

CANOEING MAGAZINE

CANOEING

N°74 MARCH 1984 SEVENTYPENCE



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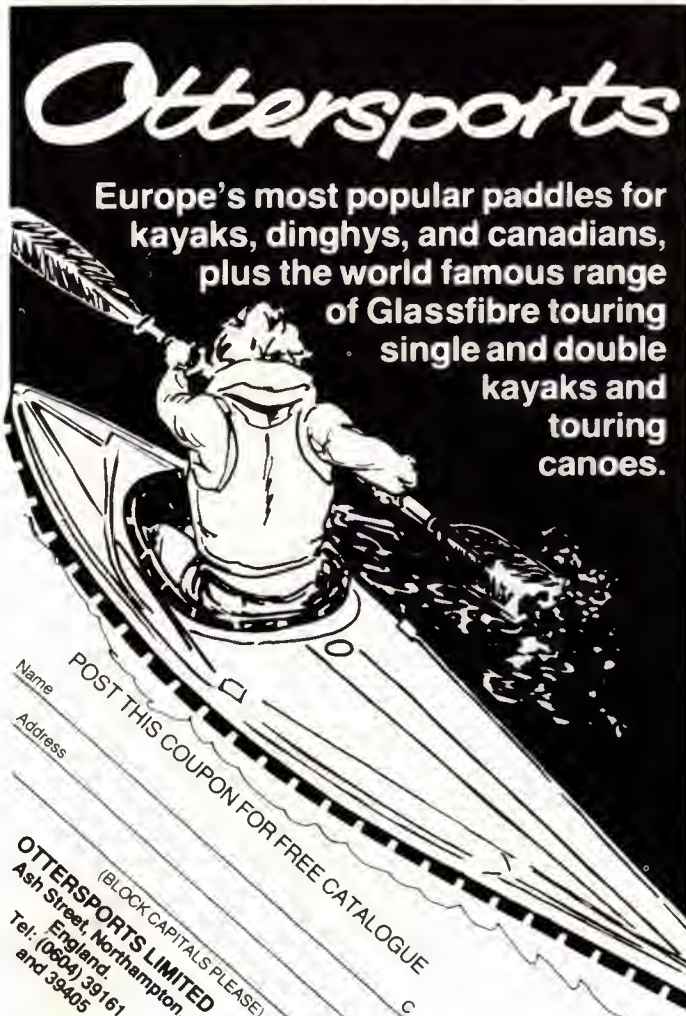
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INCORPORATING CANOEING IN BRITAIN AND CANOEING MAGAZINE

MARCH — NUMBER 74

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COVER: *Sea Canoeing — evening silhouettes. Photo: Chris Howes.*



Waterside — start of the marathon season — see page 12

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Notes & News

THE OLYMPIC RACE IS ON

The greatest race for many of Britain's Olympic hopefuls has already begun. For years they have been training with one great goal in mind — to represent their country in the Olympics — but without the £1.5 million needed to send a full team to Los Angeles, many of them could never even get the chance to compete.

The costs of sending a team to the Olympics are soaring; it will take an average £1000 to send each competitor to Los Angeles, and the equestrian team will cost a massive £100,000 to transport all their horses, grooms and equipment. Yet the British Team will not receive a penny from the British Government to boost their quest for Olympic Gold. This puts the burden firmly on independent private donations from the public, and commercial sponsorships by British companies. One of the largest support ventures is by American Express, who hope to raise a massive £250,000 by 31st March — a sixth of that daunting figure of £1.5 million.

'This may seem a staggering sum', said Charles Palmer OBE, Chairman of the British Olympic Association, 'but we want our team to have every facility whilst they are in Los Angeles to get them on an equal footing with competitors from other countries. The accommodation, the medical back-up and the local transportation of our team while at the Olympics will be very expensive, probably the most expensive of any Games to date.'



Every single team item that Britain's 380-400 team members require will have to be paid for, even down to administrative facilities such as telephones, desks and stationery.

More than 10,000 competitors from over 100 countries are expected to flood into Los Angeles this summer; as well as countless thousands more trainers, physiotherapists, judges and of course, spectators. It was a very different picture back in 1932 when the Olympic torch was last lit over Los Angeles. Then, only 1400 competitors from 47 countries made the journey to Los Angeles with such famed British names as 50 kilometre walker T.W. Green, and hurdler Robert Tisdall, emerging as the golden Olympians of their day. The cost of sending the entire British team to compete was a mere £10,312.

Britain's Olympic tradition stretches back uninterrupted, except for the two World Wars, since 1896 when the Olympic Games were revived in Athens by Baron Pierre de Coubertin after a lapse of many centuries. The British Olympic Association was founded in 1905 to co-ordinate our participation, and to raise the funds to send our competitors to the Olympics.

Since their revival, the size of the Games has increased dramatically. The Winter Olympic Games were added in 1924, and the Summer Games now comprise 21 sports and are open to the 147 nations in membership of the International Olympic Committee.

In 1984 Britain's established stars such as Daley Thompson, Steve Cram and Fatima Whitbread are certainly going to be there and will probably be in the medals. If American Express succeeds in helping the British Olympic Appeal to that magical £1.5 million, Britain's young hopefuls of today might also be there to emerge as champions of the 1984 Olympics. The competition will be intense and records broken. Let's hope we can raise the £1.5 million needed to send the best of British to Los Angeles.

ICELAND BREAKTHROUGH EXPEDITION

Readers of Sunday papers may already have seen the Sunday Express issue of 18th December. The cover showed 2 Gaybo Olymp Fives strapped below a Microlite. Inside further spectacular photos, showed Gaybo Olymps being lowered into an ice cave and being paddled through giant waves.

The Iceland Breakthrough Expedition used Gaybo Olymp Five Kayaks for their successful expedition to follow the River Jokulsa-A-Fjollum from its source to the Ice Caves to the sea.

They knew the Olymp Fives first class design made it suitable for the variety of conditions encountered. The construction was strong enough to survive the largest of waves, yet light enough for two to be strapped below a Microlite — where weight was naturally critical.

A tall order indeed, but the boat stood the test. In 1983, the Olymp Five has proved to be Gaybo's most popular model for Outdoor Centres and individuals alike.

BRITISH WATERWAYS BOARD TO START TALKS WITH NATIONAL FEDERATION OF ANGLERS

Talks aimed at improving the management of angling throughout the British Waterways Board's 2,000 mile system of canals and river navigations, together with their associated reservoirs, are being held between the Board and the National Federation of Anglers.

The wide-ranging discussions will include the management of fisheries, the improvement of fish stocks and the provision of better facilities which will benefit both anglers and members of the public using the waterways for other leisure pursuits.

NEW £225,000 ATHLETICS TRACK FOR THE BORDERS

Mr Peter Heatly, Chairman of the Scottish Sports Council, announced on Thursday, 9th February that the Council was contributing towards the cost of a new £225,000 all-weather athletics track and field facility at Tweedbank in the Borders. The Council will contribute £57,000 in its

first ever capital grant for a sub-national sports facility.

'In recent years we have been emphasising our role in encouraging national sports facilities and we have asked local authorities to provide facilities at the local level', said Mr Heatly.

'But we are aware of the need for facilities between these two levels. Shortage of funds has prevented us from taking many initiatives but the Tweedbank project presented an opportunity not to be missed.'

'As the first comprehensive competition and training facility for athletics in the Borders we are confident that it will play a crucial role in encouraging increased participation in athletics and in raising standards of performance.'

The project arose out of planning work between the Council and Borders Regional Council and the project is being handled by Ettrick & Lauderdale District Council which will manage the facility when it opens this summer. The costs are being borne by these two Councils and Berwickshire District Council as well as the Scottish Sports Council.

TEME RIVER RACES III/IV FEBRUARY 4TH/5TH 1984

The second pair of river races held on the River Temе this season were fortunate to have both good water and good weather.

On the Saturday division B raced a course including the four weirs and slalom site through Ludlow, finishing at Ashford Carbonel. There was plenty of rough water at the top half of the run with several 'chicken run'/direct-line decisions to be made.

Good rescue cover tempted a number of racers to opt for the direct line at the fourth weir, for some it was a wrong decision, the stopper was holding.

Division B K1M:

1. Dave Hallam, Stubbers CC, 22.11 mins;
2. Dave Power, Colchester, 22.17 mins;
3. Alan Tordoff, 1st Gawsworth Scouts, 22.34 mins.

Open:

1. Ian Howes, Swansea Univ., 22.23 mins;
2. Ian Tordoff, 1st Gawsworth Scouts, 24.40 mins;
3. Jon Smith, Alsager, 30.13 mins.

The Sunday race, division C, started at the previous day's finish. Four miles of frequent bouncy rapids led down to Little Hereford. Sustained interest and simple routes made this an excellent race for division C, especially newcomers to river racing.

Division C:

1. Robert Jones, Manchester, 22.00 mins;
2. Ewen Macgregor, Gloucester, 22.30 mins;
3. Gregory Pinches, Bristol Univ, 22.55 mins.

Open:

1. Dave Hallam, Stubbers, 21.03 mins;
2. Alan Tordoff, 1st Gawsworth Scouts, 21.33 mins;
3. Tim Phillips, Worcester, 21.41 mins.

ALPINE CANOEING — ON THE SPOT RIVER ADVICE

Everyone knows that however good or recent a guide book, there is nothing like on the spot advice from an expert who's just done the river. . . only one thing better — to have that person guide you down the river!

This summer and for the school holiday

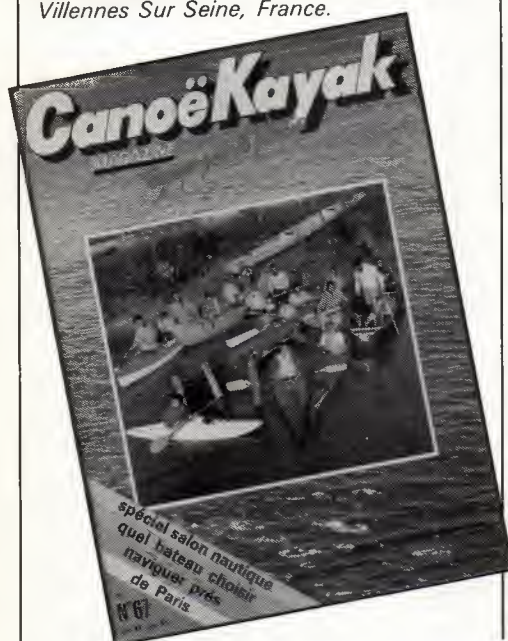
CANOEING MAGAZINE

period, there will be a British guide based on a campsite in Austria. He will know the local rivers intimately and will be able to discuss your group's requirements, offer expert advice and guidance if you want it. For further details send an s.a.e. to: *Mill House (Austria), Adcote Mill, Little Ness, Shrewsbury SY4 2JZ.*

The Mike Jones Weekend Organising Committee have decided to fund this experimental service as they think it could be very worthwhile and of positive benefit to recreational wild water paddlers. It's up to your groups and schools to prove them right!

CANOE-KAYAK MAGAZINE

The really excellent French canoesport publication 'Canoe-Kayak Magazine' starts the new year with a re-vamp of their front cover to a more modern design. The content remains much as before with news, competition reports and very detailed river runs and guides. The magazine — at a cover price of just under £1.70 — is available on subscription from: *Canoe-Kayak Magazine, 403 rue de Poissy, 78670 Villennes Sur Seine, France.*



SCOTTISH SPORTS COUNCIL CHAIRMAN AND RAF CHIEF VISIT GLENMORE LODGE NATIONAL OUTDOOR SPORTS TRAINING CENTRE

The work of Scotland's mountain rescue teams was praised in February by Mr. Peter Heatly, Chairman of the Scottish Sports Council, and Air Vice-Marshall John Tetley, Air Officer Scotland and Northern Ireland, when they visited the Centre.

The two chiefs made a flying inspection by helicopter over the Cairngorms — scene of several dramatic search and rescue operations this winter — and visited Glenmore Lodge, the National Outdoor Sports Training Centre run by the Scottish Sports Council, from where search and rescue operations are co-ordinated.

Mr. Heatly and Air Marshall Tetley spoke to Mr. Fred Harper, Principal of Glenmore Lodge and Rescue Mountain Rescue Team. They also talked with the crew of the RAF helicopter from No. 22 Squadron Detachment, Leuchars, whose airmen have flown many heroic missions to find and rescue people in trouble on the mountains.

Mr. Heatly said: 'I want to thank all those who have been involved in the many search and rescue operations already this winter in the Cairngorms and to praise the outstanding co-operation between Services and civilian personnel.'

'There is no doubt that this co-operation is achieving new standards of mountain rescue potential and capability.'

'However, the mountains never will be completely safe in winter — and we wouldn't want them to be. They are important for those who seek challenge and adventure and we must wish that it shall always be so.'

'But at the same time we do not want to see people take unnecessary risks and so it is vital that they are properly equipped and are properly prepared for our mountains especially during the winter months.'

During the visit to Glenmore Lodge, Mr. Heatly and Air Marshall Tetley discussed the training of mountain rescue teams which is carried out at the Lodge. They also visited Rothiemurchus Lodge and the RAF Outdoor Training Centre at Granton-on-Spey.

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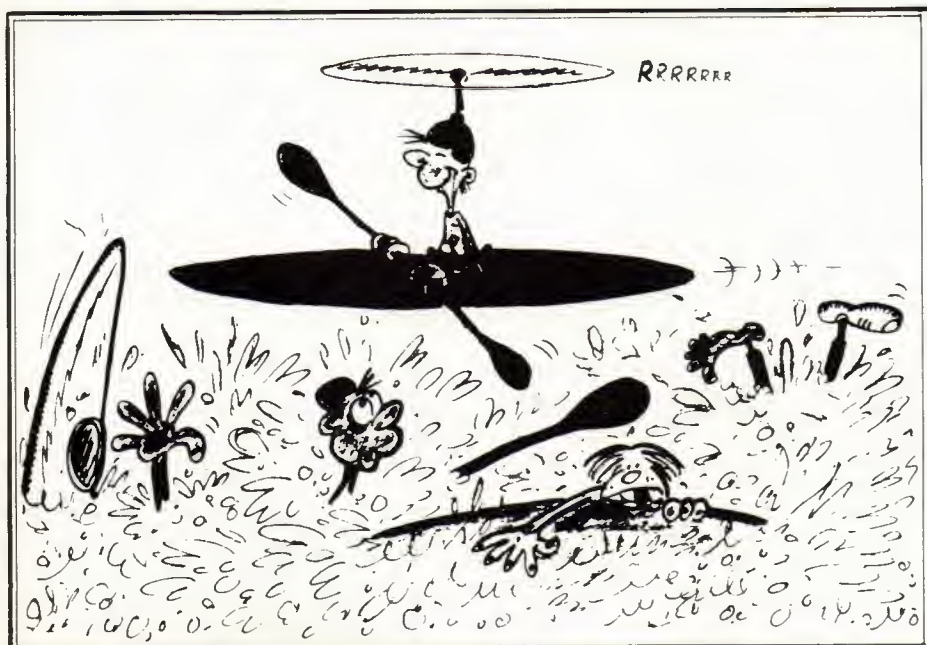
by Dr. G. Areil, chairman of Biomechanics for the US Olympic Committee found the Lifeline Gym

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An amusing cartoon reprinted from the Austrian Alpinen Kayak-Club newsletter



THOUGHT FOR FUEL

THE PROBLEMS OF ENERGY SUPPLY FOR THE MARATHON CANOEIST

by Allen Bennett, B.Sc., Ml.Biol.

