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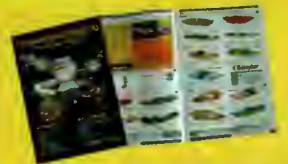
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THE BCU VISION IS TO:
enable our members,
partner organisations and
the wider paddling
community the best
available opportunity to
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aspects of paddlesports

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Front cover:

Campbell Walsh, Helen Reeves and
Ian Wynne - Olympic medal winners. Photos
supplied by the International Canoe
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YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. **Technical Information:** Contributions are acceptable in typed (double spaced) or preferably as a Microsoft Word file, which can be emailed to peter@canoefocus.co.uk, or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cambs PE27 5HB. All material is accepted on the understanding that the BCU and its agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. Next Copy date is the **1st NOV 2004**. Material arriving after this date cannot be included in the **DECEMBER 2004** issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated the publishers assume no responsibility for the return of unsolicited manuscripts, artwork or photographs. Opinions expressed in this magazine are not necessarily those of the British Canoe Union, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the British Canoe Union endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the Editor is forbidden.



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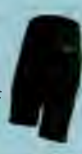


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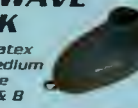
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COMMENT

Paul Owen
Chief Executive

Olympic and World Championship success

This *Canoe Focus* comment is dedicated to our athletes and coaches who have achieved so much this summer. With three medals secured from the eight classes contested at the Olympic Games providing the icing on the cake. A special mention must also go to our canoe polo team for the outstanding performance at the World Championships in Japan, the women taking the gold medal and the men the bronze. These performances together with Paul Wycherley's success in becoming the Junior Men's K1 World Champion at the Marathon Racing World Championships in Bergen, Norway have made it a summer to be remembered.

Canoeists contributed ten percent of the total teamGB medal haul and when combined with rowing and sailing the watersports totalled a massive 40% of teamGB's honours

Clearly our medallists deserve special mention **Campbell Walsh Men's K1 Slalom – silver medal, Helen Reeves Women's K1 Slalom – bronze medal, Ian Wynne Men's K1 500m Sprint – bronze medal. However, these games were about our 'team' performance with everyone finishing in the top ten in their respective event. Our Athletes and their coaches have done the sport proud – well done.**

Birgit Fisher

Birgit Fischer of Germany came out of retirement at 42 to win her eighth Olympic gold medal one short of equalling the women's record of nine. Fisher has won a grand total of twelve medals in Olympic competition.

Sean Morley

By the time you read this edition of *Canoe Focus*, Sean Morley will have completed his epic solo circumnavigation, by sea kayak, of UK, Ireland and every inhabited offshore Island including Orkney and Shetland. Apart from the amazing challenge of paddling over 4,500 miles, Sean has been raising money for two charities the RNLI and The Marine Conservation Society. If you haven't already made your contribution then please either complete the sponsorship form from April's *Canoe Focus* or contribute online via Sean's web site www.expeditionkayak.com

Whole sport plan

Work continues on the whole sport plan with the consultation phase complete and final submission to funders nearly ready. The BCU can look forward with optimism for the future with our Olympic success being complimented by our month on month membership growth.

We would like thank everyone who has contributed to the consultation process.

The plan will maintain our overall vision of "helping and inspiring people to go canoeing" with the three basic strategic objectives, of being:

- Paddler focussed
- Internationally successful
- Raising the profile of paddlesport

Access

Discussions focused at improving the access situation for canoeists will gain momentum over the next few months with the end of the holiday season and Parliament returning from recess. That said, with the fox hunting debate currently raging and then preparations for a general election, it is likely that progress aimed at achieving legislation will be slow. Particular attention will be targeted at lobbying non-canoeists to ensure that the inequalities of our situation are widely understood among key areas of society. Discussions with the key stake holders and agencies on how the overall situation can be improved will continue.

An apology

Whilst Lucy Hardy's 7th place performance in the Women's K1 500m final at the Olympic Games was a magnificent achievement it was not the first ever appearance in an Olympic sprint final for a British woman as suggested on television, there have been several other appearances in the Olympic finals including Pat Moody 1956 Melbourne Games, Barbara Mean and Lesley Oliver K2 1968 Mexico Games, Lucy Perrett K1 1980 Moscow Games, Frances Wetherall and Lesley Smither K2 1980 Moscow Games and Jan Lawler, Lucy Perrett, Debbie Watson and Leslie Smither K4 1984 Los Angeles Games.

Eric Totty

Sadly as we close for press I must bring the news of Eric Totty's death. Eric was a key figure in the early development of the Union receiving the Award of Honour in 1973. A full obituary will appear in December's *Canoe Focus*. Eric was a co-founder of Lakeland Canoe Club and for over twenty years ran a series of races on the River Leven which many of you will remember taking part in.

Michelle Patrick

We welcome Michelle Patrick who is joining the headquarters team at John Dudderidge House. Michelle is a member of the World Class Potential Squad and took the bronze medal at Bratislava in August this year.

Town and Country Festival – August bank Holiday

On the night of the 29.08.04, four kayaks were stolen from the Canoe Village exhibit at this event. They had been locked up, but the cables were cut and boats taken. The site security and police informed, and crime reference numbers obtained. The boats were:

Dagger Delta – no. 9138

– Green with fishing rod holder attachments

Wilderness systems

Blast – no. wky15241304 - blue, similar to a perception kiwi

Wave sport Zero Gravity

(ZG48) – Orange with UK freestyle stickers, and hole for overthrustr plate on front of cockpit

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Left – Right
Chris Tingley (Floater),
Dave Cassell (Big D),
Anthony Ing (Little Buddha), Dennis Manley (Papa Beef), John Prescott (Two Jags), Andy Ing (Mr Fixit), Graham Cook (F.A.F.O.N.), Richard Ing (Nopaddle).

Paddles, politics and papers

About 18 months ago at the Waveney Valley Canoe Club our level 3 Coach Dennis Manley was desperate to get some of us novices into White Water. Being situated in the flattest part of the UK, this was not going to be an easy task. But a bit of perseverance, a few trips to the Nene and every Monday surfing. We eventually found the exhilaration he was hoping we would.

Our small white water group was nick named the 'Beefcakes'. As our numbers grew so did our experience and enthusiasm. A couple of trips to the Dart centre brought our skills and confidence on further. All under the ever watchful supervision of Dennis, now known as 'Papa Beef'

A date was set to move on further, six of us were invited to join some of the Arun club, based at Worthing, who were going to North Wales to attend a White Water Safety and Rescue course.

We jumped at the chance. We all met up at Mile End Mill to practice our moving water skills, before being allowed to paddle the Tryweryn on the Friday afternoon. Papa Beef having the final say if we were up to it or not.

We were all glad to hear we would paddle that afternoon.

We arrived the Tryweryn Centre not knowing that the outcome of the afternoon wouldn't be one any of us could really have expected.

Adrenaline pumping we were on the seal launch at the 'chipper'. A quick briefing and we were paired up with our leaders for the afternoon, mine being Adam from the GB freestyle team so we knew we were in safe hands.

Off we went on the 'Roller Coaster', so many of you know, but can you remember your first time?



Trying to make as many of the eddies as possible, the realisation of the importance of Papa Beefs hard work including lots of shaking of the head and tutting when we were not performing was now becoming clear. I met Andy in an eddie, we were both out of breath, but grinning from ear to ear. This is what its all about he shouted.

Coming round the last turn before 'Café Wave' we dived into the big eddie, river right for a breather. Then onto 'Café Wave'

Then it hit me, or more to the point, an eight man raft hit me and over I go upside down under it, this was not the ending to my day I had wisied for. Reaching forward to pull my deck, I felt a lump of Welsh slate smash into my right eyebrow and wishing I had done my chin strap up just that little bit tighter. I surfaced half in and half out of my boat grabbing hold of Adams boat, I saw the blood running down my face so I exited rather quickly. As I approached the next drop the same raft came over the top of me again. This time I smashed my left leg on the bedrock. After shouting some abuse at the raft guide I managed to get to the bank, where two bystanders helped me out of the water and to my feet.

I was helped to the medical centre and patched up I said jokingly I bet you do this all day don't you, then the medic remarked "Yes but its not every day you get rescued by the Deputy PM. I thought it was a big joke and was more concerned about my new S8 getting a five mile tour of the welsh countryside.

I hobbled back to the car park to get changed for a trip to Wrexham Hospital when this Jag pulls up and out jumps '2 jags' himself to see how I was doing. So I asked him if he would have his picture taken with the 'Beefcakes', OK he replies. At this point Adam and Darren were still retrieving my kit, so bad luck guys, but thanks for the safe return of said S8.

Later that evening I returned with Big Dave to find my mates well oiled and BBQ finished. We all had a good laugh and joked "Do you think the photo will get in the *Canoe Focus*." Some captions were mentioned about me and john and pies.

Monday Morning came another days plumbing back in Norfolk. Then the papers got hold of the story, 37 voice mails, two camera crews and reporters camped at the end of the road. The story was written, some bits were left out, some added. It just goes to show what can happen if you go paddling with the 'Beefcakes'.

A big thank you to all the team and the Tryweryn staff.

The two things I did learn from the trip though – do up your lid and watch out for those rafts.

Major discount scheme for BCU members

The BCU has teamed up with three of the fitness industry's leading players to offer big discounts to members and clubs looking for new or additional training equipment.

Concept 2 – manufacturers of the ubiquitous Indoor Rower, which is used extensively the world over for rowing and general fitness training – are offering a 7.5% per cent discount to members who buy a machine on-line. That's a saving for BCU members of over £70.

The Indoor Rower has established its own place in the fitness industry over the 24 years since the very first one was designed in the United States. Today, the machine is a fixture in almost every gym in the country and in tens of thousands of homes as well.

There are also worthwhile new deals on offer to clubs and members from Cyclex Fitness and CV Fitness. These sister companies specialise in producing a range of fitness equipment with Cyclex catering for home buyers and CV Fitness focussing on the commercial gym market.

Both offer an extensive range of aerobic and resistance equipment, free weights and a range of accessories to meet all budgets. Individual BCU members can benefit from a 15% discount on the Cyclex products whilst clubs can get a huge 20% off the CV Fitness equipment range. CV Fitness will even design your club's gym as part of the service.

BCU Chief Executive Paul Owen commented: "We're delighted to be developing this partnership with Concept 2, Cyclex Fitness and CV Fitness. It is a fantastic opportunity for our members to get great deals on equipment that will enable them to maximise their training benefits."

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Playing safe - latest sea kayak safety video



Have you ever found yourself paddling in conditions that make you feel just a little bit twitchy? Well, the latest DVD titled, 'Sea Kayak Safety' has come to the rescue to help you play safe.

Featuring seasoned expedition paddlers and leading coaches Olly Sanders and Leo Hoare it takes the sometimes dull subject of rescues and tows and presents them in a new format. With fast paced action, the footage takes you right onto the waves and shows a series of rescue techniques ranging from flatwater to surging tidal races and overfalls.

Their onboard and underwater cameras give you a unique chance to see each technique broken down into easy to understand sections. The team push each technique to the limits showing just how far you can go and still stay safe at sea conducting your own rescues.

Shot around Anglesey the interactive DVD also includes impressive footage of RNLi rescues and useful input from the Coastguard, with great advice on how to use their services effectively. There's more on what safety equipment to carry and what to wear as well as practical bullet point information about each tow or rescue scenario, which you can simply scroll through the DVD to obtain.

For coaches or aspirant level three of five star candidates it provides an effective coaching tool as well as some inspirational high adrenaline action which might just get you practising that re-entry roll in the next big swell.

If you would like to obtain a copy of the DVD (retail price £24.99) please contact Olly Sanders at ollyrockandsea@aol.com Tel: 01248 410 877.

Gino Watkins

Martin Rickard, Pete Jones and Jeremy Phelps would like to thank their sponsors who helped this year's successful expedition to Lake Fjord on the east coast of Greenland. This expedition was their second attempt to paddle north from Angmagssalik and reach the site where Gino Watkins established his final base camp in 1932 and where he was sadly killed in a kayaking accident while hunting seal.

The team this year located the remains of Watkin's hut at the head of the fjord and resurrected his memorial cross which had been brought down by years of winter storms.

Their supporters were the Watkins Memorial Trust, McMurdo, Lendal, Treck Lite, Nookie, Palm and Nigel Dennis at the Anglesey Sea and Surf Centre. A special thank you goes to Gareth Burnel of the ROK foundation and their patron Richard Watkins, Gino's nephew. A full article will be in the December issue of *Canoe Focus*.

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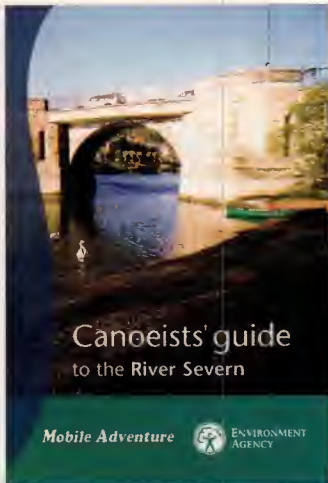
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Severn guide

A new Environment Agency booklet, "Canoeist's Guide to the River Severn", written with the support of the canoe manufacturer Mobile Adventure, is now available. This guide will help canoeists of all abilities to make the most of their time on the river this summer.

The booklet contains detailed itineraries to help the canoeist plan the trip and get more enjoyment out of it.

It divides this outstanding river into 11 manageable stretches of about 10 to 15 miles. For each stretch a map details the river's course, including features such as towns and villages, weirs and rapids, pubs and campsites. The accompanying text highlights the river's changing geography and inspiring history. Picture and line drawings identify the diverse local wildlife, important landmarks and easy to use launch points for canoes.

Other general sections provide useful contact details, and advice on the world famous Severn Bore, locks and weirs, navigation and access, health and safety, and the canoeist's Code of Conduct.

Copies of the booklet can be obtained free of charge by calling 08708 506 506.

Polartec® Sponsor Amazon Expedition

Polartec® are delighted to be associated with a team of five Kayakers that are currently on an amazing journey - the Marañon-Amazon Expedition. As one of the major sponsors of this exciting adventure, Polartec® have kitted out the team in various garments to protect them from the extreme conditions that they will experience.

The expedition started in the first week of July in Lima, Peru, with the aim to run the entire length of the Marañon, the largest of the Amazon's three major tributaries, from its source to its confluence with the Ucayali River, 1600 km downstream in the heart of the Amazon rainforest.

Stage one of the expedition involves six to seven weeks of kayaking through 700 kilometres of sheer walled, boulder strewn canyons and wilderness river sections.

Once reaching the jungle town of Bagua, stage two begins. The mountain-river and jungle now meet, and the team will construct a balsa wood raft to navigate the remaining 900 km of beautiful jungle river before flowing into the Ucayali River, and marking the end of their journey.

For up-to-date information on the Marañon-Amazon Expedition log on to:

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For any questions please contact: Lawrence Spiller. Tel: 07092-091575.

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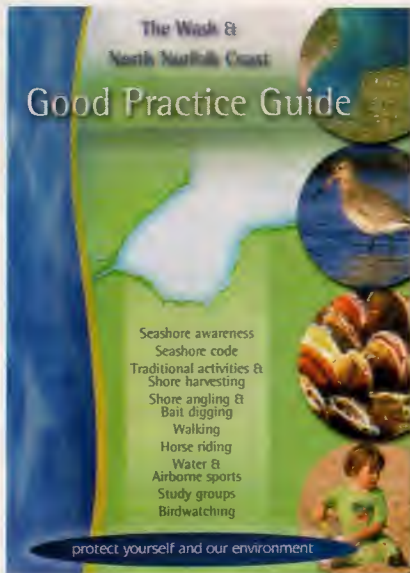
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Fife CC celebrates European marine site

Fife Canoeing Activities Group in Glenrothes, is celebrating a £1,000 award thanks to volunteer and BT Wholesale employee Kevin Williams who was runner up in the prestigious BT Chairman's Award in the Sport category. The BT Chairman's Awards recognise and reward BT employees for their continued support and commitment to community groups and organisations which they readily undertake in their free time. The £1,000 will be a vital contribution towards the building of a boat shed. Fife Canoeing Activities Group are involved in Kayak training in Swimming Pools and at Lochore Meadows, Canoe Polo competition, Slalom competition and Kayaking on white water. For further information, contact the Secretary Douglas Paton on 01592 744436.



Over the past seven years there has been a move to establish the North Norfolk Coast and the Wash as a European marine site.

This has now been achieved following many meetings of various interest groups and authorities. The British Canoe Union has been represented throughout by

myself as BCU Norfolk Coast Advisor and for the Norfolk See Kayak Group. This was to ensure we retained access with no restrictions to our coastal paddling. As always the seal colony at Blakeney Point remains the most sensitive issue, and we ask paddlers to avoid close proximity to this for obvious reasons. Everything is monitored by various reserve managers ie English Nature, National Trust etc and should a problem arise, the issue would be dealt with by the advisory group, on which we sit.

We have been much involved with the production of this guide which is to go out to schools libraries and the general

public to promote an awareness of the sensitivity of this very popular area.

Dick Foyster

Artificial WW proposal

Stockport Metropolitan Borough Council is investigating proposals for the development of a Regional White Water Centre in Stockport near the start of the River Mersey. This follows the identification of a river valley site by council officers, the BCU and local canoeists as a potential location for an artificial white water centre.

Recognising that a regional facility could have considerable regeneration, tourism, and leisure benefits for the borough, the council has appointed the consultant responsible for developing the Scottish National White Water Centre to undertake a feasibility study, which will act as a vision document for the development of the site.

With the River Tame and River Goyt converging in the town centre to form the River Mersey, these rivers and their respective river valleys exert a strong and visible influence on Stockport. However, centuries of industrial decline, dereliction and pollution have meant that recent generations have inevitably turned their back on the river, and ignored its exciting potential. Over the past few years the council has been developing a programme of waterside reclamation, which has enhanced opportunities for wildlife, recreation, environmental improvements, and regeneration.

The BCU suggest that "the latest studies show that canoeing has two million participants actively engaged in paddlesport, with a good proportion based in the North West. Securing a white water site in the North West would have far reaching benefits on a regional and national basis."



BCU Member Benefits

You can now benefit from a range of health and fitness benefits that have been negotiated exclusively for BCU members.

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The drop in Travel Health & Safety Clinic will offer advice on health, safety, medical and insurance issues, while the Travel Guides area will give you the opportunity to chat with recently returned travellers and explorers, offering totally free, impartial tips for travelling and activities throughout the world.

For those of you who can't wait to leave the tourist trail, get a taster at the Virtual Adventure Centre, where you can try a guided dive in the show's scuba pool with some of the UK's most experienced divers. Take on the rock and compete with the world's leading mountaineers as you tackle legendary climbs like K2 on our rolling climbing wall or push yourselves to the extreme on the ice climbing wall, or why not get a feel for hang gliding's appeal on the full size simulator?

For the latest show news visit www.adventureshow.co.uk

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We have negotiated a special discount, entitling Canoe Focus readers to £2 off adult tickets, £1 off child tickets and £6 off family tickets when booked in advance.

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The CRoW Act and Local Access Forums

We have received a copy of a letter from one of our Local Access Forums representatives which was e-mailed out by DEFRA on 9th September 2004. DEFRA is clearly emphasising to the CRoW LAF's to also take in to account access to and along water which is surely a new development. The following letter mentions 79 Local Access Forums so far but it is anticipated that there will be at least 85 in total. This reference to access for canoeists would not have come about without the efforts of the paddlers who have already written to their MP's and supported the rivers access campaign. Most significantly, water was excluded from the CRoW Act which is essentially dealing with land. The Minister has made it very clear that access to and along water is part of the LAF's remit.

