

THE CANOE SPORT MAGAZINE FOR THE NINETIES

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Input & Ideas



News & Events



Features



Competition



Reviews

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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. Very few contributors are professional writers and photographers. Please don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. Technical information. Contributions are acceptable in clear handwriting or typed (double spaced). PC disks (3.5 or 5.25) can be read from most Word Processing programmes especially if saved as an ASCII file. Macintosh files saved as Disk II ASCII can also be opened. 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 FEBRUARY 1998. Material arriving at FOCUS after this date cannot be included in the April 1998 issue.



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BCU Launches expanded BCU internet service

Following the December launch of the BCU Internet service, subscribers can now benefit from a new pay as you go deal which allows connection to the World Wide Web with no monthly charge, similar to BT Click. At a cost of 1p per minute the service allows unlimited access to the World Wide Web via the BCU's own Home Page ensuring that you remain directly in contact with all that is new at the BCU. Unlike many of its competitors, the BCU telephone help desk will continue to be available at national and not premium rates. Your own BCU personalised email address immediately lets the world know you are a canoeist with the unique BCUInternet extension to your name.

[yourname]@BCUINTERNET.COM

Access to the new service can be gained using the CD's circulated in December or by contacting Eddie Bingley at the BCU office. The full subscriber service as advertised in December remains available and will remain the most cost effective option for members planning to surf the net for over 15 hours a month.

BCU Lifeguards

The British Canoe Union Lifeguards Annual Lifeguard Training Convention will be held over the weekend of April 17 & 18 in Weymouth. As both an educational and social weekend the event will certainly be one of the hi-lights of the BCU year. Full details appear in this Canoe Focus.

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time you use it, you will help to raise the BCU's public profile and also identify yourself as a member. Further benefits include up to 50 days interest free credit, free purchase care insurance+, free additional helpline and travel accident insurance.

For further details and an application form please call FREE on 0800 716097 or write to the British Canoe Union MasterCard, Dept TN, FREEPOST, ANG4191, D8, Pinetrees Rd, Norwich. NR7 9BR.

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Volunteering Strategy Paddlework

Volunteers really are the backbone of sport within the UK. We rely on them for the running of clubs, managing events, and recruiting new members, introducing people to sport. In 1995 the value of volunteering in UK sport was calculated to be worth £1.5 billion yet we do very little to look after or nurture that very valuable asset.

The BCU Volunteering Strategy aims to develop, over the next two years, a structured approach to the recruitment, retention and recognition of volunteers.

World Class Programme

The UK Sports Council has prioritised the Olympic disciplines of Sprint Racing and Canoe Slalom and although they will consider supporting Canoe Marathon beyond 31 March the plans for Canoe Polo and Wild Water Racing will not be supported. Funding will be available from the overall BCU budget to ensure that these two important disciplines together with Canoe Sailing, Surf and Rodeo continue to be funded.

International Canoe Exhibition

It's that time of year again and the International Canoe Exhibition will take place later this month 27 & 28 February at the NEC Birmingham.

Sports Council Revenue Funding

The BCU has just agreed the level of Revenue grant from both UK Sports Council and the English Sports Council as follows:

UK Sports Council	£225,000
English Sports Council	£160,000
Total	£415,000

BCU email address

A reminder of the BCU email addresses:
Info@bcu.org.uk
Coaching@bcu.org.uk
Membership@bcu.org.uk

BCU AGM

The BCU AGM will take place at Westminster Boating Base, London on Saturday 13 March. Please see the enclosed agenda concerning the business of the meeting.

Geoff Good

Long-standing, and respected BCU Director of Coaching Geoff Good retired from the post at the end of November 1998, following a long period of ill-health.

Geoff will be sorely missed by all, having dedicated himself to the development of the Coaching Service since joining the BCU in 1979.

Good luck for the future Geoff, your contribution will be greatly missed.

Paul Owen, Chief Executive



Adventures for 1999 Nepal

The river journeys in Nepal are a unique experience - relaxing and exhilarating, inspirational and challenging, with world class whitewater. Much more than a forgettable holiday, they are an education and become totally addictive..

March 28th - 13th April

Karnali & Bhote Kosi. The Karnali is an opportunity to experience a wilderness trip which combines trekking, white water rafting or kayaking in superb surroundings and wonderful climate. The Bhote Kosi is without a doubt the most exciting short river trip in Nepal and quite possibly one of the best two/three day rafting or kayaking rivers any where in the world.

September 29th - 15th October

The Karnali, Nepal's mightiest river, descends through the remote western Himalayas in a series of magnificent gorges. A classic wilderness river journey it has almost everything for a great holiday - superb trek in, big bouncy class 4 rapids, white sand beaches, blue water, and some of the best river and jungle scenery in Nepal.

October 11th - 27th

The Sun Kosi & Tamur Known as 'the River of Gold' the Sun Kosi is one of the classic river journeys of the world. Beautiful scenery, cultural encounters, and dozens of adrenaline pumping rapids... it has them all!

October 27th - 12th November

Seti, Trisuli, & Bhote Kosi

This combination gives tremendous rafting with an opportunity to improve moving water skills in our KayakClinic... ideal for those with limited moving water experience, but wish to progress from grade 2 to grade 3 under ideal conditions.

Bhutan

November 12th - 28th

Expedition rafting or kayaking in the land of the Thunder Dragon. We envisage many being interested in the opportunity of paddling the awesome rivers in these magical kingdoms. Do register your interest soon.

Corsica

April 17th -27th

Kayaking some of the fantastic rivers of this fine island... superb white water, great French food, and good company will make this one not to be missed. There is a lot of interest in this trip and as it will be limited to a maximum of 10 do contact me ASAP. Contact us if you require a trip dossier. Why not visit our web site at www.adventure-whitewater.com.

The Tyne Tour

The Tyne Tour has over the past nine years become one of the countries top touring events. This year's event saw the new management team of Neil Cranston and Jim Russell take over from Dean Maragh. As in previous years a squad of conscripted paddlers and their families and friends from Tyne Valley, Coquet and Hexham CC's formed the backbone of a highly effective team. Without this team effort, this and any other tour would not be possible.

Flood conditions in the week leading up to the event caused some minor anxieties. However, by the weekend water levels were at a level that few could complain about.

Although numbers were down on last year the view of most participants was that this made for more space for everyone both on and off the water. As organisers we are indebted to the many local land owners who have supported this event over the years.

The input of both Simon Banbury (formerly the RAO) and George Thompson (the present LAO) have over the years smoothed out the many access problems that this event creates. We also owe a special thanks to Ann and Roy Coe. The provision of bacon sandwiches and the additional car parking spaces on their land make a great contribution to this event. Jake Hanson, aged six, the youngest member of the team also deserves a special mention. His ability to get people into the Information Tent and sell Tyne Tour mugs was noticed by all. Thanks Jake, you can come again.

We would also like to express our thanks to Chris Sladden and Andy Watts for their video and slide shows. The retail stands provided by Carlisle Canoes and Four Seasons were a welcome addition to this years Tour. Thanks also to Pyranha, Dagger for their input to the event.

On a somewhat sour note a number of people had their weekend spoilt by the activities of some members of Nottingham Trent University Canoe Club. Setting off fireworks in the early hours of the morning in the middle of a campsite does little to enhance the public's view of canoeists. The fact that the police were involved is causing us severe problems. The hospitalisation of one of their group following a human pyramid experiment at the ceilidh caused considerable distress to a number of people. They should not come again, they are not wanted.

Finally, thank you to everyone who made a contribution to this event as a helper or a participant. We hope to see you again, unless of course you are from Nottingham Trent!

The LAO for the North Tyne is George Thompson. Tel. 01434 602622

River Dee - Serpents Tail, Wild Water Sprint.

This event was held on Saturday 14th November, attracting a large part of the entry for the classic race to be held on the following day. A medium to high water level meant for some exciting racing as the Serpents Tail was certainly "wagging". Several paddlers defied their buoyancy to either stay submerged for a worrying amount of time, or alternatively, and in line with bonfire night, there was the odd dramatic shoot skyward. The event was won by Jon Royle who fought off the challenge from Ian Tordoff who equalised his aggregate time from the two runs but lost by virtue of Jon's fastest time, a cool 54



seconds! The challenge from Ireland and South Africa came in 3rd and 5th respectively, as Shane Kelly and Sean McGuigan flexed their sprint muscles. Rob Pumphrey showed his class in the C1, his winning time was also 7th overall. The C2 class was won by Warne and Redshaw while Dee Patterson won the ladies event. There was an encouraging number of juniors tackling the challenge and a very well done should go to them.

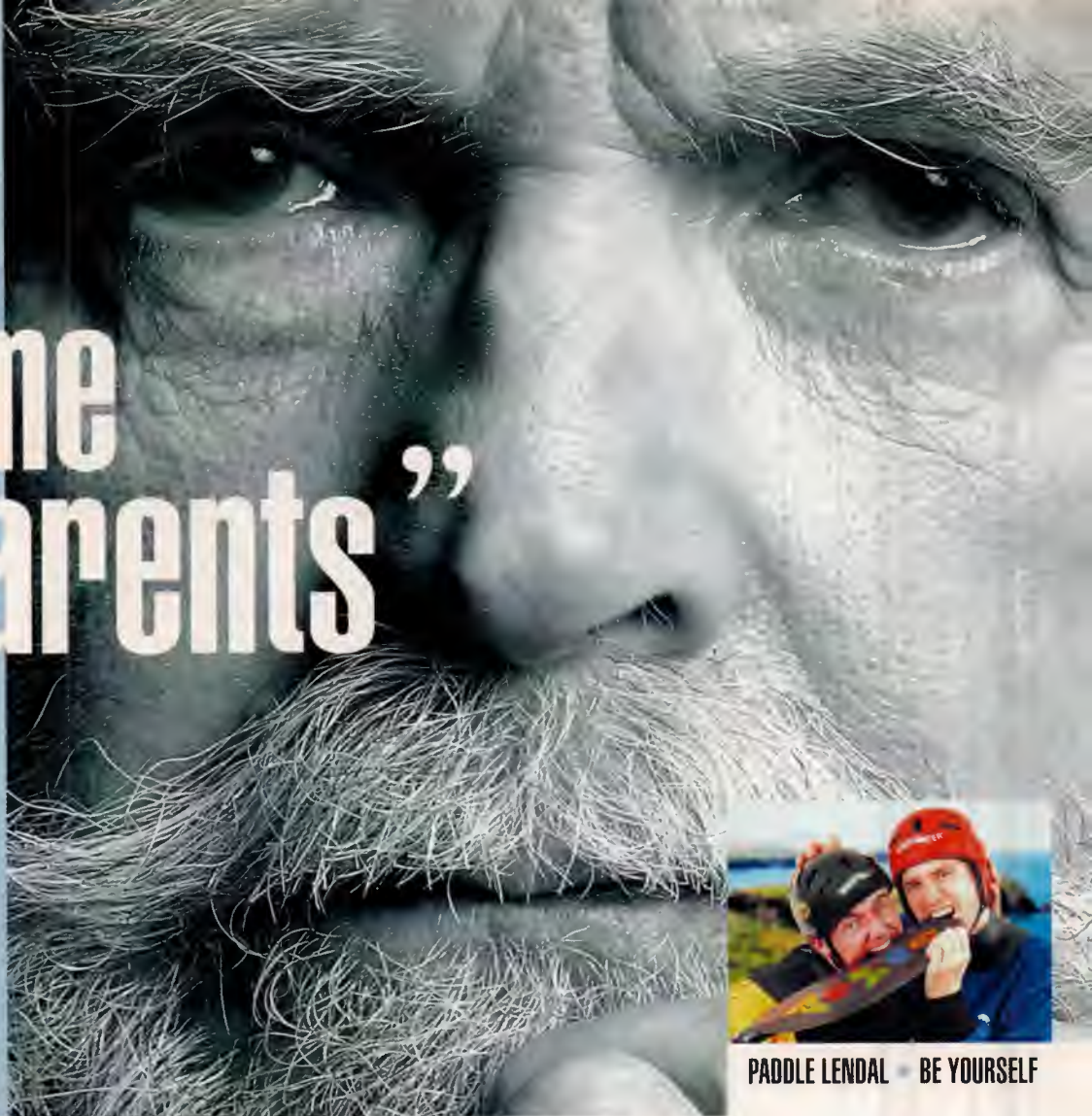
Photo: Martyn Steele exits the Tail and powers to the finish.

“ I blame
the parents ”

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Bournemouth Lifeguard Corps

The BCU is pleased to welcome the Bournemouth Lifeguard Corps back in to the BCU family.

The corps is a voluntary organisation which has been patrolling the beach at Bournemouth for the past 30 years.

Affiliated to the RLSS and BCU the club runs training courses on most weekends throughout the year.

For more information contact the Secretary,

Mrs Janet Taylor,
Flat 4
Addiscombe,
Cranborne Road,
Bournemouth
BH2 5BR
Tel/Fax:
01202 314406

Pat Sheldon

An Obituary

Pat died on the 16th October 1998. She was taken ill whilst staying at her beloved Chertsey campsite and died several days later at St Peters Hospital Chertsey.

