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1997

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Issue 108
August 1997

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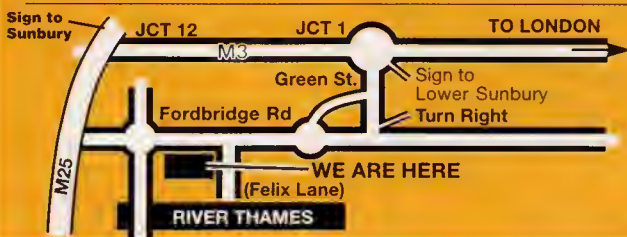
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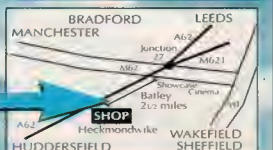
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Come and join our weekend festival of paddling. This is a weekend not to be missed, everyone will be talking about it, Paddlefest '97 will be held on 1st and 2nd November 1997, a feast of competition, coaching, lectures and much more! Could you be the seasons all round champion? Enter the Paddlefest Challenge and find out. Hosted by the BCU at the National Water Sports Centre, Nottingham. Further details are available later in the magazine, and application forms will be included in the October issue of Canoe Focus.

Wye Navigation Order

The British Canoe Union presented its formal evidence to the inquiry at Hereford on June 12. Following extensive negotiations over an eighteen month period the BCU succeeded in persuading the Environment Agency to propose numerous amendments to the order. This resulted, subject to confirmation, in the BCU being able to withdraw all of its objections.

The most important amendment was the one giving the BCU and the WCA the statutory right to each nominate a member of the Wye Navigation Advisory Committee. The outcome of the inquiry will not be known for some time and awaits the recommendations of the Inspector and the decisions of the Secretaries of State. Fuller details are available on the Access page of this issue.

Federalisation

The WCA, CANI and SCA have now approved the proposed structure for the BCU to more adequately reflect its federal nature. Work will now continue to proceed to draft the necessary changes to the Memorandum and Articles of association for BCU Ltd for legal advice to be obtained before coming to the 1998 AGM for formal approval. Following

considerable internal debate the resultant changes to the English organisation will now be updated and will be represented to the BCU Council in September for approval.

Distribution of Canoe Focus

It has been brought to our attention that a minor collating problem occurred with the last issue of Canoe Focus. If your copy is one of these please contact the office and we will replace it. We believe that less than 50 copies have been affected.

Jubilee Canoeing Foundation

"Can you spare some time to become a Trustee and help young people and those with disabilities?"

The Jubilee Canoeing Foundation are volunteers who meet twice a year to make donations to young people and those with disabilities to help further their canoeing activities. The Foundation would like to invite anyone with enthusiasm and perhaps some fundraising skills to become a trustee of canoeing registered charity.

For further details contact The Administrator of the Jubilee Canoeing Foundation C/O the BCU office.

Apologies

Apologies are due to Plas Menai and David Luke. David has been appointed Head of Canoeing and not Centre manager as stated in the last issue.

The hanging draw article in June's Canoe Focus was written by Lawrence Chapman. Please keep up the good work.

Paul Owen
Chief Executive



Avis Rentacar Special Rates

Avis are offering preferential rates to BCU members for car rental. To make a reservation call 0990 900 500 and quote your Avis World-wide Discount number K192880. Yes, this includes overseas hire, and yes you can fit your own roofrack to some models.

Grimsby and Cleethorpes Canoe Club

Please amend your BCU yearbook page 46 as Grimsby and Cleethorpes Canoe Club have a new Secretary. All enquiries should be sent to Michelle Smith, 9 Marshall Avenue, Grimsby, DN34 4AJ. Tel: 01472 320733

Macclesfield & District Canoe Club - Spring Clean



Macclesfield and District Canoe Club have been helping with their local conservation. Every year the club tries to give up some time towards environmental projects which compliment its sport, and helps others enjoyment. This year as part of National Spring Clean Week they cleaned the banks of the River Bollin through the Carrs Park Wilmslow. A dozen club members armed with rubber gloves and clad in their wellingtons filled bin liners with all and sundry, wheelbarrows, supermarket trolleys, motorway cones, and tyres where just a bit too big for the bags. Some parts of the river proved too deep for wellies, but unperturbed some members waded waist deep to get at some of the trapped rubbish. The club would like to thank Macclesfield Borough Council for their support in supplying the skip and the bin liners which was very much appreciated. On a sporting note any would be canoeist, experienced or not who fancies having a go are more than welcome, please Tel: Liam on 01625 611523 or Paul 01625 527503

Shaun Baker UK National Rodeo Champion Again!

Shaun Baker recently won the Nottingham Whitewater Rodeo which was the final event in the Classic 3 series. This result makes him the 1997 National Rodeo Champion the 9th time he has won the title. Congratulations Shaun, keep those medals coming!

Peak Performance Factory Outlet

Peak Performance have opened their new factory outlet upstairs at Current Trends, Holme Pierrepont. Their full range of paddling gear is on display at retail prices. A test centre is also in operation whereby customers can try the products before buying. A facility usually associated with boat purchase, Peak are proud to allow canoeists to test their paddling jackets and buoyancy aids on Holme Pierrepont. So next time your visiting Holme Pierrepont why not pop in!

BCU Yearbook Amendment - P46
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Coquet Island Race

Coquet Canoe Club held it's 8th race around Coquet Island on Sunday 15 June in conjunction with the BCU Sea Touring meet on the Saturday. Unfortunately conditions on the Saturday were not good with a strong north easterly wind and a moderate to rough sea running so trips around the Farne Islands had to be cancelled although other

shorter trips took place. On the Sunday the conditions were considerably better than last year, with a wind of Force 3 and a slight to moderate sea running. There were 66 entries from all parts of the country taking part. Competitors in the long race, 15 miles, had some problems with the swell especially behind Coquet Island but all completed the course, the race being won by Neil Cranston of Tyne Valley Canoe Club in a time of 2hr 37min with Brian Athey and Robbie Baron of Wansbeck Canoe Club coming second in a double. The result of the Sea Kayak class of the short race, 5.5 miles, was identical to that of 1996, again won by John Graham of Haven CC in a time of 51min, with John Baylis of Nottingham Kayak Club coming second. Catherine Baylis was first lady. Peter Turnbull of Durham Kayak Club won the slalom boat class in an extremely fast time of 53min 44 sec almost 9 minutes faster than David Mills who came second. There was a large contingent of local paddlers entered in the junior race and this produced an exciting race within the harbour, with Ryan Dawson of Coquet CC first closely followed by Steven Ashby of Brinkburn CC. Samantha Jordon of Brinkburn CC was first lady home. Once again prizes had been donated by a number of local businesses and many competitors went home with generous gifts, and both P&H and Valley/Nordkapp were present with advice and demonstration kayaks. For the diary next years event will be held on Sunday 21 June 1998.

Walsall Canoe Club Receives FSA Grant

Walsall Canoe Club aims to provide facilities for anyone who wishes to canoe regardless of their ability or personal finances, as a result they try to keep a wide variety of equipment for club members to use and fees are kept to a minimum. As part of their current project they have so far raised over £1100 towards their target of £5500, to obtain the remainder they approached the Foundation for Sport and the Arts (funded from the football pools), and were successful in securing a grant of £4400. This has enabled them to purchase 11 new canoes and various other required equipment. Walsall Canoe Club meet on Saturday evenings 5.30pm at Sneyd School (swimming pool), Vernon Road, Bloxwich. Everyone is welcome (subject to minimum age for safety reasons) and all equipment will be provided. A charge of £1 is made per session. *For more detail contact William Humphries 0121 357 4025*

Perception Sponsorship

The Inverness and Nairn Canoe Club have received sponsorship under a Sportmatch type of agreement from Perception Kayaks to receive a fleet of four pool specification Sting Kayaks to use in their busy pool sessions held within the Inverness Aquadome. The sponsorship came in an offer from Perception Kayaks for four sting Kayaks at production cost price and he agreed to gift the club £300 to pay half of the cost. The club then received a grant to pay for the other from the Inverness Area Sports Council. The club then only had to find the remaining £87.94 from the total project cost. The new equipment will allow the club to continue its present winter pool sessions for both members and non- members and summer pool training sessions for existing club members to boost their skills. The club would like to express their gratitude for both Andre's help at Perception Kayaks making the deal possible and for the Inverness Area Sports Council for again backing the club.

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Rich Weiss Dies

Rich Weiss, silver medallist in the slalom worlds in 1993 died recently after paddling over a 15foot waterfall on the White Salmon River USA. Weiss, 33 won the USA's first World Championship medal in 1993 and finished 6th at the 1996 Olympic Games.

Axe Vale Canoe Club

On Saturday 26 April the completed Club House and Boat Store at Axmouth Harbour - East Devon was officially opened by Miss Sara Randall-Johnson, Chairman of the East Devon District Council Amenities Committee. The two buildings

cost a total of £49,500 and were the culmination of 8 years of fund raising and planning. Facilities include a social area, changing rooms and showers, and the boat house provides the necessary storage space for the clubs £25,000 of boats and equipment. Funding included

grants from the Lottery, East Devon Council, Foundation for Sport and the Arts, Axe Valley Youth Service, Devon Playing Fields Assoc, a personal donation from Jim Cornwall, Ex Chairman of SW Region and a donation from BCU SW Region. The club raised the balance of funds.



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The following information has been received via the Harwich Haven Authority. Harwich Harbour and approaches. Mariners are advised that a large High Speed Ship, the 'Stena Discovery' commenced scheduled service on 2nd June. In service the full speed of this vessel is in excess of 40 knots, and the approach to Harwich will be via the North Shipwash and the Shipway, entering the Harwich Deep Water Channel in the vicinity of the Shipway Buoy. From No 1 Channel Buoy the speed will be progressively reduced, but will still be in excess of that of vessels normally encountered. Fishermen trawling in the Southern part of the Shipway and approaches to Nos 1 and 2 Buoys must take particular care and keep Harwich Haven Operations well advised of their presence in accordance with existing Fishermen's code. Yachtsmen should avoid crossing ahead of the HSS, and must not cross astern closer than 250 metres, (two lengths of the ferry), because of the large volume of high velocity water being pumped out by the water jets. Within the harbour the catamaran will conform to the speed limit of 8 knots. During the outward passage, once clear of the Cliff Foot Buoy speed will progressively be increased. Normal routing will be through the Shipway for both inward and outward passages, but other routes may be used if necessitated by weather and/or operational reasons. Daily scheduled arrival times at Harwich International Port are 0955 hours and 1850 hours, with sailings at 1050 hours and 1930 hours. All vessels should monitor the Harwich Haven Operations Service on VHF Channel 71 to be advised of the movements of this vessels.

Bhutan Kayak Expedition - A successful return

Pete Knowles (green slime) and a team of international kayakers have returned home from the remote Himalayan Kingdom of Bhutan. This was the first major expedition to Bhutan and one that was highly successful - the team paddled ten rivers and think that they made six first descents. The most challenging part of the trip was exploring the rivers in the remote East of Bhutan - these proved as steep, powerful and challenging as the team's earlier research had suggested. Almost all the rivers in Bhutan are like this and the team concluded that there wasn't the same scope as Nepal for multi-day raft or kayak trips. They describe the country as incredibly unspoiled and immensely beautiful, wildlife was phenomenal, Marcus Bailie has a vivid memory of being led down a grade 5 rapid by a family of otters! "We selected our gear very carefully" said Gerry Moffat. All of the equipment chosen by the team survived the rigours of the expedition, they chose Perception Overflows, Rough Stuff paddles, Palm Extreme Kayaking gear and Merrel footwear. The team were filmed by the Tourism Authority of Bhutan and advised on the prospects for river running tourism. There will be a series of lectures run by the team. For more detail contact *Pete Knowles 0181 391 0299 Fax: 0181 391 5114*

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Please note that the existing third party indemnity provided to members covers those who hold a BCU or ICF recognised Judges/Umpire/Referee or other officials award, in the execution of their responsibilities in the same way as it covers those holding coaching qualifications against claims for negligence arising out of their coaching activities: i.e. the cost of defending an action and any damages which may be awarded up to a maximum of £5 million.

Paul Ratcliffe Adidas Adventurer

World ranked number one slalomist Paul Ratcliffe has recently been added to the high profile list of athletes sponsored by Adidas. He will be using footwear from the Adventure Water category. Paul will also be wearing Pertex waterproof garments made by Peak Paddling Wear this season.

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Worcester's Swan Along

The 1997 Worcester Canoe Club Swan-Along Charity Paddle will take place on Sunday 7 September. As the 1996 Swan-Along was successful in attracting 70 paddlers who raised £1,438 for charity, participants are again invited to raise funds for their favourite charity or simply to come along for an enjoyable paddle.

The event covers 16 miles on the River Severn from Bewdley to Worcester. The locks are used so there is no need to portage. The river is placid - grade 1 and a maximum of 5 and a half hours should be allowed for the journey.

There will be a halfway halt for refreshments. Showers will be available at the finish at Worcester Canoe Club.

Entry fees are: BCU members £3.00, non BCU members £4.50, entrants under 14 years of age £2.00.

A certificate will be presented to everyone who completes the course.

The grand total of money raised for charity by Worcester Canoe Club Charity Paddles since the first one in 1993 is £4,587.

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

Editor's Comment: If you are not sure which charity to paddle for why not raise funds for the Jubilee Canoeing Foundation which gives small grants for projects with young people and for disabled paddlers of all ages. Your efforts in raising funds will help others who are less able to get on the water. Thank You.

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What's On ● What's On

Open Canoe Association of Great Britain

17-19 October River Dart and its Estuary, an opportunity to be prepared for, or assessed for the new BCU 4 star open canoe test. This is the standard that any serious open canoeist solo paddler who wishes to tour, or to run grade 3 white water as a member of an organised group, should attain. It is also essential for BCU Coach Level 3 Assessment. We take our time during this challenging but enjoyable weekend using the Dart Estuary on the Saturday for long 'fetches' in the wind. We may also rig sails. Sunday is on the River covering white water skills, poling, lining, tracking and portaging. We are accommodated with full board at the delightful Maypool YHA Centre near Brixham. Cost £55 per head - includes full board from supper Friday night to packed lunch Sunday inclusive! Please write to: *Richard Scullard, Runs Sec OCAGB, 1 Poplar Avenue, Stoke Bishop, Bristol BS9 2BE*

Scottish Rafting Association

Raft Guide Training Courses 26-31 Oct 1997, venue to be arranged. Technical workshops can be organised as required for more detail contact: Steve Thomas 01887 830633

Beachwatch 97 - September 20/21

Hundreds of Britain's beaches will once again be receiving a thorough clean on the 20/21 September as part of the annual nation-wide Readers Digest Beachwatch Campaign. This is the fifth year the event has been run and is the focus of an international campaign to turn the tide on litter and clean up the seas. Volunteers are needed to collect and survey the thousands of items of rubbish washed up on our beaches every day. The survey gathers information that helps the international campaigning to stop dumping at sea, reduce non-bio degradable wastes from sewage outfalls and raise awareness about the impacts of litter on wildlife, human health and tourism. To take part send a first class SAE to *Beachwatch 97, Marine Conservation Society, 9 Gloucester Road, Ross on Wye, Herefordshire HR9 5BU Tel: 01989 566017*

BCU Events August - September

Sprint - 6/7 Sept. BCU Interclub regatta, National Watersports

Centre, Nottingham. For full information consult the Racing Handbook.

Surf - Aug 23-24, Atlantic Breakers, Machrihanish, Scotland. For further detail contact: John Inglis 01880 820255

Surf - Sept 6/7. NE Open, Blyth, Tyne & Wear. Contact Chris Heaney, 0191 252 6584

Surf - Sept 20/20 Paddlesurf 97, World Surf Champs, Thurso, Scotland. For entry form see page included in this issue of Canoe Focus.

