUFFY TEST DRIVE

Pyranha's new Tuffy range of boats consists of four models led by the newly designed Odyssey. Conceived as an all round kayak, and with the family market in mind, the boat seems well suited to its purpose: indeed, the Odyssey's versatility suggests interest might also be shown by centres seeking models suitable for introducing novices whilst still affording those with more experience some fun and excitement. It is worth stating, however, that the Odyssey is not really a white water boat, and wasn't designed as such. If it is remembered that it is a general purpose knock about family boat, however (and that is definitely not to say that it isn't capable of providing hours and hours of fun at Symonds Yat type rapids), then the usual high standard of construction from Pyranha will make for a very durable craft. That it is made of easily repairable linear plastic makes the Odyssey, and really the entire Tuffy range, even more viable propositions for long term use.

Tuffy boats are available in two specifications, standard, and the S-type. The former arrives as a series of mouldings, ie shell, seat, footrests, toggles, which Pyranha estimate the average handyman or woman should be able to complete in approximately 1 hour. The S-type gives you

ready fitted foam buoyancy in the rear (but only to a length of about sixteen inches, further dissuading use on white water), slot footrests, toggles and seat in place leaving you just to fit the graphics. In order to make your introduction to kayaking even easier, Pyranha also offer the choice of two starter packs. SP kayaking includes a natural coloured boat, a Tuffy ABS paddle, and a nylon deck, while SP2 offers a buoyancy aid and cagoule in the package. The respective prices are £220 and £269, so pretty good value, with pink, yellow or purple colours also available, and skeg, backrest and deck hatches detailed as extras. Whether the boat minus the other goodies is available, the promotional literature did not explain.

The test boat was the S-type, and arrived as all kit. Everything was relatively easy to fit, except the seat, which required a minor version of tunnel rat warfare to achieve. The basic problem is that the holes designed to allow you to wing nut the seat to the hull (everything must be drilled, but the instructions are clear and comprehensive) just isn't large enough. I'm 5'5", proportioned almost accordingly, and found the hole too small for my hand: any taller/larger, and I suggest you get Uri Geller to do the job for you. I know a lot of people obtain a sense of achievement in helping build their own boat. Personally, I'd just buy it ready to go afloat, and cut out all the grief.

In terms of construction, the only real criticism concerns the toggles. Unnec-

essarily fiddly, requiring drilling, and moulded from soft plastic, Pyranha needs to bin them and offer something else.

On the water the Odyssey affords good speed, is manoeuvrable in turns, and doesn't sacrifice stability or control to achieve this, very important if this is to be a first boat, or used occasionally, and the driver doesn't want to keep relearning the skills of staying upright. There are boats that are faster, and those that respond better, but as an all rounder the Odyssey is an good compromise. You can move onto bigger and better things if inclined after tasting the joy of canoeing, as Pyranha put it.

The large cockpit, and lack of foam forward of the seat confer all the obvious advantages in the event of a capsize, and also reduces those tense moments for those without mountain goat lineage getting into and out of the boat at the bankside. Once afloat, the generous size of the cockpit and bucket seat add to the degree of comfort. When rolling the boat I found my knees slipped from the thigh braces. However, I suspect this was more to my design fault (lack of height/long legs) than anything else. In other respects the boat rolls well, with a relatively low back as found on other Pyranha models.

In conclusion, despite moaning about the boat coming as a DIY kit (get the garlic and wooden stake out), and the fiddlydiddlying with the wing nuts, Pyranha have in my opinion designed a very good starter/family boat. The Odyssey can't be said to be dynamite at any one thing, but that is where its strength lies, as it isn't bad at anything either: it offers all round ability. It is versatile, and for the buyer in search of something that mum, dad and the kids can all use, or looking to start on the rocky road to ruin, out every Sunday and hooked on paddling, it deserves serious consideration at the price offered.

Final Verdict: Good budget priced starter boat. More Fiesta than Ferrari to drive!

Mark Hickman

TRADE NEWS

DCS/OLS

Outdoor Leisure Supplies have now acquired the sole manufacturing and distribution rights to the DCS range of Buoyancy Aids and Throwbags. These well established products will continue to be available through Simon Dawson, or direct from OLS.

