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February 1997

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Front Cover
BCU Lifeguards in action
Photo:
Steve Holmes

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John Dudderidge House,
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**BCU Enquiries
& Editorial to**
above address
Chief Executive
Paul Owen

Editor
Wendy Blackman

**Publishing
Contractors**
2b Graphic Design
29 Greenfields, St. Ives,
Cambs. PE17 4HB
Tel/Fax: (01480) 465081
ISDN 01480 496933
Peter@twobdesn.demon.co.uk

Advertising Sales
Anne Egan

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and **Fly**, plus the new **Coleman Canoe** range, at the International
Canoe Exhibition, NEC in February. See you on stand 30.

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Canoe Sailing

Congratulations to our International Canoe sailing team on their outstanding performance at the World Championships at Port Stephen in Australia. The Gold Medal and the cherished title 'World Champion' for Robin Wood and the Silver Medal for Mark Goodchild together with the defence of the New York Cup truly makes our Canoe Sailors the best in the world.

Devizes to Westminster Canoe Race

Competitors planning to take part in this years 50th Anniversary Devizes to Westminster race may need to rethink their start time. Contrary to earlier thoughts entrants in this years race will not be able to finish on the evening of Friday 28 March. However, the organising committee do hope to provide an opportunity for a daylight run for contenders planning to complete the race in under 19 hours on the Saturday 29 March. Whatever your aspirations please keep an eye out for further announcements from the Devizes to Westminster committee.

AGM

The BCU AGM is being held in London on Saturday 15 March at the Westminster Boating Base. Please see the enclosed Agenda concerning the business of the meeting.

International Canoe Exhibition

The International Canoe Exhibition takes place later this month on Saturday 22 and Sunday 23 February at the National Exhibition Centre in Birmingham. Following on from last years very successful show the exhibition will again run alongside the National Caravan Boat and Leisure Show. With all the major manufacturers and retailers represented the exhibition is a must for the canoeing enthusiast whether to look at new products or just to catch up on the gossip.

BCU Annual Report

This year the BCU annual report is contained within the BCU Year Book, see pages 124-126 and it is planned to include a detailed report of the BCU's activities in the April Canoe Focus.

Tax Relief on BCU Membership Subscriptions

Following extensive negotiations, the Inland Revenue have agreed to grant 85% tax relief for those members for whom membership of the British Canoe Union is directly relevant to the duties they perform in their paid employment. No relief is available to members who canoe for recreation and whose employment is unrelated to canoeing. Relief is only due in respect of the annual subscription and does not cover life subscriptions or payments for handbooks etc.

The Union's name will appear in the next edition of the list of approved bodies which is due for publication later in the year. As Inspector of Taxes will not receive notification of the Unions approved status until then, members who qualify for relief should point out to their local inspector that the Union has only just been approved and quote the Head Office reference number SAPP/CI/SUB1954/MA. When making a claim please remember that the allowable amount is only 85% of the total annual subscription. Formally this relief comes under section 201 Income and Corporation Tax Act 1988, with effect from 6 April 1996.

Email

Several email messages have been received by the BCU office requesting detailed information club listings, yearbooks etc. Please ensure when making such requests that postal addresses are included so that full details can be sent on. The BCU email address is 101764.124@CompuServe.Com.

Late Competition Focus Information

Please note that the courses for the Thameside marathons have

been switched around and the canal race from Aldermaston to Reading will take place on Sunday 23 February and the river race from Reading to Marlow on 9 February. The assessment event for prospective marathon team members will form part of the time trial on 23 February.

BCU Facilities Strategy

Preparation of a BCU Facilities Strategy as mentioned in the last edition of Canoe Focus will commence later this month following agreement from the Sports Council to fund a considerable part of the project. This will be an extensive exercise involving interviews with BCU clubs and BCU committees. The objective is to produce a plan for facility development that will enable canoeing to take advantage of the increased funding opportunities that exist through the national lottery and other sources. It will particularly examine planned club developments with a view to ensuring that the very best facilities are available throughout the whole country.

Paddlesport Posts

If you wish to be considered for one of the new Area Paddlesport Development Officers posts that have been created as part of the Top Club pilot initiative then please read the advertisement included in this edition of Canoe Focus. These new roles form an important part of the new initiatives to attract more people into the sport through the club structure.

Coaching Development Officer

We are pleased to welcome Mike Devlin as the new Coaching Development Officer. Mike will continue on from the work commenced by his predecessor Kevin Danforth and brings with him a range of experience gained as a competitor and coach in almost all canoeing disciplines. Having run Current Trends for the last eight years Mike has extensive experience of the commercial sector and is very much in contact with the needs of those undertaking training courses for BCU qualifications.

Paul Owen

Chief Executive

Trade NoticeBoard
 All of the traders featured below will be attending the International Canoe Exhibition on the weekend of 22/23rd February, so come along and see what they have to offer.

Palm's Blueprint for Paddlers

Committed to increasing safety awareness amongst paddlers, Palm Equipment International have introduced the Palm Blue series of information booklets. The Palm Blue information booklets contain important advice for paddlers, enabling them to maximise the performance and lifespan of their equipment. All Palm products will be sold with an accompanying booklet particular to that piece of equipment. Chest Harnesses, Throw Bags and Tow Line Systems are essential items of safety equipment and it is important to know how to use them. The Palm Blue booklets are designed to eliminate any confusion and come fully illustrated with clear, practical diagrams specifying the correct operational procedures.



Pyranha's New Model

After numerous prototypes, months of trials, intensive research and development aimed specifically at the top end playboaters, paddling on aerated waves, Pyranha have produced The Razor. Specifications: Length 2.60m, width 0.61m, Cockpit length 0.80m (internal), Cockpit width 0.39m (internal) volume 1851 (estimated) weight 18.0kg. Some detailing has changed slightly from the photograph shown and the boat is without graphics, end grabs, bow and tail cap which will be standard. RRP is £539 (ART single colour) and £579 (ART multi colour).

White Water Consultancy - Website

White Water Consultancy now have a new website in the internet. The address is: <http://www.wwc.co.uk>. They also have a new email address, to order email us at: sales@wwc.co.uk. White Water Consultancy are now the UK Importers and distributors of Mad River Canoes. The new range of boats will be on show at the International Canoe Exhibition at the NEC.

Peak Performance Expedition Vest Pro

Peak Performance have added yet another product to their extensive range. The new Expedition Vest Pro is CE approved and combines the unrestricted movement of a competition vest with the added safety of a fully integrated rescue harness

(tested to 500kg). Constructed from super tough Cordura, with front and rear pockets, adjustable shoulder and side straps and a waist tie, and has 7kg of soft PVC flotation foam. The price of the vest is £91.00.



Playboater - Work Deck

Playboater have released their first new spraydeck for 3 years, aimed at the playboating and rodeo market with a RRP of £69.95 inc VAT, it features grippy latex inside with stretchy reinforcing where it counts. Fits keyhole and bigdeck cockpits and comes in waist sizes Small to XL, in Black Cross Tuck.

YAK New Products

YAK have issued a number of new products which appear in their 1997 catalogue, items for everyone from the serious paddler to the potterer. Items include Heavy Duty Dry Bag and Dry Trousers, and the new Duo Dry Bag which is a combination of a dry bag and buoyancy bag. For a copy of the YAK catalogue ring

01705 528621 or
 Fax: 01705 510905



Dr.D's Old Town - Prospector - Fuego - Nordkapp - Lendal - Pyranha - who threw his kit away in a bin liner? -
 Dagger - Montane - Hire Boats - Demo Boats - Pinger Boats. - Nice van Bob - Schelegel - Coleman - Kober - Valley
 Sea Kayaks - Knoydart - Still as snugly as a box full of Snuggly things - Canoe Focus - Canoeist

Prijon - Eskimo - Manic - Palm - Perception - North Shore -
 - Q. What weighed 7lb 11ozs on Nov 12th
 A. John Peter Whitfield Born 12/11/96 - Welcome Elklet.

Werners Luvly Werners - Capella - P&H - Gorilla - Yak - Guvnor more sea kayaks than a Symp! Eurokayaks -
 Azalli - Canadians Complete 1/2 the paddle twice the ?? Calypso - A bear ate my salmon - More Palm - Tyrone -
 Buccaneer - We won't be at the I.C.E. - Nookie - Mobile Adventure - Graham that is a nice skeg - Playboater

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Crewe and Nantwich Canoe Club 'Clean Up' at the Awards Ceremony

After their successful river clean up in the summer of 96 members of Crewe and Nantwich Canoe Club were presented with an award from the Nantwich Town Council, the Civic Society and the Nantwich Chronicle for services to the community. Congratulations to all those who took part, and keep up the good work.

The Control of Doping

Use of Ventolin Inhalers
If you are paddling at a level likely to involve you in being tested for drugs, and have to use a Ventolin Inhaler, you can avoid the possibility of disciplinary action having to be taken if the banned substance, Salbutamol, is discovered in quantities related to your use of the Inhaler. Please send an sea to the BCU office for a form for completion by your doctor.

Registering Other durgs

Please note that the automatic exclusion from disciplinary action applies only to the use of a Ventolin Inhaler.
Should you be on prescribed medication involving any other banned substance, it may be of help for this to be registered. This will not automatically exclude you from the laid down process of suspension from competition, and so forth, until the matter is resolved, but it could be of help in ameliorating any action which needs to be taken. Please send sae as above.

Obituary - Doris Reardon

It is with sad regret that Whitewater Canoe Centre announce the death of Doris Mabel Reardon, otherwise known as Shirley. She passed away peacefully in her sleep on 9 December. It was initially Shirley who with her husband George Reardon, who set up and ran the first canoe/folding kayak retail shop from Twickenham in 1961. Shirley was a warm hearted, lovely lady who although 76 years old was young at heart. She will be very fondly remembered and sadly missed by her friends, young and old.



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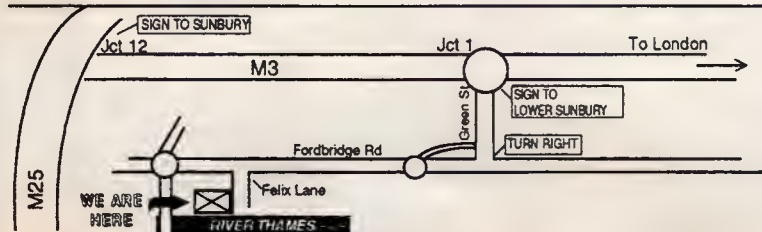
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Instructional Video Research

Richard Joy has secured funding from the Scottish School of Sports Studies at Strathclyde University to research the topic; 'The use of video as an instructional aid for canoeing' for an M.Phil degree. Among the areas he is currently examining are usage levels of instructional video by those instructing groups, and he would very much like to hear from those with experience or an interest in instructional video. If you have any suggestions, any information, or if you would just like more information, please call him on 0141 950 3471 (day) or 0141 942 8037 eves.

Sydney to Adelaide Canoe Challenge

Matthew Brown, 26, from Lymm in Cheshire has commenced a voyage to paddle single handedly from Sydney to Adelaide to raise money for the Multiple Sclerosis Society. The voyage of 3000km will be undertaken in a Canadian canoe, with no support team other than for food supply and a media access link. If you would like further information on this amazing challenge contact 01925 754080.

Down River Racing for Open Canoes - Lakeland Series 23/24 November

Despite snow storms and the M6 at times only having one lane open, paddlers still turned out to ensure that the race series went ahead. The event was organised by Jim Wilson from Carlisle Canoes on behalf of the BCU Northern Region, and supported by Mobile Adventure with the free use of demo boats and donation of all class trophies. Races were held on the River Eden and the River Leven. Results were C2 Men 1st: I and A Matheston, 2nd P Hilton and D Malpus, 3rd D Biggs and S Eastman and 4th T Hayes and W Potts. C2 Mixed: 1st N Timmins J Weatherill, 2nd P Scowcroft and L Davies. C2 Ladies: 1st A Hurst and A Harrison. Congratulations to all who turned out.

Lahn Tour 1996

Don Waterton 'the German speaking expert' in the Lahn Tour article in the last issue of Canoe Focus, gives the following further information in respect to the article. 'Until very recently the water authority provided several very basic, but free campsites. Our guide carried details of these. Only when one of us mentioned this in casual conversation that we intended to use one of these did we learn that the authority had withdrawn the facilities. Then we were allowed to camp on the Railway Club's site only because I had telephoned the secretary for permission. Beware of falling into the same trap. The authority closed the campsites because of noise, litter, and vandalism.'

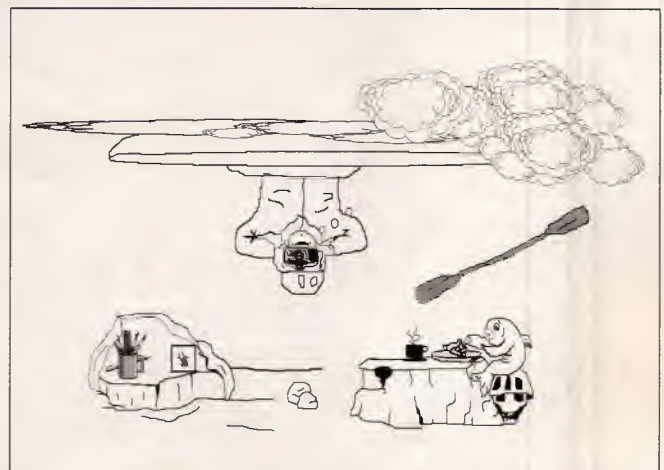
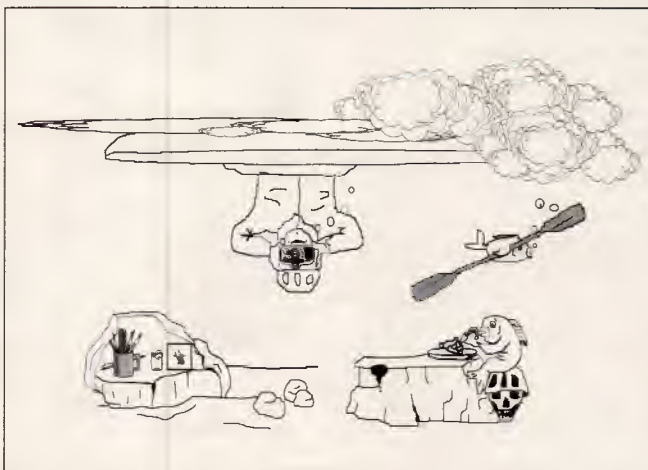
Kayaks and Paddles

Kayaks & Paddles are open daily (except Sundays) from 8am - 5pm and Saturdays 9.30am - 5pm and not only Mondays and Fridays as it appeared in December's Canoe Focus. Apologies from Canoe Focus's advertising department for any confusion.

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

Leeds Canoe Club Golden Jubilee

Leeds Canoe Club will be celebrating 50 years of canoeing in 1997 and will be organising a number of events to celebrate this important milestone. Please would any past members of the club make contact in order to invite yourselves to the events as well as record some of the early days of the club. Please contact the Chairman **Ian Needham, 14 Inglewood Drive, Otley, West Yorkshire LS21 3LD Tel: 01943 463199**

Playboating Extravaganza

Leeds Canoe Club, recognising the major interest in Playboating, will be organising on 1/2nd March and 17/18th May two Playboating Extravaganza's on the Washburn which gives guaranteed (stonking) grade 3 white water. Paddles Up course, and the Wave Riding Chocolate Egg Challenge are just some of the attractions. Leeds Canoe Club will be offering it's high quality hot food and drinks, Demo boats and with camping nearby we feel sure that you will be interested in the event. For more detail contact Ian Needham as above.

Eastern Region Tour

6 April Essex, River Blackwater. For details contact **Mike Robards 01621 817062**

Dove Tour

Please note that due to access problems the Dove Tour scheduled to run from 22-23 March will now be held over the weekend of 15-16 March.

Wild Water Racing - Wharfe

Please note that the Wild Water Race due to be held on the Wharfe on 23 February is now to be held on 16 March, to avoid clashing with the International Canoe Exhibition.

Hurley Weir Rodeo

The next Rodeo at Hurley Weir on the River Thames in Berkshire will take place on the weekend of 29/30 March.

As usual this is the 1st rodeo of the UK ranking events, traditionally it has also always been the largest, despite the ranking nature of this competition it always maintains its easy going, laid back type of atmosphere.

We hope to have excellent water for the whole of the weekend with the big old Hurley Weir open for real. The Hurley Lock Keeper and the Environment Agency usually help us out with the occasional extra gate for the competition, so come along and experience some outstanding playboating water.

Entry categories will include: Float boat, Open canoe, C1, Ladies, Squirt, Novice, Junior, Duo etc. Plus, of course, plenty of free practice time and some really bizarre fun categories - watch the entry forms for further details.

The scores from this event carry forward to not only the 1997 national championship (classic 3) but also for team selection to represent the UK at the worlds in Canada later this year. This event is also the 1st UK event to use the international scoring system throughout. As successfully tested in part of our Hurley Rodeo in Nov 96. All other UK ranking events this year will also adopt this system.

Camping on site is available for Friday evening and free rodeo training for entrants of all abilities will take place on the Saturday morning (but book the training early).

As usual, the event is being organised by Shaun Baker, through Playboater, contact **Shaun - Playboater, Haymill Centre, Burnham Lane, Slough, SL1 5PH Tel/Fax: 01628 602622**. Entry forms available from the NEC International Canoe Exhibition on the Rodeo stand. Or after the exhibition, contact Shaun direct. But remember to also phone Shaun closer to the date for final confirmation (water levels etc).

It's Extreme

Are you an adrenaline-crazed thrill-merchant with a penchant for danger? National cancer care charity Cancer Relief Macmillan Fund is looking for 55 men and women, with a seriously over-developed craving for excitement to take part in Extreme, three days of challenging adventure sports in the French Alps from June 13th to 15th 1997.

Participants will travel from the UK to Lake Geneva on Friday the 13th to indulge in some of the most exhilarating activities ever dreamt up. As well as fulfilling their (un)natural hunger for kicks beyond the norm, these crazies will be raising £35,000 to help Macmillan expand its range of specialist cancer care services, which includes over 1,400 Macmillan nurses. Activities will include:

- white water rafting - up (and, very literally, down) the Alpine waters of La Dranse river. The meltwater coming down from the mountain tops at this time of year ensures some challenging grade 4 descents.
- canyoning - the very latest sport in France. Follow the natural course of the river in the river. When a waterfall is reached, the only options are to abseil over, jump off or use the fall as a natural toboggan and shoot over the edge!
- hydrospeeding - the upper part of the body is balanced on a heavy-duty polystyrene float, while the legs dangle in the water. This makes rafting seem for wimps - riding the waves and guiding yourself with flippers on your feet.
- hotdogging - nothing to do with sausages and floppy buns, hotdogging is canoeing in a two-person inflatable down white water. Skill and concentration are

needed to keep the craft in line as you bounce around the rocks and crash over the waves.

Accommodation will be at a hotel on the banks of Lake Geneva and meals will be taken in the hotel restaurant, perched on stilts over the water, with views over to Lausanne on the other bank and Geneva and Montreux at each end.

Extreme is organised by Tall Stories, adventure sport holiday specialists. In order to take part in Extreme, participants must pay a £200 deposit and raise a minimum of £800 sponsorship for Cancer Relief Macmillan Fund.

Cancer Relief Macmillan Fund is a national charity devoted to caring for people with cancer. At the heart of its work are the Macmillan cancer care nurses, of whom there are now over 1,400. The charity also supports a whole network of cancer care centres, grants for patients in need, Macmillan doctors, a nursing and medical education programme and, most recently, a Macmillan Carers scheme.

For more details and to be sent an entry form, call **Katherine Norman at Macmillan on 0171 887 8225**.

Paddle the UK's Longest Canoe Marathon

From Leeds to Liverpool by canal The Transpennine Canoe Committee is on the lookout for teams to enter the UK's longest canoe marathon.