Pat was born in Hove in 1918 but spent much of her childhood living in a house which was built on ground which now composes part of the club camp site. During World War II she served in the WRAF, and afterwards worked as a journalist. Her forte was travel. She told me of one of her assignments which involved joining the great Atlantic liners at Southampton, which used to make a short voyage to a French port before making the Atlantic crossing. Pat had to disembark in France but wrote the article up as though she had made the complete voyage.

Pat joined the club in 1947 and took a lively interest in all aspects of canoeing. She raced and at one time was unbeaten for two years. Pat also took to slalom and was British champion for the first three

years the championship was run. As her interest in competitive sport waned so she took more to canoe touring and Pat and Ricki undertook many tours at home and abroad in spite of the currency regulations then in force.

We first got to know Pat about twenty years ago when we started to use the Chertsey site. Throughout that period Pat helped Ricki with the running of the canoe shed on our behalf, she also took a great interest in the site and for the last several years had maintained a flower bed based in an old punt at the head of the creek. Pat had many friends among the Chertsey regulars, we shall all greatly miss her. Our visits to Chertsey will seem grey without her happy smiling presence.
Roger and Rosemarie Green

X Zone

A 10-station challenge, which combines a dynamic blend of skill, speed, strength and stamina and has been, designed to become the ultimate cardiovascular and strength workout. Staged at the NEC on 20th - 21st March 1999, 1000 competitors (500 men and 500 women) will push themselves to the limit in an attempt to become the UK's fittest man and woman.

Each participant in the X-Zone must raise money for charity with each charity being supported by 200 contestants. The aim to raise an average of £1000, a collective target of £1 million.

For further information contact:
Alex Evans, Event Director, on 0171 982 5055.

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Nepalese Championship Rodeo

On the 30/31st October 1998, Equator Expeditions hosted the first Nepalese Championship Rodeo in Nepal. The event was sponsored by Eskimo, Smith, Palm, Ainsworth, Patagonia and Coca Cola. Each of the companies gave prizes or contributions and this went a long way to the success of the event. All the proceeds from the event went to the sponsorship for the top two Nepalese kayakers to go to New Zealand in 1999 for the World championships

Over 100 visiting kayakers from over 16 different countries attended and took part. Mr Donald Bean a respected celebrity in the kayaking world was able at the grand age of 78 to do a superb turn down the course the right way up! The crowd loved him. The events for the westerners varied from super novice with some great surfing of the eddy lines, to the professionals who really put on the show the Nepalese competitors were aspiring to. We cant forget the Old Dogs category with a few of the good old boys like Dave Manby and Peter Knowles doing their utmost to show doing a

cartwheel is not necessarily all that makes a good performance!

The beach party co-incided with halloween and the tradition of the west came to Nepal with apple bobbing competitions and the odd witch casting her spells. The band did its best to make Elvis Presley come alive and the bar never ran dry!

The cruscendo of the whole weekend was the Nepalese event. There were 7 in the final and it was an inspiration to see them in action. There was nothing but mutual support and a fun atmosphere between them. They exuded energy and positive attitudes all the time. They may not all be able to win but they all intended to have a good time. As it was, it was very close and they impressed the audience to the extent of standing ovations for some of the tricks they pulled. We had to remind ourselves that kayaking for Nepalese has only started very recently and most of these competitors may only have been kayaking for two years. What they lacked in refined style they made up in pure energy and fun.

The prizes for first and second place in the Nepalese category were:

2 tickets to New Zealand for the World Championships donated by Equator Expeditions
2 Kendo kayaks donated by Eskimo
2 sets of personal kayaking equipment donated by Palm
2 paddles donated by Ainsworth

The winners were:

1st Place: Dipak Silwal Age: 20
2nd Place: Nim Bahadur Magar Age: 22

Both Dipak and Nim were born in villages close to the Trisuli river and learnt to run the river in tyre tubes! So from a very early age they have been water babies but both have been kayaking for less than 5 years. They are both working as raft guides and safety kayakers in Nepal. They are the very first Rodeo Team from Nepal and they are great representatives of their country.

The prizes for the western categories were sunglasses donated by Smith. There were a lot of "cool doods" hanging out by the end of prize giving.

Good luck to Dipak and Nim!

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For more information please contact centre manager, Brian Pluckrose, on 0115 982 4710.

Young canoeists and their parents are being asked to work with the English Sports Council to further minimise any ill effects to users of the National Water Sports Centre in Nottingham.

From January canoeists and rafters under the age of 18 will be required to provide the centre with parental consent before using white water slalom course.

The English Sports Council takes the safety of all users very seriously and is committed to taking all the steps necessary to ensure that users receive objective advice and information and can paddle safely and enjoyably.

Water for the 700 metre man-made course comes directly from the River Trent which, as a natural source, can give rise to some small health risks.

Data gathered so far about the River Trent's water quality at Holme Pierrepont shows that it is comparable to, and sometimes significantly better than, mandatory levels of the EEC bathing water directives.

However, a small risk of ill effects will always exist, as it does on any inland water. Therefore, as part of the English Sports Council's ongoing commitment to minimise the risk of people suffering ill effects after paddling on the course, this new policy will be enforced from 1999.

English Sports Council Chief Executive, Derek Casey, said: "The white water slalom course in Nottingham is acknowledged as a world class canoeing, rafting and kayaking facility and presents many challenges to all levels of paddler.

"We are committed to ensuring that those using the Olympic Accredited facilities - whether casual users or elite competitors - continue to do so in a safe and enjoyable environment as possible. This new policy is the latest in a line of measures designed to help minimise the risk of ill effects to users of the course.

"We have already set up a hotline for users to report ill effects, increased the advisory information available and we now work closer than ever before with the Environment Agency which is responsible for monitoring water quality levels and local Environment Health Officers to ensure that these issues are

National Water Sports Centre

addressed openly and proactively".

From January 1999 parents or guardians of under 18s will be asked to fill in a form consenting to the young people using the slalom course before they will be allowed on the course. Adults will receive the "Important Notice for

Water Users" leaflet to read before filling in the form.

Under 18s account for a small proportion of the 40,000 annual users of the slalom course at Holme Pierrepont.



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Kayak technique

diagnosis and remedies

By Mike Lauder and Imre Kemecsey

ROCKING MOTION

The rocking motion of the boat can be defined as the simultaneous submerging and rising motion of the sides of the boat (Figure 1).

This motion causes loss of boat speed for two main reasons. Firstly, the boat is designed to run on its bottom. There are 'wings' behind the cockpit, and when the boat leans to the side, these cause a resistive effect (drag). The second reason is related to the fact that when leaning, the paddlers' lower back muscles (m. erector spinae, Figure 2) are not in the optimal position to transfer power from the blade, through the trunk and into the boat.

Figure 1.
Rocking motion (Frontal Plane)

Figure 2.
Erector Spinae muscle group
Rocking the boat can be described as an 'escape' from the position in which the most powerful transmission of energy occurs. Of course this 'escape' is not a conscious movement. Rather it is a result of general of local fatigue of the body's muscles.

However, to a certain extent this rocking motion is normal. The gluteus muscle on the pulling side, in contracting, becomes smaller. This results in that side of the boat rising slightly while the opposite side lowers. This rocking motion becomes excessive when the paddler is unable to distribute his/her weight between the blade and the boat in the desired manner. The paddler has to reduce the load on the boat and put it on the paddle. The paddler must therefore have confidence in leaning on the paddle. The boat then becomes 'suspended' along with the 'load' (trunk), from the shoulder girdle. When this is done effectively the paddler can make adjustments to maintain the ideal position of the boat at all times to allow for the most effective power transmission.

Reasons

Two types of rocking motion can be defined. The first occurs when the paddler pushes down gradually on the opposite side of his/her boat, during the catch and through the pull phase (leaning away from the paddle). During the air-work he/she switches gradually to the other side. In the second type of rocking the athlete 'release's' the power from the stroke by letting his/her shoulder on the pulling side move away from the stroke causing the opposite side of the boat to submerge progressively throughout the pull phase of the stroke. As a result, there is no powerful support in the water before recovery. The athlete can't then prepare his/her body for the recovery and air-work, resulting in the paddlers' entire weight bearing down for a longer time in the boat. Also the paddler will rotate the boat during the air work, as a result of a recovery without strong support. These factors together will decrease the speed of the boat significantly.

Remedies

Perhaps the best way to remedy rocking motion is to instruct the athlete to lean on the paddle throughout the stroke and to maintain the power throughout the catch, pull and recovery phases. The athlete must have confidence in the support provided by the paddle and recognise the need to maintain power throughout the time the paddle is in the water.

SNAKING MOTION

The snaking motion of the boat can be defined as the sideways movement of the boat on a vertical axis through the centre of the boat (Figure 3).

The snaking motion of the boat is a natural consequence of the kayak stroke. As the paddles alternately pull on each side of the boat a torque (turning effect) is produced. This torque causes the boat to rotate about a vertical axis in the opposite direction to the pulling side at each



Figure 1.
Rocking motion (Frontal Plane)



Figure 2.
Erector Spinae muscle group



Figure 3.
Snaking motion of the boat (front of the boat to the opposite side of the pull)

stroke. This rotation can be counteracted by the action of the lower body; in particular the forward compression of the opposite hip to the pulling side. Reasons

Although this motion is a natural consequence of the stroke, it should be eliminated as boat speed can be drastically reduced. There are several reasons for this motion to be exaggerated. The first is that the catch is too far away from the boat. This increases the

Figure 3.
Snaking motion of the boat (front of the boat to the opposite side of the pull) lever arm (perpendicular distance between the paddle and the pivot point) which therefore increases the turning effect on the boat (torque). Similarly if the blade is too far from the boat at the support before recovery, then again, there is an increased rotational effect on the boat. This effect would also occur if the paddle were too long.

Snaking motion can also be caused by the distribution of the paddlers body weight between the paddle and the boat. In this case the paddler pushes him/herself away from the blade.

This may also alter the direction of the pull. If the pull is not parallel to the centre line of the boat, then the force vectors (a vector indicates

Canoe Focus

the magnitude and direction in which a force acts) of the paddle and the reaction of the boat are not directly opposing each other, therefore causing a snaking effect. This phenomena is referred to in coaching terms as the 'soap bar' effect. Ideally the force from the paddle together with the action of opposite hip, compressing the boat into the waterwall, and the reaction of the waterwall on the boat, squeeze the boat forward through the water in a straight path. It is the action of the opposite hip that is of paramount importance in maintaining this straight path.

Finally snaking motion is also caused by incorrect preparation during the recovery phase for the air-work. This relates directly the discussion previously about bouncing motion 2. If the trunk rotation is initiated when the paddle is out of the water, the effect is for the boat to be rotated lengthways in a snaking motion.

Remedies

One method for reducing the snaking motion would be to instruct the athlete to push him/herself forward, instead of pulling. The athlete can be directed to focus on the connection from the pulling side to the opposite hip. The aim is to create a POWER CIRCLE (Kemecsey, 1998) between the blade, pulling side shoulder, opposite hip and back to the blade. If the athlete focuses on maintaining the tension between compression points (blade, shoulder, hip) within the circle, the effect should

be to drive the boat forward (soap bar effect) and therefore reduce the snaking motion.

Another method to reduce snaking is that prescribed to reduce bouncing motion 2: Here the athlete learns how to prepare better for the air-work by increasing the power before recovery.

SUMMARY

- Undesired movements of the kayak can be defined as bouncing, rocking and snaking motions.
- These movements are easy to identify and serve as a first step to correcting kayak technique.
- Biomechanics provides the mechanical foundation for correcting technique. With this knowledge the coach is able to implement strategies that allow the athlete to develop a powerful, yet efficient technique that drives the boat forward smoothly and subsequently quickly.

CONCLUDING STATEMENT

The concept of Power Circles is another extremely valuable means of focusing on and correcting technique. Although the concept was only briefly touched on in this article, it is hoped that in the near future a follow-up paper will deal fully with this concept. Watch this space!



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British Canoe Union Lifeguarding

Annual Training Convention

The Annual BCU Lifeguard Training Convention is to be held over the weekend Friday (evening) 16th April to Sunday 18th April 1999

Application
Although this event is ideally suited to canoe lifeguards, there are many opportunities for other lifeguards to see how the other half do it!

I don't canoe! - No problem!

If you lifeguard to the disciplines of other organisations and are interested in broadening your horizons come along. We are quite a friendly bunch and are as happy to learn from you as we are to show you how we do things. There are many common areas of activity and no one is too proud to learn more!

Canoe lifeguarding - One of the best ways to patrol and protect.

Working from the platform of a canoe enables you to monitor events on and around the water whilst conserving energy yet being able to respond rapidly if required.

Carried within the canoe there can be all sorts of equipment and stores that are easily taken with you from place to place as you follow the activity.

Working from a canoe you can easily communicate with swimmers who don't feel threatened as you are a similar height to them, there are no engines, propellers or smelly fumes, yet you can follow them in to shallow waters and even surf.

Not qualified yet? Not done this stuff before? - No problem!

Lifeguarding and safety care is all about learning, practising and keeping up to

date. Our scheme is designed around starting out by gaining a basic award and building on that over time but still contributing at your level until being fully qualified.