The change gives Simon the time to develop a new specialist coaching service. This is an independent training package, specifically designed for white water kayak skills, to be called Kayak Control Coaching.

STEVE RAVEN

Steve Raven (Coach to the British Wild Water Canoe Racing Team) has recently formed a new company: C.A.F.E. fitness management, to develop in conjunction with POLAR, the heart rate monitoring company user-friendly computer software. An offshoot of this venture is that Steve is now able to market a complete range of heart rate monitors for canoeists.

CIRCLE ONE EXTEND RANGE

Recognising the greater level of safety consciousness in the watersports field Circle One extend their range to buoyancy aids this season. Produced with both practicality and style in mind the collection features designs which are tried and tested by enthusiasts as well as the bright colours which have become associated with the company, suitably complementing wet suit range.

The range of six retail from £38.55 for the GP Standard single buckled PU coated nylon model to £40.45 for the slalom and £70.80 for the top of the range Impact vest. Further information and brochure can be obtained from Circle One, Telephone 0363 773005.



CANOE FOCUS

TRADE DIRECTORY



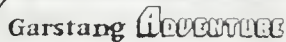
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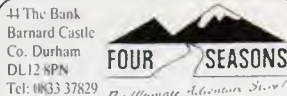
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Touring

TOURING

For most canoeists the idea of a trip to Corsica involves big waterfalls and dangerous rapids, but this image is mainly false. Most paddling is in the grade 2-4 category, and many paddlers with some experience of white water touring could have an excellent time on the island. To help spread this message the Touring and Recreation

Committee ran the second annual Corsica tour last Easter. Seven groups took part, and paddled a big selection of the water available.

One idea of the tour was to give a bit of support and advice to people on their first trip. Some of the information offered was to do with canoeing, but most was more useful, like the availability of emergency dentistry after an unplanned face plant or the comparative qualities of the pizzerias in Corte town centre.

The main aims of such tours are to bring together

paddlers, to make new groups and friendships, and to learn from each other. This year the biggest beneficiaries of the tour were Paul Levy and John O Leary who received a masterclass in American style paddling from Scott Young during a descent of the Travo.

Most paddlers learnt something if only the absolute delights of the Corte campsite at sunset, or the pleasures of a driftwood campfire when bivouacking on the rivers. Corsica is still unspoilt. The third annual tour will be run next Easter. Look in the year-book for details.

COQUET CANOE CLUB ROUND THE ISLAND RACE 1991

The race, run on 9.6.91, was a great success despite a brisk wind and a moderate sea which made it a difficult paddle back from the island for the competitors. Conditions were especially difficult for the long course paddlers racing over this distance for the first time.

RESULTS

Class 1 (Amble to Boulmer and back via Coquet Island) 13 miles.

Seniors

1st Rod Slaughter 2hrs 35 min 45 sec Wansbeck KC
2nd Michael Sanders 2hrs 37 min 54 sec Leicester Outdoor Pursuits

Veterans

1st Joe Brown 2hrs 49 min 45 sec Stafford and Stone CC
2nd Martin Meling 2hrs 52 min 50 sec Wearside College CC

Class 2, 3 and 4 (round Coquet Island) 5.5 miles

Class 2 Sea kayaks/whitewater racers

Seniors

1st Michael Mason 50 min 34 sec Durham KC
2nd Ray Hudspeth 56 min 55 sec Tyne Valley CC
3rd Brian Athey 57 min 6 sec Wansbeck KC

Veterans

1st Geoff Woodman 64 mins 58 secs C Trak
2nd Malcolm Norris 75 min 25 secs

Ladies

1st Joanne Wilson 70 min 12 secs Blyth CC

Class 3 Slalom Kayaks

1st R D Baron 85 mins 56 secs Blyth CC
2nd Alistair Thompson 86 min 2 sec Blyth CC
3rd Nathaniel Hill 109 min 32 sec Coquet CC

Class 4 Double

1st Phil Walton/Dave Raeburn 64 min 2 sec

Class 5 Juniors 3 miles

1st John Oates 35 min 58 sec Blyth CC
2nd Michael Thompson 39 min 22 sec Blyth CC
3rd Tracy McMaster 39 min 43 sec Coquet CC



Peter Knowles on the River TRAVO.

