

April

1996

THE CANOE SPORT MAGAZINE FOR THE NINETIES

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Issue 100
April 1996

Contents

FEATURES

Turkey 14
Youth expedition to the Coruh River in Turkey.

Three Women & A Baby 16
A little person's bird's eye view of a trip to the Caledonian Canal.

BCU Expedition 26
A 1,200 mile trip down Canada's Mackenzie River.

Finland 40
A three day survival course expedition in Finland.

Chile 48
Sea kayaking in Patagonia organized by Raleigh International.

NEWS, INFORMATION & EVENTS

ICE News 8
News round-up from the NEC.

Noticeboard 24
The latest news.

Access 30
Latest information round-up.

Pollution 30
BCU response to the pollution problem at Holme Pierrepont.

Fatalities 32
Latest official figures.

COMPETITION

Marathon 34
Preview of the National Marathon Championships.

Marathon 36
Richmond Canoe Club race.

Slalom 38
Stafford & Stone CC mini slalom 1996.

Slalom 50
Land-based training

Polo 5
1996 National Championships from Ponds Forge.

Slalom 20
Pool slalom and Slalom snippets.

INPUT & IDEAS

Comment 5
From Chief Executive Paul Owen.

Yakety Yak 20
Reader's letters page.

Front Cover Picture
BCU Expedition in Canada
Photo: Adam Hall



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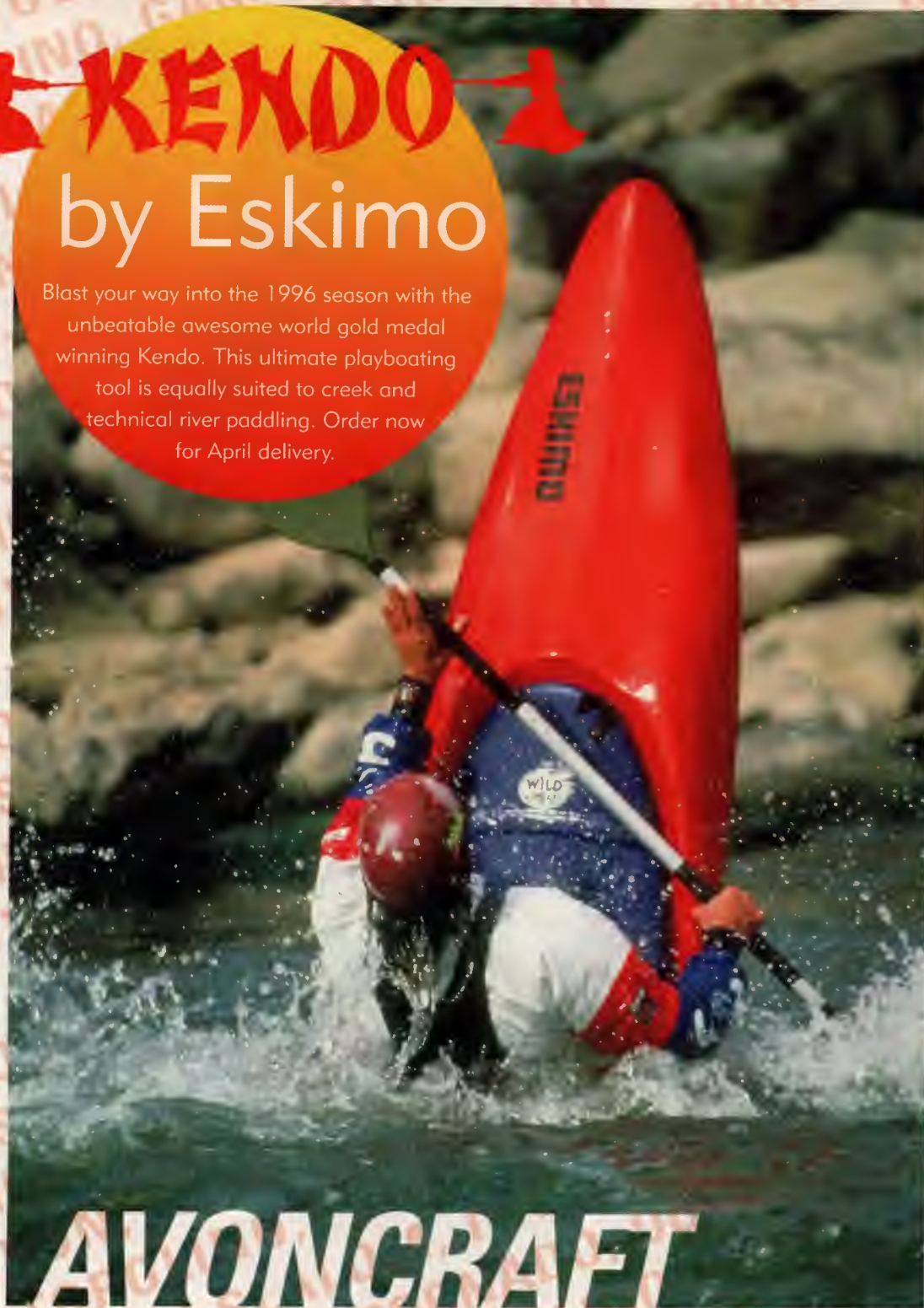


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paddlers. **Technical Information.** Contributions are acceptable in clear handwriting or typed (double spaced).
PC disks (3.5 or 5.25) can be read from most Word Processing programmes especially if saved as an ASCII file.
Macintosh Files saved as DOS or ASCII can also be scanned. Photographic images are preferred on
transparencies (colour slide). Artwork and line drawings should be clear and large. All material is
accepted on the understanding that the BCU and it's agents cannot be held liable or
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material. **Next Copy date is the 1st MAY 1996.** Material arriving at FOCUS after
this date cannot be included in the JUNE issue.

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International Canoe Exhibition

This year saw the International Canoe Exhibition move to the NEC in Birmingham. Combining with the National Boat, Caravan and Leisure Show the event proved to be a major success with first class facilities for a first class sport. All exhibitors rose to the occasion with professional presentations in the purpose built venue. Special mention must go to Nookie who won the Best Stand Award. With special thanks to John Cooper of SD Systems of High Wycombe for his generous assistance with the sports stand.

500 youngsters were introduced to canoeing on the Come & Try It pool, supervised by Chris Perry on behalf of Perception Kayaks.

Welcome to Matchtight Media

The British Canoe Union are pleased to welcome Matchtight Media as our Public Relations Agency. Bryn Vaile and Caroline Searle are already making an impact in developing further publicity for the sport. They will be working throughout the year to develop greater media awareness for all the Union's activities.

Sponsorship

Following on the heels of the YAK sponsorship deal announced in the last Canoe Focus I am pleased to reveal yet another new sponsor for canoesport. The Securicor Group have undertaken to sponsor the Devizes to Westminster Canoe Race in a deal that will secure the financial stability of this weeks race. The new arrangement will see Securicor signage on the boat numbers of all competing craft unlocking local authority money from Kennet District Council which was dependant on the race securing a commercial deal.

Reebok Paddling Challenge

The BCU have imported two K1 Ergo machines from Australia.

Developed by the Australian Institute of Sport the machines made their first appearance at the NEC for the International Canoe Exhibition in February (see article) Using software especially developed by Reading paddler Chris Robinson for the purpose the machines added a new feature to the exhibition, where 500 paddlers competed for prizes donated by Reebok.

Trevor Bailey Award for Endeavour

Nominations are invited for the Trevor Bailey Award for Endeavour. The Award which takes the form of a Whisky decanter, has been kindly donated by the family of the late Director of the British Canoe Union. The Award can be given to deserving persons who give something back to the sport, your local canoe club secretary, the team coach, or anyone you feel worthy. Nominations should be sent in writing to the BCU Chief Executive, at the BCU Office by the end of August.

British Academy of Sport

The establishment of a British Academy of Sport presents a unique opportunity to enhance the performance of British

competitors and teams in international competitions. Additionally, an academy could bring a dynamic and new focus to the central structure for British Sport.

Whilst welcoming the proposals (as long as they include canoeing) the BCU expressed the following key comments:

- We see the title "British Academy of Sport" as embracing a number of services and facilities. A network needs to be established embracing regional centres, key clubs and sports specific sites. Facilities including sports medicine need to be close to the athletes.
- We do not agree that one "Green Field" site can provide all of the facilities required by the academy. We must network our existing facilities and provide links with existing providers including Universities, Hospital Trusts, Schools etc.
- There is some merit in further developing and properly supporting the structure we already have. Any new site should complement these facilities leading, coordinating and bringing together, rationalising if necessary existing national agencies including Sports Council, BOA, NCF etc.
- The facilities need to be "owned" by sport and not just places where sport visits.

Holme Pierrepont Nottingham, Grandtully in Scotland and the River Tryweryn in North Wales are of particular importance.

The success of training facilities depends on the likelihood of the performers using them. To spend extensive sums of money in providing capital facilities will fail to address the main problem which is the lack of revenue funding for sport at an elite level.

Our sport would certainly wish to use the core facilities provided by a British Academy. However, we do not envisage relocating our national training facilities to such a site.

In common with the other watersports we require highly specialised facilities to support training and development. We believe that with investment and further development the facilities at Holme Pierrepont would continue to provide our central focus. Some consideration is needed to develop overseas winter warm weather training facilities.

The British Canoe Union would like to develop its own proposals for a Canoeing National Academy of Sport at

Holme Pierrepont.

The British academy should play a leading role in setting and assuring standards within the network of direct services. Such accreditation should however be in consultation with NGB needs and experience.

Any central site should initiate, lead and coordinate the work of regional and sport specific sites.

For the academy to create an "atmosphere where excellence becomes inevitable" (Hugh Mantle 1991) top junior and under 21 performers must have some access to academy resources including opportunities to train with senior squads.

The BCU believes that local provision should where possible be linked to the facilities operated and managed by local authorities in collaboration with the Sports Governing Bodies.

If it is to further elite sport on a long term and secure basis the academy cannot be run on a commercial basis.

Whilst, some indirect support areas can be contracted out it is imperative that a guaranteed and reliable source of mainstream central funding is identified.

Individual sports will require new funding in order to support and sustain comprehensive and professional national team development programmes.

The British Canoe Union would favour combination of a centralised HQ and the development of existing regional and sports specific sites.

The partners in managing The British Academy of Sport should be:

- UK Sports Council
- The National Governing Bodies
- National Coaching Foundation
- British Association of Sports Science
- British Association of Sports Medicine
- British Olympic Association
- Sports Aid Foundation

These bodies can be brought together in the form of a Trust or under the overall supervision of the Sports Council.

We can learn from the experience of other countries but we cannot afford to replicate facilities and methods accepted overseas ten years ago. We must do what is right for Britain in a new millennium

British sport has not suffered from a lack of ideas or an inability to be innovative. Our problems have always been the lack of financial resources to develop our ideas.

Diamond Jubilee

Don't forget to support your local BCU Diamond Jubilee Celebrations.



Welcome to the 100th Edition of *Canoe Focus*. The first *Canoe Focus* was published in a 4 page Newsletter format in May 1976. We hope you agree that its' come a long way since then!



Paul Owen
Chief Executive

News and Events
from the
International
Canoe Exhibition

More I.C.E.
news on page
12

YAK Sponsor the BCU Coaching Service



YAK are now sponsoring the BCU coaching service to the sum of £12,000 this has been matched by the Department of National Heritage Sportsmatch scheme. Pictured is Paul Owen, Chief Executive of the BCU (on the right) accepting the cheques from Mr Roger Estcourt (left) of YAK and Mr Adam Tarrant of Sportsmatch.

Women in Canoeing

The Women in Canoeing stand featured a photograph competition asking for photo's which best depicted Women Canoeing. 1st and 2nd Prizes of buoyancy aids were kindly donated by YAK and third prize a pair of Pogies were donated by Suzy, Walkers Group also sponsored runner up prizes in the form of T-shirts. The three main prize winners were as follows:



Taken by Karen McGraw depicts the first British women to take a duo down the grade 4/5 Batoka Gorge. We felt the picture depicted teamwork.



Taken by Sarah Scott. We felt it showed that learning to paddle is great fun even when you are up to your neck in it!



By Gill Barnsley. We felt that this was a highly professional photograph, capturing a deep moment of control and concentration.

Thank you to all who entered and especially to the sponsors for the prizes.

Strand Touring Award

Presentation of Strand Inter-Club Touring Award Shield for 1995. Now in its seventh year the trophy was presented to Jeff Simmons on behalf of Westel Canoe Club by John Gregson the Vice-Chairman of the BCU Touring and Recreation Committee. Westel Canoe Club paddled the greatest number of miles in the National Award Scheme. Who's going to beat them next year? It could be you!



Peak

Peak launched a new range of kayakers gear aimed specifically at the serious playboater. Features from the competition and extreme range of products were combined to produce 2 paddling cags and a matching buoyancy aid. The Rodeo Vest is a CE approved buoyancy aid. Based on the River vest model it has the added comfort of super soft foam with the increased durability of a 6oz nylon shell, available in 2 body length sizes Ladies/Youth and Gents with adjustable shoulders, sides and waist tie. The Rodeo paddling jackets are available in long and short sleeved semi dry cag versions. 6oz hydrophillic coated nylon, with a double spraydeck seal on the waist and a tension cord for extra efficiency. Available in S,M,L and XL for more info tel: 01629 825133.



SPARKS

Lone Yachtswoman Lisa Clayton presented Steve Macdonald and his partner Peter Bray with some essential equipment for Steve's own personal challenge (below). Steve is attempting to be the first blind man to canoe around the coast of mainland Britain. Whilst doing so he aims to raise funds for SPARKS medical research for children. The Somerfield Around Britain Canoe Challenge commences on 15 May 1996 at St. Catherine's Dock on the Thames and will take approximately 5 months.



Palm

Palm introduced 2 new buoyancy aids aimed at the recreational paddler, schools and centres. The Freedom is a pullover buoyancy aid whilst the Easy zips at the front. Both models come in three sizes with adjustable shoulder straps and side clinch adjusters. A heavyweight 70n buoyancy which has been approved to EN393 50N standard. The range is colour coded, excellent for easy identification in schools and centres, X is mint, small is magenta and XL is in yellow. For more detail contact 01275 842740.



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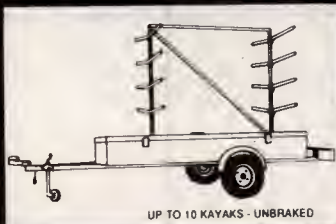
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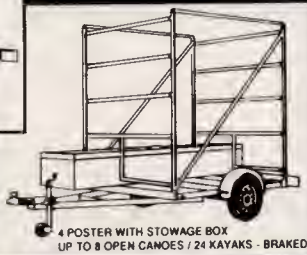
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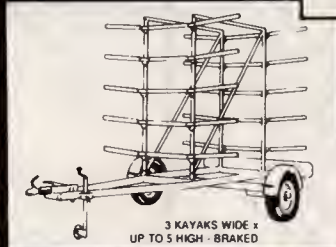


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**Yorkshire and
Humberside
Regional Report**

Drought '95 -

Many will be aware that Northern England suffered a severe drought this year, with the upland area of Yorkshire suffering the most. The lack of water in the upland rivers has curtailed canoeing but with some rain in the last few weeks most rivers are recovering and should provide good conditions over the winter months.

**NRA
Northumbria and
Yorkshire Region**

Catchment

Management Plans -

The NRA has now published CMP's covering all the rivers in the region. Thanks to Norman Taylor and the many canoeists and clubs who responded to the draft plans. The NRA is holding River Catchment Community Leaders' Days. These informal events allow the NRA to meet the community and to inform them of their work in protecting and enhancing the water environment and the benefits ensuing to the community. To also listen to the needs and aspirations of the community in relation to the local water environment, and to their views on the NRA.

**Eastern Region
Internet**

The BCU Eastern Region is about to change the host computer for its Internet pages. Because of this, it is important that all surfers use the 'word' version of the address, <http://webzone1.co.uk/www/canoeing> because very shortly the old version with the 'numbers' will no longer work. Recent additions to the pages include a full diary of events - marathons, slaloms and tours - and home pages for local canoe clubs. Canoe Clubs that would like to post information on the Eastern Region system should telephone **Roger Hardman on 01582 840285**, or e-mail to roger@hardman.demon.co.uk

WCA - Canolfan Tryweryn

As a result of the long dry summer followed by an unusually dry winter, Llyn Celyn is at an all time low for this time of year and no water has passed through Canolfan Tryweryn since mid October. As a result five full time members of staff have been made redundant and short term projects have been put on hold.

Celia Hayward, WCA Executive Secretary said, "As with all matters relating to climate the outlook is

currently uncertain, the Welsh Canoeing Association has had to make some hard decisions to ensure its viability as a governing body, of which Canolfan Tryweryn - the National White Water Centre is a part."

"Ironically 1995 was our finest hour with the opening of the new centre building and the hosting of canoeing's most prestigious event - the Wild Water World Championships."

"It was only after much heart-searching late into the

night that the Directors of Welsh Canoeing Association made the most difficult decision in their powers and that was taken to prevent the Company sliding into financial difficulty."

"It is with great hope and anticipation that WCA awaits the long overdue rainy season we have all come to expect here in Wales, so that once again we can welcome you to Canolfan Tryweryn to enjoy the activities we have watched develop over the past fifteen years."

BCU Expeditions Committee

perception® The BCU Expeditions Committee sponsored by Perception are pleased to announce that they will consider applications for approval and grant aid throughout the year, rather than on a once a year basis as in previous years this is for a trial one year period. For more detail on planning expeditions, funding and equipment apply to the BCU office for an 'Expedition's Pack' at only £3.50 inc p&p.

Top Tips on Boat Repair from The Times

A recent letter from Mr Porteous of Tenterden, Kent, highlighted the following cutting: The editor of the day was doubtless amused when Mary Kingsley, the Victorian traveller, wrote to complain of something in The Times, adding: "I have the greatest admiration for The Times, and moreover I owe it many debts of gratitude. When gently wetted and beaten into a pulp and mixed with gum and then gently boiled in a pipkin, there is simply nothing to equal The Times for stopping cracks or holes in one's canoe".

Wild Water Racing - Entering Div A Races

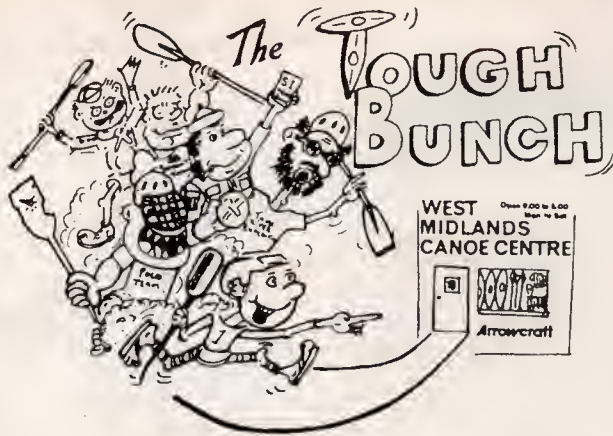
The WWR Exec have decided on two temporary measure changes to the Div A series race entry rules due to the current water situation. **1.** Entries will be accepted by the organiser up to and including the Wednesday prior to the event (This is a special concession only for the Tryweryn and Washburn Div A Races, and any substitute venue used until May 96). **2.** Entry fees will be refundable by the organiser in full should the race be cancelled due to lack of water.

