

THE CANOE SPORT MAGAZINE FOR THE NINETIES

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focus

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Watch this space for Prijon, Boxer and
Wavesport 'Y', available late October



Input & Ideas



News & Events



Features



Competition



Reviews

contents

Canoe Focus

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5 Comment

From Chief Executive Paul Owen

14 Sea Rescues

Re-entry British style

16 Anaerobic Fitness

The assessment of Aerobic and Anaerobic fitness in kayak racing

6 Noticeboard

Catch-up with what has been happening

7 What's On

So much to do, so little time...

8 canoeing and the Environment

Be aware when canoeing plus photo competition

12 International canoe Exhibition

Latest news from Birmingham

18 Paddlefest

Looking forward to 98's event

22 Access

Tyne access agreement and River Wye

40 Young Paddlers Programme

Paddlepower feedback

42 Canoe Centres

Twr Y Felin



10 Alpine Expedition

Joint services meeting

20 Raleigh Expedition

Paddling in paradise

24 Spain

Visit the Picos

34 Les Alpes II

De Montfort University expedition

36 Griffon Canoe Club

Honours founder member

50 Dalaman

Holiday on the south west coast of Turkey



26 Performance Pages

Round up of the latest events: slalom, World Sprints, Marathon and Sailing

47 Slalom

Looking forward to the World Cup final

48 Marathon

Scottish Marathon series



38 Paddler's Gear

Two new boats from Weirwolf plus the latest gear

Your contributions make Focus happen. The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers. Please don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. Technical information. Contributions are acceptable in clear handwriting or typed (double spaced). PC disks (3.5 or 5.25) can be read from most Word Processing programmes especially if saved as an ASCII file. Macintosh files saved as DOS or ASCII can also be scanned. Photographic images are preferred on transparencies (colour slide). Artwork and line drawings should be clear and large. All material is accepted on the understanding that the BCU and it's agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. Next Copy date is the 20th OCT 1998. Material arriving at FOCUS after this date cannot be included in the December 1998 issue.

Robin Hood Watersports

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ICF Presidency goes to Germany

Ulrich Feldhoff of Germany became the new ICF president, beating British candidate Albert Woods by fifty-nine votes to twenty-two. The congress held in Budapest followed the Sprint Racing World Championships and saw outgoing president Sergio Orsi retire to become ICF honorary president in recognition of his eighteen years service at the helm of the ICF. Feldhoff, a management consultant by profession has been president of the German Federation since 1981 and is also vice president responsible for high performance sports in Germany.

The new second Vice President Tomasini Schwertner of Brazil was elected after five rounds of voting with, eventually, 44 votes in favour and 38 countries abstaining.

Marcel Venot of France retained his position as a European representative and will be joined by Dr Etele Barath of Hungary who replaced Jan Bache-Wig of Norway.

Frits Jager of the Netherlands was elected Chair of the ICF Canoe Polo Committee, following the retirement of Rolf Thiede.

ICF Congress

With eighty-one countries represented the other significant Congress decisions were as follows:

- Number of ICF vice-presidents increased to three (effective in 2000)
- Agreement in principle in respect of annual Canoe Slalom World Championships (except in Olympic years)
- Agreement in principle in respect of future under 23 championships (format to be agreed in collaboration with Continental Associations)
- 2000 Congress - October / November 2000 in Poznan, Poland.
- 2001 World Canoe Marathon Championships - Teesside, Great Britain.

Sprint Worlds

45,000 Spectators attended the Sprint World Championships in Szeged, Hungary. Making it the biggest Canoeing event ever! The entire British Team made the semi-finals and three boats made the finals. Becky Train's 5th place in the K1 200m was the best result with Becky and Sister Rachel taking 8th place in the K2 500m. Ivan Lawler and Ross Sabberton taking 9th place in their K2 1000m.

Canoe Exhibition

The International Canoe Exhibition will take place at the National Exhibition Centre on February 27th & 28th. Already a near sell out the Exhibition will feature the latest canoeing designs as well as an opportunity to meet old friends.

Several new features will be announced over the next few weeks, please watch Canoe Focus for the latest news.

AGM's

The Annual General Meetings for all the BCU Committees will take place as follows:

English Regions:

East Midlands: Saturday 28th November 6:00pm at Leicester Outdoor pursuits centre.

Workshops on kayak and canoe from 12:00. Food provided at AGM for those who book. Contact Carey Green for further information.

Eastern: Monday 23rd November at 8:00pm at the scout hut of 1st Bury St. Edmunds, Toillgate Lane, Bury St. Edmund's, Suffolk. Scout hut is adjacent to the Greengage public house. For further details send a stamped addressed envelope to: **Brian Stanbridge, 11 Chelmer Close, Bedford. MK41 7YD.**

London & South East: Wednesday 25th November at St Johns School Caterham. **Phone Jim Rossiter for further information.**

North West: Saturday 28th November 1998, Liverpool or Southport.

Northern: Tuesday November 17th @ 8pm. Preceded by coaching service agm at 7pm. Location: Wentworth Centre, Hexham.

South West: Friday 27th November 1998, Bridgewater

Southern Region: Tuesday 17th November 1998 at Liston Hall, Liston Road, Marlow Bucks. Starting at 8.00pm. TEL: 0118 9844470

Southern: Tuesday 17th November 1998, Marlow

West Midlands: Wednesday 2nd December 1998, Ackers Trust Canoe Centre 7:30pm. Any nominations for committee or items for agenda to **M.Nicholls - 0121 3602136**

Yorkshire & Humberside: Thursday 26th November 1998 at Queens Hotel, Pontefract, 7:30pm

Road Show

The BCU Development plan will be road showed prior to the regional AGM's. This will be your chance to ask questions and understand where the BCU is going over the next few years. A member of the BCU Executive Committee supported by a staff member will give a twenty minute overview of the BCU's plans under the strategic headings of:

- More people
- More Activity
- More Access
- More Coaching
- More Medals

The road shows will be followed up by latter Workshops in the following areas:

- Performance
- Facilities
- Regional Development
- Communications
- Young People

Dates:

Eastern	23 Nov
East Midlands	28 Nov
London & SE	25 Nov
Northern	17 Nov
North West	28 Nov
Southern	17 Nov
South West	27 Nov
West Midlands	2 Dec

Full venue details in this Canoe Focus.

And Finally

Congratulations to Paul Ratcliffe and the Canoe Slalom team on yet another successful set of results at the Canoe Slalom World Cup. Paul won the men's K1 to add to the European title gained earlier in August, not bad for a man who had a four month lay off with a shoulder injury earlier in the year.

Paul Owen
Director



**Tyne Tour:**

Information for this event should be requested from:
BCU Northern
Region Tyne Tour,
PO Box 38,
Newcastle upon
Tyne, NE20 0YX

New LAO for the rivers Lynher and Tamar:

Paddlers should note that Barry Waters has reluctantly had to relinquish his post as LAO for these rivers. The new officer is: **Peter Crago, Home Farm Bungalow, Stoke Climsland, Callington, Cornwall, PL1 78PB.**

Many thanks to Barry Waters for all his work as Local Access Officer.

West Midlands Region:

During the last few months and due to different circumstances, the secretary and the vice-chairperson of the West Midlands have retired. This coupled with the fact that I, the chairman, intend to retire at the next A.G.M. has made it necessary to think deeply about the future of the region. I believe that with the coming changes in the structure of the BCU, nationally and regionally it will be best for the sport if an entirely new team take over. Therefore I am appealing to any canoeists who believe in the future of the sport and can give their time to help promote it, to contact me as soon as possible to chat about the positions. I do assure the membership that I will continue to manage the region in a caretaker role as long as it takes to find a replacement and that in the short term member services are being maintained.

Mike Nicholls
R.D.T. chair

Peter Hanover Memorial Fund

A memorial bench has been installed at the Middleton-in-Teesdale slalom site in memory of Peter, and TKC once again invite applications for support from the Peter Hanover Memorial Fund.

The fund supports 'The Development of youth slalom in the North of England' and can be awarded to any youth (under 16) slalom activity which takes place in the North of England, even if it does not include ant Northern Region Paddlers.

Application forms are available from: **F.Davison, 10 Sinderby Close, High Grange, Billingham. TS23 3HF. The closing date for applications is 31st December 1998.**

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 - ♥ Out of zone alarm
 - ♥ 10 hour stopwatch
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 - ♥ Water resistant to 20m
 - ♥ Bike mount included
 - ♥ Changeable transmitter battery
- £85.95**



2001

- ♥ Heart rate to ECG accuracy
 - ♥ Time of day, calendar & alarm
 - ♥ Heart zone setting in 1 beat steps
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 - ♥ Heart rate recording up to 21 hours
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What's On



The Irish Sea and Surf Kayaking Symposium

23 - 25 October 1998, at Tollymore Mountain Centre. Located at Bushmills Education Centre on the North Coast, this will provide us with an ideal setting off point to the Causeway Coast, the infamous Rathlin Island. This year the weekend will also have a surf theme with coaching competitions and skills assessment available.

There will also be a programme of workshops, slideshows, trips, coaching clinics and much much more. Demo boats and the latest sea kayaking equipment will also be available.

The symposium fee will be £75 inclusive of food and accommodation.

Application forms and programmes available from: **Diane Armstrong c/o The House of Sport, Upper Malone Road, Belfast. BT9 5LA. Tel: 01232 381222**

Avon Descent:

The Avon Descent on Sunday November 15th 1998 is a classic marathon race

organised by Mercia Canoe Club. It starts at Stratford and finishes 10 miles downstream at Bidford on Avon with 6 weir shoots or portages. There are classes for K1, K2, WWR, C" touring and racing, and GP Touring with handicaps to even out kayak classes. The start is at 12:15 pm with a close of entries at 11:30 am. This is an ideal warm up for the Exe descent.

Please contact Nigel Wooltorton, Mercia Canoe Club, 11 Brayford Avenue, Coventry. CV3 5BS. Or tel: 01203 418796.

Met Office Marine weather information direct to mobile phones.

The Met. Office has launched a new Short Message Service (SMS), which provides the latest marine weather information in text format to anyone using a GSM mobile phone on the Vodafone network.

As a subscriber you dial 0374 555 838, select the area code and type of forecast required, and within seconds a text forecast will be directed to your

mobile phone. The new service costs as little as 30p.

SMS service includes:

New SMS Forecast Areas: seven new inshore forecasts for the south coast 3 times daily

Coastal Reports: hourly reports from coastal stations inc. wind speed and direction, visibility and barometric pressure.

Shipping Forecasts - 6 hour or 24 hour forecasts, updated every 24 hours.

Cost of obtaining information from the Met. Office's SMS number - 30p to 50p

- Coastal reports 30p per message
- Shipping area forecasts 30p per message
- New SMS inshore forecasts 50p per message.

For further information call

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Article by:
Darren Male
BCU Environmental
Panel

Canoeing and the

Environment Agency 24 hour emergency hot
line number **0800 80 70 60**

Canoeists have a unique opportunity in regards to being able to view the entire length of the river ... and it gives them an equal opportunity to despoil that same length. The canoe is a traditional craft used throughout the world for exploring wilderness areas and observing wildlife without disturbing it. The canoe causes no erosion, noise or pollution and leaves no trace of its passing. Wildlife and landscape are an essential part of the canoeists pleasure for aesthetic, cultural and recreational reasons. It is in the canoeists interest to conserve the environment.

In order to protect the existing resource and gain further canoeing waters the BCU Environment Conservation Panel was established to give advice to canoeists and other interested parties on how the needs of the river environment and the needs of water users can be met, without damaging either resource.

The BCU Access Policy commits to the "shared use" philosophy, in line with the Environment Agency support in the making of

access agreements to achieve shared use of rivers. The Environment Agency can assist in bringing all interested groups together to achieve this aim.

The BCU does not believe that canoeing disturbs the environment. Well planned competitive events such as slalom, wild water racing and long distance competitions are compatible with the most sensitive of landscapes, as can be seen for example at the National White Water Centre, which is located on the Afon Tryweryn in the Snowdonia National Park.

The BCU regards the conservation of Britain's rivers, waterways and coastline as about more than just preserving the actual resource. It is also about people's opportunities to enjoy and experience such resources, whether in the cities or countryside of Britain. There is little point in cleaning up our polluted rivers and seas or in saving the surrounding lands and estuaries, if people's enjoyment of these are restricted.

So how can you help?

Access Officers and individuals all have a duty to protect our canoeing environment, and

below there are just some ways you can assist in this...

Access and Egress Points:

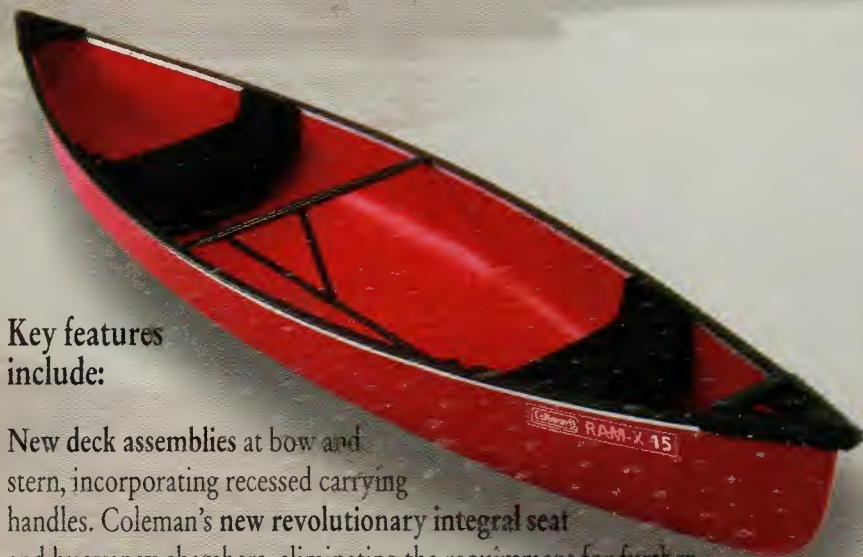
it is far better to construct a landing area that blends in with the local area, than have an undefined point that encourages damage to the bank, riverbed and pathways. Are there adequate parking facilities near the access point for parking, to protect verges and hedges and avoid congestion? Can you share a car to reduce congestion and pollution? Ensure that the Canoeists Code of Conduct is promoted. Provide bins, pathways, signs etc. to promote careful use.

Launching and Landing on gravel or shingle beds should be avoided.

Numerous fish and invertebrates use these areas, and at certain times of the year spawning fish can be disturbed and eggs damaged by trampling. Wilful disturbance is an offence and if you are asked to move on by an Agency bailiff please observe any instructions. Ask for identification if in doubt.

Seasonal zoning allows impacts to be reduced, and closed use of the watercourse

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Coleman

Environment

could be considered during breeding times and low water, if the area is sensitive to change. Try not to paddle during times of low water as this increases disturbance.

Rivers are home to many types of wildlife which can be particularly vulnerable to human activity during their breeding seasons. Avoid sudden or excessive noise or unnecessary disturbance to bankside vegetation.

Common Cause:

Waterways are for use by all!! Where canoeing "hot spots" occur, or where potential conflicts between water users occur, then due regard should be given to the local environment. In areas that are sensitive, there is a danger that "permissive access" could be withdrawn. Ensure that canoeists are aware of the dangers and that potential impacts are avoided.

Consult landowners, local angling groups, other river users and conservation groups - combine the local resources!

Encourage River Care Schemes:

arrange litter picks and conservation work, sponsor your local river! Always talk to your local Area Environment Agency office and the landowners first before constructing or working on or near a river - they may be able to help, but they always need to know of any work.

Canoeists - the watchdogs of the River Environment

Encourage feedback on pollution, damage to the river environment and irresponsible users.

Contact the Environment Agency if in doubt.

You can help prevent pollution and protect the environment by using the free Environment Agency 24 hour emergency hot line number **0800 80 70 60** anywhere in England and Wales to report incidents including pollution, poaching, flooding, damage or danger to rivers, lakes and coastal waters.

Your prompt action will help the Agency protect water, wildlife, people and property.

Photo competition

The BCU and Dr Tim Stott, Senior Lecturer in Physical Geography & Outdoor Education at Liverpool John Moores University are in the process of compiling a book "A Recreationalist's Guide To the River Environment: An Introduction For Small Boat Users on Rivers and Inland Waterways", which will be an informative guide covering all aspects of the river environment, from wildlife to pollution, from hydraulics to river management. This comprehensive guide, due out mid-1999, will be a unique look at waterways for all users, and has the full support of the RYA, IWA & ARA.

And we would like you to contribute to the book through our photo competition! To make the book really work, we are looking for illustrations, photographs, and cartoons to be published. The best photograph will feature on the front cover, with the winners name credited. All published artists will receive a free copy of the book.

The categories are:-

- Wildlife (common plants and animals)
- Scenes of pollution and mis-management of rivers and canals
- General/idyllic water scenes
- Scenes containing canoeists, rowers, sailors and other small craft users.

Please send your entries to the:- Photo Competition, Environmental Panel, BCU Headquarters.

Please ensure your name is on the back of the submission. Closing date 23rd November 1998.



