THE CANOE SPORT MAGAZINE FOR THE NINETIES

canoe focus

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Paddlefest '99

Freestyling students

More medals - more British success

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Front cover picture:
Tim Brabants photographed by Trevor Chapman, The Studio, 0115 933 4768

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Canoe Focus
The official magazine
of the British Canoe Union
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West Bridgford, Notts NG2 5AS
Tel: (0115) 9821100
Fax: (0115) 9821797
E-mail: info@bcu.org.uk
Website: http://www.bcu.org.uk
ISBN 0953-010X

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Annual Subscription Rate
UK inland: £14.00
Overseas: £18.50
Supplied free to BCU members -
adults: £23.00 basic
£28.00 comprehensive
under 18's: £11.50 basic
£14.00 comprehensive

Publishing Contractors
2b Graphic Design
29 Greenfields, St. Ives,
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Tel/Fax: (01480) 465081
ISDN 01480 359956
E-mail: peter@twobdesn.demon.co.uk
Website: www.twobdesn.demon.co.uk

Advertising Sales
Anne Egan

Printed by
Warners, Bourne, Lincs

Colour Repro by
2b Graphic Design

Magazine Design
Peter Tranter

Magazine Illustrator
Richard O' Donovan

Typesetting and Page Make-up by
2b Graphic Design

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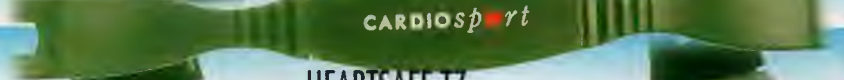

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COMMENT

input & ideas

Albert Woods

Our President Albert Woods has been fighting hard on the campaign trail being elected to become a Vice Chairman of the British National Olympic Committee in June and then on to retain his Presidency of the European Canoe Association at their Congress in July.

Well done Albert and thanks for all your hard work in representing the BCU at such a high national and international level.

Lester Noble - Champion of the World

Lester Noble from Ullswater added the 1999 International Sailing Canoe World Championship crown to the Europa Cup title he won last year. Noble dominated the fleet of 55 sailors, winning he first five races. Mark Goodchild from the Medway sailing club took the Silver medal and British sailors also took fourth, fifth and sixth places.

World Class Performance

Full details of the latest results from our teams appear elsewhere in this edition of Canoe Focus. Special mention goes to our Sprint Racing who have competed with distinction this season with finalists at all the World Cup events attended this year and medals in several of the Olympic categories. Paul Ratchiffe remains at the top of the World in Canoe Slalom by winning the latest World Cup event by over four seconds and Helen Gilby and Andrea Dallaway are unbeaten this year in the Canoe Marathon World Cup Competition. Good luck to all our teams who are competing during the remainder of the summer in particular our Sprint Racing and Canoe Slalom teams whose World Championships will decide those all important Olympic qualification places.

Membership

The 1999/2000 subscriptions have been kept roughly in line with inflation and are as follows:

Glass	Adult	Under-18	Family
Comprehensive	29.00	14.50	13.50
Basic	23.50	11.75	10.75
Level 1 Coaches	11.75	-	-

British Forces Posted Overseas (BFPO)

The BCU membership policy on members who are in the forces and posted overseas is that their membership can be frozen for the time that they are away. To arrange this you will need to contact the BCU Office Manager before leaving the UK to make the arrangements.

The BCU in England

The BCU debate continues and following advice from the Union's solicitors it is currently thought that our organisation will be best served by devolving the management of canoeing in England to a separate governing body. This would entail setting up a distinct and autonomous English Canoe Association.

A discussion paper together with the draft Memorandum and Articles of Association is currently working its way through the BCU committee structure. The BCU AGM in March 2000 is likely to be one of the most important ever as it is likely that the motions required to set up the new structure will be considered at that time.

The Foundation for Sport and the Arts Sports Club of the Year Awards 1999

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

Nominations should be made to the BCU Office by 2 October and should include no more than three pages (A4) text although any accompanying promotional material or photographs may be submitted. The BCU judging panel will consider all nominations from BCU affiliated clubs using the following criteria:

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

The BCU will submit one club to the Sports Club of the Year Judging Panel who will make the awards at an official reception during the CCPR Conference in Kenilworth at the end of November. With a first prize of £10,000, second prize of £4,000 and third prize £1,000.

BCU Communications Strategy

A major review of how the BCU communicates with both its Members and the myriad of external contacts is underway. The review will cover all aspects of the BCU's communications including use of the Internet and other IT Systems, our publications Canoe Focus, Year Book etc and the manner in which information and important decisions are disseminated within the organisation. It is hoped that an interim report will be taken to September's Board meeting. Full details will also appear in a future edition of Canoe Focus.

BCU National Development Centre

The BCU National Canoeing Development Centre at Holme Pierrepont was granted planing permission on June 28th This new facility when built will provide first class training facilities for our top performers together with club facilities for the users of the canoe slalom course.

Marathon Racing World Championships 2001

With particular thanks to Stockton Borough Council and the Lottery Sports Fund the BCU will host the 2001 Marathon Racing World Championships in Stockton on Tees. The build up to the World Championships will commence with the Marathon world Cup at the venue in 2000.

Correction

We must correct the previous edition of Canoe Focus in which we said the ICF headquarters will move to Madrid in 2000. This move will actually take place at the end of 2001.

Millennium International Canoe Exhibition

The BCU Office have engaged Brian Stanbridge to organise the 2000 International Canoe Exhibition which will take place on February 26 and 27 at the NEC in Birmingham.

Paddlefest

Paddlefest will take place at Holme Pierrepont on October 9th and 10th Please come along and support this festival of canoesport. (see page 10

and finally;

As the CF recognises new canoeing disciplines I can confirm that Britain is not lagging behind as June saw the first Great Yorkshire Pudding Boat Race with competitors paddling giant Yorkshire puddings actually made in the traditional way (with the addition of varnish), a new committee is being considered.

Paul Owen
Chief Executive

news & info

NOTICEBOARD

BCU Staff Training Day

On Wednesday 25th May the BCU staff enjoyed an awareness afternoon explaining about all the disciplines of Canoe sport. At Holme Pierrepont those that dare to get on the water tried out their skills of bellboating. The next canoeing session was held on the 1st July. Various different craft were tried. These activities are part of BCU Staff Training including team building skills and increasing their basic knowledge of the Sport.

Obituary

Mr. Timothy Timmis, unfortunately died of cancer on 8th May 1999. He had been a member of the BCU and Coaching Scheme for many years. He was a level 3 Kayak coach and was an active member of the Tamar Canoe Association. He introduced many scouts into paddlesport and also introduced his children to the sport. He will be greatly missed.

Paddy Visits the BCU

On Friday 21st May Paddy Ashdown visited the Holme Pierrepont to have a look around the BCU Headquarters and to go rafting down the White water course. Russ Breen (Raft Guide) and three World Class Performance paddlers joined the Politicians on their rafting experience. His visit was part of a tour campaign around Nottingham.

Sponsorship

British Airways

Ottershaw sportswoman, Helen Gilby, has been awarded a British Airways Olympic Futures Bursary in recognition of her talent and potential as a canoeist. Helen, aged 24, who works for British Airways as an Operational Research Analysis, was presented her award in May 1999 by Olympic Silver Medallist and TV Presenter, Sharron Davies, at British Airways' head office near Heathrow.

The British Airways Olympic Futures Bursary has been set up to provide talented employees like Helen with financial and in-kind support in the lead up to the Sydney Olympic Games in 2000. Part of the airline's sponsorship of the British Olympic and British Paralympic teams, the Bursary is open to any full time BA employees ranked 40th or more nationally in their sport who have a reasonable chance of qualifying for the 2000 Olympics.

Helen, who has been a member of Elmbridge Canoe Club in Weybridge since she was 12, is currently ranked Number One in the UK and Number Three in the World in the Ladies K2 Marathon. She competed for Britain in the Atlanta Olympics in 1996 where she reached the Semi-Finals of the 500m K2 Sprints.

Last September, Helen was a bronze medallist in the World Marathon Championships.

Helen hopes to compete for Britain in the 500m K2 and K4 Sprints at the Sydney Olympic Games in 2000. To achieve that goal, she currently trains twice a day six days a week, a gruelling training schedule that she manages to combine with a full time career.

Citroen

Citroen UK renewed their sponsorship deal with Slalom paddler, Helen Barnes. Helen's sponsorship package from Citroen UK has given her the necessary funding for her own personal trainer, physiotherapist and access to the fastest white water canoe slalom course in the UK as well as one of Citroen's best sellers, the spacious Citroen Xantia. Due to a serious shoulder injury in late 1997, Helen was out of competitive racing for nearly 18 months. She is now in peak condition again and is going through a series of gruelling trials to make the Great Britain Canoe Slalom team for the 2000 Olympics. Congratulations and Good Luck to both of you.

Access

River Neptune

You may have been mystified by the article on pages 16 and 17 in the February 99 issue of Canoe Focus. This was printed in error and is hereby retracted. Negotiations are taking place on the Upper Lune with support from Environment Agency, but there is no agreement as yet. Canoeists should keep off the river until such time as negotiations are complete and an agreement is in place. As soon as this is achieved there will be a clear statement in Canoe Focus.

River Tyne

Could all paddlers please remember that there is no access to the North, South or Main Tyne during September and October. The only exceptions to this are at the Tyne Green at Hexham and in the countryside Park at Prudhoe. This applies no matter what the water level. There is a fishing festival on the North Tyne on Sunday 3rd October which is to raise money for environmental improvements on the river so it is especially important to stay off the river on that day.

The access agreement seems to be working well at present. Full access to the Tyne catchment starts again on 1st November. If anyone wants a full copy of the agreement or advice on access points or water levels, please contact **George Thompson on 01434 602622.**

A55 DBFO Llandegai to Holyhead.

'Inland Sea' between Holyhead and Anglesey. Restriction of culvert used by canoeists under the A5.

We wish to inform you of construction works which will close access through the sulvert which passes under the A5 and railway line adjacent to the Inland Sea. These works will commence from 1st July 1999 for 18 months during the construction works over the culvert.

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MORE ACTIVITY

NOTICEBOARD

Dragon Boat Racing

BDA website and email address. http://easyweb.easynet.co.uk/~colenorton/bda Email: colenorton@easynet.co.uk

Canoe Polo Polo news e-mail address

Please note that Polo News now has the following email address which can be used to contribute your news, views, results, opinions, and general comment. Email: Polonews@mccusker1.freeserve.co.uk

ICF Headquarters

The ICF Headquarters will move from Budapest to Madrid from the year 2001. This information was incorrectly printed in the June Edition. My Apologies.

UK Suppliers of Dutch Composites

Joe Walmsley and Dave Hirons have arranged with Dutch Composites of Eindhoven, Holland, to supply to the UK market, their Sprint/Marathon and Wild Water Racing designs under the above name. They can be contacted by Telephone on **01258 703713** or e-mail:jowalmsley@aol.com or davehirons@aol.com

Environment Agency

The Environment Agency is rebuilding the Weir above Dawes Weir (Pitmire Weir) and work is due to start soon. The end result will be safer, more useable structure, complete with portage platforms above and below the weir on river left. There will be an set of steps to allow access to the steep bank. Please do not portage on the right hand side of the river.

After consultation with the EA, they have agreed to change the planned design to allow easy passage by canoe/kayak. There will now be a lowered section in the section in the centre and an extended apron beneath the water to avoid the need for anti-scour devices. Any stopper which may form in high water levels will now be safer and should never form wall to wall. The old weir will be removed at river bed level as it is impossible to remove it entirely due to the original construction. If you have any queries or problems please contact Lesley Quilan, RAO, by post, phone or email:lesleyquinlan@hotmail.com or quinlan@essex.ac.uk.

Warning - Dangerous Weir

The so-called 'broken weir' on the River Calder, half a mile downstream from Boy Bridge at Luddenden Foot and at National Grid reference SE 039245. This weir, which has a vertical or overhanging face, always provided a strong towback in anything but low water levels. However, there was always a stone ramp at the left hand side which provided a safe and easy route down the weir. The ramp is no longer there. It has disappeared in the past winter's floods and the weir is now a difficult proposition. The weir is now a straight vee running from wall to wall at each side. The towback is strong across the full width of the river and there is no side escape with vertical walls for both banks. Additionally, these vertical walls run for some distance both upstream and downstream of the weir and access by any rescue services would be difficult. This weir is now therefore in a dangerous condition and should be treated with respect. It is also suspected that there is a spike immediately below the vee. It is possible to portage round the weir by climbing up the steep left hand bank on the upstream side of the footbridge. (If you exit after the footbridge you are trapped in the mill grounds behind a 2m high fence). This left hand bank will give you access to Rochdale Canal which BCU members can paddle down and rejoin the River Calder further downstream.

New permanent outdoor canoe polo pitch

Now in position on the Winfield Pool at Holme Pierrepont NMSC in the near future for year round use. It is intended to set up Senior, Junior and Ladies teams and development squad to make use of the new facility. Experienced Players, Coaches and Officials will be needed to help organise new teams. New players also especially welcome. More details available from: **George Oliver, Nottinghamshire PDO, 10 Wordsworth Road, West Bridgford, Nottingham NG2 7AN. Tel: 0115 9142610 or work 0115 9772296.**

Worcester Canoe Club

The 'Swan - Along' Charity paddle, which is normally held on the first Sunday in September, will not take place in 1999. Because of other activities on the river on the usual date, and on other Sundays throughout the summer, it has not been possible to find a day on which the level of organisation required to give canoeists a safe enjoyable day out could be achieved. Reluctantly it has been decided to cancel the event. It is hoped that the event will take place next year.

Sport to Support St. John Ambulance

St. John Ambulance has launched a major new initiative building on its long-standing relationship with the British sporting community. 'Sport Supports St. John' is a fundraising initiative, supported by Sport England, the Central Council of Physical Recreation and the Institute of Sports Sponsorship. The Fundraising initiative aims to raise £20 million to support three major projects:

First Aid training for School children - to have a lifesaver in every family.

The renewal of St. John Ambulance's fleet with Crusader 900 variable purpose vehicles - designed to meet community needs.

Community Defibrillators - putting vital heartstart machines into the community.

For further information please contact **Mathew Larkin, Tel: 0171 2355231 ex290**

Yearbook Correction

The Open Canoe Association of Great Britain. The OCAGB is a Nationwide voluntary club for open canoeists which is affiliated to the BCU. Continued growth has brought us to 636 members. An enlarged council is implementing our aim of encouraging the use of the open canoe and becoming a centre of excellence for open canoeing. Individual Council members' responsibilities include families, coaching, white water, people with disabilities or disadvantaged, tripping and sea canoeing. An important aim is to encourage more women to fulfil their potential as open canoeists. The Association runs its own events and joins with others. Look for OCAGB events in this year's yearbook. Details of suitable events are published in our annual event list, which is updated in the quarterly OCAGB Journal which also includes articles on equipment, techniques and members' paddling experiences. Visit the OCAGB stand at the I.C.E.

