

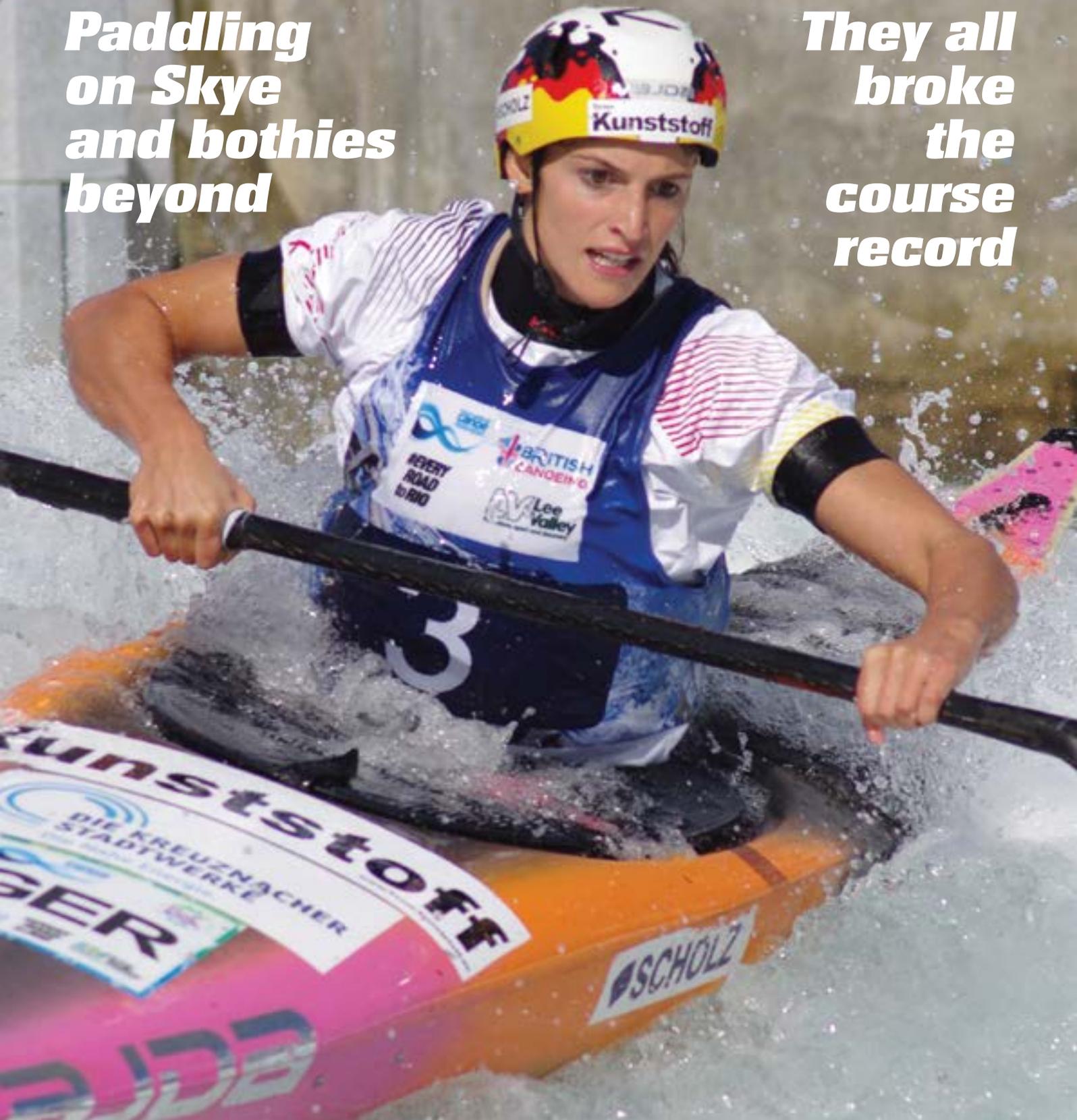
December 2015

Canoelist

Incorporating **Ocean Kayaker** and *Paddlers World*

**Paddling
on Skye
and bothies
beyond**

**They all
broke
the
course
record**



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 World Cup Final - ICF

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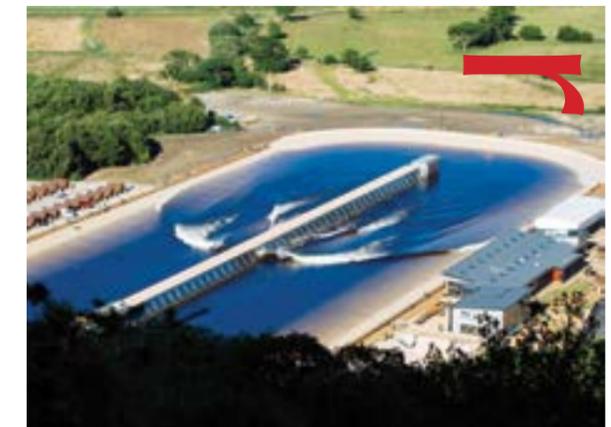
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Calendar

SURFING

July
16-24 **World Titles, W, Santa Cruz**

MARATHON

December
6 Stour Descent
20 Winter Time Trial 2, Union Canal

January
3 Frank Luzmore K2, London & SE
16 Broadside Time Trial, Norwich
17 Winter Time Trial 3, Union Canal
31 Waterside A, Gt Bedwyn

February
7 Thameside 1, Aldermaston
14 Waterside B, Newbury
14 Winter Time Trial 4, Union Canal
21 Thameside 2, Reading
27/28 Antalya Belek
28 Waterside C, Pewsey

March
13 Waterside D, Devizes
20 Cambridge, H
25-28 **Devizes-Westminster**

April
3 3rd Brabant, Tilburg
3 Gailey
8-10 **Petermaritzburg, WC1**
16 Waterland, Amsterdam
23 Gent
24 Anker Valley, H
24 Roadford, H
24 Wey, H

May
1 64th Bedford
1 S Lakes, Coniston Water
7 Dordogne Integrale
15 32nd Basingstoke Canal CC, H
15 Worcester, H
15 Lower Exe
15 1066, Tonbridge
22 Norwich, H
22 Malton
29 Nottingham, H
29 Tamar, H
29 Reading Circuit

June
12 Burton, H
12 Fal, H
12 Derwent Mike Jones Memorial
18/19 Cheshire Ring Canal
19 Leighton Buzzard, H
19 Oxford Midsummer, H
19 Royal CC, H, R Thames
19 Hereford Wye
25 Bath-Bradford Classic
26 Bradford Circuit, H
26 Shropshire Paddlesport

July
1-3 **Euro Championships, Pontevedra**
10 Bishop's Stortford, H
10 Macclesfield Adelphi, H
10 Thames Valley Circuit, H
10 Calder 1

17 Ironbridge
23/24 **National Championships, Reading**

30/31 **Prada Vila Verde, WC2**
31 Medway
August
7 Richmond, H
14 Camel, H
21 Tonbridge, H
27 Longridge, H
27 Colin Chapman Memorial Wye Descent

September
11 Pangbourne, H
11 Dart Circuit
11 Poole Harbour
14-18 **World Championships, Brandenburg**
18 Calder 2
18 Henley
25 **Hasler Final, Worcester**

October
2 Adige, Pescantina
2 Gloucester, H
2 Lincoln
2 Wolfreton
9 Elmbridge
16 Windsor & District, H
23 Chelmer, H
23 Fowey, H
23 Trent K2
30 Banbury, H

November
6 Avon Descent
11/12 Gorges de l'Ardèche
13 Leighton Buzzard CC Remembrance Day
27 Ross Warland Memorial Canal Challenge, Cropredy

SLALOM

December
12/13 Orton Mere Winter Series 2

January
16/17 Winter Mini Slalom 1, O, Stone
24 NZ O, Mangahao
30/31 Winter Mini Slalom 2, O, Stone

February
7 Australian O, Penrith
13 BUCS
19-21 Oceania Championships, Penrith
20/21 Winter Mini Slalom 3, O, Stone

March
5/6 Shepperton, 1
5/6 Dulverton, 3/4/O
12/13 Llandysul, 1/4
12/13 Shepperton, 2
19/20 Matlock, 2
19/20 Stone 3/4
25/26 Segre Cup, La Seu d'Urgell
25/26 Soikan
26/27 Grandtully, P

April
1/2 Markkleeberg

2/3 Grandtully, 1
9 Nene, 4
9/10 48th Ilindanski Ikas, Skopje
9/10 Lee Valley, P
9/10 James Harrison Memorial, 2, Wark

9/10 Aberfeldy, 4
16 Holme Pierrepont, P
16/17 Ivrea
16/17 Washburn, 2
23/24 46th Liptov
23/24 Asian Championships, Toyama
23/24 Pyrenees Cup 1, La Seu d'Urgell
23/24 Alva, 3/4
23/24 Llandysul, 3/4
23/24 Oughtibridge, 3/4
24 Brecon, 4
30/1 Pyrenees Cup 3, Pau
30/1 Aberfeldy, 3/4

May
2 Cardiff, P/4
7/8 Holme Pierrepont, 1/2
13-15 **European Championships, Liptovsky Mikulas**
14 Kingland Basin, 4
14/15 Wagon Lane, 3
14/15 Seaton Park, 3/4
14/15 Orton Mere, 3/4
15 Winchester, 4
20-22 68th Tatra, Liptovsky Mikulas
21/22 McConkey, P, Holme Pierrepont
21/22 Llandysul, 2/4
28/29 Bratislava O
28/29 Merano
28/29 Pinkston, 2

June
3-5 **Ivrea, WC 1**
4/5 Tryweryn, 1
4/5 Nene, 2
4/5 Langham Farm, 3/4
10-12 **La Seu d'Urgell, WC 2**
11/12 Fairnilee, 2
11/12 Alva, 3/4
11/12 Ogmores, 3/4
12 Stone, 3/4

17-19 Pau, WC 3
18/19 Pinkston, 1
18/19 Shepperton, 3/4
25/26 Young Danubia Cup, Bratislava
25/26 Washburn, 2
25/26 Rhug, 3/4

July
2/3 Orton Mere, 3/4
9/10 Howsham Weir, 2
9/10 Plas y Brenin, 3/4
10 Frome Market Yard, 4/O
14-17 **World Championships, U23/J, Krakow**
16/17 Washburn, 1
23/24 Bala Mill, 2
30/31 Telford, 2

August
6 Llandysul, 2/4
7-11 **Olympic Games, Deodoro**
13/14 Grandtully, 2

20/21 Fairnilee, 2/O/Scottish Championships

20/21 Harefield, 3
25-28 **U23/J European Championships**

27/28 Grandtully, 1
September
2-4 **Praha, WC 4**
3/4 Holme Pierrepont, P/1
9-11 **Tacen, WC F**
10/11 **Interclubs**
17/18 **British O, P/2, Lee Valley**

24/25 Wark, 2
24/25 Alva, 3/4
24/25 Rhug, 3/4
24/25 W Tanfield, 3/4
25 Alpe Adria, Klagenfurt

October
1/2 Tryweryn, P
8/9 Llandysul, 1/4
8/9 Shepperton, 2
8/9 Oughtibridge, 3/4
15/16 Tees Barrage, P/1
15/16 Symonds Yat, 2
22/23 Stone, 3/4

WWR

December
5 **ACM, Holme Pierrepont**
12 Barrow Series 3
19 Matlock Long Sp 2
20 Newark Christmas

January
9 Barrow Series 4
9/10 Dart
10 Brathay
23 Matlock Long Sp 3
30 Bobby Timperley Memorial, S Tyne

February
13 Barrow Series 5
20/21 Scottish O, Awe/Grandtully

March
12 Barrow Series 6
13 Lune
20 Monschau, CI
20 Burrs

April
16 Prudhoe Sp

May
7/8 **ECA Cup, Sp, Augsburg**

June
1-5 **World Championships, Banja Luka**
9-11 **Celje, WC 1/2**
17-19 **Pau WC**

August
20 **National Championships, CI/Sp, Washburn**

September
10 Derwent Dash
November
6 Burrs

FREESTYLE

June
10-12 Federations Cup, Tidvia
30-3 Natural Games, Millau

October
12-15 **World Championships, San Juan**
19-22 **WC, Río de Janeiro**

SPRINT

February
12-14 Oceania Championships, Adelaide

March

19 Wey
29-2 African Championships, Pretoria
29-4 Shongweni Dam

April
9/10 Boulogne sur Mer
9/10 Sparafucile, Mantova
9/10 Nottingham

May
7/8 Nottingham
17-22 **Duisburg, Paracanoe World Championships/WC 1/European Championships,**

19-22 Panamerican Championships, Gainesville
26-29 Piestany
27-29 **Racice, WC 2**

June
3-5 **Montemor-o-Velho, WC 3**
4/5 Nottingham
10-12 Bascov
11/12 Women Cup, Boulogne sur Mer
24-26 **Moskva, EC**

July
1-3 Auronzo
2/3 Decize
2/3 Nottingham
14-17 **U23/J European Championships, Plovdiv**

August
15-20 **Olympic Games, Copacabana**
28 Eastern Region, Norwich

September
1-4 **U23/J World Championships, Minsk**
3/4 Nottingham

14/15 **Paralympic Games**
24/25 37th Trophy Silver Medal of the Italian Republic, Savona
24-27 **Univ World Championships, Cuernavaca**

MULTISPORT

May
1 Deeside Adventure Tri
7 **Ibiza, WC M**
15 **World Championships, M, Orfu**
29 **Brigg Bomber, WC M**
European Championships

June
5 **Hannover, WC M**
11 Snowdonia Charity Challenge
12 S Yorkshire, Rotherham
18 Ben Nevis Charity Challenge
25 **Worlds, Sp, Tyn**
25 Norfolk Superhero, Burnham Overy Staithe
25 Race the Sun, Brecon Beacons

July
9 Artemis Gt Kindrochit
17 Box End Sp
30 **Samorin, Sp, Europeans**

August
20 **Wolsztyn, WC M**
September
4 Shrewsbury Sp
9 **Linköping, WC M**
17 **Oslo, WC M**
18 Fabian4 Dyffryn Conwy Mountain Tri
24 Awesome Foursome, Bude

SAILING

February
12-14 Winter Meet, Bowness-on-Windermere, OC

POLO

December
12 Cheltenham, 3C
12 Dundee, S1
12 Cheadle, L2N
12 Robinson, L2S

January
16 Stockport, 1
16 Millfield, 2S
16 Stratford, 3C
16 Stoke Fenton, 3N
16 Derby, 4CSW
16 York, 4N
16 Tooting, 4SE
16 Dundee, S1
23 Cheltenham, Y
23 Coventry, L1
23 Cheadle, L2N
23 Stratford, L2S
24 Dundee, S3
30 Coventry, 2S
30 Tooting, 3SE
31 Dundee, S2

February
13 York, 2N
13 Coventry, 2S
14 Dundee, S3
20 Stockport, L1
20 Cheadle, L2N
20 Stratford, L2S
27 Stockport, 2N
27 Derby, Y
28 Dundee, S4

March
12 Stockport, 2N
12 Coventry, 2S
12 Cheltenham, 4CSW
12 Stoke Fenton, 4N
12 Stevenage, 4SE
13 Dundee, S3
19 Coventry, 1
19 York, L1
19 Cheadle, L2N
19 Robinson, L2S
20 Dundee, S4
27 Dundee, S2

April
9 Stockport, 2N
9 Cheltenham, 3C
9 York, 3N
9 Stevenage, 3SE

9 Rickmansworth, 4SE
23 Coventry, 1
23 Tees, 2N
23 Rickmansworth, 2S
23 Friends of Allonby, 3N/4N
23 Bristol, 4CSW
23/24 **Pas de Calais, St-Omer**
30 Banbury, 3C
30 Rickmansworth, 3SE

May
1 Pinkston, S1/2
7/8 27th Wallonie, Seneffe
14 Pinkston, S1/2
14-16 45th German Cup, Essen
21/22 Playoffs

June
11/12 NRW Cup, Duisburg
25/26 Flanders Cup, Hazewinkel

July
9/10 27th Trofeo Baschiroto, Udine
16/17 **ECA Cup, Thury-Harcourt**

August
13/14 Gekko, Gent
20/21 Dikkebus
29-4 **World Championships, Siracusa**

DRAGON BOAT RACING

December
5 Penang Pesta
20 Christmas Cup, Roma
March
30 Club Crew World Championships, Adelaide

July
1-3 Auronzo
September
8-11 ICF Club Crew World Championships, Moskva

OUTRIGGER

May
5-15 World Sp, L Kanawa
July
15/16 La Porquerolaise, Toulon
September
23-25 Ohana Mana Cup, Cagliari
October
21-23 Breizh, Quiberon

MISCELLANEOUS

December
4-13 Le Nautic boat show, Paris
January
8-17 London Boat Show
23-31 Boot show, Düsseldorf
February
11-14 Telegraph Outdoor Adventure & Travel Show, London
May
19-22 Keswick Mountain Festival
28-30 Crick Boat Show

What were they doing?



Oh, what were they doing
Out there today
And it right on dusk
In a sea swell that was far
Too dangerous to paddle
That day?

What's more, they were
Dippers and twitchers
And not used to such seas
Or they would have paddled
With caution and purpose
and a lot more rhythmically

So I followed them until
They returned homeward
And they were back on
The town slipway again
But only so as to see them
Safe and out of danger remain

But what were they doing?
I am afraid I must say
For surely the art in canoeing
Is to know when to go
And not go surely always...

Kevin Pyne

6

Magna Carta 800th anniversary

What is Magna Carta?

Magna Carta is the most important legal document in English history. It was originally a charter, an agreement between the king and the barons, signed by King John on 15th June 1215. It was confirmed by six kings on about 40 occasions.

Why was Magna Carta important?

Magna Carta established for the first time that everyone including the king is subject to the law. One of the most famous clauses is 'To no one will we sell, deny or delay right of justice.' This is still the law today. Magna Carta was the first attempt to ensure that England was ruled by law and not only by the power of the king.

What did Magna Carta say?

The Charter stated what some of the laws were in 1215. It confirmed the existing laws and required the king to do certain things to ensure that the law was kept and to refrain from actions which would break the law. It listed the things which were important at that time. A law is only confirmed at a time when it is often being broken.

Why is Magna Carta important to canoeists?

Clause 33 of the original Charter (numbered 23 in the revised charters) stated that fish traps were to be removed from 'all of England'. As with the other clauses, no reason was given. However in 1472 an Act stated that 'Whereas by the Laudable Statute of Magna Carta... it is contained, That all [fish traps]... throughout the Realm of England should be taken away... which Statute was made for the great Wealth of this Land,... so that Ships and Boats might have their large and free Passage.'

Clause 33 and the 1472 Act have been repealed. This does not change the law for these were witnesses to the law. They did not create the law. They confirmed an ancient law which had existed since Roman times. This law has not been repealed.

More than this, the Charter requires that everyone is to receive justice without delay. In the case of access to rivers this is not the case. The Government is not ensuring that all have free access to the rivers. Thus at present the Charter is breached twice.

What can I do about it?

This year is the 800th anniversary of the signing of Magna Carta. Please write to those you know who have been speaking on the subject and ask them to state that the Charter is not kept today. Ask the speakers to make clear that Magna Carta declared all rivers to be free for boats and that this right should be affirmed.

For further information please contact:
Douglas Caffyn, caffyn@tiscali.co.uk.



Best wishes for
Christmas and the New
Year to all contributors
and readers

CANOEIST December 2015

Editorial

'Air, land and sea-based exploits'

the Welsh Government, dismisses rivers with the briefest of mentions of just the Tryweryn and the Wye. Note the phrase 'sea-based', not 'water-based'

Also missing is the claim for Wales to be the world's capital of adventure tourism in 2016, announced this year (May, p16). Paddlers International contacted Bear Grylls and Simon Parkes, whose names were used to promote the declaration but don't appear in the media guide, and asked them if they were aware that Wales had the most repressive attitude to river users of any country in the world outside war zones. Neither replied but a Welsh Minister did, showing that there had been discussion behind the scenes. Dropping of the world's capital claim by the world's worst offender is to be welcomed.

What would be more welcome would be a clear statement on what the law says by those who make the laws we are required to obey. If the right of navigation on Welsh rivers has been withdrawn, let us know by what legislation. If it does not, let us have a clear statement to that effect. Let us have an end to decades of claiming not to know what the law says and bodies such as Dwr Cymru acting as if the right of navigation has been withdrawn in case it has or because they would like to think it to have been.

A former Labour Party adviser in Wales claimed that Labour had done so badly in the General Election because they are 'detached from reality'. Are any other parties more attached?

If (and only if) the Welsh Government really can produce evidence that its legislation on river use is the worst in the world then the time is long overdue for reform. For an example of modern legislation they need look no further than Scotland, which genuinely can look forward to another year of adventure.

Stuart Fisher

Not as it used to be

It would be good to think that the World Anti Doping Agency report accusing Russia of state sponsored cheating came as a surprise. It would be good to think that Russia was the only country up to no good.

Sorry, sport is big business at the top end and cheating is rife. It seems to be expected in events such as the Tour de France cycle race. It is not just the competitors. It is those backing them, the management, the people being bribed to keep quiet, the threats, perhaps even governments.

Could it happen in canoeing? Yes, undoubtedly. I recall an Australian sprint world champion who failed a drugs test and was later caught with drug making apparatus. I recall claims that an East German paddler died of a cold but that she was in a laboratory at the time. I recall a Bulgarian paddler who failed a drugs test ahead of an Olympic Games but had no action taken against him by the ICF.

Could it happen here? I recall a BCU sprint coach from Bulgaria who disappeared quietly off the scene after some surprisingly enthusiastic comments about use of drugs. I recall a team paddler some years ago reputed to have had an area of her skin like a pincushion.

After a major event I want to celebrate the achievement of the winner and others who have performed well. Increasingly, I begin by asking myself whether it was a fair contest and whether the win went to the best competitor or to someone with the best drugs. Increasingly I find more confidence in looking below top level competition to events where the ends do not justify cheating, where we can have fair events. At least we do not appear to have match fixing, unlike some sports.

There is a world of difference between receiving a medal at a major event and in receiving one through the post after it has been taken back from the previously acclaimed recipient.

While Russia's behaviour is despicable, I am sure it is not unique. If there was an easy solution to all this, somebody would already have suggested it. Meanwhile, the reputation of sport is on a downhill spiral. Perhaps that is why increasing numbers of people prefer to compete in new sports or variants, sports which are not considered significant by the media or bring large rewards, meaning they can be sports as they used to be.

Stuart Fisher

In 1992 you were spared a picture of the BCU CEO as he changed openly on the road at Old Windsor during the Devizes to Westminster Race. It would have been topical as he had just pronounced on the need to change discreetly.

It is no secret that those involved in watersports get changed into and out of their kit and the shock factor is probably not as high in the Home Counties as it is in North Wales, say. Indeed, there are naturist beaches where using a towel to get changed looks decidedly odd.

In the intervening years there has been a steadily more relaxed attitude towards modesty by most. The exceptions include Moslem women, more of whom are covering up more.

For those not out to entertain or shock, the idea of getting a full sun tan in some secluded corner is not as dastardly as it once was. Long gone is the horrified traveller in Switzerland who encountered 'English cads without their coats' on a canoeing trip.

People stripping off for a dare or a celebratory photograph, such as in the Mount Kinabalu case, have become increasingly common. However, a danger is that mobile phones have the ability to send pictures around the world even before the participants have had time to get their clothes back on and depart from the scene of crime.

What has not changed is the way that people can be offended. Even if you think the locals are old fashioned and stuffy, it is their attitudes which are the bottom line, no more so than when they feel something sacred has been profaned. Those who believe in the right of free speech, freedom of expression, the right to live to their own standards and to cause offence as they see fit, should not be surprised if the locals take much greater offence than might have been expected by those with more liberal approaches.

If you are going to travel (and canoeists often get to parts of the world not reached by anyone else), make sure that you know and conform to the standards of your hosts, who frequently did not ask you to go there. When in Rome, do as the Romans do.

Stuart Fisher

Publisher contact

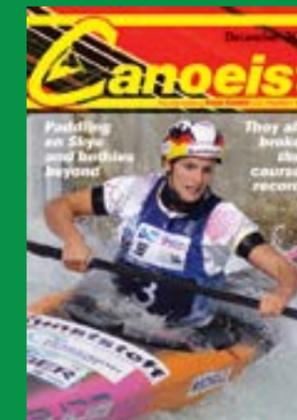
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Disclaimer

Opinions expressed in this magazine are not necessarily those of the editor or publishers. References to waters do not necessarily imply that access or passage is legally permitted or that they are safe in all conditions. The editor and publishers can not be held responsible for any omissions of references to hazards from notes on these waters. They do not necessarily support advertising claims nor do they hold themselves responsible for inadequacies in items of equipment reviewed here.

Governing body enquiries

Canoeist is the not for profit magazine of Paddlers International and the International Sea Kayak Association. Enquiries to governing bodies and associations should be addressed to them at the addresses to be found on the Classified page.



Cover: Ricarda Funk takes 2nd place for Germany in the World Slalom Championships held on the Lee Valley Olympic course.

CANOEIST December 2015

7

Environmental bodies close up

Speculation over the future of the Environment Agency in England has suggested that navigation should go to the Canal & River Trust, environmental interests to Natural England and flood prevention to local authorities. This has now moved a step closer in Scotland where Strathallan House has been opened in Stirling, to be shared by the Scottish Environment Protection Agency and Scottish Natural Heritage.

Swans decline

Research from the Thames shows swan numbers down by a third. While mink account for some of the losses, most of the blame is placed on angling tackle and youths with airguns.

Magna Carta cruise

A two day cruise down the Thames from Hurley to Runnymede drew 200 boats including kayaks. The June event was part of the Magna Carta 800th anniversary celebrations.

Canoes support Festival

A new one day canal festival has been launched at Castle Wharf in Nottingham. Canoes supported the event but the presence of large boats was limited, as attendance of the public on foot.

Rapids help insomniacs

Are you kept awake at night thinking of difficult rapids? An eight hour YouTube video of a small fall in rapids on County Leitrim's River Bonet is being used by millions of people who have difficulty sleeping.

EA reading

A Parliamentary Written Answer has revealed the publications to which Defra subscribe, two angling magazines but nothing on boating.

Undercurrents

The future of Broads navigation

A Westminster Hall debate brought by Keith Simpson (Broadland, Con) has addressed the changes to navigation which could result from designating the Broads as a national park. Richard Bacon (S Norfolk, Con) talked of 'the constant concern about the chiselling away of the boating interest.'

Broads MPs supporting the debate were keen that, unlike other national parks, there should be no application of the Sandford principle, which places conservation interests ahead of those of navigation. The Broads Authority has had a remit to balance these issues.

There was also a wish to have locally elected officials who are thought likely to represent navigation better.

In the absence of the Minister, Efra Parliamentary Under Secretary Rory Stewart, after a dressing down from the chairman for not facing him, gave Norman Lamb (N Norfolk, LD) an assurance that the Sandford principle would not be applied in the Broads and conservation interests would not automatically dominate over leisure. However, he confirmed that national park legislation will not be introduced with direct elections, the majority of the 10,000 boat licence holders on the Broads not living locally. The last two Secretary of State appointments were of people who had navigation as well as environmental interests. The point was made that over a third of the people currently on the board currently hold boat licences. He did not say whether he would now be prepared to meet the local press on these issues, which he had so far refused to do.

A judicial review is currently being sought by two people on the rebranding of the Broads as a national park.

The Coastguard network

Of the two Labour MPs who were giving the MCA a hard time over coastguard manning levels, Gordon Marsden (Blackpool S) held his seat in the general election but Katy Clark (N Ayrshire & Arran) lost out to the SNP.

Marsden submitted further Parliamentary Written Questions in September to obtain data on coastguard manning levels.

Answering, Robert Goodwill (Under-Secretary at the Department for Transport) said that staffing levels are suggested on the basis of historical incident data. Between January and July 2015 the manning levels fell short of the suggested levels on 7% of occasions but the shortfalls were covered by centres with spare capacity elsewhere in the country, he claimed.

By 2nd July 78% of the new National Maritime Operations Centre's full complement of 96 coastguards had been appointed.

