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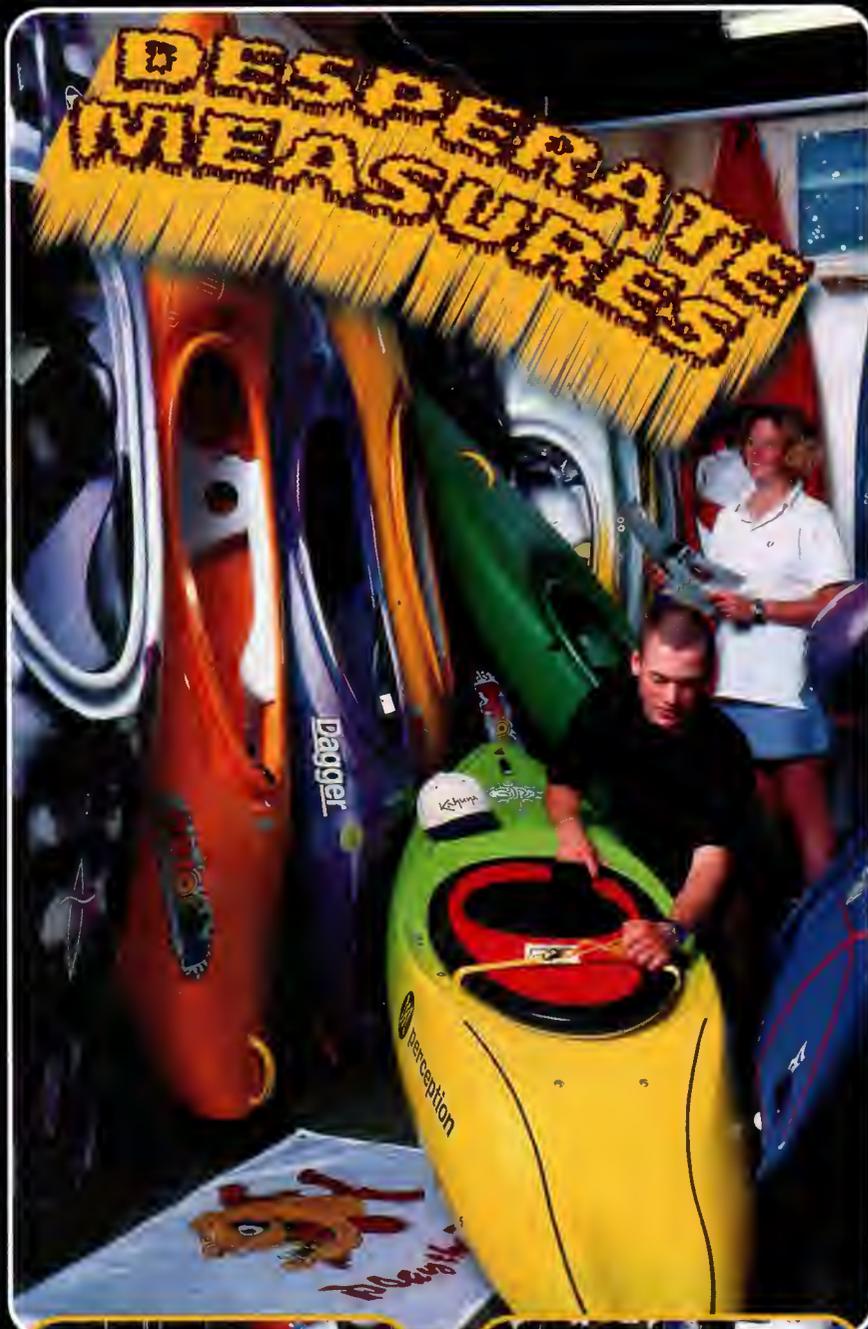
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Canoe Focus

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of the British Canoe Union
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Your contributions make Focus happen. The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Only 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 DEC 1998. Material arriving at FOCUS after this date cannot be included in the February 1998 issue.



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Marathon World Championships, Cape Town

The British Marathon racing team achieved its best ever results at the World Championships in Cape Town, South Africa with two Gold, two Silver and one Bronze medal. Congratulations to Ivan Lawler for his fifth World Title and to Steve and Andy Train for their Third title.

Polo World Championships, Portugal

Two silver medals for the men's and ladies teams at the Polo World Championships completed a very successful season for the British team, congratulations and thank you.

New Faces at the BCU Office Welcome:

- To Chris Hawkesworth, a face known to many in the canoeing world who joins the BCU management team as Facilities and Planning.
- To Craig Walker, as the new Publications and Information Officer.
- Jane Tooze and Nicki Brockhurst from their own practice of Brockhurst & Tooze who will provide a Financial Management function to the BCU.

BCU Paddlework Programme

The BCU is committed to assisting the dedicated band of volunteers who work for the benefit of British canoeing. Sue Burgess, who with funding from the English Sports Council, has been appointed on a two-year part time consultancy basis to help develop programmes for volunteers in canoeing.

Communications Review

The BCU Communications review will be co-ordinated by the publications and Information Officer. The review will hopefully address both internal and external communications. The BCU is committed to making improvements in this area of its operation.

Paddlefest

Congratulations to everyone involved with a very successful Paddlefest event in Nottingham during the 31st October, 1st November. Despite heavy rain which ruled out the use of the slalom course. The event still managed to provide something for everyone who attended. A grateful thanks to all who attended the BCU question time session on Saturday night, where several interesting issues were raised and concerns voiced.

World Class Performance

News on the BCU's World Class Performance bid to the Sports Lottery Fund should be forthcoming just prior to Christmas. Also details on World Class Potential and Start should also be released at about the same time.

International Canoe Exhibition.

If you haven't reserved the 27th/28th February in your diary, do so now. The International Canoe Exhibition at the NEC will herald the start of the new paddling season.

Direct Debit

Why not pay your BCU membership by Direct Debit, saves hassle and ensures continuity of membership. Forms available from the BCU office.

BCU Liability Insurance.

The BCU Civil Liability policy wording has been amended to automatically include all registered coaches when providing tuition, whether for a fee or not, as an individual. Where any such coach is operating as a business by using a business or company name, separate insurance arrangements must be made.

BCU Services

The BCU are planning several new services over the next few months, the first of which being the BCU Internet launched this month.

If you have any ideas on what additional services the organisation could provide, please write to the BCU Office.

I would like to take this opportunity to wish everyone a Merry Christmas and a Happy New Year.

Paul Owen

Chief Executive



BCU Internet Connection

This month sees the launch of the BCU's new Internet service. The disk attached to this edition of Canoe Focus can be used to access the World Wide Web, through VIP, which is a company jointly owned by ICL, CISCO Systems, Cable & Wireless and Softbank Services, BCU Internet customers will enjoy:

- 56 kbs or ISDN access at the same rate.
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Worcester Canoe Club 'Swan Along' Charity Paddle 98

The 1998 Swan-Along proved to be quite a family event. Of the 120 paddlers taking part, 24 were under the age of 14.

Light showers and a head wind caused some problems but everyone appeared to be enjoying the trip - even the little lad who went to sleep in the bottom of his parents open as it left Bewdley and awoke on arrival at Worcester to ask "Are we going canoeing mummy?"

My thanks to everyone who made the event a success, either by taking part in the paddle or helping out on the day. So far £315 has been raised for Charity. If you have not already done so, please notify me of any sponsorship money you have raised so that a final total for the event can be obtained.

No date is yet available for the 1999 Swan-Along. British Waterways has refused permission for it to be held on the first Sunday in September. A clash would occur with a large rally by the Inland Waterways Association at Worcester. Please Watch Canoe Focus for more details.

Brian Cox - Event Organiser: Tel: 01905 773689.

Sea Touring Committee

Held its AGM on September 26th 1998, and the following persons were elected as officers of the committee.

Chairman: Dave Evans. Cwm Pennant Mountain Centre, Cwm Pennant, Garndolbenmaen, Gwynedd, LL51 9AQ (01766) 530682

E - Mail cpennant@ibhill.gov.uk

Secretary: Craig Addison. Address as above

Treasurer: Vacant Position, vice Chairman John Sutton agreed to act as treasurer until a replacement can be found.

Address: 148 Mudeford, Christchurch, Dorset. BH23 4AY

Extreme Canoeing Video Wanted For TV.

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Work has now started on the £2 million plus Nene Whitewater centre scheme, situated at Peaches Meadow, Northampton. This exciting and unique pumped rough water course will provide an all year round sports and leisure facility just minutes from Northampton town centre.

The new course scheduled to open May in 1999, will be ideal for canoeists of all ages and abilities to playboat, learn whitewater skills or take part in slalom events. Whitewater rafting is another activity planned, along with use of the river below the course for rowing, and land adjacent for orienteering. Floodlighting will mean that evening sessions will be feasible, even in winter for dedicated paddlers!

Both Northampton Canoe Club and Rowing Club will be based at the purpose built centre, as will the Northampton headquarters of the National Association of Boys Clubs. The building will be named the 8th Earl Spencer Centre for Young People, in recognition of the major contribution from the Nene Foundation. Other funding partners include; Northampton Borough Council, Northamptonshire County Council and the British Canoe Union. Finance to enable this ambitious project to get underway also came from the Lottery Sports Fund of the English Sports Council.

The suggested outline design for the whitewater course and external works were carried out by Northamptonshire County Council, and the clubhouse by Northampton Borough Council. The design and build contract has been awarded to Raunds based Wrekin Construction Ltd.

Hasler Finals, Windsor

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Div 7	R Batchelor	Basingstoke Canal
Div 8	M Chalmers	Kirkaldy
Div 9	R Kelly	Elmbridge

Doubles

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Div 3-4	S Train & A Train	Fladbury
Div 5-6	T Mumford & D Sillito	Burton Canoe Club
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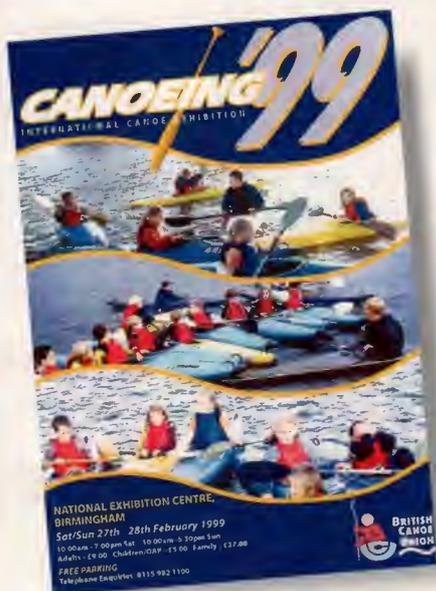
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CANOEING '99

(International Canoe Exhibition 1999)



The Organisers are pleased that the response from Exhibitors to show at "Canoeing '99" has for the first time exceeded space available. Displays are being mounted by many of the leading Canoe and Kayak Companies in the United Kingdom and Europe, and a number of those missing last year are back once again. Companies so far committed include: AC Canoe Products; Ainsworth; Aqualeisure; Carlisle Canoes; Crewsaver; Deckers Europe; Desperate Measures/Phoenix; Diamond Wildwater; Endless River Canoe Centre; Jag International; Lendal Products; Marsport/Arrowcraft; Mega; Mobile Adventure; Nigel Dennis Kayaks; Nookie; Norfolk Marine; Nucleus Watersports; Outdoor Leisure Supplies; The P&H Company; Palm International; Plastimo Manufacturing; Playboater; Pyranha Mouldings; Ras Dex; Rotomod; Screen

Graphics; SDS Watersports; Sola Wetsuits; Valley Canoe Products; Whitewater Consulting International; Whitewater The Canoe Centre; and Zodiac. There will also be the usual displays from the voluntary sector and supporting centres; magazines and allied organisations.

Within the Exhibition Hall, there will be a lecture theatre, and a comprehensive programme is planned. Amongst the lecture so far booked are ones on "Paddling Techniques", "nutrition" and "Fitness". A number of recent Expeditions have also been approached to give presentations. Lectures will be held on the hour and will last for forty-five minutes. The detailed programme will be published in the next edition of CANOE FOCUS. Admission will be by ticket (cost £3), obtainable either in advance or on the day from the Exhibition Office.

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Lets go Surf the NET

BCU Internet - The Cover Disc

In a radical new move, this month the BCU is offering members the opportunity to support their sport by connecting to the Internet using their own dedicated Internet Service Provider - 'BCU INTERNET'.

By using this service members will be directly supporting the development of canoeing.

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The service offers members, Regional and specialist committees, Canoe Clubs, Approved Centres etc the opportunity to get on-line under the umbrella of the BCU.

For the fee of £9.50 per month inclusive of VAT, BCU Internet offers the following:

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The BCU Web Site is located at <http://www.bcu.org.uk> when you subscribe to BCU internet you can visit



the site by clicking on the BCU logo. For those of you that don't already know, you can renew your membership on-line via the BCU Web Site.

The BCU would like to wish all members a very merry Christmas and a Happy 'Paddling' New Year.



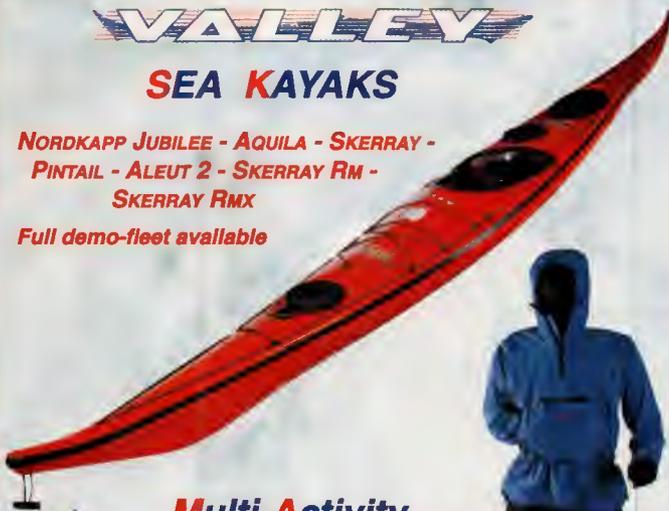
If you do not use the CD on the cover of this magazine, could we ask you to please return the CD to the BCU Headquarters, or alternatively there will be a drop box on the BCU stand at the Canoeing '99 Exhibition at the NEC.

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Article by
Rachel Candelaria
and Emma Barns

“Remind me — what are we doing this for?”

This was the cynical question asked on a number of occasions throughout our harrowing River Shannon trip, late this summer.

The answer to this lay with the challenge and world record set by Simon Hammond and Lee Sampson in February 1996. Together they had open canoed the length of this, the longest river in the British Isles, at 200 miles, in 4 days, 5 hours and 46 minutes, and being the determined young women that we are, it was decided we would be the ones to break this record. Little did we know what lay in store.

The eight of us are all members of the local Duke of Edinburgh (DofE) organisation in Brixham. On discovering that our Gold Expedition was the choice between a 50-mile

trek across Dartmoor or an apparently easy 90-mile canoe down the River Wye, we opted for the latter. Thus, our canoeing lives began.

The Shannon was a river we had set our sights on from the very beginning and now the experience had been gained, it was just the minor question of funding and organisation. Our DofE instructors were more than willing to assist and became the necessary support team we'd take to Ireland with us. They were indispensable in the sponsorship aspect, constantly nagging us to write and beg various firms for help. Due to our perseverance we were provided with sponsorship from a number of avenues, and

along with our own fund raising too we had at last raised enough. So, having finished our exams we prepared to leave for a well-deserved 'rest' in Ireland, towards the end of August.

The first problem we encountered was not on the river as one might have thought, in fact it occurred before we even reached the Emerald Isle. On arrival in Holyhead, it was discovered that 'someone' had forgotten some buoyancy aids and paddles – essential equipment for an expedition of this nature. It was decided that new items would have to be purchased on arrival in Ireland. The support team would sort this out. Once on the river this team of observers would keep an eye on our situation and cajole as many locals as possible to verify our progress. They also had





the task of capturing our intrepid voyage on camera to be used for an 'Adventure Sports' programme for West Country television. Apart from this we would receive no assistance with our descent, as this is what the record stipulated. Food and camping equipment was carried in each of the 4 canoes.

Monday consisted of acclimatising ourselves to the new environment as well as kitting out our canoes with the essential padding to ensure we would not get 'numb bums'. Monday night was spent in the small but friendly town of Dowra – this marked the start of the record attempt.