The new Honourary membership Secretary is **Margaret Evans, 30 Bishops Ave, Worcester, WR3 8XG.**

Information Wanted -

Paddles in prehistory

I am doing an Archaeology dissertation on single-bladed paddles in pre-history. The dissertation will aim to produce a catalogue of paddles found in the UK, Ireland and (possibly) Scandinavia, it will also make replicas of some of these paddles and test them. I am looking for any information that you think may be of use. For example, tribal paddles which are in use today and are unusually shaped, or if you've come across any unusual woods used for paddles, or anything else you think may be of use. Please contact me ASAP, as I have to get this moving quickly. Thanks. **Lucy Williams (address until 28-9-99) 10 Hounds Close, Chipping, Sodbury, Bristol, BS37 6EG or (address after 28-9-99) Alexander House, 27 Richmond Road, Exeter.**

Places available

Nepal / Bhutan.

Adventure-Whitewater still have places available for kayakers or rafters on the following trips this year :-

Sun Kosi / Tamur...11th Oct - 27th Oct...A whitewater world classic suitable for intermediate - advanced kayakers. Rafters need no experience.

Seti / Trisuli / Bhote Kosi...27th Oct - 12th No...This is a holiday for those wishing to improve their kayaking skills under expert tuition from grade 2 to grade 3 as well as enjoy some of the best rafting available anywhere. A combination of kayaking, rafting,

cultural interaction, and wildlife safari park.

Bhutan Exploratory...3rd Nov - 17th Nov...Technical whitewater for advanced paddlers or good intermediates. Rafters need no experience. Incredible scenery, phenomenal wildlife, unexplored rivers, all in one of the least developed infrastructures in the world makes Bhutan a must.

New Zealand

Adventure-Whitewater is organising a two week trip for February 2000 for a small group of intermediate and advanced kayakers to paddle some great wilderness whitewater.

New Zealand has an unequalled variety of rivers. This excellent spread provides superb class III, IV and IV+ boating from the small volume steep wilderness runs, to the Buller, simply the greatest kayaking river in the country. Our aim is to make some of these excellent rivers the major focus of our trip. Anyone interested in joining the trip should contact Adventure-Whitewater.

For further information please contact **Phil on 01992 712006** or **07958 242135** or E-Mail: phil@adventure-whitewater.com

The Scottish Canoe Exhibition

Is being held on the 16/17th October 1999 at Bell's Sports Centre, Perth. The SCA Canoe Exhibition is now established as a successful show for canoe equipment retailers and manufacturers, as well as other related traders and organisations. It provides a unique opportunity for paddlers from all over Scotland and the North of England to meet suppliers, exchange news and viewpoints, and generally enjoy themselves. For further Information please contact the **SCA on 0131 3177314.**

New Marinecall Directory has over 100 numbers -

and most of them are new!

With the title 'Weather for Sailors' the new Marinecall Directory Card outdates and outperforms all previous versions.

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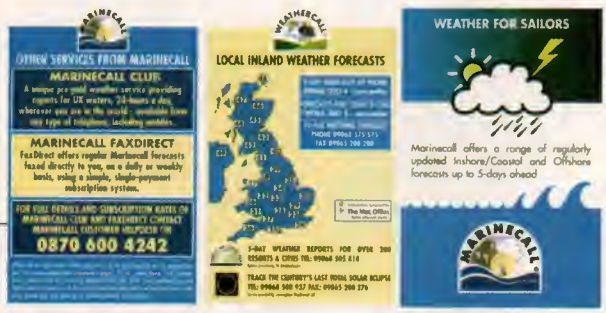
That's just the beginning of the story. The tiny, credit-card sized Directory contains the contact numbers for over 100 telephone and fax services. The information has been extended to include local Inland weather forecasts and 5-day weather forecasts for over 200 holiday resorts and cities around the world. The Directory also promotes the benefits of the Marinecall Club and Marinecall FaxDirect - two pre-paid weather services for leisure and professional seafarers.

Copies of the 'Weather for Sailors' Directory are available from the **Marinecall Customer Helpdesk on 0870 6004242**.

Call charges have not been affected and remain at 60p per minute for telephone forecasts, and £1.50 per minute for fast fax transmissions.



Shaun Baker

Shaun has maximum points in the European Rankings and is also ranked No. 1 in the National Championships.

On Saturday 15th May Shaun Baker took another 1st place in an international Whitewater Freestyle / Rodeo competition. His win at the 'Bitches' tidal race in South Wales and taking maximum points at this event now leaves Shaun in a number one position in both the UK and Europe. Congratulations Shaun.

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MORE ACTIVITY

paddlefest '99

Bell Boats, Lightning K1,s, Peak Challenges, Coaching 'sychology' ohps!, excellence clinics, floodlight rode-styling?, live music and 'Bacon Butties'!!

Yes Its Back! - and were looking for a good weather repeat of 97!!

Paddlefest 99 - The Paddlesport Event of the Year

Following the success (despite the grotty weather) of paddlefest 98 we announce the return of paddlefest for a third year and invite you to the paddle bash of the year. This year the event will be held over the weekend of 9 /10th October and promises to be bigger and better than ever.

Running slightly earlier then the two previous events we have our fingers crossed for a good weather event this time around?.

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

For many it will be the end of a season of paddling for others it will be the beginning of their season. For every one though, seasoned competitor, Rodeo die hard, recreational pick and mixer, novice or convert Paddlefest 99 will provide five full programmes of activity and numerous add on attractions, providing wide ranging and varied activity from which you can choose, mix and match and create your own itinerary. Come along and view, or come along and be fully involved. Come alone or come with friends or why not bring the family. Come for one day or come for both, the choice is yours. There will be lots to do who ever you are whatever your interests. A great time is assured.

'Paddlefest' Peak White Water Challenge.

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

The event format combines the following disciplines to find an overall whitewater champion. All participants must use the same chosen canoe or kayak in all three disciplines; demonstrate their ability to perform various moves, not just one move over and Head to Head Downriver ñ two boats at a time race against the clock down a 600m section of white water.

Freestyle/Rodeo - utilising a river section rather than just one hole. Extreme Slalom - a 300m course of upstream and downstream gates, hand target number boards, a vertical hole move and a horizontal wave move. An against the clock event with penalties awarded for missed obstacles only. Overall points will be calculated and equipment prizes awarded in mens, ladies, Canadian and junior categories.

The £20 entry fee will include a cool event memento such as a shirt, sweat or baseball cap, unlimited water access over the weekend and entry to the Paddlefest party. Not bad value!!! A maximum of 180 entries will be taken for the event. Entries will be taken on the day if space permits however to be sure of your place return the accompanying booking form.

Full event details will be sent on entry.

Additional Competition for the 99 Paddlefest

Also taking place this year will be an number of stand alone competitions - On Saturday we have a round of the National K 4 Championships being held, the first National Bell Boat Championships, a Div B W.W. Race,and a mini polo Competition.. On Sunday we have a W.W. Sprint Race, a Junior Lightning K1 competition and a junior/novice slalom.

All there for you to watch and support or to participate in? Booking for these events is via the specific event organiser - see booking details.

'Paddlefest' Disability / Paddleabiltiy Event.

A workshop opportunity for coaches / paddlers / novices alike to appreciate what paddlesoprt has to offer. With opportunities for people, novice or experienced, with disabilities to have a go and experience the 'paddle-ability' of our sport and also for coaches to appreciate the range of ideas and developments in coaching and outfitting for people with disability.

'Paddle-Ability' is a term and concept developed by the BCU to address the issue of participation in Canoesport for people with disabilities. The approach focuses on a person's ability rather than disability.

'Paddlefest' Coaching Symposium

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

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

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

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

'Paddlefest' Personal Performance Clinics

Numerous half-day clinics will also be available to anyone who wishes to improve performance or try out another aspect of paddlesport. Open Canoe / Open Canoe Sailing / Slalom / Sprint / Rodeo / Land locked Sea paddling and Surf to mention just a few.

'Paddlefest' Young paddlers Programme.

This years Young paddlers 'Paddlefest' programme includes the National Bell boat Championships on the Saturday and a lightning K1 mini competition on the Sunday. Other activities aim to introduce youngsters to the sport as well as providing opportunities to improve skills and experience new and different aspects of paddlesport. A special part of the junior programme focuses on a junior boat trial and evaluation session. Opportunities exist for young paddlers to join one of more of the sessions advertised and progress and experience new very different aspects of paddling throughout the weekend.

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

The start point for Sundays activities should really be: Breakfast with the BCU held in the main lecture room of NWSC. This 'Get in Touch/Stay in Touch' opportunity will provide you with the chance to get up to date with both current and millennium initiatives. Members of BCU Council and Executive will provide an insight into structural change, communication, access and facilities strategy and the BCU Performance Plan and also provide you with the opportunity to ask your questions or make your own views heard.

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

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

Last years question time proved to be a great success, with high attendance and good all-round involvement by all. Joining us this year will be all the more attractive as the first 100 entrants will be able to have Bacon Butties and coffee on the BCU. Entry on a first come first served basis. Ease yourself into the day - See you there!

'Paddlefest' Demo / Retail / Car Boot.

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

Sunday provides us with the opportunity to again hold the 'paddlefest' Car Boot sale. So if you are looking to move discarded boats or gear or indeed seeking cheap items of equipment this is the time and the place to do it. Last years Car boot was a great success with many bargains to be had, and not all of it was paddlesport gear ñ So make sure you dig out those items of outdoor wear and outdoor gear that you no longer use and book a space. Equally if your looking for bargains make sure you find time to have a mooch, you just don't know what you will discover.

'Paddlefest' Admin

Peak White Water Challenge - Entry for the event is £20 for the whole schedule, including a limited edition T-Shirt and the 'paddlefest' party. The aim of the event is to find an all-round and worthy champion! For an entry number (limited to 180) and full details of the event timings etc please return the completed form.

For separate entry and details of costs for the WW Race and the K4 race contact **George Oliver on 0115 9772296 Fax 0115 9773347**

Details and costs of the National Bell Boat championships contact: **The national Youth officer, The British Canoe union, Adbolton lane, West Bridgford, Nottingham, NG2 5AS**

The Coaching Symposium and all other events - The symposium fee, which covers entry to all other aspects of the weekend, except the competition is £20 per person (£ 12 per day). Inclusive in these costs are entry to any and all aspects of the coaching programme and clinics / the personal performance clinics / the young Paddler programme and of course the party.

Family entry to the Coaching Symposium and associated programme is available to holders of BCU family membership at £35. (Advance booking required)

Pre-registration is recommended for all advertised clinics and workshops as indicated, as places will be limited. Pre-registration will also ease admin on the day and make life easier and admittance to the sessions pain free.

The Symposium and Competition fees do not include accommodation and food. Limited accommodation at The National Watersports Centre will be available. The cost of this varies from £18 per person B &B to £25 per person B&B. Should you wish to make a booking please indicate when booking and we will contact you to make arrangements.

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

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

'Paddlefest' 99 provides two full days of paddlesport activity so that you can balance your own day/weekend programme between indoor and outdoor sessions/competition and coaching sessions, doing your own thing. If that's not enough to either encourage you to join us or to make you feel that there would be enough to keep you entertained then consider the 'Paddlefest' bonfire party and disco on Saturday Evening - the paddlesport social event of the year.

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

Paddlefest 99

9th / 10th October 1999 Booking Form

Please tick as appropriate

- I wish to attend the Coaching Symposium and associated programme only and enclose the £20 fee (£12 per day) ☐
- We wish to take advantage of the family price, available on the Coaching Symposium entry only, to families holding BCU family membership. £35 ☐
- If booking one day only please indicate which day Sat ☐ Sun ☐
- I wish to attend the Peak Challenge Competition Programme only and enclose the £20 fee. ☐
- I wish to attend both the Competition and the Coaching and associated programme and enclose the £30 fee. ☐
- I wish to reserve a space at the Car Boot Sale and I enclose £3 for one pitch. ☐

NB - Those wishing to book into the Div B River Race / the K4 event or mini Slalom Contact George Oliver on 0115 9772296.

Bookings for the National Bell boat Regatta to: **The National Youth Officer, The British Canoe Union, Adbolton Lane, West Bridgford, Nottingham , NG2 5AS.**

Pre - Registration. (essential to avoid disappointment)

Please reserve a place for me on the following workshops.

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

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

Name

Address

Post Code Tel No

Date of Birth Signed

Membership No

Please make cheques payable to the British Canoe Union and return with booking form to Paddlefest 99, BCU, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS

'Paddlefest' Admin

Please use the programme 'stuffer' in this magazine and the booking form at the end of this article to pre-book your chosen workshops and sessions for the weekend or for further details please phone **BCU Coaching Dept, Adbolton Lane, West Bradford, Nottingham, NG2 5AS Tel 0115 9821100 fax 0115 9821797.**

MORE ACTIVITY

WHAT'S ON

news & info

Sea Kayak World Championship 1999

Will be held on August 8th between Forestville and Sainte-Luce, Quebec, Canada. You will find details of the event on http://www.traversec.com. Good luck to all competitors.

Sea Kayaking Symposium

If one Sea Kayaking weekend isn't enough then this year's BCU Sea Kayaking Symposium is being held at the Millennium Activity Centre, Brancaster, Kings Lynn, Norfolk. Contact **Arthur Watts** for further details.

Matlock Slalom

On 18th and 19th September. Div 3 / 4 organised by Sheffield Canoe Club, suitable for beginners. Further details from **Chris 01302 719640** or email: Ian@canoe77.freeserve.co.uk.

ICF Canoe Tour

The 'Veluwe Rally' that is scheduled to take place at September 26, 1999 on the river 'Ijessel' in the Netherlands. We would be delighted welcome any British canoeist. If you are interested please contact the **BCU Office** for a leaflet with more information.

Open Canoe Association

On the 21st/22nd August the 'Exe-pedition' - The annual trip using the Exeter canal and Exe estuary, camping at Turf Hotel, where there is excellent food. Possibility of using touring sails. Contact **Richard Scullard, 1 Poplar Av, Stoke Bishop, Bristol, BS9 2BE. Tel: 0117 9683842.**

The Stoke Gabriel Weekend is being held on the 10/12th September at the Scout Hut and campsite, next to a tidal millpool, adjacent to the Dart estuary, ideal for families and paddlers who wish to explore this fascinating area. Contact **Bob Ottley, 30 Lower Touches, Chard, Somerset, TA20 1NY Tel: 01460 63812**

Frank Luzmore Half Marathon is being held on the 26th September. It is a non ranking race for Open Canoes, an ideal way of trying marathon racing or exercise your skills and strength. Contact **David Flye, 1 Foxglove Close, Sutton Park, Shrewsbury, SY3 7TT**

For more information send a SAE to **Hon. Membership Secretary, Margaret Evans, 30 Bishops Avenue, Worcester, WR3 8XG.**

National Canoe Lifeguard Championships

This year's event is to be held over the weekend of 18 / 19th September at Calshot Activities Centre, Fawley, Southampton, Hants. Teams will be expected to utilise skills from the Canoe Safety Test, Aquatic First Aid and to a lesser extent, the Rescue Test. The first day will consist mainly of skill events, in which teams will be marked on their patient care and effectiveness, as well as the time to complete the skill. Points will go towards the overall trophy but will also count for the skills trophy.

The second day will consist of a number of unknown incidents where the team is presented with a realistic situation and asked to deal with it. A theory paper will complete the skill. Points will go towards the overall trophy but will also count for skills trophy.

There will also be an individual triathlon event where entrants are asked to swim, run and canoe. This event does not contribute to the overall results.

