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India Expedition

Ratcliffe takes Silver



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Contents

Canoe Focus
The official magazine
of the British Canoe Union
John Dudderidge House, Adbolton Lane,
West Bridgford, Notts NG2 5AS
Tel: (0115) 9821100
Fax: (0115) 9821797
E-mail: info@bcu.org.uk
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: £23.50 basic
£29.00 comprehensive
under 18's: £11.75 basic
£14.50 comprehensive

Publishing Contractors

2b Graphic Design
29 Greenfields, St. Ives,
Cams. PE17 4HB
Tel/Fax: (01480) 465081
ISDN 01480 359956

E-mail: peter@canofocus.co.uk
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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and olympic medals

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COMMENT

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Polo World Championships

On July 23 the Men's Canoe Polo team became World Champions by winning this year's Championships in Brazil, our Women took the Silver medal to underline Britain's status as the number one Canoe Polo nation. The achievements of our Canoe Polo team are even more remarkable, considering their funding position. Sadly, our Canoe Polo team does not enjoy World Class Performance funding and relies solely on the BCU Exchequer Grant and funds raised entirely within the discipline.

Freestyle

Congratulations to the BCU Freestyle Team for the following wonderful medal successes at the Freestyle European Championships in Norway.

Men's K1

Gold Alex Nicks **Bronze** Tom Desbruslais.

Women's K1

Gold Deb Piniger

Men's C1

Gold Ollie Castle **Silver** Stuart Morris **Bronze** Tom Desbruslais

Open C1

Gold Rod Crimes

Junior Men K1

Gold Rod Crimes

BCU Road Show and Developments towards the English Canoe Association

All of the Regional AGM dates are detailed within this edition of Canoe Focus. It is hoped to 'Road Show' developments in respect of the English Canoe Association including the new corporate identity at these meetings. The current plan to be placed before the BCU's October board meeting is to operate two divisions within the current BCU from 1 November 2000. One of these divisions will deal with the English business and be the embryo English Canoe Association. Whilst the other division will concentrate on the British business. This interim step towards creating the two companies, agreed at the BCU AGM in March will enable a final division to occur in a controlled manner and in line with the new BCU development plan 2001 to 2005. Further details will be available from the BCU Office nearer the meeting dates.

Community and Amateur Sports Clubs

An attempt to establish national standards for community and amateur sports clubs is being made in order to tightly define these clubs in law. Setting out a definition would allow such clubs to be recognised by bodies, such as, for example the Charity Commission, the Inland Revenue, the Treasury and Local Authorities, for the purpose of deciding matters such as rate relief.

Slalom Club Series

A new slalom club series has been introduced to enable all Club Members to attend the same event. With low entry fees (£5) for an entire weekend, with team runs (3 boats and an official) on Saturday and individual runs on the Sunday. Coaching can be achieved and newcomers introduced to the sport with ease. So far there has been four events this year with a final weekend round planned at Middleton and Shepperton on October 7 & 8.

A final decision concerning the programme for next year will be made at the BCU Slalom Committee General Meeting in November and this gives clubs the opportunity to ensure that there are some 'mega' Slalom weekends next year.

Facilities Conference

The BCU Facilities Conference will take place on October 11 & 12. Day one will see presentations to Canoeing Partners including Local Authorities and Waterways Companies, BW, Environment Agency etc concerning the opportunities for developing Canoeing facilities. Day two will present an opportunity for clubs currently seeking lottery assistance to attend clinics tailored to examine their specific projects. Any BCU member club who has a current lottery application underway should contact Laura Wood in the BCU Development Department if they wish to attend.

New BCU Environment Book

The BCU have published a new book entitled 'The River and Waterway Environment for Small Boat Users' written Dr Tim Stott. Tim is a keen Canoeist and Senior lecturer in Physical Geography and Outdoor Education in the Department of Science & Outdoor Education at Liverpool John Moores University. He is an environmental scientist with a special interest in rivers.

To be previewed in December's Canoe Focus the book provides an excellent environmental guide for recreational users of Rivers and Inland Waterways. Copies are available from Darren Male., Chair of the BCU Environment Panel, 6 Brick Kiln Lane, Hurley, Atherstone, CV9 2HU priced £15 (including postage) for BCU, SCA, WCA and CANI Members quoting their membership no or for £19.95 (plus £2 p&p) for non members.

Countryside and Rights of Way Bill 2000

The latest situation with regard to the above bill is to be found on page no 12 in this edition of Canoe Focus. Much has been achieved by the Access team in developing a sound political lobby with several MP's and Peers now taking an interest in this important subject. It is vital that this process is maintained. The questionnaire circulated in June and available on the BCU web site and is particularly important to help establish the base data, so please if you haven't already completed one, it's not too late.

Raw deal

The BCU, SCA and WCA are supporting 'Raw Deal' who are a conglomerate of watersports interests who are concerned about the present poor state and bleak future for access to inland water for recreational purposes in the UK. The aim is to raise public awareness at the appalling lack of access. RAW DEAL will demonstrate to Government that their recommended approach of increasing Access in England and Wales, by voluntary means has failed to work and does not provide a framework that can guarantee progress. The desire is to bring the UK access position in line with that which is already in existence in other European Countries.

Paddlesport Review

Agreement has been reached concerning the Paddlesport Review which will take place over a four year period and will be designed to ensure that the BCU Services, Coaching Tests and Awards reflect the current needs of British canoeists. The intention is to involve a research student who will make sure that the review takes into account as many views as is possible, particularly those relating to the grass roots of the sport. Further details will be published in a future edition of Canoe Focus.

Devizes to Westminster

The race is on next year. As well as the usual format, an additional 4 day staged event for Senior Doubles has been added. It is called the DW Endeavour. It is designed for the slower senior doubles crew and the same stopping points as the 4 day event (Newbury, Marlow, Ham) are used.

The challenge is aimed at the paddlers who would be unable to compete in the straight through race, or who currently stop anyway at different stages along the course. A discount on the entry fee is being offered if paid by January 2001. For further information please look at the DW website <http://www.dwrace.org.uk>

Surfers Against Sewage

The BCU Executive Committee has endorsed the campaign of Surfers against Sewage for the cleaning up of our coastal waters.

David Ledger

The BCU sends its best wishes to Canoe Slalom Coach David Ledger who was injured during a recent Canoe Slalom trip to the Danube Cup in Bratislava.

New BCU Membership and Coaching Database

The new BCU database is up and running and is the result of several months of preparation and planning by the BCU General Office and Coaching sections. The new software provides a much more flexible basis for the reporting and manipulation of membership and coaching data.

Chief Executive
Paul Owen

MORE ACTIVITY

NOTICE BOARD

news & info

Appeal for Volunteers

The BCU are appealing for volunteers to record their information leaflets onto Audio tape. They must have a clear speaking voice. For further information please contact

Vera

**Whalley, BCU,
Adbolton Lane,
West Bridgford,
Nottingham,
NG2 5AS Tel:
0115 9821100.**

Palm moves out

As of mid September Palm International will be in official residence at our custom built factory in Clevedon. Finishing touches are now being applied and our offices will make the move during the first two weeks of September with everything else following shortly. Official handover will be from the 11th September, after which all phone calls will be diverted to the new factory.

Therefore all correspondence after 11/9/00 should go to: Palm Equipment International Ltd.

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The new factory will herald a massive turning point for Palm as the extra space and production capability is so badly needed at the moment. It will also see the beginning of Dagger production in the UK. The new oven is nearly complete with production aimed to begin around late September - early October.



Boy Birkbeck breaks America

Junior World Champ and Team D / Palm boater, Mark Birkbeck has done us all proud and taken his maiden US win. Already established on the international freestyle circuit, at just 15 Mark has reached another landmark on the way to becoming a full time pro. He managed to grab gold at the Wausau Freestyle Kayak Championships, Wisconsin, on the 26th/27th August, continuing the form that brought him a hat trick of junior golds at Lofer, Augsburg and Sjoa this summer on the Euro circuit.

All in all this year has seen Mark continue to develop as an athlete, so much so he took 9th

Sports Club of the Year Awards 2000

This is the seventh sports club of the year awards run by the Foundation for Sport and the Arts. First prize for this prestigious award is £10,000, second prize is £4000 and third prize is £1,000. In addition to the prize money, your organisation and winning club will benefit from local and national media attention. If your club wish to be put forward for this prestigious award you must contact **Vera Whalley at the BCU Headquarters by the latest 13th October. Tel: 0115 9821100** (In order to send the completed nomination forms to the Foundation for Sport and the Arts by the 27th Oct.)

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Ross Warland Memorial Trophy



Donated by family and friends in memory of Ross who died of bone cancer in February this year aged 21 after suffering from the illness for four and half years. Over 500 people attended his funeral in February. Ross was an active and popular member of Banbury and

District Canoe Club which he first joined, aged 8 years.

When no longer able to paddle or study at university Ross devoted his time to coaching and training the club members, encouraging especially the youngsters. In addition he published the club's newsletter. The week before his death he completed the club's year 2000 planner and attended the months committee meeting.

It was Ross's ambition that Banbury would become a first class racing club.

The trophy is to be donated by to the first junior in division 4 at the Hasler Finals in September this year. The family feels that it would be appropriate that a junior paddler from a lower division should win the award. This gives both

male and female an opportunity.

The trophy was designed and built by Tim Simmons who is fine arts Craftsman based in Aldershot. Tim is the son of the club's chairman Neville Simmons. Tim has worked on many prestigious projects including a commission for the Hong Kong transfer, the Oxford and Cambridge Boat Race.

The trophy is of a racing paddle mounted on a wooden plinth with an etching of a marathon canoeist on a hall marked silver plate and has been warmly accepted by the British Marathon Committee.



Paul receives Essex Sports Coach Award

Paul Anderson is a member of Chelmsford Canoe Club and is well known in Wild Water Racing circles as a C1 (now C2) paddler. He received an Award in Category 1 (Male or Female Coach coaching Individual Performers) of the Essex Sports Coach of the Year Awards 1999/2000. He attended the Awards ceremony on 14th April at County Hall in Chelmsford.

Surfers Against Sewage take Water Alliance to the House –

1st November, 2pm

Surfers Against Sewage, campaigners for a clean, safe water environment are all set to lobby Parliament in a demo involving water users from all over the country. SAS have some very definite proposals for the revised Directive, changes that will ensure that the public are at least able to make an informed choice about where they are going in the water. SAS need as many people representing their sport as possible. For more information about the demo please call **Vicky Garner or James Hendy on (0845) 4583001** or email them at info@sas.org.uk

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NOTICEBOARD

Thank You - Salford Canoe Club Jubilee Canoeing Foundation – Millennium 1000m Charity paddle

The members of Oakwood High Youth Club want to thank Salford Canoe club members for helping us raise £1500 during a weekend sponsored paddle in July. The event took place on Worsley Canal and Salford Quays. Up to 50 people were involved over two days. Oakwood High Youth Club is for young people with learning difficulties. Many thanks to those who helped.

To mark the Millennium, the inauguration of the English Canoe Association and the future re-launch of the BCU's charity, the Jubilee Canoeing Foundation, Geoff Sanders (Chairman of the JCF, Vice President of the BCU) will endeavour to paddle 1000 miles during the year 2000. He would be pleased to receive your sponsorship or donation to encourage him on his way. Proceeds will be used to purchase kayaks to provide canoeing opportunities for disabled people of all ages. You can download the sponsorship form from the BCU website. www.bcu.org.uk Please return the completed form to **Mrs Vera Whalley, JCF Administrator, BCU, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS (Fax: 0115 9821797)**

Dorney Lake Opens

On June 10th in front of an invited Audience, which included the BCU's Chief Executive and members of the BCU's Olympic Team, Minister of Sport Kate Hoey opened the new Boat House and Rowing/Canoeing course at Dorney.

A magnificent Boat House stands at the Eastern end and Head of the course. It holds 400 craft on the ground floor with a gym and other facilities on the first floor. A series of floating pontoons each long enough to take rowing 8 alongside make up the Head/Finish end of the course. The Rowing course ultimately

owned by Eton College will eventually be 2km long plus turning an drunout areas. For the moment gravel extraction is continuing at the Western end and until completed in 4 to 5 years time, 1.2km of the course is buoyed into 9 lanes of rowing width. Alongside is a cycle track so that cyclists and vehicles returning to the start do not clash with those coming down the course.

The course fed from a bore hole has water of great clarity and quality. Eventually when final landscaping is complete there will be a nature reserve and arboretum.

A spectacular sight was seen on the final race of opening day when the College fielded 7 rowing 8s racing against each other. The course is available for canoeing groups by arrangement with **Dorney Lakes Reception 01753 857309.**

The access to Dorney Lake is off the A4 between Slough and Taplow (Maidenhead). Just to the West of the M4 spur Junc. 7 is Sainsbury's Roundabout, turn south at the supermarket past the supermarket entrance over the M4 down Court Lane. Full details are available on www.etoncollege.com/lakenow.html



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Awards for All – Canoeing receives over £319,000

The 'Millennium Festival Awards for all' initiative from the various national lottery providers has now come to an end of its projected run.