A programmed rehearsal, as we see in sprint events, is not possible for marathon competitions. There are many more factors that can contribute to success or failure, and rapidly becoming more important is diet — both pre-race and during the event. Over the last few decades much has been discovered about muscle physiology and biochemistry and this, together with experimentally gained knowledge regarding energy requirements has aided athletes to achieve outstanding results in many fields of sport. The current trend toward longer 'marathon' and multi-sport endurance events serves to focus the awareness that both the performer and coach direct towards nutrition as an integral part of a training and competing programme.

The majority of marathon canoe races are 45-90 minutes in duration, although there are many events requiring higher levels of endurance such as the Devizes to Westminster race, which can be completed in around 16-hours for elite crews, but may take 30-hours or more of non-stop effort for some competitors. Extensive endurance feats are also completed by touring canoeists, sea and expedition paddlers.

Very little research has been carried out on canoeists regarding energy requirements, although extensive literature is available from animal research, swimming and running magazines and much of this information can be translated for canoeing.

Although there are cardiovascular requirements for an athlete to be able to maintain a high energy expenditure for long periods, research has indicated that fuel supply to the muscles and its control are major problems for both the elite and casual endurance athletes, and it is this area which will be covered in this article.

FUELS AVAILABLE TO THE MUSCLES

Energy is released from basic substrates by oxidation. The two major fuels for muscles are carbohydrate (glucose or one of its polymers, glycogen) and fat (fatty acids — the sub-unit of fat). This oxidative process occurs via well defined and documented pathways resulting in the controlled transfer of energy from the food to adenosine diphosphate (ADP), forming adenosine processes e.g., muscular contraction, by the conversion of ATP back to ADP. (See fig.1) ATP cannot be stored, and as it forms an integral part in the process of muscle contraction its rapid regeneration is of paramount importance. Without regeneration, available ATP could support contraction for less than one second. During the steps where glucose or fat are converted, ultimately to carbon dioxide and water, ATP is generated.

The amount of carbohydrate and fat stored in the body, how they are stored, how they are mobilised and how the rate of utilisation of the two fuels is integrated, are important.

CARBOHYDRATE is the major energy source. For some tissues e.g., brain and

nervous tissue, and blood cells, glucose is the only energy producing substrate. Carbohydrate in the diet is digested to glucose which is rapidly absorbed into the bloodstream. Surplus glucose can be stored in the form of glycogen in the liver and skeletal muscles. Once these reservoirs are full, glucose can be converted into fats and stored in adipose (fat) tissue. This emphasises the importance of glucose as an energy source — it is not excreted except in extreme conditions, such as diabetes.

The function of glycogen is that of a reserve of glucose which can be rapidly formed when required. The capacity for storing glycogen is limited simply on account of the space which it occupies in the cells, although other problems such as the osmotic effect and susceptibility to bacterial infections may have been evolutionary factors preventing greater storage of glycogen.

The degradation of glycogen in the liver results in phosphate formation which can be utilised for at least two purposes: degradation to supply energy and/or intermediates for biosynthetic purposes; and hydrolysis (breakdown by the addition of water) to glucose. The latter is important since it means that liver glycogen stores can be utilised for the maintenance of blood glucose levels. Physical exercise increases the breakdown of glycogen in the liver. (Rohr, P., Saint Saens, M. & Monod, H. (1966) *J. Physiol., Paris*, 58:5.)

In muscle, glycogen functions solely as a fuel reserve for ATP generation during contraction. Muscles cannot convert glycogen to glucose. Skeletal muscle may be sub-divided into at least two types, namely red (aerobic — with oxygen) and white (anaerobic — without oxygen) which differ in both appearance and metabolism. Red muscle has a good blood supply and possesses a high capacity for aerobic metabolism of either glucose or fatty acids. The supply of these fuels via the blood should be sufficient to supply energy rapidly enough for moderate mechanical activity. If the energy requirement for contraction exceeds the rate of energy production, local glycogen may be oxidised to provide additional energy for a comparatively long period. However, if the energy demand exceeds the aerobic capacity of the muscle (that is the oxygen supply is limiting), glycogen can be degraded anaerobically i.e., without the addition of oxygen, to lactic acid, to obtain extra ATP. In this situation the rate of glycogen breakdown is high since the anaerobic rate of ATP production is less than 10% that of the aerobic rate. However the glycogen reserve is soon depleted and the extra ATP generation can only be maintained for a short time. This situation is unlikely to arise from steady state paddling, although it is likely to occur in some sprint events.

White muscle contracts violently for short periods (an evolutionary trait reserved

for e.g., escape from a predator, although much called upon for sudden burst of activity during sports events). White muscle has a poor blood supply, consequently low aerobic hydrolytic capacity and high capacity for glycogen degradation. The glycogen stores are somewhat greater in white muscle than in red. Glycogen degradation can occur extremely rapidly in white muscle (it has high enzyme activity) whereas its poor blood supply indicates that aerobic glucose metabolism would not supply sufficient energy for contraction.

The inefficient production of ATP in anaerobic muscles is offset by the ability to metabolise glycogen. The limitation that is imposed by the rapid depletion of glycogen stores is illustrated by the fact that mechanical activity can be maintained only for short periods. At maximum enzyme activity glycogen would be depleted in only 10 seconds.

If all the stored carbohydrate in the body could be utilised, it would produce sufficient energy for, at most, 95 minutes of marathon running. Marathon athletes are therefore reliant on the other energy store — fats.

DIETARY FAT is a source of energy and some intake is necessary to supply essential fatty acids for correct body functions. Fats constitute the largest fuel reserve in the body which could theoretically supply sufficient fuel for about 120 hours of marathon running. Fat is stored in adipose tissue which is distributed diffusely throughout the body e.g., under the skin and around the major organs. The accumulation of fat is a highly efficient means of storing energy since more calories are released from the oxidation of 1g. of fat (9.3 Cal) than 1g. of carbohydrate (3.7 Cal). This is because energy is released when carbon-carbon and carbon-hydrogen bonds are oxidised to carbon-oxygen and oxygen-hydrogen bonds (carbon dioxide and water, ultimately) and, since fat contains proportionately more C-C and C-H bonds than carbohydrate, more energy is obtained from the oxidation of fats. Since fat is not water soluble it needs no associated water for storage and fat stores contain almost 100% fat. These two factors contribute to the fact that fat is nearly nine times more efficient than carbohydrate as a biological energy store. (Weis-Fogh, T. (1967) *In Insects and Physiology*, p143, Ed J.W. Beaumont & J.E. Treherne, Edinburgh; Oliver & Boyd.)

In man this large fuel reserve may be inessential (though it should be put to good use in endurance events!), but in many animals it is essential in the constant search for food and in certain species of birds, fish and insects it is vital for migration.

Apart from its function as an energy store, fat tissue acts as a mechanical buffer for the protection of delicate internal organs like the heart and kidney, and as a lubricant in the joints. Under some circumstances, subcutaneous fat can insulate against heat loss.

Fat is released into the bloodstream in the form of fatty acids which, since they are not soluble in the aqueous medium of the blood, are transported in association with the plasma protein, albumin. This association limits the rate at which fatty acids can be taken up by muscle and could pose major problems for the marathon athlete.

The main fuels, therefore, for the endurance athlete are glucose and fatty acids available in the bloodstream and

glycogen present within the active muscles. There is evidence that optimal performance is only achieved if all the fuels are used simultaneously throughout the whole of the event. Fats alone cannot supply sufficient energy to meet the power output of, for instance, a marathon runner. If the body's store of carbohydrate is depleted prior to exercise (e.g. by eating a low calorie diet) the athlete cannot maintain high power work. Conversely, eating a carbohydrate rich diet prior to an event enables maintenance of a high power output. Furthermore in longer events, power output declines when glycogen stores are depleted and fat becomes the dominant fuel in the later stages (Davies C.T.M., and Thompson, M.W. (1979) *European J. of Appl. Physiol.*, 41, 233). The limitation in the rate of utilisation of fats is the water solubility, since albumin is used to solubilise fatty acids and the amount of albumin is limited. The rate of uptake and release of fatty acids by albumin may also become rate-limiting factors.

SUPPLY AND DEMAND THE ENERGY EQUATION

The competitor cannot maintain a sufficiently high power output from fatty acid oxidation alone, and reliance on carbohydrate alone would deplete the entire carbohydrate stores well before the end of a moderately long event. Hence it is necessary to regulate the availability and rates of utilisation of the three fuels during the whole race. The release and utilisation of these energy substrates is under hormonal control, although dietary manipulation can be used to give a degree of control and this modification may produce the small margin between success and defeat in an endurance event.

During periods of relative inactivity, glucose is the normal fuel and blood glucose concentration is maintained within defined limits (80-100mg/100ml.) for the requirements of brain and blood cells. During exercise the blood glucose remains within this range despite increased utilisation. The liver releases glucose into the blood-stream from its store of glycogen (Hultman, E. (1978) *3rd Int. Symposium on Biochemistry of Exercise Vol 3, pp99-126*). Fatty acids are released into the bloodstream for oxidation by muscle. Increased utilisation of fats reduces the rate of glucose and glycogen metabolism (Randle, P.J., et al (1963) *Lancet*, 1, 785) (Rennie, M.J. and Hollouzy, J.O. (1977) *Biochemical J.*, 168, 161). This is important since the ability to maintain a high power output necessitates the simultaneous use of both carbohydrate and fats. The reduction in carbohydrate oxidation increases the length of time that carbohydrate can be oxidised.

APPROACHES TO ENHANCE PERFORMANCE

A number of methods can be adopted to achieve improvement in performance: firstly, fatty acids should be mobilised from the beginning of the event. Normally, maximum rates of fatty acid metabolism are not achieved until some time after the exercise has started. Laboratory experiments have shown that artificially stimulating fatty acid release prior to exercise increases the duration of the task (Hickson, R.C., et al (1977), *J. Appl. Physiol.*, 43k, 829). A simple means of stimulating fatty acid mobilisation is via caffeine, so that a cup of strong, unsweetened black coffee one or two hours

before a marathon may be beneficial (Costill, D.L. (1980) *4th Int. Symposium on Exercise. Exercise and Hormone Regulations*).

Secondly, it is possible by training and dietary manipulation to increase the level of glycogen stored in the muscle. A low carbohydrate diet for three days, followed by a high carbohydrate diet for three days as originally suggested in 1967 by Scandinavian researchers (Bergstrom, J. et al (1967) *Acta Physiological Scandinavica*, 71, 140), although more recent work indicates that a high carbohydrate intake in the days preceding the event is sufficient. (See fig.2)

An increase in the glycogen content in the muscles allows a higher rate of oxidation of this fuel so that a higher output can be achieved or that output can be maintained for a longer period. Ideally the event should be completed with almost no glycogen in the active muscles. If some glycogen remains the athlete could have competed faster. If all the glycogen is exhausted, so the muscles only function on fatty acid oxidation, the power output would have to be reduced (i.e. reduced performance).

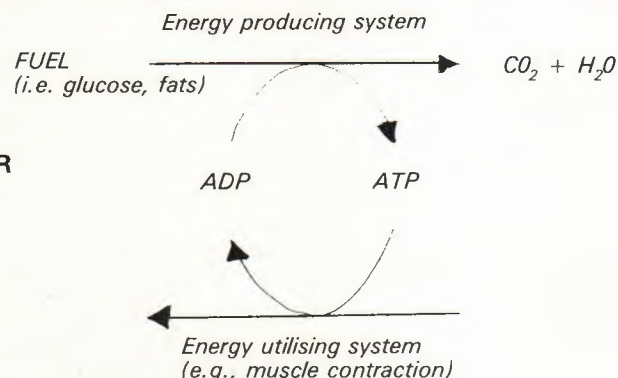
It is possible that elite marathon competitors have a high capacity to oxidise fatty acids, so that their rate of carbohydrate utilisation can be lower than the non-elite competitors during the event. The notorious 'wall' experienced in many endurance events may be the point at which muscle glycogen fuel supply runs out. It is probable that part of the training effect is a general improvement in fatty acid mobilisation and utilisation. It should be noted that a large intake of carbohydrate prior (1-2 hours) to an event is not

advantageous, as many believe. The ingestion of carbohydrate (= glucose) increases the blood level of insulin, a hormone which regulates the blood glucose concentration but also strongly inhibits fatty acid mobilisation from fat tissue. Hence the exercise is performed using only carbohydrate as fuel and this cannot support the power output for prolonged periods. It is unlikely that ingestion of glucose will cause hypo-glycaemia (low blood sugar) as some reports state. Under most circumstances (including exercise and prolonged starvation) blood glucose levels remain within pre-set limits.

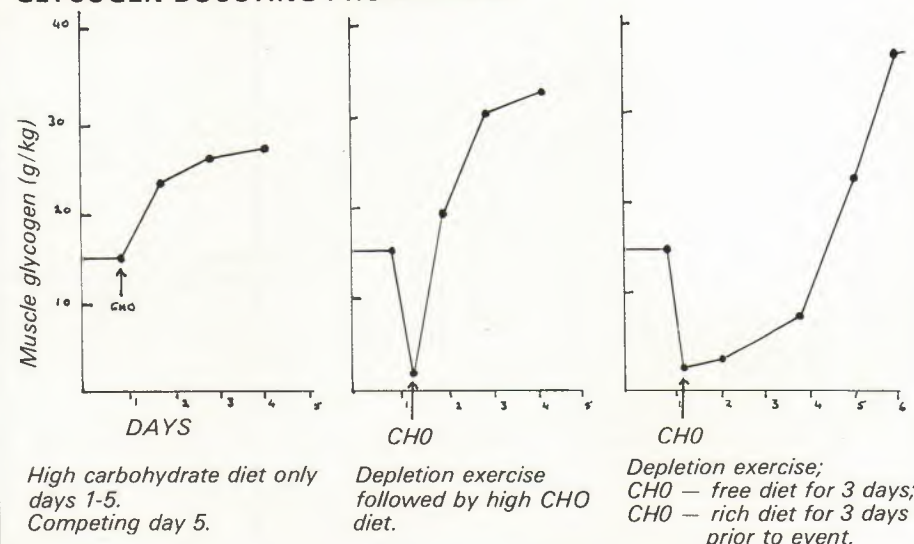
Small quantities of glucose may be taken at about 1 hour after initial activity when it does not appear to affect fatty acid mobilisation. In addition, as many joggers have found, weight loss and endurance training are best carried out before breakfast.

It is possible that an appropriate 'warm-up' could overcome the problem of delayed fatty acid mobilisation, benefitting in a number of ways: activity will raise the muscle temperature (thereby making them more fluid and responsive); increase blood supply by dilating intramuscular blood vessels; stimulate adrenaline release from the adrenal glands. Adrenaline in the bloodstream will increase heart rate and force of contraction, affect circulation by constricting some blood vessels and increasing blood supply to relevant areas (e.g., brain and active muscles). In addition, adrenaline can have direct influence on muscle contraction, will stimulate glucose uptake into cells and will stimulate fatty acid mobilisation from fat reserves.