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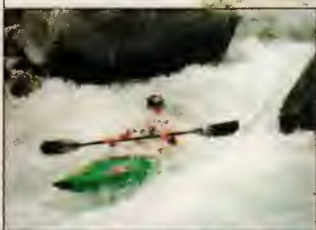
ACT
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of Canoeing Teachers



Adam and his broken Creek 280 after his swim on the Romanche

Harry on the middle Guil

Article written by:
Stuart Williams, Lisburn



It was no all hard work - time to play!

The mother of all shuttles - 31 prepare to descend the Guil Gorges



Curley, a Stage 1 paddler, tackles the Guardian Angel Gorge on the Guil



The first joint services

For 3 weeks in June and July, 34 members of the Services took part in the first ever Joint Services Alpine Kayak Meet, based in L'Argentiere in the French Alps. Many reading this article may be thinking this is nothing new; there have been alpine canoe rallies for years and numerous canoe clubs head for the Alps for their annual summer expedition. However this expedition was new for us and it marked a major step forward for kayaking in the Services.



Why the need for an alpine kayak meet?

Although for many the reason for going on the expedition was to take part in a white water kayaking frenzy, there were three official reasons for the

expedition. The first was to provide military kayakers with the opportunity to participate in white water kayaking at a reasonably high level. Ten years ago with Mountain Training Centres in Germany, Norway and Scotland, there

was ample opportunity for paddlers to gain extensive white water experience (some may go as far to say the early courses were almost at the cutting edge of the sport). One by one these centres have closed and the chances of gaining such experience have been drastically reduced. In addition, the majority of courses now run at the Mountain Training Centres are aimed at either the introductory level or at the Coaching Scheme, with formal assessment being a part of nearly every course. This schedule of courses misses out on the one thing that every kayaker and coach needs - experience. The primary aim of the Alpine Kayak Meet was to provide



almost 3 weeks experience on alpine rivers, no assessment, just a blast and a steady learning curve.

The second reason was that of communication within the Services' paddling community. Kayaking has always been a mainstream adventurous training activity within the Services and as such military personnel take part in kayaking on a regular basis. Units run expeditions around the world every year and military kayakers take part in the full range of competition disciplines. However all this kayaking takes place in isolation and there is nothing to bring us all together. The secondary aim of the expedition was to bring military paddlers together to share that breadth of experience and to pass it on for the benefit of those new to the sport.

The final reason was to promote the sport of kayaking within the Services. Kayaking is often perceived to be the poor relation to mountaineering and this is evident in the poor support given to kayaking in comparison to mountaineering, in terms of the level of expeditions organised and the standard of equipment held. The Alpine Kayak Meet hoped to redress the balance and put kayaking back on the map - where it belongs!

The paddling

The paddling - the main reason for going - can only be described as superb, a real paddlers paradise. On arrival in France the paddlers were split into groups according to their previous experience. Approximately 60% of the expedition who, although proficient had not paddled on alpine rivers before, were placed in the Stage 1 groups. They were slowly introduced to alpine paddling, with sessions of safety and rescue and the different paddling style required. Their initial trips were conducted on rivers such as the Durance and Lower Claree (grade II-III) and as their skills improved they moved onto rivers such as the Onde and Gyrone (grade III-IV). The more experienced kayakers were placed in the Stage 2 groups and began with warm ups on the Lower Guisane and Middle Claree (grade IV), before progressing onto the gorge sections on the Guil, Ubaye and Durance (grade IV-V). It would be impossible to cover each river trip and the rivers are well known to many, but suffice to say in 3 weeks we were fortunate to be able to paddle almost every popular run in the French Alps, as well as some of the not so well known rivers.

The highlights

Each paddler had their own personal triumph but most will agree that for the Stage 1 paddlers, the highlight was being taken through the Chateau Queyras and Guardian Angel Gorges on the Guil. Due to the low water level the difficulty had dropped slightly to grade IV, but the run was still very technical

and committing - a real climax for first time alpiners. For the more experienced Stage 2 paddlers, the highlight would have to be the day we tackled the Romanche and Veneon. The Romanche was a steep, powerful, technical grade IV+ which provided us with a non stop adrenaline blast for almost an hour (breaking a kayak in the process). If that was not enough, we then ventured on to the Veneon. This was a frightening river just to look at - milky grey, unbelievably fast, difficult to read and a very powerful grade IV/V run. Many wisely decided that the Romanche was enough and became support crew and photographers. For the paddlers, the river became a battle for survival, struggling to contend with the power of this awesome alpine river. For Andy Beegan who swam - he was grateful to be in one piece. For those that rescued him - they were just happy to have stayed in their boats! This day brought us two superb alpine rivers which pushed all of us to the limit and for some, beyond.

Was the alpine kayak meet a success?

From a white water experience point of view the answer is a resounding yes. Thirty four paddlers spent 3 weeks kayaking on 20 different sections of grade II-V rivers around

say that hurts). More importantly, all of this experience was passed on to a new generation of white water paddler. A large part of the success of the expedition resulted from this shared experience and new found mutual respect for each other's discipline.

Did we promote the sport of kayaking in the Services? The first major coup for the expedition was to gain sponsorship from Pyranha. The group travelled to France supplied with 7 demo boats and expedition T-shirts and many other sponsorship items. In addition, the Pyranha Roadshow paid a visit to us in France. Bob Campbell ran some good coaching sessions on the slalom course and the visit gave paddlers the chance to talk to boat makers about design, problems, and to ask the question on every paddlers mind - Why are kayaks so expensive? The expedition also received media interest with a visit by a TV crew from the British Forces Broadcasting Service. The result - 4 minutes of fame appearing on "Scene Here", a news and events programme broadcast to countries where British Forces are resident. OK it is not quite national news but it showed us kayaking in the Alps and helped to achieve one of our aims - promoting the sport of kayaking. The expedition also received a substantial financial

grant from the military for the purchase of new kayaking equipment. For the first time military paddlers went to the Alps equipped in new kayaks and with the full range of personal and safety and rescue equipment. This will now be held in store for the use by any future kayaking expeditions. So with sponsorship, TV coverage and new equipment, we must have promoted the sport of kayaking to new heights.

The future

From a military perspective, this was probably the most important kayaking expedition

for a long while and may prove to be the most influential ever. The scale of the expedition and the numbers involved were larger than anything attempted before and its aims were far reaching. This expedition was a serious attempt to promote the sport of kayaking and achieve something worthwhile - and this we managed with a high degree of success. We achieved all our aims and had a fantastic time kayaking in the process. It has brought together the kayaking community, raised the profile of our sport and widened the experience of a large number of paddlers. Without a doubt the alpine meet will become an annual event, particularly now it has finally got off the ground, the drive and enthusiasm is there, and it has proved to be such a success. The only questions remaining are a) Who is going to organise it? and b) Where will it be? Italy or Austria are looking favourites so far!



The expedition team at Rabioux

the French Alps. Every paddler was challenged, every paddler improved their kayaking skill level, and everyone returned a more experienced and wiser paddler. Even with such a large number of relatively inexperienced paddlers taking part (and countless swims), the casualty list remained unbelievably short, with only two paddlers requiring medical treatment for minor injuries.

Did the expedition improve the communication within the military kayaking community? Another big yes. Expedition paddlers with 15 years experience met for the first time, shared stories, swapped contact details and began planning for bigger and better expeditions. Amazingly slalom paddlers began to talk to the plastic floaters like me. After being really pushed on some of the rivers (and vertically pinned), they began to realise the draw of expedition paddling, recognising our skill and experience. In return we were able to see that slalomists were human after all and I will admit to learning from their generally better paddling technique (ouch - to



Thanks

Many thanks to our sponsors Pyranha who showed enthusiasm and commitment at the earliest stages of the expedition. Thanks also to the military for the provision of high quality kayaking equipment. Lastly, thanks to Alastair our photographer, who risked injury to ensure we captured it all on film.





International Canoe Exhibition Centre, Birmingham

Once again the International Canoe Exhibition is back at The Pavilion at the National Exhibition Centre in Birmingham.



To coincide with the last weekend of the National Boat, Caravan and Leisure Show, the Exhibition will be staged over the weekend of the 27th/28th February. The past two years have seen reasonably warm weather, so we are all hoping that third time will also be lucky in this respect.

From early indications, there has been a very good response from many of our established Exhibitors, as well as a great deal of interest shown by a number of potential first time Exhibitors. Certainly space will be at a premium, which augers well for many interesting and wide ranging displays. The British Canoe Union itself will be having a more visible

presence in the main display areas, giving emphasis to Performance, Coaching and Development.

It is hoped to reintroduce the popular feature (from Crystal Palace days) of having a number of Lectures. This will depend on being able to establish a lecture area within the Exhibition itself - obviously any area put aside for this will need to be cost effective. A programme is being investigated and details will be published in a later edition.

The daily price structure next year will be £9.00 for an adult and £5.00 for children under 16 and old age pensioners. For those ordering their tickets in advance, there will be a £1.50 discount and the chance to win a prize in the advance ticket draw. An extra concessionary scheme is also being run on the days of the Show and this is the family ticket. For the price of £27.00 a family consisting of

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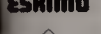
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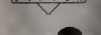
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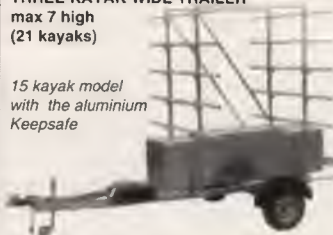
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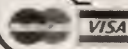
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Exhibition



two adults and two children can gain admission. This concession is not available for advance bookings.

Every year it is getting more difficult to assess attendance, and we know that in the last two years of the Exhibition there have been a lot of visitors. However not all the visitors to our Exhibition are logged through our entrance. Obviously if the weather was bad, then it was sensible for early arrivals to wait in the dry in the Plaza. Also many on the NEC buses dropped passengers at the main entrance. We need your help in 1999, by asking all those, who primarily come to our Exhibition, to make the effort to enter via our main entrance (and then visit the national Boat, Caravan and Leisure Show afterwards). It helps us with the numbers game!



Regular updates and news of developments will be published in the next editions.

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A couple of years ago I was reading an article in an American Sea Kayaking magazine entitled "Re-entry British Style". What is "British Style" I wondered?

I didn't know there was one. As I perused the piece and looked at the photographs it was quite apparent that the rescues shown were different than the ones that I do myself, teach others and encourage on training courses. However, before I put pen to paper I thought that I would go out and try that magazine's methods to re-establish and consolidate my own thoughts and fine tune my working practices. Hence the delay for which I apologise. Of course, there are several methods of getting people back into a kayak and the following article is no panacea, just a few ideas about how to make swift and simple re-entries especially when using sea kayaks. It doesn't discuss the issue of how to empty a swamped kayak, simply how to get the swimmer back into the kayak as expeditiously as possible. Leaders working on the sea at Level 3 and above need to be able to execute rapid rescues to avoid potentially difficult situations developing into epic proportions.

Everyone who has paddled a sea kayak knows that they can sometimes feel about as manoeuvrable as a telegraph pole compared with some of the present genre of river boats. Therefore, it seems impractical to suggest that a rescue should begin with the kayakers having to face this way or that way. In the back of a zawn or up against a cliff face the last thing the rescuer wants to think about is turning his or her kayak 180 degrees before the rescue can begin. So the method of rescue needs to be reasonably flexible with the rescuer being able to approach from any angle and line up next to the capsized with the two kayakers facing the same way or facing opposite ways...it doesn't matter. What is important is that this raft of two kayakers provides a sturdy working platform to get the swimmer out of the water and danger zone as quickly as possible. By using both sets of paddles the rescuer can make a brace (excuse the pun!) and by leaning on them the raft should be reasonably solid even in more testing waters. (Photograph 1)

The swimmer works his or her way to a position level with the rescuer (Photograph 2) and reaches across the cockpit as shown. At this point I usually find myself saying to the swimmer, "Put your hands there...and there!" particularly to those not well versed in being hauled from the sea.

The success of some rescues seems to depend to some extent on the upper body strength of the person in the water. In other words, can they physically drag themselves out of the sea and into their cockpit on their own with very little assistance from the rescuer? I prefer a method where I can assist the poor unfortunate especially as they are likely to be cold shocked and perhaps frightened. I tell the swimmer, "I'm going to grab hold of your buoyancy aid and on the count of three I want you to jump up" (Photograph 3).

Sea Rescues



1. Paddles used to make a brace. Rescuer leans onto paddles and other boat to form a stable raft



2. Swimmer puts both hands across cockpit to jar rim



3. The rescuer reaches across the raft and grabs the shoulder area of the PFD



4. With a co-ordinated jump and pull it is reasonably straightforward to get the swimmer onto the raft



Thanks to Joan Eccles and Huw Jenkins for swimming around and getting wet and cold whilst the photos were taken.



5. With a higher than normal centre of gravity there is a greater chance of capsize. The rescuer leans into the swimmer's boat and keeps the raft firm.

6. The rescuer is in a good position to tell the swimmer which way to get into their boat.



7. The swimmer can sit on the back of the boat ready to enter. When sitting the excess water can be pumped out.



8. The rescuer is in a good position to help with the spraydeck



9. With a little practice the swimmer can be back in the kayak with spraydeck on within 30 seconds.



As the swimmer jumps (Photograph 4) the rescuer pulls. This co-ordinated effort has the effect of landing the rescuee across the decks of the rafted kayaks (Photograph 5). The method works well with both youngsters and also those who are not particularly strong (that could include the rescuer!) The main advantage here, of course, is that both parties are working together to get the swimmer out of the water. At this stage rescuer and rescuee are maintaining the rigidity of the rescue platform and this is encouraging in rougher waters.

The next job is to simply tell the swimmer which way round to sit in his or her boat and help him or her with the spraydeck. (Photographs 6, 7, 8 and 9)

I feel that the advantages of this "over the side" method of rescue are:

- i) That the kayaks can be orientated any way that is convenient. This is good news for those who despair at turning sea boats quickly in difficult conditions"
- ii) That both the rescuer and rescuee can work together. The main priority is to get the capsized person back out of the sea as quickly as possible without letting them get any colder than necessary. I have seen some rescues where the swimmer comes between the kayaks and the rescuer says, "Right. Just lean back...yes, all the way until your head is in the water..." The usual replies shouldn't be printed in a good clean family magazine such as this!!
- iii) That by re-entering "over the side" rather than in between the kayaks there is less likelihood of the swimmer being crushed in any way between the two boats. This would be especially dangerous near a cliff or rock where one kayak could move and the other stays in one position whereas in more open water both craft would tend to move together.
- iv) That there is less chance of damage to equipment. Some rescues advocate using the paddles as a means of helping get the swimmer out of the sea and into the cockpit. If you've got a pair of zekon coated, hydrogen filled, blade cranked touring blades you're not likely to want Jimmy Fivebellies lugging his vast bulk across something for which you've forked out a second mortgage especially if you are a mile or two offshore!!

Anyone going on the sea, particularly in the capacity of leader, really has a responsibility to be able to accomplish a simple rescue swiftly and efficiently with minimal risk to people and equipment. There is no place for those who expect to be bailed out by the Emergency Services. Some types of rescues work better for some people and not for others and some rescues work better in certain situations. Practice is imperative and the more awareness you have of the options available to you the safer you will be. I have endeavoured in this article to highlight the advantages of the rescue I try nearly all the time. It may not suit everyone but I hope you have some fun experimenting with it and it would be good to hear some replies. Good paddling,





Lee Romer is a BASES accredited and BOA registered sport and exercise physiologist based at Birmingham University's Sports Medicine and Human Performance Unit.



The Assessment of Anaerobic Fitness in

Aerobic and anaerobic fitness underpins kayak race performance. These fitness components cannot be measured directly without expensive laboratory equipment and blood analysis. Nevertheless, the critical power (CP) concept will enable you to indirectly assess your aerobic and anaerobic fitness and help you plan training for improved performance.



The Critical Power Concept

It is well established that for work requiring high power output, endurance time is short, and low power outputs can be maintained for long periods. This relationship between power

(intensity, or the rate of performing work) and time (length of time to maintain a constant intensity) can be described by a mathematical model. The model can be described by different equations, but these always contain the same two parameters. One parameter is a measure of aerobic fitness and is called critical power (CP). The other parameter provides an estimate of anaerobic capacity and is called anaerobic work capacity (AWC). In theory, CP represents the highest exercise intensity at which you can sustain a 'steady state' during prolonged exercise, whilst AWC is related to your ability to perform repeated periods of high intensity exercise.

How to Calculate Critical Velocity and Anaerobic Distance Capacity

1. You must have access to a reliable canoe ergometer, known to provide an accurate measure of distance during exercise. The K1 ERGO (Australian Sports Commission) is ideal, although other rigs may be equally as useful.
2. Conduct at least two exercise tests to exhaustion. Allow a sufficient warm-up prior to exercise and allocate at least three hours rest between each session. Although it is possible to run these tests on separate days, for convenience it is easier to put one day aside for the testing of all individuals.
3. Since the resulting co-ordinates describe a linear relationship, you can use only two well separated tests. Our tests last for 2 and 10 minutes and are performed from a rolling start. The object of the tests is to cover as much distance as possible during those times. The order in which the tests are undertaken does not appear to matter, though for consistency, work loads are imposed in ascending order of time (i.e., 2 followed by 10 minutes).
4. If you have access to a suitable computer program, plot distance against time and calculate the line of best fit through the co-ordinates. If not, you can produce the line and its equation 'manually' (see below). The slope of the line is the critical velocity (CV) value in meters per second (m/s) and the intercept of the vertical y-axis provides the value for anaerobic distance capacity (ADC) in meters (m).