Since its launch in April 1999, 85 organisations across all regions of our sport have benefited from the programme.

The Good News is that the programme is being re-launched this month as simply 'Awards for All' First monetary decisions will be made at the end of November and the first applicants notified in December just in time for Christmas.

Apart from the name change, successful applicants now have 12 months to spend the money. Unsuccessful applicants may not re-apply within 12 months.

Awards for All want to :-

- Involve more people in a wide range of community activities
- Are open to everyone
- Are well organised and planned
- Benefit the community

To qualify for 'Awards for All' the Canoeing organisation MUST be affiliated to the governing body. Scouts and similar umbrella organisations must have EACH group affiliated in it's own right. To apply for the new application forms **phone 0845 6002040**.

The BCU Development Dept. have a leaflet 'Alternative Funding' which has been updated to include the latest Award for All changes to lottery funding. This leaflet is available free to BCU affiliated organisations.

Helens Outfit causes quite a stir on 'They think its all over'

Helen Barnes has appeared on yet another TV show, this time as the mystery guest on BBC 1 popular sports quiz 'They think its all over' Helen took part in the 'feel the sportsman' round, in which David Gower and Jonathan Ross were blindfolded and had to guess who she was.

The skin tight, pink, PVC outfit, manufactured by RAS DEX attracted a lot of attention and certainly Linford Christies approval! Helen said 'it was a great show to do, so funny and all the panel were extremely charming. I was dead impressed that David Gower guessed correctly'



New World Eskimo Rolling Record

Helen Barnes broke her own record by five seconds to 3 minutes and 42 seconds at the David Lloyd centre in Nottingham. Linford's Record Breakers were there film the record attempt. Congratulations.



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MORE ACTIVITY

NOTICE BOARD

Are you transforming your life in the pursuit of a dream?

James Christie-Miller is making a documentary series for channel 4 following people over the next year as they try to make their dream become reality. I am interested in finding people who have recently changed or are just about to change their lives as they search for fresh challenges and fulfilment. If this sounds like you please contact **James, Ricochet Films, telephone 02072516966** email: mail@ricochet.co.uk

Attention all Slalom Paddlers

A few reminders:

1. All slalom paddlers in Division 3 or above must send their bib(s) back to the person from whom they were obtained (names in the yearbook page 6) after your last event, and at the latest by 30th November to qualify for a voucher – enclose a small s.a.e.
2. If your club, or particularly if your address has changed during the season please let the season please let the ranking list compilers for your class(es) and Division(s) know
3. If your membership expired part way through the season it is important that it should have been renewed promptly (for insurance purposes) and you should send a clear photocopy of your new card to the relevant ranking list compiler(s) – yearbook page 4 - to ensure that all your records are counted.

in writing, so that the Yearbook entry can be updated and (hopefully) so that your new Yearbook will reach you next spring. Please note that the administration of Slalom is not linked to the BCU membership records, so will not be updated from that.

Regional and Annual General Meeting's 2000

REGION	LOCATION OF MEETING	DATE	TIME
EAST	Golden Hind Hotel, Milton Road Cambridge	20/11/00	7.30pm
EAST MIDLANDS	Leicester OPC, Loughborough Road, Leicester	26/11/00	10.30
LONDON & SOUTH EAST	Maidstone Canoe Club (Contact Regional Team For Directions)	25/11/00	4.30pm
NORTHERN	Sea Cadet Building, Riverside, Durham	06/12/00	7.30pm
NORTH WEST	Southport Scouts HQ	18/11/00	7.00pm
SOUTHERN	Reading Canoe Club	09/11/00	8.00pm
SOUTH WEST	Bridgwater YMCA	24/11/00	7.30pm
WEST MIDLANDS	Ackers Trust	30/11/00	7.30pm
YORKSHIRE	Queens Hotel, Pontefract	23/11/00	7.30pm

DISCIPLINES	LOCATION OF MEETING	DATE	TIME
CANOE POLO	Headquarters of the 73rd Derby Scout Group, Allestree, Derby	03/12/00	11.00am
WILD WATER RACING	Bridge End Hotel, Llangollen, Wales	04/11/00	7.00pm
SLALOM	National Water Sports Centre, Nottingham	25/11/00	9.00am
MARATHON	National Water Sports Centre, Nottingham	11/11/00	11.00am
FREESTYLE	Watch the website for more details www.ukrodeo.demon.co.uk	2001	
SAILING	Meeting already taken place	2000	
SPRINT	National Water Sports Centre Nottingham	11/11/00	1.00pm
LIFEGUARDS	Herts Young Mariners Base	15/09/01	7.30pm
TOURING & RECREATION	The Ackers, Birmingham	24/03/01	10.45am
DISABILITIES	Ackers Trust, Birmingham	03/12/00	11.00am
SEA TOURING	East Barnby OEC, Whitby, North Yorkshire	07/10/00	5.15pm
WHITE WATER RAFTING	National Watersports Centre, Hardy Forman Lounge	06/12/00	7.30pm

National Boat Caravan and Leisure Show

The National Boat Caravan and Leisure Show takes place at the National Exhibition Centre, Birmingham from Saturday 17th - Sunday 25th February 2001. They will be celebrating its 40th birthday in 2001 with a bigger and better show than ever before

NW BCU Access Meeting

The North West Region of the BCU is holding the 2000 Access seminar and training day on Saturday 7th October 2000 at the Burrs Activity centre, Bury. All paddlers with an interest in access are invited. The meeting will be in the morning, allowing the opportunity to paddle at the Burrs in the afternoon.

The meeting will include presentations and discussion covering: BCU nationals actions for access, the proposed Douglas Canoe Trail, research into the effect of canoeing on fisheries and angling, the Padiham Weir Project, Sustainable Rivers Project, status of access and actions on local rivers. This year we have invited representatives from coarse and salmon clubs/fisheries to come and talk about their organisations and their investment in fisheries. If you wish to attend please write or email to: **C.H. Cleaver, North West BCU Access and Environment officer, 39 Cavendish Road, Hazel Grove, Stockport, Cheshire. SK7 6HX** email: chriscleaver@bcuinternet.com

WHAT'S ON

Great Ouse race at Bedford - Sat. 4th Nov.

On Saturday 4th November 2000 the Herts Canoe Club is running it's 21st Great Ouse race at Bedford. It is a handicap race over 6.25 miles for all types of boats and all skills levels. If you think you can beat Leighton Buzzard Canoe Club come along (they took all our major trophies last year!) For further information contact **Chris Wilson Tel: 01727 851773** or email: chriswil42@supanet.com

Avon Descent - Sun. Nov 12th

The Avon descent on Sunday November 12th 2000 is a classic marathon descent race organised by Mercia canoe club. It starts at Stratford on Avon and finishes 10 miles downstream at Bidford on Avon with 6 weir shoots or portages. There are classes for K1, K2, WWR, C2 touring and Racing, and GP Touring. Handicaps are



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WHAT'S ON

applied to even out the kayak classes. The start is at 12.15pm with late entries up to 11.30am. This is an ideal warm up for the Exe Descent or a good trip for those looking for an enjoyable paddle. Please contact **Nigel Woollorton, Mercia Canoe Club, c/o 11 Brayford Avenue, Coventry, CV3 5BS, Telephone 02476 418796** or email: nigel.wood@cwcom.net for details. Note the changed code for Coventry.

Belize, April 2001

The Mayan World Canoe Challenge takes you to the breathtakingly beautiful Central American country of Belize for ten days, on a river journey following in the wake of the ancient Maya who navigated the rivers of this densely-forested land.

Starting near the Guatemalan border, your challenge will be to canoe 200 kilometres down the Belize River to the Caribbean Sea, making your own jungle camps along the way. Anyone over 18 with a reasonable level of fitness can take part in this event.

All we ask is a taste for adventure and a determination to succeed. **For more information please call 0141 3372566.**

WWR Sprint and Classic races on 4th/5th Nov. 2000

River Dee Llangollen

Sprint Race over Serpents tail. Classic Race over full course including Tail, nomad site, and Town falls. The latter 2 rapids both recently modified. A classic weekend which incorporates the AGM of this competitive discipline of canoe/kayak sport. Your chance to exercise your heart and lung on the water, your smiles at a social evening where you can also put your mind to the challenges that confront the WWR committee. **Contact Martin Streeter (day) 01462 851515 x7652 or (eve) 01462 817325** if you cannot access the web for more information.

ACCESS

Countryside and Rights of Way Bill 2000

The Bill is now in the House of Lords, where the debate by a committee of the whole house will continue, when it returns especially early at the end of September. The Earl of Mar and Kellie, who is also a Vice President of the Scottish Canoe Association, has put down an amendment for debate in relation to Schedule 2. In summary, he wants the use on water of manually propelled craft, which can be carried by its occupants, to be included in the Bill. By the time you read this we should know the outcome of this effort on his part. The pressure is being kept up. This is so important.

Meeting with the DETR

At the time of going to press we are still waiting to hear if the Minister is going to accept the recommendation of the meeting with the DETR on 25 May. This was that the DETR should conduct a fact finding exercise to establish current and future demand for access and the extent to which access is currently available. This will put subsequent work on a firm and objective basis. We have had a couple of dozen questionnaires returned to us since June relating to current payment for access. There are over 400 clubs affiliated to the BCU in England, so please, please will you fill in a questionnaire if you have not yet done so; there is a copy on the BCU website or one can be obtained from the BCU development office at Nottingham.

Salmon and Freshwater Fisheries Review

Very many thanks to all those who have written to their and to Ministers about concerns that canoeists have over the review. If you have written but not told us, please let us know at the BCU development office in Nottingham. To date we know of a total of 75 letters being sent by 33 different clubs and individuals. Hexham Canoe Club realised how important it is to write after Honorary Secretary Paul Burgess had spoken to his members; 13 members

wrote 20 letters between them. Just imagine the impact we could have if all other clubs did the same! Jean Boatman, BCU Southern Region Chair, contacted her MP, Martin Salter. Supported by 26 other MPs he tabled an Early Day Motion pressing the Government to reject the recommendation that the coarse fishing close season on rivers should be abolished.

Assistance for Access

On page 5 of the August issue of Canoe Focus it was announced that the BCU was looking for someone to help on a short term basis until the end of November as a member of the BCU staff engaged in access matters. We are very pleased to welcome Kevin East, who has hands-on experience in local access work and access agreements. By the time you read this he will have met the Regional Access Officers (RAOs) in those regions in which he will be concentrating his efforts. His mission is to help RAOs to secure the support of their Local Access Officers (LAOs) for the BCU commitment to make another all out effort to secure agreements. He will also be helping to improve the team spirit, which can be achieved with effective two-way communication. He will be meeting some key clubs to encourage them to take on board an access commitment to their local waters; where there are LAO vacancies he will encourage local clubs to nominate one of their members. Another important task for Kevin will be to collect information from LAOs and local clubs on their ideas, opinions and access problems; in this way the Access Committee and the BCU development office will have a better and up to date understanding of the local access scene.

New Access Officers

Neville Cartwright the Local Access Officer for the Clun, Onny and Teme has moved to Cornwall so he is no longer looking after these rivers. The new Regional Access officer is **Henry York, Manor Adventure, The Manor, Craven Arms, Seifton, SY7 9BY Tel: 07866 392962**

Shaun Baker is the local access officer for Thames Weir his address is **PO Box 1904, Maidenhead, Berks, SL6 8BL**

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MORE MEDALS

competition P O L O

4th World Canoe Polo Championships Great Britain's Men are World Champions

Almost immediately following the 3rd World Championships, held in Portugal in September 1998, at which both the men and women reached their respective final, only to lose both in penalty shoot-outs, preparations began for the 2000 Championships.



The Ibirapuera Pool, Sao Paulo, venue for the championships

For the men's squad coaches - Mike Moffitt and Greg Smale - the challenge was to finally realise the full potential of what most impartial observers considered to be the most talented group of individuals available to any country in the world.

A number of key players having chosen to retire, the task facing the women's coaches, Graham Barrett and Perrin Shreeve, was to re-build a team that had finished in Silver, Gold and Silver medal position at the 1994, 1996 and 1998 World Championships respectively.

The 1999 European Championships provided the first real opportunity to gauge progress. Although both the men and women again had to make do

with the Silver medal, (the men losing to France and the women to Germany), there were grounds for optimism.

The process of development continued at monthly squad weekends throughout last winter. These were followed by participation, in the Spring and early Summer, in a series of training tournaments - in Charleroi, Essen and Mechelen.

Degree of scepticism

The selection of Brazil to host the 2000 Championships - as in the case of Portugal, a Federation with no real canoe polo credentials nor any experience of organising a major tournament - had been greeted with a degree of scepticism in many quarters. On the other hand, the choice generated a sense of anticipation and excitement.