**FIGURE 1
ENERGY TRANSFER
IN MUSCLE**



**FIGURE 2
GLYCOGEN BOOSTING PROCEDURES**



CANADIAN CANOE ASSOCIATION A.G.M.



Photo: Percy W. Blandford

The Canadian Canoe Association of Great Britain has previously held its Annual General Meeting during the Crystal Palace Exhibition, with only a moderate turnout. Last year they switched to the Midlands, with a whole week-end get-together. This proved more attractive and was repeated during the week-end 21st/22nd January 1984 with more space at the Royal Leamington Spa Canoe Club at the side of the River Leam.

The business meeting was followed with an evening of films and slides on Saturday, then several members spent the night in the town or on the floor of the clubhouse, and ploughed through snow to break the ice on the river for a cruise on the Leam and Avon on Sunday morning, led by vice-chairman Tibor Herbent.

EVENTS

SEA CANOEING COURSE

A Sea Canoeing Course will be held on the Southwest coast of Scotland over the period July 28th to August 4th, 1984.

If you are between Proficiency and Advanced Proficiency, then this one week course should be well suited for you. It is a relaxed family style week. Full details from: *John Ramwell, 4 Wavell Garth, Sandel, Wakefield, West Yorkshire. Telephone: 0924 255791.*

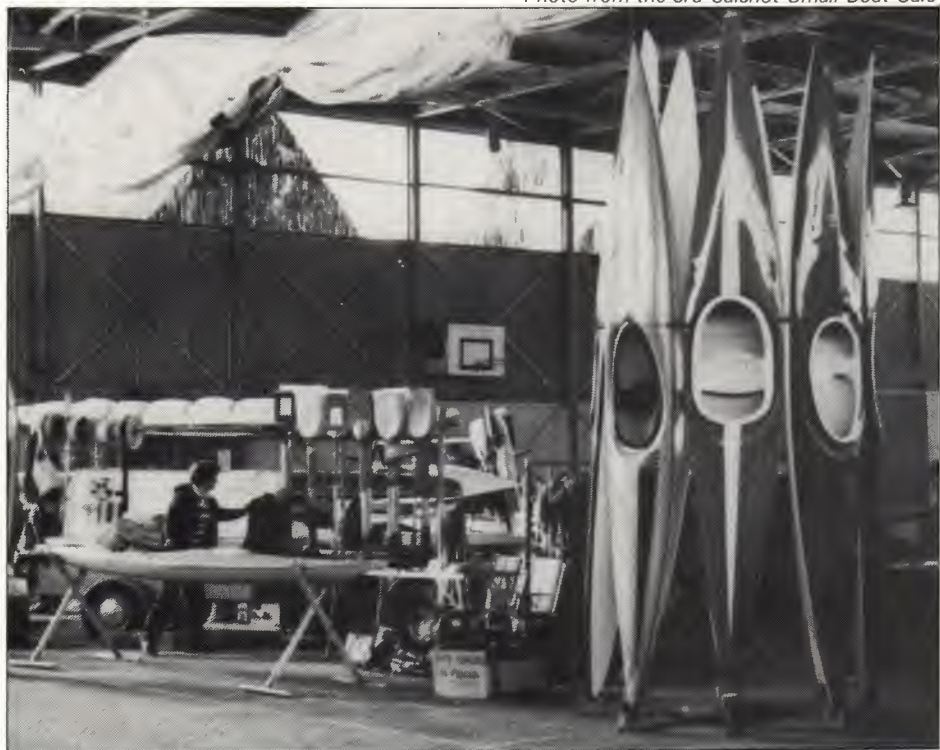
CALSHOT'S 4TH SMALL BOAT SALE SUNDAY 13TH MAY

Now firmly established as the place to buy and sell craft of all kinds whether it is a sailing dinghy, canoe, boardsail or cruiser. With over 300-boats to choose from buyers will find good bargains from keen sellers at Calshot Activities Centre's 4th Annual Small Boat Sale.

There will also be a wide range of secondhand goods and '*bits and pieces*' for people to haggle about and buy. Calshot originated the '*Marine Car Boot*' section to give yacht owners an inexpensive way to dispose of surplus gear. It never ceases to surprise the organisers the enormous capacity of some car boots.

There are facilities available for people to

Photo from the 3rd Calshot Small Boat Sale



come or go home by water and this also gives an opportunity to try the goods out before a sale is clinched! The canoe training pool will not be available for testing canoes and sailboards but will also be the venue of a canoe polo tournament.

The second aspect of the day is that it incorporates Calshot Activities Centre's Open Day which allows members of the public to have taster sessions at all the Calshot Sports such as skiing, climbing, archery, cycling and canoeing (bring a change of clothes).

People wanting to sell a boat can rent a space for between £3 and £11 dependent upon boat size, they stress that this is for private owners and buyers who in one day can really compare like with like and *'feel'* the quality.

People wishing to enter boats, hire space for goods or for their 'car boot' should contact the Boat Sale Office on Fawley (0703) 891380/892066 or for details write to: *Calshot Activities Centre, Calshot, Southampton.*

Ligue de Bretagne de Canoë-Kayak
5 août au 12 août 1984
ST-GUÉNOLE
LOCMARIAQUER
en kayaks de mer
4^e RALLYE INTERNATIONAL
DE BRETAGNE SUD (R.I.B.S.)
8 étapes :
St-Guénoles - Ile Tudy - 1 - Gênes - Kersfany
Guidel - Port-Louis - Plouharnel - Locmariaquer



Dessiné par Jean-Pierre B. 84 161
Illustré par Jean-Pierre B. 84 161

SEA KAYAK TOUR AROUND THE ISLE OF RÉ

The French association C.K./mer (association for the propagation of knowledge about sea canoeing) informs us that it is organising an **INTERNATIONAL SEA CANOEING WEEK** at the Isle of Ré, on the west coast of France, from the 5th to 13th May 1984. This sporting event is open to all experienced canoeists who possess a sea kayak.

The principal activity will be the exploration of this beautiful island by a leisurely 4 to 5 day trip around its coastline.

Also on the programme will be surf canoeing, eskimo-rolling, bird watching, as well as free time for lazing in the sun, fishing, swimming or meeting the locals.

A small corner of paradise 20-minutes off La Rochelle, 'Ré la Blanche' island enjoys a sunny privileged climate. Spring comes early here. With its 2600 annual hours of sunshine, the Isle of Ré is a favourite haunt of painters who particularly appreciate its light. The greenery, the colours and general character bring to mind the Mediterranean rather than the majestic Atlantic but the tonic fresh ocean air underlines the sparkling difference.

Canoeists, the Isle of Ré will enchant you.

Information and inscriptions: *Christian Gabard, 10 Rue Simon Létoile, 92 260 Fontenay aux Roses, France, Telephone: (1) 660 72 12.* (Cost of participation: 300 F.F. each participant.)

ALWAYS MENTION CANOEING MAGAZINE WHEN REPLYING TO ADVERTISEMENTS

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MARATHON RACING

WATERSIDE SERIES

The 1984 Marathon Racing season got underway on 26th February with the first of the four-race Waterside Series on the Kennet and Avon Canal.

A first rate entry competed in bitter cold conditions the fifteen miles from Great Bedwyn to Newbury. A strong bitter-cold north east wind, but at least no snow and no frozen sections of canal . . .

The general standard seemed far higher than in past years for this first race — I did not see a single crew take a ducking . . . although there was the odd pair who looked a little unstable. From the top crews portaging was slick and the racing fast and hard. Out in front with few doubts that anyone would catch them were Williams/-Jackson setting their challenge for the season and the Olympics. The pair were just outside the record with a time 1hr 42min — even with the strong headwind. Paddlers mostly from the London clubs dominated, although Nottingham fielded a strong entry that will no doubt make its presence felt over coming events.

Photos from the first of the Waterside — Mike Clark



Williams/Jackson ready for the start. Off the start at Great Bedwyn.



The familiar chaos of a marathon start . . .

CRYSTAL PALACE

ANOTHER SUPERB EXHIBITION

The Crystal Palace Canoe Exhibition over the weekend 18th/19th February, once again proved to be a huge success. With almost 12,000 paying customers, all manufacturers reported a highly profitable weekend. With dozens of new boats on display and tons of ancillary gear, there was something to please all. The films were well attended, the pool events enthusiastically cheered. (In the mens Pool Slalom lads from the wilds north of Watford took the honours, Russ Smith from Tees Canoe Club gaining the win with Keith Brown of Forth Canoe Club in second. The Womens K1 went to Liz Sharman, while in the Canadian classes Martyn Hedges took out the C1 and Jamieson/-Williams the C2). There was drama other than canoeing during the weekend when a very large amount of money went missing from the BCU stand (later retrieved from persons at Crystal Palace Station) and the Exhibition seemed set to close with a bang when a bomb scare was phoned through, sending all out into the evening cold on the Sunday . . . it proved to be a hoax . . .



Mary Garrett in the front and training for a new Womens Devizes record.



Jimmy/Wendy into the portage at Kintbury.



Instructing Canoe is Boring?

(A PERSONAL VIEW)
By Franco Ferrero

I have sometimes heard the view put forward that instructing canoeing is boring and I must admit that at one centre I worked at in the past, I found this to be true, although I tried very hard not to let it show. This was because all we ever did was a half days instruction to canoeing and at the time I was not earning enough to travel to more exciting waters in my own time. As you have to teach certain minimum skills before further progress can be made, these sessions must of necessity be similar so that even the most innovative and willing instructor will eventually tire. My own view is that no matter how long you've been instructing you should be lively and genuinely interested, if you're not, it's time you moved on.

A bored, disinterested instructor runs boring, uninteresting sessions. There are two ways to avoid this. The most important and most obvious way to stay fresh and keen is to get out there and stretch yourself in your own time, doing your own thing, pushing our own personal standards to a higher level. The other way, (this is in addition to, not in place of, the previous method), is to get involved with or work for a Club or Centre where instruction is taken to a high enough level to keep you on your toes.

Now before I get jumped on from five different heights at once, let me hasten to add that I do not mean that an instructor should go out and purposefully place himself in a situation where he finds himself pushed to the limits of his technical ability. I believe that a good instructor should always be well within his own limits, you can hardly keep an eye on, coach and reassure the members of your group, never mind effect a smooth fast rescue if you are gripped out of your mind! That should be exactly what you do in your own time with a bunch of like-minded people of similar ability, not with people you are responsible for.

No, what I am chiefly concerned with is decision making. If you instruct any group or individual beyond basics, you move into the realism especially in sea canoeing, of providing them with the conditions and experiences that are necessary for rapid progression. In short, the opportunity to learn. What keeps you on your toes is striking a precarious balance. With some people, whose boldness is not justified by their ability the balance is between what will stimulate them and what is 'safe', i.e., still within your ability to control the situation. With most people it is either a question of what is within their technical ability or a balance between what is going to excite them and push them, and what is going to put them off canoeing for life by scaring them witless. Fortunately, the latter is rarely the case, more often and I believe, equally regrettable the opposite is the case. What I call Instructionitis sets in. This is the tendency to play too safe and take no risks at all thereby stifling any sense of adventure.

A good illustration of this kind of decision making is provided by a 'sea expedition course' I ran at Plas Menai, the Welsh National Outdoor Centre last

October. It being quite late in the year, the weather saw to it that conditions were varied and testing and I was continually having to make difficult decisions. One day we only managed to paddle four miles, having to scuttle into tiny coves for numerous rests out of the wind, and at one stage I had to get one person to raft up with another who was having difficulty staying upright and turning at the same time, and tow through some overfalls to less bumpy water. The crunch came on the last day. We had camped on the only place we could on this stretch of the Llyn. Unfortunately, the wind veered during the night which meant that in the morning we were faced with launching through 5' -6' foot dumping surf onto a steeply shelving beach and then a paddle with a Force 4 beam wind which looked like increasing to a 5 later.

Our options were as follows:-

- (a) Stick to the original plan and paddle across Caernarfon Bay to the Menai Straits.
- (b) Paddle up the coast about 2 or 3-miles to a small harbour called Trefor which I knew would give us a sheltered landing.
- (c) Carry our kayaks and gear up about a thousand feet in height to where our van could reach us.

The latter was obviously highly undesirable and although the group were very worried I was sure they could make it out through the surf. I asked what they thought and we decided that we would try to stick to the original plan, but reserve the right to run for Trefor if any member of the group found it hard going.

I launched all four with strict instructions not to stop paddling till they were well clear of the break and then to slowly paddle to maintain position while they waited for the rest. Everyone launched successfully, but one decided to ask another to raft up to pump his boat, the wind of course pushed them inshore and as I was paddling out I saw a monster coming in, I shouted 'Paddle!!', but it was too late. After I had surfed in after them, in the process looping my Nordkapp, (believe me I wasn't trying to) helped them sort themselves out and relaunched them we headed North.

It soon became obvious, however, that the youngest member of the party was going very slowly and finding it harder and harder to keep his bow into the steadily increasing wind. The others had obviously got their minds set on a triumphant entry to Plas Menai but loathe as I was to disappoint them we had to turn into Trefor. Sometimes the hardest decision is to take the easiest course.

In conclusion everyone thoroughly enjoyed that week, especially yours truly. That week was exceptional, but as soon as you have to decide how hard you can push someone this kind of decision making crops up. Canoeing instruction boring? No way!!!



letters

Letters of comment, praise, abuse or disgust, always welcomed — Address to: Editor, Canoeing Magazine, 34 Buckingham Palace Road, London SW1W 0RE.

KAYAK SAFETY — THE ON-GOING ARGUMENT

Recently, much space has been afforded to Alan Bye and his argument with Robin Witter, regarding the merits of plastic kayaks.

An accurate statement made by Robin Witter in the Journal of Adventure Education, Spring 1983, resulted in a rather emotive article from Alan Bye, published in Ceufad, Autumn 1983. Maybe Alan should pursue avenues towards literature, rather than continuing arguments in the canoeing press.

As a canoeist of some years experience, covering slalom competition, white water touring, and sea expeditions, I too have been the victim of the situation Alan describes. Fortunately, the well practiced rescue procedure adopted by my companions enabled me to survive. The fact remains that all adventure pursuits are potentially dangerous and death, on occasions, will occur, no matter what development arise in our equipment and skill levels.

With greater skill, better equipment, paddlers will push the boundaries further and further, and seek out greater challenges against which to measure their skill. I would therefore reinforce Robin's statement that *'Canoeing is a dangerous sport, and regrettably, participants will always be drowned.'* (R.Witter, Journal of Adventure Education, Spring 1983.) How Alan Bye can construe this statement as *'futile'* and aimed at *'commercial defence'*, quite frankly escapes me.

Alan Bye, no doubt, has a wealth of experience worthy of note, but I do feel however, that unless he changes his tack he will begin to appear less than credible, and lose some of the respect gained during his former years.

Any development that increases our

safety is to be acclaimed. Plastic kayaks, centre braces, pods, cockpit liners... all contribute towards this end. The difference between Robin Witter and Alan Bye is simply that the former has put his money where his mouth is and invested in marketing the plastic kayak. Alan on the other hand prefers to market through the *'Letters'* pages and emotive articles that at best mean very little, and at worst detract from the point in hand.