Lee Romer - exercise physiologist

Lee Romer qualified from Brunel University with a degree and postgraduate qualification in Sports Sciences. Accredited as a physiologist with both the British Association of Sport and Exercise Sciences (BASES) and the British Olympic Association (BOA), Lee has worked closely with a number of National squads, including a period with the British Canoe Union.

Following several very successful years of employment at the British Olympic Medical Centre in Harrow, Lee is now working at the University of Birmingham's Sports Medicine and Human Performance Unit. His current Ph.D. research at Birmingham is focused on the field of 'respiratory muscle fatigue and sports performance'.

Critical Power and Kayaking

Although most research on CP has involved exercise performed on the cycle ergometer, several studies have examined the validity of the concept to kayak ergometry. Most kayak ergometers are not able to record work and power. Therefore, to use CP with kayaking we have to make substitutions. Power is replaced by velocity and work is replaced by distance. Power and velocity are not perfectly related, but this is a good enough approximation to be useful. Critical power therefore becomes critical velocity (CV) and anaerobic work capacity is substituted for anaerobic distance capacity (ADC).

Aerobic and Kayak Racing

It is important to note that that accurate calculation of CV and ADC relies upon the precision with which you are able to pace the exercise demand. Thorough familiarisation in advance of the test is recommended, as you may initially find pacing these work loads difficult. It is also important that you are well rested and motivated enough to give 100% effort. It is recommended that no training is performed on the day of testing and the day preceding should ideally be a non training or at most a very light training day. Finally, testing at the same time of day on each consecutive testing occasion will help to reduce the inevitable biological variance that alters the readiness of the body to perform an activity (for example, performances recorded during the late afternoon tend to be better than those in the early morning).

When you've completed your all-out time trials, follow these steps:

1. Convert time to seconds
 2. $CV = (\text{long distance} - \text{short distance}) / (\text{long time} - \text{short time})$
 3. $ADC = \text{long distance} - (\text{long time} \times CV)$
 4. $ADC = \text{short distance} - (\text{short time} \times CV)$
- The two values for ADC obtained in steps 3 and 4 should be identical; if not, you've made a mistake in your calculations.

Here's an example. If your distance for 10 min is 2400 m and your 2 min distance is 490 m, here are the calculations:

1. Long time = 10 minutes \times 60 seconds/minute = 600 seconds
Short time = 2 minutes \times 60 seconds/minute = 120 seconds
2. $CV = (2400 \text{ meters} - 490 \text{ meters}) / (600 \text{ seconds} - 120 \text{ seconds}) = 1910 \text{ meters} / 480 \text{ seconds} = 3.979 \text{ meters/second}$
3. $ADC = 2400 \text{ meters} - (600 \text{ seconds} \times 3.979 \text{ meters/second}) = 2400 \text{ meters} - 2387.4 \text{ meters} = 12.6 \text{ meters}$
4. Checking with the 2 minute time gives the same value (allowing for 'rounding error')

When to Test

Test results can provide you with vital information on your progress and also on the effectiveness of the particular phase of training or competition. The scheduling of testing sessions during the season is very important to ensure the results are of optimal value. To be most

beneficial, testing sessions should normally be scheduled to coincide with the end of particular phases of training or competition. Always try to schedule tests during a relatively easy period within the training cycle so results will not be unduly affected by training fatigue. Testing too frequently will probably fail to elicit measurable improvements, whereas too long a spell between testing will limit opportunities to modify the training programme if it is not proving effective. Usually performance improvements will take at least six to eight weeks to materialise, so testing should be structured with this in mind.

Interpreting the Results

The values for CV and ADC are unlikely to improve every time. This will be dependent upon the type of training that has preceded the testing session. Training studies have shown that both CV and ADC respond independently of each other when exposed to different training programs. For example, following eight weeks of endurance training, the slope (as our measure of endurance ability) might increase, while the intercept of the vertical y-intercept (our index of anaerobic capacity) may remain unchanged. In contrast, eight weeks of high intensity interval training may exert little influence on the slope, yet induced an upward shift in the y-intercept. Therefore, you should try to predict what changes you would expect after a particular phase of training and evaluate your progress against these predictions. As fitness scores improve, it will become more difficult to increase them further. Therefore, the better the score, the less likely it is to find large improvements. In many elite athletes, it is the maintenance of fitness that is often the goal of the training programme.

Whilst there are no average or normative data for the tests at present, you will be able to monitor progress and see how training is affecting your aerobic (CV) and anaerobic fitness (ADC). If used in this way, testing is likely to increase your motivation to train, help give clues about your relative strengths and weaknesses, and let you see occasions when you might benefit more from adjustments in either endurance or speed work. For the coach, it will also provide valuable feedback on the relative effectiveness of the preceding training cycle.

Implications for Training

Theoretically, CV is supposed to represent the highest exercise intensity at which you can sustain a 'steady state' during prolonged exercise. Therefore, it would seem reasonable to assume that CV represents the optimum intensity for improving aerobic endurance. In reality, CV cannot be maintained indefinitely so CV sessions are typically of 20 to 30 minutes duration. Naturally, a warm-up and cool-down should be included before and after such a session. Intermittent CV sessions are performed at the same speed as the steady CV sessions, but the workout consists of a series of shorter exercise bouts (usually lasting 3 to 8 minutes) with short (for example, one minute) recoveries. The key to intermittent CV training is to avoid paddling faster than the prescribed pace. When these sessions seem too easy, it is better to increase the distance than to increase the training intensity. Intermittent CV intervals could result in a workout lasting as long as 30 to 40 minutes, including the recovery time.

Conclusion

In conclusion, values derived from the critical power function determined from two tests may be used to non-invasively evaluate both aerobic and anaerobic components of kayaking fitness. For the coach or athlete who requires a simple, non-invasive and inexpensive means of assessing aerobic and anaerobic capabilities, the tests of critical velocity and anaerobic distance capacity are recommended.



Canoe racing and marathon sport science support programme

Based within the Sport Sciences Department of Brunel University, the Canoe Racing and Marathon Sport Science Support Programme (S.S.S.P.) has been established to co-ordinate the delivery of a wide range of services to the International and Development Squads. The programme's sport scientists, from the areas of psychology, physiology, biomechanics and nutrition, offer support and advice to help guide the work of the athletes and coaches alike.

This regular sport science feature in Canoe Focus, will enable a wider audience from within the sport to benefit from the advice that the programme's scientists can provide. If you require any further information about the programme or the contents of any of the articles then please contact Peter Buffoni, the Programme Co-ordinator, at Brunel University on 0181 891 0121 extension 2892, alternatively an 'E' mail can be sent to: Peter.Buffoni@Brunel.ac.UK

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.

'Paddlefest' Peak White Water Challenge.

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.

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.

'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' Paddleability Event.

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

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

'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.

'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.

'Paddlefest' Admin

Use the enclosed programme and booking form pre-book your chosen workshops clinics etc or for **further details, phone BCU Coaching Dept, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS. Tel 0115 9818844 Fax 0115 9821797**

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 session's pain free.

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Article by
by Jennie Jones

Paddling in paradise; the fun of a

“Don’t forget to pack your sense of humour.” I’m rummaging through my rucksack, wading through underwear, snickers bars and bungee cords, but I can’t find it.

Raleigh

Picture the scene. It is 6:30 am. Hunched beneath my basha (an improvised shelter consisting of a poncho and canoe), I watch with concern as the riverbank creeps towards me, the grassy tufts of last night now a mushy swamp.

I am here with Raleigh International, a charitable organisation that takes young people out on expeditions in developing countries. The charity aims to encourage personal development and teamwork skills through participation in scientific, environmental and adventure projects.

With 11 other venturers, I am to partake in an adventure project based in open canoes in a remote national park in Southern Chile. In fact, it is so remote that it will take at least three hours for help to reach us in the case of an emergency. A sobering thought.

It is a Saturday morning when our boat, the *Australl III*, moors up in a small, densely forested bay and despatches us into the unknown. An Avon inflatable ferries us across to the beach, along with our rucksacks, canoes and three weeks of rations. Accompanying us is a doctor and two canoe instructors.

One of our first lessons in canoeing involves picking two equally sized rocks and standing in a line along the bank. We have to stand absolutely rigid and, moving only our arms, throw one of the rocks into the water. Next, we are allowed to swing our torsos and

shoulders back when we throw, and we observe the increased propulsion of the rocks. The idea is to use this knowledge to put more agility, and hence strength, into our paddling.

It is a lesson that sticks in my mind. As I later find myself sliding sideways towards some rapids, white water frothing dangerously around me, I use my new skills with zealous enthusiasm. Filled with visions of my boat capsizing and myself bobbing up and down in the icy water, I paddle for all my life is worth. I am determined not to get wet.

Though it isn’t all hard work. A few days later, we lash the canoes together to make catamarans. Our new vessels now have two hulls and a central, improvised mast with an army poncho sail.

We follow the wind down river where we plan to explore some islands. It is a tense ride. The waves suddenly take on grander dimensions and the wind keeps pushing us off course. So in the true style of adventure, we pull into an enclave for a quick brew.

As always, it is comforting to hold the warm mug between my hands, but the ever-present taste of bleach hangs in my mouth. We have been advised to use it to purify the water, though I sometimes wonder if I’d prefer the bacteria in the river.

Very quickly, food and water become extremely precious to the group. Every morning, we are careful to stick to our rationed quota of porridge. Similarly, each day we are allowed a snickers bar, muesli bar and crackers for lunch, which I find requires an immense amount of self-discipline to not also eat for breakfast.

Despite our harsh environment, we manage to supply a fellow venturer with a cake on his birthday. Within a blue, rectangular washing up bowl, layers of biscuits, chocolate and custard are laid. Although it looks pretty grim, the concoction is delicious.

The cake is an exception, however. Most of our meals are totally uninspiring repetitions of rice or pasta mixed with a dehydrated mush. Despite such hardships, there are many highlights to the project. Several times I rise from my basha to find dolphins splashing around in the bay. Another time, I am startled by a sea lion which swims under my canoe

Looking across the Lago Presidente Rios in the Taitao Peninsula



and pops up next to my paddle. I am so surprised that I nearly fall in. I notice that the local wildlife is unusually friendly. Perhaps it is merely because so few people come down here that they haven’t learnt to fear us. Whatever, they seem as interested in us as we are in them.

I also notice how so at ease the animals are in their environment. Throughout the project, I similarly feel less daunted by it and more at home. Lighting campfires is no longer the mission impossible that it used to be. I’ve also become quite accomplished at constructing bashes and no longer flinch at the thought of washing in icy streams.

A little luxury here and there is appreciated, however. On the last evening we build a sauna. This consists of a tarpaulin stretched over a flexible, branch dome with heated rocks in the centre. Clad only in underwear, we crouch around the perimeter, taking it in turns to splash cold water onto the rocks.

For the first few minutes, the gush of steam is overpowering and I want to get out,

An attempt to make fire without using matches



On the campsite, a fellow paddler grabs an opportunity to shave





but after the initial shock it becomes relaxing. A fellow venturer advises me that it is the done thing to take a cold shower in the middle. Even though we are in a dense forest, his screams resound clearly as he flings himself into the sea. I stay where I am.

So the project finishes and I wait on the beach for the Austral III. As the faint chugging becomes audible and the boat comes into view, I think back over the expedition and smile. If nothing else, I've found my sense of humour.



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Tyne Access 1998

The access agreement for the River Tyne catchment has been renegotiated between the BCU and The Tyne Riparian Owners and Occupiers Association. The general terms of the agreement are set out below.

- 1st November - 31st January
Closed season for game fishing. No restriction on canoeing as long as usual access/egress points are used.
- 1st February - Mid-summer
Game-fishing season starts. Paddling in high water conditions allowed. Usually, the earlier in the year, the higher the levels and the fewer the fishermen. Discretion required when anglers are encountered.
- Mid-summer - 31st August
Canoeing in spate conditions only. Normally water levels are too low for paddling. Please check levels before arranging to paddle.
- 15th September - 31st October
No paddling at all. The only exceptions are within the boundaries of the Tyne Green and Prudhoe Countryside Parks. It is vital that we do not carry out any river tripping during these last two months of the game-fishing season.

The Riparian Owners and Occupiers would like to stress that this is an informal agreement which confers no transfer of legal right or establishment of precedent and that they accept no liability.

The terms of the agreement are as they have been for some years but the Association would like a few points stressing because, in some cases, paddlers have been ignoring them.

- Please keep the group sizes small. If you are organising a large group of paddlers, split them into smaller groups.
- The agreement is for passage down the river. If there are anglers on a particular stretch pass straight through and find somewhere else to play.
- Paddlers have been using the river in very low water levels. This is environmentally unsound and will lead to conflict.
- This agreement applies to the whole of the Tyne catchment. That means it applies to all the rivers and burns that eventually flow into the River Tyne.

This agreement is seen by many to be among the best in the country. It is based on common sense and flexibility on both sides. Please stick to it to help preserve our access in the future. Check river levels, before paddling, with your access officers. Further detailed information on access/egress points is available from them too.

Please note that access for the annual Tyne Tour which takes place the first full weekend in November is negotiated separately and alternative access/egress points may be used specially for that weekend.

Please ignore the access officer information for the Tyne in the 1998 BCU Handbook. It is incorrect.

River Leven (Cumbria) open days.

November 1998

Sunday 1, Sunday 6, Sunday 24

December 1998

Sunday 10

January 1999

Sunday 7, Sunday 15

February 1999

Sunday 13, Sunday 24

March 1999

Sunday 28, Sunday 22

The system will remain the same as in previous years, i.e. numbers limited to 60 on the water, all paddlers to wear a bib. Bibs are bookable up to two weeks in advance. Bookings to be made by telephone: **Sten or Angela Sture 01229 582257** Bibs cost £1 per bib per day, with a £5 deposit per bib. All money payable on the day,

Contacts for Dobbs weir are:-

George Cherry: 01920 871988

Ron Hodgson: 01992 628403

River Wye - A Plea Prevention is better than cure Keerne bridge

Please do not launch or land by the road bridge. Use the excellent amenity area half a mile down stream which has a canoe access point, parking and toilet. Please do not forget the honesty box

Lower Lydbrook

Please launch and land at the access steps by the left hand car park. (The downstream of the two car parks) This car park has been provided for canoeists and anglers. The upstream car park is there for the public to enjoy the river. Again do not forget the honesty box. Thank you
John Westlake - LAO for the river Wye in England.

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Whitewater playboat
Mrs S.Jellard, Exeter
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To: Veronica Westlake, Symonds Yat Preservation Group, 33 Golden Vale, Churchdown, Gloucester. GL3 2LU. TEL/FAX: 01452 531218



Paul Kilham of Regents Canoe Club drawing the winning ticket

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Article by
By Tony Laws



Casa Julian/bar

Group of students
kitting up

Roman
Bridge

The following article has come about as a result of experiences in northern Spain

Visit the Picos and paddle the Cares 98

I am the tutor responsible for Outdoor Education at South East Derbyshire College in Ilkeston. Several courses at the college have outdoor education as a major element and conclude with an expedition to a European destination. This is always chosen by the students as part of their Event Management through a feasibility study. Each destination has to fulfil set criteria including the element adventurous activity. For the past two years the Picos de Europa has won out as the preferred choice and what a choice it is.

What do you look for in an expedition? I want mountains with snow and rain before I get there. That way the rivers are up and the water is fast. If that's what you want then turn your eyes to the Picos.

The Picos De Europa National Park in North Western Spain is a well known, but surprisingly still off the beaten track, area of Spain. The rivers are long, big and with the right preparation available. I have paddled in Spain several times and have got away with it and I have also done it the right way.

The Spanish are proud of their rivers and quite rightly so, the water is clean and generally well stocked with fish. As a canoeist that usually means trouble and Spain is no different. It has a very strong fishing lobby and system of Licences for using the rivers, however take a little time to prepare the trip and you will be well rewarded. When I tried to investigate the Picos rivers I was really given the run around but I hasten to add not by the Spanish. In this country there seems to be a code of silence when it comes to good water unless every one already goes there. Those I asked were reluctant to divulge which rivers had been paddled and when given names of rivers, said they were ok. Where to get on or off again became vague, when I mentioned anything about getting authority to paddle, "yes it would be an idea...." Forget the rest you probably recognise this scenario, let's cut to the quick.

The Picos De Europa

The Picos de Europa are part of the mountain chain that separates the northern coastal area from the central plains of Spain. The Picos de Europa National Park is in the autonomous regions of Cantabria, Asturias and Castilla-Leon. Its main rivers thankfully for canoeists, also define it. These are in the west the Sella

(pronounced Saya) and in the east the Deva. Cutting right across the region from west to east is the river Cares and this river alone could have you wanting to move house. The area in which these rivers are found is the Principality of Asturias and its main city is Oviedo. I would however suggest that for quickness of access to the rivers that you find somewhere to stay between Cangas de Onis and Las Arenas to the east, on the AS 114, depending on which river you intended to paddle. (There are plenty of campsites in the area.)

How to get there.