Corsica photographs by Phil Bibby



Green Slime & Phil Blain Recreational Paddlers on the river ASCO, Corsica's roads and drivers are a hazard!!

ANGLESEY SEA SYMPOSIUM

The first sea kayak symposium in Britain was held at the Anglesey Sea and Surf Centre in May. Over 200 paddlers from around the world met over the week for lectures, coaching clinics and demonstrations. The event was a huge success and will be repeated next year. This year's star lecturer was George Dyson from America who gave an illustrated talk on kayak design from historic Baidarka to his modern aluminium tube space age kayaks. International paddlers took the opportunity to take BCU awards and coaching qualifications.



Shaun Pearce takes Tacen Gold

River Sava Ljubljana.



Tacen

Torrential rain led to the opening ceremony being postponed for 24 hours and non-stop practice took place before the official opening. The artificial course is similar to Holme Pierrepont but features a 10 metre drop to gate 1. This resulted in a pile of penalties, some down to anxiety, other due to sheer bad luck with the water surging and pulsing unpredictably. Spectators had a ringside seat with virtually the whole of the course visible from the specially built stone terraces.

A change in the weather was not reflected in the performance of the GB ladies who all paddled way below par. Top placed British girl was Karen Like at 17th. Disappointment too for the her British connection in this event : Myriam Jerusalem of France (Mrs Richard Fox) losing her World Title and dropping to 6th place. Elisabeth Micheler of Germany and fiancée of Melvin Jones, paddled well to become the new World Champion in 171.08

Canadian Singles brought the shock defeat of reigning champion Jon Lugbill of the USA. Leading after first runs Jon slumped to 4th place : his first time out of the medals since 1979. The Brit CI youngsters came a credible 9th, 10th

and 15th with Gareth Marriott unlucky not to take the title. He had the fastest time of all CI's but was let down by penalties. The age of our CI paddlers is encouraging for the future. This was a further emphasised when Delaney/Marriott/Horsman took the Bronze Medal in the Team event finishing behind the strong French and USA teams.

More surprises in the Mens K1 with; World champion Richard Fox finishing down the field a 21st with heavy penalties on his second run after lying second after first runs.

21 year old Shaun Pearce, reigning British Champion produced the run of the event, a powerful clear 143.65 which proved unbeatable, even by the experienced Yugo paddlers : Maran Strjukelj only managed second place, 3 seconds off despite the encouragement of a 4000 strong home crowd. Shaun appeared to the Worlds Press as a newcomer as they were unaware of his previous successes at Junior Pre-Worlds and the World Cup Race at Wausau, USA. Shaun is the still 4th choice paddler for the World Cup Series and will only paddle if one of the three man team cannot compete.

Team events were a French monopoly taking Mens and womens K1 and Canadian Doubles Gold

Medals. The USA took gold in Canadian Singles with a predictably strong and experienced team

Sue Wharton.



Nottingham

A tired but happy Shaun Pearce, travel weary but with reasons to be cheerful arrived back at his day job at Current Trends to a large handwritten sheet nailed to the door. 'Well done Shaun, World Number 1.' I drove past it on the way to work and watched, as always, the dripping hopeful future champions finishing the early training session, loading their kit and knew they also would see the sign as they left for home and breakfast. Shaun's inspired run made him top of the world in a little over two minutes. We all know it takes many months of preparation for that one sweet run. Future hopes and dreams are tied up in that somewhere and it gave everyone a gee up. Like your home town winning the cup, or so I thought.

That very week a short report appeared in the Daily Express detailing recommendations from the Commons select committee on sport in Schools? It cited canoeing as one of the 'individual' sports that should be dropped in favour of 'team' games. I have read the report and it did not specifically mention Canoeing. The Labour MP who chaired the press conference is credited with the 'drop canoeing' reference. Surely we want all sports in schools? Canoeing especially appeals to people who don't like contact sports and don't have hand/eye/ball co-ordination.