Marathon - Hasler Finals, Hereford, contact A Burgoyne 01432 270341

Marathon - There are a large amount of marathons happening over the next two months, so why not go along and have a go. See the BCU Yearbook for full details and contact numbers.

Slalom - September 6/7 Bala Mill Premier. Contact Sue Wharton for further detail 01772 786571.

Slalom - There are plenty of slalom events in the next two months in all of the divisions, so if you're not sure what to do one weekend, why not try slalom.

Squirtorama at the Tyne Tour 7-9 Nov

Bring your squirt boat to Hexham and show us how it's done. English team paddlers will be on hand to give tips and tricks to everyone who is interested. Especially welcome are paddlers with little squirt experience. So for a squirtastic time, get yourself there. More information available by sending SAE to *The Watershed/Tyne Tour, Unit 1 Elliott Terrace, Newcastle Upon Tyne, NE4 6UP*

The Phillipines White Water Kayaking Cup

Entries for the Phillipines first ever international whitewater canoeing competition, scheduled for October this year, are now being taken, by Symbiosis Expedition Planning. Open to enthusiastic kayakers of all levels, the competition runs from 22 to 26 October and features, Slalom, Wildwater and River Exploration, for more details contact: *Christopher Gow, Symbiosis Expedition Planning, 113 Bollingbroke Grove, London Sw11 1DA Tel: 0171 924 5906 Fax: 0171 924 5907 E-mail: symbiosis@compuserve.com*

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DOGGY PADDLE:

Leamington Spa to Stratford-upon-Avon - a sponsored charity event in aid of **Guide Dogs for the Blind Association**

Sunday 13th April dawned bright and clear and what a day it turned out to be, sun, glorious sun for the whole 19 miles of the Doggy Paddle.

Paddlers started to arrive at Edmundscoote Sports Field soon after 9.00am to get booked in ready for the 10am start. With paper work completed and raffle tickets purchased for the buoyancy aid provided by Yak, most paddlers got off to a prompt start, with students from De Montford University, Leicester, entering into the spirit of the event by wearing fancy dress.

I was last on the water as I was the 'sweep' for the day together with my bow paddler Amy (aged 13). The river level was low for the time of year but spirits were high as Warwick Castle came into sight - quite a magnificent land mark particularly when viewed from the river. The first portage was quickly over and we set off again with Jeff and Sophie (aged 10) who were 'sweeping' with us and who had been directing paddlers to the portage point at the weir.

Passing under the M40 motorway - what a noise - we quickly made our way to Barford Weir, another portage point where help and safety cover had been provided by John. Once the canoes were past this point John joined our little group for a leisurely paddle but then decided to race ahead in his K1 slalom canoe.

We soon met up with a small group having their lunch stop, so decided to take a break ourselves, as we were the sweep and safety cover we obviously couldn't over-take anyone. It was then off to Hampton Lucy Weir where Rob and partner had provided the safety cover. Once everyone was through we were off to Alveston Weir, the fourth and last weir of the run - although the river was low we hadn't grounded out - yet!

A quick look at the river - not much water as we turned



Above: Recreational marathon paddlers
Below: The Yak buoyancy aid being presented by David Brookes of Club Paramount.

and paddled to river left with Amy re-positioned behind the carrying yoke and myself directly behind Amy and it was paddle, paddle, paddle as we shot through the centre - a scrape at the backend, and we were down. The advice for this weir had been that 'if you are still dry at this point, portage rather than risk a swim' but we managed to stay dry (well reasonably!)

Sunday 'boaters'

The finish was now in sight as we entered the Stratford navigation - at least the water was deep but we had to contend with the Sunday 'boaters' and pleasure steamers and the lovely hot sunny day had certainly brought out the trippers' - the river was very busy - and all too soon (or was it at last!) there was the Royal Shakespeare Theatre and opposite was the exit point.

All we had to do now was sign off, re-live the whole day verbally and receive our certificates for completion of the 9th annual Doggy Paddle - a worthwhile charity event in aid of Guide Dogs for the Blind Association, and the only chance to paddle this stretch of water.

The draw for the raffle had already been made and first prize - Yak Buoyancy Aid went to David Brookes of Club Paramount and second prize - 'T' shirt donated by Perception Canoes went to Ivor James, Stratford Canoe Club, both winners very happy to show off their modelling skills. The other YAK buoyancy aid and Perception T shirts will be awarded to the canoeist raising the most sponsorship money for the Guide Dogs for the Blind Association.

Michael Scandrett, Royal Leamington Spa Canoe Club was first past the goal post with a time of 4 hours 20 minutes - he shot all the weirs and didn't come out of his kayak once. The

marathon paddlers who were using the event for a time trial were all very close finishing but Peter and Rob were just about the quickest when their delayed start had been taken into account.

Two Canadians came in almost together - Gavin, Marcus and Marina at 3.45pm with Paul and Les and their two collie dogs Cap and Jean right behind.

A good range of craft had turned out for the day: kayaks, open boats, K2 racers, K1s, tourers doubles and singles and two wood and canvas canoes from Moosehead of Chesterfield, with a number of kayaks supplied by Perception for people to try.

Many thanks to the land owners, Councils and Charities who allowed us access to their land and to Yak for the buoyancy aids, Perception for the canoes and sweatshirts, Claran Press, West Midlands Canoe Centre and Guide Dogs for the Blind Association who once again provided an excellent shuttle bus service for the drivers to collect their cars which brought the day to a finish. An excellent time was had by all, the weather was absolutely wonderful with sunshine all day.

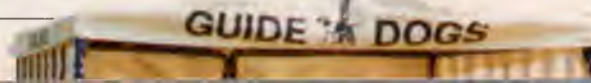
Thanks also have to go to Chris Perry, Kayak Control, for taking over this event from John Verney and also to the many helpers from Club Paramount for the safety cover, the 'girls' at the start and finish, Hazel Perry, Marilyn Robinson, and Elaine Ingrams for all their assistance and my helpers with the sweep. Next year is the 10th anniversary of this event so lets try and get more paddlers out - remember it is the only opportunity to paddle this stretch of water. I look forward to seeing you.



The Guide Dogs for the Blind Association breeds over 1,000 dogs every year and supports it's existing 4,500 guide dog owners and is fully reliant upon donations.

Article by Dave Perry

Thanks to: Yak and Perception



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Level 2 Coach Training	20th/21st Sept	
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Level 3 Coach Assessment	18th/19th Oct	



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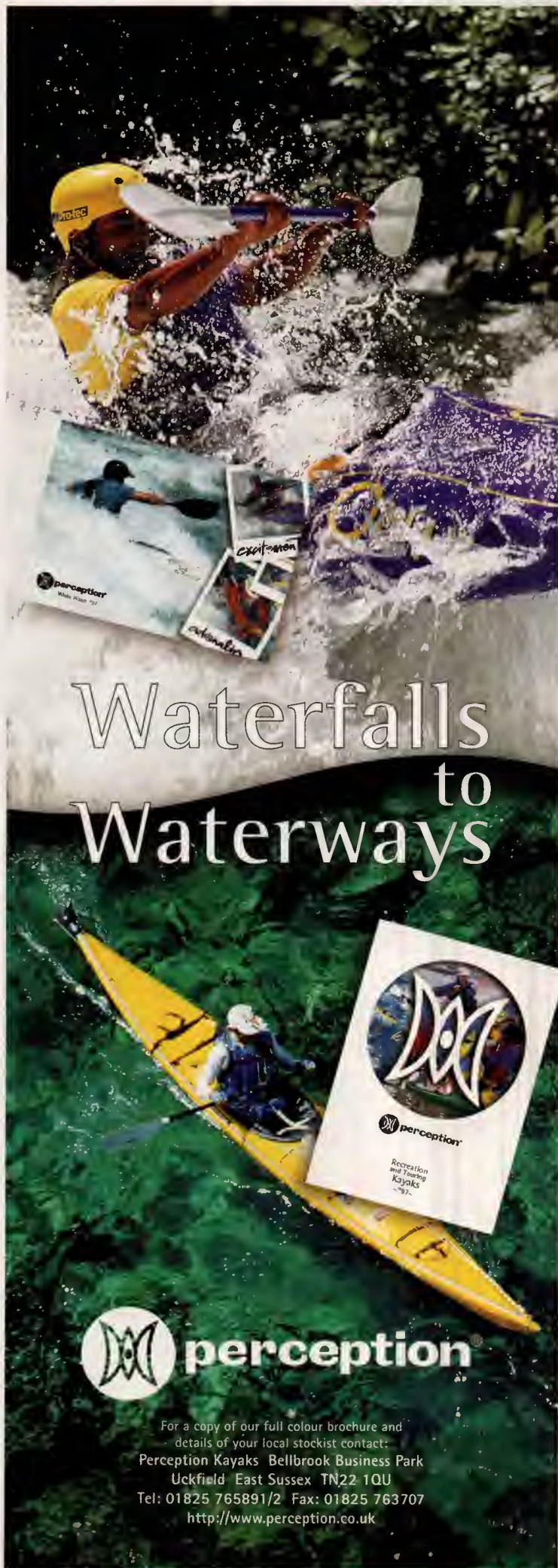
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The Can Rocky Mo

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Kananaskis Country has the scenery, fresh mountain air, pine scented forests, sparkling river waters and it's not too much of a drive from the airport. The ideal starting point. Rafter Six ranch resort offers a variety of activities, bookable on the ranch, and various types of accommodation, including camping. Riding after breakfast, a dip in the heated outdoor pool, a spell in the whirlpool to relieve those newly acquired aches and pains, followed by a spot of Voyageur canoeing after dinner. The Voyageurs were the trappers and fur traders of French extraction who explored large areas of Canada. A small libation in the Bears paw Lounge rounds off a hard day nicely.

Evening is often the best time of day to see the wildlife, beaver especially. Six of us, dressed as Voyageurs in braided multicoloured belt ties and headbands, together with our guide and helmsman, Randy, took to the water. Randy was full of information about the Voyageurs, the wildlife and the scenery. Voyageur canoes were made out of birch bark with cedar wood stiffening and seats. The bark hull was very fragile and great care needed to be taken not to hole it. One of the three main causes of death for Voyageurs was drowning. This being the case, and drowned visitors being bad for business, our canoe was made out of moulded plastic sections. It also meant we could safely perform the traditional Voyageur salute without holing the canoe. This involves tapping the paddle on the side, then base of the canoe

before waving it over your head and shouting "Saluay". The Bow river in this area is grade one, the easiest grade, and so you can safely take a camera on this trip with no fear of it getting wet. Starting from Lac Des Arcs, where there is a campsite with canoe launch facilities we took the first rapid. Largely we let the current do the work and admired the view as we floated downstream. Kingfishers, sand martins flying above sandstone cliffs, an osprey, Canada geese, mallards, gulls and several beaver were pointed out by Randy. The sight of a beaver lodge is unmistakable once you know what to look for, a collection of branches, devoid of bark, with gnawed ends. A couple of mild rapids provided a bit of excitement before the trip ended at the dam at Seebe.

We'd tried the cowboy lifestyle, now for the Indian equivalent. The opportunity to stay in a Tepee was too good to miss and we stayed at Sundance Lodges. The site is set amongst the trees beside the Kananaskis river and surrounded by the mountains. Seventeen wooden poles each twenty five foot long, a large piece of canvas, hand painted in a native style design, a bit of rope and a few sticks are what you get for your money. A traditional Sioux Tepee. Fortunately they come pre-assembled. What are they like when it rains though. Well it didn't, so I don't really know. The theory however is that the rain runs down the poles of the Tepee and drains away. Apparently this doesn't always work, water can drip from knots in the poles. Old Indians lick their finger and then pull it over the knot to cure this. Presumably it also works for young palefaces.

The demand for modern creature comforts dictates a digression from the traditional Tepee dwelling. Wooden floor, wood frame beds, kerosene lantern and heater, and a genuine cowboy camp kit, including coffee pot, pamper the less hardy adventurers of today. A picnic table and a fire pit completes each tepee's facilities. Not all creature comforts are laid on however, drinking water needs to be hand pumped. Further authenticity can be achieved by making use of the outhouse style toilets. Those possessing a more sensitive disposition will appreciate the modern toilet block. A variety of adventure activities are available nearby including equipment rentals.

Onto Banff and Lake Louise in the Banff National park. During our stay the weather prevented us fully appreciating the fabled scenery of Lake Louise with the Victoria Glacier at it's head, or Moraine Lake in the Valley of the Ten Peaks which appears on \$20 bills. Canoes can be hired on both lakes. Neither lake is particularly big. An hour on either lake is ample time to canoe from one end to the other and back. The lakes are very different from one another in colour. Due to the Victoria glacier, Lake Louise is fed with water full of powdered rock. This fine powder, known as rock flour, renders the lake waters opaque during the summer as it is held in suspension in the water. During the winter because of the freeze there is less water flowing into the lake and the flour settles. Moraine Lake by contrast is not fed by streams full of rock flour so the waters are clear

Canadian Mountains



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and an amazing shade of blue.

The Icefields parkway from Lake Louise to Jasper is one of the most scenic drives in the world. A full day should be taken to make the most of it. Snow clad mountains, glaciers, lakes, thunderous waterfalls, rivers, wildlife at the very edge of the road, including black bear. There is also the opportunity to walk on the Athabasca glacier. Jasper National park I felt was even better than what had gone before. The town itself is fairly small but has the amenities of larger resorts without losing that cosy feeling. It struck me as being a place where I would be more than happy to live. There are good opportunities for canoeists in the area. Canoes, guides, shuttle service support for river trips, lasting more than a day can all be arranged.

Maligne Lake and the surrounding mountains are absolutely stunning. The longest lake in the Canadian Rockies and the second deepest it is hemmed in by 10,000' peaks with permanent icefields. Canoes can be hired at the boathouse by the hour, day or week. If the prospect of some back country camping appeals then this is the place. Pack your tent in the canoe and disappear up the lake for a day or two. For those who like white water, try Maligne river below the lake, as it makes its way down the valley to the mysterious disappearing
Medicine Lake.

This was our dream holiday, but how do you set about creating your own? Try writing to Travel Alberta. Ask for a copy of the 'Accommodation and Visitors Guide', this includes a section on 'adventures', the 'Alberta Campground Guide', and don't forget to mention anything you are particularly interested in. Eventually, and it took over a month in my case, they should send you the two excellent guides requested, details on various attractions, and possibly a brochure related to your particular area of interest. If you can't create your dream holiday now, are you sure you really like mountains, lakes, rivers and the outdoor life.

Unless camping I would suggest that you book your accommodation from home, especially if intending to be away during July and August. The phone numbers are in the guides. Ring them direct in the evening. It's cheap rate and 8:00pm here corresponds to 1:00pm in Alberta so it's easy. I booked the chalet at the Rafter Six and the Tepee at Sundance Lodges with no problems this way. The Canadians are friendly,

helpful and quite happy to take transatlantic credit card bookings. As we didn't want to stay in hotels, I also used a couple of accommodation agencies to find B&B type accommodation. This worked out well, although they do charge a booking fee. In both Jasper and Canmore we had the whole basement of a family's house to ourselves. This type of accommodation must be self catering inside the national park and on a B&B outside the national park. The agencies require you to fax them details/confirmation of your requirements/booking. This will cost several pounds if using one of the high street shops. Visitor information centres will help with booking accommodation if you choose to wait until over there. They will also be able to tell you where to book trips, guides, equipment etc. Go on make your dream come true.