The Smockman & Balthabazaar's Icelandic Bash

In May of 1996 David Adams and Stephen Allen are planning a sea kayaking expedition to circumnavigate Iceland. The bash is a grand finale to cap the outdoor pursuits course they are currently attending at West Cumbria College and their aim is to raise at least £20,000 in support of the MacMillan Nurses

Davey Hearn Arrested for Riding the Perfect Wave

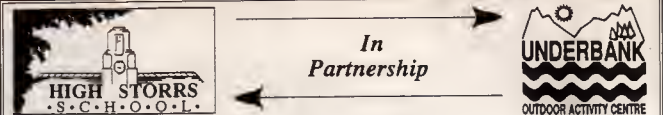
A recent article in the Times carried the news that Davey Hearn World Slalom C1 Champion was bundled into the back of an American police car and arrested for riding his canoe down the swollen white waters of the Potomac River. The arresting officer told him to leave the rapids and then, aided by a helicopter and other officers, leapt into the water to grab and capsize the boat and wrestle its owner to shore! Davey Hearn commented that he was the victim of wrongful arrest "It was the perfect wave. I could ride it back and forth and never even touch my paddle, I could have stayed all day, but not with helicopters hovering and people yelling. Its unclear to me why they have the power to close the river. I think once you're on the water, you're on your own." The arresting officer, unaware that he was dealing with a World Champion was unrepentant and commented "It makes no difference. It was not a recreational situation out there. Whether Mr Hearn thinks so or not, I feel I rescued him". We await the outcome of the trial with bated breath!



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If you are interested then further details can be obtained from *Chris Sutcliffe* (Centre Co-ordinator) or *Phil Parkinson* (Co-ordinator for Vocational Courses) at:

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Mega Performance - on the move

The new address for deliveries or collections to Mega Performance Kayaks is now:

Unit D3, Ford Airfield Industrial Estate, Ford Road, Ford, Arundel, W Sussex BN180BE. Tel/Fax: 01903 717150. The office address remains unchanged.

Kayak Control - Paramount Pursuits

New Address for Kayak Control/Paramount Pursuits have moved to new premises at Tower Farm, Bewdley, Worcs. For further information or to obtain a 1996 Course Programme ring or fax on 01299 402683.

Team Xtreme

Team Xtreme is the name given by Nookie to their testing and development team. As well as top paddlers from various canoeing disciplines, this select group also includes surfers, mountain bikers, snowboarders and even cave divers. Anyone interested in becoming part of the team, and thus acquiring almost god like status overnight, should write and apply on not more than one side of A4 to Nookie at the new address: Nookie Kayaking Equipment, Unit 4a, Ottery Business Park, Ottery, Tavistock, Devon, PL198NS Tel/Fax: 01822 618688

Canoe-bike

Taken from Motorcycle News... A bizarre scheme has been launched to reconstruct one of motor cyclings biggest flops - the Rudge sidecar canoe. Dave



McMahon a Rudge enthusiast and collector hopes to rebuild the vehicle using a canoe he has located which is of the same type as the original. An early publicity stunt to promote the canoe-bike was not successful with the rider finishing the trial but the canoe finished in three pieces. Helpers on tight turns had to pick up the canoe and lift it round! Maybe not the ideal transport, perhaps you can do better?

British Waterways Sponsorship

If a club, a BCU Committee or for that matter any BCU member is organising an event on any waterways owned or managed by British Waterways and needs sponsorship, it might be worth approaching British Waterways. The event will need to be able to attract good publicity. Requests should be made to Nicola Tomkins, Marketing Department, British Waterways, Willow Grange, Church Road, Watford WD1 3QA.

Product Safety - New Publication

Traders, Approved Centres and others may be interested in a new publication entitled 'Product Safety' by Christopher Hodges, Mark Tyler and Howard Abbott, published by Sweet & Maxwell at a cost of £48 this book gives practical action strategies for the control, risk management and communication of product safety measures in industry and commerce. Order by phone 01264 342899 Fax: 01264 342723 By Mail to Sweet and Maxwell Ltd, Cheriton House, North Way, Andover, Hants SP10 5BE.

SCA Appoints Executive Officer

The Scottish Canoe Association is pleased to announce the appointment of Austin Spindler as Executive Officer. Initially a part-time appointment, Austin will be based at the SCA's office in Edinburgh. The BCU welcomes Austin to the paddling family.

World Wide Web

Stafford & Stone Canoe Club now have a 'webpage' on the world wide web. The URL is <http://www.netcentral.co.uk/daveroyle>. Any canoe related links to: daveroyle@netcentral.co.uk.

Doggy Paddle

Doggy paddle John would like to thank all those who gave to the Guide Dogs for the Blind collection at the International Canoe Exhibition. He was able to give in £500.16p a good start to this years fundraising.

Open Canoe Association of Great Britain

If Club Secretaries or others would like OCA members to join their tours please write, giving as much notice as possible to: Richard Scullard, Runs Secretary, the OCA, 1 Poplar Ave, Bristol BS9 2BE. He will be delighted to publish your events in their Newsletter.

Stop Press

The British Canoe Union is pleased to announce that Harley Masters has been awarded the Children of Achievement Champion of Sport Award by Carlton TV. The award is sponsored by Iceland foodgroup and the presentation of the award and coverage of Harley paddling will be shown on Easter Monday. Congratulations!

What's On ● What's On ● What's On ● What's On

Open Boat - Dee Tour 27/28th April

We are pleased to announce that this event has been saved from the grave and will now take place on the above dates running from Erbistock to Bowling Bank. We have been delighted with the response we have received from Salmon Fishing and Course Fishing Clubs and Land Owners some of whom have asked to join the Tour. We plan to continue the tradition of easy going/family paddling and again have a Ceilidh planned at the Royal Oak for Saturday night. We are hoping for an increased number of Canadians this year but we must put a limit on the total number so early entry is advised. There will be no late entries on the day. Full details can be obtained from Affinity Watersports on 0161 833 1500 (day/answerphone) and Clive Mills 0151 342 5170 (evenings)

Open Canoe Association of Great Britain Annual Rally

4,5 and 6 May at Milton Keynes. Organiser: R Scullard, 1 Poplar Avenue, Stoke Bishop, Bristol BS9 2BE. The aims

of the OCA is to encourage the use of the open canoe in Great Britain and Northern Ireland. The Association, which is affiliated to the BCU, publishes a quarterly newsletter containing items about the open canoe and publicises events which are suitable for open canoeists as well as running its own tours. It is particularly interested in giving guidance and opportunity to people and families who are interested in taking up open canoeing. For further details on OCAGB contact the Secretary: John Carlile, 23 Cabot Drive, Grange Park, Swindon.

The Blackwater Valley 'Crazy Coot Challenge'

Sunday 2 June, at the Basingstoke Canal Centre, Mytchett, Surrey. 6 mile run (mainly off road), followed by 12 miles of off road mountain biking and finally 3 miles canoeing. £5 per person; Team (of 2 or 3) £10. Canoe hire £5.00 (only limited canoe hire available). Closing date Friday 24th May 1996. For entry details send SAE to the Blackwater Valley Visitors Centre, Frimley Business Park,

Frimley Surrey GU16 5SG Tel: 01276 686615 or fax 01276 678798. Parking, refreshments, bar, food, kiddie play area, toilets, camping, results sheet & prizes.

Wigan Canoeing Group - Canoeing Day 6 April

Easter last year saw the first 'Canoeing Day' in the area, the event was organised by Wigan Canoeing Group in conjunction with Wigan M.B.C and Wigan Youth Service and was a complete success beyond anything we had imagined. We fully expect to exceed the 150 people on the water from last year as the event is being held again this Easter Saturday 6 April 1996 from 11.00 to 15.00 on Scotsmans Flash, Rushdene, (Opposite the Tippings Arms) Poolstock Lane, Worsley Mesnes, Wigan. For more info please contact Andrew Allen on 01942 222150

The Wool Race - Barmouth 20 July 1996

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Ras Dex

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 Ras Dex introduced their increasing range of cags using new Diffusion and Aquatex materials. Diffusion materials use Hydrophillic coatings which draw body moisture out whilst remaining totally waterproof. Aquatex is a similar fabric to Goretex. They also introduced a newly designed kitbag with wet and dry sections. A flat kitbag, with the main section having a draw cord and adjustable shoulder strap, with a separate zipped pocket on the front. To contact **Ras Dex** call 0115 9243522.



Perception Kayaks

New kayaks launched for 1996 are the Fox slalom and the Sting polo kayaks. The Fox slalom as its name suggests was designed by Richard Fox and Graham Goldsmith. A slalom style kayak based on the Reflex Fusion. Quick and easy to handle making it ideal for slalom training and high performance white water paddling. Featuring a large cockpit, adjustable pedal footrests, reinforced foam walls, adjustable seat and thigh braces. Irs specification meet BCU slalom competition regulations up to Division 1. The Sting polo, designed by



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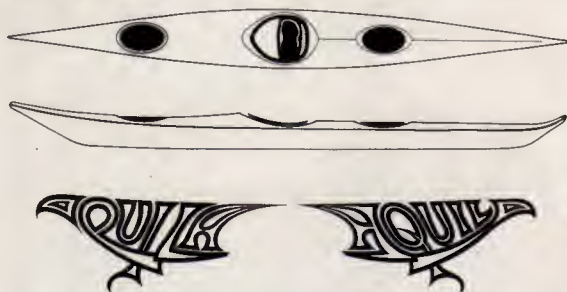


Australian International Steve Hemsley is based on the Stingray series of kayaks. Designed to comply with the current ICF specifications the Sting is a highly competitive polo kayak, with excellent manoeuvrability. Available in a pool version for clubs and centres and a full competition version. Perception also launched their new range of sit-on kayaks and accessories from buoyancy aids to paddle jackets, for more information and a brochure contact: **Perception Kayaks** on 01825 765892.

Valley

Valley Canoe Products new design for 1996 is the Aquila sea kayak. Although this kayak is not yet complete it will consist of a fish form hull for excellent

VALLEY



tracking, a deep bow section and a 57cm beam to aid stability. Oval bow and stern hatches will be moulded in for easy access to storage space. Two cockpit sizes will be available, a large keyhole size or the smaller "ocean" cockpit. 575cm long, 57cm wide and 36cm deep (or if you prefer it in English 8'3" long, 22.5" wide and 14" deep). Valley also launched their Knoydart clothing range, a new direction for Valley. The range covers clothing accessories for practically all outdoor enthusiasts. For more information contact **Valley Canoe Products** on 0115 961 4995.

Pyranha Mouldings Ltd



Pyranha launched the Stunt 300, aimed at river runners, surfers and playboaters it incorporates the best design features of the stunt bat and includes further features from the Acrobat 270 and 300 range, with its own unique hull. The length and rocker of the Stunt 300 provides an excellent balance of speed and manoeuvrability, the sharp bow gives good penetration through the waves with the high volume mid section and flat rear deck making ariel moves effortless. They also launched the Surf Jet 305. Produced from the new high density Ultra Linear Polyethylene it is a sit on top beach boat. It is claimed that the Surf Jet 305 is suitable for the performance experts or for the family on the beach, so get out there and try one! If you would like



more detail on **Pyranha's products** Tel: 01928 716666 or even better buy their superb video, its worth the money!

Pyranha Competition Winners

Pyranha took the opportunity of presenting the prizes for the competition held in *Canoe Focus* early in 1995. First prize went to Paul Brimble of Tavistock, Devon. He answered all the questions correctly and suggested an improvement to the ergonomics on the kayaks making the seats and thigh grips more adjustable. Paul chose a Pyranha Prospector as his prize.

Second prize went to Robert Burnham of Peterborough, he also answered all the questions correctly and suggested introducing a short open canoe. Robert chose a Pyranha Mountain 300 as his prize. Another part of

was to nominate someone you felt deserved a prize from Pyranha and why?

Mal Marshall from Newcastle was nominated by Jake Gallagher for his work as group leader of young adults, many of whom are from difficult backgrounds. Mal chose a Pyranha Acro 270.

Terry Quinlan of Holland on Sea was nominated by Lesley Quinlan for his voluntary time teaching others, unfortunately his last boat had been stolen. Terry chose a Pyranha Orca as his prize. Terry was not able to attend the Exhibition his prize will be forwarded to him.



Graham Mackereth & Paul Brimble



Graham Mackereth & Mal Marshall



Graham Mackereth & Robert Burnham

Dr D Kayak Prize Winner

Helen Williamson from Plymouth was the lucky winner of the Dr D free prize draw held over the weekend of the Exhibition. She won a pair of Dr D Paddles.

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Coruh River,

Youth Expedition

On the first day we are woken up at 4 am; we got used to these early starts over the next two weeks!

DAY 1

The minibus has been broken overnight - one rucksack, the canoe repair/spares kit and a camera have disappeared. The passports remain intact - we breathe again! A brief stop at school to pick up the canoes and we head for Heathrow - next stop, Ankara. The transfer of 21 kayakers (16 sixth-form students, 5 instructors and one Doctor) is surprisingly smooth. It's a new experience - feeding 21 kayakers through the X-ray machine at Customs control and then collecting them off the luggage conveyor belt at the other end. The transit period at Istanbul is a bit hectic - half of the group go through the wrong gate; one and a half hours later they get back into the departure lounge with minutes to spare! We stay in Ankara for a night and sample our first taste of Turkish culture and cuisine.

DAY 2

Flight to Erzurum; we are really made to feel welcome by our fellow Turkish passengers; everyone cheers as the plane touches down! We are greeted by our Adrift raft guides - three raucous Ozzies with an atrocious sense of humour! After a truck is loaded to the brim with our kit, we board what can only be described as a minute "hippy" bus, and set off across the Erzurum plateau towards the mountains; a spectacular drive up a narrow dusty track, slowing only for a herd of goats blocking the route and to look at the storks nesting precariously on top of the telegraph poles.

Once over the mountains we descend towards our destination - the Coruh river, with the dust and the smell of burning brakes rising up through the floor of the bus. After a welcome stop for "chai" at a tea-shop overlooking the river, we arrive in the middle of a thunder storm and set up camp, just east of the Ispir gorges.

DAYS 3-5

There are good end-of-season water levels on the Coruh. The first couple of days are easy paddling (grades II/III) - a good warm-up. The great thing about the Coruh is that it starts gently and gets progressively harder.

Article by:

Charly Gibson

Pete Scott

The water turns a muddy colour after breakfast - last night's rain catching up with

us. The water is a lot warmer than at home(!), though still a welcome relief from the intense heat in the middle of the day (30-35 degrees). It takes a couple of hours each morning to clear up camp and meticulously pack everything into the two rafts. After a few hours paddling we have lunch beside the river. Most days we have to collect "good" water from local springs along the valley. On one day it meant a 1 km trip through paddy fields to a remote village shouldering the water barrels; on other occasions, we trek up steep hillsides to visit precariously-built twelfth century castles and churches. While the paddling isn't too demanding we are able to drift and take in the magnificent and breathtaking scenery - steep, sparsely covered, multi-coloured mountains, rising like giants all around us. It is more like a picture out of the deep south than the tourist Turkey we had all imagined. Turkey is an amazing place; the open, friendly and welcoming nature of the local people was probably the high point of the expedition. The local kids popped up everywhere ... "ello, ello, what your name? ... wanting to try on our canoe helmets.

After an average of 20 km each day, we set up camp on the river bank, sleeping on the beaches under a blanket of stars (insects permitting!). Whose turn is it to dig the latrine?! Evenings are spent preparing food cooking, eating, washing up, playing games and chatting around the camp fire. The expedition football, with a fair degree of inevitability, soon disappears downriver in the direction of the Black Sea

DAY 6

A specially composed dawn song from our Aussie guide drives us out of our sleeping bags. The ruin of an ancient monastery towers above the campsite. Some of us have been awake since the 4 am call-to-prayer from the local village mosque from across the river.

Most days there is a small queue at the Doc's makeshift surgery. Despite the daily ritual of setting light to toilet paper, and rigorous hand-washing routines, supplies of Immodium disappear fast! Aubergine bake is not a universally popular breakfast delicacy.

Today is a rest day, when we rest very little! An unexpected highlight of the expedition is our visit to the Tekale annual Turkish wrestling festival - involving a hair-raising 10 km ride in the back of a truck up a narrow, winding mountain road over makeshift wooden bridges. It seems that all drivers in Turkey are the same - they drive as fast as they can go, and as near to the edge as possible. The journey puts more adrenaline through our veins

than any of the canoeing!

The festival is a cultural education. The wrestling bouts are punctuated with traditional dancing. This is a men-only affair; the women and the girls watch from a distance. A number of the



A stop for water from nearby village



The ultimate hitch-hike!



Airport lounge - Ankara



Typical Coruh rapid!

Turkey

expedition team entered the event, and got well and truly trashed. The locals are exceedingly friendly - there is a great spirit of camaraderie. We manage to chat in broken bits of various languages - despite a limited vocabulary of about 20 words in Turkish!

DAY 7

An early start. A local truck is loaded with all the kayaks and one of the rafts. We stop at Yusefeli, en route to paddle the river Barhal (or Altiparmak). Yusefeli is the only sizeable town along our 150 km route. A chance to buy chocolate and to phone home.

The Barhal tributary is a more technical river - 20 km of grade II/III - and is thoroughly enjoyed by everyone. It's Sunday - it must be a day off; the locals head for the river to cool off - some try and catch a ride on our canoes. The kids are having a great time running the rapids in inner tubes!

DAYS 8-10

The Coruh now powers its way relentlessly through the Yusefeli gorges. The scenery changes from towering mountains to huge vertical limestone walls which dominate the horizon as the river carves its course. This is the best of the canoeing and the most enjoyable part of the trip. There's plenty of volume - fairly continuous grade III, with a few grade IV sections each day. Exciting and challenging kayaking, but not intimidating. Only three people bale-out on the whole trip - two instructors(!) and one of the team - reportedly sucked out of his boat as the Coruh ploughed into a wall of rock! Strong winds blow up through the gorge each day, as the sun takes

control. We camp on deserted sandy beaches, accessible only by river. To our relief, they are mosquito-free! Occasional trucks hoot their horns where the river runs alongside the road. One grade V section of river is portaged - the ultimate in hitch hiking - 2 Avon rafts, 23 kayaks, 26 people and a ton of kit. Two lifts and 3 hours later we are back on the river, 3 km downstream! We finish

the gorge section in style by naming the last rapid, which has hitherto been nameless, "Nosecleaner"; we enjoy playing for an hour in the fast hole at the bottom end of the rapid.

DAY 11

It's around midday and we've made it to Zeytinlik! After a final photo shoot, it's time to load up another truck and sit in another small bus and head for Erzerum! The drive back takes us through humungous gorges, carved by huge rivers thousands of years ago. The scenery changes towards Erzerum to undulating green hills more akin to the Lakes. Luckily the brakes didn't fail; instead the electrics "blew" and the dashboard went up in smoke as we entered Erzerum.

With the gear unloaded, we set off for a traditional Turkish bath and massage in one of the most famous bath houses in Turkey. It proved to be a comical and unforgettable experience - a slapstick-style lathering from head to toe, followed by the massage - the equivalent of a doing-over by a street gang, only that they use soap instead of weapons! The evening ends with a traditional meal where some of us try the local speciality - goats brains!

DAYS 12-14

The expedition ends with two nights in Istanbul - where East meets West - an exciting, vibrant and historic city; the skyline dominated by the magnificent mosques. A visit to the Topkapi (Sultans) Palace gives us an insight into Istanbul's past and we enjoy seeing all the 10000 pieces of crockery collected by one of the Sultans! A spending spree in the Grand Bazaar polishes off the last of our money. We try our hand at haggling in a language in which we only

know how to say hello and to ask for water! We discover Turkish Delight - the real thing! - at a stall in the downtown Egyptian Bazaar. The flight back home is uneventful, after an hours delay at the start while they try a number of different permutations to get all the kayaks and all the Adrift gear into the same cargo hold!

A Final Note...

The expedition was a great success! The first youth descent of the Coruh river! Everyone gained a great deal from the experience and takes away some lifelong memories. We shall not forget in a hurry the friendliness and hospitality of the Turkish people. The expedition gave us a new insight into Islamic culture - a way of life very much determined by the religious faith of its people. The expedition experience has left its mark on us all.

It would never have taken place if it had not been for the support and generosity of all those who sponsored us. Thank you all very much for the important part you played.

Thanks

We would like to thank everyone who helped to make the expedition happen...