Part 1

Getting to this part of Spain is remarkably easy, especially if you use the ferry. Brittany Ferries run a regular service from Plymouth to Santander. No times or costs at this point simply because they may change and it is easier to contact Brittany Ferries direct for accurate information. The ferry takes twenty four hours and can be an adventure in itself. There is ample entertainment on board, from the magician who makes his assistant disappear, to the students on field trips who make beer disappear just as quickly. Accommodation is either cabin or reclining seats. Food is good and reasonably priced for

Tony Laws

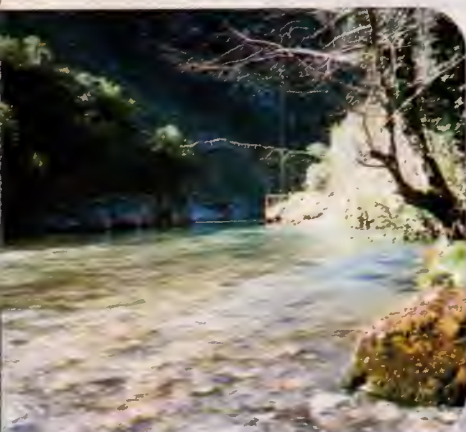




a ferry. On arrival in Santander, follow the signs for Torrelavega, then on to San Vincente for coffee. After coffee head for Panes, pick up the Deva Cares confluence and follow it to your destination.

Part 2 Getting the Licences.

The use of rivers is controlled by the Ministerio de Medio Ambiente, through the Confederacion Hidrografica del Norte it is a simple matter to write to them. I think it only



polite to write in Spanish, if this is a problem get down to your nearest FE College and see a language tutor. I have written in English once and have received a reply within two days by fax. The officials at the Confederacion are extremely helpful. They will need details of when and where you wish to paddle and how many will be in the group. All the rivers I have asked for have been given. I have even been given rivers I didn't ask for and sadly had no time to look at. I would suggest that initially those paddlers wishing to try this area look at the main rivers to start with and put aside some time to look at others for future reference.

Places to stay

Being comfortable is often what can make or break an expedition, you know what to expect you know you will be cold, wet, and hungry but a decent campsite or rather a decent campsite owner can make all the difference. The expeditions run at the college have used the same site for the last two years. In the first year, we went in the last week of May and the first week of June. The weather was good and we had little need of kindness or compassion, the campsite had a good bar and open fire but we coped with minimal reference to on site facilities. Year two was different. We went at the end of April and soon discovered that the weather was ideal for canoeing, plenty of water. Now we discovered just how good our hosts were. We took over the open fire room with wet kit for drying and wet cold bodies to warm and feed and the bar for excellent coffee. The campsite owners spoke a fair range of English and with our Spanish communication proved very effective. We

discovered that they own a second site that has self catering dormitory style accommodation with a climbing wall built on the outside. Also on the site is the entrance to a cave system that is over a kilometre in length. The owners (two brothers) are keen outdoor people, ready to help with arrangements for activities. As well as qualified cave leaders they have large open boats plastic type available for hire and are familiar with local climbing sites.

This year our expedition decided to concentrate on the river Cares, which I had paddled previously. With me having been injured in an impact with a stolen car earlier in the year the services of a former tutor at the college, level five coach Mark Hickman had been obtained so giving excellent safety cover.

Mark Hickman



The River Cares

Starting high in the limestone mountains of the Picos, the Cares is maintained by water held in the surrounding rocks it is also fed by many small rivers and streams as it makes its way to Las Arenas where it is joined by the river Casano. There is a hydro scheme at Las Arenas and entry to the river is only permitted below the town. However there are some excellent layby's just after the town and another opposite a small garage. This is the start of the upper section. In winter, spring and early summer the snow melt and rain run off add greatly to the level of water and this section is very exciting and grades at a very good three medium level on most of the rapids and there are plenty. A small footbridge crosses the river; this will require a lay back on the deck in medium to high water. After this a small hut (looks like a bus stop) marks the lead into two rapids that really deserve inspection and in good water probably rate a four plus. These two out the way the world's rosy then whole river approaches a paddle length gap and gorge walls reach up. Find out the rest yourselves but remember this is limestone. After the gorge the section continues with

regular rapids and play spots until you pass under a road bridge. Egress and access are possible at this point, for the quick, agile and fast loaders, in the tiny layby next to the bridge, in medium to low water. Just a kilometre further and some fun spots later is the old Roman bridge (have you seen a new one), there is a good layby at this point and both sides of the river have good eddies. Total distance nine kms.

The middle section is about six kms. It runs at a grade two / three with one superb play spot and finishes at a small village, Niserias, via a foot bridge river right. This is the one sensitive spot on the river. There is a dam with a fish ladder at this point. Salmon fishing here is famous, please take care.

Paddling is forbidden within 200 metres of a barrage up or down stream, so use the break to visit the bar opposite the Casa Julian, both owned by the same family and sample the local food and coffee or if at trip end, the local apple brew.

The lower section starts just after the barrage and continues right down into Panes or to the sea if you want. This section is most suited to those wanting an introduction to leading on white water or paddling white water for the first time. There are plenty of rapids and each with something to offer whatever the experience.

The Cares has everything the outdoor enthusiast could wish for, the mountains, the gorge, and the wildlife and to the canoeist, the water. Spain also throws in the sun, a good exchange rate and very friendly people. If you are interested in going the following addresses should help you to sort out your trip.



RIVER LICENCES

Ministerio de Medio Ambiente Confederacion Hidrografica del Norte Comisaria de Aguas 33556 Avin Asturias Spain Tel 98 5236300 Fax 98 5236546

CAMPING

Camping Picos de Europa Turismo y Aventura SL Plaza de Espana 2 Onis 33071 Oviedo Asturias Spain Tel 98 5844070 Fax 98 5844240

Mark Hickman





View from the Performance Department

Congratulations to Paul Ratcliffe on winning the European Slalom Championships held in the Czech Republic in August. This was an outstanding result for Paul against a high-class field. When one considers that he was badly injured last winter his return to World-Class form, in a relatively short period of time, has been remarkable.

At the Sprint Racing World Championships held in Hungary in early September there were 55 nations competing and against extremely strong opposition, all the Great Britain Team members reached the semi-finals. Rebecca Train rounded off a great season by coming 5th in the Ladies K1 200m final and with her sister Rachel finished 8th in the K2 200m final. Ivan Lawler and Ross Sabberton came 9th in the K2 1000m final. These excellent results demonstrate the ability of our Sprint Racing Team and with the majority of the squad being under 25 we can look forward to even more success in the next few years.

Well done to all the paddlers, who have represented their country this season, we have achieved great success in a number of canoeing disciplines. The future certainly looks bright for competitive canoeing in the UK. This is a reflection on both the hard work and dedication shown by our athletes and the voluntary support given by the coaches, managers, officials and parents that underpin our competitive structures. Without this joint effort we could not achieve international success.

With so many events and teams competing abroad it has been a busy time for the BCU Performance Department. The Sports Council are evaluating the BCU World Class Performance Plan for the period November 1998 - October 2004 and we hope to be in a position to give an update on the progress of the Plan in the next issue of Canoe Focus. In this issue, there are a number of articles relating to the major international events that have taken place this summer. Overall, Great Britain teams have achieved good results in all the major competitions and the articles highlight these successes.

There are a number of major events still to be contested that will all take place in September. The Marathon Racing Team will be competing in the World Championships in South Africa and at the same time the Canoe Polo Team will be contesting the World Championships in Portugal. In addition, the Canoe Slalom World Cup final will take place in Spain. We wish all of these teams every success for the forthcoming events and look forward to reporting on these Championships in the next edition of Canoe Focus.

John Anderson



20th-23rd August 1998

Report by Paul Ratcliffe

Roudnice a small picturesque town situated some forty kilometres north of Prague in the Czech Republic was the venue for the second European Championships in canoe slalom. The event was first introduced in Augsburg in 1996 and is now a major competition in the slalom calendar held once every two years.

The artificial course in Roudnice was a straight channel built originally at the side of the main river for logging purposes. The channel has since been adapted for slalom competition to form a narrow course that was fast and technical with numerous stoppers, quick breakouts and one main drop with surging eddylines towards the end.

The competition commenced on Thursday with the women and Canadian singles qualification events. The women put in good performances to qualify three places for the finals. In the C1 category Stuart MacIntosh started to fulfil his potential by putting in some awesome runs to qualify him in ninth place for his first final of the year. The following day was the turn of the kayak men and the Canadian doubles. Bowman and Smith qualified a place for the final in the C2 category, which was a great result since Nick had been ill in the week leading up to the race. For the kayak men the weather became extremely windy and the event had to be delayed for two hours to allow it to calm down. Unfortunately around forty competitors had already taken their first runs and this included Tim Morrison, who experienced particularly bad conditions. After the event had resumed Kidda (Andrew Raspin) and myself qualified for the finals.

The finals day arrived. The British had qualified seven boats for Sunday's race and expectations were high. The course was fast and technical with flowing offsets and quick breakouts. The most difficult manoeuvre was gate eight, a tricky upstream on the back of a stopper.

In the C1 category David Jancar paddled clean and consistent to claim first place ahead of reigning Olympic champion Michal Martikan.

Stuart McIntosh was paddling confidently, nailing all the moves to finish in an excellent seventh place. His quickest running time was only two seconds short of the best C1 run of the day. Elena Kaliska from Slovakia took gold in the women's even after picking up six seconds of penalties. It was a tremendous performance, her result would have placed her inside the top fifteen in the men. Heather Corrie pulled back some time on her second run to finish top British woman in eighth place. Laura Blakeman in her first final of the year put in a solid performance to finish in a creditable eleventh place. The Slovakian crew of Hochschorner/ Hochshorner won the C2 title. Smith and Bowman finished twelfth after picking up ten seconds worth of penalties on their first run. The men's event followed. I managed to take an early lead over Thomas Becker after nailing gate eight and keeping smooth lines on the offsets. Kidda had a strong first run but picked up a touch that put him in sixth place. As second runs started, the tension mounted some paddlers were having good runs yet many were coming unstuck at the formidable gate eight. Kidda had a clean and positive second run to claim third place and a bronze medal. It was his first major medal and a great result, I've never seen anyone as excited as he was after hearing that he'd finished third. My second run was the same time as my first after having a scary moment dodging the pole at gate eight, however it was enough to take gold and win my first title over reigning World Champion Thomas Becker.

Overall the European Championships was a great race for the British Team with some excellent performances. We have one major International race left, that being the World Cup final in September. We will keep you posted.



1998 Junior Slalom Worlds and World Cup

In the midst of a summer sport, with France '98 and Wimbledon over, it was now the turn of the GB Junior Team to better our nations sporting results.

The tour started with the most important race of the year, the World Championships held at Lofer, in the Austrian Tirol. Lofer is a popular site for all paddlers with a good site for racers as well as the famous Lofer gorge for those who really fancy a challenge.

The opening ceremony formalities over, it was time to get on with the job in hand with the qualification race on Saturday to decide who races the final on Sunday.

British paddlers performed well with Dugald Tavener in the Canadian Singles qualifying 2nd, three out of the four ladies qualified strongly and Simon Jackson was the only kayak man to qualify, with Dan Lomas missing the final due to a penalty.

Confidence was high in the team on the Saturday night, with the prospects of World Championship medals the following day.

A challenging course designed by Richard Fox provided the appropriate test of skills. In the Ladies event Hana Peskova (CZE) dominated the race to take Gold with Britain's Kimberley Walsh making up for a disappointing first run with a storming second run to take bronze.

In the Canadian singles event Dugald Tavener lost time with a big mistake on his first run which was too much to make up on his second run, finishing a disappointing 12th.

In the men's kayak event, our sole representative, Simon Jackson pushed hard to finish 12th with a single penalty keeping him out of the top 10. The results were very tight at the top with Miha Terdic (SLO) pipping Michael Kurt (SUI) for gold.

Following the medal ceremony at Lofer the team travelled from the natural water of Austria to the new artificial site at Bratislava to take part

in races 2 and 3 of the Junior World cup (the World's having counted as race 1). From the mountains of Austria to the bustling city of Bratislava was to be quite a culture shock and we arrived in the full heat of the day on Monday for the race the following weekend. The site, situated on the Danube, is about 10km from the centre of Bratislava and has established a reputation for some very challenging (and intimidating!) water conditions with a drop of over 6m from top to bottom.

We had only four 1-hour sessions to get familiar with the water, which is unlike anything we have in Britain. In training the speed of the water and the tight nature of the course caused a lot of damage to boats and kept everyone

busy with their repair skills. In the last training session before the race, Dan Lomas manage to 'wrap' his boat around one of the large rocks in the middle and had to borrow a spare boat for the race itself.

Our accommodation was excellent for Slovakian standards, but based on previous experience we had decided to self cater as eating out in Slovakia can be a very interesting experience!

Our team 'Mum', Anne Tonks, produced some excellent meals despite the fact that the stove only had two rings to cook a

meal for 24. We also had plenty of cereals and cereal bars thanks to our sponsors Kellogs.

In no time, the race was looming, with a very intense weekend ahead as race 2 was on Friday. Qualification and Final for race 3 on Saturday and Sunday.

Our biggest problem all week had been the intense heat and the total lack of shade on site. Race day dawned on Friday hotter than ever with the temperatures in the high 30's, so base camp looked more like a shanty town as we tried to

make our own shade.

The course was very technical and unforgiving, but our paddlers showed their potential with Dugald Tavener winning the C1 class by 7 seconds and Amy Casson placing 3rd in the Ladies with a storming 1st run. With everyone paddling well we were confident as we prepared for qualification the next day.

On Saturday morning it was a welcome relief to see rain, but it soon cleared and got very hot again. The new course proved to be too hard for a junior race which was reflected by a number of penalties awarded.

Despite the tough course, our paddlers showed why they had been picked for the team and we qualified 3 Ladies K1, 1 x C1 and 3 Men's K1 for the final on Sunday.

With two races in two days the paddlers were all tired, but those in the final still had another race to do, confidence was high back at the hotel as we prepared for the final.

The confidence was justified as we achieved more outstanding results with Amy 2nd, Simon Jackson 3rd in the Men's K1 and the other finalists putting in very competitive times but with penalties.

Overall it was a very successful week and to add these results to Kim Walsh's bronze at the Worlds showed that we have a lot of talented paddlers, some of whom will still be juniors next year.

Training now starts in earnest for the Europeans and Pre- Worlds next year.

Thanks must go to all the support staff, coaches and other helpers for their contribution and particularly World Class Performance for the support.



Results Junior Worlds and World Cup 1

K1L	
3rd	Kimberley Walsh
11th	Amy Casson
14th	Gill Barrett

K1M	
12	Simon Jackson
22	Dan Lomas

C1	
12	Dugald Tavener

World Cup 2

K1L	
3rd	Amy Casson
9th	Gill Barrett
16th	Kimberly Walsh

K1M	
5th	Simon Jackson
19th	Daniel Lomas

C1	
1st	Dugald Tavener
19th	Dan Goddard

World Cup 3

K1L	
2nd	Amy Casson
12th	Kimberley Walsh
14th	Fiona Pennie

K1M	
3rd	Simon Jackson
13th	Huw Swetnam
18th	Richard Hounslow

C1	
15th	Dugald Tavener
19th	Dan Goddard

Final World Rankings

K1L	
3rd	Amy Casson
5th	Kimberley Walsh

K1M	
5th	Simon Jackson
24th	Huw Swetnam

C1	
5th	Dugald Tavener

Article by
Andy Maddock



Simon Jackson



Amy Casson





In The World Class Wet Seat -

Paul Ratcliffe

Slalom

Paul is currently lying second in the Slalom World Cup standings with just the final to go. He recently won the European Slalom Championships.



- 1998 European Championships
Gold
- 1997 World Championships
Bronze
- 1997 World Team Championships
Gold
- 1996 World Ranking
1st
- 1996 World Cup Final
1st
- 1995 World Championships
5th
- 1993 World Team Championships
Gold
- 1993 World Championships
Bronze

How/when did you start canoeing?

I started canoeing at the age of 8 after watching a scout group paddle on a river in North Wales whilst I was on holiday with my family. Following this I began to save up to buy my first boat. Later that year my father took my brother and myself to watch the World Championships in Bala, and after the race Richard Fox gave me his autograph, I was hooked from then on.

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

The first race that I competed in was a novice slalom at Glasshouses in Yorkshire. I finished as 12th junior and won a bottle of milk.

What training do you do?

Training generally consists of two sessions per day, six days a week. During the winter the emphasis is on aerobic conditioning, basic technique work and strength training. Moving into the season I start to focus more on high quality technique work with an increased amount of anaerobic conditioning and competition sessions.

What about diet?

4. I don't have any special dietary requirements, however I try to eat a well balanced diet with a

high carbohydrate content and a low percentage of fat. During races and sometimes in training I use a sports energy drink.

What boat(s) and paddles do you use?

The boat that I use is a Touch 3 from Nomad which I helped to design and the paddles are Razors on a straight shaft also from Nomad. We are currently working on the Touch 2000 in preparation for the Olympics, it should be ready later this year. Other sponsors include Adidas (UK), PEAKUK and Pertex fabrics

How has the advent of World Class Performance helped you?

World Class performance has been of great benefit to me. It has meant that I have been able to undertake a higher level of competition preparation through increased training camps prior to races which have been fully supported with coaches. With increased support it has provided the team with a more professional attitude and there are a greater number of athletes that are able to train full-time. I think that with the increase in funding, better quality coaching and improved sport science support, we will be able to improve our levels of performance and hopefully win more medals.