As to the climate, in July it simply reflects the best and the worst of an average British summer. One day the temperature may be in the 80s; the next, (as was to occur on the day of the finals), rain falls incessantly and the temperature may be in the low 50s.

Leaving Heathrow late in the evening of Saturday 8th July, the flight touched down in Sao Paulo shortly after 6 a.m. the following day.

In the months prior to the Championships one had sensed minor organisational flaws on the part of the Brazilians - information had been slow to arrive, accommodation difficult to arrange, details of training facilities hard to establish. The first direct experience of 'The Organisation' seemed to confirm one's worst fears, for the dimensions of the van were such that it could just carry three boats, so long as they hung precariously out the back.

Leaving one of the 'minders' to guard the stack of boats and paddles and await the arrival of a more realistically proportioned vehicle, the party boarded a coach for the drive to the sports



hostel that was to be home for the next six days.

Having unpacked and eaten breakfast, it was then back to the bus for the drive to the training pool. (Jet lag - what jet lag?). The facilities were excellent - as the British were the only Nation foolhardy enough to hold their final training camp in Brazil, they enjoyed exclusive and unlimited use of an outdoor 50 metre pool.

Brazilians' unique approach to driving

The routine for the next five days was quickly established. Early breakfast was followed by a 60 to 90 minute, (depending on whether the driver for the day knew where he was going), journey to the pool. This always proved mildly entertaining - from the relative safety of the mini-bus one experienced the Brazilians' unique approach to driving. In a city subject to near-permanent grid lock, all appeared hell-bent on proving themselves the next Ayrton Senna.

Three or four hour-long training sessions were followed by the return to the hostel, a journey normally interrupted by a visit to a shopping mall, the day concluding with a meal at a local restaurant.

Even the most dedicated athlete can have too much of a



Far left:
GB Men
Back row l to r:
Graham Bayne,
Chris Bussell, Stuart
Moffitt, Ramsay
Bayne,
Front row l to r:
Phil Berry, Andrew
Petrie, Neil Parker,
Alan Vessey

ons, our Women take the Silver medal



Great Britain Men v The Netherlands
Andrew Petrie (No. 3) winning the
opening sprint

good thing! As nerves were about to be stretched to breaking point the party left the bunk room accommodation and transferred to the relative luxury of a 2 star hotel 15 minutes from the tournament venue.

The Championships were to be held in the Ibirapuera sports centre, close to the business heart of Sao Paulo and set against a backdrop of towering office and apartment blocks. Originally built for the Pan American Games, the complex included an indoor arena with seating for 20,000, a 60,000 capacity athletics stadium and a 50 metre pool with seating for over 5000 spectators.

Scrutineering, so often a contentious issue, passed off relatively uneventfully, largely thanks to the fact that the boat gauges were still impounded by customs at Sao Paulo airport, (along with at least three teams' boats).

The opening ceremony might best be described as forgettable - unrehearsed, boring and far too lengthy. However, the evening concluded with an exhibition game between the Brazilian Men and an International All-stars team, a unique and thoroughly entertaining spectacle that will hopefully become a feature of all future Championships.

At last, on Tuesday 18th July the competition commenced.

The next five days would decide which teams would ultimately contest the two finals on the following Sunday.

Both the men's and women's competitions involved teams initially being placed in preliminary groups, using a seeding system which ensured that the 'top' teams from the previous World Championships were kept apart until the second round.

The hosts falling to a 15-0 defeat

Thus score lines in the initial stages were often somewhat lopsided. The opening game of the Championships saw Great Britain's women facing Brazil, the hosts falling to a 15-0 defeat. Next the British faced Ireland, whom they defeated 8-1.

These results took the women into the second round, where they found themselves grouped with the World Champions Australia and France.

A 4-1 defeat at the hands of Germany in the first round suggested that the 'Ausies' were not the force they had been. The British girls chose to play aggressive 5-out tactics against them and, in a game that will be chiefly remembered for the Australians' vane attempts to mark Ginny Coyles out of the game, simply by trying to paddle her off the pitch, the eventual 6-4 victory for Great Britain didn't really reflect their dominance of the play.

The French women had appeared a little lack-lustre in their preliminary round games, but a 5-4 victory over the Australians suggested they would provide stern opposition. However, the British girls now played what, in retrospect, would prove to be their best polo of the tournament, recording a 6-2 victory, (including a hat trick of goals from Sue Berry), a result that took them to a semi-final match-up with Japan.

The semi-final was something of an anti-climax, the result being a 4-0 victory for Great Britain. In truth Japan, although a much improved team, had reached this stage of the competition as a result of a favourable draw. They would leave the Championships as the World's fourth seeds, ranked ahead of Australia, a position they hardly merit.

Meanwhile in the other semi-final Germany were facing the far stiffer opposition of France, their emerging as 3-2 victors to set up the final - Great Britain v Germany - that many had predicted at the outset of the competition.

More open approach to play

Generally speaking the Championships had been characterised by a more open approach to play than had been the case in previous years. The women's final was no exception. The British employed a variety of tactics - two and two, chasing four and, for the final phase of the game, 5 out.

But the Germans provided resolute opposition, playing with great mobility and flair. They took an early lead, only for the British to draw level through a goal from Ginny Coyles. The Germans regained a

Left
GB Women
Back row l to r:
Philippa Grayson,
Susan Berry, Diane
Ratcliff, Ginny
Coyles, Claire Allen
Front row l to r:
Graham Barrett
(Coach), Jane
Hillyard, Kirsty
Sutcliffe, Wendy
Underwood, Perrin
Shreeve (Coach)

Great Britain Men v
Spain - Alan Vessey
(No. 1) in the act of
shooting



POLO

The Teams

Great Britain Men

Graham Bayne, Ramsay Bayne, Phil Berry, Chris Bussell, Stuart Moffitt, Neil Parker, Andrew Petrie, Allen Vessey

Great Britain Women

Claire Allen, Susan Berry, Ginny Coyles, Philippa Grayson, Jane Hillyard, Diane Ratcliff, Kirsty Sutcliffe, Wendy Underwood

Results

Great Britain Women

Final
Great Britain 3 Germany 4

Great Britain Men

Final
Great Britain 3 The Netherlands 2

Revised World Rankings (Top 10) (1998 Ranking in brackets)

Men

1st Great Britain (2nd)
2nd The Netherlands (4th)
3rd Germany (5th=)

Women

1st Germany (4th)
2nd Great Britain (2nd)
3rd France (3rd)

one goal advantage, but at half time the scores were again level thanks to a goal from Sue Berry.

In the second half, despite their best endeavours, the British girls were unable to reach the heights achieved against the French. With 4 minutes to go they trailed 4-2 and a goal from Jane Hillyard with less than 10 seconds on the clock came too late to effect the result.

However, the Silver medal reflected great credit on a team that had been significantly rebuilt since the previous World Championships.

The men, meanwhile, had opened their account with a 9-5 victory over Chinese Taipei, a score line that in part reflected the considerable advances made by their opponents over the previous two years, but also a somewhat lacklustre performance, both individually and collectively, by the British.

The second Preliminary Round opponents were Spain, a much improved team against whom Great Britain had only managed a draw during the Deutschland Cup competition six weeks previously. However, although the score-line was goal-less at half time, the British eventually emerged as 5-1 victors.

This led to a place in the second round, in a group also containing The Netherlands, Brazil, Spain and France.

The first opponents were the Dutch, a relatively young team that had impressed at training tournaments earlier in the season. A tense, end to end game, saw both sides, but the British in particular, failing to capitalise on scoring opportunities, Great Britain eventually losing 2-1.

A place in the semi-finals now depended on the British suffering no further defeats and, at the same time, establishing a sufficiently large goal difference. Progress towards both objectives was made in the next game - a 10-2 victory over Brazil.

Now came a crunch confrontation with the 1999 European Champions, France. Like their female counterparts, the French men had appeared less than convincing in some of their earlier games - 4-1 and 4-2 victories over Brazil and Belgium respectively suggested a team struggling to find its true form.

But they now raised their game and took a 1-0 lead before the British, switching to a 5-out strategy, went 3-1 ahead

through goals from Graham Bayne, Stuart Moffitt and Alan Vessey. The French pulled a goal back, but Great Britain held out for a 3-2 victory.

The closeness of the men's competition was illustrated when the French, in their final second round match, beat The Netherlands 1-0. Thus Great Britain, France and The Netherlands had each suffered one defeat and the British took to the water for their final second round game, against Spain, knowing that, with their superior goal difference, a victory by any score would secure a semi-final place.

In the event a 12-4 victory left the British top of their group and facing a semi-final against Italy, the great under-achievers of World polo. Like the French they had returned below par performances in earlier games, most notably when only defeating Canada 2-0.

The British were now showing signs of genuine self-belief and recorded one of their most impressive wins ever over the Italians. Switching at will between a 3 and 1 and 5-out formation, goals from Alan Vessey, Stuart Moffitt, Graham Bayne and Andrew Petrie led to a 4-0 victory. In the other semi-final the Dutch recorded a 3-1 win over Germany to produce probably the dream final from a neutral's stand-point. The Netherlands, without doubt the most improved team of the tournament - extremely mobile but still with the big shot threat so characteristic of previous Dutch teams - faced a British side capable of switching tactics at any stage of a game and with the capacity to break from defence into attack at blistering pace. Impartial observers agreed that the game was a classic with the British forcing the pace from the outset, initially playing in a 3 and 1

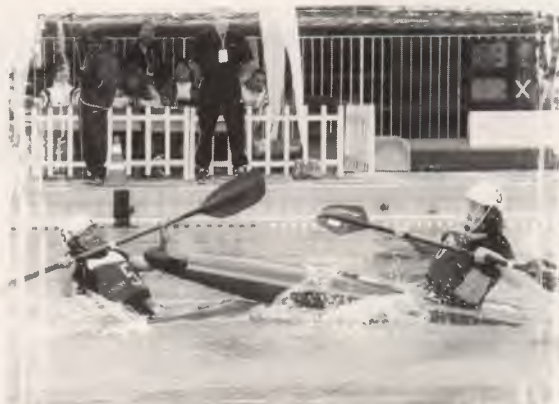
formation and then pushing to 5-out for the final 15 minutes.

A goal from Graham Bayne was cancelled out by the Dutch. Stuart Moffitt then scored, only for the Dutch to once again draw level. Alan Vessey put the British 3-2 ahead, but with less than 10 seconds to go the Dutch gained possession and had a player through on an open goal, only for his shot to hit the bottom bar from a few yards out.

So for the first time Great Britain were Men's World Champions.

Now the challenge is to attempt to retain that position at the 5th World Championships, to be held in Essen, Germany in 2002. But this will be no easy task. The intense competitiveness of the men's game is illustrated by the demise of both Australia, the 3-times World Champions but now seeded 5th in the World and the French, the current European Champions, who left Brazil ranked 6th. ●

Great Britain Women v Eire - Claire Allen (No. 5)



Great Britain Men v The Netherlands - Ramsay Bayne (No. 8) shielding the ball



But they now raised their game and took a 1-0 lead before the British, switching to a 5-out strategy, went 3-1 ahead

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The Sutlej River originates from a mountain that Buddhist's and Hindus regard as the centre of the Universe, the Naval of the Earth. Mount Kailas stands alone on the Tibetan Plateau, just north of the Great Himalayan range where India meets Nepal. This Huge Pedestal shaped rock is also said to be the birthplace

of the lord Shiva. This Hindu God was a destroyer and creator and where his long hair lay on the mountain, four mighty rivers were created. The Tsang Po (Brahmaputra), Karnali, Indus and the Sutlej. All of these rivers are contained by some of the largest gorges on the planet and have been the focus for a breed of kayakers for many years.

'Taming the Lion'

You may have heard of the Indus and maybe the Rondou Gorge from the 'Taming the Lion' documentary. Anyone who has a clue on Nepal has heard of the Karnali and you may have read that this has been Paddled from Tibet. Maybe you have read on the Brahmaputra in National Geographic or seen the countless websites showing reports from an ill fated Expedition in 1998. But what about the Sutlej? Ring any bells? Probably not too many! This is odd really, as the Sutlej is probably the most accessible of the lot. An ancient trade route runs along most of it, opening the mountain districts of China/Tibet to the trade of India. The Sutlej comes from Rakus Lake, just left of Mt Kailas. It travels about 190 kms West before breaching the Great



Kinnaur District, Northern India

From Khab (2800m) to Rampur (800m) Approx. 170 km

Date 1st – 25th March

Boats: Pyranha H2's

Team: Mike Abbott (NZ) Allan Ellard (UK), Jonny Pearson (UK), Scott Lingdren (Film Crew) (USA), Andy Philips (UK)

Upper Sutlej Himachal

Himalayan and Zaskar Ranges at the Indo/China border.