**RIVERS
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From: The Minister for Rural Affairs and Local Environment Quality

The Rt Hon Alun Michael MP

Dear Access Forum Member,

Twelve months have now passed since the date set for local access authorities to have in place a local access forum for their area' and there are now 79 forums covering almost all local authority areas across England.

I am very pleased to see the way that Forums have considered and advised on a wide range of access and open-air recreational issues over the past year drawing on their member's local knowledge, expertise and experience. This comes through clearly from a number of annual reports that I have seen. Also evident is the level of commitment and dedication demonstrated by forum members and secretaries, for which I would personally like to express my appreciation to you all.

My purpose in writing to you now is to encourage lateral thinking and a positive use of the opportunity provided by the existence of your forum. It is inevitable that the early focus would be on getting the forum up and running, creating a good understanding between members and dealing with the consequences of the Countryside and Rights of Way Act more generally. But it doesn't need to stop there, and there can be benefits for everyone – for various groups that want access, for farmers and land managers, for the local community and the local economy – if we take a wider view.

Local access forums are uniquely placed to advise on – and indeed champion – access and public rights of way at the local level. Forums also have a role to play in advising on open-air recreational issues generally on land and water, within their areas. As forum members are freely giving of their own time, and are making available their personal knowledge and expertise for the benefit of their local communities it is vital for them to receive the support and information which they require to advise their access authorities, the Countryside Agency and others – including Government – as effectively as possible. I know that appointing authorities generally are playing a key role in supporting their own forums.

Liaison between forums is vital and, one year on, it is clear that there is scope to develop arrangements to facilitate better two-way communication at all levels. It is also now timely to consider whether forums might benefit from revised guidance or information on how best to further their statutory functions. For example, this might include identification and dissemination of good practice, of which there are

Cartoon courtesy of Andrew Quick



Typical UK access!

undoubtedly many examples already in existence.

I am also aware from the many letters that I have received from Members of Parliament on behalf of canoeists, that access to water is an issue, and we need to give further consideration to the role of forums in advising on wider forms of access, including access to water. Some of you may already have dealt with this issue in your area and I would welcome specific views and experience of this issue.

The Local Government Association is taking the lead in identifying local authority contact officers for each region. Their role will be to facilitate effective liaison between all the forums within their region. The Countryside Agency is providing support and making funds available through its regional offices to help with information exchange or the holding of workshops and other events to enable forum representatives to come together to discuss issues of mutual interest.

Over the coming months Defra will be working with the Countryside Agency who will be talking to forum representatives to find out what support, information or guidance forum members would find most helpful. I also look forward to hearing what ideas members have about clarifying, improving and developing the role of local access forums.

In the meantime, if you have any particular thoughts on these matters, please feel free to get in contact with my officials in the Department's (Recreation and Landscape) Division contact: Geoff. Audcent on 0117 372 8339, 1/02 Temple Quay House, Bristol BS1 6EB, email geoff.audcent@defra.gsi.gov.uk
Yours sincerely
Alun Michael

Access and Facilities

Good news

EXCITING plans to create an international-class white water centre in the heart of Cardiff have been unveiled.

Two possible sites are being examined for the £3.5m centre: the historic Mount Stuart Graving Docks on the waterfront and the proposed Cardiff International Sports Village, in Grangetown.

Preliminary designs have been drawn up for the centre and Cardiff Harbour Authority is to seek funding partners and grants for the project, which would involve local communities and boost tourism.

A feasibility study by Hydro Stadium - designers of canoe slalom courses for the 2000 Sydney Olympics and this year's Athens Olympics - was commissioned and funded by the Welsh Canoeing Association.

One proposal selected by officials is based on docks one and two at Mount Stuart Graving Docks, retaining the listed structures, which would need approval from Welsh ancient monuments body, Cadw.

A 250-metre course would provide international and world class canoeing and rafting competitions and the centre could also cater for other activities including scuba diving, water polo and water rescue courses.

Richard Harvey, acting chief executive of the Welsh Canoeing Association, said: "The course in Cardiff could be easily changed to reflect the type of user. Cardiff Bay fits the bills because it is a high population centre."

Councillor Nigel Howells, Cardiff council executive member for sport, added: "This scheme would enhance greatly the facilities we already provide at the waterfront and has the potential to become a competition venue for Wales and the UK."

The authority will seek funding partners including the New Opportunities Fund, Environment Agency and British Waterways, and approach the Welsh Assembly. The Welsh Canoe Association have been working with the Cardiff Bay for some time on the proposals for this scheme. They are looking at a 250m facility that can run at anything from 0 - 18+M3/sec.

It is a pumped white water facility that works on a fairly similar basis to Penrith, utilising the 'Ominflot' adjustable obstacle system to allow the course to be adapted for the user's individual requirements.

The council are due to meet in the next few weeks to decide upon progression and their possible funding contributions.

If the WCA are able to produce this facility, then Cardiff / Cardiff Bay will offer us the potential to have a centre of excellence for a number of disciplines, slalom, freestyle, polo, sprint, marathon, lifeguards, sailing etc. as well as providing a valuable resource for coaching and an essential destination for recreational paddling of all forms.

The South West Sea Kayaking Expedition 2004

(Or Minehead to Lynmouth in three days)



Our aim was to kayak 350 miles, from Minehead in North Somerset to Poole, in Dorset. En route we would be taking on some of the most spectacular and challenging stretches of coast and raising funds for two very worthy causes; the RNLI and Surfers Against Sewage.

On Monday 28th June, three of us; myself, Geoff Orford, and new recruit Christine Baker set off from Minehead Lifeboat station, under the watchful eye of Kevin Escott (RNLI Station Manager). The omens were not good; the forecast predicted westerly force 3, rising to 4/5. As we headed west, we were paddling with the tide but into a gusty wind and the waves stacked up around Foreland point. However, we made the 17 nautical miles Lynmouth in four hours. Christine decided enough was enough so, sadly, we said farewell to our new recruit.

Geoff and I set off with the afternoon tide for Coombe Martin, but gusts of around force 5 at Highveer Point forced us back to a safe haven in Woody Bay. Once we'd pitched camp and brewed some tea the wind, inevitably, dropped and the sea became calm.

Next day the wind was back, we completed the last eleven miles of the first day stage to Watermouth Cove, near Coombe Martin and hoped that the weather would improve, not even an English summer can be continuously awful – or can it?

Day three, the forecast gave us westerly 3/4. So we set off to paddle six miles to Bull Point, and the start of the twelve mile crossing of Bideford Bay, to Clovelly. The westerly reached a force 5 and it took us an hour and a half to complete the six miles to Bull Point. Knowing that the rough conditions at Bull Point were a prelude to the next headland, Morte Point, we took shelter in Lee Bay and considered our options. If we crossed Bideford Bay, our next challenge would be to get around Hartland Point, one of the most notorious tide races in the south west and along the "Wreckers Coast" to Bude – 18 miles of cliffs with no escape routes. We knew we needed good weather to safely proceed. The coastguard gave us a revised forecast: westerly 6/7 and gale warnings for the next three days. They also gave us some advice on our plans to reach Clovelly – "Don't".

We chose to retreat, first to Ilfracombe and then to Watermouth Bay. With wind and tide behind us the return trip was fast, it took just 35 minutes to cover the five miles to Ilfracombe, and we didn't put in a

single power stroke all the way! We literally surfed into the harbour, on an eight foot high wave, with Geoff at one stage directly and menacingly above me. It must have looked impressive from the harbour wall, but it clearly did not impress the Cox of Ilfracombe Lifeboat. Once we'd landed the Cox, Andrew, asked about our plans. His very kind and friendly invitation to store our kayaks in the lifeboat station, was one of those offers we knew we could not decline. With gale warnings stretching through the weekend we were looking at four or five days stuck on the beach and no real prospect of calm weather to follow. So reluctantly we agreed that our adventure had come to a premature end.

In the end we only achieved 35 miles, in three days, but we had some exciting experiences along the way. We tackled some very difficult waters and did so safely. Our decisions were based on safety first – we had no wish to put ourselves or others at unnecessary risk. Despite the lack of progress on the water, friends and colleagues have been very generous and we have raised £260, which will be divided between the RNLI and SAS.

We will return, hopefully next summer, and we will reach Poole. If 35 miles raises £260, then 350 miles must be worth £1000 or more! ●

Brian Smith



Geoff and I would like to thank all our supporters, most especially my wife Annie, for her encouragement and the prompt recovery of two despondent paddlers. I would also like to thank Anquet Maps, for the use of their excellent OS map system. The CD of the OS 1:50,000 Landranger series enabled me to produce easy to read maps for the entire route, plot bearings, calculate distances and highlight hazards, exits and other information. For more information on Anquet Maps please contact www.anquet.co.uk Many thanks also to Outdoor Active and Tewkesbury Marina for their support.

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Discovering Thames

Now imagine living next to a river, the River Thames in this case, and then seeing little more of it than the view gained from passing over its bridges. That is about all I had seen until May 2003 when I set out to kayak the 280 miles from Richmond-upon-Thames to the river's source in Gloucestershire – and back.

I am not sure what it was that gave rise to the idea of doing the trip. The most likely seed for the idea came from an outing on the river during the previous summer. A friend had invited me for an evening trip on his electric river launch. After a tiring and stressful day at work (yes, accountancy can be tiring and stressful) I drove to Marlow in Berkshire to meet Martin. We carried out a quick raid on his kitchen for some beers and snacks and then walked all the way to the end of his garden where his boat is moored. Within minutes we had taken the canvas cover off of the hoops, untied and pushed off. With a slight nudge of the throttle we began to move gracefully forward to the faint whisper of the electric motor and the sound of water lapping against the hull. Within ten minutes I felt



Radcott Bridge

Imagine buying a house and living in only one room. You have all the other rooms available but keep the doors locked. You never even looked in them when you bought the house. You don't know what is in them and all the enjoyment you could have had over the years has so far been lost. Well this is a similar story.

like I had not even been to work that day. Being on the river was working some kind of magic.

The evening trip I had with Martin was so enjoyable and scenic that through the coming winter months I kept thinking back to the positive effect it had on me.

Such thoughts led me to search my bookshelf for Jerome K. Jerome's *Three Men in a Boat*. I had not read it since childhood. Now I challenge anyone to name a better book for giving oneself a lift on a long, dark winter's day. Vic Reeves and I are at one here, as he has named it his favourite book.

The book begins with Jerome, Harris and George sitting indoors smoking their pipes and discussing their numerous ailments. For those not familiar with the trio let me first explain that they were all three Victorian idlers who had a strong preference for buffoonery rather than

work and were also noted for their susceptibility to regular bouts of communal hypochondria. They were also reluctant to let anything come between them and their food, drink and bachelordom.

On that day they were all feeling rather "seedy" and thought that a

Days lock shows locking up alone

Exploring the Thames in the centre of Dorchester on Thames



the



Radcott

change of scene might be the answer. After discussing and dismissing a number of ideas George

said: "Let's go up river", and so it was that they would row their camping skiff up river with Montmorency – the dog.

My trip with Martin combined with once again reading Jerome must have been what inspired me to also "go up river" and as you will soon see, thoughts of Jerome's journey stayed with me on mine. I had one small problem though in that I had no boat. Financial constraints and the need for something practical enough to be carried by car meant a kayak turned out to be the natural choice.

Also I could only do the trip at weekends and after work so each week I had to return, with the kayak, to the point reached on the last outing. Being dependent on the car means you must paddle back to where you left it – unless that is you are lucky enough to have a duty driver. People often say, "Doesn't it get boring doing the same bit twice?" Well the answer is a definite "no". And the reason is because the river looks really quite different in each direction.

The right boat for the trip

I set out in search of a kayak. Whitewater - the Canoe Centre at Shepperton offered good advice and a wide selection of craft. I tested a number of boats on their lake and as soon as I sat in the Perception Carolina I knew this was exactly the right boat for the trip. She was comfortable and sliced through the water with a minimum of effort. She could also carry 100kg of equipment and stores in the watertight sections fore and aft. She also looked the part in bright firecracker red with her long elegant lines and up-turned bow.

After collecting the Carolina I went straight to Hampton Court to paddle my first section down to Teddington. (Incidentally Jerome's description of Harris getting lost in Hampton Court maze must be one of the funniest sketches ever written.) Kingston to Teddington is a beautiful stretch of river and the bank at Kingston was busy with people out enjoying one of the first warm afternoons of spring.

You don't have to be on the Thames for long to realise that there is so

Shillingford shows one of the many pretty sights available



much of interest and beauty to see and discover. It is a fantastic feeling to anticipate with

the rounding of each bend the splendid new vista waiting to be seen for the first time. I so often had to remind myself that in reality I was only a few miles from places familiar to me by road.

Kingston was where Jerome set off from in 1889. What is so striking when reading the book is how little of the river has changed 115 years on.

It is a fantastic feeling to anticipate with the rounding of each bend the splendid new vista waiting to be seen for the first time

Almost all the locks are the same, many of the pubs are the same and it is a pleasant surprise to find that so much of the natural beauty remains unspoilt. Jerome mentions that few

towns are so close to the river that "their streets kiss the river." Certainly the towns encroach more now than they did then but many still provide a pleasant sight from the water. In those days Abingdon was one of the few towns that came close enough to kiss the river. My brother lives in Abingdon and I derive regular pleasure from quoting Jerome to him: "Abingdon is a typical country town of the smaller order – quiet, eminently respectable, clean, and desperately dull."

Chris Cove-Smith's definitive guide

A routine soon evolved for a day's outing. Load up the car with kayak and kit, pack plenty to eat and drink, find my way to the next launch site (some are off the beaten track), do the outbound paddle, return to the car, put the kayak on the roof and then find a nice local pub. Finding launch sites is no problem with the aid of Chris Cove-Smith's definitive guide – *The River Thames Book*. This book contains everything you need to know about the river including historical information, maps, locks, slipways, moorings, distances, hotels, pubs, campsites and much more.

Weekend trips differed from after-work ones. After-work trips were mainly about clocking up the miles in order to achieve the 280 miles before winter set in. Even so a stressful day at the office was soon washed away with a couple of strokes of the paddle and the feel of the Carolina gliding through the water. Talking of gliding - if the wind was in the right direction Jerome would pull up a small sail on his skiff. He said that he knew of no more thrilling sensation than sailing. "It comes as near

Abingdon, where the streets of the town "kiss the river"

to flying as man has got to yet – except in his dreams.” Well Jerome you wrote that just fourteen years before the Wright brothers finally did fly!

Weekend trips allowed more time for a relaxed lunch followed by a lay in the sun for a sleep or a read. Hanging around the locks is a nice way to pass the time. Some of the locks must be the most tranquil places on earth. There is natural beauty all around and the whole scene moves at the slow pace of the river. Among the many beautiful locks is Mapledurham which is next to the famous Mapledurham House noted as home of Galsworthy’s fictitious Forsytes. The house and grounds and the 15th-century mill which still grinds corn are open to the public in the summer.

It is so hard to choose a favourite stretch of river but for me it is probably Mapledurham to Wallingford. You pass through Whitchurch, Pangbourne and Streetley. At Pangbourne there is the Swan pub, famous for being the point where Jerome abandoned his skiff in the pouring rain. In the book however, Jerome continues his story as if they had “pulled” up to Oxford. On passing notable points on the river it was difficult not to think back to Jerome’s thoughts. As I passed Maidenhead I recalled that he said, “It is too snobby to be pleasant and it is the haunt of the river swell and his overdressed female companion.” Well who am I to argue?

A short distance up from Maidenhead is Cliveden Reach which Jerome believed to be “the sweetest stretch of all the river.” Without doubt it is beautiful and the steep rise of its famous woods is a splendid sight. It is possible to moor here and walk the steep gardens to Cliveden House. The house now belongs to the National Trust and is notable for being where John Profumo and Christine Keeler had their infamous liaison. At the top of the reach the river turns left into Cookham lock. Here there is a nice grass area where you can relax and look back down the reach towards the woods.

The evening I was there was quite perfect. It was sunny, warm and calm. I sat in peace and tranquillity relaxing and leisurely ate my packed supper as the to-do list at work had faded into utter irrelevance. I felt at that point that I could quite easily be a thousand miles from the nearest city. The silence and the sounds of nature were broken only by the odd westbound flight out of Heathrow.

By the time I came to do the Henley stretch it was by coincidence the weekend of the Henley regatta. It was a little daunting being the smallest craft in amongst the seeming chaos of hundreds of boats. I did have one advantage though over the larger boats. Entering or exiting Henley at around the time of the regatta can mean having to queue for several hours at the locks. There are no such problems in a kayak. If you are feeling lazy and prefer to avoid portage then you just relax and wait the few minutes until all the boats file in to the lock and then you tuck in last. It is guaranteed every time.

One thing you notice during Henley week is that it is never too early in the day to start drinking champagne. On one occasion I was sitting in Hurley lock, which is just down from Henley, tucked in behind a couple of three storey gin palaces. It was 9.30am on regatta Sunday. I had to crane my neck to look up the fifteen or so feet to their flying bridges. There were about ten people on each bridge and the champagne was already in full flow.

The river at Oxford skirts the city. It is fun passing under Folly Bridge alongside the Head of the River pub and the small restaurants that are at the waters edge. Here the river is narrow and it twists and turns through Osney which is the western part of Oxford City. One of the beauties of being in a kayak is that you can easily leave the main river and explore the



Mapledurham

I sat in peace and tranquillity relaxing and leisurely ate my packed supper as the to-do list at work had faded into utter irrelevance

shallow tributaries. There are few finer tributaries than the Cherwell which leaves the main river just up from the Oxford College boathouses and meanders its way across Christchurch

meadow and alongside Magdalen College.

There are many nice pubs all along the Thames. One of the nicest is The Trout at Wolvercote. Located just three miles north of Oxford this was one of Inspector Morse’s favourite watering holes. There he would sup his beloved English ale whilst pondering his latest case and correcting Lewis on his misuse of the English grammar.

The river after Oxford begins to feel more bucolic. Here the pace of life starts to slow, the locks are operated manually and the flood plane becomes more extensive and so forces the towns and buildings further from the river. Also the bridge at Osney has only 7’ 6” headroom so that for large boats coming upstream this is where they have to turn around.

Before you ever see a lock being opened manually you wonder how one person can possibly move a two and a half ton door – and there are four to move in any single locking. The answer is that a very long lever is used and as Archimedes famously once said, “Give me a lever long enough and I will move the earth.”

weather quickly became chilly and uninviting

It was early September by the time I reached Oxford. During late September and October the weather quickly became chilly and uninviting. And of course it always feels cooler on the water. There was also much less activity on the river than just a few weeks before. The last few trips of October were positively cold and the river banks were losing their greenery. Fortunately the early autumn rains were light and so the river’s flow was sufficiently slow to still be able to paddle in safety. What was noticeable though was how quickly the water temperature dropped. In August it was like a bath and by October it was painful to hold your hand

in. As I was paddling alone (and thereby breaking the first rule of kayaking!), I decided that in the interests of safety (and comfort) the sensible option was to wait until springtime when the waters

warm up again. Capsizing in warm water is one thing. Risking a dip in freezing cold water is something I am happy to avoid.

So I have to accept a small defeat in that I did not quite reach my final destination in 2003. On the last Sunday of October I did my final trip for 2003 and reached Grafton lock which is just 16 miles short of the river’s source at Cricklade. As soon as spring arrives proper I will be putting the Carolina on the car again and heading west to paddle those last few miles to the source of the Thames. ●

Stephen Crehan

There are many nice pubs all along the Thames. One of the nicest is The Trout at Wolvercote. Located just three miles north of Oxford this was one of Inspector Morse’s favourite watering holes.