What are your long-term aims?

My long-term aim is to win Gold at the Olympic Games in Sydney 2000. However I am currently focusing purely on continually developing my paddling, there are a lot of other targets to reach between now and the Olympics.

What other interests do you have outside canoeing?

My main interests outside canoeing are golf and football. I'm relatively new to playing golf and need to practice a lot more to be any good, however I find it's a great way of taking my mind off canoeing for a while.

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

I would like to start a career in business perhaps in marketing, however I am also interested in staying involved in canoeing, maybe as a coach working initially with youngsters.

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

I would firstly like to thank my parents for all their help and encouragement and for their continued support. Secondly I would like to thank Professor Wallace, a surgeon in Nottingham who performed a successful operation on my injured shoulder at the beginning of the year which saved my career. Finally I would like to recognise Jimmy Jayes who coached me for numerous years and played a major role in developing my paddling.

Who has been your biggest influence?

I think Richard Fox had a big influence on my career because he was a great role model for the sport. I liked the way he paddled and wanted to achieve the high levels of performance that he attained. Over the past few years I have worked more closely with Alan Edge during races and this has also been of great benefit.

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

I'm not sure how or if I would change the structure of canoeing, but I would like to see a greater amount of publicity for the sport. There are a lot of paddlers producing some great results and I think they should be receiving more recognition for their achievements.



1998 World Championships, Szeged, Hungary

the first time ever the World Championships for Racing canoeing were held in Hungary. It won't be the last. It was a case of "Canoeing's coming home". Never before have canoeists raced in front of such large crowds - 30,000 people were watching the last day. The Championships were the largest ever with 620 competitors from 55 countries.

The British team arrived with quite high expectation. Having had almost a year of lottery funding the effects are starting to be felt. Hopefully the situation will be even better when Olympic qualification is the prize at next year's Worlds.

The best British result was in the ladies K1 200 metres. Becky Train stormed across the line in 5th place. The best ever result by a British lady. She then teamed up with her sister Rachel to take 8th place in the K2 final. This was after narrowly missing the 500 metre K1 final. Anna Hemmings was also close to making the K1 1000 final, her time being 11th overall. Both the ladies K2 500 and 1000 were inside the top 20. In the men's kayak, the best result was in the K2 1000. Ivan Lawler and Ross Sabberton were composed enough in the semi final to take the second qualifying place. In the final they were up against it. As Ivan said afterwards, being the lightest crew there, the strong head wind "did us no favours". However this was the first British men's kayak crew to reach the final for several years in an Olympic event.

Tim Brabants and Ian Wynne in the K1 1000 and 500 metres both did enough to get into the top 15. If Tim had been in a different semi he could well have qualified for the final - his time would have won two of the other semi finals. Ian improved his PB for the third consecutive international regatta. The men's K4 of Wynne / van Someren / Clark / Roeser were disappointed with their 1000 metre result. But this result was compensated for by a solid performance in the 500 metres.

In the canoes, Stuart and Anthony Crowther excelled in the 500 metres. Quick out of the blocks they managed to stay with the top three for the first 200 metres. This enabled them to stay ahead of the wash and compete on flat water. Lane and Yurkwich joined the Crowthers for the C4 500 metres. Again they were able to stay close to the leaders. Coach Steve Train professed himself to be pleased with these results. The canoes had been getting better all year and this was a fitting finale to their season. The 200 metre events proved to be more fruitful hunting ground for the British team. Aside from the success in the ladies kayaks, everyone else reached semi finals. The cross wind was not helping anyone and it seemed as though the British crews were getting more than their fair share of lanes at the wrong side of the course. Paul Darby Dowman was solid in his K1 but was unable to overcome his lane disadvantage.

Grayson Bourne, racing in his 15th world championships and recently recovered from a shoulder dislocation, joined David Battershell for the K2 200 metres. They had a very good run in the heat. However the curse of the outside lane got them

in the semi final and they finished outside the qualifying cut.

Battershell then joined Mark Hoile, Mark Train and Steve Tingay for the K4. Their race in the semi was exciting to watch - not least because of the home support for the crew in the centre lane. After leading from the start only the Hungarians, Germans and Slovaks came past. But only by 0.2 secs. In the other two semi finals they would have qualified easily. Battershell commented "not a bad result for a boat that has only been together for seven weeks."

Again the canoes exceeded their expectations at the 200 metre events. Although seeming to paddle their boat technically well, an extra stone per man may make all the difference in the future. The 1998 World Championships made a big impression on everyone there. Racing in front of 30,000 cheering canoeing fanatics is quite unbelievable. The passion of the Hungarians made for the biggest and best Championships yet.



Article by James Clarke

Rebecca and Rachel Train. Photo by John Anderson

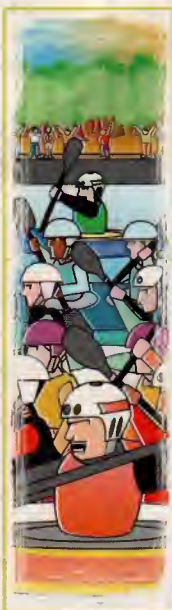


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Article by:
Jim Rossiter

Marathon World Cups 2 - Bombannes - France



When we heard that the event had been moved to Bombannes, and we finally found it on the map, we thought it sounded an idyllic place. A large lake, with a major holiday camping and sports activities complex, close to the Atlantic coast. And so it was.

What they did not tell us about, were the likely wind conditions that we would encounter in the late afternoon, when it was planned to run the races. In fact they told us just the opposite.

It was clear on the Friday that the proposed course, taking the paddlers well away from the shore, would not be possible, and it was re-routed to run closer to the shore, in a combination of loops. Even so, we knew there was likely to be large waves to contend with and all possible precautions were taken to keep the water out of the boats, the pumps were checked to ensure all was well.

Saturday was a warm sunny day, but as the start time of 5 o'clock approached the wind was getting stronger and the waves bigger. Everybody had a final look at the start and finish lines, and the portage in a loop along the beach.

The Men's K1 field of 35 got away to a good start, and after 10 km and in to the first portage we still had 15 in the front group, including Ivan, James and Paul. The 100m run through the soft sand, through a very large, enthusiastic crowd, tested the legs, and split up the group, as they set off for the 20 Km loop.

Back to the portage, and the heavy conditions were beginning to tell. The field was stringing out, but our 3 lads were still up there.

Bosplan Marathon, Amsterdam, 28/06/98

MK1
3rd Paul Slater
4th Dan Golder
7th Malcolm Starkey
8th Chris Bland
9th Rob Williams
12th Damien Chapman

MK2
1st Beazley/Enoch
2nd Habrough/Capps
3rd Pilgrim/Hayday

WK1
1st Sonja Bapty
2nd Kelly McGee
4th Carly Andrews
5th Louise Cheyne
6th Abby Andrews
7th Kerry Watts

WK2
1st Gradwell/Mealing

JMK1
2nd Craig Watts
4th Garry Rowley
7th Andrew Preston

JMK2
2nd Ralph/Starr
3rd O'Connor/Griffiths

JWK1
2nd Roz Bates

Photos :
Dave Enoch



1998 Liffey Descent

SMK2
1st 1:50:30 Tordoff/Tordoff Chetser
2nd 1:51:47 Block/Butler Nottingham
3rd 1:53:19 Swallow/Wilson Chester

SMK1
1st 1:58:01 M. Banks Salmon Leap
2nd 1:59:07 F.Cooper Contrast
3rd 2:02:49 J.Smyth Wild Water KC

SWK1
1st 2:12:19 M. Barry Salmon Leap

JMK2
1st 1:59:08 Champ/O'Connor IRL
2nd 2:09:13 Flemming/Mangan IRL
3rd 2:14:50 Keane/Daley IRL

JWK1
1st 2:55:22 L.H.Nolan Celbridge/IRL



RESULTS (Bombannes)

MK1

1	E. De Nys	NED	2:17:41
2	T. Nielsen	DEN	2:18:13
3	T. Krantz	SWE	2:19:03
4	J. Block	GBR	2:19:30
7	P. Slater	GBR	2:20:21

WK2

1	Dallaway/Gilby	GBR	2:02:42
2	Pitz/Csary	HUN	2:03:54
3	Rosenquist/Augustsson	SWE	2:05:10
8	Thorogood/Brough	GBR	2:13:47
10	Bapty/Davey	GBR	2:19:57

MC1

1	C. Scales	DEN	2:18:07
2	G. Kolozsuari	HUN	2:23:12
3	L. Dubois-Dunilac	FRA	2:23:47
9	J. Lee	GBR	2:32:46
10	M. Lane	GBR	2:54:50

Team Trophy

1	GBR	101
2	HUN	88
3	NED	59
4-	DEN	56
4-	SWE	56

Into a 3 Km lap, and back to the portage, before the final 3 Km lap to the finish. The waves were really testing now, and with 1500m to go, Ivan finally had to stop paddling while leading, to prevent going down. James and Paul finished very strongly for excellent 4th and 7th places.

Andy and Helen were always in the front group of the Women's K2 race, and whereas many faltered in the conditions, and fell by the wayside, they managed to hold on for an excellent first, Sonja and Tricia, had to be rescued. James battled well in the C1.

We took Ivan's pump apart to find a pine needle lodged in the valve, preventing it from working. Now he knows what Damon Hill feels like, when the gearbox goes on the last lap!!!

Sunday dawned sunny and warm, and by the afternoon just as windy. In fact because of a slight change in direction, conditions were worse. The heavier crews in the K2 had very little change in the breaking waves of keeping the water out. Tim and Conor went down in the first 4 km. and retired. Our other boys survived, but only just, to battle through to 6th and 7th.

Steve and Andy fell in but managed to get back into the C2, and finished very strongly. Anna was forced to the shore twice to empty, but again looked very strong at the finish.

All our juniors coped very well with the conditions, and produced some excellent results.

Despite some disappointments at this event, Great Britain won the team event and the whole team is very positive about the World Championships in Cape Town at the end of September. We wish them all the best of luck, and NO WIND.



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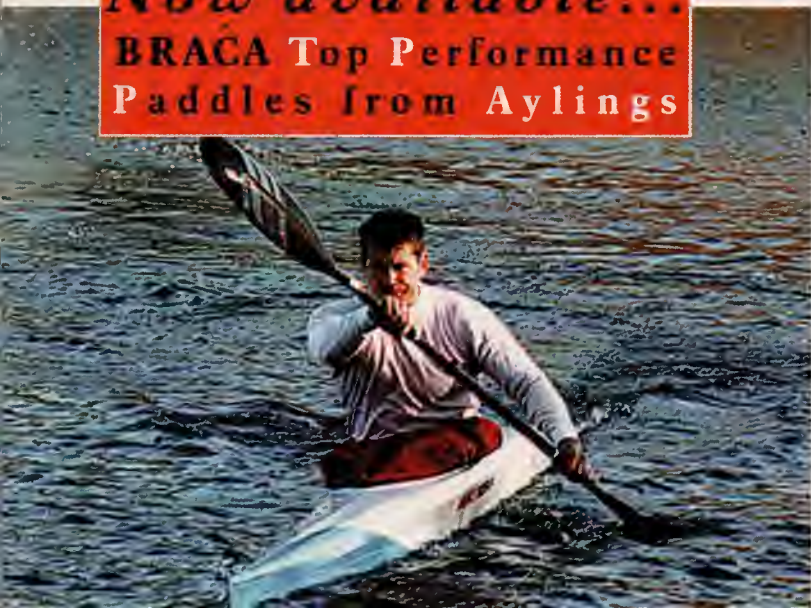
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Europa Cup and British Championship for International Canoes



Article by:
Alan Powell &
Peter Wells

Photos by:
John Farmer

Lester Noble, from Ullswater, took both the British and European titles and then went on to lead the British team which successfully defended the historic New York Canoe Club in a closely fought regatta at Weymouth Sailing Centre, 26th to 30th July. Of the 43 competitors from Sweden, Germany, Wales, Ireland and England Ola Barhelson, the Swedish national champion certainly was the unluckiest.

In the ninth and final race, only fifty yards from crossing the finish line and about to win the European title, gear failure brought him to a sudden halt. Recovering, he limped home but dropped in minutes to 6th place and the silver medal overall.

Despite a summer, which has provided a bonanza for the travel agents selling foreign trips, the programme of nine races, over six days went according to plan, with no postponements. It was even possible to arrange two races for the New York Cup on the final afternoon to accommodate the Swedish challengers who found that they would have to leave on the Saturday morning to make the ferry back home. A week of northerly winds provided everything from a light zephyr to a testing force six with gusts to 30 knots and more. Without doubt Portland Harbour provides some of the finest sailing water for small boats in the British Isles.

The regatta began on Sunday 26th with three days of mostly light weather. Lester came through winning all four races sailed and took the prestigious Royal Canoe Club Sailing Challenge Cup, which dates back to 1875, in two straight races. This denied spectators the sight of a match race between the winners of the first two races. Ola began to show championship form with two second places, but the shifty wind of Race 4 did not suit him and he could manage no better than sixth place.

Wednesday 29th produced a dramatic change as a front moved in, giving force 5 in the morning with promise of stronger wind later. Ola soon showed his mastery, travelling fast and pointing high on the windward legs displaying the ability he had shown under these conditions at the Worlds in Australia. Despite the forecast, the wind moderated in the afternoon and Chris Haworth, from Bristol and in his first season with the IC, took the gun with Ola second, followed by Mark Goodchild, from the Medway and Lester in fourth place. These six races (with one discard) decided the British Championship. Lester was the clear winner with four firsts and a second place.

Thursday 30th dawned with a clear blue sky. For the first time, we saw the sun with the wind up to a gusty force 5 still from the north and white horses on the water. The Swedish champion revelled in these conditions and was never challenged. Lester sailed steadily into 3rd place ahead of Simon Allen, from the Medway. By afternoon, with sky still clear and bright sunshine, the wind was up to force 6 with gusts of 30 knots and more. Again Ola raced away. Lester retired, leaving Mark and Simon to take second and third places.

Friday 31st with the wind moderated to pleasant force 3 or 4 the stage was set for the European title to be disputed between Lester and Ola. It was not to be. While Lester struggled with a faulty kicking strap, Ola went ahead and no

more than 50 yards from the finish, when the title appeared to be in the bag, his sliding seat gear failed, precipitating a capsize. Recovering quickly as he did he still dropped back to 6th place. Lester retired, with troubles of his own, but allowing for discards he had accumulated enough points to add the European to his British title.

New developments

No startling innovations were seen but the new boats were very well set up. No asymmetries are yet on the water, but we hear that several are planned with built-in equipment.

Two prototypes of the Junior Canoe were on the water and made a favourable impression on all the adults and youngsters who tried them. With a hull weight coming out at 30kg they are lively and fun to sail.

New sailors

While World Champion Robin Wood was absent, now campaigning International B14 (but could be tempted back with an asymmetric spinnaker!) The British IC fleet has been strengthened .by the recruitment of past International 505 champion Chris Howeth and Boss Eurocup champion Neil Robinson.

On the other hand, Tyrone Currie, from N. Ireland, has only started sailing IC this season and at this, his first Championship, completed all 9 races. On a steep learning curve he went from

41st place in race 1 to 17th in race 9. We should have a prize for Improvers!

New York Canoe Club International Cup

Instituted in 1884 this trophy must be the oldest for international competition in the world for small sailing craft. Its recent history has been that it taken from the USA by a British challenge, sailed in San Francisco bay, in 1993 and successfully defended after the Worlds in Australia in 1996, when Sweden qualified to make the challenge.

This year Sweden again made a challenge for teams of three. The somewhat quirky rules provide for the best of three races, over a course of 8 to 10 miles. Only the winner scores for his country.

The event was held on the afternoon of Friday 31st July. Johan Elfskom' Ola Barthelson and Anders Peterson represented Sweden Lester Noble, Mark Goodchild and Chris Howarth represented Great Britain.

Result: First and second race: Lester Noble.

Ola, having suffered equipment failure in the final Europa Cup race, was disadvantaged in that he was obliged to hoist his sails on a borrowed canoe. The first race started in a light and shifty

wind. Lester got clean away and was not seriously challenged. By the second race the wind steadied and picked up to a pleasant Force 3 to 4. Lester was pressed hard by Anders Peterson but sailed a faultless course to take the winning gun, thus ensuring that the Cup remains in Britain.



Europa Cup

GBR 280	Lester Noble	12pts	1
SWE 94	Ola Barthelson	15pts	2
GBR 265	Mark Goodchild	19pts	3
GBR 271	Chris Haworth	24pts	4
GBR 278	Simon Allen	26pts	5
SWE 105	Anders Peterson	31pts	6

British National Championship

GBR 280	Lester Noble	5pts	1
GBR 265	Mark Goodchild	12pts	2
GBR 271	Chris Haworth	14pts	3
GBR 278	Simon Allen	18pts	4
GBR 263	Alistair Warren	26pts	5
GBR 262	Stuart Aston	32pts	6

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Above top:
L'Argentiere
Racecourse

Above:
Lovely run on the
lower Guil

Wine, baguettes and white water, the feast left its sweet taste in our mouths and we were hungry for more. So the return of DeMontfort University Kayak Club to the Southern Alps reckoned to be a sequel not to be missed. Four veterans and five virgins to alpine water, were more than ready to rise to the challenge of paddling on the glacial run-off.