As a small creek the Sutlej tumbles about 10 Kms into India, drops about 700 metres and meets the Spiti River and Hindustan Highway. The Spiti has just travelled from the Spiti/Lahoul District, and although the Spiti alone has way more volume of the Sutlej (at this time of year, the combined waters carry the Sutlej's name. From the confluence the swollen Sutlej heads south as quickly as possible through one of the deepest gorges on earth. This gorge is formed by the 6000 metre Peaks of the Kinner Kailas range raising directly from the left bank and the Zaskars ranges on the right. As summer approaches massive glaciers and endless snowfields lie in wait to release their power and shape the canyons hidden below. The monsoon dumps in the summer, and you find 2-3000 cumecs thundering down these gorges, moving boulders and shaping the bedrock. Any idea of navigating these torrents would get well and truly washed away!

Fortunately there is a time when the river is as low as it gets and the climate is good to go. So we arrived in India at the start of March. We travelled to Shimla and hired a jeep to get us to the Sutlej valley and the

town of Rampur. There we found about 160 cumecs of murky water, hopefully the melt had only just started. We had heard that this had been the start point of past kayak trips, but we intended to take out here. We had organized a jeep through our man at Himalayan Journeys to give us the speed and reliability, not common in most of our Indian kayak trips. Setting off up the valley we scouted and mapped every canyon with details of every village, all the rapids and all the tasty food joints. Hopefully we would find tributaries that added to the volume so that the upper, steeper sections would be paddle-able. As we crawled along the canyon walls, we found amazingly consistent white water, but no sizable side creeks. We looked down upon hundreds of rapids from 1000 foot cliffs, but although most of it looked sweet from the relative safety of our Indian jeep, we knew the scale would be deceptive and we should not underestimate things. So three days later we were still looking at around 100 cumecs, peering from the road etched 1000 ft up a sheer canyon wall. We knew there were a few places that would be a definite hike, but we also knew we were in for one hell of a classic whitewater trip.

On the drive up we had mapped everything, marking all bridges and villages on route. The villages were spread out remarkably well for a river trip. There were hotels spread between day length gorge sections, so that only the first two days would have to be self supported. The rest of the river could be done free riding with empty boats giving us the ability to really focus on the river and paddle everything possible. We would stay in

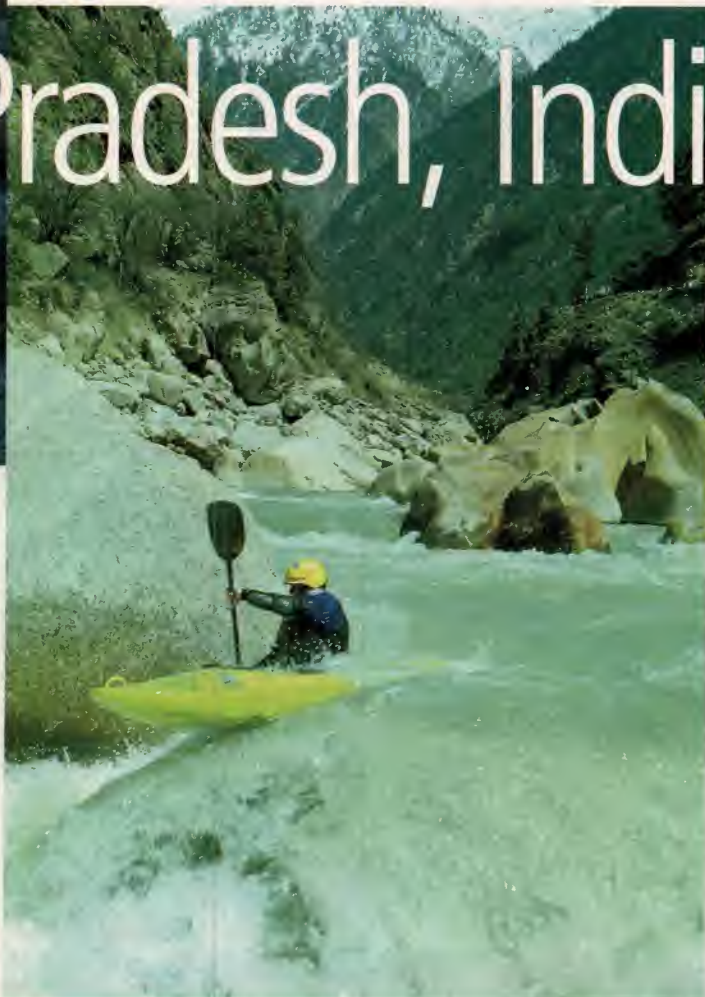
the nearest village rest house or hotel, living it up in the remnants of the Imperial days and awesome local hospitality.

We had run out of time and cash

So there we were standing at the confluence of the Spiti and Sutlej 8 kms from Tibet in the restricted area of the 'Innerline'. Acquiring the permit had been a full Indian experience. Our pre-organized paperwork had been dismissed and new forms issued, asking for the same irrelevant information. After a few hours exploring the town of Recong Peo we scored the vital piece of paper, which looked like it had passed through a hundred hands in an endless corridor of smokey offices. The road carried on up the Spiti and a dodgy pony trail followed up the Sutlej towards the Tibet. Maybe with a larger budget and pack of ponies we could have continued up to the plateau, but that could be another story. As it was, we had run out of time and cash, so opted to start right there.

With the H2's loaded we put into the glacial flow at an altitude of 2800 metres. As we drifted towards the crystal blue of the Spiti, our hearts started to pound, the river was already powerful and the air was cold and thin. Around the first corner all hell broke loose and the fun began! This was the first of numerous sections of classic boat scout-able heaven. From the towering walls all around, rock falls and scree slopes had delivered huge boulders to choke the rivers path. Years of outrageous flows have scoured these boulders and sculpted the bedrock. With unreal consistency the rapids carried us from canyon to canyon, passing through wild geography. Bands of metamorphic rock formed steps and narrows, choked up by rockfall or landslides from side creeks. There were sections that had been flushed by floods revealing carved, polished gullies. This made scouting vital as some rapids would be impossible to escape from and they may be un-run-able.

Expedition, Pradesh, India





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Mammoth portage

The amazing thing about this river is the consistency and runnability. Most things were cut and dry, there was not a lot of soul searching with critical lines. Drops were pretty obviously a go, or a walk. This was pretty comforting as although our driver was trying to follow our progress, he was but a mere dot, perched sometimes a thousand feet above. We opted to drive an entire gorge as the unrunable entrance rapids presented a mammoth portage to reach a few kms of flat water, before reaching the cataracts that marked the power house of the dam project.

OH Yeah! The Dam Project! As every river in Himachal seems to have a Hydro project either running or in construction, it was no surprise to find there was one on the Sutlej. But as we drove round a corner near the village of Bawa Nagar it was a bit of a shock to find a dry river bed, a diversion tunnel and a dam wall under construction.

The locals claim the Nathpa Jackri Dam is the largest project in

India. Eventually it will create a lake around 2 kms long and divert some of the river down the longest diversion tunnel in the world, a mere 28 kms in length and 12 Dia! This will create a ridiculous amount of power to quench India's thirst for power and probably have surplus to sell to Birmingham? The Dam could never contain the entire Sutlej and will only leave a 30 km stretch a wee bit low during the depths of winter. Meanwhile there are jobs for everyone, thousands of people have moved to the valley from the overcrowded lowlands. Now the valleys economy is booming and isolated villages are experiencing the technology and perks we take for granted. The new roads are the key, they are going up everywhere, they are painstakingly etched into sheer rock faces and built across slopes. There are even tunnels through mountains like being in Switzerland, but with more cows! These roads are also the key to an amazing amount of great kayaking all over Northern India.

Incredible geography

So on reaching Rampur we had descended 2000 metres and travelled 170ish km, depending on which map you check. There had been 8 days of some of the best white water I have paddled in Asia. Unbelievable access and incredibly runnable with only a handful of will testing portages. We had passed through countless canyon systems created by incredible geography. Our driver, Premod, had accommodated us beyond the call of duty and had only scared us witless a few times. We had seen a different perspective of the bus system we have used in past expeditions. As the mighty busses screamed past our jeep racing the bus in front, inches from a terminal fall, it is clear to see that Indians have a strong faith and fully believe in reincarnation. The cultures of this mixed Hindus and Buddhist area had shown us awesome friendliness and shared local brews and delights. There's just one guy I'd like to meet next time, and he is wondering what to do with half a split paddle he found in my boat! ●



We would like to Thank:
Himalayan Journeys for logistics.

Premod, our faithful and amazing driver.

The Oberio Hotel Chain for amazing Hospitality.

Pyranha Kayaks for boats that let us get away with it!

The BCU Expeditions Committee

All our gear Suppliers

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The Third Joint Service Alpine

Kayak Meet

This year saw the Third Joint Service Alpine Kayak Meet take place in the French Alps between 29 May to 15 June 2000. The expedition was originally set up to provide quality white water experience for service paddlers, to ensure they have a suitable grounding for advanced qualifications, and to raise the level of kayaking ability in the services.

2nd Lt. Rich Picton giving his all on the Guil

of that we received a great deal of quality training and BCU awards thanks to Paul and Chris as well as the general white water experience and the open canoe training as a bonus. Next year the services are looking forward to the event being held in Canada, in the meantime I'm off for ear drilling to cure my Surfers ear (nightmare). ● David 'Woody' Woodford



Smiling faces says it all



Maj. Stuart Williams pulls out his Duffeck on the Onde



WO2 Craig Storey practices his surfing technique



Sgt. Daz Hall taking an unorthodox line on Slot and Drop

Additionally, time was spent covering open canoe skills, and coaching assistance from Paul O'Sullivan and Chris Wright from Canolfan Tryweryn enabled expedition members to gain BCU qualifications during the event.

The expedition comprised three distinct phases. These were a shake out, training and a consolidation session, each lasting 5 – 6 days. The expedition proved to be a great success for all that took part. During the training we provided a White Water Safety and Rescue Course for 18, 5 Star training for 12, and 5 Star assessments for 4 personnel. All this for a mere £1.5k providing excellent value for money. In addition we covered some Joint Service qualifications as well as the all-important introduction to open canoes. Incidentally the area was superb for open boating with a number

Major David Woodford and Sgt. Polly Parrott depressed as the rivers continue to rise



of good length rivers and spectacular scenery. Despite a number of minor injuries we had no major incidents during the expedition, which considering the 30 paddlers involved and the standard of the water paddled was quite an achievement. On top

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Canon Competition

The World's Smallest Water Resistant Camera - IXUS X-1

Canon has introduced a new member to the award winning stylish IXUS range – the IXUS X-1 – an outstandingly designed water resistant Advanced Photo System camera.

While retaining the style expected of a Canon IXUS camera, the IXUS X-1 has been designed as a perfect outdoor camera with a water resistant and robust construction, making it ideal for any occasion, wet or dry.

The IXUS X-1 can be used underwater to a depth of 5m. It is simple to use and with a large viewfinder, subjects can be seen clearly, even through goggles or a ski mask. The camera's controls can be easily operated, even if wearing gloves, as the controls are positioned on a large mode dial which has a special grip.

Despite the small size, the IXUS X-1 houses a high performance bright 23mm f/4.8 lens with 5 lenses in 5 groups, which can be used for a variety of shots both on land and underwater. Incorporated in the lens group is an underwater macro lens to take pictures as close as 45cm. Available in a white gold and aqua green finish, the camera features a mode dial for ease

of use, five flash modes, self timer button, red eye reduction, a slow syncro feature to pick up finer background detail during low light/night time shots and IX data recording functions.

Using Advanced Photo System technology, the IXUS X-1 records the following information for each frame: Date, Time, Print Aspect Ratio (C,H,P), and caption (5 available in 6 languages) for each frame.

Weighing only 220g and measuring just 105(W) x 74.6 (H) x 26.7mm deep the IXUS X-1 is the world's lightest and smallest water resistant camera.

The IXUS X-1 is available to buy now at an RRP of £129.99. Customers requiring brochures should call 0800 616417.

Canon Europa becomes first WWF Conservation Partner
WWF – World Wide Fund for Nature – has chosen Canon Europa as its first Conservation Partner in a relationship that will result in the digitization of the extensive photo library of the world's foremost environmental organization.

The conservation Partnership, launched recently in Amsterdam Holland, is reserved for major multinational sponsors who have already shown a commitment to working in harmony with the environment. In addition to providing funding for WWF projects in Europe, Africa and the Middle East, Canon will transform its photo library into an electronic resource that will be a strategic support to WWF's worldwide communications. As pictures speak louder than words, WWF receives extensive exposure through print, television and internet publicity. Its stocks of 55,000 slides are used by its network of organizations and commercial users, but access is currently limited by postal restrictions and expensive duplication costs.

Canon's help in digitizing these images, so that they can be instantly available electronically, will be crucial in raising environmental awareness and encouraging conservation. ●

To win one of two IXUS X-1 cameras on offer (worth £129.99) or as a runner up prize of a WWF Towel answer the following questions correctly and send to: Yvonne Froggett, Canon Competition, Canoe Focus, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS.