Who are the BCU Lifeguards?

We are a specialist sub committee of the British Canoe Union.

Sessions are arranged so that people of all ages, from all walks of life and varied experience are welcomed and can come along to gain experience and qualifications for other purposes. Obviously this provides an opportunity for those new to Lifeguarding to get some qualifications "under the belt" as they start out.

The new "Canoe Lifeguard Skills Development" which covers an eight hour Aquatic First Aid, Distress Signals, Emergency Services brief, Cold Water Casualty, basic Spinal Management, Lifeboat visit, Water Casualty Training and is ideally suited to those starting out in Lifeguarding.

Don't want to be an active lifeguard but want to learn some skills? - Again - not a problem!

Come along learn first aid, do the Canoe Safety Test, get a VHF Licence, learn about spinal care. We are pretty sure that you will get into it and want to do the rest though.

There's a wonderful feeling knowing that you are helping others.

Special interest lectures & workshops

As usual we will have "stocking fillers". These are of about one hours duration and cover a range of safety, search and rescue themes. Where possible experts are brought in to add a touch of realism and tell a salty story or two.

Social

As usual at an event as such as this there is a fun side too. Lifeguards tend to be a social lot and welcome newcomers young and old alike. Evenings are spent warming up and over a glass of ale - or a bottle of bud - discussing techniques, ambitions and generally putting the world to rights!

Costs

Details are to be confirmed but should be in the order of:

£25 per person - attendance fee

£15 per person - B&B (bunk house style or indoor camping - when the bunks are full it's the floor! - 1st come 1st serve). Costs of exams, awards & licence - at cost.

Further details are available by sending a stamped addressed envelope to:

BCU Lifeguard Convention
Brook House, 99 Gosport Road
Fareham, Hants PO16 0PY

The convention web page will be updated as details are confirmed.

Checkout the BCU Lifeguards web site at <http://www.rascl.dircon.co.uk/bcuindex.htm>



Lifeguards

National BCU Canoe Lifeguard Training Convention 1999 organised by the British Canoe Union Lifeguards National Committee

Start
Arrival 1800 - 2330 Friday 16th April 1999 for a 0830 start on Saturday 17th April.

Finish
Sunday 18th April, in the late afternoon after completion of practical assessments.

Object
To provide a safe training environment where both Canoe Lifeguards and Lifeguards from other walks of life may obtain qualifications for the forthcoming season, whilst promoting safe practices as determined by the Nation BCU Lifeguard Committee.

Directions
Head for Dorchester then Weymouth. At Weymouth follow the signs for Portland until you see the brown backed signs for the Nothe Fort.

Venue
The SW Sea Cadet Training Centre, The Nothe, Weymouth, Dorset.

Additional Information

A cooked breakfast is included for those staying in the Bunk Houses. All other meals are self catering however Lunch & Evening meals are best taken in the town which is a short walk from the centre and has a number of cafes and pubs which provide food at reasonable prices and to suit most tastes.

Bring plenty of warm clothing and allow for changes in the weather. Hot drinks will be provided.

Both Friday and Saturday evenings normally evolve into informal discussions about canoeing, lifesaving and general lifeguardie type

things but hopefully not too Baywatch orientated!

For the more serious awards pre study is useful. Ensure that your physical fitness and ability is up to the level at which you will be participating for the practical awards. Although the training days are constructive, however practice at throw bag technique for example has been found useful in the past. Don't leave it all to the last minute.

Finally - probably the most important thing participate enthusiastically & enjoy!



Canoe Safety Test	Min 14 yrs old + BCU2*	
Assistant Lifeguard	ASS/LG, 16yrs, 3* or proficiency	Two days - all of Sat & Sun
Lifeguard	ASS/LG, 18 or just under with NTO approval Aquatic First Aid or similar Logbook (min 72 hrs duty) Full BCU member	Two days - all of Sat & Sun
Lifeguard Trainer	ASS/LG, Aquatic First Aid or similar BCU level 2 coach	Two days - all of Sat & Sun
Lifeguard Examiner LGE1	L/g + LGT	Two days - all of Sat & Sun
LGE2	Must already have LGE1	
Aquatic First Aid	None	One day (8hrs)
Aquatic First Aid Trainer	16 hour first aid award 3 years as a level 2 coach	Either day
Update for LSE to examine rescue test	Current LSE	One day

Other Awards & Workshops

DOT Radio Licence for VHF	Helpful to know Phonetic Alphabet	Saturday all day
RYA Powerboating - intro	None - no qualification included	Sunday am
Lifeguard Skills Development	None - beginners course & introduction	Two days - all of Sat & Sun



Access to the River Neptune

The river Neptune flows south from Tebay to Lancaster and Morecambe Bay. It is an attractive, varied and exciting river, which has sections suitable for all competencies of canoeing. However, the sections between Crook of Lune and the Rawthey confluence are only suitable for those persons who can paddle Grade III water. Any emergency on this section of the river must be dealt with by the group from their own resources. Failure by the group to deal with an incident will result in the Police and Kendal Mountain Rescue Team taking charge. It is essential that all those who paddle this river are capable and equipped for self rescue. All groups must be self sufficient.

There are long standing difficulties concerning access, passage and egress on the river. The following notes must be read and understood by all participants in all groups. These guidance procedures are part of an ongoing dialogue between the BCU, the EA, and most importantly the Land and Riparian owners. Arrangements may well be changed according to how successfully canoeists

keep or disregard the agreement and the need of the owners. Please do not do anything to jeopardise this difficult and sensitive situation.

Applying for permission to paddle this river implies that you agree to participate with the terms indicated. A careful record is kept of all applicants and the details of their visit. Permission is granted for specific access and egress points on specific days to spread the pressure along the river. You may not get the section you want. In this case you might choose to go elsewhere and so please cancel your request.

Due to family and work commitments the Access Officer cannot receive telephone calls. He may well telephone you to discuss your arrangements.

Finally, remember that the Farmers work incredibly hard, in difficult conditions, demonstrating high levels of skill and dedication in their work. All for increasingly poor financial returns, if not actually failing break even. Problems caused by canoeists cost him and his family loss of income, particularly the disturbance of livestock and damage to

enclosures. Do nothing to jeopardise their livelihood, it often represents several generations of endeavour. The landscape we enjoy is a product of their effort.

Disclaimer

Permission to paddle upon the Neptune is for that purpose only. Personal injury, loss or damage to equipment is entirely at the risk of the canoeist. It is implicit in the agreement that there can be no claim whatsoever against anyone granting permission to access, journey or egress on the River Neptune.

Canoeing can be dangerous and result in loss of life.

River Neptune access agreement - earning a welcome

All members of all groups must be briefed on the following

- Drive all country lanes slowly, calmly and without loud in car entertainment.
- Park in agreed areas only. Leave copious and considerate access to all gates, properties and rights of way. Do not churn up grass verges, park elsewhere.



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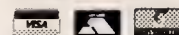
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River Neptune - Access and Egress

SALTERWATH BRIDGE GR611008

One or two vehicles can be parked without causing problems. Access north east side of the bridge. 5.5km

CROOK OF LUNE GR620962

Parking to be arranged with local community. No parking at river. 4.9km

LINCOLN'S INN BRIDGE GR631922

Parking not allowed by roadside. Cars can be left on lay by near Firbank junction. Access? 1.8km

KILLINGTON NEW BRIDGE GR622908

Roadside parking. Access? 2.0km

RAWTHEY CONFLUENCE GR628896

Parking for three cars in lay by, but this leaves not room for owners access? Access? 5.1km

RIGMADEN BRIDGE GR616848

Parking on roadside eastern side of bridge. Keep well clear of farm drive. Access on southwestern side, remember to close gate and not damage crops. Access permission required - from

Mr. Wilson on 01524 276302 + Mr. Armitage on 01524 271711 9.6km

KIRKBY LONSDALE GR615782

Access and egress between old and new road bridge. Plenty of parking. Toilets. Tea and snacks. Canoeing allowed all year between bridges without seeking permission.

Andy Clifford - BCU Access Officer River Neptune - December 1998.

Symonds Yat Rapids

- The National Appeal now Stands at £13,000
- We Still Need
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 - To you and your club and why
 - To the development of canoeists from novice to world class.
 - As a year round recreational site
 - As the only similar site for 100 miles or so
 - For its outstanding beauty
 - For any other reasons why you feel the "Rapids" should not be dredged out of existence
 - Donations and pledges.

Lisel Walker still has limited Edition Numbered Prints of her oil painting of the Rapids. If your Group or Club has enjoyed the Rapids why not buy a print for your Clubroom?

Each print costs £25.00 plus £2.50 postage and Packing per order. Please make cheques payable to Lisel Walker and send to 7 Baggallay St, Whitecross, Hereford, HR4 0DZ. Please allow six working days for delivery. Please ensure your name, address and Postcode accompanies the order.

John Westlake: LAO for the River Wye in England. 33 Golden Vale, Churchdown, Gloucester. GL3 2LU. Tel/Fax: 01452 53121

- Do not drive across private land, off road or into private drives.
- Parked cars in rural areas attract attention from local people because of the increase in rural crime, poaching and rustling.
- Change before parking and well out of sight of all houses and homes.
- Use proper toilet facilities, not the river bank or where you can be seen by locals.
- NO noise, shouting, calling, music at any time, access, egress and on the river.
- Do not bring dogs or have them follow on the river bank.
- Keep clear of designated spawning areas as requested.
- Do not disturb the nesting and feeding wildlife.
- Do not trespass into fields and avoid all cattle and sheep disturbance.
- Note the EA depth marker at access points. Exposed red means no canoeing and when the green section is covered the river is deep enough and canoeable.
- Display one postcard on the dashboard parked at the access point and one at the egress. Display the approval number clearly so you can be identified.
- Do not damage any gates, fences, stiles, property, flora or fauna. If there is damage then report it urgently to the access officer.
- No fires, camping or trespassing, leave no litter.

The land and riparian owners, EA and BCU make these reasonable conditions to enable you to canoe the River Neptune between November 1st and March 31st each year. There is no canoeing outside these dates. Conforming to this agreement will promote access to the river for you and others in the future. Every canoe journey makes a difference.

River Crake - Cumbria. Sponsored Paddle 21st March 1999

We (canoeists) have been asked to help raise funds to rebuild the 'Village Hall' at Greenodd where the river trip finishes. Hundreds of canoeists paddle this river each year and enjoy the goodwill of the residents in the valley. This is our opportunity to put something back into the local community.

Come fly the flag for canoeing and have an enjoyable days paddle.

Distance - 8 km, from Coniston Water to Greenodd (Shuttle and refreshments provided).

Sponsor forms and further details from:

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Info: Peter Rosen



By Ian Raspin

Although the slalom World Cup Final may not have received anything like the coverage that of that of the football, believe me it was as equally exciting. Those who read the piece, titled 'The Final Chapter', in the October issue of Focus will remember, I concluded by posing a number of questions.

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

On September 12th & 13th on the artificial site of the 1992 Barcelona Games in Le Seu Urgel, these questions and many others were answered.

The World Cup Final, for the majority of the 200 athletes competing, did not just mean the conclusion of the 1998 3 race World Cup Series. But also the only opportunity to qualify a third result for the final World Cup rankings (3 best results out of 5 to count, one has to be the final), consequently realising or shattering dreams for many.

The first classes to be challenged, in qualifying, by the demanding course set by Richard Fox were the Ladies and C1's. Ladies 4th boat Laura Blakeman although having had a solid 2nd run failed to recover from a 50-second penalty incurred from her first run after missing a gate. Along with Kath Pigdon who demonstrated some great paddling on her first run, but failed to deliver on her second, both ended up missing the 15th place cut for Sunday's final. Rachel Crosbee and Heather Corrie however, both produced with Heather finishing in 15th. While Rachel showed the quality of paddling we know she is capable of by securing 7th place.

The C1 class returning from the European Champs with a Bronze team medal to their name couldn't really reproduce that form. After first runs, Brown, Delaney and GoodFellow had left themselves too much to do if they were to have any hope of sitting on the start line on Sunday. Stuart MacIntosh, inspired by some good paddling earlier on in the season showed most promise after the conclusion of 1st runs, but again with an all but perfect run needed, the task proved too much, and all 4 C1's went out.

Everyone was eager to see what thrills lay ahead for the afternoon session of Men's kayak and C2's. The first class away was the Men's Kayak. Could Britain again place 4 men in the final as they did in Germany? First for Great Britain was Andrew Raspin and although he'd spent the previous 2 days

in bed sick, he posted an excellent first run putting him into 1st place. Just minutes behind, Shaun Pearce, posted another good run placing him inside the top 10. With 5 boats remaining Ian Raspin left the start, to post a what can only be described as steady and somewhat anxious run, some 5 seconds down on present leader brother Andrew, placing him in 18th place at the end of 1st runs. Still on a buzz from his victory in the European Champs, Paul Ratcliffe sat on the start, knowing this was the beginning of his campaign to knock present World Cup leader Scott Shipley off top spot and take the title. Like a true champion it only took one run to assert his dominance on proceedings and moved straight up into first place.