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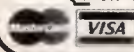
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This article provides an introduction to the "BCU Long Term Paddler Development Strategy – Working Paper" Produced 2nd September 2004 and will form the basis of the new BCU LTPD policy. This paper will become obsolete on 1st November 2004, when an updated version will be published in response to feedback from consultation process. This updated version will be posted on the BCU website. The full text of this document is available on the BCU Website, along with a series of consultation questions.

As part of the consultation process you are hereby invited to respond to this working paper by contacting:
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Corwen, Denbighshire LL21 9EJ
laratipper@bopenworld.com
07793817155

BCU Long Term Paddler Development Strategy

Istvan Balyi's Long Term Athlete Development Model

Long Term Paddler Development (LTPD) is based on a concept presented by a Hungarian / Canadian coach called Istvan Balyi. He has drawn together a wealth of experience and research and developed 'Long Term Athlete Development (LTAD)' as a model for sports to base their athlete development strategies upon. The BCU are one of 18 sports across the UK to receive funding to implement LTAD into their system.

Istvan's LTAD package is based on a few basic principles; Sport is FUN!

- Participation is beneficial
- For an athlete to reach their genetic potential, they need to start building up a repertoire of specific physical skills and physiological attributes from a very early age. Optimal development leads to optimal performance.
- There are favourable times to train various different components of fitness and skill, if these are missed it is very difficult to 'catch up'.
- The balance between training and competing needs to be carefully planned.
- The development model is based upon providing the right opportunities to athletes based upon:
 - Growth and developmental issues
 - Nutrition and recovery issues
 - Periodisation and training planning principles
- The development model provides clear, systematic pathway for developing physical, technical, tactical and mental skills.
- The model is based on an athlete centred, coach steered, sports science and admin assisted approach.
- Competition is structured to maximise opportunities that reflect the windows of opportunity.

In order to ensure these issues are addressed LTAD provides a stage by stage development plan that is based on five levels:

	Males	Females
1. FUNdamentals	6-9 years	6-8 years
2. Learning to Train	9-12 years	8-11 years
3. Training to Train	12-16 years	11-15 years
4. Training to Compete	16-18 years	15-17 years
5. Training to Win	18 +	17+

A Long Term Paddler Development Model for the BCU

Through a workshop based conference organised by the BCU, with Istvan Balyi delivering a presentation of LTAD it was clearly

evident to all present that his ideas would benefit paddlesport. The challenge now is to adapt this framework and produce a plan for Long Term Paddler Development (LTPD) that suits the needs of

paddlers in the UK.

As you can probably see from this basic explanation of LTAD it isn't simply going to be something we can implement into paddlesport directly. LTPD needs to cater for the recreational and competitive strands of our sport, paddlers who fall outside the specified age ranges, and paddlers who wish to progress but not necessarily to the elite level.

The BCU are working to adapt the LTAD philosophy to create a framework that aligns all aspects of paddlesport to provide paddlers at all stages of development, in all disciplines, the opportunity to be the best they can and to give them the necessary building blocks required to progress, ensuring our paddlers are given the right opportunities at the right time as part of an agreed vision and strategy. We work to improve the system and the process, so that a product of this is:

- More paddlers achieving their aspirations
- More paddlers retained in the sport
- More first descents, open crossings etc.
- Higher standard of Performance

It doesn't matter if someone wants to become Olympic champion, a hard core river runner or just wants to have fun on the water. Whatever their aspirations, Long Term Paddler Development is about giving them the chance to get the most out of our sport, being able to achieve their ambitions and realising their dreams.

The LTPD model supports paddlers from the day they first get into a boat over a span of many years, providing a logical progression of programme planning and skill development from the young paddler to the experienced performer.

We have identified 7 key stages in our LTPD framework:

FUNdamental	Generic to all paddlesport disciplines
Paddlesport – Start	Generic to all paddlesport disciplines
Paddlesport – Development	Generic to all paddlesport disciplines
Training to Train	Discipline specific
Training to Perform	Discipline specific
Training to Excel	Discipline specific
Paddle for Life	Generic & discipline specific paddlesport

At each level specific principles and guidelines for physical, mental, technical and tactical skills are identified. Once competencies have been achieved at one level, they form the foundation for the next level. The model takes the paddler from basic to complex skills, from general to specific, and from beginner to expert. It considers what the paddler should be doing and when, providing the best possible programme to ensure individuals come into the sport, stay in the sport and achieve performances that reflect their full potential.

With so many disciplines and different paddlers in the BCU the LTPD model needs to be applicable to each and enable all the different areas to fit together to create one fully integrated system. Throughout the model participation in other sports and other paddling disciplines is encouraged to complement an individuals' overall development as a sports person. It must therefore be appreciated that some people will be using paddlesport or a paddlesport discipline to complement another sport. We have as much responsibility to these paddlers, as we do to those who have chosen a specific channel within our own system.

Each of the stages has an age range attached with it. This is the ideal progress for a person developing in paddlesport, however it must be appreciated that late starters or paddlers who have not had the same opportunities may well come into the system with gaps in their development. When this occurs an individualised/remedial approach needs to be taken to address any short comings a paddler may have. ●



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European U23 and Junior Championships

The girls bring home the medals

Results U23s

WK1 1000m

Abi Cattle,
Bronze (4:03)

MK4 1000m

Richard Darby – Dowman/
Ben Farrell/ Ed Cox/ Ed
McKeever
7th (2:59)

WK1 500m

Abi Cattle
7th (1:55)

Junior Event

WK2 1000m

Tara Nutt/Shuna Braithwaite
Silver (3:42)

WK1 500m

Shuna Braithwaite
6th (1:55)

MK1 1000m

Paul Wycherley
7th (3:45)

MK2 1000m

Ben Brown/Tom Daniels
7th (3:21)

WK2 500m

Tara Nutt/Hayleigh Mason
9th (1:52)

Quality was written through the GB Junior and U23 teams that travelled to Poznan, Poland, to contest their European Championships on 22-25 July. Not only were we cautiously optimistic about achieving final and podium representation but we wanted to make sure that the seniors did not outshine us after their three-time medal performance in May.

We weren't disappointed... as the girls delivered the goods.

Congratulations to Tara Nutt and Shuna Braithwaite who won the silver medal in the Junior K2 1,000m event. With the K2 girls it was a case of better and better. From finishing in 3rd place at the Bochum international regatta – always a good marker of where the medals will go in the major junior international event of the year – they drove on to win the silver at Poznan, with an incredible performance. With 100m to go it looked like a fourth place but the GB girls never slackened. A great drive for the line saw them overtake the French and then the nabbed the Russians on the line for the silver medal. At the end Tara Nutt said "I thought we were going to fall in with 100m to go, it was so hard, but we felt strong and drove for home"

It was an emotional Shaun Caven, the national junior coach who has been instrumental in putting the boat together and training it, who watched the medal ceremony.

Abi Cattle won our first ever U23 K1 1,000m medal in an absorbing race. Abi was always in the pack chasing the Polish racer, Mikolajczyk, and with 250m to go, she reeled in the Hungarian who was in fourth place and then Italian Fabiana Sgroi at the finish, to win her

well-deserved bronze. It was great for Abi to end the season. The positive manner in which she earned her medal is something from which she should take great pride.

Other performances of note include Shuna's K1 500m (where once again she set a new personal best to finish in 6th place) and other finalists were Paul Wycherley (Wey) who was seventh in the Junior Kayak 1,000 metres, Ben Brown (Elmbridge) and Tom Daniels (Reading) who came seventh in the Junior Kayak 1,000m doubles, Hayleigh Mason (Nottingham) and Tara Nutt in the Junior 500m doubles where they finished ninth, and the U23 four man kayak crew of Edward Cox (Wey), Edward McKeever (Bradford upon Avon) and Richard Darby-Dowman and Ben Farrell (both Elmbridge) who came seventh in the 500 metres.

Massage was ably provided by Jeremy Carnell and the team was supported by Dave Coulson and Steve Train, who drove to Poland with the canoes, and Anne Ferguson the World Class Development Programmes Manager.

Other members of the team, all of whom reached the semi finals, were: James Train (Fladbury) and Matthew Lawrence (Leighton Buzzard) in single Canoes; Liam Heath (Wey) and John Sawers (Elmbridge) in the Under 23 doubles; Rebecca Hunter (Royal) and Frankie Negus (Elmbridge) in the Under 23 women's doubles. ●

Anne Ferguson, World Class Development Programmes Manager
Laurence Oliver, Team Manager

Shuna and Tara (near side lane) at start of K2 1000m final



Abi cattle with Claudine Le Roux (Womens Coach)



Shuna, Shaun and Tara after medal ceremony





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Kayaking success for



everything. Some bits of my run were awesome and some not so good, so I'm over the moon to get bronze."

Men's K1 Slalom: Kayak silver for Walsh

Campbell Walsh captured a silver medal for Great Britain in the Men's K1 after being originally placed third behind

Frenchmen Benoit Peschier and Fabien Lefevre.

However, officials noticed a timing error and upgraded Walsh to second place, while downgrading Lefevre. The confusion was blamed on inaccurate readings from the automatic timing cameras.

Campbell was making his first appearance on the



Olympic stage and admitted missing out on gold was frustrating after his blistering display in the semi-final. After the race he revealed he had slowed up in the closing stages of his final run because he thought he had the gold in the bag.

"I thought I'd heard the commentator say I was in the lead coming up to the finish, so I eased off, so I'm not happy with that. I kind of thought I had it but it turns out I was nowhere near it, so I'm a bit disappointed. I've got mixed feelings. That last run was a lot slower than the first one. The first one I was very happy with the way I attacked the course, and I was flying until a big mistake between gates 17 and 18 near the end. But a big rescue put me in the lead and I was happy. The second run was just a few seconds slower. Partly because of some mistakes due to white water, it's just the way it goes. I was at the start line going for the gold, but as it turned out I didn't get it."

Men's C1 Slalom Final McIntosh's costly slip

Stuart McIntosh's chances of a medal in the men's C1 final were dashed when he tipped over during his final run. Stuart lost his balance coming out of gate seven and finished last of the eight C1 finalists.

The 29-year-old felt his failure to win an appeal against hitting a gate in the semi finals ultimately cost him dear. "My appeal in the first run for hitting gate nine failed. If I had won it I would have been fifth instead of seventh going into the final," he said.

"But it didn't alter my tactics. I knew I had to win it or finish eighth. It was win it or nothing but unfortunately I blew it and it was nothing. I knew I needed a good exit of gate seven but I had to lean back off the pole and I went over. I knew I was finished and I had nothing left in my arms. I'm gutted, but that's slalom. You have to be on the edge and I guess you can't win them all."

Women's K1 Kayak Slalom: Reeves wins bronze

Top large: Campbell Walsh

Bottom large: Helen Reeves

Top small: Stuart McIntosh

Bottom small: Nick Smith and Stuart Bowman

Helen Reeves claimed bronze for Great Britain in a dramatic climax to the women's K1 kayak singles final. Helen initially finished outside of the medals in fourth but was pushed up the order after Peggy Dickens of France landed a further penalty. She was then forced to endure a nail-biting 15 minutes, waiting to see if the French would launch an appeal. The bronze medal made Helen the first woman to win a canoeing medal for Great Britain.

Helen and the large band of British supporters had little idea she had finished third in the K1 kayak slalom event because the final scoreboard showed her down in fourth place. The disappointment was just starting to sink in when her British team-mates started shouting "bronze, bronze!" in her direction.

"It was horrible," said Helen, "It came up as fourth and then people were shouting at me saying I had a bronze. But it's fantastic now. On television this morning they were talking about how we had not won any gold medals yet. I thought I would like to be the first, but bronze will do for now. It's funny, for so long you are just the British canoe team, and then all of a sudden you are part of Team GB. It's a special feeling to be among those who win a medal."

When the scoreboard error was corrected, Helen had won the bronze by just 0.03 seconds. "It's quite an experienced game. A lot of the competitors are quite a bit older and I'm still a youngster, but I'd like to think experience wasn't

teamGB

Men's C2 Slalom:

Smith and Bowman disappointed

Nick Smith and Stuart Bowman, who narrowly missed out on a bronze medal in Sydney in 2000, were bitterly disappointed with their performance after finishing ninth in their semi-final after hitting three of the 20 gates and failing to make the final.

"I'm just totally devastated really because I knew I was going in chasing a medal," said Nick. We were both so confident about winning a medal if not a gold one - underachievement is the word. We must be two of the top paddlers in the world but we've struggled to put it on the podium at times and I don't know why. We'll have to look at that."

Stuart added: "We were both really in a good frame of mind and got off to a good start and then just made a couple of mistakes and on this course it follows you down. We got off-line around gate nine and 10 and really didn't recover until gate 15 or 16. What topped it off was the move to the finish when I was a bit late with my left hand turn which cost us time and another penalty. I'm as disappointed as I've ever been. At the last Olympics we thought we could win a medal but we were outsiders. This year we felt we were in there with a very good chance of a medal.

"We've missed our chance now, it's all over and that hurts."

In the final, Slovakian duo Pavol Hochschorner and Peter Hochschorner took gold in 207.16, while Marcus Becker and Stefan Henze, of Germany, won silver in 210.98.

Men's K1 1,000m final -

Brabants misses out

Tim Brabants went into the men's K1 1000m singles final as the fastest qualifier but had to, settle for fifth in a time of three minutes 30.553 seconds. Norway's Eirik Veraas Larsen took gold.

Tim who won a bronze medal in Sydney, had high hopes of a top-three finish after his impressive form earlier in the competition.

And he was at a loss to explain his lacklustre display in the final. "I really thought I could improve on Sydney," he said. "I prepared well and I knew from the heats that I was going perfect. I knew it was going to be a fast race from the start and I tried to be strong at the finish to try to pull back some time, but on the day there were four guys better than me."

Men's K2 1,000m final:

Dowman and Wynne finish seventh

Paul Darby-Dowman and Ian Wynne were seventh in the men's K2 1000m final - Markus Oscarsson and Henrik Nilsson of Sweden won the gold.

Ian, who also won a bronze in the Men's K1 500m, and Paul were not too disappointed with their performance. "We had a really good race. We didn't do anything wrong but the other guys were faster than that," said Ian.

K1 500m kayak final:

Bronze for Wynne

Ian Wynne bravely shrugged off a freak ankle injury to win the bronze medal. He competed with heavy strapping after spraining his ankle falling off a bus on Friday. Canada's Adam van Koeverden took the gold medal while early leader, Australian Nathan Baggaley, was second.



Above:
Ian Wynne

Ian, who had to be assisted into his kayak, paddled in pain with a heavily swollen and strapped ankle, but this did not detract from his focus and commitment, as he ripped past Akos Verecke and 500m K1 gold medallist Eirik Larsen to grab the medal for Great Britain.

He endured a sleepless night before the final but was pleased to win a medal in spite of his disrupted preparations.

"It was a silly accident," said Ian. "Getting off the bus after dinner I just rolled over on my ankle. It never crossed my mind to pull out - even if it was broken or I was in complete agony, I would have been out there racing. There is no way I would have given up on an Olympic final after I had fought so hard to get there. Every stroke you do you are pushing with your foot on the footrest and it drives through the body. But when I got my boat up and running I adapted a little bit to it and just kept my head there. Maybe if it wasn't there I would have got gold, maybe it was the little thing that spurred me on and made the bronze happen."

Women's K1 500m final

Hardy rewarded with personal best

Lucy Hardy competed in the women's K1 500m final after a late call-up only a few days before. Canoe racing team manager Alan Williams said: "We are proud of the considerable improvement Lucy has made in the last two years.

"She's had two personal bests this year and making the final is within the reach of this talented young athlete."

And make the final she did, recording one of the best performances by a British woman in the kayak sprint events at the Olympics by finishing in seventh place. The 26-year-old set a new personal best of 1:53.717 in blustery conditions in Athens. "Seventh is much more than I could have thought of at this Games, hopefully it's the start of good things to come."

Hungary's Natasa Janics delivered a dominant display to power to gold ahead of Italy's Josefa Idem while Canadian Caroline Brunet was third. ●

Photos supplied by the International Canoe Federation Media Service



Left:
Lucy Hardy

St Ives Bay Open 2004

Results:

HP/Open Class:

1. D. Bason;
2. D. Jaggs;
3. A. Hambley.

International Class:

1. D. Bason;
2. P. Blenkinsop;
3. D. Jaggs.

Plastic Class:

1. A. Hambley;
2. D. Sollom;
3. J. Uren.

Masters (over-35)

Class:

1. B. Jaggs;
2. A. Hawker;
3. R. Uren.

Ladies Class:

1. A. Taylor.

Junior Class:

1. J. Uren;
2. R. Phillips;
3. S. Hawker.



Dave Jaggs

Whilst fog blighted other parts of the north Cornish coast on an otherwise fine end to the Whitsun break, it merely provided a passing inconvenience for the inaugural St Ives Bay Surf Kayak Open at Gwithian, sponsored by Balin Surf Hardware.

Proceedings were delayed on the Saturday but once underway the two feet and clean conditions provided the stage for some fine performances in the opening heats of all classes, with a world-class line-up including Darren Bason, Simon Hammond and Pete Blenkinsop. As the tide dropped so did the surf. By 1pm, with the fog making an unwelcome reappearance, the competition was suspended for two hours. After the enforced intermission, the plastic class

completed all remaining contests culminating in the eventual finalists of Dan Sollom, James Uren, Gary Williams and Andy Hambley. Fine performances by all resulted in victory for Andy Hambley. Michael Early achieved the best newcomer award.

Sunday

The decision to delay the remainder of the semi-finals and finals to the Sunday was a wise one. An absence of fog and clean three to four feet surf produced some excellent performances with Andy Hambley, Steve Bowens, Darren Bason, Alison Taylor, Pete Blenkinsop, Paul Hurrell and Dave Jaggs all making the semi-finals of the Open class. Simon Hammond unfortunately had to pull out. All produced a variety of styles from the smooth and flowing to the slashy and edgy. The latter was certainly a feature of the Juniors' and Ladies' classes final with back ends being flipped out with aggression and a number of 360°s being executed.

Unfortunately, a low turn out of ladies and juniors meant that those competing went straight to the final but this did not detract from the performances with the Junior final won by James Uren and the Ladies class won by Alison Taylor. In the International class final, a closely fought battle with many graceful moves culminated in Darren Bason clinching first place. In the Masters final, another tight encounter resulted in Bill Jaggs gaining the top place with a skilful exhibition of sweeping top and bottom turns.

The final of the HP/Open class had the best waves of the weekend, with steep sections allowing the contestants to contribute their best performances. With a variety of styles on offer the victor was Darren Bason again, who must surely be approaching the dominance in British surf kayaking that Michael Schumacher enjoys in Formula One.

This contest was expertly organised by Steve Bowens, a lecturer at Falmouth Marine School and run on the day by Nikki Dorman, Terry Phillips and Trudy Phillips. This event will surely become a future classic in the British Canoe Union surf kayak fixture list. ●

Jason Birt and Steve Bowens
Photos by Jason Birt



Andrew Hawker



Alison Taylor



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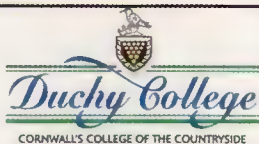
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Ye ha it's Easter and with two days prescribed holiday we're off to make the best of things with a trip to the Spanish Pyrenees. Spain the land of beaches, hot weather and booze parties; well not quite, the Pyrenees is more churches, traditional

culture and big mountains marinated with some excellent white water rivers.

Our plan was to undertake a two-centre holiday over ten days staying first in Sort and then moving on to Ainsa. This would reduce driving time and open up more new river opportunities. It was all about a nice easy holiday where everything ran at a smooth pace and there was no stress what so ever. We wanted our bread buttered on both sides. With this in mind using river run play boats like the Blaze and I3 meant we would be able to have the best of both worlds. Another stress reliever was the option of being picked up at the airport so no driving, just fly in and get carted around all week like royalty.