Come on Mr.Bye, if you want to sell your *'pod'*, market it yourself. Don't rely on others to do it for you! Take the commercial risk and measure the response from the canoeing population.

Finally, I must make plain the fact that these views are not only held by myself. Several excellent canoeists with whom I have spoken recently, demonstrated views akin to my own. It is therefore fair to assume that we are not the only ones to feel this way.

Yours sincerely,
B.Beech, Powys.

B.C.U. MEMBERSHIP

Dear Editor,

I have not bothered you with a letter for a long time now — how are you? Well I trust? You will see I have moved from Kent but we are still selling the DK plans — in fact I'm hoping to have a Canadian design ready later this year — I'll let you know. However, this is really about the BCU!

I first joined the BCU as a youth member in the late 1940's, left canoeing with National Service and work, and returned in the early 1960's when I developed the DK method of building round bilge kayaks using plywood, and wrote *'The Book of Canoeing'* for those people who wanted to build a kayak and get afloat with a minimum of fuss as I had done (in an extended 11' Scout kayak) twenty years earlier.

We moved to Coll in 1981 and by last year BCU membership seemed an indulgence since I had little opportunity to coach and less to participate in competition. Then they introduced Basic Membership which just suited me. I sent my re-application form off to the Scottish Canoe Association but they returned it — they do not have Basic Membership. Not to worry, I sent my form and £4.00 to BCU HQ. Then came the surprise — they

returned it too because they have an *'agreement'* with the SCA!

If you live in Scotland you can't have Basic Membership. It would seem that the BCU would rather not have members. I wonder how legal this approach is?

One other point — do we really need more bureaucracy in canoeing? I'm thinking of the *'new'* approach to flat water canoeing which sounds to me like an excuse for more bureaucracy in a pastime whose major charm is its very lack of necessary organisation. Why not just encourage people to buy or make a canoe/kayak and paddle it where they like. The bureaucracy should concentrate on increasing the inland water available to the casual canoeist.

Nice piece on Western Isles touring, best wishes,

Yours sincerely,
Dennis Davis. Argyll, PA78 6TB.

BUILT WELLS SLALOM SITE

Dear Editor,

I am writing to you in the hope that you will provide the necessary publicity in order to reduce, and hopefully stop, a problem that exists at the above site. The problem is as follows:

As you are no doubt aware, this site was used for a Div.3 Slalom during October of last year, after a lapse of approximately two years. Since the slalom, canoeists have been gaining access to the river, across private property at the slalom site. It has been reported that lorries, cars, trailers, etc., have been on this private property.

Worcester Canoe Club have had very good relations with the landowners etc., associated with this site. However, if irresponsible canoeists continue to make a nuisance of themselves they could quite easily cause the loss of an excellent slalom site — the classic case of a minority of canoeists spoiling it for the majority?

To conclude, if people wish to go canoeing on the Upper Wye, and there is any doubt about access etc., they should contact the appropriate access officer before tramping all over private property.

Thanking you in anticipation of the *'publicity'*.

Yours faithfully,
Michael W. Hawthorn, Slalom Captain,
Worcester Canoe Club



1. Getting out of wind and tide in a small cove on the north coast of Anglesey.

2. A ducking and rescue — a good way to find out how water-tight your camping gear is!

3/4. Tight manoeuvre just north of Porth Dinllaen.



COMPETITIVE EVENTS

MARCH

WILD WATER

11: **GRANDTULLY**, Div A/Div B/Open. Start — The Lagg (Pre-start — Aberfeldy). Finish: Grandtully. 2½ miles — 16 minutes. Grade II-IV. Details: Forth C.C., Mr. G. Cuthill, 2 Merchiston Bank Ave, Edinburgh. 18: **IRONBRIDGE**, U16/U14 Div C/Open. Start: Buildwas. Finish: Half Moon Pub. 5 miles — 25 minutes. Grade I-II. Details: Telford C.C., T. Mansell, 12 Milton Drive, Madeley, Telford, Shropshire TF7 5JW. 25: **NORTH TYNE**, Div B/Div C/Open. Start: Chollerford. Finish: Hexham. 4½ miles — 28 minutes. Grade II-III. Details: Gateshead OAC, D. Taylor, Whinney, House Hospital, Low Fell, Gateshead, Tyne & Wear. 31 March/1 April: **GRANDTULLY II**, Div B/Div C/Open. Pre-start: Aberfeldy. Finish: Grandtully. 2½ miles — 16 minutes. Grade II-IV. Details: Glasgow Kayak Club, Mr. S. Durward, 18 Highburgh Road, Glasgow G12.

MARATHON

4: **WINDSOR**, (S). Details: Race Organiser, 9 Mill Ride, Ascot, Berks SL5 8LE. 18: **GAILEY**, (WM). Details: J.M. Walton, 25 Pennine Drive, Cannock, Staffs WS11 1JX. 18: **MEDWAY K2**, (L&SE). Details: R. Catchlove, 13 Valleyview Road, Rochester ME1 3PB. 18: **BRIGG**, (Y&H). Details: A. Pell, 309 Messingham Road, Bottesford, Scunthorpe, South Humberside DN17 2QZ.

SLALOM

10-11th: **APPLETREETWICK 2**, Skipton, N.Yorks. Leeds Canoe Club. Details: M.Hargreaves, 14 Burley Wood Lane, Leeds, LS4 2QH. **DURNGATE MILL N**, Winchester, Hants. Millbrook C.C. Details: M.Milam, 61 Romsey Road, Shirley, Southampton.

17/18th: **ST. ANGERTHWAITHE 2**, Sedburgh. West Cumbria C.C. Details: A.Harrison, Tir Na Nog, Sea Mill Lane, St.Bees, Cumbria.

MIDDLETON-IN-TEESDALE 3, 4, Tees Kayak Club. Details: H.L.Smith, 6 Earlsdon Avenue, Acklam, Middlesbrough.

DUCK MILL WEIR 4 N, Bedford. Viking Kayak Club. Details: A.Davis, 5 Claredon Street, Bedford, MK41 7SQ.

MARPLE 4 N, Stockport, Cheshire. Manchester Canoe Club. Details: D.Higson, 30 Green Walk, Gatley, Stockport.

ROCKFIELD N O, Monmouth, Gwent. Wydean Canoe Club. Details: Mrs.W.Gardner, 50 Victoria Road, Coleford, Gloucester.

HALTON RAPIDS 2, Lancaster. Ribble Canoe Club. Details: P.Green, 30 Kennington Road, Fulwood, Preston, PR2 4BT.

DEDHAM MILL 4 N, Essex. Suffolk Slalom Squad. Details: K.Dobson, 'Settlers', Smallwood Green, Bradfield St., Bury St.Edmunds, Suffolk, IP30 0AJ.

YALDING WEIR 4, Kent. Marlin Canoe Club. Details: V.Lamph, c/o Beckenham Swimming Pool, Beckenham Rd., Beckenham, Kent.

APRIL

WILD WATER

7: **WASHBURN V**, Div B/Open. Start: Thruscross Reservoir. Finish: Fewston Reservoir. 2 miles — 10 minutes. Grade II-III. Details: Leeds C.O.S.E., J. Hibble, 1 Highlea Close, Rawdon, Leeds. 8: **WASHBURN V1**, Div C/Open. As Above. Details: Dales C.C., Dr. F.M. Young, 5 Fortune Hill, Knaresborough, Yorks HG5 9DG. 28/9 May: **TRYWERYN** — **WELSH OPEN** No. Start To be confirmed. Finish: Bala. Grade II-III. Details: Bala C.C., T. Lee, Porth-y-Waen, Bala, Gwynedd. No: Youth/Junior Team Selection — Ranking. Start: Tyn-y-Cornel. U16/U14 Finish: Above Bala Mill. Mr T. Lee as above.

MARATHON

1: **HEMEL HEMPSTEAD**, (E) Details: J. Eastgate, 53 High Street, Northchurch, Berkhamstead, Herts. 1: **NOTTINGHAM**, (EM). Details: G.W. Oliver, 10 Wordsworth Road, West Bridgeford, Nottingham. 1: **READING K2**, (S). Details: P. Ralph, 215 London Road, Reading. 1: **DART CIRCUIT**, (SW). Details: C.R. Gillman, 6 Porlock Way, Paignton, Devon TQ4 7RH. 8: **OXFORD**, (S). Details: A.L. Allsop, Riverside Centre, Donnington Bridge, Oxford. 15: **LINCOLN FOSSE**, (EM). Details: G. Guest, 4 Inns Close, North Hykeham, Lincoln LN6 8QZ. 15: **POCKLINGTON**, (Y&H). Details: S. Derwin, 36 Burnmoor Drive, Eaglescliffe, Cleveland. 15: **LEAMINGTON**, (WM). Details: R.A. Sowman, 23 Stanton Walk, Woodloes Park, Warwick CV34 5UY. 15: **BEDFORD**, (E). Details: B.A. Sidaway, 13 Woodland Drive, Bronham, Bedford MK43 8JX. 20-23: **DEVIZES TO WESTMINSTER**. Details: D.W. Keane, 12 Swakeleys Drive, Icenham, Uxbridge, Middlesex UB10 8QB. 22: **WEY TO ROYAL K2**, (L&SE). Details: P. Gorman, 77 Southway, Guildford, Surrey.

SLALOM

Mar.31/April 1st: **ROYAL DEESIDE 3 4**, Aberdeen. Aberdeen University C.C. Details: Comp. Sec., c/o Butchart Rec. Centre, University Rd, Aberdeen. **RICHMOND TOWN 4 N**, North Yorks. Richmond School C.C. Details: J.Hatton, Richmond School, Darlington Road, Richmond, N.Yorks. **DENHAM COURT N**, Uxbridge. Whitmore Canoe Club. Details: W.Appleby, Whitmore High School, Porlock Ave., Harrow. 7/8th: **SYMONDS YAT 2**, Ross-on-Wye. Gloucester Canoe Club. Details: E.Nunn, Little Wood

End, Dymock, Gloucester, GL18 2AA.

MERSEY VALLEY 4 N, Sale Water Park, Manchester C.C. Details: R. & J.Jones, 21 Rising Sun Road, Gawsword, Macclesfield, Cheshire.

DOBBS WEIR 4 N, Hoddesdon, Herts. St.Albans & District C.C. Details: A.Rackham, 73 Dunlin Road, Grove Hill, Hemel Hempstead.

COMRIE 4 N, Comrie. Perth Canoe Club. Details: I.Robertson, 1 Oakdene Cres., New Scone, Perth, PH2 6PG.

BRITISH UNIVERSITIES SPORTS FEDERATION CHAMPIONSHIPS, Llandyssul. U.C.W. Aberystwyth Canoe Club. Details: R.A.Beamon, 30 Bridge Street, Aberystwyth.

14/15th: **FAIRNILEE 2 3**, Selkirk. Edinburgh University Canoe Club. Details: Susan Ward, 46 The Pleasance, Edinburgh.

HAMBLEDEN 3, Mill End, Bucks. Eyot Boat Club. Details: K.Nutt, Fern Cottage, 14 Coldicott St., Caversham, Reading.

IRONBRIDGE 4 N, Shropshire. Telford Canoe Club. Details: M.Barker, 3 Marsh Rd., Edmond, Newport, Salop, TF10 8EN.

RIVER CROAL 4 N, Farnworth. Bolton Canoe Club. Details: J.Meadowcroft, 91 Bromwich St., Bolton, Lancs, BL2 1LJ.

GRANDTULLY, Ranking Premier and First Division Selection event for Senior and Youth. Aberfeldy Scottish C.A. Details: B.Chapman, 7 Greenbank Grove, Edinburgh.

MIDDLE MILL N, Colchester. Colchester Canoe Club. Details: D.Power, 5 Devon Road, Shrub End, Colchester, CO2 9BB.

28/29th: **TRYWERYN**, Ranking Premier, Open First Division, Selection Event for Senior and Youth, Bala. Midland Canoe Club. Details: D.F.Patrick, 41 Cole Lane, Ockbrook, Derby.

LUDLOW 3, Shropshire. Birmingham Canoe Club. Details: S.Capella, 34 Parsonage Drive, Cofton Hackett, Birmingham.

PETERBOROUGH — ORTON MERE 4 N, Proteus Canoe Club. Details: C.Dale, 68 Turrington, Bretton, Peterborough.

HEAD WEIR 4N, Exeter. Exeter Canoe Club. Details: D.Walls, 3 Endfield Close, Exeter, Devon.

SPRINT

28/29 NOTTINGHAM

MAY

WILD WATER

19/20: **TRYWERYN BRITISH OPEN**, Div A/Open. Start: Llyn Celyn Dam. Finish: Bala. Grade II-IV. 5 miles — 25 minutes. Details: Stafford and Stone CC, G. Hodgson, The Cottage, Withington Green, Leigh, Nr. Stoke on Trent

U16/U14 Championships. Start: Tyn-f-Cornel. Finish: Above Bala Mill. Details: Mr. G. Hodgson as above.

Open Eventon short course. Start: Tyn-y-Cornel. Finish: Above Bala Mill. Details: Mr. G. Hodgson as above.

AWE, Div B/Div C/Open. Start: Loch Awe Barrage. Finish: Above 1st weir at Iverawe Power Station. 3 miles — 15 minutes. Grade II-III. Details: Stirling University CC, C. Campbell, Sports Union, University of Stirling, Stirling, Scotland.

MARATHON

5-6: **FORSTERS ROUND LONDON**, (L&SE). Details: J. Rossiter

6: **TAUNTON-BRIDGewater**, (SE). Details: J.V. Cornwell, Millfield School Street, Somerset.

7: **MAY DAY CANOE RACE**, (NE). Details: M. Roddam, 35 Whitton Road, Fairfield, Stockton-on-Tees, Cleveland.

12: **GREAT CLAN TRIATHLON CANOE/CYCLE/RUN**, (Sc). Details: A. Manwell, Director of PE, Butchart Recreation Centre, University Road, Old Aberdeen.

13: **READING CIRCUIT**, (S). Details: B. Perrett, 26 St. Annes Road, Reading.

13: **ADLINGTON**, (NW). Details: N. Bortfield, 26 Egerton Grove, Chorley, Lancs.

13: **WORCESTER**, (WM). Details: T. Phillips, 36 Sansome Walk, Barbourne, Worcester.

13: **HULL & DISTRICT**, (Y&H). Details: G.M. Edwards, 137 Carr Lane, Willerby, Hull HU10 6JT.

13: **ROTHER**, (L&S). Details: N. Novis, 28 Abbotsfield Close, Hastings, East Sussex TN34 2DT.

26-28: **TRANS-PENNINE**, (NW). Details: Gwen White, Liverpool Watersports Centre, Inner Temple, Temple Lane, Liverpool L2 5RS.

27: **FLADBURY**, (WM). Details: E. Train, 'Glenvilla', Fladbury, Nr. Pershore, Worcester.

27: **FLADBURY**, (WM). Details: E. Train, 'Glenvilla', Fladbury, Nr. Pershore, Worcester.