Articles by
David Enoch

Tim Brabants Wins His First Senior Marathon International

Results

Senior Men K2

1. *J Villalobos, L Miguel*
ESP 2:07:18
2. *Scott Hynds, Jim Ross*
GBR 2:07:47
3. *J Silva, J Gomes*
POR 2:07:48
6. *James Block, Jimmy Butler*
GBR 2:07:56
9. *Simon Dark, Greg Slater*
GBR 2:10:16

Senior Men K1

1. *Tim Brabants*
GBR 2:17:50
2. *D Te Linde*
NED 2:17:52
3. *E De Nijs*
NED 2:18:04
4. *Connor Holmes*
GBR 2:18:29
8. *Neal Coleman*
GBR 2:20:31

Senior Women K2

1. *A Erdodi, T Terhes*
HUN 1:35:07
2. *Alison Thorogood, Heather Brough*
GBR 1:36:54
3. *Sonja Bapty, Tricia Davey*
GBR 1:36:56
6. *Abby Andrews, Sue Keating*
GBR 1:44:13

Senior Women K1

1. *N Bulk*
NED 1:39:27
2. *A Hemmings*
GBR 1:40:59
3. *B Przybylska*
POL 1:41:08
7. *Beth Campbell*
GBR 1:51:00

Senior C2

1. *Andrew Train, Steve Train*
GB 1:35:24
2. *I Garcia Dobarro, F Maqueira Gestaira*
ESP 1:37:03

Senior C1

1. *J Sousa*
POR 1:43:59
2. *Z Ondracka*
CZK 1:44:57
3. *M Hammer*
DEN 1:47:54
8. *James Lee*
GBR 1:56:10

Junior Men K1

1. *J Dekairelle*
BEL 1:21:49
2. *Dean O'Connor*
GBR 1:22:55

The first World Cups race of the season was held on the River Meuse in the Ardennes on the French/Belgian border on 25th May.

Tim Brabants in his first senior international marathon was always in the right place in the leading group. At the last portage he and Connor Holmes managed to drop one of the Dutchmen and the Dane to leave a group of four. Tim won the sprint finish convincingly with Connor coming in 4th. Neal Coleman made up two places over the last 6 km. to finish 8th.

In the Mens K2 race, the Spanish got clear after the first portage leaving a large chasing group which had been whittled down to five by the finish. Scott Hynds and Jim Ross lead out the sprint finish from this group and managed to hold off the strong Portuguese boat with James Block and Jimmy Butler getting the worst of it in 6th place.

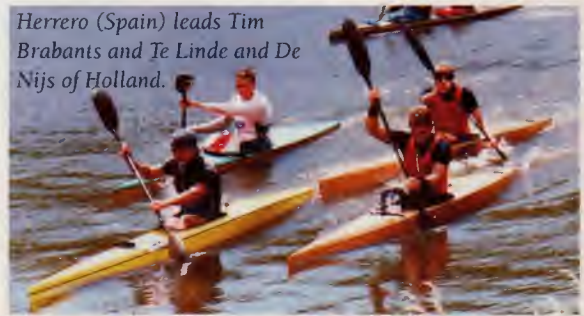
By the halfway stage in the Women's K1 Anna Hemmings and her old adversary, Nicole Bulk of Holland, had broken clear from the rest of the field and stayed together until the last portage where Anna had a disastrous swim getting out. She left the portage in 3rd place but managed to overtake the Pole in the last 6km to finish 2nd.

In the Women's K2 race, the Hungarians broke away early and despite the two GB K2s working together they

were unable to catch them. Alison Thorogood and Heather Brough got the better of the sprint for the line to take 2nd place with Sonja Bapty and Tricia Davey 3rd.

Andy and Steve Train had no problems in winning the Senior C2 race from the only other boat.

The junior entry was very disappointing with only two boys K2s, 2 boys K1s, a C1 and a girls K1. Dean O'Connor in his first international race did well to finish only one minute behind the winner after getting a nasty blow in the face with a paddle at the portage which left him dazed and bloodied.



Herrero (Spain) leads Tim Brabants and Te Linde and De Nijs of Holland.

Marathon World Cups 11, Poland

11 countries took part in the second World Cups race on the river Warta in Poland over the weekend of 21/22 June. The seniors raced over a 42km course with a 3km upstream start, then 38km downstream with 3 long portages and a final 1km upstream to the finish.

In the Mens K1, James Block lead off the start but Jim Butler got tangled with a swimming Czech boat leaving him last after 250m. However, by working the eddies on the upstream leg he picked his way through the field to be back with the leading group by the first portage at the 6km mark. The 2 Brits stayed with the lead group throughout the rest of the race although De Nijs (NED) got away slightly on the last portage with 1,500m to go. James got back to him with the other Dutchman but couldn't quite take them on the finish line.

The Women's K2 race saw three of

the four boats clear by the first portage and the Poles making a break at the second portage. Sonja Bapty and Tricia Davey stayed with the Hungarians and ran past them on the final portage to take second place.

On the Sunday James Block and Jim Butler decided to race again, in K2, and Sonja Bapty also raced again in K1.

Scott Hynds & Jim Ross got turned off the start in the Men's K2 race to leave them last but Simon Dark and Greg Slater and Block and Butler both got away clean. At the first portage Block/Butler were leading the first group of four, Dark/Slater were leading the second group with Hynds/Ross catching up fast. By the second portage all three British K2s were in the large lead group and stayed there to the final portage. Dark/Slater contested the finish right to the line with the strong Swedish boat, Hynds/Ross were 5th and a very

tired Block/Butler were 7th.

The Women's K1 race was already strung out by the first portage with Kornelia Szonda (HUN) well clear of the Pole, another gap to Sonja Bapty and Agnes Erdodi (HUN) and Beth Campbell back in 7th place. This pattern didn't change throughout the race with Erdodi just outstripping Sonja for third place.

1998 Marathon Racing Calendar

By now all regular race organisers should have received an application form for the 1998 marathon racing calendar. If you haven't or you are a new race organiser who wants their race to be in the calendar please contact David Enoch as soon as possible at **102 Bingham Road, Radcliffe on Trent, Nottingham NG12 2GT**

Eindhoven Marathon Results May 11

- | | | |
|-------------------|-----|---------|
| 1. E de Nijs | NED | 2:25:03 |
| 2. T Benschop | NED | 2:25:13 |
| 3. Dolph te Linde | NED | 2:25:17 |
| 4. E Verduyck | BEL | 2:28:04 |
| 5. Danny Beazley | GBR | 2:28:30 |
| 6. Dyson Pendle | GBR | 2:29:08 |
| 7. Jim Ross | GBR | 2:29:28 |
| 8. Guido Visser | NED | 2:30:46 |
| 9. Paul Enoch | GBR | 2:32:20 |
| 10. Rab Williams | GBR | 2:32:26 |
| 12. Dave Hallam | GBR | 2:33:59 |
| 13. Ewan Cox | GBR | 2:34:00 |
| 14. Ed Shaw | GBR | 2:34:48 |
| 15. Matt Sansum | GBR | 2:35:30 |



Block gets a good K1 start

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Reviewed by
Wendy Blackman
unless otherwise
stated.

Making Canoe Paddles in Wood

By G Warren - published by Raven Rock and available from Moosehead Canoes, 23 Brownhill Road, Old Whittington, Chesterfield, Derbyshire S41 9DB
£5.99 plus £1.50 P&P.
ISBN 0 9530352 0 4

Making Canoe Paddles in Wood

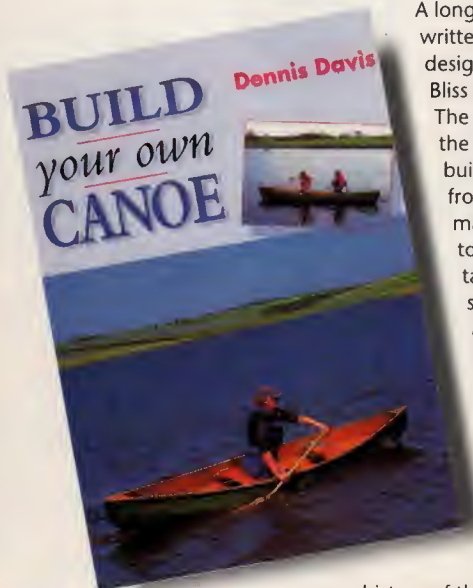


A clear concise book which contains 12 plans for native and contemporary paddles. It contains details on all construction methods needed to complete your project, and which tools and what type of wood you will require. It also has a section on protection and repair, useful for those who have damaged wooden blades and

didn't have the heart to throw them out. Some previous woodworking skills would be an advantage but the book explains all stages in a clear style. It also provides interesting reading on the history of paddle making and the types of woods used. Good value for money. Reviewed by Frank D Wood

Build Your Own Canoe

By Dennis Davis £14.99 from BCU Supplies.
ISBN 1 86126 053 9



A long awaited book written by the designer of the DD23 Bliss open canoe. The book covers all the detail needed to build this model from listing the materials and tools, cutting out, taping and stitching, adapting the hull to suit your own requirements and more. There is an interesting introduction to the book giving the history of the canoe,

additional information on how to make paddles, leeboards and other sailing attachments. Chapter 7 gives information about 'getting on the water' from what gear to wear, through launching and paddle strokes. The editorial is accompanied by black and white photographs and diagrams which appear to be relatively easy to comprehend. Some previous knowledge with woodworking would again be an advantage, (as would a garage or storeroom to keep your masterpiece whilst under construction).

The Independent Hostel Guide

£3.95 published by the Backpackers Press.
ISBN 0 9523381 5 7 - Available from all good book stores or by mail order to the Backpackers Press, 2 Rockview Cottages, Temple Walk, Matlock Bath, Derbyshire DE4 3PG.



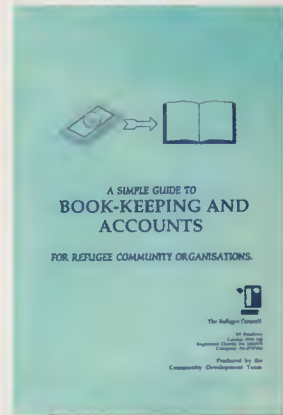
A brilliant pocket sized reference book containing information on independently run hostels throughout the UK. Covers group accommodation, bunk houses and barns, farmhouses and every type of residence in between. It has useful detail such as opening season, number of beds, price, and opening hours (e.g. 24 hours, no curfew etc.) An essential guide for booking somewhere to rest your weary head after a hard days paddling.

A Simple Guide to Book-Keeping and Accounts

£4.15 inc. P&P Produced for and only available from The Refugee Council, 3/9 Bondway, London SW8 1SJ.

This may seem a strange title to review in the pages of Canoe Focus, however, many clubs and canoeing groups at some time end up with a need for a Treasurer to produce accounts. This role often falls upon some unfortunate person who probably was elected to the post without being present at the meeting to place any kind of objection. The book is a very easy to understand guide on book - keeping practices and how to prepare accounts. Including; how to enter information into the cash

book, essential rules for handling petty cash, dealing with the bank and bank reconciliation and how to prepare and present those end of year accounts. A very useful title for any club.



Meltdown Madness

£19.99 available from BCU Supplies at Mobile Adventure. Edge Productions - 51 minutes duration.

Another BIG water fun video. The Big water being due to the snow melts in the Rockies in 1995. This video features some excellent extreme paddling, also featured is a mass surfing session on Big Sur a river surfing phenomenon that has to be seen to be believed, kayakers alongside boardies having BIG FUN. Also includes action from the Animas River rodeo and the Gore Canyon Downriver race. Accompanied by some great music, there's even adverts at the end showing the band's record labels, just in case you should wish to indulge. An all round good fun video.





Dr.D's - Old Town - Prospector - Fuego - Nordkapp - Lendal - Pyranha - Dagger - Montane - Hire Boats - Demo Boats - Twenty Open Boats - Schlegel - Coleman - Kober - Lendal - Valley Sea Kayaks - Eskimo - Knoydart - Nick Benny for Club Leader - Dr Helen Cosgrove MB. FRCS. has got a gammy knee (Focus June 97 pg 34).

Kayaks and Paddles (Plymouth)

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Born 'n' Bred to Rip 'n' Shred

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Paddlefest

Hear Ye, Hear Ye, it is the decree of the BCU, that there is to be, in Nottingham, an end of season (or perhaps start of season) weekend festival of paddling, competition and merry making to celebrate Paddlesport 97... The date of this event shall be 1 and 2 November 1997.

Article by
Mike Devlin -
Coaching
Development
Officer

All are invited to attend this 'explosion' of a weekend. Enjoy the paddling, the coaching, the lectures and the convivial company. Challenge yourself and others to find the seasons champion all round paddler in a multi discipline 'Paddlefest' consisting of a head to head River Race in Wavehoppers, an extreme Slalom (3m, plastic restriction), a floodlit Rodeo and a golden mile time Sprint and 100m head to head dash. Novice and

Masterclass entries in each discipline. Alternatively, enter a team in the Polo/White Water Rafting/Dragon Boat Challenge. 'Paddlefest 97' is a weekend paddle bash based in Nottingham. Seen as the first of many such 'active' gatherings the objective of the weekend is to bring together as many paddlers, with a wide range of paddling interests as possible, so as to create a fun, multi discipline event, featuring elements of competition, coaching symposium sessions and

clinics, 'have a go/try a boat' sessions, presentations and lectures, doing your own thing, along with a trade show exhibition, car boot sales and of course 'Paddlefest' party.

Over the weekend five separate programmes will be running providing a wide and varied means of activity from which you can choose and mix and match your own itinerary. Come along and view, or come along and be fully involved. Come for one day or come along for both the choice is yours.

The 'Paddlefest' coaching programme will provide key note speakers along with a mix of indoor and outdoor sessions covering topical aspects of coaching development. An 'excellence' programme will provide opportunities to join in on coaching sessions, run by experienced coaches, covering

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areas of skill and technique development. One day and half day clinic sessions will also be available for you to join. Open Canoe/Open Canoe Sailing /Slalom/Sprint Rodeo and land locked Sea Paddling to mention a few. Your chance to try out a new or little experienced aspect of Paddlesport.

The 'Paddlefest' competition programme for the weekend will provide a multi-discipline paddle fest challenge enabling participants to enter a range of discipline specific events. All, should be encouraged to take part, not only in their own discipline specific area. Boats and experience for all disciplines is not required as boats will be available where needed and a handicap system applied to each event. All you require is a willingness to get stuck in, challenge yourself. Individual event prizes to be won

as well as prizes for top 3 over all placings.

The 'Paddlefest' weekends trade only show will provide you with an opportunity to visit Britain's top paddlesport manufacturers to view and discuss developments in paddling gear, maybe get the low down on what new designs may emerge in '98 and covet new bits of kit, all safe in the knowledge that on this occasion you can't spend - at least not on new gear - Many of you may well be in the search for cheap gear, many of you will no doubt have gear to move on. The car boot sale will be the thing for you. Register your car, bring along your cast off/excess paddling gear and set up in the car boot/sale area.

The 'Paddlefest' 'Get in Touch/Stay in Touch' programme will provide you with opportunities to drop in on BCU

'surgeries' run by members of BCU Executive and Council to find out what is happening with the overall development of paddlesport, discuss and comment on strategic planning issues and development plans for the new millennium.

In addition there will be a programme of presentations and lectures running so that you can balance your own day/weekend programme between indoor and outdoor sessions/competition and coaching sessions, doing your own thing (free paddling sessions available on the slalom course) partying and having a good time.

'Paddlefest 97' provides two full days of paddlesport activity and if that's not enough to either encourage you to join us or to make you feel that there would be enough to keep you entertained then consider also the 'Paddlefest' bonfire party and disco on Saturday evening - the Paddlesport social event of the year.



Book the date in your diary now and join us for this new and exciting event. Full details/programme options available in the next edition of Canoe Focus - See You There.

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Wye article by
John Westlake -
LAO for the River
Wye in England.
33 Golden Vale,
Churchdown,
Gloucester GL3
2LU Tel/Fax:
01452 531218

River Wye Update

The Environment Agency's Application to become the Navigation Authority

The Present Position
When you read this the Public Inquiry will have closed. It is now for the Inspector to consider all he has heard and read and make his recommendations to the two Secretaries of State (as both England and Wales are affected).