1. To what depth is the IXUS X-1 Waterproof

2. What type of partner is Canon to the WWF

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MORE MEDALS

MARATHON competition

Marathon World Cup

Stockton-on-Tees

July 15/16th 2000

The first major marathon international to be held in Britain for 7 years was run in Stockton-on-Tees over the weekend of 15/16th July with the assistance of a substantial Lottery award. Paddlers from 18 countries including Australia and South Africa travelled to Stockton for the second World Cup of the season and to try out the course for next year's World Championships.

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Many commented on the excellence of the facilities for a major international with everything contained on the University of Durham Stockton Campus. This combined with the co-operation of British Waterways and the Tees Barrage staff, who made the river exclusively available for the event and helped in every way they could, resulted in a successful and enjoyable weekend.

However the major credit must go to Stockton Borough Council. Ever since the events were proposed back in 1998 they have been enthusiastic supporters and their substantial financial input makes them the largest single contributor to the budget. Without this commitment and their enthusiasm to develop canoeing on the Tees it would not have been possible to bring the world's top racers to Stockton. The World Cup has proved that the Tees is an ideal venue for flat water racing and Stockton Borough Council are now working hard to help the BCU develop a local racing club. Next year we have the World Championships to look forward to on 1st/2nd September - the same venue, the same course but hopefully some warmer weather. ●

G.B. Team

Back row l-r James Block, Dyson Pendle, Ivan Lawler, Steve Harris, Connor Holmes, Ali Rosier, Simon Fennemore, Alan Bayliss, Ed McKeever, Liz Holmes, Lucy Hardy, Dave Coulson, John Anderson, Paul Slater.

Front row l-r Jodie Barrell, Nicky Taylor, Zara Dale, Jo Bates, Ros Bates, Denise Dewey, Beth Campbell, Bethan Davies, Sarah Hanley



Connor Holmes leading the K1 field on the way to his first ever World Cup win.

Below: Simon Dark & Dave Coulson with the Italians at the "Endeavour" portage.

**CANOE
MARATHON**



2000



MARATHON

1. Liz Holmes off the Women's K1 start.
2. Sarah Hanley was the best British junior woman in 4th place.
3. Ed McKeever & Ali Rosier out run the Portuguese at the last portage but were eventually beaten by them into 2nd place.
4. Men's K2 start.
5. Men's K1 medalists : Ivan Lawler, Connor Holmes & Graham Bird
6. Abi Cattle leading Nyman of Sweden.
7. Simon Fennemore & Alan Bayliss - 4th in the Junior K2 race.
8. James Block & Greg Slater start the Preston Park portage with the 3rd Spanish boat.



Results

Men K1

1. C. Holmes	GBR	2:34:18.1
2. I. Lawler	GBR	2:34:19.6
3. G. Bird	RSA	2:34:20.2
4. J. Block	GBR	2:34:20.9

Women K1

1. E. Introini	ITA	2:46:38.9
2. M. Fjeldheim	NOR	2:46:44.6
3. S. Remete	HUN	2:50:37.4
5. A. Cattle	GBR	2:51:53.4
6. Y. Ford	GBR	2:56:32.0
10. L. Holmes	GBR	3:05:04.0

C1

1. C. Scales	DEN	2:50:59.6
2. J. Sousa	POR	2:52:58.7
3. H. Maigrot	FRA	2:58:59.0
6. J. Lee	GBR	3:15:09.3

Jun. Men K1

1. B. Freitas	POR	1:42:25.6
2. S. Fennemore	GBR	1:42:26.9
3. N. Fleming	IRL	1:42:28.2
7. E. McKeever	GBR	1:45:43.1
10. R. Owen	GBR	1:46:46.6
11. D. Sillito	BCU	1:50:15.0
12. E. Cox	GBR	1:50:20.7
14. J. Bishop	BCU	2:00:17.0
15. A. Mason	BCU	2:01:47.0

Jun. Women K1

1. J. Sousa	POR	1:52:23.6
2. N. Bartha	HUN	1:56:48.6
3. L. Symons	RSA	1:58:03.04
4. S. Hanley	GBR	1:58:19.6
5. Z. Dale	GBR	1:58:47.5
6. R. Bates	GBR	2:01:51.2

Men K2

1. J. Gonzalez, S. Arroyo	ESP	2:19:03.7
2. J. Gomez, R. Torrientes	ESP	2:19:10.7
3. P. Slater, S. Harris	GBR	2:19:18.4
7. J. Block, G. Slater	GBR	2:21:41.4
12. S. Dark, D. Coulson	GBR	2:27:55.7

Women K2

1. R. Csay, A. Pitz	HUN	2:32:12.3
2. K. Szonda, E. Javorszky	HUN	2:32:12.5
3. M. Santos Garcia, M. del Villar Miranda	ESP	2:34:29.4
5. Andrea Dalloway, Helen Gilby	GBR	2:39:27.2
7. Lucy Hardy, Beth Campbell	GBR	2:49:50.7

Jun Men K2

1. M. Vieira, R. Oliveira	POR	1:33:45.7
2. E. McKeever, A. Rosier	GBR	1:33:55.0
3. A. Limp, B. Barina	HUN	1:35:40.4
4. S. Fennemore, A. Bayliss	GBR	1:36:41.3
10. G. Anderson, E. Dean	BCU	1:47:00.5

Jun. Women K2

1. V. Nagy, E. Hadadi	HUN	1:48:08.6
2. V. Almeida, A. Freitas	POR	1:48:44.8
3. N. Tayler, J. Barrell	GBR	1:50:01.6
5. B. Davies, D. Dewey	GBR	1:51:16.3
6. L. Stevens, R. Bates	BCU	1:53:44.6

SLALOM competition

New styles, new programmes, new format

Photos by
John Gregory

Later this month we will all watch TV in awe at the Canoe Slalom from the Olympic course in Penrith. We wish all our GB Team the very best. On average these paddlers have been in the Premier division for ten years, which itself is the result of many winters' hard dedication.

It is widely accepted that those paddlers who undertake training over the winter months put themselves at significant advantage over other competitors at the start of a new season. A squad is a competitive environment, which is conducive to accelerated learning.

Rob Kinder describes his experiences of National Development Squad last winter.

I first attended the National Development Squad in the winter of 1996 / 97, as a division 2 K1. At the time I was 14, and my parents decided to put me on the weekends to help me come out strong for the next year, when I aimed to get to division 1. At that time, I wasn't proficient on Nottingham, but I still managed to complete the 3 weekend sessions with only a limited number of swims! I got promoted early the next year, and also attended in 97 / 98 and last winter, having missed out on the GB winter squad. I am now bib number 9 in division one, having missed out last year despite averaging 933.8 points per race, and, though I've had injury and illness problems this year, plus some bad races, this year I hope will be luckier.

One of the best things about the NDS is that it caters for a wide range of ability, from HPP virgin to Prem standard. Ian Bridges, a top 20 Prem man, attended a few times while I have been there. The numbers range from about 15 last winter through to about twice that, the first time I went. This unfortunate decline is through lack of public awareness – its not the quality the of coaching, that much at least is sure – last winter I had coaching from John Gregory, the head man, who has been largely involved with the GB set up in the past, Ian Raspin and Rachel Crosbee, as well as other new coaching talent, such as Diane Woods. Video analysis is widely used, and very useful for those of us who aren't used to such extravagance. The sessions broadly follow a logical winter training format, with the emphasis on technique at the first weekend and speed at the last, including a full race simulation. Two sessions a day is normal, plus briefs, debriefs and useful lectures on topics such as nutrition on

Saturday evenings. Comfortable accommodation (with showers!) and drying facilities are provided, as is breakfast and lunch. For



dinner we have to fend for ourselves, although a large group often goes to a pub-restaurant near by. Myself, being lazy, tend to order a pizza, and sit in the bar all night playing pool. The atmosphere is good too, even if not everyone knows each other, mainly due to John. He forces us to play "games" at the beginning, to get to know each other. Much fun, no, really John, but it works, I shall grudgingly concede. He also makes us listen to some relaxation tapes, which, while amusing, are useful. Some of you will know the immortal line "Tense your buttocks... and relax.", but enough of that, however.

It's a good course, and useful for all. Its also rather economic, which is always a bonus to us poor slalom paddlers, so I suggest that you contact the man right now and register – places are limited. Oh, by the way – if you're really lucky, John may get on, and we can laugh at him falling out.

Dan Goddard, J16, 5th C1 in GB Senior and Olympic team selection at Holme Pierrepont and a member of National Development Squad at age 13 in 1996.

This winter's National Development Squad is relaunched with new formats, programme and style. Interested paddlers should ensure they are available for the following weekends at Holme Pierrepont. A folder with notes will be provided throughout the winter training programme.

25-26 November, 21-22 January 2001, 3-4 February 2001.

Look out for leaflets at slalom events or ask your club. National Development Squad is open to paddlers of Division 2 and above. The closing date for applications will be the British Open in Llangollen. A full pack will be sent to paddlers who are accepted. ●



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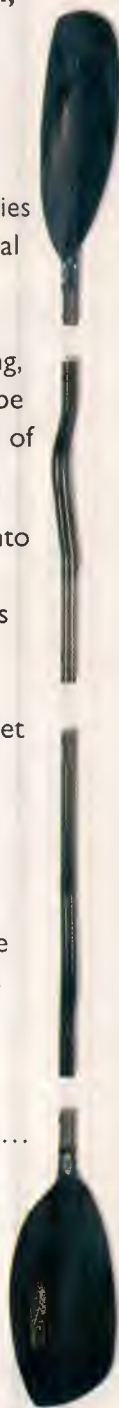
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news & info

It's been a busy summer with lots of events up and down the country – here are just a few of the things that have been happening.

Teeside Paddlefest – 25th June 2000

Over 70 young people and adults took part in Teeside's first Paddlefest, organised by River Tees Canoe Association and based at the Teeside White Water Course.

Schools, youth groups, canoe clubs and community groups were invited to enter teams of eight with each team challenged

to participate in four competitions which included a Bell Boat race, sprint relay using Lightnings or Poly Pippins, a mini canoe polo tournament and mini slalom competition. Teams could select who did what out of their team of eight with the results being combined to decide the overall winners.

There were some exciting races – including a very wet Lightning race – however, the overall youth winners were St Patricks A - who put in a good all round team performance. In the adult event there was a very close race between the Canoe Polo and Slalom teams with Tees Rockets winning the slalom event to become overall winners.

After the competitions there was an opportunity for participants to enjoy

the thrills and spills of the white water course – with the less experienced paddlers being taken down in the rafts or Top Duos. It was early evening before the young paddlers were finally encouraged to come off the water – tired but very happy after a good day's paddling.



Top: Polo competition



Above: Enjoying the white water course

Below: Start of the Kayak and Open canoe race with the new watersports centre in the background



The Millennium Canoe Orienteering Competition

Stockton Riverside and Castlegate Quay

The second annual Stockton Canoe Orienteering competition took place at Castlegate Quay on Wednesday 5th July - this year it formed part of the area Millennium Youth Games and was even more popular with 170 young people from 15 different

schools taking part. This event is an initiative between the River Tees Canoe Association and the Cleveland Orienteering Club supported by Teeside Sport, Tees Forest and the four local authorities. The orienteering course uses the river up and downstream of Castlegate Quays and the canal network through Teesdale. Competitors are

provided with a standard 6-colour orienteering map with the controls carefully positioned so that they can only be seen from the water! This is not just about paddling skills! The results are based on a score orienteering competition format which challenge teamwork, planning ability and navigation using Bell Boats, Canadians and Kayaks.

There were some very close races in all classes but time and penalty errors forced mistakes out of some strong teams. The eventual winners as follows:

- U16 – Special Schools - Bellboat competition – Westlands B
- Year 6– Bellboat Competition – St Begas A
- Year 7– Bellboat Competition – St Patrick's A
- Kayak Competition – Wilson/Pearl
- Open canoe – Cochrane/Smith

Stockton World Cup Lightning Race

Whilst competitors from all around the world were focussing on the Marathon World Cup at Stockton – 19 young

paddlers also took to the water at Stockton and having watched the finish of the Men's K1 race they went out to show everyone what they could do!

A cold Northerly wind made conditions very difficult with an awkward chop - not to mention the temperature! An exciting start where the competitors were held (just like the seniors) saw everyone upright and racing across the river to the first turn – by this stage a couple of talented paddlers had established a lead and were setting a challenging pace. The group then followed the world championship course down towards the Tees Barrage, around the final turning buoys and back along the finishing straight – a distance of about 600 metres. The girls race was won comfortably by Emma Larwood from Gailey with very strong performances from Jenny Swallow from Chester and local girl Charlotte Gittus who had only been paddling for 10 weeks. The boys race was much closer with only 40 seconds separating the first four boys. The race was eventually won by Kyle Bowles of Solihull who was challenged all the way by Tommy Power, Carl Ainsworth and Joe Vipond.

After a short rest a team relay race was organised where capsizes, collisions and rudder entanglements entertained the spectators, coaches and paddlers alike.