By 21st July 81% of the staff had reached the qualification levels required for the centre to be fully operational by December following reorganization of search and rescue services.

Solent, Portland, Brixham, Swansea, Liverpool and Thames Maritime Rescue Centres have closed. Falmouth, Milford Haven, Holyhead, Belfast, Stornoway, Aberdeen, Shetland and Humber have already been linked to the NMOC in Hampshire. Remaining to be upgraded and linked to the national network is London in December. This will allow workload to be shared between individual stations when they are overstretched. Perhaps the National Coastwatch Institution will show interest in some of these disused locations for lookout points.

Jim Shannon (Strangford, DUP) obtained Parliamentary Written Answers from Goodwill on coastguard staffing levels. All coastguard centres except London are short staffed but most will be fully staffed when people under training become operational. The exceptions will be Aberdeen and Shetland, which will be just below required levels, and the national centre at Fareham. Recruiting will continue where there are shortfalls.

Liz Saville Roberts (Dwyfor Meirionnydd, PC) asked about Bristow Helicopters' rescue service and was told that the service will match the previous operation, that there are no concerns about the viability of the service in NW Wales and that the Welsh Government has not made any representations about search and rescue in this area.

Goodwill gave a Written Answer to Peter Heaton-Jones (Con) on the adequacy of SAR services in his N Devon constituency.

He stated that search and rescue would continue to be conducted by helicopters from Culdrose near Helston on Cornwall's Lizard peninsula for the last three months of the year and from the beginning of 2016 helicopters will operate from Newquay in Cornwall and St Athan in Wales. These latter helicopters will have 'improved operational capabilities' and are promised to be more reliable.

MMO plans online

The Marine Management Organisation has launched an enhanced Marine Information System which shows which activities are believed take place in each area of the UK marine environment and the many area designations which apply. The online site displays policies to which users will be subjected, with further rules to be added in coming months. It will be extended as successive plans are adopted. Recreational activity is restricted to RYA yachting data.

Drinking water book

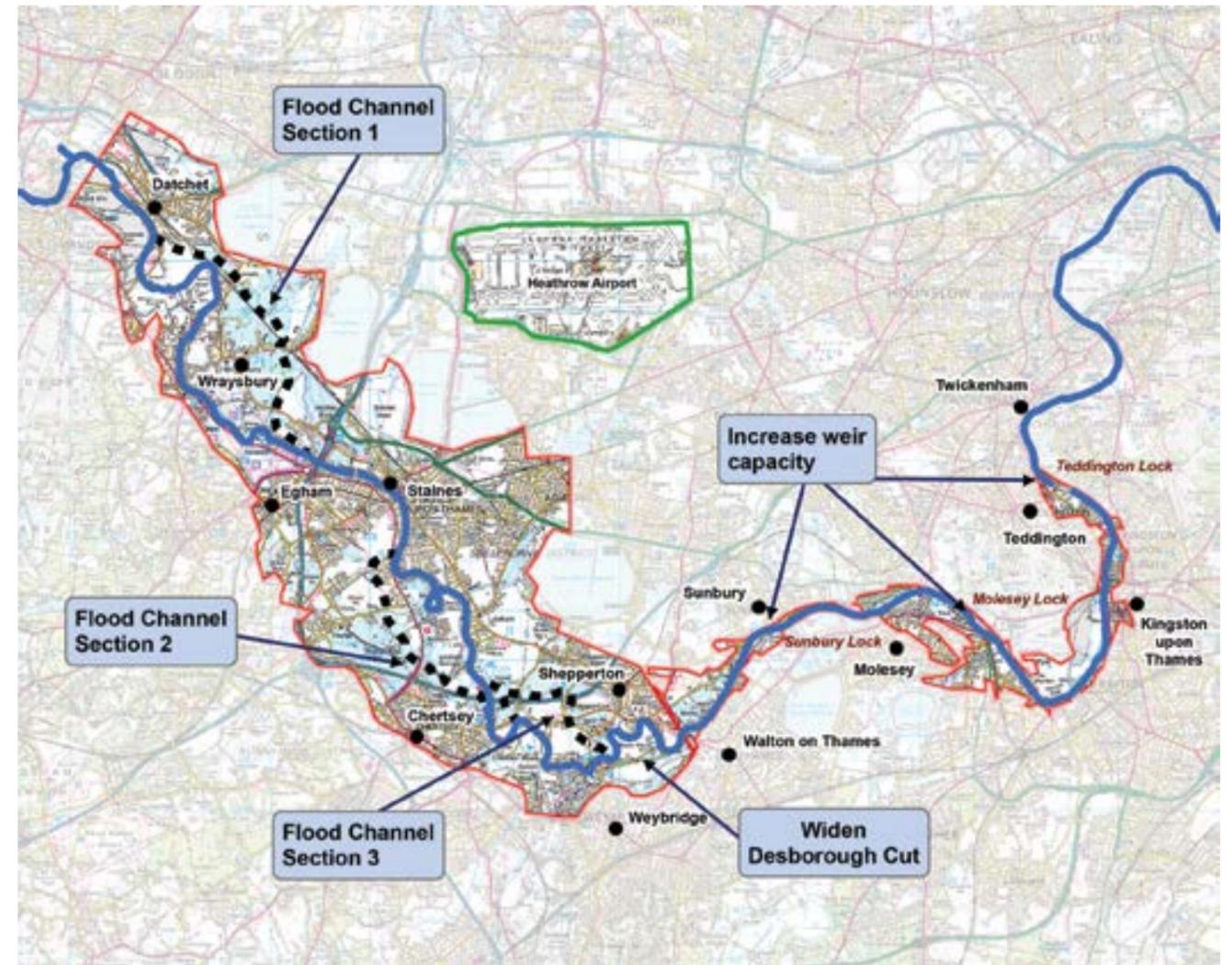
Researcher Teri Dankovich of Carnegie Mellon University has come up with a book which can purify water. A page is torn out and placed in a filter. Contaminated water is poured in and comes out comparable with American tap water. Nanoparticles of copper and silver kill bacteria as they pass through, having proved 99% effective with polluted water in Bangladesh, Ghana and South Africa. Negligible amounts of silver and copper enter the water.

New EA chief executive

Sir James Bevan is the new chief executive of the Environment Agency. He is was previously the UK's High Commissioner to India.



Among issues which need to be addressed will be the proposed transfer of the EA's river navigations to the Canal & River Trust. Also long overdue is resolution of the right of navigation on the inland rivers of England and Wales in general, the EA claiming that the right does not exist while being unable to produce supporting evidence for their position while successive Waterways Ministers have said that they do not know what the law says.



River Thames Scheme

The long expected flood prevention scheme for the lower end of the non tidal River Thames between Datchet and Teddington has been announced by the Environment Agency.

It involves 17km of flood relief channel in sections between Datchet and Egham and Staines and Weybridge, widening the Desborough Cut past Elmbridge's canoe clubhouse, measures to protect individual properties and over 40ha of habitat creation. Those concerned about the lethal anti scour weirs on the Thames will note the increasing of capacity over the final three weirs, Sunbury, Molesey and Teddington.

The new 30-60m wide channel follows on from the Jubilee River, the Maidenhead and Windsor flood relief channel which won several design awards and then was found to be well short of capacity and to have structural failures.

The Thames Conservancy Act of the 1930s mentions specifically the right of navigation on any channel leaving the Thames and then returning to it. However, only an administrative error during the signing of documentation prevented the navigation right from being removed from the Jubilee River by the Environment Agency, the channel now being used by small craft but with some less than satisfactory features for boat users. Despite the navigation right, portage past the Taplow paper mill inlet structure is a commando exercise and trees planted very close together for the EA make it hard to get on the water downstream of it.

Pinkston wins award

Andy Watt reports that Pinkston is doing well and is financially sustainable after only one year. It has 18 organizations renting storage on site including education, Glenmore Lodge, slalom, Scouts, four clubs, a youth workers club, fire and rescue and the English RNLI (bypassing Lee Valley) and there is a wakeboard facility next door. There were 12,000 users in the first half of 2015 and a business manager has been appointed, whose aim is to develop business opportunities and thus fund social outcomes, ie getting local disadvantaged youth on the water. The site is not grant dependent. Its central feature is an artificial slalom course. Set in a former power station coal basin on the Glasgow branch of the Forth & Clyde Canal, the centre offers unique recreational facilities for this part of Glasgow. This year it has received the Living Waterways award for Recreation & Tourism. Andy has attempted to establish an artificial slalom course at various Glasgow sites over the years.

The Flying Duchess and others

The National Maritime Museum Cornwall are running the exhibition Mermaids: Women at Sea until Feb 21st. Although most of the women featured were sailors, one was Dame Mary Russell, the Duchess of Bedford, also known as the Flying Duchess. On show is her canoe *Endsleigh*, which she used on white water on the Tamar, her skill level apparently being rather higher than that of most of those who accompanied her although she was not averse to the occasional capsized. Tickets cost £7.



Llyn Celyn 50th anniversary

This year is the 50th anniversary of the opening of Llyn Celyn dam, following the drowning of the village of Capel Celyn. Canoeing's involvement with the Tryweryn began in 1973, initially used for wild water racing.

Yorkshire event

The Canoe England Yorkshire region will run a Yorkshire Canoeing Festival next year, details yet to be decided.

Earn as you go

Bitwalking dollars are an online currency earned by walking, a dollar for about 8km. Counting is done by a mobile phone app. A wearable wristband is being prepared by Murata in Japan to show how much has been earned. Dollars can be spent at an online store or traded for cash.

Superlative Indian bore

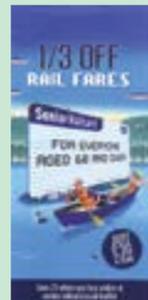
Surfers have found an exceptional bore on the Hoogly River in West Bengal. The Baan, as they have named it, is several metres high and runs for up to 40km but has heavy pollution from Kolkata's 15,000,000 residents.

CRT fees unchanged

CRT canal licences are to be held at their current level for 2016. A commitment was given to hold them in line with the Consumer Prices Index, currently static. An annual check has shown the boat licence evaders on the canals have been below 5% for a sixth successive year with only a small increase last year.

More litter pickers allowed

Natural England have allowed five canoes to collect litter from the 2.4km of the Newport Canal, designated a SSSI. The previous year the operation was restricted to three canoes. The Shrewsbury & Newport Canals Trust were delighted to see boats on the water. They picked up eight bags of rubbish.



The Senior Railcard leaflet does not say whether you can take your canoe.



Mike Poloway

Greg Brookes has been taken on by the CRT to lead a team creating a 240km canoe trail from Liverpool to Goole. Andrew Blackburn is joining him from Raleigh International. Using the Leeds & Liverpool Canal and the Aire & Calder Navigation, a series of canoe action squads will be set up to encourage youngsters to use the canal. A £1,300,000 grant from the Desmond Foundation is funding the work. Their first events will be Santa Splashes on the Leeds & Liverpool Canal. On Dec 12th paddlers dressed seasonally, ideally as Santas, will go from Eldonian Village in Liverpool, for years the end of the canal, to the SAFE regeneration centre at the former Little Merton pub in Bootle and back. The paddle will take about an hour, after which there will be free food, a hog roast, mulled wine, hot chocolate and prizes for the best canoe and best dressed canoeist. The following day there will be a similar event from the Grove Youth Club at Burscough Wharf to the Rufford Branch junction and back, about 2km in total. Paddlers need to be ready to leave at 11am on both days and children need to be accompanied by adults. Those without canoes will be able to arrange to have a go in larger canoes which will be provided.

Seattle protest paddle

Over 500 kayaktivists took to Seattle's Elliot Bay to protest about Shell's plans to prospect for oil off the northern coast of Alaska. Two semi submersible rigs were here prior to being moved to Alaska for exploratory drilling and were blockaded by the demonstration. The action was peaceful and most of the kayaks and other small craft stayed outside the 90m exclusion zone. The coastguard cleared dozens of kayaks preventing an icebreaker from leaving. Greenpeace activists hanging from a bridge into the fairway were removed by police and Greenpeace were ordered to pay \$2,500 per hour for the delay of several hours. The port is used as a winter base for Shell's rigs and vessels. It was commented that most of the craft were constructed of oil based products and arrived on cars powered by oil based fuel. However, Shell abandoned the search in September after finding little oil but attracting increasing opposition.

* Last year saw a 20% rise globally to 116 of murders of environmental activists. There was a marked increase of deaths of those opposing hydropower schemes with 14 people killed while defending their property against new dams.

Trips

Freya Hoffmeister has completed her four year circumnavigation of South America, begun from Buenos Aires in August 2011. The 27,157km journey, the longest in paddling history, not only took in extremes of weather and water but also involved passing sections of coast which are not user friendly because of the nature of the locals. She was unsupported, mostly solo, and carried supplies for up to a month at a time. She made the occasional trip home to Germany. The route took in a rounding of Cape Horn and a journey through the Panama Canal. From Valparaiso she was joined by Peter Unold for several months. She had a Columbian navy escort to protect her from local criminals. In the Amazon basin she was carried 8km up a river by a 900mm Pororo wave which hit her in the dark and caused her to side surf for a quarter of an hour. Eventually she capsized and had to dig wet sand out of her kayak with a spoon as it was so compact. Because of the relentless winds she opted to do the 1,280km between Sao Luiz and Recife in the wrong direction. She had paddled for 606 days on the water, an average of 45km/day with over nine hours on the water.

John Willacy has become the first person to circumnavigate Britain twice. The first time was in 2012. This time he took 83 days to paddle anticlockwise, the more difficult direction because of tidal flows.

A University of Central Lancashire team have tackled Canada's Seal River, feeding Hudson Bay. Using open canoes, they faced insects, polar bears, headwinds and rapids to grade 5.

Young paddlers Fiona Weatherall and James Corfe have circumnavigated New Zealand's South Island, quietly and efficiently. The English pair were kept onshore by the wind for 20 of the 79 days of their unsupported trip.

Tim Taylor is claiming a record of 214km, the maximum by a paddler in 24 hours. He used a surf ski off the NZ coast from Tauranga to Coromandel and back, having to be lifted out by his support boat.

Sandy Robson has reached Singapore in her five year paddle home from Germany to Australia. Using a folding kayak, she is recreating the 1932 journey of Oskar Speck.

Tara Mulvany, Jaime Sharp and PG Porsanger have become the first paddlers to complete a circumnavigation of Svalbard. Their Ice Bears & Islands expedition covered over 2,000km, including a 26km crossing past the Austfonna glacial cliffs. They had to face polar bears more than 40 times, addressed by ensuring there was always one of the team awake and watching. Three Alaskan paddlers had rounded Spitzbergen, the largest of the Svalbard islands, in 1996.

At the same time, Tara's parents, Belinda and Stanley, were paddling in Greenland's Prins Christian Sund, a fair trek for these Kiwis.

Keiron Tastagh and George Shaw abandoned their attempt to establish a speed record for circumnavigating Ireland. They spent up to 16 hours a day on the water but 12 days of force 7 headwinds put them out of business. They were raising funds for the RNLI and will try again next summer.

Tyler Bradt and Rayne van Heerden have run major white water on the Asahon River in southeast Asia as part of the Wizard's Eye expedition.

Richard Brash has been round Britain in 28 days. As a quadrathlon, 40 year old Richard paddled, cycled, ran and swam 4,410km from Bournemouth in July, taking only three rest days. He raised over £17,000 for the Pepper Foundation.

Dave and Amy Freeman have paddled a 5.5m Wenonah canoe 3,000km from the South Kawishwi River at the Boundary Water Canoe Wilderness Area to Washington. On the outside of the canoe were 2,000 signatures opposing a copper and nickel mine proposed for the edge of the BWCWA. The canoe itself was the petition, giving extra impetus not to damage it.

Students James Reilly and bronchiectasis sufferer

Ted Simpson have set a record of 4:43:43 for paddling a double kayak the 33km length of Loch Ness. The existing single K1 record of 3:42:07 had been set by four members of Nairn Kayak Club. James and Ted raised over £1,100 for cystic fibrosis. The conditions on the loch had been ideal on this July day except that the Guinness recorder delayed the attempt by an hour and a half when the exhaust pipe fell off his car on the way to officiating.

Brian Freeman and former marathon world champion John Jacoby have paddled from Victoria to Tasmania in 60 hours, thought to be the second fastest time for the 270km crossing. The unsupported mid winter attempt on the Bass Strait was not ideal. However, for Freeman it was only part of the story as he had just run across Australia and was to set off the following morning to walk across Tasmania. This is thought to be the first north to south manpowered crossing of Australia. The journey raised funds for injured soldiers and their families.

Conrad Edwards soloed round Nordkapp, four decades on from the trip which launched the kayak of that name.

Sarah Outen is back four and a half years after setting out to paddle, row and cycle round the northern hemisphere, over 40,000km and taking two years longer than expected, largely because of bad weather. She set out by sea kayak from London on Apr 1st 2011 with Justine Curgenven and paddled to France. The same combination plus cycling was used later for 1,600km via Sakhaline to reach Japan. After problems trying to row the Pacific, in spring 2014 she and Justine paddled, assisted by sails, for 2,400km along the Aleutian chain and Alaskan peninsula from Adak to Homer. She closed the circle on Nov 3rd, 1,677 days after setting out.

Alpkit charity launched

The Alpkit Foundation has been launched. This will receive 1% of Alpkit's takings plus the proceeds from such events as the Big Shakeout. The funding will support kids being taken to experience outdoor activities including paddling in the outdoors, conserving such places as river banks and training leaders. The annual target is 300 projects involving 100,000 children. To access funding check alpkit.com/foundation.

The search for adventure

Prince Charles has told a BBC interviewer that some young people are radicalized in a 'search for adventure and excitement at a particular age'. It is not just those who are likely to be radicalized who seek adventure. For example, in some places the police have found it worth running summer holiday clubs to keep youngsters occupied. Keeping them from finding adventure where they would be able to go in other countries is not a recipe for stability.

Meanwhile, the House of Lords has objected to the proposal for 16 and 17 year olds to have the vote in Scotland, as they did for the independence referendum. Is there a fear that the rich old men who have a stranglehold on the countryside down south could lose



ICF president José Perurena Lopez of Spain has been elected a member of the Association of Summer Olympic International Federations.

out to younger people who might become associated with politics, resulting in land reform?

A report to MPs has said that too often during their inquiry its writers had been told that Westminster was a remote institution, contrasted with an unprecedented level of interest in politics north of the border. People in Scotland felt Westminster was disconnected geographically and less accessible than the Scottish Parliament. Respondents were unanimous that House of Commons committees should meet regularly in Scotland.

In 1994 Scottish sporting estates were given exemption from paying business rates. The Scottish Government's Land Reform Bill was set to reverse that. Half of Scotland's private land is thought to be owned by 432 people but the money collected by reinstating the tax will be used to assist community buyouts. The target is to double community ownership to 4,000km² by 2020. The bill also includes measures for identifying who owns what land and its value.

An Official Monster Raving Looney Alliance Party manifesto (Jan 92, p4) called for the House of Commons to be put on wheels and trundled from city to city. Renovation of their premises could now make a change of location a likelihood and some have even dared to suggest leaving London. Why not leave England, even, and see how others live?

Chain Bridge reopens

The Chain Bridge across the Dee above Llangollen has been reopened after years of closure. The suspension footbridge, which forms a link between the Chain Bridge Hotel and Berwyn railway station, has suffered from rotting decking planks. It is the most accessible way to reach the south bank on foot for Dee WW races, was indispensable for Serpent's Tail slaloms and was a popular grandstand during Mike Jones weekends.

The Olympic legacy

In a Westminster debate, Chris Bryant (Rhondda, Lab) claimed the Government had squandered the 2012 Olympic legacy and that there has been a significant decline in sports participation since then. Watersports were almost totally overlooked in the debate.

Several Written Answers at the same time related to the subject. Jim Shannon asked what steps were being taken to increase opportunities for young people to undertake physical activity in the countryside. Edward Timpson, Minister for State at the Department for Education responded with reference to sailing at some schools but not actually mentioning any increased opportunities. Sharon Hodgson (Washington & Sunderland W, Lab) asked about removing barriers from teaching outdoors, to which Rory Stewart (Efra Under Secretary) responded about advice to the Health & Safety Executive and Department for Education and about farm visits while her further question suggested she was more interested in river use. Holly Lynch (Halifax, Lab) and Christina Rees (Neath, Lab) both asked about the decline in female participation since 2012, to be told there was a spike in interest after 2012, now gone, but that female participation was up since 2005.

CRT record year

The CRT claim an unprecedented 19,500,000 people made 400,000,000 visits to canals or rivers (how do they define river?) in 2014/5, volunteering rose 14% to exceed 400,000 hours, over 100 groups have adopted stretches of waterway, 13,000 Friends were donating £1,600,000 and licensed boats were up 1% to 32,700, presumably excluding the BC compulsory licence. Income rose 10% to £180,000,000 with investment in the canal system up from £124,000 to £137,000,000. Condition of the assets has improved, £12,000,000 has been obtained from lotteries and grants and 37,000 records and 22,000 images are now available online.

Coasting

The National Trust now own 1,247km of the UK coast, their Neptune Coast Campaign having been running for 50 years. They report that the number of people taking a day trip to the coast has fallen by 20% in a decade. Various social factors are suggested for the reason, particularly that 18-24 year olds are less connected than over 55s to the coast.

Darwin entertains the media again

John Darwin was jailed after hiding in a house for five years and his wife claimed life insurance after a faked canoeing fatality, the main news story for a week in 2002. After completing his sentence he divorced his wife, also jailed for the scam. The 64 year old Darwin has now remarried, to a Filipina woman in her 30s.

Owen leaves union

Paul Owen has left the BC union as CEO after being in post since 1992. It is a very much richer body than when he took it over, at least, the Olympic disciplines are, but access, of which his wife, Tamsin Phipps, was put in charge, has seen no progress at all. She had already left. CRACK's claim that the Government support of finances and lack of access were not unrelated was first made before they took over.

Adventure show returns

The Telegraph Outdoor Adventure & Travel Show returns to ExCeL over Feb 11-14th, accompanying the Triathlon Show, London Bike Show and London International Dive Show. The floor plan will be improved with similar topics grouped together. Among products on show will be the finalists for the Outdoor Industry Awards. The most recent show drew over 50,000 visitors.

Easier to get to America

US officials have announced expansion of their Global Entry programme, currently with 2,500,000 members. There is a \$100 application fee for five years, non refundable, made online, prior to being interviewed to decide eligibility. Approved low risk travellers can then pay a £42 processing fee for quicker passage through the entry process, accessed through the Home Office website.

Hidden power generation

Sweden's Minesto and Germany's Schottel Hydro are working together to install an underwater kite at the Holyhead Deep off Anglesey. Unlike wind and solar power, the levels of power to be produced can be predicted reliably and the devices will not be eyesores, being located underwater.

Adventure weekend announced

The Great Weekend of Adventure has been announced for Apr 2nd/3rd by Ken Skates, Wales' Deputy Minister of Culture, Tourism & Sport. He was visiting Wye Valley Canoes, the Wye and the Tryweryn being the only two inland rivers in Wales on which the Welsh Government approve unrestricted canoeing.

New NRW board members

Natural Resources Wales has welcomed five new members to the board. Not canoeists, they join Andy Middleton of Twr Felin in St David's, who has been involved with many outdoor activities, including running the first world freestyle championships and other Bitches events.

Tony Hales has retired as CEO of the CRT. His place has been taken by Alan Leighton, who formerly chaired Royal Mail, has been CEO of Asda and claims to be a keen towpath user.

The CRT have appointed eight new members to their Navigation Advisory Group. Of these Alison Tuck has recently taken up canoeing although she is involved primarily with powered craft, like the others. Mike Grimes has been appointed head of boating.



As part of the current trend for dropping parts of names in order to appear more encompassing, the British Marine Federation have shortened themselves to British Marine, an unfortunate choice of name as it has been in use by a group of Hull boat insurers since 1876, when they registered the name. The new logo is a wavy quarter of a Union Flag, at first glance like the logo of British Airways tailplanes. Of course, it should be remembered that BA went one better by reducing the name at the other end of the fuselage to just 'British'.



101 uses for a dead canoe:- an altar.

SCOOP

Those who go on the water need to keep a watchful eye on the weather forecasts, now to be made easier by the use of names for significant weather events.

The Americans have long given names to their hurricanes, some of which peter out over here several days later with some dirty weather. We will not be using the American names, however, but will have new ones of our own, possibly leading to identity crises somewhere over the Atlantic.

We began with the Abi gale, there is a Barney going on at the time of writing and we can, no doubt, look forward to the Claire fog, David frost and Enoch whiteout blizzard or similar. Each will be accompanied by a cuddly toy mascot, plus other merchandizing, T shirts, tea towels and mugs. If the BBC are to change to a cheaper source of weather forecasting, the Met Office will need to find other ways of balancing their books.

They could learn from Royal Mail, who have all but given up with postage stamps but print an ever proliferating stream of expensive perforated stickers to sell to collectors, of which only the Christmas ones ever see the insides of letterboxes.

A potential problem is that no forecaster is going to use another's name meekly. Each will produce a different name and they might disagree whether a shower in Kent justifies one at all for those who live in the Highlands.

We have got the gender balance right for political correctness but will ethnic minorities be adequately represented?



The Ancoats Canal Project's August bank holiday festival has been run for a third year, offering canoeing, walking and angling. The CRT are keen to promote the idea that east Manchester is no longer a canal area to be passed through as quickly as possible.



Glasgow Royal Humane Society continue to carry out rescues on the Clyde using a boat design built in 1954. They prefer it to be rowed as there is no propeller in the water, it can be used in shallows, motor noise does not drown out calls, it is lighter to handle on land, it is usually as fast in reverse as forwards and a 130kg person can be pulled over the stern.

Exercise and obesity

The role of activity in health is less clear than previously thought. Although it helps prevent diabetes, heart disease and dementia, it has little relevance to obesity, according to the *British Journal of Sports Medicine*. On the other hand, the National Institute of Health & Care Excellence and, predictably, the Food & Drink Federation both say exercise is relevant in preventing obesity.

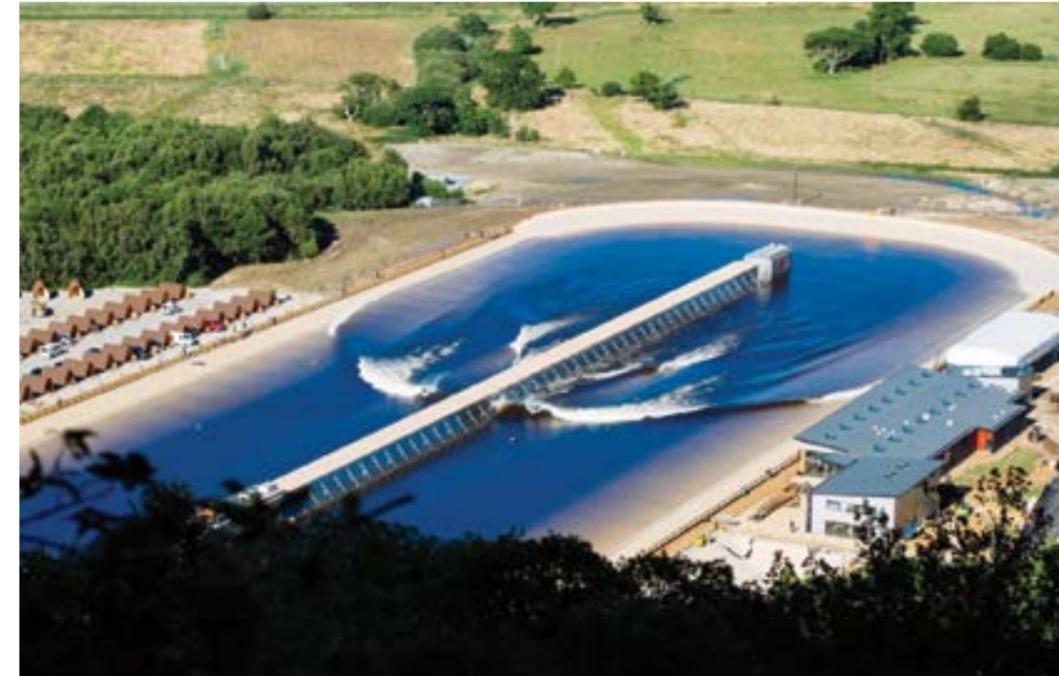
In future you will only need to know that you were capsized by Aloysius or Anastasia, not have to remember that it was the squall on Friday 13th November.