Team entries must be from BCU/WCA/SCA/CANI affiliated canoe clubs or lifeguard units. There is an entry fee of £15.00 per team, which must accompany the booking form. To enter, a team must present itself with three members plus two casualties and a judge or marshal. They must be carrying all the required equipment at all times throughout the weekend. Booking forms should be sent to the organiser by September 14th. **Steve Hobbs, Aarvark, Brook House, 99 Gosport Road, Fareham, Hants PO16 0PY.**

Dragon Boat Racing

IDBF World Championships

The World Championships and European Club Crew Championships are being held at the National Water Sports Centre, Holme Pierrepont Nottingham on the 26th - 29th August 1999. This is a unique opportunity to become involved in a World Class event, that has never been staged outside of the Far East before. With over 2000 competitors from five continents competing, these World Championships offer an ideal opportunity to become involved in the event and support the future development of the sport at all levels. Dragon 99 will also be running a 500 club. The aim of this is for clubs to raise £500 for Dragon 99 and in return those clubs will receive 50 x 4 day passes for the World Championships. The pass holders will be able to view the Championships from an area specifically for the 500 club. A raffle will also be taking place with 1st prize being a holiday for 2 to Hong Kong courtesy of Hong Kong Tourist Association. So get buying those tickets. For more information phone **01222 736502. Fax 01222 735458.** Email:dragon99@dragon.abel.co.uk. If you are interested in becoming a sponsor please contact **Keith Warren on 01462 457703.**

Sea Kayaking Festival

Cwm Pennant Mountain Centre is running a Sea Kayaking festival on the weekend of the 11-12 September. The event is being staged with the assistance of the WCA and is one of a number of annual events sponsored by the BCU Sea Touring Committee. The festival is aimed at all abilities and there will be help and advice on hand for those new to the sport, practical coaching workshops, demo kayaks from the leading manufacturers, and of course the chance to go paddling with lots of like minded enthusiasts.

There will be trips on both days led by experienced BCU IWCA Coaches. The Lleyn Peninsula and the surrounding coastline offer superb paddling opportunities, all with the mountains of Snowdonia providing a spectacular backdrop. Although primarily a practical weekend, there will be an after dinner lecture on the Saturday evening given by Derek Hutchinson, the 'Grand Master of the Sea Kayaking world.

Fully catered and camping options are available and full details of the weekend can be obtained from **Dave Evans at Cwm Pennant Mountain Centre, Cwm Pennant, Garndolbenmaen, Gwynedd LL51 9AQ Tel: 01766 530682,** e-mail:cpennant@lbhill.gov.uk.

National Bell boat Championships

The first National Bell Boat Championships are being held at The National Water Sports Centre, Holme Pierrepont in Nottingham on the 9/10th October.

The Bellboat is a team boat for all and has already been used by every section of the community ñ scouts, guides, toddler groups, primary school children, those with learning disabilities and top class paddlers. It is a 9 metre long very safe and stable boat. It gives all those taking part a greater understanding of teamwork and co-operation.

Teams should be mixed with a president and one other adult. Helms will be provided if necessary. Teams can be entered for either U13 or U11 (by September) category. Entry Fee per team is £30.

For further information contact **Angela Hampton 0116 2674428** or e-mail:Angie@compuserve.com

Down River Competition

The Telcom Descent which is located in remote river in Cameron Highland, Pahang State, Malaysia. It is an annual international down river paddle craft marathon event organised by Tourism Pahang scheduled on August 21st-22nd 1999. It is a two-day time trial for a total distance of 54km of down river marathon with rapids of Grade 4 and possible Grade 5 category with overnight stops for rest and recreation.

For more information contact **Najib Tahir, ReneGad Quest Sdn Bhd, 1E, 3rd. Floor, Jalan Wawasan Ampang 2/8, 68000 Bandar Baru Ampang, Malaysia. Tel: + 603 470 2860 Fax: + 603 470 2862**

Canoe Polo

Welsh Open Canoe Polo Championships are being held on 7th/8th Aug 1999. Contact Leigh Rowland for further information on 01646 687452

Irish International Canoe Polo Open is being held at Kilcock Co. Kildare on 18th-19th September1999. Anybody interested in a weekend of great polo and good irish craic, please e-mail Tom Colton on: nbrophy1@aol.com. Anybody who is travelling by ferry contact Tom before booking, there is a campsite available free of charge for competitors.

Marathon

La TransMorbihannaise Canoe-Kayak Stage Race from Pontivy to Hennebont, France from August 21st till 25th 1999. For more information please contact the **BCU Office and ask for a leaflet.**

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FALMOUTH MARINE SCHOOL

The Yasawa Islands,

There can be few opportunities to visit a people whose basic way of living has changed little in hundreds of years. It is recorded that their ancestors were cannibals who chased Capt. Bligh and his 18 fellow survivors less than a week after the famous mutiny, but now, 200 years later, the people of the Yasawa Islands must be the friendliest in the South Pacific.

Article by Rowland Jones

White sandy beaches ringed by coral reefs, sheltered and remote lagoons surrounded by coconut palms, the Yasawa Islands are a sea kayaker's delight, and yet Paul Theroux missed them in his tour around the Pacific.

With nine companions, I paddled for eight days around this chain of 16 main islands and dozens of smaller ones which stretch for 80 km in a north-north-easterly direction, 70 km off the west coast of Viti Levu. The main islands are covered in thick vegetation that thins out to grassy and scrub slopes as the land gains height. The islands are volcanic in origin and fringed in white sand.

Normally it takes five hours by motorboat to reach Tavewa Island in the middle of the chain. Here lies the Blue Lagoon, romanticised by two films of the same name. The crystal clear waters with sand and sky create a medley of greens and blues across the lagoon, which is totally stunning in its beauty. Sadly I did not come across a Brooke Shields here.

We located Henry who was to accompany us for the first two days until Simon joined us. Henry is a native Fijian twice my frame including shoe size. He was taking an afternoon nap in an open sided mbures (native house), using a brick as a pillow - well, he is very fond of it - he has had it since he was a baby.

Our leader, Al Bakker, directed the unloading and storage of the 'masses of equipment and provisions, including fresh water, we were to need during our adventure. It was difficult to see how all this was to be stashed in the Dobbe Double canoes we were to paddle and if we would be able to paddle with such heavy loads. At this time it dawned on us that perhaps Al had restricted our personal equipment so he was able to store additional water bladders or cooking pots in our boats. We soon learnt where to store the net full of pineapples.

Extraordinary!

Al is a Canadian, living in the USA, with his office in Australia, and working out of Fiji. Extraordinary! He has been leading groups around the Yasawa Islands for eleven years and has an extensive knowledge of its peoples and waters. Al will put together a special itinerary for any group of six or more people to match the group's ability and experience.

Rough seas and a strong headwind greeted the first stage of our paddling adventure across the Blue Lagoon. Al had split us up into crews which were smartly changed to provide more matched crews for the remainder of the trip. (So much for the reward for being first across and a good half an hour before the last boat). Self-preservation dictated the need to quickly lick our new paddling partners into shape.

After a further 1 1/2 hours paddling the West Coast of Nathula Island, a motor launch greeted our arrival at Nathula village. By this time the wind was stronger and we were getting tired. The launch was to take us further north, to Navotua.

That afternoon the group had a conducted tour of the village. Loata and her two youngest children, showed us much of the community's way of life, from the growing of crops and preparation of meals, building of houses, treatment of coconut palms for weaving into mats, to the importance of the Methodist Church in their lives. The village has a kindergarten for children to the age of 6. Then they have to go away to school and only return for weekends. Most marriages are arranged. An autocratic Methodist influence requires villagers to attend church before daybreak each day and three times on a Sunday. In the centre of the village is a hollowed out tree used as a drum to summon villagers together. Before the time to attend church, the drum is sounded at 5:00 a.m. to awaken the community (it also woke us up).

However, the influence of the church does not stop the downing of the ceremonial 'kava' drink which may be preceded by singing and dancing. Kava root is first pummelled in a giant mortar and pestle. The resulting powder is put inside an old sock which is washed through in a ceremonial bowl filled with water. Small bowls of this brew are then handed to each person in turn every ten minutes or so, and downed in one go. My only comment is that I was glad when I had had enough.

The islands have little rainfall so there is a need to preserve water. Such water collected from wells cannot be regarded as safe, hence the need for our nine days supply to accompany us from the mainland.

After a day in Navotua Lagoon, paddling to visit caves on Sawa-Ilau, we canoed back to Henry's place on Tavewa Island. Henry had prepared a hangi (meal prepared in an earth oven). Wonderful! Al and Simon prepared subsequent meals. They took pride in the presentation, variety and taste of our meals. There was lots of fresh fruit and vegetables, and of course fresh fish.

Snorkel in an underwater paradise

The weather had moderated and was now idyllic as we paddled south over the next few days. The tour of these beautiful islands followed an itinerary dictated by wind and tides. Each day, it was easier to paddle the boats, as they became lighter, following our consumption of food and water. There was plenty of time to explore various islands, to snorkel in an underwater paradise and just laze about.

Rounding Nanuya Mbalavu Island we entered Soso Bay at the end of our journey. Here some youngsters make their own boats from a sheet of corrugated iron. Bent lengthways, the ends are filled with gunk and other materials to hand. A sort of gunwale is fashioned out of odd bits of wood. The paddle is made from a broomstick and two bits of plywood. Takes no more than a couple of hours. These canoes are a real pig to handle, but

Fiji.

Rowland travelled with Southern Sea Ventures, Suite 263, 184 Blues Point Road, McMahons Point, NSW 2060, Australia.

Phone/Fax: +61 2 9460 3375/3376

http://www.evo.corn.au/cventure

these guys take them out to go fishing on the reef.

To step out of the tent each bright morning, on a remote uninhabited island beach, is a memory that will stay with me. Slowing down to Yasawa time is something everyone should try at least once in their lifetime. ●

world class wet seat

Helen Crosbee -

Canoe Slalom takes the World Class Wet Seat.

How/when did you start canoeing?
My family had got involved when I was 2 years old and we went on family canoeing trips as I was growing up. I can't remember the first time, but there are a few photos around of the first launching of a canoe, which had been bought for Richard to build.

When or where was your first race?
My first slalom was at Denham Court, I think I was 6th and came close to beating Dad who was also competing too! I played around at competing, enjoying the social side initially more than the competitive side. Then I started to do well and enjoyed that feeling, when I won a div 2 event at Sheperton, I though that I could be good at this. That is when I got serious!

What training do you do?
I aim to do 10-12 sessions per week, the type and intensity will vary depending on the time of year. I usually have a break at the end of the International season in September and October. The last British races are usually at this time but it is difficult to keep the motivation for these races at the end of a long season away. In November and December I aim to build up my general fitness and will cycle, swim and run. As the winter progresses I will include more white water work including specific technique sessions and race length runs. I monitor my fitness with physiology testing and follow a strength-training programme in the gym throughout the season. As the race I am aiming for draws closer, the training will be more specific and include more speed work to sharpen up for the big race. I also work part time as a physiotherapist so I have to fit all this around my job.

What about diet?
It is important to refuel quickly after training and slalom training tends to use up your glycogen stores quickly so I use Hi Five energy drink and eat nutrigrain bars or malt loaf which are high in carbohydrate and low in fat immediately after training. Apart from that I do not follow a special diet apart from trying to maintain a balanced diet with low fat.

What boat and paddles do you use?
I paddle for Perception the boat is a Midi Bip Omax built in France, it is perfect for me combining speed and fast turning. I use Class Five paddles, which are now sold in Britain through Peak UK the shafts are from Lendal. I feel it is important to be able to rely on a manufacturer to produce good quality equipment when you need it. Perception has always been supportive and reliable.

How has the advent of World class performance helped you?
The team trips are now all paid for including travel and accommodation which immediately has made a difference financially. The team has also been able to fund more trips including winter training camps which has and will make a difference to race preparation.

Personally I have been able to reduce the hours I work enabling me to improve the amount and quality of my training.

What are your long- term aims?
I reached 30 this year and so not have too many years left in the sport. It would be good to improve on our silver team medal in 1995 and I will retire happy with an Olympic gold medal in my collection.

What other interests do you have outside canoeing?
I love snowboarding. The buzz you get from literally surfing deep powder is not matched even in canoeing, well perhaps on running a huge river or surfing a perfect breaking wave. I have also recently started a bit of mountain biking when I get the chance. I also have tried a bit of play boating but I'm terrible and now have a great respect for the guys pulling the moves time and time again.

When you have to stop canoeing, what do you see yourself doing?
I work as a physiotherapist so I will concentrate more on that when I finish, including courses and research. It would be nice to have a life back and go out and do other sports for fun. You have just been voted sports personality of the year, which three people would you thank in your acceptance speech?

I would thank my husband Dave for putting up with all the time I'm away, my parents for their support throughout and my coach Rob Wright for keeping my enjoyment of the sport.

Who has been your biggest influence?
My brother Richard whose ability to keep going and keep winning for so long has never and will never be matched in my opinion.

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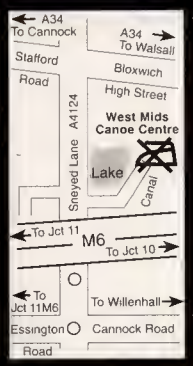

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MORE COACHING

Northern Region Women's White Water skills Playboating -

5/6 June 1999

Article by
Linda Aiim
BCU Northern Region Women's Representative

This was the second Women's White Water Skills/ Playboating course to be organised by the Northern Region and it proved to be as successful as the first. Ten women from the region, including University students, a dietician, an outdoor instructor, a PE teacher and an accountant, met together at the Tees Barrage for two days of intensive coaching by level five coaches Caron Geal and Jenny Wilson.

The ability range varied from those wanting to learn to surf and flat spin to those whose main aims were to be able to negotiate their way through the course upright or roll in white water. The boats ranged from the trusty Dancers, through to Acro 270s and to the Pyranha Blade - reflecting the range in years paddling experience as well as the aspirational levels. Yet they all had two things in common - a desire to gain confidence and a willingness to get stuck in and make the most of the weekend. Women only courses can be a bit of a hot topic, with many perhaps suggesting that they are separatist and don't help in integrating men and women into the sport. Indeed, in organising the course the most frequent comments I had (from people who didn't' attend) were 'why a women's only course?' and 'I don't' mind paddling with men'. However, my answers, borne out by my experiences in organising and being involved in these courses, are that it's really good fun, supportive course with high quality coaching and an opportunity to paddle with a group of women which you might not have in your usual paddling. Plus being a women only course you have to take the lead at some point in going into stoppers or waves and you can't sit in the eddy! That is, it's a great confidence builder for any future paddling, with men or women. To the second comment I say, well I'm quite happy paddling with men too, but give me the opportunity to be coached by two level 5 coaches and I'm going to be there!