The first thing to say is that everything is dammed here. On the Rio Noguera Pallaresa, that's the river where the 2001 Freestyle worlds were held, the river is dam controlled and then above the dam is dam controlled and so on. What this means is you can be driving to the river thinking "Oh no there's no water" only to find five miles upstream is a raging torrent.

The Noguera Pallaresa offered the ultimate warm up river for our group with mostly grade 3 and a few grade 4 rapids. Lots of small holes



and waves, plenty of eddy service and the occasional rock splat all provided for a good premier day paddling. Funnily but not surprisingly really the greater adventure of the day came from a visit to a local bar kind of restaurant and our first sample of tapas. Bread with tomatoes rubbed in proved a great favourite, as did the use of olive oil instead of butter. "It is healthier, not healthy" was the comment from our team medical expert. Some attempts were made at the

Spanish language but the waitress knew just how to cope with a table full of Brits and soon had the beer and wine lined up. Evening that day started to finish with a group debrief and a fine meal in another local establishment. This was followed with a trip to a local only bar (where the drinks were super cheap) brought to a close a great first day.

Day twos' plans were laid down to paddle a higher section of the Noguera. An estimate from our maps suggested about an hour's drive to a small village and the guidebook advised then about another 40 minutes up a track. I think the translation of track from Spanish into English must have been misinterpreted as on arrival we found the track was a four-wheel drive only mountain pass. This coupled with



aña

+ great company
(keep in)



the fact it was now snowing hard meant as trip leader, Jacko did not hesitate to suggest another river option again on the Palleressa but lower down. Smiles returned to faces as our intrepid group gained their breath again and Jacko realised it was not altitude that had caused the silence and paleness. Whilst at altitude though we visited the local ski resort, did some sledging and threw some snowballs. From there

Traditional Spanish food, a starter of Croquetas, Ensalada Verde, Queso con Fuet y calamares then followed by meat dishes left everyone needing a long walk before bed.

Up early-ish the next day and off to another valley for the Rio Esera. This came at the personal recommendations of another British group who had moved there a few days earlier. The drive was a bit of a killer at around 2.5 hours. On arrival the Spanish damming philosophy again reared its ugly head. No water here. A muted northern English conversation with some local Spanish boaters who we managed to stop confirmed our previous experience as they told us to drive along the river to the next town, luckily for us we came to another section commercially rafted and with a release starting at either midday or two in the afternoon (attempts at Spanish verification led to further confusion). So at one the river came up and we went boating. A special day ensued with absolutely classic grade 3 to 4 water in a massive boulder garden. I mean the boulders were massive. The pebbles of the gods I was thinking and these provided exhilarating scenery when coupled with the sandstone cliffs and enough constriction in the river to make for some very interesting lines. My I am a lucky boy, the sun shining the boating good, the scenery exhilarating and the company glowingly enthused. Back to our now favourite restaurant for some communal eating Spanish style to cap off a totally fantastic day.

Day four was moving day so pack up your troubles and your old kit bag and smile. Well smile we did. Here is a warning.

When booking Spanish accommodation that is supposedly a kilometre from the main road check on a very good map. Luckily we checked out the new accommodation before travelling with a loaded car. The Spanish track translation came into play once more as we set off for an hour drive to find a village in the mountain, "easily accessible traditional Spanish rural house" – well that is what the brochure said. The further up the track we drove the further back in time we went and it became clear that this accommodation was not suitable as there was no way we could get our vehicles up the track when loaded. Eventually we got to the village. If you are into mountain biking this would be a terrific place but for us kayakers who were already facing an hour's drive this extra hassle, beautiful though it was, we did not need. A point to

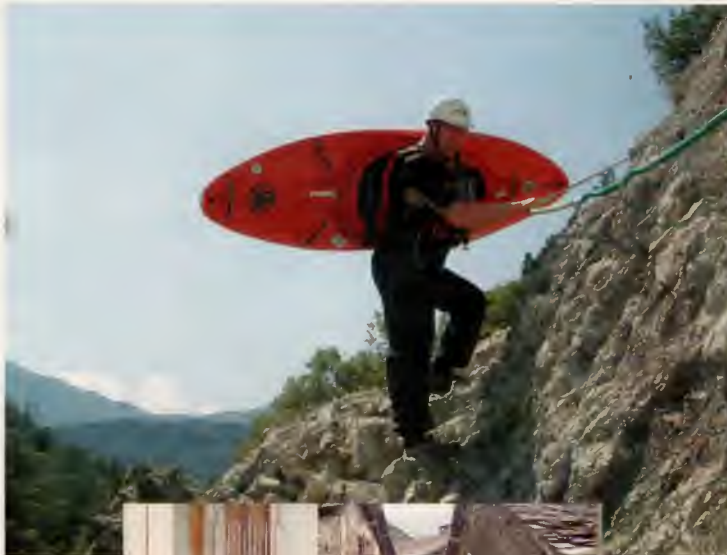
back to our chosen river section was of course all down hill and an hour later we were embarking on our second section of the Noguerra Palleressa. This encompassed the section paddled on the first day but started and finished higher. Great debates were raised during the trip about edging techniques and lively conversation acted as a learning tool for everyone. The group who had not all paddled together previously started to mould into one effective and responsible river running unit. At the evening debriefing people reflected openly and honestly and the whole group's experience was shared to recount answers to questions and points based on personal experience. A walk deep into our hometown of Sort took us along a memory trail, which eventually gave us one of the culinary treats of the trip.



note is that a kilometre on the Euro atlas actually transformed into ten on the local map.

So back to Sort and a quick visit to the local tourist information gave lots of options and a new accommodation was booked in the quiet village of Las Puntas. This turned out to be just perfect, excellent self-catering rooms right in the top of a house in the centre of the village. Placed on a hill we had views to dream of and located in tradition, we had culture to respect and admire. Las Puntas was a place where the bread man comes through beeping his van horn and people come out to the street, a place where the fruit and veg lorry comes once a week and a great deal can be struck, a place where there is one bar where as you sit with the old ladies of the village from 3-5pm and the old men of the village from 5-9pm, you wonder if anything will ever change and you hope not.

Next day we fancied a step up so headed off to the Rio Gallego. Again this is a commercially rafted river and again there was a guarantee of water. The drive time was not too bad, whilst stunning scenery never failed to impress. The put in for the Gallego was just below the overspill pipes from the dammed section above and the walk in was comparable to any grade 4 to 5. Rope access was provided at some points and the scene below looked very inviting and



definitely fitted the bill of a step up. The type of entry rapid that has any trip leader exposed followed below, straight into a blind corner. All to do then is hit the highest eddy you can. So off we go and straight into a super tight eddy, you know this isn't comfortable but just over the river a little is a wave that sets up a perfect viewing point and maintains line of sight. Great that's the way then. This was the story of the Gallego, another classic with a mixture of gentle and pushy, one grade 5, lots and lots of play and two more things. First up was the ramp. If you have been on the one

at the Dart then you will know about ramps but this was not just any ramp and at about double the height of the Dart one, made out of polished steel, it set a whole different challenge. Everyone looked. Dennis was glowing, this is his cup of tea, kettle of fish and he was first up. Flat landings were discussed as the end of the ramp must have been 10 -12 feet from the water. So off he goes and a perfect kick flip off the end to land nose straight into the water. Chris followed with a similar line. The rest still looked. Just

around the corner came our second treat a really nice play hole. Tricks went mad and everyone hit all sorts of new moves. Not long after this is the grade 5 which we made a grade 4 line down the side of, and then into more stunning scenery and an on the water float out debrief session.




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



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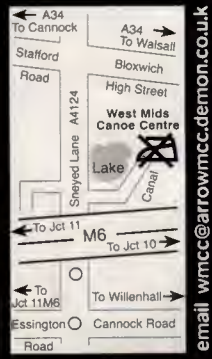
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Food was good that day as we intended to cook but got back too late and had to eat more tapas, tortilla, calamares, jamon y queso. Ah Spanish food.

You know a holiday is good when you wake up and realise it is already more than half over and Thursday was our wake up call. Thursday already – Nooooo. Pick your head up and lets get up to the Rio Ara. This proved the worse call of the trip as we found no water and our usual drive along the river revealed very little. Local knowledge said that the river usually works this time of the year but it had been a cold start so normal snow melt had not kicked in. Fortunately though the Ara route took us back to the Gallego. No one complained about this but a shorter run with more playing was to be the theme of the day. I can't say it enough; the Gallego is a gem with places to practice all sorts of moves both for river running and playboating. The ramp again attracted Dennis and Chris and tricks started to emerge. At the main hole everyone got great rides achieving all sorts of moves. Dennis fluked a Helix – that's the latest play boating move involving a flat spin whilst upside down and aerial and he was in a river running boat! The day wandered off and finished with some wonderful in house cooking.

With the knowledge the Ara was not working our penultimate days



plans took a bit of a deviation. We intended to run the Cinca but realised the topography of the area would mean this would also probably be dry. Consolidate skills then on a know river and back to the Esera. This news put a charge through everyone, as it had been so enjoyable on our previous trip. New leaders and new roles in the group as Dennis and Jacko took a back seat. This proved an excellent opportunity for personal development within the group and each person experiencing the front, back and middle, the in charge, in control and in support roles. This

was a special day everyone learning lots and the debrief giving the trip leaders further insight into each person skills and perceptions. Amazingly I can't remember what food we ate.

The last day was upon us. The group made their decision and it was easy: Rio Gallego. Everybody was super casual today. Super tight lines were made and playing was never better. Some local paddlers joined us and the day passed so quickly that it was almost over before it started. That night was the worst as it was the start of going

home and packing. An early morning yielded and the drive to Barcelona was pretty quiet. Everybody loved Spain. Everybody loved los rios, la camida y España. ●

Andy Jackson

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More clubs gain Top Club and Club Mark awards

Congratulations to Wey Kayak Club and Leighton Buzzard Canoe Clubs who have recently been accredited for the BCU Top Club and Sport England Club Mark award.

They join seven other clubs to receive the award. The Club Mark and Top Club awards recognise clubs that are safe, effective and child friendly and there are currently 59

BCU clubs and centres working towards the awards. Full details of the awards and how to register are on the BCU web site

www.bcu.org.uk/youth/youthindex.html

Accredited Clubs include:

Tandridge CC
Elmbridge CC
Chelmsford CC
White Rose CC
Tamar Canoe Association
Halifax CC
Wey Kayak Club
Leighton Buzzard CC
Macclesfield and District CC

Success for paddlesport competition

Here in the Thames valley, it has been another successful year for our paddlesport competition that was created some seven years ago by Adrian Barker, Jean Boatman, Kevin Dennis and Jim Lemin. Its aims are to help clubs retain young paddlers over the winter months and to introduce paddlers under the age of 16 to a wide range of canoeing disciplines. Essentially it is a fun competition but as soon as any event starts it soon becomes competitive especially between the local clubs. Over the years we have introduced several young paddlers to events that they, with the help of their clubs have gone on to do well in. They include:

- James Purchase and Iain Hisset from the Pangbourne CC who won the DW 2004 junior doubles.
- Aaron Feuillade of the Pangbourne CC. who is now a division 1 slalom paddler.
- Catherine Haynes of the Warren CC who is part of the world class start slalom squad.
- Rohan Battison and Allison Galloway of the Reading CC. are now part of the GB development squad.
- Amorett King of Reading is making her mark in marathon and should join the world class start squad in September. Our season starts in September; we then have one event per month until May, with indoor events during the winter months. Each event is a separate competition in its own right and is run as close to national rules as possible, although for the polo we play without paddles due to the age of the children which ranges from 8 to 16 making it safer. We have five standard events, which are marathon, K4,



slalom, polo and what we call 'the Generation Game'. Then we include other events like sprints, canoe orienteering and fun pool sessions as conditions allow in order to vary the competition thus providing interest for the older children. Our one event, which could be considered unusual, is the Generation Game. It is one of our indoor events and consists of a series of different canoeing related challenges for the children to undertake within a set time limit. The challenges consist of things like sail rigging, a quiz, and a jigsaw boat

and yes the conveyor belt game that requires the children to memorise and recall canoeing related equipment.

This year, the clubs competing for the Paddlesport Cup were the 1st Reading Sea Scouts, Banbury CC, Basingstoke Canal CC, Black Swan CC, Pangbourne CC and Reading

CC. The competition was closely fought with Pangbourne CC winning the competition, Reading CC coming second and the 1st Reading Sea Scouts in third place.

I would like to thank all the people who helped to organise the events and the clubs that hosted them. Additionally I would like to thank Phil and Liam of Berkshire Canoe and Kayak who help us cover our costs and have provided prizes for the overall competition.

If you would like to join us you are welcome to take part in single events or the overall competition. Please contact myself lewis.hayter@ntlworld.com or visit the Adventure Dolphin website www.adventuredolphin.co.uk/kayaking/paddlesport/paddlesport.asp to get further information.

Sprint Cup - the final show down!



A record 83 young paddlers took part in the final event of the 2004 Pyranha Sprint Cup Series at Nottingham at the beginning of September. Going into the event it was very close on points for the overall club trophy – but in the end Royal CC managed to secure victory for a second year running – winning

a brand new Lightning boat donated by Pyranha - with Richmond CC 2nd and Runcorn 3rd.

In the individual events Albert Hicks (NOR) maintained his winning form to take 1st place in the U10 boys 1,000m with Ciaran Brereton from Richmond winning the 500m. For the U12 boys Ryan Walkinshaw (BSF) won the 500m and Mark Clive (GAI) the 1,000m. In the U10 girls Elish Jennison (KKC) made it a clean sweep in both 500 and 1,000m, whilst for the U12 category Jenny Ildige (RUN) kept her form to secure the 1,000m title with Kate Jacobs from Addlestone winning the 500m.

Most improved paddler of the series were Chelsea Brookes and Matthew Jefferies who each won a paddle donated by Marsport. Well done to all the paddlers – full results are on the Lightning web site – www.lightnings.co.uk

Thanks to all the helpers throughout the season and Pyranha and Marsport for their support.

Question our Olympians

You can see from our news pages that we got some great results at the Athens Olympics.

Did you watch our paddlers on TV? Weren't they terrific! What did you think about the slalom and sprint racing? Would you like to have a go at this? If you would like to know more about slalom and racing take a look at www.bcu.org.uk/disciplines and press on slalom or sprint racing. To have a go – contact your local Paddlesport Development officer who can tell you where there are local events you could try it.

Have you got a question for our Olympic paddlers? Write your questions by email to youth@bcu.org.uk and we'll pass them on to the paddlers - the 10 best questions will get a large wall poster of the paddlers. If you want to know more about the paddlers go to www.gbcanoeing.org.uk and you'll find profiles of all the paddlers.



Olympic bronze medalist Helen Reeves

'Come n' try surf day' in the North East



When nine youth booked in for the North East Come and Try Surf day little did they know they were in for a very special treat! Such is the reputation of Surf Coach Fergie Lynch of the Marine Activity Centre (Adventure Sunderland) they found they were sharing the bay with a dolphin who had come along to join in the fun! Though there was very little surf this time round, great fun was had mastering basic strokes and dolphin spotting! All are keen and 'on stand by' for when the surf forecast is promising. What better way to be introduced to this exhilarating aspect of Paddlesport! Thanks to Fergie and assistant Nicky for a great day.

Bobby E. Timperley, PDO N.E. Region.

New coaching module

Coming up this autumn we will be running more workshops of the new Coaching Young Paddler module at the coaching update forums. The module is 2.5 hours long with a useful resource pack and all participants receive a BCU endorsement certificate for attending. Check out CoDe for details of where and when. You'll also find details of what you need to do if you are interested in delivering the module.

Champion 2012 Schools Regatta

Children from Westminster schools enjoy their first regatta at the Canalside Centre. The Champion 2012 programme aims to introduce children in year five at the Westminster schools to a range of Olympic sports which includes Paddlesport and is sponsored by the Mercers Company. Overall verdict from the Children "I love this and want to do it for ever and ever!"

Clubs receive awards



Congratulations to White Rose CC and Halifax CC who were formally presented with both Top Community Club and Sport England

Clubmark Awards by Nigel Harrison Manager of West Yorkshire Sport Partnership. Pictured receiving the award on behalf of White Rose CC is Kate Wright and Cliff Speight on behalf of Halifax CC. The clubs received their awards at the same venue at Collingham Park where White Rose run an annual challenge. Both clubs have shown great commitment to young people and best practice as laid down in the awards criteria. As Paddlesport Development Officer I would like to thank them and all their members for their support in the various youth initiatives run by the BCU Youth Programme.

Len Hartley

was placed 19th. I was recently placed third at the Hurley Euro cup freestyle, and I placed second at the last National Championships. Other than kayaking I also enjoy listening to music, climbing, surfing and snowboarding.

Previously I have been involved working with young offenders, helping their development by engaging them in an adventurous activity programme. I have been able to watch and assist the young peoples development in paddlesport over time. I really look forward to helping to develop paddlesport in my area. I am sure there is plenty of enthusiasm and talent, so I hope to help young people make the most of it at every level.



Christmas card competition



The BCU Young People's Programme is searching for a new Christmas card design to send out for 2004. Over the last two years we've had some great entries so we are hoping to get another cracker (groan!) this year - so pens and paints at the ready - and read below. There are some great prizes - and what's more you get to see your artistic work published! See left for last year's winner

What do I need to know?

The picture must be about Paddlesport and Christmas - for example - images of where you go paddling - your friends or family paddling. Size should be around 150 x 210mm (A5) but don't worry too much - if you work to A4 size we can always reduce it to fit if needed. Colour or black and white - your choice - but must be hand drawn/painted.

You must be under 18 and it must be all your own work. Entries must be received by 14th November - please write your name, age, address and phone number on the back of your picture and include a sae for return of picture

Send your entries to: British Canoe Union, Youth Programme Competition, Adbolton Lane, West Bridgford, Nottingham NG2 5AS email paddlesport.bcu.org.uk

Conditions of entry - submission of entry indicates permission to publish. Judges decision is final. No responsibility will be taken for loss or damage to entries by the British Canoe Union.

Joining the Young People's Programme

Is Matt Tidy who will be covering Essex, Herts and North London. We asked Matt to tell us a little bit about himself.

My kayaking background is in white water freestyle and river running. I have been white water kayaking for over six years, in that time I have run rivers in South Africa, Uganda, New Zealand, Canada, USA, Norway and many in the European Alps. Whilst in Africa I helped to train and prepare the Ugandan freestyle team for their first international competition.

I have been competing in white water freestyle for five years and have been selected to represent the GB team for the last three years. During that time I have competed internationally at World and European championship events and on the Euro cup series in which I have placed in the top ten for two years consecutively. I have represented Great Britain at the 2003 World Championships in Graz, where I



The Women's World Polo Champions: Great Britain

Gold for Britain's women, bron

The 2004 World Canoe Polo Championships were held in Japan from 22nd to 25th July.

Thirty-two teams, from 20 nations, competed in the Senior men's, Senior Womens and Under 21 Men's classes.

After a 12 hour flight to Tokyo and a one hour flight to Nagoya, a four hour coach drive took us to Awara. Awara gave us the chance to adjust to the eight hour time difference and acclimatise to the heat (around 30°C+).

Our women played in a mini-tournament, playing against the Australians, Canadians and New Zealanders. Some of the games were far closer than we would have liked, but they were just the warm-up and wake-up call we needed. The men chose not to play in their tournament, preferring to focus on team skills. They did venture out to play one or two friendly games, beating New Zealanders 8-2 and 4-0, and Japan 6-0.

