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Canoe Focus

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Lee Davies

It is with great sadness that I report the untimely death of Lee Davies following a brief illness. Lee made a very significant contribution to Sprint Racing, latterly for the last ten years as its Treasurer and will be greatly missed. A full obituary and appreciation of Lee and his wife Joan's work appears in this edition of Canoe Focus. Joan died of a brain tumour in November 1997.

BCU in England

A new structure is evolving for canoeing in the regions. This is being led by Andy Cook the Chairman of the English Regions Management Committee, which he is now calling the National Development Team and where he sees his role as Team Leader. It is all about getting more people involved and focusing less on talk and more on action and most important of all raising the profile of the BCU at local level.

Committees are forming themselves into Regional Development Team' (RDT). These will have looser structures much more focused towards getting things done than on being a reporting hierarchy. RDT's will promote the formation of Local Development Teams (LDT) will support them in their work. LDT's will be based on an open structures focused on communication, working together to solve local issues and above all improving the quality and quantity of canoeing locally.

There are many important players, especially canoe clubs. We are trying to open things up so anyone keen to get involved can join easily. If you would like to get in on the action, do contact your Regional Development Team Leader (Regional Chair)

The Foundation for Sport and the Arts Sports Club of the Year Awards 1998

Once again we are being invited to submit nominations for the Foundation for Sport and the Arts Sport Club of the Year.

Nominations should be made to the BCU Office by 2nd October and should include no more than three pages (A4) text although any accompanying promotional material or photographs may be submitted.

The BCU judging panel will consider all nominations from BCU affiliated clubs using the following criteria:

- Size, growth and spread of membership
- Range of activities offered by the club designed to increase participation levels
- Details of coach education programmes available to members
- Links with Schools and local Authorities
- Effectiveness of management
- Success in attracting grants and/or sponsorship
- Success of teams/individuals in competition

The BCU will submit one club to the Sports Club of the Year Judging Panel who will make the awards at an official reception during the CCPR Conference in Huntingdon at the end of November.

With a first prize of £10,000, second prize of £4,000 and third prize £1,000.

Federalisation

The planned EGM for 22 August has been cancelled following legal advice concerning the relationship between the BCU and the English Canoe Association. It is hoped to address the issues raised in time for the BCU AGM in March.

Vacancies and staff changes

Details of two vacancies within the BCU office structure are contained as inserts with this edition of Canoe Focus.

Canoe Focus

We are seeking a new Focus editor on a one-year contract to produce the next six editions of the magazine, the BCU Year Book and undertake a thorough review of communications. The successful candidate will take over from the existing editor Wendy Blackman who is currently working in the Performance department. Thanks Wendy for all your hard work in further raising the standard of Canoe Focus,

Planning and Development Manager

The BCU Planning and Development managers role will be to help increase the number of people canoeing with the BCU by developing the BCU's Sports development structures and a strategic framework for canoe facilities in England.

And finally,

Well done to all the BCU teams who are competing once again with distinction, full details in View from the Performance Directorate in this Focus.



Congratulations to BCU Senior Secretary Talia Tymoszczuk who married Dan Pegram on June 20.

Membership

The current membership structure review has now been completed and some important changes are being made from 1 November this year. Firstly the Comprehensive and Basic subscriptions are being brought closer together in recognition of the greater resources being applied in areas such as access, which are particularly relevant to Basic members. Secondly, in support of the priority being given to young people in the 1997-2001 BCU Development Plan, the under-18 subscriptions will now be 50% of Adult subscriptions instead of the present 60%. The outcome is that the Basic subscriptions are higher, but it has been possible to peg the Adult comprehensive and in fact reduce the Under-18 Comprehensive.

Encouragement is being given to affiliated clubs to form youth sections and a special benefits package has been designed for members of these Registered Youth Sections giving them cheaper entry to BCU events including entry level ranking competitions, without needing to be individual BCU members. Full details of the scheme will have been sent to all affiliated clubs by the time you read this.

There are always requests for lower subscription rates for particular groups. We have decided that our current policy is those under 18 and that we cannot, therefore, consider others at present. As there are many who are equally deserving it has been decided that we cannot in fairness continue to grant a discount to members with BFPO addresses.

Many thanks to those of you who sent in suggestions for the review; all were carefully considered but clearly not all could be adopted. The 1998/99 subscriptions and fees are as follows:

Class	Adult	U-18	Family
Comprehensive	28.00	14.00	13.00
Basic	23.00	11.50	10.50
Level 1 Coaches	11.50		
2nd Junior Club Leader	20.00		

Club	Fee	Adult Cap	U-18 Cap
Senior	68.00	0.80	0.40
Senior + Reg Jun sect	80.00	0.80	nil
Junior	48.00	0.80	0.40
Standard Associates	25.00	N/A	N/A



Yearbook Update Course organiser change

Claire Knifton organiser No 98 has moved - all level 1 and upwards courses run by her are now being run by Julie Simpson - 35

Gooch Street, Swindon, SN12 2BA

All 1-3 star courses are being run by

Filton College.

Filton Avenue, Bristol, BS12 7AT.

0117 9312121

TeamXtreme at the Bitches.

TeamXtreme upheld their impressive record of Bitches wins at the first of the two '98 Bitches Freestyle events. Tim Thomas annihilated the opposition to take a convincing first place in the Men's Kayak event. New team member James Weir took first in the OCT. We think TeamX paddlers have taken first place Men's Ki in the last five Bitches Rodeos, as well as numerous other class wins there. But it may be more...

Access Officer for Taw Torridge estuary.

The article on page 7 of June Canoe Focus about the Taw Torridge Estuary gives the telephone number of Jenny Price at Skern Lodge for details about paddling on the estuary. The Local Access Officers for the Estuary are Icarus and Fiona Edmonds. Their details can be found on page 60 of the 1998 BCU yearbook. They are contactable by telephone 01237 475823 Mon 4-6pm and Thu 10-11pm. At all other times listen only message.

Eskimo sponsor Ian Gravell

Playboater and Eskimo have jointly sponsored Ian Gravell's video for disabled paddlers. Ian Plans to make several spectacular runs in Wales as part of the filming for this project to inspire other disabled paddlers. Ian was involved in a serious road accident two years ago. Many firms and individuals have lent their support and much of the project will be featured on local TV.

Photo: Heather Gunn



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Fox and Hounds Marine

Dean Maragh is seen here with Gerry Mulholland after helping him set up Fox & Hounds Marine's kayak department. The paddlers of the North-East were temporarily inconvenienced after Dean decided to close 'The Watershed' earlier this year. Fox & Hounds will be stocking most of the leading names in equipment. Tel: 0191 2596797. Like the watershed, Fox & Hounds are keen to support the local canoeing community.

Photo: Kevin Hall



Volunteers Needed

Tristan Robinson at the School of Biomedical Sciences at the Queens Medical Centre in Nottingham is looking at ways of improving exercise performance using nutritional supplements.

If you are male aged 18-35, non-vegetarian and reasonably fit, he would like to hear from you. **Contact Tristan at School of Biomedical Sciences, University of Nottingham Medical School, Queen's Medical Centre, Nottingham. TEL: 0115 9249924 ex. 44267.**

E-mail mqxtmr@mqn1.phpharm.nottingham.ac.uk (inconvenience allowance paid to participants)

Emma Collins Phone Number

Page 32 of June focus "Calling All Young Paddlers" article. East Midlands Youth Rep. Emma Collins- Phone 01455 848271

Northampton Canoe Club 30 year reunion.

Northampton Canoe Club is 30 years old this year and is organising a re-union on 10th October. They are still trying to locate past members. **Anyone who was in Northampton Canoe Club should reply to 29 Birchfield Rd, Northampton, NN1 4RF. 01604 716717**

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Short Stories Required

Pesda Press, who recently published White Water Safety and Rescue, are looking for contributions to a collection of short stories. The book, provisionally titled Tall Stories for Paddlers, will be a collection of entertaining / humorous short stories, the like of which are told and retold around campfires and in the pub but rarely seem to make it into print in the canoeing world. Articles that have already appeared in magazines are acceptable as long as there are no copyright problems.

The foreword to the book will point out that all the stories published are based on real incidents but that as with all good stories may have grown in the telling. The readers will have to decide for themselves how accurate the author's memory is!

Pesda Press are offering £60 for each article on the publication of the book. There is also a prize of a free signed copy of White Water Safety and Rescue for whoever comes up with the best title for the book.

Please send any offerings to: **Franco Ferrero, Elidir, Ffordd Llanllechid, Rachub, Bangor, Gwynedd, LL57 3EE**
Or via e mail:
franco@pesdapress.demon.co.uk

Phoenix launch the new Bethany Ki

A beautiful baby, can she really be related to her father! A big welcome from everyone at Focus, well done to Liz and Joel. Good Luck with the new model.



Robin Hood Watersports

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What's On



Worcester Swan along

The 1998 Worcester Canoe Club Swan-along charity paddle will take place on Sunday 6th September. As the 1997 Swan-along was successful in attracting 100 paddlers who raised £1198 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. It is suitable for families in opens and for improvers wishing to make their first long trip. The locks are used, so there is no need to portage. The river is placid grade 1 and a maximum of five and a half hours should be allowed for the journey. Wye Forest Canoe Club will have food and hot drinks for sale at the start. It's members will also carry out the final safety sweep.

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

Entry Fees

Per Seat:

- BCU members £3.00
- Non BCU members £4.00
- Free entry for all children under 14 years of age, but they must be registered at the start and they must be accompanied by a responsible adult.

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

The grand total of money raised for charity by Worcester Canoe Club since the first one in 1993 is £5,785.

For further information contact:

**Brian Cox, 23 St Peters Crescent,
Droitwich, Worcs. WR9 8QD. Tel: 01905
773689**

Canoe/Kayak Raft World Record Attempt.

The 1st Bishops Waltham Scouts with the help of others are going to attempt to break the world canoe/kayak world record by attempting to form a raft made up of at least 750 free floating hand held canoes/kayaks. The attempt will take place on the lake at Poole Park in Dorset on September 26th. The current record of 648 is held by USA.

There will be a registration fee to take part, but all proceeds will go to charity. The beneficiaries being the Scouts. However, Canoeists are also invited to raise money for charities of their own choice.

For further information and a registration form contact: John Perkins on 01489 894437. Groups should apply through one Representative.

Sea Kayaking Symposium

The BCU Sea Touring Committee is running its annual Sea Kayaking Symposium in conjunction with the Cwm Pennant Mountain Centre on the weekend of 25-27th September. The AGM of the Sea Touring Committee will be held on the 26th September during the Symposium.

Details of Symposium and the Cwm Pennant Mountain Centre can be obtained from: **Dave Evans, Centre Manager, Cwm Pennant Mountain Centre, Cwm Pennant, Gardolbenmaen, Gwynedd, LL51 9AQ. TEL: 01766 530682 or 01703 891429**
E-Mail cpennant@lbhill.gov

1998 Canolfan Tryweryn Coaching Festival.

September 12th and 13th. A weekend of great boating and not a raft in sight! A wide range of coaching workshops to suit everybody from intro to white water to advanced playboating skills and white water open canoeing. Price includes free paddling ticket for the day! There will also be a Palm River safety initiative day and a full B.C.U./W.C.A. white water safety course. The river will be open from the top all the way to Bala for those who just want to paddle. **Call 01678 521083 for a booking form.**

Scottish Open Canoe Symposium

This inaugural event takes place on the weekend of 25th - 27th September 1998, at the Abernethy Trust - Ardeonaig in central Scotland. There will be opportunities to try boats from Mad River and Dagger. There will be a full programme of events including workshops and lectures covering topics from playboating to white water paddling and the designing and making of personal equipment. **For further information contact Stephen Macdonald on 01567 820523**



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Article by
Howard N Jeffs
Sports & Activities
Safety Officer
University of
Sheffield,
Union of Students.

B.C.U. / University Students White Water Training Camp/Course

In early April the B.C.U. in conjunction with employed Student Union Safety Officers (who are canoeists) and other Coaches ran the first of what is hoped to be a number of specialist training courses specifically aimed at the needs of University Canoe Clubs.

The problem

After a number of fatalities, serious accidents and changes in Health and Safety Legislation, Universities, Student Unions, Clubs and individual members have to address the issue of their "Duty of Care" and the legal implications imposed on them. The problem with many outdoor activities, canoeing include, is that for an individual student to become qualified to National Governing body standards in the time span available of a University course (usually 3 years), it is very difficult or virtually impossible. At Easter many Universities clubs "migrate north to Scotland". What was needed was a course where a number of club members and possibly future leaders could drop out of the Club activities for a few days, have input provided by some of the countries top level 5 coaches and aspirant coaches, then return back to Club activities hopefully passing on their new found skills and knowledge.

Of course University Club members can still follow the coaching scheme route if they wish, but many do not have the time and finances to commit.

The prerequisite for the students was that they should be people who, in the following year, would possibly be in a position of leading other Club members, could roll on flat water and have a skill level equal to the B.C.U. 3 Star Award.

The course would use the B.C.U. 4 Star level and focus on the needs of the individual or their club.

During the following 3 days the rivers Awe, Orchy, Arkaig and Highland Garry where paddled, the groups concentrating on safe river leadership, rescue techniques and personal skills.

Without doubt the course was an overwhelming success, one very competent student commenting on, that he had learned and improved more during the last 3 days than he had on the



B.C.U. 5 star training course he had recently attended!

The course cost had been kept as low as possible to attract students. Food and accommodation paid for directly by the individuals. Thankfully the B.C.U. had also underwritten any additional cost occurred.

It is now hoped that with some negotiations a number of the canoe trade will consider sponsoring the events for future years to what is obviously a captive audience and long term prospective purchasers.

The future

The need for this type of course is now even more apparent. Even though the contentious issue of taking a minibus abroad is becoming more difficult, many clubs "head south" for the summer to the Alps. In theory the leaders of this type of trip should be level 3 coaches and hold the 5 Star award, how many do?

What is needed is a similar course or camp based in a popular, central Alpine, region to cover the same areas of concern but at a higher technical level. Sadly due to time this will not happen this year, but it will next!

What will happen this year is a Student Safety seminar on October 24th & 25th available to two club members. Not only will it be a fun event, but it will cover theoretical and practical problems that all Union Clubs are now experiencing, or will do in the future. Also a possible surf training weekend held late in the Autumn looking at similar issues. So if you are in a College or University Canoe Club and the courses fill your needs, contact the B.C.U. for more details. proved an excellent organiser and adviser. He can be contacted at Valley Ventures, Box 1115, Deep River, Ontario, K0J-1P0 (Tel 613-584-2577).



Pilot course

On Saturday 4th April a total of 15 students from Sheffield, Nottingham, Leicester De Montford and Salford Universities meet up at a bunkhouse in Kinlochleven. The Staff were:-

Mike Devlin Assistant Director of Coaching, British Canoe Union

Howard Jeffs Sports & Activities Safety Officer Sheffield Student Union, Level 5 Coach

Steve Finch Club Safety Officer at Reading Student Union, Level 5 Coach.

Ian MacNab Sports Development Officer Salford Student Union, Level 5 Coach

Gordon Brown Level 5 Coach

Rob Cunnington Level 5 Coach

Richard Joy Aspirant Level 5 Coach

Rob Arrowsmith Level 4 Coach





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Coaching Service News



Thinking of becoming a Coach?

BCU or WCA Member or Planning on Taking a course in England or Wales? Then please take note...

As many of you will be aware the process of registering to undertake recreational Coach training in England and Wales has changed. You now need to register with the Coaching Service via the appropriate National Association prior to attending any training course. At the time of making a registration application you will be required to hold the pre-requisites for the award you wish to take. For some of you this may require some advanced planning prior to make a registration application.

Below is a brief outline of the registration process. This should make the process clear. When planning your course please make sure that you allow enough time for the registration process to take effect as you will be unable to attend a course without an appropriately authorised C1 form - 'No form - No course'. Office turn around on registration

is normally one week. We will be unable to guarantee to process forms arriving in the office during the week immediately prior to your intended course. Further details and an application form are available by contacting the WCA or the BCU Nottingham office or by filling in the return slip.

Coaching Course Registration - The Candidates Procedure.

1. Request a registration form from the appropriate National Association Office - either by post, phone or fax.
2. We will then send you a C1 form, membership and further course details.
3. Once completed the C1 form should be returned to your National Association Office along with photocopies of the pre-requisites and the

correct registration fee and membership fee if you are not a current BCU member. If you have pass slips from either Canoe Safety Test or Star Awards they will be accepted if accompanied with the correct money. Please send these slips in with the C1. (Processing of these certificates can take up to four weeks.)