The owner of the local hardware store saw us off at around 07.00am on Tuesday 25th August, in the driving wind and rain!

Due to a lack of flow and depth to the river at Dowra Bridge, the first 50m of the descent were spent dragging the canoes, rather than participating in any actual canoeing. Not a good start to say the least. Upon hitting the first of the three massive Loughs it brought home just how hard the task was going to be. The 18km stretch down Lough Allen was a real battle and we

competed with waves along with wind and rain coming from every angle. The experience left us somewhat deflated, as well as dripping wet. We soon arrived at the first lock gate and on hearing that the loch master was not coming for another hour it was decided to lift each canoe out of the water and lower them down on ropes on the other side of the gate. However, this was more difficult than it looked and the lowering of the first canoe presented a very 'tense moment' with the food barrel nearly entering the river. We reverted to waiting for the man himself and it gave us a chance to take a well-earned break and munch on some much needed energy food.

The first nights camp was taken up at about 9.00pm in a boggy field near Jamestown. Boil in the bag meals were on the menu for all of us – a far cry from the delicious pub mead we'd enjoyed in Dowra the night before.

Spirits were raised the next day as a glorious sunrise greeted us as we set out on the river at 6.30am. Our early departure was, however, somewhat mis-timed, as 1 hour downstream we hit another lock gate which was not to be opened until 9.00am.

Twelve hours of hard paddling saw our arrival at Lanesborough. We'd been blessed with perfect weather, even paddling some stretches in our bikinis, and the awful weather experience on Lough Allen seemed to be a mere dream. Lough Ree was in sight and we battled on until 9.30pm before setting up camp beside the Lough.

Thursday was to be our earliest start – awake at 4.30am and on the river by 6.00am. The early morning mist inhibited navigation but none the less gave some majestic photographs. The day ahead was to involve a steady 17 hours of paddling. Sarah had adopted the all-important task of map reading and when we reached the lock at Athlone she unveiled the extent of what we had left to do. To the rest of us it seemed to be never ending as it unfolded and our eyes lowered in dismay. If we could reach the start of Lough Derg by the end of today we knew that there was still a chance of beating the previous record.

We refused to let our spirits be dashed and through the pain and effort, as well as Sarah's negative approach, a number of incidents kept us amused:

- Bickering between canoe partners provided those not involved with much amusement.
- The fake Guinness glass attached to the front of one of the canoes reminded us of the merriment to be had on completion of the challenge.
- Singing – particularly at night-time – our favourite had to be the song 'don't stop moving' entirely appropriate.
- The other craft that shared the river with us. Everyone gave us a cheery wave and

hurried hello as they swanned past in their engine driven boats and we carried on reluctantly.

By the end of this the third day, we were absolutely exhausted. Upon reaching Portumma Bridge at the start of Lough Derg, we had reached the days target.

On Friday morning, having allowed ourselves a lie in – awake at 5.15am, – we were ready to tackle Lough Derg. On consulting our maps we knew that the end was in sight, but the 40km Lough Derg had to be conquered first.

The Lough exceeded all expectations of size and made Torbay, our home training ground look more like a mere pond. The crossing was frustrating and certain landmarks on the riverbank appeared to stay level with our fleet of canoes for what seemed like hours. But we negotiated it quicker than expected.

It was eight very happy canoeists that passed through the town of Killaloe and the realisation that we would never have to canoe another Lough again spurred us on. The final stretch between Balamina and Limerick was carried out purely on adrenaline. A power station gate was opened especially for us on this stretch as well as a 60ft lock. A friendly Irish observer from Killaloe even greeted us at the lock with refreshments.

It was a very excited back up team that awaited our arrival at Limerick and we pulled in at around 10.30pm. What an amazing and very exhausting trip it had been. It was quite overwhelming to learn, once our times had been added up, that we had shattered the record by 15 hours. We had set a new Shannon record and had taken 3 days 15 hours and 46 minutes. The support team had been fantastic and we certainly couldn't have done it without the efforts of Ian Benzie, Karen Fry, James Hopkins, Lee Jones and Nigel Ohlson, who seemed to be surprised every day with our grit and determination.



The paddlers were: Emma Barnes, Rachel Candelaria, Charlie Chambers, Ria Coleman, Karen Friend, Sarah Ridd, Lisa Smith and Tracey Stoneman.

Many Thanks to our kind sponsors: YAK – for the discounted canoe wear 2 Bere Feet – for the footwear Irish Ferries – for the discounted ferry fares. A.S Water Sports. Brixham Youth Forum Faroe Park Educational Trust.





Holding on or letting go The Coach's Responsibility to Young People

Those of us who coach young people realise what a variety of children and abilities pass through our hands. But there is no doubt that one of the most satisfying things is seeing children becoming competent in the skills that you have taught them and, more importantly, being able to apply those skills when on a trip or in a competition

It is also exciting to find a young person with talent for paddling. Often the young person does not realise the level of talent that they have.

Coaches too, have different levels of expertise - some are very good at introducing the youngster to the sport and giving them a grounding in the basic skills of the sport (an area of expertise that is sometimes undervalued!) whilst others work better at higher levels of performance. The trick is in realising where, as a coach, your expertise begins and ends

As a child grows out of boats, so too they can outgrow a coach. All children enjoy improving their own skills and if there is not progression in what they do, they will soon tire and move on, or, worse still, give up!! As coaches, we have a responsibility to realise when this is happening and to act!! If we do not, then we are acting in our own interests and not that of the child.

So if you do feel that a child has talent and/ or feel they are outgrowing your coaching skills you need to consider

- Realise this is happening
- Check out what the options are:
- Is there another coach or club nearby that could take the child on to the next step?
- Could you, as a coach, commit to developing your own skills to take the child further, realising what this involves?

- Speak to the child and their parents. Make them aware of the situation and let them know of the Options. (A child's involvement in the sport very often depends on parental support).

There may not be another club nearby that can help or the child may decide that they do not want to move elsewhere but stay in their peer group. Alternatively, they may choose the option to develop further with another coach or club. If they do choose to move, then that is their decision and there is a responsibility to ensure that you take whatever action you can to ensure the child makes a smooth transition to their next stepping stone.

As coaches we must take our responsibilities seriously.

We need to keep young people informed of what stage they are at and the options that are available to them and to LET THEM make their OWN decisions

To give them roots to grow and wings to fly, yet not tell them when and how to fly is unethical.

Good ideas good practice... Good ideas... Good practice

It is often quoted that one of the problems facing young people coming into the sport is the cost of having to purchase their own boat. Having recently met 2 London clubs I came across a great example on how they overcome this problem - a boat leasing scheme.

How does it work?

1. Club purchases a new boat or a second hand boat from someone who no longer needs it at say £100
2. The Club offers to lease the boat to the child at, say £50, which can be paid in instalments.
3. The boat then becomes the responsibility of the child (for maintenance and repair) for as long as they wish to use the boat (for example - 2-3 years)
4. The club then hire out racking space (if available on a yearly basis to the child
5. When the child grows out of the boat, the club revalues the boat and purchases it back from the child (at say £25) to hire it out to another child.

The clubs feel that this gives the child the opportunity to take on the responsibility for maintaining a boat whilst removing the cost issue!

Thanks to Di Lawler and Trevor Wetherall for this idea.

Have you any examples of good ideas that help break down the barriers for young people - if so let me know!

Anne Ferguson



Wanted! – 3 Paddlesport Development Officers

Do you have?

- Excellent communication skills which means you can work easily with a variety of people
- Experience of a number of aspects of the sport
- A positive outlook on competition
- An understanding of the issues involved in keeping young people in the sport and the role that clubs can play.
- Motivation and the ability to make things happen.

If yes, we need you

As a part of its continuing Young Peoples Programme, the British Canoe Union is wishing to recruit PDOs for Nottingham, Southern West Midlands and Bedford area. Contact Maria Winfield at the British Canoe Union for details and an application form, stating which post you are interested in.



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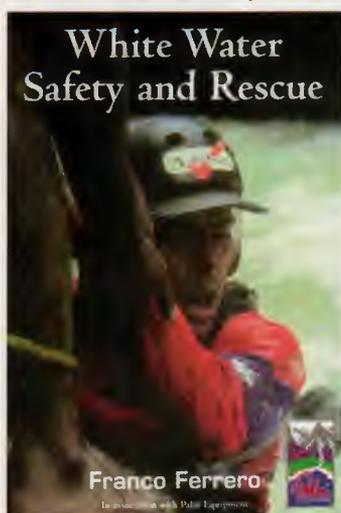
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'... should be read by anyone paddling white water.' - Canoeist

'Well laid out and easy to read...written with a British flavour...' - Canoe Focus

White Water Europe - North Alps

Peter Knowles

White Water Europe - South Alps

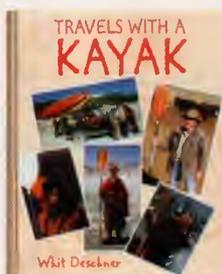
Peter Knowles

The prestigious Alpine Kayak Club described White Water Europe North and

South Alps as "the best guidebooks ever". Other canoeing magazines used phrases like: 'humorous, entertaining, a quality product, impressive, well illustrated, an absolute must, drool with envy,' etc.

What better Christmas read than to snuggle by the fire, dream of rushing white water in the sun and plan your next holiday.

Travels with a Kayak



Whit Deshner

'...A journey from country to country, through an insane world of whitewater! From sheep infested New

Zealand, to the body filled waters of Nepal; from Guinness rich Britain to alcohol poor Utah and Pakistan; from running amuck on the creeks of Bali to Private Purtz's long-lost diary of the Grand Canyon's first descent; from the biblical Turkish Euphrates to the radiated, mutated wildlife of the Everglades.'

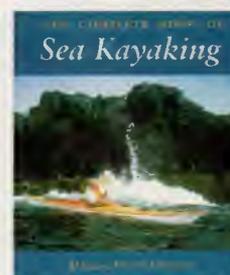
'Tag along with Deshner's zany and devil-may-care escapades of questionable facts and unleashed humor (along with unleached facts and questionable humor) as he paddles down some of the world's most renowned and obscure rivers [and across a couple of swamps].'



The Complete Book of Sea Kayaking

Derek Hutchinson

A & C Black London £13.99



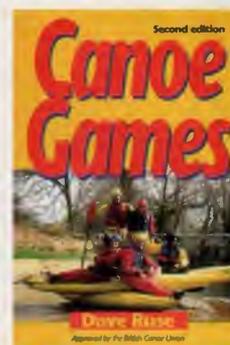
Fourth edition of the book, previously known as Sea Canoeing, is a comprehensive guide for the beginner and a reference book for the

experienced. It describes equipment, basic and advanced techniques (including those for rolling and for rescues), weather and navigation, and is illustrated throughout by the author's own drawings and by spectacular colour photographs.

Canoe Games

Dave Ruse

A & C Black London £9.99



The new edition of this popular book provides further original ideas for both serious canoe training and fun paddling. It includes over 300 tried and tested games

and skills for all types of water and all ability levels. There are chapters on freestyle and competition.

Video

The Kayaker's Edge

BCU Supplies



Are you intrigued with the exhilaration of white water? An intermediate looking for that elusive breakthrough? Or a seasoned veteran wanting a paddling tune up? Whatever your ability, you'll enjoy this dynamic

instructional video. World Champion Kent Ford, videographer John Davis, and experienced white water instructor combine to help give you the kayakers edge.

Christmas Book Promotion

Free prize draw of canoe related books - over £500 at retail prices
5 copies of each book/video up for grabs. Write your requested
title along with your name and address on a postcard.

Send your entry on a postcard addressed to:

Canoe Focus Christmas Draw,

Adbolton Lane, West Bridgford Nottingham NG2 5AS

Only one title per card and only one entry per person. Entries must be received by 10th December 1998

Conditions

The draw is not open to staff of Canoe Focus or the BCU. The draw will take place on Friday 11th December 1998, titles sent out the following week. A list of prizewinners available on request. Names and addresses of entrants may be supplied to Publishers for promotional purposes.

Books available:

White Water Safety and Rescue; White Water Europe - North Alps; White Water Europe - South Alps; Travels with a Kayak; The Complete Book of Sea Kayaking; Canoe Games. Video: The kayaker's Edge.



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Kayak technique diagnosis

By Imre Kemecey and Mike Lauder

Technique is defined as 'mechanical skill in art'. In the art of kayaking the athlete is required to simultaneously balance both the body and the boat whilst applying maximum pressure to the paddle at a high rate. The objective being, of course, to produce the greatest boat speed. Ideally the greatest boat speed can be achieved when the boat is running smoothly through the water. Specifically there is no bouncing, rocking or snaking motion of the boat during all parts of the stroke. By focusing on how the boat is running, a coach can identify errors in technique.

This article defines, through the application of biomechanical principles, the causes of specific motions of the boat and the remedies that can be applied.

Biomechanics and kayak technique

Biomechanics is the study of biological phenomena (processes, function and structure) using the methods of mechanics. It is concerned with 'the forces that act on a human body and the effects that these forces produce' (Hay 1993). The science of biomechanics therefore deals with paddling technique. It describes the movements of the boat, and the motion of the paddle in the air and water. Furthermore, it describes the position of the boat and the paddle at any given moment, in relation to the paddlers' body, limbs and trunk.

Often one cycle (in this case stroke) of the technique is defined according to key phases. In kayaking four phases are defined. The first phase is the catch, the second is the pull phase (or power phase), the third is the recovery phase, and the fourth is the air-work.

The very short duration of the catch (0.04 second) is used to accelerate the boat to recover its speed lost during the air-work. During the pull phase the athlete tries to secure the even and smooth running of the boat. In the recovery phase the athlete prepares his/her trunk for the air-work. In this phase the paddle still moves backwards aiding propulsion while

the trunk's turning (initially in the same direction as the paddle) stops and starts moving in the opposite direction. This movement results in a quick, popping recovery but also stops the boat turning lengthways due to the motion of the trunk. The principle underpinning the execution of this movement being based on Newton's third law of motion (action:reaction). Essentially, with the paddle in the water, the early rotation of the trunk is initiated using the paddle and not the boat. Ultimately, the result is a quicker recovery and air-work, leading to a more efficient catch.

When all four phases are put together the motion should be harmonious such that as one element of motion is nearing its end the next is already under way. The creation of rhythmical and uninterrupted motion is of utmost importance if someone wishes to achieve outstanding results. One such technique has been described as the 'Hansen' technique.

In 1960 (in Rome) a Danish athlete, Eric Hansen won the 1000 m final with a remarkable new technique. The tall, thin and not extremely muscular athlete almost reclined in his boat, while with his relatively long paddle pushed (propelled, drove) himself forward on a wider track base. With his wider catch and power phase he generate a very

strong torque. After 3 or 4 strokes, however, all bouncing, rocking and snaking movements were eliminated at the boat moved very smoothly through the water. Obviously, everyone tried hard to copy this technique, with very little success. With the technique characterised by the large swinging motion of the upper body and therefore large resulting torques being produced (torque is dependant on the magnitude of the force produced and the perpendicular distance from the force to the pivot point), correct execution of the technique relied heavily on the actions of the trunk and the lower parts, such as the hip, waist and legs; the major power transmittants between the paddle and the boat.

A description of the Hansen technique is beyond the scope of this article and may well form the basis of a later article. Should coaches or athletes, however, wish for a description, please contact the authors.

Identifying errors in each phase through focusing on the motion of the boat.

Motion of the boat can occur in three planes, the longitudinal plane, the frontal plane and the horizontal plane. For the purpose of this article, movements of the boat in each plane, will be defined as Bouncing, Rocking and Snaking motions respectively.