Arriving at the World Championship venue in Miyoshi, the heat was a big issue, much hotter than Awara, with day-time temperatures averaging 36°C, and at times reaching 39°C. The wind across the lake on which the five tournament pitches were placed also played its part on some days. The hot air gave the feeling of paddling through treacle, mainly due to the fatiguing effect that the heat had on the muscles, whilst some players experienced difficulty in breathing. The hot water causing problems with gripping the ball. To combat these difficulties, our coaches insisted that we spent most of our non-playing time in an air-conditioned hall next to the venue, playing cards, reading and napping.

Men

Team captain and long serving player Alan Vessey had emphasised that this year's title would be won by the team with the best defence and that this should be GB's primary objective. Poor defending had often let us down earlier in the season, when we had played in tournaments in Charleroi, Essen and Mechelen. So they launched their defence on the title with something to prove to themselves and competing nations that they were a winning team.

The French had looked strong all season. The big shooting Dutch were as ever a force to be reckoned with. The Germans were allegedly suffering from the absence of some of their better players who were unavailable for various reasons. The Italians, as always, had great potential, but never seemed to 'get it together' on the big days. In addition to these European teams, Australia, three times World Champions, were never to be overlooked.

Following the official opening ceremony on Wednesday evening, the first game of the Championships saw GB's men, as reigning World Champions, facing Canada. As the number seeds they were placed in a relatively easy first round group and having beaten Canada 10-0 they cruised through their first day, overcoming Singapore 18-0 and Switzerland 9-0.

The final group game of the first round provided our men with their first real test of the Championships. Chinese Taipei, the strongest of the Asian nations, put up a tough fight, but the defensive strength of GB meant that they were eventually winners, 2-0.

The top two teams in each of the four men's groups formed two new groups in the second round. GB were now drawn alongside Germany, Italy and Spain. First up were our old rivals Germany. Unfortunately we seemed to have an off day, making too many errors which the Germans capitalised on, the result being a demoralising 6-2 defeat. Our hopes now lay with the next day's games, which



The GB Women's team in action

coach Mike Moffitt stressed would be a true 'test of character'.

Saturday morning saw us facing the Spanish. Fortunately one of our players, player Neil Parker, plays in the Spanish National League, and he was able to give an insights into the strengths and weaknesses of individuals in the team. We had to win this game and were delighted to achieve a 2-0 score line.

The final group game was against Italy and as they had drawn 2-2 with Germany, this meant we had to win to take second place in the group and earn a semi-final place. Our men played some of their best polo of the tournament, coming together superbly, with moments of individual brilliance, the result being a 4-0 victory and a place the following day in the semi-finals, where we faced the Championship favourites and current European Champions, the Netherlands.

The first semi-final was our game against The Netherlands. Having played each other on numerous occasions over recent years, both teams were very familiar with each other's play, and so it was a tactical battle throughout.

With the score at 2-2, a foul midway through the second half and some confusion by the referees led to a yellow card for each team, and a successful goal penalty shot for the Dutch, which gave them a 3-2 lead. The two minute sending offs passed with no more goals being scored and both teams were back to five players.

A number of clear-cut chances were created and missed by both teams, (including two open, close range shots on goal by the Dutch). Although GB pressed extremely hard the 3-2 final score left us out of the running for a place in the final. In the second Semi-Final France lost 3-5 to Germany.

We now had to pick ourselves up for the third/fourth play-off against France and the opportunity to gain the minimal satisfaction of a bronze medal. Our players rose to the occasion and producing a clinical display to win 7-4 win, a fantastic finish.

There are always mixed emotions when expectations are high and things don't go to plan. The players may take some time to appreciate that their bronze medal in fact represents an outstanding achievement.

The men's final saw a battle of the big shooters, with the Netherlands

taking on Germany. A close fought game marked a thrilling end to a tournament of excellent polo. The Dutch were ultimately deserved 5-4 winners and were crowned world champions.

Women

Our women' had enjoyed an encouraging build-up to a major championship for many years, reaching all three finals of the International tournaments at Charleroi, Essen and Mechelen. However, the pressure of a World Championships can do strange things to teams and individuals.

Being seeded fifth as a result of their disappointing performance at the 2002 World Championships, we were in a very strong first round group which included Germany, the first seeds, fourth seeds Japan and the Netherlands, all strong contenders for medals.

The first day of the championships saw us being 'in at the deep end', our facing the Dutch in the morning, followed by our nemesis, (and the current Women's World Champions), the Germans in the afternoon.

The first game, against the Dutch, saw us off to a good start. After a close first half, we eventually imposed ourselves to record a comfortable 5-3

ze for our men



victory, with an especially notable shot from Lianne Grayson.

Next we faced Germany and took control from the outset, scoring within the first 30 seconds. From then on we were never too greatly threatened, again achieving a 5-3 victory. Although the result was a great boost, we realised that the Germans didn't play to their best and would surely perform at another level were we to face them at a later stage in the Championships.

Singapore were the first opposition of the day. The country being new to canoe polo, their inexperience meant our 14-0 victory was perhaps to be expected. Next we faced Italy, a strong side who had caused some upsets during the season, and we had to work hard for gain a 3-0 victory. The final game of the day was against the hosts, Japan. We had lost to them earlier in the season but were more confident as a team and achieved a 4-1 victory.

Now GB had their final group game, recording an 18-0 victory over the USA. This win ensured us of the top spot in our group, (followed by Germany, Japan and The Netherlands) and thus the easier quarter-final, against the fourth placed team, Canada. Certainly Canada are much improved as compared with their performance at the 2002 World Championships. However, GB displayed some excellent control and clinical finishing to win 6-0, leaving us facing Japan in the semi-finals.

Finals day and the day the players had been training so long and hard for. But there is always the question of whether the sacrifices and cold nights of training would all pay off?

Our semi-final against Japan was a difficult game to predict. Although we had beaten them in the first round, the effect that a 'Championships' can have on a team, particularly when it is playing on home territory, should never be under-estimated. The crowd were very vocal and created a tremendous atmosphere.

Great Britain played a very disciplined and perhaps over-cautious game, as did the opposition. With only two minutes to go in the second half the score was only 1-0 to GB, thanks to a great individual goal from Zoe Anthony. We now played a possession game and the Japanese failed to come out to apply pressure. When they did finally try to win the ball back, it was too late.

Once again we would play Germany: 2000 and 2002 World Champions,

2003 European Champions and boasting many of the top players in the world. But could GB keep their heads and take the title from them?

The game started slowly, with both teams applying pressure, but few of the shots were on target. Germany eventually scored the first goal of the game, after six minutes. It took some time for GB to respond, but a long shot just before half time from Ginny Coyles, levelled the score.

In the second half the crowd was treated to a far more exciting end-to-end display, as both teams played the tactic of 'man-to-man' marking. Within a minute, GB were awarded a goal penalty shot, taken clinically, under considerable pressure, by Toni Harmer, to take GB into the lead. After some sloppy defending on our part Germany drew level again, but Kirsty Sutcliffe quickly scored her first goal of the final after a clever 'overload'.

Germany then pulled the game back again with another clean shot through GB's defence, only to be countered by Kirsty's second goal of the game. With the score now at 4-3, GB missed some likely scoring opportunities to wrap the game up and despite some fantastic saves under goal by Sharron Derrick, Germany scored with only 35 seconds to go.

With the score tied at 4-4, the game had to go to golden goal extra time - the first team to score were the winners.

Andi Fear-Ross, perhaps the fastest player in the women's game, won the sprint, giving GB the immediate advantage. After a few quick passes there was a slight error in the German defence, providing an opening under the goal... the ball was passed in and captain Ginny Coyles scored the winning goal! A fantastic moment to cap a fantastic team effort! Great Britain had just won the final 5-4 and they were the new World Champions.

An Olympic sport canoe polo may not be, but it was still a euphoric feeling for the team and supporters alike! Coaches Diane Ratcliff and Dave Brown had motivated and guided the team to an amazing success, and dutifully ended up in the water to join in the celebrations!... It was what dreams are made of!

All in all it was a fantastic trip. Although the men were hoping to retain their title, there are many nations who would be more than happy to be in their position. Each year the men's and women's game gets stronger with an ever increasing number of nations in each class being in real contention for the top places. These results should be seen as a great achievement for British polo.

The competition was superbly organised by the Japanese and probably the friendliest the squad has ever attended. (A special touch was the assigning by the organisers to each nation of an official group of supporters. Ours came in the form of young local girl guides, who turned up to every game flying Union Jack flags; although quiet to start with, once they got going, there was no stopping them!).

Next year will see a first for canoe polo as the sport is being included in The World Games, (organised under the patronage of the IOC). To qualify we needed to be placed in the top six at this World Championships, so both men and women will represent Great Britain, when they hope to maintain their world standings. ●

Peter Mitchell

Thank you to everyone who supported the squads in the lead up to these championships and especially the organisers of BUSA and the National Championships for allowing the women's team to fund raise at their events. Also to the fantastic group of home supporters who made the long journey out to Japan... you made it a truly special time.



The British men's team

Bardsey Island and then the Skeries, solo



In September of 2003, I completed my five star Training and during those two days I was inspired. The Coach was Olly Sanders, who had just completed a number of solo paddles, the most recent was out to Lundy Island. And the other, like me a participant, or are we delegates these days? It was an excellent course with maelstrom type conditions and much to consider. It was the catalyst for things to come.

So why Bardsey? Ten years ago I was with my brother when we got spat through the sound, yep I got the tides wrong. Earlier this year after paddling around Anglesey with John and Sean, Sean and I were then able to push on down the Llyn Peninsula, what an amazing place, with the aim of paddling out and around Bardsey. We woke however, to a force 6, the game was over with a call to John, can you pick us up from Porth Oer.

I believe when you're leading a group, you are fundamentally, on your own, your personal skills and judgement need to be of a high order, even though you have others around you, responsibility is with me, the ultimate call is mine. Going solo sharpens your metal and in my experience is excellent preparation for an assessment and skill development.

So it was October and a weekend planned for Bardsey. The three hour journey up from Gloucestershire was excellent, it was a neap tide, shipping forecast at F5, with inshore at F4 winds NE, so I was hopeful for an actual F3. The only way now was to eyeball it and feel the salt!

Unloading my boat was the most anxious moment of the next four hours. Interesting, when asked, what I was planning to do, I said "to the headland and back". Who said that I thought?... what do you mean to the headland and back!

Once on the water I was in my element, and really relaxed, it was great to see Bardsey slowly appearing from behind the headland, or not so slowly! Time to keep my eye on the game. It took one hour from Aberdaron to Bardsey, with a following wind and the occasional exciting push! And then in the lee of the island, working my way up towards the lighthouse, many seals were on the rocks around about.

Conditions seemed to be deteriorating and becoming greyer, it's amazing how colour can affect an experience and your feelings, so I was keen to get around the island and work my way back. As I passed the main landing bay cafn enll, I decided to take a break and touch land. It was so peaceful with many seals wallowing in the sun and out of the fresh wind. Well worth the break. Twenty minutes later and I was off, now in to a head wind and increasing, wind against tide. From the outer limit of the island it took 1.5 hours, I hadn't considered the end game, paddling back into the wind. Begin with the end in mind, another day for that concept.

I was buzzing when I landed back at Aberdaron and a pint of Guinness made the moment and completed the experience.

It was to be three months later, after my successful five star sea assessment, when quietly the Skeries came to mind. I had been there a couple of times before, part of party and with mates, but to be there solo would be something else. Four days in February saw some coastal paddling with my partner Sonja, and then a significant positive change in the weather. It was minus five that night in our tent, so I was hardly a Tigger, in the morning. There was a light breeze, tides worked, just and sea state was excellent, the Skeries was on.

Solders point was the start, out to Llangdon ridge buoy, remembering to keep north stack out from south stack, and then on to the Skeries. It was an exciting journey quite different from Bardsey. The Skeries you see from the start can be done as a point to point journey, the exposure is significant, and it's a much smaller target to hit. The flood was beginning to slow as slack water approached, even so I was doing five knots at one point, so there was a real feel of speed.

A couple of ferries had crossed my stern, the hum is heard first and then their shape looms. The speed in which ground is covered, keeps you alert, and then two porpoises joined me about 0.5 nautical miles from the Skeries, that pheepph and spout of air brought me back. I reached the Skeries just after high water, so where was I to land? Much was still under water, it wasn't until I got to the North of the island that I realised the tide had turned and was flowing at a reasonable push, towards me. Time to have a break and re-assess, I located a steep little beach and landed, to a scampering of many rabbits.

It was very significant being on the Skeries, it was a bright day although fresh and cold. I wondered what it was going to be like getting off. The current was rushing out through every channel, my senses were twitching, I had my lunch to eat first!

My return journey was planned to Church bay, were I was to meet Sonja. As I left I was escorted by a few seals into the main fast current, with much white water. I stayed out from Carmel head, due to a large back eddy and went with that until I was a little before Church Bay and then I started to ferry gliding in. A total of three hours on the water, and now for some food in that recommended restaurant, only to find that it was closed. Another day for that. ●

Roger Chandler

info

My thanks and thoughts go to the late Terry Storry for his considered words, calculations and guidelines, in his book *Snowdonia white water sea and surf*, it has contributed to me venturing beyond the shore.

Roger Chandler is a Level IV coach sea and Open Canoe. He also holds the Mountain Instructor Award and works at The Wilderness Centre for Environmental & Outdoor Education, which is also part of Gloucestershire Youth Service. He is the deputy manager of the outdoor education team. From September – December 2004 he will be project manager for the sea kayaking venture, in Chile for Raleigh International.

The party for Dave

Yes, our good friend, that incomparable character, Head of Coruh River Trips, author, expedition kayaker, film maker, and boss of his building firm 'Mad Manby's Make it and Mend it Men', Dave was 50 on July 23rd. (Of course he is then returning from making a television film of kayaking in Iran (where else would Dave be for his 50th birthday?) So the party was planned for the weekend of 4-5th September.

The venue was Skern Lodge, North Devon – a superb outdoor centre, great facilities, and some of the best surfing beaches in Britain on the doorstep.

Dave knew the date and venue, but nothing more. Everyone arrived from Friday evening - Dave's parents, brothers, sister and families, and his friends from all over the UK and abroad. If the paddlers had told their tales it would have been a live version of Dave's book – 'Many Rivers To Run'.

Saturday morning saw 85 guests, aged three months to 80-something, taking part in the assault course, tunnels, zipwire, archery and climbing high ropes. Highlight of the morning was Dave being strung up, swung around and water-pistoled by a frightening mob of mini versions of old expedition dogs Hewlett, Coyne, Huyton, Foxy, Gatfield, Montgomery, Middleton and all. Dave rolled up and fought back, using Jamie Huyton as a human-cag to keep himself dry from the weapons of mass hydration (Picture).

After superb September surf



in the afternoon, numbers swelled to 140 for the evening party. Whit Deschner had flown in from Idaho to give a special lecture on 'Life and Times with Dave Manby'. He started: "When I think of Dave, the first thing I think of is mass chaos, a wake of devastation. I prove my point by the following example. In 1977 Dave drove across Asia and I ask you, has the region been the same since?"

The evening was complete with Spike Drivers band, Cheesey playing his vinyls in the late bar, and many friends catching up on the years.

And the weekend surf was superb!

Happy Birthday, Dave! And we wish you many more years of adventure and travel with friends.

Quote from Eve Manby, Dave's mum: "It was a lovely party, confirming our assumption that all canoeists are nice. Do any ghastly people become canoeists? If so, we have never met one!"

John Watson

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F O C U S



Sea kayaking is a great way to see the scenery and explore otherwise inaccessible places – which means no crowds. Combined with sunshine and the Mediterranean it becomes even more attractive. This year we decided that Turkish waters, and the Lycian coast in particular, would be our destination.

Trawling the internet we found Dragoman-turkey.com who specialise in outdoor activity holidays in the area and a link to Ekomin@eko-natura.com - their sea-kayaking arm. Here was what we were looking for – a five day expedition where all overnight stops are in hotels!

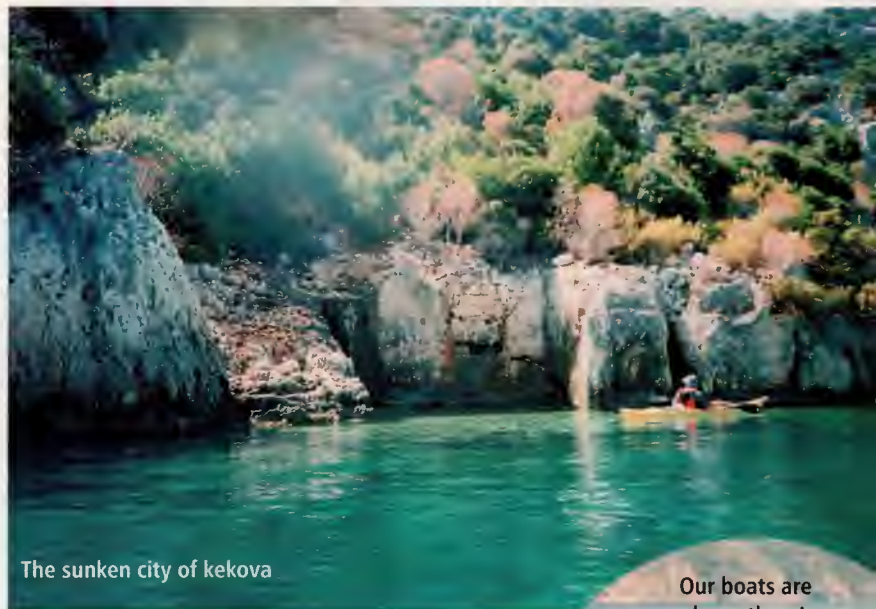
Several months later in June (not due to lack of enthusiasm, but there was a sea symposium to attend first) we arrive at base camp in Kas. We were introduced to our guide, Gokhan Ture, a committed ecologist who runs Ekomin Sea Kayak Centre. He arranged to meet us in the harbour the next morning where he equipped us with Prijon sea kayaks and all the necessary equipment for our expedition.

We set off to explore the bay. Carving around the starboard side an ancient theatre – not an amphitheatre as we now know because it wasn't enclosed at the bottom by a wall - came into view. Next we came to a small mass of rock standing proud to the sea. Here was an area marked out with small buoys on a rope – rather like a string of pearls. Our guide suggested we should look deep within. There, on the seabed, was a little girl flying a kite. By her side were two little trikes and in front was a perfect hopscotch, ready to play. This is apparently part of Art Action – an annual art event here.

Next it's time for a test of our skills as Gokhan sets off across the bay. We have to travel to the very edge of Turkey to achieve this and must not stray into Greek waters. The wind is behind us and the swell helps us surf faster and faster. Just as we reach the limits of Turkey we are buzzed by Greek fighter jets! Time to make a hasty exit left, back into the safety of our Turkish hosts. We head to a fisherman's restaurant in a cove for lunch of freshly caught pink sea bream and a beer.

After lunch a walk is in order and we follow a rough path through someone's back garden and through a barbed wire fence and tall gates designed to keep out the wild boar. We climb up to a grotto where there are sacred waters with healing properties, clambering down damp, slippery steps into a dank deep hole. At the bottom we are faced with a mass of pipes through which the magical water is being pumped away. The source is now so deep it is out of sight.

Returning to the beach we climb the other side of the cove. We scramble behind as best we can as our nimble guide climbs higher on this tortuous rocky trail. This, apparently is the ancient equivalent of today's motorway – it's been the main road across Lycia since 500BC. Sweating and exhausted we catch up with Gokhan who is standing in the shade of a carnob tree, smoking a cigarette. How fit is this man? Why are we up this



The sunken city of kekova

mountain? Because there are ancient tombs with sparkling materials frothing out of their entrances and caves with giant green cobwebs woven across their entrances. Amazing.