SLALOM

5/6th: **LLANDYSSUL**, Dyfed. Bristol/Bristol Univ.C.C. Details: G.Pinches, 15 Hill View, Cliftonwood, Bristol BS8 1DF.

COPLEY VILLAGE 4 N, West Yorkshire. Halifax Canoe Club. Details: R.Briggs, 27 Glenlee Rd., Lidget Green, Bradford, BD7 2QA.

RED LOCKS 4 N, Newbury. Newbury Canoe Club. Details: Slalom Sec., Newbury Canoe Club, The Studio, The Wharf, Newbury, Berks.

RIVER TEITH 4 N, Callandar. Herriot Watt University CC. Details: S.Malone, c/o Sports Centre, Riccarton, Currie, W.Loithian.

STRATFORD WEIR 4 N. Stratford-upon-Avon Kayakists. Details: P.Wakeham, Coombe Farm, Banbury Rd., Stratford-on-Avon.

GLASSHOUSES N, Pately Bridge, N.Yorks. Leeds CC. Details: T.Benton, 326 Bradford Road, Otley, W.Yorkshire.

12/13: **WASHBURN**, Ranking Premier and First Division, Youth Selection Event, Harrogate. Yorks & Humberside BCU. Details: Mrs.N.Small, 3 Manor Close, Bramhope, Leeds, LS16 9HQ.

OLD WINDSOR 2 0 0 T. Windsor & District Canoe Club. Details: E.White, 5 Sherbourne Drive, Windsor, SL4 4AE.

EASBY ABBEY 3, Richmond, N.Yorks. Manchester C.C.

CANOEING MAGAZINE

Details: C. Borrowes, 32 Fulmer Drive, Sale, Cheshire, M33 4NH.
PULTENEY WEIR 4, Bath, Avon. Bath Canoe Club. Details: Jenny Perkins, Meridan House, Weston Rd., Bath.
SHARNBROOK 4 N, Bedford. St. Albans & District CC. Details: R. Scaife, 245 Cambridge Road Hitchin, Herts SG4 0JS.

19/20: **CARDINGTON 3**, Bedford. Viking Kayak Club. Details: J. Croft, 12 Holmscroft Rd., Luton, Beds.

CANFORD WEIR 4, Wimbourne, Dorset. Worthie SSC. Details: S. Mansbridge, 129 Springfield Close, Andover, Hants.

MYRTLE PARK 4 N, Bingley. Bradford & Airedale CC. Details: P. Grove, 14 Sedburgh Park, Ilkley, Yorkshire.

OFFENHAM 4 N, Evesham, Worcs. Gloucester CC. Details: R. Lighthart, 16 Almost Close, Evesham, Worcestershire.

26/27: **LINTON LOCKS 2**, York. York Canoe Club. Details: H. Storey, 33 Upper St. Paul's Terrace, Holgate, York.

BEVERE WEIR 4, Worcester. Worcester Canoe Club. Details: Worcester Canoe Club (Bever Weir Slalom), Hylton Rd., Worcester.

RIVER LENY 4 N, Callandar. Dundee White Water Club. Details: Mrs. M. Conacher, 81 Dundee Rd., West Ferry, Dundee.

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19/20 NOTTINGHAM

JUNE

MARATHON

3: **WEAR**, (NE). Details: N. Marshall, 1 Netherfarm Road, Heworth, Gateshead, Tyne & Wear.

3: **LINCOLN TO BOSTON**, (EM). Details: G. Guest, 4 Inns Close, North Hykeham, Lincoln LH6 8QZ.

3: **BATH TO BRADFORD**, (SW). Details: S. Missen, 5 Shelley Gardens, Melksham, Wiltshire.

3: **MARLOW**, (S). Details: A. Cook, 3 Milldun Way, High Wycombe, Bucks.

10: **TYNE-TEES TRIATHLON**, (NE). Details: M. Marshall, 1 Netherfarm Road, Heworth, Gateshead, Tyne & Wear.

10: **'2 in 1'**, (SW). Details: R. J. Summers, 3 Roundhill Close, Exeter.

10: **RICHMOND THAMES**, (L&SE). Details: Race Organiser, Lansdowne Boathouse, 77 Petersham Road, Richmond, Surrey SW10 6UT.

10: **CHELMER**, (E). Details: J. Marriage, Budds Farmhouse, Highwood, Chelmsford, Essex CH1 3RA.

10: **LYME BAY SEA RACE**, (SW). Details: P. J. Lacey, Pippins Centre, Lyme Road, Axminster, Devon.

10: **WIGAN**, (NW). Details: D. Yates, 10 Dellside Close, Ashton-in-Makerfield, Wigan.

24: **HEREFORD**, (WVM). Details: A. Spenser, 'The Old House', Hampton Bishop, Hereford.

24: **EXE ESTUARY**, (SW). Details: D. G. Walls, 3 Enfield Close, Exeter EX1 3BB.

24: **YORK**, (Y&H). Details: c/o Kingston Kayak Club, R. Dubber, 39 Thorndale, Hull HU7 6DG.

MARCH 1984

24: **BROADLAND**, (E). Details: M. Cullin, 44 Pelham Road, Norwich, Norfolk NR3 3NG.

SLALOM

2/3: **TRYWERYN**, Ranking First Division, Open Premier, Bala. Chester Sailing and Canoeing Club. Details: M. Swallow, 7 Delves Walk, Huntingdon, Chester, CH3 5XG.

WASHBURN 2, Harrogate. Leeds Canoe Club. Details: R. Hibble, 21 Ennerdale Drive, Bradford, 2, W. Yorkshire.

LANGHAM FARM 4 N, Frome, Somerset. Frome C.C. Details: R. Hinton, 6 Butlers Gardens, Frome, Somerset.

STONE FESTIVAL 4 N, Stafford & Stone Canoe Club. Details: C. Chadwick, Field View, White Mill Lane, Walton, Stone.

9/10: **IRONBRIDGE 4 N**. Shropshire Telford Canoe Club. Details: Mrs. T. G. Gattford, 12 Milton Court, Madely, Telford, Salop.

TEVIOT BRIDGE 4 N, Kelso. Fife Canoeing Activities Group. Details: Jackie Walker, 48 Keir Street, Cowdenbeath, Scotland.

16/17: **TRYWERYN 2**, Bala, Gwynedd. Shrewsbury CC. Details: A. Clark, 62 Lyth Hill Rd., Bayston Hill, Shrewsbury.

TRYWERYN 3, Bala, Gwynedd. Mold Canoe Club. Details: B. Billington, 15 Maxwell Close, Cresford, Wrexham, Clwyd.

PETERBOROUGH ORTON MERE 4 N, Proteus Canoe Club. Details: K. Sunderland, 7 Mey Nell Walk, Netherton, Peterborough, PE3 6RR.

FINCHALE ABBEY 4 N, Durham. Gateshead OAC. Details: Gateshead Outdoor Activities Centre, Whinney House Hospital, Low Fell, Gateshead, Tyne & Wear.

PULTENEY WEIR N O O T, Bath. Bath Canoe Club. Details: Jenny Perkins, Meridan House, Weston Road, Bath, Avon.

BATHNIGHT SLALOM, Bath. Bath Canoe Club. Run in conjunction with Pulteney — entries and details as above — entries for the night slalom will be accepted on day.

23/24: **RIVER AWE 2 3**, Oban. Forth Canoe Club. Details: B. Champman, 7 Greenbank Grove, Edinburgh.

DARLEY ABBEY 4 N OT, Derby. Midland Canoe Club. Details: P. Attenborough, 15 Flood St., Ockbrook, Derby, DE7 3RF.

MIDDLETON-IN-TEESDALE 4 N. Tees Kayak Club. Details: K. Biggs, 4 Laburnam Grove, Richmond, N. Yorkshire.

SHEPPERTON N, Middlesex. Shepperton SCC. Details: D. Sheldon, 16 Den Close, Beckenham, Kent.

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16/17 NOTTINGHAM

JULY

MARATHON

1: **3 LOCHS**, (Sc). Details: D. McWhirter, 70 Oak Drive, Lenzie.

1: **SHOREHAM**, (L&SE). Details: J. Miller, 23 Underdown Road, Southwick, Sussex BN4 4HN.

7-8: **CHESHIRE RING**, (NW). Details: Mrs J. Hughes, 8 Elm Beds Road, Higher Poynton, Cheshire.

15: **HARLOW**, (E). Details: P. Palmer, 96 Collins Meadow, Harlow, Essex CN19 4EL.

15: **EXE CIRCUIT**, (SW). Details: D. Walls, 3 Enfield Close, Exeter EX1 3BB.

15: **MEDWAY**, (L&SE). Details: K. Coleman, 103 Bradbourne Vale Road, Sevenoaks, Kent TN13 3DL.

15: **IRONBRIDGE**, (WM). Details: K. Yates, 24a Orton Lane, Wembourne, Wolverhampton, Staffs.

28: **ROYAL K1**, (L&SE). Details: B. Greenaway, 34 Caterham House, Tilford Gardens, London SW19.

SLALOM

30/1st: **WASHBURN 3**, Harrogate. Dales Canoe Club. Details: Dr. F. M. Young, 5 Fortune Hill, Knaresborough, N. Yorks.

HAMBLEDEN N, Mill End, Bucks. Chalfont Park CC. Details: J. Bunyan, 2 Garners Close, Chalfont St. Peter, Bucks.

BRITISH SCHOOLS SLALOM CHAMPIONSHIPS 1984 CARDINGTON, Bedford. St. Augustine's Scouts/Viking KC. Details: J. R. Croft, 12 Homscroft Rd., Luton, Bedfordshire.

7/8th: **CARDINGTON 3**, Bedford. Hemel Hempstead CC. Details: P. McGuire, 90 Cuffley Ct., Woodhall Farm, Hemel Hempstead, Herts.

PIPEBRIDGE 4 N, Durham, Sunderland Canoe Club. Details: K. Lambley, 64 Whitburn Road, Cleadon, Sunderland, T&W.

CHESTER WEIR 4 N, Chester Sailing & Canoeing Club. Details: G. Carter, 'Briarfield', The Rake, Burton, Wirral, Cheshire.

WINCHESTER N O O T, Winchester & District CC. Details: A. G. Gray, 37 Thornbury Wood, Chandlers Ford, Nr. Eastleigh, Hants.

14/15th: **TRYWERYN 2**, Bala, Gwynedd. Manchester Canoe Club. Details: P. E. Oldfield, 28 Crescent Rd., Cheadle, Cheshire.

TRYWERYN 3, Bala, Gwynedd. Ceufadwyr Corwen. Details: Roger Hayward, Pen y Bont, Corwen, Clwyd.

CHELMSFORD N, Essex. Maldon & Dengie Canoeists. Details: C. Marfleet, 9 Bramley Way, Maylansea, Essex.

21/22nd: **STRATFORD WEIR 4 N**, Stratford-on-Avon Kayakers. Details: P. Wakeham, Coombe Farm, Banbury Rd., Stratford-on-Avon.

28/29th: **WASHBURN 2**, Harrogate, West Yorkshire Canoe Club. Details: P. Gomersall, 18 Seymour Walk, Meltham, Huddersfield.

OLD WINDSOR 3, Windsor & District Canoe Club. Details: Miss J. Dowling, 132 Glebe Ave., Ickenham, Uxbridge, Middx.

TRYWERYN 4, Bala, Gwynedd, Bala Canoe Club. Details: B. Evans, Mawnog, Fach, Bala, Gwynedd.

CEUFADWR CYMRU (WELSH CHAMPIONSHIPS) AFON TRYWERYN, Bala, Gwynedd. Welsh Canoe Assoc. Details: Roger Hayward, Pen y Bont, Corwen, Clwyd.

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7/8 NOTTINGHAM

AUGUST MARATHON

4: **RICHMOND K2**, (L&SE).

Details: Race Organiser, Lansdowne Boathouse, 77 Petersham Road, Richmond, Surrey SW10 6UT.

11-12: **THE AVON**, (WM). Details: R. Belcher, 100 Kingsland Avenue, Chapelfields, Coventry, West Mids CV5 8AE.

19: **LICHFIELD**, (WM). Details: J. Machin, 21 High Grange, Lichfield, Staffs.

25: **LOCH TAY TRIATHLON**, (Sc). Details: A. Manwell, Director of PE, Butchart Rec. Centre, University Road, Old Aberdeen.

26: **TAY**, (Sc). Details: A. Morton, 8 Jocks Hill Crescent, Linlithgow, W. Lothian.

26: **ELMBRIDGE**, (L&SE). Details: R. Lawler, 93 Chertsey Lane, Staines, Middlesex TW18 3LQ.

SLALOM

4/5th: **KINGS MILLS 4 N**, Castle Donnington. Leicestershire C.C. Details: K. Toach, 94 Greenhill Road, Leicester, LE2 3DL.

11/12th: **CARLISLE 4N**, Cumbria. Carlisle Canoe Club. Details: N. Jones, 7 Brunton Cres., Carlisle, Cumbria, CA1 2AX.

CANOLFAN FELIN NEWYDD (BALA MILL) N, Bala CC. Details: R. Lee, Porth-y-Waen, Bala, Gwynedd.

18/19th: **PETERBOROUGH 4 N**, Northampton Canoe Club. Details: A. Rance, 89 Lower Adelaide Street, Northampton.

FAIRNILEE 4 N, Selkirk. Selkirk High School C.C. Details: N. Richardson, 22b West Port, Selkirk, Scotland.

25/26th: **GRANDTULLY**, Home International & Scottish Regional Championships, Aberfeldy. Scottish Canoe Association. Details: B. Moore, 51 Station Rd., Keltie, Fife, Scotland.

CARDINGTON 3, Bedford. Viking Kayak Club. Details: M. J. Carter, 5 Claredon Street, Bedford, MK41 7SQ.

RICHMOND TOWN 4 N, N. Yorks. Swaledale Outdoor Club. Details: R. Willett, Gardners Cottage, Headlam, Darlington, DL2 3HA.

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11/12 NOTTINGHAM

END SEASON EVENTS CONTINUED NEXT MONTH



RIVER RATS RUN RIVERS

This London club has been formed 'to promote the descent of rivers throughout the world by kayak, canoe or raft by providing a place for the exchange of information and ideas.

Meetings are held on the first Tuesday of every month at the Mudlark, a friendly, comfortable pub almost next to the Thames at London Bridge with real ale and good food.

At each meeting there will be a guest speaker describing a recent river trip. We aim to have a full and interesting programme of illustrated lectures covering all the latest river expeditions. We extend a warm welcome to visitors and newcomers to London — we should be able to give you advice and put you in touch with a local club or group.

Although the club will not organise any trips or compete, it is possible that members will arrange their own trips, and the £3.00 membership fee will largely be spent on paying the speaker's expenses, the lectures being free to members and £1.00 to non-members.

Membership forms from the secretary Peter Mance, 218 Wimbledon Park Road, London, SW18 enclosing a SAE, or at the meetings. New members are asked to provide 5 SAE's to simplify administration.

Committee

Peter Knowles (Fraser River)
Roger Huyton (Everest)
Peter Barton (Ganges)
Chris Taylor (Nile)
Chris Oliver (Zap)
Peter Mance — Hon. Sec.

CANADA'S GRAND CANYON OF THE STIKINE

Professional film, slides and personal commentary by expedition leader Rob Lessor — Tuesday 6th March.