4. If everything is correct the C1 form will be stamped to authorise attendance at the appropriate level of training course and returned to you with course notes and a C2 form (required on training / assessment course)
5. If everything is not as it should be, the C1 and all the accompanying photocopies / money will be returned for re-submission.

Once the afore mentioned stages have been successfully completed you are registered and in possession of an authorised C1 and a blank C2. These must be taken to the respective Coach Course. No C1/C2 - No Course.

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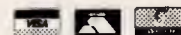
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Registration is required at each Coaching level. For those of you who have already completed a training course prior to this form of registration being required you will need to register your intention to be assessed and will therefore need to register in the above manner prior to attending an actual assessment.

While SCA and CANI members are not required to register in this way, SCA or CANI members wishing to take Coaching Award Courses in England or Wales will need to register as above.

Should you have any questions in relation to registration please contact your association office.

Please send me further details and an application form to register as a member of the Coaching Service and attend training / assessment (delete as appropriate) as a Level Coach.

Name.....

Address.....

Post Code.....

Tel No.....

Membership No (if Current Member).....

Please return to;

The British Canoe Union, Coaching Department, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS.

Or

The Welsh Canoeing Association, Canolfan Tryweryn, Frongoch, Bala, Gwynedd, LL23 7NU.

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Adam Hearn, Dave Thomas, Neil Barrett, Jonathan Bound, Graham Edwards (from the Kingsway Centre), Clare Wagland (from Marrick Priory), Helen Clark, Rob Bianchi and Adrian Pullin.

Around

Rob's note in the Mainstream news letter said "...a week of sea paddling in Scotland...". Plan A is to put in at Plockton and paddle across Loch Carron on Monday evening, go up the coast to Applecross, over the Inner Sound to Raasay and down the sound of Raasay to Scalpay, then back to Plockton, camping rough for 5 nights.

The forecast is for force 5 South Easterly on Wednesday, which is when we should be crossing to Raasay. A 5 mile crossing in a following sea with a group who all have 3 star but no sea experience is pushing our luck a bit. Plan B: put in at Luib on Skye and paddle to Scalpay for the first night camp.

Nine of us met at Carlisle motorway services, did a bit of rearrangement of seating (7 in a Trooper is a "friendly" fit!) and headed north. We had Rob (leader, with more E numbers than a TV dinner), Helen (loads of sea paddling experience), me (E1 inland, T3 sea, building experience for coach 3 assessment) and 6 people doing 4 star sea.

We leave the cars at a black house museum in Luib (thanks). Everyone was paddling Prijon SeaYaks except for me in Peninsula Canoe Club's Skerry. The first thing that becomes obvious is that the

Skerry skeg is a great help in a quartering sea. All the 4 stars are having problems being turned up what I call up the skeg in sea, what happens and immediately weathercock to point north.

Monday night's campsite on Scalpay is on what was once the front lawn of a crofter's cottage, now derelict. There's a lot of evidence of the highland clearings in this area. The site is great apart from the midges. We were doing the trip in mid June because the midges do not come out until July. No one told the midges. Still...added protein in the tea.

Tuesday dawns quite warm and almost flat calm. We take an easy paddle up the east coast of Raasay. The views over Torridon are great. We see some dolphins or porpoises. No one knows how to tell the difference and we only get brief glimpses as they swim past anyway. Claire says "Oh! Wow!" lots. As the conditions are so good, the group

spreads out a bit, the young guns heading off whilst the more mature (old?) paddlers take it a bit easier.

We decide to head for Rona. There is a likely looking site on the south west corner. As we paddle up Caol Rona we meet seals who all come to have a look. They seem quite happy for us to be there but will not come too close.

We cross Caol Rona and make for the campsite. Claire goes rock hopping and cave exploring. "SWIMMER!" Obvious really. With everyone relaxed and getting tired, Claire's cave exploration results in being dumped as the swell lifts the kayak in a tight gully. With no room to roll, she swims out. She is not damaged at all, so we get to find out how hard it is to empty a loaded sea boat. The Yaks have Chimp pumps on the back deck, so we try turning it upright and pumping out. Chimp pumps are very hard work and do not shift much water at a time. The design of the Yaks is such that the load bays are separate pods suspended in the hull, leaving a lot of space in the hull which is not sealed off. Eventually, by a combination of H-I and pumping we get Claire back in her boat. Claire later discovered that her dry bags weren't. As

Below: Rob catching a swell



Raasay

Adrian trying the SeaYak



the only veggie in the group, it looked like she would be going on a diet for the rest of the week.

The map showed a disused building. The building showed recent refurbishment and was definitely occupied. Rona is privately owned and the owner employs a resident caretaker and his wife. They have their own generator, a massive freezer, TV, VHF radio and a cell phone ("...but you have to go to the top of that wee hill to use it, mind..."). A boat comes to take them to Portree once a fortnight, weather permitting. The longest they have been cut off is 7 weeks. We are made very welcome. We can camp on their lawn, and use their loo! This saves digging cat holes for one day at least.

Wednesday looks like being "interesting". We plan to cross Caol Rona and paddle down the west coast of Raasay. Caol Rona runs from north west to south east. There is a southeasterly force 5-6 blowing. People take a long time to get on the water this morning. According to the map there is a small

island on the north west corner of Raasay, so we head for the channel in order to avoid rounding the headland. The straight-line distance is about 800m. By the time you ferry glide against the wind you do about twice that. On arriving at the channel we find that it dries at low tide. It is a massive portage (say 50m) to the other side.

Lunch is taken on Eilean Fladday where we again find a drying causeway between Raasay and Fladday blocking our route. We knew about this one, honest!

We split up after lunch. Rob's group goes round Loch Arnish whilst I take the other group straight across. This gives us time to set up camp and have a leisurely cup of tea. When Rob arrives he doesn't like our campsite (something about flat ground for his tent) and takes his group to the next bay. They came back to our bay for the campfire and we didn't have sheep ticks, but I'm saying nothing.

Thursday is easy day. The campsites are good and there are a number of small islands which provide us with rock hopping and cave exploring. Claire even stayed upright in the caves.

On Friday plans are changed again (this is now about Plan X). We decide to head for Luib today so we can drive on to the mainland Friday night. A gentle start with some coastal exploring and rock hopping means that we will have to go hard later. As you go down the Sound of Raasay you can see the ferry terminal for ages. It never gets any closer! Lunch is taken in a sandy bay. A beach holiday at last.

The afternoon consists of aiming for a point, getting spread out (young guns still going for it) and then gathering at the point to make sure everyone is OK. The final run in from the ferry terminal to Luib doesn't look far but again it doesn't seem to get closer for ages. The group finally breaks up and makes their own time. For most of the way across the bay it looks like I can be first home (yes, I know, but the male ego...). However, being an old man, I run out of steam and am only second. Beaten by a young gun but only by a few yards.

We collect the cars and load up. An elderly couple in a camper is having a brew in the lay-by. They think we are either very adventurous or barking mad. I agree.



Sunset over Skye



Mainstream is the Association of Christian Canoeists. Adrian Pullin is (amongst other things) a Senior Lecturer at North East Wales Institute in Wrexham, where he runs the kayak section of the degree in Sports Science. E-Mail: pullinaj@newi.ac.uk or phone

Wye Navigation Order

An announcement by the secretaries of state is expected later this year. Special Area of Conservation (S.A.C.) Most of the Wye and Lugg are included in the candidate list of S.A.C.'s put forward to Europe by the Government.

THANK YOU John Westlake - Chairman Symonds Yat Rapids Preservation Group and B.C.U. L.A.O. for River Wye in England. 33 Golden Vale, Churchdown, Gloucester, GL3 2LU. TEL/FAX 01452 531218.

Dobbs Weir

The following access arrangements for Dobbs weir as agreed with Lee Valley Regional Park Authority:

The agreement takes effect from 1st August 1998

Access will be available at the following times:
1st August until 15th June each year
Tuesday afternoons until sunset
Wednesday afternoons until sunset
Saturday afternoons until sunset.

From 16th March until 15th June there will be unrestricted access at weekends. A charge equivalent to an angling day ticket will be levied - this will be collected

by the bailiff appointed by the LVRPA - the ticket issued should indicate canoeing NOT fishing. Charges = adults £2.70 Concessions £1.70

River Dart - the coming season

As the old canoeing season passes and the new one approaches - albeit in the far distance - we thought it appropriate to issue (re-issue?) some information about paddling on the Dart. Please read on, even if you think you know all there is to know about the Dart, because there are some important changes which may affect you.

As the most popular white water river in the South of England the Dart comes under enormous pressure and therefore we have to have an administration system. Whilst we appreciate people's philosophical and personal wish to have open access to the river and their resistance to having to book in advance and pay an admin fee, we have no option but to stick to the system as the only fair way of ensuring the majority of those who wish to paddle get the opportunity to do so at least once in the season. We would ask that you remember this when you find you cannot paddle on the date you wanted, and also that we are only human/have a family/have a life/have other commitments/are volunteers!

The Dart season is, as usual, 1st Oct. - 28th Feb. The Middle/Loop being open for all of this period, the Lower (below Holne Bridge) closes on the 31st January, and the Upper (contrary to rumour) is only open between 1st January and 28th February. If we get December be assured we will let you all know!

The admin fee on the Upper is £1 per boat per day. On the Loop & Lower it is £1 per weekly period (Thursday to Wednesday - so that people can do long weekends without paying twice) - if you pay to paddle the Loop you don't need to pay again for the Lower on the same day. You cannot paddle without helmet tags and so there is no point 'phoning/E mailing the day before hoping to get access - we need to have the admin fee first as well as time to post them to you. Don't forget your SAE. They are called helmet tags because you must wear them on your helmets - it's part of the access agreement that you are all identifiable from the banks - so please don't put them in your pockets! If your season tickets get a bit battered, post them back and we will replace them ASAP.

Season tickets now come in two sizes!

At the request of the Dartmoor National Park Authority the £5 weekday season tickets are just that and can no longer be used at weekends. This is for two reasons: i) Despite all our efforts and warnings some people were still abusing this privilege last season and were staying in the area well past 10 am. (It is a sad fact of life that the misdemeanours

of the few are visited on the many) and ii) more importantly, allowing this concession meant that we were, in practice, giving permission for far more people at weekends than the maximum numbers permitted for the Loop and the Lower. Last season we experimented with a Full season ticket, whereby people paid the full admin charge for all 22 weekly periods of the season and were issued with a season ticket which allowed them to paddle on the Loop and Lower on any day, during daylight hours, for the permitted season. Obviously, if we did not put a limit on the number of these type of tickets the river would soon be fully booked and that would tough on everybody else so - we will issue a maximum of 50 Full Season tickets @ £20 each on a first come, first served basis. Neither of these season tickets are valid for use on the Upper section.

The numbers on all sections are limited and so they are likely to become fully booked at weekends towards the end of the season - the Upper section weekends were fully booked by the 1st September last season! Please observe

the following guidelines about the use of the area to ensure that we retain this facility for the benefit of all paddlers:

- Fill the back section of the carpark at Newbridge first, then the middle section - **Do not** park in the front section at all.
 - Keep parking at Holne bridge to a minimum and try to reduce the time vehicles are parked there. **Clear away all rubbish** - we have received a complaint from the national park about the amount of litter left here by canoeists.
 - **Do not** under any circumstances paddle above Dartmeet or on any tributary of the Dart, Upper or Lower Dart - these areas have very sensitive spawning gravel beds and damage to them will endanger the access agreement.
- Finally, the annual WW race on the Loop will be on the 7/8th November and access will be restricted to certain times on these days - please bear this in mind when arranging your trips.

If you can cope with all the above we hope you have a good paddling season! Icarus & Fiona Edmonds, Summerhall House, Littleham, Devon EX39 5HG, 01237-475823 (Mon 4-6 & Thurs 10-1, at all other times a listen only information message).



River Wye - Symonds Yat Rapids

- We are waiting to hear whether the Lottery Sports Fund will be supporting this project.
- The National Appeal has generated very wide interest and enthusiastic support for the project. Together with the money committed by the B.C.U. the sum raised so far (late June) is £22,000.
- The Symonds Yat Rapids Preservation Group and I, as chairman of the Group and Local Access Officer for the River Wye in England, thank all those who have contributed and helped by selling and buying Raffle Tickets for their real support - Thank you very much. A full list will be published.
- When you read this the raffle will have been drawn. Winners names will be published.
- From comments I have heard the following is to reassure those who have concerns about various issues.
- The intention is that when the rapids are legally available for canoeing:
- They should have permanent river features to produce the necessary hydraulics.
- Permanent access point to prevent the banks being damaged and also to cater for people with disabilities.
- A proper "navigation" channel.
- That they should be available for all canoeists.
- Their use is seen as:
- Recreation
- An all year round training site and "playspot"
- Slalom training facility
- The Occasional Slalom or other formal event.
- The first priority is to acquire the Rapids and the necessary easements and do the works to make the permanent features.
- It is hoped to be able to meet future maintenance and other "running" costs from an endowment set up for the purpose.
- The National Appeal is to cover these elements. If it is achieved charges for use should not arise.

We need

- Letters of support
- Donations - pledges, etc.

To S.Y.R.P.G., 33 Golden Vale, Churchdown, Gloucester, GL3 2LU

Obituaries



Lee and Joan Davies

Lee and Joan Davies were a husband and wife team that worked together on many worthwhile projects; two people that selflessly gave their time to help others and thoroughly enjoyed doing so. Last November Joan complained of a

headache and died of a brain tumour within two weeks. Joan was only 69, and Lee, suffering deeply, put on a brave face and unhappily pressed on with his life and responsibilities. On June 25th, only seven months later, Lee himself died of a brief but fatal illness. He too was 69. Within that brief period the sport of canoe racing and those of us involved in it tragically lost two stalwart supporters and faithful friends.

The family were introduced to the sport in the early 70's through Nottingham Kayak Club, where eventually they all became involved. Lee was a keen recreational paddler, his daughter Lynne aspiring to the higher ranks of competitors, Peter the youngest also took to the water whilst Steve, the eldest son has for many years been a regatta official. Lee, an accountant by profession, served for many years as Treasurer of the Club.

Lee volunteered as Treasurer to the Racing Committee and served for almost ten years, patiently making the money go round and ensuring that somehow or other all the team trips were adequately funded and the regattas didn't go bankrupt.

It is a great credit to these hardworking parents that they have brought up three children, all successful in their lives and their careers. They will suffer this untimely loss of their father so soon after their mothers death. Our sympathy is with them and also with the legions of friends who will miss Joan and Lee.

Let them be remembered as two people who lived life to the full, who knew how to enjoy themselves and give pleasure to others, two people who will be sadly missed by the many who benefited from their company.

Written by Di Lawler

Kenneth Littlelyke d. June 16th. 1998

Kenneth studied Art at Nottingham School of Art, and trained as a teacher at Loughborough College. In 1941 he joined the Royal Artillery and served with distinction in West Africa, India and Germany, ending with the rank of Captain. He returned to Loughborough to complete his Diploma and took 1st Class Honours. He then took up an appointment at the Royal Masonic School, Bushey, and stayed there as Head of Department and Housemaster until it closed in 1976. At Bushey he developed his own interest and expertise in canoe and small boat design and building, and this led him to evolve a unique method of construction-in plywood known as "stitch & glue", and the design and production of the "KAYEL" range of canoes and kayaks. Others adopted this system, including the designer of the Mirror Dinghy. Following the closure of the Royal Masonic School, Kenneth joined the staff of Granta Boats as designer and consultant, and retired in 1985. His accumulated skill and inventiveness was such that his advice continued to be sought by boat builders all over Britain and in many other countries. But Kenneth had other skills including water colouring and singing. Singing mattered to him: he sang with the Becket Singers, the Brampton Choral Society, the Huntingdon Male Voice Choir and the Ramsey Church, and he was a Founder member of the Ramsey Choral Society. The Vicar of Ramsey in his Funeral Oration, quoted the words of St Paul, in Galatians 5, "the harvest of the Spirit is love, joy, peace, patience, kindness, fidelity, gentleness and self-control" Kenneth Littlelyke lived that harvest.

John Dudderidge

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What you eat, when you eat and how much you eat has a direct effect on your sporting performance. It doesn't matter whether you are an international canoeist or you just enjoy a regular paddle at your local club, you will get more out of your canoeing if you give some thought and planning to your diet.