Next day we met Cenk (say Jenk), a very important member of the team. He was in command of the road transport which was a wonderful 4x4 that could drive

Sweating and exhausted we catch up with Gokhan who is standing in the shade of a carnob tree, smoking a cigarette. How fit is this man?

anywhere with three kayaks strung on top. We drove off into the mountains and then down through valleys where traditional farming methods are still practiced.

Children run out in the streets and shout as we pass. Quite a welcome. Eventually we reach our destination – the ancient sunken city of Kekova. Kayaks are packed with two days supplies and overnight requisites we set out to explore Kekova Sound.

The water was crystal clear, so there was no need to use masks and snorkels to see the sunken city beneath our kayaks. It was easy to imagine people living in those ruins as we paddled into yet another room. We gazed at the walls where the holes for the lintels are still visible and looked at the fragments of pottery strewn across the floor. In another area there was a stone staircase disappearing into the depths of the sea.

We took a break in the old harbour where a Byzantine arch had remained standing until four years ago – a reminder of how fragile the whole area really is – then continued west for another hour into a very secluded area. The peace and tranquillity was wonderful. Lunch was at an isolated fisherman's house where he lived with his wife and remaining daughter in two rooms. His rickety jetty was constructed entirely of



Our boats are down there!



Gokhan points out a rock formation

Parked boats on Islet

Ancient port with fallen arch

Paddling over time

driftwood and consequently had a character all of its own. We set out on another wonderful expedition on foot, returning hot and dusty to be invited to take a shower. How wonderful I thought! I was asked to crouch on a plank straddling a small pool. My host then poured a bucket of brackish water over me. It was so cold I was gasping by the time he had finished. Your turn Glynn!



Monkseal Cave

Our destination that evening was Simena – a village only accessible by sea. Parking the kayaks in a cove on an islet we waded across to the village, which is built on a very steep hillside. After a drink at our pension we proceeded to climb to the top to the castle built by the Knights Templar during the crusades. The view from here was fantastic.

The following morning we paddled off east, passing large numbers of ancient tombs, some part sunken in the sea, all of which have been plundered over the centuries. A warren of inlets appear along the shoreline with tall ships hidden at anchor within them. Within one of these a Turkish

warship hid between skirmishes in World War II. The shoreline becomes more rugged here and we entered a pirates cave. This is now the haunt of whelping monk seals. Later that morning a pup surfaced next to Gokhan's kayak. We reached the mouth of the Demre-Cayagzi river and decided to explore. The cold of the river was quite a shock after the warmth of the sea. There is an amazing amount of birdlife in these reeds, evidenced by the noise. We paused, and slowly they began to emerge. Returning to the sea, keeping a wary eye open for water snakes, we disembarked at Andriake, the ancient port of Myrna. Here waited the patient Cenk with transport back to Kas, but not before a feast at a local restaurant and visits to Myrna with its magnificent rock tombs built into the rock, and to the town where St Nicholas (Father Christmas) was bishop.

Day 4 took us to Kalkan to explore the bay there. The coastguard approached Glynn to ask what our intentions were. Glynn told him and suggested he speak to Gokhan if he wanted further information. Later, Gokhan told us that the man had questioned the stability of our minds. This would be our most relaxed paddle as we were saving ourselves for the marathon of tomorrow. The weather was superb and there was sufficient wind and swell to surf quite fast on the return trip across the bay.

On our last day we set off for the 22k trip from Kalkan to Kas, but this time in a double kayak. Cenk waved encouragingly at us from the shore.

As we rounded the headland a flotilla of sailing vessels passed us, each with the occupants waving energetically at us. They sailed away and we were left to the solitude of the coast. Pigeon cave was our first destination – a very large cave where numerous pigeons roost. Obviously our arrival caused a mass exodus. Next stop was a dry gorge entrance where there was a lovely sandy beach. For landlubbers the only access was down 162 steps. We declined the suggestion of an ice cream here as the vendor was up on the roadside! As we left clouds began to form and the wind rose. We raised the sails on the kayaks (a new experience for us) and sped along for the next ten minutes. Then the rain began. We headed for another cove and landed for lunch. As we did so the wind dropped and the sun came out. After lunch we set out, but the weather changed again. The wind was now trying to blow us back to Kalkan. The double kayak was a good move as we struggle together against the wind. Gokhan meanwhile continued his methodical paddling, unperturbed. Another two hours paddling past otherwise inaccessible coves and caves and into another natural harbour which is our final destination. As I climb wearily out of my kayak, hot and tired, a cold bottle of beer is thrust into my hand. Am I delirious? No, Cenk is standing on the dock smiling, and congratulating us. These were truly amazing days combining our love of kayaking with wonderful scenery, history ancient and modern, and the

opportunity to properly meet the local people. There really is no way we could have had such a rewarding experience without our guide, Gokhan, and his knowledge and sensitivity of the beauty and people of the Lycian Coast. Thank you Gokhan. ●

Glynn and Helen Carter

Dragoman-turkey.com

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LETTERS

Your chance to put forward your point of view

Please send letters either by email to

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7th December, 8.00pm,
St Johns School,
Caterham, Surrey.
Try to be there.

Canoeing on a bus pass

Ref 'Canoeing on a bus pass'. Just before the Second World War my Uncle Gilbert built a painted canvas skin timber framed two seat kayak and enlisted my Uncle Ron Middleton to canoe from Bristol to London via the Kennet and Avon Canal. They overnighted at pubs on the way and put the kayak in the guards van of the train they took back to Bristol. He said some lengths were full of weed and very shallow and believed they were probably the last craft to complete the entire route before some pounds became dry.

B.M. Massey

Mystery water levels

It is a bit of a mystery that a subject close to the paddler's heart is extremely difficult to come by: that of the level of river water around our fair isle. I have been paddling for a number of years now, mainly in Wales, but catching rivers with water in them is the real trick! The river agency is about as unhelpful as it gets when trying to establish how high a particular river level is, which has entailed endless phone calls to anyone and everyone who may have a clue before setting out on a two hour journey to a particular river. I'm sure that many of your members have been in the same situation of chasing around Wales hoping to find that elusive thing, a river with the right water level in it. A web page with this info accessible to all would be a god send.

Mike Bailey

The best idea is to key in 'river water levels' in Google and limit it to just pages in the UK. Scotland has an excellent site on www.sepa.org.uk/data/river_levels/data.htm and the best England and Wales can do is found at www.yucc.org.uk/jay/Links-Water_Levels/ who are also critical of the Environment Agency for keeping this information secret. Ed

Greedy instructors

Do people no longer teach for the fun of their sport. I am responsible for running all water activities in a large scout group near Plymouth.

Despite having a fleet of perception kayaks, a full set of equipment for each and a large number of enthusiastic boys in excess of 40, we find advancement through the BCU grades extremely hampered by not having any qualified instructors.

It would seem that the awarding of the BCU instructor certificate is similar to awarding a blank cheque book.

Whenever I approach anyone to come and teach the boys or carry out examinations, the first question I am usually asked is how much can I afford to pay.

As a former scuba diving instructor, I have spent hundreds of hours giving my time freely teaching those who wanted to dive, passing on my knowledge and experience. The kick I got taking someone on their first dive was reward enough.

Whilst I don't think any instructor should be out of pocket when visiting and teaching groups, the present situation of BCU instructors charging a fee for lessons makes a mockery of the BCU's aim of encouraging more young people to join the union. To all instructors; enjoy your sport, enjoy passing on your knowledge and experience to young people without looking at the financial aspect. Remember someone had to teach you and give you their time.

Mr R.J Roseveare

River access is our right

I read the River Access Campaign articles in recent issues with interest. The suggestion presented in the articles is that canoeists should lobby their MPs. Next to an article in April was a WCA statement announcing the loss of access to the River Dee. I have been paddling for almost 40 years, and in 1965 I sneaked a nervous paddle in a slalom boat down the Dee from Llangollen. After 40 years of conciliatory negotiations by well-meaning canoeing officials all over Wales and England, any trip I want to take down the Dee and most other rivers outside Scotland will still have to be illegal.

How often have I read the admonition that it is vital that canoeists paddle in accordance with the various access agreements? What good has it done?

Justice was seldom won by fair argument alone, and the dogs in the manger preventing canoeists from paddling our rivers will never concede voluntarily. If anyone thinks that

lobbying an MP is going to have a significant effect, then he has no understanding of what makes politicians tick. Is the canoeing vote or the river access issue going to swing any constituency in the next election? I think not.

No, the answer is to take a leaf out of the rambler's' book. Their advantages of access compared to canoeists is not merely fortuitous. The Manchester walkers had a clear vision of what was right and just, and they acted on that vision. In the climate of the times, the mass trespass on Kinder Scout in the Derbyshire Peak District in 1932 was a brave and dangerous act, and it eventually destroyed the selfish tyranny of the land-owners. It is widely regarded as the most important single action in securing access rights to open spaces.

Referring back to the *Canoe Focus* articles, we do not have to waffle on about collecting otter droppings on the River Wyre, or English Nature using canoes to check on water birds eggs, to prove how environmentally friendly our sport is. It is so clearly unjust that we are prevented from paddling our rivers, and contrary to the situation in any other country of the developed world. We are victims of a feudal remnant. There is only one thing to do.

We need to organise well-publicised mass paddles on rivers without legal access. Let the owners try to prosecute, and then we carry on paddling our rivers, with due consideration for all other river users, until our right is no longer challenged.

Ian Brackley

River Access Campaign

The County Emergency Planning Officer said "Flooding was his highest priority" speaking to a group of Red Cross volunteers, who respond to the various needs of their local communities. Talking to him after the presentation it occurred to me that we paddlers may be missing a trick or two! He was totally oblivious to the numbers of potential emergency volunteers in his area or the fact that most would have the equipment and boats to assist in search and rescue or food and medicine delivery to vulnerable people living upstairs in isolated areas unwilling to leave their properties.

When lack of rights of access was raised he quickly said that in an emergency he would have no hesitation to do whatever necessary and riparian rights and other niceties would not come into it. Might it help our cause for a fairer share of the water to set up a database of members who would be willing to respond in an emergency.

Groups of like minded individuals could then possibly train together, perhaps in partnership with the Red Cross or Saint John ambulance volunteers. If nothing else, positive publicity would be generated to enhance our self image of community spirited, environmentally friendly, active people who just happen to do it on the water.

W A Keep

Head in, body out

What a super venue for the Olympic slalom, and congratulations to all competitors.

Having been out of slalom for some years now, due to a back injury, and not having kept up with the obvious rule changes, I think it a shame, that at the top level of our sport it is seen as satisfactory for a world class competitor to have a clean gate by swivelling his/her head around a pole, with the trunk passing under or outside the gate.

Whatever happened to the body having to pass through between the poles? It seems to me that a good number of competitors would not have been so high up the medal table if the old rule still applied. That's 'progress' I suppose.

Ian Brackley

The early days of canoe surfing in the UK

Story No. 4 - School groups can be difficult

As time went on, the parties who came to this course got bigger and bigger. Then a school master whom Oliver knew, but not very well, brought a group of young secondary school boys and a junior master to help him with them. All Oliver knew was that they knew virtually nothing about sea canoeing, but he hoped the two teachers would look after them adequately.

After about a week the senior master came to Oliver and said that the boys were crying out to be allowed to paddle round the island rock which stood just off the end of Pentire Point. Many of the other canoeists had paddled round this Pentire Point and had come to a wonderful and singularly quiet little bay, where the sea was so smooth that the water was dead clear and you could almost see the fishes swimming underneath. There was a tidal rip round the head on a rising tide, but the waves that it generated had never caused anybody any difficulty. After further questions to the teacher and a lot of fierce thinking, Oliver accepted that they should go round this rock. From the top of the cliff, he watched the party getting ready to go. A small group of paddlers who had come on the course before watched with him. After some watching and for no particular reason, Oliver suddenly said, "I have a feeling that this group is going to get into difficulties. I think we ought to watch them." The others who had been watching with him had apparently had the same hunch and agreed they would get their binoculars and watch the group go out.

This made quite a number of the party with binoculars watching this school group set off. After a little time they noticed that two of the school group had turned round and were coming home again. They couldn't see who they were but, as they looked perfectly safe as they paddled, as they were, the group on the cliff turned their attention to the party who were now very near the end of the headland. Then the watching group suddenly noticed that some of the paddlers were swimming in the water. Oliver immediately ran up to one of the houses behind the camp and asked if he could put a 999 call out for a sea rescue. He knew that this would go directly to the ocean going lifeboat at Padstow, and they would get out to the headland as soon as they could muster a crew for the big vessel and get it slipping down the slipway into the water.

By a stroke of luck a man who owned a high speed motor boat, asked the lifeboat crew what the call out was. They told him all they knew, and he immediately leapt into his motor boat and hurried off out to the headland in that. It was as well that he did because it always takes quite a bit of time for the big ocean going lifeboat to get itself going.

When the owner of the high speed motor boat got out there, the first he saw was of the two who were paddling towards the shore. He went over and asked them if they wanted help and where were the others. The trouble with these two was that the boy had been seasick and the junior teacher was escorting him home. (Some people can get seasick by simply looking at the water! You don't know whether you are going to suffer this until you actually get there.) The motor boater decided that the two paddling home were perfectly safe and he would much better get out to the headland and see what was happening to all the others. When he got there he found that they were all in the water and he started to pick up everybody whom he could find. One of the difficulties with canoes is that capsizing is rather like measles. One person gets measles and then everybody else follows. So, with canoeing one person capsizes, another sees him capsize and says "Oh lord! I think I am going to capsize also" and does so. After a very short time everybody is in the water, which is what had happened to this group. When he had picked up everybody whom he could find he took them in his little boat back to Polzeath Bay where he landed them. He must have been an extremely good navigator to get it in close to the shore so that the boys only needed to wade in the short distance to the dry sand.

But he had missed two people - the senior master and one pupil.

He had better go back and find out what the group on the top of the cliff had done after seeing the speedboat go out.

Oliver jumped into his motor car and motored round the bay and out onto the headland so that he could see from there what was happening. As he watched he noticed one small boy climb up the cliff and come to him. The boy was shivering like the preverbal Aspen leaf. Oliver couldn't leave his post, so he looked around and noticed that quite close there was a farmhouse with smoke coming out of the chimney. He knew that there must be somebody in the house, so he sent the boy off to the house, telling him to walk the short distance - not to run. He had told the small boy to walk because, if he ran, the boy would lose more heat and so stood a chance of



going down with hypothermia. The boy had been told to knock on the door and, when it opened, to tell whoever came to the door what had happened to him and could he be taken in until somebody came along and collected him. What would you do if you found a shivering Aspen leaf standing on your doorstep? The farmer's wife didn't hesitate, stripped him of all his wet clothing and wrapped him up in a warm blanket, then sat him by the fire and fed him warm drinks and good food while she, good lady, did her best to dry the clothes.

The next person to arrive on the cliff top and come straight to Oliver was the senior teacher himself. The first thing that the master declared was that the lifeboat should be called out. Oliver gently told him that this had been done some time ago and asked the master if he could stay with him until he was perfectly certain that there was nobody left in the water.

The thundering noise of the big engines of the ocean going lifeboat could be heard as it came round the headland, searching for any more swimmers. Happily, they had all been picked up and taken ashore by this time. Oliver saw a canoe that was floating but full of water at the foot of the cliff where he was standing. The lifeboat was a short distance out to sea so he tried to signal to them to come closer in shore. However, sadly, the signals between the land and the vessel afloat had not yet come to be and all the lifeboat crew did was to wave back; hardly what Oliver was hoping for.

Having decided that there was nothing further that he could do, Oliver got into his car and went back into the bay. He was about to turn round and go back to the farm when somebody told him that the junior teacher had already picked up the lad. I guess that the lad reckoned he'd had one of the best times in his life being fed hot drinks and given Cornish teas: what else could a boy wish for. Oliver later went back to the farmstead to thank the good lady for what she had done for the boy. She had certainly been very generous in looking after him.

So now the school party was all back in camp safely, but what could they do? They only had two canoes left and a awful lot of wet clothing. They decided that the best thing that they could do was to set off for home in Bristol. But old Nick had certainly got his teeth into this group; they were still to have difficulties in getting home. The roads in Cornwall, Devon and Somerset are not given for fast driving and they had a long journey to take to get home. It is not said how far they had got before they ran into difficulties again. Going round a corner in the road they found that there had been an accident which completely blocked the road. They studied the map to see if they could find roads round the accident and so carry on home. There didn't appear to be any. So there they stuck! Two hours later the roads had been cleared sufficiently for them to proceed.

But one thinks of the unfortunate parents of the kids, sitting at home, completely helpless while all these things went on. Mobile telephones had not been invented then, so there was no way of getting a special message back to anybody. The parents with radios, some of them anyway, had probably picked up the message by the BBC that a group of school children were in difficulties of Pentire Point. If they were lucky enough, the parents would also have picked up the message that they were all safe and on land but, in the interim, they were shivering with fear that their kids were drowning. Now they were waiting patiently for the kids to get home and they weren't arriving as expected. What had happened to them? Had they had another accident on the road? Had some of the kids died? Were they all in hospital? When one is struggling with a thing like this one always expects the worst possible. Fortunately in this case, the worst possible had not actually happened. There was probably much rejoicing when the kids arrived home at one in the morning! ●

Oliver J. Cock

Please send adverts either by email to peter@canoeocus.co.uk
or by post with BCU membership number to: Canoe Focus
Members Classified, 49 Greenfields, St Ives, Cambs PE27 5HB.

ADVERTS CANNOT BE TAKEN OVER THE PHONE.

Another word of warning

Just a word of warning for people selling canoes at the moment. I have advertised some boats on the web recently and received an inquiry via email from a buyer in Switzerland, who wanted to buy a K2 for £300 for a client and have it shipped back via a shipping agent. All looked good, address and phone number supplied etc. The client eventually sent a cheque for £3,000 - far too much money - from an east London bank, and we were asked to send the balance to the shipping agent as soon as possible to arrange shipment. We started to have some doubts as there were no requests for any information on the boat, seats, state of repair etc, only that we sort the money out soon, and some inconsistencies with the information. So we have passed all the info on to our bank for further investigation. The web sites I advertised the boats on are the ones on the Canoe Focus member's classified page, so maybe you could post a wee warning to others?

Gary Parkinson

Thanks Gary. We highlighted this problem on the letters page in August and will keep making members aware until the problem goes away

For Sale

4 peace river open canoes in good condition - 3 doubles and 1 triple seater on a purpose built Trojan conqueror trailer with a large storage box and spaces for 2 more open canoes. Includes 8 aluminium paddles, helmets, buoyancy aids and a few childrens wetsuits. £1100 or would split it if need be. Email paulmorton-kemp@romfordymca.org or call (01708) 770416 or 07789 788853

Child's wetsuits 1 shortie. 1 full. Fit slim 6-8 year old. Both excellent condition. £12 and £15 Tel: 07906 820459 (Nr.Derby)

Carbon kevlar Hobby, less than 12 months old vgc. racing green pigment. £800. Tel Jean/Anne 01494 450686 High Wycombe

Coleman 15 ft open canoes - 6 boats on sturdy trailer built to carry 8 open canoes. £1800 the lot. 01298 25031. Paddles and buoyancy aids also available extra.

Dagger Encore. Open canoe play boat, full airbags, saddle seat with thigh brace, good condition £395. Tel Longridge (01772) 784120.

Dagger G-Force 6.3 Blue Swirl, almost new condition. Only been in water 5 times! Full rear air bags. Water bottle. Suit 6" to 6'3" paddler up to 16 stones. £500 or vno. Pembrokeshire area. Contact Neil on 07780681336 or pg18@btopenworld.com Back injury forces sale - not kayak related!