* * *

It is illegal to release non resident species into the wild. However, this does not seem to apply if you are a government agency. Scottish Natural Heritage say that over 150 beavers are now making dam nuisances of themselves on the Tay and Earn. Sea eagles are making golden eagles look small on the west coast of Scotland. I have encountered a wild boar myself locally this year.

The green light seems to come on if an animal has once lived here. Thus reindeer are OK and there are those who are calling for wolves to be let loose. Hyena, tiger, bear, rhino, lion, elephant, panther and bison bones have been found so they are all fair game to release. Indeed, we might as well open the zoo gates. Mammoths and sabre toothed tigers are a bit more of a problem at the moment, as are dinosaurs in general, and will need some thought. Of course, as temperatures recover, they might find their way here naturally. The search for evidence of hippos and crocodiles to justify letting them go on our rivers is continuing.

Once they are here, just think what fun the big game brigade will have in town and country as they try to bag their trophies. Shooting mere pheasants and deer will go quite out of fashion.



World's longest artificial surf ride

Surf Snowdonia has been opened on the site of a former aluminium works at Dolgarrog, helped by a £4,150,000 Welsh Government grant. With the world's longest artificial wave, the 300m lagoon, which is filled with rainwater, has three different waves in separate place. Paddlers in surf kayaks or on wave skis are allowed to use only the 2m high advanced wave although paddlers seen not to have the skills to avoid the less advanced areas are asked to leave. They usually bring their own kit although there are some hire demo kayaks on site. There are three surfers per wave, which run every 90 seconds. Sessions cost £45 for an hour or £59 for two hours. Entry to the site is free. There are 36 camping pods which cost £100 per night and sleep up to four people.

There are stand up paddleboard coaching sessions on the lagoon or on the tidal River Conwy adjacent. There had been concern that the new venture would prevent access down the adjacent lane to the river, the takeout point for the Conwy Ascent and Dyffryn Conwy Mountain Challenge, but it has been confirmed to PI that access from Clark Street will continue to be available.

Humpback whale attacks

Two paddlers had to take avoiding action near Seward in Alaska when a humpback whale crossed their bows at speed on what would have been a collision course. They wondered if they were misunderstood as all the local kayaks are yellow, unlike theirs.

Two paddlers in a double kayak became separated from their group from Moss Landing on Monterey Bay, California. They were in the vicinity of a pod of humpback whales which they were watching in an organized group as they fed on krill and anchovies when one of the whales breached and appeared to land on top of the kayak. In fact, it did not hit the paddlers but capsized them. The rest of the group helped them back to the shore.



We have been inconvenienced this year by a wasps' nest built in the highest of several cardboard boxes of canoeing kit, perhaps attracted by the bee logo on the buoyancy aid. At least they were not hornets, several of which have been around.

MacGregor on Twitter

Next year is the 150th anniversary of the Royal Canoe Club, set up by John MacGregor, who used his Rob Roy canoe to explore parts of Europe and beyond. He excited the nation by lecturing on his travels, raising large sums of money to help disadvantaged youngsters, especially in the east end of London. A lawyer by profession, he mixed well all levels of society from royalty to the poorest of the poor. A religious man, he would often preach from a soapbox, on one occasion being joined by the Archbishop of Canterbury. Although not the first canoeist in Britain, he is seen as the father of recreational canoeing. This year a Twitter account has been opened in his name with extracts from his books.



In Radio 4's Open Country series an ecstatic Helen Mark was taken along the Antrim coast to Cathedral Cave in a double kayak by Robin Ruddock.

Has your email address changed or do you want to be added to the mailing list when copies of Canoeist are issued? Email mail@canoeist.co.uk with your name and email address (with your former email address if changed) and ask us to add you to the list

Sue Burns 1963-2015

Sue Burns, née Sue Ward, has died after a period of illness. By the time she competed in her first slalom, aged 16, she could roll and had paddled grade 4 on the Garry. When she was selected for her first trip with the GB B team to Poland she had never been abroad and had no passport. Her school never gave her colours as she was not interested in ball sports.

She was a member of Forth Canoe Club, went to Edinburgh University and deliberately chose to work in Edinburgh. The photograph is from her Profile in the July 1986 issue. By this time she was designing rocket launchers for Ferranti and was jumping on planes regularly to jet down to Italy to discuss her work.

In recent years she spent much time coaching youngsters and a Sue Burns Coaching Fund has been set up.





These girls can... and did

As part of Sport England's This Girl Can campaign, Banbury & District Canoe Club hosted a free, female only, taster session on the Oxford Canal at Cropredy.

Over 40 women and girls of all ages took to the water in a variety of boats, helped by BDCC's female coaches and paddlers. Possibly encouraged by the offer of free coffee and cake after they had finished, all had a go in stable plastic boats with some progressing rapidly into the club's racing boats and others tried their hands at open canoeing. It was clear that they all enjoyed the experience, even those who would not have considered themselves to be traditionally sporty. Many of those who came along have already signed up for the club's beginner courses. Whilst the club hopes that some will go on and compete successfully, BDCC's main ethos remains to create a family friendly environment where anyone can take part in the sport.

BDCC is one of the top racing clubs in the country and, at the moment, its female members are really leading the way, especially in sprint racing. London 2012 Olympian Angela Hannah was taking part in the 2015 World Cup race series, already winning a gold medal in the K2 200m at World Cup 2, along with a bronze in the K4 200m. Amy Turner, who was selected for the Girls for Gold Programme last year, has now been selected to the 2015 Olympic Development Programme International Squad and Sophie Rooney, who has been representing BDCC since she was under 10, was selected to compete for the GB U23 team in Piestany.

Siobhan Urquhart



Siobhan Urquhart photographs

Canoeing veteran wins Outstanding Achievement Award

Addlestone Canoe Club's annual awards evening recognizes members of the canoe club who have made outstanding progress during the year. The deputy mayor of Runnymede, Councillor Alan Alderson, was at the awards evening to present the prizes.

'I must admit that I didn't even know Addlestone Canoe Club was here,' said the deputy mayor 'but I am really impressed with all of the achievements. Addlestone Canoe Club is clearly a very active club.'

This year the club committee decided to award a very special member, Mike Bott, with an Outstanding Achievement Award. Explained Carol Reeves, chairman of Addlestone Canoe Club, 'Every year an event takes place over the Easter weekend called the Devizes to Westminster Canoe Race, starting in Devizes in Wiltshire and finishing at Westminster Bridge in central London; the DW, as it is popularly known, challenges crews to paddle 125 miles nonstop, mostly through the night, and to negotiate 77 portages en route, plenty tough enough for a young man to attempt, you might think, but Mike is 74 years old!'

'Mike not only completed the event with his partner, Adrian Clark, aged 49, but they finished it in a very respectable 24 hours and 32 minutes, a time which many a young paddler would be envious of.'

The DW used to be dominated by the crews from the services and, indeed, it was over-50 years ago, whilst serving in the army, that Mike first completed the race.'

'I first entered the race in 1963 as a young man but it's quite different doing it again at 73!' said Mike. 'I came down to Addlestone Canoe Club and everyone was so helpful. They lent us a boat and made us feel so welcome when we arrived. Adrian and I trained really hard this year and we had a great support crew who followed us down the race. I have done the race a few other times, too, and it's always tough.'

'One year I remember it was a really cold Easter and our drinking bottles froze. Another year it was so hot my partner and I got sunburnt.'

Mike still maintains a rigorous training regime, two runs a week, one gym session and a couple of boat sessions, and he still works as a physio, which has been his lifelong passion.

So what's next for Mike? 'I quite fancy the cycling from Land's End to John o' Groat's, if my body will let me!'

Hilary Wells



Adrian and Mike flying.



Mike Bott receives his award from the deputy mayor.

Hilary Wells photographs



Midland Canoe Club's new clubhouse.

When we're 64

On the longest day of the year, Midland Canoe Club proudly officially opened its brand new club house on the banks of the River Derwent, Darley Abbey. The event marked a historic moment in the club's 64 year history, giving the volunteer run charity a new fit for purpose home.

The official duties were carried out by the new MP for Derby North, Amanda Solloway, and British Canoeing National Facilities Officer Chris Hawkesworth. Having been funded through investment from Sport England and British Canoeing, the new modular design is a marked improvement on the club's previous home, purchased for £1, some 20 years ago.

Having started life in 1951 on the banks of the River Trent near Attenborough, then being for many years based at Trent Lock, Long Eaton, MCC moved to this Darley Abbey site late in 1972. These days the club is a thriving hub of activity with around 200 members participating in all aspects of paddlesport and Midland has, over the years, shared a close link with nearby Darley Barn Outdoor Centre and works closely with the local residents and community.

The opening day commenced with a 40 boat flotilla displaying the large variety of canoes, kayaks and other craft that MCC has to offer its members and other site users, watched by some 150 past and present members and other visitors to the event.

Speeches were given by Dr John Chamberlin, president and one of the six trustees of the club. There was a long list of thanks, including the main funders, the contractors, the architects, the considerable help it had received from Derby City Council, the Derby City Sports forum, many local residents and interest groups and, of course, MCC members themselves. Having been without a clubhouse for six months while the work was carried out and without showers for a year because of subsequent water supply difficulties, the patience of the members has been handsomely rewarded with this excellent new facility, which is already attracting new members and users.

Additional comments were made by Chris Hawkesworth, who expanded on the joint decision in 2013 by Sport England and the BCU to select the MCC site to 'test a modular solution clubhouse on a watersports site' as part of their plans to pilot faster clubhouse replacement methods across the UK. Chris remarked that he and John had competed against each other in slalom events way back in the 1960s, reminding John, of course, that Chris had always beaten him!

Chris was then joined by Amanda Solloway to cut the ribbon, patiently held in place by two of MCC's excellent junior paddlers, Jessica Beresford and Charlie Jackson.

The bar was provided by the Darley Abbey based Derwentio brewery and music by the group Badelf.

Anyone interested in finding out more about the Midland Canoe Club can do so by emailing enquiries@midlandcanoeclub.com or going to www.midlandcanoeclub.com and clicking on Contact Us.

John Chamberlin



Christina Burns and chairman John Chamberlin.



A label off a bottle of Celebration Ale brewed specially for the event by Derwentio Brewery.



Selina Black on the slide.

Ben Seal and his team.



James Grocock and Tony Parnham.

John Chamberlin photographs

Montgomery Canal towpath upgrade

A 1.6km section of the Montgomery Canal towpath has been improved between Four Crosses and Carreghofa. The £260,000 spent on this section of towpath includes canoe launch points.

Merced to be permitted

The Merced River in the Yosemite national park is to be opened up to paddlers in a new permit system. It is hoped that other rivers will follow in American national parks.

Balsam removal

NRW is tackling Himalayan balsam by cutting it several times a year, starting at the upstream ends of rivers as the seeds float downstream. The valleys of the Ystwyth above Llanidloes, Rheidol above Aberffwy and Teifi above Lampeter are now largely free of the plant.

Gravel moving in Dolgellau

To prevent flooding, 1,500t of gravel has been removed from the Afon Wnion around Bont Fawr in Dolgellau. The gravel has been placed back in the river just downstream.

Extracting plastic from oceans

Nor-Shipping's Young Entrepreneur Award for 2015 has gone to Boyan Slat, founder of Ocean Cleanup (Netherlands). He devised a system of floating barriers to concentrate plastic flakes in the ocean so that they can be extracted for viable commercial use. He is expected to clean up half of the Great Pacific Garbage Patch in a decade's time. Crowdfunding of \$2,200,000 will allow a pilot to be tried out next year between Japan and Korea.

ACCESS & environment

Welsh access consultation includes boats

The Welsh Government issued a consultation on *Improving Opportunities to Access the Outdoors for Responsible Recreation* with both inland and marine waters.

The consultation documentation says 'Access to inland water has long been a contentious issue and has been the matter most fervently discussed by stakeholders during the review. With increasing reports of tension, in some cases open hostility, between various users it is clear that there is a need to consider ways of alleviating the situation.'

PI responded only to Q12, What approach do you advocate to improve opportunities for responsible access for recreation on inland waters?

The central issue is what the existing law says about use of rivers by boats. Only when this is clarified can it be decided whether there is any need to change the law or whether we just need to apply what already exists. If the law is changed, existing legislation will need to be tidied up so the question of what legislation exists will need to come out into the open sooner or later.

Far from there being no legislation permitting navigation, it is usually assumed that an activity is permitted until the right is removed, eg using mobile telephones while driving, smoking in public buildings, flying drones or riding horses on towpaths, to give a few recent examples. In past centuries this country was forested with many roads impassable so that rivers were the only practical means of transport. There is no evidence that navigation was banned in those times and plenty of historical evidence that use of boats was widespread, evidence even coming from Snowdonia. Had navigation been banned, there would have been overwhelming pressure for boats to be permitted to use the rivers, as in other countries.

Nobody has been able to name any piece of legislation taking away that general navigation right. UK Waterways Ministers Richard Benyon (2010) and Rory Stewart (2015) and Catrin Dellar (2015) for the Welsh Government have all been unable to name any such legislation to me. The bodies making the laws say they do not know what their laws say yet the public are required to know and to obey their laws.

Despite not being able to produce any evidence of the right of navigation having been removed, government agencies such as Dwr Cymru and their predecessors have continually acted as if that right has been removed. Furthermore, they have made minimal effort to improve the situation despite the fact that Wales has the most repressive river access situation of any country in the world outside war zones. They say that as anglers have access to all of the rivers in Wales and canoeists have access to share 2% of inland rivers that balance must be maintained or it would be unfair to anglers. Americans know 'England' as the benchmark for how bad access could get and stay away from this country's rivers, as do other potential overseas tourists. In America you rent your canoe and your fishing tackle together from the same store, the 'English' situation being incomprehensible.

The consultation document mentions a tripling of land access since 2005. Although there was already three times the length of public footpath as there was

river (disputed or otherwise) in England and Wales, it is questionable whether there has been any improvement in river access in the last 70 years. Schemes such as Tir Gofal, which was supposed to allow public access in return for its public funding, has not produced a single metre of river access.

Water access has been specifically excluded from the CROW Act and other legislation for those on land with nothing corresponding for river users. Surely this is because such change is not needed, the right already existing.

The consultation document notes that access problems do not arise on tidal rivers, although they may be very similar in nature to non tidal rivers, the join often not being apparent except on a map. This is because anglers have not been led to believe that they are entitled to exclusive use of tidal rivers. In the same way, they do not arise overseas or (except for a couple of specific cases still to be resolved) in Scotland, where there is modern legislation.

The consultation document notes that access agreements do not apply a right of navigation or lack of one yet both sides in the argument believe they are intended to restrict use only to the periods permitted in the agreement (often imposed by one side rather than being agreed), regardless of any law to the contrary. It would be helpful to refer to these, instead, as preferred times of use, when they would gain more respect.

As soon as the Land Reform (Scotland) Act of 2003 was passed, confirming the right of boats to use all Scottish rivers, I talked to the Scottish Anglers National Association. The attached cutting is from the April 2003 issue of *Canoeist* and contrasts sharply with the situation in Wales.

I do not have to have an agreement with the owner of every property I pass in order to go down my road, in case my right to do so has been taken away, and I should not need to do so for my local river, either.

The Environment Agency says that restrictive access agreements are the only way forward yet Natural England, another part of Defra, rejected them out of hand as being totally unacceptable for the coastal footpath and could not explain the difference in attitudes to me. Canoe Wales has formally terminated the few access agreements it was able to negotiate as they were derisive. Three successive guides explaining how to negotiate access agreements (by the National Rivers Authority, Environment Agency and Brighton University) have produced virtually nothing and three of the four prohibitively expensive pilot access agreements prepared by Brighton University for the Environment Agency (none in Wales) left their respective rivers in a worse state than beforehand.

Before we look at a way forward we need a clear statement on where we are now and whether there is any law which has removed the right of navigation. If not, clarification might be the only action needed.

Other points arising from the consultation document

1) A riparian owner owns the bed of a river to the centreline but not the water passing over it. He may not take some of the water and spray it over his land, for example. Unless he has permission to the contrary, the water leaving his property must be of the same quantity

and quality as that which arrives. Likewise, he is not entitled to interfere with anything floating on that water, boats included.

2) Woolrych wrote his legal textbook in 1830, a third of a century before the first canoe club was set up. His commentary is known to contain a number of errors on the subject of navigation. To quote him as a 'modern' authority smacks of desperation.

3) Recreational activities are great stress relievers, for all the reasons quoted in the consultation document, but not if one is continuously faced with being on the receiving end of verbal abuse or missiles from those who think they are entitled to exclusive use of our rivers.

4) The consultation document quotes 1,200,000 canoeists in the UK. The most recent British Marine federation survey claims 1,500,000 adults, to which must be added the high number of younger paddlers. Your figures are way too low.

5) Bank damage by canoeists is not unknown but is infrequent and can be addressed locally. It is far more common to see vegetation hacked down and steps cut into banks by anglers.

6) The liability of responsible landowners, as mentioned in the consultation document, is a very important point and needs to be addressed, as it was by the Land Reform (Scotland) Act. Landowners should not be liable for accidents on the water if they have acted in good faith.

7) The Scottish Access Code stresses reasonable and responsible behaviour by all parties and is to be commended.

For convenience I repeat the April 2003 clipping:

When to avoid Scottish anglers

Despite the Land Reform Act, it is still in the best interests of canoeists and anglers to avoid each other when convenient to do so. *Canoeist* has been talking to Professor David Mackay of the Scottish Anglers National Association to ascertain if there are preferred times for angling. Unfortunately, there is a fairly even spread of activity throughout the summer but with the run of largest fish in the spring. Anglers particularly like the times when rivers are rising or falling. The Sunday ban on angling helps avoid interaction then. He, in turn, was interested to know when canoeists are most likely to want to use rivers. He was also pleased to have a dialogue in the aftermath of the act.

Conwy hydro scheme

The Snowdonia National Park's planning officer has given approval for a hydro scheme on the Conwy which would take 5.8m³/s of water from the Fairy Glen section, reducing the number of paddling days per year from an average of 121 to 69, a 42% loss.



Although the Conwy is testing, it is now 25 years since the Fairy Glen was run in an open canoe (Jun 90, p11), much more challenging than for the short playboats used by most of the many paddlers on the Conwy these days.

Canoe Wales opposed the scheme, along with many paddlers, anglers and other interests.

RWE Innogy UK's scheme includes a low head dam. The low head dam illustrated in the proposal looks much like those which have been implicated in multiple fatalities to boat users. Because there have not yet been corporate manslaughter charges does not mean that there will not be in the future.

* A hydro scheme is proposed for the Afon Rhaeadr Fawr at Abergwyngregyn near Bangor although UK Government adjustment of finances is making its economics questionable, to the annoyance of Welsh Natural Resources Minister Carl Sargeant, who has visited the site. In *The Welsh Rivers* Chris Sladden describes grade 3-6 runs on the river and its tributary, the Afon Anafon, having previously lived in the village himself.

* A pumped storage scheme has been approved to operate between Llyn Padarn and Glyn Rhonwy. Water may not be extracted if levels in the Seiont downstream are low, which could upset anglers. A protest group seemed to be most concerned about Arctic charr in the lake and, perhaps, about an associated industrial area proposed for former quarries.

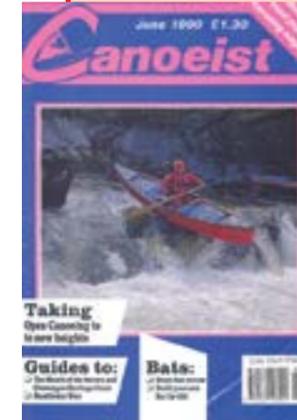
* The race is on to complete many small HEP dams in Scotland before the feed in tariff for electricity is cut. Those not completed in time will receive a lower payment rate. Across the UK 426 such schemes are currently under construction.

* The Merk hydro scheme has been completed on the River Fyne. On the southeast side of Beinn Bhuidhe is a leat running to Newton Hill, from where water is piped to the river below Glenfyne Lodge. The leat intercepts water upstream of here. The river has been a particularly attractive grade 3 run from Inverchorachan with grade 5 Granite Falls and Salmon Ladder although its use has been limited because of the need to obtain permission to use the private road to reach it.

EU rules changed again

The EU's bathing water quality classification criteria have been tightened again. Based on the last four years' figures, SEPA expect 80% of Scottish bathing waters to pass at least the lowest level. Most of the monitored beaches are along the Solway Firth, on the east side of the Firth of Clyde and between Nairn and the border.

All identified bathing waters in Wales meet the tougher EU classification.



Not sewage after all

At times National Resources Wales receives reports of sewage on beaches such as Aberystwyth, West Angle and Pendine. They usually find this is phytoplankton thriving in warm weather and whipped up by rough seas. This is healthy rather than harmful, they say, but reports are checked individually.

Thames speeding prevention

The Organisation of Port of London Authority Customers have set up an iWash group to report commercial vessels they think might be speeding on the tidal Thames. The boat's automatic identification system can then be used to identify it. The limit above Wandsworth bridge is 15km/h with 22km/h below the bridge although some vessels are permitted to go faster. Some of the biggest washes in central London are thrown up by the clipper passenger ferries.

More of the same

The Natural Capital Committee, an independent advisory body, has called for 25 years of investment to bring cleaner air and greener cities. Halting decades of decline would improve the wellbeing of urban and rural populations. Defra has responded by saying that it restoring peat bogs, creating wetlands and improving fisheries.

Nene portage problems

The EA warn of a hostile brown Shetland pony at Weston Favell Lock on the Nene. They have also stated that the downstream portage point at Upper Wellingborough Lock is closed until further notice. This permanent closure is because of health and safety issues. The lower platform and the downstream end of Warmington Lock is fenced off so that it cannot be reached and a number of other locks have portages padlocked off.

Unwanted restrictions

SEPA, the Rivers & Fisheries Trust for Scotland and the EA have produced an app to allow people to photograph and report manmade obstacles to rivers. This will allow unwanted ones to be removed or improved. Natural obstacles will also be recorded. One suspects some of them are thinking only of obstacles to fish as the EA have been known to create obstacles to boats deliberately, such as on the Teme at Ludlow. The app is at www.river-obstacles.org.uk.

Yorkshire recreational strategy

Yorkshire Water have been promoting angling and largely opposing boating throughout all of their existence, as their predecessors did. They are now producing a recreational strategy to allow other members of the public to use their facilities, including their 125 reservoirs. They need to be seen to support youngsters, ethnic minorities and the disabled, rather than to make money. If it works, it could be replicated by other water authorities. The reason for this thaw in attitudes is not immediately obvious but is to be welcomed.

Bathing water standards affect not only swimmers but also those involved with other contact watersports. Some 400 sea and lake venues in England are sampled regularly and advisory notices displayed on whether or not to swim. The pass rate for beaches reached 99% last year but, with the rule changes, 6% of beaches expected to fail this year, including Blackpool, Margate and Ilfracombe. Failures in the southwest are likely to rise from one to nine.

Permitted bacteria levels have just been halved for the 'excellent' standard. Most pollution comes from sewage or agriculture, wet weather increasing the probability of obtaining poor results as pollution is washed off farm land.

Olympic pollution protest

A week before trial events and a year before the Río Olympics a 12km protest cruise took place to draw attention to the pollution still present in Guanabara Bay.

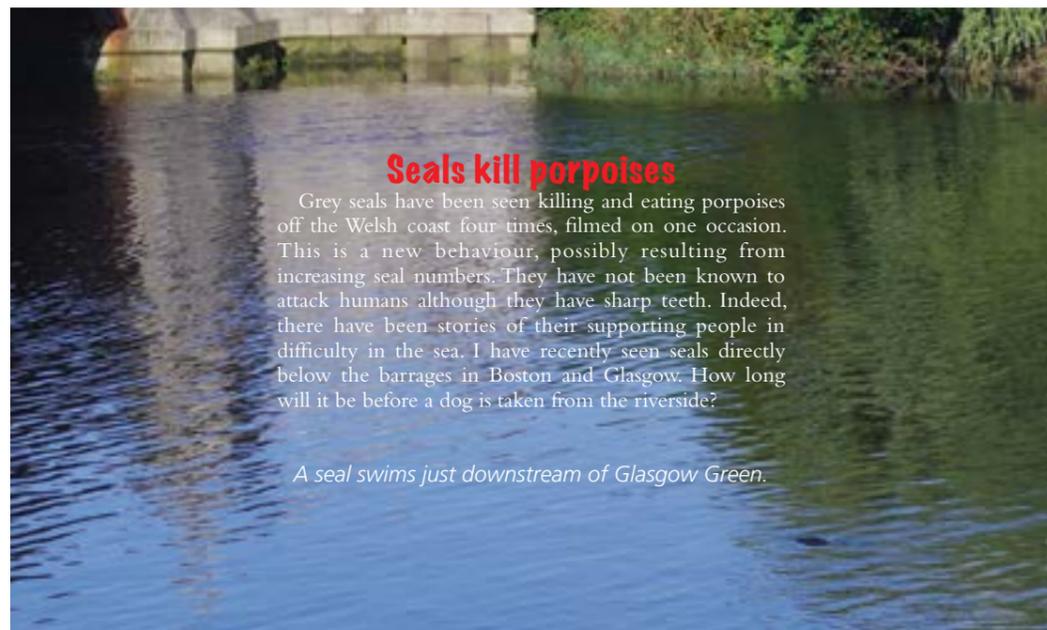
Brazil's Olympic medallist Isabel Swan worked with the Baía Viva movement to plan the protest, which drew a flotilla of over 30 boats from sailing craft to outrigger canoes and sea kayaks, accompanied by the boats of local fishermen who are also affected by the pollution. Industrial effluent and, particularly, sewage are the main problems and have resulted in many dead fish floating in the bay. Two thirds of sewage is untreated. The authorities promised to build eight water treatment plants but only one of these has been constructed so far. They have admitted that their target of removing 80% of the pollution from the bay will not be achieved, threatening the health of those competing.

The Beijing course suffered from algal blooms but these were cleared in the final weeks before the 2008 regatta. Weymouth had no such problems.

Calls from many in the sailing world to move the venue have been rejected by the authorities, who want all of the events to be within the city.

Thames lock closures

St John's and Godstow locks are to be closed until early March, resulting in little powered traffic on the Thames above Oxford over this period. Day's, Temple, Cookham, Boulton and Penton Hook locks will also see closures for maintenance work. Culham will be closed all winter. This lock was closed for a major rebuild in 2004/5, leaving the downstream portage unsafe. The EA promised PI they would return the following year to make it safe, which never happened. Presumably the long closure this winter is for something more than installing safe portage arrangements.



Seals kill porpoises

Grey seals have been seen killing and eating porpoises off the Welsh coast four times, filmed on one occasion. This is a new behaviour, possibly resulting from increasing seal numbers. They have not been known to attack humans although they have sharp teeth. Indeed, there have been stories of their supporting people in difficulty in the sea. I have recently seen seals directly below the barrages in Boston and Glasgow. How long will it be before a dog is taken from the riverside?

A seal swims just downstream of Glasgow Green.

Safety or environment?

The 92km Gunflint Trail in Minnesota runs through the Boundary Waters Canoe Area Wilderness from Sagamaga Lake to Lake Superior. It is much used by canoeists to get to the area and is home to 200 people. However, it lacks broadband and mobile phone coverage and emergency radio coverage is patchy. A 55m tower at one end of the trail would do much for safety but would be visible for 10km across the wilderness landscape. The conflicting interests of safety and environment have resulted in some heated discussions.

Parks Canada have decided to offer WiFi at 150 national parks, where the same debate rages. Visitor numbers have been falling fast recently but WiFi hotspots have been proving popular with campers.

Those with a stake

In a Parliamentary Written Question, Douglas Carswell (Clacton, UKIP) asked what steps Defra are taking to implement the EU Water Framework Directive. Rory Stewart referred to River Basin Management Plans which he claimed 'set the policy framework for decision making by everyone with a stake in the water environment' despite the fact that boat users are consistently ignored. He said that since 2009 15,000km of river had been improved, with 52 bathing waters and 1,000km² of lakes and that 12,000km of river had been opened up to fish with 200 fish passes and 500 eel passes installed.