It will then be for the Treasury Solicitor to consider any legal issues that have arisen after which the Secretaries of State will decide whether or not to confirm the Order with or without modifications. If they confirm the Order it will then be Law.

The issues involved have been very complex which has resulted in a Public Inquiry running from April to July. It is, therefore, unlikely that the decision will be available for many months.

The Uncertainty

Now that the public participation stage of the Parliamentary process

has ended everyone with an interest in the Rivers Wye and Lugg have said their piece and are left with the uncertainty as to whether their wishes will be met. This includes the Environment Agency whose proposals have been under challenge.

With the many different interest groups in the Wye Catchment and the differing views as to how or whether the Order should be, nothing will be certain until the Secretaries of States' decision is made.

What Has Been Achieved So Far?

During this interim period of waiting for the decision it is a good time to review how the original proposals of the National Rivers Authority have moved on. Over the next issue or two of Canoe Focus I intend to explain in detail how the provisions of the original draft Order that affect canoeing have

been improved.

I also intend to explain the present informal arrangements for management of the Rivers Wye and Lugg and to talk about management in more general terms.

Big Thank You's

Very grateful thanks are due to the English Sports Council for their support. In particular to Sue O'Neil from their West Midlands Region who has spent so many hours helping us further canoeing interests - it is good to have friends in the right place.

I also want to thank all those 'Contacts' who responded to my pleas in Canoe Focus and elsewhere over the months. The many hours of telephone and face to face conversations answering their requests to be updated on the detailed situation, listening to their views and sharing opinions have been extremely helpful in guiding us as to the way we have gone forward. I have also attended meetings with Clubs and various canoeing based organisations all giving valued help and guidance. Thank You.



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River Wye - Symonds Yat Rapid

The owner of the bed of the river at Symonds Yat Rapid is not objecting to the right of navigation. However, he has objected to the violation of his property rights by canoeists through landing, building cribs and suspending lines across the river. The BCU is looking into the validity of his claims and also opening negotiations with a view to purchasing the

A Message from Colin Kempson, Chairman of the Access Committee

We are grateful to John Westlake for all his voluntary work on the Wye Navigation Order, and in particular for appearing as a witness, in seeking to achieve the best achievable outcome for all canoeists.

He will continue to need the support and encouragement of all paddlers as he leads the team in resolving the current problems at Symonds Yat.

site in order to secure its use by canoeists on a permanent basis. The owner has stated that, if he is to negotiate with the BCU he will expect the BCU to use all reasonable influence over members to prevent the, still continuing, violation of his property rights. Therefore, the BCU requests the co-operation of canoeists in not landing on the island, building cribs or suspending lines across the river until the matter is resolved.

River Wey - Surrey Access

The following information has been extracted from a letter received from Graham Hodgson the Access Officer for the River Wey...

I was recently approached by Kevin East of the Canoe Camping Club about an incident with a land owner in the vicinity of Tilford, with another canoeists. I understand this altercation occurred in late April, and arose because the canoeists had to portage around a felled tree which had prevented progress on the water. The land owner appeared to be very unhappy about the situation (technically trespass over his land).

After a number of attempts, I was recently able to make contact with the landowner, Mr Nigel Moreland, and an amicable discussion over the telephone ensued.

In essence I have agreed with Mr Moreland (verbally only) that should a group of canoeists wish to traverse that section of the river downstream of Tilford Bridge (east), they should contact me in good time in order that I can fax Mr Moreland with relevant information, and thereby obtain agreement (which he is willing to give).

His concerns as land owner of both sides of the river (which is quite narrow at this location) are in relation to fishing and wildlife disturbance. He understands that there will always be canoeists who are not BCU aware or members, who will attempt to paddle through this area without consultation or agreement, or will be ignorant of the fishing season implications. Obviously I would wish to assist in maintaining good relations by controlling access.

I would like to confirm that there is generally very little in the way of problems for canoeists on the River Wey and Navigations (downstream of Godalming Town Bridge), but non-regular paddlers should always check with the National Trust office at Dapdune Wharf, Guildford (Tel: 01483 561389 normal office hours), to ensure that they do not clash with fishing matches or other significant events occurring on the river before committing themselves to the water. Licences are of course required if BCU membership is not current. *Graham Hodgson - Access Officer River Wey.*

Amendment to Touring & Recreation Page 49 BCU Yearbook.

With reference to the first paragraph on page 49 of the BCU yearbook regarding licensed waters please delete the reference to Jesus Lock and substitute for Bottisham Lock.



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Slalom Winter Training 1997/98

I suppose now is not the best time to be thinking of winter, but if you feel the need of some Extra Quality Coaching and are in Premier, Division 1 or 2 perhaps now is the time to consider what the National Development Squad winter programme has to offer at the National Water Sports Centre, Holme Pierrepont this winter.



This is the view expressed by one of our younger Division 1 paddlers Daniel Goddard aged 13. Daniel is the highest rank U14 paddler, currently ranked 25th in Div 1, also ranked Div 1 in C1.

"I have attended the National Development Squad for the last two years, both have been great FUN and I have gained a tremendous amount from both winters.

The NDS training consists of three weekends at the National Water Sports Centre, Nottingham. Each weekend is split into two paddling sessions per day with lectures and video analysis between water sessions. Lunch, Saturday, breakfast, and lunch Sunday, plus accommodation at the centre form part of the overall package.

This year the three weekends concentrated on 1 Endurance 2 Technique and 3 Race Preparation.

Weekend 1

Endurance - We were divided into small groups with the coaches explaining what we were to do, addressing each of our problems in turn, with video cameras running to film our every move. Discussing our varying abilities back at the centre was most enlightening and sometimes even embarrassing until you discovered we all make mistakes, and everyone there, was there to help. That Sunday afternoon we did what we call a Speed League session dividing the course into sections, we all raced, with the coaches noting times, penalties and any problems, it's hard work but great fun.

Weekend 2

Technique - Again in small groups with video back-up, our technique is analysed, discussed and suggestions

made. Back at the centre our Saturday evening lecture by Lisa Pearce of Loughborough University on Sports Nutrition was thoroughly enjoyable, discussing 'Food for Sport' I've learnt what's good for me and what to avoid, not necessarily those foods we first think of.

Weekend 3

Race Preparation - Saturday, the coaches set up a course, we then spent time walking the course discussing the moves and various routes we thought would be best. A practice run and two timed runs, all with video, then time spent discussing our performance with the coaches and other paddlers. Our Saturday afternoon/evening session was devoted to mental preparation, visualisation and other topics such as anxiety control with a workshop run by Jonathon Males (National Slalom Teams Psychologist).

Sunday, another race on a new course, with our now customary speed league in the afternoon, it's been another great weekend.

This year we were treated to a

fourth weekend in May at the Double 2 at Holme Pierrepont to race as a squad with the full back up of coaches on the bank and video.

These sessions over the last two years have without doubt helped me to improve and understand the sport with NDS's exclusive use of Holme Pierrepont slalom course, quality sessions over three weekends and the ever helpful coaches led by John Gregory manager of the NDS. I look forward to the 1997/98 winter training, I know with help from Dad my next application will be sent in good time?

1997/98 weekends will take place on: 6/7 December 1997, 3/4 January 1998, 7/8 February 1998. Cost £160, to include lunch, accommodation, video analysis, and coaching at the 3 weekends. For further information on the National Development Squad contact: *John Gregory, Manager, National Development Squad, 38 Elwood, Church Gate, Church Langley, Essex CM17 9QJ. Applications can be submitted from 1 September 1997.*

Final Martley Canoe Slalom

Kinver Canoe Club, who have been running slaloms at Martley for over 10 years, will be running the last ever event at this popular site in October. Set in the Worcestershire countryside on the River Teme, the site has been a regular Division 4/5 entry in the slalom calendar for many years and several clubs have used it to hold their competitions.

The landowner now wants a rest and the Double Div 4/5 competition over the weekend of October 18/19 will be the final event and your last opportunity to experience this venue.

For more detail contact the organiser at: **73 Lea Vale Road, Stourbridge, West Midlands, DY8 2AU**

Chester Slalom

14-15 June - Division 4/5/2

After a five year break Chester Weir Slalom returned: organised by Riverside Adventure Canoeing and Outdoor Activity Centre, based in Chester and Chester Sailing and Canoe Club. The event was co-ordinated by Jonathan Davies, Youth Paddlesport Development Officer for the North West.

The plan was for the course to be up by the Thursday night, but due to heavy rain and a flash flood on the Wednesday night we were unable to start erecting the course until Friday morning. This put us nearly a day and a half behind schedule! After a very late Friday night and an early Saturday morning the event began all be it an hour and a half late from the planned 11.00am start.

The water was still very high on the Saturday making the course very difficult for division 4 and 5, but the competitors coped admirably, and the day was finished off with a Bar-b-que at Chester Sailing and Canoe Club.

Sunday's event had a new course and much lower water (hooray) and started almost on time.

We wanted to offer competitors more time on the water and so ran Canoe Polo and Wild Water Racing 'try it' sessions. These sessions were poorly attended considering the number of entrants, but this we felt was due to the running of a double event where the competitors had much less time during the day - we'll have a re-think for next year.

I would like to take this opportunity to once again thank all the competitors and parents for coming to the event and all the helpers who worked so hard over the weekend. This was our first event, we learnt an awful lot and it definitely won't be our last! Hope to see you next year.

Jonathan Davies - BCU Paddlesport Development Officer (North West)

Slalom Teams

Our best wishes to both our Senior and Junior Teams who are to compete in the World cup Series the World Championships and the Junior 'Europeans' and pre World events this summer. We're confident that you'll continue to bring back those medals!

Stop Press

More Slalom Medals

Paul Ratcliffe has won this season's opening World Cup slalom event in K1 in Bourg St Maurice, and then went on to win the second round in Bjorbo, Sweden. Shaun Pearce followed suit with a Silver medal and was the only competitor to get within four seconds of Ratcliffe's winning time. Congratulations and keep up the good work!

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Rich Procter spent three months in the jungles of Belize as a Canoe Instructor with the Youth Development Charity Raleigh International.

In that time he took three different groups of young people on three different canoe expeditions lasting 10 days each. The last down the Belize River started at the Guatemalan border and finished 10 days later at the Caribbean Sea...

Around the last bend we come and, as the watch hand approaches 3.00 O'clock, we look at the banks for a suitable camp site. In front of us is a sixty foot limestone cliff. Up top it is sparsely vegetated but with lots of trees just right for 16 people with hammocks and tarpaulins. So ends the first day of our ten day canoe trip across Belize. The boats are hauled out and we make camp. The fire is built and the coffee goes on.

The first problem occurs. We have to dig a toilet facility (a hole) and we seem to have lost the spade. Checking the boats we find we've also lost the radio antenna. Two items of essential kit gone. Now I'm sure this morning at 7.30am I'd told everyone to tie everything in the canoes. I'm

sure I did. It was early in the morning after the pre canoe trip beers in San

Ignacio, so everyone was a little on the tender side.

The day had started at 5.30am with a rude awakening. We were camped in San Ignacio on the side of the Eastern Branch of the Belize river. The previous day we had trained out complete novices paddlers for the ten day, two hundred and sixty kilometre trip across Belize. Our transport arrives, an old yellow American school bus driven by two guys who look like they shouldn't be trusted with a bicycle. Ignoring their strange gazes we fill the bus with the eight canoes and sixteen people.

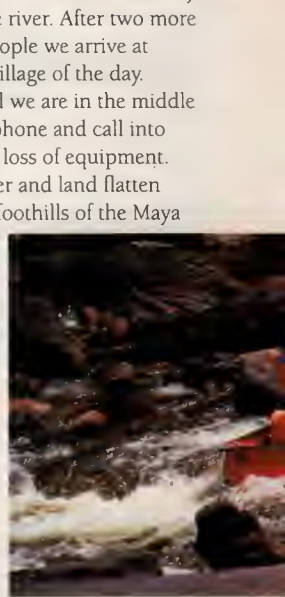
Off we go 20 minutes up the road to the town of Benque Viejo on the Western Branch of the Belize River. Benque is the point closest to the Guatemalan Border that we can get on to the river. Above this point the Guatemalan Special Forces are active. Considering this carefully we decided on Benque as the start point.

We unloaded the bus, the drivers who now look much happier. Over the course of the next hour the kit goes from the bus, to a pile on the floor, to eight reasonably packed canoes and sixteen people looking ready to go. A small brief to everyone before we start, stressing the importance of securing everything in the boats. Off we go, now from the map, we know we have about 10 rapids to deal with today. The first one appears and we negotiate a fast shoot on the right hand side. Everyone OK. The second a little more intensive. A 3 foot drop, over we go and the

capsizing starts. Two boats here. By lunch time six out of the eight boats had been over and unbeknown to us various items of kit were now at the bottom of the river. At the end of the first day we had covered 18km getting everyone in the mood.

4.30am the next morning the cooks get up and prepare the porridge for breakfast at 5am. By 6.30am we set off down the river. After two more early morning dips for 4 people we arrive at Bullet Tree Falls - the first village of the day. Consulting the map we find we are in the middle of nowhere. But we find a phone and call into Raleigh HQ explaining the loss of equipment.

From this point the river and land flatten out, as we come out of the foothills of the Maya Mountains on to the plains of Northern Belize. Onwards we go, moving away from the Guatemalan border and off east towards the Caribbean Sea and the rising sun. The river slows into long flat sections followed by small ripples. At 10am we join the Eastern Branch and move onto the Belize river proper. Only another 8



to the

days to go. The paddling becomes a hard slog and the challenge now is not to negotiate the rapids but negotiate the monotony. We paddle on passing through small farming communities and lots of jungle in between. By the end of day two we are by the progressive Mennonite settlement of Spanish Lookout. The Mennonites are like the Amish of the USA. Chased out of Europe in the 1800s, they got chased all the way to Belize. Day three get up, eat, paddle, eat, paddle, eat lunch, paddle, make camp, eat, sleep.

Day four we move away from the Western Highway, the main road across Belize, which follows the course of the river for half the country. Away from civilisation by the Highway and off into the jungle again. The people disappear from the banks of the river. No longer do we have the

woman washing clothes against rocks surrounded by small grubby looking children. Instead we have trees, lots and lots of trees and some really nasty bamboo plants that are impenetrable.

We move into the more remote interior of the country where the numbers and varieties of wildlife increase. Many birds are spotted. We come across a large snake who hangs around the boats lazily heading home to the bank. Others are seen. They seem as equally interested in us as we are in them, before they decide we are a threat and retire to the bank. On day 6 approaching the flour mill town of Big Falls we spot a Tapir or Mountain Cow. The Tapir is a large beast about the size of a cow. Quite a find in this part of

Belize. Having spotted it wallowing in the river before he sees us, the whole group is able to get a good look at it. He's having a good time in the river in the heat of the day, quietly creating his own Jacuzzi. For some reason only known to the Tapir he spots us and panics. The animal goes from relaxed bathing to blind panic in a matter of nanoseconds. In a mass of foaming water he makes his clumsy way out of the river and up the bank. When Tapir panic they run and when they run they go in straight lines irrelevant of what's in front of them. For a good five minutes we can hear his foot falls and watch great chunks of brush sway and fall.

Onwards we paddle. Now everyone has a completely natural paddle stroke. They can paddle for eight hours a-day without thinking about doing a single stroke. Eight hours is our normal day. Up at 5am, on the water by 6.30. paddle to 9.30 then a break, then 10 to lunch at 1, then 1.30 through to 3.30. In this way we are able to make 30 kilometres in a day with only two hours in the heat of the day. By day seven we have such a daily rhythm that we don't have to talk about where we are going, but can relax and enjoy ourselves.