Mike Gallagher – PDO Teeside

Paddlefest 2000 Success in Hull

Saturday the 29th of June saw Kingston Kayak Club getting ready for a busy day. Having prepared boats, equipment, and staff (and chosen possibly the only sunny day this summer) for the Paddlefest 2000 at the Princes Dock in Hull City Centre, KKC



YOUTH

felt ready for their regular annual event. They had spent months preparing and advertised in the local press and radio, and had club members handing out flyers at the nearby shopping centre on the day. Kingston were hoping for a good turn-out – and they got it!

Over 200 people tried paddle-sports at the event that day! Most were interested in finding out more. The squeals of delight during the inevitable water fights could be heard inside the shopping centre. Paddlers of all ages and abilities joined in – some had more faith in their abilities than they should have – but all had a good time.

All in all, the day was a great success – roll on 2001!

Mich Kendrick PDO West Yorks

Elmbridge Canoe Club Paddling Holiday

We must have picked the best week of the whole summer of 2000! Only one thunderstorm, a few showers and hours and hours of sunshine!

The 10th annual "Paddling Holiday" took to the Thames at Eynsham, about 5 miles from Oxford and completed the 93 miles and 34 locks back to Weybridge in six days. The group of fourteen were 11 and 12 years old and had began their canoe racing career during the summer of '99. They all trained three times a week to achieve the standard required for taking part in this trip (Handicap 45)...not only that, they had to become competent campers and be able to take responsibility for their own kit.

We camped at night on the river bank, thanks to the hospitality of various riparian owners along the way. All that was carried in the kayaks was a waterproof bag containing essential items of dry kit and sun cream, plus a water bottle. (What they actually carried was more than likely another story!)

The expedition was backed up by Club parents, Jane and David Brixey in their narrowboat, "Jack Merrick". They carried the camping gear and provided the food. Club coaches Pam Taylor and Di Lawler paddled with the children.

That's the official account – but more important – this is what the paddlers said...

"The paddling holiday was full of events, the group were full of energy, coaches full of fun, the narrowboat full of luggage, the food full of goodness and the evenings full of chat"...Louisa

"I've only been canoeing a year and this time last year I would never have dreamt I'd be doing anything like this..." Philip

"...fastest one minute, slowest the next – but it didn't matter...food got burnt – but it didn't matter..." Glen

"I'd liked to have done an extra 7 miles – and made 100..." Patrick
Di Lawler



Wild Web

At last the internet has escaped the realms of the nerd. As paddlers we have benefited and the number of canoeing related sites is growing daily. With a little time and patience you can find a host of sites with information of interest.

The internet's greatest strength is the role of the amateur. Anyone can pass on to the rest of the world their knowledge and experiences for free.

Tom's Playboating Site at <http://homepages.which.net/~jamie.beamish/home.htm> is just the



type of amateur site that makes the internet into a community. Very personal and eclectic this is the type of site any-one could publish, and it "gives" to the wider community in the form of a boat review per month. Changing the boat review every

month is not an arduous task, and all Tom now needs to add is an archive of previously reviewed boats to make this a really useful resource.

Almost all canoe clubs now have a web site, and they all could use this to better effect. The Moray Canoe & Kayak Club Site at www.geocities.com/Yosemite/Gorge/7930/ provides river guides to the Findhorn and Spey for example, and have up-to-date notes on access issues in their area. This type of local knowledge can be invaluable, and it would be good to see more local clubs provide this type of service.

Comment on useful amateur sites cannot be complete without mention of the UK Rivers Guidebook at www.go.to/guidebook. Here is a site that represents the best of amateur sites, but which requires a great deal of time from its publishers to maintain. This site relies upon the "donation" of the river descriptions from other paddling internet users. When "netheads" discuss the "internet community" it is this type of site that they mean. A site where everyone gives, and everyone receives.

So if you are planning a website, consider what you are giving to the paddling community at large.

If you wish to suggest a site for this column to review, e-mail steve@canoefocus.co.uk

MORE MEDALS

VARIOUS competition

Europas Cup

Overall Results

1st
Simon Allen
(GBR 278, 7pts)
2nd
Colin Newman
(GBR 273, 19pts)
3rd
Patrick Nicolas
(FRA 25, 20pts)

The International Canoe Europas Cup took place in Germany at Wilhelmshaven on July 29 to August 3. Just two British sailors, Simon Allen and Colin Newman joined I.C. competitors from Sweden, France and full turn out of the German fleet. Racing took place over a trapezoidal course with a triangle replacing the more usual final run. The wind was mainly light with a strong tide making it difficult not to be over the line at the start.

Reflecting the current supremacy of British I.C. sailing at international level, Simon Allen won the Europa Cup, coming first in five of the seven races. Nearly 58 year old Colin Newman finished second overall, just one point ahead of the French national Champion Patrick Nicolas who won the first race after the British sailors sought redress on his behalf following confusion over the finish line. Well ahead on the final line Patrick re-crossed the start line rather than the finish line which was still being laid on the opposite side of the committee boat.

Colin Newman followed him, but on getting no gun sailed back round the committee boat to take the winner's gun still just ahead of Simon Allen. However, the committee accepted Colin's request that the win be given to Patrick. Canoe Sailing takes place in this sporting fashion. The only other entrant to win a race was Peter Ullmann from Germany who, in Race 3, started on port and led from the start to finish, just ahead of Simon Allen. Peter eventually finished seventh overall and won the German national championships which was part of the same event.

Towards the end of the final race, Simon Allen, who had already convincingly won the championships, had built up his usual substantial lead, with Patrick Nicolas lying second. Colin Newman, who had either to beat the Frenchman or finish immediately behind

him to stay in second place overall, capsized on the final beat and fell back from fourth to 13th and out of the medals altogether. However, on rounding the windward mark he noticed that the strong cross current was carrying all the boats ahead well above the final reaching mark. To sail the shortest distance he then set off on a run about fifteen degrees lower than everyone ahead of him. By the end of the leg he was third, back in silver medal position, immediately behind the Frenchman, the position he held to the finish, a true 'Boy's Own' story at snatching victory from the jaws of defeat after the sporting gesture in the first race! The event was shared with German national sailing canoe, the 'Taifun' from which German juniors often move on to the International Canoe.

European Junior Championships, Boulogne

France 21st – 23rd July

The Great Britain Junior Sprint Racing Team and the Senior 18 – 23 Team took part in the Junior European Championships and Under 23 Challenge in Boulogne, France. Thirty seven nations entered the junior event and twenty two nations in the Under 23 competition. Overall, in the Junior European Championships, Great Britain came twelfth after reaching four finals.

At the previous Junior European Championships, in 1998, we failed to make any of the finals. Nine boats compete in lanes in each final and men race over 500m and 1000m and women race over 500m. In both kayak and canoe events there are singles, doubles and fours. The competitors are held on the start line in gates.

Richard Darby-Dowman in the Junior Men 1000m final, racing lane 4, was neck and neck with Hungarian in lane 5 battling for 3rd place. Richard was unlucky – he came 4th missing the bronze medal by 0.03secs. The race was won by a Swiss paddler with a Russian second. In the 500m final Richard came 6th. Also sixth in the final of the Junior Men's 500m Double event was the crew of Andrew Kelly and Tim Sowry. Jenny Spencer reached the Junior Women's 500m final, where she came 9th. Both Jenny and Andrew will still be Juniors next year when the Junior World Championships will be held in Brazil.

In the Under 23 event, being held for the first time, the double crew of Danny Golder and Keith Moule reached both the 1000m and 500m finals where they came 8th in each of them. The K4 crew of Paul Burgoyne/Nick Fowler/Nigel Jones/Adam Kennedy were 6th in the 1000m final and 9th in the 500m. Rachel Train was 8th in the Under 23 500m final as also was the double crew of Abi Cattle and Lucy Hardy.

The paddlers were helped in this event by their team staff and cheered along by many parents, friends and supporters who travelled to this regatta.

By Laurence Oliver.



National Marathon Championships

Reading 24/25th June



The 2000 Senior Men National K1 Champion, Connor Holmes of Elmbridge, presenting the Espada Cup to U14 Girls National K2 Champions, Harriet Farish and Hayleigh of Nottingham kayak Club.



Greg Slater of Lichfield leads the eventual winner, Connor Holmes through the last portage.

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MORE MEDALS

WILD WATER RACING

Junior World

By Mary Jean
Smith

Championships 2000

The Great Britain Junior Racing Squad raced the World Championships in Italy on the first weekend of July. The team arrived a week early at the race course either by flying or driving in order to have an effective training and rest period before the main race. Several members of the team had raced in the Junior Pre Worlds at the same venue the previous year so they spent their time remembering lines and tapering for the main race. For Alastair and Steven who had not raced the previous year they had the difficult task of learning the river lines for the first time and still stay fresh for the race. The weeks training was very well organised by the coaches who ensured the team stayed as relaxed for the race as possible.



With the non stop being on the Thursday the team chose to have a rest day on the Friday in order to be rested before the race day on the Saturday. The Junior Ladies raced first and both of the girls had good results with Mary-Jean finishing 18th with a time of 20:38 and Nicola finishing in 19th with a time of

20:47, the junior ladies race was won by the Slovakian paddler Jana Dukatove who finished in a time of 19:40.

Next off were the boys who all finished well into the field of men with Tim finishing in the highest British place of 17th with a time of 18:33. For Jonathan it was the first year which he was old enough to race and he achieved an excellent result of 22nd which placed him half way through the field and with another 2 junior worlds left is a good indication of his skill and fitness. Alastair and Steven had not raced at this venue before and had the added problem of learning the course for the first time. They both had good results finishing 34th and 35th respectively with a gap of 2 seconds between them. The winner of the men's was Slovenian Jernej Korenjak with a time of 17:38. Sunday was the team event day with the boys team of Tim, Alastair and Jonny finishing in 9th place. As there were only two British girls we had to team up with Marie Pier Cote from Canada to race in the Mixed team event. With all the racing completed it was time to sample the delights of Italian ice cream before the long journey back.

All in all a good week was had by all who all gained an experience from racing in this event. The team would like to thank Graham Froggett for managing the team, Paul Anderson and Stuart Smith for coaching, Des Middleton for Driving and Jean Smith for being the team cook. The team would also like to thank the seniors for their support and PLAS TECH Windows for providing the team kit and sponsorship throughout the year. ●



As the river levels fluctuated each day time had to be spent adapting to new changes that different river levels brought. Mid week saw the arrival of senior team members who were racing in the World Cup Series so the 2 groups of paddlers joined forces to try and learn the most effective ways to run the river. The support which the seniors gave the juniors was invaluable and I am sure that all the juniors benefited greatly from their input.



OLYMPIC SLALOM Ratcliffe wins Silver

Paul Ratcliffe has won the silver medal in the men's Kayak Slalom event after a tense final run.

There had been high hopes that the world number one from Manchester would bring home Britain's first-ever canoe/kayak gold.

Few would have predicted that German Thomas Schmidt would obliterate the field on the 320m man-made course on both runs, and he had to settle for the runners-up spot.

He had looked to be on course for gold but was narrowly beaten by Germany's Thomas Schmidt. Austrian Helmut Oblinger led the field going into the final round but was overtaken by Ratcliffe despite the Briton having picked up a two-second penalty.

Ratcliffe was third after the first run despite capsizing just before the finish. He then incurred a costly penalty at one of the early upstream gates in the final run but flew through the



remainder of the course to clock a superb time and take a three second lead. He held that advantage until Schmidt, the very last competitor to run, beat his time to claim gold.

Ratcliffe was clearly disappointed at losing by such a small margin and said: "I'm a little bit subdued and despondent. I set myself high standards and was after gold. But he was the better guy on the day - he was awesome. And I'm just pleased to have got the silver after capsizing."

It is only the second ever medal won by Britain in the canoe/kayak discipline.

The British pairing of Stuart Bowman and Nick Smith, ranked ninth in the world, came into the final run of the men's canoe doubles in fifth position.

The canoeists picked up two penalties on the opening run which hindered their chances of picking up a medal. The Britons were made to wait for the final four sets of competitors and were unlucky to lose their grip on second to finish fourth by just half-a-second.

Slovak pair Pavol and Peter Hochschorner won the gold - Poland won silver and the Czech Republic bronze.



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Sustainable Development Principles

Sustainable Development is about improving the quality of everyone's lives, whilst maintaining the capacity of the Earth to provide for future generations. It encompasses social, economic and environmental goals. It is about protecting and where possible enhancing the environment, not just for its own sake but because a damaged environment will sooner or later hold back economic development and lower the quality of life. It is about seeking to satisfy people's basic needs, such as providing warm homes and safe streets and giving the opportunity to achieve their potential through education, information, participation and good health. And it requires a robust economy to create the wealth that allows needs to be satisfied, now and in the future.