Bouncing motion

Three types of bouncing motion can be distinguished as follows:

- 1) The axis is through the middle of the boat in a transverse direction, slightly above the water level (Figure 1). The bow and the stern of the boat are moving (jumping) up and down at the catch, and during the maintenance phase and air-work, in a seesaw motion.
- 2) The axis is through the bow of the boat (Figure 2). Only the stern of the boat is moving, down at the catch (submerging), and up during the air-work (rising).
- 3) The axis is through the stern of the boat (Figure 3). Only the bow of the boat is moving, up at the catch (surging), and down during the air-work.

and remedies

Bouncing motion: Reasons and remedies

Bouncing motion 1

Reasons

The first type of bouncing is caused by the centre of gravity (CG) being moved slightly forward. The athlete lifts him/herself up at the moment of the catch with his/her paddle, and tries to transfer more power into the boat through his/her footrest. As the centre of gravity 'moves' forward slightly, ahead of the 'balance point of the boat', the bow of the boat submerges, like a submarine. At the same time as the bow is submerging, the stern of the boat rises significantly. As the stroke continues the athlete's CG 'moves' backwards and the bow rises with the stern dropping back down (seesaw effect). Although this seesaw motion is very quick, it interferes with the efficient forward motion of the boat at the moment of the catch.

Remedies

One way to correct this type of bouncing motion, is to take out the footrest for a complete workout, once a week or more.

The other effective exercise is to paddle with the "Hansen" technique.

Bouncing motion 2

Reasons

The second type of bouncing is caused by an improper execution of the 'preparation' before recovery. Specifically, the catch is very powerful but during the pull phase there is less and less power on the blade until, at the end there is almost no power on the blade and the athlete is dragging the paddle. At the moment of recovery the rotation of the trunk 'backward' (on the pulling side) stops and begins to rotate 'forward' together with the paddle. Since the blade is already in the air this rotation must be initiated by applying a force to the boat (action:reaction), resulting in an opposite rotation of the boat and the stern of the boat rises quickly (pops up). The overall effect is a decrease of boat speed due to the opposing force and a loss of incline on the glide of the boat (the position of the 'fast boat' is inclined).

Remedies

To correct the second type of bouncing the first step is to figure out some exercises to help the athlete to learn to execute a better preparation for the air-work. One way to do this is to practice increasing the power before recovery. Another exercise is to push the shoulder forward from this support, (support resulting from an increase in power at the end of the stroke). Yet another method is to teach the athlete to push him/herself forward, instead of pulling. Finally, the early rotation of the hip (preparation) can easily be exaggerated when simulating the stroke on land.

Bouncing motion 3

Reasons

In the case of the third type of bouncing (the axis through the stern) the athlete lifts the bow of the boat at the catch by lifting him/herself up with the help of the bent shaft (like a pole-vaulter). At the end of the pull phase the paddler sits back down into the boat, pushing it down with his/her body weight. The bow of the boat submerges to level (or lower). What the paddler gains from the rising (surging) motion of the boat is less than what is lost through the submerging motion.

Remedies

With this type of motion the paddler is wasting energy, losing more speed from this dropping of the boat than he/she can gain through the surging motion at the catch and pull phase. The best exercise to correct this problem is to concentrate more on the motion of the stern of the boat. Experience has shown that after a few



Figure 1.
Bouncing Motion 1. (Longitudinal Plane)



Figure 2.
Bouncing Motion 2. (Longitudinal Plane)



Figure 3.
Bouncing Motion 3. (Longitudinal Plane)



BCU Sport Science
c/o Peter Buffoni
Brunel University
0181 891 0121 ext 2892
peter.buffoni@brunel.ac.uk

weeks, the athlete can reduce most of this motion.

Sometimes the best solution is to shorten the shaft of the paddle. This gives the paddler less leverage on which to lift the boat at the catch.





An Ideal Opportunity to Support Symonds Yat Rapids Preservation Appeal

Lisel Walker is a talented artist and dedicated canoeist who donated her oil painting of "Symonds Yat Rapids" to the raffle which was run by the Symonds Yat Preservation Group. Lisel has produced a Limited Edition of 500 prints from this painting which are now for sale.

All prints sold will contribute 12% towards the appeal. Each print costs £25.00 plus £2.50 + p&p per order.



Please send me....."Symonds Yat Rapids Limited Edition print(s) at £25.00 each plus £2.50 P&P per order

Enclosed.....Name.....

Address.....

.....Postcode.....

Please make cheques payable to Lisel Walker and send with this form to: Roundhay, 7 Baggallay St, Whitecross, Hereford, HR4 0DZ. Please allow 6 working days for delivery

Symonds Yat Rapids

- The National appeal now stands at £29000.00
- We want to thank those who donated raffle prizes
- Painting - Symonds Yat Rapids - Oil on canvas 12" x 16" by Lisel Walker. See separate panel (left) on how you can add further funds by buying a print of this delightful painting by a very talented artist
- Subscription to 'Canoeist' magazine
- Subscriptions to 'Playboating' magazine
- Books from Chris Sladden
- Whitbread's voucher
- Hand embroidered picture by Veronica Westlake
- Tee-Shirts from 'Crewsaver' And those who offered subsidised purchases.
- Royal Hotel, Palace Pound, Ross on Wye
- Outdoor Leisure Supplies

- Paul Howells
 - We are in discussion with the Lottery Sports Fund and await the outcome of our bid.
 - Various ideas have come forward for raising further funds - Race Night - Lecture series - etc. If any Club or Group would like to pursue fund raising it would be most welcome.
 - Why not buy a print of Lisel's picture for a Christmas gift?
 - Letters of support - Donations - Pledges - please keep them coming - and thank you to those who have contributed.
- To Veronica Westlake - Symonds Yat Rapids Preservation Appeal. 33 Golden Vale, Churchdown, Gloucester, GL3 2LU. Tel/Fax: 01452 531218. Credit Card donations acceptable by telephone.**

B.C.U. South West Region Access Team Training and Development '98

Another successful day for all, the third annual Regional training day on the 20th September, 1998 at Taunton Canoe Club.

Dennis Walls, our Regional Secretary, and 17 of the Access Team attended together with our guests.

Last year our Region was runner up for the Barclaycard V.I.P. Regional award. Our nomination was made for our work on Access Officer Training and Communications through

the Newsletter.

We welcomed Joy Purchase to her first training day. Also Simon Redman and Peter Crago the latest recruits. Peter takes over from Barry Waters who, unfortunately, has had to give up the valuable work he was doing - many sincere thanks, Barry.

This year we homed in on Conservation - its impact on canoeing. Arlin Rickard, the Director of Westcountry Rivers Trust which operates throughout Devon and Cornwall outlined the make up and work of his Trust. Also he gave us a very clear insight into the reasons for the decline of river flows and the importance of the protection and creation of wetlands. Topography, sedimentation, abstraction and pollution all play their part. He outlined how his Trust works with Landowners and others to educate, advise to conserve, maintain and improve. We also enjoyed a series of slides showing us the practical effects of these problems and the measures to combat them.

We explored possible ways in which canoeists in the South West and the Trust could help each other and we welcome this opportunity to forge another 'link' in the Region.

John Westlake covered the 'training aspects' for the L.A.O.'s work. He outlined progress in the B.C.U. 4 year Development Plan. In particular the Facilities Strategy which is of special relevance to the Access Team. Time was spent going through the new Access Officer Pack which was well received.

Andrea Buckley, newly appointed as Recreation Officer for the South West Region of the Environment Agency, gave up her Sunday to meet the Team and introduce herself. On the important subject of LEAP's she counselled us not to wait for the Drafts to appear but to get our views on file now. On the 'right to roam' debate letters in support of the Agency's view that water should be included with the land and air would assist.

Jonathan Calderbank, English Sports Council - South West, whom we already look upon as one of the Team also gave us his time. He outlined the Running Sport Programme, now and ESC initiative. Also recent and proposed changes to the Lottery Sports Fund administration which will be a continuing ESC responsibility with capital grants and a new small grants scheme.

Adam Box, as usual, gave us the benefit of his experience and wisdom passing on valuable advice on how we can succeed in our work, stressing the importance of LEAP's. He explored with Richard Hobba the agreement being set up on the River Fowey; also the difficulties on the Camel Estuary and a way forward was formulated.

The Team identified the need for bases of information on important topics such as Lottery applications, sources of information, to be developed both Regionally and Nationally and supported the B.C.U Access Committee's intentions in this direction.

The highlight of the day was, however, lunch provided by Daphne Blackmore - Thank you Daphne. Thanks also to Taunton Canoe Club for the use of their premises and to our Guests.

**Adam Box RAO (Devon and Cornwall).
John Westlake RAO (Wessex).**

Scaffolding on River Conwy

Tyson Construction Ltd are going to be carrying out work on the A5 retaining walls this winter. From 17/10/98. Initially this will involve scaffolding 3 metres from the road, but it will be extended to 6 metres, i.e. well into the river.

There are two sections involved:

Just above Bryn Bras Falls on river right extending 500 metres upstream.

The second section is potentially more dangerous for paddlers as the upstream end begins just after a blind bend that come immediately after a ledge. The downstream end starts just above the bridge upstream of Bryn Bras Falls, on river left.

The firm involved will be putting up warning signs at the get in points and immediately upstream of the scaffolding. Paddlers should use good scouting techniques and may need to portage these obstructions.

Franco Ferrero, Plas y Brenin



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Article by
Craig Walker

Photos by
June

Official Photos by
Equestrian
Photographic
Services, Dublin

This race started in July, when we began looking for a boat. The one we used was a Stiletto K2, which was obviously not strong enough to go down the Liffey. Some strengthening work had to be done, we finished the work 2 days before the race!

On the Friday we went and looked at Straffan, Palmerstown and Wrens Nest (the 2 'V' weirs) and the portage come building site. We discussed lines and all the usual stuff. Graham the token biffer (playboater) of the group casually looked at the weirs explained to Ruth, in words unsuitable for a family magazine, that the boat would go down each weir no problem!

Saturday morning dawned rather too quickly. We had gone to bed at 9:30pm, much to Graham's dismay, and had a good long sleep. After eating breakfast and preparing water bottles, we made our way to Straffan, the now not so quiet village.

Unlike so many English villages associated with canoe events, the locals didn't seem to mind the presence of 1000+ canoeists blocking up roads, getting changed in almost full view and carrying their boats the 1km down the (middle of the) road from the car park to the get in point. I guess they accept it's only 1 day out of 365.

The get in point is just above Straffan weir in the grounds of Kildare hotel and country club, this gives competitors chance to have a look at Straffan weir with a full flood going over it. It's big.

The get in point consists of a bit of clear bank in rows of trees, just big enough for two

View from the F

After two years of slogging away in a C2 Wild Water Racing boat in the Racing Canadian Doubles Class, coming second twice, I decided that my partner and I should try the K2 class!

boats at a time, so it takes a long time to get the 1000 odd boats on the water.

Eventually the announcer informed everyone that the K2's were starting in 10 minutes. The start marshal said to start drifting to the pre-start line. Yeah right! Also anyone paddling would be penalised 10 minutes, if this was true then all the K2's would have been penalised. I purposely held back, so as not to interfere with the top K2's. As we 'drifted' down to the start, I could see the top paddlers getting ready. Someone put a paddle in the water a bit aggressively, someone else reacted and, before you know it, everyone starts. As a token gesture the starter sounds the start hooter.

Straffan bridge came into view, the group we were with began to form a nice orderly queue towards the entry point of the weir, all very civilised, not at all like the pile up as seen in the videos. I chose my line well and we were safely down Straffan. The jungle was next, a long tree lined twisty section. There are loads of overhanging trees here, with the promise of a long swim to a suitable get out

point, should you fall in, as we found out; the leading K1's caught us up at a very inopportune point, we moved left to let them past, not left enough for some, I ducked under a very thick, heavy branch, unfortunately Russ didn't, full in the face, over we went.

We found somewhere to get out, eventually, and got on with the race. I was amazed (and secretly pleased) to see a lot of K2's upside down with people swimming about.

Templemills weir was next. Basically a sideways slide into the stopper halfway up the face, this catches the back end of the boat and turns you nicely to finish the shoot.

The third weir is another sideways slide, about $\frac{1}{2}$ of the way along just past a clump of grass on the weir face. I took us over too early; the back hit said clump of grass and

How not
to shoot
vanessa

Graham & Ruth -
How not to finish
Lucan



Liffey Descent

ront (?)

turned the boat to face down the weir. This unbalanced the boat and we began to capsize, the boat was right over on its side. We should have been in. But I found the riverbed with my paddle and Russ supported excellently. This coupled with the determination not to swim again kept us in the boat. As we went under the bridge at Celbridge there was grudging applause from the spectators.

The slog across Leixlip Lake and the portage around Leixlip dam were next. The get in point is slippy, I trod very carefully here, after falling last year and having a very big heavy WWR C2 land on me!

Sluice next. We had been advised (Howard and Neil) to shoot the gap if we were mixing it with other crews, we were! In 96 we fell in here, so we were a little apprehensive. As we had already decided what we were to do, there was no hesitation, we were going for it. We moved towards the left of the entry channel, which gets narrower as the metre or so wide gap gets closer. I moved the rudder gently right and lined up...

... Perfectly (why can't I do that at Wild Water Races), the boat ploughed through the huge wave at the bottom, I went through it, followed by Russ but we were through!

Filled with confidence we approached Lucan.

Our 97 capsize site. Lucan is shot at about 45 degrees. Looking down from the top it's a long way down, I'd hate to see the high drop. We went over, the bow went under the stopper and out the other side, we were clear.

Wrens Nest has a small island above/next to the entry point. The idea is to curl left around it, which I did, only it is tighter than you think. We were in the demon right hand stopper. If you miss the 'v' it is a big drop to the water, the boat gave out an almighty crack as we went over, right next to me at the front. Needless to say we capsized, Russ was dragged under the water, went under me and re-appeared at the front of the boat. Fortunately we were on our own as we went over and thus had the undivided attention of the rescue crews. So we were on our way in no time.

Palmerstown undid us again. The boat slid into the infamous left-hand stopper. However we were surfing it well until the boat again decided it didn't want to play, my cockpit rim collapsed in on me. This distracted me fearing I'd be trapped. The momentary lapse in concentration unbalanced us, the boat leaned towards the weir face. Anyone who has seen boats getting whipped over at Palmerstown on the video will know how fast and bad it is. I was sucked out and away from the boat and lost my paddle before I could say, "we're in". We were rescued quickly again.

We were determined to finish, with one more weir though, we were going to have to nurse the damaged boat home. We, no, Russ managed to paddle to the finish, as by this point I was beginning to feel very ill and had



THE BURTON CANOE CLUB CONTINGENT WERE:

- Craig Walker (me) & Russ Davison K2; Graham Bird & Ruth Walker (yes, a relation) - Recreational Canoe
- Tim Mumford - Junior Open Single
- Christina Walker (another relation) - Support; June - Support.
- Hannah Cubie - Support.
- Howard Blackman K2 with Brother Neil, racing as Newark racers
- Martyn Steele MJWWR, Northampton CC who blagged a lift.

Craig & Russ	19th	MK2
Graham & Ruth	64th	Recreational Canadian Doubles
Tim	1st	Junior Men's Open Singles
Howard & Neil	7th	MK2
Martyn	1st	Junior Men Wild Water Racer

I'D LIKE TO THANK:

H.Gregg and Son's, Fibre Glass Manufacturers, Telford for supplying the materials for strengthening the boat. Without which we'd never have finished the race. Rob Gregg for helping strengthen the boat.

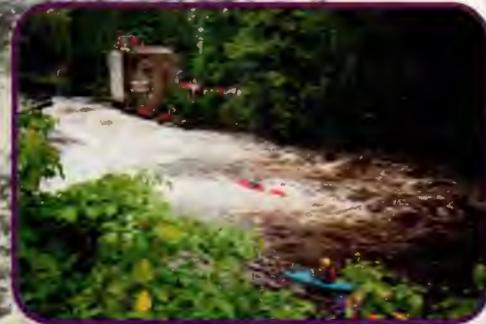
no energy or strength. Using a slightly mouldy camel back is not a good idea. We finished our third Liffey Descent. Trouble is it leaves me hungry for more, roll on 1999.

Apparently the party was great, although I missed it through illness, which put a damper on an excellent weekend.

The boat survives to this day, although it is in dry dock undergoing major repairs. It will never race another Liffey descent again. We'll have to buy another for next year's race.



1998 Jameson



Tim, big lead at Straffan

and get away with it just!

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A lifetime in the day of a

Sea Kayak Symposium organiser

David Evans.
Chairman BCU Sea
Touring Committee



As a BCU Coach I have been involved with the BCU Sea Touring committee for longer than I can remember, and its Chairman for the last two years. I'm not quite sure what originally possessed me to offer to organise a Sea Kayaking symposium, but I have now done so for the last eight years.