Later the same week a presenter on Nottingham radio advised a mother not to buy a canoe to get her nine and ten year old kids into paddling on the canal because it was unsafe and dangerous. My responding call was placed in the queue but I didn't get to put the contra view. I did ask our new Nottingham

based World Champion when he started canoeing: 'Ten' he replied.

Later the same week I walked past the slalom course. Shaun was pacing the bank, coaching a young kid who was struggling with the water and spraying poles in all directions. The youth was nevertheless inspired and so was I.

Despite the media, the press, the problems with slalom, sponsorship and access; the sport generally will have a future as long as we keep putting paddles in kid's hands and letting them enjoy the water.

Kevin Danforth



Britains Bronze medal C1 team

GREAT BRITAIN RESULTS

WORLD SLALOM CHAMPIONSHIPS

Yugoslavia - 17-23 June 1991

Women's K1

(Winner's time: 171.08)

17	Karen Like	198.93
20	Maria Francis	212.91
36	Rachel Fox	230.25
46	Joan Jayes	241.55

Men's C1

(Winner's time: 155.19)

9	Mark Delaney	176.49
10	Gareth Marriott	194.20
15	Bill Horsman	225.22

Men's C2

(Winner's time: 169.79)

15	Carl Rouch	
	Tony Ambridge	190.64
20	Clive Richardson	
	Colin Thompson	230.64
25	Ian Clough	
	Andrew Clough	281.41

Men's K1

1	Shaun Pearce	143.65
16	Melvyn Jones	150.69
21	Richard Fox	159.69
27	Ian Raspin	162.71

C2 Team (Men)

(Winner's time: 191.15)

7	Carl Rouch/Tony Ambridge	
	Clive Richardson/Colin Thompson	
	Ian Clough/Andrew Clough	234.52

K1 Team (Women)

(Winner's time: 205.56)

7	Karen Like/Maria Francis	
	Rachel Fox	238.91

C1 Team (Men)

(Winner's time: 188.23)

3	Gareth Marriott/Mark Delaney	
	Bill Horsman	204.34

K1 Team (Men)

(Winner's time: 170.36)

5	Richard Fox/Shaun Pearce	
	Melvyn Jones	170.95

All Photographs by Tony Tickle



ON TOP OF THE WORLD



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MENS WORLD SLALOM CHAMPION
TACEN, YUGOSLAVIA 1991

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paddling Perception Reflex Barcelona
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paddling Perception Reflex Barcelona ML

WORLD WILD WATER RACING CHAMPIONSHIPS



Yugoslavia - 13-16 June 1991

Ladies K1 (Winner's time: 16.51.08)

10	Shirley Bain	17.39.14
15	Julie Ashton	17.57.71
16	Nicola Weaver	18.06.81
17	Andrea Clayton	18.08.45

Men K1 (Winner's time: 15.39.87)

5	Neil Stamps	15.59.63
20	Alan Tordoff	16.16.02
27	Ian Tordoff	16.21.87
39	Robin Murray	16.39.36

C1 Men (Winner's time: 17.43.29)

23	Mackon Singh	18.57.68
27	Ross Pearton	19.26.29

C2 Men (Winner's time: 17.00.17)

17	Simon Twigger	
	Scott Simpson	18.08.82

Team K1- Ladies

(Winners time: 17.34.26)

4	Shirley Bain/Julie Ashton	
	Nicola Weaver	18.26.59

Team K1- Men

(Winner's time: 16.09.43)

5	Neil Stamps/Ian Tordoff	
	Alan Tordoff	16.33.63

THE WORLD WILD WATER RACES, YUGOSLAVIA JUNE 15/16 1991

The river Soca in Northern Yugoslavia must rate as one of Europe's most beautiful rivers and it was here at the small alpine town of Bovec that this year's World Championship Wild Water Races were held. The race course could feasibly be divided into three sections, firstly a flattish section lasting approximately seven minutes, secondly a fairly technical section of roughly six minutes duration and finally a six minute section of grade four rapids finishing in the last breakout before a gorge consisting of grade six water and some very nasty siphons and boulder chokes.