Sustainable development is not about self-sacrifice. Many measures can improve the quality of life, by providing cleaner air, safer streets and healthier communities. We must not accept a situation where people cannot afford to heat their homes

adequately, or where they use insufficient water for fear of the cost. Instead, we must all work together to meet people's needs in ways which put less pressure on the environment. Increasing the energy efficiency of our homes and reducing leaks from water mains are obvious examples, as are improving access to schools and shops on foot or by bike or public transport. We also need to think in different ways, and find new ways to do things. Sustainable development means considering how to reduce the amount of waste produced, rather than just having recycling targets; reducing the need for energy, rather than just cleaning up power station emissions; or reducing the need to travel by considering where people live and work, rather than just producing less-polluting cars.

Sustainable Development Objectives

To ensure a better quality of life for everyone now and for

generations to come, through:

- Social progress which recognises the needs of everyone
- Effective protection of the environment
- Prudent use of natural resources
- Maintenance of high and stable levels of economic growth and employment

Sustainable development can only be achieved if we consciously examine and seek consensus on the path we need to follow and then act in partnership to make sure it is implemented.

Local Agenda 21

Agenda 21 is a framework for future action for sustainable development, and was drawn up in partnership between governments, commerce and non-governmental organisations (NGO's) at the 1992 "Earth Summit" in Rio.

Local Agenda 21 is a comprehensive action plan for implementing sustainability at local level for the 21st Century. The principle is to think globally, but act locally.

Local Agenda 21 emphasises that sustainable development is a collective project. It means including all sections of society, such as community groups, business, the voluntary sector and ethnic minorities and using their talents, resources and enthusiasm. It is about co-operation, empowerment and partnerships to reach a common objective.

How does it affect canoeing?

Canoeing is a social activity that develops individuals, brings a wide cross section of community together, is an equal opportunity sport (anyone can do it!) and works closely, and in balance, with nature. It is proposed that Local Agenda 21 becomes a banner into which the BCU core strategies feed. This is not an issue of legal compliance, and equally the temptation of using LA21 as a slogan must be avoided.

It must be recognised that the only people who can measure the BCU's success in this arena are the members of the community it serves.

A few suggestions for BCU Actions

- Promotion of the benefits of sport and recreation for the community's improved quality of life.
- Further provision of canoeing through voluntary groups, especially in urban areas where quality of life is a higher priority. Implementing the concept of partnership with local groups could be the key to promotion.
- Promoting equal opportunities as a social issue. LA21 is about access for all.
- Becoming more active and visible in the community through 'River Care Schemes', e.g. litter picking days, scrub clearance, canal restoration etc.
- Becoming more visible by keying in with local government Local Agenda 21 officers; most local authorities now have these officers. Progress could be made by developing the relationship between canoe clubs, the neighbouring facilities and the local community.
- Maintaining / increasing visibility within local government and other agencies, e.g. the Environment Agency, Countryside Agency, Sport England, planning committees, education authorities.
- Forming partnerships with other river users to form a solid partnership to increase access and develop facilities.
- Increasing knowledge in sports psychology, the need for fitness etc.
- Supporting research into conservation, recreation etc and contributing to funding.
- Encouraging manufacturers to become more 'environmentally conscience' through waste minimisation, energy efficiency etc. Canoeing products are generally 'environmentally negative' due to them being made of plastic, and thus the most must be made of this product.
- Forming partnerships with local businesses, especially in canoeing hotspots and developing the commercial standing of the BCU. ●

Learning from Experience

The ECA Environment Panel would appreciate feedback on the experience of BCU members when seeking to achieve sustainable development within their areas of responsibility. Experience can then be shared.

The English Canoe Union's Environmental Panel aims to support canoeing in a sustainable environment and is currently looking for members to help provide specialist support and advice. If you have any interest in the environment - including water quality, wildlife / biodiversity, creation of better access points, or the development of community action schemes then please contact the **Environmental Panel Officer Darren Male on 01827 874262**, e-mail darrenmale@onsite.co.uk, or write to **6 Brick Kiln Lane, Hurley, Nr Atherstone, N. Warwickshire CV9 2LU**.

13 Themes for a Sustainable Community

- Resources are used effectively and waste is minimised.
- Pollution is limited to levels which natural systems can cope with without damage.
- The diversity of nature is valued and protected.
- Where possible, local needs are met locally.
- Everyone has access to good food, water, shelter and fuel at reasonable cost.
- Everyone has the opportunity to undertake satisfying work in a diverse economy. The value of unpaid work is recognised, whilst payments for work are fair and fairly distributed.
- People's good health is protected by creating safe, clean, pleasant environments and health services, which emphasise prevention of illness as well as proper care for the sick.
- Access to facilities, services, goods and other people is not achieved at the expense of the environment or limited to those with cars.
- People live without fear of personal violence from crime or persecution because of their personal beliefs, race, gender or sexuality.
- Everyone has access to the skills, knowledge and information needed to enable them to play a full part in society.
- All sections of the community are empowered to participate in decision making.
- Opportunities for culture, leisure and recreation are readily available to all.
- Places, spaces and objects combine meaning and beauty with utility. Settlements are "human" in scale and form. Diversity and local distinctiveness are valued and protected.

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I should never have left the packing to my mother!

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Forget the 3

"...Northwest 5 or 6 increasing 7, perhaps gale 8 later, rain then squally showers, moderate or good." Just what you need for an open canoe trip on three of Britain's most exposed lakes was the thought crossing all of our minds as we headed North from our base in Cumbria.

We were off to attempt an idea I dreamt up whilst manning a first aid post on the three peaks fell race, the previous summer. My concept was to establish a recognised canoeists' equivalent, which would be regularly attempted by being accessible to a wide range of paddlers in a variety of craft.

So the challenge was set: To canoe, in 24 hours, the length of the largest natural Scottish Loch, English Lake and Welsh Llyn, hence "The 3 L's".

Note the largest, as in surface area, rather than longest, as this avoids an interminable drive to the end of Loch Awe, and natural, as this excludes Llyn Vrynwy, which is predominantly an R.S.P.B. reserve.

22 miles of Loch Lomond

We were therefore headed to Scotland for our first challenge, to canoe the 22 miles of Loch Lomond, before driving to the Lake District for the 11 miles of Lake Windermere and finally onto North Wales for the 4 miles of Llyn Tegid, also known as Bala Lake. Our target time for the whole trip was 20 hours, 10 of which being the paddling, which would require an average speed of over 3.3 knots on the water.

The team was easy to choose - anyone who worked with me and knew one end of a canoe from another. The team of 6 therefore comprised two L5, one L4, one L3 and two L2 Coaches - the latter criteria therefore being in some question! Discussions over the choice of craft had ranged from sea kayaks to K2's, but in the interests of proving this was not the D.W. of the North, ordinary centre plastic canoes were the order of the day.

Unfortunately, on the day before departure, one of the team put his back out and so the motley crew which left Ardlui Marina at the Northern most extremity of Loch Lomond, did so in two, rather than three canoes, one somewhat low in the water with nearly quarter of a ton of paddlers and equipment on board. This was of particular concern bearing in mind the

forecast, which was now whipping up a lovely one metre following sea as the loch opened out.

Cold, peaty water

Loch Lomond is huge - it's not until you realise that you're about to paddle from the top to the bottom of a 1:50 000 map that the sheer magnitude of over 70 square kilometres of cold, peaty water starts to hit home. Added to this, the gradient from the summit of Ben Lomond at 974 metres above sea level, which plummets to the depths of the loch at 190 metres under the surface, is impressive and dominates the whole journey.

As the first few miles passed, we settled into an hourly cycle of swapping places to relieve aching joints and muscles unused to controlling the surfing characteristics of heavy canoes. It was with some relief therefore, that we stopped after passing the mid way point at Rowardennan

On a personal note, I would like to dedicate this "3L's" challenge to the memory of Geoff Good, who earned massive admiration and respect from all the paddlers he helped in England, Scotland and Wales, during his 20 years as Director of Coaching.
David Taylor



Team at finish



after 2h45m, signified by the smell of bangers and mash prepared by our multi-talented driver and photographer, Kevin.

So far, we had averaged an incredible 4 knots, but as the wind eased off, and the waves reduced in height, the pace slowed and we had to work harder to maintain our schedule, though the frequency of bailing out of course also reduced. At Luss, the loch expands to 5 miles in width, an archipelago of islands came into view and the sun set in the Northwest over the distinct summit of The Cobbler.

We arrived at Balloch bridge just before darkness fell after 5h25m paddling plus a 45m dinner stop. Morale was high, knowing that we were already well over half way towards the 37 mile total. To say the journey

Peaks, now

"3 L's"



The team smell dinner

South in the minibus was comfortable would be a total misrepresentation of the truth, however most of us managed to sleep an hour or so en route before arriving at the slipway at Waterhead on Windermere just before 2.00am.

Andy's dry wit

Heading South towards Bowness, a heavy cloud cover ensured almost total darkness and the two craft travelled separately, giving a very isolated feel to this part of the journey. As we approached Belle Isle, the first signs of dawn appeared over the Kentmere Fells and since we all knew the Lake so well, the rest of the journey was a dull and uneventful ordeal, made bearable only by Andy's dry wit. We eventually arrived at the egress point on the right just above the weir at Newby Bridge, after some 3h05m paddling.

Following a quick brew, we set off to Wales and after a couple of laps of the Chester ring road, because after all, the last thing you bring on an 800 mile journey is a road atlas, we arrived in Bala. Darren at this point insisted on a long breakfast stop which proved to be one of his better suggestions and an endless supply of bacon butties ensued, cooked right on the shore of Llyn Tegid's Northern extremity - the end was in sight.

As we departed, a few heavy showers came through to wake us up, but no sooner had we started to warm up our tired bodies, but we were at the other end the final 3.8 miles being completed in just 50 minutes. Now egress here is a problem due to a combination of private land and a nature reserve, so we retraced our steps back up to Llangower, where there is a path leading from the lakeshore up to a car park by the railway station.

Most of the team were content with sitting in the sunshine reflecting back on a tiring but very satisfying journey - total time 19h30m of which 9h20 was paddling from Ardlui to Llangower at an average of 3.6 knots. Rich and I however decided to celebrate with a very brief swim in a very cold lake. Colin on the other hand completed his own personal challenge of making a brew from Scottish, English and Welsh water, though diplomatically refused to admit which tasted the best.

The challenge had been achieved and I hope that in reading this you are inspired to give it a go. You may wish to reverse the direction on each lake dependant on where the wind is coming from, start at a different time of day or even paddle the lakes in reverse order, using Llyn Tegid as a warm up. Don't try to reduce the realistic minimum safe driving time between each lake of 3 hours, but do try beating our paddling time, Canoe Focus will publish new records for different craft as they are beaten.

Official "3L's" certificate

Anyone who completes this trip and sends their name and address, type of canoe and total paddling time to david.taylor@dovenest.co.uk will receive an official "3L's" certificate. This challenge really is within the grasp of any moderately fit paddler, so forget the 3 Peaks next year, try the 3L's! My thanks are due to The Dove Nest Group for providing transport and food and to the team for being so supportive: Keith, Colin, Andy, Rich, Daz and of course Kevin, our chauffeur and chef. ●



Colin

Andy

Colin and bacon butties



Rich and David's celebratory swim



Arriving Rowardennan

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Tel: 01253 503011 Fax: 01253 356955
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SITUATIONS VACANT

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PADDLER'S GEAR reviews

Perception Method Air

The Method Air is described as being a river running playboat. To me this means that I should be able to pull tricks when I want, but when the difficulty rises I can trust the boat not to play tricks on me! How relieved I was to find out this was exactly what it did.



The kayak is very impressive on first appearances. The outfitting is finally getting towards what we should expect as standard. Multi-adjustable mega gripping thigh braces, a ratchet tightened padded backrest system and the pleasure pod seat all show a boat designed to give the paddler comfort and control. Mind you I still needed to go through that new boat ritual of shaping and gluing ethafoam blocks onto the sides of the seat!

Largest of the new fleet

The Method Air is the largest of the new fleet of river runners and playboats from Perception but being 6'5" tall it was the only one I had any chance of fitting into. Even then I had to request a boat without a fitted footrest and construct my own from a small block of ethafoam. For more normally sized paddlers the boat comes with a bulkhead foot rest system as standard. This actually has three different sized footplates to cope with the tapered shape of the front deck.

Although quite high volume by modern playboat standards the boat plays very well (unlike me) and is particularly excellent surfing and flat spinning on waves. River running is a delight. Although the flat hull produces a slower boat there is still plenty of hull speed to put the boat where you want it and its behaviour is predictable throughout. I used it on a number of courses in the Alps this summer and even with splits and safety gear the performance remained lively.

The Method Air is the ideal choice for two types of people. Firstly those like myself who are too tall and big footed for a small thoroughbred playboat and secondly for those paddlers looking for that compromise boat. Something they can 'park and play' in and still 'run the gnarl' with. Either way they wouldn't be disappointed.

Paul O'Sullivan

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cagoules start at £34.99 and the spraydecks at £24.99
for more information please call 01822 618688,
or visit www.nookie.co.uk

Nookies latest new design is the Hardcore Shortie, a short-sleeved summer cag developed from their phenomally successful killer Alien Cag, featuring the Alien PU-coated neoprene neckseal, extra long mesh neoprene arm-cuffs, and the unique Nookie double waist system. Available in a range of colours (currently electric blue or a very lairy orange) it retails at £49.99.