British Canoe Union, Perception Kayaks, Sony, Turkish Airlines, Richard Primrose, Forde Park Trust, Pain Trust, Heathcote Trust, Wall Trust, Leonard Trust, Whitbread PLC, Tiverton, Educational Trust, Viscount Amory, Charitable Trust, Tiverton Youth Committee, Battisborough Trust, Mr Pollard, Lord Mayor's Fund, Norman Family Trust, Townsend Trust, Foundation for Sport and the Arts.

Matt Pyne and Dan Brooks at Yusefeli

Three Women and a Baby

- by Carrie Beadle, aged 13 months

I knew I was in trouble when my Mum, Rebekah, strapped the Old Town to the car, but having successfully vetoed any idea of river trips, climbing or backpacking (you try going bump, bump, bump for days on end, it makes me feel sick) I felt I had to give ground somewhere.



We were going on a trip with Kirsten, who smiles and hums funny tunes, and Lisa who laughs and holds me at arm's length as if I'm going to explode. And I might.

The plan was to paddle the Caledonian Canal, from Fort William to Inverness, in three days, so I caught some sleep. This was going to be really tiring. Two minutes kip and there we were at the campsite. Kirsten's car is really fast. What did that man at the campsite mean 'What no man?' Neanderthal. I have total faith in my crew.

I was captain of the flag ship in the morning, in between Mum and Kirsten in the Old Town. Lisa was playing chase me in a Dagger Reflection 15. Great fun. I don't know what the reins were for though, I thought I was supposed to have a parrot. . . The crew was learning fast. The



entertainment was improving, though they seemed not to enjoy 'Shoe Overboard' nearly as much as I did. I tried variations on the theme, 'Sock Overboard' and even 'Teddy Overboard' but they didn't get it. It seemed ages since breakfast.

Funny Faced People

The weather was good at the start, and the journey between tea shops was interesting. There's lots of things to grab hold of in a touring canoe. "Oops, sorry Mum. Is it lunch time yet?" I could have done without having my nappy changed on the bank though. Allow a girl some dignity, will you! Now I've even been tied to a bollard twice. Just wait until Childline hears



about THIS! There were lots of funny faced people at the locks. I don't know what they were staring at but their lunches looked really interesting! I do think there should be more portages, because they were really good fun, especially watching the crew trying to get the canoe past the really *wide* American lady who was stuck on the path.

Exploding for A While

We got to Loch Ness on a Winnie-the-Pooh type blustery day, with big dark clouds. Kirsten was cheating, using her umbrella as a sail. I had some Pooh Sticks and threw them into the loch when we stopped, but I don't think they knew how to play because they didn't go anywhere. Lisa was looking really relaxed so I thought about exploding for a while. More embarrassment on the bank!

The clouds caught up with us that night at the campsite, and there were lots of little biting bugs, so we did the sensible thing and went to the pub. Can I smell food? The locals were very impressed with my rendition of 'The Magical Moving Rucksack' and then, once introduced, they wanted to know if I'd been with 'the girls' for the whole journey. Cheek! They'd never have made it without me! They called me the 'wee one' too and I swear I hadn't.

All this hectic social activity was tiring, and it was a two mile carry to the pub, so I slept most of the next day. Funny how the crew was soaked when I woke up. You'd think it had been pouring with rain all day or something. . . Though I'm sure they appreciated my help, they were glad to head home when we reached Inverness.

I got hungry in the car. I was given a Cadbury's Button. I've chewed buttons before but this was different. It went all sweet and squishy. It made me laugh. I had another. And another. I kept laughing and they kept squishing. It was wonderful and took ages to clean up. Why don't grown ups appreciate the merit of chocolate as a fashion accessory?

Top:
The author
Above:
Correct canoe
loading
Left:
Snack on the move

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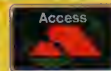
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then the 8th Annual Wool Race is waiting for your entry. Teams are required to provide their own non mechanically powered craft, the current favourite option is a catamaran arrangement of two open canadian canoes, a central platform and sails. From Barmouth harbour a 100 year dash to collect a barrel of ale, return to the raft, then paddle, sail, haul your way along the 7 miles of water to the George III Inn at Penmaenpool. Unload the barrel strapped to a trolley and haul it 3 miles to Dolgellau, this is then exchanged for a bale of wool for the return trip down to the Barmouth estuary. Winning times previous 3 hours. Safety cover is provided by the Merioneth Yacht Club, the Barmouth Harbour Master and the Coastguard. For further information send SAE to: The Wool Race, Barmouth Publicity Association, Tourist Information Centre, Station Road, Barmouth, Gwynedd. Closing date for entries 6 July 1996.

Marple Slalom Div 4/5 x 2
20/21 April Contact: *Judy Kelly, 6 Fairholme Avenue, Urmston, Manchester M31 1DH*

Chelmsford Canoe Club is 50 years old!
May 5th Chelmer Marathon, BCU divisional race, Hasler 1996. June 2nd Golden Jubilee Half Marathon to celebrate the clubs 50th year. Coaching Service Awards, plus other events over the weekend. Everyone welcome. Contact *Diane Edwards Tel: 01245 467771*.

World Record Canoe Raft
The 1st Shenfield Scout troop is making an attempt on the world record for holding together a raft of kayaks and canoes, to raise funds for the Neuroblastoma Society (Neuroblastoma is a malignant childhood cancer, affecting 80-90 children per year in Britain). The existing record is 568 craft held for 30 seconds. They want over 600! They need your help in making the raft, raising sponsorship, canoeists and canoes. For further information please contact *Michael Laing Tel: 01277 229289*.

Open Canoe Sailing Group Meets
April 13/14 Rudyard Lake, Staffs, organiser *Doug Farrington 01925 262883*. May 4/5 Ullswater, Park Foot, Cumbria, organiser *Tony Ball 015395 31758* May 25/27 Loch Lomond, Forest. Com. Cashel organiser *Dave Baskerfield 01782 373903*.

Basingstoke Canal Challenge
12 May. Now in its fifth year this popular charity event is again raising funds for 'Boats for the Handicapped'. Entrants paddle distances of 9, 18 and 31 miles. Entry forms and further details can be obtained from *Katie Hicks: 01252 850657 or Doreen Steel 01252 617315*.

BCU Diamond Jubilee Celebrations
British Open Wild Water Race. This event

to commemorate the BCU Diamond Jubilee will be held on the River Tryweryn during the weekend of 25 and 26 May 1996, for further detail contact: *J Wingfield, Dyffryn Conwy Paddlers, Haere Mei, Castell, Tal y Bont, Conwy, Gwynedd LL32 8YX*.

BCU Eastern Region Diamond Jubilee
Canoeing Day, Sunday 19th May 1996 at the Quay Theatre and on the River Stour, Sudbury, Suffolk. Local Access Officers Meetings, Local Coaching Officers Meetings, Instructor Training Course, Canoeing for People with Disabilities, Race - All Classes, Come & Try It Sessions, BCU Lifeguards, Demonstrations, Stour Trust, NRA, Barbecue-Bars-Snacks- Restaurant. For further information contact: *Lesley Quinlan, 108 Fleetwood Avenue, Holland-On-Sea, Essex CO15 5RF Tel: 01255 815093*.

Coquet Canoe Club Race Round the Island
Sunday June 9th at 10.30am, check in 9.30am. Coquet Island lies 1 mile offshore from Amble Harbour in Northumberland. 3 Classes, Sea Kayaks Only 13 miles, well offshore, minimum age 16. Any Kayaks 5.5 miles minimum age 14 and Slalom Kayaks 3 miles, mainly in the harbour under 15s and Novices. Entry fees £2.50 U16 £1.00. SAE for details: *John Rae, 33 Meadow Riggs, Alnwick, Northumberland Tel: 01665 603176*. At the same venue 8th and 9th June BCU Sea Touring Committee weekend, sea trips organised.

Tyne Tour
1st, 2nd and 3rd November 1996. Tickets are £10 and can be purchased by sending a very large SAE to: *The Tyne Tour, c/o The Watershed, Unit 1, Elliott Terrace, Mill Lane Ind Est, Newcastle Upon Tyne, NE4 6UP cheques payable to BCU Northern Region*.

The Beaulieu Classic Boat Festival
Bucklers Hard, Hampshire 22-23 June. It is intended to hold a pageant for canoeing/rowing at this festival at 4.00pm on Sunday 3 June. Entries invited from all comers i.e. anyone who can propel their craft over 5000 metres or crew that can cover 7500 metres. It is not a race but a parade of paddle or oar propelled craft. Entry fee £5 per head which includes entry to the festival all day on Sunday, closing date for entries 29th May. Static stands are also available to traders or interested groups. For more detail and entry form contact: *Classic Boat, Link House, Dingwall Ave, Croydon, Surrey, CR9 2TA Tel: 0181 686 2599 Fax: 0181 781 6535*

BCU Lifeguards Covention
For details contact: *Andrew Turner, 51 Queen St, Horncastle, Lincs LN9 6BH. Tel: 01507 526076*

Washburn River Releases for 1996

All dates are very much subject to water availability, particularly following last years drought, ring the *Regional Information Line 01426 978654* for last minute confirmation before travelling. Also ring *01483 450101* for Wild Water Racing water details where appropriate. The Washburn Committee wish it to be known that they do not consider this river to be suitable for novice paddlers. Please consult with experienced colleagues or Instructors familiar with the river and your abilities before attempting to paddle.

Sat 6 Apr	WWR Div 'A'	Organiser 7	9.00-4.00
Sun 7 Apr	Cruise & 'Hoppers' (come & try a Wavehopper)	Organiser 4	9.30-4.00
20/21 Apr	Slalom Div 1 Rodeo (to be run on lower sections or river)	Organiser 8	
Wed 1 May	Cruise	Organiser 3	4.30-9.00
18/19 May	Cruise	Organiser 2	9.30-4.30
Wed 29 May	Cruise	Organiser 3	4.30-8.00
8/9 June	Cruise	Organiser 5	9.30-5.00
29/30 June	Cruise	Organiser 6	9.30-5.00
Wed 17 July	Cruise	Organiser 3	4.30-9.00
Sat 3 Aug	WWR Nat. Squad Training	Organiser 1	9.30-4.30
Sun 4 Aug	WWRacing Wavehopper Come & Try It Day - Training, Coaching, Cruising	Organiser 1	9.30-4.30
Wed 21 Aug	Cruise	Organiser 3	4.30-8.00
31/01 Sept	Slalom Div 2 & 3	Organiser 2	9.00-4.30
Wed 11 Sept	Cruise	Organiser 3	4.30-8.00
5/6 October	Cruise	Organiser 3	9.30-4.00
26 October	WWR Div 'A'	Organiser 1	9.00-4.00

- Organisers**
1. Andy Parry, 3 Beech Mount Cottages, High Bentham, Lancs LA2 7LB
 2. Ian Needham, 14 Inglewood Drive, Otley LS21 3LD
 3. Hugh Pashley, 10 Crawshaw Grove, Sheffield S8 7EB
 4. Norman Taylor, 73 Gateland Lane, Shadwell, Leeds LS17 8LN
 5. Ray Todd, 210 Leadwell Lane, Robin Hood, Wakefield WF3 3AE
 6. Colin Stegeman, 17 Quarry Road, Richmond, N Yorks DL10 4PB
 7. Alan Barber, Wexford, Barton Lane, Armthorpe, Doncaster DN3 3AB
 8. Dominic Irvine, 6 St John's Road, Ilkley, W Yorks LS29 8QT
 9. Esther Mathews, 17 Partridge Flatt Road, Bessacar, Doncaster DN4 6SB



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Are You in The Picture?

Dear Canoe Focus
On 21.16 I happened across some canoeists training on the river Wharf near Grassington, one of them whom I believe to be an instructor was called Ian his name in large letters painted on his helmet. On this day I was trying a new camera and I took some photo's of them negotiating some fast flowing sections, I thought one or two came out particularly well and I would like to pass them on, they can contact me on 01284 7702432. Phil Baldwin

'A little Imagination'

The following letter, received from David Train was also sent to The Times, The Telegraph and The Guardian. If you would like more information about The MAIN Millennium Project for England, please contact David Train at Bell Boat Coach House, Glen Villa, Fladbury, Nr Pershore, Worcs WR10 2QH

Dear Sir

The recent decision of the Millennium Commission to ask the small company 'Imagination', to put forward plans for the Millennium Festival at Greenwich, seems set to ensure that the conflicts of the last century culminate with a war between London and the rest of England. As we look for a 'big idea' around which to base the Millennium Festival, could we not use our 'Imagination', to suggest to the Millennium Commission that there might be historic ideas connecting the 'Middle of England' and the 'Thames', which might both provide the 'big idea' and prevent and English war.

Just over a hundred years ago Baron de Coubertin, and Anglophile, visited Rugby and Much Wenlock, in

the 'Middle of England'. He was from a military background and wanted to bring the young people of Earth 'together' in peace. He used English ideas to create the Modern Olympics. It is now a huge world festival.

One hundred and thirty years ago, John MacGregor, a London Scot, built a small kayak, travelled around Europe and wrote a small book, 'A Thousand Miles in a Rob Roy'. He formed Royal Canoe Club, on the Thames, and paddlesport became a world event.

Surely at the turn of this century we could create an ongoing festival for the next centuries, based on bringing 'together' our great sporting, cultural, and maritime traditions.

We could bring people of England together in the middle of England at Birmingham, and use

Greenwich for the start of great voyages, by paddle and sail, to all corners of the Earth, spreading the word of our festival. Both Birmingham and Greenwich could be centres of celebration, linked by water.

So let us stop the war before it starts, by bringing 'together' Birmingham and Greenwich. Let Birmingham and Greenwich, 'together' lead us from a century of cut throat competition, conflict and criminality, into centuries of creative competition, co-operation and civilisation.

It is a 'big idea', which could happen, with the help of 'A little Imagination'.

David W Train - Practitioner and Coach - 'The MAIN Academy', and Olympic Coach.

Editorial Note -

We have received many letters on the subject of Canoeing Ethics and the Rainbow Awards Scheme, unfortunately due to lack of space and so much else happening we are unable to print all letters that have been received. Sorry, but thank you for your views. (Some of you will be receiving personal replies to your letters.)

Having a go at Students

In response to the article titled Canoeing Ethics by S. Graham and P. Jackson

Dear Canoe Focus

Yes, lets have a go at students again after all they are the scourge of the universe, time wasters spending all our tax money, put them against a wall and shoot the lot of them! Its so easy isn't it to knock but can I ask what is done constructively to accommodate the students needs? Now let me hold my hand up and be the first person to admit, in the past I have fallen into the same student knocking trap. BUT isn't it about time we had a look, an objective look at what is required.

Students must form the largest body of new paddlers in Britain today. All this vibrant energy should be channelled into the sport to give canoeing a sound growth pattern. Even the coaching scheme misses this large body of people. The basic Instructor qualification because its seen as a summer award, happens outside of term time. Well, if they're committed, they should do it in the recess. Rubbish, they have got other things to do like subsidise their grants. These courses should be held when they need them.

It is my opinion that the whole coaching scheme is failing students. They want to do things safely and well, after all we are talking about our future Doctors, Teachers, Engineers i.e professionals. But the scheme doesn't offer a fast track to cope with the limited time a student is in college. Yer, yer so it should take X amount of time to get through the ridiculous stepping stones but wait a minute they've just become a Doctor in that time!

As to events, I agree its dreadful that such disparate groups with such differing needs are forced to share the same site. There is nothing wrong with students letting their hair down, we've all done it in our youth. But it is dreadful to be around if it is not properly catered for. That's down to

organisation. The reason these events have become so big is simple demand. People want to go to them because they are organised but are they organised enough and are there enough of them? The same stretch hosted a white water race where the seniors numbered just 12. It would be a sad day if minority sections of the sport were not catered for. Yes. But what is really being done for the masses?

O.K I've shot my mouth off. I expect I'll get a barrage of letters but without sounding self righteous, we have already put our money where our mouth is. We have put on a special out of season training course for students, we have organised events geared to students and we will continue to do something to meet their needs.

What do you think? Am I off my trolley or do I have a point?

Steve Wales - Affinity Watersports, Unit 5 Castle Quay, Chester Road, Castlefield, Manchester M15 4NT

Editorial Comment:

It is acknowledged that a better relationship with student groups of canoeists would be in the best interests of both the Union and the students. If 'letting one's hair down' leads to the loss of a sensitive site, the negotiation for which has occupied some poor, unpaid, volunteer in oceans of time to achieve, and denies that site to numerous paddlers for ever more, it is a little difficult to be complacent about the situation.

The BCU Instructor award should not normally be trained or assessed during the months of December, January and February. Even then there is an allowance for particular groups who can be properly equipped against the cold. It is not restricted as a 'Summer award'.

Direct entry is allowed for within the coaching qualifications - the Instructor level can be exempted altogether where sufficient prior experience and ability exists. Proving sufficient competence to respond to the level of training involved, and to be safely in charge of others, is surely not a 'ridiculous' stepping stone.

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The Irony of Honesty

Dear Focus

I have read recent correspondence in 'Focus' on the subject of theft/'loss' of canoeing equipment ("Stolen Stuntbats" - October 1995) with interest and sympathy born out of personal experience.

In June 1994, during my introduction to French Alpine water, I took a swim on the River Claree. After 2 hours of searching for my boat we chanced upon a group of fellow 'Brits'. While initially denying any knowledge of a stray kayak, they revealed my craft (with most identifying features erased or removed) and there was a palpable reluctance to reverse their 'good fortune'. This apparent attempt to claim salvage rights left a bitter taste in our mouths, flavoured by the memory of having helped this particular group out of trouble 12 months earlier.

October 1995 saw us on a well paddled Scottish river. Finding three kayaks washed onto the banks within the space of a kilometre provided added interest to the trip. In one of them we even discovered some cheese and pickle sandwiches; the hallmark of a nearby National Outdoor Activity Centre! Despite the temptation to pretend that a rather smart set of 'splits' must have washed out, we returned all the lost property to the rightful owner who was more than appreciative of our efforts; our actions not entirely uninfluenced by our experience in France.

On our way home from Scotland we were unfortunate to 'lose' a Topolino from our trailer during a short stopoff in Newcastle. An ironic finale to an otherwise superb week.

What perpetuates the 'finders-keepers' mentality? Temptation is usually tempered by a desire to do as

one would be done by; or is that now a hopelessly naive thought? On the whole we expect and experience a camaraderie amongst canoeists that is unmatched in many other sporting activities. However, it is a sobering thought that, whether gear is stolen from the roofrack or the river, both the thieves and any recipients of such stolen goods are more than likely to be from amongst those who have some idea of its value, i.e fellow canoeists.

Therefore I throw some suggestions (not all novel by any means!) into the thought flow, as an attempt to stimulate further debate on how we might address this escalating issue in a practical and productive manner:

- 1) *Constantly reinforce the sense of indelibly marking all equipment, inside and out, with name, postcode and phone number.*
- 2) *Be wary of any gear with signs of identification erasure, unless you're happy with being in receipt of stolen goods.*
- 3) *Always lock and tie gear down when not in use; remove temptation!*
- 4) *Consider rewarding those who return lost gear to its rightful owners with something worth 5% of the current value; this would be less than any insurance policy 'excess'.*
- 5) *Set up an additional column in the 'Members Classified' section of Canoe Focus for Free recognition of those who have returned lost gear. Call it the 'Honesty Box'.*

In conclusion I take this opportunity to thank Shrewsbury College for rescuing and eventually returning my Mountainbat in June 1994. Glenmore Lodge is grateful to Broomhall Canoe Club for salvaging three of their kayaks on the River

Spean in October 1995. Broomhall Canoe Club would be pleased to hear from anyone willing to return Ian Scott's fully marked purple 'Spud' from the environs of Newcastle-Upon-Tyne . . . but we won't hold our breath.