It was the finish line that was to cause a great deal of controversy, many of the team had been training on the race course in early May and had witnessed the tragic death of a young Italian paddler who was training for the Italian Team selection to be held on the river that same week, this paddler had capsized on one of the final drops and had "swum" down into the gorge, it had taken many hours to recover the body.

The issue actually resolved itself through a sequence of events, firstly the arrival of the ICF officials who felt similarly to the team management and secondly two incidents during training whereby top paddlers capsized in the final breakout as a consequence of the safety cover, one catching his paddle in a dangling rope and the other being forced up against a raft, neither of them

was rescued before entering the gorge, both paddlers were lucky to escape serious injury. The finish line was officially moved 200 yards upstream on the Wednesday prior to competition, most paddlers were relieved to see the issue finally resolved.

During the final few days' up to the event the team continued to paddle with confidence and certainly looked very impressive on the water, training times also appeared to support our confident mood. The Yugoslavian Organising Committee also began to display their tremendous hospitality with many events laid on for their guests. The opening ceremony took place on the Thursday evening, ICF President Sergio Orsi officially opened the event and this was followed by a novel musical presentation involving two percussionists "playing the, canoe".

INDIVIDUAL EVENTS

Mens Kayak

Our Mens Kayak team of Robin Murray, Neil Stamps, Alan Tordoff and Ian Tordoff acquitted themselves very well with Robin and Ian attending their first senior worlds. Alan Tordoff the 1990 British Champion was soon on the leader board only to be usurped by Rolf Kilian the eventual Bronze medalist, Alan's time placed him 20th overall but was within 10 seconds of a top ten placing, highlighting the intensity of the competition. Neil, with his silver medal placing in 1989 was one of the last competitors to race, Neil recognised that the course characteristics were perhaps not in his favour and was justifiably happy with his fifth place. The mens event was won by Markus Gickler from Germany who won by a phenomenal 12 seconds from Yves Masson (France).

Womens Kayak

This year's womens team consisted of Julie Ashton, Shirley Bain, Andrea Clayton and Nicola Weaver, again with the second two competing in their first World Championships. Shirley had paddled with controlled aggression all week and she certainly paddled very well on race day and finished an excellent 10th. The event was won by Karin Wahl of Germany followed by 1989 champion Sabina Goetchy of France.

Canadian Singles

Ross Pearton and Mackon Singh were the athletes chosen in this class, both of whom had competed at this level in the past. Mackon was very unfortunate in

the non-stop practice. He capsized 100 yards above the finish line and was swiftly pulled out but the rescue team failed to recover his race boat which disappeared down the gorge section and was not recovered, hence he had to race his practice boat and deal with the psychological pressure of racing the day after swimming! Mackon was to finish 23rd, a good result given the circumstances but perhaps disappointing to Mackon. Ross was steady as usual in the days' leading up to the event and performed well to finish 28th. The event was dominated by the Yugoslavians who captured the first three places with Crnkovic, Kancler and then Jelenc. You can probably imagine the atmosphere at the prize giving.

Canadian Doubles

Our C2 team consisted of two crews, neither of whom had raced at this level before, Simon Twigger and Scott Simpson have made steady progress though international development and B teams to their selection for the worlds team this year. Slade Warne and Clive Harvey were a new crew but Clive had competed at this level in 1985. Both crews paddled very well with Scott and Simon finishing 17th and Slade and Clive coming in 21st. The French crew of Carlin and Archambout caused an upset by winning and pushing home crew, and firm favorites, Masle and Grobisa into second.

Team Events

In the mens kayak event Ian, Alan and Neil paddled into fifth place being narrowly pushed out of fourth by the Austrians. The race was won by the Italians closely followed by the Germans, with an off form French team finishing third.

The womens team, Nicola, Shirley and Julie paddled as hard as possible and at the first split point were level with the Swiss, pressing hard through the middle section they made a slight error which was enough to make the task of beating strong Swiss team too much, and they finished an excellent fourth. The event was won by the French with the Germans second and the Swiss third.