Peace River Paddle

Part 2

These days every halfway decent film, walk or even burger, has a sequel. So it is with Peace River Paddles. Actually it had been my intention since completing a charity paddle of the River Shannon in July 1999, in aid of Children for Peace, to further links with two countries together and to raise more money for the Warrington based Jonathan Ball and Tim Parry Trust, by paddling, non-stop, the length of the River Thames. The Shannon had taken me 29 hours and 35 minutes. How fast could I paddle the Thames?

I knew the River well, having completed the Upper Thames Race on the number of occasions in my C.1. and the lower section of the River as the major part of the DW course (unfortunately not in my C. 1.) In Ireland Ian Howard had heroically driven, navigated and provided food, drink and encouragement. This time I was to be thrice blessed. Ian had only to think about driving, Andy Bunn was navigator (provided with new maps after difficulties on the Trans Pennine Race previously) and Gina Neil was in charge of bananas, milk and cereal bars. Armed with mobile phones and the car full of diesel we arrived in Lechlade, after a terrible six-hour journey, on Friday 26th May and headed off the pub.

A restless night and early rising meant that Andy was the first to notice that some thoughtful locals, on their way home from the pub, had bent the V bars beyond redemption (Thanks Folks). He and Ian set to it and they were repaired before I had even woken up. There is ground crewing for you. After a hearty breakfast we went to inspect the River. Taking into account the flow and high tide that Teddington a start time of 12:30 PM was decided. I just wanted to get going. We wandered round the shops, had coffee and a light early lunch. At last they let me get on the water and the kind lady from the local antique shop (persuaded by Andy to verify the start time) said, "Go!", as a squally thunder the shower hit, setting the tone for the rest of the weekend. It was actually 12:45 PM.

Restocked with bananas

The stretch to Oxford was punctuated by more heavy showers but the good flow made up for that and the tight bends (no rudder you see) and the frustrating headwind. Smiling faces met me at the portages and as I was restocked with bananas and water they told me I was making brilliant time. The stream was still rising, in fact at Eynsham I was told that the River was on Amber Alert. My ground crew were also told this and that unpowered craft were advised to stay off the River but that the warning did not apply to me. I knew what I was doing!?! I did promise myself if the Red Alert was declared I would not paddle while it was dark. After Kings Lock, however, the flow seemed to decrease and the possibility receded from my mind. Paddling became harder work though and complicated by rowing eights who didn't appear to notice our bright red and blue boat on the correct side of the River and caused the odd close shave. At Sandford (it was teatime by now) the rain



Portaging the boat at Teddington

relented after a while and a group of recreational paddlers mooched out of the pub and gave me a wave, pints in hand. I could have used a pint just then and I would have felt even worse if I had known that my trusty ground crew, feeding the cereal bars, orange juice and lines like "Get a move on!" had just finished a slap up meal in the same pub. As the sunset slowly in the West, well I think it did; I hadn't seen it all day, I paddled towards Reading. The long straight stretches meant I could again pick up the pace, so much so that my ground crew weren't ready for me. They soon recovered though, provided new portage diagrams, dry gloves and a largish meal. After this longer stop, I paddled off feeling a little more comfortable.

Through Sonning, Shiplake (oops mind the campers in the dark) and into Marsh it rained so hard the splatter on the spray deck drowned out the roar from the weirs. My late arrival at Marsh gave rise to a few concerns as the flow was still increasing. The mobile phone was sent for. It shouldn't have been; before any call could be made my halogen bulb became visible in the distance and the phone was consigned to a pocket. After I had paddled away and the phone arrived back at the car, Ian thought it had been for a swim and got into difficulties, as water actually trickled from its innards. He suggested C.P.R. It didn't work. Joking aside though, everyone was concerned about the rising river. We knew that a month previously dangerous standing waves had formed by the bridge in Eton and after helicopter rescues of crews washed over weirs, the D.W. had been abandoned. My ground crew raced to these danger spots and planned how to support me in the event of a problem occurring. In fact all the river produced was a good strong flow and only mildly challenging water.

Munchkin Dragon Boat paddle

Dawn arrived (nice girl)... Perhaps I was a bit out of it by then and no wonder. My paddle broke at Romney. The spare was Andy's; 10cms. Shorter and more like a munchkin Dragon Boat paddle really. It got me to Penton Hook but not in particularly fine fettle. I think I had trench foot. I certainly had rampant indigestion after that meal in Reading and had taken very little food since. I was therefore running out of fuel and feeling very low in the cold wind and driving drizzle. The sight that greeted me gave me a laugh though. Andy appeared from behind the shelter of a tree, pogoing up and down, to keep warm, dressed in a Crime Watch U.K. hat and a large black bin bag (his cagoule was flooded). Gina trotted off to get a longer paddle, bedecked in stopwatches, while I took on lots of milk and a reasonable quantity of food. I set off for Teddington feeling much better and knowing that I was only a little behind schedule (thanks to the munchkin paddle) but had plenty of time to make the tide.

At 11.30 I was off the water at Teddington, being filled with bananas whilst my tripper was filled with water. The sun was shining and my spirits were really high. By 11.45 I was slithering down boat rollers and starting

the tideway in the middle of a Richmond CC training session. I smiled and nodded as K1's and K2's turned around. Great! Get on a wake. Fat chance. Off they zoomed in to the distance, with little thought for the tired single bladed comrade. I headed after them, passing their clubhouse about 12.10 pm. Apart from 2 sailing races and the odd Gin Palace the tide way was a pleasant paddle until I met rowers again towards Putney. They seemed to want to be anywhere I was, even close into the bank, so in the end I gave up and chose the quickest line. Putney Bridge was the last stop for food and water. My ground crew had already eaten, Gina, sausage and egg and the lads a strangely significant pizza. I backed away through murky water and we all raced for Westminster Bridge.



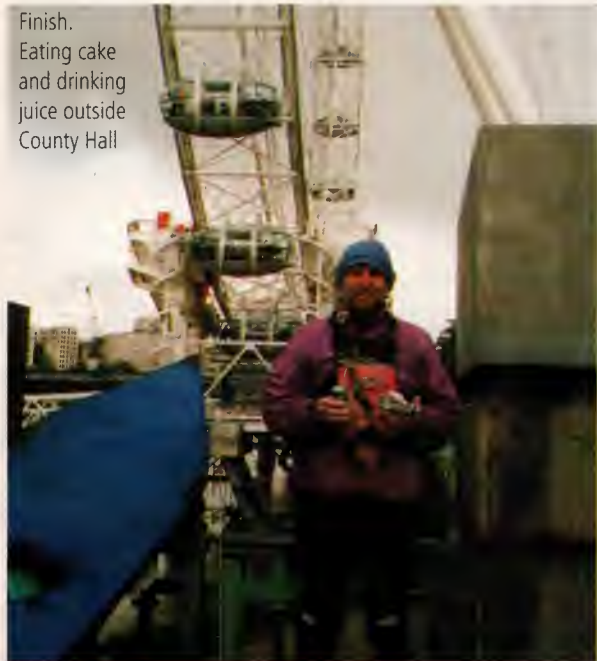
A lumpy disorganised chop

I won. The London Eye came into view long before the finish but the river was almost flat-until, after overtaking a couple of sailing dinghies I hit the busiest stretch. The trip boats, Fire and Rescue craft, Gin Palaces and fast flow combined to produce a lumpy disorganised chop, which threw me about like a cork. Good fun if I hadn't just paddled 143 miles. I passed the DW finish line at 2.15pm just as Big Ben was striking. I left the river as quickly as possible and was met by a seething mass of humanity (somewhat of a culture shock after the last solitary 25 hours). As I had beaten my ground crew I waited. There was no way I could boat on shoulder, fight my way through that crowd. Meanwhile my non-arrival at the Festival Hall had given rise to some misgivings and hurried searches.

Eventually we all met up, me freezing cold and in a hailstorm. We threw the boat on the roof (V bars allowing) and hurried North. We were booked into a wee country pub near Buckingham. A hot shower, lovely meal and a good sleep later (I could strangle all cockerels) I woke to a beautiful sunny Monday morning quite unlike the previous two days, feeling just a bit stiff in the joints. I had paddled a distance of 143 miles in 25 hours 30 mins, possibly a record for a CI. could not have attempted this at all without my ground crew and their efficiency and encouragement also contributed to my fast time. Thanks folks!

Well that's the easy bit now all I have to do is collect as much money as possible. £500 would be nice. ●

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Eating cake
and drinking
juice outside
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Backpacking the Avon Descent, Australia

Paddling has been my hobby and profession for many years in the U.K. and one particular night of testing Aussie culture – drinking around a barbie! My paddling passion was mentioned and after subtle persuasions I decided to give it a go for Old Blighty.

Most competitors for the 134km 2 day event on the 1st weekend in August every year, train like runners for the London Marathon.....well in advance, all have kayaks also! Entrants become familiar with the river. The Avon has four or five notable grade 3 rapids and a

section of Ti Trees. The trees form a near impenetrable jungle/maze for about 5km with the river still flowing fast – loads of carnage, swims and pins occur. It generally parks through a very British beautiful green valley.

The last time I had been in a boat before this plunge was on the Seti Khosi, Nepal a severe grade 3 two day trip in low water. With 1 week to go entry was 'no worries' because they welcome foreigners giving it a bash.



A huge thanks to Jeremy Bovell my support crew, personal trainer and chef. To Christine and Bret for lending a total stranger a kayak. Peter the secretary of Ascot Canoe Club, Perth for top advice and equipment and the Ministry of sport and leisure, Australia for another paddle midway through the event.
By Kit Preston.

Travelling the world takes you to some great places. Locals seem so different and have bizarre customs. Fellow travellers talk of adventures like rafting the Zambezi or bungee jumping off huge bridges, but alternatively my travelling CV now reads 'bagged the Avon Descent', billed as the greatest white water kayak race in the world, near Perth, western Australia.



With 2 days to go a craft was borrowed, an ocean going craft! A Pyranha Sea Kayak. With 1 day to go the last helmet, buoyancy aid and whistle left in Perth was kindly lent to me by Ascot Canoe Club. So ready for action.

On the final evening scrutineering was passed when the kayak had enough sponsors stickers and a swim test in the freezing river in the dark was passed. It is winter in Australia in August and the water is damn cold I can testify. Warming up in the pub was easy. The start town of Northan (usually a quiet farming town) overflows with spectators, support crews and some of the 700 or so competitors. The local pub making over half its annual profit in one night! Race morning dawned with a light mist over the water, I got a good start from an orienteering style grid start along with a female K1 paddler from Malaysia, a doubles kayak and doubles surf ski. I received a huge cheer passing under Northern bridge as they had suitably christened me the 'mad pom' – I felt like Eddie the Eagle,

having never seen the river before! Five hundred metres downstream Northan weir required portaging due to this years lack of rain then off into the Australian bush we went. Next town Perth and the finish both 134km away! Extracts weir next. I got extracted. My paddle snapped to produce a great pair of splits so I shovelled myself to the bank. Once the fibreglass splinters were removed and my faithful support crew Jeremy and his wife had thrust Mars bars, power aid drinks and bananas at me we went on a mission to find a paddle. Most teams

have several types for the flat or white water sections. The Ministry for Sport and Recreation team out of the blue offered one of theirs and so the dream continued. Full steam ahead. No longer up the famous creek unarmed.



The Ti tree jungle section, was slalomed following a husband and wife k2 team with a map! They had done this section 6 times that week and still got lost. The number of swimmers, wrapped boats and abrupt stops were comical. Remembering the only advice I got before the race... 'to just go over the middle of person wave skis pinned across thin channels bond style' and 'that the second morning start is very early and very cold'. It was, and I did jump a wave ski!

This was white water day. The sun was shining and the river brown from yesterday and the evenings rain, perfect. Emm falls was billed as the best spectator sport/swim potential according to the other friendly competitors passing who I quizzed about the line. 'Just another rapid to stay upright in' was the general mentality – should stick them down some European rivers' I thought.

Bells rapids were exciting due to the large crowds. The main drop is directly above a bridge like at Cobdens falls on the Clugney, so after avoiding the first mad powerboat (they race also) and giving a crowd pleasing paddle twirl, descended continuing to avoid swimmers, and crewless craft having survived all the drops the Avon has to offer. Just 30km to go!

Several Mars bar feeds from Jeyza, Support man and incentives of beers and Aussie Sheila massages during interludes willed me on. For me getting to the start line having begged and borrowed all equipment, passed scrutineering and found the place was part of the hard battle. The kindness and support from the locals all along the banks are amongst the memories. A South African guy won the K1 event, a Pom last, 500 or so Aussies in between! ●

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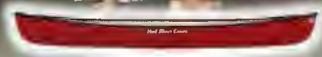
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