The Second run followed pretty much the same pattern. Andrew again producing an excellent 2nd run only for his aggregate score to be beaten again by Paul, pushing him down into second place in the final standings. Shaun consolidated his first run with another clear solid second run, to place him comfortably inside the top 20 cut. Ian, however to his frustration didn't produce the form he was looking for. With a time some 3 seconds faster than his first run, but the addition of a penalty, he had to the prospect of sitting on the bank for Sunday's final. A situation, which, with his previous two 3rd positions, hurt so much it nearly, killed him.

Lack of international experience

In the C2 class Phil and Steve Green and Stu Bowman and Nick Smith represented Britain. The Green brothers lead the assault, in the hope of producing a result to be proud of. The lack of international experience was evident and a poor first run left them with too much to do. Nick and Stu's confidence on the other had been growing with every race and as they left the start line this was reflected in their composure. Two solid runs placed them inside the top 15 and with a growing belief that sooner or later they would be capable of producing a result to mix it with the big boys.

With a new course, TV, and the banks lined with spectators the race began. The first class away once again was the Ladies. In reverse seeding from the Saturday's qualification, Heather Corrie opened the 1998 World Cup Final. With lessons learned from Saturday and a clean sheet, Corrie executed a solid and clean first run to put her into 5th place after the first runs. Rachel came unstuck in the final section of the course and rolled collecting a 50, while attempting to drop over the 3-metre fall they

call 'Hulk', ending her campaign.

After a solid days work from Saturday with 3 boats in the top 10, the Men's K1, sat at the head of the course, eager to do battle again. Pearce opened for Britain and although producing a clear run, the accumulation of a couple of small mistakes which only the trained eye would have recognised, was enough to put him 2 to 3 seconds back on the lead pack, placing him in 11th. With only Raspin and Ratcliffe left on the start to conclude the first runs of the MK1, Austria's Helmet Oblinger sat at the top of the leader board some 1.5 seconds ahead of the Italian Pierpaolo Ferrazzi. Raspin left the start line. Although there were no major mistakes the flow that is so important on these artificial sites wasn't there and his result reflected this, finishing in 16th place. As everybody's eyes swung back up stream to witness Ratcliffe's assault on the title, Paul was aware that the story line had taken on a new dimension. Arch rival and now the only serious contender for the World Cup title Scott Shipley, who'd left the start line 10 boats prior, had attempted a sequence direct, opposed to the preferred reverse spin option and failed, resulting in a penalty and 20 second time loss. For most, this would have lifted the pressure to perform, but Paul explained it almost caused more anxiety. He knew that he was easily capable of producing a result that would be good enough to take the title, but now with victory almost at his fingertips, doubts were creeping in. He set off and to everyone watching there was no indication of anything but a cool and composed mind. He executed the sequence that had caused Shipley the problems with no distress passing the 1/2 way split in 60.34 seconds, 0.3 quicker than present leader Oblinger. He maintained this form though the remaining 10 gates to cross the line 1.1 seconds faster than anyone else and moved into first place.

Healthy optimism



	Seu d'Urgell	World Ranking
Laura Blakeman	46	34
Kath Pigdon	41	20
Rachel Crosbee	14	17
Heather Corrie	4	9
Mark Goodfellow	31	43
Stu MacIntosh	48	27
Craig Brown	49	23
Mark Delaney	29	21
Shaun Pearce	14	14
Andrew Raspin	16	13
Ian Raspin	23	7
Paul Ratcliffe	1	1
Phil & Steve Green	23	29
Stu Bowman & Nick Smith	4	14

With all the excitement you would have been excused for thinking that that was the conclusion of 2nd runs, but Smith and Bowman would have told you the best is still to come. With a healthy optimism in their own abilities Nic and Stu were keen to finish the season with something a little special, and it only took them one run to put the ball in motion. With an excellent clean first run, which showed degrees of competence only demonstrated by the very best crews, they moved into 2nd place only to be beaten by eventual World Cup winners Strba and Vajs.

With half the days racing now complete, things were starting to take shape. With the advent of the combined scores, things are not signed and delivered after first runs and it's not to say big upsets can't occur, but the foundations are laid.

With Rachel out of contention, responsibility lay with Heather Corrie to put in a good second run performance. Like a true professional she complemented her first good run with an equally good 2nd, to move into 4th place at the final standings, beaten only by the Czech Republic's Hilgertovia, Spain's Erzmendi and Slovakia's Kaliska.

Second run for the men saw no major changes. Pearce put in an impressive 4th clear run of the weekend, but failed to find the extra seconds he so badly needed after having to re-loop for the tricky gate 4. Rospin on the other hand found the flow and consequently the pace again, but with the combination of 1 penalty and his weak first run was unable to improve on his 16th place. Oblinger had produced another excellent run to put him at the top of the pile, could Ratcliffe knock him off the top? With what could be clearly seen as a careful and calculated approach Ratcliffe made his way down the course. As he passed through gate 13 the left-hand pole swung, but previous observations of the same gate suggested it was vulnerable to water movement, so fingers were crossed. With no other incidents he powered himself across the line to stop the clock with a combined time of 198.4 seconds, but the board also showed the addition of 2 second penalty pushing his total to 200.49. With some distress he quickly looked back at the standings board, and to his great relief, even with the 2 seconds penalty, he'd managed to squeeze in ahead of Oblinger by 0.6 second, to take first place. Ratcliffe had won the 1998 World Cup Series.

Unaware of the drama at the other end of the course, Smith and Bowman had their own mission to contend with. Never before had they been in such a dominant position. The run last flowed with no major mistakes and this was reflected in the time similarity with their first run. However, the addition of 2 touches pushed them down into 4th place, which proved hard to swallow, as without one of them they would have found themselves in silver medal position. But still their best result regardless.



Excellent performances and some disappointments

Like the race, the World Cup series in general had its highs and lows. There were some excellent performances and some disappointments. The ladies demonstrated that they now not only have 1 or 2 athletes at the top of the pile, but a very strong group of youngsters coming through, ready to make their mark. The C1's as a class has shown that they have the experience and flair to mix with the best. And although in general their performances this year didn't really reflect this ability there is genuine belief that with the continued support of the World-Class Performance program, the prospect of seeing a British C1 on the podium again won't be far away.

The kayak men have again demonstrated they are by far the strongest class, endorsed by at least 1 medal at every major intentional, bar Augsburg. Although there were a number of excellent results, particularly Andrew Rospin's bronze his first ever medal at the European Champs. Special mention

has to be made of Paul Ratcliffe's magnificent achievements. He not only won the European Champs, but also the World Cup after an injury in the winter which, most people felt would not only seriously hamper his season, but possibly his whole career. Well done Paul.

I couldn't possibly conclude this round up, without making reference to a potential medal winning team that of Stu Bowman and Nick Smith. As I've mentioned now and on several occasions their belief and hunger for success is growing with every session and their final international debut of the season I believe is just a taste of what is to come in 99.

With the continued commitment of the team support and the essential backing of the World Class Performance Program, elite slalom in Britain is looking as good as ever. Roll on 1999.





The Welsh Rivers by Chris Sladden

Reviewed by Marcus Bailie

ISBN 0-9516147-2-X

Available from Cordee

Cost £15.95

Chris Sladden's recently published 'The Welsh Rivers' is the definitive guide for paddling in the Principality. This rather bland statement conceals a number of major issues.

Firstly the book finally puts to rest the criticism made of guidebook writers that their selection was merely a list of their favourite rivers and not a good reflection of the other rivers in the country. Moreover, it resulted in the overcrowding of a small number of rivers with detrimental effects on both access and the environment. Chris has avoided this by painstakingly covering virtually every river in Wales, nearly 200 of them! I know from personal experience that where he was not familiar with a particular river he made a point of going out and paddling it. This has taken him years of work recording details of access and egress, OS map references, sketch maps and so on.

Another issue implicit in being the definitive guide is that it need never be done again. This book will remain thumbed and browsed for as long as there is paddling in Wales. The only reason for replacing your copy will be that sometime in the next millennium it will have become too bashed and battered, kicked around the bottom of too many car boots underneath too many piles of wet gear.

The definitive guide also means it not only includes sections of extreme 'hair boating' (things which I used to refer to as portages!) but it also has outings of a more mellow perspective (things which I used to refer too as boring!) and the numerous photographs reflect this.

I don't expect many paddlers will dash out and buy *The Welsh Rivers* simply because they have read this review. What I suspect will happen is that over the next few months they will pick the guide off the shelf in five or six canoeing shops on dry afternoons, browse through it and admit that sooner or later they are going to have to splash out and buy it. On the other hand if your partner, loved one, child, parent or grand-parent are keen paddlers and you are looking in this section of the magazine for presents...then look no further!

Reliability in a guidebook is always difficult. Sometimes there is confusion caused by the author, sometimes it is misunderstanding on the part of the reader. Sometimes it is straight error, typographical or other. (So for instance if you want to know when there is access on the Tryweryn do NOT refer to this book!).

More often however the river or the road junctions have simply changed, ownership has transferred and access and egress points have moved as a result. Chris's guide does as much as can reasonably be expected, with good sketch diagrams and clear indications of distances, access and egress points etc.

However, use it blindly and you do so at your peril. This guide is excellent if used as an aid to planning your weekend, but it is not a substitute for actually scouting the takeouts and



portages, buying maps, or checking other people's knowledge or other guides. Nor is it a substitute for judgement when it comes to deciding what to run and what not to run.

The book is appropriately hard back bound and contains lots of good quality colour photos (nice one Clare!) but consequently it's not cheap.

So if you want to know details of the Tryweryn then call the Tryweryn! (Chris has thoughtfully included the number in the guide). However, for almost everything else about Welsh rivers this is the logical starting point.



News, Information & Events: Noticeboard

Cornwall Watersports Forum

The Cornwall Watersports Forum has been formally established to promote watersports and raise funds for watersports organisations throughout the county.

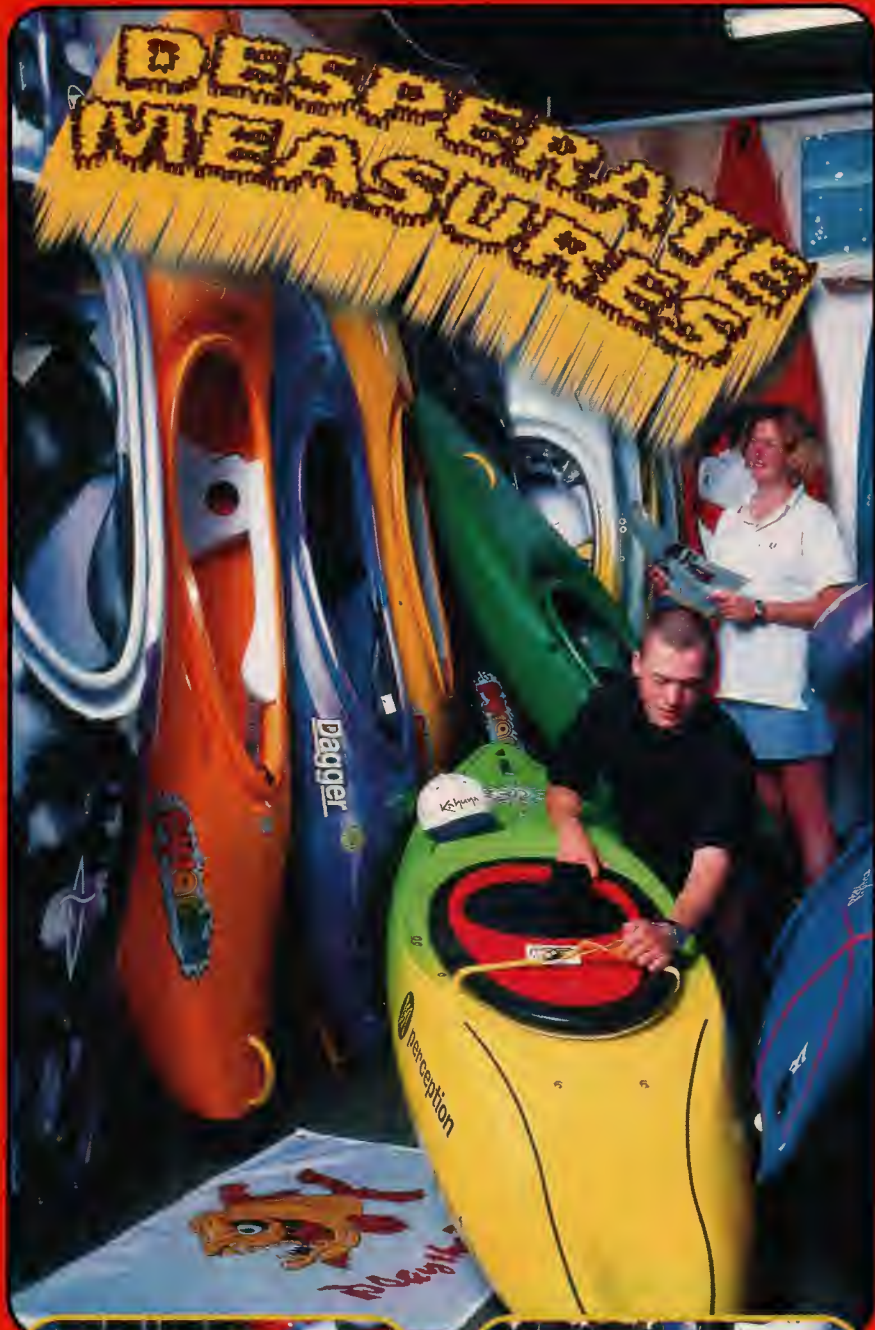
Cornwall hosted the 4th InterCeltic WaterSports Forum in Bude last year and it became apparent during the run-up to the event that the county needs a body to lobby for support and funding from the county. Raising a Cornish team for this annual event as well as other national and international events is extremely difficult due to the lack of a body to raise funds.