Earlier this year I moved to a new job as Manager of the Cwm Pennant Mountain Centre in North Wales, which had just reopened after a major refurbishment. When I arrived, the Centre had few bookings, a skeleton staff and lots of outstanding building defects still to be rectified. It was against this backdrop that I balked at the idea of running this year's symposium. The problems seemed insurmountable. I was however determined to see the momentum that had been established over the years continue, and resolved that whatever the problems, physical or human, the symposium would go ahead.

What I needed was a fairy godmother to wave a magic wand and to provide all the goodies that I needed for the weekend to be a success. In the event I needn't have spent so many sleepless nights worrying about it, and indeed there were lots of Fairy godmothers who contributed to a very successful symposium.

Finding suitable speakers has been a perennial problem. Each year's symposium has seemed better than the one before, and last year's event was a hard act to follow. Eventually it was my wife who offered the solution after returning from a residential weekend away on a degree course at Sheffield University. Have you thought of Kevin Mansell? She said, he's on the same course as me. Kevin is a level 5 Coach and Chairman of Jersey

Canoe club. I rang him up at once and asked him if he was prepared to come over as a guest speaker. If so what would he like to talk about? Unbeknown to me Kevin was planning to lead a group from Jersey to Alaska, and was organising a 3 week long expedition to the Kenai Fjords National Park. A deal was struck on the basis of the trip still to take place.

One down and only two or three speakers still to find. Although I had been the symposium organiser for many years I had always resisted the temptation to speak myself. There always seemed to be enough to do without worrying about having to put my own lecture together. I had however been invited to talk to the River Rats Canoe club during the winter, and having survived the almost continuous heckling which is apparently the treatment they meet out to all their guest speakers, talking to a group of dedicated Sea Canoeing enthusiasts seemed a less daunting prospect. Once I had two of the three lecture slots filled the task assumed more human proportions. Jim Patton, the District Controller from Holyhead Coastguard readily agreed to speak, and the three main lecture slots were now filed, or so I thought! Kevin had by now returned from Alaska, and when I spoke to him everything seemed to be going well. The trip sounded to have been successful but also more arduous than he had anticipated. His slides were back and everything was on schedule. Imagine my horror when with less than three weeks to go I

received a phone call from him to say that he was finding it almost impossible to get a flight off the island without spending nearly £300. In the circumstances, he asked, did I want him to withdraw? With all the information having already been circulated, and the

Below: Practical workshop

Bottom: Fairy Walrus (Derek Hutchinson)





Sea kayak trial

numbers of confirmed delegates rising steadily, there was obviously little option but to continue whatever the cost. Money aside, equally worrying to me was the prospect that there weren't any seats available on the Friday, and because of his commitments, Kevin was unable to leave Jersey any earlier. We discussed all sorts of options including the possibility of flying to Dublin and catching the high-speed ferry across the Irish Sea. In the event he was able to secure a cheap seat on a flight to Luton airport

All the magic seemed to be working at once. I had earlier approached the RSPB to

see if they could supply a speaker. Yes, they were interested, but at the time no one was available. With less than two weeks to go before the event, Ian Simms from their observatory at South Stack on Anglesey, left a message on my answerphone, confirming that he would now be able to attend. I then received a phone call from John Ramwell, to ask if I had room for a slide presentation from a representative from the Newfoundland Tourist Board, to talk about Sea Kayaking in Newfoundland. Far from not having enough speakers I now had to create additional slots within an already busy programme.

I had already turned my attention to the practical workshop sessions, and to the Sea Kayak trials. Valley Canoe Products and P&H offered to bring demo fleets as they had done in previous years and Mobile Adventure offered a trailer full of Dagger Sea Kayaks if we could collect them. Kevin Mansell had offered to run a five star clinic, and I had asked Craig Addison a level 3 Coach who had been on a number of trips with me to run a rescue session. The line up was completed by Matt Orford, one of my instructors who agreed to take a basic skills session. I now received a call from a fairy walrus who offered to lead a master class on turning paddling frogs and frogesses into princes and princesses. How could I refuse such an offer? Thank you Derek (Hutchinson, as if you hadn't guessed)

The only remaining problems that I now had to surmount were, where was everyone going to park, where would people camp, and where would the lectures be held. By way of explanation although Cwm Pennant can sleep 60 people it has a car park big enough for about 20 cars. The Centre had also just undergone a major refurbishment and as with all building projects the costs had overrun. The lecture room had been left as a bare shell with dusty walls, no lights, and no blackout provision. The fact that we had no screen and no chairs seemed minor difficulties by comparison. The car park and campsite problems were solved with the help of Richard our neighbour, who owns and farms the land

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Exploring caves along the Lleyn Peninsula

amendments to the joining instructions were sent out exhorting everyone to bring whatever sustenance they needed to get through the hours of darkness.

By now and with only a few days left before the event my stress levels were beginning to rise dramatically. Whilst earlier it had been me assuring the rest of my staff that yes, large numbers of Canoeists would travel all the way to Cwm Pennant, and not to worry about where we put everyone, or whether we could feed them all, it was now their turn to reassure me that it would indeed be all right on the night. Our last major panic was in trying to persuade our office computer that it really did want to produce direction signs to the Centre. The signs did eventually appear in glorious fluorescent orange but not before Ann my Support officer had threatened to consume all her homeopathic stress pills. The cut and paste method that we finally used to produce them owed more to Blue Peter than it did to modern information technology.

Was it all worth it? We had over 60 delegates who came from all over the country. The lectures were well received, the food was excellent and even the sun came out for the mass paddle on Sunday. At least two of the delegates went home several hundred £s lighter, but with new Sea Kayaks strapped to their roofs. John Chamberlain even managed to find a local garage willing to grease the P&H trailer axle. As for me, by the end of the weekend I was kn——ed, too tired even to



Lunch at Portmeirion

fill in the dots. If you hadn't already guessed, this article is a thinly veiled, but sincere thank you to all those who took part or contributed to the 1998 Symposium, making it one of the best so far. So far!!!!



Setting out from Criccieth

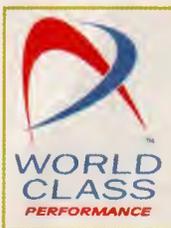


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Many congratulations to the Great Britain Team members that achieved outstanding results at the World Championship events held in September

1998. The Marathon Racing Team won a total of seven medals at the World Championships in Cape Town and a number of paddlers achieved top ten positions. Special mention must be made of our individual World Champions; Ivan Lawler in Men's K1, Andy and Steve Train in C2 and Paul Prestwood and Danny Mathews in Junior Mens K2. The Mens and Women's Great Britain Canoe Polo teams won silver medals at the World Championships in Portugal. Both teams lost out in the finals to the Australians but only after a period of extra time and a penalty shoot out.

The excellent results from these Championships are a reflection of the hard work and application shown by our athletes and the dedication of the coaches and team management; well done to all concerned.

The staff within the BCU Performance Directorate, the individual discipline team managers and the coaches are working hard to meet the targets set by the UK Sports Council in terms of the plans and budgets required for each aspect of the World Class Programme. We look forward to the launch of the World Class Potential Programme on 10 December 1998; this programme will provide us with a framework to develop and support talented individuals.

Everything is changing at a rapid rate; the BCU World Class Programme needs to be fully established with new systems introduced within a relatively short period of time. However, the UK Sports Council are aware that the major international competition schedule does not stop and that this work must be undertaken against the backdrop of Olympic qualification and World Championship events in 1999.

John Anderson

Marathon World Championships

Cape Town - 1998

Article by Di Lawler

This was a beautiful venue; a freshwater lagoon, surrounded by mountains, just a few minutes walk from the white sands of the Muizenberg beach and False Bay.



We knew this area was windy, but we were not prepared for the stormy conditions and gale force winds that met us on arrival. There were days when conditions were reasonable, but on a bad day there were parts of the course that became so rough they were almost non-negotiable.

The course was such that part of the race was on very open and exposed water and part of it on more sheltered sections where the fringes of the lagoon developed into two "canal" systems. These canal sections gave the competitors shelter when they could pump the boats out.

Thursday, the first day of competition was "one of those days". The water was very rough. Only the Junior Men's K2 went ahead. The junior women's K1 was postponed.

The two British entries were drawn at opposite ends of the start line: Prestwood and Mathew's in 17 were in relatively sheltered water compared with Sowry and Johnson who, in 1, were out in the rough. After a good start Prestwood/Mathews quickly made the front group, whilst our other crew floundered in the heavy water before making their getaway and chasing the leaders. Most of the 17 starters survived the first half of Lap 1, but after a 10-minute respite in the first canal section the boats again emerged into open water. White crested waves built up and rolled in broadside as competitors struggled to turn their boats into the second canal section. This part of the course claimed both the Hungarian crews.

The leading group of four, which included Prestwood/Mathews negotiated the hazard safely and disappeared into the second canal section. The first portage saw two South African crews, Australia and G. Britain come through first, but the British boat was completely waterlogged and they struggled to lift it. Even so they stayed with the group. The next boat in was Sowry and Johnson; they had worked their way up the field and were

Joel Wilson - Bronze medal in Junior K1 - neck and neck with his Dutch rival on the portage

now lying 5th, but they were completely alone and now had to go on in isolation for the remainder of the race. After the first lap very little changed and the Brits proved best on the finishing sprint. It was Gold for Britain, Australia 2nd, South Africa 3rd and 4th. and Sowry/Johnson(GB) 5th.

The second day the weather changed for the better, and the two junior K1 events went ahead in much improved conditions. In Junior Men's K1, Britain was represented by Joel Wilson and Keith Moule. Both made a strong start. Joel got away with the front group of three with Hungary and the Netherlands, but Keith failed to complete the first lap and retired feeling unwell. We had expected close rivalry with the Dutch as Wilson had had a hard fought contest with de Goede at the Bombannes Grand Prix. They both survived clashes at the two portages, and the race was decided on the final sprint in. The Hungarian crossed the line first, Netherlands 2nd and Joel Wilson (GB) 3rd.

The Junior Women's K1 event spread out very quickly: the South



Above: Ivan Lawler c
Below: Mens



African, Hungarian and Dutch entries asserted a commanding lead in the early stages, and barring accidents, made it fairly evident where the medals would go, especially as Lihou the South African was performing in front of a home crowd. The two British girls, Joanne Bates and Jenny Spencer (only 17 and 15 years old respectively) both put up good performances, Jo worked particularly well on the last short lap and picked up three places, finishing 6th with Jenny 10th.

The World Championships for the senior competitors began with K1 events on the Saturday.

The Men's K1 race provoked much discussion. The South African press was promoting Britain's Ivan Lawler as the most likely winner, rivalled closely by Denmark's Thor Nielsen. But Nielsen was not the only threat to a British victory; the line-up read like a who's who of marathon racing... Chad Meek(AUS), winner in Stockholm 1996, Edwin de Nijs (NED)... who won the Bombannes Grand Prix, the Brazilian, Cuatrin... Tom Kranz from Sweden and two high class Norwegians... Toppe and Rasmussen. Ivan was well aware that this could well be the hardest race of his life.

As far as the weather was concerned Saturday was the best day... warm and sunny with only a light breeze. The 24 mile senior course was expected to take about 2hrs 50 mins... and on this occasion drink became a more important consideration than pumps. Forty-one boats lined up for the men's K1. Drawn on Lane 1 Lawler was not in the best position to reach the front group immediately. James Block, the second British entry was 11... both made a good start, and made their way to the front without mishap. It was a very crowded field, and negotiating the narrower canal sections proved hazardous as the New Zealand paddler managed to cause havoc in the closely packed group and both James Block and Edwin de Nijs (NED) capsized. As they came through the first portage it was not quite what we had expected. First came Nielsen (DEN), Meek (AUS), te Linde (NED), van der Westhuizen (RSA) then Lawler (GB).

As the race progressed it became obvious that portaging was not Nielsens strong point, and invariably the group left him behind at the portages... but he always caught up; he even stopped to empty the water from his boat on one occasion... but still got back in and caught up yet again. However inept he seemed to be in some of the basic marathon skills, his paddling skill was such that he never lost touch with the front group. After 2.1/2 hours of racing, there were just four boats left in the front group. It was left for

Britain, Netherlands, Norway and Denmark to fight it out for the medals, while the chasing group which included Gary Mawer (IRL) and James Block (GB), both recovering from a disastrous first lap, were working their way up the field in the company of Norway's Einer Rasmussen.

The sprint for the finish began a long way out... or were they just testing?... the pace slackened slightly and then built up again... te Linde (NED) was dropped first, then the other three were left to settle the medal positions. Nielsen was fighting hard but all that catching up must have taken it's toll... Lawler for Britain gradually developed half a length lead and rewarded us all with the Gold medal we had been willing him to win for the last three hours. Nielsen took Silver, and Toppe (NOR) Bronze... there was only half a boat length (1 second) between each boat as they crossed the line. Mawer (IRL) was 5th Block (GB) 7th.

Meanwhile the Women's K1 was underway, Hemmings(GB), Davey(GB), Bulk (NED), Szonda (HUN) and Gunnarson (SWE) made up the front group early in the race. Favourite to win had to be Gunnarson. She has more medals and titles to her name than most of us can accurately recall. This group was generally about a minute ahead of the rest of the field and was never threatened from behind. On the last 1000m the pace hotted up and Tricia Davey, who had done exceptionally well to stay with the group throughout the race, was finally dropped. The other four battled on... Bulk dropped... then there were three and Szonda was next to go; Anna Hemmings fought on right to the line, Anna had to settle for the Silver medal again, whilst Kormelia Szonda(HUN) took the Bronze. Nicole Bulk was 4th and Tricia Davey (GB) finished a very creditable 5th.

The C1s started behind the Women's K1. Britain fielded only James Lee in this event. Inevitably the two Hungarians dominated this race. James; started slowly but as the race proceeded worked his way up the field to take 5th place out of a field of ten. Medals went to Hungary (1st & 2nd) with Portugal 3rd.

Another good day for Britain!

The K2 paddlers now had a hard act to follow, and added to, that the weather had again turned stormy and cold... the water was getting choppy again and proceeded to worsen throughout the race. Boat preparation again became of paramount importance. British entries in the Men's K2 were Tim Brabants/Conor Holmes and Steve Harris/Steve Baker: entries in the Women's K2 were Andrea Dallaway/Helen Gilby and Alison Thorogood/Sonja Bapty: Steve and Andy Train did the C2.

This was another exciting morning, we were in all three races with a good chance of medals. The Men's K2 fielded 34 boats, after 1000m they were almost all still in a group together, and there was a turn coming up. There was a crash, the Dutch boat turned sideways. After this the race began to settle down, and by the time the first lap was complete, the front group was six beats (which included Brabants/Holmes (GB)). For the first half of the race these six boats stayed together... apparently dominated by the South African crew (Bird /van Coller) .. Brabants and Holmes seemed to be struggling to hang on to the group... always towards the back and missing out on the best of the washes. This was to change during the third lap; the South Africans hit a buoy, went inside and had to return to take it on the correct side. This broke the group. the South Africans were dropped and

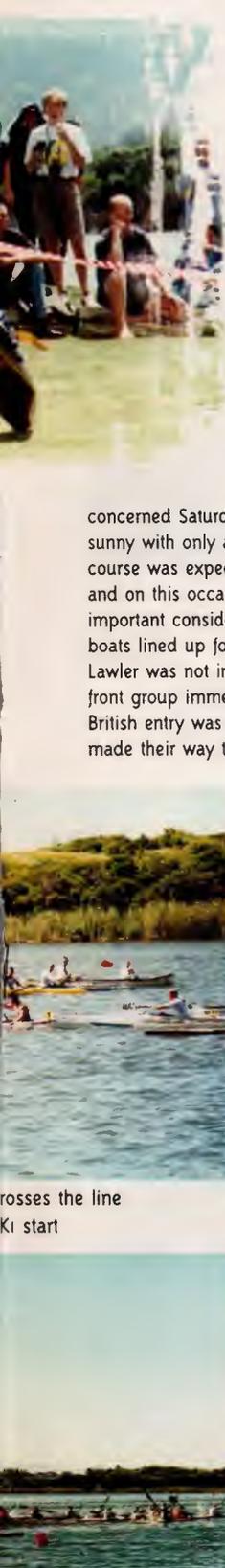
only three boats made the front group... the Hungarians, Danes and the Brits. Brabants and Holmes, now looking much more comfortable gave the impression that the final result could well go in their favour. In the sprint for the line they only just lost to the Hungarians... with the Bronze medal going to Denmark. It is interesting to note here that at the last moment, when one of the Danish team fell ill, Thor Nielsen (who was 2nd in the K1 race on Saturday) took the place of the sick paddler... and here he was winning another medal. The second British crew Harris/Baker, finished 10th after having steering problems.