Tim Hughes

Duke of Edinburgh Scheme

Dear Canoe Focus

I am helping to train a group of undergraduates, apprentices (both working for British Airways), and members of the local community to achieve their gold expedition award for the Duke of Edinburgh.

This year's expedition will involve an intense six month training schedule aiming towards a canoeing expedition in Murtle Lake, British Columbia during the summer of 1996. The training schedule will involve a variety of weekends away interspersed with training nights to help the group achieve the expedition skills required to complete the expedition around Murtle Lake. These skills include team building, navigation, camping, canoeing, wilderness survival techniques etc.

We are keen to promote the Duke of Edinburgh scheme as it is a very good way of training young individuals to work effectively within a team whilst learning about the qualities of others and enjoying the benefits of learning new skills. As part of our package, we are currently negotiating a few articles to be printed in some publications to help spread the word about the scheme.

I am writing to you on behalf of this year's group to see if you would be interested in helping us to achieve our target. As some of the group work for British Airways, BA have offered to pay for our flights to Canada. We are very open to supporting 'novel' sponsorship schemes as long as the basic training of the group is not interfered with. For example we intend to do a fancy dress canoe weekend to help reduce the financial outlay of our group.

Please feel free to contact the following number asking for Tracy or Clinton for further information or to discuss sponsorship. Tel: 0181 562 2023.

Clinton Bower

Complaint - Canoes in Dark on River Trent

Dear Canoe Focus

Canoeing in the dark takes place on a number of waterways over which British Waterways control the navigation. In the last two years I have received complaints about near collisions when pleasure boaters displaying proper navigation lights have almost run down canoeists. The allegations are that canoeists have not been seen until the last moment as no lights were being shown, they are not wearing fluorescent clothing and on one occasion, one canoeist was wearing a walkman or ear muffs. The worry from the boats was that they only saw the canoeist at the last moment, swerved to avoid him/her and almost collided with another. If they had sunk the canoeist, there would have been great difficulty in finding an injured canoeist who could possibly have sunk in the very cold water.

On the River Trent, Fosdyke, Yorkshire Ouse and I suggest many other rivers there are a number of clubs whose members participate throughout the year in all weathers at all hours, sometimes on their own in much the same way as rowers. I suggest such groups or clubs consider following the Amateur Rowing Association in appointing a Safety Officer aimed to protect the interests of their members. A very useful booklet has been produced by the ARA that could be used as a guide.

There is a wealth of experience amongst your readers and without trying to restrict their activities, I ask that canoeists that train in the dark to recognise that others could be on the same waterway and need to be aware of their presence.

R W Edwards - Patrol Inspector British Waterways North East Region.



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Rivers Wye and Lugg Update

Thank you to those who have contacted me. Following the period of informal consultation the NRA have decided to go ahead with the legalities to make them the Navigation Authority. As yet the formal order is not yet available but by the time you read this the statutory public consultation period of 42 days will be well under way.

Once the document is published the Access Team will consider what can be done and I shall write to my list of 'contacts' to put them in the picture. If you are concerned about the future of these rivers and how we could be affected and are prepared to help please get in touch with me so that I can add your name to my 'contacts' list.

Canoe Clubs in particular should become involved: **John Westlake, LAO for the River Wye in England, 33 Golden Vale, Churchdown, Gloucester GL3 2LU Tel: 01452 531218**

Which Way To Access?

I used to have considerable sympathy with the 'moral right' school of access policy.

Unfortunately moral rights carry little weight in the UK of the 90's and our access policy must come to terms with the realities of legal rights and the fact that recreation has become another branch of business. Which brings me to the heart of my dilemma. For many years our region has had an access agreement for the use of the Abbey Rapids section of the river Tees as a white water training site over the winter months. The agreement involved an annual payment which has been raised mostly from the user's fees paid by local clubs, training squads and a few casual users. With the development of the purpose built white water course at the Tees Barrage demand for the facility has decreased with consequent effects on the revenue required to pay the rent, which is due for review in March '96. Market forces indicate that we should withdraw from the agreement and so lose valuable access to an exciting stretch of natural white water.

But there is another possibility: Talks with the agent for the landowners suggest that agreement could be reached for access to a longer stretch of the river which would enable it to be used for racing and touring events over the winter months. Additional facilities such as changing rooms and equipment storage would also be made available. However this would demand an increase in the annual fee and a long term commitment by the BCU.

There are several options available:

- 1 Terminate the agreement and allow access to become a free for all, with the inevitable spate of prosecutions and adverse publicity for canoeing in an area in which we have enjoyed good relationships, thanks to the efforts of the LAOs.
- 2 Enter into the new agreement with it's requirement for long term commitments by the BCU (which means all it's members) and the problems of raising revenue on a regular basis and:
 - a) *raise the rent by asking all users to pay a fee to the LAO - a strategy*

which has not had notable success in the past and requires unrealistic policing.

- b) *raise the rent from by having the agreement included in the BCU licence scheme and restricting use to BCU members reporting use by non-member canoeists and assisting in their prosecution, since the landowner rightly requires all users to carry third party liability, as should any responsible paddler.*
- c) *raise the rent from entry fees charged at competitive and touring events.*

Which begs the question: who organises such events on an annual basis? and would canoeists pay for such events if access was free/cheaper at other times? If responsibility for organisation is delegated to the BCU Clubs etc. (as for the Tyne Tour and competitions) should use at other times be restricted to BCU members as in b) or must non-members always pay the 'Taster' fee before using the facility (a situation which would again require unrealistic policing)?

A decision needs to be made in the next couple of months. We would appreciate your guidance as to the way ahead.

Please write to: **Don Raspin (Regional Treasurer) 28 Cotswold Drive, Skelton, Cleveland TS12 2JN or Simon Banbury (RAO) 35 Glamis Ave, Melton Park, Gosforth, Newcastle upon Tyne. NE3 5SY**

Don Raspin

Carel Quaife, the BCU National Development Officer, asked Robert Jones MP, Minister for Planning, Construction and Energy Efficiency how the Government could assist the BCU in following its advice to seek access agreements. The following reply has now been received:

"...When I addressed the Parliamentary Waterways Group's AGM in December, I undertook to respond in more detail to a point raised by the British Canoe Union about access to water or canoeists. The specific question put to me was about how the Government could follow the spirit of the Environment Act by improving the climate in respect of access for canoeists.

The Environment Agency's duty, as set out in the Environment Act 1995, is to promote the use of inland and coastal waters and land for recreational

purposes, to such extent as it considers desirable. This is unchanged from the NRAs current duty. We shall be issuing a code of practice to provide guidance to the Agency on this and other matters in due course. In the meantime, the principles of the "Code of Practice on Conservation, Access and Recreation", issued under the Water Act 1989, continue to apply.

The BCU are aware of the three ways in which rights of navigation are acquired; under common law by immemorial use, by implied or actual dedication of the right by all riparian owners over whose river bed that right is sought or exercised, or by statute. Riparian owners have a legitimate interest in seeking leases or agreements with those who seek access to their property. Such agreements are a private matter between the riparian owner and the parties negotiating navigation or other rights and the Government has no locus.

I was encouraged to hear that the BCU is training access officers to provide a professional approach to the issue of access. This is clearly the right approach. Combined with the efforts of local authorities and the NRA (soon to be incorporated into the Environment Agency), acting as honest brokers where appropriate, I am sure that this will ensure canoeists' views are taken into account. In addition I understand that the NRA has set up a National Canoeing and Angling Liaison Group to encourage the development of Access agreements. ..."

WCA Canoeing Access Information

It has come to our notice that there is misunderstanding in some quarters about access representation of the Welsh Canoeing Association.

We wish it to be known that Mr Chris Charters does not hold any office with the Welsh Canoeing Association and is not authorised to represent the Welsh Canoeing Association at any forum or to give out information on behalf of the Welsh Canoeing Association or British Canoe Union.

If anyone has experienced difficulties concerning canoeing access information; please contact either: **Celia Hayward - Executive Secretary, WCA, Canolfan Tryweryn, Frongoch, nr Bala, Gwynedd LL23 7NU Tel: 01678 521 199 or Pam Bell, WCA c/o Mountain & Water, The Riverside Centre, New Road, Crickhowell, Powys NP8 1AT Tel: 01873 811 887**

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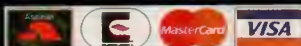
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Sheffield University

Expedition 1995

The end of 1189 mile was in sight. The disused radar of Tutoyaktuk's Distant Early Warning station glinted in the sun. Despite 33 degrees of magnetic deviation the silvia compass strapped to the deck was still a trusted friend and I felt the direct route across Kugmallit Bay was my best option.

The northerly wind blowing directly from the Arctic Ocean had been building all afternoon and the five foot swell was starting to break in the shallow bay. I headed into deep water and fell back into a tired rhythm that would see me to Tuk. Apart from bracing as the odd wave broke to my left I had time to fall into my thoughts and absorb what we had completed.....

Eighteen months before ideas for a "big trip" had started to fly long after official last orders in a Sheffield pub. Things moved quite quickly after that and we soon ended up with a definite chance of getting the whole thing off the ground. As canoeing expeditions go this was an unusual amalgamation of objectives and ideas. A self supported open canoe trip down Canada's Mackenzie River was the foundation of it all but we wanted to achieve more than paddling the river alone.

Raising £20,000

Opening up the expedition to any Student at the University was our first step from the normal expedition formulae. Publicising the trip and the chance to participate as well as working out the feasibility of the trip was down to a small organising team. Planning and raising the required £20,000 started after the final team was selected. Selection basically involved the candidates running around the Peak District blind folded for a weekend. They thought this

Article by:
Adam Hall

was assessing their team working skills while we thought

they all looked very silly.

Plans were finalised, equipment started to pile up and the funds crept towards the target as the

departure date rushed up on us. All of a sudden the previous eighteen months were a distant memory and the team was on a plane to Edmonton.

Mike and Tim had flown out the week before under the pretence of buying additional equipment, securing the supplies and confirming the transport but their knowledge of the local drinking spots was fairly well developed by the time we got there.

After a day playing with mountains of supplies and kit at the University of Alberta in

Edmonton the whole team was loaded on to a chartered coach for a twelve hour drive to rendezvous with the canoes. Hay River (population 2891) is situated nearly 700 miles north of Edmonton on the southern shore of Great Slave Lake. It is one of the major settlements in the North West territories.

It was several days before all the kit was in the same place at the same time. The six Old Town Canoes were hired from an outfitter at journeys end in Inuvik. They had been shipped down to Hay River and eventually we found them. The paddles turned up a couple of days latter. All we had to do now was take the boats home along Canada's longest river.

"Huge great ocean"

We eventually pushed off into Great Slave Lake on the 2nd July and soon realised that the word "lake" does not describe Great Slave lake very well. "Huge great ocean" seemed more apparent as we pushed the heavily loaded boats through a four foot swell that was breaking in the shallow water. The spray covers were essential as we battled on for over five hours to cover only 15 miles. The following day conditions did not look any more favourable and ominous storm clouds forced the decision to stay put.

This was probably the start of the hardest section of the trip as we tried to establish a

routine to the paddling and camping. We were suffering from sun burn, insect bites and the long days paddling as bodies adjusted to the environment we were now part of. Great Slave Lake slowly became the Dehcho ("Big River"). Sir Alexander Mackenzie decided he did not like the native name and called it after himself when he became the first white man to navigate the river in 1789.

Five days after Hay River, having covered only 86 miles, we arrived in Fort Providence (population 599). The settlement allowed us to restock but the human presence and warnings from the police not to leave kit unattended encouraged us to push on as soon as possible. Canoeing the Mackenzie only brings you into contact with ten settlements. Each has its own character, problems and charms but the struggle to fit the traditional native culture into the 1990's is evident at every stop.



Mackenzie River



Unfortunately the entire area had quite a run on forest fires this year and this forced us to change our plans. The fires are a perfectly natural process in the life of a northern forest but it is a bit inconvenient for the people who live there. A number of settlements had been evacuated earlier in the summer and our collection sites were charcoal. In fact it was estimated that there was over 2.4 million hectares of charcoaled forest that year alone.

Attention swung around to the Franklin Mountains to the east and in particular to Cap Mountain (5174 feet). The first attempt at the mountain ended in a fairly dramatic helicopter evacuation when the fire control officer decided the fire was heading our way. The second attempt saw us on the summit but three hard days walking with not a path in sight did not reveal any willow samples.

After the paddling break at Wrigley the 167 miles to Fort Norman (population 369) was polished off in four days. This

A tough but comfortable routine emerged after Fort Providence and this saw us through the next 318 miles to Wrigley (population 167). We passed through Jean Marie River (population 68) and only stopped briefly at Fort Simpson (population 1001) preferring the solitude of our riverside campsites. Camp jobs had been divided up and we worked through a rota to get them completed with minimum effort. The philosophy worked well and things were pretty slick by the time we had put in 33 camps along the river.

Main Scientific Work.

The flat landscape of the upper river had given way to the Mackenzie Mountains to the west and the Franklin Mountains to the east. Wrigley was the proposed site of our main scientific work. After the team had been selected it became apparent that the desire to complete a worthwhile scientific project was very strong. What emerged was a collection of Arctic Willow samples for the Global Plant Ecology Unit at Sheffield University. Comparing the samples we were tasked to collect with fossilised and frozen specimens already collected would provide data important in modelling atmospheric carbon dioxide changes.



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BCU Expeditions Committee

This expedition was one of a number supported by the BCU Expeditions Committee and given BCU approval. This often unlocks the door to sponsors and can give an expedition documentary evidence of National Body support. Sometimes small amounts of real cash may be given from the Committee's grant to help worthwhile expeditions, but help is dependant on your trip being a first or exceptional. For further details and an Expedition pack send £3.50 and an A4 SAE to the BCU office marked 'Expeditions Pack'.



was helped by a good tail wind on the third day that resulted in some exciting sailing conditions. Fort Norman gave us the chance to explore the lower sections of Great Bear River and spend a few days concentrating on our fishing activities. Fishing turned out to be a popular pastime but not a reliable source of food. To our surprise canoeing and fishing made an excellent combination which highlighted the stupidity of the access stand off in the UK.

A short stretch of 53 miles took us to the trips half way point at Norman Wells (population 482) and the planned resupply point. This was definitely a white mans settlement because of the oil field below the river and as a result had a respectable number of services. Our four day rest allowed us to stock up, service the equipment and investigate the area around the settlement. We were adopted by a rather energetic character called Joey who made the stay very enjoyable and at times quite drunken.

Pushing on from Norman Wells a more relaxed paddling atmosphere was adopted as we could

now gauge our expected progress with more certainty. The 132 miles down to Fort Good Hope (population 597) included the most spectacular sections of the river and the two major rapids. San Sault rapids were a bit of an anticlimax but we still decided the spray covers should be fitted. The low water level contributed to the gentle run down San Sault but the Ramparts were very different. A limestone shelf crossing the river was partially exposed and created an exciting grade III/IV shoot. The heavy kit was portaged here but a day was spent shooting the falls.

The day at the ramparts started a week of hot settled weather that confirmed the variety of weather conditions that could be experienced in the Mackenzie region. Although well and truly in the Canadian Arctic the tree line follows the river well past the Arctic circle due to relatively warm water moving into the region. Having said this the entire river freezes during the winter and becomes the local road in many places. Our personal clothing tended towards cold weather gear as our climate information suggested but T shirts and shorts were more useful (when the bugs would allow).

Drifting

There was a complete change of philosophy after Fort Good Hope as we made use of the good weather and rafted down the river. Strapping the six boats together using drift wood and constructing sleeping platforms between them we drifted down stream non stop for virtually four days. A system of watches was maintained to ensure our safe passage through the night. The majority of the 216 miles between Fort Good hope and Arctic Red River (population 107) were covered by simply drifting.

The final leg of the trip took us through the Mackenzie Delta and into Inuvik (population 2790). The labyrinth of channels that made up the delta illustrated the fact the Mackenzie system drains 20% of Canada's surface area. Inuvik was the team's final destination and paddling in saw a mixed bag of emotions. So many months of effort had been directed towards this moment and now it was all over.

The team went its separate ways at Inuvik

with the majority of kit shipped directly back to Edmonton. My trip had not quite finished as I had set myself the goal of reaching Tuktoyaktuk so after swapping the canoe for a sea kayak I made my solitary journey towards the Beaufort Sea. The rest of the team had started



hitching down the Dempster Highway the morning I left or were flying to Tuk the next day. Mark had bought a bike and was set on cycling back to Edmonton.....

The waves were starting to build again and my mind was wrenched back from my recollections as a particularly nasty wave picked me and surfed me toward Tuk. It broke, I braced and then had to fight my way back to deeper water. Two hours later I made a heavy landing at Tuk, pulled the boat clear of the soup and lay down on the beach exhausted. Now I had finished.



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The BCU is currently under attack from Mr Alex Redhead concerning its responsibilities towards users of the white water slalom course at Holme Pierrepont.

The Pollution Problem

Mr Redhead took a group of five pupils from his school in Cumbria to the course during the October half term in 1994. Three were subsequently ill, suffering a bout of vomiting and diarrhoea. Mr Redhead drew the matter to our attention, and demanded to know what was being done about the situation. Background information on how the decision was made to site the course on the Trent in the first place, was subsequently supplied to him.

His view of the situation was that the BCU had been irresponsible in its original interpretation of the data which was available at the time with regard to the pollution counts and types in the Trent, and subsequently in not making clear to all members and users the extent of the problem, and the risks they run.

There is also an implication in his criticisms that a 'profit' factor has motivated what he sees as the BCU's commitment to the course in spite of the scientific evidence available.

He has pursued the matter vigorously, accusing also the Sports Council, the local environmental health department, and the NRA of malpractice. His views have been expressed up to government level, including an attempt to have the very successful 1995 World Slalom Championships banned. Currently he has written to every education authority in the land outlining the background and his concerns.

Why was the decision made to go ahead with the project ?

The concept of the course was conceived by a member - a volunteer - who agitated both the Council of the BCU and the Sports Council until a feasibility study was undertaken. This work first commenced in 1970.

Because of the size of the investment involved - £2.2 million - it took a great number of years for the project to get onto the Sports Council's capital projects priority list.

In the early 1980s a group of members - volunteers from the field, not paid or elected officials - got together and formed the Canoeists Action Group (CAG) committed to lobbying the Council of the BCU to 'get their finger out' and back the project, because the members wanted it.

This activity created fresh impetus, and the project was accepted by Sports Council, and finally completed and opened by Princess Anne in 1986.

All involved were aware that the Trent was not pollution free, but were also of the understanding that a steady improvement in water quality had been achieved - fish had returned - and that this gradual improvement would continue. Also, whilst it was known through use of the Thames weirs and other sites over a great number of years, that occasionally paddlers did suffer bouts of sickness as a result of paddling white water on lowland rivers, there was no empirical evidence to indicate that this was likely to be a major problem.

The profit motive

The course is owned and managed by the Sports Council, with the operators being the National Water Sports Centre. The BCU does not receive any income at all from the use of the course - in fact, it has to pay for it when staging events.

Although there is a fair return from canoeists using the course, and particularly from the rafting operation, the £2.2 million investment could certainly have been used to much better effect in other areas of endeavour.

The suggestion that 'profit'

was in any way a motivating factor for either the Sports Council or the BCU is therefore clearly not the case.

The size of the problem

It has been established that a percentage of visitors who make use of the facility do suffer subsequent illness - mainly in the form of 1-2 days of vomiting and diarrhoea.

On the other hand, our very successful Olympic Slalom Team trains on it daily, in common with many other local paddlers, and my own 14-year old has paddled it regularly without problem.

Various investigations have taken place to try to establish patterns with relation to the incidence of illness, and this work continues.

The Trent passes through two major cities and several large towns before it reaches Holme Pierrepont, and there is no argument that the water quality leaves a great deal to be desired.

What has been done about it ?

Over the period of the availability of the course, the BCU has drawn to the attention of both the operators and the river authority the complaints of members who have suffered illness. It has co-operated with studies which have been undertaken.