Whilst the team did not bring home any medals it has to be said that the whole team gave 100% and worked as a truly cohesive unit right up to and throughout the whole event, a factor that bodes well for the next two year build up to the Italian Worlds at Mezzana.

MECHELEN INTERNATIONAL REGATTA 1991

Saturday 4 May

The Regatta was attended by 26 Nations. The British team won two Gold, three Silver, and one Bronze medals in the Junior Competition.

The following are results from the first day finals. Most notable performances in the seniors are as follows. In the Ladies K1, Andrea Dallaway produced the fastest ever GBR time for the 500m. Her time was 2.5 seconds faster than her previous personal best, which was also a British Record. The Ladies Team are producing good results in all their races.

Our reigning K2 10 Km World Champions Ivan Lawler and Grayson Bourne produced the best mens result of the day by coming 6th in the K2 1000 metres.

The Junior team's best results were the Gold Medal in the 5000m K1 by Tricia Davey, and the Gold Medal in the K2 6000m by Ian Wynne and Tony Richardson, who also won Silver Medals in the K2 1000m. Tricia Davey also won the Silver Medal in the K1 500m. The Junior K4 crew of Richardson/Wynne/Jenson/Slater achieved the Silver Medal in the K4 1000m. The crew of S. Unstead & S Hynds won the Silver Medal in the K2 6000m.

Sunday 5 May

The major success of the weekend was the victory of Ivan Lawler and Grayson Bourne in the K2 10km, as reigning World Champions they again demonstrated their mastery of the event with a superb performance. The afternoon was rounded off with a Bronze Medal in the C1 10km by Andrew Train, again another good performance. In the Junior Competition, Ian Wynne and Tony Richardson produced a Silver Medal in the K2 500m, which was an improvement by one place on Saturday's 1000 metre event. They paddled with Paul Slater and Steve Jenson in the K4 500m event where they again won the Silver Medal.

SENIOR SPRINT NATIONAL CHAMPIONSHIPS

Ask any sprint paddler what most springs to mind when you mention Holme Pierrepont and it will probably be the wind. Well Saturday certainly proved to be the 'calm'; before the 'storm'.

Saturday's 1,000m races saw few surprises with Grayson Bourne and Ivan

Regatta

Lawler (K2 10,000m World Champions 1990) living up to their reputation as 'World Class' paddlers, coming first in both their K2 and K4 1,000m races, with Grayson winning the K1 1,000m.

Mid-afternoon's entertainment was provided by Dave Enoch who decided to go into biathlon training with his untimely capsizing and swim. Wishing to be the invisible man he swallowed his pride and eventually went on to obtain a place in the Mens Vet B, K1 1,000m final.

In the Womens A races, Andrea Dallaway came first in the K1 500m, 1,000m and 6,000m finals. The K2 500m and 1,000m races were again won by Andrea, with partner Trisha Davey (still in her final year as a junior). Saturday's racing closed with the mens open K4 6Km final. One team failed to race when they found themselves without a K4, as the number 3 boat booked miraculously turned into 13 in front of their very eyes ... when the number 1 which had fallen off, was stuck back on. The race itself also had its moments with the Nottingham boat virtually pushed up the bank by the Royal crew and then a later clash with the Royal Leamington Spa team causing both the latter to be disqualified. The Wey boat (13) eventually went on to win although the Royal boat was subsequently selected to paddle at the Duisburg International Regatta.

Sunday morning arrived and with it the wind. White horses raced in the opposite direction to the paddlers. One competitor was convinced that he had white elephants in his lane and another told tales of battling over 3 foot waves (it was windy but not that windy). Oh the conditions were horrendous. The lanes nearest the bank tended to have the 'smaller' waves and hence the lane advantage, towards the afternoon the lower numbered lanes (0, 1) seemed to be favoured as the wind blew slightly 'cross-course'.