THE STIKINE

Indian for 'Great River', the Grand Canyon of the Stikine is of similar volume to America's Grand Canyon of the Colorado, however it is half the width, six times the gradient and has 1000ft continuous cliffs falling sheer into the river making landing, scouting rapids, or portages impossible for most of its length. In one place the river, all 15000 cu.ft./sec of it, plummets through a 6ft wide gap!

Very few people have seen the Grand Canyon because there are no roads, trails or other access except by flying along it — pilots are understandably not keen on this.

In 1979 a British expedition led by Pete Knowles made the first attempt at the Canyon and ran the easier lower section. They decided the upper section would need helicopter support and in Dave Manby's words 'I'll wait till I've a terminal illness'.

The following year Rob Lessor led an American team to tackle this stupendous upper canyon — with \$50,000 worth of helicopter flying time and a professional film crew.

Several groups who have looked at the canyon since have described it as 'horrendous and suicidal' and no further attempts have been made to run it.

Rob Lessor is a professional photographer and America's foremost expedition paddler with many worldwide firsts to his credit — rivers such as the Alsek, Susitna, Bio Bio.

The Grand Canyon of the Stikine is in his own words 'the hardest one yet' and to most of us must represent the ultimate in expedition challenges to date.

Those who have seen his lecture in North America use such words as 'The most dramatic slides I've ever seen', 'spectacular', 'incredible'. . . This is an evening not to be missed, the only lecture planned for the London area. (Rob returns to the USA the day after.)

Date: 8pm Tuesday 6th March.

Venue: The Mudlark public house, close to London Bridge.

The lecture is the inaugural meeting of the 'River Rats' — a London club for exchange of ideas about running rivers world wide.

Admission is £1 for non-members, free to members (membership is £3 a year and covers at least 10-lectures).

Would groups of 5 or more contact the secretary Peter Mance (01-874 1031) beforehand to reserve seats.

Tubes: Monument — 5 minutes walk: London Bridge — 2 mins.

Parking: Convenient on London Bridge, then straight down the stairs (not obvious).

Future Programme: (meetings first Tuesday of each month). 3rd April — Dave Manby's solo attempt at the Brahl Dha (the river that runs off K2 and on which Mike Jones lost his life in 1978). 1st May — 'Iceland Breakthrough' — the spectacular hangliding and kayaking expedition you saw on 'News at Ten'.



Colorado — breeding ground of some of the first 'River Rats'. Above Art Vitarelli on Unkar Rapid. Below a canoeist running Hance Rapid. Both from early 1970's trips. Photos: Mike Clark



Adventure Holidays

Following on from the round-up feature on Adventure Holidays in our last issue, details on more holiday courses and centres have come in during the past weeks.

SUCCESSFUL HOLIDAYS IN FRANCE

The Guide for the Traveller in France 1984 is an easily-digested summary, in 16 pages of what France has to offer for independent travel and package holidays. It sets out to answer the questions British holidaymakers ask the French Tourist Office in Great Britain covering subjects such as where to stay, what it costs and how to get there.

France welcomed over five million British tourists last year, many using their own car and one in five taking some form of inclusive holiday. The independent traveller will find hotel, restaurant and camping prices compare with last year's, even allowing for inflation, thanks in part to a continuing favourable exchange rate between the French franc and the pound sterling. Part of the fun is finding your own 'bargain buy' but, for a safe guide, allow £12 upwards for a room for two with bath, from £4.50 for an interesting set meal per person (a 'memorable' meal starts around £7.50) and about £8 per night for a family of four in a quality camping site. You pay a toll on most motorways but the main and secondary road system is good — and free. Pre-booking is rarely necessary, except in July and August (when Paris and large towns have plenty of room). This year, Normandy commemorates the 40th Anniversary of the D-Day landings so it will be hard to find accommodation in June (but the events continue in July and August when it will be easier to find somewhere to stay).

For a free copy of the Guide for the Traveller in France 1984 plus a colourful map with general information on the tourist regions of France, just write to: *French Government Tourist Office, 178 Piccadilly, London W1V 0AL.*

ADVENTURE HOLIDAYS AT CALSHOT

Youngsters with a taste for adventure are offered a holiday with a difference this year — a week of sailing, skiing, rock-climbing and rifle shooting at Calshot Activities Centre, near Southampton.

Calshot, a Hampshire County Council centre, also has plenty to offer adults bored with the annual sunbathe and snooze holiday, who are looking for something livelier.

The activities centre is based in two giant aircraft hangars with modern additions including a dining hall and residential blocks. One of the biggest indoor ski slopes in the country, a full size cycling track,

shooting range and courts for badminton and indoor football are all housed in one of the hangars.

Although the Centre can offer a wide range of sports, its main attraction is as a water-sports centre. Calshot's location on the Solent provides ideal facilities for sailing, sailboarding and canoeing, with a stretch of sheltered water ideal for beginners to learn basic skills.

Calshot is considered one of the best places in Britain to learn canoeing. Thousands of youngsters have taken their first nervous step into a canoe at the Centre, and many have gone on to become experts. Age, though, is no barrier.

Holidays are designed with different age groups and levels of skill in mind. In July and August, there are summer adventure holidays for youngsters aged 10 or over, giving an introduction to a variety of sports from sailboarding to shooting, and taking in rock climbing, skiing, and orienteering.

Youngsters who want to concentrate on water sports can choose a holiday based on canoeing, with plenty of practice in the Beaulieu River. Safety training is an important part of the course, and all instructors are fully qualified. For the more experienced youngsters, a highlight of the holiday is a canoe trip across the Solent to the Isle of Wight.

Charges are modest. A five day adventure holiday for younger children costs £83.50, while a full week of canoeing and sailing for those aged 13-plus costs £93.50. All meals, and a full programme of sport and entertainment in the evenings, is included.

Canoeing and sailing courses for adults are being expanded each year at Calshot, to cater for the varied demand. Weekend courses for beginners, either residential or non-residential, give anyone interested in water sports a chance to find out whether they can cope with the problems — without having to buy a boat first.

For the more experienced, Calshot courses range from the brisk to the very tough. A Welsh whitewater weekend, canoeing down the River Wye or River Usk is an ideal trip for the experienced. For those with a taste for something a bit more energetic, Calshot is organising a circumnavigation by canoe of the Isle of Wight — a 52-mile trip, with overnight camping halts.

Details of these and a wide variety of other courses are available from: *Calshot Activities Centre, Calshot, Fawley, Southampton. Telephone: Fawley 892077.*

Highland Adventure

CENTRE: KNOCKSHANNOCH LODGE, Glenisla, by Alyth, Perthshire.

'Highland Adventure offers a range of action-packed courses designed to give the maximum enjoyment and fun. By making use of the great outdoors safely, with step by step instruction, and using the latest equipment, there is an opportunity to try a range of water and land based activities.

The Centre is the uniquely built Knockshannoch Lodge, which is completely circular and surrounded by pine forests and hills of striking beauty. The Centre offers bunk room accommodation with limited single or double rooms for supervisors. There are ample bathroom, shower, storage and drying facilities.

Activities include Pony Trekking, Grass Skiing, Windsurfing, Hill Walking, Assault Course, Archery, Orienteering, Abseiling, Sailing and Canoeing.

The Centre caters for individuals, Schools, Clubs, Armed Forces etc. Courses available from April to September.

Bowles Outdoor Pursuits

Centre: Eridge Green, Tunbridge Wells, Kent

Bowles Outdoor Pursuits Centre is situated in very pleasant countryside on the borders of Kent and Sussex. Its seven acres of grounds enclose a long sandstone outcrop which offers excellent introductory climbing as well as opportunity for harder climbs. There is also open air ski slopes with tow and floodlit for evening use, while for canoe practice there is a sheltered swimming pool.

Accommodation is in a comfortable, purpose-built dormitory block; it is centrally heated and there is space for 72 persons. Meals are taken in a nearby chalet and licensed bar available for adult courses.

The main canoe courses take place on the nearby River Medway, local reservoirs or the Sussex coast.

However, Bowles runs a number of courses for the more advanced paddler, venues including Symonds Yat in Wales, the Upper Wye and River Usk. Here accommodation is in tents with all equipment provided.

An advanced Alpine Whitewater course is based in the Dauphine region of France with canoeing on the River Durance and progressing up to grade 3/4 standard on some of its exciting and rock-strewn tributaries.

The above course runs 24th August to 8th September with a days preparatory session at Bowles in July. Staff to student ratio will be 1 to 4 with BCU qualified instructors/Coaches who have Alpine or Himalayan white water experience.

SLALOM & WILD WATER

RESIGNATION OF SLALOM'S TREASURER

It was with great sadness that the Slalom Executive accepted the resignation of their Treasurer, John Liddell. He has worked hard for our sport for many years and our debt to him is enormous.

The January-February issue of *Sport and Leisure*, the magazine of the Sports Council, had this picture on the front cover with the words, 'The Unpaid Hero... can he carry on?' Inside under the heading 'It's the Salvation Army' Chris Middleton wrote: 'Sports Council research estimates that more than 580,000 people give 45-million hours of voluntary help each year as chairmen, secretaries and treasurers of clubs and leagues, national and regional committee members and coaches. This time is worth £71 million if estimated at only half the commercial going rate.' It is the time and effort which people like John Liddell pour into our sport which has enabled it to keep costs down. Thank you John.



Photo by courtesy of the Sports Council

THE FISHERMAN WAS A GENTLEMAN

Today I made friends with a gentleman who is also a fisherman. I was looking for a small, slalom training site. But where I stood the water 'belonged' to the fishermen. This gentleman fisherman did not say, 'off - we hate canoeists'. He said that there is room for all of us, if we can be considerate and understanding of each other's needs.

This fisherman explained the river problems from the angler's point of view. The river I am talking of is one of those very sluggish southern rivers - narrow, and until recently, heavily polluted. The fish here are very, very shy and not very plentiful. There is only space for one fisherman every eighty to hundred yards. Peace and silence is of paramount importance. It is not just canoeists who disturb this kind of fishing it is any inconsiderate passer-by. The anglers have bought the land to protect their fishing. Here the fishermen need to keep the walkers and the bird watchers away from the banks every bit as much as they need to keep the canoeists off the water.

I explained that I was, in fact, looking for a very private site for slalom training for two girls. We discussed the problem of sharing Britain's limited water resources amongst all and then he pointed me in the direction of a stretch of river a quarter of a mile or so away. This may well be exactly what I am looking for. A stretch of river completely hidden from the road and with private access but with some real moving water. Something I would not have found without his help since access, for the average passer by, is impossible.

WHY DO WE NEED SUCH A HIDDEN, SECRETATIVE SITE? How sad it is that I find it necessary to look for such a selfishly, private, secret site. It is more sad to think that it is a part of modern life that sometimes we have to be so selfish. Fact is

that only a few years ago there had been a thriving slalom training site on this river, only a mile downstream from where I talked with the gentleman fisherman. The site, the only one for many miles, had been of great benefit to many of Britain's top slalomists until some unknown canoeists had abused its use. They had trespassed, not just on the water, but also on the land, a private garden. The landowner had, quite reasonably, asked for all gates to be removed and for no-one to paddle on the water. Thus this training site was lost to all through the inconsiderate, indiscriminate behaviour of a few. Unfortunately, there is nothing unique in this; while the BCU's access officers up and down the country struggle to gain permission for us to paddle, canoeists abuse the privilege and bring the sport into disrepute.

HOW A FEW CAN GIVE A SPORT A BADNAME: This gentleman fisherman and I talked about the problem both sports face - the problem of some badly behaved, selfish folk who think only of themselves. The environmentalists accuse the fisherman of cruelty and ruining the wildlife; the fisherman accuse the paddlers of ruining the fishing; and canoeists have a tendency to accuse all, who prevent them from paddling where they wish, of being selfish. There can be room for all of us in this country, from whichever discipline, as well as the fishermen and the environmentalists.

MY DREAM OF HEAVEN is a land full of waterways and space and peaceful co-existence with all, all types of canoeists and all fishermen.

INTERNATIONAL CALENDAR

Great Britain Senior Team

The Slalom Committee will be sending a British team to the following international events:

5/6 May, 1984: Kaatsheuvel (Hollands new artificial course)
9/10 June, 1984: Liptovsky-Mikulas (Europa Cup) Czechoslovakia
16/17 June, 1984: Augsburg (Pre World Champs.) West Germany
20/21 July, 1984: Bou St. Maurice (Europa Cup) France

'B' Team

16/17 June, 1984: Augsburg, West Germany
23/24 June, 1984: Merano, Italy

International at Llangollen is booked for 28/29 October, 1984.

JENNIFER MUNRO

GRANDTULLY - SCOTTISH NATIONAL COACHING CENTRE

The 1984 Scottish Canoe Association Handbook carried the interesting feature on its centres pages:

1984 should see major improvements at Grandtully. The Scottish Canoe Association and the Scottish Sports Council have reached agreement on proposals to transform the Scottish Yard site into a proper base for canoe training and events.

Centrepiece of the development will be a new amenities building incorporating the former station master's house and containing toilets, showers, drying room, storage, a small kitchen and a meeting and eating room.

The whole site will be rehabilitated and landscaped and there will be a proper parking and campsite facilities.

It is hoped to get the project started on site in the spring and to have it finished in time for the 1985 Easter slalom.



RAPID RACING

The end of March — 25th to 29th — sees the Löwenbräu Rapid Racing Championships taking place at Bala in North Wales.

Developed from alpine downhill skiing during the past eighteen months, this new discipline will provide keen competition for the canoeists, a new interest for the sport and first class entertainment for the public and television alike.

The essence of Rapid Racing lies in the Distance, Timing and Water Quality for each race. Together these three factors will provide for close competition between our fifty top canoeists and for a championship that will be decided by mere hundredths of a second.

For the Championship there will be four races ranging from just over 400-metre to slightly over 575-metres. Two of the courses were to be on the Tryweryn at Bala, while the final two races were to be on the River Dee at Llangollen. However, the latter two — due to problems with

fishermen at Llangollen — have been rescheduled for the Tryweryn also. The dates at Bala are mid-week through March 25th to 29th. A pity about the Llangollen venue, but the town would seem to be the loser with the championships gaining full coverage on S4C — Sianel Pedwar Cymru — and full ITV network. (TV coverage is: 27th March 21.30 to 22.00 nightly to 30th March: 31st March, World of Sport ITV network on races 1 and 2; and 7th April, World of Sport ITV network on races 3 and 4. This information subject to change, so check programmes).

For the first time the top competitors from the flat water disciplines of Sprint and Marathon Racing will have an opportunity to take on the white water specialists of Slalom and Wild Water Racing.

In the mens event there will be no less than four reigning world champions: Richard Fox, Marco Previde Massara, Steve Jackson and Alan Williams. The womens event will include Liz Sharman, Sue Hornby and Anne Plant.

In addition to this new Rapid Racing, there is to be a year-long national event under the title 'The Löwenbräu 500'.

THE LÖWENBRÄU 500

Developed jointly by Löwenbräu and Rapid Racing 'The Löwenbräu 500' is a year-long programme to encourage and support the sport of Wild Water Canoe Racing.