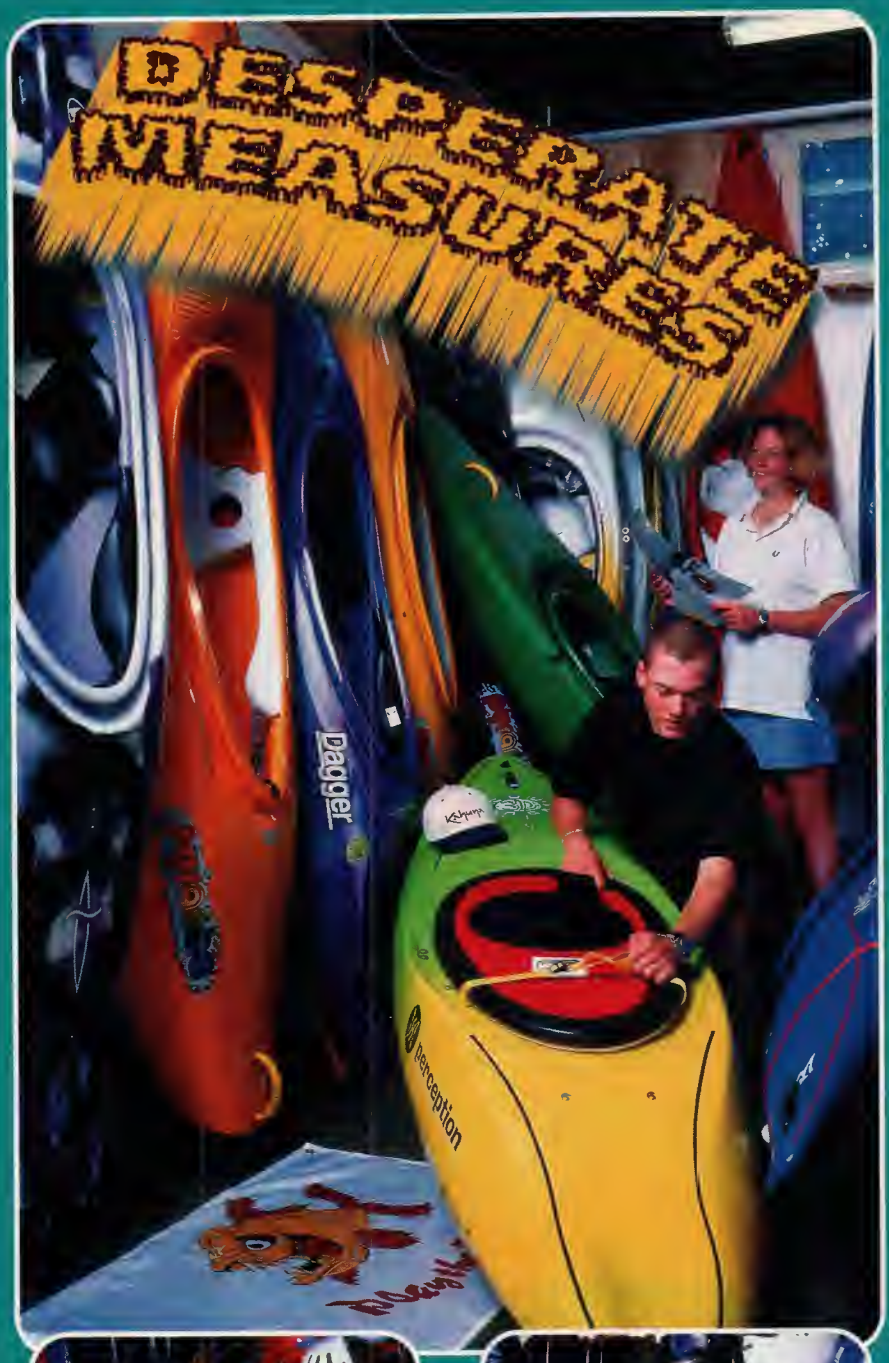
So here's how it went.

The first day began with some advice on boat padding. Jenny had some useful tips on using padding for her heels and using seat padding to raise her up to be able to see better and gain more reach and leverage with the paddle. Useful in the future for those double pumps!! (Do you know any women who can DO those?? Can Deb P?) Caron also emphasised the importance of maintaining body contact with the boat and of having appropriate position of footrest. For me, the comfort of the padding and making fine personal adjustments is particularly important, particularly in the newest boats like my Inazone 220 where just getting into the boat isn't as straightforward as it used to be. Everyone then took to the flat water above the course for an introduction and some warm up exercises before splitting into two groups for the day. Jenny's group were the more cautious, with Caron taking some women who were warming up for two weeks in the Alps. After a discussion of the river features along the course, Jenny went off in search of somewhere to consolidate edges and angles, whilst Caron worked the group gradually up to be able to tackle the Happy Eater. There was a fair amount of swimming going, leading to a rolling session for Caron's group after a break before going back to the Happy Eater. Women from both groups with longer boats were also given the chance to try some of the latest playboats. By 5pm people were very tired but still hanging on for that 'one last go'. They were then able to relax to watch video footage of themselves (a valuable coaching aid) and be inspired by some of the latest videos, 'Wicked Liquid' and 'Searching for the Gee Spot'. Several women were camping on the site next to the barrage and so talk of the course continued in casual conversations - although two of the University students who decided to chase the night life were so tired that they fell asleep in the cinema!

Interesting moment

The second day began with some introduction to tail dips for Caron's group and Jenny heading for some waves to surf. Now one important thing to bear in mind about the Tees Barrage is that it is affected by the tide and that the bottom drop on the course changes (say 0.4) a run down the course and through a small wave at the beginning of the course opening time will be very different to a run through (or maybe rather trashing in) a really quite nasty hole a few hours later. Luckily for the course, the tide was at roughly 1.3, which meant that it wouldn't ever be too bad, but it did make the coaching interesting. Jenny had a particularly interesting moment on the second day when two women missed a move and headed on down. Having inspected the drop only half an hour previously, she wasn't too worried, only to turn and see one swimmer and one vertical dancer rotating on its own in the drop! The swimmer, Claire, emerged (minus a wet suit boot) saying that she was actually quite satisfied as she had realised that she could manage to stay calm and not panic! Meanwhile Caron's group were finally getting their rolling sorted and those flat spins were coming!

Beth was concentrating hard and Jenny did some wonderful blasts in her new Attak. She was getting great praise until it was realised that she wasn't doing it voluntarily! All in all, the growing skill and confidence level was really in evidence and the feedback has been in terms of 'brilliant', 'really good', 'thank you'. My own thanks to the coaches Jenny Wilson and Caron Geal for the amount of time and commitment they put into the course. Excellent coaching. I'll remember many of your tips when I've finally get to do my 5 star assessment hopefully this winter (if I can get some babysitters - any offers?) and take my own road through to level 5. I hope that many of the women who went on the course will now feel able to use the Tees Barrage confidently themselves or with their friends of both sexes and will find themselves playing in places on rivers which they never knew could be so much fun.



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Just where is my centre of gravity anyway?

A personal angle on a girlie trip in Scotland

The first weekend in May saw 13 girlies.....and one man, take to the Scottish water. As we gathered in a hostel in Kingussie on Friday night, and as the chatter and beer began to flow, I began to feel rather sorry for Jim. Most men would jump at the chance of spending a weekend with 13 girls.....but on the river? Our fears and weaknesses were expressed, our lack of confidence became apparent, and Jim looked on in disbelief, as he couldn't stop Joan talking!

Article by
Heather Smith and Suzie McNielage (Squeezie)

The purpose of this unique gathering was not to get as far away from the men as possible. It was to get the girls together on the river, without having to fight for the front of the play holes and on the rapids. The weekend was essentially designed to increase confidence and personal skills. I feel confident in saying that these objectives were met, as there began a girlie attack on the river Pattack.

The distinct lack of water made it a bit of a bumpy ride, but the bigger grade 4 rapids still got adrenaline pumping, and the girlies screaming. I found it quite ironic to look up from the safe haven of my eddy, to see my very skinny mother come over the drop screaming at the top of lungs, 'I'm a big fat B******!!. Apparently it aids in visualisation, although it just seemed to frighten some of the other members who have never heard mum's war cry before. As the only man, it seemed fitting that that poor Jim be our crash test dummy on a dubious looking drop. Being forced right by the rocky lead in, it looked for a moment that it might end in tears for Jim, but he bit his lip, and took it like a man, as he pinned in the shallow pool below.

Something was learnt by all on the Pattack, as tailies, popouts, and stopper action and confidence improved throughout the day. Half an hour took us back to the Tipsy Laird, where it was quick showers all round, and some top tucker provided by group Mum. We then saw some awesomely inspiring footage from Nicki's trip to Bhutan last year. We all looked in awe as Nicki thundered down new rivers, on the TV screen before us. The entertainment was not over, as Jim produced some wonderful slides from his trip to Corsica. I fear we let Jim down on the old drinking front, as he was ready to party the night away with his ready made highland harem. It wasn't to be. As the younger members sloped off early, we were met with cries of disapproval - we've been warned that we have to train up the old beer muscle for next time!!

It was bright and breezy for some of us, and off we went to conquer the lower Findhorn. It was straight into action, as we got on right at the play hole. We all battled with the water and got flipped every possible way, the old analogy rang home-'Its the taking part that counts', or was it - 'If your not wet you're not trying'. There were however a few new moves learnt! Triple fall proved to be the highlight of the day, and a bit of a daunting lunch spot. The more I looked, the bigger the rapids seemed to get. Everyone was not fortunate enough to have their mother there for comfort. I was not however going to turn down the offer of a big hug before triple falls. Jim looked on with interest, and perhaps a little trepidation, at the thought that this could develop into a massive girlie bonding session....I said BONDING!!!. The only portage was The Slot, and I don't think anyone was sorry not to be running it. The rest of the river ran smoothly, with much buddying being performed, and a big farewell to the old ninja fury paddling style of before. A slightly sadder farewell was said at the get out, as we all left for various corners of the country. I would like to say a massive thank you to Jim, Mags and Nicki, for brilliant coaching, and personally just for a magic weekend. You may ask, 'Why go on an all girlie paddling trip at all?'.....I know I did. But now, I can safely tell all girls out there, who are looking that bit more confidence, that this is definitely the way forward. Lose the lads for a day, or a weekend, and get out and pick your own lines....then go home and tells tales of daring do to your men folk. You never know, this time next year they could be following your lines.

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Juggling Jellyfish

Rory Macnab paddles his canoe to the Maddies.

I was exhausted. I had just been canoeing for three hours in a force six gale. We had started for the Maddies - a group of three giant rocks sticking out of the sea like a huge block of flats. They are about two miles offshore. I was canoeing in my favourite canoe - an eighteen-foot plastic Sea Kayak called Capella.

About half a mile offshore, the waves were just big enough to surf, and with a thirty five knot tail wind, the conditions couldn't have been better. Although it was windy, it was a warm day and there were several stags along the coastline. We paddled over to a small island looking for signs of wildlife. Once there we were in total shelter and the sea was like a giant sheet of glass. The only ripples were coming from us. The sun was beating down strongly now and we soon became very warm in our waterproof, windproof neoprene clothes. There didn't seem to be much wildlife on the island, so we altered course and headed back out in the direction of the Maddies.

On the way out, we talked quite a lot about canoes, mainly because I wanted one of my own. Every now and then, when conversation died, we surfed a couple of waves. Before long we were out at the Maddies and I was admiring the scenery. The tall rock stood about sixty feet above me and was covered with sea birds: gannets and black-backed gulls. Behind me was a small cave. I paddled in. The water was crystal clear and every fish and every crab could be seen.

I had remembered to take a diving mask out with me this time. Even though the sea creatures can be seen from the water, sunlight distorts their shape. My theory was that if I wore a diving mask and capsized, I would get a much clearer image of all the sea creatures. I did as planned, putting on the mask and capsizing, only to find that I had forgotten to seal the neck of my cag. A rush of cold seawater soon found its way down my top, soaking my thermal shirt. I ignored this for a while because even if I did roll back up again, I couldn't dry my clothes until I got back to shore.

I looked below me. Sure enough, the fish and crabs could be seen with the greatest of ease. I looked ahead now and saw nothing. I was running out of breath, so I quickly rolled up, took a deep breath and capsized again. I looked ahead and could vaguely make out the light pink outline of what seemed to be a sponge. My eyes focused on it and to my horror I saw a jellyfish and it was about two foot away from my face! I rolled up hurriedly and paused for a couple of minutes, waiting for the sting on my face to appear. I waited, but luckily the jellyfish the jellyfish had not stung me. A feeling of relief travelled all over my body "I would not try that again for a while," I thought to myself. After a final paddle around the cave we decided to head back to the shore before the weather deteriorated. On the way we explored a few islands which had deer and birds on them - we even saw an eagle. Despite the worsening weather, the scenery and wildlife was stunning - I think this must be the best shoreline in the world.

We arrived back at the shore about three hours after we left, and after a seven-mile paddle I was exhausted, but happy. We landed and I dried off, got warmed up and had something to eat. Then I began to tell people about the jellyfish experience…

FACT FILE
The Third Outer Hebrides Sea and Surf Symposium.
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Hosts & Organisers: Uist Outdoor Centre, Lochmaddy, Isle of North Uist, Outer Hebrides, Scotland.
Tel/fax: 01876 500480
Location: Based around Lochmaddy, Isle of North Uist. Trips throughout Outer Hebrides.
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young people

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Trust Leaside... A Follow-up

There has been a good response to our article in the last edition regarding Trusts. Mickey Gordon has offered to run a workshop in Nottingham on Wednesday 1 September at 7pm at the NWSC, Holme Pierrepont. If you are interested in attending one in the Thames Valley area. Please complete the slip below right and return to: **The National Youth Officer, British Canoe Union Adbolton Lane, West Bridgford, Nottingham NG2 5AS**

New Canoe Polo Development

The BCU's Youth programme is keen to support the development of Canoe Polo in Nottingham. To this end, we have recently commissioned two high quality floating Polo Goals which are now positioned in the Winfield Pool at the National Watersport Centre.

If any youth group would like to use these goals, play polo matches or if any young paddler is interested in getting involved in Canoe Polo please contact the local Paddlesport development officers.

Our aim is to ensure as much usage of the goals as possible and hopefully set up our own youth polo group!!!

For further information please contact your PDOs: **George Oliver - 0115 9817635; Angie Hampton - 0116 2674428.**

Paddlesport grips Sheepy Magna!

By Angela Hampton (PDO for Leics/ Derby)

Nestling somewhere in between Tamworth and Nuneaton, Sheepy Magna and Albert Village Primary Schools have a long history of kayaking and Canoeing. There are around 90 children at Sheepy Magna of which 40 paddle on a weekly basis. This enthusiasm for paddlesport in these two schools is largely due to the time and effort put in by their two Head Masters and an army of teacher and parent helpers.

I work with the two Head Masters - Roy Williams and Colin Chandler - on The Leicestershire Schools Canoeing Association's Winter competition series and on other projects that they put together. Through this link we discussed the opportunity that Bellboats could provide as a means of getting even more children in primary schools started in Paddlesport. With this in mind I attended the next area meeting of Head Teachers to sell them the Bellboat concept. All were very interested in introducing their children to Bellboating.

As a result of this meeting, we planned an introductory event for mid May, after the children had completed their 'SAT' tests. Roy immediately booked a beautiful little lake in Sheepy Magna and the other Heads booked mini buses and coaches to get the children to the event.

The event took place over two afternoons and evenings in wonderful weather. We had four Bellboats, four helms and, thankfully, many helpers. The children were transported in to Sheepy Magna during various time slots throughout the days. Attendance was above what we expected with a total of about 275 children and teachers on the boats throughout.