Asked by Charles Walker (Bromborough, Con) about angling rod licences, Defra Minister of State George Eustace revealed that adult rod licence sales have fallen by 9% in four years to 1,146,752 and licences for 11-16 year olds have fallen by 46% to 63,326. Either lots of anglers are avoiding buying licences or there are a lot less anglers than some would have us believe.

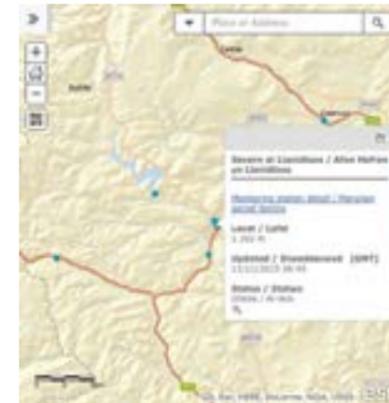
The EA has awarded a four year contract to the Angling Trust, initially worth £1,000,000 per year, to promote angling, increase numbers of anglers, obtain more funds for angling and increase bailiff numbers. Three rounds of payments have been made from rod licence fees by the EA to the Angling Improvement Fund, the most recent one £200,000.

NRW has spent £58,000 improving the CRT's weir on the Swansea Canal at Panteg, the pass initially installed in the 1980s having become unusable. It will allow salmon and sewin into the Tawe.

£500,000 has been spent on a fish pass and statue at Sprotborough Weir on the Don, funded by the EA and Tarmac.



The Welsh river level data which was previously on the EA website has been moved to the NRW website and is currently available in beta form for evaluation. The NRW suggest you can use it 'to see if levels are suitable for fishing or kayaking.'



INCIDENT FILE

Extensive Foyle response

The capsizing of a couple of large canoes on the River Foyle at about 2pm on June 6th resulted in 26 paddlers swimming. They had been taking part in a married versus singles charity race from Strabane to Culmore when one began shipping water in what were said to have been force 5 conditions. One media report said the first canoe had sunk but these canoes have buoyant seats and bulkhead ends which keep them afloat even when filled with water. The other canoe went to assist but became overloaded with the extra people taken aboard and towing the other canoe with five people in the water hanging onto it. This second canoe capsized near the shore, the river being some 500m wide at this point.

The canoes were Langley Clippers, 8.8m long x 1.6m beam. The paddlers, late teens to early 60s, of mixed abilities, were all wearing lifejackets and were claimed to have had good leadership. Some were in the water for up to 20 minutes. All were ashore before the rescue services arrived although reports talked of the rescue services plucking people from the water. To receive an emergency call, convene rescue crews and have them on site in boats in 20 minutes would have required a slick response.

At this point the river still forms the border between Northern Ireland and the Irish Republic. Every shade a rescue service appears to have been called out, including Northern Ireland Ambulance Service, Police Service of Northern Ireland, Northern Ireland Fire & Rescue, Coleraine Coastguard, Foyle Search & Rescue, Irish Coastguard and RNLI with boat, jet ski and helicopter support.

Some paddlers were suffering from mild hypothermia and two non swimmers were in shock so five were flown to hospital in Londonderry and a dozen taken by ambulance but with none detained.

At the time I estimated the Liverpool polo tournament was receiving a force 6 westerly (see this issue), which was what the organizers had received as a forecast. In the event of a marginal weather forecast for the ability level of the craft and paddlers it may be worth amending the course or postponing the race.

The rescue services do not have the benefit of hindsight and need to err on the side of being overcautious. The media have to hype it for all it is worth, even if that means calling someone a hero for making a 999 call.

Minimal MCA response

The *Incident File* has now been running for 23 years. It is always more comfortable to learn from the mistakes of others than from your own and it is useful to have reminders of the kinds of thing which can go wrong and to be adequately prepared in future as a consequence.

It is not about blame. Names are not usually given unless the victims are sufficiently well known to be seen as benchmarks for ability levels. The thinking is similar to that applied by the Marine Accident Investigation Branch, who look at shipping accidents involving commercial, fishing and recreational vessels, usually much larger than canoes. There are corresponding rail and air investigation branches. Obviously, we lack their resources and do not produce extensive reports but can sometimes factor in knowledge which may not be obvious to the general public. Twice in the last couple of years we have supplied information to coroners, one of whom has passed it on to the police who have asked for a fuller explanation of technical issues.

Over the last year or two there has been much concern over the reorganization of the coastguard service, the reduction in numbers of staff with their local knowledge, the closure of rescue centres and the policy of managing rescues by anyone in a distant centre who happens to be free at the time. There have been public demonstrations and continue to be parliamentary questions on the subject.

In March a policeman died in the Firth of Forth. In the past a telephone call to Forth Maritime Rescue Coordination Centre would have allowed us to pin down any issues quickly, something we have done many times. Unfortunately, Forth MRCC had been closed down by the time of the accident. Virtually all we could find out from the Maritime & Coastguard Agency was that the victim was a working age policeman and that the weather was calm with whitecaps, an unlikely combination.

Eventually the MCA took to ignoring repeated requests for information by us and by others on our behalf. Finally, for the first time ever, we used the Freedom of Information Act to force them to respond, the request delivered in person by hand. We asked for the report on the incident or, failing that, the answers to 25 questions which should have given some indicators. We did not get the report.

We were told that the paddler had been alone, that his buoyancy was floating nearby, 5m off the Ash Lagoons at Musselburgh, that the alarm had been raised by the police, the details of the rescue attempt and that it had been coordinated from Aberdeen. We were told the MCA did not have details of the sea state, air temperature, wind speed or direction, experience level or state of health of the paddler, cause of death, whether alive when rescued, whether carrying flares, phone or radio, model of kayak, whether any equipment failed or at what point he came out of his kayak. The MCA would not give his age, whether a health issue had led to the incident or clothing worn as these were considered personal.

Thus, we don't know if the problem was a health one on a warm spring day, equipment failure of a kind which has been seen elsewhere, inability to communicate, being overwhelmed with breakers, being hit by a ship wash, being hit by a rock thrown from the shore, by inexperience, by inadequate kit or any other cause. An earlier media report said the kayak had been found 5km offshore by a fishing boat about an hour and a half after the emergency call had been placed.

Initially information was withheld on the grounds that the Procurator Fiscal was to undertake an investigation, since declined, and we are now told the MAIB still have their books open on the accident. Whatever the cause, there was something sufficiently unusual for these bodies to be interested. Would the MCA have offered them so little information? We did also approach Police Scotland, who gave some details of the man, including his age of 40, and gave some details of their part in the recovery but refused to give information on the incident without a Freedom of Information request although we would have expected them to know less than the MCA about a marine accident.

Future accidents can be prevented and lives saved by the details of accidents being in the public arena and available to those who are familiar with the finer details of the sport. The MCA's current attitude is much to be regretted. The reduction in numbers of staff and centres is clearly a money saving issue but there seems no obvious reason for the secrecy, which could be a feature of future accidents.

Weather catches out students

A British student died on Lake Tekapo. Studying in Australia, he had joined friends for a trip to New Zealand in September but the group had to be rescued after ending up in freezing water following a sudden change in the spring weather.

Garstang shop closes

The Canoe Exped Shop in Garstang has closed. The good news is that there were no debts or financial issues and that outstanding orders were fulfilled. The closure was for personal reasons. The adjacent Tamarack Outdoors shop was not affected.

Weather forecasting service

MeteoGib have launched Weather4Marine to provide weather forecasting. The service includes tracking of position and warning of forthcoming problems.

Powered surfboards

A new brand of water user is taking part in motosurf. They use powered surfboards, thus not needing waves. Claimed to be the cheapest motorsport, they are also claimed to be the safest as they will stop within 5m and can weigh as little as 15kg.

Superior finish branded clothing

American firm Blacksite Clothing are offering personalized clothing designs. They are printed into fabric for a range of sports including paddling.

Wilkinson promoted

Ross Wilkinson has been promoted to managing director of the Survitec Groups' UK Services and Distribution. He was previously MD of Crewsaver.

ICF sign deals

The ICF have signed several trade deals. Broadreach Media of Lausanne are to provide broadcasting. The Swiss Tridem Sports will look at profile and sponsorship engagement. Portuguese firm Nelo will provide longterm support for development of the sport.

What's new Eureka!

MCA out of contact

The coastguard have long been opposed to mobile phones. Their reception is patchy and they don't give their locations, even if most people do actually own and use them. The Maritime & Coastguard Agency prefer marine radios, even if they are bulkier, more expensive, may only be used after passing an exam and may only be used to communicate with other boats, not friends ashore, which may be your most likely communication need.

We have championed the Nicosignal, the only device which allows successive (or any) flares to be fired with one hand while holding onto a capsized kayak with the other and will not sink immediately if dropped. It was effectively banned by somebody in the Home Office, who claimed it had a barrel, involving full firearms regulations. Responsibility has now passed to the MCA, who refuse to withdraw the barrel claim, despite the flares' being fired direct from the housing cylinder. Indeed, in discussion with the MCA, ISKA are left with the distinct impression that the MCA are opposed to flares in general.

They prefer a laser pen to point at the clouds, always assuming there are clouds present. The general public know how to react if they see a red flare at sea but fewer will respond to a red spot on a cloud.

Finally, the MCA draw attention to new smaller PLBs. Again, if you want to fire off a white flare to warn something about to run you down or to make contact with some of your group who have become separated from you in rough seas, sending a message to a satellite to call out the rescue services is not the answer.

If you own a yacht or a cruiser, having a shelf full of various bits of electrical kit will not be more expensive than the cost of your propulsion system and anything which slips out of your hand is less likely to go to the bottom.

Perhaps the time has come for the MCA to give more attention to the practical needs of many of their users.



C12 Performance Boats have been working on the M3 concept design of sailing canoe. The cockpit remains the same as the Morrison 2, which is widely used, but with a flatter deck and a finer bow to pierce waves or lift over them because of reduced bow weight. At first glance the 3D printed model resembles a flat water sprint C1.



Yamaha have a 12V M-18 electric motor which retails at £199.



Vajda are using swept up sterns on slalom kayaks to keep them clear of the waves and assist turning although this does increase the danger of hitting gates.

They also have a model in two parts, cut across the cockpit, to assist travel for the slalom jet set.



Materials for canoes

After filing for bankruptcy in March (May 15, p19), Canadian canoe manufacturers Esquif have had a buyback proposal accepted. Of wider importance, they will be manufacturing T-Formex which will be used to replace Royalex, withdrawn from the market. The rush to buy up remaining stocks of Royalex left a dearth of canoe manufacturing materials. Esquif will not only manufacture T-Formex for their own use but will sell it to other canoe manufacturers.

A polypropylene based fibre, Innegra, is not an alternative, however, not being sufficiently rigid. Instead, it is being used with glassfibre or more expensive carbon to create composite materials at reasonable prices. Several manufacturers are trying it but opinions remain divided on its potential for canoes. Innegra has also been used in paddles, helmets, paddleboards and ropes.

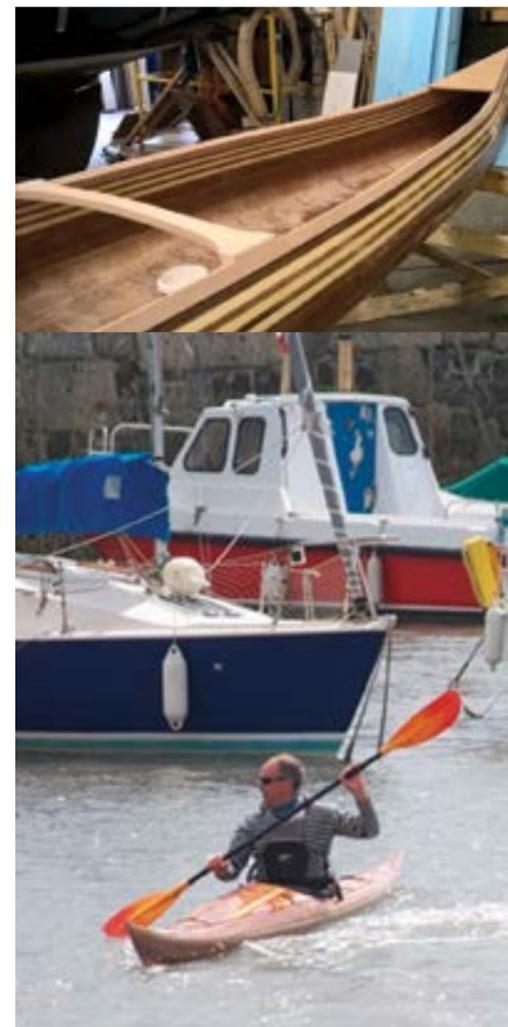


Allure's drinks, at £1.99 for 500ml, are claimed to be more refreshing than other aloe hydration drinks because they contain pieces of real aloe rather than being rehydrated from powder. Their Allure also has mangosteen and mango juices, Exposed adds honey, Awaken has wheatgrass, Comfort has watermelon and peach, Enrich has pomegranate and cranberry and Escape has pineapple, guava and sea buckthorn for varieties of flavour.

Buko organic coconut water helps with hydration and may have antioxidant and cardiovascular benefits. Unlike other brands, Buko uses young green coconuts from the Philippines which are sweeter and so no sugar, additives or preservatives are used. Buying a carton also saves a square metre of rainforest through an association with Cuipo, a website enabling you to locate your square metre should you wish to visit, apparently better value than buying a square foot of the moon.



Google are pressing on with their concept of driverless cars. A glance out of the window hints at some of the gulf between what they can do and what they won't be able to do for the foreseeable future, like putting a kayak on the roof.



West System have a regular online bulletin to promote best practice with their products. Projects this year have included a woodstrip canoe by Finnish boatbuilders Veneveistämö J Palviainen, the construction of which is described in detail, and Gary Hunt's 5.5m Guillemot Night Heron.

Swallow go larger

In May 1999 we reviewed the Swallow Sandpiper, available as a kit sailing canoe. Designer Nick Newland not only provided a 14 hour a day/7 days a week telephone support service to accompany his 80 page handbook, he was prepared to travel from Pembrokeshire to anywhere on the British mainland to help anyone really stuck. Where else could you get such service? Your IT suppliers, did you say? Most of his boats were larger sailing craft. Son Matt took over the business in 2005 and has now changed the name from Swallow Boatworks to Swallow Yachts to reflect the current range.

A paper in the Journal of Strength & Conditioning Research suggests 2g of ginger a day could help ease pain caused by resistance exercise or endurance training and speed recovery if taken for at least five days.

Natur Boutique claim their tea could be just the product needed, being grown in Vietnam without pesticides or fertilizers and being sweet to taste. It costs £2.99 a box.



Loon with connections

Old Town have reintroduced their Loon kayak restyled after two decades. It includes a USB connector for the electronics which are becoming increasingly important to some paddlers.

World's strongest fibres

Researchers at the University of Trento have produced the world's strongest known fibres by spraying spiders with carbon and graphene. The subsequent webs produced by the spiders had fibre strengths exceeding Kevlar. Simply spraying the webs of spiders did not produce the same results. What this does for the spiders' health is not reported and it would be a large step to producing this material on an industrial scale.

Confluence rationalize

Confluence have ceased producing Bomber Gear. Wave Sport manufacture and distribution has been moved to Europe and ceased to be available in the USA, where the Wave Sport design team have been transferred to Dagger. Wave Sport sells well in Europe but is a distraction from the competing Dagger brand in America.

What SUP?

The Hobie ills is billed as an inflatable SUP. However, it comes with a seat and is ready to mount a motor. So where do 'stand up' and 'paddle' board come in?

* If it comes to that, Sailpaddle have a sail which pulls out of the paddle shaft. Don't confuse this with a windsurfer.

Sprint longer with algae

Spirulina powder is made from blue green algae for use as a supplement. Research on running at moderate speed for two hours and then sprinting to exhaustion showed non users managing an average of 2 minutes sprinting while users managed 42 seconds longer, suggesting marathon paddlers could start sprinting earlier for the finish line in a group finish. BodyMe sell spirulina as a powder or compressed into tablets, prices starting at £5.99.

Carbon fibre out of thin air

US scientists have made carbon fibres from atmospheric carbon dioxide using a solar powered system, molten salt and low electricity voltages. This is seen as an interesting way of making carbon nanofibres. The suggestion that it could be scaled up to remove the gas from the air to reverse climate change is being taken less seriously.

New Terra Nova tents

New Wild Country tents by Terra Nova include the Zephyros 3 Living, which sleeps three in comfort, is 1.8m high and has a large porch, folds to 550 x 220mm and costs £250. The Etesian 4 is larger and costs £350. At the same price is the Hoolie 6 which sleeps six in two compartments.

The Southern Cross 1 and 2 weigh in at 1.6kg and 2.1kg respectively as freestanding lightweight tents.

The SS16 is the first to use a 10 denier Watershed Si2 flysheet fabric. The Wild Country Blizzard 2 and 3 tunnel tents have 30 denier silicone/PU nylon flysheets, offering more space for their light weights.

The Solar Ultra 2 at £1,200 is the lightest ever two man tent of its kind. Freestanding, it weighs 772g packed. It is made from Ultra fabric and its bonded seams are even tougher than the fabric.



Zephyros 3 Living.



Etesian 4.



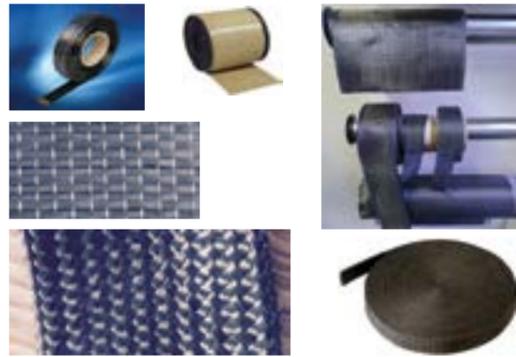
Hoolie 6.



Solar Ultra 2.



Polar's A360 has a wrist based heart rate monitor and personal training guidance. It is waterproof and costs £154.50.



Richard photographs

Fibertech Co of Seoul are offering carbon fibre and Kevlar tapes and webbing in a wide range of weights, lengths and widths.

Pyranha fined £200,000

Two days before Christmas 2010 54 year old Alan Catterall was cleaning out plastic from a rotomoulding machine after a fault developed. He had worked for Pyranha for 12 years. While inside, the door slammed shut. The machine was switched on, tragically, by his intended son in law, and Alan was found inside a few minutes later, dead of severe burns and shock. There was evidence that he had tried to draw attention by hammering on the sides with a crowbar but had not been heard over the noise in the factory. There was no mechanism for stopping the machine or opening the door from inside and no alarm. There had been previous near misses with the ovens and a series of faults.

Company director Peter Mackereth, the lead designer for the ovens, was fined £25,000 and given a 9 month jail sentence suspended for two years. Pyranha received a £200,000 fine in what was only the tenth corporate manslaughter case to be brought in Britain. Mackereth and Pyranha between them were ordered to pay £90,000 in costs. Mackereth was not charged with gross negligent manslaughter, as he might have been, and the company fine was lower than had been anticipated.

The case followed an earlier one in which Pyranha had been fined £50,000 after a member of staff had his head crushed using a method of loading a container about which the staff had already complained as being unsafe. In both cases Pyranha were accused of not training staff adequately.

Since the fatality it has been suggested that other canoe manufacturing companies have quietly tightened up their procedures.

Digital mapping

Memory Map now have French IGM maps at 1:25,000 and 1:100,00, marine charts which are updated and high resolution aerial photography from Getmapping. They offer £50 cash back on old GPS units when traded for new Adventurer 3000 units, for which the normal price is £199. They are seeking testers for beta versions of their software and they are offering test drives of their software for Android phones or computers. However, note that their software still only runs on Windows computers.



Some top slalomists, especially in France, are increasingly using fins to assist with line holding. These are more suitable for artificial courses, where they will not catch on rocks, but they do require an awkward technique of rolling over onto the gunwale to avoid sitting on them while going up conveyor belts.

New Gill wear

Gill have several new products which might be of interest, particularly to open canoe paddlers.



The three layer breathable thermal dinghy top has a water repellent outer shell, waterproof breathable membrane and thermal microfleece lining, neoprene waistband with Velcro adjustment on each side, Velcro sealed PU cuffs and fleece lined high collar, priced at £99.



Double lined 3mm neoprene gloves have sharkskin palms and taped seams, at £39.



Neoprene knee pads are also 3mm and have a Kevlar overlay, price £35.



Drysuit socks at £13 have seam free soles and flatlocked seams elsewhere. A couple of pounds more buys thermal hot socks which are hydrophobic.



The competition boot in natural rubber at £55, £40 for juniors, has a non slip soles, quick drying polycotton lining and a choice of static or stretch laces.

Siobhan Harey photographs

Twenty years on

Howies are celebrating 20 years in business from their Pembrokeshire base although they have a shop in Exeter for those who find that more convenient.



Howies' limited edition Beamer is a shirt incorporating a fabric from 3M. It looks like a conventional checked shirt until subjected to headlights or street lights, when it is seen to be reflective, to make it more visible. It costs £79 and there are only 100 of them.



More conventional is the Stenstrom jumper in Merino wool and cotton with seasonal diamond pattern, ribbed crew neck, cuffs and hem, costing £59.

WWC winter deals

White Water Consultancy have a range of winter bargains, of which perhaps the most important are some of the last Royalex canoes. The Nova Craft Prospector 16 with ash gunwales is now £355 cheaper at £1,799. With vinyl gunwales it is down £320 at £1,400. The Bob Special is down £331 at £1,449 with aluminium gunwales or £100 less with vinyl gunwales. The Gatz Orca 16 in Royalex is £380 cheaper at £1,520. Nova Craft canoes are coming in TuffStuff, which includes Innegra.

In playboats the Liquidlogic Stomper 80 is down from £1,099.99 to £699, The Liquidlogic Jefe Grande down from £999.99 also to £699, the Dagger Nomad 8.1 and 8.5 down from £949.99 to £789 and the Jackson Rock Star M Orange down £400 to £599. To move them, Robson paddles are as much as £101 off. For the feet, the Five Ten Water Tinnie is down from £85 to £69.99 and the Canyoneer 3 from £125 to £99.99.



Nova Craft Prospector 16.



Bob Special.



Gatz Orca 16.



Nova Craft in TuffStuff.



Liquidlogic Stomper 80 and Jefe Grande.



Dagger Nomad and Jackson Rock Star M Orange.



Robson paddle designs.



Five Ten Water Tinnie and Canyoneer 3.

White Water Consultancy photographs

On show

Some of the people and companies showcasing canoeing at the Southampton Boat Show, the country's largest outdoor boat show.



Take now incorporate Zegul sea kayaks, Artistic clothing with some colourful items, Robson and Egalis paddles and the extensive range of Take Marine kayaks and some canoes, now including slalom, polo and playboat models. Andrew Dron and Justin Snell had a good selection on show.



Bainbridge have taken over as the importers for Johnson Outdoors with Old Town, Ocean Kayak, Necky and Carlisle brands and had several models on display at Southampton. Minn Kota electronic outboards for canoes will now be distributed in the British Isles by Marathon Leisure.



The Red Paddle Co have Ride inflatable paddleboards. If the XL Ride looks like an oversized version, that is exactly what it is, 5.2 x 1.5m, able to take eight stand up paddlers at the same time.



The Aquafax stand included the Sevylor Tahiti.



The Ursuit far infra red deep heat system thermal heating vest is being imported from Finland by Liquid Sports and retailed by Andark Diving. The fleece vest has three thermal pads and the battery runs for 3-5 hours depending on the heat level selected. The deep warmth reaches 30-50mm into the body, affecting blood and muscles, not just the superficial points of contact. Retail price is £299.



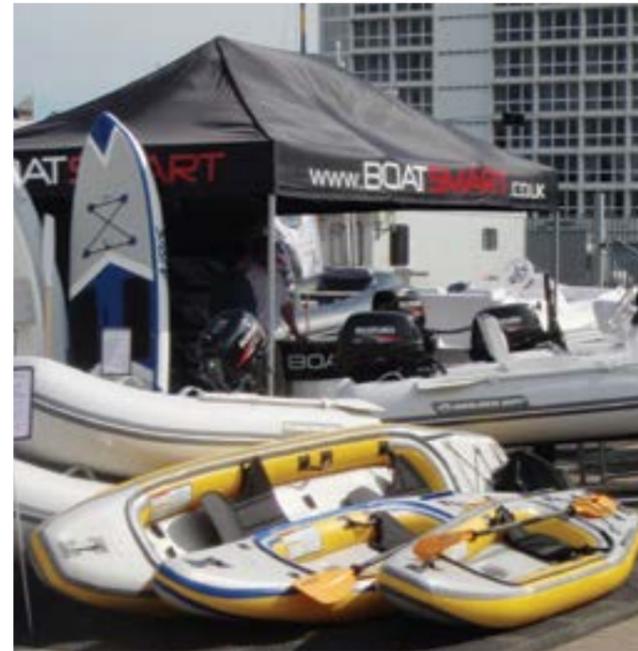
The Ocean Signal PLB1, at 75 x 15 x 32mm, excluding flotation pouch, is claimed to be the world's smallest locator beacon, costing £200.



A sample of workmanship from the Boat Building Academy. Not on show but included in this year's models built was the 5.5m Guillemot Night Heron kayak. They have issued a list of courses for 2016 in Lyme Regis, including basic woodworking, wooden boatbuilding in traditional and modern forms and GRP repairs plus rope and sail work. They cost from £250 for two days to £625 for five days.



Sealskinz now have woollen hats and caps in waterproof and breathable materials.



Boatsmart had inflatables of all sizes.



Hobie offered various methods of propulsion.



Paddleboards from Craig Cohoon Watersports.



There were chances for youngsters to get afloat in canoes at the Adventure River Canoe Ride but with few takers during school hours.



The Oru kayak, packed and assembled.



Nautiraïd kayaks, also packed and assembled.

Holiday 2016 - North America



Palisade Head, Lake Superior.

Pure Michigan

Paul Stafford



Glenwood Canyon, Colorado.



Crystal River.



Three Sisters Spring, Crystal River.



Crystal River.



Three Sisters Spring, Crystal River.

Paul Nicklen



Santiago Atitlán, Sololá, Guatemala.



Sololá, Guatemala.

Erick Derrando Velásquez photographs



Visit Grainesville



Pictured Rocks.



Isle Royal, Great Lakes.



Apostle Islands, Great Lakes.

Holiday 2016 - South America



Río dos Esportes, Rio de Janeiro.



Río dos Esportes, Rio de Janeiro.

Pedro Kirilos photographs



Río de Janeiro.



Praia Vermelha, Urca, Rio de Janeiro.



Urca.

Ricardo Zerremmer



Río de Janeiro.

Alexandre Maccieira photographs



Punta Arenas, Estrecho de Magallanes, Patagonia.

Holiday 2016 - Africa



Thomas Schuessler

Sheikh Zayed City, Giza, Egypt.



Kimbilio Lodge.



Dar es Salaam.



Fanjove Island.



Fun Island, Maldives.



Villa Hotels & Resorts photographs

Sun Island, Maldives.



Fanjove Island.

Essential Destinations photographs



Holiday 2016 - Asia



Garcia Resort & Spa

Turkey.



Wildflower Resort Spa; Allepy

Shem State, Myanmar.

Kerala Voyages



Relax & Enjoy

Nagasaki.

Relax & Rejoice



SunBird Tours

Tsushima Island, Japan.

Relax & Enjoy



U Minh Stream



Yaly Lake.



Da River.



Gianh River.



Saikai Pearl Sea Resort.



Ha Long Bay.

Ministry of Culture, Sports & Tourism; Vietnam National Administration of Tourism photographs



Dak Bla.



Holiday 2016 - Australasia



Katherine River.

The Ghon

Holiday 2016 - Brochures



Holiday 2016 - Europe



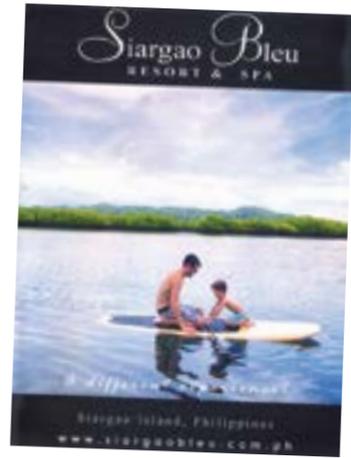
Vlora.