On day eight the pace picks up a little as people realise we are only 35km from the end and the sea. A sudden new enthusiasm runs through the group as they realise they are not going to spend the rest of their lives paddling the Belize river. By the end of day 10, we are 10km from the sea and camped up on the opposite side of the river to the International airport. Although we can't see the place we are neatly placed directly in the final approach path for the planes. Another excellent choice of campsite. On day 10 we pack for the last time and head off in a



Caribbean Sea

positively jovial mood. The river is now broad and flat and as ever we are paddling into a head wind, just our luck. We paddle past the Raleigh International Headquarters and then all that is left is the last two kms to the sea. We go under Hallover Bridge on the main Northern Highway out of Belize City. Here we confuse a lot of motorists and nearly cause a few accidents. At last the sea is in view and people have a new burst of energy. The river widens completely as we hit the sea proper. The team celebrate by jumping in and ceremoniously capsizing me. So

ends our 10 day 260km odyssey through the interior of Belize. A slog across a flat jungle country all in the name of youth development. I think I will paddle across Holland next.



For further information call 0171 371 8585 or write to The Staff Office, Raleigh International, 27 Parsons Green Lane, London SW6 4HZ

Raleigh International is a UK based youth development charity which runs expeditions for young people aged between 17-25 in countries such as Chile, Uganda, Namibia and Belize. Each expedition takes a team of volunteer staff members aged over 25. Experienced sea kayak and inland canoe instructors are needed for our next expedition to Chile later this year as well as future expeditions.

1997 Surf Season R

The season got off to a good start with the Cornish Open at Polzeath at the end of March. This opening event also saw the introduction of the new plastic class. The waves on the Saturday were small and clean, with good sunshine providing an enjoyable days surfing. Sunday saw large, messy waves with overcast skies. In these conditions only the International Open Class was run to a conclusion with the other classes being left to run at a later event.

Paddlesurf 97 Teams

England and Wales have named their squads for Paddlesurf 97. Teams on each of the two day team event will consist of 6 men, 2 juniors and 2 ladies from the following:

England

- Malcolm Pearcey (Manager)
- Chris Bray (Captain)
- Pete Blenkinsop
- Robbie Lines
- Mick Bousfield
- Dave Kensdale
- Tim Rowe
- Carl Coombes
- Ian Plumridge
- Sue Davey
- Lesley Harker
- Teressa Moss
- Gillian Bee
- James Hawker
- Graham Brooks.

Wales

- Phil Carpenter (Manager)
- Tim Thomas
- Ben Thomas
- Mark Williams
- Martin Tracey
- Craig Norman
- Richard Berry
- Simon Davies
- Colin Harvey
- Noel Dummett
- Sharon Jeffries
- Bethan Thomas.



In the final, the man getting the best waves in the prevailing conditions was Carl Coombes of the RAF. Second place was taken by reigning World Champion Tim Thomas. Robbie Lines of Sussex was third and Welsh Richard Berry was fourth.

Northern Open

Bamburgh, Northumberland hosted the Northern Open and the second ranking event of the year. This was the first time an event had been held at Bamburgh, which is a bit of a surprise as it is an excellent venue. It is a clean and quiet beach which picks up a good wave on a northerly swell and to top it all off there is an impressive castle that has a commanding view of the beach.

There was a good turn out of competitors to this event in April. Most were local but a few had made the journey from as far a field as Cornwall, Argyll and the South East. All were to be

treated to a superb (day) competition. The waves were a good 4 foot and clean especially in the final. The competition was smoothly and quickly run. Oh, and it was a glorious sunny day.

Teignbridge Canoe Club from Devon, were in dazzling form on this occasion and took 1st and 2nd place in both the men's and ladies events. Richard Webb, Mick Bousfield, Sue Davey and Teressa Moss respectively.

Gower Open

Two weeks later and our first visit to Wales, this time to Llangennith for the Gower Open. The forecast for the weekend was for rain, rain and more rain. Fortunately they were wrong. It only rained solidly till 4pm on the Saturday. Again we were spoiled with some good waves which grew steadily over the weekend. By late Sunday afternoon the sets were pushing 7 foot and only the fittest, most determined

paddlers were making it beyond the breakline. In the Ladies it was Lesley Harker taking first from team mate and British Champion Sue Davey. In the Open event Robbie Lines got his first victory, with Ben Thomas the Welsh Junior in second, Simon Davies in third and Pete Blenkinsop in fourth.

Red River Challenge

The busiest competition of the year so far was the Red River Challenge in Cornwall, for as well as having a large entry of its own, with 30 in the open, 6 ladies, 12 novices, 12 in the plastic class, 3 juniors and 10 masters, there were semi's and finals of 5 classes to be run from the Cornish Open. The prevailing conditions did little to help. A strong cross shore wind and large messy conditions caused the competition to move along St. Ives Bay to Hayle, where we surfed in view of the Bluff Inn.

Marco Holt of Brighton and "The Poly" earned himself The Best Newcomer by finishing 2nd in the Plastic Class and 3rd in the Novices. Winner of the Plastic Class was Mark Rigby also of "The Poly". The main star of the show was Ben Thomas, who through aerials and floaters did the double by winning both Junior and Senior events.

Welsh Open

The last event before the summer recess is traditionally the Welsh Open, 1997 was to be no exception. The event, sponsored by Nookie Kayaking Equipment was held at Freshwater West in Pembrokeshire. A large entry, especially from the local Welsh population were in attendance, not just for the competition, but also for the party that was also being sponsored by Nookie.

Again we were spoiled with the amount of waves. They were 4 to 5 foot, and horrible at Freshwater West on the Saturday. So, after the first round, the competition was moved to Broad Haven South where a cleaner more friendly wave was found. The waves on the Sunday at Freshwater West were bigger than the Saturday

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and well into the 6 foot plus range. The braver, stronger paddlers ventured beyond the breakline whilst the more timid, and some would argue more sensible, stayed on the inside to surf the reforms.

Ben Thomas was again looking for the double. He won the Open from big brother Tim in 2nd, Ian Bloomfield in 3rd and Cornish master Mark Richards in 4th. However, he had to settle for 3rd this time in the juniors whilst the English pair of James Hawker and Graham Brooks took 1st and 2nd respectively.

It was a good weekend for the Hawkers all round as father Andrew, the mild mannered dentist from Poole took 1st place in the masters event. Bethan



Thomas was also on form taking the ladies event from British Champion Sue Davey. The Plastic Event was won by Twr-y-Felin's very own John Paul Eatock who turned up on a motorbike in biking leathers and had to borrow every last bit of equipment to compete.

We all now wait for the return to Freshwater West for the British Championships at the end of the year, but before then we have three more ranking events at Machrihanish, Blyth and Bigbury. The highlight of the year is still to come Paddlesurf'97.



Far left: Ben Thomas, 1st Junior and 1st Open presented by Robbie Lines

Top Left: Bamburgh 97. Mick Bousfield, 2nd Open; Sue Davey 1st Lady; Teresa Moss, 2nd Lady; Richard Webb, 1st Open.



Article by Robbie Lines
Photos By Pete Cropper

1997 World Paddlesurf Championships Saturday 20 Sept to Sunday 28 Sept.

The North Coast of Scotland is well known for its excellent surf, and comparisons have been made with such well known venues as Hawaii and Southern California. 'Thurso East', for example, is a World Class wave that is spoken about with awe among the international paddlesurfing fraternity.

Thurso as a Venue

Since 1995 Thurso has been a Mecca for UK kayak surfers, and the Scottish Canoe Association has held the National Kayak Surfing Championships there every year. Additionally, Thurso has hosted one kayak Surf Home International (1987) and one World Championships (1991).

The standard of surf at Thurso and along the North Coast is extremely high and is generally at it's best at the end of September when waves with a 5-8 metre face height are in evidence.

Paddlesurf 97

In 1987 the first Home International Paddle Surf competition was held in Caithness. The event was judged to be a great success by the competitors. The warm welcome they had received from the Caithness Community was a major factor in choosing Thurso as the venue for the 1991 World Paddle Surf Championship.

Approximately 120 competitors will be expected to take part in the competition. Allowing for some supports (e.g. partners etc.) to accompany the competitors then one could assume that approximately 200 individuals will be present in the area or at the event.

Entry: There will be two competitions: a team event and an individual event.

Team Event

Entry into the team event will be made by the competing countries. The team composition is as follows: 6 male paddlers, 2 lady paddlers and 2 junior paddler (male of female).

A representative from each country will compete in a heat. Points will be awarded depending on the position of the competitor at the end of the heat. (e.g. 1 point for the winner, 2 for second place competitor and so on). At the end of the competition, the country with the lowest number of points will be judged the winner.

Individual Event

The individual event will be open to any paddle surfer who wishes to compete for the title of World Champion. There will be four classes of individual competition: Men's, Ladies, Juniors and Masters.

The competition will be run in heats. The winners of each progressing onto the next round until there is a winner.

Surfing Venues

The intention is to centre the competition on the surfing break at Thurso East. This has the reputation of being one of the worlds best surfing breaks. Surf is never predictable, so there may be occasions to use one of the other 12 surfing breaks at other locations near to Thurso.

Judging

The competition will be judged by an international team of judges. These judges will be nominated by their respective teams and will follow a rota.

Social Events

During the competition period a number of events will be organised mainly for the competitors and supporters. These may include: typical Scottish events (celidh), a visit to Orkney, a visit to the Dounreay nuclear power station, visits to local distilleries, and days at outdoor centres to paddle some of Scotland's more demanding rivers.

PADDLESURF 97

The World Kayak Surf Championships
Caithness, Scotland
September 1997



INDIVIDUAL ENTRY FORM

Name (Print)			
National Body		Membership No	

I wish to enter the following Kayak International Class(es) (please tick):

Open:	Ladies:	Junior:	Master:	Free style:
Entry Fee: £30 (Sterling) per category entered before 31 August 1997 £45 (Sterling) per category entered after 31 August 1997 All cheques/money orders should be made payable to the (Scottish Canoe Association (Paddlesurf 97))				
Date of Birth (if Junior or Master)				
A Junior must be under 18 on 1 January 1997 A Master must be over 35 on 1 January 1997				

CONTACT DETAILS

Address:			
Telephone Number:			

DECLARATION

I am medically fit and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury or illness to my person during or as a result of the event or for any property lost at the event. (if under 18 years of age on the day of the event then your parent or guardian must sign this form)
I agree to abide by the Competition Rules of Paddlesurf 97
I agree assist with scribbling and judging during the event when requested

Signed	Date:
--------	-------

Please Return Entry Forms to:

Paddlesurf 97, 10 Forss Road, Thurso, Caithness, Scotland KW14 7PB

Peter Hanover

It is with deep sadness that we have to report the sudden death of Peter Hanover on the morning of 4 May 1997. Peter passed away peacefully at home in the early hours of Sunday morning, having spent the previous day at his favourite slalom site in Middleton in Teesdale.



Perhaps Peter's introduction to canoeing was leaning on a gate at Marske Bridge after a wild water race on the River Swale (in the days when there was water in the Swale). He was full of curiosity about canoeing and sounded like a man who was seeking a mission. There are hundreds of people throughout the country who have reasons to be glad that he found that mission.

He became heavily involved with Tees Kayak Club, introducing youngsters to canoeing on Hemlington Lake. On the Tuesday and Thursday club nights he would be out in his C1 surrounded by a babble of aspiring world champions, like a mother duck with her brood. As some of his protégés progressed he directed

them to the slalom gates, which led to his familiar role standing on the bankside in all weathers, stopwatch in frozen fingers. Here is an extract from an article which he wrote for the club's Newsletter, under the pseudonym 'Rock Bottom', which illustrates the humour and the humanity of this unforgettable personality:

"Winter Training for the Trainer: It is with all the inclement elements (cold, wind, rain and snow) that the trainer/coach has to contend. Here are two good training programmes to help with overall stamina:

Twice a week invest in a good carwash. Find one with good stiff bristles and a slow backwards and forwards movement. Standing for 3 reps, at 2 car intervals I've found to be excellent training.

If a wind tunnel can be found it is useful to stand for 1 hour at a time, 3 or 4 days a week. If a wind tunnel cannot be found you could always stand in Hartlepool shopping centre as a good substitute."

Although more of an action man than a committee man (he could hurl a stone carrying a gate bearer line through the fork of a tree with unerring accuracy) he soon realised that the sport is shaped by decisions in remote rooms, and was elected onto many local, regional and national committees, here, we feel that the slalom community should express the debt of gratitude it owes to his wife, Irene, who not only tolerated his long absences but also offered her expertise to help him unravel the complexities of committee procedures.

However in his opinion his most important role would be that of Chairman of TKC, a post which he held for many years. Amongst his personal triumphs he would perhaps include: being pulled out of the Tyne at the bottom of Warden Gorge by the British Slalom Champion in 1987, carrying off the National Club's Championship Trophy in 1989 and being awarded the BCU's 'Award of

Merit' for services to the sport in 1996.

Although he had little formal education he was a man of many skills. He even achieved a working agreement with the club computer, but his most effective skill was the ability to communicate with people ranging from the Chairman of a Development Corporation to a bedraggled novice paddler.

We at TKC are only just beginning to realise the immense loss to the club, to the national body and to ourselves personally, but we must rejoice in the fact that we had the privilege of knowing Peter in all his guises. Privilege is perhaps the wrong word here. Although Peter would do anything for us and the club, he would do the same for anyone.

The sport has lost a great friend.

Even some of Peter's closest friends did not know of his involvement in all of the following: Chair of TKC, the Slalom Award, the Slalom Skills Award, hand thrown junior prize medals, annual Veterans Championships, Short Slalom, the inclusion of every competitor's name in the Slalom Yearbook, work on the Jury Chair qualification, a representative to the Teesside Development Corporation in the very early days, Exhibition stand volunteer, Northern Region Slalom Representative, iconoclast, canoeists, organiser, motivator, role model, hero, mentor and friend.

*Iain Clough -
Chairman Tees Kayak Club*

Peter Hanover Memorial Fund

An appeal has been launched in memory of Peter to provide:

- 1 A Riverbank bench to be placed at Middleton in Teesdale, the site of Peter's favourite slalom.
- 2 A perpetual trophy to be awarded at Middleton 4/5
- 3 A fund to promote youth slalom excellence.

The fund will be managed by TKC, and all donations should be payable to 'The Peter Hanover Memorial Fund' and sent to: **Mr F Davidson, 10 Sinderby Close, Billingham, TS23 3HF**

Acknowledgement from Irene Hanover

The family of the late Peter are very appreciative of the help and support of family, friends and neighbours during their sudden sad bereavement. Thanks to Peter's long standing friends and colleagues from SCA Hartlepool and to the many friends and colleagues from the canoeing fraternity, locally and nationally, who came from near and far to pay their last respects. Their expressions of affection, friendship and high regard for Peter were a great comfort and made us very proud of him. Be of good courage. Hold fast to that which is good.



Sadly Flawed

Dear Canoe Focus



I disagree with Trevor Manning's star letter in issue 106. I am not young and only pretend to be dynamic and feel his observations/ criticisms of Canoe Focus and CoDe were sadly flawed. Our sport is experiencing rapid improvements in equipment which is reflected in more adventurous

expeditions, advancement of boat control, changing emphasis in technique and development of safety and rescue considerations. As a consequence BCU coaching service and star tests have been updated and various rivers have been reassessed regarding their grade of difficulties.

There are a number of people (e.g. Shaun Baker) who are pushing back the boundaries and their experience provides a valuable addition to the sport in general. I feel it's important that the canoeing press share their experiences, accomplishments and ideas with the canoeing public so we can be educated and inspired. The same argument remains for those paddlers in traditional formal competition. If I bought a football magazine I would want to read mostly about the Premier teams as would those youngsters learning the sport. Canoeing is no different.

AA Preston

Great Way to Develop Canoeing Skills

Dear Canoe Focus

Slalom is a great way to develop canoeing skills. Many people, once they have a canoe want something interesting to do with it, a test to see how they are progressing and somewhere to paddle not too far from home. For the newcomer, touring and other forms of canoeing often means travelling a fair distance to a river that provides a challenge, whereas slalom offers a course that can be set up on practically any water. If you are a non paddling parent you can watch your offspring as they enjoy themselves without worrying about what may be happening out of sight.