All of the children had a wonderful day...it seems that children find splashing their teachers very appealing. It was a good job the weather was really warm. We managed to fit in a few informal races between different classes. The children liked this a great deal and some of them now want to enter the National Bellboat Regatta at Paddlefest in October 1999. All of the children want to take part in more Bellboating. A repeat of the event is already planned for May 2000 but with opportunities for Bellboat practice during the rest of the summer term in preparation for the Championships.

The response from the teachers was excellent. Most of them want to take the Bellboat helm award before the end of this year. We are also hoping to be able to raise enough money for the group of schools to buy a couple of Bellboats between them.

If you would like any more information on Bellboating or on the **National Bellboat Regatta, Please contact Angie Hampton 0116 2674428.** ...and to other schools....beware of Sheepy Magna at the National Championships

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Sprint World Cup 3

4 - 6 June 1999, Poznan, Poland

A small GB team competed in the 35 Nation World Cup Regatta in Poland. Tim Brabants' 4th place in the MK1 1000m, less than half a second off 3rd placed Holman (Norway) was a superb result. The race was won by current World Champion, Lutz Liwowski (Germany) and a blistering finish by the Italian, Bonomi took him past Holmadn into 2nd place in the last two sets of buoys. Our new crew formed this year of Ross Sabberton and Paul Darby-Dowman had a brilliant race with a 6th place in the K2 1000m, only 0.8 seconds behind the 3rd placed Schaefer/Winter (Germany). The race was won by current World Champions, Rossi/Negri (Italy) in front of the current World 500m Champions, Baca/Riszdorfer (Slovakia). Again, the last 200m was very close with the powerful Australians, Trim/Collins and the Polish crew of Twardowski/Wysocki finishing fast to gain 4th and 5th places.

Sprint World Cup 4 -

Duisburg, Germany

Following the successes of Poznan the enlarged British team made the trip to Duisberg – traditionally one of the toughest regattas of the season. This year was no exception. 36 countries were there, many with more than one entry in each event. The results of the team as a whole were excellent - the highlights were the bronze medals won by Stephen and Andy Train in C2 1000, Ross Sabberton and Paul Darby - Dowman in K2 1000, Ian Wynne in K1 500 and the C4 200. Ian's time of 1.38.32 was the best ever by a Briton; in a race where 1.39 would only have got 7th! As well as the medals many people made finals and many more recorded personal or even national bests. Team manager Alan Williams expressed his satisfaction with the whole team "I was pleased with everyone's performances - we're right on track"

With new coaching appointments being made in the next couple of months now is the time to thank all those who have volunteered themselves as coaches and support staff. Without their commitment and hard work these results, as well as previous year's successes, would have been much harder to achieve.

At time of writing the team is preparing for the European Championships in Zagreb (July 8th – 11th) and the World Championships (and Olympic qualification) in Milan at the end of August. There is an air of optimism about the British team which could be rewarded with some excellent results. Watch this space.
James Clark.

Junior Sprint

World Championships Team

The following paddlers will be representing Great Britain at the Junior Sprint World Championships in Zagreb during July - Richard Darby-Dowman Mk1 500m & 1000m, Adam Kennedy MK2 & reserve MK1 500m & 1000m, Tim Sowry MK2 500m & 1000m, Nathan Johnson, Richard Griffiths, Owen Peake and Scott Kemper MK4 500m & 1000m. Matthew Lawrence C2 500m & 1000m, Toby Shipway C2 500m & 1000m, Abigail Cattle WK1 500m & WK4 500m and Jenny Spencer WK2 500m, WK4 500m & WK1 reserve, Ruth Bale and Rebeca Hunter WK4 500m. The Team will be managed by Laurence Oliver and will be coached by Russell Jones, Trevor Wetherall and Tibor Herbent. With Roger Davey and Bernard Perrett backing up the team as drivers.

Slalom World Cup 1

Tacen, Slovenia

The Slalom World Cup is a series of five events. Each one consists of two races, a qualification race followed the next day by the finals. The first of this year's events was held at Tacen in Slovenia. Set in the hills it is an attractive site but one of the roughest white water courses in the world with a fall at the beginning to test the nerves of the competitors. Recent rain ensured that that water was at its most demanding.

Rachel Crosbee was the highest placed Briton in the Qualification Races coming a close second to Stepanka Hilgatova of the Czech Republic. Helen Cardy (WK1) and Campbell Walsh (MK1) were paddling in their first World Cup events and did well to qualify on such a testing course. Two Canadian boats also qualified, Stuart McIntosh, who had won a bronze medal the previous weekend in Merano in C1 and the C2 pair, Stuart Bowman and Nick Smith. A missed gate, and 50 second penalty put Paul Ratcliffe, defending World Cup Champion out of the finals although he had clocked a good time and Ian Raspin needed just 0.8 of a second to qualify. A reminder of how fierce the competition is at these events.

A change to the course on Sunday added more problems and ensured that only a few managed to finish without penalties. No British medals but nevertheless there were some good results. Stuart Bowman and Nick Smith in C2, Stuart McIntosh in C1 and Campbell Walsh, MK1 All achieved personal bests.

Slalom World Cup 2

Tacen, Slovenia

Qualification races for World Cup 2 ran into difficulties when high winds caused the Canadian Doubles to abandon their race. A decision which was disputed by Richard Fox who is on the International Canoe Federation's Slalom Committee. All the qualification races were then held on 23rd with finals on the 24th. The testing nature of the course, set by the Poles and the Slovaks, was that only 3 out of 49 C1's managed two clear races; in MK1 7 out of 72 went clear, in WK1 3 out of 38 were clear and in the C2's only 2 out of the 22 starters were clear in both race.

Six boats qualified for the finals when again the difficult nature of the course produced many penalties, 8 for Delaney and 2 for McIntosh in the C1 class; Walsh picked up 2 on his second run in

WORLD CLASS PERFORMANCE competition

MK1; Crosbee was clear but a fifty put Pigdon into 15th place. Bowman and Smith failed to qualify in the C2 class.

On finals day we had an excellent days racing Paul Ratcliffe taking the Gold, four seconds in front of 2nd placed Fedja Marusic of Slovenia. Rachel Crosbee took the Bronze Medal less than one second behind 2nd placed Marcela Sadilova of the Czech Republic. Campbell Walsh finished the day in 12th position, a good debut into World Class canoeing.

For the latest results and information on Canoe Slalom visit our website: http://www.canoeslalom.freeserve.co.uk

Marathon World Cup 1 - Pavia

The European Marathon Championships had been held on the river Ticino at Pavia in 1997 but this year water levels were much higher. This led to much pre race discussion of the best routes on the upstream sections. In the event the 3 lap, 30km senior course took over 2 1/2 hours for the men's K1s and nearly 3 hours for the C1s. The Juniors raced 22km over 2 laps taking nearly 2 hours for the boys K1s.

James Block was in the leading three K1s for the first 21km but then got boxed incoming to the last portage and finished a disappointed 6th. Chris Bland in his first World Cup Marathon made the top 10 finish 1 1/2 minutes further back in 9th place. Danny Golder had a disastrous swim off the start but recovered well to finish nearly half up the field.

Greg Slater and Paul Slater in K2 were up with the leaders for 2 laps. Then the current world champions from Hungary broke away with the Dutch. At the line the British boat was out sprinted by the Danes for 3rd place.

The Women's K2 of Andrea Dalloway and Helen Gilby always looked in control of their race despite Andrea suffering a severely bruised foot following a clash with the Hungarians on the second portage. On the final stretch they dropped the Poles and then did just enough to out sprint the Hungarians to take Gold medal.

There was disappointingly little opposition for the Juniors. Claire Hannon and Jenny Spencer won the K2 with Jenny, Claire and Jo. Bates taking a 1-2-3 in the K1. Nathan Johnson and Tim Sowry were 2nd to the South Africans in K2 with Ed McKeever and Ali Rosier taking 3rd. In the K1 race the South African won by nearly 6 minutes from a Belgium with Scott Kemper out sprinting Owen Peake for 3rd place.

Marathon World Cup II,

19/20.6.99 Tyn, Czech Republic

As is now usual at World Cup races, all the singles were on the Saturday and the doubles on the Sunday. There were 37 boats on the Men's K1 start including three of the four from last year's World Championships ñ only Ivan Lawler was missing through illness. Conor Holmes lead off the start with James Block and Daniel Golder both well placed. World silver medallist Thor Nielson of Denmark was near the back until the washes had calmed down, then he worked his way to the front to take control of the race. Conor and James were always in the leading group but could not get passed the Dane on the final sprint. James was particularly pleased with his 3rd place after a disappointing 6th in Italy.

Only six seconds separated the first seven boats with Daniel Golder having a superb race to finish 8th just 16 seconds off the pace and 10 seconds behind the World bronze medallist.

In the Women's race it was left to Alison Thorogood to bring home the points for G.B. after Sonja Bapty retired with a reaccurrance of an old back injury.

James Lee had his usual steady race to take 4th place behind two Slovaks and a Czech in the C1 class.

With Juniors on sprint duty at the Bochum regatta there were some new faces in the Junior Men K1 race. Andrew Kelly had a dream start to his international career taking 3rd place with Simon Fennemore 7th.

Jo Bates in the Junior Women K1 event broke clear with a Czech girl early in the race but then dropped her to win in style by 15 seconds.

In Men's K2 the leading group was still 22 boats strong at the first turn after 6km. However some unconventional steering at the turn reduced it to 4th the Hungarian world champions the Dutch who had won at W.C.I. in Italy, a second Hungarian boat and Greg and Paul Slater. This

WORLD CLASS PERFORMANCE

competition

WORLD CLASS PERFORMANCE PLAN

group stayed clear throughout the race and with 6km to go Slater/Slater was feeling strong and well placed on the vee wash. They then caught their rudder on a string of buoys, lost 100m and despite a valiant effort could never catch up again, finishing 4th as in Italy. Meanwhile Joel Wilson and new partner Chris Bland were leading the second group to finish 6th.

In the Women's K2 race there was also a leading group of four until Andrea Calloway and Helen Gilby decided to up the pace and drop the others on the final lap. They finished a full minute clear. Lucy Hardy and Beth Campbell had their best international K2 race yet finishing strongly in 6th place.

The Junior Men of Ed. McKeever and Alistair Rosier had been 3rd in Italy. Here they stayed in a group of seven until the last 6km. Then breaking away with the Danes and Hungarians they lead out of the final portage but could not match the Danes finishing speed, taking 2nd place.

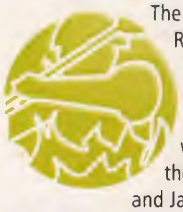
Junior International Regatta

Bochum

The up and coming stars of the future were also racing over this popular June weekend at the Junior International Regatta in Bochum. Richard Darby-Dowman was the highest placed British athlete over the weekend finishing in 4th place in the K1 1000m event.

Wild Water Racing

Pre World Championships



The Pre-World Championships in Wild Water Racing took place from 21/24 May 1999 in Treignac, France.16 Nations took part with the Men's K1 event attracting 42 entries. The French River provided a long and tiring race with British paddlers finishing in the middle of the results table with Ian Tordoff in 13th place and Jamie Christie and Fraser Gormal in 24th and 27th respectively. Martyn Steele in his first major international as a senior put in a good performance to finish in 33rd place.

In the Ladies K1 event Cynthia Berry's 10th and Debbie Hales' 14th positions placed them in the middle of the table. The C2 crews of Lee/Pearton and Walling/Walling finished in 8th and 10th places. The strongest British performance came from Rob Pumphrey in the C1 event who finished in 5th place.

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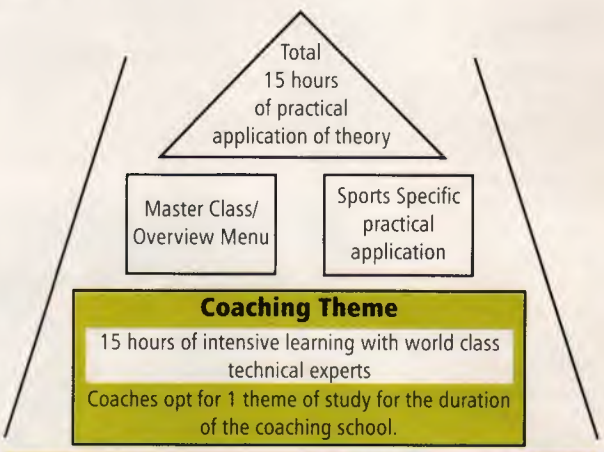
For further information and booking, please contact The National Coaching Foundation, 114 Cardigan Road, Headingley, Leeds LS6 3BJ Tel: 0113 274 4802. Fax: 0113 275 5019 E-mail:coaching@ncf.org.uk http://www.ncf.org.uk



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Will my membership make a difference?

Yes, with every new member the voice of the BCU is stronger in representing its member's interest. This includes working with Government, national bodies and riparian interests to secure more access to our waterways and representing the paddlers interests abroad through the International Canoe Federation and the European Canoe Association.

How do I find out more?

To find out more about our wonderful sport or to become a member of the BCU, please get in touch at: The British Canoe Union
John Dudderidge House, Adbolton Lane,
West Bridgford, Nottingham NG2 5AS
Tel: 0115 982 1100 Fax: 0115 982 1797
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MORE MEDALS

BUSA COMPETITION canoe polo

PADDLE SPORT

For three years now, I've been playing canoe polo for the University of London. While competing in National League division 4 throughout the winter, we really look forward to the first weekend in May when the British University Sports Association (BUSA) championships are held. In the past few years, I've seen the popularity and quality of the game within the universities increase tremendously and this year was no exception.

With the support for the second year of Paddlesport and Halifax for their fifth year, the competition returned to Compton Verney for a top weekend. Like all sports, there were a variety of objectives for the weekend with some seasoned campaigners and others there for their first time. Due to the transient nature of university clubs and more and more students penetrating into the higher Divisions of the National League, you never know who will be the teams to beat. For example, London had rebuilt over the past year having lost several key players. Four new faces came into the team, three of whom had only been paddling for a year.

This year several teams looked strong on the first day of competition. Newcastle, Nottingham and Cambridge showed that they meant business while Loughborough and Bristol showed why you never discount them. In the Ladies League, Loughborough, Cambridge, Sunderland and Newcastle looked to be the main contenders.

The barbeque on Saturday night saw the competition transferred from the pitch to the bar with just as much emphasis regarding each university's pride. The championships, like many of the summer competitions are one of the few times that we all get together and it was a great night to catch up, even if you can't remember each others names!

Sunday arrived and nursing hangovers, it was time to settle any of Saturday nights debates on the water. Now moving into a knock-out format, the open league was reduced from 24 down to 4. Loughborough met Bristol in a bruising first semi-final. It was Bristol who dominated early and scored first, somewhat against expectations. While Loughborough seemed to still have their minds in the bar. However, as the game entered its second half Loughborough assumed control equalising and then going on to score again for a well deserved win. In the second semi-final, London met Cambridge for the second time that weekend and fourth time this year. The wins were in Cambridge's favour although we had secure the most recent. At full time the scores were level at 1-1. We had dominated possession but just couldn't score (how often have you heard that before!). Deep into extra time a steal and an open goal presented us with a path to the final. So, for the second year running it was Loughborough versus London in the Open Final.