It will comprise six nationwide events, which will be open to all canoeists to enter — excepting those competitors who participate in the 1984 Löwenbräu Rapid Racing Championship.

Each event will be a direct down-river test, against the clock and over five hundred metres of average wild water. Every canoeist, completing their first test, will receive a special Löwenbräu card listing their official time. Throughout the year an updated ranking of all recorded times will be produced and distributed to every canoe club in the United Kingdom and the media.

In March 1985 Löwenbräu and the Organising Committee will award two top prizes: To the canoeist who has recorded the fastest time — An entire Bavarian evening of music, food and Löwenbräu for his/her canoe club.

To the canoeist who has made the greatest improvement throughout the series — For the winner and his/her guest a weeklong visit to the 1985 World Wild Water Championship in Garmisch-Partenkirchen, West Germany.

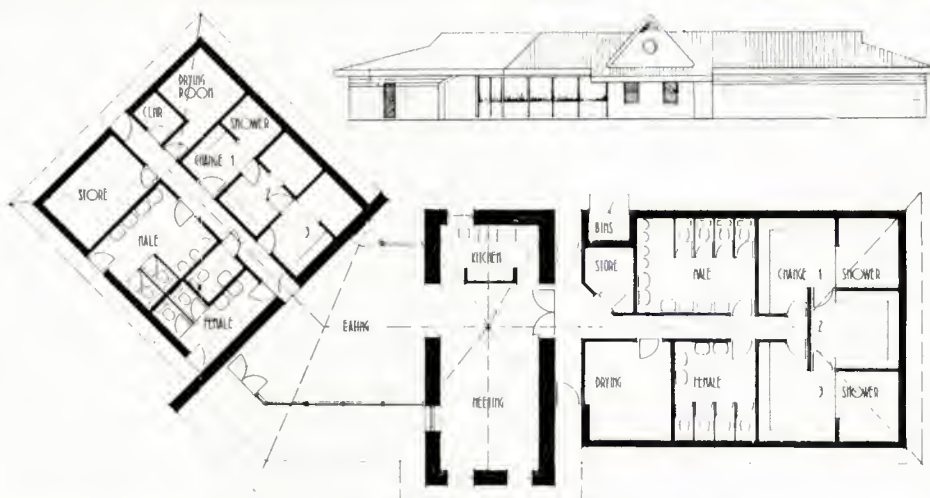
Awards will also be presented at every individual test: To the best man; To the best woman; To the best youth (under 16); To the best junior (under 14).

In addition to the above support and to set a target for the first test, Löwenbräu will host a special Wild Water Coaching weekend during which the national standard for 'The Löwenbräu 500' will be established.

This weekend will take place on Saturday 17th and Sunday 18th March 1984. The national standard for 'The Löwenbräu 500' will be set at 12.00 on Saturday 17th March on the River Washburn in North Yorkshire.

LÖWENBRÄU

SCOTTISH NATIONAL CANOE CENTRE



Client
SCOTTISH SPORTS COUNCIL

Scale 1:200
Date MARCH 1983
Drawn
Checked

Project
SCOTTISH NATIONAL CANOE CENTRE

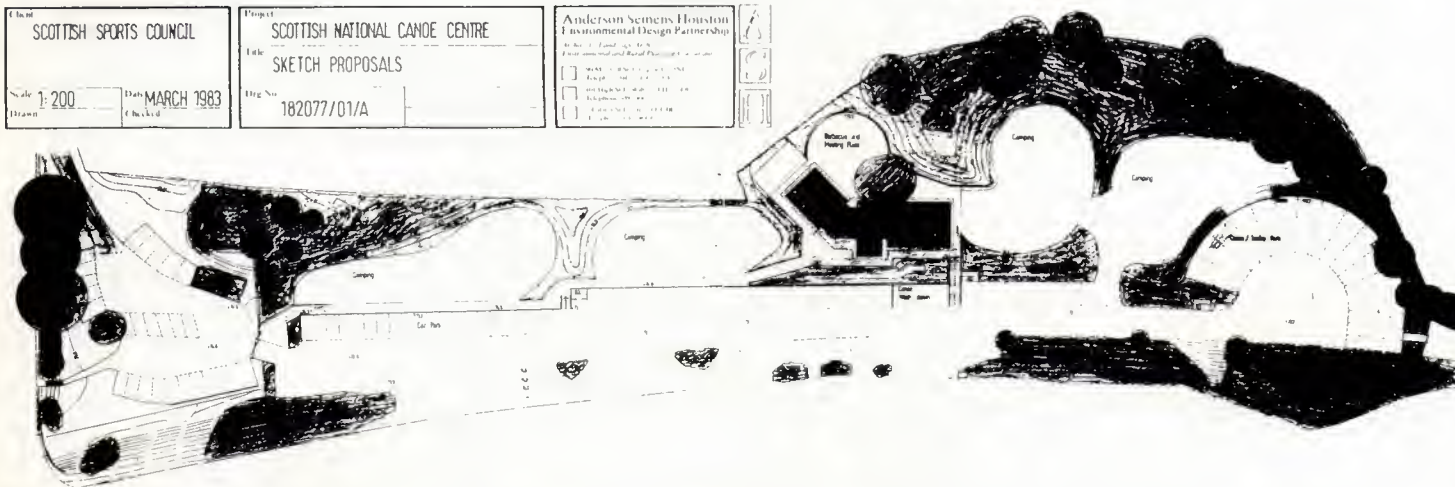
Title
SKETCH PROPOSALS

Dwg No
182077/01/A

Anderson Semmens Houston
Environmental Design Partnership

Notes: 1. Land use, etc.
2. For use as a guide only. Details to be agreed with the client.

1. WASTE DISPOSAL
2. EXISTING UTILITIES
3. EXISTING BUILDINGS
4. EXISTING ROADS
5. EXISTING FENCES
6. EXISTING TREES



SCOTTISH CANOE EXHIBITION



**Eastwood
Recreation Centre
Eastwood Toll
Glasgow**

Canoeing has been a popular sport for a number of years now and with Britain leading the World in so many of its competitive events as well as the design and construction of the craft used, it is not surprising therefore that Scotland, with much of the best canoeing water in the British Isles, holds its own Canoe Exhibition with an opportunity to view leading manufacturers under one roof.

The 'shop window' launched in Scotland in 1979 with its first Exhibition continues this year at the Eastwood Centre, Eastwood Toll, Glasgow over the weekend of 28/29 April 1984.

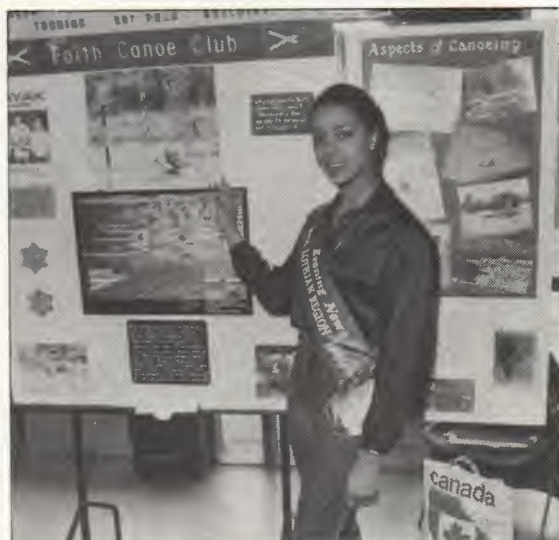
Apart from displaying a wide range of craft and associated equipment, there will be the opportunity to see films and hear talks by leading participants in canoe expeditions. The Exhibition also provides a meeting place for many individuals and organisations engaged in canoeing activities.

If you are thinking of buying a canoe/kayak or ancillary equipment, why not view the wide range available at the Exhibition before making your choice. But whether you are intending to purchase or not there will be a great deal to interest you if you are involved in or merely interested in canoeing.

Films to be shown are: 1. Arctic Canoe Race; 2. Paddlers must wear lifejackets; 3. Wild Water the Motion Picture. As our new venue also incorporates a pool there will be canoe polo, slalom come and try for the first time.

Firms exhibiting are: Glasgow Trailer Centre, Afton Canoes, Scottish Sports Council, North Shore Designs, Lendal Products, New Wave Blades, P&H Fibreglass Ltd., Pyranha Mouldings Ltd., Granta Boats Ltd., McNulty Seaglass, Fibrecraft Products, Arrowcraft, A.S. Ramage, Loch Insh Canoeing & Sailing School, Sunray G.P. and T.A.P. Kayaks.

As yet the talks are not finalised but they will be up to the previous high standards. Why not come along for a day and take it in at your leisure, chat over coffee or lunch in the restaurant and above all support your sport.



Photos from previous Scottish Canoe Exhibitions



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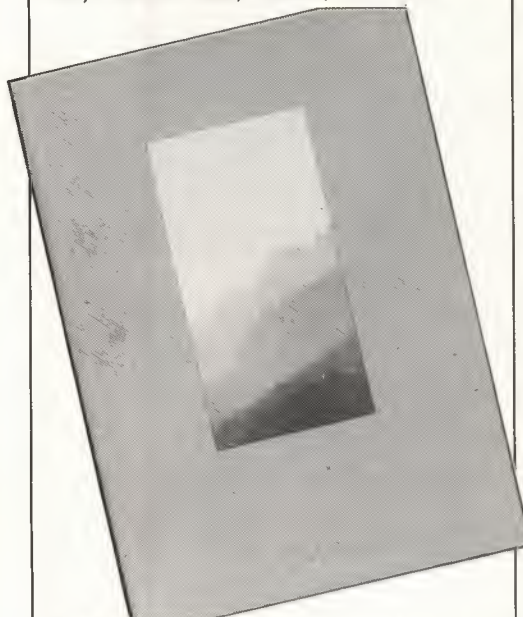
ULTIMATE'S 1984 CATALOGUE

Ultimate Equipment is proud to announce the publication of their 1984 catalogue. This is no ordinary catalogue. It is the most prestigious catalogue ever to be published by an Outdoor Equipment Company. It has 28 full colour pages featuring breathtaking photographs of the Ultimate Range of Products on location in the beautiful Picos de Europa region of Northern Spain.

The catalogue contains interesting articles on the region by experts in the field of backpacking, cycling and climbing. Shane Winsor of the Royal Geographical Society's Expeditionary Advisory Centre gives very useful advice on planning an expedition, and if, after seeing the catalogue, you have an overwhelming desire to visit the region, all the information is there to transform your desire into reality.

Ultimate set out to make an unusual catalogue and the result has even amazed us!

For your free 1984 Ultimate catalogue please write enclosing stamps to the value of 25p to cover postage and packing to: Ultimate Equipment Limited, Ryburne Mill, Hanson Lane, Halifax, HX1 4SE.



PUDDLES FROM HUMBER KAYAKS

Humber Kayaks of Hull are introducing a range of canoeing cags for the 1984 season.

A new-style Twin from Puddles, features a double skin-outer of 40z PU and inner for extra warmth of 2oz. The Standard features a padded collar, velcro fastening, neoprene cuffs and a large front pocket. The Budget — launched in 1983 — completes the trio and by using an elastic neck and omitting the pocket, produces a low cost cag.

The cags are retailed by: Humber Kayaks, 30 Thorndale, Hull HU7 6DG. The Twin at £18.95; The Standard at £14.95 and The Budget at £9.95 — all prices include post and packing.

EXPEDITION COLD SWIM

Tim Ward Canoes are very pleased to have had returned, intact, their Osprey Expedition kayak used by the Royal Military College of Science Canoe Club expedition, 'Cold Swim', to the Canadian Rockies — mentioned in this publication prior to their departure.

A report has been received from the expedition member who used the kayak and was very impressed by (quote) — 'the low number of holes he managed to put in



it, despite some deficient paddling'. The paddler found the construction very resilient owing to the combination of diolen and flexible resin which allowed the boat to bend on hard impacts without cracking or breaking. The kayak was found to 'lift through the most monstrous standing waves, haystacks and stoppers with reliable ease'. 'The strength and reliability of the construction resulted in only one repair being necessary'. The kayak was also fitted with a new J & R Footrest, which performed well in the extreme conditions encountered.

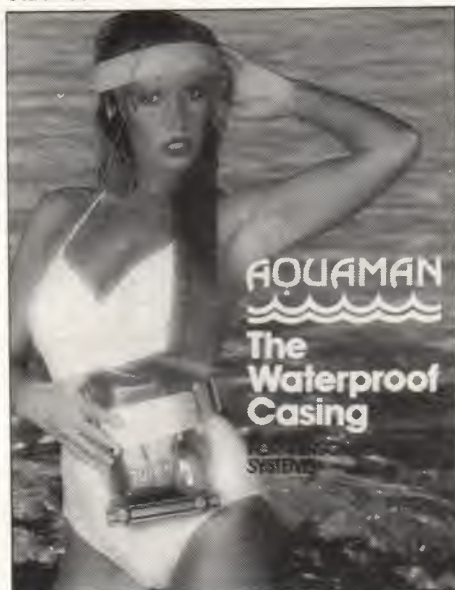
The report and kayak used are now available for inspection and hopefully a report will soon be received from the Iceland Breakthrough Expedition, as seen on ITV News at Ten, who also used one of the boats.

For further details of the Osprey Expedition and J & R Footrest contact: Tim Ward Canoes at Unit 2, The Common, Stokenchurch, High Wycombe, Bucks or phone 024 026 2959.

KEEPING DRY WITH AQUAMAN

Would you like to surf to the sound of the Beach Boys? Snorkel to Debussy? Boogie in the jacuzzi or learn Japanese in the shower? With Aquaman you can do all this and more. Aquaman does it everywhere!

Aquaman is the first fully waterproof casing for personal stereo. At £9.95 it's the cheaper alternative to the recent 'water resistant' models. And it's more effective: it's been tested to a depth of 35-feet by the British Hydromechanics Research Association. It's made of light and flexible PVC, so the sound is perfect and the controls are easily operated, but it's also tough — corrosive resistant and ultraviolet stabilised.



P & H ON THE MOVE

The firm of P & H Fibreglass Limited are to move into a new factory shortly. Not too far from the old Station Road address, in fact just round the corner.

However, as a result, P & H Fibreglass are having a large clear out of items surplus to requirements — Hire Canoes, Surfers, Skis, Windsurfers, General Purpose kayak, Touring Double, K1 River Racer, Slalom Kayaks and one brand new (Pencil) River Racer. Also included will be moulds — C2 Slalom, C1 Slalom, C1 River Racer, C2 River Racer, and Slalom K1 (Cobra). The moulds will be sold on the strict understanding that they are not for commercial use and purchasers will be asked to sign to this effect.

All the items will be numbered and sold to the highest bidder. No reserve price will be put on any item.

The date of the auction will be Saturday, 19th May and starting at 9.30pm. Tea and coffee available. Venue: P & H Fibreglass Limited, Station Road, West Hallam, Ilkeston, Derby. Telephone: 0602 320155.

SUZY'S SWEAT LINE

Suzy's Sweat Shop has a new waist tow line that is ideal for use with instructors or paddlers responsible for other canoeists on the water. It is the product of extensive testing and offers the best solution in terms of efficiency and ease of wear, avoiding the necessity to drill holes in the kayak/canoe for towline attachment. It is light, efficient, easy to use and wear, and is ready for action in seconds.