Here's why:-

- If you don't get your diet right you could run out of energy before the end of a regatta or training session. If you are tired you won't put in your best performance - both physically and mentally.
- If you don't get your diet right you could be putting yourself at greater risk of picking up an injury during a regatta or training session.
- Getting your diet right could give you the edge over your opposition. In the dying moments of a race you want to be out in front not your opponents.
- Getting your diet right can also help in recovery from injury and illness.
- By coincidence the diet that is best for sporting performance is also very much in line with the general advice for long-term health - which may not be a major concern for you at the moment, but at least you can be reassured you are doing yourself a health favour too!

What you need to do

Unless you have already taken advice about your diet from a suitably qualified person you will almost certainly need to make some changes to your diet. The typical British diet contains too much fat and not enough carbohydrate, not only

for good health but also for optimising sporting performance. You will need to change to a diet that contains:-

- more pasta, bread, potatoes, rice, breakfast cereals, bananas
- less fried food (including chips), crisps, pastry and burgers
- more fruit and vegetables (fresh, tinned, and frozen)
- more fluids (water, sports drinks, fruit juice, squash)

The emphasis is very much towards a diet made up of foods which are good sources of carbohydrate (see table one). Carbohydrate is the most important fuel for the working muscles and should make up the bulk of your diet. Carbohydrate comes in two forms - as sugars and as starches, both containing the same amount of energy or calories on a weight basis. Starchy foods should make up the majority of your food intake but you will need some sugary sources to top-up the diet. This is particularly true if you have a high energy or calorie requirement. The more food you need to eat to maintain your body weight, the more likely it is that you will need to include some sugary sources of carbohydrate. After all there is a limit to how much of the starchy foods you can actually eat. For the majority of people, sugars add an enjoyment factor to the diet too!

During exercise

During exercise the working muscles get much of their fuel or energy from stored carbohydrate (the posh name for this is glycogen). Your stores of glycogen are limited - unlike your stores of fat which are plentiful even in the leanest of players. Each time you paddle or do any form of exercise, the amount of stored glycogen in the working muscles falls. Glycogen stores must therefore be refuelled after every exercise session ready for your next session. (This is particularly important if you are racing in a regatta.)

You will need to make sure you eat as soon as possible after all sessions and races. Ideally you should eat and drink within the first hour of

finishing. Obviously you must choose foods/drinks that are good sources of carbohydrate but they must also be items that you enjoy eating/drinking straight after you have been exercising hard. Table 2 might give you some ideas of suitable "refuellers". If you are going to have a meal within the first hour of training or a match, make sure the pasta, potatoes, rice, bread is the biggest portion. A useful tip "go continental" and have bread with pasta, rice or potatoes!

Although it is important to maintain the carbohydrate intake, it is equally important to get the balance of the diet right, i.e. ensuring a moderate intake of protein and fat. It is a myth that sports people have to have huge intakes of protein - as food or as protein or amino acid supplements. Equally it is also a myth that fat intake should be cut back to a bare minimum. Simple changes such as those in Table 3 are all that is needed - counting grams of fat on packs of food is totally unnecessary.

You may find it easier to eat small, frequent meals and snacks rather than having fewer, larger meals in the day and you shouldn't be skipping meals either (certainly not on a regular basis). Breakfast for example is a very important meal ("breaking the fast" of the night), yet often missed because first thing in the morning is always such a rush or an extra quarter of an hour in bed seems more important. The traditional breakfast (a big fry-up) is now much less popular as people turn to the convenience of cereals, toast, fruit and fruit juice. By pure coincidence, these foods are all excellent sources of - carbohydrate! So don't miss the opportunity of fuelling up on your carbs first thing.





Table one - good sources of carbohydrate

First choice foods

Breakfast cereals - any variety

Breads - any variety

Pasta and noodles

Rice

Potatoes - mostly as boiled, mashed or jacket

Pizza bases

Beans - all types

Root vegetables (carrots, parsnips etc.)

Fruit - all sorts - fresh, canned, dried

Yoghurt

Fruit juice

"Top-up" foods

Popcorn - sugared

Cereal bars

Jam, marmalade, honey, fruit spreads

Twiglets, Sesame sticks, Japanese rice crackers

Plain biscuits e.g. Jaffa cakes, fig rolls, Go Ahead range

Plain cakes e.g. currant buns, scones,

McVitie cake bars

Kelloggs Pop Tarts

Puddings e.g. fruit crumbles, milk

puddings, custard

Sweetened soft drinks

Chocolate bars (only if the nutritional information shows there is at least three times as much carbohydrate as fat)

Sugar confectionery

Sugar - in drinks and on cereals

Sports drinks

Carbohydrate supplements e.g. Maxim. High Five etc.



Table two - ideas for post-exercise refuelling

Fruit e.g. bananas, dried fruit

Sports bars e.g. Isostar, Maxim or H5 energy bars

Sports drinks

Cereal bars e.g. Jordans bars, Kelloggs

Nutri-Grain bars

Jaffa cakes

Go Ahead range of biscuit and cake bars

Twiglets

Twix

Mars

Crunchie bars

Bread and honey or jam

Bagel, honey and banana

Bath bun, currant bun, malt loaf, scones etc.



Table four - recipes for home-made sports drinks

50g glucose or sucrose

1 litre of water

1 large pinch of salt

500ml unsweetened orange juice

500ml water

1 large pinch of salt

200ml squash (not low calorie or low sugar)

800ml water

1 large pinch of salt

Make up a new batch of drink every day.

Throw away any unused drink after 24 hours.

Keep your water bottle very clean - and especially in warm weather.



Table three - practical ways to reduce fat intake

1. Use a low fat spread instead of butter or margarine - but still spread it thinly.
2. Switch to semi-skimmed or skimmed milk
3. Use yoghurt or fromage frais instead of cream
4. Use lower fat cheese and yoghurts
5. Cut down on crisps, chocolate, pastries
6. Buy lean meat
7. Remove the skin from chicken (the fat lies directly underneath)
8. Microwave, steam, boil, poach, grill or stir-fry most often.
9. Use a little oil when cooking (measure don't just pour it!)
10. When you have chips have thick, oven chips if possible.

What about those fluids?

Your body produces heat as a result of exercise. To prevent your body from becoming overheated you lose heat by the evaporation of sweat from your skin. You can lose a lot of fluid by sweating, especially when you're exercising hard (and in hot conditions), but you will lose fluid through sweating even when the conditions are cold and you are exercising hard. You must replace this fluid if you do not want your performance to suffer. Water is better than nothing but using a sports drink such as Impulse, Lucozade Sport, Isostar or Gatorade is a

more effective way of getting the fluid in fast and at the same time it tops up energy because of the carbohydrate present. You can of course make up your own drink which will be just as good and certainly cheaper (see Table 4). This should form the basis of your training diet - the diet you have from day to day.

Article by: Jane Griffin
Accredited Sports Dietician to BCU
Racing Squad April 1998
Pictures: Richard O' Donovan





Three videos available from BCU supplies at £19.99 each.

Whitewater Groove:

American whitewater video by Wildside productions, featuring the first descent of the Thompson River in North and South Carolina's Jocassee watershed. Approx. 40 minutes long.



This video is worth a look showing some pretty good technical water, from narrow gaps to wider high volume falls and rapids. It shows quite a few parts of each of the rivers featured making it worth a look especially if you're considering a trip to the U.S.

The sound-track includes some narrative background to the rivers just before the paddlers begin their descents. The music is better than on most videos of this type, but have your favourite CD handy.



Steep Creekin':

Another American whitewater video featuring "10 different runs in 32 minutes", featuring Freestyle world champion Oliver Grau.

Hmmm, this vid is sponsored in part by Dagger, and is basically an advert for Dagger boats, well Freefall LT's, an open

and a Ci. It has a home video look about it and the 10 different rivers show only one fall on each river. Each camera shot of the fall is set up, it shows all the paddlers doing their thing, then the team move on to another rapid/fall on a different river. Each part is linked by a caption showing the location of the river in the U.S. and some other information about it, volume etc. If you can endure the first half of the video (which is pretty difficult) it does get a little better, showing a bit more of each river then finishing with some comedy moments, swims, pins etc.

Full On:

From Kanu magazine in association with lots of other companies, showing runs down rivers in New Zealand, U.S.A and Europe filmed from winter 96/97 to May 97.

This video shows kayakers doing what they enjoy and having fun doing it.

Starting in New Zealand, showing water from technical narrow water to wide high volume water and falls. Then the action moves to the U.S, finally Europe.

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This is all interrupted by shots of the paddlers having a laugh on land between runs. Finally at the end there are the obligatory out-takes of capsizes etc, which are good. The sound track is

pretty good too, music from the dance genre. There is no narrative to speak of although the paddlers describe a couple of the runs.

This is easily the best of the three, watchable again and again. It probably won't suit everyone but well worth buying if you can.



Dances With Waves

Around Ireland by Kayak by Brian Wilson Foreword by Tim Severin

'A fascinating view of Ireland's coast and its people from kayak level'

Tim Severin

Brian Wilson is one of the few people to circumnavigate Ireland by kayak and this is the colourful and entertaining story of his voyage of 1200 gruelling miles along a beautiful and often hazardous coastline. He encountered adventures on land and sea - kidnapped and ransomed on Sherkin Island, marooned by illness on the Blasket Islands, his kayak stolen in wild Connemara, befriended by Fungie in Dingle.

Paddling to the tunes of the waterproof song sheets which, apparently are an essential part of such a trip - ('Ho-o-o-nky-tonk women' for a steady rhythm and 'The Star of the County Down' for a quicker pace) - he met every kind of weather and every kind of craft from curragh to the might of the QE2.

His great circuit, beginning in Larne, Co Antrim, took him through the entire litany of the shipping forecast - Irish Sea, Fastnet, Shannon, Rockall and Malin and

brought him into contact with a very eclectic mix of people, including a mystic conservationist, yacht club admirals and a singing Lady Mayoress.

Much more than a travelogue - Dances With Waves weaves maritime myth, seafaring lore and natural history in an absorbing look at Ireland and its people.

Vastly entertaining for the sailor and landlubber alike, this is a story of a great adventure.

Brian Wilson, writer, adventurer, stonemason, thatcher and environmental consultant, lives and works in north-west Scotland.

£8.99 pb, 320 pages, illustrated
ISBN 0-86278-551-0, Publication: June 1998

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Paddlefest 98

The Paddlesport Event of the Year

Its Back!

Following the success of Paddlefest 97 we announce the return of Paddlefest for a second year and invite you to the paddle bash of the year. This year the event will be held over the weekend of 31st October and 1st November and promises to be bigger and better than ever.

The objective of the weekend is to bring together as many paddlers, with as wide a range of interests as possible so as to create a fun, multi-discipline event, featuring elements of competition, coaching sessions and clinics, have a go / try a boat sessions, presentations and lectures, doing your own thing, along with a car boot sale and of course a Paddlefest party.

For many it will be the end of a season of paddling for others it will be the beginning of their season. For every one though, seasoned competitor, Rodeo die hard, recreational pick and mixer, novice or convert Paddlefest 98 will provide five full programmes of activity and numerous add on attractions, providing wide ranging and varied activity from which you can choose,

mix and match and create your own itinerary. Come along and view, or come along and be fully involved. Come alone or come with friends or why not bring the family. Come for one day or come for both, the choice is yours. There will be lots to do who ever you are whatever your interests. A great time is assured.

'Paddlefest' Peak White Water Challenge.

The Paddlefest Peak White water Challenge is about fun, mass participation and lots of paddling. Last years event attracted both slalom and Rodeo World Champions, however, because of the format and style of the event many less accomplished paddlers found themselves paddling along side them and in some instances winning prizes. So theres no excuse, get stuck in and give it a go.

The event format combines the following disciplines to find an overall whitewater champion. All participants must use the same chosen canoe or kayak in all three disciplines; demonstrate their ability to perform various moves, not just one move over and

Head to Head Downriver - two boats at a time race against the clock down a 600m section of white water.

Freestyle / Rodeo - utilising a river section rather than just one hole. Paddlers must over.

Extreme Slalom - a 300m course of upstream and downstream gates, hand target number boards, a vertical hole move and a horizontal wave move. An against the clock event with penalties awarded for missed obstacles only.

Overall points will be calculated and equipment prizes awarded in mens, ladies, Canadian and junior categories.

The £15 entry fee will include a cool event memento such as a shirt, sweat or baseball cap, unlimited water access over the weekend and entry to the Paddlefest party. Not bad value!!! A maximum of 180 entries will be taken for the event. Entries will be taken on the day if space permits however to be sure of your place return the accompanying booking form.

As an addition to the competition programme this year we are running a Sprint challenge event and hope that a number of river racer paddlers and sprint paddlers will join in the spirit of the event and maybe try their hand in the main event. While not directly part of the main event, at least this time around, prizes will be awarded and everyone encouraged to have a go. Full event details will be sent on entry.



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'Paddlefest' Paddleability Event.

Again new to 'Paddlefest 98. "Paddle-Ability" is a term and concept developed by the BCU to address the issue of participation in Canoesport for people with disabilities. The approach focuses on a person's ability rather than disability. Traditionally, the majority of sports opportunities for people with disabilities have been based on medical models, such as spinal injury or sight impairment, offered by sports specific disability organisations or disability specific organisations and have tended to be segregated activities.

The BCU is working to promote and develop Paddle-Ability in terms of participation in both recreational and competitive canoeing, through local clubs, Regional and National development plans and activities.

Paddle-Ability Competition is currently centred on sprint racing in canoeing, using standard and non standard racing boats adapted to meet the paddlers special needs.

The 'Paddlefest' Paddle-ability event will provide an additional calendar event in the Paddle-Ability programme. Contact us now for further details.

'Paddlefest' Coaching Symposium

The 'Paddlefest' Coaching Symposium will provide Key note speakers along with a mix of indoor and outdoor sessions covering topical aspects of coaching development, along the theme of 'Coaching for Performance'. An 'excellence' programme will provide opportunities to join in on coaching sessions, run by experienced coaches covering all areas of skill/technique development and paddlesport psychology.

The Coaching Symposium programme will repeat itself on both days so that you will be able to select the appropriate times and clinics to fit in with participation in the whitewater challenge, casual paddling, lectures etc.

Opportunities are provided to take part in daylong workshops that will provide endorsements to your coaching/assessor status.

The programme is aimed at all coaches at all levels so don't feel that its not aimed at you - our maxim 'Coaching for Performance' is relevant to us all, as better coaches make better paddlers.

'Paddlefest' Personal Performance Clinics

Numerous half-day clinics will also be available to anyone who wishes to improve performance or try out another aspect of paddlesport....

Open Canoe/Open Canoe Sailing/Slalom/Sprint/Rodeo/ Land locked Sea paddling and Surf to mention just a few.

'Paddlefest' Young paddlers Programme.

New to 'Paddlefest' this year we have a young paddlers programme. Aimed at introducing youngsters to the sport as well as providing opportunities to improve skills and experience new and different aspects of paddlesport. Opportunities exist for young paddlers to join one of more of the sessions advertised and progress and experience new very different aspects of paddling throughout the weekend.

'Paddlefest' - 'Get in Touch'/'Stay in Touch' Programme.

Running during the Saturday evening the 'paddlefest' 'Get in Touch/Stay in Touch' programme will provide you with the opportunity to get upto date with both current and millenium initiatives as members of BCU Council and Executive provide an insight into structural change, communication, access and facilities strategy and the BCU Performance Plan.