In the women's race, a similar thing was happening. Suzanne Gunnarson (SWE), winner of the Women's K1 on Saturday was paired with Asa Eklund and was obviously out to win again. This was something yet to be achieved, to win both K1 and K2 events at the same Championships. Five boats formed the front group very early on... Sweden, Hungary, Poland, Germany and Great Britain (Dallaway/Gilby). The Hungarians; damaged their rudder on the first portage and were dropped from the group; about a third of the way round the second lap the Swedes broke away dramatically, leaving Britain, Poland and Germany behind. The Polish crew gradually dropped further behind leaving only Britain and Germany to chase the Swedes, who were in a class of their own. Gunnarson however, by the third portage seemed on the verge of collapse and in some kind of agony (we found out later she was suffering from tinasinavitus)... but she was not going to give up. Meanwhile the British boat was suffering severe steering problems and was constantly having to adjust their course with their paddling rather than the rudder. They came out of the last portage in second position with the Germans several lengths behind, second place looked a possibility. Unfortunately they were forced to take the last turn very wide and the Germans caught up, overtook and took the Silver with Britain in third place. The Swedes easily won the Gold medal. Gunnarson set her new record and at the same time put up a very brave performance. Great credit was due to Andrea Dalaway who battled with deficient steering for at least half the race and refused to give up the chance of winning her first World Championship medal.

We have come to expect a Gold Medal from Steve and Andy Train in the C2 event it looked as if our expectations would be realised from a very early stage of the race. There were only three boats in the front group for the first lap, two Hungarians and the Brits, then it was one Hungarian, then it was just the Brits. Steve and Andy had done it again, winning in fine style Minutes ahead of the first Hungarian boat. This was a fantastic result that crowned Britain's supreme performances at this championship.

Britain were declared top team overall. We had won 2 Gold, 2 silver and one Bronze medal, our men's kayaks were top of their section, and in addition to that the juniors had won the Men's K2 and come third in the Men's K1. Congratulations to our team, we are very proud to have had the privilege of watching you race

Marathon World Championships are now to be held every year instead of every two years. In 1999 we can look forward to the Championships in Hungary. Canoe racing is almost unrivalled as the National sport of Hungary. From this I think we can expect a well-organised and exciting event and tougher opposition than ever from the Hungarians who win be anxious to do well in front of a home crowd.



crosses the line
K1 start





Laurence Oliver
Manager, Junior
Racing Team

Junior World Cup

Poznan, Poland - 3rd to 5th July

Junior European Championships

Nykoping, Sweden - 24th to 26th July

The Great Britain Junior Racing Team took part in two major events this year. They were the Junior World Cup in Poznan, Poland early in July and the Junior European Championships in Nykoping, Sweden towards the end of July.

In Poland there were 25 nations competing. Great Britain came fifteenth overall. Unfortunately for us, the 5000m races, where our team performed very well, did not count towards the World Cup points.

The team had a very good regatta. We had boats in 4 of the 500 & 1000 metre finals. This is the most we have ever reached at this event. These distances are raced in 9 lanes.

Our best results came from Abigail Cattle (Reading) who qualified directly from the heat for the Junior Women 500m singles' final where she won the bronze medal. In the 5000m event, where

the competitors all start together and race over a course involving three turns, Abigail won in impressive style, being 80m ahead after 4000m. Abi will still be a junior at next year's World Championships in Croatia.

Adam Kennedy (Fladbury), who also will be a junior next year, had to win his Junior Men 500m singles' heat, which he did, to qualify directly for the final where he came 6th.

The Junior Men 500m four man crew of Richard Darby-Dowman (Elmbridge), Danny Matthews (Galley), Paul Prestwood (Galley) and Paul Burgoyne (Hereford) was our other boat which had to qualify for the final where they finished in ninth place. The Junior Women 500m fours' crew of Ruth Bale (Royal), Joanne Bates (Elmbridge), Becci Hunter (Royal) and Jenny Spencer (Hereford) had a straight final where they came eighth.

In the 5000m events, besides Abigail's gold medal, other creditable results were those of the doubles of Danny Matthews/Paul Prestwood who came 6th and Claire Hannon (Wey)/Jenny Spencer who also came 6th.

The Junior European Championships was a more competitive event. There were 31 nations taking part. All of our boats were in the semi finals but, unfortunately, we did not reach any of the finals, in spite of being very close fourths in four events where the first three went through to the final. Adam Kennedy missed the 1000m final by 0.18 seconds. Abigail Cattle missed the 500m final by 0.64 seconds. Danny Matthews/Paul Prestwood were 0.38 seconds from making the 1000m final and the kayak four crew of Richard Darby-Dowman/Paul Prestwood/Danny Matthews/Paul Burgoyne had a very good race but were 0.14 seconds away from reaching the final. The 500m doubles' crew of Adam Kennedy/Keith Moule (Chelmsford) missed their final by just over 3 seconds.

The Junior Women were all young members of the team. They will all be juniors next year (two of them still being juniors in three year's time). Trevor Wetherall (the junior men coach), Russell Jones (the junior women coach) and I are looking to the future optimistically.



Abigail Cattle
Bronze medalist

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Great Britain's women would be attempting to retain their status as World Champions. The men, only fifth seeds following their performance in Australia in 1996, were hoping to build on the European Silver Medal won in 1997.

The increased number of nations participating in the Championships - 20 in the men's section and 11 in the women's, as compared with 15 and 7 respectively in 1996 - was further evidence of the steady world-wide expansion of polo. Of the established nations only New Zealand were absent, whilst notable newcomers were the U.S.A.

Where-as in other canoeing disciplines can cater for an increased level of entry with little significant effect on the over-all duration of the competition or nature of the venue required, polo can not. Even were a twin-pool complex to be used, it is doubtful whether more than 60 teams could be satisfactorily catered for, (unless, of course, the tournament were to last for up to two weeks, with teams perhaps only playing one game a day).

Thus a radical re-think as to the format of Championships will soon be necessary. Options include the holding of Continental qualifying tournaments, the ranking of Nations into separate world groups, each with its own Championships and with promotion and relegation between the groups or the holding of totally independent Men's and Women's competitions.

The Aviero venue was certainly ideal - a 50 metre open air pool and a 30 metre indoor training pool, part of a sports complex owned by the town's First Division soccer club. Equally impressive was the amount of sponsorship and government funding the Portuguese had managed to attract. (One could not fail but draw comparisons with the financial constraints faced by those who organised the inaugural World Championships in Sheffield in 1994; one appreciated even more the tremendous efforts they had made).

Scrutineering, accreditation, and the Team Leaders 'and Referees' meetings took up Sunday. The latter is normally characterised by lengthy, often heated, attempts to resolve fundamental differences of rule interpretation that exist between countries and between Continents, (and, notably, between the Australians and everyone else).

Women's Competition

Monday was a training day (or was it a recovery day), games finally commencing on Tuesday morning.

In the women's competition Great Britain were initially drawn to play France, Japan, South Africa, Portugal and the United States.

Where-as in many sports - for example, Soccer - there are no longer any truly 'weak' nations (as evidenced by the recent narrow 2-0 win by the World Champions France over Andorra or Iceland's 1-0 defeat of Russia in European Championship games). The gap between the best and the worst in canoe polo is significant.

In fact, Nations can be placed into three distinct groups. There are those with genuine medal pretensions - currently, in the women's game, Australia, France, Germany and Great Britain. Then come nations with the potential in the medium term to join the elite - perhaps Ireland and Japan in the women's game - and finally there are those countries that are still in a developmental phase and find facing the 'leading' nations a thoroughly

World Canoe Polo Championships

Portugal -15th/20th September 1998 Britain men and women take the silver medal

The 3rd World Canoe Polo Championships were held in Aviero, Portugal, 60 miles south of Porto.



Article by
Pete Mitchell



great britain v
germany (men)

daunting proposition.

This wide disparity was reflected in the results of the initial group games, the women defeating South Africa 11-0, Portugal 8-1, Japan 7-1 and the United States 12-0 en route to the match-up with France that would decide the group winners.

This closely contested game, against a French team that had grown in skill and confidence, since being conclusively beaten by the British in the final of the 1997 European Championships, ended in a hard earned 3-1 victory for Great Britain, a result that led to a match-up with the top placed team from the other group - Australia, (or so it was thought). But events off the pitch were about to dictate otherwise.

On the Thursday evening Australia had beaten Germany 4-3 to secure top position in their group. With 2 minutes of the game remaining the Australians had made an illegal substitution. The rules dictate that such an infringement be penalised by the showing of a yellow card to two players - the illegal substitute and one other - leaving the offending team to play for two minutes with only

four players. The referee had dismissed the illegal substitute but initially failed to ensure that a further player left the pitch. He corrected his error within seconds, during which time nothing of significance in playing terms occurred.

This seemingly minor over-sight was to lead to 36 hours of confusion, threats of litigation and genuine concerns as to the competence of the I.C.F. to over-see canoe polo World Championships.

The Germans protested the result of the game.



Diane Ratcliff
Women's
team captain



The Final Positions

Women

Gold Medal	Australia
Silver Medal	Great Britain
Bronze Medal	France
4th	Germany
5th	Ireland
6th	Japan
7th	South Africa
8th	Brazil
9th	Portugal
10th	Canada
11th	U.S.A.

Men

Gold Medal	Australia
Silver Medal	Great Britain
Bronze Medal	Italy
4th	The Netherlands
5th -	France
	Germany
7th -	Ireland
	Spain
9th	South Africa
10th	Belgium
11th	Switzerland
12th	Hong Kong
13th	Brazil
14th	Portugal
15th	Poland
16th	Namibia
17th	Japan
18th	Canada
19th	U.S.A.
20th	Taiwan



Great Britain Women
1998 World Silver Medalists



Great Britain Men
1998 World Silver Medalists



Great Britain Men's B Team
1998 Flanders Cup Winners

claiming that as the 5th player was herself an illegal substitute, she should have been sent off together with a further player, leaving the Australians to play for 2 minutes with 3 players.

The protest, heard initially by the Organising Committee, was rejected on the strength of the rule that "no protest can be made against decisions of the referee during a game".

But the Germans now appealed to the Jury. Despite the I.C.F. rule that Jurors should hold valid qualifications, (presumably relating to the discipline in question), this panel appeared to contain only one member, a German, with any real knowledge of polo. The appeal was upheld, the decision being that the game should be re-started from the point it had reached at the time of the error, (with the Australians playing the next 2 minutes with 3 players).

Almost without exception Team Managers expressed disbelief at this decision and both the Australians and the British now lodged an appeal against the Jury's decision. Late on Friday evening a revised, perhaps even more irrational,

Great Britain vs France (Women)

judgement was delivered, to the effect that:

i. "The Australian Team Coach be asked to pay attention during substitutions and ensure that this breach of rules does not occur again. Further breaches of this rule may result in the Australian coach being banned from the competition area".

ii. "The referees of the game be sanctioned and not permitted to further participate as Referees in this competition".

iii. "Game 63 be replayed".

For a couple of hours the air was filled with threats of team boycotts and referees' walkouts. Eventually, following a series of meetings between Managers it was agreed that, short of prejudicing the continuation of the competition, little more could be done other than to send a very strongly worded letter of complaint to the Jury.

In a final gesture of protest, the Australians chose to concede the disputed game, giving the Germans a walkover. As a result Great Britain now played Germany. In a game notable for the unprecedented sight of the whole Australian contingent supporting a 'pom' team, Great Britain won 4-2. (This led to a re-match of Germany and Australia and the equally unlikely sight of the British supporting the Australians as the latter recorded a 2-1 victory).

The 'ladder system' now came into play, with Great Britain meeting Australian both teams being guaranteed a medal. The winners would move straight to the 'grand final', whilst the losers contested a final eliminator, the winners of which would play in the final with the losers taking the Bronze medal.

This will not be remembered as amongst the best games Great Britain's women have ever played! A 3-0 defeat left them competing with France for the second final place - in a thrilling game G.B. came back from 3-0 down at half time to win 4 - 3

The final against Australia, (a repeat of the 1996 World Championship final), was equally tense. With a 3-3 score line at the end of full time and neither side being able to break the dead-lock during the five minute period of 'golden goal' extra time, the game went to penalties, Great Britain eventually having to settle for the Silver medal.

Men

In the men's competition six nations - Australia, France, Germany, Great Britain, Italy and The Netherlands - arrived in Portugal with realistic aspirations of winning a medal.

In the initial round Great Britain were drawn to play Taiwan, Namibia, Switzerland and the fourth seeds, France.

First place in the group would ultimately depend on the result of the clash between France and Great Britain, (a repeat of the 1997 European Championships final, which France had won 2-1). Following wins over Taiwan (10-2), Switzerland (12-0) and Namibia (16-0), comparative goal differences were such that a draw would be sufficient for Great



Great Britain vs USA (Women)

Britain to progress to the next phase as group winners and a draw - 3-3 - was what was achieved.

Round two brought G.B. up against Germany, (second to The Netherlands in their first round group), and Hong Kong. Again the diversity of standard was clearly illustrated, Germany being defeated 2-1 and Hong Kong 14-0.

The Men's competition now entered the ladder stage - initially, at least, defeat still left teams with another chance of progressing. Thus on Sunday morning, the final day of the tournament, Great Britain faced Australia, the 1996 World Champions. The winners were guaranteed a medal, but the losers would have to work their way back up the ladder if they were to finish in the top three.

In a tightly contested game Great Britain lost 1-0. They now had to play and win 3 games in 4 hours if they were to reach the final!

Fitness was now going to be a significant factor in determining Great Britain's progress. In the event this was not to be found wanting. Victories over Germany, the 1996 World Bronze medallists, (6-3), The Netherlands, (1-0) and Italy, the 1996 Silver medallists, (2-1), set up a repeat of the women's final - Great Britain v the defending World Champions, Australia.

Once again at the end of 20 minutes the scores were level (2-2) and again the golden goal period of extra time failed to resolve the deadlock. Ultimately lightning was shown to be capable of striking twice in the same place - Great Britain's men lost the penalty shoot-out and, like the women, had to be content with the Silver Medal.

Despite the inevitable disappointment, the performance of both teams was outstanding. The silver medal for the men was a significant improvement on the 5th place achieved in 1996, whilst the record of Great Britain's women - winners of the Silver or Gold medal at every major Championships since canoe polo was granted full I.C.F. recognition is outstanding.



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Stephen Kerswell
B.C.U. Surf
Chairman

Surfing and Politics

This Years Home International was to be preceded by a contest at Sennen Cove, as Far West as you can surf in Cornwall.

The organiser, Mark Richards, had to drop out and dropped it in my lap. I quickly realised that I was not going to be available, so dropped it into the English

(read Cornish) teams lap, who decided to run it as a team venture until I turned up in the evening. Surf at Sennen is either non-existent or monster type, it was the latter that greeted the 70 odd entrants on day one. Several people scratched or suddenly remembered a far more pressing engagement and had to dash off to where ever. Those that remained enjoyed a days surfing and competing that has been lacking lately, big surf and sunshine and a few big wipeouts! Kieren Moore felt the full power of the surf, it not only wrecked his kayak but also tried to break his legs at the same time, fortunately for Kieren he survived to show us all his bruises as they developed during the week. Some Jersey guy broke a finger or thumb and there were a few swimmers. That was day one and the contest was a good 'un!

Day two turned out to be a typical day two sort of day. It was flat and the wind got up to a gale force off shore and the organisers got the blame (as they always do). By time they tried to move it to a place where the surf was pumping it was too late. So, every body went free surfing at Red River and had a whale of a time in good 3 - 4 foot waves. It was agreed to try and run the contest the following weekend.