Canoeing, if only for safety's sake, means paddling with others and it is a short step to joining a club. Many clubs find training for slalom an enjoyable and efficient way to improve member's techniques. The obvious progression is to take part in National Slalom.

Why then is it declining so rapidly?

This year entries for Div. 2 and below average about 20. Even the largest entries are around 50 compared to 200 some years ago. Some events get less than 10. We have reached the stage where there are often more officials than competitors.

Slalom needs to change if it is to survive

It is even more serious than that. Many canoe clubs have supported slalom as it is easily containable and offers its members a challenge within the confines of a club site.

Without slalom, Clubs will lose members. Without Clubs, Slalom cannot function.

Present national slalom offers no benefit to the club member. Frequently friends are parted through the divisional system and clubs find members having to travel to different slaloms. Worse still, when the clubs attempt to run an event many of their members are enticed away to their own ranking events resulting in undermanned, poorly run events creating an even faster decline.

The Slalom Executive set up a working party two years ago to counter the decline in slalom.

The Working Party has failed to come up with any solution. Clubs cannot wait any longer.

National slalom should be changed to benefit clubs without detracting from the individual. It can be done. However the Executive appears to be content to support the individual in preference to the clubs, and to allow slalom to decline to the point when Freddie the Floater becomes our national representative. If national slalom doesn't change then it will be necessary for the clubs to offer an alternative to save what is one of the most enjoyable sports available.

Any clubs that agree with the above account of the present position of slalom in the UK, please lobby the Executive for a change for next season through Sue Wharton, the Slalom Development Officer and copy to me if possible.

If you are willing to consider setting up a club based slalom competition should it become necessary, please contact: **Roy Bradshaw, 2 The Ceal, Compstall, Stockport SK6 5LQ** Dear Canoe Focus

Occupational Therapy Volunteers

Dear Canoe Focus

I am an Occupational Therapy student in my final year and I am looking for volunteers to participate in my research. The aim of my project is to promote canoeing as a suitable therapeutic activity within the Occupational Therapy profession, and to highlight the value and meaning of canoeing as perceived by disabled canoeists.

I am interested in hearing from any paddlers with physical disabilities who are willing to share some of their experiences as a disabled canoeist. A short questionnaire will be sent to each participant, covering areas such as their reasons for choosing canoeing, what they gain from paddling, and their perceptions of the value of canoeing as an activity for young adults with physical disabilities. I would be extremely grateful if anyone wishes to participate in this project, could contact me direct at the following address: **Sarah Kelly, 9 Evesham Walk, Owlsmoor, Sandhurst, Berkshire GU47 0YU.**

Sarah Kelly

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

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Tilt to the Left

Dear Canoe Focus

I believe that it would be possible to design a boat such that a tilt to the left induces a turn to the left but I can see no reason to do so. I agree with Barry Deakin (Canoe Focus June) that, in boats where tilting has a significant effect, the turn is in the opposite direction to the direction of heel. Generally, however, the turning effect of tilting a white water craft is negligible and it is the other things that are going on that are important. The boat being tilted one way or another as it turns does not imply that the turn is due to the tilt. Indeed, to demonstrate this point one may make the boat turn either left or right (depending on weight distribution and bracing on footrests, thigh-grips and seat) independently of any tilt on the boat.

On the other hand, we may have 'tilting to assist turning' although the tilting has no turning effect. Tilting a white water craft to keep the stern from digging under, mentioned by Barry Deakin, is not always conducive to the fastest turn. We have all seen slalom paddlers dipping the back end to lift the bow out of the water on a turn. This shortens the effective length of the boat and allows a faster turn. Both dipping and tilting to keep the stern from digging under may be regarded as 'tilting to assist turning'.

As an old fogey (aged 25) who remembers the days before the plastic pig was ubiquitous (when slalom had reverse gates and everyone's first boat was a battered old piece of fibreglass, usually a Snipe, which needed a high quality sponge to keep ahead of the leaks), the 'tilting to assist turning' in the three star award is one of the few things left from the days when I was a beginner. Let's keep it for old time's sake!

Sean Jesson - Manchester CC and UMIST CC

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Slalom - The Long View

In the formative years of many of us, there just weren't enough slaloms. Events got overcrowded. Remember the 'heady days' when we had to put a 200 entry limit for events? We were always looking for/planning for extra new sites. Then Holme Pierrepont was created, the Tryweryn at long last became available as did other smaller sites, and lately Teesside. Unfortunately, these coincided with a reduction in participation. And we'd planned on the basis that as good new venues became available the poorest of the existing sites would be phased out. Unfortunately, the successor and the successive Slalom Executives have displayed what I see as political cowardice. Not wanting to be unpopular they've refused to eliminate except by slight natural wastage. The consequence now is a double whammy!

Many years back we had a statistical fact that, on average, paddlers competed only 5 times in a season. (In the lower divisions that was the extent of paddler interest. In the top division - well one can 'peak' only so many times!). I wonder what the figure is now? Easy for our administrators to establish; take the numbers in all divisions (which we have); add up the entries from all ranking events, and divide the one by

the other. The Executive's object should be to provide that many places, with just a little more for expansion and regional variation.

The Executive's answer to the current problem has been to authorise easier slaloms with fewer gates, and with more of them easier to get to. But I don't think that this will work out, if only because along with this they have allowed an expansion of the 'late entry' system and that has been a major disaster. If you will for a moment consider the average Organiser's problems. Most invest a great deal of time and money in an event that they cannot know will actually run. Start lists have become a mockery because only a handful of paddlers enter on time. Most others just turn up on the day 'if they feel like it' and the real risk of bankruptcy makes the organisers glad to see them. Those who did enter in time still don't know if the event will happen, and if it does, what will be the actual start time for their runs. The late entrants are blithe - but expect the prizes to be sufficient for the total of entrants. Very difficult for organisers, very stressful. It's not even a case of 'alright on the day' for slaloms have been cancelled for lack of support, and many (which could cope with 200) are run for perhaps 30 entrants. Stressed organisers can have no idea until after

their event, whether they've broke even or made a loss.

Paddlers too have problems. As all enthusiasts agree, entrants need to know when they will paddle, so as to plan their diet and warming up etc. I remember myself entering an event which never stopped taking late entries. The timetable was being amended so often that it just was not available. I got on for my second run and had to wait 90 minutes. The difficulty with late entries is compounded now because the computer programme can only insert them in numerical order (A classic case of the servant computer become master).

The paddler can have other time tabling problems. For instance, when can he depart the site. Which brings me to the matter that prompted me to write. The Slalom Executive have - in considering the problems - ignored a major change in social practices.

At a slalom recently a mother/driver was complaining - about slaloms in general - that the time tabling was just not acceptable. Some recent event had finished 2 hours later than scheduled which made her late getting back to the rest of the family. I think it was another mother she quoted as angry because a late finish would involve her in paying more to her child minder back home. All because of late entries



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and flexible timetables.

This reminded me of another aspect. What with all the reported/reputed cases of child abuse, there are many reliable members of canoe clubs etc. who traditionally would have taken their car or bus loads of youngsters to slaloms but who now - very sensibly - have cut back on an involvement with youngsters that could cause (unwarranted) grief. Those 'traditional' group outings needed a bit of planning (and early requests to be of the party) so normal 'early' entries where a perfect clincher. Now, youngsters have to rely more on parents. Many parents never did get involved before and will not now. Others are willing to provide transport but when they have other children at home or with other interests good time keeping is of the essence. A slalom running late can be a disaster, one finishing early because of lack of entries is almost as bad. Such parents - knowing that a slalom start list is now always notional, they wait until their other half or other children have fixed their own definite plans, before deciding to take their canoeist to a slalom. Let's face it, under the present system they have no need to decide, until the point of their departure.

As I hear it, fairly rigid time tabling is a prime requirement for many parents (whether as driver to events, or collecting their offspring from the club after a group outing). And many know enough to know that their son or daughter will get best results from fixed start times. There is, I believe, also

frustration and a sense of valuable time waster, when they find on arrival that an event is poorly attended - fewer entrants mean fewer promotions. If they're going to travel, they'd rather go further for an event offering better chances. Our present malaise may be caused by too many thinking it's just not worth the hassle.

Forty years of interest in slalom does not make one infallible but it does leave one reasonably well informed. I have my own beliefs in how we could improve the structure and health of slalom, and I offer some here.

- 1 Make slaloms a greater challenge than at present, by dropping the easier courses - in all divisions.
- 2 Establish the probable number of competition places needed - I've already indicated the formula - and authorise only a few more events than that formula dictates. That may mean dropping 30% of our events. But I believe that paddlers and parents would be willing to travel further, to better attended events.
- 3 Bring the closing date for ordinary entries back to '10 days before the event' computers/processors/copiers now make production of a start list both easier and quicker. And that shorter time would encourage paddlers to enter on time.
- 4 Each start list must assume a full entry; show actual entrants with reasonable space for late entries, and organisers must keep to that timetable.
- 5 Late entries should be acceptable

only until the end of practice time, and only to the extent that there are spaces on the timetable, after which one amended timetable is displayed - which should have normal entrants displaced by only a few minutes at worst.

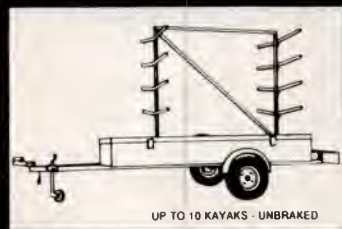
- 6 Late entrants should pay double fees - the penalty fee staying entirely with the organiser. Late entries are no trouble at all to the Executive (who are interested only in the results) so the benefit should go to the organisers who have been inconvenienced.
- 7 Late entrants should get their ranking results but not be eligible for any of the event prizes (Why should they get prizes? They are not prepared to commit themselves in advance, so why should organisers have to gamble in advance of their attendance?)

These proposals would transform slalom. For that reason I doubt if they would be accepted. Late entrants like being able to make the last minute decisions with no dire consequences, and their supporters . . . support. Sad, really. But I was at a Div. 1 slalom recently, run on a 20 gate course. I was disappointed but the paddlers were not. It is as it has always been - so many want to be regarded as rough tough slalomists, while preferring actually to paddle on indifferent water or with few rivals or without the gates that could spoil the illusion.

Thank you for bearing with me.

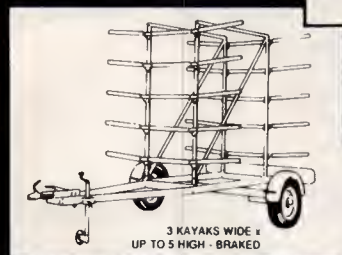
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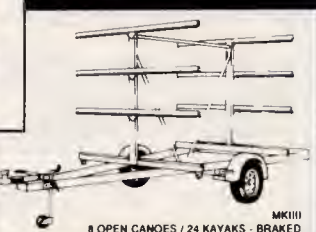
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Hazardous Activities

During 1995 there were no recorded drownings from a kayak or canoe in the United Kingdom. In 1996 there were 2. Of these, one was alcohol related, and neither was wearing a buoyancy aid.

For comparison, in 1995/1996 the following statistics apply:

	1995	1996
drowned in their vehicles	26	12
drowned while cycling	2	2
drowned whilst angling	28	18
drowned whilst boating	56	35
drowned whilst swimming	57	34
drowned through 'falling in'	85	77
drowned whilst playing	9	11
drowned whilst rescuing	10	9
drowned whilst 'sub aqua-ing'	15	12



The National Youth Watersports Audit is available from the Southampton Institute, East Park Terrace, Southampton SO14 0YN. Price £24 inc. p & p

A Report into safety at outdoor activity centres is published by HSE Books, PO Box 1999, Sudbury, Suffolk CO10 6FS, price £10.00

Article by Geoff Good BCU Director of Coaching

The group most 'at risk' are males aged between 15-24.

The source of the above information is the Royal Society for the Prevention of Accidents.

Recent RoSPA research has also shown that accidents in the home result in c4,000 deaths a year - about 11 per day - and 4.5 million hospital visits, costing the taxpayer in excess of £30 billion per year.

If a significant reduction in accidents in the home could be achieved, the money would become available to fund both the National Health Service and our education provision to the level we would all like to see!

1:16,250 per head of population

The risk each one of us runs each year of being killed in our home is therefore about 1:16,250 per head of population.

In comparison, the current risk per head from introductory canoeing carried out in appropriate conditions, and whilst wearing a buoyancy aid, is NIL. Even taking two freak deaths into consideration, which occurred over the past 20 years, the risk becomes about 1:10,000,000 of the number of people being introduced to canoeing.

How do we arrive at the statistics concerning the number of people canoeing?

As part of the government response to the 'Lyme Bay' tragedy the Health and Safety Executive undertook a survey of 311 outdoor activity centres over a 2-year period.

Their main concern was the quality of the safety provision involved, which overall they concluded to be satisfactory.

Within their research, however, they discovered that 250 of the Centres provided canoeing (80%). This was 'top of the list' with abseiling second (72%) and rock climbing third (69%).

Other figures indicate that the average number of students attending a centre, taken overall is 226 per week.

1 million people

Assuming this holds true, and assuming a 20 week season, this could indicate that some 1 million people are put into kayaks or canoes each year by the 230 BCU/SCA/WCA Approved Centres. There are about 800 Centres registered with the Licensing Authority.

Although a great deal more research would be needed to establish a true figure, there is good indication that our commonly quoted figure of up to 1 million people a year 'having a go' at canoeing, is not an exaggeration.

A recently published survey of water sports participation by schools and youth clubs, undertaken by the Maritime Leisure Research Group on behalf of the Marine Industries

Federation also contains some useful indicators. The Survey covered 1,000 schools, over 2,000 youth clubs, and over 800 centres, with an average return of 33%.

91% of schools indicated that pupils were involved in water sports through activity courses.

Of young people surveyed who participated in water sports 58% had tried canoeing (the

highest - next was rowing 44%). Of those who were not regular participants in water sports 74% had tried canoeing - again the highest. Next was dinghy sailing at 67%.

And finally, local authorities find that accident rates are better (lower!) for watersports than for other sports!

Other findings are:

- 18% of schools offer canoeing in the curriculum
- 27% of schools offer canoeing extra curricular
- Female participation in canoeing is 28%
- 53% of clubs accept members with a disability (highest *)
- 55% of clubs had sufficient equipment for young people (lowest*)
- There were an average of 8 instructors per club (highest *)
- Clubs offering 'taster' sessions was 76% (highest *)
- Over subscribed 'taster' sessions was 39% (highest *)
- Clubs with youth officers was 36% (low *)

* highest or lowest percentage of the clubs surveyed

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Compiled by
Anne Ferguson -
Youth
Development
Officer

More Paddlesport Development Officers on the Way

We are delighted to announce that additional funding has been secured from the Sports Council for the Young People's Programme. The funding will cover the development of resource materials for use within the programme.

Paddlepower Activity Cards

designed as a resource for instructors and coaches, these have been compiled on the basis of being 'progressive and fun activities' for use by those introducing young people to the sport.

It is hoped that they will be available for launch in 1998.

Club Information

Club Packs - it is hoped to provide the first update of the Club Packs (which were launched through the series of workshops held around the country earlier this year) in September. If you wish to have a copy of the entire set or just the updated section please contact the BCU. Please note that the updated section (available in September) will contain features on ; Additional notes on sources of funding, Working with the disabled and other examples of good practice from clubs.

Challenge Funding

Those of you that attended the workshops will be aware of the Sports Council scheme called Challenge Funding. This is a scheme whereby grant aid is available for 'Developing School - Club links', this scheme is running again this year with applications being accepted up until December 1997. Please note that the application forms will go directly to the Head Teachers of your local secondary schools. From experience of the first time around, it seems that few schools were proactive in chasing clubs to develop the 'Link programmes' so if you want to be part of the scheme, the onus will be probably be on you to approach the schools. We do know that the scheme works - Barking and Dagenham managed to access £1000 last year - and we hear that this time around there may be more money available so get in early in the new term! If you would like a sample completed action form please contact Anne Ferguson at the BCU.