In the Ladies' League, Loughborough met Sunderland in the final. In a tense tussle the final score was 2 - 2, early into 'infinite golden goal extra time' Sunderland emerged victorious scoring that illusive golden goal. Leeds secured Bronze. The Open final was somewhat of an anticlimax after the two semi-finals and the ladies' final. Loughborough having dominated the university competitions for several years now were favourites and rightly so. They found form just as the match schedule was starting to take its toll on us. Even with the strong crowd support for us as the underdogs, we had no answer as they charged at us from the start. By the final whistle they had run out winners 7-0. 1997 Silver Medallists, Bristol defeated Cambridge in the Bronze medal play off.

In the last two years, the facilities at Compton Verney have also allowed there to be a B team competition which gives the opportunity for newer club members to have a taste of competition and an excuse to come and join in the fun of the weekend. This year Newcastle B were victorious.

As with the majority of university sports the priority is participation. It is a credit to Dave Maton and his team of organisers from Loughborough that the championships happen and have become such a success as shown by how many teams return every year. More and more teams are competing all the time, whether aiming for the top or just to have a laugh and catch up with friends. The quality of the games each year has improved tremendously and with recent efforts the refereeing standard has also lifted. All this points to a bright future for University Polo.

Who are BUSA?

The British University Sports Association. The history of an organisation that administers university sport dates back to 1919. Since the early days of seven universities, they have expanded to encompass 146 UK higher education institutions. They now administer 62 disciplines in 44 different sports. They aim to be....

1) "The number one provider of competitive sporting opportunities for University Students"
2) "To be the voice of student sport"
3) "To be the first choice partner for all other bodies with an interest in Student Sport"

BCU / SASA Courses

The BCU Coaching Department inconjunction with the Student Activities Safety Association (SASA) have, over the last two years, provided training opportunities for Students to help support club activities. To date they have run two training camps based in Scotland and a Safety and Good Practice seminar held at Holme Pierrepont in Nottingham.

Both the BCU and SASA are keen to further promote Canoeing as a Student activity and are keen to encourage greater attendence at their events. A further Safety and Good Practice seminar is planned for October 23 / 24th of this year along with a Surf training camp the weekend of 16th / 17th October. River Running training camps in Scotland and possibly the Alps are planned for 2000.

The Safety and Good practice Seminar is aimed at Students responsible for club events and club trips. The programme for the weekend is a mix of presentations, discussions groups and practical sessions.

The cost of these events are kept to a minimum and are often covered by your University Sports Union. For further information please contact Yvonne Froggatt at the BCU Office in Nottingham.

COMPETITION

BUSA slalom

Before I went to university I paddled a bit, but had always said I'd never do competitive canoeing. Canoeing is a recreation, not a sport, I thought. A while later I became the university club captain (in charge of the competitive side of the club). I knew very little about competing at the time. I took up polo, learned to stay stable in a K1, tried a whitewater race and eventually came round to trying slalom (well three in total, in all honesty). Shockingly, this all helped me to become a slightly better paddler, with more confidence and control on whitewater. As a coach, it has also given me more facets of the sport to give people an elementary introduction to.

The BUSA slalom is open to all university students ranked Div. 3 or above and is held in conjunction with a Div. 2 slalom at Nottingham. The team we entered was rather varied in ability: from Lucy (ranked in Prem.) down to me. There was open practice on the Saturday VERY early and then controlled practice afterwards, followed by team runs.

Our first open team came third, which they were rather chuffed about. Our second open team failed to finish due to a swimmer (whoops). As the runs were done in the order from worst to best it was really good to watch the better teams. Their paddling was a far cry from mine, but you can learn a lot from watching.

The individual event was held on Sunday. I tried to get a bit more practice in on the Sunday morning without killing myself. Carrying your boat back up from the bottom of the course almost seems more tiring than the actual run itself! More people turned up to compete in the individual event, and some of them were pretty good paddlers.

Overall, Nottingham and Nottingham Trent universities (not surprisingly) dominated the prize giving. Only one individual medal went to another university (Gwyn Ashcroft from Durham for C1). You would never guess that people who were good at Slalom might choose to go to Nottingham to study so they can train in their spare time.

I was surprised that I actually enjoyed the weekend. It is true that with slalom above Div. 3 you do end up sitting around for most of the day unless you want to practice at the crack of dawn, but you also have a lot of time to chat and meet other people and take some time out to relax (something I don't often do as a medical student).

Chuck, Cambridge

Thanks goes to Dave Maton, Nick Humphries, and the England Canoe Slalom Team and all their helpers (including Dave's Mum) for organising the event.

Slalom Results

Overall

1st	Trent	788
2nd	Nottingham	622
3rd	Cambridge	341
4th	Teeside	218
5th	Loughborough	187

Teams

1st	Nottingham	Patterson, Stott, Baillie	127.87
2nd	Trent	Cardy, Walsh, Blakeman	169.02
3rd	Cambridge	Connoly, Forde, Rawlinson	181.08

K1M

1st	Trent	Walsh	101.05
2nd	Nottingham	Stott	101.76
3rd	Nottingham	Baillie	102.52

K1L

1st	UWIC	Pigdon	109.98
2nd	Trent	Blakeman	110.46
3rd	Trent	Cardy	111.60

C1

1st	Trent	Hamilton	111.51
2nd	Trent	Roden	116.02
3rd	Durham	Ashcroft	143.26

Total Number of entries **43**

So who are BUSA really ?

Well apart from being run by the usual 'General Council'. BUSA is staffed by 10 staff, and the sports are run 5 administrators. As you can appreciate 5 people would struggle to know everything there is to know about 62 disciplines, as a result they are supported primarily sport specific technical committees (STC), and by the university sports federations and university sports officers.

They are primarily financially supported through membership subscriptions, but also receive sponsorship through the Halifax and the Daily Telegraph. Paddlesports encompass both recreational and competitive disciplines, and in particular the British Canoe Union is in the position of having a large spread of members through all interests and discipline areas. Similarly Universities on the whole tend to offer opportunities throughout the entire spectrum of paddlesport disciplines. The BCU has the unenviable task of having to cater for the needs of all parties. In the current climate of budgets, development plans, performance plans, HSE etc, it is difficult to see how student interests can be best catered for all within Universities. Because of the competitive aspect of BUSA, it would be impossible and incorrect for BUSA alone to administer the sport of Canoeing within Universities. It is because of this that a non-discipline specific committee, within the University Structure, focused at supporting the Canoeing activities of universities is required. If you are interested e-mail Dave Maton on: Maton-96@lboro

students freestyle COMPETITION

Another year another campsite located in the middle of nowhere. This was the start of what was to be the fourth Students Freestyle event. The weekend began on the Friday with minibuses full of students arriving throughout the night. On arrival they were directed to the Marquee where the traditional late night drinking session was taking place. An early start at the Holme Pierrepont slalom course began Saturday's antics with everyone struggling to arrive by 10am to see what the 'river skills' event would entail. The night's excesses had taken their toll and only the most dedicated of boaters made it to the water for an early practice. This year's event was a little different to usual, as it was running on the same weekend as the Hurley selections event. This meant that top few student paddlers wouldn't clean up all the top places, as they would be busy elsewhere, resulting in a much more competitive event.

More difficult than intended

The river skills course was made up of a good variety of moves, wave surfing and spinning, eddy attainment and even a bit of vertical action. Although the course proved to be a little more difficult than intended, with even the best paddlers missing a number of moves. Scores from the river skills classified paddlers into Novice, Intermediate or Expert heats. The second half of Saturday saw the men's K1 heats that taking place in the looping pool. The paddling saw varying amounts surfing, spinning and cartwheeling, not to mention some dubious old school moves. This brought the first days paddling to an end and everyone was then faced with the task of finding the campsite again.

Saturday night saw more late night drinking and dancing to what had to be the most comprehensive collection of cheesy tunes and one hit wonders. Further entertainment was provided by those who had drunk a little too much such as one of the event organisers (you know who you are!).

Well-organised boat sharing

Sunday's paddling saw the finals for all disciplines, with the greatest entertainment being provided by the Duo event. Well-organised boat sharing saw about fifteen teams competing at the looping pool, teams were knocked out until only a few were left. These teams were then moved down to the muncher were the fun began. The final saw plenty of 360's, hand surfing and some rather good rolling.

The majority of the finals took place on the second wave down on the course. The Durham guys in their own design 'Jedi' boat dominated the C1 final. They demonstrated their boats worth by putting on a performance of spinning, multiple point cartwheels and even wavewheels to claim joint victory.

The men's novice and intermediate finals saw some pretty good paddling with only a few old school moves. As ever the women's event saw some dedicated paddling with major crowd encouragement. Every trick in the book was used to try and impress the judges, with some working better than others.

The men's expert final finished off the weekends paddling. This took place between the looping pool and the muncher. As expected the standard was good and everyone else was shown how it should be done. Half of the competitors were knocked out here with the rest getting to strut their stuff down to the muncher. Finalists were knocked out one by one until there were only two who ended up sharing the top title. All that was left to do was give everyone their moment of glory in the prize giving, and thank the BCU lifeguards, the judges and everyone else who helped make the event such a success.

Results

Womens
1st Clare James, Aberdeen Uni

Men's Novice
1st Peter Beatty, Aberdeen Uni

Men's Intermediate
1st Louis, Sheep Shaggers Uni

Men's Expert
1st Mark Robertson, Loughborough
= 1st Mathew Cooke, Heswall College

Squirt
1st Fran

C1
1st Gwyn Ashcroft, Durham
=1st Martin du Toit, Durham

Duo
1st Jeff Fettish/Blag, Leeds

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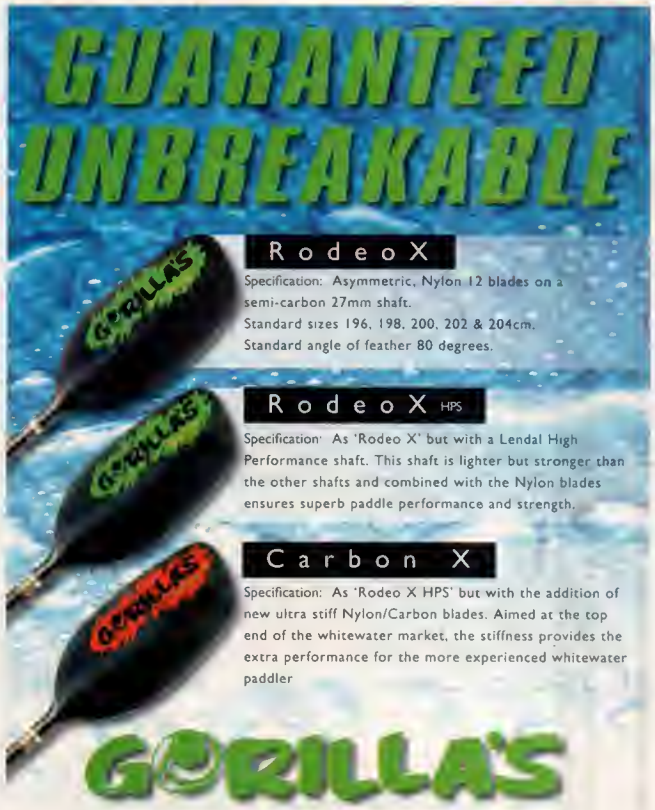

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MORE MEDALS

WILD WATER RACING

wild water world cup

Results of the Junior WWR PreWorlds. (A full report of the event will be in the next issue of Canoe Focus)

Men's K1
1st.
Carl Barnes, NZL
2nd.
Markine Boucqviauk, Bel
3rd.
Yann Neime, FRA
19th.
Tim Mumford, GBR
29th.
Andrew Bolton, GBR
31st.
Oliver Cunningham, GBR

Women's K1
1st.
Margherita Boeri, ITA
2nd.
Elena Taffini, ITA
3rd.
Liesbeth Hofmans, BEL
5th.
Liz Holmes, GBR
11th.
Nicola Mcgee, GBR
15th.
Mary-Jean Smith, GBR

Men's Team
1st. Nieme/ Pare/Marie, FRA
2nd. Marai/Zardini/ Tomasucci, ITA
3rd. Andree/Hoff/ Wagner, GER
8th. Cunningham/ Mumford/Bolton, GBR

Women's Team
1st. Boeri/Taffini/ Gambon, ITA
2nd. Heidrich/Pffenholz/ Hirzmann, GER
3rd. Smith/Mcgee/ Holmes GBR

A big Thankyou goes to Graham Froggett, Jamie Christie, Chris Bolton, Paul Anderson and Mrs Smith, who all made the trip successful.

1999, New Zealand

February saw a small team depart from a wet cold British winter, for the '99 World Cup in the height of New Zealand's Summer.

The World Cup Series was to be held at three choice locations on the sub tropical Islands of New Zealand. A country which is renowned for it's excellent White Water, was unfortunately suffering a major drought.

The first races in the Taupo Region saw low water on Race 1 on the Tongario and Large water on the Dam release Waikato.

The highlights of the first two races for the British were 13th for Men's K1 Ian Tordoff, with the rapidly improving Peter Kieron close behind. In C1 Rob Pumphrey and Paul Anderson were 9th and 10th respectively and Cynthia Berry 11th in the Ladies event. The C2 of Warne and Redshaw took a Bronze medal in the sprint. The second leg of the event was in the rather strange town of Murchison on the river Buller. This town was like something out of a western movie. The river had been running at 1300m³ only five months before. For the World Cup it could manage on 26m³. Low rivers were nothing new for the British competitors who had their boats well protected on the ends. Men's K1's John Royle and Simon Wright had good runs in this very competitive field finishing behind Ian Tordoff in 13th place. Rob Pumphrey in C1 began to pick off the opposition race by race. The C2 of Warne and Redshaw slipped into 5th place, this time missing the medals.

The World Cup Finals were somewhat of a water contrast to the previous offerings. The River Kawarau was deep and fast being fed through a high gorge for the race. This gave violent boils all the way, combined with very large rapids. With paddlers being tested, results varied from other races. Ian Tordoff came 16th in the classic race with Kieron, Royle and Wright all with good performances. Rob Pumphrey in C1 finished 10th only forty seconds behind 'Panato' the three times World Champion. Paul Anderson came 13th, and was pleased to complete this course which pushed him from the start. In the ladies sprint, world number 1 and 2 paddlers didn't even get past the first rapid rightly named roaring Meg. This rapid was to take many Casualties. A late appearance by a very ill Warne and Redshaw secured them a world cup ranking of 5th. Cynthia gave an excellent final performance to finish 10th and only 30 seconds off the World Champion 'Brokof' with the World Cup over, to the Airport, to return to the wind, rain and snow of Britain.

By Paul Anderson.

Results

K1 Men
1st Florian Wohers (GER)
13th Ian Tordoff (GBR)
25th Peter Kieron (GBR)
34th John Royle (GBR)
36th Simon Wright (GBR)

C1 Men
1st Vladi Pananto (ITA)
10th Rob Pumphry (GBR)
13th Paul Anderson (GBR)

C2 Men
1st Vala / Slucic (SVK)
5th Warne/Redshaw (GBR)

Ladie's K1
1st Sabine Eichenberger (SUI)
11th Cynthia Berry (GBR)

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We'd like to congratulate TeamXtreme paddlers Andy Stuart and Bob Campbell, 1999 GB Freestyle Champions in Men's K1 and Men's Squirt respectively.