The original budget of £150 per student was too tight to handle. Yet with a few extra francs to cover our unexpected motor-way hard-shoulder refuelling, at £50 per gallon, and other mishaps, we made it. We even returned home with surplus beer - very sinister! Before I go into any story telling, I'd just like to sing my praise towards the Southern Alps. It is a superb venue for any club and all paddling abilities, especially University clubs, as they tend to congregate here. Imagine it...British university clubs 'en mass' in Southern Alps...what a nightmare...and we like the sound of that!

Anyhow, after 23 hours stuck in a

minibus, we arrived at La Clapiere campsite, just outside Embrun, where a swim and beer kept our sanity. Meeting up with two friends who had a taste for the easy life, with their gas barby, fridge, table, chairs and canopy was as if a mirage had come true - nice touch Brian and Simon. So the first evening was celebrated in honest intoxication.

The lower section of the classic Durance river, from St Clement to Embrun, was our taster to the icy glacial waters. A relaxed affair with only a couple of rescue practice moments for our aspiring level two coaches. Of course the Rabioux wave was en route, whose legendary tales probe only fear into the minds of our novice paddlers, and intimidate our experienced even more! I don't know what thoughts were running through the heads of those following the lead, but as he unbalanced on the approach, all the built up, masculine-enhanced courage of our two stars instantly evacuated. However once on the roller coaster of surfable waves, faces buzzed with disbelief and excitement that could only mean pure thrill, or that liquid brown sensation!

L'Argentiere Racecourse was day two's destination, which, to our welcome surprise, was the setting for one of Pyranha's promotional exhibits whilst on tour through Europe. Demonstrations of their latest boats proved impressive viewing and free use of their kit put smiles on our faces. Trying to surf the waves was hard enough at the best of times. However, with audience participation success came as often as an England test-match victory. After much playing and uncannily knocking slalom poles with helmets every time we encountered them (we still don't claim to be slalom paddlers) we returned all kit. Only then to be entertained by Bob Campbell demonstrating, with a little history thrown in, the capabilities of a squirt boat. The demo was essentially aimed at a group of army paddlers on

Adventure Training, but this was a lecture we were not going to miss.

Munch munch

The water levels in June were certainly up compared to our last venture in September. Renowned classics were in perfect condition, so on day three the Ubaye Racecourse was to be ours. Four of us started the section and only three finished. Our first river epic didn't like to be kept waiting! From le Martinet to le Lauzet, the bouncy and technical 4(4+) looked inviting from the road, but a wrong line usually meant runny make-up. Only minutes from the start Brian lost control. Perhaps it was a lapse of concentration? An uncertainty of line? An unseen rock? Telepathic interference from extraterrestrial species? Who knows? Nevertheless he was over and wishing for some sort of teleport away from the boulders, all of which seemed to have his name on. A second slip came from Peter moments later after a galactic sized stopper took a shine to his rear end. A speedy rescue from Danny and Steve soon got everyone together. However, we were one boat down, so Brian decided to leave the excitement to the remaining three. The following rapids were pure adrenaline revival, with an episode of E.R. thrown in. We watched a rescue that made ours look like a picnic with Bugs Bunny and friends. A fellow was being winched up a 60ft slope with liquid red trickling down the side of his face. Later it was discovered the injury was not too severe, yet it did knock home not to play with the bigger boys. The trio completed the section in full glory with marauding screams like warriors from victorious battles. A fantastic run.

Rock 'n' roll

We spotted a poster advertising a British university rodeo on the Rabioux wave. An intoxicating social was our first anticipation, then all the non-paddlers nominated Danny, Steve and Peter to perform. However, Peter was washing his hair, but the other two did brave it, and 100% style points were awarded. The whole event was totally relaxed, skill was about as necessary as a wet suit in the dessert. Humour value, rolling styles, charisma, eddy etiquette and general attitudes were the criteria. So entertainment value was high. Pulling a beer or yoghurt from your buoyancy, wearing fancy dress or trying to surf a sawed-in-half boat were to name but a few of the little ditties. Steve was the first up and for a two-star paddler he showed up the rest of us; surfing, tail squirting, flat spinning (sort of) and getting through to round two. Danny, was next, his Dutch courage was starting to turn

Les Alpes II



into double vision, yet when our river leader threw his paddles from the wave into the eddy and persisted in giving his infamous mozzarella smile, edging from left to right, we could not help making some noise. To top the pizza, he slid off the wave landing next to his awaiting paddle, like a trusty Silver - it made you sick!

A heat was dedicated purely to females and it became very clear once more how male dominated the sport is. People were almost having to blackmail some of the paddlers to get them out onto the water. Their ability and style points were equally, if not more entertaining and our female dominated club wants to see more of it. DeMontfort University did not win any prizes and to be honest the lagers helped me forget who did. The event was a shocking success, so thanks to the organisers.

The end was drawing near and most of the rivers in the Briancon area had been paddled by now. The Durance gorge was on our mind, a spectacular deep cut section of rock consisting of grade four and five rapids. Those we had spoken to said it was one of the areas best and even though the grade fives could be portaged, most did not want an 'accident dans les pantalons'. So, the middle and lower Guil was to be our next conquest. Putting in below triple step (5) we cut straight into some technical grade three, this continued for some time, so when a break came the alpine views were admired and absorbed. These professional holidays were starting to really appeal. A tricky grade four was next, 'stepping stone falls' literally a drop of six metres through boulder ally which gave new meaning to The Who's song, Pinball Wizard. Thankfully this river is closely followed by road, so setting up safety at the 'nasties' is no problem. The line was discussed, stomachs moved in that pre-rush, do-I-feel-sick-or-excited-way, then we were off. Focused paddling to get right, then a sharp left avoiding a potential broach, led to a tumulus stopper through a narrow slot. Shoot and

risk it, or buff the rock? Bob Campbell's rock splats and buffing show flickered on the mental screen and his style took precedence, well almost! Steve looked as though he just wanted to play in a hole somewhere and Peter was relentlessly showing off with his backward paddling, all intentionally of course. Continuing down, gaining 500 points for every boulder hit and 1000 for every hole, we where loving it (and scoring well!). A superb bouncy class three finished the section and a spot of rock jumping into the icy reservoir at the bottom sealed this one as a favourite.



a pop-out, well not quite

Dumber and dumber Room for one more epic... the last paddling day, and the Gyr, grade three was our choice. However Ange and Jules chose to continue their inspirational sport of sunbathing, but this time reclining on the minibus roof - it doesn't make you any more attractive, alright! One km or so upstream of the usual get in, egotistical nutters or discerning grade 4/5 paddlers can choose to test their wits on some incredibly feisty torrents. So stupidly Danny and Peter, this year's Batman and Robin or Dumb and Dumber gave it a reccy. Full gear on the duo carried, dragged, threw, pushed, kicked and spat their kayaks through meadow, wood, scrub and boulder park. I think we drove a little further than we were meant to. The sweat from our faces could have

sent the river into spate. When we did get to the river it was more vicious than expected. Peter was knackered and the river made fantastic viewing and nothing else. However, ever ready Mr Tebay was simply raring to go, "err...I'll be your safety Danny," squeaked Peter, knowing his limits. Danny acknowledged and got on.

Eyes following closely, Danny broke in tucking himself behind a rock after some hairy moves. His expression changed from fearless to freaked. There was no line, a grade five had hidden itself from bankside view. Rocks, boulders, potential pins and broaches lay the path to an undercut, boils and a fallen log.

Safety was ready at the bottom out of sight. Danny shot, the number of manoeuvres was not text book and the next sight was an upturned boat, "roll up, roll up....come on...roll up...." A sudden flick and straight into class four water for a further 50 metres - there were no smiles, Mr Mozzarella had melted! Pulled onto the bank Danny could start to regain sanity. It seemed Dr Fear had paid him a visit, an overdue appointment that merited a significant dose of medicine and if Mozzarella man gets scared that's an indicator for everyone to evacuate sharpish!

The final two days were spent in true 'loung-core' style, enjoying the last moments of alpine sunshine and clean air. The sequel to the Alps had been a success. Everyone's paddling had improved, and some even developed their sun-tans to alpine quality. Superb paddling, great food and quality company made the perfect concoction for nostalgic hazes on the journey home. Les Alpes Trois, oh mais oui!!



Peter Knowle's kayaking guide book on the Southern Alps was our bible, you must not go without it. For information concerning the trip call Danny on 0181 330 52231, or Peter on 01923 447250
Special thanks to both our sponsors, Desperate Measures and Wilderness Expertise for supplying our equipment.

Below:
Nine of the intrepid eleven: Ange, Steve, Matt, Chalky, Dan, Jules, Fay, Dave and Brian





Article by:
Ian Roderick
(Chairman)
Griffon Canoe Club
telephone
01275 333490

Griffon Canoe Club honours

This year is very special for the Griffon Canoe Club that is based on the River Avon at Saltford, near Bath. In 1968 Alan Gallop, with a group of other keen paddlers, formed the Griffon Canoe Club and thirty years later he is still Captain and central to the success of the club.



To celebrate this unique achievement the club is holding a special, reunion dinner on the 17th of October and if there any old members out there who have not been contacted please call Rod Gill on 01179 601427.

Alan had started canoeing in 1965 having been involved with youth clubs in the Chew Valley area. By 1969 he was running introductory courses for the Somerset Youth Service and this led to the formation of the club and the adoption of the Griffon, a mythical beast, as the name and emblem of the club; the Griffon is part of the Somerset heraldic crest.

He is a complete all-rounder, a keen marathon paddler having done the DW and coached others for it, it's a fair bet that he has raced just about anything - give him a bathtub (with the plug in) and a paddle and you would be hard pressed to catch him. He also has a reputation for breaking the odd boat and paddle, he finished the last Exe descent in two halves of a boat joined together only by will power. I have experienced it firsthand, I can remember seeing him now, holding aloft the shaft of his paddle shouting, "Would you believe it - my paddle broke" as I surfaced from the bottom of the River

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Sneyd Wharf, 401 Sneyd Lane, Bloxwich, Walsall, WS3 2LT
web site <http://www.arrowmcc.demon.co.uk>

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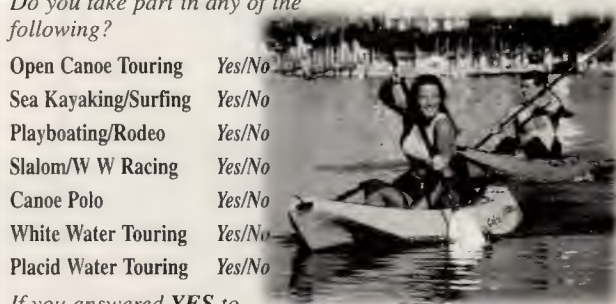
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founder member

Avon after a 'little trip' in a C2.

His work with the club has been outstanding, as an instructor he has fired many young people with enthusiasm for canoeing, he has organised the annual Hasler event, and has spent many unnoticed hours fixing boats, paddles, racks and equipment. When the club lost its normal home (they built a pub on the land so this wasn't a total disaster) he negotiated a new base with the Bristol Rowing Club. Many hundreds must have been through the club and they have gone on to enjoy canoeing at all levels. It is a flourishing club with a great tradition of variety in types of boats and activities.

At about the time the club was founded Alan's son Peter was born and became for a while almost a mascot for the club, now thirty years later Peter is a keen racer. Alan also had the good fortune to be married to Sue who has had been a mainstay of the club, she has supported many events in many ways and is currently secretary. As newly made grandparents they are now assuring a third generation is on the way.

Griffon Canoe Club goes from strength to strength and is looking forward to another thirty years and more of paddling on a delightful stretch of the River Avon. Although

Alan may prefer to take more of a back seat in the future when it comes to running the club, I, for one, am very happy to have him in the front seat - especially on the water.



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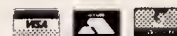
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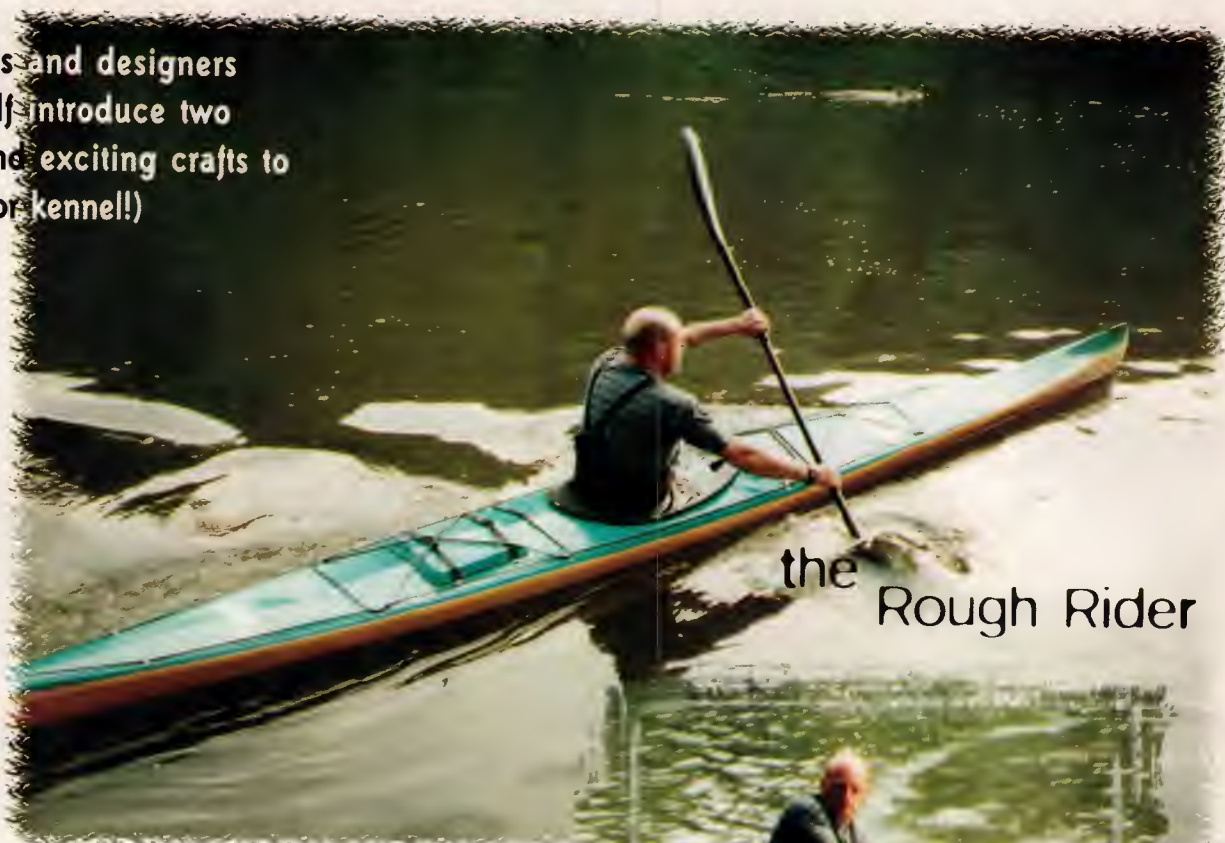
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the
Rough Rider

Two wicked beasts are added to the Weir wolfpack



the
Lone Wolf

The Lone Wolf and Rough Rider are both available now in a range of colours and constructions which will appeal to the connoisseur without breaking the bank.

The Lone Wolf

The Lone Wolf is a fast tourer/entry level C1 marathon canoe. Nobody in Britain is making anything vaguely like it! It's fast, easily paddled, and above all stable. It's equally suitable for flat water or descent racing.

Glass for £425. Carbon/Kevlar/Epoxy for £625

The Rough Rider

The Rough Rider is a fast sea kayak. Designed by Robin Powell and manufactured by Weirwolf it is aimed at the competition

end of the market and is already proving popular with biathlon paddlers. This boat is really fast for those who are up to it due to a narrow beam and long water line. It is as much at home inland cruising and touring or fast sea tripping.

Amazing prices again apply. For example: Entry level without hatches or bulkheads in polyester and glass £385 The 'Full Monty' version with all accessories in carbon/kevlar/epoxy £995

Watch out for more wazzo ideas from Weirwolf.

Demo boats are available and Weirwolf is based 20 minutes from Symonds Yat.

For more information please "phone Iain Hutchison on (01594) 826273



Shark 9 Knife with Chisel End for Safety First



MarKat is now offering the very popular Shark 9 Knife with a chisel end. This small knife with its now 3" [77mm] serrated stainless steel blade which should cut through most small ropes or lines, plus there is a net cutter!

The smart handle is made from plastic and is now available in 6 different colours Black, Purple, Blue, Green, Yellow and Pink! All handles have a hole for fitting a lanyard.

This Shark 9 Knife come with a plastic sheath, patent pending for its unique way of locking the knife on a tapered pin, which allows for quick realise!

This Shark 9 Knife with a over all

length of only 7" [18cm] is just the knife for your stab jacket or life jacket it can easily be fitted on your arm as a safety "Back-up Knife" Supplied with two rubber straps 18" [46cm] long for easy of fitting.

This New Shark 9 Knife with Chisel End Blade is available from your friendly water sport shop at an R R Price £12.00 or from

**MarKat, 34 Kings Road,
Sherborne, Dorset, DT9 4HU, England.
Tel / Fax + 44 [0] 1935 815424**

Warm front with Yak

The 1998/9 shore wear collection from Yak includes three different styles of fleeces, providing really comfortable protection against the cold.