Running the full length of the Leeds & Liverpool Canal (127 miles), the 1997 Transpennine Canoe marathon starts from Granary Wharf, Leeds on Saturday 23 August 1997 (Bank Holiday Weekend).

Professionals reckon to make the journey in 17 hours, but British Waterways will be setting up free campsites and other facilities en route for those who want to take the whole weekend, or more, to cross the Pennines.

The marathon will finish at the Eldonian Village, Liverpool, for the first time - making the UK's longest canoe marathon half a mile longer than in previous years.

There is a charge of £15 per paddler, and any recognised canoe or kayak will be allowed to enter the marathon. Bookings are being taken by **Bill Whiteside of Merseyside Youth Challenge on 0151-428-9758**.

Wild Water Racing Youth Championships - Burton On Trent

20 April. This event is a Division B race and includes an U14, U16 event. This race is also classed as the BCU WWR Youth Championships. For entry details please send SAE to **Howard Blackman, 18 Newton Road, Burton on Trent, Staffordshire DE15 0TX**

Wharfe '97

Access dates for the Wharfe for 1997 from below Linton Falls, Hebden or Burnsall to Barden Bridge:

Feb 9th	Cruise	Linton to Barden
Feb 16th	Cruise	Linton to Barden
Mar 2nd	Cruise	Linton to Barden
Mar 8th	Cruise	Linton to Barden
Mar 9th	Cruise	Linton to Barden
Mar 16th	*WWR & Cruise (Race 12.00-1.00)	Linton to Barden
Mar 22nd	Cruise (portage round Appletreewick falls due to slalom) & Slalom	Linton to Barden
Aug 16th	Burnsall Feast Day Mini Cruise	Hebden to Burnsall
Oct 11th	Yorks Champs WWR & Cruise	Hebden to Barden
Oct 12th	Yorks Champs Slalom (Portage round for cruisers Appletreewick Gorge) & Cruise	Hebden to Barden
Oct 26th	*WWR & Cruise (race 12.00-1.00)	Burnsall to Barden
Nov 23rd	Cruise	Hebden to Barden
Dec 6th	Cruise	Hebden to Barden

*Note - On these dates cruising/touring is welcomed, however the WWR has priority between 11.30am and 1.00pm and only race participants should be on the river at these times.

Appletreewick Falls and Gorge Only

Mar 22/23rd Leeds CC Slalom Div 2/3
Apr 12/13th Recreation/Training

Appletreewick Falls and Gorge may be used on each first Wednesday afternoon of all months except August. Parking is very restricted and must not obstruct either the highway of the various farm access points. (This is of the utmost importance or dates may be forfeited). Pirate running will jeopardise the agreement. Please cause as little disturbance as possible to local people and their livestock, remember this is sheep country, keep your dogs under control. Please ferry cars before paddling, and keep Hebden parking to a minimum with no obstruction. No parking, access or egress is allowed at the Wing Commanders field for any of the weekend dates. For more information on Access in this area contact the Local Access Officer, **Don Player, 21 The Drive, Roundhay, Leeds LS8 1JF 0113 2667397**

River Washburn Releases

All dates are very much subject to water availability, ring the Regional Information Line 01426 978654 for last minute confirmation before travelling. Alternatively for **Wild Water Racing details ring 01483 450101:**

1/2 Mar	Cruise & Fun Rodeo	Org No 2	Water on 9.30-4.00
15 Mar	WWR Div B	Org No 2	9.00-4.00
5 Apr	WWR Div A	Org No 7	9.00-4.00
6 Apr	Cruise and 'Hoppers'	Org No 4	9.30-4.00
19/20 Apr	Slalom Div 1 & Rodeo	Org No 8	
30 Apr	Cruise	Org No 5	4.30-8.00
17/18 May	Cruise & Fun Rodeo	Org No 2	9.30-4.30
28 May	Cruise	Org No 5	4.30-8.00
7/8 Jun	Cruise	Org No 5	9.30-5.00
18 Jun	Cruise	Org No 6	4.30-9.00
28/29 Jun	Cruise	Org No 6	9.30-5.00
9 Jul	Cruise	Org No 5	4.30-8.30
23 Jul	Cruise	Org No 5	4.30-8.30
2/3 Aug	WWR Nat. Squad Training	Org No 1	9.30-4.30
12 Aug	Cruise	Org No 5	4.30-8.00
21 Aug	Cruise	Org No 5	4.30-8.00
30/31 Aug	Slalom Div 2&3	Org No 2	9.00-4.30
10 Sep	Cruise	Org No 5	4.30-8.00
4/5 Oct	Cruise	Org No 3	9.30-4.00
25 Oct	WWR Div A	Org No 1	9.00-4.00

The Washburn Committee wish it to be known that they do not consider this river to be suitable for novice paddlers. Please consult with experienced colleagues or instructors familiar with the river and your abilities before attempting to paddle.

Organisers

- 1 Andy Parry, 3 Beechmount Cottages, High Bentham, Lincs LA2 7LB
- 2 Ian Needham, 14 Inglewood Drive, Otley, LS21 3LD
- 3 Hugh Pashley, 10 Crawshaw Grove, Sheffield S8 7EB
- 4 Norman Taylor, 73 Cateland Lane, Shadwell, Leeds LS17 8LN
- 5 Ray Todd, 210 Leadwell Lane, Robin Hood, Wakefield WF3 3AE
- 6 Colin Stegeman, 17 Quarry Road, Richmond, N Yorks DL10 4PB
- 7 Alan Barber, 'Wexford' Barton Lane, Armthorpe, Doncaster DN3 3AB
- 8 Dominic Irvine, 6 St Johns Road, Ilkley, West Yorks LS29 8QT
- 9 Esther Mathews, 17 Partridge Flatt Road, Bessacar, Doncaster DN4 6SB

For information on specific events please contact the above, a SAE will be appreciated and will expedite a reply. Please always check on water levels as previous years weather conditions could alter the state of the river conditions.

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BCU Lifeguards - Annual Training Convention

Great training opportunity. This is an

ideal opportunity to brush up on canoeing and lifesaving skills as well as meet and train with water rescue personnel. The 1997 National Convention of Canoe Lifeguards is to be held in Weymouth and Portland Harbour, over the weekend of the 18-20 April 1997.



Canoe Lifeguarding This has to be one of the best ways to further BCU Lifeguarding skills and qualifications whilst enjoying the Dorset Coast and harbours. Examiners are on hand to cover a multitude of qualifications - not only BCU but also RYA, RLSS etc.

Special Interest Workshops

There are a number of special interest workshops where hands on experience at rescue work and practical lectures explore the work of the Coastguard, the RNLI, SAR Helicopters and other professionals involved in maritime rescue work. The workshops are based around a two hour period and where possible involve practical demonstrations and a chance for the participants to get involved with the exercises. No previous experience is involved in many of the workshops.

Not a Lifeguard? - No Problem?

The event is hosted by a specialist sub-committee of the British Canoe Union - Lifeguards. However, many sessions are arranged so that people of all ages, from all walks of life and varied experience are welcomed and can come along to gain experience and qualifications for other purposes. Obviously this provides an opportunity for those new to lifeguarding to get some qualifications 'under the belt' as they start out in lifesaving.

Not Sure What Lifeguarding Involves?

Well why not come along and find out? You are most welcome to join in the lectures and

workshops and if 'it's for you' then great! If not well at least you have had a worthwhile weekend and hopefully enjoyed yourself.

Shore Supporters

Members of support groups are welcome to attend the interest workshops and perhaps obtain some form of qualification appropriate to a 'shore role' for instance obtaining the proper qualification in first aid or operating marine VHF radios.

Food And Accommodation

There is good accommodation available at youth hostel prices and meals can be included

or there are a wide range of cafes, public houses and restaurants to cover most tastes, capacities and pockets - all available locally or within easy walking distance.

Social

It goes without saying that this event provides an ideal opportunity to meet fellow Lifeguards, engage in debate and further personal skills. Last years convention at Atlantic College in Wales proved to be very popular with many friendships and relationships forming bonds with people of differing ages and backgrounds. For an account of last year convention see the June edition of Canoe Focus.

The day time training sessions are serious but the evenings are FUN!

Interest Workshops and Demos

To help broaden knowledge. A number of outside specialists have offered to give various talks and demonstrations. They will show the kind of equipment that they use. The following areas are planned:

- IIMCG-Coastguard** - An overview of their operation and the equipment they use.
- RNLI - Lifeboat** - An overview of their operation.
- Survival at Sea** - Lecture and video on cold water survival.
- Castle Cove Sailing Club** - Practical lecture on parts of a sailing dingy, the rigging, and all those bits of rope that get in the way!
- Parry's Sub Aqua Centre** - diving emergencies and rescue.
- RYA National Powerboat & Safetyboat Scheme** - An introduction to the performance and handling characteristics of power boats and the sensible use of high speed boats for recreation and rescue work.

For Lifeguards and Non-Lifeguards (some age restrictions)

Introduction to BCU Lifeguards equipment, training and skills; Aquatic First Aid; Spinal Management Workshop; Oxygen Therapy

Resuscitation Workshop; VHF Restricted radio licence - instruction and exam

For Lifeguards

Canoe Safety Test - Training and Examiners update; Lifeguard Training and Assessment (must hold Assistant L/G Award); Canoe Lifeguard Trainer (must hold BCU Instructor an Assistant Lifeguard); Canoe Lifeguard Examiner (must hold BCU Instructor and Lifeguard).

You Can't Afford To Miss It!

Attendance at Convention £15
Under 18s £10
BCU Awards are included in the price. Other Governing Body Awards will be charged at cost. B&B Only £5

Come and Give It A Go!

Send for your application now by writing to: **BCU Convention 1997, c/o Harbourwatch, 27 Chapelhay Street, Weymouth, Dorset DT4 8JJ or email; 100034.2340 @compuserve.com.** Updated details if they become available are on the BCU Web site at: <http://www.users.dircon.co.uk/~rasl/bcuindex.htm>

Special Thanks

The BCU Lifeguard Convention Organisers would like to thank the Weymouth Sea Scouts for use of their accommodation and shorebase, and to Weymouth Sailing Centre for providing the water venue.



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07 at the NEC

British competitors came away from the first Sailing championship to be held in the Southern Hemisphere with the Gold and the Silver medal and then went on to retain the New York Canoe Club International Cup for team racing against a challenge from Sweden. The venue was the idyllic harbour of Port Stephens, about two hours drive south of Sydney, Australia. Despite the distance 58 competitors from 8 countries and 3 continents assembled for the event.

XIII Canoe

World Championship 13-19 November 1996

The weather proved to be far from idyllic for organisers and competitors alike. The practice race on 13 Nov, augured well with a wind from the North East at 25 knots or so. Ola Barthelsson (Sweden) and reigning World Champion Robin Wood (GB) soon went into the lead and set a cracking pace, covering the 10 n.mile course at an average speed overall of 12 knots. Barthelsson tried to avoid the bad luck which tradition says follows the winner of the practice race by not crossing the finish line, as he led Wood on the final windward leg - but to no avail.

On Thursday 14th a fierce wind blew from the NE all day and racing was impossible. By the following day

the wind abated to a pleasant 10-15 knots and the Championship began in earnest. A wind shift at the start ensured that the whole fleet was late across the line but it soon shifted back to give a fair beat to the first mark. The Australian champion Tim Wilson made the running to begin with, until Robin Wood outmanoeuvred him at the wind mark. By the finish Wood was 35 seconds ahead of the current British Champion Colin Brown, while Mark Goodchild moved up to 3rd place. Morale in the British camp was high.

In the afternoon the fleet was hit by a violent line squall. Despite the efforts of the competitors and rescue crews the racing was eventually abandoned and the fleet returned to the beach to make good a number of breakages.

Sat 16th was a lay day and racing resumed on Sunday 17th in bright sunshine and a wind of 8-10 knots from NNE which held throughout the morning. Again British competitors soon came to the fore, Simon Allen (GB) led round the first 2 marks, followed by Ola Barthelsson (Swe), Colin Brown worked through from 8th place to take the lead on the final windward leg to the line. Mark Goodchild followed 2.5 minutes behind. Wood on Starboard, caught Barthelsson on Port as they tacked for the line to take 3rd place.

For the afternoon race conditions changed dramatically, with the wind increasing to 25 knots and more. With many canoes over the line a general recall was ordered. On the new start the wind continued to increase, the canoes disappearing in clouds of spray as they pitched into the breaking waves. The Swedish champion Ola Barthelsson and his team mate Olle Bergvist led round the first three marks followed by the American Erich Chase, with the Australians Seth Dunbar and Haydon Virtue in hot pursuit. Robin Wood meanwhile retired with a broken mainsheet. After an hour the line squall passed through and the wind dropped as suddenly as it arrived. In the now light and shifting conditions Barthelsson maintained his lead to the finish while Chase passed Brevets to take 3rd place. The British could do no better than Simon Allen in 10th place.

Once again the wind blew hard on the morning of Monday 18th November. In the afternoon the Race Officer set out to lay a course. Far from moderating, the wind increased to 30



Sailing

at Port Stephens NSW Australia



and 40 knots in the rain squalls. As the fleet lay scattered over the course racing was again abandoned.

The last day of the championship dawned on Tuesday 19th with a mere 3 races completed. The rules require a minimum of 5 races for a valid championship. If 6 or more races are completed competitors may discard their worst result. As Robin Wood had retired from one race and other British competitors had fared badly on that day it was crucial for the British that at least 6 races were completed and from the organisers point of view at least 6 races had been completed in every previous championship, so much was at stake.

The day started bright and sunny with a light SE wind and the temperature down to a comfortable 20 degrees Celsius, the scene at Port Stephens looking more like the Solent on a fine summer morning by the minute. The British competitors set out in high spirits. The first two races of the day were sailed back to back. After the first start (race 4) Robin Wood and Colin Brown went out ahead until Brown dropped back to 21st with a broken tiller. Brown was forced to retire when his temporary repair to his tiller failed. Erich Chase (USA) gained the lead on the third windward leg but he dropped behind Wood on the reaches. Mark Goodchild worked the windshifts well to come through from 8th place to 2nd and finally passed Wood to take the winning gun.

Wood made no mistakes on race 5, in the continuing SE breeze he led from the start and crossed the finishing line 4.5 minutes ahead of Chase. Tim Wilson (Australia) was clearly learning fast about sailing in a large fleet and came in 3rd while Mark Goodchild sailed steadily for the useful points secured for 4th place.

The SE breeze continued to hold and allowed the 6th and final race in the championship to be held in sparkling conditions Anders Petersson (Swe) broke away first, pursued by Robin Wood. Wood gained the advantage on the second windward leg and kept Petersson well covered. On the final leg of the course Petersson dropped back allowing Simon Allen and Colin Brown to make an all British finish.

The best championship for Britain since 1961. The British Team took full advantage of the venue in the southern hemisphere which allowed a

full season of racing and preparation before the containers were loaded. Robin Wood is to be congratulated on equalling Alan Emus's record of three gold medals. There is no room for complacency however. While the British demonstrated superior boat speed in light to moderate winds, others showed better boat handling skills in strong winds and rough seas. This will be something to consider before we all meet again in Sweden in 1999.

New York Canoe Club International Cup

With the Championship completed there remained the defence of the NYCC International Cup. Instituted in 1884 this is the oldest trophy for international competition in small sailing craft in the world. On the results of the first four championship races Sweden qualified to challenge Britain, as current holders, teams of three canoes on each side, but, unusually for a team event, only the winner scores for his team, the team with two victories wins.

The morning of Wednesday 20th November began with just a breath of wind and still water, with 3 races to complete in the day.

Race 1

Simon Allen was left uncovered by the opposition at the start and broke away through the middle. He picked up a faint zypher which carried him well out in front. Over an hour and a half into a very slow race the sea breeze began to fill in. Robin Wood caught the edge as the ripples showed on the water. He closed the gap with the leader to finish 2 minutes behind Allen.

Race 2

As race 2 started the sea breeze came in with a steady 15-18 knots wind, Ola Barthelsson broke away at the start and was never challenged. He crossed the finishing line 2 minutes ahead of his team mate Olle Berqvist.

Race 3

With the score level all now depended upon the result of race 3. The sea breeze continued to hold as manoeuvring for position before the start Mark Goodchild capsized in front of Ola Barthelsson, who was too close to avoid a collision, Goodchild's canoe was damaged and he retired. Although Alistair Warren had been out on the water all day, as the British reserve, he was unable to substitute for Goodchild as the incident had occurred after the 5 minute signal.

Wood and Barthelsson broke clear at the start with Wood just to windward. As they sailed round the course Barthelsson had the edge to windward with the lighter Wood gaining the advantage downwind. On the final leg to the line with Wood 30 seconds ahead Barthelsson found that he was still at an advantage and tacked back. Wood judged the final tack to the line to a nicety while Barthelsson made a bad tack which cost him vital seconds, leaving Wood to take the winning gun by 35 seconds.

With 2 victories to 1 Great Britain retains the cup.

Article by
Peter Wells

Overall places for the Championship

1. Robin Wood (GB)
2. Mark Goodchild (GB)
3. Anders Petersson (SWE)
4. Ola Barthelsson (SWE)
5. Tim Wilson (Aus)
6. Simon Allen (GB)

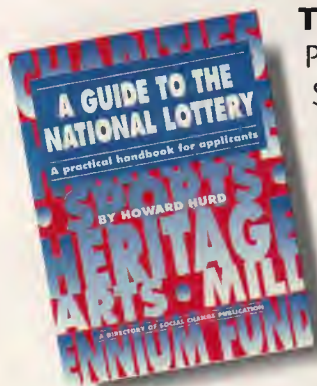


All books and videos reviewed here are available from BCU Supplies. Ring 0116 283 0659 and ask for a brochure if you have not received one in your Focus mailing. Please note that all books and videos reviewed in this magazine are the personal opinion of the reviewer, not necessarily that of the BCU.

All reviews by Wendy Blackman

Essential Club Reading

With more and more restraints on finances, keeping a clubs head above water is no easy feat. However there are now a number of guides available which give useful advice on how to apply for funding.



The Sports Funding Guide

Published by the Directory of Social Change in Association with the Sports Council ISBN 1 873860 48 X Cover price £15.95

A comprehensive guide to raising money for sporting activities, covering applications to the National Lottery, The Sports Council, Foundation for Sport and the Arts, Company sponsorship, and many more. It also offers advice on budgeting, tax and VAT issues and provides case studies and helpful hints. This book is a must for any club trying to raise their profile and their funds.

A Guide to the National Lottery

Published by the Directory of Social Change in Association with the Sports Council ISBN 1 873860 67 6 Cover price of £9.95

This guide gives advice and information on the policies of the bodies that are responsible for allocation of the money to Arts, Charities, Heritage, Millennium Projects and Sport. Giving answers to the questions such as, Who is eligible for funding and what type of project stands the best chance of success? It gives advice on how to put together a project. Another very useful guide for those looking after club finances.



Essential Boat Control Video

A Water Works Production available from BCU Supplies - £29.99

When I first received this video for review I was put off by the price. However, after watching it I feel it is worth the investment. Club training sessions would benefit from its purchase. Although the beginning of the video is rather strange (very Hippy!) it gets much better.

The video is an hour long and covers in great detail the technical aspects of paddling, such as breaking into and out of an eddy. Camera angles give a 'paddlers view' and there is much discussion and instruction on each topic covered. I feel that this would be an excellent video for clubs to purchase for those winter days when you don't really feel like getting on to the water. It would complement instruction on and off the water. Excellent, go and buy it!



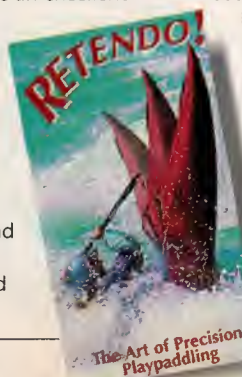
Retendo The Art of Precision Playpaddling

Available from BCU Supplies at £24.99

When I first received this video I thought, Oh no, not another one of those over indulgent playboating videos, but I was wrong!