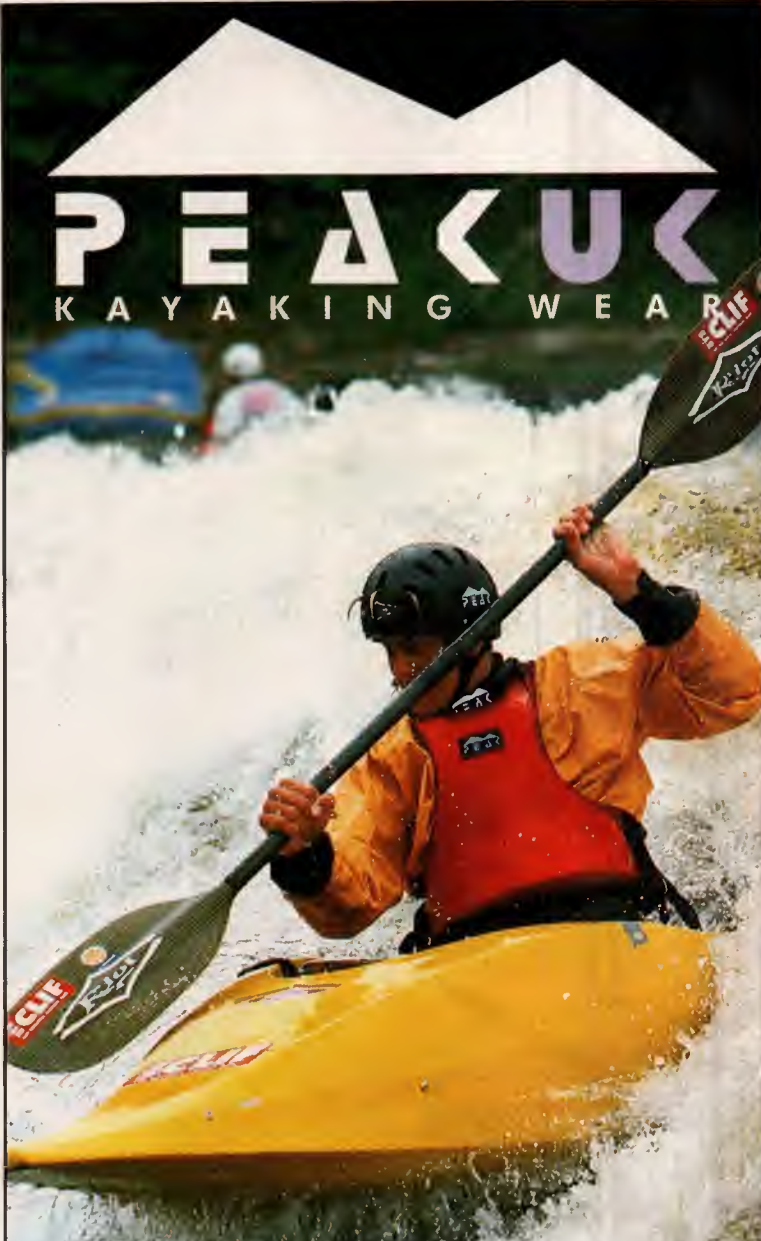
'Paddlesport' Question Time. A panel of BCU serving Officers assembled around a 'Question Time' style table ready to be asked those questions that you have always wanted to ask, but have never been able to.

Your chance to find out what is happening with the overall development of paddlesport, discuss and comment on the strategic issues and development plans for the new millennium. The memberships chance to have a say, so be there and ask that question or make that comment. Questions can be tabled on the day.

'Paddlefest' Demo/Retail/Car Boot.

The 'paddlefest' Manufacturers Trade fair is, I am afraid, only open to the Trade, however, many of the manufacturers will also be having outside Demonstration stands so that you will be able to demo that new boat you've been thinking of buying and many of them may well be retailing items over the weekend as well.

Sunday provides us with the opportunity to again hold the 'paddlefest' Car Boot sale. So if you are looking to move discarded boats or gear or indeed seeking cheap items of equipment this is the time and the place to do it. Last years Car boot was a great success



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with many bargains to be had, and not all of it was paddlesport gear - So make sure you dig out those items of outdoor wear and outdoor gear that you no longer use and book a space. Equally if your looking for bargains make sure you find time to have a mooch, you just don't know what you will discover.

'Paddlefest' Admin

Peak White Water Challenge - Entry for the event is £15 for the whole schedule, including a limited edition T-Shirt and the 'paddlefest party'. The aim of the event is to find an all-round and worthy champion! For an entry number (limited to 180) and full details of the event timings etc please return

the completed form.

The Coaching Symposium and all other events - The symposium fee, which covers entry to all other aspects of the weekend, except the competition is £15 per person (£8 per day). Inclusive in these costs are entry to any and all aspects of the coaching programme and clinics/the personal performance clinics/the young Paddler programme and of course the party.

Family entry to the Coaching Symposium and associated programme is available to holders of BCU family membership at £35. (Advance booking required) Pre-registration is recommended for all advertised clinics and workshops as indicated, as places will be limited. Pre-registration will also ease admin on the day and make life easier and admittance to the sessions pain free.

The Symposium and Competition fees do not include accommodation and food. Limited accommodation at The National Watersports Centre will be available. The cost of this varies from £15.95 per person B & B to £22.40 B&B. Should you wish to make a booking please indicate when booking

and we will contact you to make arrangements.

The Holme Pierrepoint Campsite will be open for the weekend. Should you wish we will be able to provide an accommodation list for alternative options.

Admission to the 'Paddlefest' party is free to competition and symposium delegates. Food and drink will be available for purchase.

'Paddlefest' 98 provides two full days of paddlesport activity so that you can balance your own day/weekend programme between indoor and outdoor sessions/competition and coaching sessions, doing your own thing. 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 the 'Paddlefest' bonfire party and disco on Saturday Evening - the paddlesport social event of the year.

Please return the enclosed booking form as soon as possible to assure yourself of your place in the event and sessions of your choice. We look forward to seeing there!



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Paddlefest 98

31st Oct/1st Nov Booking Form

Please tick as appropriate

- I wish to attend the Coaching Symposium and associated programme only and enclose the £15 fee (£8 per day)
- We wish to take advantage of the family price, available on the Coaching Symposium entry only, to families holding BCU family membership. £35
- If booking one day only please indicate which day. Sat Sun
- I wish to attend the Competition Programme only and enclose the £15 fee.
- I wish to attend both the Competition and the Coaching and associated programme and enclose the £25 fee.
- I wish to reserve a space at the Car Boot Sale and I enclose £3 for one pitch.

Pre - Registration. (essential to avoid disappointment)

Please reserve a place for me on the following workshops.

	Excellence Clinics	Personal Performance Workshops
Sat am		
Sat pm		
Sun am		
Sun pm		

Please reserve me a place on the following day-long workshop(see Programme)

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Address.....

Post Code..... Tel No.....

Date of Birth..... Signed.....

Membership No.....

Please make cheques payable to the British Canoe union and return with booking form to Paddlefest 98, BCU, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS
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View from the Performance

The BCU World Class Performance Directorate has been up and running for some 3 months now and it has certainly been a busy time for performance canoeing in the UK. The International season is well underway, for several disciplines and our results have been outstanding.



Article by
John Anderson

Many congratulations to the Great Britain team members who have represented their country in these early races. From the results highlighted in this section of Focus, we can look forward with confidence to the climax of the season. The European

Slalom championships will take place in the Czech Republic in August, the World Sprint Championships in Hungary in early September, World Canoe Polo Championships in Portugal in September and the World Marathon Championships in South Africa in late September. Our paddlers are certainly working hard over the summer months and the training preparations are well on target for these main events.

The staff in the Performance Directorate, fully supported by the coaches and team managers of the various disciplines, have also been working hard over the summer months. The BCU World Class Performance Plan for the period November 1998 until October 2004 has been submitted to the UK Sports Council for approval. Once approved, this long term plan will provide the financial resources to support our competitive disciplines and in particular our elite competitors for a 6 year period.

Lottery Funding

The BCU have been granted a 3-month programme extension to the interim funding provided by the Lottery Sports Fund. The interim funding including athletes subsistence will now run through until the end of October 1998, when hopefully the long-term funding will be available.

World Class Start/Potential

Another positive message, in terms of the development of competitive canoeing, has recently been given by the English Sports Council. The World Class Start and World Class Potential service teams have concluded their consultations and it is anticipated that the two programmes will be formally launched in the Autumn.

The aim for World Class Start is "more young people getting better and succeeding in sport". The aim for World Class Potential is "To identify and develop the next generation of young sports men and women with the potential to achieve international standards." The BCU has

been involved in the consultation process for these two programmes and we await with anticipation the announcement as to which sports will be selected for the initial launch.

More Publicity For Competition

Finally, a plea for support. We need more articles relating to competitive canoeing for Canoe Focus and more quality photographs. Every weekend, throughout the UK, there are competitive events taking place and canoeists generally are producing good results. We need more publicity for our competitive disciplines and what better place to start than our own magazine. Please send your articles and photographs to Craig Walker at the BCU HQ and we will do our best to print them, many thanks
John Anderson



RESULTS Domestic

Marathon - Reading Assessment Race 10/05/98

SENIOR MEN K2

1st	I. Lawler & S. Harris	Elmbridge
2nd	C. Holmes & T. Brabants	Elmbridge
3rd	S. Hynds & J. Ross	Elmbridge

LADIES K2

1st	A. Dalloway & H. Gilby	Elmbridge
2nd	A. Thorogood & H. Brough	Newham/Reading
3rd	C. Hannon & J. Spencer	Wey/Hereford

JUNIOR MEN K2

1st	K. Moule & D. O'Connor	Chelmsford
2nd	R. Darly-Dowman & C. Watt	Elmbridge
3rd	T. Ralph & J. Starr	Reading/Nottingham

MEN'S C2

1st	S. Train & M. Lane	Fladbury/Leamington
-----	--------------------	---------------------

Holme Pierrpont National Regatta 16/17 May

The conditions were excellent for this event with good overall results in several classes. No fewer than 6 domestic course records were broken:

MEN'S A

K2 500m	Bournel/Sabberton	ORS 1.34.36
K4 500m	Clark/Vansomeran Wynne/Roeser	ORS 1.26.58
K4 1000m	Glari/Wansomeran Wynne/Roeser	ORS 3.04.94

WOMEN'S A

K1 200m	B. Train	FLA 0.42.78
K1 500m	A. Hemmings	ELM 1.55.96
K2 500m	Train/Train	ORS 1.49.06



Maule/O' Connor lead Darby-Dowman/Watt and Ralph/Starr in the Junior race



Lawler/Harris sprint for the line in a close finish



Lawler/Harris lead Holmes/Brabants and Hynds/Ross into the second portage



Junior ladies Hannon/Spencer finish 3rd in the Senior race

Directorate



RESULTS International

Results for Marathon World Cup I - Tyn (Czech Republic)

K1 MEN

1	Ivan Lawler	GBR	2:34:40
2	Tom Krantz	SWE	2:34:44
3	Denis Edwin	NED	2:34:55
6	James Block	GBR	2:35:30

K1 WOMEN

1	Kornelia Szonda	HUN	2:44:21
2	Nicole Bulk	NED	2:44:55
3	Patricia Davey	GBR	2:45:04
7	Sonja Bapty	GBR	2:56:13
12	Heather Brough	GBR	3:08:49

K2 MEN

1	Skolobeck/Krantz	SWE	2:22:32
2	Brabants/Holmes	GBR	2:22:34
3	Bird/van Collier	RSA	2:22:41
17	Slater/Dark	GBR	2:28:16

K2 WOMEN

1	Dallaway/Gilby	GBR	2:41:00
2	Dankowka/Michalak	POL	2:41:01
3	Javorsky/Szonda	HUN	2:42:03
8	Campbell/Hardy	GBR	2:59:50
9	Andrews/Andrews	GBR	3:05:39

C1 MEN

1	Ondracka	CZE	2:53:06
2	Souse	POR	2:55:55
3	Ostrcil	SVK	3:00:23
5	James Lee	GBR	3:04:43
10	Thomas Remy	GBR	3:22:13

K2 JUNIOR MEN

1	Longley/Jakobs	RSA	1:39:13
2	Jenkins/Deventer	RSA	1:40:30
3	Pross/Konert	GER	1:41:53
6	Ralph/Starr	GBR	1:44:53

C2 MEN

1	Fuksa/Bednar	CZE	2:42:34
2	Maigrot/Dubois	FRA	2:43:03
3	Grzybowski/Pyplacz	POL	2:45:25
4	S Train/Lane	GBR	2:45:48

K1 JUNIOR MEN

1	Jakobs	RSA	1:46:25
2	Jakubowski	POL	1:46:29
3	van Deventer	RSA	1:46:33
11	Nathan Johnson	GBR	1:51:10
12	Richard Griffiths	GBR	1:52:43



Great Britain Sprint Team for the regatta in Duisberg.

	1000 metre	500 metre	200 metre
K1	T Brabants	C Holmes	P Darby-Dowman
K1	C Holmes		M Train
K2	Bourne/ Sabberton	Brabants/ Darby-Dowman	Bourne/ Battershell
K2		G Bourne/ R Sabberton	Tingay/Hoile
K4	Wynne/Clark Roeser/ Vansomeran	Wynne/Clark Roeser/ Vansomeran	Wynne/Clark Roeser/ Vansomeran
LK1	A Hemmings	B Train	B Train
LK1	T Davey	A Hemmings	A Hemmings
LK2	Train/Train		Train/Train
LK4		R Train/ T Davey H Gilby/ A Thorogood	R Train/ T Davey H Gilby/ A Thorogood
C1	S Train	S Train	S Train
C2	Crowther/ Crowther	Crowther/ Crowther	Crowther/ Crowther
C2		Lane/Yurkwich	Lane/Yurkwich
C4	Crowther/ Crowther	Crowther/ Crowther	Crowther/ Crowther
	Lane/Yurkwich	Lane/Yurkwich	Lane/Yurkwich



The first 4 in the Women's K1 race: Fjedheim (Nor) 4th leading Davey 3rd, Kornelia (Hun) 1st and Bulk (Ned) 2nd



Ivan Lawler outruns De Neis at the last portage



Andrea Dallaway and Helen Gilby, K2 winners

Slalom

With selection over, 14 of the 1998 slalom world cup team attended a race/training camp in Germany and Slovenia during May. The first season under lottery funding saw 5 coaches travelling, providing first class technical backup for the team. Guest Frenchman Jacky Avril (Olympic bronze 1992) was a particular success for the C1 class, seeking to make it's mark after the retirement of Gareth Marriot in February. After 4 days in Augsburg the team raced in Bovec (Slo) with promising results. A win for Smith/Bowman and bronze for Heather Corrie two 4th places for Rachel Crosbee and Paul Ratcliffe. Ratcliffe's return from a 3 month lay-off through injury was especially encouraging.

The final leg of the trip was in Tacen (Slo) where world cup 2 will be held. This race will feature one of the biggest falls in slalom. At a race following the camp Shaun Pearce took bronze against a top international field, another promising indication for the season ahead.



RESULTS

World Cup 2, Slalom. (Tacen Slovenia)

K1 MEN

	P	Run 1	P	Run 2	Total		
1	Paul Ratcliffe	GBR	0	93.13	0	94.88	188.01
2	Andraz Vehovar	SLO	0	97.05	0	92.62	189.67
3	Ian Raspin	GBR	0	96.13	0	94.58	190.71
8	Shaun Pierce	GBR	0	98.08	0	101.08	199.16

C2 MEN

1	Kuban/Olejnik	SVK	2	112.19		110.08	224.27
2	Strba/Vajs	SVK	4	108.48	4	110	226.48
3	Adisson/Forgues	FRA	2	113.07	2	109.95	227.02
13	Bowman/Smith	GBR	254	136.27	6	112.8	509.07

K1 WOMEN

1	Brigite Guibal	FRA	2	117.9	4	108.91	232.81
2	Evi Huss	GER	2	109.98	2	120.2	234.18
3	Elena Kaliska	SVK	0	128.25	2	111.28	241.53
14	Heather Corrie	GBR	4	136.13	2	131.19	273.32



In The World Class Wet Seat -

Anna Hemmings

Marathon and Sprint

Anna Hemmings is one of Great Britain's top paddlers for Sprint and marathon, and has enjoyed success at the highest international level. Her honours include:



- 1997** European Marathon Championships - **Gold**
- 1997** Marathon World Cup - **Gold**
- 1996** Marathon World Championships - **Silver**
- 1996** Marathon Grand Prix (K1) - **Gold**
- 1995** Marathon World Cup - **Silver**
- 1994** Junior Sprint World Cup - **Silver**
- 1993** Junior Marathon World Cup - **Gold**

How/when did you start canoeing?

I started paddling when I was 9 after my mum picked up a leaflet at a local leisure centre advertising a "come and try canoeing" session. So I tried canoeing for a week and enjoyed it so much that I joined the canoe club. I have been with Elmbridge for 13 years now.

When or where was your first race, how did you do?

The first race I took part in was the Elmbridge marathon fun race this was back in about 1986. I came 4th or 5th (but can't remember much about it)

What training do you do?

As a part time student I can pretty much paddle when I want. Training changes a little depending on the time of year, in the winter there is canoeing on the water but with emphasis on weights, for power and strength, and running. During the summer emphasis moves back to the water although weights and running still figure. On average I train twice a day for six days a week.

What about diet?

My diet is based around a low fat high carbohydrate diet, with vitamin supplements. Drinking lots is important, I use 'Leppin' sports drinks before, during and after training and racing.