After several meetings, attended by watersports enthusiasts from sailing, surfing, rowing, water polo, windsurfing and canoeing,

the Forum was formally established and officers appointed. Dave Whalley, was elected Chair of the Cornwall Watersports Forum. Dave was Chair of the Steering Group for the InterCeltic WaterSports Festival in Bude, and is a North Cornwall District Councillor. Julia Hobday, organiser of the InterCeltic WaterSports Festival and team organiser for the Festival in 1997, 1998 and 1999, was elected Secretary. Roger Thomas was appointed President. Roger was one of those who thought up the idea of a watersports body a couple of years ago, and thanks to his hard

work and enthusiasm it has finally been set up.

Anyone interested in finding out more about the Forum should contact, **Julia Hobday, Secretary, Cornwall Watersports Forum, Wyverns, Lynstone Road, Bude, Cornwall, EX23 8LR. Tel: 01288 353488 Fax: 01288 355716. E-mail julia.hobday@which.net**



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BCU membership
category:
Registered Youth
sections
- An update.

Young Peoples Programme

As you will be aware, the BCU launched a new category of membership on 1st November 1998 - Registered Youth section. The purpose behind the new scheme is to take away the barrier of cost, when encouraging young people to take part in events. This means that it will not be necessary for them to be individual BCU members nor to pay taster fees for the following levels of events, as agreed by the disciplines:

Sprint regattas - up to and including 'C' class

Marathon events - up to and including Div. 6 events

Slalom events - up to but not including Div 3 events. Any plastic boat class in Div 3 or 2

Canoe Polo - any national or regional youth league events.

Wild Water Racing - any Div B race.

The scheme also supplies club members of 18 years or under with an identity card that will enable them to access these BCU event concessions.

2. Paddlepower goes national

As promised, the BCU's new young paddler scheme is going national. In order to operate the scheme in your club, you need to attend a Paddlepower workshop to:

- find out how the scheme operates
- discuss the latest issues around young people and Paddlesport
- review coaching of paddling technique
- listen to your views on coaching needs and young people

If you are interested in attending a workshop, please contact the following person for your area:

North East -Tyneside/ Northumberland-
Rory Corder (0191 488 4398)

North East - Teesside & NE Yorkshire -
Dave Hellowell (01642 651661)

North West - Cumbria and N. Lancs -
Ash St. John Claire (01282 864576)

**North West - Cheshire, S. Lancs,
Stafford, N. Shrops. -**

Jonathon Davies (01244 390451)

Yorks - W. Yorks, Humberside -
Michol Kendrick - (01924 510727)

East Midlands - (incl. Burton, Sheffield & Coventry) -

Angela Hampton (01162 674428)

**West Midlands -Hereford,Worcs, Glos,
B'ham, Glosc -**

Ian White (01386 831224)

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Ian Richards (01603 662917)

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Sue Hornby (0181 941 2714)

South -

Adrian Barker (01189 267806)

South West -

Richard Ward (01363 774841).

3. Top tips

' My footrest is wrong'

' My seat's not right'

' But I'm left handed and this paddle is right handed'

Do these comments sound familiar??

Its quite possible, on a bad day, to spend most of your time sorting out boats and paddles for youngsters and before you know it there is only 15 minutes left of the session to actually get on the water! Here are some Top tips on how to effectively adapt boats without compromising the experience for the youngster and maximise your coaching time.

Top Tip Suggestion

- 1 Use close cell foam (Carrie mat) for seats. A 20" x 20" piece gives a big range in leg length. Use more pieces to build up height gradually
- 2 You could consider removing the seat pin (not the locating block) and use velcro to faasten seats
- 3 Fix a plate from the foot rest to the bottom of the boat, this will allow you to use foam blocks against the foot rest
- 4 When introducing paddles, don't



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mention choice! only keep right or left handed blades, this will ensure you have maximum usage of your (often limited!) resource.

- 5 If the boat has a stern rudder then leave the access cover off. If the boat hasn't an access hole, then cut one. This will help when that well-meaning goliath of a parent reaches down to lift a waterlogged boat from the water and who may not recognise the difference between the hull and the deck. As we move into the culture of manual handling regulations, this might prove to be useful
- 6 If the children have trouble with kayaks, why not try canoes.
If you are looking for a boat that gets 8 children afloat at any one time and which has neither footrests nor moveable seats- try the Bell Boat!

4. Top tips - Events that work

When viewed across the board, the BCU has recognised that there is a lack of local, 'non ranking' type events that young people can enjoy.

These types of events should endeavour to apply the skills learned during an introductory course. Paddlesport offers a great opportunity not



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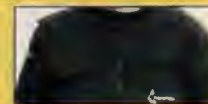
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only for young people to take part individually, but also as a team. From experience - team events are more fun, involve more youngsters, a lot easier to resource and provide security for the less able.

Getting support for your events

Contact and meet up with 2-3 other clubs/ centres and agree to support each others events. This should ensure a predictable and manageable turn out without ever burdening new participants. You could develop any one of the event types below to become a mini-series, holding similar types of events in each of the partner clubs.

Some suggested events

All of these events would be suitable for teams of, say, 8 youngsters and they should include at least 3 girls. Each event is made up of a different types of races

1. **Tri - Paddle event** (suitable for water other than swimming pool).
Pick any 3 from the following suggestions)
 - a) Team Boat race - 200 metres - Using Bell Boats or Canadians rafted together
 - b) 1 or 2km singles race
 - c) Flat water slalom relay - 1 boat per team.
 - d) Flat water slalom - open double canoe
 - e) Treasure Hunt - using rafted Canadians or Bell boats

2. Tri- Sport event

This event might need a little more co-ordination. Pick the sports in relation to the skills within your club/ centre partnerships otherwise, why not contact your Development officer for the particular sport

- a) Team boat race eg Canadians, Bell Boat
 - b) Mountain Biking
 - c) Orienteering
- All are popular with young people



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View from the Perf

The World Class Programme

The English Sports Council launched the Lottery Sports Fund World Class Performance Programme in November 1996. The programme was designed to provide National Governing Bodies of sport with an opportunity to achieve consistent success in significant international competitions. It is about consistently winning at the highest levels.

Since the programme was launched, the Lottery Sports Fund has awarded over £30 million to 30 sports. Canoeing received an interim WCPP award of £1.5 million in August 1997. The award was split between programme costs and athletes' subsistence and included support for sprint, marathon and slalom canoeing. The BCU Interim WCPP has now been extended until 31 March 1999.

We are pleased to announce that the English Sports Council launched the World Class Potential and World Class Start Programmes on 15 December 1998 and that Canoeing is considered as meeting the criteria for support within both of these programmes.

The World Class Programme now consists of four parts:

- Performance funding to support elite preparation; to support the training and preparation programmes of elite performers who have the potential to win medals in significant international competitions and events now and within the next few years.
- Potential funding to support talent development; to assist the development of talented performers with the potential to win medals in significant future international competitions and events within the next ten years.
- Start funding to support talent identification and nurturing; to help in the identification and nurturing of a specific number of performers with the necessary characteristics to achieve future World-Class success.
- World Class Events; to ensure World, European and Commonwealth Championships can be attracted to the UK.

World Class Funding and Performer Development Model

Performance Funding
 Elite Preparation
 Selection
 Potential Funding
 Talent Development
 Selection
 Start Funding
 Nurturing of Talent
 Selection

Talent Identification

World Class Funding is linked to performer development and is aimed at promoting a systematic approach to developing the potential of our performers. The three funding parts, Performance, Potential and Start provide a framework for the key stages in the progression of a performer. However, there are a number of critical factors that we will need to consider when we develop the structures for canoeing.

- We need to define these stages within canoeing according to the needs of our performers.
- We need to develop a strategic approach to performer development and therefore can describe the development pathway of a performer from identification to world class athlete.

Over the next few months, the staff of the BCU Performance Department will be working with the English Sports Council World Class Potential Team to prepare a plan to secure financial assistance from the Lottery for this programme. More good news for canoeing in general and in particular for the development of our talented paddlers of the future.

BCU World Class Performance - The Current Situation

The Sports Councils on the

recommendation of the Lottery Sports Fund Awards Panel have agreed to extend the BCU World Class Performance Plan (WCPP) for a further 3 months to cover the period 1 January - 31 March 1999. The staff in the BCU Performance Department were initially disappointed by this news as we had anticipated 'going live' with our long-term Performance Plan on 1 January 1999.

It is clear that that over the past few months circumstances have changed and that the World Class Performance Programme has been redefined to concentrate more on the potential medal winners of the next few years. In addition, the Performance Programme must concentrate on supporting athletes that compete in significant international competitions as defined by the UK Sports Council. Essentially, there will be less funding available to support the BCU WCPP and any funding we do receive will be targeted at a small number of athletes in selected disciplines.

A series of meetings were held in late December 1998 between representatives of the UK Sports Council, the English Sports Council and BCU Senior Executive Members to discuss the requirement to reduce the BCU WCPP accordingly. The reduction in the BCU Programme will occur primarily through the introduction of a new Performance Matrix that will determine eligibility for subsistence funding on the basis of results at World Championships and Olympic Games.

During the past 18 months of interim funding the BCU WCPP has supported 75 athletes on individual subsistence and this number will be reduced to below 40 when the Performance Matrix is applied. In addition, the UK Sports Council has prioritised the Olympic canoeing disciplines of Canoe Slalom and Sprint Racing and although they will consider continuing to support Marathon Racing the plans for Canoe Polo and Wild Water Racing will not be supported.

Once again this was very disappointing news for everyone involved in Canoe Polo and Wild Water Racing; a great deal of work has been undertaken over the past 2 years to produce the individual discipline plans and much of

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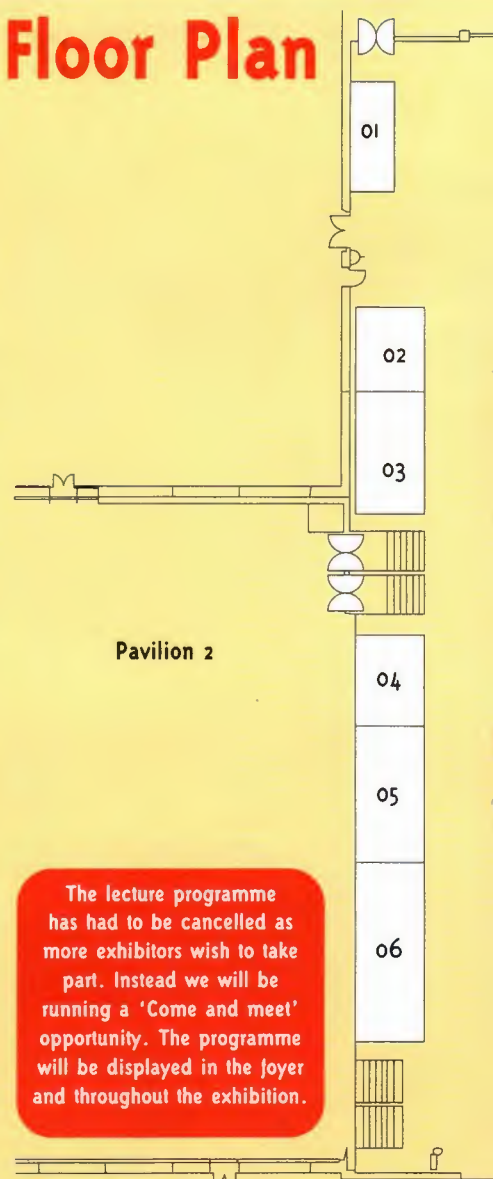
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Floor Plan



The lecture programme has had to be cancelled as more exhibitors wish to take part. Instead we will be running a 'Come and meet' opportunity. The programme will be displayed in the foyer and throughout the exhibition.