Everyone agreed that if there was enough surf we would run on the Monday thus leaving us 4 days to run to heats, no problem I have run 27 heats in a day. The draw itself caused all sorts of problems for me, the Irish turned up with a full crew and had selected their team on Celtic name, the harder it was to pronounce, the better chance you had of getting in the squad. I'm sorry to all those people who I mispronounced on that first night, I think it was the beer or the painkillers, or both. The second cock-up of the night came when, I announced that the decision to surf was up to the team managers. I was the organiser trying to slope off the decision, hence the blame would not land on me if the competitors had to go out in small or huge conditions. This proved a big mistake and was to crop up to haunt me later in the week. The evening closed with a small, quiet gathering to celebrate Tim Thomas becoming 21.

Monday dawned a little to soon for some but the sun was shining, there was an easterly offshore



breeze, and a good swell pushing through after a quick managerial meeting it was decided to get it running while the surf was pumping on a rising tide, after lunch! After the normal start, stop, in a minute we'll get it right syndrome that seems to plague all competitions I run, the first set of paddlers looked out for the green flag to start the contest running. The judges complained of the sun on their necks and the sand flies in the coffee and we all had a real good time!

I blasted the air horn and the flag went green and at last we had a contest, in 4-foot surf, sunshine and a nice rip to help the competitors get out back.

The Welsh team dominated the first three heats and the rest scrambled to get a grip. Colin Harvey stormed through the opening heat, proving that there is life for old wave ski paddlers. Captain Crowson got second for England and young Dave O'Hare brought home third for a small Scottish squad. Heat two saw the heat dominated by World Champion Tim Thomas. He won by fifty points from a very enthusiastic Jimmy Evans of Ireland. Heat three saw another Thomas; this time mum Bethan she saw off the Jersey girl Sarah Reid and the new English hope Judith Birks and Irish party girl Ocla Boyle

Welsh run away train was halted

Heat four saw the juniors take to the waves and at last the Welsh run away train was halted, all be it only temporarily. English junior and Senior James Hawker scored a convincing victory, with his on the edge, every waves mine, raw aggressive surfing (makes you sick when you see young talent in a shredding style that you know you'll never see in your repertoire). Second was that young Scot Dave O'Hare, followed up by a young Irish Brian O'Brien. Heat five and another old ski paddler, Nigel Holland of Jersey, showed us how to perform cut backs and off the tops and won the heat for his team, closely followed by Niall Power of the Irish and Richard 'I've got a new toy' Berry. Niall and Richard had more then one coming together in their heat and I expected a protest some where, but no, they both said that at this level of contest you got to fight for the wave and both were happy, phew, relief!

Heat six saw the Welsh and the Thomas Mafia regain winning ways with Ben doing the business and taking the heat without breaking into a sweat, James Hawker got pushed down to third by Irish man Andy Wilson. Heat seven caused me no end of ear bashing, when Welsh girl Jude Griffiths won the heat in an illegal boat that I said was OK No one put in an official complaint but the knives were being sharpened and I do apologise for the little misjudgement I made. Who said sour grapes! Heat eight gave the teams a little respite, with the Jersey junior James Robertson taking the heat from England's

Mark Wakley and Wales new boy Nathan Eades.

Heat nine saw the Jersey team score a close win, with Paul Perchard taking out Noel Dummet of Wales and Tim Rowe of England. Heat ten and Stormin' Craig Norman took the heat with possibly the best surfing of the day, Pete Blenkinsop tried his ski riding best (yep, another pesky ski rider showing how its done) to live with Craig but he was ripping and couldn't be caught. At the end of day one the scores showed that Wales were 6pts, in front of Jersey who were closely followed by England and Ireland with the depleted Scots trailing but having a good time.

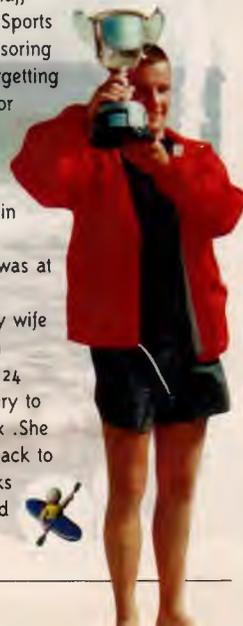
And that basically was that. The rest of the week was flat and we had to be content with visits to art galleries and meaderings and girlie things. But there was the go-kart racing that was great, the Welsh though even won that!

Thursday night was grand finale night, buffet, speeches, prize giving, and a few whiskies and tequilas to ease the pain. Friday was flat so it was agreed to call it a day and the presentation was done in the car park and the Welsh went off to do the official team photos.

Its not all over yet though, Saturday saw a small swell appear and we had last weeks contest to finish, Stormin Norman was in heat 1, lets go! Sorry Craig I forgot about your celebration party and the hangover that went with it, it was only when you took all day to roll up I realised what a mess you were all in! Anyway to cut a long story very short the swell died so did the competition and we all went home.

Well done Wales, hard luck all you other teams. Thanks to every one for their support and gifts. Special thanks to Haven for the use of your site and the staff at the Bluff for keeping us in booze. Sports Web Promotions for sponsoring the tee shirts, and not forgetting my good wife Margaret for all the paperwork and Jenny Blenkinsop for being Entertainment Manageress. See you all in Brazil, and lets hope the weather is as good as it was at Red River.

A little postscript: My wife Margaret was taken ill on arriving home. Less than 24 hours later she had surgery to remove a angry appendix. She is now well on the way back to her normal self and thanks you all for the flowers and cards she received.



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Michael Brown,
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of Mainstream
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3 September 1998

A Scottish wilderness

In pursuit of adventure we decided to go for our second option and venture into Knoydart a region described as Scotland's wettest, most remote, wild and inaccessible area. The plan was start from Loch Morar near Arisaig, portage over a 400-ft ridge into Loch Nevis and paddle to Loch Hourn before returning to Arisaig via the coastline. Knoydart is bounded by Lochs Nevis and Hourn, known as the Lochs of heaven and Hell respectively.

After our first night camping by the road and loch near Bracora with the depressing if not unexpected showers we commenced our paddle on Loch Morar in dry but gusty winds. The two Canadian canoes struggled to keep up with Dave in his sea kayak. In an attempt to retrieve the situation and make up lost ground a sail was erected on the Canadians lashed together but the combined weight was too much for a sail designed for a single unladen canoe and while trying to get our act together Jim lost his favourite paddle.

After a fruitless search we continued along the loch in heavy showers and arrived at the far end quite late.

Camping was permitted there according to the bailiff who advised that camping elsewhere was discouraged. I was thankful that the weather improved in the evening and was sufficient to dry out the tent, which had got waterlogged.

The following morning was spent exploring the area and waterfall marked on the OS map in the rain which precluded an attempt at bagging the local Munro. Although the

weather cleared up at midday, the mountaintops remained shrouded in mist and we enjoyed walking through spectacular scenery of cliffs and waterfalls with a watchful eye for deer as their evidence on the ground was plentiful. We saw one person that day, a local lad walking in the hills for the week who reported that the summer so far had seen few sunny days.

The next day we paddled back to the middle of the Loch and to the delight of a freshwater loch in the area with the



trip

rough stone track accessible only by a four wheel drive buggy to Loch Nevis. The portage took four hours of strenuous effort as it entailed a climb of 400 ft. and a walk of one mile. Four trips were needed to carry all the equipment in manageable loads. Perhaps we had too much kit but one has to balance quantity of kit against comfort and self-sufficiency. One trolley was rendered useless when it suffered a bent axle due to the forces generated by two people pulling it over rough ground. The sense of adventure and romance from reading the accounts of the Canadian fur traders and voyageurs in around 1800 who canoed thousands of miles upstream and back with many portages was soon dispelled from experiencing the strenuous and back breaking work of portaging. On the portages in the Canadian outback there were many wooden crosses in memory of the voyageurs that died from the exertions involved with carrying the heavy loads.

Relieved to be back on the water just off Tarbet in Loch Nevis I then caught a small fish but thought it should go back and somehow expected a better catch to be made. This proved to be the case with a fine catch a few minutes later but more was to come, though from an unexpected source. While setting up camp a fishing boat came up with an invitation for a meal aboard. A couple chartering the boat had caught too many fish and offered the surplus with a full meal and drinks including whisky, which we enjoyed. They thought we had been feeling damp all day and were astonished to hear of the virtues of fibre pile clothing and waterproof socks which had kept us feeling dry and warm all day in wet and cold conditions.

The following morning I awoke to discover a river running underneath my tent and out of the front door. Jim was less fortunate his tent was in a pool of water 2 inches deep. Fortunately the skies brightened later and we spent the day drying out, enjoying a bath in the local stream, as it was so warm. Later we explored the loch with its settlements some uninhabited, by canoeing and sailing.

On Thursday we left with the tidal current helping us for Mallaig and enjoyed a fresh headwind with a slight swell. The canoeing was stimulating with attempting to paddle in a rhythm through the waves against stunning scenery of mountains and sea lochs. The wind freshened to a force 5 against us and we decided to take the escape route to Tarbet. We were dejected, the thought of doing the portage again to Loch Morar was heartbreaking but an attempt to paddle on would have been arduous and possibly futile with a risk of being swamped or capsizing. Later the wind blew up to a force 6 affirming

our decision to portage was correct. Nonetheless it was tough. Instead of canoeing again and finding a campsite late in the day we decided to spend the night in Tarbet at the bothy, a converted church building and haven for the weary or soaked traveller, and we enjoyed our best sleep for ages, possibly from exhaustion.

We then paddled back down the loch with considerable assistance from the wind by sailing and eagerly anticipated some white water canoeing in the River Morar with its rapid drop to the sea. The tide was unfortunately well out and the final rapid was like that of chapel falls on the Tryweryn only higher and an attempt would have certainly resulted in submerged canoes and a swim! While doing the portage and attempting to mend the broken trolley with a stone, Jim heard a voice call, "would you like some tools". A few minutes later the trolley was being put to good use. Getting on below the rapids we continued on with a force five tail wind and seemed to fly down the coast with the sail up. The canoe with sail towed the other open canoe and combined the sea kayak had trouble keeping up. This system worked very well and meant that at least two of us kept together, an advantage on the open sea. A camp was made among the dunes and other campers.

On the last day the weather was beautiful. I enjoyed superb sail canoeing again assisting Jim in his prospector canoe with a towline on sapphire like waters with panoramic dazzling views of the Cullins of Skye, the mountains on Rhum and the neighbouring islands of Eigg Canna and Muck.

Although for most of the week the cloud base was hardly ever above 2000ft. we enjoyed the tranquillity, the beauty and ruggedness of the area and were thankful that the weather was not much worse. More than a couple of days living out of contact with civilisation and being reliant on ones own resources becomes intoxicating as you get uplifted and energised by such beautiful and dramatic surroundings. On waking up each morning there is a sense of anticipation as to what the weather is and what the day will bring without being too concerned about the influence of other people!

Although it was uncomfortable when the midge repellent was ineffective it was the weather that could have put us into misery but having a taste of the loch of heaven we were glad not to have reached the loch of hell.



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Tour De Gudena

12/13.9.98



Article by
Dave Enoch



Private K2
entry Lewis
and Daniels
from Reading

Beth
Campbell and
Lucy Hardy
winners of
Women's K2



For the first time since 1995 the GB marathon team returned to Silkeborg in Denmark for the 2 day, 5 stage, 120km.

Tour de Gudena race. They were joined by private entries from Reading, Norwich and Elmbridge.

Continual heavy rain meant the river was full and the wind dropped for the race giving relatively easy conditions on the big lakes. This meant fast times with Thor Nielsen of Denmark, the World Cups Final gold medallist, knocking over 10 minutes off the course record with a time of 8 hours, 36 seconds.

Outstanding performance

Outstanding British performance was the 2nd place in senior K1 by Dan Golder in the 4th fastest time ever. Although he could not hang onto Nielsen, he controlled the rest of the leading group throughout the race to record his best senior marathon result so far. Simon Dark in 8th place was followed home by Duncan Blyth as the fastest veteran.

In the senior K2 Rob Williams & Ewan Cox were the best placed Brit boat after the first day in 5th place with Danny Beazley & Paul Enoch 6 minutes

behind. However on the Sunday Beazley & Enoch coughs up the deficit to finish 2 minutes ahead of them in 5th overall with Williams & Cox taking

the prize for the 1st. veteran crew. Tim Ralph & Justin Starr were the first junior crew in 10th place overall.

The women, canoes and U16s have a shorter race of 57km over 3 stages. Lucy Hardy & Beth Campbell were never troubled in winning the K2 with Charmien Gradwell & Suzie Mealing just over a minute down in 2nd place. The womens K1 race was fought out between the two Danish Grand Prix team members Barford and Sorensen with Kelly McGee finishing 4th. Yael Chance in her first international marathon 5th and Kerry Watts 6th.

U16 K1 Richard Griffiths was beaten into second place on the first day. Despite leading for most of the second day he couldn't drop the Danish leader so finished 2nd. overall The crowd though much appreciated their spirited and sustained sprint for the line.



Top: Richard Griffiths (513) in a close finish with U16 winner Lovberg of Denmark

Middle: Kelly McGee starts the second day

Bottom: Dan Golder storms to a fine 2nd place in Senior K1

Senior K1

1st	Thor Neilsen	DEN	8:00:36
2nd	Dan Golder	GBR	8:12:42
8rd	Simon Dark	GBR	8:23:37
10th	Duncan Blyth	Elmbridge	8:23:48
11th	Paul Hobarough	GBR	8:30:23
12th	Malcolm Starkey	GBR	8:36:59
14th	Peter Burbridge	Reading	8:38:30

Junior K1

1st	Soren Hyttel	DEN	8:59:30
4th	Craig Watt	GBR	9:50:39
6th	Alex Tojfield	GBR	10:06:55

Senior K2

1st	Mads Kongsgaard & Michael Kngsgaard	DEN	7:44:09
5th	Danny Beazley & Paul Enoch	GBR	7:57:46
6th	Rob Williams & Ewan Cox	GBR	7:59:47
9th	Neil Lewis & Nick Daniels	Reading	8:24:54
10th	Tim Ralph & Justin Starr	GBR	8:30:51

Juniors Women K1

1st	Mette Barford	DEN	4:05:42
4th	Kelly McGee	GBR	4:13:33
5th	Yael Chance	GBR	4:15:59
6th	Kerry Watts	Norwich	4:16:31

Women K2

1st	Lucy Hardy & Beth Campbell	GBR	3:59:56
2nd	Charmien Gradwell & Sizie Mealing	GBR	4:01:19
8th	Wiktorja Daniels & Ali Bevan	Reading /Norwich	4:19:09

U16 Men K1

1st	Kenneth Lovberg	DEN	4:04:28
2nd	Richard Griffiths	GBR	4:06:04





New from Perception for winter 98/99

ARC: All River Craft

A user-friendly river running kayak, with a combined hull for stability on the turn. Built short with a pronounced rocker for manoeuvrability, but long enough to give good solid speed. The ample bow volume "seeks the surface after a drop"

- User Guide: White Water Newcomer to Advanced.
- Paddler Weight: 60 - 105 kg
- Length: 280 cm
- Width: 62 cm
- Volume: 253 litres
- Cockpit: 82.5 x 49.5 cm
- Colours: Colourwash
- Features: Reinforced Foam Walls, Adjustable contour, moulded seat, bulkhead footrest, padded thighbraces, lumbar pad, security loop, drain plug, custom outfitting kit.
- RRP: £525.00



SPARC Small Persons All River Craft

Same features as the ARC but scaled down for a smaller, lighter paddler.

- User Guide: White water newcomer to advanced.
- Paddler Weight: 40 - 75 kg
- Length: 280cm
- Width: 61cm
- Volume: 182 litres
- Weight: 18.5kg
- Colours: Colourwash
- Features: Reinforced Foam Walls, adjustable contour moulded seat, bulkhead footrest, padded thighbraces, lumbar pad, security loop, drain plug, custom outfitting kit.
- RRP: £525.00

Perception: 01825 765891

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What properties should modern campware have?

It should be lightweight, robust and easily maintained. The GSI Lexan range from Rosker is all these and more as it is also dishwasher and microwave proof and it looks good too! For those who like to go outdoor living rather than camping the wine glass and Java press will add an extra je ne sais quoi to any meal for just a few grams of extra weight.