Thames Water Swimsafe Scheme

Thames Water have launched a new scheme whereby funding is offered for links between schools and water-based sports clubs in the Thames Water Region. Dates for submission are - by 31 October 1997 and by 31 March 1998. If you are interested contact **Rita Makin (Co-ordinator) on 01245 261045**. If anyone is successful in either of these schemes, please let me know and we will circulate the good news.

Sue Hornby

I was first introduced to canoeing on an outward bound course 26 years ago and since then have enjoyed the many challenges and variety our sport offers. During that period I have paddled recreationally and competed in many disciplines including marathon, surf, premier level slalom, sprint (500m National champion on one occasion!) and competed internationally for WWR winning 2 World Championships team bronze medals and two Commonwealth individual Gold medals. In 1981 I was in the award winning River Fraser Expedition and the first woman to paddle Hells Gate Canyon BC. More recently I have enjoyed learning the delights of single blade canoeing - including dragon boats and outrigger canoes - and in 1994 I coached the first British women's crew to compete in the Molokai Hoe Outrigger Canoe Race. I canoe regularly on the Thames in Molesey and from Royal Canoe Club and this year enjoyed an excellent white water trip to Nepal and also competed in the World Dragon Boat Championships in Hong Kong.

Whilst I trained as a Personnel Officer most people will know me as the proprietor of Suzy's Sweat Shop. On the coaching side I am a Level 3 Coach and WWR Competition Coach and have instructed canoeing at a range of levels and ages. I am also an RYA Windsurfing Trainer and Level 5 Instructor and over the last 10 years had considerable involvement in developing the National Training Scheme for instructors and increasing the number of women participating and instructing. I currently coach the Olympic Development Squad 2000. In addition I have worked for the National Coaching Foundation, training tutors, tutoring myself and assist with NVQ assessor training! From this background I am keen to develop local coach education programmes to further increase the quality of coaching we can provide.

Canoeing has so much to offer in its diversity and challenges and I am looking forward to being a part of and driving forward the Paddlesport scheme, so we can further enrich the lives of young people and secure a growth in numbers and performance for the years ahead. What an exciting prospect!



It also means that we will be able to put three more Paddlesport posts in place by 1997/98. These posts will be advertised in Canoe Focus so watch this space. Whilst on the topic of paddlesport posts, we are pleased to welcome Sue Hornby on board as our London PDO, this makes up our first year complement of 4 posts based at Worcester/SW Midlands, Nottingham and Derby, Chester and NW and London.

Other Developments

The Young Peoples Strategy outlined a number of projects that are to be taken on board. These include the development of key resource materials. Over the last months the following work has been undertaken and it is anticipated that the first versions ready for piloting will be complete by 1st September. These resources include:

- General promotional video on all aspects of paddling, on the theme 'From Youth to Youth.'
- Forward Paddling technique - a generic introduction for all aspects of canoeing.
- A Young Paddlers scheme which consists of 2 parts;

Paddlepower 7 to 11 -

aimed at the younger aged market, this scheme breaks down the Star Tests into 'bite size chunks and presents it in a format that is attractive to this age group.

Paddlepower Challenge

aimed at the age group 11 and upwards, this scheme will show the young paddler the different routes that they can follow with their paddling. It will advise them of the benchmarks that they can try to achieve over the years of their development as a paddler. It encourages them to not only improve their own competence but to try out various aspects of paddling and to take part in various events. Taking the form of a logbook, it will contain Coaches Tips, Key Information and other aspects of good paddling practice relevant to the progress of the paddler as well as check lists for the Star scheme.

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During the long dark months of winter which followed his solo canoe trip to the Canadian Wilderness, Jim realised that his appetite for adventure was not to be easily satisfied.

As the succession of short days and endless nights dragged past, my friend began to conceive a plan of great daring. No trip of the soul this one, just a long, difficult and dangerous river descent. His plan, in short, was to attempt what would almost certainly be the first descent of the headwaters of the mighty River Frome! This Cotswold river, which follows its awesome course down the Chalford valley, roars over many a waterfall and rapid before carving its mighty way through Stroud and emptying itself into the River Severn. Despite his solo experience Jim judged the trip to be too long and potentially dangerous to do on his own and, perceiving me to be a kindred spirit, enlisted my help and company for the great adventure.

Two months later we were struggling desperately through ever wilder and more desolate country towards the source of our river and already beginning to doubt the wisdom of our policy of no compromise. At last we could continue no further and were forced to park the

Mercedes, lift the canoe from the roof and search for a viable put in. Only the extraordinary beauty

of the countryside and occasional tantalising glimpses of the local native people kept us going over those first terrible minutes.

Alternately choked with weeds and rippling two inches deep over gravel beds. I lost count of the number of times I had to leap into the water and drag us onwards. (Jim was forced to remain in the canoe to ensure the continuing safety of our picnic lunch). It was probably only the resistance to cold and hardship learned on many a trip to my beloved mountains that ensured my survival. With water temperatures below 15 degrees and the water rising on occasions up to my ankles, I feared desperately for my safety. As time and distance passed and any possibility of rescue receded, so our commitment to the project became total and we gradually learned to adopt the pace and rhythms of life on the river.

Indeed, as the first hour drew to a close, so much at peace were we with our surroundings, that the first signs of civilisation generated within us a degree of disappointment. Fortunately, although somewhat bemused, the indigenous people proved unfailingly friendly and quite amenable to our request to be allowed to voyage through their lands.

First real obstacle

It was at around this time that we encountered our first real obstacle. We heard it first of course, a distant warning roar which eventually revealed itself to be a thundering cascade where the river

hurled itself into the abyss. Although the height was difficult to judge, being partly hidden in spray, we nevertheless realised that this was a formidable obstacle which would require all our resources. I was all for setting up a rope abseil, but with time pressing Jim took matters into his own hands; forcing all thoughts of danger to the back of his mind and gritting his teeth he managed to negotiate the three foot climb to the foot of the falls. I was then able to lower the canoe over the edge to him and complete the manoeuvre by repeating his downclimb.

Blissful ignorance

There followed an interval of trouble free paddling which we enjoyed in blissful ignorance, the trials ahead being as yet unsuspected. As the native village dropped behind us the signs of some sort of ancient industry became evident, eventually revealing themselves to be buildings associated with a crude attempt to harness the power of the river. These huge stone

It was probably only the resistance to cold and hardship learned on many a trip to my beloved mountains that ensured my survival.

constructions were to prove a continuing threat to the success of our great enterprise, since each time the river approached one of them it would split into two. One part disappearing into the bowels of the building to find its tortuous way through the remains of the ancient machinery, the other, and invariably the unavigable part, would wind its way round to be reunited with its mate downstream.

We named these buildings 'mills', but before we could reach the first, another adventure was in store for us. Running across the line of our river was a large and busy thoroughfare used by

Article by Roger Portch who paddled with James Broad



pedestrians, horses and vehicles alike. The river negotiated its way past this potential problem by plunging into a stone built culvert. With the cry of 'no compromise' trailing defiantly behind us we plunged into the inky depths. Our luck was in! Although frighteningly low, the arched ceiling was just high enough to afford us passage and,

The pastoral landscape through which we now paddled was typically Cotswold in character and afforded us a fine opportunity to observe the rivers birdlife; the brilliant blue flash of a kingfisher, the majestic wing beats of the blue heron or the little dipper perched cheekily on his stone.

lying on our backs in the canoe, we were able to control the speed and direction with our feet. It is possible that we appeared somewhat less intrepid when, flat on our backs and feet waving inanely, we emerged blinking into the sunlight.

The problem of the mill, which now confronted us, could only be overcome by the bane of the long distance canoeist, the portage. It was now that our months of intricate planning paid off and we slipped smoothly into our carefully defined roles. Jim hoisted the canoe onto his shoulders whilst I swiftly created a portable bundle of our remaining equipment. I thought Jim's implication that this division of labour was not quite equal, was not really in keeping with our spirit of noble undertaking. It must be admitted though, that my load of two paddles and a picnic had been reduced slightly by our consumption of the latter some thirty minutes earlier.

Typically Cotswold

The pastoral landscape through which we now paddled was typically Cotswold in character and afforded us a fine opportunity to observe the rivers birdlife; the brilliant blue flash of a kingfisher, the majestic wing beats of the blue heron or the little dipper perched cheekily on his

stone. Perhaps we made too much noise since we saw none of these birds. What we did start to see however were obstructions to our progress consisting variously of tree trunks, branches and twigs. In my ignorance I took these to have been formed from the gradual accumulation of floating debris behind fallen trees. Jim however was able

to assure me that they were in fact beaver dams. True we never actually saw any these industrious little creatures but, as Jim said, they are notoriously shy. As the long day wore on we grew increasingly anxious about our

ability to complete our journey by nightfall. Obviously a night out in the open with no food

or protection would entail great danger, so we pressed on with increasing haste towards our goal at Stroud.

There remained at last but one hazard between us and journey's end. The rapids! A treacherous length of glassy water where the river dropped frighteningly as it raced and swirled over a stretch of concealed stones. Here Jim's experience paid off as, pulling into the bank he set off on foot to survey the problem. Expertly and painstakingly he plotted a safe path to the foot of the rapids before returning to brief me. In no time at all we were ready to go. Line up the canoe, don't hesitate or the nerve might fail, and go for it. It was the longest three seconds of my life, and had I kept paddling as instructed we might well have made it the right way up. The post mortem, conducted whilst sitting waist deep in water, revealed that after I had allowed the bow to stray left onto a gravel bank, the stern had swung right leaving us wedged broadside to the stream - the rest, as they say, is history. My view that this ducking was a bonus, as it qualified us for entry into the 'intrepid canoeist club' was met by complete silence from Jim. I think he was probably speechless with admiration in the face of such fortitude.

Beaver dams

As we paddled onwards into the lower quieter reaches, the mills, rapids and beaver dams slipped away behind us, and the time came when so wide was the river that both banks were out of reach. Now only time and fatigue were against us as we battled on towards our goal. At last as the sun dipped below the horizon we emerged from the Stroud Gorge, passed under a final bridge and reached our take out point.

There will be those who will ask why we did not complete the remaining few miles to the mouth of the river, and thereby take the place in the history books to which our efforts entitled us. Our ambition however had always been to complete the descent of the upper reaches of the river using a combination of skill, daring and verve. This has been my account of our efforts, and you dear reader shall judge our success.



All photos by
Trevor Chapman -
The Studio,
Nottingham

Judge

A very fast K1 built by Double Dutch, possibly the fastest boat available for sprint and marathon in the world today.

The boat's design gives an extremely high top speed with amazing acceleration off the start and in a moving situation.

The cut away edges on the front deck make the paddle entry closer to the boat giving less of the annoying clipping the paddles on the boat. In a marathon the boat is very lively sitting on washes very well. When the crucial changes in the group are made, where getting to a wash first are important this boat will get you there first with time to spare. This boat climbs over washes as if they weren't there. When you get to the turn the extreme rocker means that it out turns any other K1 on the market, ideal for tight canal turns found on many marathons in Great Britain.

As for the construction of this top class boat, for the sprint paddler out there the full carbon foam vacuum pack is so rigid you

can stand on it. For the marathon construction there is a carbon foam vacuum bag construction, very rigid but will take the knocks during races. This boat weighs in at an ultra light 5.5kg-6.5kg. For the person who wants one boat to cover both disciplines there is the amazing new kevlar sandwich vacuum bag weighing 10kg. All boats can come fitted with a pump or pull bar for a more personal boat.

At present the sole importers for the Judge are Desperate Measures of Nottingham Tel: 0115 9816815. Prices for the marathon full spec.

5.5kg model are £1350 inc. VAT. There is also an economy, multi layer kevlar, vacuum bag version available at £850 inc. VAT.

Lettmann Paddles

The Lettmann wings are the Rolls Royce of the paddle market with no expense spared in the construction or design. The construction of the blade is of 70% pre-impregnated carbon, 10% amrid fabric and 20% blended glass around a foam core. The 2 part system rather than the normal 3 part set-up has many advantages such as lighter joints, better looks, less joints for failure also for people with a wide grip you can hold closer to the blade. The construction of the blade gives a very rigid lightweight paddle. The rigidity



gives a very noticeable strong catch, smooth pull phase and no spring back in recovery. The blades are very thin at the ends giving an extremely clean

entry. These paddles come in large, medium and small to suit all paddlers. The paddles come made up to any angle or length or in kit form (sand paper and araldite are included!). Lettmann paddles are available from Marsport (01734 665912) and Desperate Measures (as above). At a starting price of £225 inc. VAT.

Reviews by Damien Chapman - current Junior National Marathon Champion, and second placed paddler in K2 at the World Championships in Sweden.

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Article by
**Wilf (aka Nigel
Wilford)**
LCO Yorkshire Central,
Aspirant Level 5 Coach

Use The Force - Kayaking On The Edge

A recent discussion with a paddling colleague at Teesside White Water Course prompted me to put pen to paper on the issue of kayak design, more specifically, edges.

I am sure many of you understand what edges are, and what effect they have on your paddling, whether it's good or bad! However, it's worth clarifying what constitutes an edge for those who are uncertain.

Simply, if the bow or stern deck is flattened, or concave, an 'edge' or 'rail' is created at the point where the hull of the craft meets the deck.

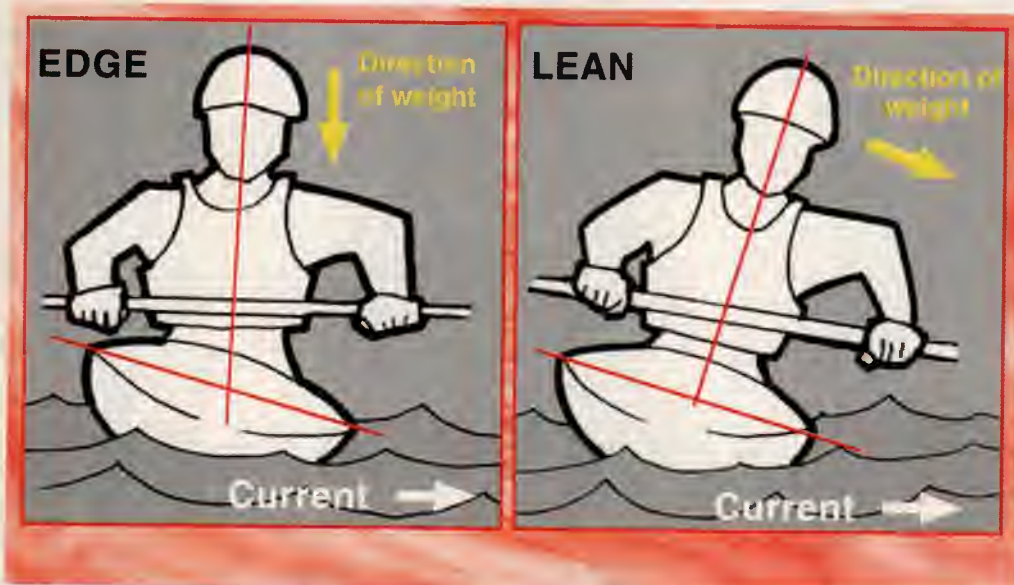
"...A long time ago, by a river far, far away, Master Yoga coaches his pupil, Fluke, in the ways of 'The Force'."

"Listen young Fluke, the edge is a force to be reckoned with. A force it is, mmm, Yes. In the wrong hands, the force within an edge can lead to the Dark (cold & wet) Side. Only in the hands of a true Kayak Master, will the force flow. A powerful ally it is too. Learn you must, the ways of the edge, to truly become a Kayak Master.