In particular, the BCU has called for, and supported, the locating of notices drawing attention to users the fact that the water quality is suspect. It is now made very clear to all who use the course that there is an element of risk from pollution.

The policy which has been determined by those elected by the members to make such decisions is that the Union should always press for factual information to be made available, against which members can make their own decisions with regard to



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6 day	MW61	13-20/7	284.00
	MW62	12-19/10	284.00
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	RO52	7-13/4	260.00
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(As above)

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the level of risk which they are willing to accept.

The Centre itself has monitored the condition of the water, co-operated with studies, pressed the NRA to hasten the cleaning process, and is currently closing the course at significant levels of turbidity.

There is the possibility of an ultra violet treatment process being applicable, and this is currently under investigation.

Members will know that the BCU itself has taken action where desirable or necessary to warn of various health dangers, including, and in particular, identifying the significance of the risk throughout the country from Leptospirosis.

If a straight forward and cost-effective solution to this problem was obtainable, strenuous representations would have been made to achieve it.

Conclusion

Alex Redhead appears to consider that a significant number of school groups use the

site, and are at risk. The fact is that no-one - private individual or organised group - is under any compulsion to use the site. It is, actually, comparatively rare for school groups to paddle it on either a casual basis, or as part of an event. A young person can achieve a high level of ranking in slalom without ever having to paddle at Nottingham. The main thrust of his argument seems, therefore, to be quite irrelevant.

Taking his contention that under health and safety legislation, no teacher may take a group there, it must follow that no teacher may take a group of students to the seaside, as there is ample evidence that few, if any beaches around Britain are sufficiently safe from pollution. Even the EC bathing standards are based on bacterial counts, and do not take account of viruses in the water, which are often potentially of far greater concern. There are examples of

serious, and some permanent, disabling conditions occurring in young people and others as a result of bathing in the sea around our coasts. The difference between paying for the use of a facility, and being taken to a free location is surely academic to the person suffering from a debilitating illness.

It can be well demonstrated that members and officials of the BCU - paid and unpaid - have considerable concern for all aspects of the safety of participants. The contention that the decision to press for the provision of the white water slalom course at Holme Pierrepont, was taken for any ulterior motive, or other than in good faith against the knowledge and beliefs regarding the long term likelihood of improvement to the water quality of the Trent, is rejected as unfounded and unworthy.

National Marathon Championships

13/14 July 1996 - Reading

Have you a canoe/kayak in the garden, or do you paddle/compete on a regular basis? - if so then why not come along to the National Marathon Championships. You do not need to qualify or undertake a certain number of races before entering - just come along and join in.

There are race categories for all divisions - male, female, veterans, juniors (U18, U16, U14), mixed, canoe and kayak, singles and double. The competition is over two days and the racing will take place on the river Thames.

The event as well as deciding the singles and doubles National Champions in each category also is a keen competition. In 1995, as the last 5 out of 6 years previously, the team prize has gone to Nottingham Kayak Club. However, they can certainly be beaten so bring all your team along to the event and enter the team competition as well.

The National Open Marathon Racing Individual and Team Championships as it is formally called has been in existence since 1956 and this is the opportunity to follow in the paddle strokes of former World Champions and Competitors. This years competition commemorates the 40th Anniversary of this prestigious event.

1996 is also the Diamond Jubilee year of the British

Canoe Union and this event is part of our 60th anniversary celebrations. Along with the canoeing competition there will be a K1 Ergo competition and other social events.

This year the distances and race categories have been altered to ensure that entrants are competing in classes and over distances which are more in line with other major events.

The prizes for the competition are medals which are die cast from the mould held by the BCU Marathon Committee. There are also perpetual trophies for most of the major classes. Winners of these trophies are given a colour photograph of the trophy as a permanent memento.

This year for the first time in many years is not being held on August Bank Holiday weekend but on the 13/14 July at the Thames Promenade in Reading. There will be camping facilities at the site and plenty of opportunity to watch the competition as the events are all circuit oriented with a portage on the river front for the appropriate classes.

For further information on the event and entry forms please send a large SAE to: **Race Organiser, 179 Church Road, Earley, Reading, Berks RG6 1HN.**

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Richmond Canoe Club

Record Entry at First Canoe Race of 1996 On Sunday January 7th Richmond Canoe Club held the first national marathon of the year. A race for K2's over 13 miles from Shepperton to the canoe club in Richmond.

With a record entry of over 90 crews the event was a great success.

In the Elite Senior men's class - for the top paddlers in Great Britain - the race attracted 24 crews from as far as Nottingham and Cheshire. The race was won by ex World Champion Grayson Bourne (Elmbridge) and James Block (Nottingham) closely followed by a second Elmbridge crew of Junior World Champion Tim Brabants and Senior World Marathon Champion Steve Harris. In third place, 1995 World Cup competitors, Steve Baker and Conor Holmes from Richmond Canoe Club.

The senior ladies race was not quite so well supported but most of the best women in the country competed with Andy Dallaway and

Anna Hemmings from Elmbridge beating Alison Thorogood of Newham and Helen Gilby of Elmbridge, Tricia Davey of Richmond and her partner Linda Dawes of Exeter were third. All six competed last year in the World Cup Marathon Championships and are all hoping for selection to this years Olympic Games.

In the junior men's event the full National Junior squad competed with a combined crew from Fladbury and Nottingham beating the Wey crew into second place.

An excellent race in the mixed class (one male and one female paddler) gave the Reading crew of Daniels and Abigail Cattle the win from the Richmond crew of Charmian Gradwell and Mark Pearce with a second Richmond boat of Liz Greasby and Steve Bedford coming fifth.

The Veteran race (over 35s) was fiercely contested. First place being taken by Ron Thorogood (National Ladies Coach) and Andy Hall of Newham with three times Olympic

competitor, Laurence Oliver and his brother Richard from Lincoln coming second. The Richmond crew of Peter Barnes (club trainer) and Colin McPhee came fourth.

This event is one of three run by Richmond Canoe Club during the racing season. The next being the club sprints which are aimed at younger and less experienced paddlers as well as those of international standing.

The Richmond Sprints are held on Good Friday and is a good start for those aiming to compete in the London Youth Games for the borough later on in the year.

The Club runs canoeing courses throughout the summer months from Easter onwards. Anyone interested in attending one of these courses, or indeed anyone with an interest in supporting the club should contact Trevor Weatherall at the club in Petersham Road (adjacent to the old Three Pigeons car park).

Frances Weatherall

Competition: Slalom

Stafford & Stone Canoe Club

Mini Slalom 1996

Sunday was forecast as a clear, cold day but this didn't deter canoeists travelling to Stone race in the first of the 1996 Mini Slalom Series events held on the River Trent in Westbridge Park. Over one hundred paddlers in all attended the event, travelling from as far away as Rugby and Manchester.

Laura Blakeman, one of the club's elite paddlers nearly succeeded in breaking the handicap system until she was pipped at the last minute by one of the canadian paddlers. This race however has an appeal to all. For the top racers it gives a chance of eyeing up the opposition before the season starts and for beginners it gives the opportunity to try canoe slalom for the first time. Indeed, no fewer than eight local youngsters had their first taste of competition this weekend. Of course, no-one expected them to win at their first event, but by their own determination they all completed the course. Congratulations to Robert Smith, Dave Mason, Lois Bell, Liz Neave, Gareth Paddock, Richard Haslop, Owen Paddock and J Whitelaw. At the other end of the

spectrum, Donald Bean is still going strong at 73 years old and will be rather relieved not to have been beaten by all the young upstarts.

**Dave Royle - Chairman
Stafford & Stone Canoe Club**

In the second Mini Slalom there was once again a good entry, despite the ice on the windscreens and the snow on the car park. The eventual winner, Andy Hemsworth had travelled from Newcastle to compete at Stone, other competitors came from as far afield as Grimsby, Cleethorpes Canoe Club and Banbury. Stafford and Stone Canoe Club member, Laura Blakeman finished in third place.

In the third and final mini slalom for 1996 Andy Smith came in first, with Brian Rogers only one second in front.

Laura Blakeman and Brian Rogers share the overall prize for the series, 'The Star Trophy'. Andy Smith came in third.

Dave Royle



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UNION**

*Wiltshire
County Council*

Youth & Community Services



Stonehenge

National Canoeing Exhibition

Saturday & Sunday

15th & 16th June

10.00am - 5.00pm

Polo Tournament

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Information Stands

Many of BCU discipline committees & canoeing organisations will be represented, such as Surf Committee, DW Committee, Canoe Camping Club, etc.

Admission

Individuals

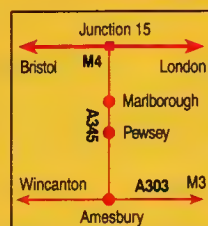
Adults: £2 Childrens & OAPs: £1
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NATIONAL CANOEING EXHIBITION

Land Based Training for Slalom

Article by:
Dave Ledger -
Competition
Trainer Slalom &
Trainee Senior
Instructor.

Land based training plays a very important role in developing the desired levels of fitness for Canoe Slalom. Sometimes the river is not always available, or you can only make it a couple of times a week due to work commitments.

Primarily the training should be varied, to keep it interesting and should be thoroughly thought out so that there is a reason behind each session you do. Some paddlers may need to work on one specific aspect of fitness more than others. Different times of the season require different training objectives eg Winter requires a good aerobic base to be built up and also strength and power development.

Weight Training

is a good way of gaining extra strength, size or conditioning of the muscles. The workout should be anatomically balanced and include some leg work, one are the average paddler doesn't bother with, and ends up with an unproportioned body. The legs should be in good physical condition, as the vascular part of the legs aids recovery of the rest of the body.

If you haven't done weight training before it may be a good idea to start on a multigym, where the weights are on fixed rods making them safer, or if using freeweights get an instructor to demonstrate each exercise to you using the correct form. It is also important to know which muscle groups each exercise uses to enable you to work out a balanced programme.

The repetitions and weight used are very important and should be determined by your aim ie size, strength or conditioning. A slalom paddler shouldn't be thinking about size unless he's thinking about next year's Tenerife beach holiday! Extra size will mean more body weight to haul around the slalom course and also a lack of speed. Strength should be gained by doing 8-12 repetitions with a weight where the last couple of reps are a strain and 3/4 sets on each one. Exercises can be done in pairs to cut down time

spent in the gym and also to give more of an aerobic workout eg Bench press and Squats. The chest gets a rest while the legs work therefore cutting down the overall rest period.

A training partner is a good idea to help with motivation and can also spot incorrect poor form.

Disadvantages of weight training can be aching if not done before or after taking a couple of weeks off. Muscles can be injured if exercises are not done correctly or no warm up is completed. A weight training session could leave you feeling tired for your evening river session and therefore they should be plotted carefully into your training programme about three times a week with at least 48hrs between sessions.

Stretching

If weight training is incorporated into the training program then stretching becomes a vital component of fitness, to keep the newly formed muscles in good condition giving plenty of elasticity. Flexibility can mean the difference between a clear winning run and a penalty strewn one. Being able to lie on the back deck or reach an extra inch with the bow rudder is vital.

Stretching should once again be anatomically balanced ensuring all major muscles are covered. The hamstrings should be well stretched so that an upright posture can be comfortably maintained in the boat.

A stretch should last for 25-30 seconds and repeated at least three times, each time reaching a few more mm. The stretch should be controlled, not bouncing, with constant breathing.

Circuit Training

Circuits are a high intensity activity which work the whole of the body - muscles, heart, lungs and vascular system. The heartrate is often up around its maximum and the muscles are pushed time and time again to almost exhaustion. They are a good way of improving local muscular endurance (conditioning) without adding bulk and also speed and agility moving from one station to the next as quickly as possible. Children and juniors can benefit from circuit training by gaining muscular strength by only exercising using their own body weight.

A high heartrate means that high levels of glycogen (readily available energy) will be used which could result in muscle energy stores being depleted later in the day thus being too tired for an evening session.

Running

Once again generally a high heartrate prevails with running. Most people go

out on their favourite route trying to beat a time, giving themselves a good workout but not really achieving anything specific. Running can be used as a good aerobic session and also a good fatburner if the heartrate is kept at constant 60-70% of its maximum eg still being able to talk whilst running.

Exercise Bikes/Rowing Machines/Air Steppers

If this equipment is available to you then why not make use of it to vary your training. Like steady running this equipment is ideal for aerobic or fatburning where the heartrate can be maintained at a constant level.

The advantages of steppers and bikes are that they can give good a good aerobic and leg workout, leaving the upper body fresh for an evening river session. They are also low impact on joints and can be used instead of running if suffering from shin splints etc. The rower on the other hand can give a good upper body workout if the river isn't available. Either aerobically and anaerobically doing intervals or efforts, eg typical session 10 x 500m with a partner, one works whilst the other rests.

Swimming

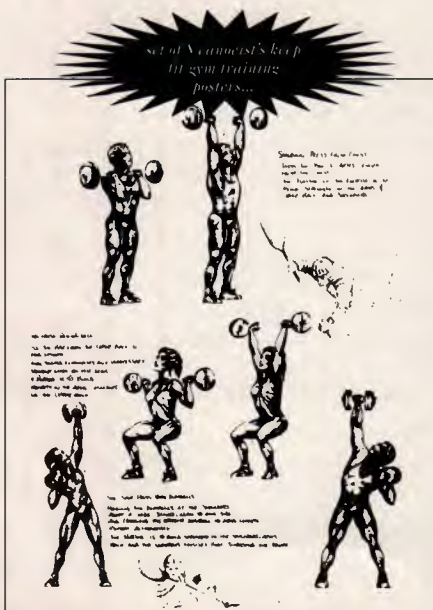
Swimming as an exercise makes a wide range of demands on the body. It requires extensive use of a large number of muscles, the flexibility of their associated joints and an increase in the work of the heart and lungs. It is a good way of easing aching muscles after a hard weights session and also another good way of training the aerobic system. Swimming is not as efficient at fat burning as the body temperature is lowered by the water thus not high enough to burn fat, nevertheless an ideal way to provide variety to the Slalom training program.

Sports

Lastly, another option available is to take part in other sports and games. This depends on how serious the person is on their paddling, as a dedicated slalomist it is advisable to stay away from contact sports such as soccer or rugby as a twisted ankle could put you out for weeks and even ruin a whole season. Racket sports are generally safe and can be good for developing speed and agility. A good warm up should be done once again and these sports carefully plotted into the training program.

All these aspects of training can be used in culminating a good slalom training program using the facilities available to you. Remember to have an aim to every session and above all keep the training enjoyable!

A set of 8 canoeist's keep fit /gym training posters are available from BCU Supplies at £10 plus p&P.



Ergo Competition

At the International Canoe Exhibition which was held at the NEC over the weekend of 24/25 of February a new competition was held which involved two Australian K1 Ergo machines. The competition was sponsored by Reebok who currently sponsor some of our top canoeists.

It is claimed that the paddling K1 Ergo is closer to paddling on water than any other form of kayaking ergometer produced before. The K1 Ergo was developed in Australia to provide coaches and athletes with the necessary equipment to fully prepare or international competition. It allows the athlete to closely simulate the paddling action and effort required to overcome water resistance.

The machine consists of an air resisted flywheel driven by a belt mechanism extending from the extremities of the paddle. With each stroke of the paddle the belt transfers the work done by the athlete to a rotational force of the fly wheel.

The two machines were linked by a computer which had a specially designed programme for the event by Chris Robinson. The programme allowed the paddlers to paddle as hard as they could for 60 seconds and their number of strokes and the amount of work done were recorded. It was the work done which was taken down as the score for the competition.

The competition proved extremely popular with over 400

individuals taking part. The youngest contestant was 5 year old Ian Russell and the oldest was well over 60 (or so he said as he wouldn't give an exact age!).

The competition certainly provided some interesting encounters as their were friends and canoeing partners, husband and wives who competed head to head to see who worked harder than the other. The canoeing partnership of Neil and Howard Blackman (they normally paddle a white water C2 and were part of the bronze medal winning team at the 1995 World Championships) decided to see who worked harder in the boat. After a tense 60 seconds and much cheering Neil beat his brother 1038 to 1031 so neither could blame the other for not working tin he canoe.

Several times the competition became one of sporting disciplines with top sprint and marathon paddlers competing against slalom and white water paddlers.

Once names were put on the leader board the scores encouraged others to come and have another go just in case. Sonja Bapty was one such competitor but whilst she had been away her second place had been taken by Heather Parker and the leader extended her lead and sadly the veteran ladies won the day.

Tamsin Phipps

Results

After two days of competition the final places were:

Senior Men

1	Shaun Pearce	1125
2	Darryl Morgan	1103
3	Darren Dyer	1100

Veterans

1	Tony Bradbourn (50+)	1064
2	Andrew Stanley	1062
3	Dave Enoch (50+)	998

Ladies

1	Tamsin Phipps (V)	916
2	Heather Parker (V)	896
3	Sonja Bapty	884

Junior Ladies

1	Lisa Suttle (15)	835
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18 and Under

1	Damien Chapman (16)	1016
2	James Perrier (18)	1013
3	Daniel Dolder (17)	1011

14 and Under

1	Brendon Osmond (14)	812
2	Greg Edwards (12)	799

News, Information & Events: BCU Development **Focus**

More People Canoeing with the BCU

The BCU Council at its recent meeting, agreed that one of our priorities in the next few months was the production and adoption of a new development plan.

The major change to the development plan, is the simplification of the Union's strategic objectives and the introduction of a simple one line mission statement. Our strategic objectives have been reduced to five and these will be supported by thirteen development initiatives (fig 1).

Why the change? Many within the union believe that too many Development Programmes have been introduced over the years, leading to exhaustion amongst members who undertake the task of implementing them. The proposed changes will allow all sections of the union to examine what they do and why they do it. Once committees are clear on what they need

to do, they can pick and match areas of the development initiatives that will lead to the Union's strategic objectives being attained.

It is envisaged that each section will select no less than three development initiatives to achieve of the Union's Strategic Objectives. One must be the core development initiative of the Junior Canoeing Programme, this being central to the Union's mission statement and a leading priority area of the Sports Council strategy.

The thought of implementing the plan may cause distress and a feeling of more bureaucracy. That is not the aim, what we must do is keep the process simple. We must focus on achievement and not on the tasks. Concentrate on ensuring that events are well attended and not on the number of events held. Focus on events near the centre of urban areas to encourage the creation of partnerships with schools and youth

groups. Concentrate on ensuring quality Coaching courses and not quantity. Access is not just about getting on to an upland river, but it is the accessibility of canoeing for all. It is not about the production of a yearbook, but about the quality of information it contains.

Figure 2 is a list of bullet points that help to put a structure to what is hoped will be achieved. I would like your comments and your proposals on how you feel the BCU can meet its targets. If you're in any doubt, then please write to me **David Gent, c/o the BCU.**

Figure 1

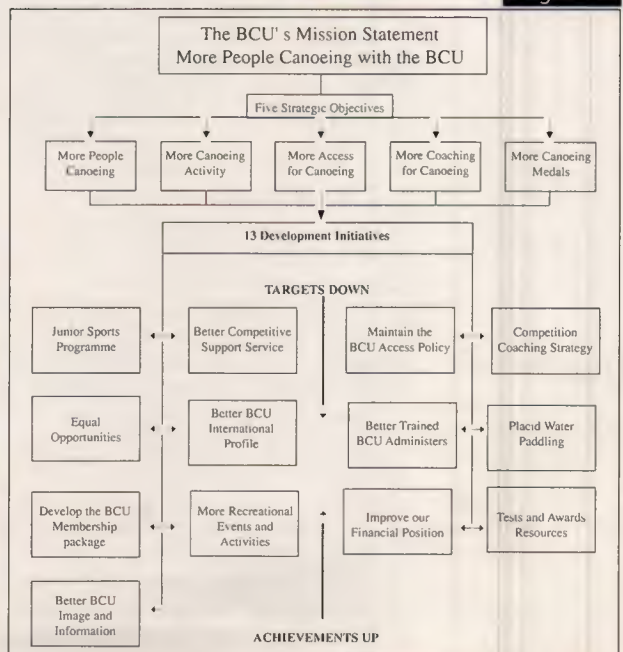


Figure 2 Implementation of the BCU's Strategic Objectives.