Aimed at the experienced paddler who wants to learn just how to perform that perfect Ender, Pirouette or Retendo. Hosted by Kent Ford and featuring rodeo stars, Scott Shipley, Chris Spelius and Marc Lyle. Crisp filming and set to 'Pulp Fiction' style music, the video is well presented and gives excellent demonstrations on and off the water. It breaks down each move into simple, easy to understand sections without being boring.

It also gives a run down of the names of all the moves such as Retendo, which means, for those of you who didn't know, and I certainly didn't. 'An aerial move that lands back in the hole - or retentive move landing upright and facing downstream', so now you know. A must for any potential playboater.



South West Region Guides - Canoe Focus Book Competition

We are pleased to announce the winner and runner up names of the Canoe Focus competition: **Winner: Anthony Westake, Longlevens, Gloucester** **Runner Up Prizes: Oliver Anstell, Kellaton, Devon; Chris Parker, Lydear St. Lawrence, Somerset; Ian Pye, Penzance, Cornwall; Graham Richards, Crowlas, Cornwall; John Tipping, Crediton, Devon.** Congratulations to all the winners who should by now have received their book prizes.

Paddler's Gear

Klima Sport lightweight thermal bodywear

Worn in the freezing weather of December and January the top and bottoms proved to be warm and comfortable. The garments were trialled whilst white water touring in Scotland, and training and racing in my Wild Water Racer. The fabric seems thinner than that of the normal 'Helly' type thermal but just as warm and very soft to the touch.

The top is worth an extra mention as it is extremely practical for the paddler. It has an extended back that comes down right over your bottom and tucks right down into your shorts or thermal longs. A blessing in the winter months as it stops the small of your back becoming exposed to that nasty, icy, horrible cold water that drips off your cag and deck when taking your boat off the river.

Long Sleeve tops, long leg and shorts and roll neck tops are all available from **Cool Fix International Ltd, Ruskin House, Drury Lane, Knutsford, Cheshire WA16 6HA Tel: 01565 654906 or fax 01565 650950 and range in price from £13 -£31.**

Reviews were written by Neil Blackman, GB WWR.



More Paddler's Gear on page 58

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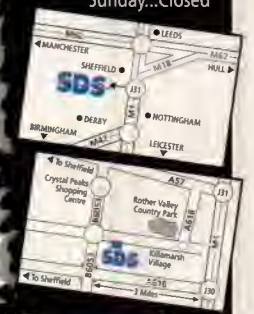
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River Eden Agreement - Lazonby to Armathwaite

We need a little publicity and marketing for one of the longest standing river agreements in the country. That fine stretch of river between Lazonby and Armathwaite on the Eden in Cumbria. A recent analysis of use for an Environment Agency Catchment Management Plan actually indicated that numbers booking onto the river were falling. Possibly a result of the open days which we now enjoy and which require no pre-booking. However the Environment Agency also received responses from paddlers who felt the agreement didn't allow enough paddling opportunity!

A few details ;

Local Access Officer - Jim Wilson, Carlisle Canoes, 41 Wigton Rd., CARLISLE, Cumbria. CA2 7AX. Enclose S.A.E. for details of the agreement.

The river is an important salmon and trout fishery, it is also important for duck and pheasant shooting has otters re-established and is being designated as a river Site of Special Scientific Importance. It is also a scenically outstanding paddling river, running at grade 3. Balancing all of these interests is vital if a canoeing agreement is to continue. Each condition of the agreement is essential to one or more of the interests involved, if not to a few which haven't been mentioned. If paddlers honour the terms of this agreement everyone is happy and the generally good relations we have will continue. Apart from that it makes Jim's life less stressful! Now with the demands of all of these interests we are not going to see any major changes in our access to this stretch in the near future, the balance is about right. In the

interests of all paddlers present and future we need to keep our part of the deal.

Some paddlers whinge about the conditions but as the access team cheerfully accept, all of the conditions are necessary and reasonable. They all protect riparian interests of one sort or another and are a small price to pay in order to open boat or kayak the river.

There is a daily numbers limit on paddlers which actually enhances the paddling experience, unless you're a compulsive poser! Consequently Jim needs to know how many of you want to paddle so that other paddlers can get on as well. The keeper also needs to know how many paddlers are on the way down and on what days. The biggest hassle is caused by a rogue group who haven't booked, blunder into a duck shoot and then have a swear off with the owners! Fortunately it doesn't happen very often but it takes a lot of time, energy and goodwill all round when it does. The section is available on 234 days of the year (the equivalent of over 4-00 canoe days, excluding the open days!) which includes good chunks of the fishing season. Paddling therefore needs to be cruising through rather than stopping and playing and disturbing the fish in pools. There is no facility for landing and picnicking and paddlers are expected to be up to the standard for the grade of water to allow a trouble free passage. Once you think of the other interests' point of view the restrictions we suffer make a lot of sense and are worth the effort.

For full details of the Agreement contact Jim Wilson.

From Mike Mills, RAO Cumbria.

Dart Hotline

Icarus Edmonds has taken over the Bookings for the River Dart. The new telephone number is 01237 475823. The line will be manned on Monday 10am to 1pm and Friday 4.00pm to 6.00pm. At all other times an answerphone will take your message. Please send an SAE for confirmation of your booking.

River Wye Navigation Order

Thank you again to all those of you who have written or telephoned me.

By the time you read this we shall have been in negotiation with the Department over the B. C. U.'s objections to the Order. Also it is anticipated that the details for the Public Inquiry will have been published.

River Wye - An Appeal Lower Lydbrook.

Will canoeists please land and launch **only** at the concrete steps provided to avoid damage to the banks. Also **please** leave cars and trailers in the downstream car park adjacent.

Whilst no permission is required this is an access provided by the Villagers on **private land**. There is a small charge made to help with the upkeep of this excellent facility. It is

maintained for the benefit of canoeists and anglers in the downstream car park and the general public in the upstream car park.

Please pay in the box provided

Bredwardine

Whilst the 'Canoeists Guide to the River Wye' says no permission is required to use the **private land** river left just downstream of the bridge the Landowner asks that groups who would like to use her land for access or a lunch stop contact her beforehand. She can then alert the anglers she allows also to use the site. It is, of course, common courtesy. Parking is very limited. Please contact Mrs L. Weaver. Tel: 01981 500229

River Wye - Conservation

Site Of Special Scientific Interest.

The river from Hay downstream has been re notified as an S.S.S.I. Two of the twenty eight operations likely to damage the features of special interest could affect canoeing.

Special Area Of Conservation.

Both the Upper and Lower Wye and a section of the Lugg are being considered for protection under the European Habitats Directive as an S.A.C.

There is a lot going on in relation to the WYE Catchment - Canoeists have a lot at stake.

Please Promote "Responsible Canoeing"

John Westlake. L.A.O. for the River Wye in England. 33, Golden Vale, Churchdown, Gloucester, GL3 2LU. Tel: 01452 531218

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

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'A Fast Book on The Right To Avoid A Vertical Pin'

Dear Focus

In order to understand the kayakabble behind the kayakspeak statement, we must first have the definition of a few key word groups; fast boof and vertical pin.

Fast (quick!) Boof 'boof aka ski jump, pancake' technique for paddling drops or small falls, whereby the boat lands in a flatter than normal (traditional?) style, resulting in a boof sound on impact. The use of this technique is generally for the avoidance of grippy stoppers or shallow landings (and potential vertical pins) see Fig 1.

Vertical Pin 'aka entrapment, pinning, trouble 'A situation whereby either end of the boat is stuck on or trapped in a river feature (eg rocks)

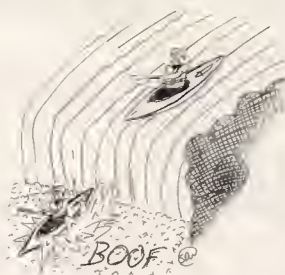


FIGURE 1 - BOOF MOVE, THE WAKE COMES FROM THE SOUND OF THE BOAT LANDING FLAT.

usually at the base of a drop or small fall see Fig 2.

Understanding the statement is one thing, interpreting it is another, here are two possible versions:

"Paddle quickly to the right and land flat in the eddy as the drop



appears shallow" or "Paddle like fury and take the drop on the far right, land flat and risk some spine compression. Do this to avoid a crushing entrapment, where you're lucky to get away with a pair of broken legs." Either way, that's whitewater!

Simon Westgarth, River Guide and Team D Athlete!

Ed's Note, Thanks Simon for the enlightenment? But especially for the cartoons.

Small Thriving Club

Dear Canoe Focus

We are a small but thriving club attached to a private school. We are on the river once a week and have the odd evening session in the pool. We have a total membership of about 18 and have recently acquired some buoyancy aids and dry cags from a mixture of sponsorship and club funds.

Our activities are limited nevertheless by the absence of boats (we have to rely on the local Drummonds Outdoor Centre and Shrewsbury School for these) So we are intending to run a sponsored paddle with 10 boys over the weekend of the Drummonds Open Canoe Rally in May from Newtown to Shrewsbury.

I would like some advice as to how to maximise the effectiveness of this venture (our target is £1,500) and to know if there are any funds available from the BCU.

W D Hammond - Kingsland Grange Canoe Club

Ed's note - Well you are already on your way, publicise the event in as many ways as possible, posters in local shops etc. A useful book which gives tips on alternative ways of fund-raising is the A-Z of Sports Funding available from BCU supplies, also the Sports Funding Guide as reviewed in this issue. I am afraid that there are no funds available from the BCU, but you could apply for a grant from the Jubilee Canoeing Foundation. Try buying second hand equipment many of the centres have major clearouts at this time of year. Good Luck.

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Locating A Spraydeck

Dear Canoe Focus

I am not sure how to do this, but I'm trying to locate my daughters' spraydeck. On the 1st December we were paddling the Dart Loop, along with many other groups.

There was a very large group, 20+ members, one had forgotten to bring his spraydeck. My daughter, Helen, let the man borrow her own. We were going to meet up at the end, unfortunately we didn't.

We were not too worried as our home phone number is written on the deck. sure enough the following Monday evening we had a call asking for our home address. Unfortunately I did not take the name or address of the caller. I tried dialling 1471, when I realised, but someone else had rung in between.

The problem is that the spraydeck still has not arrived. The Access Officer, Icarus Edmonds, informed me of two large clubs who were booked on the Dart that day, both from Bristol, I have contacted both, by phone and E-mail, without success. Can anyone please help.

Graham Hydes

Ed's note: If you are the mystery man, please could you contact Mr Hydes on 01237 476200

Dear Canoe Focus

The following poem was submitted by Gorden Jones

Then You Must Be Canoeing
If dappled streams are all around,
And foxes seem to go to ground.
If bird songs seem to echo high,
And flowers like woven carpets lay.
Then you must be canoeing.

If dragonflies appear to be
Suspended in tranquillity.
If trees like silent statues stand,
In wooded glades, on silent land.
Then you must be canoeing.

If, escape, you feel you've found,
With beauteous nature all around.
If your troubles seep away
Like floating clouds at the end of the day.
Then you must be canoeing.

If you set out with the morning sun
And watch its westward journey run.
If shafts of light among the trees
Catch diamonds flashing in the lees.
Then you must be canoeing.

If journeys end comes into view
And you feel you do not want it to.
If the Gods you could implore
To let you float for evermore
Then you must be canoeing.

Numbness

Dear Canoe Focus

The following is an extract received from Mr Richard Dodds FRCS (Orth) a Consultant Orthopaedic Surgeon.

...I have recently seen a young lad who is a very keen canoeist. Whenever he gets into his canoe, he gets pins and needles and numbness in the sciatic nerve distributions on both sides. He has modified his seat in many ways to try and prevent this but this always occurs. This is really interfering with his enjoyment of the sport. There is absolutely nothing abnormal to find in examining him.

Other than modifications to his seat that we have already tried, I am really at a loss to know how to help him. Has any one else in canoeing come across this before. If anyone has got any tips as to how I can help this chap, I would be very grateful to hear them.

Ed's note: If you have any tips please write to Canoe Focus. Thank you.

Thanks

Dear Canoe Focus

Following a rather unpleasant shoulder dislocation and swim on the Upper Roy, I would like to thank Broomhall Canoe Club for the return of my spud which they found on the River Spean some distance away, I would also like to thank Simon of Kidderminster for returning my throwline which turned up a week later, and not least the staff of Fort William Hospital for putting me back together.

Tony Hocking

'Project Slimboat'

Dear Canoe Focus

Just a short note to say - I thoroughly enjoyed the article 'Project Slimboat' in the recent Canoe Focus. Well done also to the guys and gals who reconstructed this Cockleshell Heroes exercise - fascinating stuff and brilliant history.

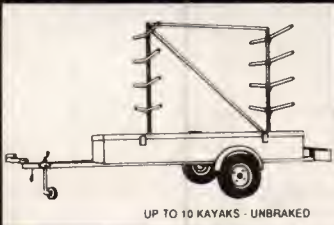
Shaun Baker

Ed's note - It's good to see even World Champions still have time to sit down and enjoy Canoe Focus.

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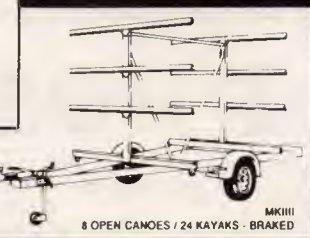
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PHOENIX

The Genuine
----- Article -----

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

Slalom Snippets

What a surprise!

The ICF (International Canoe Federation) at their Congress in November voted in a complete change for Canoe Slalom. Final result is now the aggregate scores of both runs! This has shocked us all, but, nevertheless, your Slalom Executive Committee has decided that this will apply at all Premier races, all International events and all special selection vents in the UK. Also, the five second penalty will be replaced by two seconds - this will apply at Premier and also at Division 1 events throughout 1997 (the latter as an experiment for one year only). Will the winners now be steady 'Eddie' and won't our judges need to be on even better form throughout the whole event?

Watch out for some new events in 1997 -

It's likely that there will be several new Division 5 events. Most of these will not appear in the Slalom Yearbook as we have made it easier for Organising clubs, who can apply to host this type of event with just one month's notice to the Executive. No administration fees are payable and there is much less 'red tape'. How about your Club having a go?

Slalom Club Register - it costs nothing extra!

If you would like to receive news and information about Canoe Slalom, providing you are affiliated to your national association and you get in touch with the Slalom Development Officer, your Club can be placed on the Register.

White water paddlers not currently ranked but feeling the need to show off or even improve their boat control, can now go straight into slalom at Division 3 level. All you need is full BCU membership. Almost any type of boat will do!

1997 Slalom Yearbook

We hope that all ranked paddlers (Div 4 - Premier inclusive) have now received the 1997 Slalom Yearbook. Distribution took place towards the end of January and your Ranking

Compilers addressed the envelope to you at the address you gave on the Registration form in the 1996 season - there really is no other way. If you moved house without telling the Ranking Compiler - sorry - you haven't got it unless; you arranged a re-direct on your old address. Copies can be easily obtained from the Slalom Development Officer price £3 inc p&tp or contact your old address and get it sent on!

Thank you to Teesside Development Corporation for once again, sponsoring our entry cards for the forthcoming season!

Over the years, we have been fortunate to receive their support and a super new facility in the Northern Region at Tees Barrage. We've heard on the grapevine that there are to be some improvements - watch out for detail!

Look out for a revamped Slalom Skills Award in 1997 -

Our Coaching and Development group is busy reviewing these awards which are based around essential slalom skills - go for it - and the badges!

It's going to be a busy year for those right at the top -

A five event World Cup series embracing France, Sweden, Norway, USA and Canada with the World Championships taking place in Brazil in September. Let's hope that there'll be support from the Lottery to give our top athletes every opportunity to continue their world class results. Juniors too will be looking for experience in Austria, Poland and the Czech and Slovak Republics. Please remember that we are always looking for volunteers to support these Teams.

Another Thank You is due to the Sports Council Client Team at Holme Pierrepont, Nottingham.

Lead by Brian Pluckrose, this small unit provides us with every opportunity to take advantage of the facility at the National Water Sports Centre. Event Manager John Morris, Finance guru, George Akin and Secretary Jill Stewart make our lives just a little easier and their encouragement, and also, pleasure at our success means a great deal.



For detail on any subject mentioned left or general information on slalom, please contact Sue Wharton, Slalom Development Officer on 01772 786571 or you can always write to Sue at Daisyfield, Inglewhite Road, Goosnargh, Preston PR3 2EB

Competition: Surf **Focus**

Surfing 1997

The first records of surfing appeared in Captain James Cook's log in 1711, when he noticed the Polynesians riding the waves in their war canoes. Now, in the 1990's the popularity of Surf Kayaking is increasing again. This is witnessed, not only in the number of people attending competitions and buying specialised surf kayaks, but also in the numbers of paddlers taking to the ocean waves in their general purpose kayaks and river boats.

1997 sees the World Surf Kayak Championships return to Thurso on the North Coast of Scotland. The event will be known as Paddlesurf '97. Following the success of British paddlers at the last World Surf Kayak Championships in Costa Rica in 1995, where British paddlers took all four World Titles and the majority of the remaining medals, Paddlesurf '97

could prove to be another successful year for British Surfers.

At BCU Surf Events there are separate classes for the Open, Ladies, Juniors, Masters and Novices. Having entered their own classes the Juniors, Ladies and Novices get free entry into the Open event. The over 35's in the Masters event are allowed to enter the Open, but they have to pay a second entry fee.

The Novice event is really a newcomers event where the regulations governing boat design are ignored. This enables newcomers to compete in the International class without having to purchase specialised surf craft. For everyone else in the International class, these events at ranking competitions are the basis for team selections for International events, such as Paddlesurf '97.

As well as the established

International classes, this year's ranking competitions see the introduction of a new class, the Plastic Class. Any plastic kayak or canoe will be allowed to enter so long as it complies to current safety regulations (which can be found in the BCU Surf Yearbook). Obviously, fibreglass boats and plastic wave ski's will not be eligible to enter. To prevent paddlers doubling up in both the International Class and the new Plastic Class, competitors will only be allowed to enter one or other class at ranking events.

So, if you've ever thought of entering a surf competition in your regular boat, but didn't want to be beaten by someone in the latest composite kayak designed solely for surfing? Why not come along to an event in 1997 and enter the Plastic Class. You will find the atmosphere both friendly and helpful, though the days may be long and we all know what the British weather can be like. You will go away having improved your surfing and having had a good weekend.

Yearbook

The 1997 BCU surf Yearbook includes details on BCU Surf Courses, Competitions and rules and costs just £1.50. As well as being available from your local canoe outlet, it can be purchased from the BCU Surf Committee at the International Canoe Exhibition, BCU Surf Events or by mail order. To order by mail please send a £2 cheque (to cover postage and packing) to the **BCU Surf Committee, c/o Alan Williams, Highlands, 17 Southdown Road, Horndean, Waterlooville, Hants PO8 0ET**

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Canoe Slalom

Sydney
2000

Richard Fox, five times World Champion and member of the ICF Slalom Committee reports on his visit to Sydney in December 1996 to discuss the inclusion of Slalom in the Sydney 2000 Olympic Games.

The decision to exclude slalom:

Our sport was shocked to learn that slalom was cut from the programme for Sydney. The past two Olympics were very successful for slalom and the indications from the IOC (International Olympic Committee) for the Olympics in 2000 was very positive. The argument that the course costs too much is based on expensive estimates which were never examined in detail by the International Canoe Federation (ICF). There are more economical options for building this facility which have not been fully considered. People worked hard to convince the organisers in Barcelona and Atlanta to include slalom, and we haven't given up hope for Sydney. We believed that we have a good argument which is why we are getting increasing support from around the world.

Why Slalom events have their place in the Olympic programme:

The Olympic programme should be about the full picture of sporting activity, and slalom represents a modern trend towards outdoor adventure sports. Millions of people take part in recreational whitewater activities like rafting which bring people closer to nature and an awareness of the environment. The television images of Barcelona and Atlanta show slalom to be extremely popular, the discipline brings freshness and vitality to the Olympic programme. The same challenging whitewater course is used for men's and women's events and whitewater facilities are extremely popular outside Olympic competition for recreation and leisure facilities.