Lexan is a virtually indestructible resin that gram for gram is tougher than steel. It has a high impact strength and a thermostability range from -100 to 170 C; not that you will be eating and drinking anything at these temperatures but it does mean that paddling trips to the moon and Mars might be on the cards.



Information from:
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Wave Sport X now available in UK

Do you want to be seen in the hottest kayak this season? Then you want to be seen in the new Wave Sport X...

Following the phenomenal success of the Wave Sport X in the states, you can now buy them on this side of the big pond. The X carves like a surfboard, swaps ends like a snowboard and catches air like a wakeboard. So if you're on a green wave, in a hole or ripping up the surf the X has the capability to perform beyond your wildest dreams.

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wheels, wave wheels, splat wheels and other horizontal and vertical moves.

The bottom line is, if you are looking for a high performance kayak which paddles like a dream and has the ability to make you look like god in front of all your mates, it has just arrived and its called the Wave Sport X.

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Available from: Avoncraft
(01707) 330000,

web; www.wavesport.co.uk,
email: sales@avoncraft.co.uk



New products from Endless River

Once upon a time if you wanted air bags for your open canoe you got blue. This is no longer the case, from November Endless River are offering PURPLE and TEAL 32' air bags to make your canoe look extra special, with larger sizes available from February. Dave would also point out that fitting kits are now also available for most sizes of air bag including the 72" solo with prices from £15

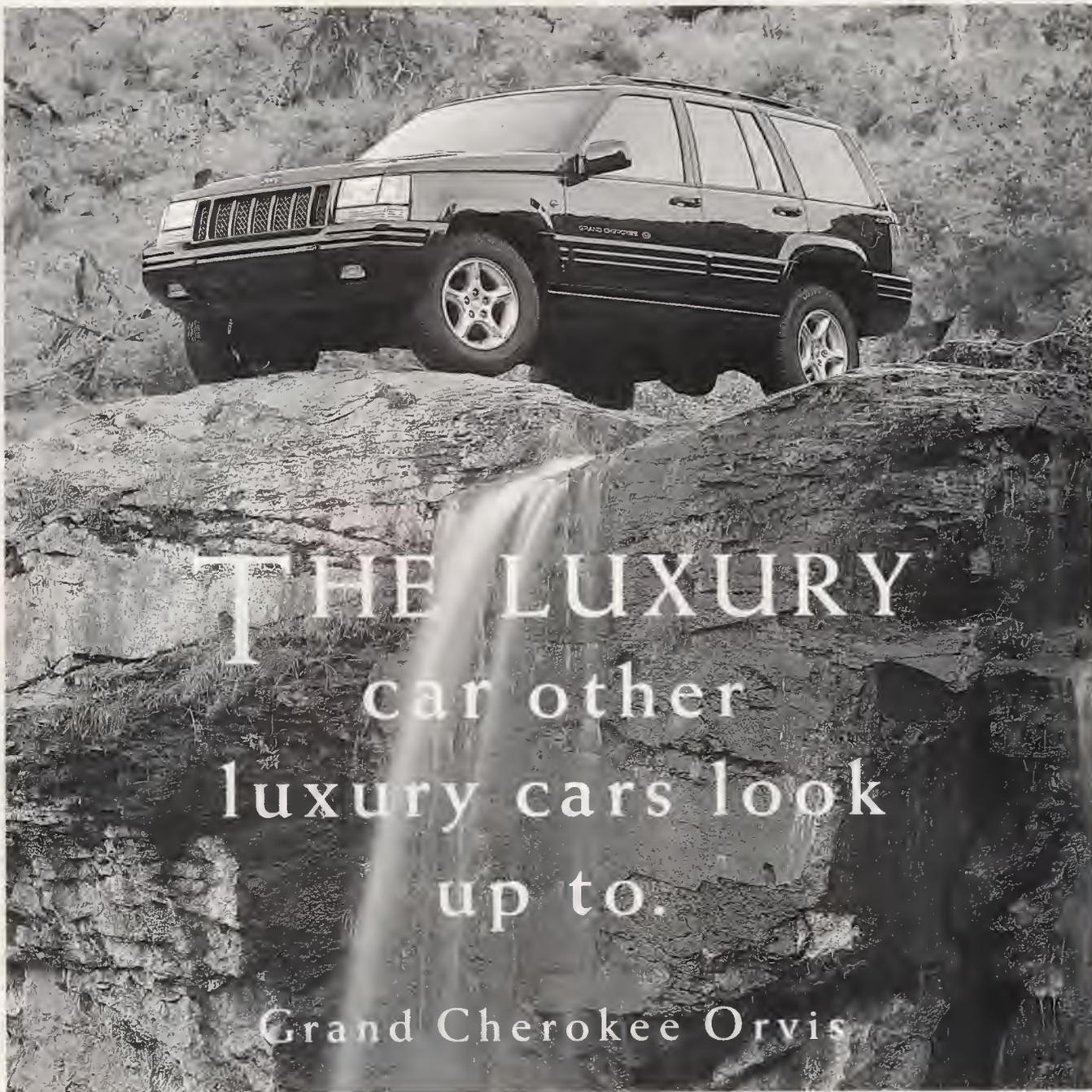
The Endless River downwind sail enables you to blown along with style. Very simple to use, it clips to your canoe in seconds. No need for any specialist fitting kit, spare paddles, canoe pole or just your partner to hold the sail up and off you go. It comes complete with its own stuff sack. At £35 the sail is a must for all canoe trips, expeditions and coaches.

Photo's are from Steve Brown



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Aeris Klepper, paddles, s/deck and extras. £700 ono. 0171 7207507

Aerotic Mark 2, a/bags & s/deck £250. Tel: Pete 01694 723998

Coleman Ram X 17, 2 years old, excellent condition, some extras £400. Tel: 01252 834305

Concord K2, marathon canoe, overstem rudder, nice stable boat for DW. £150 ono. Image K1 slalom canoe, carbon kevlar, well used, offers around £60. Tel: Andy or Dave on 01935 421516

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Cosmic, big water surf playboat from New Zealand. Blue/black with yellow graphics ww spec. Looks like a Hurricane but with sharper rails and squashed back deck. £350 ono. Tel: 01270 583257.

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Dagger Crossfire, vgc, multi art blue/white/black, garaged, full ww spec. (a/bags, b/strap + plate f/rest). £300. Tel: Dougie (01458) 252113

Dagger Freefall LT, black/pink multiart, full ww/spec b/rest. £275 ono. Tel: Alan 01455 846562

Dagger Freefall LT, Bow Cap, used less than 10 times. Accept £380. Tel: 01224 212981.

Dagger Freefall LT, multicolour, good condition £250. Usual ww spec and fittings. Steve 01463 790354 (Inverness)

Dagger Freefall LT, full ww spec, b/rest. Black and red. Nice boat £300. Tel: Sid, 01248 602670 or 0411587756

Dagger Freefall LT, gc, airbags, backrest and full plate footrest. Make me an offer... TEL Manchester 0161 220 9888

Dagger Impulse White water open Canoe, includes a/bags, pedestal and two sets of Headwater thigh straps. £500. Phone Sid on 01248 602670 or 0411 587756

Dagger Rival, full air bags, saddle £650. Pyranha Razor £280, Pyranha mountain 300, £250. Archer racing Ki, all kevlar £400. Bardsey sea kayak, 3 hatches, deck lines, rudder £250. Jura sea double, 3 hatches, s/steel rudder, deck lines etc. £680. Ring George Nott'm 015 9142610, after 9pm any evening.

Dagger RPM, blue art design, full WW spec, hardly used, 3 months old, VGC. £450 or will swap for Eskimo Diablo of similar condition. Tel: 01834 869147

Dagger RPM, multi coloured, hardly used, under 1 year old. Excellent condition. Equipped with all Dagger extras and airbags. £425. Quazar extreme s/deck £30. Ainsworth paddle £25. Helmet £10. Whole lot for £475. TEL Daniel 01204 886906

Dagger Vertigo, end caps, £300 ono. Phone Tim (01752) 774248 Dave 01935 421516

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Ki Slalom canoe, Arrowcraft Flye, vgc. £330 ono. Tel: 01942 605606 (Warrington Area).

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Kemcraft von Dusen, K1 carbon kevlar with fitted footpump 9kg. £800 6 months old. Kirton Talon £450. 2 pairs of unused wings £120 each. Tel: 01803 314742

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Mega Juggler, art line top, kevlar boat, great little surfer, one young paddler £275. Creek 280, full ww spec and fittings, blue, vgc. £380. George 0181 769 0351.

Mega Rave, Rodeo, Playboat, Blue, Glass/Diolin. 16 months old. Vgc. £350(no offers). Tel: Ray, 01494 543170 office Hours, 01494 791982, Amersham.

Nick Pink Lightning, White Water Racer in glass. Only used twice. RRP £570 will sell for £450. White deck/blue hull. Immaculate condition. Will deliver or consider part exchange for sea kayak. Tel John on 07970 204282 (Leave message)

North Shore Designs, Tornado Slalom Kayak. Superb condition, with only slight cosmetic change to hull. Full diolene hull, adjustable pedal footrest. Sky Blue. Will include 1x set of Mi Slalom blades & 1x set of Hydro G.P. blades with boat. One very careful owner now desperate to sell as too fat to fit in it!! Would suit paddler ideally 9 - 10.5 stone. Excellent boat needs a good home and a dedicated owner. Tel: James Lowe on (01225) 446266 (day) or (01249) 443813 in evening after 7pm. Or leave message.

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Perception Corsica S, blue in excellent condition. £220. Rotobat with full ww spec (red) Good condition £150. Tel: Craig 0973 388294

Professional Slalom Canoe "Snipe", Yellow top, white bottom, fibre glass, excellent condition, kept in Garage. Comes with: s/deck, paddle, wet boots, short wet suit and long wet suit incl. Jacket all in mint condition (to fit 10 - 14 year old). The lot a snip at £200.00 Call 01703 600431

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Prijon Hurricane, Red, good condition, Air bags, b/rest, high impact f/rest. £275. Tel: 0181 205 3881

Prijon T Slalom, full f/rest, back strap, airbag etc. £150. Deck for above £20, or free with boat. Tel: Andrew 01992 714461

Prijon T-Canyon, red, buoyancy bags, full plate footrest, b/strap, gc, mainly used on local lake, garaged. £250 ono. Tel: 01252 515693 (Colin, Farnborough)

Pyranha Acrobat 300, Yellow, w/w spec. Full plate f/rest. B/rest. Airbags, Neoprene s/deck. £275. Tel: 01252 615260.

Pyranha Master, s/skeg, brand new & unused, stored indoors. Very special reason for selling. Bargain £350 or vmo. Tel: 01253 593572

Pyranha Master, full w/w spec, a/bags, full plate f/rest, b/rest & thigh pads. Vgc £250 ono. Tel: 01672 564562.

Pyranha Mountain 300, Red single Art. Excellent condition. £275. S/deck to fit also available. Phone Peter on mobile 07970 590275 or 01824 790180 during evenings or weekend.

Pyranha Mountain 300, multi art in blue. Includes air bags, Phenonix neoprene s/deck, b/rest, full plate footrest. Used but in good order. £350 ono. 01395 279931

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Pyranha Racer, Jast C2. Ideal DW boat (completed 1997 & 98). Good condition. Complete with cane seats, front and rear a/bags, and 2 cranked Grey Owl wooden racing paddles. £550. Also 2 child's Grey Owl paddles. £10 each. Tel: 018 9343388

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Rotobat, needs repair - £25. Slalom C1, damaged seat & rim £25. Slalom Ki nomad "era" £65 good condition. Various moulds - "KW7" - "Scorpion" - Tylon "Solo" £25 each. Tel: James 01633 259612/01495 754277 South Wales. running. £275. Tel: 01903 262804

Savage Fury, £480 with new mountain surf s/deck, Windsurf gear available. 01736 794856.

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Sea Kayak, P&H Iceflow, yellow/white, retractable skeg, sirius seat, gc. C/w s/deck. £450 Tel: Craig 01202 259371. Or email craig@caddison.abel.co.uk

Sea Kayak, Full expedition specification with watertight hatches and pump. Will suit the larger paddler. £300. Phone Peter on Mobile: 07970 590 275 or 01824 790180 during evenings and weekends.

Surf Ski, South Africa import Kolaski. In good condition - Great Fun!!! Reluctant sale. With carry bag, 3 skegs, and Lendal paddle. All for only £200. Please ring Natalie 0181 5794687(H) Mobile 0374 267747.

Stable Ki, Eclipse skeptre, british racing green, vgc, £150. Tel: Steve 01359 231460 (Suffolk)

Topolino Spud, purple, in excellent condition (hardly paddled), rear airbag, back rest, grab handles. £325 ono. Tel: (01202)246840 (Poole, Dorset).

Topolino Spud, purple, squashed rear deck, brand new s/deck only used twice. Paddle, wetsuit + Romer helmet £500 ono. Reply to Martin Edwards, c/o Mr+Mrs Brown, Bridge Farm, Cryode, N Devon. Ex33 1LX

Topolino Spud, yellow. With S/deck, shortie cag, wetsuit shorts, B/A vest, WW peaked helmet. 1 set of new Gorilla paddles, rodeo. 1 set of Gorilla paddles with new shaft. 4 metre straps for car + wet suit boots, very reluctant sale, bank manager & bad job forces sale. £600 ono. Contact 01639 730518 (Unlucky Mike)

Wave Ski, Raider Pro. 7'4" intermediate/advanced. Suit 10-12 stone person. GC £160 inc bag. TEL Andy 0467 647077

Waveski, Dirty Habits XP95 - Brilliant beginner/intermediate Ski. Upgrade forces sale. Quite a few dings but basically sound. £120 ovno. Tel: Matt (01235 529555 (nr Oxford)

Please forward all adverts to appear in the Members Classified direct to: BCU HQ in Nottingham. MEMBERS ADS FREE

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Open 15-foot canoe, in good condition, for a reasonable price. Will consider any make and hull material but canoe must be lightweight. Phone Jevan - 01822 832027

Eskimo Kendo. Tel: 0161 793 0795 (Evenings)

Old Town 158, open canoe, must be in gc. Tel: 01434 632039

Wanted 2 Second Hand Kayaks, for visiting Maltese student will pay £20 - £100 depending on condition. Tel: 01524 383546 and ask for Chris or email chrismamo@onlymail.com

Wanted, Prijon Rocket in gc. Tel: 01992 522443

Wanted, open canoe, particularly old town discovery 158. Must be in good condition. Contact Robert: (01434)632039.

Misc.

New Zealand, If you are interested in kayaking grade 3-5 water in N.Z. for two weeks in mid January '99 please contact, Thomas Beaumont on 0171 210 2137

The 1999 Yukon Expedition, I am looking for older (over 40) canoeists to accompany me on a wilderness paddle 776 km down the Teslin and Yukon rivers in June 1999. Estimated cost of Expedition £1200 - £1500 to incl. Air fares. Phone Jean Berrange' on 01822 832027

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**For further details please contact Louis Bonney at Avon Tyrrell, Youth Clubs UK, Bransgore, Hampshire BH33 8EE.
Tel: 01425 672347 Fax: 01425 673883**

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There is a competitive salary plus a comprehensive training package tailored to individual needs.

Applicants must have a current Driving Licence. Applications in writing with full C.V. to:

Head of Centre, Low Mill, Askrigg, Leyburn, North Yorkshire DL8 3HZ
Tel: 01969 650432 Fax: 01969 650729 Closing Date 11.12.98

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Send CV to:-

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Applications are invited from persons with a minimum of one RYA or BCU coaching award. Salary £223 p.w. pay award pending.

Further details and letters of application to / from:

**Head of Centre
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Tel. 01992 628403

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Two year fixed term contract from January 1999
£10,104

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Also several of the following are desirable: BSCA, GNAS, BOF, RYA Powerboat Level 2. Quote ref: PLIGW.

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Temporary fixed term contracts from
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£8,679 pro rata plus accommodation and meals

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For an application form contact Christina Devoti, Great Adventures, Grafham Water Centre, Perry, Huntingdon, Cambridgeshire PE18 0BX. Tel: (01480) 810521, Fax: (01480) 812739. Closing date for receipt of applications is 11 December 1998.

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E mail david@mepal.co.uk



Multi-Activity Instructors required The Prince's Trust Activity Centre Lawrenny, Pembrokeshire SA68 0PW

Looking for freelance instructors to work as required on a year round basis. In addition we have one vacancy for a permanent full-time instructor working towards NGB qualifications.