The 'Basic Sweat' from Yak, with its baggy cut, is not only practical but fashionable. Available in four colourways; Sand, Bottle Green, Slate Grey and Cherry Red, it reflects today's popular styling and feels snug, comfortable and warm thanks to its 'Soft Fleece' construction.

The other two, the 'Jacket' and 'Sloppy Joe', though different styles, have similar features such as two zippered

pockets on the front and their relaxed styling. For extra comfort and warmth both are made from a soft, deep pile, material and to stop the waist from lifting in the wind, Yak has incorporated an adjustable shock cord hem.

The 'Jacket' has a full length zip down its front and is available in Navy, whilst the 'Sloppy Jo' has a neck zip and is available in two colours; Cashmere and Blue Check.

The whole Yak fleece range is available in S, M, L and XL sizes.

**For further information contact:
Andrew Richards, Yak, Crewsaver
House, Mumby Road, Gosport,
Hampshire. PO12 1AQ.**



HI-TEC: PIRANHA

The choice of footwear for open canoeing is of course a matter of personal preference. Wellies, wet suit boots, trainers, sandals - you name it, someone thinks it is best.

I have always found that wellies are too hot for summer wear (even in a British summer; wet suit boots stink and offer little protection against rocks or undergrowth; sandals are useless for foot protection when kneeling (and offer zero protection from stones and brambles during wading and portaging) while average trainers tend to fall apart after regular soakings.

Recently I have been testing out the Piranha shoes from the Watersports section of Hi Tec's Adventure Racing series.

Designed as rugged footwear for water sports, the Piranhas are what you might get if a pair of sandals, a pair of wet suit boots and some trainers went on holiday together.

The sole, which incorporates a fore and heel bumpers, looks like it came from a good trainer, while the tongue area and comfort collar are of neoprene and the adjustable heel

strap and "cut-outs" in the upper and heel area are definitely sandal like.

Add to these features "Durabuc" uppers (between the sticky



"amphibious" sole and the neoprene tongue), a reinforced nylon webbing lacing system, a nylon mesh vamp for quick drainage/ventilation, a removable "sock liner" footbed and plastic lace locks and you have a

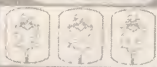
watersports shoe that I think many will find ideal for open canoeing in warmer weather.

Instantly comfortable, thanks to their "soft" construction and adjustability, the Piranhas are "bendy" enough to allow comfortable kneeling while offering enough foot support for comfortable portaging. The sole offers good grip on most surfaces, both above and below water and protects your foot from rough ground, while the whole shoe is pretty quick drying and stays comfortable when wet.

For kneeling comfort I have found it necessary to remove the lace locks which otherwise dig into the arches of my feet. So far the Piranhas have stood up extremely well to punishing wear with no sign of failure, retaining their comfort and support despite all I have thrown at them.

Well designed and strongly constructed, the Piranhas are the best footwear I have yet used for open canoe paddling in warmer conditions. They cost approx £39.99.

For more details contact **Hi Tec Sports UK Ltd, Aviation Way, Southend-on-Sea, Essex, SS2 6GH, Tel 01702 541771.**



Paddlepower feedback

Here's what the people are saying about Paddlepower

Two instructors from Wargrave Boating Club attended Paddlepower workshops. After the introductory day we felt that the scheme would provide stimulating challenges to the young people and hold their attention more so than the current star awards - now we just had to sell it to them!!! It turned out to be able to do this itself.

The glossy paddlepower books were well received by all, with their good use of colours, top tips and concise nature. They also gave the young people something to take home, think about and work on between sessions. They also enable paddlers to show their parents how they are progressing as we sign their tasks off. A good sense of rivalry also built up between paddlers eager to progress further.

I can imagine the stickers the young people are awarded being used on pencil cases and books at school - spreading the word about kayaking further afield than before.

The young people were very keen to have their booklets kept up to date and were always staying on after sessions for extra practice and help on how to achieve their next goals.

Games which teach young people new skills without them realising are an invaluable weapon in an instructors armoury - the accompanying paddlesport activity cards provided many good examples of these which became regular and integral parts of our evening sessions.

To summarise the paddlepower scheme has been highly successful for us, benefiting both instructors and paddlers alike. It provides a structured, fun and more stimulating challenge to experienced paddlers and a more encouraging means of progress checking (not just pass or fail) for beginners. It also sees young people

trying all disciplines of canoeing which can only be good for the future development of the sport.

We all wait with eager anticipation for the paddlepower challenges over the coming months. It has been very rewarding and enjoyable for ourselves to present this scheme to the young people.

Look out paddlepower is coming.

Simon Ashwell, a level II coach working at Wargrave Boat Club

Paddlepower

With the new junior scheme "PADDLEPOWER" going national in 1999 - it's good to hear how the scheme is being received "on the ground" (or should that be water?) Anyhow, here is a brief report from the Aqua Sports Centre who hosted a Paddlepower Workshop for their instructors in June. The Centre is based on a 50 acre lake in the middle of a beautiful country park near Redhill in Surrey. This is from their Chief Canoe Instructor Charles Ellett,

"Aqua Sports have been introducing the new Paddlepower junior training schemes through our regular junior courses this summer and the system has worked really well - even though it is designed more for club use. To assist the juniors with continuation through the scheme's Challenge checklist we have a Junior Club that runs every Saturday morning.

To operate the Paddlepower scheme the junior club has seen a number of changes to facilitate check-list achievement and trying out different aspects of canoeing. The good news is that as a result of the changes we have more young people attending the Saturday Club and they are all really keen to tackle the challenges and see their own progression. Events that have taken place so far include: try a boat session (giving the chance to try boats ranging from a squirt boat to a K1), canoe polo, placid water, sprint racing, slalom and canoe lifeguard.

The junior club is very active and has expanded in size throughout the season

but by using a rotation of events everyone gets at least two chances at the events they need for the Paddlepower points so we now have several gangs of dedicated paddlers working at various levels. We are really enthusiastic about the scheme and encouraged by the response to it from the juniors.

more information call the Aqua Sports Team on 01737 644288

2. Paddlepower tutors wanted.

We want more Paddlepower tutors to spread the scheme across England.

We want tutors

who:

- Have a good deal of current experience of working with young people.
- Have knowledge and experience of using strategies to keep young people involved in the sport.
- Have an understanding of the positive role that 'competition' can play in a young person's development.
- Have presentation skills (although training will be given in this aspect).

If interested, please send/ fax a short application to: National Youth Officer, British Canoe Union, West Bridgford, Nottingham, NG2 5AS (Fax: 0115 9821797).

3. Wanted - Level 3 Coaches (or Wannabees)

Would you be interested in helping with the Young People's Programme?

Whatever your speciality, we need you! Contact your local PDO.

- Tyneside/ Sunderland - Rory Corder - 0191 488 4398
- Teesside - Dave Hellowell - 01642 651661
- West Yorks - Michol Kendrick - 1484 460154
- N. West - Jonathon Davies - 01244 390451
- Worcs/ Hereford - Graham Campbell - 01363 774841
- Nottingham, Derby, Leicester - Angela Hampton - 01162 674428
- Berkshire - Adrian Barker 01189 267806
- W. London - Sue Homby 0181 - 941 2714

4. East London PDO

In a joint partnership with Barking and Dagenham Borough Council the BCU has recently re-advertised a 3 day per week post for the East London area. (Times Educational Supplement and Club/ Centre mail out to London & SE clubs and approved centres)

It is hoped to have someone in post from 1 November.



For Sale

"Raising funds to sponsor charity (SCOPE) Nepal Trek" Perception Corsica, well used but water tight. Good for tall/large paddlers and very stable. Pick up a nice boat cheap. Offers to Morgan on 0818 9468356 (S.London)

1 M1415 tourer, little used, green, £100. TEL Howard on 07050 604 331 (nr Bromley, Kent) or e-mail howardflynn@clara.net

2 Canoes, Corsica S Invader. Wwspec kit included £350. Will split. TEL: (01702)

2 Kayaks, fibreglass hulls, marine ply decks, adjustable moulded ply seats, original s/decks, wood paddles in near perfect condition. 1) 15 foot rounded deck very fast, 2) 14 foot lots of room. £450 for the pair. TEL: 01226 286079 or 07970929382 S.Yorks 231082

Acrobat 270, backrest, airbags, good condition £260. Contact Graham (01204) 456647, or (01204) 840636 and leave a message.

Acrobat 270, excellent condition in purple. Stored inside £375. Kendo in green, gc. £250. Move abroad forces sale. Wave ski, macski carry bag + 2 paddles, spare fins. £200. Open canoe paddles £15-£35 each, wooden and plastic, all sizes, all in good condition. TEL: 0374 975823.

Acrobat 270, red, gc 1 _ years old. £325 ono. TEL (0973) 442601

Acrobat 300, full wwspec plate f/rest, b/rest.

VGC. £250 ono TEL: 015394 43648 (South Lakes)

Coleman 13ft Canoe, Green plastic, little used vgc £250. Playboater shockdeck, size large waist, big deck as new £25. Roof bars for VW passat/Audi B0 gutterless models, genuine V.A.G. part £25. TEL: 01252 844313(Hampshire)

Cyphur Kayak, Blue, full ww spec, s/deck, paddle and dry bag. £270. TEL Mr Roberts, 01928 710582. (Runcorn)

D reg VW high top camper van, Excellent condition, 8 mths MOT & tax, 20k miles on new engine, purpose made kayak roofrack, a paddlers dream vehicle. Job move forces sale. £5900. TEL 01366 388688 (Norfolk).

Dagger RPM, full WW spec. Garaged, vgc, really sexy red and yellow. One careful lady owner. £420. Contact Lizzie 01903 233506(evenings.)

Dagger Vertigo, 5 months old, vgc, year abroad forces sale £450. Contact Ian 01792 424339 (Swansea)

Dancer, red, wwspec including s/deck and paddle, b/aid helmet. £250. TEL (0115) 9334768.

Gaybo Delphin 81, White Water Racer. Excellent condition, Kevlar Construction, spraydeck. Best offer secures. TEL/FAX 0131 663 8676. TEL: 01887 829081. Email: eric@belmont.abel.co.uk View Edinburgh or Perthshire

General purpose plastic kayak, very stable M1 335. £160 ono. TEL: Northampton 01604 859154

Helly Hansen thermal, windproof fleece, medium, blue £20. Mountain equipment furry fleece medium blue £15. Berghaus Goretex hardly used, extra large, blue extreme 7000 - £70. Berghaus Gortex, again hardly used, burgundy lightweight extreme 7000 £80.

K1 Double Dutch Judge, Including seat, carbon sandwich Vac-Bag. TEL: (0115) 9334768

K1 Kirton Lazer, gc with seat £70. TEL David on 01628 783651

K1, Recreational general purpose large volume clear plastic. Quick sale £70. TEL: Davis on (01923) 285401

Kev/Carb Mystique 1997, Italian seat + carbon slalom blades + perception b/aid all vgc. Sale due to emmigration. TEL: 017 076 53954.

Lazer Wave Ski, vgc. Suit beginner/intermediate £150. TEL: 01823 353549 (Somerset)

Mad River Canoe, Freedom, Royalex construction wood trim, contoured cane seats. Green. £850.

Pyranha Magic Bat art line £200. TEL: 0191 5652082

Magic Bat, white £200. Creek 280, yellow multi-art, £275. Both Kayaks in good condition, garage stored and full wwspec. Complete with a/bags, b/straps and plate f/rests. TEL: Ian 01744 757119

Mega Jester, excellent condition. B/strap £300.

TEL: (01823) 353549 (Somerset)

Mountain Bat, vgc, yellow, full wwspec, airbags and b/rest £200 ono. TEL: Neil 0115 9815570 (Nott'm)

Pair of Wings, on full carbon shaft. Adjustable feather. Perfect condition £90. TEL: 01305 784491

Perception Dancer XS, yellow, plus Yak neoprene s/deck, Azzali Slalom paddles, 2 BDH and Wild Water helmet (if required). All equipment in vgc. £200. TEL: (01280) 701955 (Northants).

Perception Overflow, red, vgc 20 months old, one owner, excellent boat, cockpit flexible, paddle available. Great for beginner. £325 ono. TEL: 0161 8669254.

Perception Sabre, blue with f/rests. GC £150. TEL: 01271 812915

Perception Super Sport, purple, excellent condition. A/bags and end caps. Playboater s/deck £300. TEL: Andy (01626) 362044 (Devon)

Prijon Hurricane, 3 years old, blue, full plate f/rest, b/rest, drainplug, prijon airbags nose and tail, good condition. Excellent whitewater/surf kayak for novice/intermediate paddler. £250 ono. TEL: (01703) 456949

Prijon Hurricane, black, air bags etc. Squirted rear deck, great boat! Slight repair £250 ono. TEL Nick (0181) 8637558

Prijon Hurricane, white water kayak, 18 months old lovely condition cost new £500, will accept £250 ono. TEL: (01623) 455094

Prijon Rockit, Blue, hardly used, £305. TEL 01934 744389

Prijon Seayak as new, one trip only around Isle of Wight. Full rudder system and deck lines, always stored undercover. Just like a new boat £450. TEL 0850 166481 (Herts/Essex)

Pyranha Acrobat 270, blue full ww spec. £350 no offers. TEL: Rob 01392 438481 (Exeter)

Pyranha Prospector 15' 6 Open, complete with air bags. Excellent condition £650. Acrobat 270, full wwspec £250. TEL: Andy (01254) 824007

Pyranha Razor, black, gc. Suit larger playboater. 1 year old £350 ono. Prijon Hurricane - black, w/w spec. Superb longer boat. Good condition. £250.

Pyranha Rob Roy, sit on top Kayak £40 ono. Sola winter steamer 5'10" Lg. Wet Suit £40 ono. TEL: 0151 343 0228

Pyranha Stunt 300, whitewater spec, red, gc less than 2 years old. £300, could probably deliver to popular venues.

Pyranha Stuntbat, aquamarine, full wwspec, unused in the last year, stored indoors, excellent condition. £280. TEL Andy (01443) 407074

Razor yak attack paddles, Nookie Spray deck ,Palm WW instructor buoyancy aid, perfect condition £550 ono

Darron Coppin Tel 0171 262 1076 mobile 0468 51117 Red Old Town Discovery 158, good shape and reasonable condition, £300. TEL: 0114 2682095

Roofrack, high quality, as new. Thule roofrack with locks. Will fit high sided van/ minibus/ campervan with elevating roof. Cost new £190, will take £160. TEL: 01766 513295.

Salomon Super Mountain 9 boots, size 8. Only worn 4 times. £110. (Too small) GAB 8 point flexible crampons £10. Mountain equipment Snowline Jacket -25. Only worn twice. Outer DriLite shower proof. Size medium. £140, RRP £220. TEL: Mark Salmon 01308 420638.

Savage Fury, Good rodeo playboat, excellent for surfing. Good buy £300. TEL 01977 615794.

Sea Kayaks for Sale, one orange Sea King with

pump, lines, hatches, etc.

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white sea kayak of unknown origin, possibly a Sea Master, unusual

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Topolino Duo, purple 3 years old GC £575 ono. TEL 01252 663902

Wavehopper, VGC, b/rest, f/rest red. £350. TEL: 01548 550675

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Wanted Marathon Ki. Any modern design considered, but must be in good condition and fairly light. TEL: 01305 784491

Wanted Ki Trainer, good condition. Phone 01225 331941

Wanted C1 Delta, for sprint &/or training. TEL: 01582 867174

Wanted K2 Fanfare or Regina, TEL 0115 9334768

Wanted/Swap Eskimo Kendo Kayak, any colour, must be vgc & full wwspec. Will swap for a complete set of coarse fishing tackle/equipment, worth £250. TEL: Chris on 0161 7663849(Evening)

Wanted second hand Topolino Spud, for use by blind man. Contact Joanna at Burrs Activity Centre, Bury. TEL: (0161) 764 9649

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Wanted, Sea kayak, Vyneck. Please call : 0181 2581372 Day, 01992 613759 Evenings. Answerphone on 01992 613758

Wanted K1, Cleaver X, Talon, Midas or equivalent for 'big paddler'. TEL: Gary (01189) 343274

Wanted Ace 3 WWR C1. Anything considered TEL (0151) 343 0228

Wanted Perception Dancer, TEL: Todd 01225 810490 (Wilts)

Lost/Found/Stolen

Stolen, from Malvern Hills Outdoor Centre between 23rd and 30th June a yellow Pyranha Razor Art Single Kayak, complete with airbags and hip pads.

It is distinctive in that has a black Celtic knotwork design painted behind the cockpit and on the underside of the bow. Any information TEL: 01432 354681.

Lost at Bristol Marathon, on 7th June 1998, a pair of RH 220cm Tim Middlehurst Wing Paddle. They had a white plastic grip taped on, two bits of heat shrink covering the centre joint and the blades had recently been retipped. There was also a slight bubble on the inner face of the left hand blade. If you picked them up after the race, or know who may have please ring 01305 784491. Thank you.

Lost DW 98, various bits of kit at Cookham weir. Most expensive were paddles, inevitably, black with white tape and with eclipse racing on the blades. Any help much appreciated. TEL: (01273) 492664.