The mens A, K1 500m races were straight finals, during which the wind seemed to ease off slightly. In first place was Patrick Holmes and in second Ivan Lawler. Surprise of the day went to Jimmy Bulter the only sprint paddler I know who actually enjoys these conditions such as these. He won his final in lane 5 and obtained 3rd place overall. This was to spark off an acute case of cheesy grin syndrome. Grayson Bourne/Ivan Lawler won the K2 500m and Nottingham the K4. The regatta was to finish with a 'fight of endurance' for those in the K1 10,000m races. For the

mens B race the conditions were so terrible at the bottom turn that the course was shortened for mens A. Paul Wells who almost doubled the weight of his boat to meet sprint regulations had a disappointing race when his paddles snapped causing a capsizing at the first turn. Other competitors dropped out like flies. Ivan had a commendable win with a number of those finishing after being disqualified for underweight boats.

News In Brief

The Marathon Racing Committee are desperate for funds to send the GB team to Australia in 1992. Ideas please to Paul Owen 14 Milldown Avenue, Goring on Thames, Berkshire. RG8 0AS. **National Championships** take place for all classes at HP, Nottingham on August 24th and 25th. Details from George Oliver. 0602 624040.

Half Year General Meeting will take place in Nottingham on August 24th. Topics discussed will be re-structuring of the Divisional system.

Discipline

Following an incident at the Thameside canoe marathon involving Mr P. Terry of Maidstone CC and Mrs S. Sadler of Reading the committee imposed a three month ban on Mr. Terry.

In making the above decision the Marathon Racing Committee were particularly concerned about the assault and also the increase in physical contact during events. It should be stressed that contact of this nature is not necessary and will continue to be the subject of disciplinary action.

ANNUAL GENERAL MEETING OF CANOE POLO COMMITTEE

The Annual General Meeting of the Canoe Polo Committee will be held on Sunday January 5th 1992 at 11 am at Viking Venture Scout Headquarters, off Woodlands Road, Allestree, Derby.

Motions for the meeting or nominations for committee posts, must be received by the Secretary before the end of October 1991. Copies of the agenda, or proxy voting forms for clubs entitled to vote, who are unable to attend, may be obtained from the Secretary, 73 Dunlin road, Hemel Hempstead, Herts, HP2 6LX, from November 1, on receipt of a stamped addressed envelope. Proxy forms indicating the way they would like their votes cast must be returned to the secretary by 31st December 1991. Limited overnight accommodation for the Saturday night is available details and location map from your league secretary.

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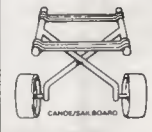


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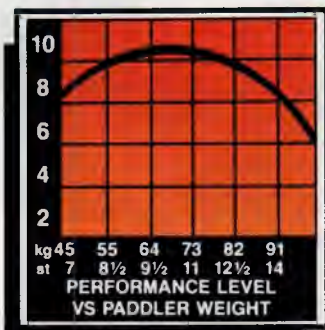


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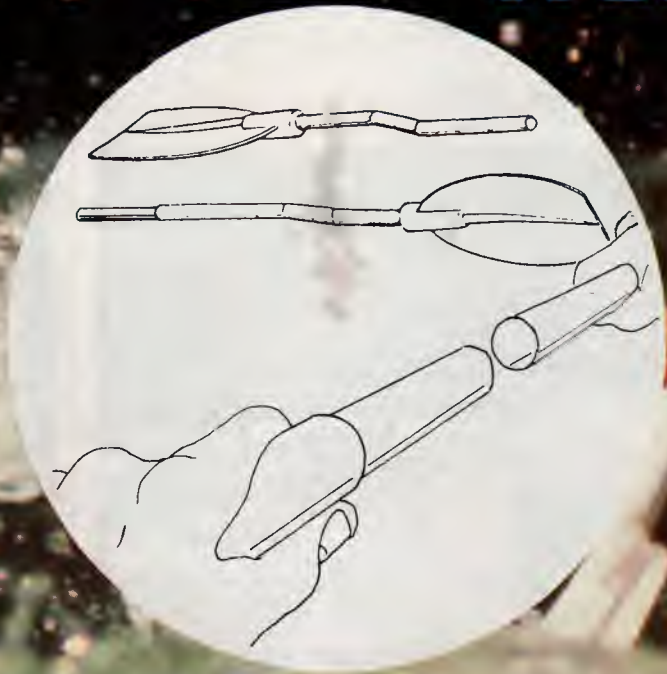
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