We'd also like to thank all the TeamXtreme paddlers who made the GB Team for the World's in December:

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MORE PEOPLE

news & info

Have you noticed those rivers in the BCU Yearbook shown with no Local Access Officer? Are any of those rivers local to your canoe club? If so, can you or a member of your club volunteer to fill the gap? No one will know such rivers better! Inland and coastal access work has now been brought together within a single access team, made up of local access officers and coastal access officers; it is planned to provide coastal access officer coverage for the whole of the English coastline. If your bit of coast does not have a coastal access officer, please think about volunteering. Please contact your Regional Access Officer, who will greatly welcome your help and will be able to tell you more about what needs to be done and to make arrangements for providing you with the necessary training.

Information

Everyone who canoes can help the work of the BCU voluntary access team. Most obviously you can help by seeking information well in advance of when it is needed and by not telephoning at meal times or after 9pm. You can also help by reporting any problems you encounter to the Local Access Officer.

Law Change

As you know it is BCU policy to seek changes in the law so as to provide canoeists with a fairer share of access to water. Apart from being clear what law changes we want, we also need to show that changes are needed. The present and previous Governments both say that the answer is to get more access agreements. This is not working yet; therefore, to prove that a law change is still needed we will have to produce a comprehensive list of where we have tried and failed and what the obstacles have been. Please provide information to your Regional Access Officer or to the Development Service at the BCU office to help us build up our case.

Agreements

Following on from the Law Change paragraph above, it is important to appreciate that we have to put forward a balanced argument. To do this we need to know about all access agreements, whether national or purely local and whether they are for all BCU members or perhaps just a single club or group. Even if it were an informal or unwritten agreement or arrangement, we would still like to be told about it. We need to find out the length of river concerned, when canoeing is permitted and if there is any restriction on numbers paddling. Please send details to your Regional Access Officer or to the Development Service at the BCU office.

Communication

The annual Eastern Region Canoeing Day organised by Terry and Lesley Quinlan on 18 June was another very enjoyable day featuring tasters, lifeguards, instruction, racing and touring plus an excellent all day barbecue run by Sudbury Canoe Club. In the afternoon there was the opportunity to attend coaching and access get-togethers. A matter of great concern was poor communication. The problem is well understood by the central BCU and efforts are ongoing to make things better. A total communication strategy is in the process of being drawn up, including full consideration of new electronic methods. An additional important point is that communication is a two-way affair. The centre must communicate with members and clubs; however, for the centre to operate in the best interests of members and clubs then good and frequent communication from them to the centre is just as important. Communication is not just what someone else does!

AGLG Access Guide

By the time you read this, the Access Guide prepared by the Angling and Canoeing Liaison Group will have had its public launch. The Environment Agency chairs and provides the secretariat for the ACLG and has committed a significant resource in both money and staff time to bring the guide to fruition. We are also grateful for the positive input from the Country Landowners Association. The Guide has been designed to make life easier for those who are involved in negotiating agreements. Hopefully it will also lead to more riparian owners being willing to consider agreements. Copies will be available from the BCU Development Service at the BCU office for anyone who is trying to promote a canoe access agreement.

Access Team Amendments

The new Regional Access Officer for the East Midlands is **Ian Bunce, 11 Charingworth Road, Oakwood, Derby, CE2 2QD**. On the Tees Adam Hearn now covers High Force to Barnard Castle. Alistair Rowell looks after Barnard Castle to Darlington; he can be contacted at **31 Sandrigg, Darlington, DL3 0TY.** Don Raspin is the man for Darlington to the Tees Barrage. The Northumberland Derwent has a new access officer, **Gary Alderson, 13 Lambton Avenue, Delves Lane, Consett, DH8 7JE.** Richard Seaby has taken the Hampshire Avon from Fordingbridge to the sea, his address is **74 Plantation Drive, Walkford, Christchurch, BH23 5SQ.** Ian Needham is now access officer for the Wharfe from Linton to Barden Bridge; **his address is 22 Prince Henry Road, Otley, Leeds, LS21 2BE.** East Anglia has its coastal access officers in place; the Essex coast is covered by **Ron Hodgeson,c/o Thames Young Mariners, Windmill Lane, Cheshunt, Herts, EN8 9AJ;** the Norfolk and Suffolk coasts are being looked after by **Arthur Watts, 3 Barleycroft, Hemsby, Great Yarmouth NR29 4NS.** A warm welcome to all these new access team members; please give them your support.

Right to Roam Bill

The BCU has made a series of submissions in relation to the Access to Open Countryside consultation and the Right to Roam Bill. This was a private member's Bill introduced by Gordon Prentice MP. This was withdrawn following its second reading on 25 March against the background that on 8 March the Government announced plans to legislate on access itself. The present Government commitment is limited to a statutory right of access on foot to mountain, moor, heath and down. The Minister Alan Meale MP wrote to the BCU on 16 June and has told us that the Countryside Agency, the Countryside Council for Wales and the Forestry Commission have been asked to consider extending access to foreshore, cliff, woodland and forestry, and river and canal bank. He goes on to say that the above Agencies will wish to take into account access for other types of recreation in the countryside, such as those using boats cycles or horses. We will keep up the pressure and keep you informed.

Partnership with British Waterways

The BCU attended the London launch of the British Waterways consultation document "Partnership with People". The Government has recognised the importance of safeguarding the waterways heritage managed by British Waterways and is providing and extra £8 million per annum so that the backlog of maintenance work can be cleared. However, to meet their full programme they will need to raise extra funds from other sources. Consideration is being given to a membership scheme similar to the National Trust and also to the setting up of an associated charitable trust. Responses to the consultation document must be in to them by 19 November 1999. The document can be obtained by attending one of their local launches (details from your BW area office) or by contacting **British Waterways at Willow Grange, Church Road, Watford WD1 3DW, tel 01923 226422, fax 01923 201400.** ●

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Wooden

Ford Great Lakeland

It was quite a sight and a great feeling too. After a year's preparation we were at the start, amongst 23 other canoes, waiting to begin one of the UK's most gruelling team sport adventures. A whistle blast, the flag dropped, the Wooden Spoon Society Ford Great Lakeland Challenge 1999 was underway.

A 10-mile paddle up Windermere lay ahead, followed by a 26-mile cycle, easy, until you realise the route takes you over Wrynose and Hardknott Passes, and a 3,208ft, eight mile run over Scafell Pike. The longest lake, the steepest passes and the highest mountain in the country combine to create the most rigorous and beautiful three discipline event for a team of four including a driver. However, completing the course is only part of the story. The Challenge was invented by Wooden Spoon Society, a national charity which funds projects to benefit disabled and disadvantaged youngsters and in order to start the event, each team had a minimum target of £3,000 to raise in sponsorship.

In its third year the event is growing in popularity and the competition is certainly hotting up. After helping on the event for the first two years I decided to enter a team myself. Being local to the Lakes and with some canoeing experience (well quite a lot really - I provided basic canoe training to the past events!) I reckoned we had a good chance of surviving the course. Getting fit, recruiting a team and the none-too-small task of fund-raising seemed to be the main issues.

Fellow team members were easy to find as we had all worked at Lakeside National Centre, which supplies the Canadian canoes and a pre-event training weekend for all teams. As the Centre supported our fundraising efforts we chose 'Lakeside Lemmings' as our team name and hoped with our local knowledge that we wouldn't lose our way and jump off any cliffs! The organisers provided useful hints and tips for securing sponsorship and donations, including space on our team vehicle, supplied for the duration of the Challenge by Ford and our clothing, which Carlisle Canoes was eager to claim.

Our rigorous training programme included a dress rehearsal for the event, which could have easily ended our dreams of success. We were fortunately reassured with a time that would have been very respectable in previous years. Detailed plans were made to ensure swift transitions between each of the sections to ensure that we didn't waste anytime and with a few weeks to go our minimum sponsorship was reached. We were as ready as we could be.

Our strategy was to get away smoothly, track the leaders and see how it went. We saw no point in making the running but wanted to stay in touch, near the front. Our training times showed it would be hard competing with the fastest teams, but we hoped for two hours on the canoe section. I love it when a plan comes together! A clean start was followed by steady progress in the leading bunch of six canoes. Places were traded as slower starters got into their stride while others tired towards the end of what many teams had previously referred to as the 'easier' section.

Supporters shouted encouragement from the shore, alongside which the canoes streamed their way into the stunning scenery of the Lake District Fells. Occasional glimpses of sun glinted off the bright aluminium of the canoes. Paddles dipped rhythmically and strongly, mostly in time with each other. Some canoes veered, their crews pausing for a stretch. Brows perspired and fluids were consumed to stay hydrated for the entire event, which was to take one team ten of the maximum twelve hours. Banter was exchanged as some canoes got close. The section finish loomed and it was time to stretch and be ready to jump out at the beach and carry the canoe to the transition area without falling over.

Our canoeing placed us in 5th position, with a very pleasing time of 1hr 57min ensuring that we weren't far behind the leading teams. We now hoped to take advantage of training on the right terrain unlike some of the teams who had travelled from all over the country. Five minutes was all it took for us to transform ourselves into cyclists and we were soon belting along the lanes approaching the passes.

Wrynose is a long grinding ascent that steepens towards the top. Hardknott is steepest at the bottom and not so long but both are 1 in 3 at times needing low gearing as well as strength and endurance to get up in reasonable time and shape. Descending requires good brakes, strong hands, iron nerve and providing you're confident, is rather exhilarating! Consistently doing 20+ mph for distances along the undulating stretches of the route felt

Above: Lakeside Lemmings, Cycle Bowl winners.

Spoon Society Challenge 1999

fantastic and, as we reached the last transition, we had not been overtaken and were fairly sure we had caught at least one team.

Another five-minute changeover and we were onto the mountain section with the brutal ascent of Scafell Pike. We caught one team but were overtaken by another. Navigating over the tops in the cloud created a real challenge for some teams, but we knew the way well and were soon descending the loose blocks of Rhossett Ghyll.

Our overall time of 6 hours 44 minutes was impressive enough to place us in 5th position overall and back at our base, the Langdale Hotel and Country Club, we were delighted to find we had won the Cycling Bowl.

23 teams started - and finished. Most previous records were shattered, including the total event time from which one hour was sliced by Newcastle's Weardale Warriors, also winners in 1998. Everyone had a great time including the organisers and marshals who without doubt created one of the best organised and least intrusive Lakeland events, with changeovers handled on private land and navigational skills rather than signs and markers leading the way home. Most importantly over £83,000 was raised for the Wooden Spoon Society, which will contribute to a range of projects throughout the country.

As word spreads about this and other Wooden Spoon challenges, demand for team places grows. Next year's Wooden Spoon Society Ford Great Lakeland Challenge takes place on Friday, 19 May and has been extended to allow 30 teams to participate. Sponsorship targets have been raised to a minimum of £4,000 per team, although as ever it is anticipated that many teams will pledge far in excess.

For further information about taking part in 2000, contact the Challenge Office on 01889 582889.
Media contact - Wooden Spoon Society Ford Great Lakeland Challenge:
Pam Schreier, Primus Marketing Communications.
Tel: 01789 730383.
Fax: 01789 731790.
Email: pams .primus@virgin.net

Main pic: Druid Bechtel, Challenge Bowl winners.

Below: Lakeside Lemmings, Cycle Bowl winners.

Lakeside Lemmings
Keith, a professional in outdoor education and training, has been a paddler for 20 years, instructed for the last 15 and is a Level 5 Coach. Ian Nicol is a newly qualified primary teacher. Paddler for 5 years and Level 2 Coach. James Bumby is an outdoor education and training tutor with just over a year's paddling experience. Team driver, Ann Morris is a primary teacher (and sports enthusiast) so was great at being organised to get the changeovers running smoothly.

The Wooden Spoon Society was formed in Dublin in 1983 when a group of English Rugby supporters were presented with a wooden spoon by their Irish hosts, symbolic of England coming last in the annual Five Nations Rugby Championship. The Charity raises an average of £20,000 per week and has around 5,000 members based in 17 national and regional committees throughout the UK, each raising money from events for projects that help the Society live up to its motto: 'Wooden Spoon Stirs Smiles'.

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Acrobat 300, £275 ono. Rotobat full ww spec £180 ono. Dawson bouyancy aid, worn once £20. Ring Simon on 01653 698501

Acrobat 300, ww spec, Yellow multi-coloured. Manchester area will deliver. £250 or swop for Supersport. Call John on 0161 3368285

Aeroquatic Mk 1 (Noah), red, in good condition, £230 ono. Call Chris on 01875 340845 (near Edinburgh)

Alien, Surely the fastest flat spinner in the known universe? 5 months old in VGC (mainly used in surf, ideal vessel for showing up boardies! Please buy me I need a good home so that my old owner can afford to go to the Alps. £450 but open to a bit of old haggling! Can deliver/post. Tel:Mark B 0777 5508422 or Email: mark@michaelschmidt.co.uk

Alien (prijon), one year old good condition extra airbag, red £400 contact Frank Watford 01923 210350. A wave sports Godzilla only used for two weeks excellent ww / playboat. Makes paddling big rivers easy. Colour: black/purple/white £500 contact Frank Watford 01923 210350

15 foot Aluminium Canadian Canoe, and paddles, £550 ono. Poss PX foe Kayak!! Tel: Frank on 0151 3348947

Bigfoot Shred Squirt Kayak, green and purple marble effect, suit 5'8i, 10 5 stone paddler, spraydeck included £110 Tel:Paignton: 01803 698308 ask for James.

Blenheim, 17ft racing kayak with rudder, £180 ono Tel: 01706 372621 (evenings)
C2 Slalom, very stable - ideal for beginners £75 Tel Jo - 0402 399921 or 01344 883647 or Heidi on 01773 747296

Canoe sport carbon wing, for marathon paddling split adjustable shaft as new £120 call Liam 01745 854733

Canoe Trailer, double axle with lights 100ft≥ of storage space with racks of 2 rows of canoes above, £500 ono. Tel: Lincoln 01522 540135.

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Coleman Open Canadian, 13ft (short version) GC, 2 p&h paddles £150 Derby 01332 973789.

Coleman 13ft, good condition, blue with watertight container £350 Phone Southhampton 01703 421247

Coleman 17ft, old tirbo and patched but watertight, good for gentle paddling or a final Exe Descent trip £50 phone Southampton 01703 421247

Conquest, Eurokayak, General purpose boat In reasonable condition. Good beginners boat. £125 ono. Spray deck £20 ono Contact Maggie on 0181 5205202

Creek 280, purple, full plate foot rest, neoprene deck, rubber grab loops, good condition £290. North Shore Delta - Basic model, 10k, back rest and foot rest Slalom boat £60. Tel: 01494 758563 (Bucks) eve.

Dagger Freefall LT, multi-coloured red/black, still in wrapper as surplus to requirement - £400 Tel:Andrew 01785 246864 (Stafford, West Mids)

Dagger Freefall LT, neoprene deck, helmet, paddle, bouyancy Aid. All in good condition, bargain £260 ono. Please phone 01222 689008

Dagger Gradient, Creek boat, used only a few times, as new £450 ono. K2 Ginsu Snowboard with K2 mid cut binding. Very good condition. £350 ono. Tel: 01934 518505 or 0403 465338 email: 106273.114@compuserve.com

Dagger Redline, Excellent condition, Red and Yellow colour scheme, nose cones £450 ono. Call Chris on 07711 661148 or 01822 614046.