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Kate Jones, PA to the Divisional Managing Director
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Final chapter

For those who follow the slalom calendar you'll know that this years World Cup is about to conclude in Spain in September.

The 5 race series which kicked off at Liptovsky Mikulas in Slovakia before moving onto Tacen in Slovenia, Augsburg in Germany, Wausau in the United States and finally Seu in Spain will provide each nations selected athletes with the opportunity to earn a World Cup/World ranking position. Each athlete will take the sum of the points earned for their best 3 races which has to include the final and it is this that will give them their ranking. Consequently, with now only the final remaining everyone is eagerly awaiting the outcome.

Great Britain's team this year hosted, Racheal Crosbee, Heather Corrie, Kath Pigdon and Laura Blakman in the ladies class. Shaun Pearce, Andrew Raspin, Ian Raspin and Paul Ratcliffe in the Mens K1. Mark Delaney, Craig Brown, Stuart McIntosh and Mark Goodfellow in the C1. And Stuart Bowman and Nick Smith and Phil Green and Steve Green in the C2's. Like all individual sports each athlete has his/her own personal aspirations. For those new to the scene, it may be as simple as becoming familiar and comfortable with sitting on the start line of the biggest race of their lives. For others to make an allusive qualification spot on the Saturday, (top 20 Mens Kayak, top 15 every other class), so they can complete in Sunday's final. And for a few a World Cup medal.

This year will see 4 of the 5 races based on artificial sites a situation that seems to be getting more common. Possibly due to the fact that the Games in 2000 will be hosted on an artificial course, but more I believe due to the ease of operation for the organisers and television.

The first 3 sites provided no great shocks to those who had raced them previously. These classic artificial sites required the usual fine and

accurate boat control where positioning is everything, unlike the natural sites when power can on occasions be a substitute. The courses hosted the familiar tight offsets, creative use of stoppers and the 100 seconds of total focus.

Wausau in contrast however, with it's natural river setting unleased a few with it's shear power and less easily read characteristics. In the ladies class, both top boats Rachel Crosbee and Heather Corrie in the early races didn't quite perform up to the standard we know they are capable of.

However, Heather revived her chances of

a reasonable overall ranking with a good 4th place in the United States, while Rachel's best result remained at 10th from the 3rd race. Relative newcomers to the team Laura Blakeman and Helen Reeves both demonstrated some competent paddling, but were both let down by their inability to put 2 consecutive good runs together. Cath Pigdon, although unable to race the first World Cup, hence the opportunity for Helen Reeves, quickly started to demonstrate her potential and consistently finished around 15th place.

Concluding the first 4 races with a 9th place in the United States, one position ahead of Junior World Bronze medallist Kimberley Walsh.

The C1 class, with the retirement of Gareth Marriott at the end of the 97 season, had their work cut out, if they wanted Britain still to be seen as a contender in the Canadian class. Although each paddler demonstrated their capability to perform at the highest level on some occasion, the majority struggled to do it consistently. However in Wausau Craig

Brown, Robert Turner and Mark Delaney managed to finish 9th, 10th and 11th respectively.

On the whole the Men's Kayak have had a good season so far, with at least one individual being on the rostrum at every race with the



Andrew Raspin



Smith/Bowman



	WC 1	WC 2	WC 3	WC 4
Rachel Crosbee	11	31	16	18
Heather Corrie	14	14	19	4
Kath Pigdon	-	16	17	9
Laura Blakeman	23	26	-	-
Helen Reeves	26	-	-	-
Kim Walsh	-	-	-	10
	WC 1	WC 2	WC 3	WC 4
Mark Delaney	17	35	36	12
Craig Brown	22	27	47	10
Stu MacIntosh	39	19	75	-
Mark Goodfellow	-	38	52	-
Toby Morgan	31	-	-	16
Rob Turner	-	-	-	11
	WC 1	WC 2	WC 3	WC 4
Paul Ratcliffe	10	1	5	2
Shaun Pearce	28	8	14	17
Andrew Raspin	8	21	9	-
Ian Raspin	3	3	11	-
Tim Morrison	-	-	-	18
Antony Bown	-	-	-	7
	WC 1	WC 2	WC 3	WC 4
Smith/Bowman	13	13	12	-
Green/Green	-	-	26	-

exception of Augsburg, yet here all four men qualified for Sunday's final, an achievement that hardly any nation other than Great Britain can boast. In Slovakia, Ian Raspin took the Bronze medal, with Ratcliffe and Andrew Raspin in the top 10. In Slovenia, Ratcliffe took the Gold medal with Ian Raspin taking Bronze again and Pearce finishing 8th. Augsburg saw all 4 men inside the top 15. In the United States with the two Raspin brothers replaced by Tim Morrison and Anthony Brown, Ratcliffe medalled again in 2nd position while Brown had the race of his life finishing in 7th place.

In the C2 class with only Bowman and Smith and the Green brothers representing Great Britain, the boys knew they had a lot to do. However, the relatively new crew of Bowman and Smith unperturbed by this prospect, seemed to hit every race with growing confidence, consequently finding themselves regularly inside that top 15th spot.

So with now only Seu remaining for the conclusion of the 98 World Cup season, what will be the final outcome?

1. Can Ratcliffe knock present leader Scott Shipley off the No.1 spot?
2. What can Ian Raspin do?
3. Can the Men's Kayak get 4 boats back into the top 10 ranking?
4. Can Crosbee and Corrie rescue what has been so far in the World Cup, a disappointing season?
5. Can the C1's put together two good runs and demonstrate what their really capable of?
6. At the end of only their 2nd season together, just how good are Smith and Bowman?
Watch this space!!!!!!





Matthew Foulger
(3rd overall)
tackles the
notorious
Thistlebing rapids

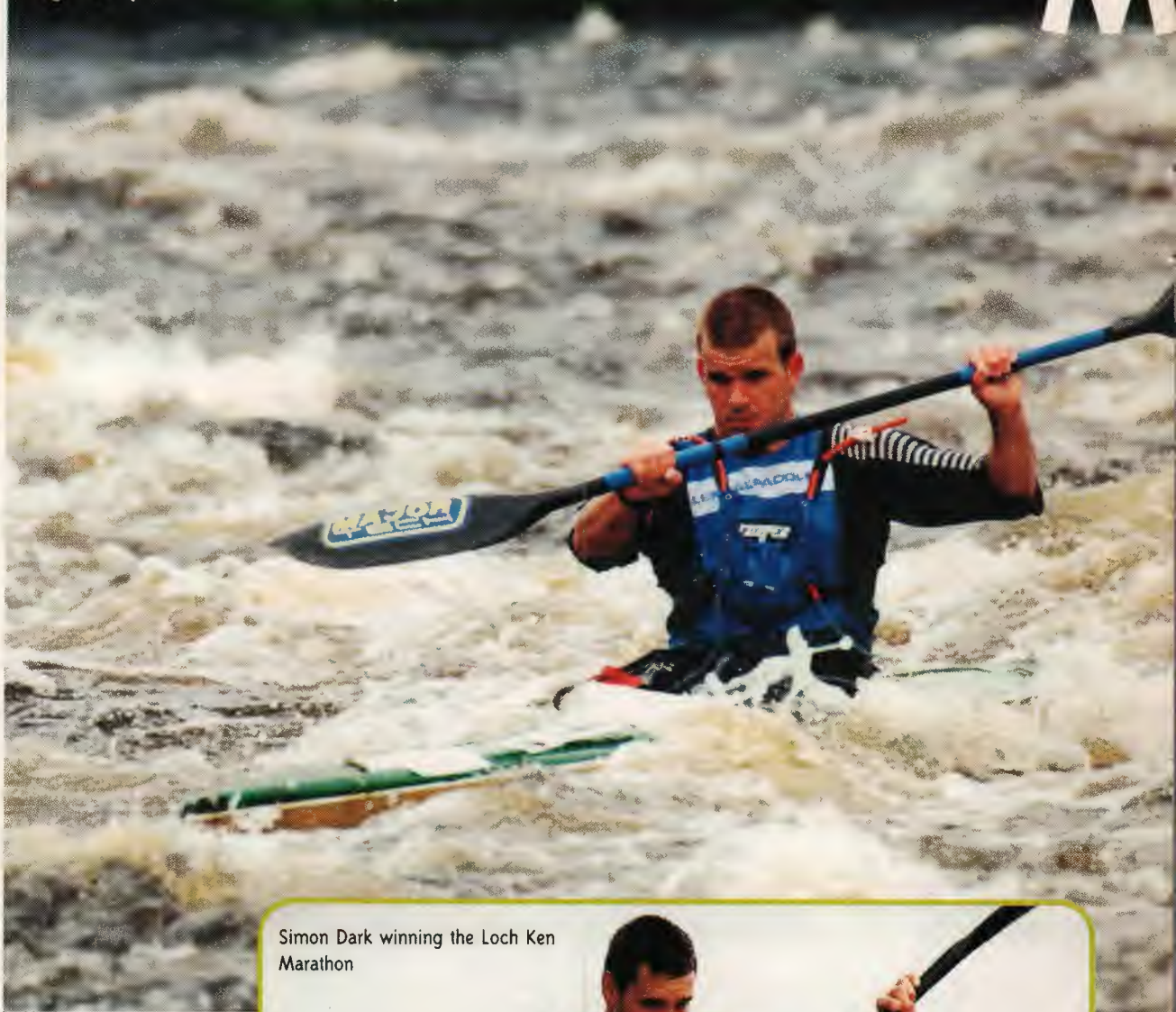
Article by:
Brian Chapman
Photographs by:
Andrew Morton
(01259 742288)

The races tested all aspects of the competitors' abilities, starting with a 4 mile sprint in calm conditions on Loch Ken and finishing eight days later with a 23 mile slog in rough conditions down the Tay. The events catered for all ages and for all standards with two or three classes of race at most venues. The long courses catered for the series marathon specialists and the short courses for the club paddler. At some events mini races were held for beginners and the younger paddlers. The weather was kind and all events took place in dry and sometimes even, sunny conditions. British Team paddler Simon Dark won all the long events against stiff competition from last year's winner and one of Britain's top White Water paddlers, Alan Tordoff.

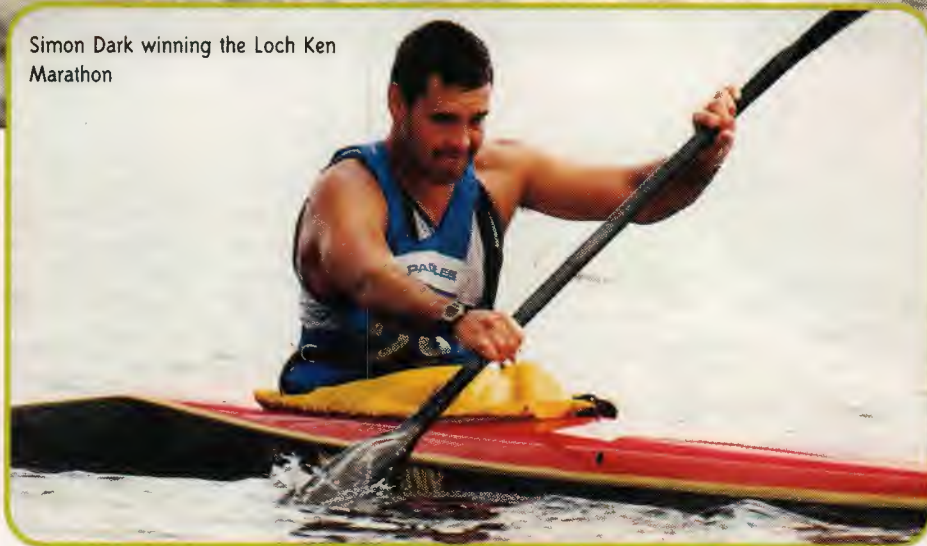
British veteran sprint medal winner, John Speck won all the short course events and Matthew Yost of Kirkcaldy, only fifteen years of age, produced some excellent results against much older opposition to win the Junior class.

Next year's event will take the same format and run during the last week of June.

Fifty competitors took part in the second annual Scottish series of five races over eight days in the last week of June.



Simon Dark winning the Loch Ken Marathon



Alan Tordoff finishing second in the Loch Ken Marathon



Marathon Series - 1998



Results summary - Scottish Marathon Series - 1998

1. Loch Ken Sprint

SHORT COURSE - 3 miles

- | | |
|---------------------|-------|
| 1. John Speck (V) | 21.51 |
| 2. Nick Daniels (V) | 23.38 |
| 3. Phillip Owen (I) | 24.06 |
| 4. Matthew Yost (I) | 24.25 |

2. Loch Ken Marathon

LONG COURSE - 12 miles

- | | |
|--------------------|---------|
| 1. Simon Dark | 1.30.15 |
| 2. Alan Tordoff | 1.32.42 |
| 3. Richard Lewis | 1.33.52 |
| 4. Matthew Foulger | 1.34.13 |

Short COURSE - 11 mile

- | | |
|-----------------------|---------|
| 1. John Speck (V) | 1.16.54 |
| 2. Nick Daniels (V) | 1.16.55 |
| 3. Stuart Smith | 1.17.11 |
| 4. James Wingfield(V) | 1.18.21 |

SHORT COURSE-5.5 miles

- | | |
|------------------------|-------|
| 1. John Speck (V) | 44.50 |
| 2. Nick Daniels (V) | 45.05 |
| 3. Stuart Smith | 45.06 |
| 4. James Wingfield (V) | 45.26 |

3. Loch Lomond Marathon

LONG COURSE - 8 miles

- | | |
|------------------|--------------------|
| 1. Simon Dark | 61.52 (new record) |
| 2. Alan Tordoff | 63.33 |
| 3. Andrew Kelly | 64.20 |
| 4. Richard Lewis | 65.0 |

SHORT COURSE - 4 miles

- | | |
|---------------------|--------------------|
| 1. John Speck (V) | 34.42 (new record) |
| 2. Nick Daniels (V) | 34.56 |
| 3. Stuart Smith | 36.45 |
| 3. Matthew Yost (I) | 36.45 |

4. Tay 10k

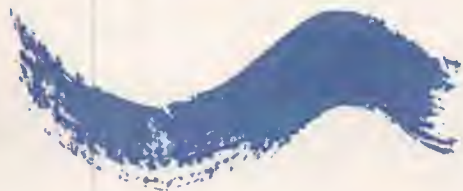
- | | |
|--------------------|-------|
| 1. Simon Dark | 38.30 |
| 1. Alan Tordoff | 38.31 |
| 2. Richard Lang | 39.23 |
| 4. Matthew Foulger | 39.48 |

5. Tay Marathon

LONG COURSE - 23 miles

- | | |
|--------------------|---------|
| 1. Simon Dark | 2.17.43 |
| 2. Alan Tordoff | 2.19.50 |
| 3. Matthew Foulger | 2.21.56 |
| 4. Andy Morton(y) | 2.22.18 |

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Article by:
Philip Skinner



On holiday on the south-west coast of Turkey we were offered a chance to paddle the Upper reaches of the Dalaman river. This river, flowing clear and turquoise blue from springs high in the mountains, always was a favourite of mine but I'd never paddled above the standard rafting sections, I jumped at the chance.



Sun, stoppers and stars on the Upper Dalaman



Kayaks were borrowed from Alternatif Turizm who raft the Dalaman. They can be contacted by phone (00-90-252- 4135994) or e-mail (alternatif@superonline.com)

This section is rarely run commercially, but when it is it is run as a two day trip. This is why we found ourselves on a minibus barely an hour after finishing a warm-up day on the lower section. The first day involves no paddling, just a long drive into the mountains, broken only by a stop at a fish farm to pick up the evenings meal.

Arriving at the campsite came the scariest part of the trip, our driver, not wanting to sleep in a minibus pointing downhill, insisted the bus was reversed down a mile of winding track with a sheer drop to the river on one side. We were glad to arrive at the riverside to setup camp.

Camp was a chance to relax, watch the stars and the fire and reflect on the next days paddling. There was also stacks of food to eat,

not just our smoked trout, and the odd bottle of beer did disappear.

We started early in order to cover the 30kms that day. After a swift breakfast and breaking camp we were on the river before the sun was over the canyon walls. A few easy rapids below the towering cliffs got everyone into the mood. Slowly the rapids got harder but pools below each section allowed everyone to gather breath. Suddenly we were at Stonehenge (4+), a pinball arcade of pillow waves and rounded boulders. Memorising the key boulders we bounced our way to the bottom.

Stonehenge leads directly to Gonad Falls, a 2-meter vertical drop with a large boulder hidden to pin the unwary. Fortunately a ramp on the lip let us boof clear. Steep and tight drops continued for a kilometre until an obvious narrowing of the river encouraged us to inspect again. Here the river funnels steeply

towards a 2 foot wide chute (4+), too narrow for a raft and intimidating for us we squeezed the kayaks through.

Grade 4 boulder hopping lead to the Long Rapid, 100 meters of pour overs and holes. Immediately around the corner is Slingshot. Here a short section of waves and stoppers leads directly into a low sloping rock, passing either side of the rock catapults you around into the drop behind to smash through a breaking wave, a ride worthy of a funfair.

We spent the last part of the day playing at a popout hole before finishing below a centuries old Roman bridge. This bridge, and the adjacent village of Akkopru (White Bridge), will soon be underwater due to a dam building project further downstream. A sad end to an exciting, beautiful and very warm days paddling.





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