What boat(s) and paddles do you use?

I have two competition boats, one for sprint and one for marathon. For sprint I use a ladies Kobra. For marathon I use a Gaybo Cougar, and I am lucky enough to have Gaybo sponsoring me. The paddles I use are Brasca IV Minimums left feather length 214.

How has the advent of World class performance helped you?

The advent of world class performance has helped me and the team lots, on a personal level more funding has become available to enable me to go on training camps as well as get the equipment I need to perform at the highest level.

What are your long-term aims?

I would like to win the marathon world championships which take place later this year. On the sprint side, the world championships take place in Hungary on September 3-6th, where I hope to compete in the K1 500m and 1000m events, although I do not expect to win this my long-term aim is to be the world and Olympic sprint racing champion.

What other interests do you have outside canoeing?

With training and studying I don't have a huge amount of spare time, however I do

enjoy going out with my friends, especially at the end of the season I enjoy going to bars and clubs. It is very important to me to be well rested for training and racing, so I like to go out and eat at restaurants or going to the cinema, which is not so tiring. I love playing other sports too, however it is often difficult to do this because of the risk of injury. I like to play a few games of tennis or badminton at the end of the season, and my sister has introduced me to water-skiing which is also great fun. So even though I love my canoeing I do still have a life outside of it!

When you have to stop canoeing, what do you see yourself doing?

I am doing a course in Economics and business management at university so one day I hope to start a career in this sort of area.

You have just been voted sports personality of the year, which three people would you thank in your acceptance speech?

My parents, Roland Lawler, my coach and Peter Terry who is my sports psychologist. These people have the largest input in my canoeing and have helped me reach the level I am at.

Who has been your biggest influence?

My parents, especially my mum, who has been there for me in both the good times and the bad times and my boyfriend Grayson Bourne, who is also a paddler on the GB team, an Olympian and former world champion.

Finally, if you had the ability to change the structure of canoeing, what would you do?

Great Britain are very successful when it comes to marathon mainly due to the structure that exists already and that is great, however if I could change canoeing in Great Britain I would like to see sprint change so that as a whole Great Britain can become more competitive at world level and at the Olympics in sprinting. I have a number of strong opinions regarding this but I do not feel that I am in a position to be able to express these views.

We wish Anna all the best, and hope she brings home the world championships gold medal later this year.

Anna is sponsored by Nike, Gaybo and The Yellow Submarine (A Promotional Marketing Consultancy).



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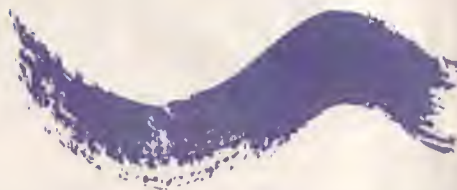
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Young Peoples



WANTED! Tutors for the Paddlepower Scheme

As promised, we are now looking to spread the Paddlepower scheme across England and so Paddlepower tutors are wanted.

Training on the scheme and on presentation skills will be provided so if you feel you match the criteria, below please send a short application detailing your experience in the areas required plus the name and address of a referee who can vouch for your experience to:

**National Youth Development Officer
British Canoe Union
Adbolton Lane, West Bridgford
Nottingham NG2 5AS**

We would like to encourage applications from all aspects of the sport. The make-up of our current tutors is 3 women and 6 men. Of these tutors 3 come from a single discipline background but have had experience of other aspects of the sport. We would like to keep developing this blend and balance.

Please ensure that your application reaches us by 18/09/98 as we will want to select tutors and get training under way by mid October.

Typical tutor profile:

Essential:

- Have a good deal of current experience of working with young people
- Knowledge and experience of using strategies to keep young people involved in the sport
- Knowledge

Desirable:

- All round experience of the sport
- Presentation skills
- A level 4 coach of A4 status or the appropriate level competition coach

Thinking of the Millennium?

In order to celebrate the Millennium a £100 million programme is being set in place. Applications for funding and support will be expected to identify with one or more of the following themes:

- to promote artistic and sporting activities, events and programmes
- to harness the spirit of 'creative Britain, through the encouragement of self-supporting regional and local activities
- to have international dimension
- to protect or sustain the environment
- to support the aspirations and potential of people with disabilities
- giving time to community projects to understand and preserve our heritage

- to encourage social inclusion and participation in millennium activities by communities that are disadvantaged through poverty, age, race, geography, race and/or discrimination.

Small grants and Community awards are available for between £500 and £5000

Timescales are:

Invitations to apply - Jan 99
Deadline for applications - March 99
Final decisions - June 99

If you are interested in organising something in your area to do with Paddlesport to celebrate the Millennium and you would like to funding to help, phone 0870 600 2000 for a Millennium Festival grant application pack.



Programme



HOT ISSUES!

Child Protection - it affects You

You will no doubt be aware of the media attention that has been recently paid recent child abuse court cases and convictions involving swimming and martial arts coaches. This level of profile has brought home the fact that child abuse does occur in sport.

With this in mind, many canoeing providers already have policies in place that dictate the procedures for

- recruiting people to work with children
- handling suspected child abuse
- Dealing with inappropriate behaviour from coaches

But the implications of this **affect everyone**, particularly volunteers in clubs.

available through the FREE club pack which will be updated with this information from September onwards.

- Workshops will be available over this winter, which will simply give advice on good practice on how to avoid potential accusations of inappropriate behaviour. They will also give advice on what to do if child abuse is suspected or disclosed to a member of the club. As coaches and youth section Organisers are those most likely to come into contact with children and, potentially this type of incident, we would strongly recommend that they come along to one in their area.

So what are the BCU doing?

The BCU are in the process of drawing up a policy related to issues in this area. The implications of such a policy are that the BCU will ensure that any coaches working on BCU schemes (either through Performance Programmes or at a local Paddlesport level will be employed in accordance with this policy.

The BCU will also be providing additional guidance to clubs and club coaches. HOW?

- Information will be



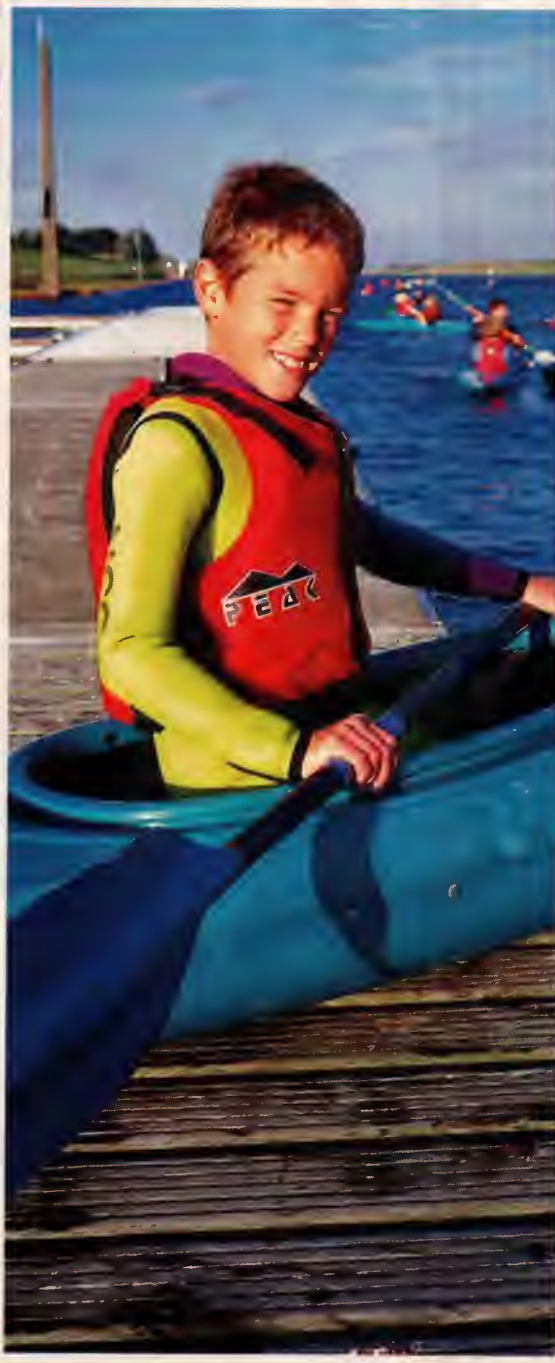
Cheaper Events for Young Paddlers

- the BCU are listening to you!!

It is almost certain that from 1 November 1998, there will be a change to the Event Ticket system that will encourage young paddlers to take part in more events.

The change will be such that many young paddlers that are members of a club, which has a youth section, affiliated with the BCU can take part in BCU events open to Basic members and in ranking competitions at the level defined by the disciplines concerned. Furthermore, they will not have to be individual BCU members or pay Event Ticket fees to enter the events.

Good News - the BCU does listen! Watch this space for further details.





The canal was quite full of water and the river Thames was almost bursting its bank, in fact in some places it had. Once on the Thames the current was found useful by many and the weirs were quite savage to say the least. The conditions was the worst for eight years.

Article by
David Elkington-
Cole Press Officer

The fifty first was also in celebration of seventy five years of cancer research. Every year canoeists who paddle DW help to raise on average just over £30,000.00 for a whole range of local and national charities. This year we hope every canoeist will adopt our main nominated charity Cancer Research Campaign where, because of the very cause we were targeting to raise over £100,000. Cancer Research will also be our main nominated charity next year as well.

Sun protection lotion

It was not the ideal opportunity to launch sun protection lotion on a Good Friday morning at 7.30 am in pouring rain and freezing wind. Ivan Lawler and Steve Harris our double world Marathon Champions together with Rebecca Stephens the first woman to climb mount Everest helped to launch the campaign for canoeists They all say, "When in the sun cover up or use sun block, be safe, not sorry' prevention is better than cure."

DW is more than a race it's an adventure and a challenge regardless of weather conditions. Peter's judgement is usually very sound where safety is concerned. Every year the BCU life guards turn up and do such a wonderful job not only at the finish but with the mass start at Teddington our many thanks to them for their support and also to Kimbolton and Brynaston School for helping out with extra safety boats.

The senior doubles looked as if it was going to be a little more than a race this year. Tim Cornish and Robin Beltcher were back to have another go at extending their record. It was very unfortunate that Robin was knocked off his bicycle in Australia about 10 days before the race. He arrived here still feeling a little sore with acute bruising to various parts of the body. After the start and putting some eight miles behind them Robin felt that some things about him was not quite right. his back side was extremely uncomfortable and he also had severe chest pains, so they retired. Starting almost at the same time as Beltcher and Cornish in the early hours of Saturday morning were Steve Baker and Simon Dark.

Attempt on the record

Water levels were very favourable for an attempt on the record but the north easterly

Devizes to

wind and the prevailing air temperature were against them. Steve said latter "We very nearly cracked during the first hour, It was so cold that we just could not get going at all but we felt a bit better when day light arrived. Our support team were great and gave us all the encouragement we needed it, Brian Greenaway and Connor Holmes. Everything went well until we reached Hampton Court. Two foot waves lashed the boat and the wind was chronic, We started to take in water, lots of it but by some fluke we made Teddington almost spot on time to catch the main thrust of the ebbing tide. At Teddington we decided to put on double spray decks which delayed us considerably but we still had time in hand to break the record but we both knew that we were in for a very choppy ride to Westminster, it was.

Nightmare

We were shouted at seemingly from every bridge, at Chelsea bridge we had only two minutes in hand. Hitting the final stage to Westminster Bridge was a nightmare, the waves were ploughing right across the boat and the wind was gusting up to thirty five miles an hour,

time as Baker and Dark. Only two of these crews finished at Westminster. The other crew that finished was from Richmond Canoe Club Turell and McIntyre who took third position. Strangely enough there was only two minutes difference between 2nd and 3rd positions, very close. The DW is beginning to get very popular with overseas paddlers. Entries were up again this year bringing some very powerful entries from Germany and Belgium. Some of these paddlers accomplished their goals with great determination that they will be collecting some of the trophies this year.

Last minute entries give plenty of surprises

Rebecca Stephens the first woman to climb Everest was looking for an adventure close to home, and this was just three weeks before the race one problem she had never before. Her paddling partner to be was Steve Seaton the editor of Running World, he to, had never paddled. Thanks to the skills of Trevor Weatherall Commodore of Richmond Canoe Club and one of their Junior coaches managed to get them both paddling together within one hour. Un-heard of, but if was a fact. True to say that both Steve and Rebecca did manage a few spills before the event both on the Thames and the Avon and Kennet Canal but It never happened when Trevor was around. The day had arrived, the race was on, when suddenly in Devizes car park part of Rebecca's roof rack is lifted by a gust of wind, off comes part of the rack complete with the Condor Boat attached, it crashed, fateful, but luck was with them when they were forced to use a more stable discovery boat. This boat was to be their friend for the next two days. Needless to say they made Westminster in just over 35 hours of non stop paddling. Both Rebecca and Steve enjoyed the whole thing and helped to support the Cancer Research Campaign.

Also supporting CRC was the world famous explorer Sir Randolph Finnes and his paddling partner Dr Smith who covered the course in just under 30 hrs. Sir Randolph who had arrived at Westminster some 30 minutes prior to Rebecca, on hearing of her arrival came bounding up from the information centre to greet her and Steve and to congratulate them. One hundred and twenty nine senior doubles started at Devizes only sixty seven made it to Westminster.

Weakest paddlers

The flow of the Thames was giving some concern in relationship to the Junior competitors. The weirs were very strong and

Sir Ranulph Finnes and Dr Smith - "Well done old chap - we've done it"



at times we going backwards. We made it, but lost out on the time." Two hours difference between first and second place is one hell of an achievement, their effort and determination has been outstanding. Steve Baker and Simon Dark, are both members of the British marathon squad. There is no doubt about it they did an out standing performance in adverse weather conditions. These two really have a sting together and should be watched in all future events. They must be very happy to know that they can and will break the record of DW. Steve said he always wanted to win DW".

Overseas paddlers

A total of nine crews were started at the same

Thank you all for your support for The Cancer Research Campaign and please make a note to support it again next year as this will be our main nominated charity.



Westminster

Writers note.
 Skin cancer is forecasted to become epidemic by the year 2000. Canoeists are in the front line during mid spring to late autumn. It is vital that they should all use sun block.

some boats had already been sucked over after the occupants had got out to prepare for portaging a meeting with team managers was arranged and it was decided that some of the weakest paddlers should be taken off the water, disappointing though this may have been. A message went out to everyone, on hearing a weir, get out and portage.

Every Four years at Easter, the morning tide comes in very early. It did this Easter

Monday and makes it necessary to start the Senior singles and Junior doubles in pitch darkness. There is nothing new at all about this its been done for years. At 4 am the senior singles launched their boats on to the Thames from between the trees. The tide was quite high and as forecasted the full moon was popping in and out of cloud. The Thames seemed to lie quite still and flat as the build up of flickering boat lights began. It was quite

spectacular. Within minutes' of this start there was quite a large snow shower which brought visibility down to yards. It was short lived but some thought it was going to last all the way Into Westminster.

The DW Committee wish to congratulate all those who completed the race this year and we wish also to thank all those who helped in the field and back rooms which made, this event another success



Baker and Dark Arrival at Westminster



A year to be remembered, the 51st DW event took place in terrible weather conditions, even to the most hardiest of canoeists grumbled a little. A heavy North Easterly wind blew almost throughout the first two days bringing with it a cocktail of heavy showers, prolonged at times, complete with hail and snow.



Still fresh as a daisy - Rebecca Stevens arrives at Westminster



7:30 - pouring rain and NE wind - Promoting sun protection for canoeists.



BCU Rescue briefing and checking equipment - in preparation for the night's arrivals



Article by
Frank Smith,
Chairman

Wigan Canoe Club - A Sco

The idea started as a discussion. After several expeditions it was difficult to decide what the theme of our next venture would be. The Caledonian Canal had been across the country, Lough Earne in Ireland had been an opportunity to visit that splendid part of our world. The river Spey had been a challenge in open boats.

What now? Just a canoeing holiday. This had its attractions, particularly for the not so young at heart. Imagine no more camping, no more horrid wet kit in the morning and a warm shower at the end of the day. The problem we all agreed was that we wanted something more interesting? Challenging? Something to show off about! Something to tell the kids about.

The idea came from someone asking why we did canoeing.

We all had different concepts but agreed we liked the adventure, the pitting yourself against the elements and reclaiming that time of childhood adventures when it was you and your gang against the world.

So it was decided.