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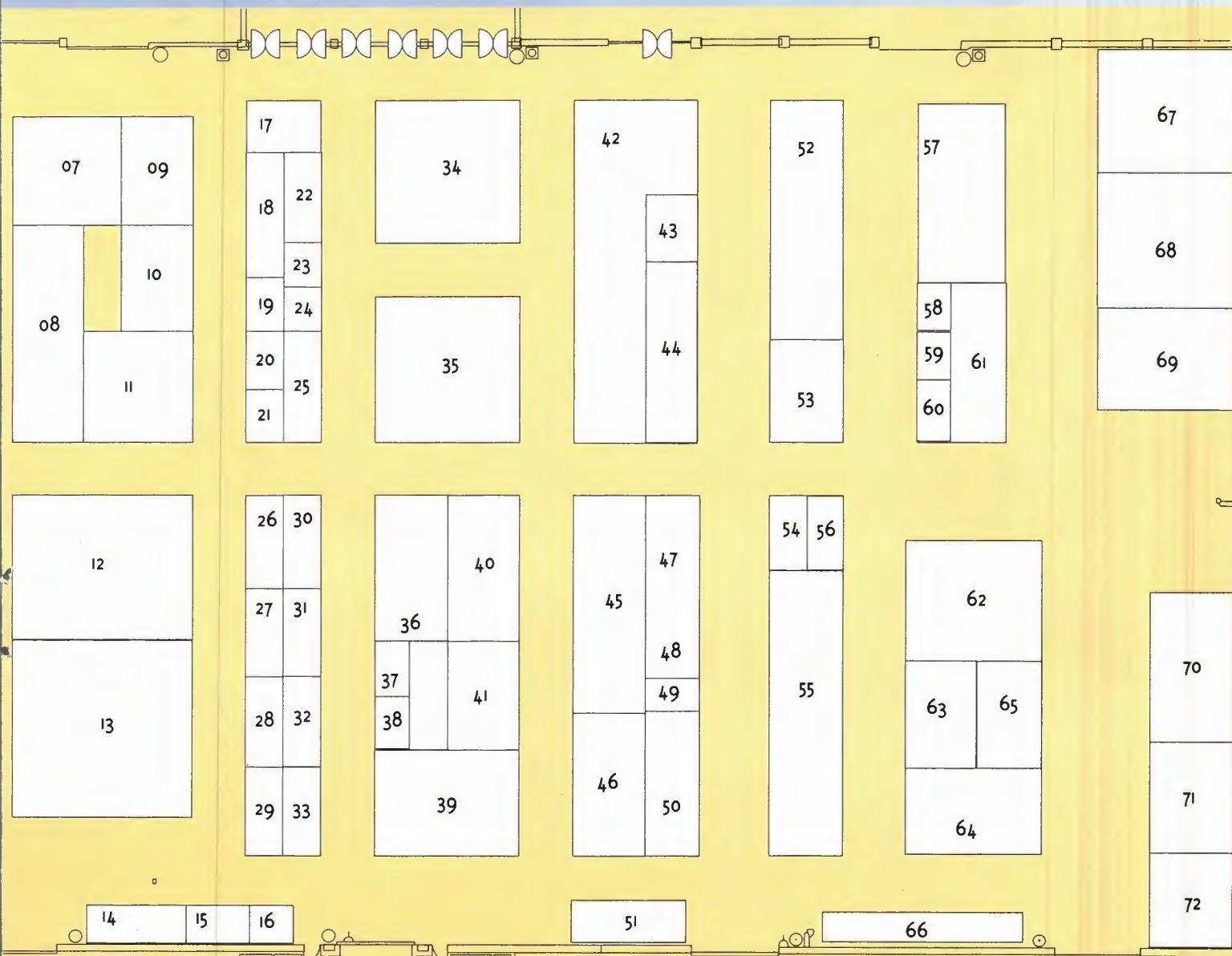
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Performance Department

this work was completed by volunteers in their own time.

The staff in the Performance Department were hard at work over the Christmas period restructuring the plans for Slalom, Sprint and Marathon Racing to meet the new requirements from the Lottery Sports Fund. This work was completed in early January 1999 and we now anticipate the approval of a reduced Performance Programme in April 1999.

The funding received from the Lottery over the past 18 months has made a significant impact in terms of the medals won at international competitions during 1998. The disciplines involved have been able to offer a much-improved programme of

training and preparation including warm weather and altitude training. In addition, the athletes have benefited from a comprehensive Sports Science and Medicine Programme and improved coaching at home and abroad. In addition, the programme of international competition has been expanded and the support services for the athletes competing abroad have all been improved. Furthermore, the subsistence payments made to individual athletes has meant that for the first time, many of our top paddlers have been able to train and prepare for World Championship events without having to worry about their financial situation. This support has been greatly appreciated by the paddlers and our outstanding results in 1998 are testimony to

the success of this Programme. We look forward to continued support from the Lottery Sports Fund and to more medal winning success in 1999.

Medal Table 1998

The medal table below lists the major results achieved by members of Great Britain Teams in the various disciplines during 1998. Congratulations to all the athletes who have contributed to this BCU roll of honour and to the coaches managers and officials who assisted them in their endeavours.

Well done to all concerned and best wishes for the New Year.

John Anderson
Performance Director

Sprint

Junior World Cup - Poznan, Poland - July

WK1 5000m	Gold Medal	Abigail Cattle
WK1 500m	Bronze Medal	Abigail Cattle

International Race Series - Belgium/Germany - May-June

WK1 1000m	Bronze Medal	Anna Hemmings
Junior MK1 1000m	Bronze Medal	Richard Darby-Dowman
Junior Mk2 1000m	Gold Medal	Paul Prestwood/Daniel Matthews
MC4 1000m	Bronze Medal	Anthony Crowther/Stuart Crowther/Malcolm Lane/Karl Yurkwich
Junior K1 500m	Bronze Medal	Richard Darby-Dowman
Junior K2 500m	Gold Medal	Paul Prestwood/Daniel Matthews
C4 500m	Silver Medal	Anthony Crowther/Stuart Crowther/Malcolm Lane/Karl Yurkwich
C4 200m	Silver Medal	Anthony Crowther/Stuart Crowther/Malcolm Lane/Karl Yurkwich

Marathon

World Cup 1 - Tyn n Vitavou - Cze - June

K1M	Gold Medal	Ivan Lawler
K2M	Silver Medal	Tim Brabants/Conor Holmes
WK2	Gold Medal	Andrea Dallaway/Helen Gilby
WK1	Bronze Medal	Patricia Davey

World Cup 2 - Bombannes - Fra - August

Junior WK1	Gold Medal	Abigail Cattle
WK2	Gold Medal	Andrea Dallaway/Helen Gilby
C2	Silver Medal	Andrew & Steven Train

Junior World Cup 2 - Bombannes - Fra - August

K1M	Silver Medal	Joel Wilson
K2M	Gold Medal	Paul Prestwood/Daniel Matthews
K2M	Silver Medal	Tim Sowry/Nathan Johnson



Ivan Lawler, World Marathon Champion

World Championships - Cape Town - Sept

Junior K2M	Gold Medal	Paul Prestwood/Daniel Matthews
Junior K1M	Bronze Medal	Joel Wilson
K1M	Gold Medal	Ivan Lawler
C2	Gold Medal	Andrew & Steven Train
WK1	Silver Medal	Anna Hemmings
K2M	Silver Medal	Conor Holmes/Tim Brabants
WK2	Bronze medal	Andrea Dallaway/Helen Gilby

Slalom

Junior World Championships - Lofer - July

WK1	Bronze Medal	Kimberley Walsh
-----	--------------	-----------------

World Cup 1 - Liptovsky - June

K1M	Bronze Medal	Ian Raspin
-----	--------------	------------

World Cup 2 - Tacen - June

K1M	Silver Medal	Paul Ratcliffe
K1M	Bronze Medal	Ian Raspin

Junior World Cup 2 - Bratislava - July

C1	Gold Medal	Dugald Tavener
WK1	Bronze Medal	Amy Casson

Junior World Cup 3 - Bratislava - July

WK1	Silver Medal	Amy Casson
K1M	Bronze Medal	Simon Jackson

World Cup 4 - Wausau - August

K1M	Bronze Medal	Paul Ratcliffe
-----	--------------	----------------

European Championships - Roudnice - August

K1M	Gold Medal	Paul Ratcliffe
K1M	Bronze Medal	Andrew Raspin
C1M Team	Bronze Medal	Stuart McIntosh/Mark Delaney/Robert Turner
WK1	Silver Medal	Rachel Crosbee/Heather Corrie/Laura Blakeman

World Cup Final - Seu D'Urgell - September

K1M	Gold Medal	Paul Ratcliffe
-----	------------	----------------

Canoe Sailing

Europa Cup - Weymouth - July

IC10	Gold Medal	Lester Noble
IC10	Bronze Medal	Mark Goodchild

Canoe Polo

World Championships - Portugal - September

Men's Team	Silver Medal
Women's Team	Silver Medal



Article by
Rodney Bell



Alternative



Liffey

Main pic:
North meets
South...

Circular pic:
Portage and still
dry, amazing.

Thirty minutes later he questioned both my sanity and my ability as a canoeist. On the latter I had no defence but I did think I was sane and if not it was only a temporary condition caused by reaching my mid-life crisis. Paul was very easy to convince he too was fast approaching his mid forties. To give it our best shot we promised to train rigorously every weekend before the event, the problem was the race was on Saturday week. This allowed us to have two sessions in the calm waters of Belfast Lough. Paul who is, or should I say had been a canoeist 14 years earlier, gave me, a swimmer, a crash course in draw, support, and cross-bow strokes. In return I advised him on the best swimming stroke to use underwater in the unlikely event of us happening to capsize. I felt that he gained more useful information than I did.

And so it came to pass that on the Friday evening before the event we were stuck in the mother of all traffic jams just north of Dublin. There were five of us in a Renault Espace. Paul, myself and our three hand-picked support crew who were cursing President Clinton and all his ancestors or rather his lack of ancestors. He had obviously deliberately picked that day and that time to fly from Dublin to Shannon Airport, hence the traffic jam. Little did I realise then how grateful I

would be for his intervention. On arrival at our campsite at Barnhill Rugby Club it was raining. The support crew pitched the tents whilst Paul and myself checked in and rubbed shoulders with real canoeists, at least that was our plan. As it turned out we pitched the tents whilst the support crew headed for the bar. Finally we nervously checked in, fearing that at any second we would be exposed as frauds. Half an hour later we caught up with our three compatriots in the bar, we were now in our natural environment and began to relax very quickly. The five of us started some serious carbohydrate packing for the following days event. The Guinness was delicious, then somebody noticed that the event was being sponsored by Jamesons and not wishing to offend we started alternating stout with whiskey. At 1.30 am with the support crew trying to buy a bottle of whiskey to take back to the tent I thanked God that Clinton had delayed our arrival by two hours. The following morning came all too quickly and we made a quick tactical decision to forgo breakfast and settle for two headache tablets instead.

At Straffan we began our serious preparations; I discovered that I was unable to bend my legs in my borrowed wet suit. So with a very sharp knife Paul carried out some minor alterations. Great care being taken on my part that he didn't do a Bobbit. Whilst serious canoeists were preparing their carefully mixed, electrolyte balanced drinks, I glanced round to see that Paul had taped a

I said to Paul "Do you fancy doing the Liffey?"

"The Liffey?"

"Yeah it's a canoe race..."

"I know what it is but DO YOU?"

"It's a race with weirs and things, I've borrowed a video..."



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Top right: Straffan weir, I'm the idiot with the yellow helmet.

Bottom right: Turn right at Straffan... notice canoe Nog

can of Red Bull under each side of his seat. He looked like a helicopter pilot out of a Vietnam War movie.

Next came the portage to Straffan Weir, the support crew would... should...had disappeared to look for a bar... So we carried and dragged the canoe ourselves. At the K Club with the bottom nearly scraped out of the canoe, we stopped for a rest (actually the last of a series of rests). All that remained was a gentle paddle up to the start.

Gentle paddle!!!!

I really didn't think that we were going to make it. I could only foresee three possibilities:

- 1 we would be taken by the current over Straffan, backwards!
 - 2 we would capsize and be taken by the current over Straffan, swimming!
 - 3 my heart would give up and we would be taken by the current over Straffan, dead
- Option 3 was the best as there would be no shame attached. Somehow we made it and celebrated by drinking half of our supply of Red Bull.

The Start, we set off yelping and whooping like all the Canadians, now this was good fun, and it was all downstream.

Straffan Weir, the first weir, my first weir, ever. Our tactic was simple, we were bound to capsize therefore there was no point in queuing and then capsizing so we would just

bomb straight down the middle. It didn't turn out to be quite that simple. At the bottom of the weir for some unknown reason the canoe decided to turn to the right. This forced us into the path of the oncoming traffic taking the traditional route through the weir. Suddenly a canoe appeared on top of and just in front of me. The collision straightened us up and caused them to capsize, sadly we were unable to stop and exchange phone numbers. But we did get their registration number, it was 9. Most of the rest of the race is a blur to me, maybe I was in a state of shock after my near death experience at Straffan. I can also recall Lucan Weir where I had an 'out of body' or was it 'out of boat' experience. Well it should have been 'Out of boat' except Paul did something at the back



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we were going to drown at Palmerstown.

The canoe we collided with turned out to be from Silver Bridge Kayak Club, Drogheda. So it really was a case of North meets South. We have since met the skipper, William Redmond and settled our

differences over a pint or two of Guinness.

Would we do it again? I doubt it, Lady Luck and all her brothers, sisters and second cousins twice removed rode that canoe with us...we would never be so lucky again...still at our age, with our memories going, we'll probably be back again next year.

Rodney Bell: Canadian Rec Double 191 (Bangor-Northern Ireland)

Paul Nixey: Canadian Rec Double



Left: We come out on top, otherwise our number would read 161???