The value of a whitewater slalom course at Penrith Lakes:

Sydney have built a fantastic rowing and canoeing facility for the Olympics. The addition of a whitewater slalom course would make Penrith Lakes the best Olympic watersports facility in the world. The advantage of holding rowing, flatwater canoe kayak and

whitewater slalom events in the same area is that it presents a stronger image of watersports as a whole. Our goal is to present a low cost project which is environmentally attractive and which will make the whole Penrith Lakes scheme more viable as a leisure facility for the Western Sydney community.

The long term advantages:

A slalom course is not just for Olympic competition. After the Olympics, the facility would be used for recreational canoeing and kayaking and whitewater sports such as rafting. For example, the Barcelona Olympic course in the small town of Seu d'Urgell, provides 48 local part time jobs and has been used by thousands of children in school sports programmes. The Western Sydney population within 30 minutes of Penrith Lakes is 1,8 million and a whitewater slalom course would become a major leisure attraction and revenue earner. The capital cost of the flatwater rowing and canoeing course is approximately \$36m Australian dollars, the latest estimates for a whitewater course are closer to \$6m. This additional capital expenditure would boost the whole Penrith Lakes Scheme as a recreational facility as well as being a flagship for other recreational developments around the world.

The Canoe Slalom support group petition:

This is something we developed in France with Frank Adisson the French Olympic canoeing champion. Recently Frank Adisson and Wilfrid Forgues, the C2 partners, were elected 'Champions des Champions' by a group of journalists, and world, Olympic and other supporting champions in La Plagne, France. Virtually all the participants signed the support petition and several newspapers printed a copy for their readers. We are extending this action to other countries, in Great Britain the British Olympic Athletes Commission and Olympic rowing champion Martin Cross have provided support. Athletes from all disciplines are being very supportive, the petition motivates us to take further action in the knowledge that we are fighting for a good cause.

The chances of a change in the situation:

It is difficult to say but I am an optimist by nature and a competitor at heart. We have a good argument and we must present it in a thorough and professional manner. Right now we are doing our homework, and we expect that the IOC and SOCOG will consider our new proposals. I believe that this is a question for the whole of canoeing within the Olympic programme, we must propose something modern, original and exciting, a strong image with flatwater and whitewater events which will take us into the next century. I have got involved because canoeing is my passion, what motivates me now I have visited Sydney is the thought that canoeing events could be very special at Penrith Lakes with both flatwater racing and slalom in one venue. It is worth fighting for, not just for one Olympics but for years to come.

Subscribe to the Support Group Now!

I subscribe to the support group Canoe Slalom Sydney 2000, and I ask that the International Olympic Committee (IOC) and the Organising Committee for the Sydney Olympics (SOCOG) re-introduce slalom events into the canoeing programme for the Olympic Games in Sydney 2000

Name _____ Signature _____

Company/ organisation/ club/ sporting position or results: _____

Address: _____

PLEASE SEND US YOUR SUPPORT AND JOIN OUR OLYMPIC SLALOM TEAM!

Send to your national canoe slalom representative or to:

Richard Fox World Slalom Champion, Canoe Slalom Sydney 2000, FFCK B.P 58, Joinville Le Pont, 94340 Cedex, France. Fax: 33 1 48 86 13 25 email: wilfrid.forgues@francetelecom.fr

Wildern Canada

**In the Footsteps
of Mackenzie Expedition
- Canada 1996 received
approval from the Dorset
Expeditionary Society, The Young
Explorers Trust and The British Canoe
Union. This youth expedition placed
a team of eleven expedition members
into the wilderness of British Columbia
where every team members experienced
true self-sufficiency, adventure and phys-
ical torment on their bodies as they were
placed from one extreme into another suf-
fering from cold, insect bites, blistered
feet and Lynn's singing.**

The expedition comprised of two
volunteers to canoe the Bowron Lake,
a series of lakes, rivers and portages
totaling some 116.5km and to trek
the Mackenzie-Crowse Trail some 317km from
start to finish. Both objectives proved to be tough
but achievable as the expedition team laughed
the way through the freak thunder storms and
cried their way through physical and mental
punishment to a team who worked together
and did they survive.

The British Columbia provided financial
support in equipment for the expedition which
was a great help in seeking publicity and
sponsorship. The support to use on the
expedition's first objective to canoe the Bowron
lakes a challenge which provided some
interesting experiences.

The Bowron Lake Provincial Park, located
about 144 kilometers South from the town of George
in the Cariboo Mountains, is a magnificent
wilderness of more than 121,000 hectares,
roughly rectangular in shape and characterised
by a system of six major lakes and connecting
waterways. The park is named the Bowron Lake
after John Bowron a pioneer settler and early gold
commissioner of nearby Barkerville. Rugged
mountains, averaging about 2,100 meters in
elevation, form a majestically scenic backdrop for
a challenging wilderness adventure, the park's
unique and justly famous water circuit. The
circuit, some 116 kilometres in length, consists
of Bowron, Indianpoint, Isaac, Lanezi, Sandy and
Specticle Lakes, a number of smaller lakes and
streams, and the Bowron and Cariboo Rivers,
together with several portages.

Day 1

The Journey started early and registration was the
first item on the agenda, as access to the Bowron
National Park is strictly monitored. The first
surprise of the day occurred during registration

**Article by
Ollie Bray**

when the park
warden was called
away from the office

to deal with
what she
described as a
'hungry' bear.
When she
returned I
took the
liberty of
asking her for
any extra
advice on
dealing with
bear attack, to
which she
replied, 'It's easy,

don't run into
them,' I still to
this day do not
understand the
Canadian sense of
humour!

The first part of the
journey was a gruelling
2.5km portage from the
registration office to the
start of Kibber Lake. Portaging
is, especially the equivalent of physical
route, as expedition members carried
the heavy and robust Canadian canoes over
rough terrain, whilst other members transported
paddles, buoyancy aids and other kit. Two more
gruelling portages followed that day and the
group arrived wearily at the camp-site after a
tough 11 hour day.

Day 2

The second day proved to be equally challenging,

we departed from the camp-site at 7am after
dousing the fire and finishing something
resembling porridge. There was a cool breeze
blowing across Issac lake and the early morning
fog drifting across the water made the whole idea
of canoeing seem a bad idea. Isaac lake was the
longest of the lakes making up the Bowron chain
it stretched some 33km in front of us and was, in
places, over a km wide, the snow topped
mountains on either side of the river valley made
the scenery spectacular to look at for any length
of time and the cool breeze helped the group
make good timing as meter by meter, paddle
stroke by paddle stroke we came closer and
closer to our objective.

Stopping at lunch time for a handful of glop
(expedition food) and for a quick dip in the icy
water the group had the utmost pleasure of
observing a bald eagle bath in the waters not 10
meters away and then flying off to find a mate in
the neighbouring dense forest. During the
afternoon paddle Craig, the resident ginger, tried
a spot of fishing and the thought of fresh fish
instead of pasta made everybody mouths water.
However the fishing trip was short lived as much
to everyone's surprise, especially Craig's, a bald
eagle swooped down and attacked the fishing
float that was being towed behind the canoe. The
next half a km was the fastest everybody paddled
during the whole of the trip!

That evening the group remained in good
spirits even though greatly fatigued by the last
two tough days and the distance of over 50km
that had now built up between them and the
start point. Again an early start was planned for
day three, which promised to be the toughest day
yet. But before bed Ollie went over how the



ess Paddling in

In the Footsteps of Mackenzie Expedition 1996

group intended to negotiate the shoot, the section of white water, which was the groups first obstacle that morning.

Day 3

After an 07.30h start the group reached the beginning of the shoot in good time, after looking at the rapids from the bank and again talking about the best way of negotiating it Ollie positioned himself on a rock in the river armed with a throw bag and one by one each of the canoes passed him, all of them successful. The group now had to navigate the Mcleary river, particularly hazardous due to the fast flowing water, logs, trees and other obstacles placed in the way. For what seemed like hours the group slowly and carefully navigated the water, sometimes when the obstacles proved to be too big or the water became too shallow pushing their canoes in and through water, being careful to stay away from rocky points, which could be the home of leaches or other equally unpleasant animals.

Now in the mid day sun but only half way to day's campsite the team, tired and weary pushed on across Lamsa Lake and then Sandy Lake eventually finding a suitable camp-site after fourteen hours of paddling. During the evening the decision was made to speed the completion of the circuit by the end of the day, although five days had been the original plan. The group eagerly accepted the challenge, knowing that by completing the circuit in five days would probably write them into the record books as the first British Youth Group to complete the chain in this length of time.

Day 4

Again an early start Ollie, Sally and Kelly woke up at 05.30h to start the fire and make the porridge, the rest of the group were woken at 06.00h to eat breakfast and the group departed, with sites fixed on the main objective, at 06.30. Babcock creek proved to be the first hazard of the day as the current ran in the opposite direction to the rest of the circuit and for 3km the group had to pull their canoes through the water, which were infested by bugs and leaches. Tom also placed a number of logs along the bank making the water deep in some places, at these points swimming was necessary to cross the deep pools, and then the canoes were pulled across. Babcock creek took a long time however it was successful crossing and the team only sustained a few insect bites (several hundred).

The next major obstacle, prior to the 17km paddle back to the start position, was another portage, however this time to save time Ollie and Clive decided that they would carry all of their kit, a 50pond rucksack, a canoe, two paddles and a tarpaulin each. Much to the groups surprise they both managed it but were absolutely exhausted by the end of it.

The last 17km proved to be the hardest yet and entering Bowron Lake the rain started, with the wind in their faces, soaked through the group continued to the finish point, where celebrations and large amounts of beer were in order.

All in all the expedition was a great success the group then went on to hike the Mackenzie Grease Trail, which they also completed. The memories taken away by the young people after experiencing the wilderness and self-sufficiency



of Canada will be one's that they will never forget, to be so close to nature, yet so far from civilisation is a chance in a lifetime opportunity that few get to experience and the Expedition Team of the 1996 British Columbia expedition would highly recommend the Bowron Lake's to any canoeist wishing to experience real adventure!



Above: Blisters after a long portage with wet feet

Far left: The Team

Left: Tom Vouchen and Ben Pendry have fun cooking with all the bugs

Below: Lynn and Craige run into some difficulties



Celtic Watersports Festival



Wales this year hosted the second Celtic Watersports Festival which took place in Brittany last year.



Tenby was the centre for the majority of the events, the festival having been moved there from Milford Haven only a few weeks before. Being the home nation Wales was well represented in all the events including all the canoe events. The event included a variety of watersports including sailing, surfing, wind surfing, rowing and canoeing. The 1500 competitors who took part came from the Celtic nations of Wales, Cornwall, Ireland, Scotland, the Isle of Man, Brittany and Galicia in Spain. The event is not just about competition but is also a cultural exchange between nations.

The venue for the Canoe Polo was in the Castle Pond - Pembroke. The Welsh Open team was up first against Cornwall who showed their inexperience with a 16-0 defeat. This may sound rather harsh but with goal difference counting in the event of a draw, they weren't taking any chances. After Brittany beat Cornwall in a previous game, it was becoming obvious that this was a two horse race in the Open section. The game was hard fought but the Breton Zone proved too much for the Welsh, the final score being 3-1. The Galician team were a bit of an unknown (as were the rules to the Galicians!). Although they were somewhat over-enthusiastic on the pitch, they didn't mind losing to both Wales and Brittany. Unfortunately for us, Tuesday's competition was very much the same as Monday's, with Brittany beating Wales in an explosive game, giving them 1st place overall.

The Ladies' Competition was

dominated on both days by the Welsh team, with only Ireland managing to keep respectable scores against them. The Irish v Breton game proved much more of a battle, with Ireland coming through by a narrow margin.

The Welsh Youth team also played exceptionally well, despite missing a number of key players due to a car accident on the way home from another tournament (don't worry, the boats were OK). Despite this, no-one came close to beating them on Monday or Tuesday and so we retained the overall title once again.

The beautiful coastal waters off Tenby were the scene for the sea kayak races. Some thirty paddlers, predominantly from Cornwall, Brittany and Wales, guest appearance by Ireland. The races started from South Beach in Tenby which was the venue for some of the sailing, wind surfing and the sea kayaking. A large area of the beach had been roped off and floodlit as a boat storage area, and the car park had been taken over for the event.... something we were to lose later in the week.

Nick Dallimore of Wales did a fine job, winning overall in a Kirton kayak, much to the disgust of the French - is it expedition or racing? they cried after a tough race against one of the Bretons. Second was Stephane Joncour from Brittany and Remy Salon, also from Brittany finished third. Unfortunately, with some strong paddlers, the Bretons won first place as a team.

The canoe surfing event took place a beach close to Pembroke, Freshwater West. Again the organisation was superb. There was a portacabin in the car park for the organisers, a loud speaker system covering the beach and containers to store boats left over night.

The teams which entered the surf event were Wales, Cornwall, Galicia, Bretagne, with a few individuals from Ireland. The surf was excellent and got bigger as the week went on. Friendliness was definitely the order of the week, with some of the opposition borrowing Welsh (Mega) boats and having a great time. Judging went

smoothly, with everyone helping with beach marshalling rescue cover, flags etc. What a Welsh team!

Sorting out the heats went without a hitch with the help of the 'phones system kindly loaned by the Coastguards and thanks must also go to them for their friendliness and help and for sharing their breakfast requirements over the air!

Again the Welsh team did very well, winning almost every heat. Paddlers were entertained by "Radio Freshwater West" with up to the minute heat results in between the music.

Thursday the surfing and the surf had picked up on the day before. The competition started just in time to experience the heaviest rain since the flooding of Llandudno, but still the competition went on. The judges looked like drowned rats

sheltering under umbrellas, trying to write onto soggy score sheets. Again Wales were doing well in the bigger surf. Luck and good surf was with us as the final team winner was Wales.

On an individual score, the overall winners were:

- Seniors: Ben Thomas (Wales)
- Ladies: Sharon Jeffries (Wales)
- Juniors: Ben Thomas (Wales)

On Friday morning cultural exchange was stretched to breaking point with the arrival of the Radio One Road Show and Mr Chris Evans. It was difficult to say who cared least about the arrival of the other, the 15,000 attending the Road Show or the 35 competitors in the sea kayak race.

Radio One had taken over the South Beach car park so everything, kayaks, paddles etc. had to be carried through the huge crowd. As Tenby filled up with Chris Evans fans and we had to grab the few remaining parking places before the town became grid locked for the rest of the morning.

The third sea kayak race got under way. This time to the tip of Caldey island, along the shore side, round a buoy and back to South Beach. There was about a 6ft swell which was why the race was kept within the bay. It was an exciting start as everyone bounced around waiting for the flag to start the race. The results of this race were the same as the others as Nick went on to win his third race.

Friday evening and another downpour, just as the teams were preparing to march to the closing ceremony at the harbour. Fortunately the rain stopped as the march started. Each winning competitor was given a small memento and a cheer. The cheering grew more and more as the evening went on until the final result was announced, that Wales had beaten Brittany by one and a half points. Next year the festival takes place in Galicia in Northern Spain and it should be well worth attending. The year after that, 1998, it takes place in Bude in Cornwall. We entered this year's Celtic Watersports Festival with high expectations both from the organisers and our home teams.

Article and photos by
A. Walker

Results

Sea Kayak Race

1. Nick Dallimore Wales
2. Stephanie Joncour Brittany
3. Remy Salov Brittany

Open Surf Kayak

1. Ben Thomas Wales
2. Simon Davies Wales
3. Martin Treacy Wales

Ladies Surf Kayak

1. Sharon Jeffries Wales
2. Bethan Thomas Wales
3. Jenny Bowden Cornwall

Junior Surf Kayak

1. Ben Thomas Wales
2. Phillipe Breyan Brittany
3. Richard Monk Wales

Surf Ski Open

1. Rio Lionel Brittany
2. Johann Lorcj Brittany
3. Graham Hancock Wales

Canoe Polo Final Positions

- | | | |
|---|----------|----|
| 1 | Cymru | 38 |
| 2 | Bretagne | 30 |
| 3 | Galicia | 14 |
| 4 | Ireland | 8 |
| 5 | Cornwall | 6 |

For **1997** we have **several** new designs and have continued to improve the strength and durability of our kayaks.



Acrobat 270 - Camel WW Challenge



Tissiot Falls - Photo Ross Purdy



Tracy Clapp in Mirco Bat 230
- Photo by Bernd Sommer & Olli Grau

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Camel WW Challenge - Zambezi



Yukon - Photo by Paul Venton & Richard Johnston

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And Then The

Loel faxed to say he wouldn't be able to come to Pakistan after all. Something to do with having a job, very weird that for Loel, I thought. This was a great loss to the team, not least because Loel had spent a lot of time recently on EMT/paramedic training.

Now my medical knowledge extends to watching 'Casualty' most Saturday nights. But I was not worried, after all 'Skinny' used to be a nurse and Mark's a surgeon. I did wonder why he calls himself Mr Potts and not Dr Potts, but I remembered surgeons didn't use the Doctor title. As it turned out I should have worried. The truth when it finally came out was that Skinny used to be an Auxiliary nurse - great for bed baths and serving tea but not much use for major trauma and worse still Mark turned out to be a Tree Surgeon! Obviously they don't use the title Doctor either.

The day after arriving in Islamabad we took the afternoon bus to Gilgit, hired a jeep, driver and cook and went boating for three weeks. Only towards the end of the trip where we told that we should have visited the ministry in Islamabad, been approved and paid about \$100 for river permits and have had a guide (who could also be your driver). In retrospect it's well worth the small inconvenience and expenditure of doing this as it far outweighs the potential hassle it could cause.

We expected Pakistan to be much less 'user friendly' than it was. People were incredibly friendly and hospitable and as a foreigner the most inconvenience you're put to is to having to continually fill in foreigner Registration books at the numerous checkpoints on the roads of Northern Pakistan. This is actually quite nice as it allows you to stretch your legs after about an hour or so crammed into a bouncing jeep forced to listen to Skinny's rave tapes. However the bizarre bit is that no two books ask for the same details, the further from the beaten track the more obscure the details you require. You quickly memorise your passport and visa number but then a checkpoint requires 'Visa issue date'. Finally when you think you've got it wired a new column entitled 'Name of person who bought stamp used to post passport to embassy', or 'Father's third cousins uncles name?' I've already sent my application to mastermind and stated my subject as 'Obscure, personal, family and passport details'.

As for the paddling: Intense; I doubt any of us had ever run such continuously hard white water before. Lots of grade five and a good proportion of that when running sneak lines!

The diversity of the rivers was amazing. Two hundred foot per mile steep creaking at 9-10,000 feet on a first descent of the Hushe to what must have been close to 45,000 cubic feet/second on the Indus. But I'll let Skinny and Mark tell the paddling stories.

Skinny's Paddling Story

One of the great moments of the trip was

paddling the Hushe river. Others for me were; driving down the Karakoram Highway with a full moon casting wild shadows along the Indus gorge and my walkman banging out a mix of hard house courtesy of Dave Angel. Slightly different but as entertaining were the days of being scared witless on the Hunza and Gilgit rivers.

But I digress; returning to the Hushe river, which flows from Masherbrum (a BIG mountain). We put in around 3,000 metres.

Being young, unlike Paul I have actually converted to the metric system. Anyway paddling at this altitude is pretty tiring and strenuous.

I was struggling for O2 and worst still found myself leading. Don't you just hate it when that happens. Off go your mates making a sneak eddy, instantly switching the lead. But the best is still the old 'I'll photograph this rapid' classic. So off I go out front, it's steep. I even get moments when I'm actually in control, but not much. Most of the time I'm reacting to the rivers tune. I love that though, when you start to lose control, then regain slight command of things, slow it down a bit then WHAM! your off at a wild velocity out of control again. That's just the best.