The belt is an attractive multi-coloured polypropylene webbing which fits so snugly round the waist, one is hardly aware it is there. The belt is fastened by a strong plastic quick release buckle which will release in less than a second if required. The 4mm polyester rope is attached to the belt by shockcord which helps to absorb towing 'jerk', and the line stows neatly onto the belt when not in use. The rope can be detached from the belt for other uses if required or to attach a 'personalised' line. Price and full details from: Suzy's Sweat Shop, 34 Kelvinbrook, West Molesey, Surrey. Or can be purchased from: Whitewater Sports, Shepperton Marina, Felix Lane, Shepperton, Middx.

WEIDER MEET BODYBUILDERS' NEED FOR PREDIGESTED PROTEIN

Weider, Britain's biggest name in Activity Foods, has met the request of top bodybuilders to produce a powerful new predigested protein.

Only the best quality ingredients, including 19 different amino acids, are used in the new product which extends the Weider range of dietary supplements.

Extra protein is essential for sportsmen and women training for muscular growth or increased power. Predigested protein, which is amino acid, can be used by the body more quickly and with less waste for maximum effectiveness.

Weider's Olympic Dynamic Liquid Amino Acid product includes added vitamins, minerals, and liquid liver extract, one of the best amino acid sources, for extra benefit. It has a pleasant cherry flavour, and the 500 ml bottle retailing at £6.79 should last more than a fortnight at the recommended dosage. One tablespoonful should be taken twice daily, either neat or diluted.

David Riley, chairman of Weider Health and Fitness distributors, Craven House Marketing explained: 'This addition to our already comprehensive range of dietary

CANOEING MAGAZINE

supplements came because of repeated requests from top bodybuilders and other athletes.

'It is the result of considerable research and development to find precisely the right combination of ingredients for maximum benefit. We use only top quality natural ingredients and flavouring including fructose which unlike more commonly used sucrose, aids rapid absorption by the body.'

The value of this latest Weider product stems from the fact that ordinary proteins cannot be used by the body right away. These large molecules must first be broken down into amino acids.

Weider's Liquid Amino Acids are predigested to this stage so the body is able to utilise them immediately, and nothing the athlete ingests is lost in the digestion process.

Weider's existing products, Olympian Super Protein, and Milk and Egg Protein Powder will continue to be available for those who prefer this type of Activity Food.



Essential reading for all outdoor people is the new colour catalogue of professional survival equipment from Survival Aids Ltd. In addition to over 250-illustrated items, the publication contains important survival facts and information based on current military training techniques.

Under the headings of the four survival priorities — protection, location, water and food — are shown the aids available to civilians and soldiers to help them cope when lost, stranded or during a time of crisis.

Although some items — such as escape and invasion kits — are for emergency deployment only, the vast majority of equipment and clothing is for everyday use. The catalogue introduces new Survival Aids designs including the Allweather Sleeping Bag, Field Jerkin, GoreTex Bivi-Bag and thermal underwear — plus many smaller survival kit components.

Survival Aids products are now used throughout the world in all extremes of military and professional outdoor life. The equipment's light weight, small pack size and use of efficient modern materials, however, is appreciated by even the most casual sportsman — yet may well prove a lifesaver in certain conditions.

The £2.00 cost of the catalogue includes a free year's subscription to Survival News, published quarterly by Survival Aids Ltd. Send cash or cheque to: *Survival Aids (RP), Morland, Penrith, Cornwall CA10 3AZ.*



SCUBATUBE — GREATER FREEDOM WHERE WATER'S INVOLVED

For those active in, on and around water there has always been the problem of keeping small necessary items handy, yet secure and waterproof, without cumbersome bags or extra items of clothing.

Worn around the neck on an adjustable lanyard, the Scubatube is an attractive high density polyethylene container which solves that problem.

Measuring 4½in long by 1½in in diameter the Scubatube is big enough to take loose cigarettes and disposable lighter, paper money and change, smaller items of medication, car and boat keys, sweets or personal items.

It is absolutely ideal for swimmers, boardsailors, divers, surfers, waterskiers, yachtsmen and canoeists, or simply those who like scrambling around on the rocks.

It is available to well established wholesalers and to selected retail chains to retail at a rrp of £1.50 (inc. VAT).

NEW ERA TOWELS

News of a remarkable product to reach the leisure market comes from the Jogu Leisure marketing company, Bingley, Yorkshire.

The product, Pertex Capillary Action Fabric, which is recognised by the Design Council, is a light and extremely compactable material and is being launched in various sizes to form a variety of body towels.

Unlike conventional Terry towels, the Pertex product is a thin, sheet like material, which will fold into small, pocket sized products, making it ideal for people on the move.

Pertex is a synthetic fabric, absorbent to



moisture by capillary action and will air dry completely in around 15-minutes, even after total saturation. It is thought the towel will appeal to a large cross section of sport, leisure and every day domestic use because of its compactness, quick drying and durability.

BROOKBANK CANOES

Visitors to Crystal Palace will have noticed that Brookbank Canoes again were not represented at the Exhibition. But despite this, the firm is still trading from their address in Cheshire and now have an additional branch for canoe hire in the Lake District.

Full details of the range of craft, accessories and services available from Brookbank can be obtained from: *Brookbank Canoes, Brookbank House, Shrigley Road South, Higher Poynton, Cheshire SK12 1TF.*

ON, IN AND UNDER WATER CLIFF MICHELMORE PRESENTS 'WATERLINES'

A new, topical magazine programme about the water, reflecting all the activities taking place on, in and under the waters around Britain, begins on BBC Radio 4 this spring.

Cliff Michelmores presents 'Waterlines', a 25-minute weekly series of seven programmes, beginning on Monday, April 30, at 7.50pm.

Producer, Caroline Elliot says, 'There has long been the need for an outlet for the kind of material 'Waterlines' will cover. The scope is vast and I shall report any topical water stories, whatever they are about, on subjects as varied as the RNLI, the Navy, sailing, watersports, fishing, the environment and marine life.'

Regular weekly items include an events round-up by Harrier Crass, the Radio 4 newsreader, and a news slot from Martin Muncaster. Like Cliff Michelmores, both are keen sailors.

MARSPORT RACE-LIFT

Due to the continued success and expansion of services by Marsport UK, their Reading office and showrooms will be closed for 4-days from Monday 5th March whilst modernisation of the premises took place.

The face-lift will enable Marsports staff to give a faster and even more efficient service than was available before. Marsport wish to apologise for any inconvenience caused to their regular customers and look forward to seeing old and new faces when the shops re-opens on 9th March.

S.I.N.O.M.

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EAST COAST CANOES, canoes of all types, junior, competition slalom, general purpose, doubles, tourers, Canadians, all accessories, advice from keen canoeists. Telephone: Lowestoft 0502 62859.

SOUTH COAST KAYAKS are now stockists of the popular Beaver Trimaroo and Ultra, plus retaining their complete range of top class Canoes and Kayaks plus accessories. For full details telephone 0293 35204 or write to: South Coast Kayaks, 15 Wensleydale, Southgate West, Crawley, Sussex.

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DAVIES OUTDOOR PURSUITS EQUIPMENT — Before buying equipment contact us and ask for our price as we sell most items of equipment used in outdoor pursuits and mostly manufactured by top manufacturers. We sell kayaks (including Perception), canoes, paddles, wetsuits, drysuits, surf skis/shoes, thermal wear, waterproofs, compasses, tents, rucksacks, sailboards, ropes, sleeping bags, bivvy bags, torches, ladders, helmets, harnesses, BDH containers, cycle paniers, skiwear, footwear, stoves, batteries, axes, pulleys, and many other items. When contacting us please state which area you are interested in. It does not cost anything to ask and that includes expert advice. (SALE UNTIL FEB 1984). Telephone: 0843 602046 or write to: Davies Outdoor Pursuits Equipment, PO Box 29, Broadstairs, Kent.

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MARK GEES quality timber paddles for competition slalom, flat water racing, sea canoeing, touring and kit paddles for the budget canoeist. Leaflet from: Mark Gees, 18 Beauchamp Road, Twickenham, Middlesex TW1 3JD. Telephone: 01-892 8979.

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SURVIVAL BOOKS, wild-water canoeing, wilderness living, hunting, archery, trapping, U.S.A.F., U.S. Army, S.A.S. survival training, police and military sciences, paramedics, canoe camping, martial arts, etc. Over 900 titles. Catalogue 50p. Outdoorsman's Bookstore, Dept. C., Llangorse, Brecon, Powys, LD3 7UE.

SEA TOURING. An informative manual for sea canoeists written by John J. Ramwell. Cost £3.30 (inc P&P).

6,000 copies sold world wide. Now in its fourth edition. Over 120 packed pages on equipment, survival, safety, navigation, the sea, charts, buoyage, meteorology, marine communications, expedition planning, use of a pool, etc.

Available only from **JJ Ramwell, 4 Wavell Garth, Sandal, Wakefield, W. Yorkshire.**

INSURANCE

CANOE INSURANCE — send s.a.e. for proposal form to: Joan Baker, JB Insurances, 17/30 High Street, Waterbeach, Cambridge.

FILMS

CANOEING FILMS FOR HIRE — Everest, Orinoco, Blue Nile, Augsburg, Search for Excitement — Fees donated to Mike Jones Memorial Fund. Enquiries Mrs. M. Jones, 1, Birchwood Drive, Utley, Keighley, BD20 6DA. Telephone: 0535 604119.

CANOEING, CLIMBING, POTHOLING, Sailing, Mountaineering, Education and Outdoor Documentaries, 16mm and Video Cassettes, for hire and sale. Incorporating the BCU Library. Send 50p for brochure to: Chrisfilm & Video Ltd., Glasshouses Mill, Harrogate, North Yorkshire HG3 5QH. Telephone: (0423) 711310. Telex: 57986.

ARCTIC CANOE RACE — An account of the world's longest canoe marathon is available for hire or purchase on 16mm film and video cassette from Chrisfilm & Video Ltd., Glasshouses Mill, Harrogate, North Yorkshire, HG3 5QH. Telephone: (0423) 711310.

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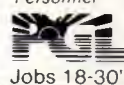
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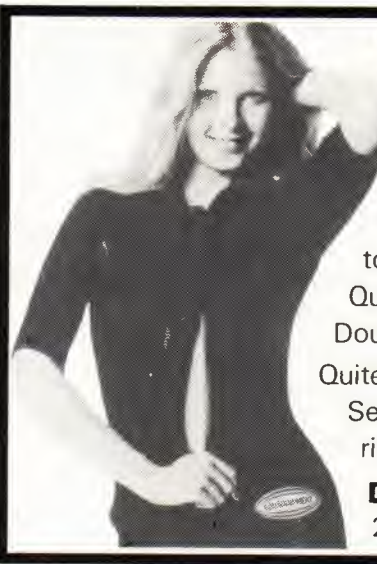
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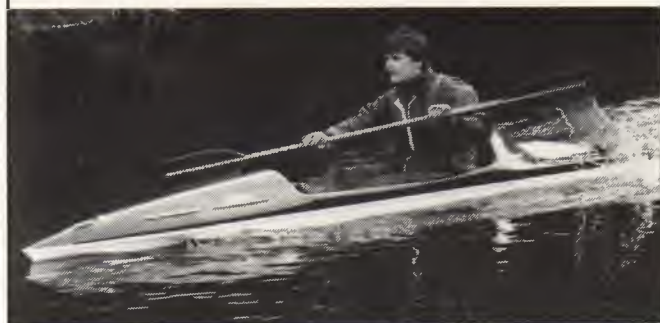
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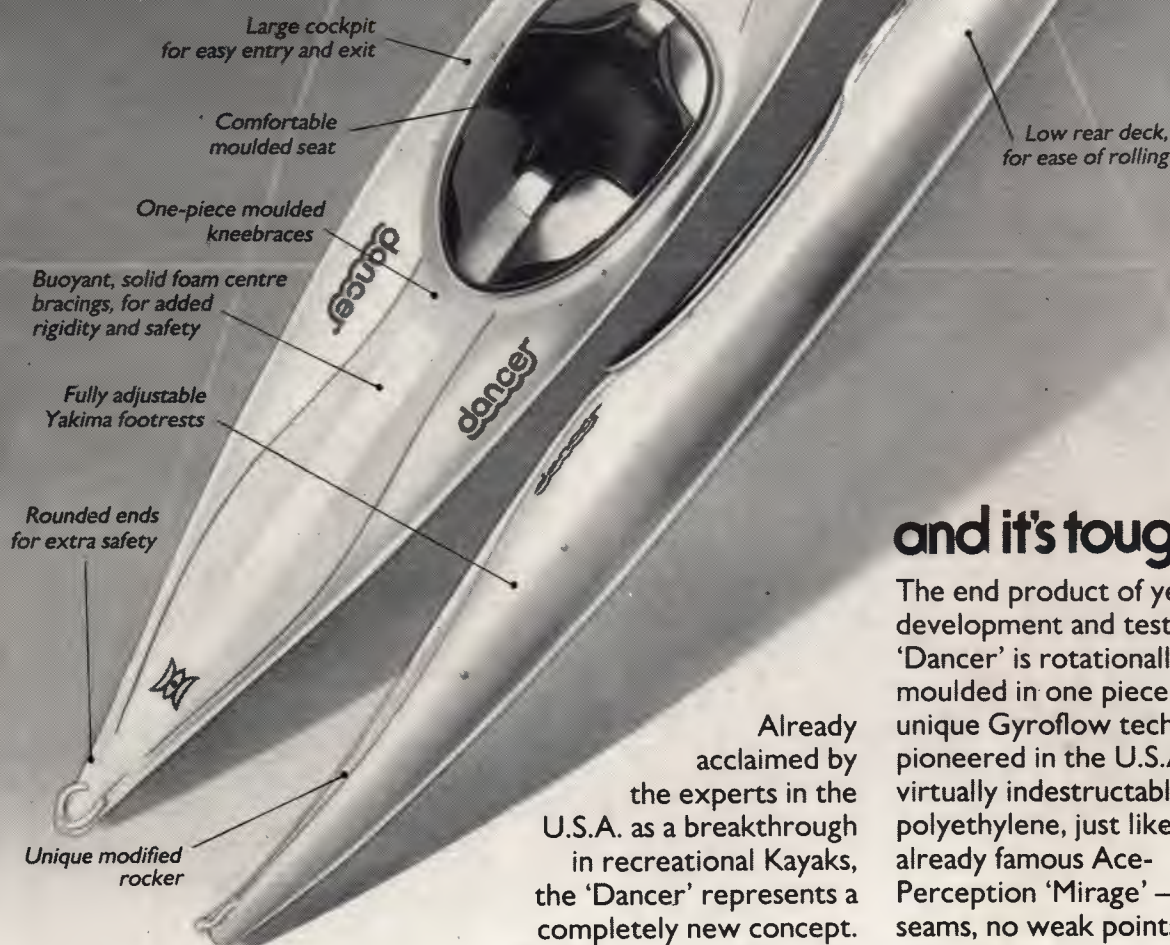
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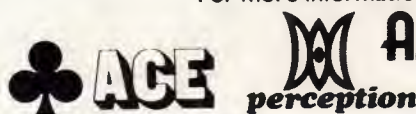
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