Albania Holidays



tourismus & Congress GmbH Frankfurt am Main





Discounted fares to Malawi

South African Airways are offering reduced prices from London to Malawi until Dec 12th and from Christmas until the end of March. Prices have been reduced in the order of 20%, now £604 to Lilongwe or £624 to Chileku, for example.

Bike and kayak in Malawi

Pumulani on the western side of the Nankumba peninsula at the southern end of Lake Malawi has been popular with mountain bikers because of the large number of dirt tracks. Robin Pope Safaris now have a deal where bikes can be left at the far end of the rip and kayaks used to paddle back to the start.

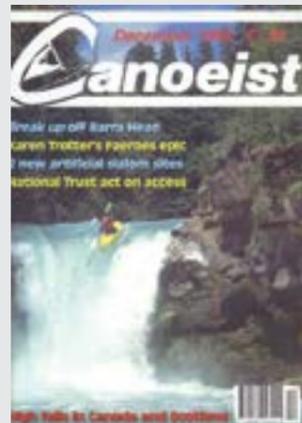


David C Rogers

Paddling is now an option at Pumulani on Lake Malawi.

Back then

20 years ago



- * The French Alps had the best paddling conditions for over a decade, marred by various items of kit going missing and being found in the possession of British paddlers.
- * Many swans were continuing to die on the Thames, entangled in angling line. The NRA were to end angling close seasons, despite an 87% vote by anglers themselves against the change.
- * Despite many West Midlands canoe clubs and individuals responding to the NRA's Teme Catchment Management Plan consultation, none of them was included in the list of those who had responded. However, the National Trust were attempting to improve canoeing access.
- * Work was to begin on the NRA's Jubilee River project.
- * Andy Watt carried out a survey for an artificial slalom course round the Clyde tidal barrage at Glasgow Green.
- * Nick Padwick's works and Sea Tiger moulds were destroyed in an arson attack, one of several on the industrial estate.
- * Justin Snell joined Nookie as sales manager.
- * BCU federalization was given a trial year but not for England.
- * Peter Knowles knew nothing about his 50th birthday paddling weekend, organized by Dave Manby, until he started to recognize a suspiciously large number of paddlers from all over the country in the Swinside Inn, the best kept secret in canoeing.
- * Tim Thomas took two wins in the world kayak surfing championships in Costa Rica.



Loch Harport

Leaving the best behind



It is Skye's Cuillin Hills, forming a dramatic backdrop, which provide the outstanding scenery here, the rounded Red Cuillin separate from and starkly different from the jagged peaks of the Black Cuillin.

The Allt Mòr na Sròine rises on 401m Beinn na Gaoithe at the foot of the latter and flows northwest to Loch Bracadale.

It duly becomes the River Drynoch with a sweeping flow over rapids of small stones while the water lasts

but this is not for long as runoff is fast. The A863 runs through Glen Drynoch and the occasional farm gateway could be used for unloading but there is nowhere particularly convenient and the momentum is soon lost after the B8009 bridge at Satran. Sròn a' Ghrobain at 254m stands close to the south side of the river while 439m Roineval is further back on the north side.

The river loses its momentum after the B8009 bridge at Satran and opens out to become Loch The

Access and passage are not necessarily permitted and safe under all conditions.



The River Drynoch needs to be caught in spate.



The River Drynoch sweeping down towards the loch.





The River Drynoch is a graveyard in dry conditions.



The River Drynoch approaches the B8009 bridge.



The Red Cuillin from the head of the loch.



The Black Cuillin beyond Satran.

Harport, onto which launching is possible at either Satran or Drynoch when the tide is in but the first 1.4km drains, when Carbost is a better option.

Bràigh Coille na Droighniche provides a steep north side to the loch but the south side is rather more gentle, the Vikisgill Burn joining at Satran and a hillside cemetery at Merkadale standing on the lochside below Dùn Merkadale and a war memorial.

Wrack is found in the water. Birdlife includes golden and whitetailed sea eagles, curlews, hooded crows, herons, cormorants, blackbacked gulls and guillemots.

Using artwork apparently inspired by a lager company, the Old Inn claims to be probably the best pub in Carbost. It does not claim to be the best supplier of alcohol. Yachtsmen and coach parties are attracted to the Talisker distillery, the only one on Skye, the malt drying kilns facing onto the loch. The distillery was moved here in 1830 and produces a single malt although most is blended and exported.

A track leads along the shoreline at Carbostbeag



The head of the loch at low tide.



Looking down the loch from Merkadale.



The Talisker distillery at Carbost.

past a floating pontoon walkway to a high jetty with a picnic table on top, facing across the loch to 196m Uchd Mòr. The Mingnish peninsula on the south side drops down from 416m Stockval and 369m Arnaval. These are hidden by the steep woods which rise from the rocky shoreline past Fernilea, woods in which rowans are plentiful. At one point there is a volcanic pipe, used for anchoring a rope, while a rock takes the form of a bear's head a little further along. Being smaller hills, Cnoc Dubh Heilla and Cnoc Glas Heilla are not seen even though they are close to the water at Portnalong.

Glas Bheinn drops from its 231m summit to Beinn

Dubh with Dùn Taimh and finally to the isolated Cnoc Mhairtein which falls steeply to the north side of the loch.

Fish farms are situated off Rubha Bàn and the pier at the end of an arm of the B8009 gives some protection to Port nan Long. Crofters came from Lewis and Harris to Portnalong in 1921 but Dùn Ardtreck shows that the headland has been occupied for much longer. A light on a white metal tower on Ardtreck Point is low but very conspicuous for inward bound boats.

Gesto Bay and Loch Beag on the north side before Rubha na h-Uamha take some protection from



The wooded south side of the loch.

Bracadale Point. The Victorian Gesto Farm has a circular henhouse heated by a chimney up the centre. Past occupation of the area is shown by a broch, a chambered cairn and Dùn Beag of about 500, one of the best preserved brochs on Skye, its walls still 5.5m high in 1770 and having produced pottery, coins, bronze objects, beads, a glass amulet and a gold ring. The current small communities of Coillore, Bracadale, Balgown, Struan and Struanmore merge into each other to form what is still no more than a village.

Flows out through the narrows start 4 hrs 40 minutes before Dover high water and flows in start 1 hr 20 mins after Dover high water at up to 1.4km/h. North of Port Beag a windfarm is seen but the

view is more restful to the northwest, dominated by Healabhals Mhòr and Bheag. Macleod's Tables North and South respectively are both of flat topped basalt lavas, the former at 489m, apparently truncated by a giant to provide a table and bed for St Columba. The story is told of how 9th MacLeod chief Alasdair Crotach was being entertained in Edinburgh with waiters serving food to fine furniture lit by chandeliers, his host baiting him by suggesting he could not match the opulence at home. MacLeod duly brought his host to Skye and had a meal served by his clansmen on top of one of his Tables, lit by the stars of the firmament, the city man conceding he had been upstaged.

Oronsay, which also has flattened strata, lies



A lava pipe used to tie off a rope.



A bear's head in lava.



Servicing a fish farm in the lower loch.



Ardtreck Point and the Healabhals.



The small light is easy to spot on Ardtreck Point.

FACT FILE

Distance

From Glen Drynoch to Oronsay is 14km.

Public Transport

Highland Country 54 buses serve Drynoch, Carbost, Portnalong and Fiskavaig..

Campsites

There are campsites 6km away at Sligachan Hotel, 10km away at Bualintur and 12km away at Kilmuir.

Youth Hostel

There is a youth hostel 9km away at Glenbrittle.

OS 1:50,000 Sheets

(23 N Skye)

32 S Skye & Cuillin Hills.

Admiralty Charts

1795 Little Minch - Southern Part (1:100,000)

Tidal Constants

Loch Harport: HW Dover - 4 hrs 10 mins, LW Dover - 4 hrs 50 mins

Forecasts

Weathercall: W Highlands & Islands, 09014 722 075

Marinecall: Ardnamurchan - Cape Wrath, 09014 737 474

Sea Area: Hebrides

Submarine Area

Bracadale

Lifeboats

Inshore: Kyle of Lochalsh

All Weather: Barra Island

off Ullinish Point, to which it is connected by a causeway once the tide drops. At the east end it has a reef on which there are breakers in all but the finest weather. The Castle pillar is also prominent.

Across Loch Bracadale with its seals

are Fiskavaig Bay which is normally sheltered with a sand beach, Gob na h-Oa with its caves and waterfalls and the vertical headland of Rubha nan Clach.

The view ahead takes in higher parts of the Outer Hebrides as it faces directly towards South Uist and Barra, not as dramatic as the Cullin Hills above the head of Loch Harport but still a view to savour.



Oronsay in Loch Bracadale.



Rubha nan Clach forms the corner of Minginish.

Oronsay

Start/Finish	Parking area at road end (NG322374)
Distance	4km (2 1/4 miles)
Total ascent	130m (425ft)
Maps	OS Explorer 410

The island of Oronsay is but one of a number dotted about Loch Bracadale; its distinction being that you can walk onto it at low tide. When the tides co-operate, a trip to the island in the evening to watch the sun go down is a memorable experience, but be sure to carry a torch as it goes dark quickly on Skye.

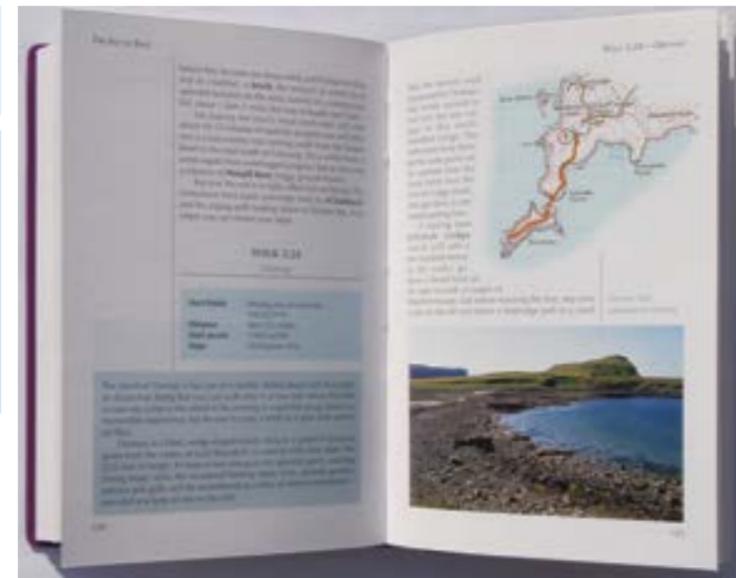
Oronsay is a tilted wedge-shaped island, rising in a carpet of luxurious green from the waters of Loch Bracadale, to vertical cliffs more than 70m (235 feet) in height. An hour or two resting on this splendid perch, watching fishing boats, seals, the occasional basking shark, twite, skylarks, gannets, fulmars and gulls, will be remembered as a time of simple contentment – provided you keep an eye on the tide!

Take the narrow road (signposted for Oronsay) that winds around to end near the last cottage in this small, extended village. The walk starts from there, but the same point can be reached from the Ullinish Lodge Hotel, although there is very limited parking here.

If starting from Ullinish Lodge (which will add a few hundred metres to the walk), go down a broad track on the right towards a couple of detached houses. Just before reaching the first, step over a stile on the left and follow a field-edge path to a small gate beyond which you soon reach a narrow tarmac lane. Turn right and walk along the road to its end.

Pass through two nearby kissing-gates, and take to a rough track across open meadow, with improving views west and north-west to MacLeod's Tables and the islands of Loch Bracadale. After another gate and wall, on rounding a small bay the track deteriorates to a path, but is never in doubt, and leads you across boggy moorland to the causeway at Ullinish Point. Go through a gate, and descend a rocky gully to the bouldery beach.

Note: It is important that you cross to Oronsay as the tide is going out, if you want to avoid an unscheduled stay on this uninhabited, waterless island.



There are a few paths on the island, but none is needed. Simply explore freely, taking in the light at Ardtreck, the great sea cliffs below Fiskavaig, and the far, hazy Cuillin, as you work your way to the highest point. The cliffs come as a surprise, and there is no barrier against a spectacular fall in the event of a slip. So do take care!

When you have dined sufficiently on this banquet of peace and solitude, simply retrace your steps.

This walking guide is one of the shorter ones in The Isle of Skye by Terry Marsh, one of 300 titles published by Cicerone. Pocket sized, in a plastic cover, it costs £14.95. See www.cicerone.co.uk for details of this and the rest of the range of titles.

Several of the latest titles, including this one, are reviewed on p42.



The low tide causeway to Oronsay.



Fifty years of providing shelter in remote places



Kearvaig, near Cape Wrath.



Usinish, South Uist.



Uags, facing the Crowlin Islands.



Essan on Loch Eilt, South Morar.



Glengarrisdale on Jura.



Cruib, Loch Tarbert, Jura.

Founded on 28th December 1965, the Mountain Bothies Association exists to maintain remote buildings for which the owner has little or no use but which remain important to walkers and others who make use of the shelter that they provide. The MBA is not an accommodation provider. Only one of the bothies (Over Phawhope in the Scottish Borders) is actually owned by the MBA; the other buildings are maintained with the agreement and encouragement of the owners.

All maintenance work is financed from the MBA's own resources, mainly membership subscriptions supplemented by generous donations from benefactors, usually individuals or groups who thus wish to commemorate a relative or friend who was a hillwalker or climber.

The association looks after about 100 bothies, mostly in Scotland but with some also in the north of England and Wales. These shelters are unlocked and are available for anyone to use. All maintenance activities are carried out by volunteers and new members who want to support the association in this work are welcomed. The MBA has approximately 3,700 members.

Bothies

Bothies are typically small cottages previously used by estate workers. They have minimal furnishings, sometimes a fireplace or stove and a sleeping platform, otherwise nothing is provided for users! Users must carry in their own fuel, sleeping bags, food etc and make their own provision for drinking water. They should take their rubbish away with them: there is no rubbish collection at bothies!

Some bothies have toilets but most don't. There is usually a spade provided so that people can bury human waste.

Bothies are refuges for people out in remote places and suit the needs of those who travel in ones and twos. They are not suitable for groups, whose use is discouraged. Users are asked to comply with a Bothy Code, based on respect for the bothy, its surroundings and other users, and are asked to observe any restrictions on its use requested by its owners.

The work of the MBA

The MBA takes buildings that are sometimes ruins, turns them into windproof and waterproof shelters and subsequently maintains them for use by those who use the wild and lonely areas of the country. Most of the work is undertaken by the MBA members themselves, who are all unpaid volunteers. The charity is run by a board of trustees, who are also unpaid volunteers.

The association has developed robust systems to ensure the highest possible levels of safety at work parties and provides training for volunteers engaged in MBA activities.

Without the cooperation and support of the owners of the buildings there would be no MBA and probably very few bothies. There has hardly been a renovation project that has not benefited from the practical support of an owner and staff, for example in providing transport for materials and sometimes even paying for those materials for work parties.

The number of bothies in the MBA's care has grown steadily throughout its 50 year existence and new projects continue to come forward. While the association often makes the first approach to owners about old buildings which might have the potential to become bothies, increasingly it is the owners of buildings themselves who contact the MBA to enquire if the association would be willing to care for their properties. The association welcomes such approaches.

Usage of bothies is increasing as more and more people head for the outdoors as an antidote to a hectic working life. As the association celebrates its half century, its work is as relevant and important as it was when it started.

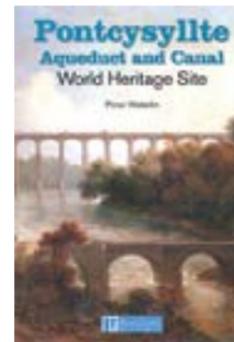
The MBA's first new build bothy opened at Camasunary, facing Loch Scavaig on Skye, in July.

The Association has published a 50th anniversary book, Mountain Bothies, Celebrating 50 Years of the MBA. Copies can be obtained at £10 including P&P through the website www.mountainbothies.org.uk.

BOOKS

Reviews of new books and publications

Pontcysyllte Aqueduct & Canal



Peter Wakelin
Canal & River Trust, 1st Floor N, Station House, 500 Elder Gate, Milton Keynes MK9 1BB
978 1 78461 146 0
2015
240 x 170mm
144 pages, paperback
£9.99

In conjunction with the Royal Commission on the Ancient & Historical Monuments of Wales, the CRT's first book sets a high standard and presents the World Heritage Site based on the Pontcysyllte Aqueduct and the top 18km

of the Llangollen Canal from Horseshoe Falls to Glenrid plus some information on Bala Lake which was deepened to supply the canal.

It is not Peter Wakelin's first book on the subject. In 2008 the RCAHMW published his book in support of the designation bid, similar in title and in cover picture to the present volume.

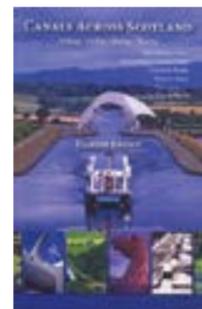
Beautifully illustrated, it has old and new photographs, including aerial views, paintings, recently commissioned and original engineering drawings, some cutaway, and maps, all presented on stout paper.

Aspects of the canal are covered extensively, especially the history and the dramatic engineering of what was the world's highest canal aqueduct right into the 21st century. Inevitably, some of the content also applies to the wider canal system.

The first half of the book sets the scene and the rest gives route details, moving in the upstream direction.

Not just an inspirational book, it offers excellent value to users of the water or the towpath.

Canals across Scotland



Hamish Brown
Whittles Publishing, Dunbeath, Caithness KW6 6EG
978 1 84995 162 3
2015
220 x 140mm
141 pages, paperback
£16.99

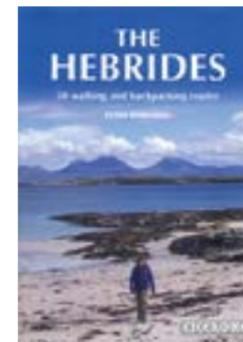
In our May 1996 issue Hamish Brown wrote us a lengthy article about paddling the Caledonian Canal by open canoe. Although not a stranger to canoes, he is better known as a walker, including having hiked the length of Britain and abroad.

The following year he wrote about another canal crossing of Scotland, this time a book on the Union and Forth & Clyde Canals, now given a latest update. This time it is clearly written from the towpath although most of the information is as relevant to those on the water. Pinkston is introduced and there is the odd canoeing picture or mention of canoe hire.

The style is chatty with anecdotes of personal experiences and Hamish is not shy of showing his enthusiasm for Scottish independence. Some of the pictures are archive shots.

There are diversions into country parks and towns along the way, the

The Hebrides



Peter Edwards
Cicerone, 2 Police Sq, Milnthorpe, Cumbria LA7 7PY
978 1 85284 705 0
2015
240 x 170mm
251 pages, paperback
£18.95

Twice the size of Cicerone's normal guidebooks, this magnificent volume covers 22 islands from Islay to St Kilda and Lewis to Barra. Most are reached by ferry but, while you can drive onto Skye, you will need to have a boat for St Kilda, the author noting that you will also have

to do so for Scarba and Garbh Eileach unless you have a kayak or other small boat.

A significant proportion of the 50 walks featured are coastal excursions. They are often not easy walks but stop short of needing climbing ability.

Unusually, the maps are at 1:100,000 scale with contour shading so that the topography is clear immediately but not the detail.

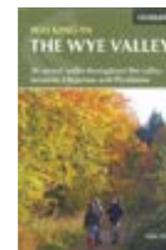
Local weather is discussed, including avalanche risk, and there is sound advice on loosening rucksack straps for emergency jettisoning while crossing rivers, a concept which may not occur to those who are less frequent river users.

'Scotland enjoys among the most liberal access rights in the world.' Even so, some areas may be closed during the shooting seasons and estate contacts are given so that checks can be made in advance.

The author is also an advocate of the Mountain Bothies Association, a worthy cause supported by many estates as well as by the mountain fraternity.

In addition to the tempting content, the layout and large pictures make this a very attractive book.

Walking in the Wye Valley



Mike Dunn
Cicerone
978 1 85284 724 1
2015
170 x 120mm
171 pages, paperback
£12.95

For a footpath following the length of the River Wye see Cicerone's *Wye Valley Walk* (Dec 11, p61). This new book, instead, offers a series of 30 walks in the Wye valley, mostly circular and sometimes

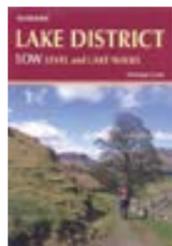
away from the river. As a result, it visits a number of other rivers, the Edw, Duhonw, Ithon, Marteg and Severn plus Elan valley reservoirs.

Much of the scenery and features of interest for walks are also relevant to those on the water itself and will be helpful to those taking a leisurely trip down the river and wanting to take time off to walk to nearby places of interest.

There is reference to canoeists at Symonds Yat and at Hay. The author has worked as an environmentalist and conservationist with the Welsh Government and points out numerous conservation projects and some angling venues. Indeed, despite the EA's claims to the inspector at the public enquiry which resulted in their getting control of navigation on the river, the book reveals that the problems with the decline in angling on the Wye resulted from overfishing and disease, not canoeing.

As usual with Cicerone, the maps are extracts from OS 1:50,000 sheets but this time they are printed 25% larger, effectively 1:40,000.

Lake District Low Level & Lake Walks



Vivienne Crow
Cicerone
978 1 85284 734 0
2014
170 x 120mm
186 pages, paperback
£9.99

The Lake District is a canoeist's paradise. The Lakes are the area where open canoe sailing was revived, the spiritual home of the OCSG. There are lakes to give long runs to paddlers, lakes to produce interesting weather and lakes to offer sheltered corners.

Conistone Water, Tarn Hows, Windermere, Seathwaite Tarn, Elter Water, Rydal Water, Grasmere, Thirlmere, Loweswater, Buttermere, Crummock Water, Derwentwater and Ullswater are visited.

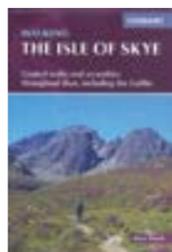
There are the white water streams, Yewdale Beck, River Brathay, Great Langdale Beck, Mickleden Beck, River Rothay, Trout Beck, St John's Beck, River Esk, Whillan Beck, Gatesgarthdale Beck, River Cocker, River Derwent, Watendlath Beck, Stonethwaite Beck, Coledale Beck, Grisedale Beck and Goldrill Beck, testing if the level is right.

Finally there are the waterfalls including Stanley Ghyll Force and Aira Force.

Above them all are the Lakeland peaks, the same for canoeists as for walkers. There is a twin volume for those who want to tackle peaks but this one with walks at low level and around the lakes is the one relevant to paddlers.

Could this be a new house style for Cicerone? The text layout is clean. The excellent photographs are large and bled off the page for maximum impact. Sometimes these are double page spreads. The maps are enlarged to 1:40,000. The whole book gets my approval, even the metrication.

The Isle of Skye



Terry Marsh
Cicerone
978 1 85284 789 0
1996. 4th edition 2015
180 x 120mm
285 pages, plastic cover
14.95

Since the previous edition (Jan 10, p46) there have been various minor changes to this useful book.

Although *The Hebrides* includes some Skye walks, this volume goes into much more detail and it has a more convenient presentation for being taken outdoors. The Cuillin and the Trotternish ridge, being so conspicuous from the water, get particular attention.

Much of the island is covered in 87 walks, supported by OS 1:50,000 map sections.

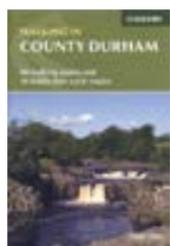
'There are few who would contest that the walk from Bharcasaig, past Idrigill Point and MacLeod's Maidens, to the deserted village of Lorgill ranks as the finest clifftop walk in Britain.' The author is right but, of course, does not suggest the view is even better from the water.

Likewise, the evocative Loch Coruisk can be reached on foot by a variety of daunting routes, some of which are described, so it seems almost to be cheating to make a relatively easy approach by kayak from Elgol.

We are told not to disturb birds during the nesting season but here we are warned about those likely to attack people who come within their range.

Not surprisingly, Skye is an increasingly popular sea kayak area and this welcome book puts much of the scenery into perspective.

Walking in County Durham



Paddy Dillon
Cicerone
978 1 85284 791 3
1996. 3rd edition 2015
170 x 120mm
233 pages, paperback
£12.95

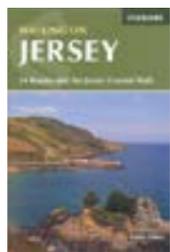
Two major rivers receive multiple visits in this guidebook. One is the Wear with the Durham loop as the book's opening chapter. The other, the Tees, includes pictures of Cauldron Snout and High and Low Force and reaches the Abbey Rapids slalom site. It has a walk which exactly encircles the Tees WWR course. The latter includes Woden Croft, often visited on foot to inspect the major rapid on the race course with former national slalom champion Keith Wickham an adjacent owner of what was one of the infamous Yorkshire schools, exposed by Dickens in *Nicholas Nickleby*. The Piercebridge Roman fort is also visited, a venue which has produced support for the river access case.

Other walks include Cow Green, Grassholme and Tunstall Reservoirs, the Rivers Brownie, Team, Greta, Balder, Durham Lune and Derwent, the Sleightholme, Hurdeshope, Harwood and Waskerley Becks and the Bollihope and Rookhope Burns. While some of these are frequently too shallow to paddle, a picture of the Middlehope Burn shows what can be enjoyed if the conditions are caught right.

In addition to the rivers, the coast is followed from Seaham to the outskirts of Hartlepool including reference to the National Trust's Operation Neptune and the purchase of its 500th mile of coast, at the celebration of which the Opposition spokesman for Agriculture & Rural Affairs, Dr David Clark, called for more access for users of inland rivers as official Labour policy (Nov 88, p10).

Mapping is with sections of OS 1:50,000 sheets. A new feature in this walking book is 10 cycle paths based on former railway tracks, these without the maps.

Walking on Jersey



Paddy Dillon
Cicerone
978 1 85284 792 0
2011. 2nd edition 2015
170 x 120mm
188 pages, paperback
£12.95

'There is no doubt that most of the best scenery on Jersey is around the coast' says Paddy Dillon, summing up the coastal walk around the island.

This book is cleverly laid out with 15 successive circular walks, each beginning with a section of the coast. Taking the first part of each gives a guide to the entire coast. Walks out from the coast include the Seymour Tower and the Corbière lighthouse. The Minquiers, Ecrehous, Pierres de Lecq and Dirouilles are mentioned as rocky reefs hard to access, certainly for those on foot. Other features of interest include Jersey Canoe Club's boathouse.

Throughout the book there is plenty on the German Occupation and earlier towers and fortifications. Natural history ranges from the birds in profusion to the Durrell Wildlife Conservation Trust. Mapping is taken from the very detailed 1:25,000 map of the island.

There are also some inland routes, including passing the Queen's Valley Reservoir, the largest area of inland water in the Channel Islands, with points for and against, its wooded shores popular with walkers, anglers and birdlife but with the loss of a wooded valley and some National Trust for Jersey properties. I can vouch for this, having, in an earlier existence, produced one of the succession of designs for the main dam in the aftermath of full page advertisements placed in the local paper by those for and against the scheme.

As usual, of course, there are many things of local interest to see on land, beginning with an introduction to St Helier, and some details of logistics and how Jersey differs from the British mainland.

QuickTide South West

978 1 902830 61 2

QuickTide South East

978 1 902830 62.9

QuickTide North

QT International Ltd, 19 Canynge Rd,
Bristol B58 3JZ
17th edition
220 x 150mm
£7.99

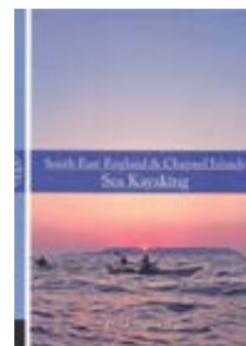


QuickTide two year charts are back for 2016/7. As usual, you pick the relevant date code, noting any particularly large tides, pick the colour code for the required section of coast, turn the dial to align them and see the tide states displayed against the clock. Doing the calculations using tidal constants is more accurate, provided you do not make any mathematical errors, but which of us has never confused our additions and subtractions or GMT and BST? Even if doing the maths, checking with the dial will draw attention to any serious gaffs.