- To ensure the sport of canoeing and it's governing body develop. The BCU Council has approved five Strategic Objectives.
- The five Strategic Objectives will focus resources on those areas that require development.
- Focusing on achievement, instead of on tasks, will free resources required to meet the five Strategic Objectives.
- Strategic Objectives will be down flowing, whilst achievement will flow up.
- To facilitate the achievement of the five Strategic Objectives, thirteen Development initiatives will be implemented.
- Each area of the Union will be expected to implement at least three Development initiatives.
- Key Indicators will be developed to monitor performance of the thirteen Development initiatives.
- Key Indicators will be simple and time banded.
- Each area of the Union will develop its own Key Indicators to monitor its performance in achieving the Strategic Objectives.

Article by:
Curly Barker -
Polo Committee
Secretary

National Championships

As this issue of Canoe Focus goes to press, Ponds Forge, Sheffield has played host to the first stand alone National Championships of Canoe Polo. The National Championships for Polo were first held in 1971 and have gone from strength to strength, they became the show piece of the sport, always held at the International Canoe Exhibition, providing some of the most exciting moments of the weekend.

With the move of the Exhibition to the NEC, there were to be no pool facilities and the 1996 Championships either had to be abandoned or transformed into an event that could exist in its own right. It is primarily due to the efforts of Phil McClintock that it was possible both in terms of finance and organisation that the event could take this leap. He negotiated and organised the Event at Ponds Forge and agreed sponsorship with the following, without whose support the event could not have taken place; City of Sheffield, Delapre, Paddlesport, P&H, Peak, Phoenix of Nottingham and Ras Dex.

There were 16 Open, 8 Women's and 8 Youth teams at the Finals, with a major change being that there would be early qualifying rounds, thus guaranteeing every team that attended at least three games. This was seen as being a major benefit to the system that was forced to operate at the Exhibition of instant knockout, where the shortage of pool time for polo meant that teams travelled considerable distances with a strong possibility of playing only one game.

A total of 61 games were played over the course of two days, perhaps lacking some of the atmosphere brought by the presence of the Exhibition crowds, but none the less an absolute feast for the polo enthusiast.

Largely to Form

In the Open competition the early round games went largely to form, the only two seeded teams being knocked out were Luton Tigers and Meridian, being replaced in the quarter finals by Woodmill and South Shore Pirates respectively. The Youth competition was to provide some fantastic early round games, with the first and second placed teams in the league St. Albans and Meridian being drawn into the same group, with the task of coming top of that group to try to avoid playing the third placed team Viking in a semi final. Ultimately and unsurprisingly the teams played each other in a very close and exciting

game which resulted in a two all draw, this left Meridian top on goal difference and St. Albans with the theoretically harder run through, if they were to reach the final.

The Women's competition was weakened by the lack of a South Shore entry and St. Albans team suffering injury problems, leaving Mutineers favourites for the event, but the added bonus that it was any body's place to join them in the final.

The Open Quarter finals were all excellent games, close fought and a joy to watch, but ultimately it was Viking (1995 Champions), Dudley & Sandwell (1990 Champions), Wimps (1995 runners-up) and St. Albans (1994 Champions and current league winners) who won through.

The Youth game between St. Albans and Viking was close from start to finish, with a last minute long range shot clinching a place in the final for St. Albans by 3 goals to 2. Meridian were to join them in a scrappy but evenly contested battle with the 1995 champions FOA that they eventually won 2-0.

Mutineers played their old rivals St. Albans in the first Women's Semi final, in a contest that has provided some memorable games in the past. This year however with the defection of Jackie Marlow to Mutineers and the injury of Hayley Watrett leaving her on the sideline it was not to be and Mutineers ran out 6-0 winners, to take a place in their 10th consecutive National Championship Final; no mean feat of consistency.

The second Women's Semi Final was a Celtic Challenge between Dragon, from Wales and the ever present Scottish team Woodmill. The game swung from end to end, with both teams having chances to score the vital goal but eventually it fell to Sue Berry of Dragon to find the net with a long range shot to give them the lead, Woodmill responded with massive pressure, the Dragon defence being forced to save shot after shot, a situation only ended by the final hooter, leaving Dragon with the precious one goal to take them to their first National Championship Final.

Finals

The first of the 1996 finals was to be the Youth, between two teams that had exchanged results all season and drawn earlier in the day; St. Albans and Meridian. A close contest was to be expected and so it was to be. St. Albans opened the scoring early through a penalty followed in with a second goal almost within seconds of

the restart. Their confidence surged and the game could have been over at that point, but Meridian fought back scoring a goal just before half time and another midway through the second half it was their turn to enjoy a boost of confidence as it looked as if they had found the comeback trail and it was St. Albans turn to dig deep. Inside the last minute it was a long ranging shot that found the back of the Meridian net that broke the deadlock and despite a last few seconds of furious attack it was to be St. Albans who won the final game of the Youth season to become the National Champions for the second time in three years.

The Women's final was to be something of a disappointment with the Dragon team who had fought so well with Woodmill to earn their place in the Final being over shadowed by the power and confidence of an on form Mutineers. Mutineers eventually took the crown of National Champions for the sixth time by six goals to nil.

The Open final between St. Albans and Viking was to finish the event. St. Albans league winners looking for the double and Viking the reigning Champions looking to hold onto their title, but having had a relatively poor early league season.

The teams started the game at a ferocious pace, with play screaming from end to end, it was as if a whole game was to be played in a few seconds. Viking opened the scoring after just a few minutes but it seemed as if they had scrapped a winner. Of course the clock is relentless and the pace went on from the restart. Viking scored again leaving St. Albans to start a comeback. They scored the first of the goals they needed with two minutes remaining, plenty of time in terms of a game that was played at this pace. St. Albans pressed and pressed, forcing Viking onto their back foot, whilst never losing their cool or stopping to look for an opportunity to open the gap again. About 20 seconds from time St. Albans created the clear chance they had been waiting for and made a break for the Viking goal and it was the cover of Chris Bussell with a piece of lightning reaction goalkeeping that kept the ball out of the net and took Viking to their second title.

Albert Woods, President of the BCU was there to present the prizes, assisted by Phil Bennett, Chairman of the BCU Polo Committee as the years worthy winners took the glory, congratulations to them all.

Final Results

Youth

Meridian 2
St. Albans 3

Women

Mutineers 4
Wimpy Dragons 0

Open

Viking 2
St. Albans 1

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Lieksan Survival Expedition in Finland



First aid incident. Hari with deep laceration and Rescué Anne receiving treatment.



Finns stop at a forest to take fresh mushroom soup and Finnish sausage. Sari, Aina, Laura, Marika, Peivi and Anne.

His expression indicated amused disbelief. The pictures on the brochure that he was perusing indicated somewhere 'nice' (from my point of view) and I was already interested before he spoke. "Would you be interested in a 3 day hike in the Wilderness?", "Yes, sounds like fun, where is it?"

"Finland...would you really be interested?" His incredulity was light-hearted but this was no outdoor enthusiast that I was talking to. Once the brochure was in my hands I remember salivating slightly muttering "...Canoeing from lake to lake...smoking freshly-caught fish...open fires...unspoilt forest...navigation and mountain biking...Finnish Army Survival expert...living off the land..."

Yes Mike I'd really like to do this!" The course was being run by the Lieksa College of FE in Finland and as I teach Outdoor Pursuits at the Birmingham College of Cakes, Haircuts and

Article by:
Lester Matthews

Holidays (most people know it as the College of Food,

Tourism and Creative Studies), this was an opportunity to open links with them and build up to exchanges of Students and Staff. Also I was going to have some fun and 'revert to type' for a while. Swimming alongside our capsized canoe in the Jongunjoki river some 6 months later was one of my new friends, Laura. Her expression had turned from shock, to relief and then a Finnish chortle came from her mouth as I beckoned her to join me, clinging to the canoe as it completed its ride through the rapids. Speaking and understanding English is not normally a problem for most young Finns but in these circumstances the pointed finger works best! We were at the start of our 2nd set of rapids at Kattilakoski when a temporary 'broad side' onto a wave put enough water in to make us unstable, one wrong lean and we were in! In actual fact, it was all quite fun and an excellent opportunity to cool off. I remember thinking how lucky I was to be there, instead of being back at College. That day we took another swim and I remember that particular stretch of the river for its forgiving eddies and easy landings.

"Jokamiehen oikens"

The course started in the Lieksa College of FE (Lieksan Oppimeskus) which is close to the Nature reserve of Ruunaa in Finland where much of our time was spent. Jan Jolkennen, a lecturer at the College was the leader of the course which

ended just in time for him to lead a 3-week tour of duty for recruits to the Finnish Army. I'm not sure still if he left 'topped up' or knackered. A number of teaching sessions, videos, etc in the classroom covered survival practices and explained the background to the Finnish view of conservation, use of their natural environment, the concept of "Jokamiehen oikens" (Everyman's right) which means that anyone can gather wild berries, wild greens and Fungii (mushrooms to you and me) for their own consumption. Yes, this is not Snowdonia National Park, "...is that a WILD mushroom in your sandwich sir?.. I'm afraid you'll have to accompany me to the station..."

As ever, the Englishman abroad struggles to make headway with the local language. They say its' the most difficult, I disagree. Only English is easy (to me anyway).

I enjoyed the challenge of learning some Finnish but didn't really come back with very much of it, as everyone spoke better English than some of my own students. "Apua" (Help!) I hardly used at all.

The rest of the group were all on this occasion young Finns, Peivi, Ninna, Marika, Sari, Laura and Anne. Usually they spoke English but I enjoyed listening to them chatter in Finnish round the campfires.

The practical part of the course, started on Sunday night with the group being dropped off on a country road. We navigated successfully through the forestry to our canoes which were by the River. Our maps were already beginning to turn purple (there are edible berries everywhere) and I realised that we were not going to go hungry. My



val Canoeing

involvement was not merely as a course member. I'd given a presentation to their College on our own outdoor modules on the HND and BA, and Jari graciously treated me as an equal right from the start, inviting comment and ideas on the practical details of the journey and becoming a very good friend.

Once we reached the canoes we had to load them up with equipment, survival food, and spare clothing. As the course was to cover such large distances, the normal format of a 'pure' survival course (stay local, forage, conserve energy and accumulate food stocks before moving on) could not operate. A support group was to appear at various stages as on the first night, when we were to put up in the dark (midnight) an Army mini Marquee, complete with its own wood burning stove. First we had to paddle 12km of a grade 2 / 3 river in the Dark.

It was 9 p.m. I led the way, one could hardly claim to be paddling 'on sight' ! It was quite an experience and no capsizes but quite a few scrapes along the way. Jari kept apologising for the low level of the water, I was quite relieved. The canoes varied from Grumman to Traditional 'Indian shape' and were quite fun to paddle. Prior to the expedition part of the course I'd paddled a T-slalom as support on a rafting trip, but there was no way I was going to miss 32 Km of Open canoeing in my own Canoe !

Finnish sausages

Jari, shouted when we approached the campsite and 6 weary, but bright-eyed students landed at Aittokoski and we put up the tent / marquee. Supper was Finnish Sausages cooked over an open fire (Finnish open-fire places had to be seen to be believed by this jaundiced Englishman, used only to vandalism and indifferent provision of wilderness facilities) plus rye bread, soup and coffee. I ate a lot of Finnish sausages during my time there, and never tired of them....ohhh, the taste still lingers.

Sleeping in a tent with a wood stove inside was wonderful, being woken at 7 p.m for a simulated first aid task was not! All credit to the Lads, it was quite convincing. One of the lads was actually in the river simulating a broken leg and

needing help fast . I can still hardly believe it, but he was just wearing ordinary clothes for authenticity. The other 'victims were either dead (Resuci-Anne is always dead), had major wounds or were drunk and 'armed'. The group did well in their treatment of a believable incident and then we had breakfast, struck camp and continued with our descent of the river.

Lunch was at Palvekoski (apologies to native Finns reading this, my computer does not have those cute little dots over the a's) more sausages and canned meat, soup, bread, berries and more berries. Jari caught a Pike which we had later that day with fresh Salmon smoked over an open fire at the next 'campsite' at Anakaiselle. We actually slept in one of the many timber shelters that the Finnish Ranger service provide in certain areas. Earth closets, wood stores complete with steel axe and wells for water all come as standard !

Part of our route that day was by foot to the Bear Hunters' house, where we met the man himself, saw his trophies and ate fresh Cloudberry cake that his wife had cooked earlier that day. A fascinating visit.

Mountain Bike day

Day 3 was a Mountain Bike day along the 'Bears Path', a waymarked trail of 123 Km through forestry (we only did 40 km that day !). The journey was very enjoyable if tiring. Considering that my regular cycling days ceased decades ago, I was quite chuffed with myself. During that day another survival expert joined us, Anssi (Most Finnish names end with a vowel, so I became Lesteri) who showed us which fungii were edible and which weren't. We cooked berry stew and mushroom soup on the journey and visited some of the border defences that kept the Russians out. He cycled off and left us to complete our journey, a journey with a wonderful 'lure'.

I now really miss a sauna (pronounces saona...a as in hat), and this was a beauty. A Traditional smoke sauna, wood fired, all timber building and at the end of that day, we all either needed a Physiotherapist or a smoke sauna. No contest, smoke sauna every time. There was even cold beer....aahhhhh ! Why did the Brits never develop a sauna ? This does not speak highly of us. Don't believe me ?, try one, a real one.

That night we slept in another forest shelter at Siikakoski after a meal of Chicken (we couldn't get any Pheasant) cooked in a half-fiji oven that I'd built earlier that evening, swede and potatoes with Beer and Mesimarja (Arcticberry liquor). Was this survival or "Rhodes around Ruunaa" ?!

On the final day we paddled our last part of the river and as one of the girls had dropped out due to a muscle strain, I paddled doubles that day



Lesteri hullabies strikes again!



Forest shelter at Siikakoski. Marika, Anne and Laura.



Paivi and Laura at the Siikakoski rapids.

(hence the swim). As we landed and someone started a fire for us to fry out the support team arrived with dry clothes etc, and a letter from home for me, a very nice end to the course.

Beautiful Forests and Landscapes

Finnish rivers are all (it appears) wider, longer and more consistent than here in dear old Blighty, and they pass through the most beautiful forests and landscapes. I picked pounds and pounds of delicious 'Cep' mushrooms (*Boletus Edulis*) from the river banks as we paddled down and there were always of course, more berries. You can always tell when someone has come from the forest, they have purple lips!

To conclude, oh yes, I really did enjoy it, It was the best survival course that I have ever been on, I feel more confident now of my skills both old and new and the paddling was great.

The Finns are a lovely people, the beauty of their landscape is addictive, the opportunities for outdoor fun immense, and there is very little difficulty with language. It was less difficult than learning Greek certainly.

I learnt and relearnt many things, often dipping back into my scouting past. Yes I am going back, they've asked me to assist on the next one in September. Lucky Git ?



If you would like to find out about their next courses write to :- Jari Jolkonen, Leiksan Oppimeskus, Kuhmonkatu 32, 81700 LIEKSA, FINLAND or me at Birmingham College of Food, Tourism and Creative Studies, Summer Row, Birmingham B3 1JB.

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

For Sale

Marathon C2, Kevlar, Vacuum bagged, Wee noh nah. VGC, ideal DW boat £750 ono. 2 Canoe cranked paddles, carbon, vgc £50 each. Slalom C2, Magic Kevlar Carbon (ex worlds boat) back right. VGC £300 ono. Contact: 01325 721704 (Eves) or 0191 565 6557 (Day)

Perception Dancer XT ww spec, back strap, yellow, occasional use on placid water, stored inside, vgc £200 ono. Contact Earl: 01734 331042

Coleman Ram x 17ft., red, used only on placid water, good condition £200. Tel: 01782 774560 **Staffs M415 Touring Kayak**, stable and suitable for all standards, excellent condition, approx 3 years old, little used. £110 no offers. Tel: 0181 420 4754 (Watford)

Conquest (Eurokayak) ww spec and equipment, vgc, ideal beginners boat, choose 2 from 3. £130-£230. Extra kit if required. Mike 0151 327 4950 weekends (Wirral)

Kayaks/Canoes, Mountain Bat, Black, Good Condition £200 ono. Rotobat yellow, ww excellent condition £200. Coleman open canoe £400 ono. Tel: 01132 (Leeds) 687594 (24hrs) ask for Ian.

Avon Whitewater Raft, 16 foot, self balling, excellent condition. Tel: 01241 828667

Prijon Hurricane/Avenger black, full plate footrest airbags. Excellent condition £300 ono. Tel: 0181 977 4017

Nordkapp Sea Kayak, yellow, deck lines, with 3 hatches, one at rear of cockpit suitable for radio unit, accessing additional buoyancy chamber £275. Tel: F Cooper 01925 762372 (Warrington)

Fjord Sea Kayak two years old. Yellow with black trim. Front/Rear deck hatches. Retractable skeg. Spray deck and boat cover included. Excellent condition £450. Contact Phil: 015395 31743

CSC Rotobat pool boat with adjustable pedal footrests and buoyancy bag. £100. Tel: Eastbourne 01323 730789

Raider Surf Ski 7'4" excellent condition £150. Tel: 01604 859154 (Northampton)

Mega Performance Joker kayak with foot rests. VGC £200 ono. Tel: Dan on 01980 630339 (Stonehenge)

Comanche General Purpose Canoe VGC, metal flake blue £70, Freeblade paddle £15, WildWater twin seal spray deck £15. Gul long john wet suit (large) £25, Gul neoprene jacket with proofed sleeves £20, neoprene boots (large) £5, Cooper SK100 helmet £5, roofrack. Genuine Peugeot for 205 range £20. All VGC very little used, will accept £150 for everything. Tel: 01522 697095 (Lincoln)

Open Canoe 15ft Granta, in good condition, £250. Tel: 0116 278 3778, after 6pm.

Pyranha Master, white including paddle and 1/2 day tuition. £155 ono. Pyranha Mountain Bat well used £80 ono. Slalom C2 left front. Old design, good starter for Div5/4 £70. Tel: 01633 259612 Gwent.

(Wife) Relocation forces sale Mack Slalom C2 £125.77, Beta high kneel C1 £25.09, Mustang Pony WWR C1 £26.10, 2KVA Generator (might work) £30ish. Sill prices because need to sell. Pete 01234 720515 Bedford, possible deliver in South. Also House in lovely village close to river Upper Ouse near Bedford.

Prijon Invader, purple, alpine spec, full plate footrest, air bags. Good condition, garaged. Also medium spraydeck, RH paddle, helmet, £190 complete. Tel: 01252 542715 (eves) N E Hants.