Below: The team L to R, king Kone, Mad Ed, Paul, myself and Father Ted's uncle, joke???

that popped me back in again. And a lady in a black cloak applauded or was I hallucinating?

We did swim but only once and it was after going through the Sluice. When asked why we didn't go down the Chicken Run we puffed our chests and said 'Would you go to Eurodisney and not ride Space Mountain?' It was a lie we had got lost!!

We finished, yes we actually finished in 49th position and we were well pleased. We set off to find our support crew and tell them the good news. They were in the beer tent. They had been very helpful, taunting us by waving pints of Guinness from every possible watering hole along the banks of the Liffey, offering us cans at the portage and telling us



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I would like to thank the senior instructors at Acorn Venture. Kate Stone (the boss), Monty, Hoopla, Steve, Ben, Bryn and Stuggy.
Article by A.S. Cooke



So **YOU** want to be a Canoeing Instructor

My summer of sun and adventure began at a very grey and uninspiring service station on the M25. It was here that I was picked up by the coach that would take me to the South of France, where I would be working as an outdoor Pursuits instructor.

As I stepped onto the coach my excitement and curiosity was mixed with very definite feelings of apprehension. I had never done this type of work before and I had no idea of what to expect. I was employed by one of the many British



firms running adventure holidays for schools and Youth groups. My qualifications for the job included several lifesaving awards, a First-Aid certificate and a Level Two-Trainee Kayak Coaching award. I found out that many of my new colleagues were more experienced than I was and had been working as instructors for years. Would that mean that I would be stuck lifeguarding swimming sessions all summer? I hoped not.

On arrival at the French campsite my colleagues and I were taken to our new homes, which were rather damp two man tents situated in a soggy field that was also home to a herd of cows. Oh well, I thought, I wanted adventure.

As well as specific kayak training we were also given more general training in vital areas such as child Protection and Health and safety. This lasted for about a week and left us with about ten days before the arrival of our first school group. During this time we took Part in all the other activities which were on offer at the centre with the senior instructors showing us how it should be done. These activities included caving, climbing, gorge walking, archery and best of all, a two-day descent of the River Ardeche in open canoes.

I had never been in an open canoe before but after that first descent of the Ardeche I was hooked. I made the decision to concentrate on Practising open canoeing and getting trained up so that I could take Part in the descent on a regular basis when the school groups arrived. I knew this would not be easy and I would not become a competent open canoe paddler overnight. However, I had already seen the wealth of experience amongst my new friends and I knew that I had the perfect opportunity to learn from them.

At first I thought that a three hour kayak session on a small, Placid section of the river would be too long for groups of youngsters, who at times gave the impression that they had a concentration span that was less than that of the goldfish that swam beneath their boats! However, we always put an emphasis on the fun side of kayaking and rarely spent too much time trying to teach an array of technical strokes. As a result the sessions would invariably overrun as the groups insisted on having "just one more game". I knew that we were doing something right when the kids began asking about how to join a canoe club when they returned to Britain.

After a very steep learning curve I was happy that I was doing good job as a trainee kayak coach but what about getting on the open canoe river

descent? That was the adventure that I was looking for but I knew I had to be fully qualified before the company could trust me and Perhaps- more importantly I could trust myself to take groups of youngsters on fast moving water. Luckily, all of the management team at the centre were passionate about open canoeing and they were more than willing to give those of us who wanted it the opportunities to gain the qualifications that we needed. After spending every spare minute I had practising my Canadian stroke, reverse J etc. I passed my BCU tests and was given my first group to take on the river descent. Coincidentally, this was the biggest descent that we ran all season and involved an armada of more than forty boats and over eighty People.

Our number one priority was always safety. All of the instructors on the river descent took part in regular safety training, which was run by the senior instructors. It was the senior instructors who had overall responsibility for the safety of the groups on the river. They would give a lengthy and detailed safety talk to the whole group at the start of each descent advising on how to avoid dangers on the river and explaining what to do in the event of a capsize etc. They would also cover the rapids on the river and make sure the whole operation ran smoothly. My job as an instructor was to keep my group under control and lead them down the river, instruct paddling technique and reiterate the safety issues. The entire river team communicated with each other using a series of signals. This system was vital when we were dealing with groups of thirty or forty boats.

There were over twenty rapids' ranging from Grade 1 to Grade 3, on the 25km section of the river that we covered. We would start the descent midmorning. The first hour would be taken up by giving instruction to the members of your allocated group on how to paddle the two-man boats. Each instructor was usually responsible for four or five boats and we would remain with that group for the entire trip. The first really exciting rapid, called Pas de Mousse, came just before lunch and this boasted the biggest drop of all the fast water sections on that Part of the river. We then negotiated the rapids that had been named "Backwards" and "Standing-up" for obvious reasons, before arriving at Black Tooth rapid. Black Tooth referred to a large, undercut rock, which stood in the main flow and various exposed rocks, which often pinned boats that were paddled by unsuspecting tourists, preceded this rock. Our policy was always to lead our groups away from these rocks and as a result we never



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needed the assistance of the "PomPiers" who are the local rescue service that constantly man that section of the river.

At the end of day one we would sleep out under the stars at the bivouac sight at Garner which is situated at the bottom of Le Masse which at 200 meters is the longest rapid on the river. The overnight stop provided me with the adventure I had been seeking and allowed me to practice making shelters from a tarpaulin and pieces of rope. Being in the middle of one of the most sparsely populated areas in France meant that we had to be self-sufficient and this was not easy when we had to cater for groups of up to eighty people. The re-hydrated curry that we took on every decent lost its limited appeal when I was having to eat it three or four times a week but we never encountered any real Problems. One of the other companies that was staying at Gournier was unfortunate enough to have its food ransacked by the wild bore that used to roam around in the surrounding undergrowth!

The second day would always begin with a breakfast of baked beans, and tinned sausages followed by another safety talk and a demonstration by the senior instructors on how to negotiate Gournier rapid. To inexperienced Paddlers this rapid appears quite safe, as it is very short with no exposed rocks. However, the flow heads towards a rock face where the water has carved out an unforgiving and invisible system of underwater caves. The groups usually enjoyed the second day more because each pair had got used to their boats and were able to go in a relatively straight line without too much argument over who was supposed to be doing what!

In between the sections of fast flowing water progress was usually undertaken at quite a leisurely pace and there was plenty of time to appreciate the beauty of the rugged gorge through which the river passed. There was also time for games and songs and to provide the groups with tall stories about how various parts of the gorge were in fact manmade by a team of workmen using dynamite!

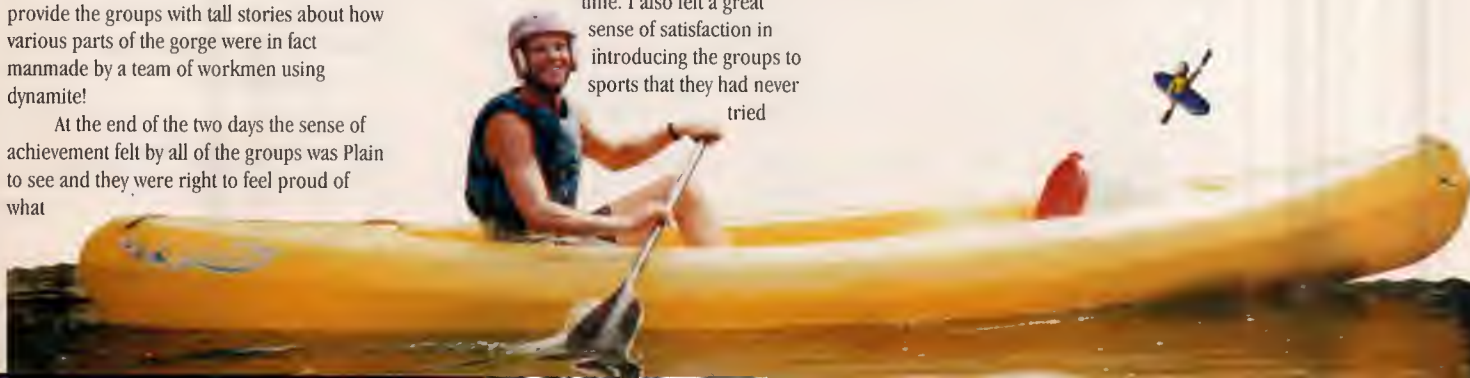
At the end of the two days the sense of achievement felt by all of the groups was plain to see and they were right to feel proud of what



they had done. The constant heat made the 25km journey very tiring for some of the youngsters. As an instructor I also feel that I gained a great deal over the summer. The fact that I was paddling in one form or another nearly every day meant that I was able to learn and experience a lot in a very short space of time. I also felt a great sense of satisfaction in introducing the groups to sports that they had never tried

before but which they obviously enjoyed a great deal.

When I arrived back at the service station on the M25 at the end of the summer it still looked very grey and boring. But at least now I have had my adventure and I can't wait for the next one.





...a fond farewell?

How times have changed within the sport and the Union since All Fools Day 1979 when, with some trepidation, I drove to the cardboard box infested set of offices in Addlestone, Surrey, that constituted the head offices of the BCU, to commence employment as Director of Coaching.

The services of my predecessor, our first Director of Coaching, Oliver Cock, MBE, had been retained to provide me with a month's induction, and this was much appreciated, and necessary.

Resources overall were, however, very limited, and money was tight. But in spite of the difficulties, the administration was endeavouring to keep up, and the Union was, in fact, one of the first governing bodies of sport to successfully computerise its membership records.

This was not without its difficulties, as anyone responsible for introducing computerisation will appreciate. The complete breakdown of the dedicated hardware and software in about 1983 did not help, and it was only through the conscientiousness and dedication of the membership secretaries at the time, that we were able to cope at all. Complaints were kept to a comparative minimum, until order was finally restored through the installation of new equipment and a new programme. Every record then had to be re-entered manually.

The Union had invested some £5,000 overall for a system which ran well for several years, compared to a governing body of similar size which, at that time, to my knowledge spent £25,000 for a system which never did get up and running. These sums pale into insignificance, of course, compared to the regional health authorities, some of whom have spent literally millions, on failed systems.

'Taking off'

Paddling, itself, was 'taking off' in all directions. Journeys which I, and many others at the time, had considered to be fairly advanced, were being undertaken by comparative novices - this development being assisted by the production of boats in the new polythene materials. Safety problems were arising from the harder grades of water being

tackled, and attention had to be given to the enhancement of paddling, safety and rescue techniques.

Fortunately the BCU is blessed with having within its membership paddlers of a high level of competence and coaching expertise who are generous with their time and ability, and I would like to express my personal thanks, and those of the Union, for all the support which has been given by numerous members over the years to enable us to 'keep up with the times'. I am only sorry that at times we were so strapped for resources that the administrative support we were able to give did not match the quality of the input from these coaches. The Sports Council also made available the services of the canoeing staff of Plas y Brenin to the Union, to provide the necessary level of practical and technical competence for the courses which were being pioneered.

Difficulty of locating the place

The perception of the average member is probably at variance with the picture I am painting. As an example, a group of paddlers turned up at the offices on one occasion, complaining at the difficulty of locating the place. This had been exacerbated by their stated expectation of finding a dedicated tower block, teeming with superfluous staff!

CoDe was revived, and for a few years was printed and collated 'in house' - 13,000 x 12 sheets (24 sides) four times a year being produced on a small, worn-out litho. The manufacturers in fact wanted to feature the machine in their journal, as it had produced 18 million copies, which was apparently well in excess of their expectations.

Our machine operators were, of course, untrained juniors - we couldn't afford to pay a journeyman - and although they did their best, there were constant breakdowns, and the quality of reproduction sometimes left a little to be desired.

The artwork was originated on word processor and the text then had to be reduced down on the photo-copier and 'pasted up' as the wp programme at that time did not allow for different type sizes. Oh what joyful memories one has of fiddling about with myriad scraps of paper, and a pot of glue, seeking to put together a presentable publication - which, of course, under the circumstances, it never really was. How different the process is now, with the availability of the desk top publisher - and it's not even a 'pirated' programme!

The upturn in the Union's financial fortunes during the last five years in particular, following the move to Holme Pierrepont, has been very encouraging. I trust that financial support for the coaching service will continue to grow, and I do wish my successors a very positive time in post, and every success.

Priorities

With the limited number of personnel employed during my main period of tenure I often found myself as the only member of staff in a position to pursue a particular project, even if it was outside my remit. I also have to admit to a philosophy of believing that all interests within the sport are worthy of development and support. But if I were to leave advice for the next DofC it would be to try and prioritise more and avoid becoming embroiled in projects or problems which were not of direct concern. Priority needs to be given to schemes which bring in revenue and improve the funding to coaching, so that consultants can be engaged as necessary to undertake and bring to fruition agreed projects and developments in reasonable time, and avoid disrupting the routine matters which members rightly expects to be serviced in a prompt and efficient manner.

It would have been nice - from my point of view - to have remained and been part of the improved situation, but fate has decreed otherwise. And so I am now resigned to becoming even more of an 'arm-chair' canoeist. There are many happy memories on which to draw, however, of 'mini-epics' on the water, of accidentally letting off a mini-flare in a lecture room, of meeting many talented people, and of the numerous friendships which have arisen, and which I greatly value.