The southwest chart covers the coast from Poole Harbour to Anglesey, the Irish coast and the European coast from Cherbourg round into the Mediterranean. The southeast chart covers from Weymouth to the Wash and from Vlissingen to the Cherbourg peninsula. The north chart covers Anglesey to the Wash and Galway to Arklow.

Also included are a selection of useful telephone numbers.

South East England & Channel Islands Sea Kayaking



Derek Hairon et al
Pesda Press, Tan y Coed Canol,
Ceunant, Caernarfon, Gwynedd
LL55 4RN
978 1 906095 50 5
2015
240 x 170mm
271 pages, paperback

In the first half of this book seven authors present separate sea kayak trips in 25 selected locations around the southeast coast from Beaulieu to Hunstanton, including the Thames tideway between Richmond and Gravesend.

Apart from the high quality of some of the photographs, the book's greatest strength is the logistics, beginning with the heights of restricting bars in some carparks and where hunting for limited parking could result in missing critical tides. Tide times are given, distances to be walked to get on and off the water, tidal stream strengths and directions (also marked on the maps) and coastguard contacts and weather forecasts (although Solent and Dover MRCCs have now closed and Thames will close by the end of the year).

On the circumnavigation of Portsea Mark Gowler describes the Small Boat Channel on the west side of the entrance to Portsmouth Harbour but does not mention the safer and more interesting east side route negotiated by ISKA. Routes are suggested with start and finish points, often with possible variations and extensions. Andy Levick suggests the lower Thames tideway as a return trip between Gravesend and Greenwich because of the difficulty of setting up a car shuttle. Why use a car shuttle when there is a direct railway line between the two?

Detail of things of interest along the way is often quite light although some features are picked out for presentation in boxed panels. Perhaps

the most telling is Mark Rainsley's piece on the threatening behaviour towards sea kayak paddlers of Blakeney's commercial seal watching boat crews as they cut close to the seals with their engines and public address systems. It comes with his picture of a sea kayak in front of the beach of resting seals and a few pages after Estelle Kemp's excellent photograph of a seal resting its head on the bow of a sea kayak in the Stour estuary.

The second half of the book covers the Channel Islands, is all written by Derek Hairon (who has been paddling these waters for over 40 years) and is more comprehensive. It covers all the significant islands and reefs and the passages between them, not leaving much of the coast undescribed, and goes into more detail of the local attractions. It includes Chausey and other points on the French coast and the book looks at the restrictions placed on paddlers by the French authorities.

The Channel crossing is also included. The Dover Strait has now been banned by authorities on both sides of the Channel so this book looks at crossings starting at venues between Portsmouth and Brixham. What these much longer crossings will do for safety remains to be seen but it should cut down the number of attempts, only official swimmers now being allowed to use the short route.

The book should serve as a valuable appetite whetter for those thinking of moving onto the sea. For those who need no introduction, the Channel Islands offer some testing offshore routes.

Nautical Croatia



Croatian National Tourist Board
2014
A4
117 pages, paperback
Free

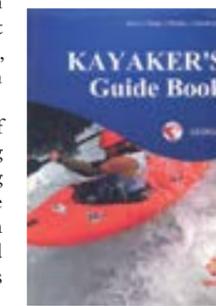
The latest edition of *Nautical Croatia* (Apr 09, p53) is significantly different with less text and less photos but the latter are much larger, including double page spreads, often stunning aerial shots, and now captioned for location. There are many more pages but the extra are given over to the details of marinas, the booklet being aimed primarily at sailors.

Popular and hidden sailing routes are suggested, the latter perhaps of

more interest to sea paddlers, who receive a two page spread. The River Cetina is suggested for rafters, together with some other paddling rivers for canoeing, including a paddleboard photograph.

There is a reminder that many corners are accessible only by boat but there are several references to the winds, an important feature of the Adriatic. Brief tourist highlights are listed with many attractions on land from the buildings to the local foods and wines.

Kayaker's Guide Book



Georgian National Tourism Administration,
4 Sanapiro Str, 0105 Tbilisi, Georgia
2015
A5, paperback

Dutch slalom champion George Naskidashvili, former Russian slalom team paddler Besik Kavelashvili, Czech full time paddler Pavel Lichtag and three others were set the task of studying nine Georgian rivers. Here is their review of the Alazani, Aragvi, Mtkvari, Abasha, Tekhuri, Adjaristskhali, Tchorokhi, Tskhenistshali and Rioni.

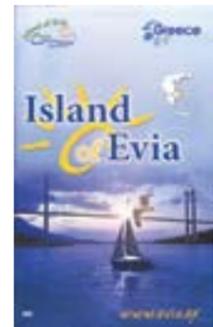
Each gets a two page spread with an introduction and details of run sections. A map may need a magnifying glass to read but the river sections are colour coded for white water grade and there are informative icons from campsites and access points to falls and blockages. Rivers are usually grade 2-3 but can go up to 5.5. They tend to get easier through the summer, the grades being given for each section over successive 2-3 month sections and the best months to run being suggested. Run time is given for each section but not usually the distance.

An introductory section includes notes and a typical photograph of

each river grade from 1 to 6 and introduces signals, kit, river kayaks and rescue techniques.

The last two pages have a map of the country with the rivers marked conspicuously, colour coded to match the relevant pages in the book. None of the rivers will be found in the areas shown as occupation zones since August 2008. Before this are two pages of charts listing gradings for each run and giving coordinates in degrees to eight places of decimal.

Island of Evia



Prefecture of Evia - Direction of Tourism, Messapion 4, 341 00 Chalkida 230 x 140mm 63 pages, paperback

Free Even though Evia is Greece's second largest island, much of it is within easy reach of the sea. Administratively it includes Skyros and a number of smaller islands.

The book opens with a history of the area before progressing to a description of what is to be found, including places and buildings of interest, churches, monasteries, cultural events, spas and local foods. The island can be reached

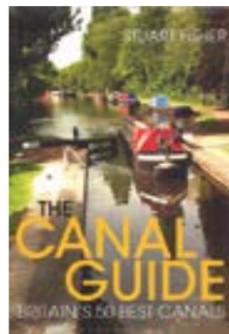
by bridge but there are many ferries detailed as well. Boat trips can be used to reach many locations which are less accessible to those on foot.

A page is devoted to the Euripos phenomenon, a tidal current which runs up to 16km/h most of the time but is irregular at neap tides. Such a current would not be unusual around the British coast but is unexpected in the Mediterranean, where tides are negligible.

Canoeing, one of the alternative sports mentioned, is reported to be becoming increasingly popular on the Manikiatis River, both for racing and for touring. The subject is dismissed in a couple of sentences but there is an interesting photograph of a slalom C2 taking a large weir with significant flow going over a moderate drop, the stopper not where you might expect.

Mail Book of the Week

On June the *Mail on Sunday* selected *The Canal Guide* as their Book of the Week. A condensed version of *Canals of Britain*, it has been developed from the guides in *Canoeist*.



Modern prop

We saw *Othello* with the RSC in modern dress at Stratford in July and noticed an Imray chart among the props.



Karun
Tom Allen & Leon McCarron
Nov 2015

Tom Allen, whose wife is Iranian, and Leon McCarron set out to make a source to sea journey of the Karun, Iran's longest river. Rising above the snowline, it descends through gas fields, eventually joining the Tigris to form the border with Iraq before reaching the Gulf. The pair paddled, cycled and walked their way down the river.

The paddling was done in individual inflatable pack rafts with loads tied on awkwardly, these being part of the heavy backpack loads they had been carrying before the river became deep enough for paddling. The water gradually increased to about grade 3, at which point they decided to get back on foot. Their only previous experience of white water had been a couple of days under the guidance of Ray Goodwin and Dave Manby, whose long feature on an Iranian descent in our Dec 01 issue was claimed to be the most amazing Dave had ever done in a lifetime of paddling all over the world. The pair did not know conditions ahead on the water and risked being blocked in by gorge sides and what could have been an impassable section of river.

The experience of Dave's group in finding the locals very friendly was repeated this time. They were invited to spend nights in people's houses. Somebody loaned them a couple of bikes to save them from having to hire. A taxi driver kicked out a couple of fare paying passengers in order to spend four hours driving round free of charge to locate a replacement paddle after they lost one in a capsized. The police kept a close watch on them, taking them in for questioning half a dozen times, but a grilling would often be followed by an invitation to chat over tea, helped by Tom's fluency in Farsi.

The final walk along the edge of a major dual carriageway was not an ideal part of an expedition trip.

The hour long film is a very professional product, for which it is hard to believe there was not a separate cameraman although there was much professional work in editing the film. There are howling wolves, ancient architecture, gas flaming out of the ground and wrecked tanks, the mix which is modern Iran. There are also many interviews with locals. They took two cameras, which they had to use discreetly in sensitive areas in order not to be seen as spies or media, particularly the banned BBC.

Forthcoming showings include Oxford University Exploration Club on Feb 16th, Cambridge University Expedition Society on Feb 18th and Keswick Film Festival on Feb 25th. See karunfilm.com for more details and a short extract.

Most boring film ever

Just before the general election BBC 4 showed *All Aboard! The Canal Trip*, claimed to be the most boring film ever, a two hour journey in real time filmed from a narrowboat travelling up the Kennet & Avon Canal from Bath top lock to Dundas, with no presenter or commentary. To their surprise, it drew an audience of 500,000.



Periodical Publishers Association
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Falmouth 60 years later

This year on May 15th I was 87 years old.

Sixty years ago, on the 27th September 1955, I set sail from a Falmouth quayside aboard a self built 23' 6" flat bottomed double canoe (now called catamaran) called *Tangaroa* with two German girls as crew. My quest was to sail the Atlantic to prove the double canoe was a seaworthy vessel.

In a Pathé newsreel clip filmed in Falmouth, <https://www.youtube.com/watch?v=t72IKIp3VY>, I called myself a marine archaeologist, a profession which did not exist in 1955.

The story was that in 1948 Thor Heyerdahl made the famous *Kontiki* voyage across the eastern Pacific from Peru to the Tuamotu islands proving, he said, that the inhabitants of the central Pacific islands must have come from South America by sailing raft (not, as is now accepted, from SE Asia by canoe craft.)

At the age of 16, during the war years, I had bought a book, *The Voyage of the Kaimiloa*, written by a Frenchman, Eric De Bisschop, my first and probably most influential book in what is now an extensive boat library. De Bisschop built a 38' junk rigged Pacific inspired double canoe in Hawaii in 1938 and sailed it with a companion across the Pacific, Indian and Atlantic oceans (via the Cape of Good Hope) to Toulon in France, thereby proving that the Pacific double canoe was a seaworthy craft, capable of making long ocean voyages. On arrival he received a hero's welcome, then, in 1945, was written out of history because of WW2 and his family connection to the president of Vichy France!

As a result, Thor Heyerdahl was able to persuade the public with his widely acclaimed *Kontiki* raft voyage that the ancestors of the Polynesians came from the south American mainland by sailing raft because, as was then believed, the canoes of the central Pacific were not sufficiently oceanworthy for migratory voyages.

This explains why I, as a disciple of Eric de Bisschop, was in Falmouth 60 years ago with a 23'6" double canoe, about to cross the Bay of Biscay and on to Las Palmas to sail across the Atlantic Ocean to Trinidad, an ambitious project to prove Thor Heyerdahl was wrong.

From that voyage, with a greater understanding of ocean sailing double canoes, I built a 40' V'ed hull catamaran in Trinidad (called *Rongo*), sailed it 1,500 miles north to New York, then made the first ever multihull voyage from west to east across the stormy north Atlantic in 1959. This led me to become a designer of catamarans.

In many ways life is a series of seasons that echo our beginnings and in my design life I have come full circle with a brand new design, the same length as my *Tangaroa*, a lightweight trailer sailer/coastal trek catamaran, the *Mana 24*. She has modern features and influences but, essentially, the design philosophy that inspired me as a young man still motivates me now.

Suffice it to say I think that modern sailing boats are being priced out of the market, not just by 20% VAT but by the price of moorings and marinas. The best solution to this problem is to self build your boat and to trail it home. The other advantage of a trailer boat is that you can take it to different sailing grounds or to where the weather is good, giving you a much wider horizon.

Last year a book called *Micro Adventures, Local Discoveries for Great Escapes* by Alistair Humphreys was published. This book ties into my life philosophy as a rock climber and wanderer before I became an ocean sailor. A small boat that can be trailed, like the *Mana 24*, can satisfy this spirit of adventure that so often never gets a chance in our hectic modern urban lives.

To the practicalities:

I/we, assisted by a team of Cornish enthusiasts, local designer and CAD expert Simon Holman, the computer cutting firm Fibrefusion and the Cornwall Marine Network, have tied all our sailing, design and building knowledge into this new 24' car trailer sailer design to be sold as an easy to assemble Ikea style kit boat using state of the art CNC machines, 3D graphics and a design concept we hope will appeal to an audience of adventurous, free spirited people, low budget sailing, camping and adventure for families feeling the sting of the economic downturn.

The plan was to have the first *Mana 24* moored in Falmouth at the pier where we departed from with *Tangaroa* in 1955. However, such is life, the boat was not ready to launch on that date so we planned to host a reception in our studio/workshop in Devoran with exhibits of the voyage in 1955 as well as the *Mana 24* under construction to view.

James Wharram FRGS



Touring

Loch Lomond Meet

Following on from a successful meet last year, the last weekend in April 2015 saw the OCSG once more hosting a meet at Milarrochy Bay on the eastern banks of Loch Lomond.

Most people started arriving from Friday lunchtime onwards and some of the early birds made an effort to get on the water for a sail on Friday afternoon to make the most of the weekend. The weather was sunny with quite a strong gusty wind early in the afternoon but, unfortunately, the cloud rolled in as the day wore on and rain began to fall in the later afternoon and evening. The sailing was enjoyable but eventful with at least two participants enjoying early dips (your's truly amongst them) and it was easy to become cold with low air temperatures and significant wind chill even when the sun was shining.

After a wet and windy Friday night, Saturday dawned relatively fair and, by the time of the ten o'clock meeting, things were looking favourable for an extended cruise. Most opted to head in the direction of the far shore (whilst a few chose to buddy up and sail closer at hand). Several small groups set sail in a westerly direction on the basis that this was upwind and should prove an easier downwind return later. There was some discussion between members of the groups about possible destinations but the obvious choice was to sail over to Luss village for lunch. Some chose to seek refreshment amongst the myriad collection of restaurants and cafés that the village offers while others made do with a picnic in the sunshine. After lunch the small buddy groups all merged together for a superb sail back through the narrows between Inchconnachan and Inchtavannach, through the Geggles (a narrow shallow channel between Inchmoan and Inchcruin) and then, finally, round the southern and eastern sides of Inchfad before returning to the campsite.

On Saturday evening a lot of folk dined out in nearby Balmaha. (Unfortunately the restaurant there is unwilling to cater for large parties so we made do with eating in smaller groups.)

On Sunday the weather was a mixture of sunshine and squally showers and, with the wind strength predicted to increase during the day, we stayed close at hand. (A few hardy souls headed for the hills as an alternative to sailing.) The squalls during the morning were quite fierce on occasion but, as the day progressed (while the mean windspeed probably increased), the peaks became more manageable and venturing a little further became an option.

Many folk departed on Sunday but a few of us remained and congregated in the campers' room at the site for a chilly but enjoyable evening of socializing and chat.

As at last year's meet, the turnout was impressive (especially given the long distances that many people had to travel). The sailing was excellent and the weather ended up being better than many forecasts had predicted, leading to a very enjoyable weekend. Many thanks to everyone who attended for making the meet such a success.

Chris Wheeler



Chris Wheeler photographs

Test 1 Columbia River Knife & Tool ER

Neither a knife nor a saw



The tip is blunt, not only being well rounded but also being slightly thicker than the saw part of the blade.

The plastic sheath is curved, the blade locking into it securely and needing quite a firm tug to release it although pulling with a finger through the hole while using another finger and thumb to prevent movement of the sheath works well.

Slots on each side of the sheath allow it to be threaded onto webbing up to 36mm wide, ideally round a buoyancy aid shoulder strap. The overall blade plus sheath is 156mm long, shorter than some, the tool itself being 144mm long.

Five holes allow it to be mounted inside the boat, if that is what you prefer, although this would mean it might not be to hand when needed or could be taken by somebody else. There are also four small screws and a plastic clip provided which would allow it to be placed either way up on a belt. Finally, there is 950mm of 3mm diameter cord. The webbing strap is probably best for canoeing from this selection of fitting options.

Legislation against the carrying of knives is an issue these days in order to prevent knife crime. We showed this tool to the police and asked whether they considered it a knife or a saw. They said neither although the same rules apply. Essentially, if challenged, you need to be able to convince the police that you have a good reason for carrying it. Needing to cut lines in an emergency in watersports is an acceptable reason. Carrying a penknife on a daily basis is not acceptable if the blade is over 76mm long. Carrying a tool which is not a knife and has a blade less than 76mm long for a good reason should keep you out of trouble.

Price (inc VAT) £35.95 from Heinnie Haynes, Unit 4/6 Windmill Ind Est, Wimborne Rd, Barry, Vale of Glamorgan CF63 3DH, 033 0300 0400, www.heinnie.com

The immediate attraction with this tool is the part which isn't there. There is a 21mm diameter hole between the blade and the handle.

Take an emergency where you are working with your hands hidden beneath the water, your fingers numb despite your gloves, trying to cut through a line or a cockpit rim. You can get a gloved forefinger into the hole even before pulling the tool from its sheath. If you don't remove your finger then you cannot drop it.

Above and below the hole the edge of the blade is textured to assist another finger and thumb to add to the grip. Alternatively, if the second finger is placed through the hole, the forefinger can be pressed on the far end of the blade, where there is another textured area for it. Thus, you can apply load at both ends of the blade rather than cantilevering it all from the handle end.

In fact, the handle is quite short, barely reaching into the palm, but it is comfortably contoured.

The blade is also short, a mere 36mm of serrated blade.

Test 2 OverBoard Classic Waterproof Backpack

A conspicuous drybag rucksack



The OverBoard Classic Waterproof Backpack is a roll top drybag with straps to allow it to be used as a backpack. In PVC with PVC/polyester welded seams, the bag itself is waterproof. As ever with a roll top, if the top is rolled down tight it will be dunkproof but you would not want to leave it in the bottom of a canoe with water swilling around the roll seal. It would be better to secure it upright with the top clear of any water. That said, the top has a webbing strap attached with Velcro to pull down on the seal, additional to the usual roll top seal.

The single main 20l compartment is supplemented by a small mesh pocket on one side which would take a drink bottle. Generally black, the rear panel is bright yellow, enhanced by a reflective strip to be as conspicuous as possible when you walk along roads. It was the first thing I saw while driving as a motorcyclist wearing one weaved between the lines of cars in London's Euston Road. The latter strip secures three D rings in a vertical line to attach other items, not as useful as if rings had been arranged in two lines. In fact, the larger 30l model does have a second line.

The back panel and shoulder straps are reinforced with a soft plastic material which has ventilation holes with further ventilation padding against the body. While the shoulder straps can be adjusted for length, the position of the cross strap has about 80mm of vertical position adjustment. What would be a waist or chest strap on a rucksack is much nearer to the armpits, at breast level or above. Female users may find this less than comfortable. Because the plastic buckle is

offset to one side some users will find the buckle sits right on the nipple unless great care is taken. As a L - XL male I found the cross strap a bit tight even at its full extension and preferred to leave it undone.

There is an attachment ring at the top of each of these straps, one of which comes supplied with a mini karabiner and key ring.

Finally, there is a substantial lifting or hanging loop at the top.

While this offers good value compared with a basic drybag, female users should check that they can adjust the straps to be comfortable.

Another OverBoard product worth investigating for iPad users is a waterproof holder at £39.99.



Price £44.95 from Heinnie Haynes.



Handle hole
Grip points
Blade length
Blade serrations
Blunt tip



Dunk-proofing
Conspicuity
Strap and back ventilation
Value



D ring locations
Cross strap

Ziggy Chmiel is 2nd junior kayak



World Championships

Host nation Hungary won the lion's share of the medals on day one of the 2015 marathon world championships in Győr.

In a marked contrast to the venue's previous hosting of this event in 2007, when floods caused numerous challenges, this day the river was low but Hungary maximized its home advantage by taking four gold, five silver and four bronze medals.

'It's an incredible experience for me, competing here with my home crowd,' said C1MU23 winner Levente Gellert Balla. 'I won the junior worlds title in Oklahoma but this is my best race ever. It was a very hard race and I had to push hard in the first part of the marathon. I don't know how I finished because I'm really tired now.'

Balla's win came on the heels of a narrow defeat of his countryman Kristian Máthé in the K1MU23 final. Coming into the last portage neck and neck with Spain's Alejandro Sanchez Cobos and with a big gap over the rest of the field, the Hungarian made mistakes on the exit and entry.

Cobos focussed hard to win the race by almost half a minute over Máthé with Hungary's László Solti taking bronze.

'After winning the European championship title this year I wanted to win here, too, so I'm very happy,' said Cobos. 'At the end I didn't know what was happening behind me; I just concentrated and paddled hard to the finish line.'

In the women's event Hungary's Vanda Kiszli retained her title from a year ago in the K1WU23 event. The 21 year old, who also won this

year's European championships, broke away on the portage section after two laps and held off the chasing pack for the next three. Italy's Susanna Cicali finished 39 seconds behind whilst Jenna Ward of South Africa took the bronze.

'I won this race in the world championships last year so I'm very happy to win again today,' said Kiszli, who would also compete in the next day's K1W senior event.

'The first two laps were very hard but after the first run I managed to pull away. It was a very hard race and I'm tired now but tomorrow I'm looking forward to racing again in the senior women K1. It's great to race here in Hungary; it's a very well organized event.'

Earlier in the day Hungary's Dóra Sólyom became the K1W junior winner. Having shared the lead with her compatriot, Réka Dominika Pető for most of the race Sólyom beat her to the line by just over a second.

'At the world championships last year I won the K2 but now I train K1 so I'm very happy to win,' said Sólyom.

As a club member at the Győr venue it was a special moment for Zsanett Lakatos, who won the C1W senior event with a clear margin of almost five minutes over her team mate, Kincso Takacs.

'It was not easy because the water is not good and the weather is quite cold and I'm so tired because the first competition was May and I want to have a holiday,' said Lakatos, who, the next day, flew to Germany for the Hamburg Sprint Cup.

ICF

- K1WU23:** 1 V Kiszli, Magyarország, 1:39:07.041. 2 S Cicali, Italia, 1:39:46.135. 3 J Ward, S Africa, 1:39:56.210. 7 S Rees-Clark, GB, 1:45:07.830. 10 J Illidge, GB, 1:48:17.593.
- K1W:** 1 A Koziskova, Ceska, 1:56:28.847. 2 R Csay, Magyarország, 1:58:17.278. 3 K Bedec, Srbija, 1:59:21.597. 5 L Broughton, GB, 2:01:02.823. 8 S Rees-Clark, GB, 2:03:58.254.
- K1MJ:** 1 M Györgyjakab, Magyarország, 1:30:20.724. 2 Z Chmiel, GB, 1:31:26.381. 3 E Petró, Magyarország, 1:33:11.837. 4 M Gregory, GB, 1:33:53.344.
- K1MU23:** 1 A Sanchez Cobos, España, 1:46:32.731. 2 K Máthé, Magyarország, 1:46:57.962. 3 L Solti, Magyarország, 1:47:40.019. 14 L Duffield, GB, 1:52:55.001. 15 S Plummer, GB, 1:53:10.645.
- K1M:** 1 H McGregor, S Africa, 2:02:06.732. 2 A Boros, Magyarország, 2:02:07.482. 3 I Alonso, España, 2:02:08.051. 9 K Moule, GB, 2:05:37.457. 19 A Butler, GB, 2:10:44.764.
- K2WJ:** 1 Fritt/Jeszenszky, Magyarország, 1:20:23.682. 2 Nagy/Korsós, Magyarország, 1:20:44.232. 3 Rask/Winther, Danmark, 1:21:08.820. 8 Piercy/Johnson, GB, 1:26:47.370.
- K2W:** 1 Bara/Csay, Magyarország, 1:50:43.535. 2 Hrochová/Koziskova, Ceska, 1:51:41.185. 3 Cicali/Alberti, Italia, 1:52:09.385. 6 Broughton/Lamph, GB, 1:53:50.604. 11 Swallow/Illidge, GB, 2:02:13.399.
- K2MJ:** 1 Mayer/Petró, Magyarország, 1:26:23.520. 2 Ács/Erdőssy, Magyarország, 1:27:35.495. 3 Harding/Gregory, GB, 1:28:00.977. 7 Chmiel/Russell, GB, 1:29:37.821.
- K2M:** 1 Boros/Solti, Magyarország, 1:54:07.613. 2 McGregor/Mocke, S Africa, 1:54:08.176. 3 Fernández/Bouzán, España, 1:54:36.051. 19 Daniels/Pendle, GB, 2:06:35.153.



canoephotography.com/Balint Vekassy (ICF)

Norwich top despite Chelmsford wins

National Championships

Three years ago the national championships in Norwich had to be stopped as racing with carbon paddles was not a good idea while a thunderstorm was tracking directly overhead. There was no such problem this year. The event was a week earlier than usual, avoiding the bank holiday traffic and picking a couple of good days from a season of indifferent weather.

Saturday was hot and sunny with little wind although a sea breeze front came through after lunch and there was a slight neap flood tide. It was late enough in the season for weed to be a problem.

Most powered craft were well behaved although there was the odd user who kept the throttle open when faced by a line of kayakers across the river and watched by a bank of expectant spectators. Another packed away angling gear and moved with bad grace from the passenger ferry landing stage and a pontoon marked 'No mooring. No fishing.'

The course included a long portage in front of Norwich Canoe

Club's large clubhouse at the Yare/Wensum confluence with successive laps down the River Yare's New Cut and back to the north of Thorpe Island, a route which should have avoided

any racers crossing each others' paths. Lightning K1, Hody K2 and Rocket K4 races for youngsters were run on Whitlingham Great Broad.

An innovation this year was the presence of Chip Timing, who normally time running races and were venturing into watersports for the first time. They had fixed a gantry over the finish line. Each race number board had a chip attached. The normal timing was also employed and the two timing systems compared. The only problem was with missing number boards, where there was not an electronic equivalent of a marshal spotting the absence of a number board and calling out for the number. As a local firm, Chip Timing charged about £900 but the cost would have been higher elsewhere because of the travel and accommodation charges.

While the finishes were double checked, starts were no better than usual and there were some false starts and recalls.

All races from senior to under 14 were selection races for the world championships the following month in Győr or a development trip to France.

While the Irish always support the championships, this year there



Norwich's clubhouse on the River Yare hosted the event.



Boys' under 16 winner Smith of Leighton Buzzard.



Chmiel, Gregory, Harding, Stubbs and Russell in under 18 boys.



Duffield leads Hicks and Johnson home in under 23 men.



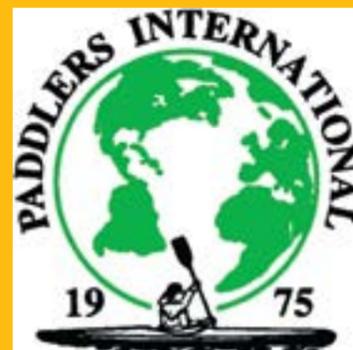
Broughton outsprints under 23 Rees-Clark.



Russell and Johnson of Chelmsford won the girl's races.



Moule runs the portage.





The leading over 34 men come off the loop.



The leading over 39 men, some quite a bit over 39.



Wong/Gray take the under 16 girls' title.



Ponomarenkow winning in C1.



Under 18 winners Piercy/Johnson.



Hewitt giving the men a run for their money.

The under 23 men saw Plummer, Duffield, Romain, Daniel Johnson and Hicks break clear of the field. Romain was to be dropped and Hicks disqualified, the others going to the line with Chelmsford again at the front with Duffield and Johnson winning the sprint.

On the other hand, Gregory took a 12 second win in the under 18 boys. Smith took a 2 minute win in the under 16 boys, looking completely relaxed as he strode over the line.