I'm making the moves styling left and right, throwing my Overflow about. I spot the move 20 metres ahead, tricky bit. Time to decide, left looks nasty, don't like that. The right side? Too late I'm there now. Boof centre line.

I love to boof, it always works (well ok sometimes) I crank the boof and slam into a big hole. Jones boy you've done it now! The nose rockets upwards no worries I'll hold it in the vertical; but my skinny little arms just won't do it!

Upside down is not really a good place to be as the water is freezing cold, full of rocks and further more I can't breath underwater. Luckily I'm wearing my skull cap. Your brain stays warm enough to sort of think. Mine thinks it's about to get pounded. A left side roll brings me upright in time enough to accelerate down the next section. Should've gone left - better still should've gone to Ibiza clubbing.

Fear by Mark Potts

Fear is one of those things that comes to us all at different times in our lives and with different degrees of severity. In the past I have put myself in some dangerous situations, but this time kayaking in northern Pakistan the river days were continually intense to a point of near exhaustion. Previous rivers I have paddled have had some very hard sections on them, but there has been a respite, a rest where you can relax on the river and get accustomed to the power and speed of the water. In our small group I thought we would have enough experience to cope with the rivers, as collectively we have paddled in most places in the world. On reflection there are very few paddlers I would have felt comfortable paddling with under these circumstances.



The River

We kayaked a section of the Hunza, 90 kilometres down to the confluence of the Gilgit river, a so called grade 4+ play river. I am going to tell you about the first day on the Hunza starting at Ganesh bridge and finishing at Hindi bridge a section of 24 kilometres.

I thought the river had dropped a bit over night. I obviously didn't look very hard. The river instantly plunged into a long rapid, which we had inspected the night before. A lot of holes and pourovers, but a line was visible. Launching into the cold, grey silty water we were engulfed by this rapid being tossed from wave to wave narrowly avoiding some big holes. This made us realise that the rapid was bigger, faster and more powerful than we had anticipated.

The Move

The river then eased for a while and we managed to run some rapids blind. Boils emerged all over the river pulling on the boat and generally

ere Were

3



avoiding two large holes on the left, finishing in a surging eddy on the right. Then cut back across to the left breaking through a large wave before dropping down a ramp and try to avoid a huge pourover by staying left. Skinny and myself decided to run it. The cross was okay. Then work down the eddy on the right. This is no easy task when the water is surging up and down over half a metre. As Skinny peeled out of the eddy and

disappeared down stream I realised that all the features were different from what we had looked at. I knew I had to go left. Breaking back into the current was no easy feat in itself the boat getting swamped with water making forward movement near impossible. Waves pushed me around so I was going backwards; situation dangerous. I corrected just before the large wave, digging my paddle into the breaking crest, my kayak stalling on top before I broke through, straight onto the ramp. I could see Skinny on the side of the river. All I had to do is get through that surging, boiling eddy line with a 30cm height difference and I was safe.

Sprinting forward heart and muscles straining to get enough power I hit the interface and was repelled. I was in the wave train before the pourover. I could hear Skinny screaming, I was not going to make it. I drop side ways over the 2 metre face and the world goes quiet just surging, bubbling water surrounded me and then I was looking back at the guts of an evil pourover. Somehow I managed to go underneath the hole and miss a thrashing.

Sitting by the side of the river and getting hammered into the gorge wall I decided to drop lower to find a better eddy. There is none I was forced to make another cross, but I had dropped too low. Lungs screaming for more oxygen, the front of my kayak once again swamped and arms trying to force my

blades through the water I scrap into the very end of an eddy just before a terminal drop. I was safe.

The Lost World

Paul and Skinny had to make the cross before we made a long portage. This was just the start, we had another 3 hours paddling with lots of grade 5 sneak routes and some epic crosses. The centre of the river was out of control and massive. On one rapid we decided to take the middle line through huge waves and a tongue. One side seemed to drop off into 'the lost world' it was so deep.

The last portage we made was down the right. The heat was intense and there was no shade. I was mentally and physically exhausted by now. My nerves were on the very edge and I was playing some major head games to stay in control. Scared was an under statement. I was almost ready to give up. The take out was not long after this. It had takne us 4 hours to run 24 kilometres. We stopped for the rest of the day.

The Final Chapter

Sitting outside the arrivals door at Islamabad airport, I was in full 'Guard the Gear' mode as the others haggled for a taxi. A teenager who appeared to be local was eyeing up the kayaks, then in a thick Mancunian accent asked where we were headed. After a quick chat he wandered off saying "You won't like it here, everybody will try to rip you off" How wrong he was.



Thank You

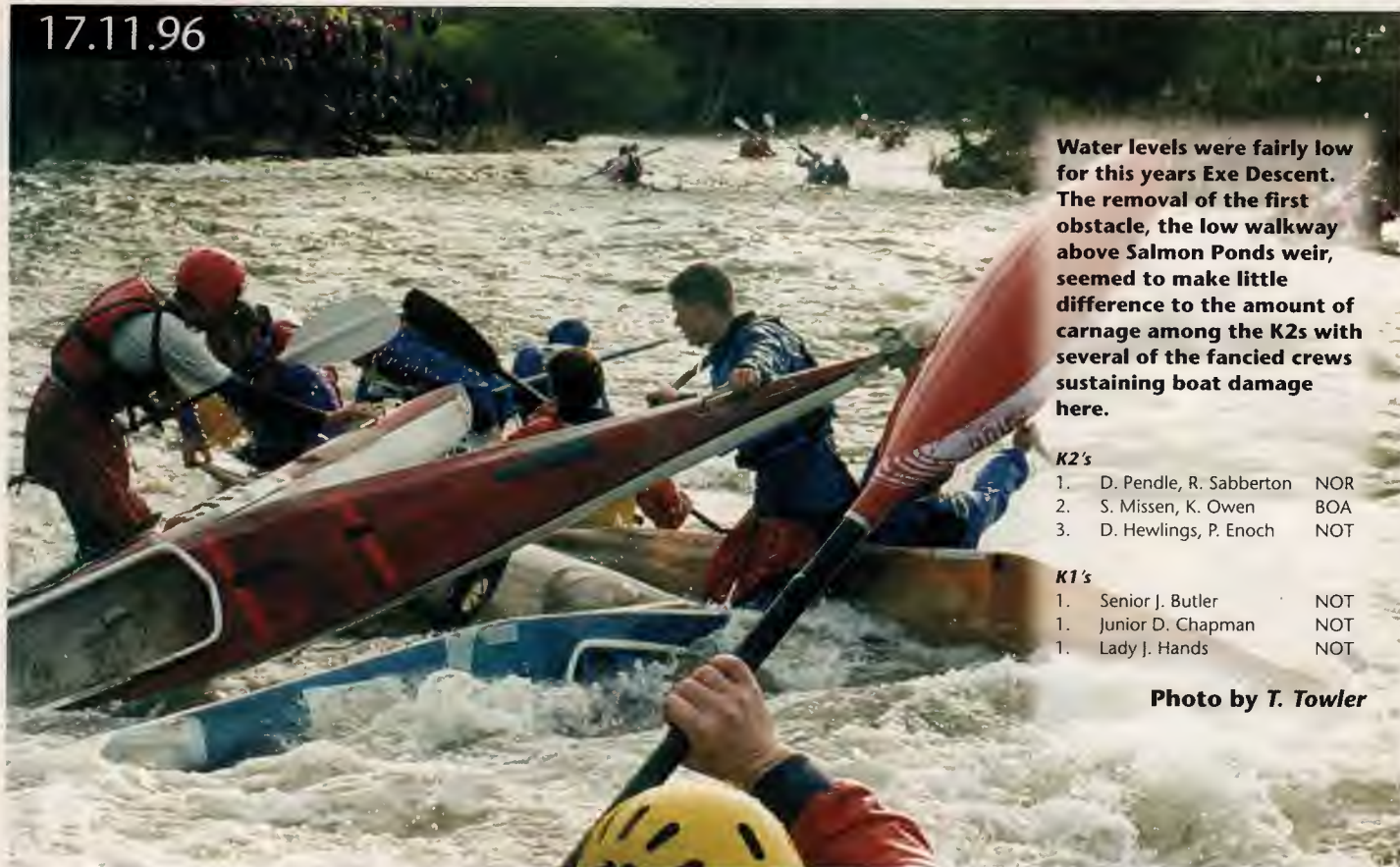
Mark Potts would like to thank Nookie for their support.

Paul O' Sullivan would like to thank Palm and Perception and Paul 'Skinny' Jones would like to say a big thanks to Palm, Perception, and RAB for all their support.

making very funny water. Twisting and turning we went down stream and the side walls pulled up into a gorge. This is where we came across our first inspection. A double cross move, first

Exe Descent

17.11.96



Water levels were fairly low for this years Exe Descent. The removal of the first obstacle, the low walkway above Salmon Ponds weir, seemed to make little difference to the amount of carnage among the K2s with several of the fancied crews sustaining boat damage here.

K2's

- 1. D. Pendle, R. Sabberton NOR
- 2. S. Missen, K. Owen BOA
- 3. D. Hewlings, P. Enoch NOT

K1's

- 1. Senior J. Butler NOT
- 1. Junior D. Chapman NOT
- 1. Lady J. Hands NOT

Photo by T. Towler

Autumn K4 Series

Result

1. Nottingham	165pts
2. Royal	128.5
3. Elmbridge	115
4. Wey	113
5. Reading	87
6. Conwy	54
7. Solihull	53.5
8. Maidstone	51
9. Bradford on.A.	49
10. Worcester	47

21 clubs competed in the 1996 Autumn K4 series with a grand total of 84 crews racing at Woodmill, Reading, Royal, Worcester and Nottingham. However no club raced at more than three events this year.


The overall winners of the Silver Galleon trophy were Nottingham Kayak Club who raced at Royal, Worcester and Nottingham. Royal C.C. were 2nd. with their performances at Reading, Royal and Worcester and Elmbridge C.C. were 3rd. (Woodmill, Reading & Royal).

For those who are still not sure how the points are calculated : Winner of each race gets 20 points, 2nd. 19 points, 3rd. 18 points etc. 3 or 4 crew members from the same club score full points. 2 crew members from the same club score half points.

The 1997 Autumn K4 series will include a race at Bristol in addition to the usual venues.


Photograph shows The Junior Development Squad crew of E Hands (SOL), J Starr (NOT), A Whitcombe (SOL) and R Griffiths (NOT) who raced in the Worcester and Trent K4 races.






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When did you last get on a river and think, "I've been told that I'm not at the top of the food chain here and may be about to find out why"? Armed with a can of pepper spray and the knowledge that bears usually run away from you, we set off into the Alaska Wilderness.

Bear Bait in



Through the dust cloud raised by the speeding 4WD truck loaded with five boats and five anxious paddlers, Lamby could just make out the flashing headlights of a jeep, also carrying a kayak. "Wonder what he wants?" We pull over and an athletic looking guy runs up to the window.

"Hiya!...Uhm, you guys've missed the get in for the Willow."

"What, for the upper bit?"

"You're doing the Upper Upper Willow?"

"Uhm...Yeah?"

"The Upper UPPER Willow?!"

"Yeah." Nervous glances passed between us, wondering if we knew what we were heading for.

"Ahh...Uhm...OK. You read the book?"

"Yeah. Is it really that bad?"

He seemed most surprised that we were thinking of attempting the upper section. It was given V+/VI- with five portages in the guide book, but we'd begun to doubt some of the gradings and had a fair idea that walking out was possible before it got too committing. Seemed to us like it was worth a look. Obviously thinking that we were mad Englishmen and warning us that several "real good boaters" had swum on the section, he backed off with a shrug and raised eyebrows, wishing us fun.

The atmosphere in the car hadn't even been this tense when we were driving to meet a float plane that was to drop us at the top of a river, boasting up to three bear sightings per mile for eight miles. Pants! Even so, we were going to get on.

Boats were off the roof and kit was ready to go, even if we weren't. Not much had been said for a while. Then, the jeep

by. "What's he want now? Probably come to tell us that we really shouldn't be doing the section." "Say, you guys mind if I tag along?" Relieved laughter broke the atmosphere and we were all much happier. Following introductions, Tom said that he knew the area, reassuring us that he wouldn't be a liability as his mates house was at the top of the canyon and he could easily lead us out if it got too hairy for us, or him. Cool! It was 4.30pm. JC estimated six hours but the sun wasn't due to set 'til about 11.30pm, so that didn't worry us.

So, having donned buoyancy aids equipped with bear scaring bells (very reassuring!) and distributed the cans of bear repellent spray, we jumped on to the river for a 3 mile warm up before the infamous Upper Willow Canyon.

The first two drops were billed as a taste of things to come and the point of no return. They were steep but didn't cause any major problems, so onward and downwards we headed. Drop followed drop in spectacular canyon scenery, the river gradient reaching 400ft per mile for one section 1/4 mile long. Excellent paddling!

Then



want to bend any boats (or legs) and decided that a one and a half hour portage, including a scramble up 300ft of rock slide debris, was the preferable option. Not an experience to be repeated in the near future, but the river was still well worth the sweat!

Having climbed 350ft back down to the river, Tom warned us that the next drop was where most people went fish spotting - a six foot vertical drop with a particularly meaty, horseshoe hole on the left side. Tom peered over the lip, put his head down and 'went for it'. We didn't see him emerge from below the drop, jumped out of our boats and saw him swimming out of the hole. A ski jump off the right hand side saw the rest of us safely down. The river then mellowed and carried us to the car by

1.30am with plenty of light for paddling. What a cool place!

The grading was not as severe as expected from reading the horror stories in the guide book. The section is paddled a couple of times a year by locals and was certainly V with two portages, though these are run at higher levels. Most definitely recommended!

The main objective of the trip had been to

and kayak flew round the bend into sight and into the lay came the last major drop - three steps falling 25ft. Tom was keen, but having two weeks holiday left we didn't

Article by
Mathew Upton



Above: The amazing Wrangel St Elias Mountains and the Tana River.

Left: MU skjumping on the Upper Upper Willow.

Below Left: Murder Lake - the start of the 3 day Talkeetna paddle.

Bottom: MW running Jacobs ladder on the Tsania in high water.

Ka

paddle an eight or nine day self supported section, but hassles trying to get permits for flying into/out of National Parks and some of the distances involved restricted us to a couple of three day paddles and various single day trips.


The first of these was the Talkeetna River and its 14 mile canyon - five days walk through bear infested countryside to the nearest centre of civilisation ! The river is reached by flying to Murder Lake in a float plane and paddling eight miles down Prairie Creek. It was on Prairie Creek that we had our first, and only, close up bear sightings: one Grizzly on the bank; and one Black bear crossing the river in front of the group. Fortunately they didn't stay around to say hello !

The Talkeetna was fun and a novel experience for us all - a lesson in how to get three days kit in an Invader and the difference it makes to paddling IV; The get out was in a town that

takes its name from the river and is supposed to be a Mecca for Northern Exposure fans the World over. It certainly was "different" and very much in the back of beyond. The Tana River was more challenging, and even more remote than the Talkeetna. Any river that requires a 200 mile drive from the nearest major town, followed by 60 miles on a dirt road, a river crossing by sheep trolley and then a 20 minute flight deserves to be called remote! "It's out there, man!" we had been told.

Out of 23 possible paddling days, we ran 19 sections on 13 rivers covering nearly 290 miles and clocking up one swim. Other single day rivers included Canyon Creek (IV with one portage), Eagle Rapids (III), Ingram Creek (VI+/V), Lowe River (Keystone canyon, III/IV), Matanuska (III/IV), Nenana (III - IV+), Sixmile Creek (IV/V) and the Tsania River (III - V with one rapid of V+).





Guides

The guide book (Alaska, Fast and Cold, by A. Embick and available through Le Canotier, 25 Rue De La Resistance, F-62370, Longues, France), though dubious for some of the grading, provided excellent information on river access etc. The second source of local info (much more up to date and amusing) was Roger Pollard of Alaska Kayak in Anchorage (Phone/Fax: 907-243-2998). Most helpful and good for an entertaining night on the beer in Anchorage! On the practical side of things, he hires boats for about \$100 a week, sells kit and will know what river levels are doing, as well as running guided rafting/paddling/sea kayaking trips and arranging pilots for flights into wilderness rivers.

Getting boats out and back can be expensive. Book early and phone around. June and July are the best months for peak flows. Alaska is an amazing place and the rivers are equally impressive. Well worth the expense.

Members

Mat Upton paddled with Martin (Lamby) Lamb, Andy (Roo) Evans, Jon (JC) Cartwright and Martin Wightman. Photos by Jon Cartwright, Mat Upton and Martin Wightman.

Thanks

Many thanks go to Pete Knowles and the BCU Expedition Committee for their advice and support and to Nookie, Palm, Montane and Terra Nova for their excellent kit.

Mecklenburg Lakes



The Mecklenburg lakes lie to the north of Berlin and extend up to the Baltic. They consist of a series of lakes from pond size up to eight miles across connected by rivers, canals and ditches. The area covered is about 100 miles in diameter making our own Norfolk Broads look rather small by comparison.

The camp sites were generally very pleasant with new toilet and shower blocks replacing what used to be an unattractive feature of camping in Eastern Europe. Everywhere that we went the signs of inflowing wealth and response to tourist demand were evident. The old East Germany is gradually being brought up to the standard of the West. Even the smallest village generally had a pub, restaurant and shop so supplies were not a problem.

In most places it was permitted to free camp in the forest. We did this on several occasions and naturally made an effort to leave everything as we found it. However not everyone did so, and the pressure on the environment by the increasing level of tourism

was evident. No doubt this will eventually put a stop to free camping in the not to distant future.

An excellent ring bound volume of water maps for the area is available from local book shops and tourist information bureaus. Using this guide we set off from Mirow and paddled via Wustrow, Ahrensburg, Stassen, Wolfsbruch, Canow and Vilsee.

The scenery is lovely, pine clad sandy banks and low hills with water lilies covering some of the smallest lakes. Many of the interconnecting waterways are naturally winding water courses with a new view at every corner. In some places we penetrated unmarked narrow ditches between lakes with the trees meeting overhead. Occasionally we found a charted passage to be unnavigable even by canoe or to have apparently disappeared altogether. At odd places there were clearly marked carry overs equipped with landing stages. Although the area is very popular with many canoes, dinghies and even yachts on the larger lakes it is such a vast extent of water that there was rarely any feeling of overcrowding.

This brief visit was over all to soon and we hope to revisit Mecklenburg for a better look in the future. The only small complaint one might have is the peculiarly Eastern European habit of only opening the shower blocks at certain times of the day and the common need to have a token to work the showers. Its not the cost so much as the inconvenience of the token running out while you are still covered in soap. It certainly puts you off lingering in

the shower! Also if nudity offends - don't go. The Germans seem to be enthusiastic sun worshippers but some of the votive offerings leave a bit to be desired!

I would be pleased to hear from anyone with knowledge of a good tour abroad, or interest in joining a group. My number is 0181 304 2330, but I am away a lot!



Our group of four friends unfortunately only had a week to explore this beautiful area but we were able to make a circular tour of 65 miles starting and finishing at a camp site on the Mirower See near Mirow. This avoided the inconvenience of a car ferry. The cars were left at the camp site for about £3 per day

Article by
Peter Minch



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Giardia

My unfriendly little amoeba!

Our trip to the French Alps was all organised, with a fairly large group of course members. Every one arrived on or by the Sunday evening 21st July. All were keen to get on the water for our first paddle, and we soon had a number of Alpine rivers in our log books. On the fourth day several course members came down with diarrhoea and sickness, myself, I just had diarrhoea.

Nothing unusual in this, a change of scene, drinking water, beer, wine and other alcoholic beverages together with lots of paddling. Most got over their problems within a day or two and continued to paddle.

My diarrhoea was not really a problem, it was just that on my normal visits to the loo, I had diarrhoea and it continued throughout our time in the French Alps. However, I did feel tired, organising our trip and paddles, did seem to be taking its toll, I just put it down to my age and thought perhaps I am getting to old for this game.