With good wishes to you all - long may your paddles plop!

Geoff Good



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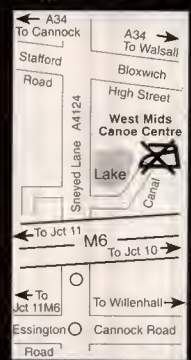
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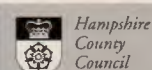
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Wanted Dagger Vertigo, or similar playboat. All prices considered. Any condition. Tel: Tim 01494 675645

Wanted Acrobat 270, WW/spec with a/bags. Tel: 01789 204473

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Dagger Ocoee, Anything considered will collect. Contact Sid on 01248 602670 or 0411 587 756

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Lost on get in Layby, to Afon Nantgryd (1st w/e in October) Near Capel Curig. DCS throwbag & crab call Ren on 0121 3233527.

Lost on Ogwyn, Sat 24/10/98, blue Prijon Hurricane possibly in sea along the coast. If found contact Richard on 01491 628204. Reward offered.

Lost on Dart, Sat 24/10/98 below Holme Bridge, 3 kayaks. Green Creek 280, Purple Corisca S & Black Stunt 300. Tel: Martin James 01276 65146. Or Richard Somerset 01252 628267

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For an application form and further information contact: Personnel Manager, Department 120, Village Camps, 1260 Nyon, Switzerland. Fax 0041 22 990 9494.

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MENDIP OUTDOOR PURSUITS requires qualified outdoor pursuits instructors for summer 1999, particularly MLTB, SPA, Ring Mike on 01934 820518.

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

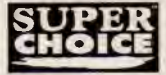
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If you are a keen canoeist give us a call today for a recruitment pack.

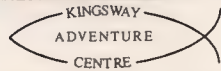


Call 01305 835966 (24 Hrs) Fax 01305 834070

SITUATIONS VACANT



Require Voluntary Instructors for March - September 1999. Qualifications and experience are preferable though not essential. For details contact: Staffing Manager, YMCA National Centre, Lakeside, Ulverston, Cumbria LA12 8BD



Kingsway Adventure Centre requires a **Senior Instructor** March 99 onwards

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Scotland -

A wee bit of Whitewater



This is the fourth time in as many years Broomhall

Canoe Club has made the 8-hour journey from Sheffield to Fort William. With floods throughout the country the prospect of high rivers and exciting paddling was one that our team of nine paddlers looked forward to in anticipation.

This anticipation was unfortunately short-lived, as most of the rain had missed the northern end of the country. However, all was not lost as most of the rivers were at a medium level and constant showers throughout the week kept the rivers in a reasonable condition.

Day one was spent on the lower Roy, most of our paddlers hadn't been in a boat for a while and this stretch of river gave everyone the opportunity to blow all the cobwebs out and fine tune skills. A number of good play spots can be found in the lower Roy and we tried to use them all.

Day two and an attempt on the Spean Gorge, this stretch of water must not be taken lightly in any water conditions but with a number of us having been in there before we



did have some idea of what to expect.

The first real test is Fairy Steps (iiid) which in this level of water is much easier than it looks and all the group got down the rapid with no major problems.

The next noticeable drop is Headbanger and after a good look the whole group decided to portage. The river disappears into a frothing hole at this level and the line down, although obvious, presents substantial danger. The odds on not taking a swim are very slight indeed.

Through blind comers and boulders the size of houses the river flows, the next noticeable fall is the Cauldron. I broke out in the eddy top left and got out to inspect, after deciding it was safe to run I signalled for the rest of the group to come through the tight squeeze and shoot the drop. James came through first and for some reason, where two

currents met he capsized, after several unsuccessful attempts to roll, on both sides, he popped his deck and was swimming straight for the Cauldron. Andy who had been watching at the top came down through the gap like an exocet missile, he rescued James within about 3 metres, I don't know who was more surprised, James or Andy?

All the group members then successfully shot the drop until I was the final one to go down. As I put the spraydeck on I didn't give the fall much thought, I'd seen five of my friends shoot the fall with no epics and therefore I wasn't that concerned.

What I failed to see was the eddy from hell that most of the water was being pushed into. The guys at the bottom of the fall were cheering back loop - back loop as I dropped over the fall. Sure enough my spud did a

Above left: The author Ian Scott enjoying the Nevisport Bar

Main Pic: Claree and Hope taking it easy



Left: "Rooster Roy" Upper Roy



Accommodation at this time of the year (half term) can be hard to find but Fort William Tourist Information 01397 703781 can put you on the right track.

The crew:
Ian Scott
Rob Mayson
Clare Hardy
Greg Wilson
Lizy Howson
Andrew Russel-Ward
James Russel-Ward
Mike Hirst
Richard Holmes

Support Crew
Elizabeth Trickett
3 kids, Gage,
Clared and Hope
and smelly pebbles

Top Right: The author. Break out just after the constriction

Right: "Constriction" Spean Gorge

Below: The support crew Gage, Claree and Hope starting early

perfect back loop straight into the eddy from hell. It was just wide enough for my spud to fit into and the eddy fence was so strong that my boat was not coming out. I tried rolling but to no avail and eventually I had to pop my deck.

Having not swam for a number of years the whole experience can only be described as frightening. I was being washed around this eddy as if I was on spin cycle in a washer. I managed to eventually crawl my way around the weakest part of the eddy and then got picked up by one of the guys. My boat washed out and then 15 minutes later my paddles came out of the eddy. Thank you to the female paddler of another group who rescued them.

Under controlled conditions a few practices at swimming in rapids is on my agenda for the future, everybody no matter how good you think you are will have a swim at some time or another. Make sure you know what to do. The rest of the trip was uneventful, the constriction was washing through and the other final rapids were less eventful.

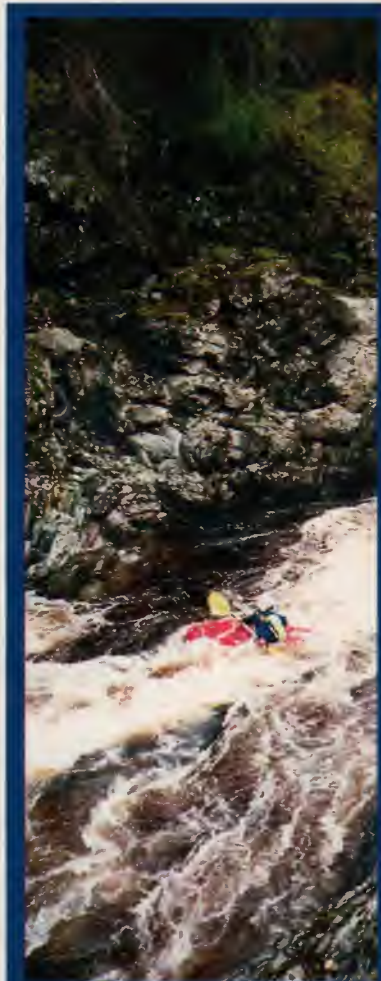
The Loy is a little blast of a river that really could have done with more water in. The four kilometres were over before it seemed we had started paddling. Its always slightly disappointing when you have paddled a river in spate and then go back and paddle in lower water. Still, it left more time for a wee dram in the Nevis bar.

After overnight rain the upper Roy offered exciting paddling of a high standard. All the drops and falls can be shot but some do need inspection. A grade VI does need careful inspection and in this level of water you could even be swept into the falls before you even know it. An easy portage on the left deals with the problem easily. As the river narrows strong stoppers and deep holes are the norm for this river, and careful leadership is needed.

After the 1 metre hole in the rock where all the upper Roy flushes, the river opens out and the grade relaxes. It's now just a blast down to Roy Bridge.

The "tell us a" story guidebook does not do the River Gloy justice, once on this river and past the second bridge there is no turning back. The walls close in and most of the rapids require careful inspection. The wrong line can cause problems with pinning as two of our group found out the hard way. The second one could have been the most dangerous. Richard had dropped over a ledge at slow speed, which resulted in a perfect front loop as his boat bottomed out, this was

then promptly wedged with Richard's head under the water. He had no choice but to get out of the boat and pull himself to the side. Obviously none of us took that line and we all shot the rapid successfully. Thank you Richard for being the probe. Greg went to help Richard look for his paddle which had not



appeared after his swim. They both did all the usual things, prodding around with a paddle in the pool to see if the blades were stuck. All to no avail. After about 10/15 minutes Greg got really frustrated and picked up the biggest bolder he could lift, he then threw this into the pool creating a huge splash, 5 seconds later the paddles miraculously appeared and were fished out by James. Is this a new rescue method invented by Greg? The get out for the Gloy is awful, up a steep muddy bank where ropes are an absolute must.

Our last paddling day was taken up with a little gem of a river. As you drive up to the middle Roy you cross a tributary that leads down to about half way down the lower Roy.

Four of our team decided to paddle this short stretch, approximately 800 metres, rather than drag our boats down to the usual put in. Access to this stretch is approximately 50 metres upstream on river right.

Immediately down stream on a left hand bend is the first of three falls, approximately 2 metres high this fall can be shot anywhere in safety.

The next fall, again 50 metres downstream is a little bigger at approximately 3 metres, a line down either side is obvious with the right hand side, offering less water, the easier. Both falls were shot successfully by all members of our team.

The third and final fall is a real beauty. At 6 or 7 metres it is by far the biggest on this little river, inspection, on river right should be approached with caution, as the bank is very unstable. The shape of the bank is such that most of the river goes over the fall on river right and then into a cul-de-sac that would just fit a short boat. The obvious route is just left of centre where a natural hollow in the rock provides a easy introduction into the fall.

This fall does look much harder and a little intimidating than it actually is. I was thinking of portaging this fall but its a grade V portage on either side. Therefore the easier option is over the fall. We all shot the fall successfully.

The last 100 metres are rather uneventful until this little stream flows into its big brother the Roy. We met up with the rest of our party and continued down to Spean Bridge, nobody would believe what our little group had just done. I couldn't believe that I'd driven past this tributary at least a dozen times and not even considered paddling it.

A highly successful week with a number of excellent rivers paddled, and still a few more to complete on our next visit, the Eüve, Findhord and Orchy to name a few.

Fort William is increasing in popularity with paddlers from around the country and rightly so. It has everything to offer the full spectrum of ability, from relative beginner through to advanced. Even in low water some of the difficulties increase on some of the rivers.

Finally, if you do get the opportunity to go up to Fort William or any of the surrounding areas them grasp it with both hands. You won't be disappointed.



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Design a Poster

Design a poster A4 size - which would encourage other young people to take part in Paddlesport.

You may decide to show how much fun you have in the different types of paddlesport or the beautiful environment which you paddle in.

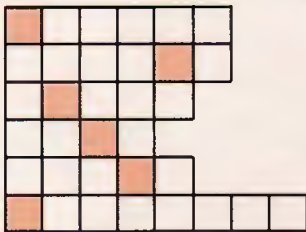
Prizes will be awarded in the following categories -

- Under 10 years old
- 11 - 14 years
- over 14 years old

Bring your poster to the BCU Young Peoples stand at the Canoe Exhibition.

Write your Name, Age, Address and telephone number on the back of your poster. Prizes will be awarded at the end of the exhibition.

Answer the clues



1. Type of flat water racing
2. Equipment used to move a canoe or kayak
3. Type of boat where you use a paddle with two blades
4. Team game using a ball
5. Type of boat where you use a paddle with one blade
6. Long distance race

What other form of competitive paddling is detailed by the shaded squares?

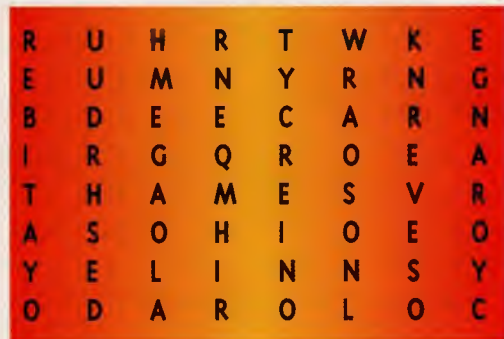
Young Paddlers Canoe Exhibition Quiz

After a successful first year at the Canoe Exhibition, we are going to be back again in 1999. Why don't you come and see us! Complete the quiz and activities below and come to our stand to claim your prize.

River Search

The following rivers are hidden in the grid below. Find and circle them

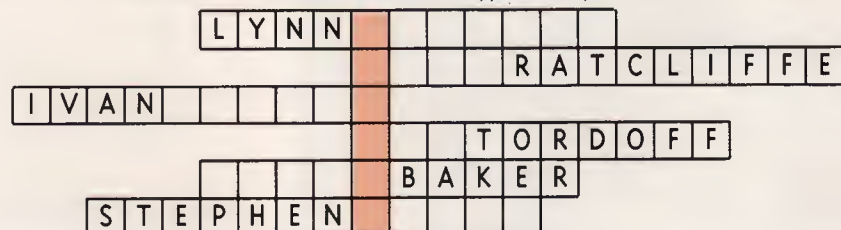
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