The top two senior women's groups were merged, the lead quartet being seniors Broughton and Lamph with under 23s Rees-Clark and Illidge. Lamph retired but the other three took it to the line for an all too rare three boat ladies' finish, Rees-Clark equalling Broughton's time and Illidge a couple of seconds back.

The under 18 girls saw another Chelmsford win, this time Johnson a couple of minutes clear of the field. Chelmsford also won the under 16 girls, Russell in a tight sprint against Martyn and Kabeer.

In C1 three of the eight paddlers retired. Ponomarenkow took the win from Marcinkowski by over 6 minutes but seated paddler Adnitt took 3rd place from Hewitt by just 6 seconds. Both of the last two finishers were female and Hewitt enquired why there was no women's prize. They were not quorate but should they be encouraged or, at least, listed? Lane was listed in the ladies' over 54 K1 class even though she was the only person in her class.

The youngest winners received their prizes from national stars in



Swallow/Illidge wash hang Lamph/Broughton.



Duff/Pendle lead the over 34 ladies.



Over 44 ladies off the start.



Mixed K2 winners Broughton/Moule.



Worrall/Norman including former top slalomist Maria Francis.



The over 34 men off the start.



Gregory/Harding lead Russell/Chmiel in under 18 boys.



The over 44 men get away.

team tracksuits but the tables were reversed with the winning Lightning paddlers being called up to present the prizes to the big names, a nice touch.

Sunday was again pleasant, slightly cooler with a southerly breeze and only a high cloud moving in later while much of the rest of the country was being deluged. Norfolk was the place to be.

The senior men's K2 was a two boat race almost from the start. Sharpe/Moule and Daniels/Pendle marked each other all through the race, Daniels/Pendle taking the final sprint by 2 seconds.

Much the same happened in the under 18 K2s, where Gregory/Harding beat Russell/Chmiel by 3 seconds. Further back, spectators showed their displeasure when Herbert/Stubbs blocked Strong/Orme from taking out for the second portage while they emptied their boat and picked up their paddles.

Broughton/Lamph won the ladies' K2 race by a second from Swallow/Illidge, a just result as they had done all the work throughout the race.



Moule/Sharpe with Daniels/Pendle.



Two visiting Spanish pairs.



First home C2 Ponomarenkow/Szilagyi.

The pace was set in under 18 girls by Piercy/Johnson and Lee-Smith/Rowse. However, on the second portage Lee-Smith, running in bare feet, impaled herself badly on something on the ground and the Norwich crew had to withdraw. Piercy/Johnson were thus free to win the race by over 8 minutes from Hield/Clark in a race with three finishers.

The C2 race was won by the young Spanish pair of Caballero/Morilla by the better part of 10 minutes from Ponomarenkow/Szilagyi in a class where Pearton/Blacker used a WWR C2 to bring the entry up to four boats.

One of the success stories of marathon of late has been the mixed K2 class, this time with over 40 boats on the start line including top names. Broughton/Moule were the winners by 2 seconds from Mason/Chmiel with Illidge/O'Grady within sight.

It had been an excellent event and Norwich had the reward of a substantial win from Nottingham, helped by all their younger entries.

The selection for the world championships in Győr was made as Broughton, Rees-Clark, Lamph, Illidge, Swallow, Johnson, Piercy, Moule, Butler, Pendle, Daniels, Sharpe, Duffield, Plummer, Gregory, Chmiel, Harding and Russell.

- K1GU10:** 1 My Cooke, Gailey, 25:56. 2 Mn Cooke, Gailey, 26:04. 3 M Ball, Wiltshire Y, 26:35.
- K1GU12:** 1 E Smithson, Royal Leamington Spa, 24:23. 2 A Chapman, Kirkcaldy, 24:33. 3 Z Scheske, Richmond, 24:48.
- K1GU12:** 1 J Urquhart, Banbury, 37:56. 2 K Dixon, Leighton Buzzard, 37:57. 3 G Anderson, Norwich, 38:42.
- K1GU14:** 1 F Peters, Richmond, 30:05. 2 S Hutchinson, Reading, 30:50. 3 F Ball, Wiltshire Y, 31:41.
- K1GU16:** 1 E Russell, Chelmsford, 1:03:11. 2 S Martyn, Wey, 1:03:12. 3 H Kabeer, Longridge, 1:03:13.
- K1GU18:** 1 M Johnson, Chelmsford, 1:43:44. 2 L Lee-Smith, Norwich, 1:45:43. 3 L Ruff, Royal, 1:47:36.
- K1LU23:** 1 S Rees-Clark, Basingstoke Canal, 1:56:22. 2 J Illidge, Worcester, 1:56:24. 3 A Lane, Reading, 2:02:25.
- K1L:** 1 L Broughton, Richmond, 1:56:22. 2 K Burbeck, Nottingham, 2:07:36. 3 S Parker, Chelmsford, 2:10:36.
- K1LO34:** 1 C Howell, Nottingham, 1:13:12. 2 K Jendrusinska, Richmond, 1:13:40. 3 A Morrison, Leighton Buzzard, 1:20:38.
- K1LO39:** 1 F Grady, Norwich, 1:06:24. 2 T Herwanger, Richmond, 1:11:41. 3 G Guscott, Leighton Buzzard, 1:14:16.
- K1LO44:** 1 C Jones, Nottingham, 1:10:21. 2 H Wells, Richmond, 1:10:48. 3 D Quittenon, Lincoln, 1:11:35.
- K1LO49:** 1 M Chapman, Kirkcaldy, 1:08:17. 2 A Pendle, Norwich, 1:10:37.

- 3 U Mackintosh, Kirkcaldy, 1:11:01.
- K1LO54:** 1 J Millar, Nottingham, 37:08.
- K1LO59:** 1 J Parker, Worcester, 37:02. 2 J English, Bishop's Stortford, 38:11. 3 K Nadal, Nottingham, 39:12.
- K1BU10:** 1 H Cooke-Bailey, Gailey, 23:53. 2 P Levkovskyy, Ealing, 25:22. 3 A Kabeer, Wokingham, 25:47.
- K1BU12:** 1 L Smith, Lincoln, 22:57. 2 P Morris, Royal, 24:05. 3 D Sklenar, Norwich, 24:12.
- K1BU12:** 1 S Chmiel, Nottingham, 32:46. 2 X Hinves, Southampton, 33:56. 3 T Booth, Bishop's Stortford, 35:19.
- K1BU14:** 1 T Dowden, Royal Leamington Spa, 27:30. 2 D Infesta, 27:31. 3 F Kemp, Reading, 27:38.
- K1BU16:** 1 C Smith, Leighton Buzzard, 56:07. 2 J Hansell, Basingstoke Canal, 58:21. 3 J Petersen, Banbury, 58:23.
- K1BU18:** 1 M Gregory, Longridge, 1:28:12. 2 Z Chmiel, Nottingham, 1:28:24. 3 L Bowyer, Elmbridge, 1:29:51.
- K1MU23:** 1 L Duffield, Chelmsford, 1:43:46. 2 D Johnson, Chelmsford, 1:43:48. 3 S Plummer, Leighton Buzzard, 1:43:51.
- K1M:** 1 K Moule, Chelmsford, 1:42:17. 2 T Pendle, Norwich, 1:42:19. 3 A Daniels, 1:44:32.
- K1MO34:** 1 K Moule, Chelmsford, 1:26:12. 2 M Enoch, Nottingham, 1:26:13. 3 B Irvine, Richmond, 1:27:58.
- K1MO39:** 1 D Beazley, Leaside, 1:29:10. 2 R Rogers, Chester, 1:30:10. 3 M Swallow, Chester, 1:30:12.
- K1MO44:** 1 J Butler, Nottingham, 57:56. 2 D Duff, RAF, 58:52. 3 O Bokhove, 59:33.
- K1MO49:** 1 Deaglan O'Drisceoil, Salmon Leap. 2 N Blackman, Royal Leamington Spa, 57:47. 3 R Fieldus, Wey, 58:52.
- K1MO54:** 1 D Pendle, Norwich, 26:53. 2 S Missen, Bradford on Avon, 26:54. 3 L McCarthy, Salmon Leap, 27:17.
- K1MO59:** 1 G Spiers, Kirkcaldy, 29:00. 2 K Fraser, 29:05. 3 N Mason, Nottingham, 29:07.
- K1MO64:** 1 B Greenham, Reading, 28:43. 2 R Avery, Banbury, 28:48. 3 C Skellern, Worcester, 31:18.
- CIU18:** 1 P Caballero, 34:47. 2 A Morilla, 34:48. 3 O Cook, Solihull, 37:24.
- C1:** 1 M Ponomarenkow, Richmond, 1:06:45. 2 I Marcinkowski, Chester, 1:13:08. 3 N Adnitt, 1:16:45.
- K2GU12:** 1 Urquhart/Smithson, Banbury/Royal Leamington Spa, 37:58. 2 Groves/Roghi, Norwich, 40:12. 3 Ede/Anderson, Norwich, 40:14.
- K2GU14:** 1 Peters/Clark, Richmond/Royal, 28:44. 2 Hutchinson/Ball, Reading/Wiltshire Y, 29:25. 3 Hurrell/Kilvington, Addlestone, 30:02.
- K2GU16:** 1 Wong/Gray, Richmond/Lincoln, 58:31. 2 Duffield/Holden, Norwich/Fowey, 59:04. 3 Martyn/Thompson, Wey, 59:25.
- K2GU18:** 1 Piercy/Johnson, Elmbridge/Chelmsford, 1:36:27. 2 Hield/Clark, Falcon, 1:44:59. 3 Johnson/Gilbert-Johns, Banbury/Southampton, 1:50:19.
- K2L:** 1 Broughton/Lamph, Richmond/Wey, 1:50:47. 2 Swallow/Illidge, Chester/Worcester, 1:50:48. 3 Burbeck/Lane, Nottingham/Reading, 1:52:35.
- K2LO34:** 1 Duff/Pendle, Norwich, 1:05:20. 2 Harper/Urquhart, Banbury, 1:07:06. 3 Howell/Butler, Nottingham, 1:09:22.
- K2LO44:** 1 Chapman/Mackintosh, Kirkcaldy, 1:04:58. 2 Hicks/Banson, Norwich, 1:05:20. 3 Chmiel/Jones, Nottingham, 1:05:22.
- K2LO54:** 1 Dodson/English, Addlestone/Bishop's Stortford, 34:38. 2 Millar/Nadal, Nottingham, 35:44. 3 Moule/Surey, Chelmsford/Norwich, 48:55.
- K2Mix:** 1 Broughton/Moule, Richmond/Chelmsford, 52:28. 2 Mason/Chmiel, Nottingham, 52:30. 3 Illidge/O'Grady, Worcester/Runcorn, 52:38.
- K2U10:** 1 Cooke/Cooke, Gailey, 23:11. 2 Sklenarova/Duffield, Norwich, 24:01. 3 Long/Ball, Falcon/Wiltshire Y, 24:29.
- K2U12:** 1 Fisher/Smith, Lincoln, 21:53. 2 Smith/Sklenar, Norwich, 22:41. 3 Brown/Villareal, Ealing, 23:31.
- K2BU12:** 1 Hinves/Chmiel, Southampton/Nottingham, 31:15. 2 Booth/Smith, Bishop's Stortford/Lincoln, 32:41. 3 Firth/Raven, Longridge, 33:27.
- K2BU14:** 1 Sanchez Longo/Infesta, 26:40. 2 McCracken/Kemp, Banbury/Reading, 26:41. 3 Miles/Greaves, Royal Leamington Spa, 26:45.
- K2BU16:** 1 Smith/Webb, Leighton Buzzard/Richmond, 52:09. 2 Petersen/Hansell, Banbury/Basingstoke Canal, 54:49. 3 Hayward/Drane, Norwich, 56:44.
- K2BU18:** 1 Gregory/Harding, Longridge, 1:23:51. 2 Russell/Chmiel, Chelmsford/Nottingham, 1:23:54. 3 Littlewood/James, Nottingham/Forth, 1:28:03.
- K2M:** 1 Daniels/Pendle, Longridge/Norwich, 1:34:51. 2 Sharpe/Moule, Richmond/Chelmsford, 1:34:53. 3 Romain/Plummer, Richmond/Leighton Buzzard, 1:38:28.
- K2MO34:** 1 Irvine/Baker, Richmond, 1:24:22. 2 Enoch/Enoch, Nottingham/Exeter, 1:24:23. 3 Beazley/Duff, Leaside/RAF, 1:24:30.
- K2MO44:** 1 Fieldus/Martyn, Wey, 55:43. 2 Butler/Mason, Nottingham, 57:43. 3 Blackman/Brookes, Gailey, 57:59.
- K2MO54:** 1 Fraser/Speirs, Kirkcaldy, 26:26. 2 Holmes/Gorman, Southampton/Wey, 26:28. 3 Frankland/Greenham, Reading, 26:39.
- K2MO64:** 1 Parker/Skellern, Worcester, 29:54. 2 Wesley/Enoch, Nottingham, 30:31. 3 Sharp/Lee-Smith, Norwich, 31:18.
- C2:** 1 Caballero/Morilla, 1:05:32. 2 Ponomarenkow/Szilagyi, Richmond, 1:14:59. 3 Surrage/Baker, Bishop's Stortford, 1:22:43.
- Lg:** 1 Norwich, 163. 2 Gailey, 59. Nottingham 59.
- O/A:** 1 Norwich, 1,343. 2 Nottingham, 912. 3 Banbury, 593.

All classes qualified for Río

World Championships

In line with the ICF policy of reusing Olympic courses to show their legacy value, the world championships returned to the Lee Valley course. In addition to the event itself, there was the first chance for countries to qualify of Olympic places for Río although this was the last time it would happen for C2s, these being dropped for Tokyo in 2020 to allow women's C1s instead as part of gender equality.

During the opening ceremony Albert Woods made a commendably short speech which won him enthusiastic applause. However, he added a bit more and a bit more. His fourth round of applause was not as loud as his first!



Burgess in the men's C1 heats.



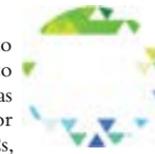
Men's C1 winner Florence in the heats.



Woods juggling her paddle in the women's C1 heats.



Forbes-Cryans in the men's K1 heats.



The first day began moist and got steadily wetter, torrential rain by evening, conditions which may have favoured the home paddlers.

Activity began with the C2 heats, Uzbekistan's Kamolav/Shamsiboev the first away, taking an early swim. The mood changed with the fifth boat, Proctor/Stott, who set a cracking 94.81 clear for an eventual eighth position in the heat. Müller/Müller had the fastest clear run not to qualify, 96.36. Burgess/Pitt failed to make the top 25 cut because of a couple of touches but Kucera/Batik had the same problem. Otherwise, there were few surprises. Klaus/Pêche and Picco/Biso secured the two fastest times for the French but Florence/Hounslow were hot on their heels.



Tim Baillie takes Blue Peter's Lyndsey Russell down the course.



Hernanz and what every paddler dreads.



Burgess/Pitt in the C2 semi final.



Proctor/Stott working in the C2 semi final.



Florence Hounslow in the C2 semi final.



Neave takes 7th place in the women's K1.



Wesley in the men's C1 semi final, to take 3rd place overall.



Dukatova in the women's K1 semi final.



Woods makes the top 10.



Franklin takes 7th place in the women's C1.



Gibson taking 5th in the women's C1.



Pennie on course in the women's K1 semi final.



Kudejova takes the women's K1 title.



Hounslow failed to get through the men's C1 semi final.



Fox taking the women's C1 title again.



Anton/Benzi were to take the C2 title.



Chourraut was one of the women's finalists.



Hradilek in the men's K1 semi final.



Prskavec takes the men's K1 title.

The second runs to qualify five more boats saw the Müllers much improved and Burgess/Pitt also went clean to qualify with 93.51, so all British boats were through.

Lizzie Neave and Fiona Pennie made it through from the women's K1 heats, where Emilie Fer set the pace with a clear 90.95. Kim Woods was 6 seconds down on this and failed to make the cut but was faster than Stepanka Hilgertova, who was clear. The big shock was world champion Jessica Fox who missed the stagger gate 18 and had to go back for it, putting her 10 seconds down on the lead.

Upstream gate 8 on the right of the course before the footbridge and

the following downstream gate were touched regularly and the final two staggered gates also produced several 50s.

Woods had a much improved second run to be the fastest of this next group. Fox took a cautious run to be 3 seconds behind her and Hilgertova also made it through.

Sunshine greeted the second day of competition with the men's C1s off first. David Florence was a bit slow with a touch and Adam Burgess slower still after losing time at 18 but clear, both making the cut. Ryan Westley's two touches put him out. The shock was world number 2 Michal Martikan, who missed upstream gate 20.



The British C2 team on their way to 3rd place.



C2 team champions France.



The British women's K1 team were runners up.



The Czechs take the women's K1 title.



The British C1 team were a disappointing 6th.

the cut. Sebastian Schubert and defending champion Boris Neveu in succession missed gate 6 for 50s, a gate which only one other competitor had missed from the 106 starters.

Drama in the second runs saw Hernanz stop at gate 8 with a broken paddle shaft. Having assessed the situation, he carried on with just a left blade, to the applause of the crowd, beating five other competitors on time and, with only one 50, beating five others on total score. Delfour failed to make the cut again but Schubert and Neveu both went through with cautious times.

The weekend was to be sunny and hot, again largely free of wind.

There were two 50s in the C2 semi final on the new course, both for Burgess/Pitt who went out in style, missing the last two gates, a downstream stagger. Quite a few had touches on gate 18, an unpleasant downstream gate approached through a hole from one side. Karlovsky/Jane, Kaspar/Sindler, who nearly capsized below gate 18, and the Skantar brothers, who half rolled above downstream gate 21, all failed to make the cut. Forence/Hounslow produced a stunning win, nearly 3 seconds clear of the Brezinkis with Proctor/Stott in the next spot.

The final began with Behling/Becker collecting a 50 on stagger gate 13 after failing to get the bow head through the gate. The French were to take 2nd and 3rd places with clear runs by Picco/Biso and world number 1s Klaus/Peche. Florence/Hounslow touched the poles twice and Proctor/Stott were further down on time than can be tolerated at this level, finishing 5th and 6th. Anton/Benzién, ranked number 10 in the world, put in a blistering run, over 3 seconds clear of the field, which allowed them to take a touch and still secure the title.

A gate which caused astonishing problems was breakout gate 3, not hard in itself but boats were subject to being bounced up under the pole, making it something of a lottery. A third of all women's K1 semi finalists hit this gate. Woods, Neave and Pennie were all to make it through to the final. Ursa Kragelj and Corinna Kuhnle both went out with 50s. Fox played it safe and finished 4 seconds behind leader Mailaen Chourraut. The shock was when Fer, Olympic winner on this course, hit 11 and lost her line to gate 13, ending up with three touches, a time 12 seconds down on the leader and no final run.

The final results would have been hard to predict. Stepanka Hilgertova had to go back for 18, adding extra time to her penalties. Melanie Pfeiffer had only one touch and the second fastest time for an eventual 3rd place behind compatriot Ricarda Funk, who was clear. Woods missed 18 while Neave and Pennie each had penalties to leave them all in the last four places. Fox hit gate 3 and her time was not good enough to get her into the medals. The new world champion was to be Katerina Kudejova, clear with the fastest time, the name of the game.

The C2 team event saw two Russian boats go through gate 18 together, not clear. The Czechs had to go back for one of the gates at the bottom of the course, perhaps using up all of their advantage over the eventual winners, France. The British team were able to display their experience on the course for the 3rd place.

Not present at the prizegiving to collect his two medals was Peche, who was on his way home to where his wife had gone into labour. Can any other child claim a father winning two world championship medals on the day of birth?

There was something eerie about the Spitfire flying over the course as the Japanese women's K1 team came down. More down to earth, the Slovak team had to go back for gate 18, which may have cost them the win. In fact, the winners were to be the Czechs, less than a second in front of the British team with the French hard on their heels.

Stanislav Jezek, Sideris Tasiadis and Luka Bozic all failed to make the cut in the men's C1 semi final on time, even without considering penalties, which included a 50 on gate 18 for Jezek. On the other hand, Westley, Burgess and Florence all went through. Benjamin Savsek had the best time of 93.40 clear with Martikan 0.02 second behind him.

First off in the final was Westley, who was clean and fast enough for 3rd place, a brilliant performance by this young paddler. On the other hand, Burgess rolled through gate 21 and had to go back for it, time he could not afford. Anton Franz did something similar around stagger gate 13. With three others to follow, Florence set the bar at 94.32. Martikan collected a 50 on gate 20, having not been really happy with this course. Last away was Savsek who was to get so close to Florence, 94.36 clear, and place himself between the two home paddlers. At last the British were among the individual medals.

Ana Satila, Brazil's most noted paddler ahead of Rio, lost time at gate 21 but still ended in the top half of those going through from the women's C1 semi final. Victoriia Us lost her balance at gate 20 and valuable time but did better than following paddler Claire Jacquet, who swam here. Franklin scraped into the final with four touches and



The Slovaks take the men's C1 title.



The women's C1 title fell to Australia.



The British women took 4th place in C1.



The British men took 3rd place in K1.



The men's K1 title went to the Czechs.

Gibson's score was similar following a quick recovery from a capsize near gate 14. Fox claimed to have taken safe options but still acquired a lead of 4 seconds. Woods was impressive until gate 21 and would have edged ahead of Fox but for three touches.

In the final Mallory had to go back for gate 18 and Gibson got caught in the hole above gate 21, the time losses costing them dearly. Woods was leading at gate 20 but three more touches pushed her out of the placings with the other Brits. However, Fox flicked the on switch when it mattered to produce a fine performance which took the win by nearly 5 seconds.

Forbes-Cryans and Hounslow were edged out of the men's K1 final with a combination of touches and just being off the pace but Clarke picked up a 50 on gate 18. Others failing to make the final included Neveu, Schubert, Vavrinc Hradilek, Hannes Aigner and Mathieu Biazizzo. Ondrej Tunka and Jiri Prskavec held the top two places for the Czech republic.

The winning final run was by Prskavec, whose father had been placed two decades earlier at Holme Pierrepont. Mateusz Polaczyk had been given a 50 on gate 12 but this was removed, leaving him half a second off the win. American Michal Smolen was 3rd and Peter Kauzer 4th, having recovered from his injury on the course a year earlier.

Martikan led the Slovak men's C1 team to an impressive win, the only team to go clear and also the fastest. The British team could not use the home advantage to improve on 6th.

The placings also evaded the British women's C1s, who came 4th. The Australians took a win of less than a second from the Czechs. The French picked up 12 seconds in penalties and the Germans a 50 plus a further 16 seconds in touches, Spain, France and Germany being up to half a minute slower than the other four teams. In all three team events the less skilled paddlers who had not reached semi finals were running this second course with no practice while the faster paddlers had already had a run or two in their class and, perhaps, runs in other classes. This is an advantage of entering multiple classes, which seems to lack fairness.

Men's K1 teams rounded off the championships. Again there were 50s, Spain on gate 21 and Australia on gate 18. The Czechs had a touch on gate 21 but their time was just over 2 seconds better than the Slovaks, who were clean, to take the win. The Brits exactly equalled the Slovak time with a single touch for 3rd place.

In the final count the British boats did not get the advantage that they appeared to have lined up at the starts of the individual finals, only Florence and Westley taking medals in the C1s. The kayak teams and C2s were placed but with no wins. Nevertheless, it had been a well run event for competitors and spectators.

K1W: 1 K Kudejova, Ceska, 103.62. 2 R Funk, Deutschland, 105.91. 3 M Pfeifer, Deutschland, 106.33. 7 E Neave, GB, 112.65. 9 F Pennie, GB, 120.02. 10 K Woods, GB, 155.22.

K1M: 1 J Prskavec, Ceska, 88.99. 2 M Polaczyk, Polska, 89.43. 3 M Smolen, USA, 92.01. 18 B Forbes-Cryans, GB. 19 R Hounslow, GB.

C1W: 1 J Fox, Australia, 113.51. 2 K Hoskova, Ceska, 118.42. 3 N Vilarrubla, Espana, 121.55. 4 K Woods, GB, 123.31. 5 E Gibson, GB, 124.72. 7 M Franklin, GB, 130.98.

C1M: 1 D Florence, GB, 94.32. 2 B Savsek, Slovenija, 94.36. 3 R Westley, GB, 96.33. 9 A Burgess, GB, 105.38.

C2M: 1 Anton/Benzién, Deutschland, 101.17. 2 Picco/Biso, France, 102.25. 3 Klaus/Peche, France, 103.34. 5 Florence/Hounslow, GB, 104.68. 6 Proctor/Stott, GB, 105.88. 20 Burgess/Pitt, GB.

K1WT: 1 Ceska, 127.33. 2 GB, 128.06. France, 129.02.

K1MT: 1 Ceska, 104.19. 2 Slovensko, 104.38. 3 GB, 106.38.

C1WT: 1 Australia, 144.04. 2 Ceska, 144.92. 3 Österreich, 150.72. 4 GB, 153.72.

C1MT: 1 Slovensko, 106.12. 2 Deutschland, 110.21. 3 Slovenija, 114.02. 6 GB, 119.29.

C2MT: 1 France, 115.78. 2 Deutschland, 122.34. 3 GB, 123.59.

Burgess takes U23 C1 title

U23/J World Championships

It was an outstanding few days in Brazil as Great Britain's young slalom paddlers stepped up on the world stage to take three individual and two team medals at the U23/Junior World Championships in Foz do Iguaçu. This was Britain's most successful championships since they started in 2012.

Showing his class in the C1M and backing up his selection three weeks earlier for British senior team international duty later in the year, Adam Burgess (Stafford & Stone) took gold in a fast penalty free run amidst a strong international field.

Starting from fifth position, the 22 year old, who trains at the London 2012 Olympic course in the Lee valley, had an agonizing wait to be crowned champion. 'It's probably the longest 10 minutes of my life. Then I had to go through boat control. It's a nervous wait but it was all good.'

Showing a newfound maturity in pressure situations, Burgess continued 'It's my first ever time I've put a clean run down in a final. I was just happy with that. I then started to think I was on the podium. I would have been happy with that but, as I started coming down, I started to think "Yeah, I can win this."'

He eventually won by a margin of 1.87 seconds from Paolo Ceccon (ITA) with Brazil's Felipe Da Silva 3rd, much to the crowd's delight.

This was Adam's first individual international medal and, with confidence high, Adam would be looking to push senior teammates David Florence and Ryan Westley all the way in an important season which would see a home senior world championships at the Lee Valley White Water Centre in September and 2016 Olympic places decided by the end of October.

It wasn't long before Britain's women also climbed the podium in C1, showing the country's growing reputation in this relatively new women's event, which will make its Olympic debut in Tokyo.

With a fast time at which to aim, many of the top contenders pushed too hard as they fought for gold, with hot favourite and last year's champion Jessica Fox (AUS) one of the casualties so it was Spain's Nuria Vilarrubla who came out on top with her clean run proving decisive after an early start in the running order. Whilst Mallory Franklin (Windsor & District) demonstrated she had the pace and clocked a time more than a second faster, two touches relegated her into 2nd place, followed by a delighted Kimberley Woods (Rugby), who claimed bronze.



Woods commented at the finish line 'The race was absolutely awesome! All the girls had really fast times. I had a really good run in my semi final and hoped I could do it again but just couldn't get it together; my arms were so tired. I felt a little bit of pressure from my team mate winning gold in the C1 men's but it was my first time ever on the U23 team in C1 and my first U23 worlds. I'm happy to have medalled.'

Also doubling up in the women's K1W later in the week and continuing her rich vein of form, Woods went on to finish 4th in another competitive showing.

Britain's strength and depth in the canoe class continued in the team events with the U23 men (Adam Burgess, Sam Ibbotson and Thomas Abbott) taking silver and the women the bronze (Mallory Franklin, Kimberley Woods and Jasmine Royle).

Six juniors also made the trip to Brazil and gained invaluable experience with Christopher Bowers (Stafford & Stone) the top performer, finishing 6th in the K1M.

The British squad were amongst 300 athletes from 45 countries who took to the rapids at Canal Itapu over 22nd - 26th April.