Dagger Reflection 15, Open Canoe, airbags, dark green, new used once, cane seats, £750 ono Phone Jeff 0181 6442717 evenings.

Diabolo, Bright red, dull ww spec includes air bags and nose cone, stored under cover £250 Tainton Tel: 01823 77724

Dirty Habits Wave Ski, as new, leash and bum pad £225 Tel: 01637877790

DH three fin wave ski, great condition, £150 includes shipping to Penzance, contact Jo on 01720 422848

Double Dutch Judge K1, carbon kevlar construction, very light weight, VGC, £850 Tel: 0115 9334768

Eskimo Cerro Kayak, coex version, airbags, playboater 'shock' spray deck, Ainsworth k100 207.5R paddle, All unused and as new condition. £425 Ring Jon, evenings 01797 322217 or daytime on 01797 343279

Eskimo Diabolo, Centre Spec in dark blue. Excellent condition £195 Tel: 01226 370509

Eskimo Kendo, black, ww spec. excellent condition, incl. Airbags, spraydeck and Robson paddle. £425 ono Tel:0115 9626408

Eskimo Kendo, excellent condition hardly used, job abroad forces sale, £400 ono Tel: 01229 462329 (cumbria)

Eskimo Kendo, full ww spec, excellent condition. Complete with airbags, neoprene s/deck and Robson paddle. £420 ono Contact Justine 0115 9626408. (Notts)

Eurokayak Cyphur, Very Good Condition, Yellow, f/plate,b/rest, rear drain bung and nose cap £160 ono. Call John on 01527 877009

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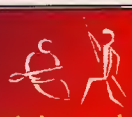

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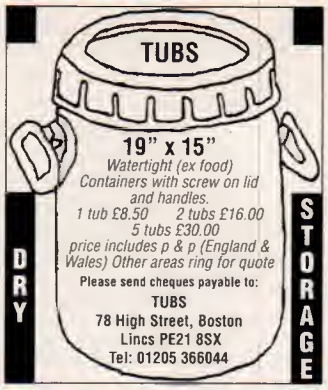

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SLALOM

New Kid On

Name: Campbell Walsh
Age: 21
Born: Glasgow. Lived - Rutherglen, Glasgow till age 18
Job: Student (Graduate June 99) of Mathamatical Physics at Nottingham University.
Sister: Kimberley, also an established Slalom paddler: 3rd Junior World Champs 98.

As most people who are involved at the top level of our sport will tell you the strongest class internationally is the Men's Kayak. Consequently the competition to become part of the team is fierce and team trials always brings it's stories of successes and failures.

Article by Ian Raspin

In April of this year on the site of the 92 Olympics in Spain the story line was no different. With the opportunity to race both the world cup series and World Championships, Britain's best did battle. One individual to come through this ordeal with flying colours was new kid on the block Campbell Walsh. At age 21 it would be unfair to suggest that he wasn't a contender for the team, but with no major successes at national or international level, it probably wasn't a name on the tip of everyone's tongue. However after two outstanding performances, winning the first 2 out of 3 selection races, it maybe it's true to sit up and take note. Ian Raspin talks to Scotland's answer to Paul Ratcliffe about his past, future and his feelings about sitting on the start line of his first ever World Championships.

When and where did you start canoeing and why did you choose to invest your time in Slalom Canoeing?

My initial introduction to canoeing took place at age 8 on a lake in the grounds of Sterling University. My mum who was also a keen sports person enrolled me onto a 1 star course run by Sterling District Council. After a lot of fun, the following year I completed my 2 star as well as joining Bowness Canoe Club. It was around this time that I was introduced to Jonny Brown (father of Britain's C1 paddler Craig Brown) and consequently the C.R Cats Canoe Club. Through Jonny's help and guidance I was firstly introduced to the thrills of white water paddling before then been exposed to the additional challenge of negotiating the slalom gates. At age 11 my appetite for the sport was truly wet when at Tivet Bridge on the River Tweed in Scotland, I came away with first prize in the plastic boat class. At that time the inter club competition in Scotland was rife and this all helped nurture my competitive instinct and perpetuate my interest in the sport.

At what age did you begin to think you might have a future in the sport?

Initially my incentive to go canoeing came simply from the fact that it was fun, but as time went on and I began to see progress my desire to paddle came more and more from the thrill of wanting to do well. In 1991 I was selected for Scotland's U14 team to compete in Spittal Austria. This was my first opportunity to travel and race abroad and as well as being great fun, it was an experience that I found totally absorbing and wanted to do much more of. In the summer of 1995 after winning division one in 94, this wish was granted. I was selected for British Junior Team (U18) to compete in Lipno in Republic of Czechoslovakia. I came away with 9th place and 'my journey' had begun.

In 1995 you moved from Scotland to Nottingham to start University and concentrate on your paddling. Do you feel this significantly helped your development?

When I first arrived in Nottingham and really for the following 2 years although I was very keen, my approach to training was very haphazard. Irrespective of this my ranking improved from bib 26-6 in the Premier division. This was probably due to the fact that I had better and more easily accessible facilities on my door step as well as been surrounded by other dedicated and committed individuals who were keen to do well.

Although your performance since moving to Nottingham has improved significantly, it has only really been in the last 6 to 12 months that you were recognised as a possible team contender. What do you see as the main cause for this?

In 1997 with the introduction of Lottery Funding I was fortunate enough to be named as one of the athletes to be supported through the Scottish Sports Councils World Class Performance program. This not only provided me with the means to travel and train at venues that had previously been out of reach, but also allowed me to source the highest quality coaching in the

SLALOM

THE BLOCK

shape of Jimmy Jayes.

I began working with Jimmy in the winter of 97 and he has provided me with access with access to knowledge and expertise I've never had before. One area of weakness we identified almost immediately was lack of raw strength and consequently over the last 2 years this has been a priority area.

To date your best result at senior level was winning the National Team Selection trials in Spain this May. Do you feel your performance was a reflection of the work you've been doing with Jimmy?

My performance generally over the last 12 months or so has stepped up a level and this has definitely been helped through Jim's guidance. However although I did paddle very well at Selection, I believe the results reflected the degree of perceived pressure each individual put on themselves. I hoped I would make the team , I wasn't really expecting it this year, hence I had quite a relaxed approach to the races and I'm sure this helped. For some of the others however, they were expected to be in the team, which created additional pressure.

As a consequence of your performance in selection you will now represent Great Britain at your first World Championships in Spain in September. How does this make you feel?

I'm exited and very much looking forward to the prospect, but I don't use it as the be all and end all, it is more of a stepping stone for me. Yes I'd love to do well and the fact that I had 2 good races there in May fills me with confidence, but I go with a realistic approach and my goal will be to paddle the best I am capable of. Ideally I would like to make the final. (top 20)

I understand there's rumour of a big Scottish crowd coming out to support the likes of yourself, Mark Delaney and Craig Brown. How does that make you feel?

On one level it will be quite novel and exiting to get a bit of the superstar treatment, but on the other hand, I'm sure their expectations will stir some anxiety.

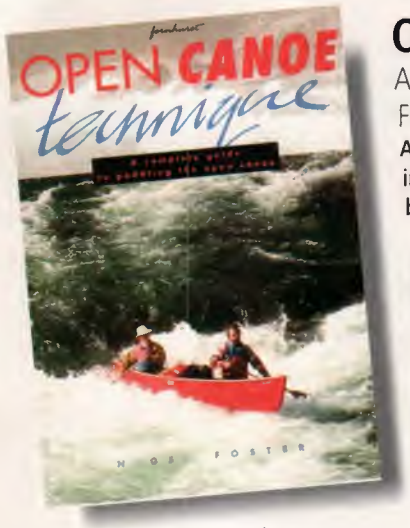
In June of this year you completed your studies at Nottingham University and now intend to train full time. What are your aspirations in the coming year?

My biggest goal is to be selected for the 2000 Games in Sydney. Having now finished college this will enable me to channel all my energies to this end and as part of this process I intend to spend the majority of this winter down in Sydney training on the Olympic site. Admittedly with a maximum of only 2 boats going to the Olympics in the Men's Kayak Class, competition will be fierce, but if I'm unsuccessful this time, I have every intention of making sure I'm there in 2004.

Finally, what has been the most significant factor in your progress so far?

There has been many over the years that have contributed to my development, but definitely the most important has got to have been my parents early on and still to some degree now. Without them I would never have set foot in a canoe, never mind succeeded in the struggle to make it up the divisional system and into the national team. Although they don't play such a major role now in my sporting endeavours, they will always be on the bank of all the major races offering me the same encouragement now as they did in the early days.

BOOK & VIDEO reviews



Open Canoe Technique

Author: Nigel Foster

Fernhurst: ISBN 1-898660-26-3

Another edition to the Fernhurst collection, Foster combines reasonable text, photo - sequences and sketches in this broad based book. Aimed at three specific groups; beginner, advanced and Instructor - I found the book a useful addition to my collection, with lots of thought provoking questions needing answers.

As a 'General Introductory book', Foster dips into almost every aspect of Open Boating - from Journeying (good emphasis on environment) poling, sailing, camping, to specialist boat rolls and strokes.

As an 'Advanced Text', it lacks 'technical bite' and misled me a couple of times with mismatched photos and text. In gaining clarity in the photos, it seems that Foster performed many strokes 'in situ', thus giving a false impression of how they really look whilst on the move. (ie - a J stroke, with the paddle rotated to 180 degrees - thumb right down - ouch!)

As an Instructor's book, it gave me a few things to try out, I wished that all strokes had photos to clarify the text. By no means a definitive text, Open Canoe Technique is a reasonable buy at £11.95

Reviewed by Ash St. John-Claire.

The Seamanship Pocketbook (Waterproof)

Presda Press

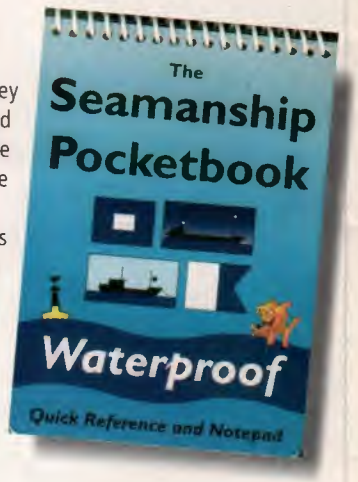
'A must for anyone going to sea in a small boat.'

This reference/note pad is split into 10 sections Planning, Weather, Rules of the Road, Lights and shapes, Buoyage, Port Entry lights, Signals, VHF Radio, Distress and note pad.

The booklet measures 15x10.5cm and is filled with useful / interesting information that a small boat user might find useful to be-able to recall. Although 'small craft give way to large craft' is fairly obvious when confronted by Stenas' High speed Cat outside Holyhead harbour.

The booklet is aimed at small craft users although it wouldn't go a miss in a sea kayakers information draw. The buoyage / weather charts and note pad being particularly useful along with the VHF procedures, as pointed out some of these procedures may change in the future.

My only criticism is the thickness of the waterproof paper used. It is quite thin and with cold hands it could be difficult to separate the pages especially if they get damp or wet. I have a note pad made from the same paper and the laws of physics take over when the paper is wet and it is extremely difficult to separate the sheets. It is very important that the sheets are dried thoroughly as well as they tend to glue themselves together. If this happened I would be interested to see if the text and colour could survive the separation process.



However, that having been said, I will certainly be adding this to my 24 foot yacht and expedition kit.

The Seamanship Pocket book is published by Presda Press in association with Pyranha Mouldings Ltd at a R.R.P of £7.50.

More access Blakeney

Along the North Norfolk coast and in the Wash, colonies of Common seals have always been present along with a few Grey Atlantic seals. Numbering several hundreds at times they haul out on the sandbanks by Blakeney Point to Sun themselves, sleep and pup. Common seals pup in June, Grey seals in the Winter. Lolling about on the banks they are indeed an appealing sight for the families who have paid the boatmen to take them out to see the seals. These creatures have become accustomed to boatloads of people close to their rookeries, and pay little attention to them or the windsurfers and sailors. However if a canoe or kayak approaches a little too close, the whole herd, unable to contain their curiosity will hump rapidly down the sandbanks into the sea and out for a proper look. Once around you they play hide and seek, dipping under the boats and nibbling toggles and rudders and staring up at you with those big dark eyes. If you stop paddling they will lose interest and go, but keep paddling and they will follow.

This is fine for us, but of course spoils things for the people who have paid the boatmen to bring them out to see the seals basking on the sandbanks. The boatmen naturally take a very dim view of any canoeists or kayakers, and will warn you off in no uncertain terms to keep away. Of course you have as much right to be there as anyone else, and if you are a regular paddler you should be aware that you could be seen as an environmental threat, especially during pupping times.

The whole point is that you don't have to go anywhere near the sandbanks for the seal experience, just paddle in the midstream and they will come and find you, there are always some about in the water.

Recently we tried to get this message out to visiting paddlers through the local press, so as to avoid increasing the confrontations with the boatmen, the press in their wisdom turned the whole thing into a fiasco, giving us bad coverage, depicting us as a bunch of environmental cowboys.

So if you're going to paddle by Blakeney Point, be aware, you may be shouted at and told to keep away etc. but make a note of any bad language or intimidation, get the name of the boat and note the date and time, and let me know.

Better still, pick a lovely spring early morning tide, high about seven, you will probably have it all to yourself, no ski's, no motors, no sad boatmen, no hassle, just a beautiful peaceful paddle and plenty of wildlife, you might see us too.

Dick Foyster

Norfolk Sea Kayak Group

For Fast Active Relief of Stress (Take One)

Carolina

The Carolina is a highly versatile kayak that brings the stable and user friendly styling first used in our extremely popular Acadia to the touring paddler. A long keel line gives great directional stability and speed to the smooth flowing hull, making it ideal for medium distance touring on coastal waters, estuary, lake and river with plenty of stowage space for overnight and weekend trips.

The comfortable and roomy, easy access cockpit with contour moulded seat and adjustable backrest, is suitable for a wide variety of paddler shapes and sizes.

Specification:

User Guide:	Beginner - IntermediateHire
Water Type:	Coastal Sea, Estuary, Lake Touring River (to Grade 2)
Maximum Load:	180 kg
Length:	450 cm
Width:	65 cm
Weight:	22/25 kg
Cockpit:	81 x 45 cm
Colours:	Teal Green, Firecracker, Yellow Granite

Expedition version with rudder shown

The Carolina is available in two outfitting specifications to suit your budget and requirements.

Standard Version: ideal for occasional paddlers, hire companies and teaching groups.

- Superlinear Polyethylene Shell
- Integral moulded seat with backrest
- Adjustable pedal footrests
- Drain plug
- Grab Handles
- Buoyancy blocks
- Mould-In-Graphics

Expedition Version: perfect if you're looking for a few more frills or planning extended or overnight trips. (as standard plus)

- Fore and aft easy seal hatches
- Fore and aft sealed bulkheads
- Deck Storage Elastics

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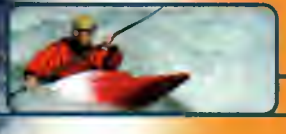

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