Send CV or phone 01646 651221

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Wanted...

Are you a keen paddler? Then why not train and qualify as a BCU Level 2 Coach (and beyond) before working as an instructor at one of our children's activity centres in Britain, France or Spain. Training courses take place between February and May, and you can work right through until early Autumn. We will provide you with accommodation, meals and a weekly wage. You will gain valuable qualifications and work

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For more information, contact us at: Recruitment Department: 820 Alton Court, Penyard Lane, Ross-on-Wye HR9 5GL. Telephone: 01989 767833. E-mail: recruitment@pgl.co.uk www.pgl.co.uk/personnel

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...Keen Paddlers



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Instructors will be based at one of our Centres in Wales, the Lake District or Scotland.

Interview days will be held during the year and the next will be in January 1999 at the Outward Bound® Ullswater Centre.

Please apply in writing enclosing a CV to:

Kate Jones, PA to the Divisional Managing Director

The Outward Bound® Trust, Watermillock, Penrith, Cumbria CA11 0JL



Scottish Centres Instructors

Activity Instructors required for 1999 season.

Employment from late Feb-Oct. Package includes subsidised food and accommodation. Wage related to recognised qualifications. Opportunities to work with a wide range of groups. Soft skills component highly relevant, with some scope for all-year employment. Further details and application forms available from:

Administration Officer, Scottish Centres, Loaningdale House, Carwood Road, BIGGAR ML12 6LX

Tel 01899 221115 fax: 01899 220644

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for children, needs residential instructors from January, for the 1999 season, to instruct, canoeing and other activities. Comprehensive training provided leading to national governing body qualifications. Management position also available.

For full details and an application form write to:
Robinwood Activity Centre, Jumps Road
Todmorden, Lancashire. OL14 8HJ
or telephone 01706 814554

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Require instructors for the 1999 season. Canoe, Climb, Kayak, Mountain bike, Ghyl scramble, Sail, Mountain walk, Orienteer, Ropes course. Archery. Applicants require a minimum of 2 NGB qualifications. Positions available from March. Domestic and catering vacancies also available. Send a CV and covering letter for further details to Newlands Adventure Centre, Stair, Keswick, Cumbria.

CA12 5UF

e-mail

aim@newlandscentre.demon.co.uk

Website

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require raft guides with white water experience. Drivers and Cooks (to cater up to 15 staff) for the 99 summer season. German is an advantage.

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WANTED! WATERSPORTS INSTRUCTORS

We need lots of energetic young people to work as watersports instructors at our outdoor adventure centres for children in the UK and at Center Parcs villages in Europe from January 1999. Canoeists ideally should be at least Level 2 Coach Trainee (Canoe or Kayak) however if

you are a keen paddler we also organise BCU training and assessment courses during the season. All instructors also receive training leading to other land based National Governing Body qualifications. If you are a keen canoeist give us a call today for a recruitment pack.



Call 01305 835966 (24 Hrs) Fax 01305 834070

KAYAKING INSTRUCTORS REQUIRED...

...to commence early May, at island-based Multi Activity Adventure and Survival Training Centre. Must be at least Level 2 Coach, with experience of instructing teenagers. We can offer you full board and accommodation, a good wage and excellent wild sea paddling all around, including the Corryvreckan Whirlpool nearby.

Please apply with your CV to Wild Island (CF), Solwaybank, Canonbie, Dumfriesshire, Scotland DG14 0XS.

ACTIVITY INSTRUCTORS REQUIRED FOR 1999

We are a busy centre looking for enthusiastic instructors who are able to work with groups of all ages. candidates should be over 18 years of age and preferably hold at least one of the following, B.C.U. Level 2 training, S.P.A. training or the G.N.A.S. Leader Award. Training available leading to NGB qualifications.

Activities include kayaking, canoeing, climbing, abseiling and archery. Contracts available for full or part season. Modern indoor accommodation provided.

Details available from:-

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Tel: 01342 810493 Fax: 01342 811206

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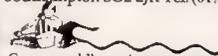
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Darren, running Jacksons falls on the Annomoe

Darren, standing beside the famous Bananmobile, the Ballykissangel church is in the background



Matt, Bananamobile and catamaran fully loaded and ready for departure outside canoe store at university



Rossnowlagh, Donegal Bay. The only way to travel



As a University Canoe Club, most of our efforts during the year had centred on instruction for beginners and pool sessions. So it was a real pleasure to be with like minded and able paddlers with ten days ahead of us. The plan was to travel south from Dublin to the Wicklow Mountains spend a week here before travelling to Donegal where goats don't shave. There were several grade III rivers that we had identified including the Annamoe in Wicklow and the Duff in Derry which were definitely on the tick list. Surfing on the Atlantic and some time walking in

the mountains was also part of the plan.

After a long day of travel we arrived at my nans farmhouse, and pitched our tents out the back. The next morning we awoke early to see the greenest field ever imaginable. So the grass is greener on the other side. Bacon and eggs on the stove, reload the car and over to the East Side of the Wicklow Mountains. The guide describes these as the largest area of unbroken upland in the country. Sweet! And only forty minutes from Dublin. We put in at Rathdrum Bridge on the River Avonmore a Grade II run to ease into things. There were three perfect waves under the bridge arches but muggins here, had to organise the shuttle

which involved driving to the get out and a 10km cycle.

Whitewater of easy Grade II

As the guide suggests this seven-km section on the Avonmore is pretty continuous in whitewater of easy Grade II. Good fun nonetheless with enough waves and pourovers to keep us busy for four hours. We wearily pulled ourselves out of our boats at Avoca, the meeting of the waters and into the local pub. What a perfect start and it is worth mentioning that any holiday in Ireland should experience the hospitality of the pubs and real Guinness. Back to our green field, my Nan and copious



That's the way it is...
in Ireland

Having been dragged around various lakes and mountains routinely on the family holiday to Ireland every year, it had become my ambition to get back there with a few boats, good mates and get on the white stuff.



Matt and Katy on Mulaghcleeavagh in the Wicklow Mountains

amounts of tea and biscuits. Impossible to explain our enjoyment to my uncle who thought anyone in the river at this time of year would freeze to death.

Next day, early start again and back to the same area to sample the Avonbeg Grade III/II. This run started a bit higher in the hills, which made for a fun bike ride, not! It was clearly a narrower river with the harder rapids early. Stanley's falls looped Matt in his Kendo and Katy got several yards of squirt boating downstream in her Stunt Bat. A perfect spot for pop outs. The river was narrow enough but rhododendrons spread out and over the water so much that it compared to paddling through a mangrove swamp, but no crocodiles. The get out point was the same as the previous day so a routine was developing and the exaggerated stories of the day's events pour out over pints of Guinness.

Donkey of myself

The Annamoe Grade III fell next, this river was slow to get going and quite bony at first. I made a donkey of myself getting broached and pinned in the first twenty minutes. At Jackson's falls Matt got looped more times than he desired, which provided entertainment for us on the bank. A

visit to Ballykissangel could not be missed and the statutory pint in FitzGerald's pub.

Two days and one night camping up in the Wicklow gap, the mountains decided to teach their most frequent lesson. A beautiful day when we left the clouds descended late afternoon and by nightfall, blizzard conditions had been broadcast with roads closed in the hills. We awoke to a white landscape, howling winds and watched deer sniffing the morning air. They wisely chose to descend into the valleys, we on the other hand continued on and upward. The ascent of Lugnaquilla was abandoned as 4ft snowdrifts slowed our pace and an escape route decided on. Wet and tired we arrived at Fentons pub, the most homely and welcoming shed in the middle of nowhere. Banging on a few windows, they opened up just for us and after several pints, we headed back to civilisation and the prospect of a long drive to Donegal.

On account of a lack of water plan B was put into action the next day and consulting the isobars we headed to the beach just west of Castlerock, Derry. The surf was mostly wind generated and the waves were breaking early making for short rides. Never the less it was enough to get some vertical moves. The girls

retired early seeking the warmth of the pub; there is always one nearby in this country, while Matt and I surfed on through a hail shower that turned the beach white. On the following day, desperate for a river, we turned to the River Leannan Grade II in Donegal. It was low, mostly primitive weirs and a bit disappointing after our experience in Wicklow but there was a good wave at the put in. Also we ran a short grade IV section further downstream which provided all the adrenaline we needed. Especially when I got pinned at the bottom. Fortunately Matt careered into me, knocking me free but putting himself in the same predicament and managing to lose his paddle. He got free, having to handroll and the mission was on to extract the paddle from the bottom of the river. I belayed him on a releasable line and after some struggle out came the paddle in three pieces. Matt's disappointment was only balanced by the fact he could now prove to everyone that his Doctor D splits were a good investment.

Completely cream crackered

The beach was very nice but unfortunately completely lacking in surf, it was like a millpond. Local surfers told us how wonderful Donegal bay was because it faced in all directions and no matter what the conditions were, surf could be found somewhere around it. I guess no one had told them about sod's law. After a day of driving around the bay we finally settled for the minimal surf at Dromore a beach south of Sligo. Although the waves were smaller than previously, the swell was more even and we were able to pick longer rides. Kirstie and Katy had better time getting through the breakers so they were happy. We surfed here until it started to get dark, determined to get the most out of our last day. We journeyed back to cheerful Crewe the following day, completely cream crackered but happy that we had used all but one day on our Irish tour.

The costs of the trip were minimal as we camped, and stayed with friends and family. Petrol is expensive as is taking the car on the ferry (approx. £200), but the beer has come down and is now the same price as in England. It is also important to note that if you plan on visiting anyone in Ireland it is essential to have an above average tolerance for tea, to avoid the risk of offending them.



Katy, surfing on the Avonmore



Strabane in Derry where the rivers ran dry. I looked out of the window and asked Matt if it had rained overnight



I would like to thank Matt, Katy and Kirstie for a great time and for stuffing all their crisp packets under the seats in my car, and Seamus MacGearailt for the excellent Irish Whitewater guide. Also thank you to all who offered us hospitality especially the extended Rooney family and the McCays and to a number of publicans who kindly locked us in.



Article by
Michael Appleyard

Canoeing Expedition to the Danish Lake District

During August, 1998 a group of young people with reaming difficulties from Oakwood High Youth Club, Salford, went on a canoeing expedition to the Danish Lake District to discover if you paddle on the other side on the continent.

We had organised a trip to Denmark to meet up with a similar group of Danish young people. Communicating to our Danish friends that open canoeing was to be the main activity. In due course we discovered they had booked us into a campsite by Lake Mosso, Jutland. Fondly called the Danish Lake district. We later discovered the highest point in Denmark is several hundred metres high, which we later walked to, standing on a dead tree stump to gain greater height.

On discussing the trip, one member asked quite innocently, with a twinkle in his eye, "Do we paddle on the other side of the canoe?". That question became our search for the Grail.

We caught an overnight ferry to Esjberg. This proved momentous in itself, with several of our group never having experienced a ferry trip before.

From Esjberg we travelled to Skanderborg, near Lake Mosso, in Jutland.

Denmark is made up of Jutland, attached to mainland Europe and several islands

Surprisingly we found Denmark to be as expensive or as cheap as England, in some

A weekend cottage on the River Gudena



cases cheaper. We decided this was probably due to the strength of sterling at the moment. A GOOD TIME TO VISIT SCANDINAVIA.

The accommodation was wooden chalets, quite comfortable. But it was not the quality of the accommodation that excited our 6 boys, but the 5 Danish girls that stepped out of the Danish group's mini bus.

Our first canoeing experience was on Lake Mosso. The lake is 14 kilometres long and with a wind whipping up the water proved to be quite a challenge for the group. Allowing us to explore the reed banks and surf on the waves in the middle of the lake. A large dark cloud drove us off the water. It seems Denmark has similar weather to us.

The lake paddling enthused the group and motivated us to paddle a section of the longest river in Denmark, The River Gudena.

Besides walking to the highest point, we also canoed part of the longest river in Denmark. Gudena proved to be a lovely mature winding river, taking us through towns, small villages and attractive countryside. An ideal river for beginners, providing a safe and adventurous experience for the group.

At the end of the exchange we had two days to spare. It was decided to drive up to Copenhagen, a wonderful city. The visit almost as enjoyable as the canoeing. But not quite.

We still had to answer the question, "What side do we paddle on?" "Nobody would give an answer. It was decided we had to come back again to find the answer.

For the group, this visit made Europe a reality and hopefully we will show our Danish friends the beauty of canoeing in the English Lake District.

Acquiring skills on
Lake Mosso



Going through
the loch at
Silkeborg



We would like to thank NorthWest Water, Soreen, B.N.F.L., Sports Lottery and Scandinavia Seaways for sponsoring our programme.

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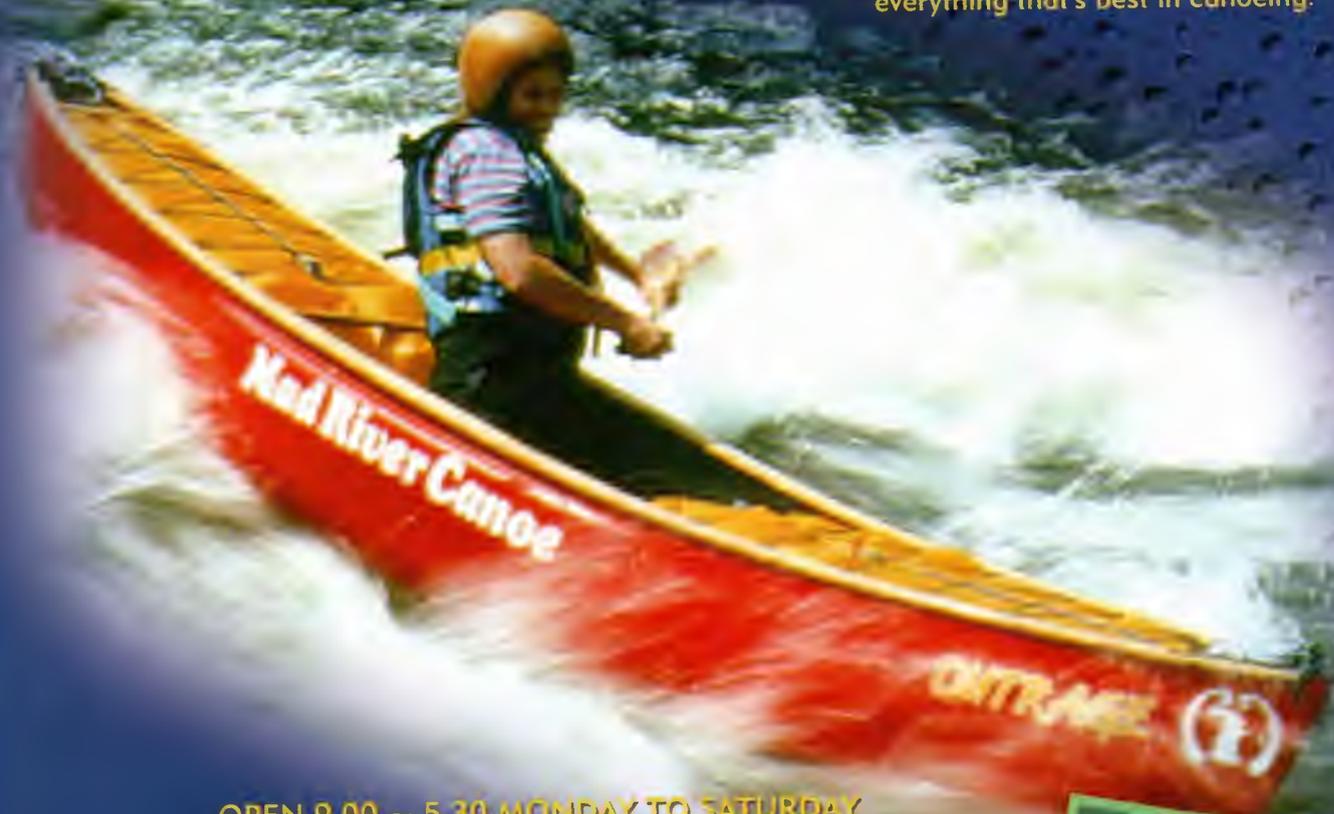
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