Carbon Kevlar Slalom, division one boat, new condition £150. Nomad Extreme slalom kayak good condition £150. Contact Harvey Eves only on 0181 504 6349 (Buckhurst Hill, Essex)

Chile Expedition Forces Sale of: Topolino Duo 5 months old £590 ono. Henry Lloyd Drysuit (worn 4 times) £190 ono. WW shortie b/aid £20. Wet suit - one size medium 5'8" £15. Full face Protec helmet - one size £15. Prijon full face helmet, one size £20. Prijon helmet £10. YAK drycrag (with new seals). Purple (Medium Seals, large size) £40 Pogies (Suzy Extreme) £10. All equipment in exceptional condition, fast sale required contact Karen, Glasgow: 0141 227 5808 or 0141 632 9088

Crossfire 1992 cross linked v, tough excellent condition, ww water and surf shredder. Red and black, a mere £250. Tel: 01925 819801 (Warrington)

K1 & K2, K2 Ace Explorer 515 double touner/heavy duty racing boat, new 1995 used in DW95 (including 2 ABS paddles) £225 ono. K1 Discovery 17 stable touner/racing canoe good condition £120 ono. Tel: Malcolm on 01934 838613 or 01426 923051

MJ35's Adventure Sport, good all round boat, decklines, footplate, drain, includes neoprene deck £150. Tel: Ross on York 01904 693198

Kayak, Europa good condition, complete with b/aid, spraydeck and paddle £150 ono. Tel: 01705 469803

Ace Flash 365, one whitewater spec in good condition £150. one placid water, small split in end, repairable £50 Canadian Canoe, CRP, old & Sturdy, double bottom £150. Tel: 01938 850303

Mi380 Pro, pink, vgc, fitted plate footrest, air bags, bow cap. Also Ainsworth R/H 208 paddles and Bush deck £200. Palm dry top and ww dry trousers both XL. £50. Tel: 01480 411224 (Huntingdon) eves

4 Mi415 flatwater plastic kayaks £50 each or exchange for 2 Falchions, Dancers etc Ring Andy 01749 812307 (Somerset)

Out of Print canoeing/kayaking books sale for list. Also Bruynzeel plywood kayak, 13'2 x 24, prototype; used only for demos £130 Davis 9 Great Burrow Rise, Northam, Bideford EX39 1TB

1 Canoe/kayak Trailer box type plus paddle cage and 2 new tyres. 1 WW Roto Bat, art yellow, back rest, and airbags, 2 Corsicas, foot rests and back straps all in good condition. The whole lot for £1250 will split. Tel: Simon Garrard Cobnor Activities Centre daytime 01243 572791

2 Stunt Bats full WW spec, yellow or aqua £295 each. Wetsuit £35, Wetboots £15, Paddle Cag £20, Buoyancy Aid £30, helmet £20, Spraydeck £20, paddles (RH) £25, BDH Containers £30 and Pogies £15. 2 of each item available (small or medium where appropriate), well known brands, all little used. Tel: 01928 787139 evenings/weekends.

Corsica 5, Teal, 3 years old, back strap, full plate foot rest £200 ono. Tel: Chris or Katharine 0181 660 2161 selling to finance C1.

Coleman Canadian Canoe, 15ft, green, plus 2 paddles, good condition £325 ono. Tel: Bath 01225 837681 Eves.

Corsica Overflow, white pro-line, full footrest, rear air bags, good condition, only used occasionally, excellent big volume playboat and river runner. Perception (new) deck to fit £330. Tel: Giles 0115 9851247

Retirement Sales: Nordkapp HS (recessed fittings & compass, pumps, hatches, s/d/cek) £450. Two foam filled "Christo" wave skis - for larger paddlers £250 each. Paddles: Lendal Seamasters £300 £60, New Wave 204cm £15, Kober splits 242cm £30. Wet suits "RA" steamer 5'11, 40-43 new £90. "RA" 4mm long john new £40. Plus loads of other goodies (wetsuits/caps/boots, cags, helmets, b/aids, camping gear, charts, etc, Bargains). A pile of Canoe Focus back copies (free). Call Dennis 01895 446203 Middx after 8pm for details and viewing.

Pyranha Mountain 300 full spec, purple £270, Carbon/kevlar Magic Bat, good condition £250 ono. Contact Paul 01492 641843 (North Wales)

Perception Dancer X5, yellow, footrest, end toggles, paddle and spraydeck £250 ono. Tel: 01252 873399 (Nr Camberley, Surrey)

Double folding kayak, canvas with wooden frame, freshly treated. Includes two pairs of split paddles and airbags £150 ono. Sea kayak, Anas Acuta, excellent condition, rear bulkhead, fall safe footrest, deck lines, airbags £175 ono. Wooden split paddles £15, Asymmetric paddles £25, Wild Water helmet £10, Neoprene vest spraydeck £10, Neoprene spraydeck £5. Can possibly deliver. Tel: Chris on 01703 660315.

Prijon T Slalom, full ww spec, Excellent white paint and teaching boat. Sorry to get rid of but will part with for £180. Also will throw in paddle for a little bit more. If interested contact Richard Tel: 0151 7289364

Perception Pirouette 5 Red full plate footrest, backstrap, Playboater neoprene deck. Little used, Excellent condition £350. Tel: Norwich 01508 538344 or daytime 528763

Roofrack Thul "high foot" with wide (165cm) bar. Suitable for Escort/Maestro vans etc £355 Call Jim on 01654 761545 (Powys)

Rotobat, yellow, ww spec, fullplate footrest, backstrap & Airbag. Good condition, just over 2 yrs old £180. Tel: 01270 522 629 (Cheshire)

Pyranha Rotobat, ww spec, VGC £190 ono. Tel: 01752 814937 (Plymouth)

Aquamarine Stunt Bat full ww spec 2 years old £250 or nearest offer. Tel: Rich 01626 65961 or 01743 873609

Mi415 stable touner, only 18 months old, good condition, always stored under cover, with removable skeg and Palm spraydeck £190. Also Phoenix neoprene deck, suitable for Dancer £10. Tel: Paul Smith 01773 856090 (nr Matlock)

WWR wings 208 R medium carbon/kevlar blades, carbon shaft. Suit lady or youth, hardly used £80. Tel: Notts 0115 9703623

Normad Mystique slalom kayak, under 3 season's use only, black diolen deck, carbon/kevlar hull, suit average sized paddler, adjustable footrest, excellent condition as well looked after £250. Tel: 01743 850722 (Shrewsbury)

Ace Europa 390 full central buoyancy, backrest, slot footrests, buoyancy aid, paddle, nylon spraydeck, thigh supports, neoprene gloves, canoe in excellent condition for £200. Tel: 01928 713413

Pyranha Creek 280 £320 ono, yellow, backstrap, air bags, VGC. Tel: 01942 603721 Wigan area.

Pyranha Magic Bat kevlar/carbon, very light, bright colours, good condition. £175. Dave T 01248 600846 N Wales.

Rotobat, ww spec, pink, graphics, excellent condition, barely used, paddle, full plate footrest, spray deck and air bags £260 ono. Tel: Philip 0181 686 3269

Perception Mirage x1, Europa x1, Mi370 x1, plus paddles x3, and spraydecks x3. Sell altogether, ideal for beginners in a club/scout group etc. £250 ono. Tel: Glyn 01242 521423 (Cheltenham)

Prijon Avenger, dark purple, full ww spec, full plate footrest, heavy duty airbags (bow & stern), back strap, drain plug plus Playboater (knees off) deck, black. Ideal surf/play machine £350 ono. Tel: Glyn 01242 521423 (Cheltenham)

Perception Dancer, ww spec, footrests, airbags, good condition. YAK neoprene spraydeck £190 ono. Tel: 01274 416928 or 01274 592821 ask for Nick.

Dancer (choice) good condition £160, Falchion (choice), good condition £130, Mi380 good condition £130. Tel: Graham daytime or Tue eve 01203 226198 (Coventry)

Pyranha Mountain Bat Mk I model in good general condition. Full WW spec, with airbags. Ideal starter boat for a larger paddler. This is a reluctant sale, I need to stem the tide of encroaching canoe gear in my garage £100. Tel: Roger on 01270 522629 (Cheshire)

Pyranha Magic Bat, yellow, ww spec, full plate rest, air bags and back rest £250 pounds. Tel: 01268 416957

Dancer XT yellow, in good condition, spray deck and paddle £120. Tel: 01694 723227 (Shropshire)

Canadian Canoe 17ft long, fibre glass, blue, wooden seats, some built in buoyancy, suitable for a family 2-3 persons. Good condition, £150. Tel: 01364 661457 (Devon) ask for Colin.

Kirton Talon K1, Magenta/white, recently refitted, good condition £175. Tel: John 01363 84219 Devon

MKV Bat good solid construction £15, 2 slalom canoes old but good condition £45 each ideal for beginners to slalom, 1 Commanche £55, 1 Elite 80 well used free to a good home, 1 Dagger Freefall Lt £350. Contact Steve 01788 833643 (Rugby)

Conquest, only used twice, full plate footrest, backstrap, etc, etc, bargain of the year at £200. Tel: Andy 01472 346271

Sea Kayak, Vyneck, good condition, decklines, watertight hatches, very fast and tracks well, spraydeck included £180 ono. Tel: Steve on 0161 747 3531

Talon Racing K1 (Kirton) full carbon kevlar epoxy, 10 kilos. Seat and Danish pump, excellent condition, injury forces sale £700 ono. Tel: 01392 77963/438949 leave message for Sean

Pirouette 5, yellow, good condition £300. Poo exch for Corsica 5 ring viv 01454 321097

Perception Dancer XT 2 years old, exceptional condition, only ever used on placid water, including spray deck £190. Cheap paddle available if required. Tel: 01778 570722 (eves)

Perception Dancer XT excellent condition, ideal ww and surf £175. GP Junior kayak suit 5-12 yrs, paddle, spraydeck, cag £80. Tel: 01943 465758

Magic Bat full ww spec £220. Tel: 0121 4261124

Mountain Bat, new shape, white, back strap, spray deck release strap £275. Tel: 0115 989 4267, ten minutes from HPP.

1 Ocoee nearly new £650, 5 Mi370 £160 each, 1 Falchion £100, 1 Falchion £125. Tel: 01299 402683 or 01384 393125

Mountain Bat Extreme, full ww spec. Good condition £275. Tel: 01279 410381 (Essex/Herts Border)

Pyranha Acrobat 300 in good condition 1 yr old, ww spec, £280 contact Maggie 0181 520 5202 (London)

2 Ace II Wild Water Racing C1s; one is a training boat in diolen, the other is a race boat in carbon/kevlar competition construction. Both well used and need some work, but have plenty of life left yet - offers invited! Also, Anas Acuta sea kayak, well looked after and in sound condition, but lacks bulkheads and hatches £200 ono. Tel: 01964 534363 E Yorks.

Wavehopper plastic WWR K1, excellent condition, Teal, inc Phoenix Prodeck £325. Tel: 01203 348513 Nuneaton

Wanted or Swap

Kirklees 21" C2 at a reasonable price preferably Southern/Central England (can collect). Tel: 0181 568 7768 day or 0181 892 4984 or Richmond C ask for Marten

Broken Schlegel Paddle to meet 'twin' for conversion into spits. Tel: Phil: 015395 31743 (Cumbria)

Open Canadian Canoe for single/occasional two seater use, preferably not too heavy and easily portable (elderly users) good price paid. Tel: 01777 818798 (Retford, Notts)

Open canoe with paddles wanted, preferably ww spec. Also surf shoe kayak. Tel: Aidan 01227 768191 (Kent)

Prijon Hurricane preferably black, ww spec essential, good price paid, tel Helen (York) 01904 639768

Perceptions Super Sport Less than a year old. Excellent condition, stored in a garage and well respected. Only £350 ono. Tel: Mark on 01392 56688 Exeter.

2 Red Perception Dancers The best all rounder boat you can buy. Both boats are in excellent condition. Both stored inside and well looked after. They both have a fitted bow cap and come with a paddle and spray deck. Only £200 each ono. Tel: Mark on 01392 56688 (Exeter)

Pyranha Mountain Bat yellow, excellent condition, full ww spec, 1 year old, full plate footrest, air bags, backrest £300 ono. Perception Corsica 'S' red, excellent condition, 2 years old, full ww spec, full plate footrest, backrest, £200 ono. Tel: 01724 875102 (H) 01724 402129 (w) Scunthorpe

Cyphur plastic whitewater kayak, full ww spec, 18 months old, b/aid, s/dec, good condition £210. Tel: Dalgety Bay 01383 820484

K2 Stable fast touner for charity event paddle on Liverpool to Leeds Canal 8/9 June. If you are able to assist with equipment please contact John Atkinson 01756 752575

BCU Qualified Staff. Required BCU Qualified Instructors to work at a centre in the New Forest, this is a live-in position with £85 per week wages. June-August. Contact Lee Willows 01425 672347

Caucasus Mountain Expedition information wanted about river sections in this mountain range and information about overland travel, particularly through Ukraine and Russia. Any sponsors interested? Please contact Giles 0115 9851247

15'-17' Canoe, in good condition, preferably a Grumman but others considered, open minded about the price. Tel: Chris: 01703 660315

Help if anyone is able to bring a single kayak from Exeter to the Derby/Nottingham area, would they please phone 01283 703576

Cheap Fibreglass kayak, preferably good condition but not important. Tel: 01665 711416 (Northumberland)

New Watersports Centre in the South requires kayak, Canadian canoe instructors, if interested please send CV to Sussex Windsurfing Tuition, 81

Kingsland Road, Worthing, W Sussex BN14 9EE. Tel: 01903 527449, or Mobile 0402 403950

Slalom C1 must be of modern design e.g Fanatic. Some repair work can be done if necessary. Will pay up to £150. Contact David on 01642 653219 (nr Teesside ww course).

Trailer to accommodate canoes and/or bikes and/or camping gear to leave room in the car for the family. Please phone Greg on 01279 723802 (South East)

Gaybo Olymp V or VI in reasonable condition. Tel: Cofin 0151 343 0228 (Wirral)

Dagger Reflection 15 open canoe. Tel: 01203 348513 (Nuneaton)

Pen Friend for Russian lady (39 yrs) Tatiana Konovalova, speaks and writes good English, paddles white water rivers in Russia (grade IV-V), would like a pen friend. Write to: 354207 Russia, Sochu, Dagomys, Batumskoie Shosse 39 KT 116

Team Members Okavango Over 50 Expedition for a charity fund raising adventure Expedition 600km down the Okavango Delta, Botswana. Members must be canoeists, over 50, and relatively fit. Approximate cost £2000 for more detail contact Jean Berrange, 6 Wheel Johnson Cottages, Gulworthy, Devon PL19 8NZ. Tel: 01822 832027

Old Stretched Canvas over wooden framed kayak, condition not important contact Lee 01928 572729 Runcorn

Miscellaneous Ads

South West Region Small Craft Sea Touring Guide Dorset and South Devon Coastline Volume 1. Possibly the most detailed guide of its kind £9.95 + 85p p&ap. Nigel Hingston, 85 Lawn Drive, Chudleigh, Newton Abbot TQ13 0LS

Vancouver Island Trip, summer '96, whales and totem exploration, minimum 2 weeks, maximum 5 weeks. Sea kayaking all gear provided, experienced guide. Tel: 01132 687594 and ask for Ian.

Hostel Accommodation in Northumberland at Rock Hall. The hall accommodates up to 50 in dormitories of 2 to 8, B&B. Evening meal and packed lunch available if required. 5 miles from Alnwick, 2 miles from A1 and 8 miles from Alnmouth main line railway station. Available dates for 1996 are Easter, July and August. For further info contact: Michaela Nichol Rock Hall School 01665 579 224

Experienced White Water Paddler looking to join adventurous expeditions world wide. Tel: Simon Ellis 03749 27937

Free to Good Home plywood open canoe 15' collect from Durham. Tel: 01484 453125 (eves)

Interested in 6 weeks fun, kayaking and holidaying in the US of A during July/August. To join a party of experienced but lighthearthed grade IV paddlers on a budget cruise of the White Water. Contact Dave on 01865 373115 (Oxon)

Borrowed for a ransom one kayak from outside a BCU coach's house in Leicester. Kayak is well travelled on top of car but little used apart from using as a swimming float on a recent foreign river - contact Moore.

Lost, Stolen & Found

Stolen from RMCS Shrivenhall CC, near Swindon on approx 1.1.96. One carbon kevlar Reflex slalom kayak, metallic grey deck with P&H logo on back deck in light blue and light pink. Hull of natural colour. Red end straps. One Perception Corsica kayak (yellow) marked with RMCS CC in orange spray paint. One carbon/kevlar asymmetric slalom paddles, carbon/kevlar, white. One yellow Schlegel (Left handed) marked with RMCS CC in orange spray paint. Plus assorted items of club kit including throwbags, slings, karabiners, 2 wetsuits, 4 Palm centre cags and 4 spray decks. If you have any information on these items please ring Alastair Senior on 01793 785375 (day)

Found at Hurley Weir car park on 7.1.96. One pair of black shoes. Ring Alastair Senior on 01793 785375 (day)

Lost Schlegel Slalom Paddle, silver loom, orange blades with black markings. River Dart near the Little Chaf, Ashburton on Friday 5 Jan 1996. Has 'Gareth' written on in marker pen. Any information please contact Gareth Lloyd 01908 316716 or Email - gareth.lloyd@gqcm.com

Stolen Pink Pyranha Rotobat, ww spec, stolen from Glen Etive at the access point to the middle Etive on Sunday 10th December 1995. JCC 0141 950 3000 marked on inside. Distinctive repair on stern of boat. Please contact Martin Land on 0141 337 1164 (Glasgow) if you have any information.

Found Ainsworth K100, all round rim system, spec 1, right handed paddle, on 27.1.96, in a lay-by on the Warren Road A27 Worthing, West Sussex. Has a silver and black shaft and black blades, with a distinguishing "chunk" taken out of one blade. If this is your paddle contact Becky on 01903 239211 for further details.

Lost Black No Limits helmet with 'Dangerously Irresponsible' on the back on 11.12.95, near Deverstone, Dartmoor, Devon on banks of the River Plym. Black Rodeo Buoyancy Aid also lost on 12.1.96 in river Dart area between Dartmeet and Newbridge or in Plymouth area. Any help will be highly appreciated. Tel: 01664 66887

Stolen, from student house Oxford. Mainly black, Gull one piece wetsuit with pink patches on each arm and green patches at bottom of legs. There is a turquoise velcro strap round the bottom of each leg. Dark blue Typhoon wetsocks with white toe cap, white sole and zip at side. Blue and Grey breathable dry gait, top half grey and bottom half blue, also three season purple and green sleeping bag in a purple bag with yellow straps, green and orange dome tent in a green bag. If anyone sees these items or is approached with them please contact Barbara Johnson on -01865 60117.

Found unbreakable flask - 18th Feb in the Lakes on a bridge, whilst canoeing. To claim please phone 01661 820017 with description.

Lost a set of Kober paddles on the R Ogen, Sat 10 Feb. If you have found the paddles I would be very grateful if you would contact me Lee 01928 572729 Runcorn.

Holidays and Courses



KAYAK WEEKEND
13th - 14th April
 1,2,3 Star Training/Assessment;
 Canoe Safety Test
 Training/Assessment;
 Instructor Training Inland Kayak;
 Instructor Assessment Inland Kayak;
 Price includes full
 board/accommodation.
 BCU registration, use of equipment
 etc. £55.00

for further details please contact-
 Clive Wilson
 Adventure International
 Belle Vue, BUDE,
 Cornwall,
 EX23 8JP



TURKEY - WW rafting expeditions
 on Coruh River in June.

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 - ● Remote Mountain Scenery. ● -----
 - ● Friendly Locals ● -----
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 Kayakers welcome.

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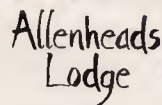
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Details.
 Tyddyn Philip Activity Centre
 Brynteg, Benllech, Anglesey. LL78 8JF
 Tel: 01248 853439

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Excellent Career Development starts here

3 months residential: September to November '96

Send for information pack without obligation to: Ken Hughes,
 Allenheads Lodge, Allenheads, NE47 9HW or Tel: 01434 685374

Holidays and Courses



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BCU APPROVED CENTRE

Please contact:
 MIKE PHILLIPS,
 Birmingham School of Canoeing,
 21 Heathfield Rd,
 Bewdley, Worcs DY12 1JT
 TEL or FAX: 01299 401872.



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 Heathfield
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Plus: courses in climbing, caving,
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FOR FURTHER INFORMATION PLEASE CONTACT:
 Edale YHA Activity Centre
 Rowland Cote, Nether Booth, Edale, Sheffield S30 2ZH
 Telephone: (01433) 670302

hydro ACTIVE

White water safety - 4th/5th May.
 Inst train/assess - 18th/19th May, 15/16th June &
 6th/7th July.
 SI train/assessment - 20th/21st April.
 Alps kayak holiday - July.
 Pre SI assessment refresher course.
 Canoe Safety/First Aid - 20th/21st April
 Tel: 01332 383698 Mobile 0378 891119

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All courses are delivered in partnership with FE colleges and are at minimal cost

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- NVQ level 2 - Coaching in Canoeing**

All training and assessment is provided, the programmes are transferable with your job.