What need have you of edges, mmm? Rounded hulls, safe make you they? Confident you feel, Yes, ... but control, you have little.

The way of the edge is a difficult one. You must unlearn what you have learned if you are to complete your training. And complete it you must.

Decide, you can, how it will serve you best. Continue your training without the edge, and kayak you can, but weak and paddle dependant you will become.



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Energy and effort, crude are they, and insignificant to the power of the edge. A thousand frantic paddle strokes are no match for a well timed stroke and the use of the edge. Only a Kayak Master, with the edge as their ally can harness the power of the river... Yes, for the power held in the river is greater than the will of the paddler who does not follow the way of the edge"...

But seriously

Imagine this; Torville and Dean step onto the ice, the theme from Bolero playing through the PA. Oh no! somebody has stolen Jane and Chris's skates, what will they do? Never mind, they can skate just as well in a pair of trainers can't they?

No?...Damn right they can't.

Without the razor sharp edge of their ice skate, they'll slip and slide all over the place. And that is exactly what happens to a kayak without an edge.

With nothing to grip the water, the rounded hull of a kayak simply skids and slides on the waters surface. It is true that we can increase or decrease the rate of skid by using paddles, but what if we don't have time to put in directional, stability and propulsion strokes simultaneously?

What if we need to cross a boily eddy line at speed, without the kayak turning? Easily done if we carve the turn and use the edge of the kayak as a

keel, but it's considerably harder if the kayak sits flat and skids over the eddy line.

Using the edge of a kayak is not as simple as it may seem. We can use it to maintain, or radically change the direction in which a kayak moves. Similar actions can produce very different reactions.

For example:

a kayaker is sat in a well defined eddy, facing upstream, paddling towards a fast jet of water. They exit the eddy with good forward speed, and pointing well upstream.

- 1 If a tilt of the boat is introduced (upper body and head remain upright) and a slight lean backwards, the stern downstream edge is engaged, and acts as a keel, preventing the boat from turning. A fast, effortless ferry glide is the result.
- 2 However, if in the same situation, the tilt is replaced with a downstream lean, the bow edge is engaged and a rapid down stream turn is induced as the bow edge grips the water passing under it, and swings downstream.

Of course, a similar effect will occur in a boat with a rounded hull, but the difference in performance

noticed between the lean and the tilt will be far less radical, i.e. the performance of the boat has been compromised by reducing the effect the water has on it by rounding its edges.

In Summary

It would be possible to write an article on what effect all the various edge techniques might have on a kayak in different situations, but it would very likely be boring, and ineffectual as a teaching aid. There is no substitute for getting out there and trying new stuff out.

The use of an edge is often underestimated by recreational white water paddlers, yet it is a fundamental way of controlling a kayaks direction and releasing the paddle to provide propulsion when it is required.

Yes, rounded boats are less 'tippy' and make you feel more confident for a start, but at the expense of your performance. Don't be afraid to fail, the setbacks are only temporary. In other words, don't stick to things you can do, how will you ever get better? In order to improve, we don't need more experience, we require different experiences. Thanks Bill.

To get the most out of the river, you need to have the edge.



May the force be with you!

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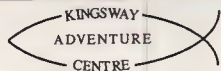
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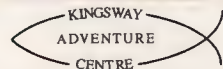
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Article by
Jamie Christie

Pre-World Cha

Pre-Worlds and World Cup Races 1 & 2 and

This year's Pre-Worlds and 1st and 2nd World Cup races were held at Garmisch-Partenkirchen in the Bavarian Alps, southern Germany on a 5km stretch of the river Loisach, graded from I to IV and very technical. Altitude 700m.

The British teams, 6 K1 men, 6 C1s, 4 C2s and 3 ladies, started arriving on Friday 2 May allowing 7 full days of training to learn this very demanding course. Practice began in earnest on Saturday morning with most paddlers using Wavehoppers or slalom boats for their first runs to gain a feel for the water, those who didn't where soon seen with repair tape in their hands. The first few days were hot and sunny giving good water levels in the river. Then the rain arrived and the river began see-sawing between 130 and 150 on the infamous gauge. Around mid-week the temperatures dropped and so did the river.

Boat control was on Thursday morning. This must have been the strictest ever as only 2 out of the 12 men's kayaks boats passed 1st time, many of which had passed last year's World Cup and Worlds scrutineering. In the end all the boats passed last year's World Cup and Worlds scrutineering. In the end all the boats passed with minor or major alterations. Everyone completed the non stop that afternoon without incident with no major upsets in the pecking order. Friday was rest day and on Saturday it was race time.

C1s went off first.

Rob, John and James all had good runs finishing in the middle of the field. Paul had an excellent run finishing just behind James. Lee had a disappointing run breaking out twice but still managed a good result. Ross also had some difficulties capsizing just after one of the most difficult sections and unfortunately failed to finish.

Ladies next.

Cynthia put in a flier to take 10th place with Tina also doing well. Good old Debbie was the last Brit home after taking a swim but still managed 22nd.

K1 men.

The usual British pecking order was disrupted by the Italian based Jamie and the Scottish based Fraser. Ian was first home in 18th closely followed by Jamie. Fraser stormed down the course to finish 36th with Micky, DRH and Mally not too far behind.

C2s.

The Cloughs gained the best British C2 result taking 10th. Belbin/Caunt were doing well until they took a dodgy line down Traffen Haus rapid losing a load of time. The 2 new boats had good runs considering their experience and time spent in the boats together.

World Cup 2

A sprint event from the classic race start, down 4 minutes of the most technical part of the classic course, to finish just after the tightest turn on the river.

Outstanding performances came from Cynthia in the ladies K1 and Jamie in the men's K1. Cynthia put in a good first run to finish in 7th place, then going 4.5 seconds faster on her second run to finish 6th overall. Excellent! Jamie also put in a good first run arriving in 20th place and despite going 1.5 seconds faster in his second run he lost 2 places to finish 22nd, a very good performance being 11 seconds up on the closest Brit. Rob gave a pleasing performance in the C1s to take 19th place after his first run. Pulling out a flier on his second

going an incredible 5 seconds quicker to finish 16th. In the C2s the Cloughs gave very consistent runs to take 11th with Redshaw/Barber the only other British crew to finish in 14th.

World Cup Races 3 & 4 Venue: Kramsach, Austria 16-18th May

A greatly reduced team of two K1 men, three C1s and one lady arrived in Kramsach on the Monday before the race. Kramsach is situated in southern Austria along the Inn valley approximately 40 min drive downstream from Innsbruck. The race course follows a 9 min stretch of the Brandenburg Ache river with the first 2 minutes of the course being grade III with a big fall just 20 metres from the start, the remaining 7 minutes consisting of mainly long, shallow, shingly rapids. At the beginning of the week the water levels were good and despite high temperatures all week the river dropped steadily. All the team camped on the local campsite with none of the luxuries of the apartments of the week before. Race day came

Picture courtesy of Andrew Orcland Sports Photography



Jamie Christie would like to thank **Strand Glass, Stockport Ltd** and **Rasdex** for their help so far this year.

Championships World Cup 1997

quickly which saw a change of format. The sprint race on the Saturday and the classic on Sunday.

The Sprint.

C1s were off first as usual. Rob gave two good consistent runs to take 21st. Ross and Paul also had good runs to finish 25th and 27th. In the men's a bit of inter-team rivalry was coming to light between Jamie and Ian. In the first heat Jamie put in a good performance taking 23rd, 2.25 seconds up on Ian in 33rd. In the second heat Ian turned on the turbo and went 4 seconds faster, Jamie not have such a good second run, making 2 or 3 mistakes went slower but managed to beat Ian by 0.01 of a second.

Sunday arrived and with it the classic race. C1 went off first again, Rob being the first Brit. home in 25th followed by Ross then Paul. Debbie pulled back a few places to finish 20th. In the men neither Ian or Jamie performed very well, making 24th and 31st, probably lacking speed along the long flat sections. Both were a little disappointed with these results.

Picture courtesy of Andrew Onlan Sports Photography



World Cup Races 5 & 6 Venue: Valsesia, Italy 24-25th May

The team now reduced to two paddlers Jamie and Debbie arrived straight from Kramsach to find a very low river Sesia. The river rises in the glaciers of Monte Rosa and flows south along the Sesia valley across plains to enter the river Po just west of Milano. The racing takes place about half way up the valley, starting at the foot bridge in Pila, through the village of Scopello to finish 4.5km downstream at Scopa foot bridge, graded III/IV with three very interesting drops.

The team camped on a free campsite at the finish and were at the mercy of the weather which always started well in the mornings and ended with thundery storms. The temperature was pretty cool all week which didn't help the water levels. Unfortunately for the organisers the river was too low to navigate in places and they were forced to rearrange the river bed and divert water to make some rapids passable.

The opening ceremony here has to be one of the most spectacular in the canoeing world. It takes place in a small piazza in Varallo opposite the town hall and in front of a historic Roman building with the local church off to one side. The whole thing takes place after dark and is spotlit. The nations are presented one at a time descending a flight of stairs, through clouds of atmospheric artificial smoke and then paraded across the piazza which is packed with locals cheering their heads off and then lined up in front of the town hall. Then came the speeches which dragged on a little too long this year. The whole thing is then finished off with a co-ordinated water fountain and music display. When opening ceremonies are organised like that it makes you want to attend!

Race day arrived and the river had dropped some more, making what could be an excellent race course more of a ditch in places. The race started at 8.30am with the men first, C1s second, then ladies followed by the C2s, this was to take advantage of the 2 hours live TV coverage the Italians had on one of their main stations.

Jamie had a good run taking 27th place with a good result considering he was up most of Thursday night with a stomach bug and didn't eat anything on Friday. Debbie also had a good run to take

16th, her best result so far in the series.

For the sprint event the start was again at 8.30am with live coverage on Italian TV. The course was from Pila bridge to a point 600 metres downstream with a grade IV rapid in the middle. Jamie had a good first run to finish 23rd. His second wasn't so good entering a stopper half way down the course, he still managed the same time as his first run but lost two places to finish 25th. Debbie put in another good run to finish 17th.

The overall World Cup ranking is calculated on a points system with the best four results counting towards a final ranking. With most of the British paddlers only attending Garmisch their rankings are not necessarily accurate. Where there is a draw the results from the final two races are used to decide who wins and who doesn't.



Final World Cup 1997 Rankings

C1s

1. *Vladi Panato*
ITA 200 pts
2. *Mirko Spelli*
ITA 186 pts
3. *Thierr Deruoinneau*
FRA 174pts
20. *Rob Pumphrey*
GBR 97pts
31. *Paul Anderson*
GBR 58pts
33. *Ross Pearton*
GBR 50pts
34. *John Willacy*
GBR 36 pts
39. *James Lee*
GBR 28pts
41. *Lee Pyke*
GBR 20pts

C2s

1. *Sutek/Grega*
SVK 192pts
2. *Vala/Slucik*
SVK 183pts
3. *Edin/Deruoineau*
FRA 179pts
16. *Clough/Clough*
GBR 67pts
18. *Redshaw/Barber*
GBR 31pts
20. *Warne/Bradburn*
GBR 28pts

Ladies

1. *Claudia Brokof*
GER 189 pts
2. *Anne Croshet*
FRA 185 pts
3. *Magali Thiebaut*
FRA 173 pts
18. *Debbie Hales*
GBR 102 pts
25. *Cynthia Berry*
GBR 70pts
28. *Tina Parsons*
GBR 56pts

Mens

1. *Miskael Fargeir*
FRA 381 pts
2. *Robert Pontarollo*
ITA 381 pts
3. *Thomas Koelmann*
GER 374 pts
27. *Jamie Christie*
GBR 266 pts
28. *Ian Tordoff*
GBR 266 pts
54. *Fraser Gormal*
GBR 111pts
55. *Michael Mason*
GBR 110 pts
57. *Malcolm Johnson*
GBR 102 pts
71. *Dave RH Taylor*
GBR 52 pts

HSS Conwy Ascent

Against competition from a number of other events held over the same weekend, the Conwy Ascent still managed to attract over a hundred paddlers. Their numbers divided equally between the tour and the race.

The tourers, in the main, paddled GPs with a number of crews/families also in open canoes and a few wild water racers and 17foot touring kayaks.

Tourers began leaving from 09.50 onwards in order to arrive within the finish window (12.00-13.00). However the tide did not turn until 13.45 as we have now built in a safety margin so that if paddlers misjudge their speed, they do not get swept back to Conwy.

At 10.45 the touring C2s were away with a mad rush down the beach followed by an even madder scramble to embark and to find the, by now, fast flowing water in the main channel.

Meanwhile the rest of the racers prepared themselves and their equipment for their own race, setting out their boats on the beach and then retreating behind the start line. Decisions such as trading off speed for stability had to have been made when loading the boat onto the roofrack, unless you had more than one boat with you. Spraydecks are another important factor. A tight neoprene one may keep you nice and dry but can be frustrating if the paddler with the zipup marathon deck is paddling off into the distance whilst you are still struggling to put it on.

11.16 and to the sound of the starters horn the doubles were off and there was chaos at the waters edge once again as Chester crew Bunn and Jones found themselves facing the Irish Sea, much to the amusement of fellow club paddlers waiting for the singles start.

Four minutes later it was the turn of the singles, when those having practised this type of start reaped the rewards for their efforts. In particular Tom Martin of Colwyn CC did a 'flyer' and had a substantial lead over the rest of the field by the time he had passed the Beacons Jetty. But alas, it was not to be, and slowly the other paddlers pulled him in, although he was the first local K1 paddler to finish the race.

Stories at Dolgarrog indicated that 1997's Conwy Ascent had lived up to its reputation. The

rescue boats had been kept in full employment (and it was also alleged they also created some business for themselves!) but amazingly all the paddlers had made it to the finish to collect their well earned memento and in some cases to add to their set of coasters.



Father and son crew of Keith & Dylan Webber celebrate completing the course at Dolgarrog.



K2 race underway.



K1 start, Conwy.



The Burton family set off on the tour.

Top Three Results were as follows:

Tour

Karen Davies/Izzy Murray from Macclesfield	1:33.00
Marion Cliffe	1:36.58
Andrew Kirkman	1:36.58
<i>Times ranged from 1.33.00 to 2:39.28</i>	

Singles

Nigel Jones K1	
Chester	1:07.59
Mark Williams WWR K1	
Chester	1:11.26
Brian Wall WWR K1	
RAF	1:13.31

Doubles

M Johnson/I Tordoff K2	
Chester	0:59.06
J Wilson/M Swallow K2	
Chester	0:59.11
M Knudsen/ R Murray	
High Peak CC	1:06.33

Racing Touring Open Canoes

C Smith/D Bradburn	1:18.41
C Jex/D. Pickles	
St Davids College	1:38.12
T Bowles/M Lloyd/ R Graham	
St David's College	1:50.15

Many thanks are due to everyone who helped and contributed to make the Conwy Ascent one of the most enjoyable events in the canoeing calendar. In particular:

- **HSS (Hire Shops Services)**
For tents, infrastructure etc.
- **E. Nuttals Ltd**
For minibus
- **Welsh Water PLC**
For cleaning up the River Conwy and a contribution towards costs
- **Members and Friends of Colwyn CC and Dyffryn Conwy Paddlers**
- **The Rescue Team consisting of North Wales Divers and St. David's College**
- **The Lord Newborough**
- **The Aluminium Corporation**
- **The Harbour Master and his Staff**

Article by Kevin Coleman - Conwy Ascent Coordinator



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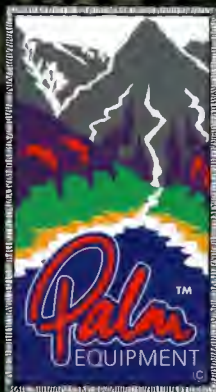
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Local Herdsman, River Tamur, Eastern Nepal, River Grade -4/5. Photo: Andy Knight.



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