The Alps trip came to an end and we had to return home, back to our normal working routines, with course members sad to be leaving such a wonderful paddling area. August is always a busy time for Birmingham School of Canoeing and on my return I was straight back into canoeing work.

The diarrhoea continued, not causing too much inconvenience, but I felt really worn out. I tried the usual period of 24 hours with out food and I also tried lmodium, neither had any effect, I continued with diarrhoea which was becoming worse.

Eventually, two weeks after my return from the Alps, in mid - August, I arranged to visit my local medical centre, the Doctor suggested I had a gastro- enterovirus infection and that it would eventually go away, but decided I should send off a stool sample.

As you may well have guessed, the diarrhoea continued and was becoming progressively worse. In addition, I was rapidly losing weight, I had reduced from just under twelve stone to just under eleven stone. One problem though, was that my trousers were very tight around the waist. A second visit to the Doctor with a thorough examination still provided no help, the stool test was negative and it was felt that I still had a stubborn gastric infection and that it would sort itself out.

Unfortunately it did not sort itself out, I was feeling very ill and the diarrhoea was, would you believe it, worse, all I wanted to do was sleep. I was now down to below ten and a half stone, one and a half stone lost and very weak.

It was now the first week in September, an emergency visit to the Doctors on Tuesday, no appointment, I ended up seeing a nurse. The nurse was concerned at my weight loss and bought a Doctor in to see me, a few

questions, which Doctor had I seen before and they left the room. Another Doctor was bought into the discussion, I heard the nurse say, "Well, he's lost over one and a half stone, so there must be something seriously wrong!".

Another Doctor joined the discussion, and suggested an amoeba.

This Doctor came in to see me and discussed my problem, continuous diarrhoea, rapid weight loss, distended stomach and feeling very unwell. She suggested that I may have an amoeba infection called Giardia. I was required to provide another stool sample, in my condition, not easy, I can tell you. An appointment was arranged for a weeks time.

By Friday of that week I was in a really bad way, I had now lost two stone and was down to just ten stone in weight, I was spending a lot of time sleeping on the floor next to the toilet, I could not be bothered in returning to bed.

My wife was now very concerned with my condition and regularly phoned the Doctor's for a result of the sample test. Because of my deteriorating condition She eventually arranged another emergency visit to see a Doctor. Late on Friday afternoon, waiting in reception area I nearly passed out, but managed to get to see the Doctor. The results of the stool test confirmed that did I indeed have Giardia and could now be given an appropriate drug to rid me of it.

So what is Giardia! Giardia is an amoebic infection of the intestine. Transmission is generally through the faeco-oral route, you become infected by ingestion of giardia cysts in contaminated food and water. The cysts transform into amoeba and attach to the intestine wall in the form of trophozoites which divide by binary fission. Further cysts are then excreted in the faeces.

Treatment is usually with Metronidazole, the drug I was given, it can apparently cause some quite nasty effects, but I was so ill I did not notice any. I was taking 3.75 gram a day for five days, quite a high dosage rate.

I subsequently had to provide two further stool samples, a week apart, to confirm that I was still not infected or carrying any amoeba, it was a relief to find both tests were negative.

My first signs of diarrhoea started in the French Alps at the end of July, so it was initially thought that I became infected from paddling one of the Alpine rivers or from eating infected food whilst in France.

In Britain, Giardia is a notifiable disease, and I was soon contacted by an Environmental Health Officer (E.H.O.). His task was to try and establish the source of Giardia infection.

Running a business as a full time kayak/canoe instructor, I am regularly paddling on many different rivers, canals, lakes and pools. Establishing the source of infection would be difficult,

but we initially thought it would be from the French Alps.

However, the normal incubation period for Giardia is 7 to 10 days, which indicated that I would have picked up the infection before my trip to the French Alps.

I then became more interested in the incubation period, I had been on the River Severn at Worcester in early July when we suffered from pollution of raw sewage coming down river. The E.H.O. looked up further information and confirmed that the incubation period can be up to 24 days. He became interested in the date and times of the sewage pollution in the river. I could confirm these details, as I had in fact telephoned the N.R.A. Pollution Hot Line to complain, because the quantity of raw sewage was unbelievable. The pollution of sewage was so bad, that we got our group off the river, unfortunately it was our last session on a summers day and it had been a wet session, I had personally been upside down several times during our games.

Unfortunately, it is not possible to establish exactly when and where I became infected with Giardia, no one else appears to have been infected.

What does concern me, is the fact that I went untreated with the infection for a period of six weeks and lost nearly two stone in weight and became quite ill.

Our Doctor was apologetic, Giardia is very rare in Britain and Western Europe, initial investigation for stomach/diarrhoea problems usually follow the bacteria route. According to our Doctor, in Britain, stool samples are only routinely tested for bacterial infection. Tests for amoeba infections are not carried out unless specifically requested by a Doctor.

The Doctor's were made aware of my occupation as a Canoeing Instructor, on each visit, but this did not help in the diagnosis.

As a paddler, if you are taken ill with a continuing diarrhoea problem and the Doctor suggests a stool sample, it may worth asking for the sample to include tests for an amoeba infection.

With my recent visits to our Medical Centre, the Doctor has suggested that as I work as a Canoe Instructor, I should in future, when I am well enough, be inoculated against Hepatitis, but that is another story.

If any fellow paddlers have suffered from a Giardia infection or have any more detailed information, I would be interested to hear from you. **Please contact Mike Phillips on 01299 401872.**

It would be interesting to know how rare Giardia really is!

Have you heard the name Giardia, no!, well neither had I, until recently.

Article by Mike Phillips



So fellow paddlers, how do you know whether you have a normal tummy bug or whether you may have something more serious!

My symptoms were as follows:
Diarrhoea - initially not inconvenient
Tiredness & Listless
Diarrhoea - becoming progressively worse
Loss of Appetite - because of diarrhoea
Weight Loss - becoming rapid
Distended stomach
Feeling very ill - nausea, headache

The following information is extracted from a letter received from Michael Bruce of Alpine Options in France.

Article by Michael V Bruce

EC Directives

...the good old days before EC Directives, the Activity Centres Act, CEN standards, French Equivalence of qualifications etc are gone. The bureaucrats have made so many problems, soon all small businesses will need a legal expert to keep up to date or give up!

I thought that the extent of the EC Directive below should be made known to the canoeing world.

Following the EC Directive on Package Travel No. 90/314/EEC, the UK passed the Package Travel, Package Holidays and Package Tour Regulations 1992, effective from 1.1.93.

The definition of a 'tour organiser' is the provider of a 'package' (or arrangement) comprising a combination of at least two of the following components:

- a) Transport
- b) accommodation
- c) other tourist services not ancillary to transport or accom-

modation and accounting for a significant proportion of the package. (It is difficult not to include canoeing in this).

The law applies to all holidays sold within the EC irrespective of their destination (including within the UK).

The main effect is all organisers must provide financial protection and repatriation cover in the event of their financial failure. This may be by bonding (like with ABTA), an approved insurance policy or a 'designated' trust account administered by a trustee like a firm of Solicitors. Also a tour operator public liability and professional indemnity insurance is required.

At present, most of the canoeing organisers have not realised they are breaking this law. Most canoeing trips run commercially in the UK or aboard consist of either 2 or 3 of the above components. Centre based courses can normally be exempt as educational.

For occasional small commercial

canoeing trips (as I use to run), the cost of complying with the EC directive including tour operator liability insurance with minimum annual premiums would normally be over £1000, which works out expensive per person. This will result in either in higher prices or the end of some trips or continuing to committing a criminal act until caught!

Over the last two years, due to my involvement in skiing holidays, I have been checked by the Trading Standards Office, Consumers' Association, ABTOF, French Government Tourist Office, CAA, Ski Club of Great Britain, Sunday Times plus I have been contacted by several Companies offering cover, which was very difficult to find in 1993.

At present, advertisers in Canoe Focus and Canoeist seem to have avoided being contacted by the watchdogs, of which Trading Standards are the enforcer!

I hope you find this interesting.

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The OCAGB has about 400 members with ages ranging from 5 months to 70+! It is a properly constituted voluntary group affiliated to the British Canoe Union which promulgates the safety policy and regulations of the Union. The Association aims to promote enjoyment of all aspects of open (Canadian) canoeing especially family touring, sailing, marathon racing, white water canoeing, sea canoeing and training within the BCU's coaching and star test schemes. The Association publishes an annual list of

opportunities for Canadian canoeing which is updated in a quarterly Journal which also provides articles of interest. An annual programme of our own and joint events is designed to give beginners graded experience and committed canoeists the opportunity for leadership and widening their experience.

The Association's Council sees its membership as coming from:
Committed canoeists who will often be members of the BCU coaching scheme



Above:
Deaf canoeists from Berwick Canoe Club at the start of the OCHGB introduction to White Water Week

Photo:
Richard Scullard

who need to keep in touch with other Canadian canoeists and keep up to date.

Club members who find that they are in a minority in their Club and need the opportunity to improve their Canadian skills and experience, and Paddlers who are not members of any canoeing organisation but want to learn about canoeing and need opportunities to canoe safely in good company.

The Association's Annual Rally will be held at Upton Warren, Worcestershire, on the 3, 4 and 5 May 1997.

Full membership is £10 a year. More information (s.a.e. please) from the **Honorary Secretary, The OCAGB, c/o 23 Cabot Drive, Grange Park, Swindon SN5 6HG.**

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Richard Scullard Runs Secretary OCAGB 1 Poplar Avenue Bristol BS9 2BE
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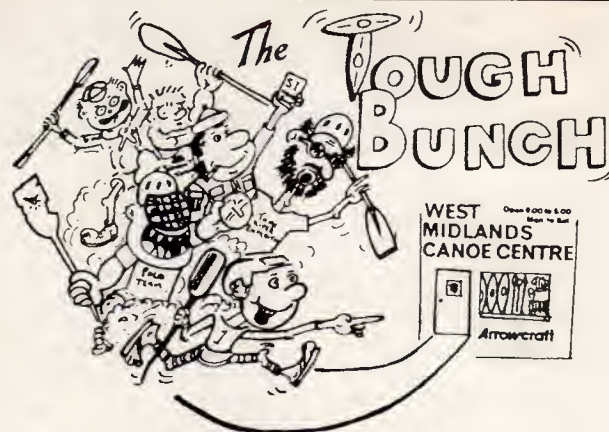
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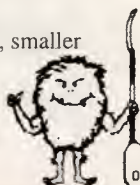
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Cape Scott to the Brooks Peninsula is described in 'Sea Kayaking Canada's West Coast' as "the most exciting stretch of coastline on Vancouver Island, a challenge even to the most advanced sea kayaker".

This was the area chosen for an expedition of youngsters, aged 17 to 19 years, based in the Quatsino Sound on the North West coast of Vancouver Island. It was one of four expeditions organised by the British Schools Exploring Society this year.

The BSES has been organising expeditions for over sixty years and is the oldest organisation of its type. Its expeditions aim to incorporate science with adventure and the sea kayaking and the temperate rain forest of North Vancouver Island would ensure plenty of both.

Two of the five weeks spent in the field were land based and three weeks would be spent kayaking. The science involved land based archaeological work with the Quatsino First Nations working on one of their old village sites and in the identification of more old village sites long since forgotten. The latter was carried out by kayak in Quatsino Sound and Holberg Inlet, the largest of the three inlets off Quatsino Sound. Sites were recorded on official forms and forwarded to the government agency responsible for keeping the records. The second major Science project was a Natural History Survey of a trail we cut along the north-west coast from Grant Bay to Raft Cove. This trail would link Winter Harbour with the Cape Scott Provincial Park. Eventually this will make it possible to trek all the way round the coast from Winter Harbour to Port Hardy as there are plans to establish a trail

from Port Hardy to Cape Scott Provincial Park next year. The Natural History group produced a map of the trail with the Natural History information on the reverse side. The map is now with Western Forest Products who have the tree licence for that area and there are plans that they will publish it and develop the trail further.

The coast open to the Pacific swells and frequent gales was the biggest challenge for the kayakers. Most days the forecast was for 20 to 30 knot winds, occasionally 35 or even 40 knot winds were forecast. However, the winds tended to be lighter in the mornings and evenings which made several extended coastal passages possible.

The first week's kayaking was spent getting used to the kayaks in the relatively sheltered waters of Quatsino Sound and its Inlets, which together provided 100 miles of relatively safe kayaking. The single kayaks were 'Storm', rotomoulded kayaks and the doubles were GRP Libra GT's. Both types of kayak were fitted with rudders, decklines and waterproof hatches.

Crucial to the Success

It was not without careful consideration that the expedition was planned for this area as many of the youngsters had only a limited amount of sea kayaking experience and a few had very little, although they did have good experience of being on or in water as sailors or sub aqua enthusiasts. The leader team was crucial to the success of the



kayaking on this expedition so sea kayaking qualifications and, more important, experience was a key feature when choosing the leaders. Good experience and expertise were imperative in assessing conditions and avoiding possible rescue situations.

Each group had one qualified and very experienced sea kayaker. This was backed up by a competent kayaker whose qualifications and/or experience would be useful in a tight situation and most groups had a third leader, the Science leader, who was in most cases also an experienced kayaker, some with British Canoe Union qualifications. Several of the youngsters in each group also held BCU awards.

The system worked well following some acclimatisation in the Quatsino Sound and the Inlets.

At times in Brooks Bay one is forced to paddle well off shore when there is a large swell as there are reefs along part of this coast from Quatsino Sound to Lawn Point, although in moderate seas one can get some shelter from Kwakiutle Point to Lawn Point by paddling inside the islands. However, Lawn Point requires a wide berth as outlying rocks create large surf. Once inside Brooks Bay it is more sheltered paddling with several inlets to paddle into.

Sea otters were seen in the kelp beds off Restless Bight. Having been reintroduced a few years ago south of the Brooks Peninsula they are now breeding north of the Brooks. A large sun fish about a metre across was also encountered in

Top picture: Bear feeding on berries
Photo by Keith Maslen

Main picture: Early morning fog at Queen Charlotte Strait
Photo by Alex Crossland

British Schools Exploring Society



Vancouver Island Expedition

the same area and did not appear to mind as the kayakers hung on to its 18" long fin as it basked on the surface.

Two groups went north out of Quatsino Sound and rounded Cape Scott to continue their journey down to Port Hardy. The strong north-westerly prevailing winds and the frequent fogs can be a hazard but by paddling early in the morning or at night, thus avoiding the worst of the wind, both groups lost little time and completed the journey within a week. The north-west coast is wild and there are few beaches suitable for landing if there is anything of a swell running and most days there is a swell from one to three metres. Off Cape Scott there is a colony of sea lions which tend to object to sea kayakers entering their territory; they proved to be aggressive and gave chase which raised the adrenalin levels somewhat. Further round the coast into Nells Bight there was a pod of grey whales and some transient orcas which were seen by both groups. Just after the second group had passed, the orcas attacked the grey whales killing one of the young and doing some damage to the adults.

Pod of resident orcas

Using a local outfitter to transport the kayaks, one group portaged from Port Hardy to Coal Harbour and kayaked back to our base camp in Winter Harbour, via Quatsino Sound. The first group to complete the trip kayaked south to Robson Bight to the reserve where there is a pod of resident orcas. Wardens patrol the reserve to keep boats out and were a good source of information about whales, as was the Whale Research Station on Hanson Island. It was in this area that the orcas passed by the campsites only yards from the beach and dived under the kayakers and could be heard calling to one another as they passed only feet beneath the kayakers.

The fifth group took over from the one in Robin Bight and spent two weeks kayaking amongst the hundreds of islands that occupy this area of Queen Charlotte Strait. A visit was made to Mamailaculla on Village Island where totem poles can be found, 'big house' posts and massive beams which are the only remaining testimony to the First Nations which once occupied this village.

From Port Hardy south in Queen Charlotte Strait one is likely to meet other groups of kayakers who like to visit the whale reserve in Robson Bight. If its solitude you seek then from Port Hardy to Brooks Bay is the place for you with only the black bears and bald eagles for company. There are wolves and cougars here also, but we only saw tracks of these on the beaches. The north end of Vancouver Island has the largest population of black bears in British Columbia and there were many encounters. The worst of these was when John Ramwell's group, having paddled up the Marble River, attempted

to walk upstream above the rapid but was forced back by the dense salal. On their return they met a large bear which refused to give ground and began to make 'woofing' noises - not a good sign! The group had to make a



Those interested in taking part in future BSES expeditions for 16 1/2 - 20 year olds should contact: The Director, British Schools Exploring Society, at Royal Geographical Society, 1 Kensington Gore, London. SW7 2AR.

Top: Large seas and breaking swells North of Restless Bight.
Centre: Quatsino Sound
Photos by Keith Maslen
Bottom: Running the rapids at Marble River.
Photo by John Ramwell

detour around the bear. Other encounters were less threatening with bears frequently coming to beaches and observing groups in camp before wandering back into the forest, sometimes to the accompaniment of the banging of billies. At other times they would just watch from a distance and feed on the berries before making off their own good time.

The weather on the north end of the Island is often damp and the Queen Charlotte Strait in particular suffers from fog. We were fortunate in that when we experienced fog it usually lifted

during the day. For the most part it was hot and sunny with only a few days of heavy rain during our six week expedition. However, this is the exception rather than the rule. I know of people who have made the journey to Robson Bight to no avail, seeing no whales and encountering torrential rain. Having said that it is a truly fantastic area for sea kayaking and many of those taking part in this expedition have vowed to return some day.

Killer Whale (Orca) at Robson Bight.
Photo by Alex Crossland



This was a BCU approved expedition

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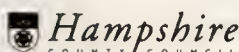
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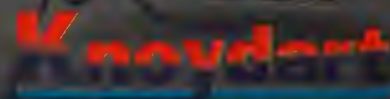
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Alone Around Arran

Everyone has a journey that they dream of, some are lucky enough to be able to make them come true, perhaps by travelling to the ends of the Earth, facing impossible rapids or raging seas. My paddle involved few dangers and the challenges were simpler, but the rewards...

Well, you might like to read my diary and judge for yourself. It is ten to one in the morning and I am laying in my tent waiting for the shipping forecast and writing my diary

North Utsire... South Utsire... Wednesday

I started at Portavadie. Camping gear, food and water for a week; will it all fit? Have I got every thing? Am I too old? My family are getting bored. I have been talking about this trip for the past nine months. I push off and wave. They expect me to telephone tomorrow and say I am giving up.

Dogger... Out on the loch I see hundreds of large brown and red jelly

fish and shoals of bright blue small ones drifting through crystal clear water. I wonder how baby jelly fish get back to where their parents began their journey. I must get a book on jelly fish when I get back.

Ten minutes of fishing is all it takes to catch a pollock and a mackerel for tea. I stop for the day at a small, sheltered pebble beach with sheep-cropped grass, not a house in sight and even a visiting seal. I put up my tent, make a cup of tea, have a snooze and then cook my fish. Here we are: Rockall... Malin... "Atishoo!"... After staying awake for the last hour, I sneeze and miss the forecast. Oh well!

Thursday

Today it rained. I did not wear the right clothes and got cold and wet.

Searching for some warmer things amongst my gear, I put on my one pullover that I had intended to wear in the evenings. That is now wet.

Friday

This was a beautiful place last night. The edge of a wooded hillside, ferns, foxgloves, pebble beach and no sign of humans. Arran looking black and golden in the evening sunshine with swirling clouds like volcano plumes around its mountain, Goat Fell. I wonder if this is an extinct volcano? I must get a book on the geology of Scotland when I get back.

Seals, birds and fish (jelly and non jelly) are not the only wildlife I encounter. There are midges. Radio Scotland said that midges do not bother with the mosquito's sophisticated local anaesthetic; they just chomp a hole in your skin and drink the blood. Out side my tent this morning, there is the greatest cloud of midges in the world. It is waiting for the only living thing around to come out.