As far north into Scotland as we could manage in the driving time we had. No camping but a base from which to go out and try different aspects of canoeing with nothing to guide us but what we could gather from access officers and our own assessment of the rivers available. The sea voyage to be put together by those who had attended the Sea Kayaking weekend.

Ullapool would be the base and we would explore lochs, venture into unknown rivers and paddle out to the Summer Isles. The access officer was helpful but thankfully did not know much about the actual Loch and connecting rivers we would explore.

As usual we set off late one evening and drove through the night for our 6 day trip. The

weatherman promised Gales and Snow. Thankfully none of this materialised and whilst the trip through the night had some bad weather the only other time we encountered anything other than ideal conditions was on the way home when snow fell and we saw Scotland in its wintry beauty.

Our arrival on the Saturday allowed us to book into the two bungalows we had hired. Whilst one seemed to perch on the side of a hill the other gave ready access to the town.

The leader had decided from the map which parts he thought we should canoe and so we went in search of these locations.

First thing you notice is the rocks. They are everywhere and many of them seem to have ended up being placed in difficult positions by the great Canoeist who set up creation. There was no doubt that this land is a canoeist dream. The sense of adventure during this day of exploration was incredible.

Evening quickly arrived and Ullapool was found to be the original unspoilt and welcoming ferry port. It combined a small splendid mixture of hardware stores, outdoor clothing shops, and pubs with excellent food menus and a warm welcome where ever you went.

A birthday had to be celebrated that night and



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Scottish Adventure

Summer Isles restaurant



so in true Scottish tradition a meal of fish was consumed accompanied by excellent beer and a sing song to a kareoke night. Not a Scots ballad in sight but nobody cared.

The next day the group set off to canoe 3 lochs and the joining rivers.

Lochs Lurgain (watch that swirling wind in the middle or a capsiz is inevitable), Loch Badaghail and Loch Osgaig. The joining rivers proved to be very difficult and we had to use all our skills to both get down and get canoeists out of various trees and other points of interest.

It was farther than we thought and at the end of the first day the retreat to the Chinese take-away inevitably lead to heavy heads and sleepy eyes.

The next day was splendid. A sea trip into the Summer Isles.

We reached one of the islands and landed to be joined by a Sea Kayaker who lived on the island and looked after the restaurant for the benefit of the Summer Island Ferry. A most pleasant break was had whilst he told tales of seas he had

travelled and the group gave forth on

This is great



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FINDING NEW PLACES, THE
SURPRISE IS, WHEN PUSHED
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Right:
You can't win
them all



right: they had bashed down.

At his suggestion the "never ending" island was circumnavigated in search of the bay of Seals. Yes we did see one and he (or was it a she) was friendly but many of us thought that our Sea Kayaking friend may have been the same mariner who promised mermaids to everyone in a boat who visited him. As every bay produced another bay in our circumnavigation some started experiencing dizzy spells waiting to see the coast again. However arrive it did and the race to the beaching pointed reminded us of our participation in the now defunct Sea Anglesey Classic race.

That evenings meal was spent with splendid talk of other sea journey's which could be achieved and a promise for the club to look at Sea Kayaking and consider purchasing the proper canoes for this aspect of the sport.

The next day was a rock bashing day. This was real adventure with an uncharted river and throw lines and safety cover being very prevalent. Many swims were taken in the sure and certain hope of rescue.

One of the group opted for a day off and climbed a hill (it seemed like a mountain) and discovered a new passion to be pursued between canoe trips. To see the splendour of the mountain scenery and glance out to sea to the vision of the Summer Isles is to be at one with yourself and whoever provided all this for mankind.

The last day saw some opt for a rest, some opt for half a journey but for the few a combination of everything perfect in canoeing.

It was a beautiful day. The sun presided over the canoeists who tackled the grade 2/3 river which was very fast flowing and took the party out into Lock Bromm. Here sea

conditions prevailed as the last three canoeist paddled around into a strong wind and onto Ullapool Harbour to the welcoming wave from the deck of a ship. (That wave being more than welcome as the three individually planned their escape should they not have been seen and those large propellers started).

Retail therapy was then the order of the day as presents were bought and items from the hardware shop found to be indispensable.

The packing began in earnest later and cars charged up with fuel and trailers packed for that return journey.

That night was a fun packed venture down memory lane both for the week and the previous

expeditions.

The next day saw the covering of snow which was memorable.

As the group returned to loved ones they

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Do you take part in any of the following?

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Slalom/W W Racing	Yes/No
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White Water Touring	Yes/No
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Left:
A moments rest

reflected on why they had gone that week to canoe. Someone had found a new passion. Someone had regained his love of the river and others had sampled aspects of the sea they had not enjoyed previously.

Scotland is a dream land for canoeists.

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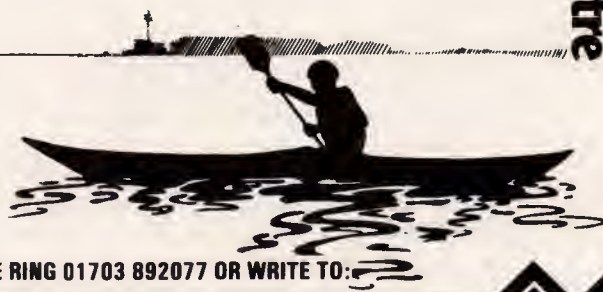
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PEAKUK are offering two new playboat designs to UK boaters looking for extra performance. The Glide and the 007 are creations from the Canadian cutting edge design company Riot Kayaks. Both boats are designed by freestyle boating's Darth Vader: Corran Addison.



The Glide spins into the UK - At the 1997 Rodeo Worlds the Glide prototype changed the rules. "It made wave moves too easy!". At the International canoe exhibition the Glide was voted Boat of the Show. Now you too can experience gliding. This kayak does not displace water, it levitates above it.

PEAKUK are now licensed to make the Glide in the UK. The revolutionary patented hull design features hard edges

(like a surf board), a centralised spinning disk with groove surface with highly rockered, louvered ends that release water cleanly from the downstream end of the boat. The twin tip shape means that the boat goes equally well in both directions. The deck is beautifully styled to accommodate cool Riot Glide graphics and alloy end grabs. The lightweight composite construction means that it rips up all the play spots like no other. This baby out spins anything on green waves and handles the vertical moves with ease and accuracy. At Nottingham it spins on waves that most boats can't even surf. On Ocean surf new moves are yours to invent...

The 2.6 metre Glide is available in two lightweight and tough composite constructions. Lovingly hand crafted by John Day of Concept Designs pedigree. Available in Diolen/Airex at 14kg or Carbon/Kevlar/Airex at 11 kg. Custom built to suit individual styles and body weights. Full to minus 4cm depth cuts are available. Prices are between £649 - £800 depending upon construction. You cannot compare this boat to any regular polyethylene playboat, it's in a category of it's own. Try it if you dare.

Check it out at the Nottingham Peak Shop, on our kayak web pages <http://www.peakuk.com> or call us for more details on 01629 825133.

007 - Licence to Thrill

At 2.2 meters this is the smallest polyethylene playboat available. It rips



up British water easier than any other. Eddyline cartwheels made easy and with its patented Hydro Glide hull shape it spins the green well too.

The 007 is the Jamz Bond for small holes and big waves that's sure to get you shaken, not stirred. 007 is faster than any other snub kayak - fast enough that you'll Never Sat Never Again about short boats. Try 007; you'll be the Man (or woman) With The Golden Grin. 007 will out surf, cartwheel, wave wheel or spin everything else For Your Eyes Only. And through the Jaws of steep creeks littered with holes, eddies and waves, 007 will keep you Rushin' with Love...

Available now in super tough cross-link plastic with cool deck styling, Riot graphics and alloy end grabs. A choice of two different seats to custom fit this weapon to your ass. At £639 it's the most fun you can have for your money. Demos are available at the Peak Shop Nottingham, Whitewater Shepperton, Eddylines Llangollen, Tees Side Whitewater Course and Highland Canoes.

For more info check out this new PEAKUK Web site: <http://www.peakuk.com> or call 01629 825133.

Robson

Robson have produced a new-style paddle with a pressure-moulded glassfibre blade on a Sky-shaft, using manufacturing technology under licence from the US Company Lightning. The paddles appear to be awesomely strong, completely flutter free, and as suited to extreme river running as they are to play paddling and surfing. Available in a choice of colours in any length/feather (two weeks delivery time for custom specifications), the paddles should be in all major stockists by the time this goes to print. Retail price is £169.

For more information contact Nookie 01822 618688.





Ortlieb Snack Packs

A5 15x11cm RRP £9.99.

A6 22 x 15cm RRP £12.99

The Ortlieb Snack-Packs are produced using the same construction as the very successful Ortlieb document cases; with strong seam welds and simple but effective roll-over velcro closure. The Snack Packs are different as they have a non-tainting inner coating which allows them to store foodstuffs without adding an unwanted plastic taste.

The Snack Packs work very well, keeping water out all-day; even when floating around in the bottom of an open canoe during a day of constant rain. They offer a good alternative to bulky containers and the smaller of the two fits snugly into a buoyancy aid pocket for handy dry sweets, choc or chewy bars. Gone are the days of finding a well travelled crushed, wet inedible Mars bar in a pocket, with an Ortlieb Snack Pack, it will just be well travelled and possibly crushed.

More info from: Lyon Equipment, Rise Hill Mill, Dent, Cumbria, info@Lyon.co.uk. Ortlieb stockists, www.ortlieb.de

GSI Lexan Waterproof Utility Box

RRP £15.99

The Lexan box provides an excellent alternative, thank goodness, to using a BDH combined with an old inner tube to keep kit dry on a river trip.

The box is produced in the toughest thermo-plastic available, Lexan, which gives high impact strength and an amazing temperature range which will enable it to be used comfortably in conditions varying from -128 to 129 degrees C. It is also light weight, waterproof; O ring seal, clear, secure; with a double level closure and is provided with an attachment loop for a webbing strap so that it may be tied into a boat.

The box works well, is great because you can see into it but does tend to scratch up a little.

This nearly indestructible box will be the only part of the kit the rescue team will be able to retrieve after you inadvertently miss the last eddy and plunge over the legendary Killer Fang Falls. Well at least they will have the satisfaction of eating dry sandwiches!

More info from: Rosker Ltd, 13 Quay Lane, Gosport, Hants PO12 4LJ Tel: 01705 528711



"Superior" Canoe Trolley

The "Superior" Canoe trolley, built by Marine Fabrications, is constructed from 316(marine) Stainless Steel Tube, 25mm in diameter with a 1.5mm thick wall. Unlike aluminium, which oxidises, or steel, which rusts, the "Superior" remains like new, clean and shiny.

The design of the "Superior" is such that strength and looks are combined. The tube is cut to size and shape then T.I.G welded together, eliminating any flexing there would be if the tube was bent into shape. The webbing which spans the cross bars a supports your canoe, is of safety belt quality and is therefore very strong. The cross bars are padded to protect the underside of your canoe. Just below the cross bars are 2 "O" rings where you attach a small ratchet strap, which then secures your canoe.

In the upright position the "Superior" stands 14" high by 16" wide. The wheels are removed for storage. The "Superior" folds away to a 21" x 12" storable package.

The weight of the "Superior", without wheels is 2kg. The wheels also weigh 2kg each. These measure 10" high x 4" wide, but we offer a choice of type and size of wheel, to suit individual needs.

For further info on the trolley, including custom options, phone/fax: 01352 757698



Yak Gloves

Yak have developed 6 watersports gloves to cover different applications and protect hands against a range of environments. The 2mm neoprene based 'Watersports' glove offers ample protection for active use in most watersports. The Amara palm with kevlar reinforcements gives good grip and superb abrasion resistance. The gloves are complete with wrist straps to give a snug fit and are available in : S, M, L and XL.



Ae'rope'bic

Carey's Ae'rope'bic is a new exerciser designed with the canoeist in mind. It is basically an elastic tension rope with two wooden hand grips and comes complete with an instruction book plus wall chart. The book contains diagrams and instructions for 20 exercises designed to improve flexibility and stamina, whilst working the muscle groups that canoeists use most. The instructions are very clear and easy to follow.

When trying it for the first time I found it a bit boring and did not do all the exercises, it also made my shoulders and back muscles ache. You would need to build up to the full number of exercises over a few sessions. As a warm up programme it would be a bit too much, but some of the exercises could be picked out and used as needed. Once you know the exercises then the wall chart is a good reminder/guideline. It is a very compact, lightweight unit which makes it very easy to slip into a packet or kit bag. The price of £6.50 incl p&p makes it a reasonable buy for most people. I think I would buy one and give it a go.

Contact AE Keating on 0161 736 3739 (Tim Munford, Burton CC).

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2 Perception Dancers, £100 each, 1 Euro Kayak Conquest £100, 5 Prijon invader lites £100 each or £400 the lot, suitable for flat water/light surf. 5 windsurfers suitable for novices including sails £100 each or £400 the lot. TEL Mark 01341 241687(Home) 01341 241646(Work). E-mail MD0687@aol.com

6 M1370 plastic slalom/general purpose canoes for sale following club clear out. gc, stored indoors. Price £400 or £70 if sold separately. TEL 01703 402262 or 0411 618615. (Soton)

Acrobat 270, yellow, 1 year old, used mainly on placid water + kept in garage so in excellent condition. Backstrap, hip pads, seat liner, minicell foam and air bags. Great first playboat. £350.
Acrobat 300, with s/deck, yak bag, B/Aid, back rest, helmet and more. £250. TEL Ben 01524 751641 or 01625 263475(Northwest).
Acrobat 270, blue, hardly used, excellent condition, £350. TEL: John 01273 564827(Brighton).

Acrobat 300, Full WW spec, full plate f/rest, b/rest, central buoyancy, no airbags. £240. TEL Rachel 01823 276004.(Taunton)
Aeroquatic, kayak with solid foot rest, paddle port, airbags and bushpout neoprene s/deck £1750.00. Mark Gees splits £45. Schlegel Allround 202's £50. Azarly wood paddles 184 £35. Helly Hansen drysuit, medium £50. Pogies £5. Nylon s/deck £7. TEL Michelle 01403 731909, West Sussex.
airbags and b/rest. £325. TEL 01302 723929 (South Yorks).

C1 Nomad Sensor, 6 months old carbon sandwich hull, red deck, Italian seat and straps/buckles if REQ, vgc offers around £400. C2 WWR, a little rough around the edges but still good, only £60. 2 sets excaliber carbon paddles v-cheap TEL: 01641 718607(Llangollen).

C1 Maverick gc, fully fitted black seat and straps. With S/Deck and paddle £185 ono. Prijon Canyon - vgc complete with airbags (Front and Rear) and deck lines. Excellent WW river running boat, or instructor boat. Complete with S/Deck £150 ono. TEL Karl 01675 442798 or 0370 843031

C2 Marathon boat (Obsession), probably the fastest, lightest boat in the uk. Good Condition. £600. (worcester).TEL: 01905 610767

Canoe Trailer, will carry 12 or more. £350. Red P&H eliminator polo boat, £85. TEL: Paula 01293 417504.

Canadian Woodstrip, build you own. Stronback and formers for chestnut explorer and sunnyside cruiser + instruction book. Adjust to 17'6". Made by joints. £225. TEL: 01603 440842(Norwich).

Coleman 17ft, open canoe. Approx 4 years old. Stored outside and is of average condition but still watertight. £300 ono. TEL: Carl 01462 834772(Bedfordshire)

Corsica S Proline Red full WW Spec, as new, £350 ono TEL 01746 767384 (Shropshire).

Corsica, Good condition, Full WW spec, Magenta. Excellent river runner + all round boat. £260 or consider part ex/swap for Whip Lash 270, etc. Tel Martin 01248 362456 North Wales (Can deliver to Tryweryn)

Corsica S, to good home, vgc stored in side. Reason for sale: out of country. £230 ono. TEL: Nathan 01823 680467(Devon)

Creek 280, Purple, Good condition with nose cap. £325 ono. Bank manager forces sale. TEL Mike 01639 730518.

Dagger Freefall LT, Full ww spec, full plate f/rest, backrest, central buoyancy, no airbags. £240. TEL: Phillip 01823 276004.(Taunton)

Dagger Freefall LT: £280, OLS Rapid Fire: £250. Both have airbags and backrests. Sale forced as leaving country. Can be demo'd on River Tay if Required. TEL Dave or Ali 0131 3152471(Edinburgh).

Dagger Prophet, WW open canoe, includes perception rolling saddle and twin airbags, excellent condition. £650 ono. TEL Russell 01403 732521.