Dagger Honcho. £300. Good condition. Good playful river runner. Contact Andy Morris on 07931 503499 or ingridandyjack@supanet.com (based in Cumbria)

Dagger Medieveil in blue. Includes Bomber back rest, hip pads, and air bags. Excellent surf/play boat. Has usual minor scratches from running rivers. £225 ono. Tel Mark on 07811 190378 or email mark.chambers@smith-group.com (can email photo)

Dagger Ocoee. Full white water spec. Excellent condition. £75. Call Peter 01530 224277 Leicestershire or email petermontandon@gmail.com

Dagger Outburst. Well used but very sound kayak, garage stored, purple/ blue/ white approx 3.3 metres long. £150 or nearest offer. Contact Paul (Notts) 0115 8771090 evenings or weekends or email paddie@hotmail.com

Dagger Rival: white water solo open boat roylex, recently refitted, air bags, saddle, thigh straps, £385 contact pete winwood 07740701170 or 01206 826266

Dag skandal - freestyle playboat suitable for white water or flat, it is 2.35 metres long and 0.64 metres wide. Colour green, good condition, stored inside. Price £250, contact Matt Thorpe, telephone 0115 9899505 e-mail thorpefisher@aol.com

DW spec Mirage K2, Glass lay up - Red with blue trim, in reasonable condition for £300, complete with seats, footrests, over stern rudder and handles. Used regularly on to date, built for DW, ready to go. Boat is in North Cornwall, but we are able to deliver to most places along the M5 up to Bristol or on the M4 across to London. New K1 forces sale - gary.parkinson@which.net

Double dutch slalom paddles with kinetic blades and crank shaft. In very good condition - £80 ono. In Nottingham, ring (0115) 8452115 or e-mail: ntxalc@nottingham.ac.uk

Eskimo Kendo Evolution. Full white water spec, good condition, airbags, excellent beginner/intermediate boat. Red. £300 ono. London, midgley deliver. 0774 881 7241.

Eskimo Topolino Duo. Purple, never raced rallied or bent! Very good condition including air bags and nose cone. £675 ono. Contact Tim spencer 02476672584 07801 259376 or tim.spencer@ntworld.com

Eskimo Zwo, suitable for beginner-intermediate white water. Also suitable for smaller and lighter paddler. Blue. Around 230cm long. £180 n.o. Tel. 01453 835783 or e-mail nickleliott@hotmail.com

Feathercraft Kahuna. 20 months old, very lightly used and in excellent condition. Backpack, assembly video, spraydeck, repair kit, sea sock etc. all included. Yellow deck with factory fitted bow and stern hatches. £1300, please contact Neil on 01273 775827

Granta Folding Canoe. Frame, skin and inflatable sponsors in good condition. Skin needs restitching. £50. Phone 01792 233243 (Swansea)

Jackson Fun 3 blue only used 2 times at Holme Pierpoint therefore perfect condition £700 new to buy new for sale of £545 ono. Tel 0771 819 5646 or 01158789196 markraeburn@hotmail.com

K1 Midas in very good condition, kevlar hull and wooden seat. £200 ono contact Rob on 07771 848861

Kayaks suitable for 8 year old and 10 year old. michaelwomeylct@aol.com

Kayak Carrier Systems V Cradles with Straps. Good Condition. Sale due to new car. £35 Telephone 07801 437 314

Kirton Inuk, "probably the fastest sea kayak available." Length 5.5 metres, width 50 cm, weight 15 kg. 3 years old, perfect condition, £1000. Call Jon David on 07970 108534 or email jon.david@btconnect.com

Lawrence Sprinter K2, sandwich lay up, white with red trim, in reasonable condition £250, has some repairs on the deck. Complete with seats, under stern rudder fitted, has an over stern rudder fittings as well (over stern supplied) used regularly. Good marathon K2, very comfortable and quite stable. Boat is in North Cornwall, but we are able to deliver to most places along the M5 up to Bristol or on the M4 across to London. New K1 forces sale - gary.parkinson@which.net

Lendal power master paddles x2 sets in very good condition- £50. gary.parkinson@which.net

Liquid Logic Pocket Rocket Blue, stored indoors Excellent modern playboat, Super loose on a wave, very easy for learning blunts, Probably the easiest boat in the world to loop, ever. Based in Northampton paddle regularly at Nottingham £450 bb296@cam.ac.uk

Liquid logic Big Wheel . Blue. Less than one year old and in excellent condition. Can deliver to Holme Pierpoint £470.0115 8789196 or 0771 819 5646 markraeburn@hotmail.com

Mega Evolution for £220. Excellent condition, it doesn't have any holes or leaks. The nose has been professionally repaired. Because this boat has been designed for a smaller / lighter paddler, it's not only highly maneuverable, but is fast too. The reduction in length makes the Evolution turn exceptionally fast allowing the paddler to control the front as well as the rear of the kayak for more skillful kayak tackles and marking email: pbltyh90@hotmail.com

Mobile Adventure/Dagger interlude, fast and responsive 16 foot open canoe, well used but lots of life left, cane seats, front adjustable, no buoyancy bags. 295 pounds ovno. 8 foot pioneer unsinkable rowing boat/tender, will take 4hp motor, used for one season 395 pounds ovno. Telephone 0116 237 4523 (Leicestershire)

Old Town Discovery Scout Open Canoe £500 located in Boroughbridge on the A1 in North Yorkshire. Complete with 2 paddles, buoyancy bags front and rear, cane seats and a spare set of plastic moulded seats. Scuffs on the bottom from normal entry exit. We have used this for light family use on flat water. Pictures can be emailed to you on request. Colour is Green Full details of the canoe can be found here: www.otc canoe.co.uk/canoes_discoveryScout.php E-Mail: steve@godus.freereserve.co.uk

Open Canadian, 14', plastic, reasonable condition, up to £400. Happy to travel for the right boat. Please contact Tori at tori.jones@btopenworld.com or tel: 07939 576907 and leave a message.

Open canoe 14ft plywood stitch and tape, ash trim. Very stable, handles well, ideal for beginners boat. £150. Stored inside. Photo's on request or come and see. Contact: Fred Horner, Tel 01943 465492. (Yorks.)

Palm Dry Trousers. Size medium. Red. Very good condition. £35. Cal Peter 01530 224277 Leicestershire or email petermontandon@gmail.com

P&H Capella Sea Kayak. Never used. Full expedition trim, Twin hatches, Pump, Compass, Rudder. £700.00. 01422 845453/07939096695.

P&H Sirius Sea kayak. Expedition equipped with compass, foot pump, split paddles, 2 hatches,

retractable skeg. Kevlar carbon hull (white) / glass fibre deck (orange). 5 years old. Vgood condition £950. Tel. 01270-812616; mob. 07801-178477 (Crewe based) or marsdell@airproducts.com

Perception Piouette super sport kayak. Flat water use only. Excellent condition. Suit smaller paddler. £199

Perception Sparc. Orange/ red. Full whitewater spec and additional pyranha backrest. Very good condition. £295 ono. Mostly used for flat water coaching in East Anglia! E mail for photo. marsh.p.tiscali.co.uk

Perception Sparc. 3 years old, only used regularly last summer. Good condition. Foam block backrest, not band. North Sussex. £280 ono. Will throw a nearly new nylon spraydeck if you need one. Phone: Steve on 01403 269838 or email swesty@btopenworld.com

Prijon Cyclone. Excellent condition, red, only 2 years old, stored in doors and only used on flat water. Complete with paddle and spray deck. £275 ono. Contact Tim on 01420 84020 or email timugh@pipex.dsl.com

Pyranha Acrobat 270. Sunken rear-end, small crack under seat area hence £75. Tel Longridge (01772) 784120

Pyranha Attak. Good condition. Orange. Fantastic WW boat. £200. Can deliver w/i Lancs. Contact Tony or Nicky 01995 604118 (Preston area).

Pyranha blade in blue with black end caps. It has a mega backstrap and hip-pads fitted and is for sale with a playboat deck. The boat is in good condition and still has its deck popper attached! £150. Polo boat in diolen/glass construction. Few repairs but still good. £50(ish). Boats are located at my parents house near Holbeach lincs (hence they are for sale!). Call Matt on (01625) 266045

Pyranha Inazone 230. 4 years old well used hence £210. Can deliver locally 01913862437 graeme.cranston@ntlworld.com

Pyranha 240 inazone orange used but still in good condition, included in sale two air bags, neoprene spray deck, semi dry trousers c/w neoprene top, dry bags, new helmet and other bits and pieces. all for only £300. call Pete on 07765244016 can deliver in teeside area.

Pyranha inazone 240 good condition with air bags, neoprene spray deck, helmet, semi dry trousers and other bits. a good play river running boat and a good buy at £300 ono. call pete on 07765244016 Cleveland area.

Pyranha Inazone 230. Good Condition. Cream with red swirls, £300. Southampton - but willing to goto Trrywern, Nene or HPP to deliver. Mobile: 07977983118

Pyranha Ina Zone 212. Orange/Blue. £300. Good condition, ideal for the smaller paddler. Full white water spec. Contact: Alec: al_the_dude@btinternet.com

Pyranha Inazone 240 orange good condition complete with air bags, neoprene spray deck, semi dry trousers c/w neoprene top, helmet and other bits. all for £300 its a bargain. contact pete on 07765244016

Pyranha Inazone 222. Good condition, Yorkshire based. £350 ono. E-mail lynnboyd26@hotmail.com

Pyranha inazone 212, yellow/turquoise. 3 years old, but only been paddled for 1 of those years. Good play/river boat for the smaller person. Good condition. £300 ono. Jess 07973 292535 or jecca_b@hotmail.com

Pyranha M3 245. Red/Orange art spec. Excellent condition. Only used once on flat water. Must sell due to size difference of paddle! Bought for £700. Must sell for £600 vno to pay bills! Can travel to make sale. Call ben on 07980308954 or email tekwor2k@hotmail.com

Pyranha Magic Bat Sound condition, usual scratches, Red, £160 Contact Mark (Beds) 01582 660272 or 07801 656468 Picture Avail - Email mwebster@waitrose.com

Pyranha Magic Bat with air bags £200 ono. Phone Roger on 0115 922 7137 or 07939 180348

Pyranha Master: full spec, unused for last four years - stored indoors in dark. Good nick. First £100 secure, buyer collects. Contact Stewart on 0121 354 8610 or email to stewarddownie@blueyonder.co.uk

Pyranha Mountain 300. Blue with full white water spec, good condition £265. Tel Longridge (01772) 784120

Pyranha Prozone 225 as new £350.00. Colour red (phone 01405 741662) Only used a few times

Pyranha S6 190, less than 1 year old; full WW spec, mottled green, almost new condition. £475 ono. 0161 292427. mike_corrin@uk.ibm.com. Stockport (nr Manchester).

S6 200 Yellow. 6 Months old. Used Mainly on Flat water. Ideal for 6ft 2 person like myself. Excellent condition. £450. Based in Lakes. Please contact on stretchrob@aol.com. Can send picture if required.

Pyranha 5:7 2ball, Orange and Yellow, Super XR ratchet backrest and fitting. Good condition and always stored indoors. £450. Contact Matt 07974024155 or matkayee@hotmail.com

Pyranha Sub 7, 2 ball, yellow and blue, £295 Contact Steve on 01244 536131 (Chester)

Pyranha Surf Jet. Ivory, full spec only used once £285. Tel Longridge (01772) 784120

Prozone 230, orange, good condition, £300 Ono. Manchester area, call Jasmin on 079840717127 (or mail to jasmin@playak.zzn.com) for more details.

Rab summit jaket 1 year old, colour balck (duck down filled) £80 ono Also Lendal Kinetik paddles Length 185's Ideal for surf and play carbon kevlar shaft (HPS) N12 blades. 1 Year old very good condition well looked after £150 ono reason for selling, Broke need the cash Contact: Matt Culley, 07906762740

Riot 007 Playboat Green, good condition, £175. Call Peter on 07792 762899 (Rochester, Kent Area)

Riot Air 55 in red excellent condition, including spray deck £430.00 Contact Steve Searle (Cumbria) on 07739711171 or 01228670126

Riot Booster 55 in red with aluminium fittings complete with playboat deck. £375 adam25879@hotmail.com 07734 658249

Riot Booster 60 Great River/Play surf boat £300 Contact Shaun 0114 261 8029. After 6 pm or 07985 254051

Riot Tekno, black, £350, 1 years use, devon area, call sam on 01626854459 or email ma25a@bath.ac.uk

Robson Pogo, Orange. 196 cm. V. Good condition. £100 o.n.o. email: 00WFranklinH@devonportboys.plymouth.sch.uk

Romany Explorer Sea Kayak, with skeg, 3 hatch, boat compass, toe system, spray deck & extras, complete with: Lendal Archipelago carbon fibre split paddles. £600 the lot. Tony (WJ0208 2713759, (HJ01825 723901 (Sussex)

Scorpion boats. Scorpion Medium SCS (Sprint) kayak. Excellent condition only used for 6 regattas, boat cover included. £1100 Scorpion Medium E (Marathon construction). Very light, very good condition. £950. Tel: Claire 07813 342950 or clairehannon_82@hotmail.com

Special Canoe/Kayak/Cycle Trailer. To carry 2 canoes/3 kayaks/3 mountain cycles or 2 canoes/5 kayaks, good condition, easy tow £325. Tel Longridge (01772) 784120

Struer, Veneer, Rob Roy, Single Kayak. Ideal for touring Thames or Estuary. £375 Contact 01225 865713 Wiltshire

Surf Ski - Glass fibre, Green Resin products - Master, 3 fins, vgc, little used, £60, Tel: Phil, Southampton, 02380 482474

Tents: Vango Equinox TSB 600. 8+ person, tunnel design, two sleeping areas with central living/storage area. Room for loads of gear, boats/bikes. £250. Vango Odyssey 400, 2/3 person geodesic dome. Very stable, 3/4 season. £175. Thermarest £25. Contact Tim spencer 02476672584 07801 259376 or tim.spencer@ntlworld.com

Topo Duo £675. Dagger Redline £225. Ina Zone 232 £320. All boats are in good condition and white water spec. Contact Tim Spencer tim.spencer103@ntlworld.com 02476 672584 07801 259376 for more information.

Wavesport EZ orange 5 months old VGC. Good river/play/surf boat for up to 5'10" person + Schlegel N20 workblades (194) also vgc. £440 will separate. Contact Angus 01389755315 or 07717621410 Dunbartonshire.

Wavesport X £300 ono. Good condition, cool red and black colour scheme, ideal river running and play boat. Based in West Midlands, but could potentially meet up in south east. Contact James on 07779 037223

Wavesport XXX yellow / orange , good condition, 18 months old, great fun , always stored inside. £250 open to offers. (Sunderland Tyne & Wear). Contact Adam on email: adamglasses@aol.com Tel: (0191) 565 0420 mobile: 07951477421.

Wenonah Vagabond solo canoe. Classy and comfortable day tripper in kevlar ultralight layup, a breeze to carry at 29lb. Length 4.47 and 0.76 wide. Adjustable footrest for sit'n switch paddling. Less than one year old; tandem purchase forces sale. Price £ 800.00. Tel: 01865 723013 or email asj_isis@hotmail.com

WWRK K1 Mission Race Boat - Mission Double Dutch Slight orange and KC Glitter deck. Carbon Kevlar Hull. Very solid Double Dutch's top construction, new is £980. Excellent race boat £700 Nigel Jones 07739693041 nigel.jones@ntu.ac.uk

Wanted

Any old (plastic) boats! Scout group with coaches, keen kids, but minimal cash seeks your unloved Dancers, Falchions, Europas, etc for long term relationship. Anything considered, the closer to NW London the better. Email: seconndninth@yahoo.co.uk

Dagger Kingpin 6.2. Can meet in wales, HPP none, or nottingham or london area. Contact Beth on beth_davies2000@yahoo.com

Perception ECO Niizh Double - Good Condition. Call Howard on 07831 131211 or e-mail howard.stornaway@btinternet.com

Pyranha Mountain 300. white water spec Good condition. Price around £200 In the cheshire area. Contact Chris Floor on 01270 255391 smegup79@hotmail.com

Pyranha Sub 7, S:6 or similar. Tel. 01453 835783 or e-mail nickleliott@hotmail.com

Cheap 1st playboat e.g. wavesport xxx, perception shock or similar boats 100 pounds max, any condition considered, spent most money on kit! now the boat is next. waterman1@tesco.net

Lost

Werner Sidekick paddles on Trrywern Sunday 1st Aug 50m above ski-slope. Off white blades. Steve 01323-763637, 07779044547 sdouch@v21.me.uk

Robson spray deck black with white logo. Lost at the trrywern in lower car park (nra bridge). On sunday 5th september. If any details please contact me on 01455 613223 or email joe@hcc-online.co.uk

Swap

Swap original eskimo topolino spud in yellow with full plate footrest and rear airbag fair/good condition for playboat, lower volume the better. Preferably Derbyshire/Yorkshire area. 07966 337885



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St. Martins College Ambleside, in partnership with leading providers within Cumbria is offering a programme to graduates seeking to develop careers in Outdoor Education and Development Training.

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Organisations taking part in the Graduate Apprentice Programme include: Castle Head Field Centre, Brathay Hall Trust, Howtown Outdoor Education Centre, Lakeside National Centre, Calvert Trust Centre, Bendrigg Lodge, Patterdale Hall and others.

Graduate Apprentice Programmes start between January to March 2005. For further information please contact John Owen on 015394 30354 or email: j.owen@ucsm.ac.uk



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Tel: 01874 625252 ext. 401

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VACANCIES FOR 2005

Fourth Dimension Ltd is a small
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Vacancies exist from April to October
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- Multi-Activity Instructors
- Kayak and Canoe Instructors (L2 Training minimum)
- Freelance Providers
- Catering Providers
- 6 Month Trainees
- Above average pay rates
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Fourth Dimension Ltd (staffing), 13 Eskbank Avenue,
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INSTRUCTOR/CAREWORKERS

CC/RCWI/1 Full time permanent positions
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Corvedale Care is one of the most respected Child Care organisations in the UK directing outdoor education as a means of raising young people's self esteem. You could be working in a South Shropshire or Midlands children's home with all the resources of an Outdoor Education Centre. We are currently expanding our staff team and can offer the following:

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For an application pack contact Head Office, quoting appropriate reference number on

01694 724488

www.corvedalecare.net

All applicants must be over 21 years of age, hold a full driving licence and will be police checked.

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GRAFHAM water centre

Senior Instructors, Instructor and Trainees

Grafham Water Centre is a wonderful site on the shores of one of Britains finest reservoirs. The residential centre offers activity courses for schools and youth groups. It is open all year round and contracts will vary in length. For 2005 and beyond we require enthusiastic staff who are able to deliver programmes of exciting and educationally valid activities for schools, youth groups and individuals.

Activities include Sailing, Windsurfing, Canoeing, Kayaking, Rowing, Climbing and Abseiling, Archery, High and Low Ropes Courses, Mountain Biking and Team Building. NGB qualifications are required but training is given. This could be the opportunity of a lifetime, whether you are looking for a full time career in the outdoors, experience of working with young people or just enjoy a challenge.

Salaries for Instructors are £207.30 per week plus accommodation and meals.

Catering staff are also required.

For further information and an application form, please ring Christina Butler at Grafham Water Centre, Perry,

Huntingdon, Cambridgeshire PE28
 OBX on (01480) 810521

www.grafham-water-centre.co.uk



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required to join the existing team at Derwent Hill Outdoor Centre. Applicants must be highly motivated and have relevant experience of working with young people, hold ML (Summer), SPA, BCU level 2 (kayak and canoe), First Aid and full driving licence.

Salary is currently £21,867 pa (increase pending).

Further details available from the address below.

Closing date: 15 October 2004

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arnfield care

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What we do require from you is enthusiasm, high degree of personal motivation and an interest in young people's well-being.