Never mind. I have my insect

Article by

Graham Rogers



repellent. Non-toxic, organic, waterproof, long lasting, ozone friendly. I spray it all over and venture forth. The midges love the repellent and merrily chomp away enjoying their breakfast. I cover my face with a T-shirt and walk into a rock. I rush to cram everything into my canoe and push off onto the midge-free sea. My face feels terrible.

I drift into Carradale, a quaint scrap yard of a fishing port. There had been three trawlers going up and down in the loch last night. They must have heard about the fish I caught the other day. The sun is shining, the forecast is good and I set off for Arran. I turn south and head for the best named place on the journey, Drumadoon.

Watching gannets diving trying to catch the fish that the trawlers missed last night. At Drumadoon, I write some postcards and talk to a Canadian backpacker. I apologise for my face. "It was the midges last night," I explain. She looks puzzled and I wonder what they call midges in Canada. She asks me where I am travelling and I tell her. "So folks just let you put your tent on the lawn?" She asks. "Lawn?" I look puzzled and go back to my postcards. It is meetings such as these that bring the people of differing nations closer together, I think as I paddle on south around the foot of Arran

I pass more seals, birds, burnt out cars that have fallen or were pushed off cliff top roads, farms, quarries, waterfalls, caves an old rusting

ship wreck and empty beaches. I dodge rows of needle sharp rocks and stop to photograph Ailsa Craig twenty kilometres away. It looks so steep. I wonder how they can grow tomatoes there. I

"I stop and explain to the seal that this is not going to work. My family would never let me keep him in the bath".

paddle from headland to headland, five hours without getting out of my canoe. Will my legs work again? I stop within sight of Holy Island, get out, fall over, put up the tent, cook,

eat, sip a wee dram and sleep.

Saturday

I eat my breakfast and watch an otter diving for its breakfast then eating it off its tummy. A herd of cows munches their way along the beach. Two young lads camping not far away have got their matches wet so I give them mine. I have some spares and can get some later today.

By the old lighthouse on Holy Island, I see a Buddhist sitting on the jetty reading a book. Someone is hoeing a field in the morning sunshine and there are paintings of Buddha on the hillside rocks. Bird watchers, only a few yards away, look at me through their binoculars. I lift my hat and give them a wave. They look stunned. Not many birds wave back I suppose.

Behind me I hear the breathing of a seal. He sniffs the toggle on the front of my canoe as though it were another animal, dives underneath, leaps out and tries to climb on the front of the boat and follows me for about a mile. I pass some

people on the rocks and think that we must look like some strange circus act.

I stop and explain to the seal that this is not going to work. My family would never let me keep him in the bath. He wipes a tear from his eye but I know he understands. He waves his little flipper and dives a final farewell splash and disappears beneath the waves.

In Brodick harbour, there are lots of small boats and a few expensive yachts. A bright yellow plastic landing craft with a huge motor on the back roars into the harbour circling around without slowing down. It cuts in between my canoe and a small motor boat with a family on board. Still it roars around as everyone in the harbour stops to watch. He lands on a beach and lowers the front down for his girlfriend and what looks like his shell-shocked mother and father to step ashore. I go ashore nearby as he explains to his crew that he had better put a long rope on the front as the tide is coming in. I am sure the tide is going out but I guess that Landingcraft man would not appreciate me pointing this out to him.

I go and buy some chips and tea, forget the matches and return to eat lunch and await the return of Landingcraft man. "Bloody tide!" He shouts. "It's supposed to be coming in!" His three emotionless companions wait with bags of shopping. He looks at his stranded landing craft, now twenty feet from the sea, then at me. I bury my head in my chips, try to make myself look even older and mentally rehearse my bad back story.

Three hours later I stop at the Cock of Arran, which is not a pub, but the north of the island. I have a big mackerel ready for tea. But no matches! I cannot find my spares and my spare

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Monday

The forecast is for a force seven for tomorrow. I had better get a move on. The Firth of Clyde sounds a busy place but it is as if I am the only person in the world. I paddle across empty bays, past deserted lighthouses and long abandoned cattle landing stages. I begin to notice that there is a lot of rubbish in the sea and that it is getting dirtier by the mile. I reach the source of all the filth: a sewage outfall for Rothesay, appropriately named Bogany Point.

There is an impressive view in front of me now, Bute to the left, Loch Striven to the right and the hills of the Cowal peninsular in the distance. I paddle out into the middle of the loch to take in its magnificence. After an exciting bit of ferry gliding and rock hopping in the narrows against the tide, I reach the perfect camp site - a little sheltered bay with a beach, stream, short grass, a postcard view and a visiting deer.

spares are safety matches without a box. I turn into Landingcraft man. "Bloody matches! These aren't supposed to be safety!" I calm down, enjoy a cold meal washed down with a dram or three of whisky and watch the gulls enjoy the mackerel.

Sunday

Lochranza is a beautiful natural harbour with a medieval tower built on an old sea wall. I buy some matches, some spares and some spare spares. Then paddle off to Inchmarnock. My longest ever sea crossing, a two and a half hour paddle with a lunch stop. Not the sort of stop where you can get out and have a walk though. It is flat calm and misty in the middle of Inchmarnock Sound. Eating my lunch I listen to the quietest silence I have ever heard. I watch the shearwaters glide and rise in tight circles like spitfires in a dogfight. I start making aeroplane noises but the noise seems rude in such a silent place.

Tuesday

I have not far to go today. I put on my last clean, dry clothes. No soggy wetsuit today. What a luxury! As I start towards the South, the force seven wind hits me. This is a great way to finish the trip - paddling head first into a near gale. I reach Tighnabruaich in the wind and rain five minutes late and wave to my waiting wife. I land, take my spray deck off and a wave soaks my last set of dry clothes.

Record Breakers

After her Record Breaking Rolling Record Helen Barnes was invited by BBC Record Breakers to film in Milan! (Alright for some, perhaps I could be her agent!)

The programmes was being made for Italian TV Canale 5, Helen gave an interview half in English and Half Italian, she also gave a rolling demonstration, but decline to re-attempt her record.

Helen was also invited to film for a special '25 Years of Record Breakers' which was shown on BBC on December 16th. Helen ranked 3rd in GB at the end of the season was also pictured with World Record breaking Strongman John

Evans who whisked her and her Citroen sponsored kayak off her feet, and balanced her on his head!

Shaun Baker has also been breaking records (again!). The Guinness Book of Records recently confirmed that the freefall waterfall kayak record set by Shaun in Iceland earlier in 1996 is a new official world record at 19.7m (64ft, 8in).

Shaun achieved the new World Record after having just won the title 'UK National Rodeo Champion' (open category) for the 8th time. That is every year he has competed.

Well Done to both the Record Breakers, let's keep the profile of our sport in the news!

Article by Wendy Blackman



Helen Barnes is lifted aloft by world record breaking strongman, John Evans

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Qualified instructors 18+ required for our Multi Activity centre in Bude, North Cornwall.

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Apply for details to:

Tracy Joslyn, Personnel Manager
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Tel: 01288 355551



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4 Weeks Instructor Training and Assessment period during April 1997
Food & Accommodation available if required.

Catering and Domestic staff also required from May



Apply to:-
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Rewsalls Lane, East Mersea,
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- Windsurfing • Canoeing • Archery • Shooting • Raft building •

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Qualified Multi Activity Instructors 18+ required

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During February 97
Wage includes full board and lodging

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For application details please contact:

Edale YHA Activity Centre
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Telephone: (01433) 670302
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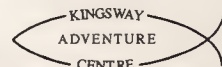
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Reply by 21st February 1997

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For application form and further details contact:

**Head Office, Mountain Ventures Ltd,
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**120 Allerton Road, LIVERPOOL L18 2DG
Tel: 0151 734 2477 Fax:0151 734 2997**



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Helping young people make the most of life

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**These two posts would suit a family or couple.
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Interested? Then please apply to Derek Langford, Manager, Hawkhurst Adventure Camp, Kielder Water, near Hexham, Northumberland NE48 1QZ, giving brief career history and any relevant qualifications.

The Scout Association is working towards Equal Opportunities

QUALIFIED INSTRUCTORS required at outdoor centre in North Devon. Vacancies from March to October. Activities include kayaking, climbing, surfing & waterskiing. Phone 01237 477637 for application.

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Canoeists Wanted

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Training courses commence in March/April/May 1997 and work continues until September. All posts will be residential.

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INTERESTED? Then contact Natalie Vaughan-Evans **NOW** for a Recruitment Pack and Application Form. Superchoice Recruitment Osmington Bay Education and Adventure Centre Near Weymouth, Dorset DT3 6EG Tel: (01305) 835966



STOCKPORT METROPOLITAN BOROUGH COUNCIL

Stockport Youth Service Outdoor Education Worker

(Re-advertisement - previous applicants will be automatically considered).

**Specialist Outdoor Education Worker - £8.61 per hour
(0.7 of a 10 session week.)**

9 month contract to commence as soon as possible.

This post has been created to work alongside the current Outdoor Education Development Worker, assisting with a flourishing programme of activities across the Borough of Stockport. You will deal with a wide variety of Youth Service groups, delivering Outdoor Education work with young people on a flexible timetable of sessions determined in advance, which will include substantial evening and weekend work.

Minimum qualifications: BCU Level 1 Coach, MLTB Summer Assessment, SPSA Rock Climbing

Further written information and application forms are available from and returnable to the Chief Education Officer, Town Hall, Stockport, SK1 3XE. Tel: 0161 474 3813

Closing date: 10th February 1997

Stockport is working towards Equal Opportunities

Knapp House Activity Centre

Staff required for outdoor centre.

BCU TI Instructor or SI SPSA Assessed/Trained other qualifications taken into account.

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**Knapp House Activity Centre
Churchill Way,
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EX39 1NT
Tel: 01237 474804**

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County Council
Education Committee

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Ace Europa, good condition, no leaks or repairs Tel: John 01363 84219 Devon
Ace Valeta plastic white water kayak, back rest, adj. footrest, thigh braces £90,
wet suit gloves, pants, vest £10 each. Capoule £10. Also BDH, Ace Helmet, roof
racks, ring for details (Preston) 01772 729178
Acrobat 270, purple arline, 4 months old £380 ono. Dancer XS, light use
£175ono. Slalom C1, carbon kevlar, good condition, suit heavier paddler, £125
ono. Homemade wooden open boat, large capacity £20 ono Tel: Durham 0191
384 4532 ask for Helen or Mike
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beginners boat in good condition, boat white with Playboat bunny on deck.
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Conquest £240, Europa £140 Falkion £100 Tel: 01299 402683
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duty end grab, air bags, bow and stem caps. Good Condition £250. Black
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M370, low volume plastic kayak, yellow, sound condition, needs new endcaps
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M380 with paddles, spraydecks £150 each/or £550 for five. Enigma plastic
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5ft 10ins. Tel Newcastle 0191 2150305 after 6pm.
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construction, watertight £130 ono, Revolution C1 £120 ono Tel: 01932 564
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Nordkapp HM excellent condition, old style hatches but watertight, declines,
backrest, pump, compass recess for Silva 720 £230 ono Contact John Burleigh
at Plas Menai 01248 670964
Nordkapp Sea Kayak British racing green, 2 hatches, compass, deck lines. Used
for one sea race only. Weighs 19kg. Carbon kevlar material - excellent craft but
unsuitable for owners needs (Quadratable) Cost £1500 to make, sell for £1100.
Would consider K1/K2 part ex plus £800 cash adjustment. Tel: 01787 278758
eve or 01252 347748 day
Old Town Discovery 17'4" open C2, good condition £280, 2 Reflex Barcelona
HL Slalom K1's VCC. Diolen Construction ideal for novice slalom £250 each.
Jura sea touring double. 3VCC Hatches 5/ster rudder VCC £680 2 Chaser racing
K2s new unused £400 each suit DW paddlers King George on 0115 914 2610
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Old Town Discovery 174 open canoe with cane seats and removable central
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P & H Baikal Explorer VCC, front & rear rudders, retractable skeg, Chimp
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528421 Devon
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new. All the lot. £195 Tel: 01302 342775 (Doncaster)
Perception Dancer yellow ww spec, with backrest, airbags and Quaiser
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Perception Mirage red, centre buoyancy, ideal for river trips and up to grade 2
waters, high volume boat with yak spraydeck, paddle and helmet VCC £140
Tel: Shayne 01623 455094 Mansfield
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Perception Sabre in good condition, one of the last remaining specimens of a
dying breed. Ideal boat for all surf bumps £149 ono. Contact Alistair Perkins
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Peugeot 205 Roofrack 3 door & 5 door, stronger model, good condition £80
Tel: 013867 22886 (Nv Belfast)
Pirovrette 5 one careful owner, ww spec, air bags, backrest, bung, stored
indoors, purplish colour, scratched but never folded or braced, would suit
paddler or any weight, an excellent big water boat £250 ono. Also 7.5 ft long
surfbay (pop out) £30. Also Grabber b/aid, small £25, cap (Wld Water) £15
heavy duty spray deck £10 item's hardly ever used some as new. Tel: 01246
41836 9Derby3 after 6pm
Prion Gambler MK11, black, excellent condition, front and rear buoyancy
bags, full plate footrest, backstrap, complete with Playboat, hypalon coated
shock cord spraydeck. £325 ono. Call Kevin on 0171 398 3640 day 01376
348691 eves w/e
Prion Gambler, black, vgc, full ww spec £325 Tel: Dave Jones 01388 537479
Durham
Prion Gambler, jade, technical river boat, good condition £300 or would swap
for Playboat & creek £280 or suitable for use on grade 3 or 4 river. All offers
welcome Claire on 01293 413492 (Crawley)

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Young People

Prijon/Eskimo Gambler Midl, in excellent condition as little used. Front & rear buoyancy, full plate footrest, backstrap and ram cap. Stored under cover but I now need the garage space. This is your chance to save a fortune in the new price with a 'good as new' boat, no sensible offer refused 01245 421504 (Essex)
Pyranha Acrobat 300 Aquamarine multi arline, full ww spec, 2 years old, plus neoprene spraydeck £325 Contact Dave 01558 433767
Pyranha Microbat: Blue, full ww spec, excellent condition, only been used on river 3 times, front and rear airbags, stored indoors, complete with Ainsworth paddle and Ras Dex spraydeck £370 0121 603 9240.

Red Rotobat, buoyancy bag, grab handles spray deck, ww spec. £200. Blue Dancer XS, good condition £200, Black Reflex (plastic) red line art £185, good condition, various fibreglass boats snipe/rouser etc Reing 0468 391047(M) 01268 762469 (H)
Reflex Perception plastic slalom kayak £150 vgc. Reflex fibreglass slalom kayak £150 excellent condition, general purpose fibreglass kayak £60 vgc. Tel: 01934 820873 Weston Super Mare

Reflex Slalom Kayak kevlar, black with pink and blue trim. Some repairs, but good condition and great looking. With Bushport deck £150 Tel: 01626 62044 (Devon)
Roof Bars, Peugeot original 205, heavy duty, gutterless £35 Tel: 01743 243896 (Shropshire)

Sea Kayak (brand new), rudder, pump, 2 hatches and bulk heads, spray deck, carbon fibre paddle, brand new £850 ono Tel: 0181 658 8178
Sea Kayak Sirius (P/GH) Excellent condition, hardly used, compass, pump, etc £900 Tel: 01785 284895

Sea Kayaks Skerrays, plastic, 1 red, 1 yellow, both in excellent condition £450 each ono Tel: 0113 2781949 9Leeds) 01872 74518 (Turo) Mob 0374 975823 for details.
Sexual Enigma Squirt Boat used only once in moving water (Teesside) yellow with graphics to stun. 3 months old, plastic, and in excellent condition. Fully padded, ready for fun only £235 ono Tel Jim 01480 457396 (Cumbria) after 6pm

Slalom Kayak Reflex Barcelona, Epoxy diolen construction, purple. Need quick sale £70 ono Tel: Ben on Sunderland 0191 567 5895
Slalom Kayak, kevlar/carbon construction, P/GH Sting, good condition £200 ono. Can be seen at Holme Pierrepont. Tel Pete: 0115 922 5078

Sony RZzoom Camcorder with professional pan/tilt. Unit & many accessories including: mini colour monitor, chargers, tripod, batteries etc. Hardly ever used, equipment cost £1800 will accept £1000 Tel: 0115 984 8162

Stunt Bat black, full plate footrest, bow cap. Well used, but no deep scratches. Good beginners boat £160 ono for quick sale. Bristol 01454 615715
Supersport, white, VCC, £300 Tel: Simon 01579 362672 (Cornwall)

Surtiki Dirty Habits XP75 (channel bottom) Balin Storm leech, seat pad, purple/pink/blue colour scheme. Lenda Mystik carbon shafted paddle. All in immaculate condition. Big savings £325. Mega Jester, good condition, backrest, nose cone, toggles, red/orange £200. Prijon Avenger/Topolino both in excellent condition one must go £350/£375 Tel: 01752 815397 (Plymouth)

T Canyon, yellow, vgc, with plate footrest, back strap, air bags and possible spray deck. Tel: Rick on 0161 740 1824
Teal Green Perception Dancer in excellent condition, inc full plate footrests and airbags. Also nearly neoprene deck £225 for boat. £250 for all, ono Contact Jan 01539 721210 S Cumbria eyes

Thule Fitting Brackets for 451 Roofbars, kit 093 - Fiat Topi (Sdr)/Tempra, kit 101-Mazda 323 '90-'95, kit 185 Toyota Corolla '93 on. £13.50 each Tel: 01785 812530 (Staffs)

Touring K2 fibreglass, rudder, two good paddles, good condition £195 Tel: 01276 857182 (Chobham, Surrey)
Trailer & Plastic Kayaks plus gear for sale inc 3 Canadian open canoes, prices negotiable Tel: 01222 692108 Cardiff

VW Roofbars for MK2 Golf/Jetta £40 and I'll post them to you. Tim 01550 721417 (S Wales)
Wave Ski Orion Raider, multi coloured 7H 4ins, excellent condition, padded seat, adjustable footstraps and seat belt with paddal and storage bag £180 Tel: 01626 873230 (Devon)

We No Nah Reynard marathon CI, kevlar/epoxy, vac bag, very strong, very light, excellent condition £425. Also Acrobat 300 CI ex team boat all the usual extras, good condition £250 or swap for AQII Tel: Ian 01594 826273

WW Racer fibreglass with many patches but free of leaks and excellent first time 'who cares if you trash it?' boat! Ridiculous price of £25 just to get it out of my garage. Please contact Ron Keeling on 01243 582110 at any time. Boat is stored in Bognor Regis.

Ziggy First Slalom kayak, little used, excellent condition, diolen construction, yellow/red suit young teenager £119 ono. Freeblade paddles 2 pairs, excellent condition, slalom and polo spec. £18 per pair ono. Assorted ancillary eqpt, helmets, b/aids, spraydecks, wet suit. All reasonable offers considered Tel: 01923 247430 eyes (Herts)
Ziggy Flyer, plus spraydeck, VGC £80 ono Tel: Richard 0181 863 1324 (pni)

Wanted
 8-10 plastic canoes, preferably with trailer, spraydecks, paddals and b/aids for school in Hampshire. Tel: 01425 472856

Astra Roofrack to fit Sdr, 1993 model Tel: 013967 22886
Bats suitable for swimming pool, urgently required as keen canoe club have lost their loan facility. If you have any bats surplus to requirements please contact Kevin Mayle on 0115 952 6848 (Nottm)

Corica S around £150-200 Tel: 01299 402683
Dagger Open CI, Geness Rival Oceoe etc. George 0115 914 2610 (Nottm)
Diablo must be in average condition and fairly cheap. Tel Dave 01782 617789

Humorous canoeing stories, I am compiling a book of humorous canoeing stories, please send any you wish to be included to Canoe Stories, 1 Priory Drive, Macclesfield, Cheshire SM10 3NU
K1 suitable for Div 3 marathon racing paddler. Contact Kevin Turnbull 0154 3257407

Maltese Canoeist needs cheap stable K1 for DW, preferably Elfendi OJ5 or similar. 30 Main Street, Zebbug, Malta, please include phone no.
Mountain 300 preferably with full ww spec, also Sunbeam kayak. Eyes 01954 251798 day 01284 724499 ask for Ian (Cumbria)

Open Canoe in good condition, preferably 16ft long, for touring and river use. Will collect. Tel: Clive Palmer on 0151 281 0959 at home or 0151 423 1391 at work
Open Canoe pref ww spec, but will consider anything. Also b/aid pref Palm Alpine, size Medium 0114 255 0608 (Sheffield)

Open Canoes 1x Pyranha Prospector and 1x Dagger Reflection 15. Preferably in good condition and reasonable price. Tel: 01567 820743 (All)
Please Help we are a very fast growing club at De Montfort University, Bedford, and are in desperate need of any old canoeing gear/boats that you don't need any more. Anything will do, please ring. Also we have raised £150 to buy a trailer, this should tell you how desperate we are, so if you have one hanging around you don't use anymore then please, please give me a ring. Tel: Danny 01234 354101 or 0181 330 5231 out of term time.