Dagger Reflection, Open canoe 15' 8" (can be used solo or double) £395. Nautiraid Folding Double Canoe, Excellent sea canoe - large interior for stowing camping gear cost £400 new will accept £750. TEL Gill 01255 503919

Euro Kayaks Conquest, yellow, gc. £175 ono. TEL: Sarah 01922 408912 after 6pm

Esquimo Kendo, Brand new never used, full ww/spec. Complete with palm quaser neoprene s/deck, B/Aid schlegel paddle, protec helmet. £625 ono TEL: 01929 400779 eves. Prijon Fly II - full wwspec yellow - 3 months old & hardly used. Complete with palm canyon b/aid schlegel paddle, protec helmet, palm quaser neoprene s/deck. £250 ono. Palm dry bag & nookie dry trousers, medium £90 TEL 01929 400779

Esquimo Diablo, Blue, full ww spec. V.G.C. £350 ono. TEL: 0181 3663617

General Purpose fibreglass 'Snipe' type canoe, with WW paddles, B/Aid and S/Deck. Ideal package for novice paddler £255. Jaguar K1, o/s and u/s rudder, includes seat, s/deck and asymmetric paddles OIRO £255. TEL 01705 503162 (Gosport).

General Purpose Kayak, Tiger, VCP hatch, b/rest, f/rest, spraydeck - £180. Contact Mick Fitter Day - 01444 234230, Evening - Brighton 01273 842594

Kirton Regina K2, good condition, seats, handles, pump, sock, understern rudder £375. Open canadian Pyranha WW Traveler 16' £300. 2 Pyranha Touring boats plastic £75 each. TEL Dave 01606 48917(Northwich).

Kirton Tiger K1, Fibreglass construction- royal blue clear deck, sea blue opaque hull. VGC, with seat, o/s & u/s rudders, ss rudder wire. Prepared to travel part way to complete sale. £350. TEL: 01822 853601(Plymouth) after 6:00pm.

K1 Racing Kayak, Fibreglass u/s rubber to include paddle and roof rack. £200. West Yorks TEL: Derek 01924 411919.

Kiwi 2 Excellent condition rarely used demonstration model, blue deck/white hull. £200. Ill health forces sale. TEL 0115 9285800

Magic Bat, full wwspec good condition £250. TEL: Nick 01922 813983

Mega, Jester tico-lite surf kayak grp 2 years old vgc £330 ono. TEL Malcolm 01752 822803 (Plymouth)

Merlin K2, U/Stern, portage handles, glass construction, pink deck. £230. ono Soton 01703 840170

Nick Pink Mystere 1994, All Carbon Kevlar Epoxy construction. Showroom condition (almost no scratches). 7 kilos weight, green £450. Nomad Commanche general purpose kayak, fibreglass, blue. GC £50. Kirton Whitewater racer K1. All kevlar construction. Sound condition but a little on the heavy side. £60 ono. TEL Martin Harrall 01225 705717

North Shore Calypso, sea kayak + Whitewater Quaser s/deck + cockpit cover + stirring pump. Excellent condition. 2 1/2 years old £640. 2 * sea quest medium sea kayaks + s/decks. £220 each VGC. Lendal carbon fibre sea paddles £55. Hump it trolley, new and unused £50. Roof bars(guttered) + J bars + 1 set of canoe rests £40. 3 sets of paddles £20 each. TEL 01539 726595 or 0374 661822.

Nordkapp Red and White, fibreglass. Good, battle proven condition sadly sold to fund boring freshwater activities. Pump, paddle float, left had split paddles & Towline £300 ono. TEL 0118 9882436

Open Canoe, 16ft McNulty HURON, red glassfibre, built in buoyancy, reasonable condition. £200. TEL: 01900 62282 (Cumbria)

Open Canoe, Coleman Gold Medalist 16, with paddles and extras VGC £350. Contact Steve on 01905 454741

Old Town Discovery 169. Dark green with all hardwood trim, garage stored very nice looking boat. £400. Pyranha master with air bags and back rest, excellent condition £175 ono. Puma K2 would make good training boat but needs work, £50. TEL: 01823 433514, evenings.(Taunton).

Perception reflex club (blue), with b/strap, s/deck and paddle (if required). Good general purpose and slalom boat. GC with only light use. £220 ono. TEL 01703 402262 or 0411 618615.

Perception Dancer, red, paddles, Gul wetsuit size - medium c/w boots size 8, helmet, b/aid (whitewater) BDH, wetsack. All equipment is in good condition, £250 ono. Buyer to collect. TEL: Colin day - 01617 646464, eve - 01427 873803.

Perception Dancer, Ainsworth paddles, YAK neoprene spraydeck and Wild Water helmet, all in vgc. £200. Perception Dancer XS, Ainsworth paddles, Bush Sport neoprene s/deck and Wild Water helmet. All in vgc, £200. Pula fiberglass K1, Freeblade paddles, Ace Helmet and Splashsport B/Aid, £65. Typhoon Long-John, Size:TM £15. Neoprene Shorts, size:M, £10. WW Thermal paddle joints, £10. TEL 01252 399558.

Perception Overflow, 18 months old, excellent condition, granite white. £350. TEL: John 01929 481222 day (Bournemouth).

Perception Pirouette Super Sport, Purple, VGC less than 1 years use. Price include phoenix s/deck & hip pads. Stored in garage and very well looked after. £325. TEL 01908 551383

Perception Super Sport, Purple, excellent condition air bags + end caps with playboater deck. £350. TEL: Andy 01626 362044(Devon)

Perception Whip-it, (Yellow) Seen better days but still sound. Could deliver to Tryweryn, Pierrport or Teesside. £150. Call Tom or Eric on 01422 843194, evening or weekends.

Perception Whiplash, Used once as new, injured back forces sale £450 ono. Pyranha Magic bat, full ww spec inc. airbags £280. Ace 385 Falchion with b/strap, air bags and thigh brace vgc £200. Mogul polo canoe with s/deck and polo paddle £99. Snipe fibreglass canoe £15. TEL 01725 512611 (Salisbury).

Pirouette Super Sport - purple vgc, great play boat £310. New nookie S/deck(keyhole/Waist-m) £35. TEL Simon Clarke 01703 891418(Soton).

Playboat Dag Shark, excellent condition, black full WW spec. Can deliver Bala or Teesside. £250. TEL: 0191 4882479.

Prijon Avenge/Hurricane, Alpine spec, black. £250 ono. 0467 666452 (Possibly Deliver).

Prijon Fly 3 months old excellent condition £400 ono. TEL 01491 612394(Oxon)

Prijon Gambler Mark 2 gc, black with yellow markings, full plate footrest, nose cap, buoyancy bags, b/strap £400 ono. TEL Mike 01257 255495 evenings or ansphone daytime.

Prijon Invader Lightweight, magenta. Vgc, airbags, full footplate £275. Also Ainsworth paddle s/deck, B/Aid, helmet and wetsuit available - offers considered. Birmingham area 021 5503270.

Prijon T Slalom, kayak, tough yellow plastic, good for medium or large paddler, inland or sea. £185. TEL: Richard, 01453 765610, Gloucestershire

Pyranha Razor, purple with graphics, 6 months old, gc, £450. Yak coppermine B/Aid, black and red vgc. £60. TEL Mark 01703 346327 (Southampton).

Pyranha Creek 280, 1 year old, multi-art red with blue graphics, excellent condition, full spec, padded, great WW boat. Selling to rationalise number of boats. £350. TEL Jez 0118 9662488 (Reading).

Pyranha Magicbat, yellow, 5 years old, gc, £100 ono. P & H Reflex slalom K1 1990. Carbon Kevlar construction hull and deck. Excellent condition (no damage), £200. Peter Spence "Savage C1" 1993. Diolen construction, excellent condition (no damage)

£200. Slalom C1 paddle. Carbon Kevlar blade, brand new condition £50 ono. Phoenix C1 s/deck made from hypalon (better than neoprene). Brand new condition £40 ono. Carbon epoxy wing paddles, 220cms long, £80 ono. TEL Nigel Harrall 0467 832706

Pyranha Master, yellow, excellent condition, bowcap, backrest airbags £2000. Prijon T Slalom, red, gc, air bags, b/rest, full plate footrest £175 TEL 01252 521530 or 0370 827284(Hants).

Pyranha Mountain 300, 2 years old, little used, vgc, blue, full WW spec, including pyranha

Pyranha Mountain 300, good condition, yellow art design, wwspec. £250 ono. TEL: 01278 793911

Roofbars, Genuine Vauxhall Cavalier (New Shape) £35 ono. 0467 666452

Rota Bat, full WW spec VGC £150. TEL 01904 641302

Sea Kayaks, 1 Vyneck, fibreglass, red deck, white hull, round hatches fore and aft, declines. vgc and a very fast boat. £450 or offers. 1 Bardsea, fibreglass, yellow, round hatches fore and aft, declines. Reasonable condition and very stable. £150 or offers. TEL 0181 9401651

Sea kayak glass fibre, nanuuk, rubber, gc. £100 ono. TEL 01922 644441 (Walsall).

Sea Kayak - Huntsman, 2 bulkheads, VCP round hatches, Henderson pump, rudder, foam seat, b/rest, neoprene s/deck £350. Contact Mick Fitter Day - 01444 234230, Evening - Brighton 01273 842594

Skery Sea Kayak, red plastic, barely used excellent condition inc boat mounted tow system £499. Pyranha mountain bat, yellow, almost new £299. Prijon T slalom, red gc £199. All stored inside. GRP Canadian, new unused, requires thwarts and seats. TEL: Eddie 0113 2797803. Leeds

Slalom K1 yellow & white epoxy Kevlar/carbon inclusive neoprene s/deck & Nomad 2. DOT carbon paddles also helmet. A Smart boat all for the asking price of £235. TEL David 01923 285401 (Chorleywood Herts).

Slalom C1 Kevlar, Nomad shoot excellent condition £120 ono. WWR C1, Kevlar Mustang well used £50. WW C1 Kevlar Ace 3, very well used. TEL 0181 9593167 (North London).

Spray covers, quantity of chang red/blue, fully adjustable waist and coming. Surplus to requirements (R.R.P £20) any quantity @ £10 each. Still packaged. Canoe Straps ditto as above, 3 metre sprung metal buckles(R.R.P £5 pair) any quantity @ £3 per pair. (Due to weight local collection only) Stan Holthorpe 0181 3983118(Esher/Kingston)

Super Sport owned by a female paddler, well looked after, always stored indoors, no significant scratches. A superb river running tool, and useful playboat. Offers around £250. TEL Ruth 01904 670379 or 01748 826432.

Topolino Spud, Green good condition, ainsworth paddles, crewsaver b/aid. River runner s/deck, palm cap, palm dry trousers, sleeveless w/suit, helmet, Nike wet shoes, roof rack to fit most cars. Will not split. £395 ono. TEL: 01932 847342(Surrey).

Valley Skeray Kayak, 18 months old. Compass, pump, rudder, flare tube, paddle, paddle float, s/deck, b/aid plus more. All for £750. TEL: Dave 01822 615452

White water spec Roto Bat, complete with foam footrest and airbag £140 ono. Dancer £100 ono. Raider Surf Ski £140 ono. TEL: 01530 813713

Woodstrip, chestnut prospector, 16ft open boat, mahogany gunwhales, deckplates £1400 TEL Lee: 0116 241233, 016 2716567

Woodstrip, Hiawata from canoe crafts, £500, open 16ft ply 3 seater £200. 16ft mould for open canoe (as ply) £100. Fibreglass kayaks, 1 junior, 1 single, 1 2 seater: large cockpit £50 each + B/Aids-single paddles, room needed. TEL 01902 588243.

Wanted/Swap
Snapped & Lost on the upper Roy 8/4/98, green Lendal N12 paddle. If either end is found please phone Darrell TEL 0113 2250650.

Wanted, Henderson TCL4 Hatch cover with GREY rim for sea boat. Must be in Good Condition. TEL Andy 01305 833346.

Wanted, Pintail sea canoe. Must be in good condition. TEL: 01453 543010

2 M1415's wanted by canoeists with special needs. Must be cheap. Phone Phillip Oates at QEII Centre 01703 404844 daytime.

Wanted: Pool boats, in good condition for use at school, can collect. Contact Chris Near 01291 622045(day), 0410 059496(eves)

Wanted, Old Canvas over wooden framed canoe, or information on how to build one. TEL: 01928 572729

Wanted, one second hand 'Prospector' for river trips (mainly with family). Can just be the shell. Contact Sam or Stormont on 01690 720307

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Lost/Found
On 23rd May, whilst participating in the National Canoe Polo Championships for Viking in Stratford Upon Avon my Paddles were lost or stolen. They are left-handed carbon-fibre polo paddles with Gorilla stickers on each blade, white tape on the edges and some blue tape on the shaft. If anyone has any information regarding the paddles please contact Barney on 01332 552047.

Stolen From Llangollen YHA, Creek 280 TDTW5(OAFI-JC, Micro 230 both purple. Any info call Alan 01978 869389, or the Police.

Found, Left in one of P&H's demonstration sea kayaks at the Anglesey Sea Symposium. One Sealine Baja 10 dry bag containing one petzl head light and other items. Please telephone P&H on 0115 932015 if it belongs to you.

Misc
Room to Rent Sheffield, shared house, suited mature student/graduate - canoe storage, TEL 0114 2550608 .

Is The Grass Greener?

For most people the opportunity of being paid to try and fulfil their sporting aspirations is something they can only dream about. The majority are tied to a 9 to 5 job with barely enough time to keep fit, never mind reach world class level.



an Raspin speaks to former full time British Slalom Team athlete Rob Wright about the lifestyle and pressures that go with it and gives him the opportunity to reflect on how it compares with his new career of being self employed.

Rob was chosen for this piece as I felt it would be more interesting to compare the lifestyle of an individual where in both circumstances they were their own boss.

Rob was a member of the British slalom squad for well over ten years, before retiring in 1996 aged 31. He raced at the highest international level and achieved results inside the top 10 in the world. Now he lives in St. Ives, Cornwall where he is proprietor and manager of a motor conversion company.

Q1: As most people who have tried will realise, to reach the top in our sport takes years of commitment, regularly in excess of 15, quite often to the detriment of other areas of their lives, particularly careers. In retrospect do you feel this was the same for you?

RW: To achieve anything that you see as worthwhile, you have to make sacrifices. That is not to say my paddling career was just made up of sacrifices, there were many benefits. The opportunity to see the world, meet new and interesting people and do things that other people only dream about. However if I'd had my heart set on quickly climbing the career ladder of any major organisation, I believe to have set out at the age of 31 with little work experience, wouldn't have enhanced my chances. Although, I would strongly argue that the qualities and skills I

have developed through the experiences of my sport such as persistence, dedication, goal setting, planning and time management far out weigh any other 'training program' I could have embarked on to prepare me for a successful career.

Q2: You've chosen to set up your own business opposed to working for someone else. What was your rationale behind this?

RW: As I've just mentioned, my lack of work experience was a factor in my decision. But without a doubt the most over-riding factor was the appeal of being my own boss. For the last 15-20 years of my life I've operated in this manner with relative success. So I'm used to being self reliant and in control of my own destiny. The idea of having my potential governed by parameters placed on me by an organisation seemed both alien and frustrating. Also I've learned to value my freedom greatly and see work simply as a means to an end and all too often for many organisations it seems to be an end in itself.

Q3: How clearly did your expectations of working for yourself fit with the actual reality?

RW: As an athlete it is ingrained in you the harder you work the better you will be and to a large degree this is true. However, one of the first things I learnt is that this simple relationship isn't always true in business. There are many factors which can not only affect progress, but also determine the degree of commitment you're prepared to sacrifice to a problem. In my sport there was never any debate to the amount of time and energy invested, you knew nothing less than 100% was good enough, so that's what you gave. Now in work I'm finding I'm continually having to compromise. My productive time is being continually eaten into by having to do tasks which are not directly relevant to the job. I'm also having to tame my perfectionist mentality that I've brought with me from my sport, as no longer can I, or the customer, afford to invest unlimited hours into a project in order to make it perfect. This itself regularly proves

very frustrating.

Another difference I'm finding hard to adapt to is when to stop. While training it was easy to govern when you'd done enough, you simply became physically exhausted, but in business it's not quite the same. Physical exhaustion doesn't often play a part, but it is the mental fatigue that begins to compromise performance. Unfortunately however it is far more difficult to monitor you're psychological state than physiological. Consequently on occasions I've worked for periods which have been far too long for the good of me, the business or my relationships.