Telephone link and optional computer on-line support with personal tutor

LEA grants may be available for the programme

Training/assessment for NGB coaching awards as an optional extra.



Inter Action Leisure
 Churchill House
 6 Castle Hill Road
 Dover Kent CT16 1GN
 Tel: 01304 213457

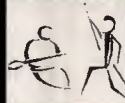
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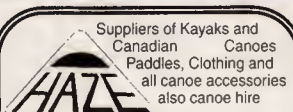
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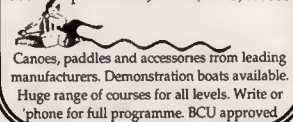
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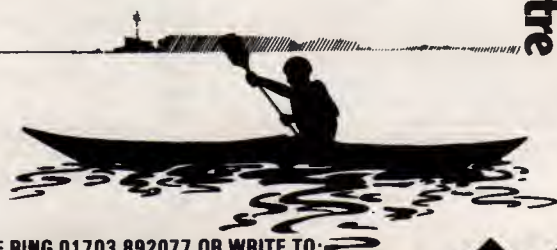
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Inland Canoeing Fatalities 1994-1995

Compiled by
Pam Peatroy and
Paul Kilham

The early winter months of 1994 began with an unusually high number of fatalities. If you recall, an interim report was produced back in April 1994 which detailed 7 inland fatalities this far. We were concerned that, if October, November, and December were good winters re water levels as Jan-April had been, we could be looking at some very bleak statistics. This was a worrying trend because 1993 saw only 4 inland fatalities, 1992= 7 and 1991=10, so the trend was beginning to show signs of a downward spiral. The final fatality figure for 1994 was indeed bleak. A total of 12 inland fatalities were recorded for that year-showing a very sharp rise - in fact; the highest number of inland fatalities ever recorded (Records began in 1972). Unusually, fatalities involving experienced canoeists also increased!

1994

1994 does not make good reading re fatalities, particularly concerning

is the number of experienced paddlers involved.

1995

1995 however, was a particularly good one, in fact the best yet for inland fatalities. None! Why should we go from a bleak and depressing year of 12 in 1994 to nil within 12 months? The advances made in paddling skills and canoeing technology that are pushing the limits of paddleability apply equally to 1994 as they did in 1995, so why no fatalities? Are paddlers becoming more safety aware? Is equipment now being produced that is accident free? Was any paddling done in 1995? Is it too much to hope that 1996 will follow this particularly pleasing trend? Has canoeing now become accident free?

To try and learn something from these fatalities we should emphasise the following:

- 1 Those who paddle alone, in difficult or unfamiliar situations, are seriously increasing the risks involved.

- 2 Always wear a closely fitting buoyancy aid on white water. This reduces the risk of snagging on tree branches.
- 3 Take care when trying to retrieve 'lost' equipment.
- 4 Never bow to peer pressure group, get to know your limitations.
- 5 Check suitability of equipment. Footrests and additional buoyancy are essential for shooting weirs and white water paddling.
- 6 Don't become complacent! Accidents happen on all grades of water from I-V. Don't assume you are safe just because you know the river! Take extra care when running rivers at different levels from its usual state, be it high or low.
- 7 Always be aware/on the look out for other paddlers in your group. Canoeing is only as safe as we make it.



The breakdown for 1994 is as follows:

Jan River Stour Weir Male (39)

Inexperienced paddler paddling a swollen river. Capsized after getting into difficulties near the weir. Swept over weir and rescued but failed to respond to resuscitation attempts.

River Wnion Male (24)

Experienced paddler pinned in boat Grade IV underwater. Drowned.

Feb River Thames Male (33)

Experienced marathon paddler, training for Grade I Devizes to Westminster. River high, K2 capsized under Windsor bridge above Romney Weir. Partner rescued - male body found three weeks later below Romney Weir. No buoyancy aid worn.

River Conwy Male (29)

Experienced paddler capsized between Grade IV-V Conwy Falls and Fairy Glen. Boat and paddler became pinned under water. Paddler drowned.

River Wye Male (13)

Non swimmer. Inexperienced paddler Grade 1 playing with boat he found on a swollen river Wye. Canoe capsizes, he struggles, drowns. No buoyancy aid worn.

Mar Lake Celyn Male (18)

Inexperienced male went out alone in the dark without buoyancy

aid. Boat spotted upturned on lake by a friend on the bank. Body discovered next day.

Apr River Nantcol Female (28)

Experienced paddler pinned vertically near Grade IV-VI the end of slot. Gradually disappears underwater. Drowned.

June Ullswater Male (34)

Just returned to shore after fishing trip with son when canoe hit 'choppy' water and tripped over. Son rescued. Father drowned.

July River Stour Male (33)

Experienced paddler, paddling alone, Grade I/II believed to have suffered an epileptic attack. Dragged unconscious from river, died six months later.

Aug Loch Awe Male (20)

Capsized in hired canoe on rough and windy lake. Partner rescued, other man found 10 days later. No buoyancy aid worn.

Sept River Teme Male (53)

Suffered heart attack while canoeing at Grade I/II Ashford Carbonel weir.

Dec River Goyt Weir Male (38)

Experienced paddler. Open Canadian pulled sideways while negotiating a horseshoe shaped weir. Boat swamped. Partner swam to shore - other man drowned.

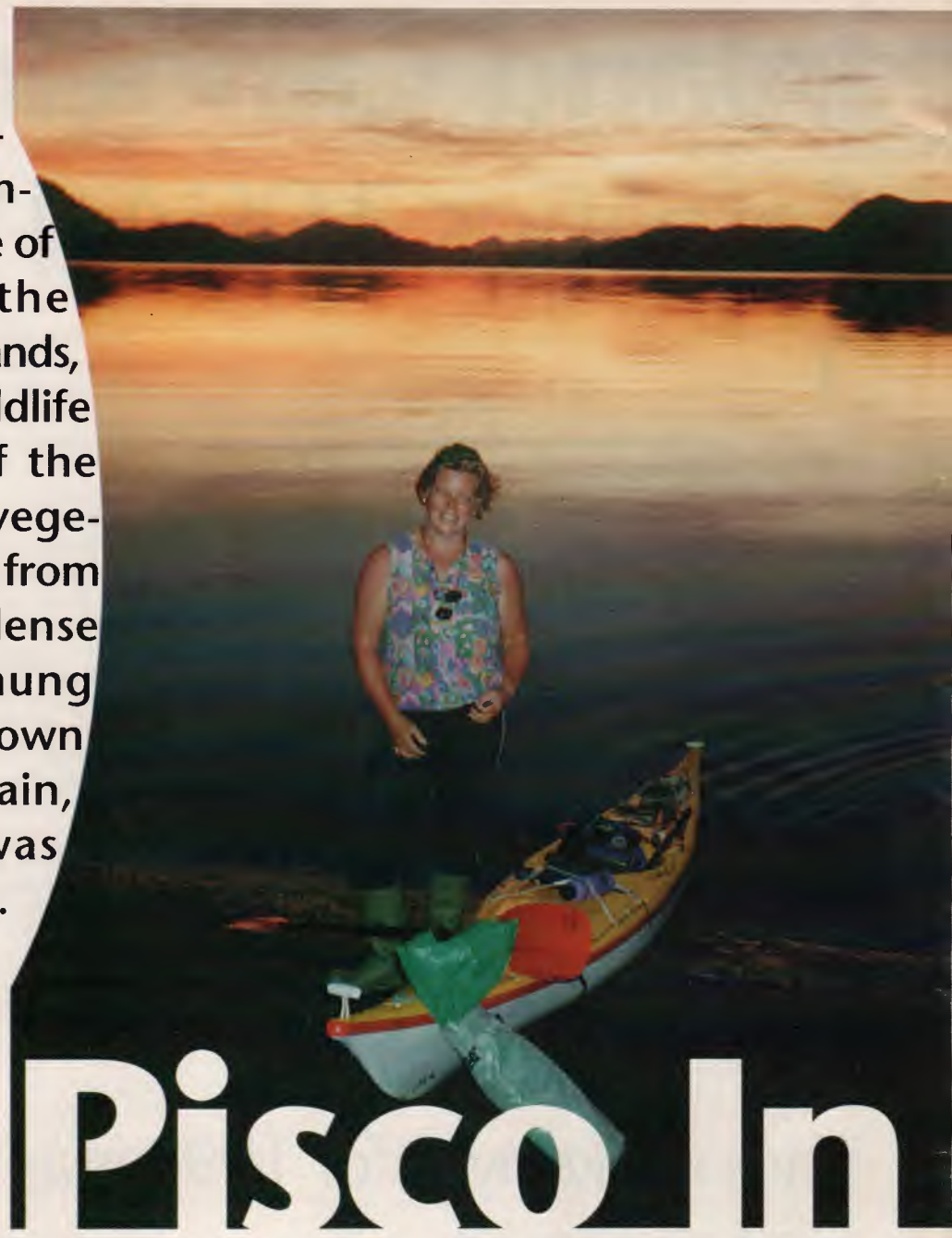
During the time I sea kayaked in Patagonia I was humbled by the expanse of natural beauty, the remoteness of the islands, the abundance of wildlife and the strength of the local grog. Steeply vegetated mountains rose from the shoreline, the dense temperate forest hung heavily, weighted down by the incessant rain, but the beauty was simply mystifying.

It was on this backdrop that we experienced Chilean sea paddling and warm hospitality. The locals of the Los Chonos Archipelago were regularly over generous. On one occasion I received half a bottle of red wine, care of the local baker and grocer and bar. This could have been normal except it was 9am and I'd only ordered 10 bread rolls. The fishermen/bar flies were still holding the bar up from the night before, finding solace from the storm in a bottle of Pisco that had a similar effect as a mallet to the head. A force 8 W/NW was blowing in from the Pacific, a situation that unfortunately was to repeat itself.

The purpose of our venture was to explore, by sea kayak, the Los Chonos Archipelago. A string of islands some 2000km South of Santiago in Region XI. Port Aguirre was our training base with the first group. The port is located, I should say, perched, on the Southern shores of the Las Huichas island. We had started our journey in Chacabuco and taken the passenger/cattle ferry that makes its twice weekly run to Puerto Montt (Lake District). The 6 hour ferry ride took us down to Canal Aisen and into the heart of the region. We landed and, due to the 12 hour delay,

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Raleigh
International.

managed to kip in the Bomberos (fire station). This was great until the alarm went off at 2am and a fire hose and reel of Camberwick Green variety were frantically pushed around sleeping bags and karrimats.



Pisco In

Lack of Tidal Information

Planning a sea kayaking trip in Southern Chile is easier perhaps said than done. The authorities are relatively unorganised and there is a distinct lack of tidal information useful to a sea paddler. We ordered tidal tables that arrived at the end of the first month at sea, the charts for the Western Isles were only available in 1:250,000 scale **useful...not!** The American organisation NOLS operate out of Coyhaique and expedition in the same areas as Raleigh but they are unwilling for us to share their local knowledge. Hence we were resigned to good old sticks in the sand (which actually proved to be more accurate than the tide tables did when they did arrive). Spanish is a must, the locals do enjoy a gringo trying to hablar with them, especially with a Yorkshire accent.

Once we had departed Aguirre after the red tape of visiting the Navy with route itinerary and radio frequencies and a promise that, "No we won't paddle at night, honest Guv", we were a

blaze of colour set against a threatening skyline. We saw only transient fishermen chewing in big wads of gum (their gums or chewing gum I was never quite sure). Thankfully for the sake of our health their curiosity generally encouraged them to have a few words and prompted by a few knowing nods and a "si, si claro", we'd be chucked about four fresh salmon.

Canal Darwin and Chivato.

Our first journey took us out West to the more exposed and uninhabited Canal Darwin and Chivato. The scrub and short pine on the mountains looked like Scotland if you squinted a bit. The channels were abysmal for camping and on Spring tides we had to launch the boats into the trees for safety whilst we bivvied on rocks and canopy. At times everyone questioned their sanity and I definitely dreamt of warm sandy beaches. We continued our exploration to the South of Estero Elefantes. Things were going well, no rain for three days and a light southerly

Left:
Alluvial outwash from Vulcan Hudson - Me!
Below:
Training day with Vulcan Mecca in
background.
Right:
Loading the boats at Citacabuco.
Bottom:
Vulcan Mecca approaching Canal Aison on
way home.



wind to keep the heat of the sun at bay.

In the distance, was I dreaming? a beach. . .no. . . a pumice spit. . .home for the night! We spent the next morning scraping the "goup" from our gear (the stones made nice Christmas prezzies though).

The icy waters of the San Rafael Glacier were beckoning us on a later trip that was jinxed from the start in Chacabuco. Stormbound for three

Patagonia

days 10n.m from Chacabuco, on a private beach of an ex-navy Admiral, who took it upon himself to give us the Spanish inquisition. He was then determined to be a "blind" ex-navy Admiral as he refused to see that I was one of the leaders of the group as I obviously didn't have a beard- as my cohort did.

Moving on post storm one of the group members developed Appendicitis so we had to

evacuate her to Coyhaique hospital for a quick "Weight-Watchers" programme. The weather continued to improve after Helen's departure (on a luxury yacht, which we never forgave her for), and we continued on past the Northern Patagonia's ice-caps, Ventisquerqa and the Gualas glacier. Cold feet and bums but warm hearts lifted by the surge in spirit and phenomenal paddling. Further South the wildlife increased in

number, volume and smell. Colonies of cormorants and sea-lions could be smelled for miles, it still makes me shudder when I smell a sardine.

A place of tranquillity and remote peacefulness offset by the storms of Nature offered a wild and challenging adventure, 6 months wasn't long enough!



**For more info
contact Mark
Gregory on
0171 371 8585
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27 Parsons Green
Lane, Parsons
Green, London.**





National Inter-Regional Pool Slalom Finals

Coventry 18 Feb 96

This was a marvellous 'first' contest, fresh and welcome after the winter and one which must set the pattern for the future! Coventry International pool offered us all that we required - a 50 metre pool, spectator accommodation, parking and a warm, warm welcome despite the grey clouds and threatening snow outside.

More than 200 competitors from the English regions together with a team from Wales took part in the day-long contest and it was to be the home region who took glory at the end of the day with West Midlands declared winners, Wales just behind and the South West in third place.

Outstanding were Premier C1 exponent Toby Morgan, with the fastest time of the day and Andy Smith, Div 1 C1 who had fourth overall fastest time. Warren Pettit was a last minute replacement and still a junior, won Div 3 C1 and Richard Blandford and Chris Leesmith will remember this as the day they drove up

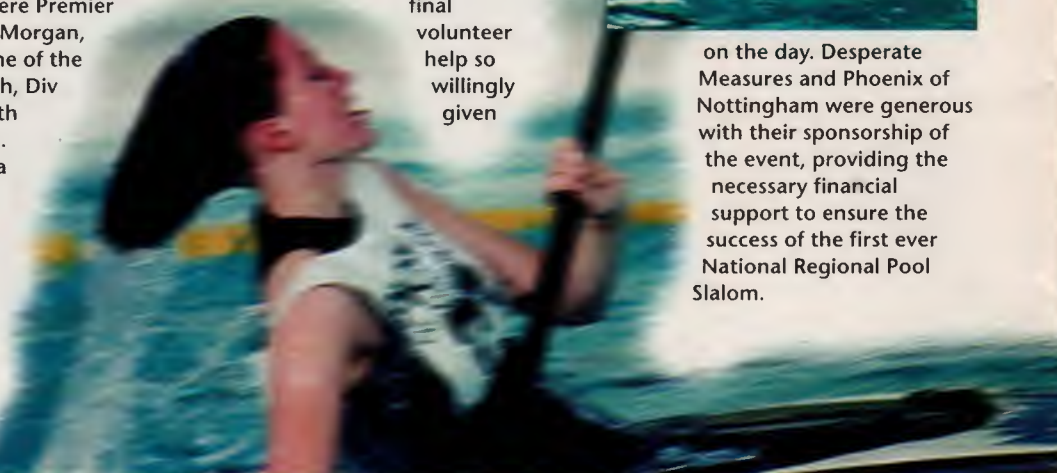
early to assist with course erection, took a turn for the worse succumbing to a mystery illness and then won first prize for Div 4 C2! Richard Barber, representing Wales, won the overall trophy awarded by the BACT to the Best men's individual kayak. Wales must have been proud of their performances and of their team spirit!

Experiences gained by many, particularly those in the the lower divisions more than outweighed the long wait until prizegiving and Sue and Ken Trollope, the Organisers on behalf of the Slalom Executive, were delighted both with the final numbers involved and with the final

volunteer help so willingly given



on the day. Desperate Measures and Phoenix of Nottingham were generous with their sponsorship of the event, providing the necessary financial support to ensure the success of the first ever National Regional Pool Slalom.



Sponsored by
Desperate Measures and Phoenix of Nottingham

Results

Premier K1

Men

Richard Barber

Women

Diane Woods

Div 1

Men

Martin Elston

Women

Helen Reeves

Div 2

Men

Matthew Lucking

Women

Rebecca McElveney

Div 3

Men

Mark Crote

Women

Joanna Townsend

Premier C1

Toby Morgan

Div 1

Andy Smith

Div 2

Jody King

Div 3

Warren Pettit

Premier/1 C2

Stuart Pitt/Craig Brown

Div 2/3

Moore/Smith

Div 4

Blanchard/Leesmith

Snippets ● Snippets ● Snippets ● Snippets ● Snippets

Lifesaving gran!

Jo Lunn of Matlock Canoe Club has some story to tell! Three weeks after her grandson Oliver was born, she had to put all those lifesaving techniques to the test - his snack "went down the wrong" and poor baby Oliver stopped breathing. "This is for real" said daughter Heidi, who called an ambulance whilst Jo gave mouth-to-mouth. Thank goodness Oliver recovered after a brief spell in hospital! Jo is a pool lifeguard and a Senior Instructor - AND last year she won Div 2 - 4 Slalom veterans - number 1 bib this year for Jo, a number 1 gran! Congratulations!



All sorts of boats for slalom!

Remember that you can use almost any boat for slalom this year - no need to rush out and buy the latest specialised craft as length and width restrictions are removed for a trial period of one year - let's do it!

Break-out and try slalom!

Theme of the 1996 Canoe Exhibition - Slalom skills result in better boat control which brings more satisfaction in all your canoeing. Slalom is safe!

FSA grant -

Britain's Olympic Slalom Team will have had the benefit of £18,877 - the amount of grant awarded to the sport for

Olympic preparation. Olympic Team Coach Alan Edge is so pleased as this will make all the difference - extra coaching and support will now be possible in the final run-up to the Games.

Radio 5 Live -

the Saturday Kershaw/Whittaker programme featured Canoeing in early March, covering grass roots right through to Olympic hopefuls - the more publicity the better!

Grandstand

BBC Grandstand slotted in a feature on Olympic selection during the Boat race day in early April - everyone's talking about the sport where they "go through the gates".

"Starter" packs are available to all free of charge, just contact Sue Wharton, Slalom Development Officer for this and any information on Canoe Slalom on 01636 705363.

River Tryweryn -

we're trying really hard to find alternative sites for slaloms in the event that water releases are not possible (as predicted during February).

Slalom Coaching -

the Coaching Development group is working hard to increase the numbers of qualified coaches. Equally having worked to get the qualification, we hope that all the new coaches out there will use their new knowledge and spread the word. Want to know the venue and date of the next Course - just phone Slalom's information line 01636 705363.



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"Samantha Turner on the Tamur" - Equipment Palm Double Dry Cag
Photo: Helen Rowlands Ladies Himalayan Kayak Expedition 93