Roof Bars for Vauxhall Cavalier, gutterless. Only genuine Vauxhall make considered. Contact Billy 0141 569 4074 (Glasgow)
Seat/Cockpit for MK5 bat. Tel: 01235 529555 (Oxon)

Skerry Sea Boat deck or hatch mounted compass and foot or Chimp pump. Also wanted plastic Revenge Polo boat. Tel Eddie 0802 324528
Slalom CI good condition and of recent design 01932 564 859

Talon K1 marathon boat or similar. Kevlar or Kev/Carbon construction 10kg or less. Ring 01636 640021 (ansaphone)

Lost Stolen Found Miscellaneous
 Found on R Roy/R. Spean in October: well used Schlegal all round extreme paddle. Tel: 01567 820743 (All)

French Paddler seeks visit I am 19 years old and a member of FFCK. As I am now about to become a coach/trainer it is imperative that I perfect my English language, much of which I have forgotten. Would it be possible to spend time with a canoe kayak club in England. Working on a complimentary basis with members and at the same time obtaining the English knowledge I require. Alternatively would there be an opportunity to live with a family whose interests are similar, so that I may keep up my training on a board and lodging payment basis. Maybe an exchange for the son/daughter to participate in our club activities in Provence. Contact Denis Demoniaux, Chemin des Minimes, 84 740 Vesperon, France.

Kayak Expedition to Siberia, anyone interested in paddling in Southern Siberia/Kazakhstan for 2 or 3 week trips on previously undescended rivers, should call Malcolm Stephen (w) 0181 743 2976 (H) 01689 81378

I am sure many of you are wondering what I have been doing since I was appointed as Youth Development Officer. Now you are going to have the chance to find out.

Firstly, within the limited time available, I have visited several providers - clubs and centres alike, and spoken to key people as I've rapidly tried to build an overall picture of what is happening in the sport. From that initial and ongoing research, I have been trying to devise a plan that will put young people as a priority within the BCU's Work Programmes for the foreseeable future. The BCU is committed to moving ahead on this.

As part of this plan, I have tried to decide what schemes (offered by a range of organisations such as the Youth Sport Trust, National Coaching Foundation and Sports Council) the BCU can best use to implement its plan. Some of these you may have already heard of such as TOP CLUB and CHAMPION COACHING. I have also been investigating potential sources of money that can help to put those schemes on the ground and am endeavouring to ensure that these will

bear fruit!

Now I would like to take the opportunity to come out to you, the people who make it all happen. We need to discuss with you what the BCU plans to do, how it intends to try to support you and what benefits and funding it hopes to be able to bring to you if you decide that you wish to help in Youth Development. I am also keen to ask for suggestions from you on how we can make our plans better.

I would like to invite anyone that is interested in canoeing - whether within a school, youth organisation, club, centre or a local authority - to come to the meeting to be held in your area (see below for dates, times and locations but please telephone the BCU or your regional Regional Coaching Officer for confirmation). The draft agenda now follows and I look forward to meeting you soon.

List of dates and locations

17/02/97	Sunderland	(N East)
18/02/97	Teeside	(North East)
19/02/97	Nottingham	(E. Mids)
20/02/97	Reading	(Thames Valley/ Southern)
25/02/97	Kendal	(Cumbria)
26/02/97	Chester/ Manchester	(NorthWest)
27/02/97	Leeds	(Yorks & H side)
10/03/97	Cambridge	(East)
05/03/97	Islington	(London)
06/03/97	Bristol/ Avonquay	(Wessex)
11/03/97	Exeter	(South West)
12/03/96	Maidstone	(South East)
13/03/97	Birmingham	(West Midlands)

Lost 2 pairs paddles at Limpley Stoke near Bath. One pair are bright orange Kober negotiable then and have an aluminium shaft. The other pair are black carbon fibre asymmetric paddles with white writing on them and are made by a South African company called Kysna. If you should come across these paddles please call Martin Hanall on Melksham 01225 706707 daytime or 01225 703774 eyes and weekends. A modest reward is available on recovery.
 Lost on the Dee below Llangollen on Sun 3 Nov, pink Wavehopper, marked 'property of the BCU' if found please phone Andy Pandy on 01524 262680.
 Lost on the Lower Uxk Dec 3rd New Wave Pro Paddle, reward Tel: Charlie 01526 60246
 Sheffield Rooms Available in shared house. Close to Uni. Owner occupied £30-35pw + bills, canoe storage available. Short/Long term let considered 0114 255 0608
 Swedish Paddler seeks visit I am a 15 year old Swedish girl interested in canoeing. I've been an active member of our local club for 9 years. This summer I am planning to go to England to practise my canoeing at the same time. Please help me to get in touch with an English Canoe (Racing) club with young members of my own age, and hopefully, someone whose family would be willing to receive me as a paying guest for a few weeks during the summer holiday. If I get someone address it would be fun to start writing letters to get to know each other in advance. Contact Matikka Gustafsson, Gotagan 6, 432 42 Varberg, Sweden.

Situations Vacant



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Wish to make the following appointments

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- RYA SENIOR INSTRUCTOR

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One of the above may be appointed Assistant Centre Manager

Longridge is a Scout centre but is extensively used by schools, youth groups and increasingly by Companies.

Further details contact:-
Longridge Scout Boating Centre Quarry Wood Rd, Marlow, Bucks. SL7 1RE.
Tel/Fax: 01628 483252

Competition Time

Win a Canoe or Kayak of your choice

2b Graphic Design, the publishers of Canoe Focus are giving away the prize of the year. Simply answer the question below and you could win a voucher to the amount of £500.00 to spend on any canoe or kayak of your choice. The competition is open to members and non-members of the BCU. The draw will be made on the 14th March 1997 and the winner will be announced in the April issue of Canoe Focus.

Question

Which city in the UK are the British Canoe Union headquarters located.

- a. Leicester
- b. Nottingham
- c. Derby

Name _____
 Address _____

Post Code _____

Are you currently a member of the British Canoe Union
 YES NO

If you have any objection to being added to the BCU mailing list please tick this box

Please post your entries marked "BCU Competition" to
2b Graphic Design, 3a New Road, Cromwell Business Centre, St Ives, Cambridgeshire PE17 4BG

Entry forms can also be picked up at the BCU stand at the International Canoe Exhibition at the NEC.

Closing date is the 1st March 1997

An Open Invitation to hear how the BCU's Young People's Initiative will affect you in your region

Agenda

1. New Funding Opportunities and the role of the BCU
2. The Young People's Plan
3. Why Young People?
4. The Top Club Initiative
5. Questions and Suggestions





"The World's Great

133kms of Australian Adventure

W

The Avon Descent is a race held annually on the first weekend in August, running from Northam to Perth in Western Australia. It covers 57kms on the Saturday and a further 77kms on the Sunday and attracts some 60,000 spectators, and is competed by Powerboats (up to 10 HP), and paddlers of Canoes Kayaks and Surfskis.

activity - some 500 craft and over 600 anxious competitors and their support crews, all bustling about with last minute preparations.

The race director went quickly through the starting procedures, and then the local Pastor read out a short prayer for the safety and enjoyment of the competitors.

Following the end of the prayer - the power boats were immediately onto the water. Then followed the paddlecraft - K1, K2, K3, K4 and Surf skis (singles, doubles and triples).

The first obstacle was Northam Weir; a sharp drop followed by a 10 metre rocky slope. As with all the major danger points, it was manned by Safety & Rescue teams - though thankfully I didn't need to call on their assistance.

However for those that did fall out at this stage - only 500 metres into a 133 kilometre race - things did not bode well!

Then flat water for 30 km's until Extracts Weir. There had been some considerable pre race hype about Extracts Weir, to my

relief this years high water levels meant that many rocks had become submerged - thereby offering a safer passage.

More gruelling flat water followed Extracts until the Ti trees. Seen from above the Ti trees section of the Avon Descent looks more like a swamp than a river. Ti trees are large, coarse bushes which seem as equally at home growing in the middle of the river, as they are on the bank. It is through this maze of bushes and trees that competitors have to guide their craft. A hard task for the experienced paddlers, let alone the novices; for the Power boats it was even worse - there were many high speed collisions.

Spaghetti junction

On the approach I happened to be at the head of a group of 8 paddlers, a kilometre later, in the heart of the bushes the main stream of water divided and I was suddenly confronted by a spaghetti junction of different channels. I decided to take a route to the right, and such is human nature that all the 8 competitors behind me, simply followed blindly, unaware that I had never paddled the Ti Trees before. At first the route I had chosen looked a good one, but slowly the pace of the current died down, and the Ti Trees began to close in. 500 metres later, and my promising channel had dwindled into a metre wide puddle.

I had to get out of my kayak and pull it over a mud bank before rejoining the main stream.

The afternoon before the race I travelled up to Northam, the town where the race was to start the following morning. To my surprise there was a carnival parade through the town, there was a fun fair, and a local rock band was playing music from the back of a trailer. This was all part of the Avon Descent festival. I went, had some candy floss, stocked up with muesli bars and bananas and then went promptly to bed at 9.00pm.

I got up early the following morning and got to the start by 7.30am. The start was a hive of



Taking a look over my shoulder I saw my 8 followers begin to bottleneck - imagining they would be quite irate I thought it best to be on my way. I limped home under the halfway banner at the Western Quarries campsite. END OF DAY ONE.

The Campsite was huge. It housed competitors, support crews, officials, media and spectators - who in total numbered well over 10,000 - bigger and a lot noisier than most of the local towns. I was in 88th position in my class, with a time of 4hrs-2mins. The following day the

no time - but Goodman had lost valuable minutes. In a gruelling, tight finish Goodman held on to win by about one minute. He was, however, a little disappointed, with such ideal water conditions, to have missed out on the K1 course record by a mere 8 minutes.

The water over the next 30 kilometres was travelling very fast, and without much strain I was travelling at 17 -18 Km/h. With all the sharp eddy lines and boiling currents it was

waves and an enormous hole, I emerged unscathed and relieved at the bottom of the slope.

Following Syds came Bells, the last of the rapids. This was another jagged rock garden, the main drop of which - was fairly central to the river, and directly below a footbridge. Bells was, however, no problem after the trials of Syds.

Ahead lay 30 kms of flat water to the finish line. After all the



est hitewater Event'

paddle craft set off at 7 am encompassed in a thick shroud of fog. The Powered craft were to set off 4 hours later at 11 am. This time gap meant that they would only catch the paddlers on the flat section at the end of the day - when it would be safer to overtake.

Rather than a prayer through the loudspeaker as at the start of the previous day, we now had "Chariots of Fire" resounding through the steamy air. Setting off with "Chariots of Fire" resounding through the campsite was a brilliant experience - I have rarely - if ever - felt so inspired.

This was the day I had been looking forward to; it contained all the serious whitewater. With all the rain in the weeks previous to the race many of the rapids were now a rough grade IV.

The fog was now at its thickest - at the lowest point in the valley. As the starter counted down and blasted the horn the visibility was down to about 10 metres. After navigating a few leftover Ti trees I paddled through 'Super Shoot', which provided the first taste of what was in store over the next 40 km's. Owing to water levels - passage down through the shoot seemed a little easier than its reputation belied.

A few kilometres later I found myself back paddling at the top of a rapid - behind a few other boats - also back paddling in an effort to get the correct line into the oncoming section of white-water. A quick glance at the route map sticker on my boat - told me that I had reached Emu Falls : a fast flowing 'S' bend of current starting on the right and curling around to the left. At the bottom - some way into the river - was a tree which had severe magnetic tendencies.

The usual crowd lined the sides of Emus, and with an uncanny inevitability, the red K1 in front of me - went straight into the tree and straight into the water. I tried to help him, but with one hand on his paddle and one holding his kayak, he had no free hands. I asked him if he was all right, he said 'yes', but downstream I could see another crowd, and I knew that for him, the worst was still to come.

The most notable swimmer at Emu's was Piers Goodman - the 2 times champion and race leader at the halfway stage. His WW Racer collided with a double surf ski. A roll was not possible, so he had to make sharply for the bank. His boat was slightly damaged. It was reinforced with waterproof tape, and he was back on the water in

imperative to be able to edge and lean the boat effectively to 'cut' into the currents and 'ease' out of the eddies.

The sight of a crowd ahead signalled the approach of Championship's Rapid - a rapid that seemed to cause a lot of problems. This section caught me somewhat by surprise, as the river eased into the rapid very gently - and then all of a sudden I was battling through 4 foot high standing waves one after the other. Championship's was not a short rapid. After this first section there was a lot of foam - and a hundred metres or so of haystacks, followed by a final long left hand turn with a stopper at the top on the left and at the bottom on the right. This caused many problems for the longer less manoeuvrable craft, as the main current had to be crossed - rather urgently - from one side to another to avoid the lower of the two stoppers. Many people had their first real 'taste' of the Avon water here.

Next came Syds Rapid. Syds had been playing on my mind long before I actually reached it. A few metres before the rapid, a short reverse ferry glide got me into position and then I dropped into the whitewater paddling like a dynamo. Once again I was fortunate to avoid the two monster stoppers, and although my progress was temporarily delayed by a couple of standing

Immediate problems for some competitors at Northam Weir



rapids it was a relief to be on calmer water. It was now that the powerboats - who started 4 hours later than the paddlers - began to catch up.

For a weary paddler this was most demoralizing ; the sight of engine powered craft motoring past at speeds up to 80 km/h. A man with a look of real agony on his face passed me on a surf ski and said " Why do we do it ?".

Having battled to the point where the finish line was almost in sight, the river began to get tidal, and to my utter dismay and disbelief, - the water began to flow back upstream!

All competitors were entitled to a free 20 minute massage at the end of the race. The thought of this massage was the only thing that kept me going over the final few kilometres to the finish line in Bayswater.

Crossing the finish line I cast my mind back to the man who had asked "Why do we do it ?" - I thought of the immense sense of pride, satisfaction and achievement I was experiencing , and realised - "this was why !!! "

I had finished in 75 th position in a time of 10 hrs 37 mins, two and a half hours behind the K1 winner Piers Goodman who finished in a time of 8 hrs 4 mins.

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If you would like any further info about next years race, contact Kevin & Julie Jones; of Davenwood Canoes and Kayaks. 144 Railway parade, Bassendean. W.A. 6054. Tel: (09) 378 2747

Review by
Neil Blackman.

Polar Accurex Plus Heart Rate Monitor and Computer Interface

Heart Rate Monitor

The Accurex Plus is Polar's latest offering for the serious athlete. It has many new features in the areas that previous models have been lacking. At last, somebody has realised that some of us do train in the dark. The Accurex plus not only has a luminescent back light for night time reading of the watch face, but bring the watch close to the chest strap and the back light comes on automatically without having to press a button. (A Godsend for winter training and cold fingers).

The heart rate parameters, upper and lower limits, can now be set to single numbers rather than jumps of 5 as in previous models. Accurex Plus will also record heart rate information at 5, 15 or 60 second intervals for later analysis of training session or race.

This model also allows you to scroll backwards as well as forwards through the recorded information should you miss a split time/pulse rate etc. whilst reading the information from the watch.

As always with these things it takes a while before you really understand how to operate it quickly but the manuals are good and even get a water proof pocket in the storage pack. I have been using an older model Polar for 5 years now and have tried many others in that time, none even come near this one and I'll have traded my old one in by the time you read this.

Interface

Computer interfaces for downloading the recorded information to a PC have traditionally been very expensive, but now things are looking up as the prices are much more realistic.

The interface allows you to transfer recorded information from your HRM to a computer without the use of any wires from the watch to the interface. The information can then be read as a heart rate/time graph showing parameters, splits etc., a bar chart of percentage time spent in particular zones, a pie chart etc. You can overlap graphs for instance of your regular time trial or race.

The software provided also gives you a training diary facility, a training planner (daily, monthly or yearly) and a sports advisor. The interface is recommended if you are serious about your training, seeing the information instantly is a big bonus and will allow you to target more specifically your training goals.

Stomatex One Piece Suit Diatom made to measure breathable wetsuit

There are so many types of wetsuits, double lined, smooth skin, with and without protection patches, long john, but all have one thing in common. They are uncomfortable for many canoeing purposes. That is until now !!!? Welcome the breathable wetsuit. When a friend of mine first saw me dressed in this suit she remarked "

that's not a wetsuit it's more like a tea bag" !! and to some degree it is. How is it breathable? It is made of a neoprene material called Stomatex which has a series of dimples all over it, each with a tiny hole in the centre. This enables the

suit to breath but doesn't allow water to rush through when immersed. It almost seems too good to be true and I must admit I was somewhat sceptical at first. It is very well made, and easy to put on. When canoeing in it, it felt comfortable and warm, but unlike other wetsuits it stays comfortable, even if you don't go in the water. It did seem to be a little cooler when you got splashes of water over you, but this really didn't present a problem, and any way I was wearing it without a cag.

OK so it is fine when out of the water, but is it any good when in it ?? It had to be done — and so, with a number of strange stares from other paddlers, I lay down in the River Leven on a cold November day. To my surprise I felt no great in rush of water, and in fact it worked as well as any other wetsuit, and the small holes in the dimples seemed to have no effect. The other really excellent innovation

was the use of a latex type material at the back of the knees called Darlexx. This again worked really well and made the legs feel comfortable when semi bent in one's kayak, or just scrambling around on the bank. I was also surprised to find it had no less a thermal quality than the neoprene. In fact I was not even aware of it when I made my forays into the water, only appreciating that I had not noticed it after someone mentioned how the material was, after extricating myself from the river.

This was the top of the range, made to measure suit and was very well put together with all seams double glued and measured. It had the look of a well thought out and rugged suit that should give years of excellent service. This suit is going to make me re assess my principles. Which is quite an accolade from an old paddler who never normally wears a wetsuit!!.

Reviewed by Nigel Timmins -
BCU S/NVQ Consultant

Diatom Long John Wetsuit (off the peg)

Used in very cold condition on a snow melt river, the suit proved to be very comfortable and warm with plenty of movement for the arms. The breathing system was hard to assess whilst canoeing in such conditions because of a lack of sweating (and yes I was working hard just to make sure I stayed warm).

After 1.5hrs paddling on good grade 3/4 the 'helly' under the wetsuit was slightly damp, but no where near wet. The one shock I did get however was the draught through the crutch area when I got out of my boat. The breathable fabric is used in this area, and for winter white water paddling may not be such a good idea, perhaps it could be replaced with the Darlexx material as used behind the knee. I think I'd glue up the holes and re-drill them in the summer rather than having cold water flowing around my nether regions. Other than that this was a well designed comfortable garment with attention to detail e.g the Darlexx material behind the knee. Unlike the other tester I didn't jump in for a full trial. The cold draught was enough for me.

It is well worth investigating and finding out more from the manufacturer's, either at the Canoe Exhibition Stand No .CC or from their shop in Llangollen, Rough Country Wild Water Abbey Rd.

Review by Neil
Blackman.



Whatever
turns you
ON



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Local/Herdsmgh. Rive/ Tamur, Eastern Nepal, River Grade 4/5. Photo: Andy Knight.



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