Q4: What do you feel is the biggest benefit your new career holds over your old?

RW: Without a doubt it's got to be my new financial situation, while competing I could have almost described myself as living from hand to mouth. The funding I received was barely adequate to cover the costs I incurred through my preparation, never mind the competing and everyday cost. And it was only assessed yearly! Talk about 'performance related pay', believe me if you screwed up or even just incurred a penalty at the major races, that could mean the end of your funding for the following year. It makes athletes laugh when in the world of business you can actually insure yourself against poor performance. What a dream that would be in sport.

When I retired at 31, as well as having no home to talk of, no job, no pension, paid no national insurance contributions, I was thousand of pounds in debt. Thankfully those days are over.

Q5: What do you think was the biggest benefit your old career had over your new?

RW: As those who know me will vouch, freedom to do what I wish has always been high on my list of priorities and even though I've managed to maintain a fair degree of autonomy by working for myself, I'm still tied in ways I wasn't when I was competing. So I guess this is what I miss the most. The life style of an athlete is a great life and with the introduction of the lottery funding to ease the financial burden, I'd recommend it to anyone. But one word of warning, if you think the world of business is ruthless and cut throat, stay well clear of sport.



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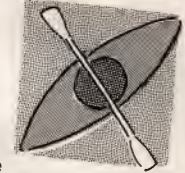
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World Championships 1998

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This years world championships held in the picturesque barvarian Alps, overlooked by the Zugspitzs, with the friendly hospitable people of Garmisch Partenkirchen and Grainau to welcome the competitors, it was one of the best organised and presented championships yet.

The river flows from the Austrian border bypassing the town of Grainau and through the centre of Garmisch before merging and flowing down towards Munchen. The river is very well used and respected by the German canoeing fraternity for it's challenging technical nature. It is fed from snow melt and large peat bogs which do strange things to water levels. When you think the water level should be rising it's dropping and when you think it should be dropping the water keeps rising, which has prompted many heated debates

Favourites for medals were as always the German, French and Italians. The non stop proved that their dominance would probably not be disrupted. Thomas Koelmann was the top tip for the Gold in the mens class, Vladi Panato as always in C 1, however the return of Uschi Profanter in the ladies shook things up and the French C2's were looking very good!

The opening ceremony started with the usual parade around the local town but took on a new meaning as we entered the Olympic ice stadium to be faced with a near capacity crowd creating an atmosphere a world championships deserves. The speeches were short and the entertainment'' entertaining, the athletes were then rewarded for

their patience with a three course meal with the management taking full advantage of Krombachers (beer manufacturer) sponsorship.

The day of the worlds arrived, with all the classes competing on the same day it meant early starts for the men, with the first competitors starting at 9.30am. The mens event saw some not surprising results but amazing results. Thomas Koelman (GER) took gold, over 12 seconds in front of Mikeal Fargier (FRA) in second and a further 11 seconds behind him Giles Calliet (FRA) the field then tightened up with some places being decided by hundredths of seconds. Markus Gickler four times world champion finished 6th, the Loisach isn't really suited to a 95kg weight. Ironically Roberto Pontarollo was unable to shake of his jinx finishing 7 tenths of a second behind Markus as he has done in the last 4 World championships! Another experienced paddler and a favourite for a medal was Philippe Graille (FRA) who was in silver medal position before a mistake at Treppenhaus where he completely blocked the river for a while. The British men, although fielding our strongest team for a long time, faired poorly. Ian Tordoff was recovering from flu managing 23rd, Jamie Christie came down with

the same infection during the days before the competition managing only 40th place. Micky Mason finished 29th after having a few problems on the top of the course. Joel Wilson was the only paddler who performed to par finishing 26th.

The C1 class was won by Vladi Panato (ITA), 7 seconds in front of Olaf Scharz (GER) closely followed by Stefan Stiefenhoefer (GER) in bronze. Our only entry was Rob Pumphrey who took 19th place. He had major boat problems after the non stop as his boat started to de-laminate and leak, and with only one race boat was forced to use it in his worlds run.

The C2 class was won by Simon & Mueller (GER) closely followed by Vala & Slucik (SVK), in bronze Baechler & Baylacq (FRA). Outstanding British performances came from Belbin & Caunt finishing in 11th narrowly missing a top ten finish by 2 seconds. The Cloughs finished in 14th with the Walling brothers in 17th.

Claudia Brokof (GER) took gold by 2 tenths from Uschi Profanter (AUT) in the ladies with Anne-Blandine Crochet 8 seconds down in bronze. Our best result was from Cynthia Berry in 11th, Tina Parsons in 16th and Yael Chance in 21st.

The team events ran as expected with Germany, France and Italy taking 10 out of the 12 possible medals. Our big hope was in the ladies as they were ranked 3rd fastest entering the team event, which meant there was a possibility of a medal. But it was not to be and they finished 6th.

The prize giving took place in the ice stadium with a number of local acts to raise the blood temperature, especially those of the male audience along with the medal presentations it set the mood for a great evening. The prize giving and closing ceremony was followed by another meal accompanied with free beer from the very generous sponsors which rounded off a very well organised and sponsored event doing justice to our very exciting and eye catching sport.

The paddlers would like to thank the team management, coaches and drivers for donating there time free of charge so we can concentrate on paddling and performing at our best.

Article by Jamie Christie



	MK1	MCI	MC2	WK1
Gold	FRA	FRA	SVK	FRA
Silver	GER	ITA	GER	GER
Bronze	ITA	GER	FRA	CZE
GBR	7th	-	5th	6th

Team Sponsors this year include:

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International Canoe Marathon Portugal 7 Jun 98

Crestuma

The annual Crestuma International Canoe marathon race is held on the wide tidal estuary of the River Douro, this river is over 200km long and runs through Spain to the coast of Portugal at O Porto. It is from this rugged and beautiful valley and its surrounding area that all the grapes are grown from which port wine is produced.

the canoe club provided brand new boats for those international teams which had flown in. These were very solid and heavy all fibreglass construction and the rest of the afternoon was spent fitting pumps in preparation for what can be a very rough course.

Enormous Crestuma-Lever Dam

The 18 mile course begins immediately downstream from the enormous Crestuma-



Above top: Paul
Hobrough
Above bottom:
Duncan Capps

Right: Danny
Beazley/Paul
Enoch at the 1st
portage



The team representing Great Britain at the 18th running of the event consisted of Paul Hobrough (Wey)/myself (Army) and Danny Beazley (Leaside)/Paul Enoch (Nottingham) in K2s, with Paul Slater (Gailey), Daniel Golder (Falcon), Damien Chapman (Nottingham) and Malcolm Starkey (Reading) in K1s.

Article by
Duncan Capps

We were also fortunate to have Jim Rossiter to look after us as team manager.

On Saturday the race organisers organised a guided tour of one of the port producing 'houses', after lunch in a floating restaurant we travelled up to the race start at the village of Crestuma to collect and fit out the boats. In addition to organising the event



Lever Dam. The river at this point is about 250mts wide with a very strong and turbulent flow. The 2 portages are artificial with the first one after 6 miles consisting of a 150mt run along a sandy bank before paddling down to the turn at halfway in the centre of O Porto. After turning paddlers are forced to hug the bank to remain out of the strong flow with the 2nd portage after 12 miles, this is about 200mts long over deep wet sand (always a favourite when you're tired!). The final 6 miles is back upstream and is against the increasingly fast flow until the final turn below the Dam before a 500mt sprint downstream to the finish.

International teams from Portugal, Spain, France, Belgium, Ireland, Czech Republic, Denmark and Russia plus domestic Portuguese and Spanish paddlers made up strong fields in K1 and K2.

Jim had been nominated as starter and the Czech sprinters went out hard with a lead group of 6-7 boats settling with Paul/me and the Portuguese at the front and Danny/Paul just behind. The fast water was in the centre of the river but the wind was making conditions so rough that it was quicker to keep closer to the bank in the relative calm. After about 3 miles the motorboats filming the race decided to pull in front of the lead group, their washes caused large waves which

swamped the lead K2s. This continued for about another mile by which time the lead group consisted of Paul/me and the Portuguese with Danny/Paul the Danes and Belgiques in a chasing group. By this stage despite neoprene decks we were almost full of water and the one pump which was working was unable to cope. One surfing wave too many and we re-enacted the scene from the Titanic having to bail out as the boat sunk. Our swim to the bank was encouraged by Danny making submarine noises as his group raced by towards the first portage with Paul smiling and shooting enormous jets of water from his dual caravan pumps just to rub it in. After barely managing to stop our unbuoyanced boat from completely sinking we emptied out and rejoined the race in about 20th place by now at least 6 minutes down on the leaders. We worked hard on our own moving up the field through the 1st portage by which time we could again see the leading boats. The rough water had split up the field as it raced through the town and by the turn

Danny and Paul in 4th in 2hr 13 mins against the winners time 2hr 9 mins.

In the K1 race the 4 GB boats all had good starts and had formed a lead group of 7-8 boats before racing straight through a fisherman's line in the middle of the river. In the confusion Malcolm came off worse managing to get line wrapped all around his paddles and was in almost last place before he managed to free himself. The Portuguese paddler Penetra used the opportunity to get clear of the field and went on to paddle the remainder of the race on his own to win. Paul and Damien were in the chasing group and by the 1st portage were clear with Pete Maycock of Ireland followed by Dan just behind and with Malcolm by now moving back up through the field. Damien had managed to bash his rudder and had to stop to straighten it losing contact with Paul and Maycock.

The K1s were relieved to round the turn which marked the roughest point on the course and coming into the 2nd portage Paul and Maycock were still together followed by Dan

Damien limped in and although most of his rudder was missing there was enough left to cut Jim and require him to visit the first aid point (no more trips for you Damien!).

GB were 2nd to the Portuguese in the team competition and despite the team always being late for breakfast Jim collected the slightly misleadingly titled team "Punctuality" trophy. This in fact should be re named the Jim Rossiter award as it is presented to the team manger who has been coming to the race the longest, by default this is always Jim as he was at the first race!

Post race celebrations

The whole trip was excellent fun and in traditional fashion it was left to the British to lead the post race celebrations in the spirit of international harmony. As an added bonus for a long suffering team manager this year Jim didn't even have to give up his shoes so one of his paddlers could get into the nightclub!



Below top:

Danny
Beazley/Paul
Enoch finish 4th

Below middle:
Paul Slater takes
second place

Below bottom:
Paul
Hobrough/Duncan
Capps at the 1st
portage



Above: The team

Back row L to R: Paul Enoch, Danny Beazles, Jim Rossiter and Paul Slater.
Front row L to R: Duncan Capps, Paul Hobrough, Damien Chapman, Dan Golder and Malcolm Starkey

we were in 5th place with the Portuguese still leading followed by the Danes then Danny/Paul chased by the Belgiques. We overtook the Belgique crew after the turn and began closing down the Danes and Danny/Paul who were now together. By the 2nd portage the Danes had broken away and we caught Danny/Paul on the run with the soft sand making the going especially hard.

After the portage the 2 GB crews exchanged leads for the next 3 miles but without enough speed to make a serious impression on the Danes. Paul put in a big effort on the last cross-over of the river and we managed to drop Danny/Paul in the rough water which was making washanging difficult. I realised why Paul had been working so hard when he began shouting at me to burn for the final turn, he thought we were at the finish when in fact there was about another 2 miles to the end. He was not impressed when I gave him the good news but we managed to keep it together to finish 3rd in 2hr 11mins with



and the 2nd Portuguese. Damien had made the mistake of trying to hold the inside line on Shaperenko of Spain who was using an overstem rudder and he paid for it by finally snapping his already weakened understern on a rock. Malcolm's charge through the field was temporarily halted at this point as he decided to take a swim just before the portage.

About a mile from the finish Paul put in a hard effort to get clear of Maycock and take 2nd place in 2hr 22 mins. Dan was just pipped in the burn to the line to finish 5th in 2hr 23 mins with Malcolm taking 6th in 2hr 25 mins.





A Weekend for Everyone

Cardington white water course is an excellent opportunity for canoeists at low level, young or old. This was the first trip for me in charge of the Soar Valley juniors and their first trip together as a junior section.

The weekend began on Friday evening, boats were loaded onto cars and the minibus crammed full to the top with kitbags and kids. Our destination "Bedford" was just over an hours drive, but for some reason our map reader, Steve, took us the long way round. I think it was a combination of too much fizzy pop and loud music! We finally arrived just before 9pm. By now it was dark and the task of putting up the tents was going to be more fun than it normally was.

'OK guys tents up then we'll unload the minibus'

'Where do we go?'

'Anywhere you like!'

At this point twelve very excited young people charged down to the darkest, furthest point possible from where the mess tent was going to be.

'Eh guys don't go running off down there please!'

Too late, they'd already started unpacking.

They erected their tents in ten minutes flat, amazing! I think they could have done it with their eyes closed, but saying that they may have done seeing as it was so dark?

'Just my tent to put up then kids'

'What!!'

'Well you did such a good job of putting up your own tents, you can do mine.'

'Oh thanks then'

'No problem!'

'Oh yeah and when you've done that you can come and help up here'

'Yeah, ok'

The kids love me really!

Finally everything was finished for the evening, and after a cup of tea we all decided to turn in for the night, knowing that there was a busy day ahead.

Who said men can't cook?

Saturday morning arrived too early. I couldn't believe that I was helping to cook breakfast at 7:30 in the morning. Richard and Carey had already been up for half an hour, so the food was well on the way to being edible. Who said men can't cook?

After breakfast we all made our way down

to where the course was going to be set up. It was quite heavy work, as there are a number of glass fibre "hippo" type obstacles to be moved, to enable the course to take shape.

There were a number of clubs helping out and with the help of course organiser Mick Nadel we were able to complete the

course for just after

dinner. The



Mathew Sandley
Trial and error

gates were opened and the course began to fill up. Within minutes it was at the level for the less experienced white water paddlers.

The kids were a bit cautious at first but after a few runs they began to experiment and test their own level of skill. They began by practising breaking in and out of eddies, giving me plenty of time to take pictures.

A couple of the braver ones had a go at sitting in the stoppers and to their surprise found it quite easy, apart from a few swimmers. The more cautious members of the group decided to retire after a few hours and take advantage of the glorious weather, by sun-bathing outside their tents.

I decided to join them and have a rest from the exhausting task of taking photos and video footage, only to find myself surrounded

by people asking me when I was going down the course and why I hadn't already. After using all of my excuses up I decided to make a start on dinner, it was the only way to release myself from interrogation.

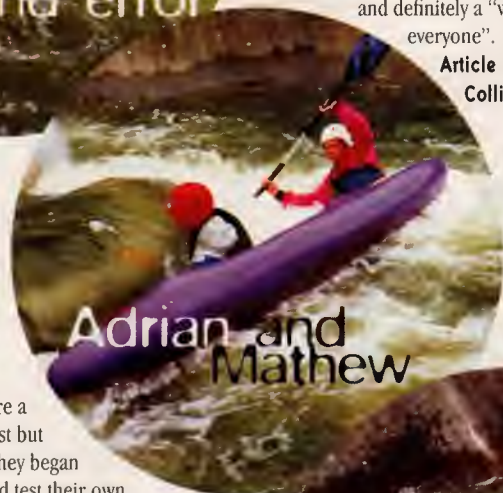
Trial and error

Another early start on Sunday. The kids couldn't wait to get on the water. It surprised me how quickly they were improving just by trial and error. The flow was increased at dinner to it's full capacity, but by then the kids had really got the hang of it. Richard and Carey decided to go on after dinner which just left me. A couple of juniors volunteered to go down the course with me in a Topo-Duo, very brave. I eventually gave in and got ready to go on. Putting on a brave smile I got in the boat and off we went. The excitement soon overcame fear and I enjoyed every minute of it. I enjoyed it so much I had four more goes after that. A pool session had been arranged for the evening and nearly everyone from the weekend went swimming. As the pool had been hired privately the use of the flumes and Jacuzzis were easily accessible.

Monday morning was here already, the last day. Most of the kids went on the course for a few hours before having to pack and leave. After packing up tents and loading the cars and minibus, we had to help take apart the course. This felt harder than when we'd put it together on Saturday morning. I think this was because we were all tired from a long weekend.

Finally it was finished and time to head home. We thanked Cath and Mick Nadel for a great weekend and that we'd be looking forward to next year. Cardington is a great idea if you want to have a go at white water, and definitely a "weekend for everyone".

Article by Emma Collins



Adrian and Mathew



Matt North



The group



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