Please contact Paul Booker 01457 860200

Activity Staff

Barnabas Adventure is a Christian Charity and requires all its staff to be willing to share their faith with groups and other staff members through their lifestyle, words and actions. They are currently looking for:

- **Chief Instructor:** Based at Carrotty Wood in Kent, min quals. SPA, BELA & L2K or OC.
- **Senior Instructor:** Based at Frontier Centre in Northants, min quals. L2K or OC, SPA & GNAS.
- **Multi Activity Instructors:** to be based at either centres. Experience and / or qualifications essential

**INTERESTED?...Don't just sit there...
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Rachel Allen, Barnabas Adventure, Carrotty Wood, Higham Lane, Tonbridge, Kent, TN11 9QX.
 01732 363995 rachel@barnabas.org.uk

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INVESTOR IN PEOPLE



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SCOTLAND

Instructors and Trainee Instructors required

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The Lochgoilhead Centre

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The lochgoilhead centre is currently going through a major restructuring in senior staffing and will be offering post's both seasonal and full time for the right person over 25yrs with a variety of both land and water based NGBs

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Trainees must be over 18yrs old and unemployed and an interest in leading people in the outdoors there in no charge for this course and it runs for a minimum of 12 month max of 24 months

The Lochgoilhead centre is on the West coast of Scotland and is an ideal area for furthering you careers.
further info on the centre see www.lochgoilhead.org.uk

If interested please send a CV to
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Education Services

Grangewaters Outdoor Education Centre, Essex

Chief Instructor

£17,034 - £20,247 (pay award pending)
(depending on qualifications)

Grangewaters is a local education authority non-residential centre based in South Ockendon, Essex. The activities we offer include climbing, sailing, high ropes, kayaking, archery, all terrain bikes, abseiling and much more. Our client base is varied and includes:

- Schools
- Youth Groups/projects
- Colleges
- Groups with physical and learning difficulties
- Commercial sector

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Closing date is 30 October 2004 with interviews to be held in mid-November. For an application pack please contact Grangewaters on 01708/856422 between 9 a.m. - 4 p.m. Monday to Friday (answerphone available outside these Hours) or email:
grangewaters@thurrock.gov.uk
www.thurrock.gov.uk/grangewaters



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For an application form please send a CV and covering letter to

**Tim Wiggans, Commercial Manager,
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E.mail: wigganst@kellycollege.com**

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Application packs can be downloaded from our website: www.sportscotland.org.uk

Closing Date for completed application forms: Monday 15 November 2004

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INVESTOR IN PEOPLE



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**Glyn Brackenbury Skern Lodge, Appledore,
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staff@skernlodge.co.uk



The Manor House Activity & Development Centre Multi – Activity Instructors

required for a busy activity centre in spectacular North Cornwall, which provides multi-activity courses for a wide

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We are looking for EXPERIENCED INSTRUCTORS with at least two governing body qualifications from the following:

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- BCU Kayak and/or Canoe
- SPA
- RYA Dinghy
- Beach Lifeguard

A Clean Driving Licence is essential; PCV Licence desirable.

If you are looking to work within a small very professional team in which you will further develop your skills and NGB qualifications, then we are keen to talk with you.

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2005

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Applicants should hold at least 1 (but all qualifications will be considered) qualifications from any of the following organisations:

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- RYA
- GNAS
- MLTB
- BSA
- A clean driving license with PCV entitlement, if possible



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Please send CV to Alec Williams.

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Instructors Needed for 2005



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Jan - Dec 2005

Centre experience essential, Good

interpersonal skills required

Full training & NGB quals. provided

Deadline for applications 5/11/04

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Gerber Nautilus Knives tool gear

Some of the best innovations are the simplest - the ones where you think "Why didn't I think of that." Well this is it: a mini tool set with a built in L.E.D. torch. Instead of fiddling around in the dark, the Nautilus carries a very handy light, which believe me is very bright for its size. It emits the light with a blue haze - reminiscent of those cars with bluish xenon headlights. What has actually happened is that Gerber's designers have created the first multi tool using L.E.D. lighting technology that accurately pinpoints exactly the area you are working on, without having to have a torch stuffed in your mouth!

That is the obvious advantage with this pocket size tool whose four-mode lighting unit flips out with a press of a button. The unit also contains a very sharp blade, bottle opener, flat and cross-head screwdriver and Fiskars® scissors.

Each tool is locked into place by Gerber's Saf.T Plus™ system, which Gerber claim is the strongest lock on the market. However, on using the screwdriver with some force on a difficult screw - the lock did give way and my knuckles took the force of the resulting impact - so beware!

Ergonomically designed to fit in the palm of your hand, the Nautilus does combine functionality with very good designer looks. The lightweight fibre reinforced handle has ocean blue rubberised Softgrip™ inserts for a sure grip in wet conditions which should suit paddlers on a weekend away.

Nautilus comes in its own ballistic sheath with Gerber's Lifetime guarantee, and is available with a street price of around £50.00.

Overall this is a very stylish, light product that does its job very well but just don't push that locking mechanism to its limit!

For stockists or to buy on line please call 08707 280696 www.gerberblades.com



Dear Canoe Focus

Why is Oileain spelt Oiledin in your magazine on page 45? Is this the name of the book or have you made a mistake?

Blair Austin

My mistake; forgot my glasses! It is Oileain. Ed

Helly Hansen: The Rashguard

Outdoor enthusiasts are not just choosing specialist lightweight and durable materials for their sports, they are also applying this philosophy to the clothes they wear.

Helly Hansen has recognised this trend and is using the most advanced fabric available to offer a minimalist design with maximum protection to meet it. The range forms part of the Watersports collection and is known as the 'Energy' range. They are the latest in functional and innovative gear from Helly Hansen.

To reduce the painful rubbing that can occur under wetsuits, Helly Hansen has designed a long-sleeved and short-sleeved Rashguard with external seams to limit the possibility of chaffing. Made from a quick dry fabric, this highneck shirt is extremely lightweight and fully elasticated to offer a close, but very comfortable fit. Both shirts come in a choice of colours; trooper/classic navy, sky blue and crimson/trooper. The short-sleeve Rashguard is also available in crimson/classic navy.

Range: Men's

Sizes: XS-XXL

Fabrication: Lycra - 84 nylon / 16% Spandex

Activities: Windsurfing, Paddling, Dinghy Sailing

Conditions: Variable - Protection in variable or fast changing weather conditions (intermittent rain or snow showers, wind)

Cost: Short sleeved £20.00. Long sleeve £25.00



Coastal Fleece Jumper

For those colder days in autumn, or when an extra layer on a wet and windy day is needed, the Coastal Fleece Jumper is ideal. This comfy thick fleece has a stylish yet loose fit with a half zip fastening and elasticated hem and cuffs. It comes in five different eye-catching colours and is a very fashionable item that can be worn anywhere; ebony/oyster, trooper/classic navy, classic navy/oyster/sky blue, sky blue/classic navy and crimson/oyster.

Range: Men's

Sizes: XS-XXL

Fabrication: Fleece - 100% polyester

Key features: Half zip fleece jumper with loose fit. Elasticated hem and cuffs

Cost: £40.00.

All Helly Hansen's clothing and accessory ranges are available through all good sports retailers. For details of stockists visit the web site at www.hellyhansen.com



Páramo trousers

These excellent comfortable trousers are constructed from Parameta stretch, which is an asymmetrical, highly water-absorbent, directional wicking fabric that traps air next to the skin for warmth and directs water away from the surface of the skin.

Using a contoured construction these lightweight stretch pants are ideal for any outdoor high-energy activity where ease of movement is essential.

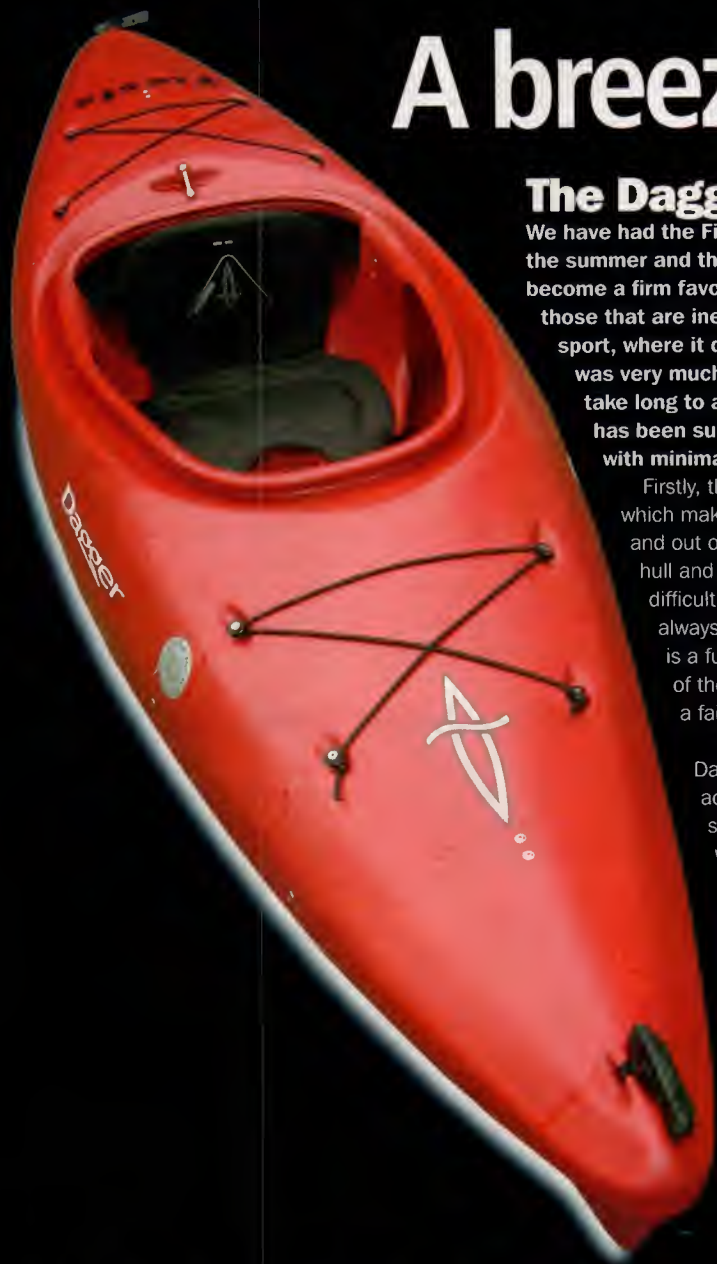
They can also be combined with other Páramo legwear in extreme conditions, to increase insulation. Alternatively, in cooler, windy conditions combine with the Fuera Windproof trousers for excellent performance with minimal weight.

- Comfortable and unobtrusive waist adjustment from elasticated and drawcord waist.
- Unrestricted movement and comfortable fit from the contoured construction and diamond gusset.
- Zipped fly.
- Secure storage for keys etc from internal zipped pocket.
- Excellent weather protection when worn with Fuera trousers.
- Added insulation for directional waterproof legwear when worn as a base layer.

www.paramo.co.uk



A breeze for beginners



The Dagger Fiesta

We have had the Fiesta for the best part of the summer and there is no denying it has become a firm favourite, particularly with those that are inexperienced or new to the sport, where it quickly became a boat that was very much in demand. It doesn't take long to appreciate why the Fiesta has been such a success for those with minimal experience.

Firstly, there is the large open cockpit which makes it very easy to climb in and out of. Add to this the very stable hull and great tracking and it's not difficult to see why this boat was always the first in the water as it is a fun kayak to paddle. Because of the neat tracking the boat has a fair turn of speed as well.

The Fiesta comes with Dagger's standard outfitting, adjustable footrests, padded seat (with moulded in drinks water bottle holder) and padded back band that keep you comfortable for long periods of time. Deck lines are incorporated both front and rear for items to be carried easily and there is a rear drain plug.

Transportation is kept very simple with grab handles back and front. With the boat weighing only 17kg it makes it easy to carry and slide on roof racks etc with little effort.

All in all, the Fiesta is Ideal for individual use or groups looking for a kayak for flat inland waterways and calm inshore waterways and a great starting boat for beginners.

Tony Cornwell

Specifications

- Made in Super Linear EXL
- **Cost:** £299
- **Colours:** Blue/ aqua, Red/ Granite, and Green
- Front and rear deck lines
- Security bar
- Padded seat and back band
- Keeper Adjustable footrests
- Ergonomic carry handles
- Drinks bottle holder
- **Length:** 2.8m
- **Width:** 0.7m
- **Weight:** 17.2Kg
- **Cockpit:** 97x 53cm
- **Weight Limit:** 100Kg

www.daggereurope.com



Aquapac: Flashpac

Looking to be an ideal safety aid for any paddler who goes out to sea or large bodies of open water, the new "FlashPac" from Aquapac combines a bright orange waterproof, 5 mode, LED torch with a waterproof case that is also an inflatable hand beacon.

The torch can operate through the tough (3-year guarantee) case in any of its 5 modes – full beam (40 hours battery life) low beam (200 hours battery life), strobe and morse SOS flasher (both 100 hours life) and "Always On" glow (2 years life!). The latter mode helps you find the torch when you need it – in the pitch dark!

The case is 100% waterproof to 40m (130 feet) and incorporates the famous Aquaclip closure, an inflation valve and a foldaway 6" beacon designed to diffuse the beam of the torch for 360 degrees visibility. When in need, undo the Velcro tab, inflate the beacon with a few puffs through the valve and switch on the torch to strobe or SOS Flasher and the beacon will float, light up, attached to you or your gear by the supplied adjustable lanyard or karabiner clip.

A truly innovative piece of safety kit, the FlashPac comes with a long life 9 volt battery, could prove a real lifesaver and costs around £34.99.



For more details contact Aquapac International Ltd, 7 Bessemer Park, 250 Milkwood Road, London, SE24 0HG.

Tel 020 7738 4466 www.aquapac.info

John Fenna

AGMs

North East

Thurs Dec 9th

at Sunderland

Adventure Centre, Roker

North West

Sun 5th December

Burrs Activity Centre

West Midlands

Weds 1st December

Ackers Trust,

Birmingham

Yorkshire

Thurs 9th December

Ossett Cricket Club

Freestyle

Sat 9th October

Holme Pierrepont

Other dates will be posted on the BCU website as they are received.

Sea Coaching Conference

8th-10th October

This year's conference will once again be held at **Glenmore Lodge** with all the advantages that come with using the National Centre. The event brings together some fantastic talent from both within and outside of our sport. It's also open to all and you don't have to be a coach to take part.

On Friday night we have a talk by Jonathon Hart - "To Infinity and Beyond!" Jonathon spent six months visiting river rescue teams across the US and will be sharing his take on the how they rope, pull and brand 'em Yankee style.

Saturday morning has Mike Devlin, BCU director of Coaching talking about the Paddlesport Review and its implications for us as coaches. Thereafter we have the SCA Coaching Committee AGM letting us know what's going on in Scottish Coaching and what more you want done. Then we have Sam Crymble and Bob Telfer broaching the topic of risk assessment and its relevance. Both Sam and Bob work for The Activities Licensing Authority, AALA, so they can give us good advice on how risk assessment is working across the outdoor industry. For the Saturday afternoon onwards you will have a variety of workshops you can attend, these are: Coaching Rolling with Trys Morris; Forward Paddling with Mike Chandler; Open Boating with Loel Collins; Rescue with Chris Wright; Sports Psychology with Richard Cox; Reviewing Skills with Paul Mills; The transferable elements from competition coaching to recreational coaching with Euan Lowe (TBC); Equal Opportunities Coaching with Suresh Paul; Child protection with Yvonne Yoste. Access! With Andy Jackson.

Playboating on Sunday with Andy Jackson. This is a whole day option. How to do it, how to coach it, how to have fun!

Surf coaching with Andy Spink and Tracy Sherrington

For further information & booking details please log onto www.glenmorelodge.org.uk

Paddle 2004

October 30th-31st

Competition...whitewater...touring: whatever your interest, there will be something for you at Paddle 2004, Scotland's only festival and exhibition event to bring together all paddlesport disciplines under one roof.

Organised by the Scottish Canoe Association, this year's event will be held over the weekend of October 30th and 31st at Dewars Centre, Perth. Workshops, presentations, demonstrations and 'have-a-go' sessions will all take place among 1,300 square metres of main exhibition space where manufacturers and retailers will be presenting the very latest in boats and equipment.

For a full schedule of events, exhibitors and ticket prices, visit the festival website at www.scotcanoe.org/festival, or contact Scottish Canoe Association, Caledonia House, South Gyle, Edinburgh EH12 9DQ. Tel 0131 317 7314.

Avon Descent

November 7th 2004 - Avon

The event starts at Stratford on Avon and finishes ten miles downstream at Bidford on Avon with six weir shoots or portages.

There are classes for K1, K2, WWR, C2 touring and racing and touring. Handicaps are 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 day trip for those looking for an enjoyable paddle.

Contact Nigel Wooltorton, Mercia Canoe Club, c/o 11 Brayford Avenue, Coventry CV3 5BS, Telephone 02476 418796 or e-mail wooltorton@jings.com for details.

Exe Boater Cross and Exe Descent

November 27th-28th

Following on from the success of last year's event, Yak is pleased to announce that they will once again be sponsoring the Exe Boater Cross and Exe Descent.

The Boater Cross will be held on the evening of Saturday 27th November 2004 at Flowerpots weir in Exeter. The event features handpicked paddlers from across the country, furiously racing in five men/women knock out heats, down river, over various obstacles including two weirs and it's in the dark!

As you can imagine it makes an exciting spectacle, especially with a pub on site and loud music blasting over the course. This year's event will also feature a freestyle expression session, water level permitting.

Sunday 28th November will see the 36th Exe Descent take place. Are you man enough? This gruelling 19 mile white water race from Tiverton to Exeter really separates the men from the boys. There are thrills and spills galore as the entrants have to negotiate numerous obstacles whilst always fighting fatigue. www.yak-paddling.com

WW paddler's weekend

December 11th-12th

After last year's great success it's back again, a weekend of paddling and presentations at the SW's paddling meeting point: the River Dart Country Park.

River Dart, will play host to a Saturday evening focused on adventure paddling with

- UK premiere movie presentation "Neva Foreva" with Rob Coffey, from Westgarth TV, an action documentary of multi-day ww paddling in British Columbia
- Slide show, Deb Pinniger, extracts from her acclaimed book *L'Eau Vive*
- Technical presentation by Pyranha and Palm
- Trip displays from some recent adventures with a host of the UK top adventure paddlers. Detail online at www.gene17kayaking.com from September.

Special Olympics GB

Summer Games - Glasgow

July 1st - 9th 2005

The mission of the 2005 Special Olympics GB Summer Games is to provide a unique and unparalleled sporting and cultural experience for the athletes taking part from all over Great Britain, as well as for their coaches and families, volunteers and sponsors, combining the excitement of the sport with the opportunity for personal distinction and pride.

The 2005 Special Olympics Summer Games' Organising Committee is delighted to offer kayaking for the first time as a demonstration sport. Kayaking offers an exciting challenge to athletes in addition to the already established summer sports. A four lane 200 metre regatta sprint course will be used for all competition.

Kayaks will be provided and have been selected to give good stability and straight line control to ensure success for those competing. Although all equipment will be provided, paddlers may, if they wish, bring their own paddles and buoyancy aids.

All potential paddlers must register with Special Olympics Great Britain. To facilitate this, and respond to any questions that potential paddlers, parents or coaches may have; an initial expression of interest should be sent to: **Dr Geoff Smedley e-mail: geoffrey.smedley@virgin.net**

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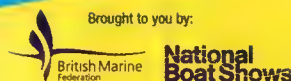
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