Katriona Bush

K1WJ: 1 M Hassova, Slovensko, 99.53. 2 E Apel, Deutschland, 100.13. 3 C Prigent, France, 102.04.

K1WU23: 1 J Fox, Australia, 93.52. 2 A Satila, Brasil, 96.66. 3 L Leitner, Österreich, 98.52. 4 K Woods, GB, 98.67. 16 M Franklin, GB.

K1MJ: 1 J Grigar, Slovensko, 88.04. 2 M Quemeneur, France, 90.23. 3 T Strauss, Deutschland, 90.40. 6 C Bowers, GB, 93.82. 15 J Cooper, GB.

K1MU23: 1 J Prskavec, Ceska, 92.96. 2 D Llorente, España, 86.42. 3 A Malek, Slovensko, 86.69. 11 Z Franklin, GB. 18 B Forbes-Cryans, GB, 91.86.

C1WU23: 1 N Vilarrubla, España, 103.15. 2 M Franklin, GB, 106.62. 3 K Woods, GB, 108.65. 13 J Royle, GB.

C1MJ: 1 M Mirgorodsky, Slovensko, 95.76. 2 K Sztuba, Polska, 96.42. 3 V Chaloupka, Ceska, 100.93.

C1MU23: 1 A Burgess, GB, 93.22. 2 P Ceccon, Italia, 95.09. 3 F Da Silva, Brasil, 96.78. 12 T Abbott, GB. 14 S Ibbotson, GB.

K1MJT: 1 France, 101.87. 2 España, 104.73. 3 Deutschland, 107.26. 8 GB, 114.94.

K1MU23T: 1 Ceska, 97.69. 2 Polska, 99.49. 3 Brasil, 99.87. 5 GB, 100.89.

C1WU23T: 1 España, 126.18. 2 Ceska, 137.82. 3 GB, 138.03.

C1MJT: 1 Deutschland, 106.18. 2 Polska, 115.83. 3 Ceska, 116.58. 5 GB, 131.45.

C1MU23T: 1 Italia, 106.91. 2 GB, 107.01. 3 Ceska, 110.69.



Sebastian Rossi.

ICF photographs

Underweight boat costs Clarke a medal

Praha Slalom

Three finals resulted in three gold medals for the host nation at the first slalom World Cup of the season as Stanislav Jezek (C1M), Katerina Hoskova (C1W) and Jiri Prskavec (K1M) tamed the ferocious channel in Troja, Prague.

Jezek was the first to deliver gold in front of a partisan crowd, taking to the top step of the podium ahead of Benjamin Savsek (SLO) and David Florence (GBR).

Earlier in the day the 38 year old, who has been paddling down the Troja channel since his youth, delivered a super quick semi final run that provided him the benefit of setting off last in the final.

Knowing exactly what was needed, the local hero delivered a near perfect run, weaving and bending in and out of gates in his typical balletic fashion.

'I didn't manage to deliver such a good race for a long time so I'm really happy to do this on my home course.'

'I've been competing on this course for over 25 years so no-one knows this course like me,' said Jezek at the finish.

The world's best had to put up with unfavourable conditions as the heavens opened in the early stages of the finals. However, Jezek's excellent semi final run could well have been a contributing factor to his success.

'The rain was bad but the other guys were more unlucky than me because the rain had almost finished when I started.'

Savsek finished just 0.57 second behind the Czech with Florence, who won at the world championships on the same course in 2013, a further second off the mark.

The C1W top two were also split by less than a second with Katerina Hoskova managing to trump the sport's dominant force, Jessica Fox (AUS).

'It was perfect, just perfect,' said the overwhelmed Hoskova.

'My objective was to win one of the World Cups and I've done that. I can now focus on London world championships and qualification for the Games.'

Multiple world champion Fox showed great composure and speed to collect silver and again looks to be in top form coming into the new international season.

Brazil's leading light, Ana Satila, achieved bronze after an early setback with a touch on gate 2.

Both Fox and Satila would be strong contenders in the next day's K1W class.

Drama unfolded in the K1M as Joseph Clarke (GBR) made the run of his life, later to be disqualified owing to his boat not meeting the required weight in post race boat control.

This provided double European champion Jiri Prskavec the top



honours. The 22 year old, who, earlier in the season, became the U23 world champion, was ecstatic to take to the top step of the podium in front of his home support.

2014 world champion Boris Neveu (FRA) demonstrated his class with a run that was just over half a second behind the Czech's rising star.

Ondrej Tunka (CZE) took bronze.

Exceptional runs from Jasmin Schornberg (GER, K1W) and the duo of Gauthier Klaus and Matthieu Peche (FRA, C2M) earned them top spots on the podium.

With seven of the K1W competitors putting in clean final runs, the competition for positions on the podium was fierce, underlining the continued progression of the discipline and reaffirming the slim margins that separate the world's best.

Talking after her victory, an overjoyed Schornberg said 'I'm really really excited. We were all so close. I am really really happy because my start to the season was not so good.'

'It was not the perfect run but this is not an easy course. The middle part from gate 5 to 11 was the most difficult but I'm so happy to win.'

It's clear it has not been an easy start to the season for the 29 year old who recently missed out on selection for this season's world championship.

'I'm back to myself now. I have more motivation and feel good.'

'I have been on the team for 10 years. I had lost my energy. It was good to take a break and breath.'

She certainly found her energy, backing up a strong semi final run with a sublime final performance.

The race also provided Jessica Fox her second silver of the weekend, a result the 21 year old sees as further progress at the start of a busy season.

'I'm really happy with that it was a tight race. I just wanted to improve on my semi and I gained a lot of time. It still wasn't perfect but I was happy at the finish.'

The top two were only split by 0.13 with Czech paddler Katerina Kudejova less than a second behind in the bronze medal position.

In the C2M final last season's World Cup series winners and the world topping duo, Klaus and Peche, once again combined with devastating precision and power, outmanoeuvring two Czech crews in the race for the top spot.

'It was quite hard at the top part of the course but we are happy with our run,' said Peche.

Klaus added 'We are using these races as competitive preparation for the world championships but it would be nice to win the series again.'

Ondrej Karlovsky and Jakub Jane earned silver ahead of teammates Jonas Kaspar and Marek Sindler (CZE).

This concluded the action at the first of the series of five slalom World Cups that then moved to Krakow, Poland.

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K1W: 1 J Schornberg, Deutschland, 98.03. 2 J Fox, Australia, 98.16. 3 K Kudejova, Ceska, 99.15.

K1M: 1 J Prskavec, Ceska, 88.74. 2 B Neveu, France, 89.29. 3 O Tunka, Ceska, 90.66. 15 B Forbes-Cryans, GB.

C1W: 1 K Hoskova, Ceska, 112.43. 2 J Fox, Australia, 113.35. 3 A Satila, Brasil, 116.82. 10 J Royle, GB, 263.54.

C1M: 1 S Jezek, Ceska, 90.68. 2 B Savsek, Slovenija, 91.25. 3 D Florence, GB, 92.33. 11 R Westley, GB. 20 A Burgess, GB.

C2M: 1 Klaus/Peche, France, 98.60. 2 Karlovsky/Jane, Ceska, 99.69.

3 Kaspar/Sindler, Ceska, 99.89. 11 Florence/Hounslow, GB. 15 Proctor/Stott, GB.

K1MT: 1 Polska, 99.04. 2 Ceska, 99.38. 3 Slovenija, 102.93. 4 GB, 103.19.

C1MT: 1 Ceska, 108.38. 2 GB, 108.59. 3 Deutschland, 110.09.

C2MT: 1 Polska, 115.52. 2 Ceska, 117.24. 3 Deutschland, 120.74.



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Memories to share?

Do any of the trips you have done deserve a larger readership than your club newsletter alone can give?
We are pleased to hear from those who wish to share memories of their trips with others.

mail@canoeist.co.uk

Florence and Woods take silvers

Krakow Slalom

Matej Benus (SVK, C1M), Jessica Fox (AUS, C1W) and Vavrinec Hradilek (CZE, K1M) won on the ferocious and fast channel in Krakow, Poland, as the second day of action at the World Cup concluded.

Matej Benus used his power and reach to secure the top spot down the tricky course.

The 28 year old commented 'I don't do anything special; it was just important to be fast and clean. I'm disappointed with my touch but in the end I was fast enough.'

Perhaps more important to Benus was the fact that he bettered his two team mates, Michal Martikan and Alexander Slafkovsky, as the trio continued to battle for top spot in the world class Slovakian squad in this crucial Olympic qualification season.

Martikan failed to make the final and Slafkovsky picked up a 50 second penalty on the tricky gate 8.

David Florence (GBR) finished 2nd and this year's European champion, Benjamin Savsek (SLO), added further to his medal tally with bronze.

'It's similar to last week, a straight channel,' said Florence.

'I thought my touch was going to cost me a medal but, as it was, it was a hard course and the others struggled with it, too, and it was enough to get 2nd place. So, really pleased,' continued the 2013 world champion.

In the C1W, Fox, who finished with two silvers the previous weekend, restored her golden touch with an explosive performance despite incurring 6 penalty points.

'The semi final was not a good run for me,' said Fox. 'In the final I found my pace and better lines which was good; unfortunately, I had a few touches but it was quite a fast time and I'm happy to take the win.'

The multiple world champion bettered the European champion, Kimberley Woods (GBR), by over 3 seconds in a run that underlined her status at the top of the sport.

Bronze went to an ecstatic Viktoriia Dobrotvorska (UKR) who



has progressed through the ICF's Talent Identification Programme.

'I can't describe how I feel. I'm so excited,' said the 22 year old.

Dobrotvorska added 'I owe this to the TIP programme; they helped me to come to this race.'

In the K1M final Vavrinec Hradilek restored winning ways after nearly two years off the podium following his world championships title in 2013.

'This course is pretty tricky. I was confident enough to repeat my run from the semi final and I managed to go 2 seconds faster so I'm very happy,' said the talented 28 year old who had an injury laden 2014.

'I competed here a lot as a junior and U23 level. I know the course pretty well. We've also had some European champs here but the World Cup is always a bigger race, a special race, so it's great to get another medal.'

Finishing with a line that suits his personality, he commented 'It's such a tricky course you can't really go with a plan; you have to go with the flow.'

Martin Halcin (SVK) and Mathieu Biazizzo (FRA) were the other two who made the podium, in that order.

Local heroes Mateusz Polaczyk and Maciej Okreglak, who qualified for the final with the fastest times, fell short of the mark, finishing in 5th and 8th positions respectively.

Maialen Chourraut (ESP, K1W) and the duo of Jonas Kaspar and Marek Sindler (CZE, C2M) claimed gold on the closing day of action.

It's been an exceptionally strong start to the year for Chourraut, who picked up the European crown earlier in the season and would now be hoping to continue her form until the world championship and Olympic qualifier later in the year.

The 32 year old won the race at the top of the course with a particularly quick entrance and exit of gate 4 which provided a time gap that she retained until the end.

Winning on the Krakow channel brought back fond memories for the Spanish supremo, who commented 'I know this course well from the European championships. I also won my first international medal here in 2004.'

Referring to her performances this day, she continued 'The semi finals were very hard and I was very close to missing the final but once I was in the final I had some fun.'

'In the final I had similar problems to my semi final run but I was quicker and the rest of the course was good. I am so happy to win.'

Corinna Kuhnle (AUT, silver) and Ricarda Funk (GER, bronze) were the other two to make the podium on Poland's premier slalom course which provided a significant challenge to the world's best.

This was highlighted earlier in the day when both the world and Olympic champions fell at the semi finals stage as Jessica Fox and Emilie Fer (FRA) missed gates and the final cut.

Also ejected at the penultimate stage was the previous week's winner, Jasmin Schoenberg (GER); she just missed out with touches on gates 10 and 15, moving her score beyond the required qualification time of 95.28.

In the C2M a delighted Jonas Kaspar and Marek Sindler made the top of the podium for the first time in the World Cup series.

'It was very hard but we made a great run and we are very happy to win our first World Cup,' said Kaspar.

The pair were the third fastest of the three Czech boats to make the final and set off in seventh place with a simple but effective plan, 'Just paddle like crazy and avoid mistakes. It worked,' joked Sindler.

Germany's Robert Behling and Thomas Becker were the second fastest crew, with France's Pierre-Antoine Tillard and Edern Le Ruyet completing the podium.

ICF

K1W: 1 M Chourraut, España, 90.91. 2 C Kuhnle, Österreich, 92.89. 3 R Funk, Deutschland, 93.97. 14 F Pennie, GB.

K1M: 1 V Hradilek, Česká, 81.39. 2 M Halcin, Slovensko, 81.51. 3 M Biazizzo, France, 81.85. 4 J Clarke, GB, 82.48. 20 B Forbes-Cryans, GB.

C1W: 1 J Fox, Australia, 103.19. 2 K Woods, GB, 106.38. 3 V Dobrotvorska, Ukraina, 111.34. 8 E Gibson, GB, 137.50. 15 M Franklin, GB.

C1M: 1 M Benus, Slovensko, 83.33. 2 D Florence, GB, 86.19. 3 B Savsek, Slovenija, 86.22. 9 R Westley, GB, 135.80.

C2M: 1 Kaspar/Sindler, Česká, 93.16. 2 Behling/Becker, Deutschland, 94.99. 3 Tillard/Le Ruyet, France, 98.13. 7 Westley/Franklin, GB, 113.42. 20 Davies/Lister, GB.



C1 winner Jessica Fox.



GB win C2 team event

World Cup Final

Matej Benus (SVK, C1M), Ana Satila (BRA, C1W) and Boris Neveu (FRA, K1M) progressed to their respective semi finals in pole positions as the opening day of action at the World Cup concluded in Pau, France.

The competition was the final in a series of five events and provided the last opportunity for the world's best paddlers to assess their form ahead of the world championships later in the year in London that would also act as the first opportunity for Olympic qualification.

With double points on offer in World Cup finals many athletes were still in with a shout of victory and with it top honours in the season's standings.

For Benus and his compatriots there was also a competition within the competition as they aimed to better their team mates over a series of five slaloms in a bid to secure a much coveted Slovakian Olympic team spot.

'The course is very nice here. The water is a little bit changing but I love this course,' commented Benus following his blisteringly quick qualification run.

'I was a little bit surprised with my time because I did nothing special. I had good water everywhere; I guess that's why I was very fast.'

'The upstream gate 19 was tricky; there was a hole just before it and, depending on how big the hole is when you get there, you need to approach it accordingly.'

By any standards his clean run was special and put him in a strong position going into the weekend's push for the podium.

When asked about the challenge he faced to make the Slovakian Olympic squad Benus continued 'I am thinking about my thing. This is a normal race to me; there is nothing special to it. I am not thinking about the World Cup final or the Slovakian Olympic qualification. I concentrate on my routine and nothing else.'

The young Satila continued to show why she was seen as one of the leading lights of the sport and was the only C1W paddler to get a clean run in the class' opening run.

'I am feeling really great. I had an amazing run, my first clean run in C1. I need this feeling for the semi final and final. I will try to do the same, stay calm and have a clean run,' said Brazil's number one.

'This is really funny because when I have to paddle on an easy course I touch gates and this is a difficult course and it was clean!'

'I was calm and relaxed at the start. I wanted to do easy things because it's harder in C1 women.'

'I like this course; my training sessions are getting better and it's really fun.'

When asked about her brilliant season so far she continued 'I am really happy with my season in both K1 and C1. In K1 I am reaching the semi finals with much less efforts than last season when I had to try hard for everything. In C1 I am regularly in final so I am very happy.'

In the K1M Neveu was as impressive as the two other class toppers with a seemingly effortless run to secure his semi final spot.

'These kinds of runs are reassuring,' said the 29 year old. 'It's better to be in the front of the pack than behind.'

'I like this kind of white water although I aim at being versatile and being able to win on any course, like in La Seu last week.'

A partisan crowd followed the 2014 world champion down the course, seemingly cheering each stroke he executed.



It has not been a smooth passage to the top of the sport for Neveu, who reflected on his journey.

'I lost confidence in 2012 and 2013. When I won the World Cup in London last season it gave me a boost and I became aware of my real level. I felt capable to win. I used to win semi finals and end up nowhere. I also had a period during which I kept finishing 2nd or 3rd but never won so London was indeed a turning point. I thought why not me?'

Slovenia's Peter Kauzer announced his return to form by securing a double trip to the top step of the podium in Pau as the first day of finals concluded.

His victory in the K1M final also earned him enough points to take the overall season title.

Pierre-Antoine Tillard (FRA, C1M) and Nuria Vilarrubla (ESP, C1W) also won on the day whilst Matej Benus' (C1M) and Jessica Fox's (AUS, C1W) silver medal performances allowed them to amass enough points to take the season titles in their respective classes.

'I am really happy to win the World Cup final because at the beginning of the season I found it really hard to come back after my injury last year,' said Kauzer.

The 31 year old double world champion has had a dramatic 12 months following a dislocated shoulder at the opening World Cup of 2014 that saw him sidelined for most of the season.

'I kept having ups and downs. Now I feel very good in the boat. I can push like in the final today and improve my runs between semi finals and finals.'

This is the third time Kauzer has topped the World Cup series and marks a real turn in fortunes ahead of the crucial world championship and Olympic qualifier.

On the day Vivien Colober (FRA) actually stopped the clock in the fastest time but was later given a 50 second penalty that dashed any chance of a podium spot.

Mathieu Doby (BEL) and Lucien Delfour (AUS) completed the podium in that order.

Notable absentees from the K1M final were Vavrinec Hradilek (CZE)



Peter Kauzer conducts his fans.



Emilie Fer gets in a little light weight training.



and Boris Neveu, who failed to make the cut on the tricky 24 gate course following a day of controversial decisions.

Vilarrubla managed to outscore the sport's leading light, Fox, in a tough C1W final.

The U23 world champion commented 'I felt good today. I was confident on the water. I had a clear line to follow during the race and I followed it.'

As with all athletes, Vilarrubla's main focus was the season's crescendo at the Lee valley.

'It's promising for London. The goal was to clear out the mistakes I used to make in the first part of the season. I worked very hard during our one month break and now all my efforts reflect in this victory.'

Fox, who took 2nd on the day, commented 'It's a good feeling to win the overall even if today my run wasn't great. I am happy to be on the podium.'

Austria's Viktoria Wolfhard finished 3rd with a solid performance that will provide optimism for her future in the class.

Tillard ran away with the C1M gold with an impressive display of control and power in front of an expectant crowd.

'This course is good for me this year. I won the French trials and national title here in Pau last April,' said the crowd favourite.

'Talking directly about his run, Tillard continued 'I did a perfect run from top to bottom. I planned to do a reverse on the tricky part before the turn, at gates 7 and 8, but I was too short in the stop before getting there so I had to go forward and it went well.'

'It feels great to win in front of my home crowd.'

'My season has been complicated. I got injured at the European championships then I was a bit unlucky in the C1 men at the World Cups. Fortunately I won the bronze in C2 with my good friend Edern Le Ruyet. This is my first medal in C1 and it's gold so I am delighted.'

'Now I am looking forward to rumbling on in London in September, reach the final and why not more?'

For 2nd placed Benus there were other issues also at play.

'Winning the World Cup series for the second time is an awesome feeling but for me it was more important to score points for the Slovak Olympic qualification and I did it well.'

'I am in a good position but we're only half way. We can settle this in London at the worlds but if it's not the case we will have to go to the Europeans.'

France's Denis Gargaud Chanut completed the podium.

Emilie Fer (FRA, K1W) won, outscoring her main rivals less than a month ahead of the crucial world championships.

The slalom's top two was a carbon copy of the podium at the London 2012 Olympic Games with Jessica Fox putting a marker down early that could only be topped by her nemesis, Fer.

Talking after her victory, Fer said 'The run was not technically perfect but it's a really positive outcome and that's the only thing that matters today. Tomorrow I will sit down and try and see why I wasn't able to follow my plan perfectly.'

The victory in Pau represents an end of a barren spell for the French superstar who has not stepped on the podium in over a year.

With one eye on London, the 32 year old continued 'London is the same kind of course with big water. What you plan before the race is not always easy to apply and you have to hang in there. I can build on today's victory to prepare for the same kind of experience at the world championships.'

Austria's Corinna Kuhnle secured bronze after a costly early mistake ended any chance of rivalling the top two but her composure provided the biggest reward, the series title.

'I did a good semi final run and in the final I wanted to push it and I did a mistake on gate 2; it was not easy but the rest of the run worked out quite well,' said the talented Austrian.

'Looking back on the start of my season I did not expect to win the overall World Cup. I am more than delighted.'

With world championships on the horizon, Kuhnle continued 'Anywhere you go, Maialen Chourraut (ESP) will be one of the paddlers to beat, Emilie Fer, too; they're all very good athletes but the British have a big advantage in London. They've been training there for years. I think it's going to be a tight and interesting race.'

In the C2 the Czech partnership of Jonas Kaspar and Marek Sindler took the top spot after a stunning run.

'It wasn't an easy competition for us; we had to go through the second heat of qualification to reach the semi finals,' said Kaspar.

Despite a less than ideal run though to the final the pair pulled off a near perfect display in the final to upset the odds.

Kasper continued in jest 'Beating the French on their home course feels pretty great.'

France's top duo, Gauthier Klauss and Matthieu Peche secured silver on the day, a performance that also provided the pair enough points to take their second series winning tally in a row.

Klauss commented 'It's great. Winning the World Cup was one of our main goals. The World Cup is the heart of the season. We've been consistent on the five World Cups. We had to fight until the very end; today was not easy but we are on the podium again. It's fantastic.'

'Winning the overall ranking here at home in front of our supporters is like nothing else. The public and the organization were perfect. I'd say it's our favorite moment of the season so far,' he continued.

New kids on the block Yves Prigent and Loic Kervella (FRA) rounded out the podium.

ICF

K1W: 1 E Fer, France, 103.53. 2 J Fox, Australia, 103.90. 3 C Kuhnle, Österreich, 106.48.

8 E Neave, GB, 114.59. 16 F Pennie, GB.

K1M: 1 P Kauzer, Slovenija, 96.20. 2 M Doby, Belgique, 96.21. 3 L Delfour, Australia, 96.22.

18 J Clarke, GB. 20 B Forbes-Cryans, GB.

C1W: 1 N Vilarrubla, España, 124.26. 2 J Fox, Australia, 125.85.

3 V Wolfhard, Österreich, 127.08. 4 J Royle, GB, 136.33. 9 E Gibson, GB, 251.34. 20 K Woods, GB.

C1M: 1 P Tillard, France, 97.30. 2 M Benus, Slovensko, 97.83. 3 D Gargaud Chanut, France, 99.09.

15 A Burgess, GB.

C2M: 1 Kaspar/Sindler, Ceska, 107.65. 2 Klauss/Peche, France, 109.32.

3 Prigent/Kervella, France, 109.88. 17 Davies/Lister, GB. 20 Florence/Hounslow, GB.

K1W: 1 España, 119.72. 2 Österreich, 119.89. 3 GB, 125.40.

K1M: 1 France, 103.93. 2 GB, 106.48. 3 Slovenija, 109.27.

C1W: 1 España, 193.40. 2 GB, 219.32. 3 Australia, 313.88.

C1M: 1 France, 108.24. 2 Slovenija, 118.13. 3 GB, 118.26.

C2T: 1 GB, 125.86. 2 Rossija, 136.83. 3 Brasil, 300.63.

Series winners: K1W: 1 C Kuhnle, Österreich, 264. 2 J Dukatova, Slovensko, 264.3 J Fox, Australia, 252.

K1M: 1 P Kauzer, Slovenija, 247. 2 L Delfour, Australia, 218. 3 O Runka, Ceska, 228.

C1W: 1 J Fox, Australia, 318. 2 K Haskova, Ceska, 246. 3 V Wolfhard, Österreich, 245.

C1M: 1 M Benus, Slovensko, 299. 2 B Savsek, Slovenija, 246. 3 A Slafkovsky, Slovensko, 231.

C2: 1 Klauss/Peche, France, 306. 2 Kaspar/Sindler, Ceska, 276. 3 Karlovsky/Jane, Ceska, 265.

Up the Creek at ceilidhs

Folk dance caller Will Hall's Up the Creek dance (Nov 12, p10) to tie in with the Olympics has now been enhanced. As well as slalomming between swinging poles, it involves a sprint in K1 or C1, waves, a whirlpool and rolling.

GB relies on paracanoeing results

World Championships

Brazil claimed two gold medals on day one of the sprint world championship in Milan after four nations shared the early titles in the paracanoeing event.

Caio Ribeiro De Carvalho (BRA) won the men's VL3 200m final, stealing victory from Britain's Jonathan Young after summoning a powerful surge on the line.

'When I kicked at the end I looked and realized; when I had crossed first it was more than overwhelming,' said the Brazilian afterwards.

'I was keeping my head straight because I was very upset that the va'a was taken out of the Paralympics; it really broke my heart.'

'Last year I lost my title and I was focussed on getting my title back, so, thank you, Brazil. This is for Brazil.'

His compatriot, Luis C Cardoso Da Silva, who is concentrating hard on developing his kayak skills in a bid to make the team for next year's Rio Games, showed he is still a force to be reckoned with in the non Paralympic va'a after winning the men's VL1 200m title.

'I am very happy because last year I won this race so it was good to win it again,' he said.

'I haven't improved the va'a too much since last year because my goal is the Paralympic Games in Rio for kayak so I train a lot in kayak but I am still very happy for this win.'

It was gold and silver for Britain in the women's KL2 200m final with Emma Wiggs leading in her training partner, Nicola Paterson. Wiggs, who a year ago in the Moscow worlds won in the K1 and V1 competitions, finished almost a second and a half up on Paterson.

'Today was all about qualifying a Great Britain boat for Rio so it's not about individual performances,' said Wiggs 'but I'm absolutely delighted with my performance and my teammate Nikki came in a fraction behind me for second is just the icing on the cake.'

'I get to train with her every day so I know we are neck and neck. She's a phenomenal athlete and it's lucky that we can push each other so we can be on top of the world.'

The day's other two finals were won by Anja Pierce, an American who, previous to the day's women's VL3 200m final, had taken silver and bronze in this competition, and Poland's Katarzyna Leskiewicz, who took gold in the women's VL1 200m.

Elsewhere, Australian Curtis McGrath qualified direct for the finals in his two competitions after producing the fastest times in both events' heats. He finished his VL2 200m in 53.120 seconds, some 1.285 ahead of Spaniard Javier Reja.

Then, in the KL2 200, he won again in his heat with 42.839 seconds, just 0.012 ahead of five times gold medallist Markus Mendy Swoboda from Austria. There was no disputing who the winner was in the afternoon's semi finals with Swoboda crossing the line more than four seconds up on Dejan Fabic of Slovenia.

'My heat was a bit of a problem but the semi final I used to get more rhythm for the race so it was really nice to be so far in the front like I used to,' he said afterwards.

Swoboda used to compete in both the va'a and the kayak but has selected to focus on the kayak this season ahead of its Paralympic debut in Rio.

'It's a pity for other V1 athletes who were preparing only for the V1 events but I'm lucky to come from the K1 events,' he admitted, 'so I was so happy when they changed it to the K1. It does make the competition harder and Curtis won my heat this morning. It was pretty close but he was in front and that makes the competition a lot harder. I'm happy about it.'

Australia won two gold medals on the second day whilst Brazil added two to its own tally, underlining its growing strength with the Rio 2016 Paralympics looming closer.

Curtis McGrath has been an ever present threat in the men's KL2 since he opted to add kayak to his repertoire after it was decided as the boat for the 2016 Paralympics Games.

In the previous day's men's KL2 200m heats he came in ahead of six times world champion Markus Mendy Swoboda but the Austrian turned the tables this day to win his seventh crown, just over half a second up on McGrath.

'It was a hard race but I'm still breathing,' joked Swoboda after emerging from the water following his celebratory leap.

'When they announced kayak for the Olympics a lot changed and I became number two so there's a lot to do for next year as well to stay on top.'

'I had a big advantage because I started at a very young age, 10 years



old. Since then I stayed with it but as the time goes by the gap gets closer because they gain years themselves so I have to step up my game again.'

McGrath later topped his silver by retaining his world va'a title, coming in 2.76 seconds ahead of Spain's Javier Reja in the VL2 200m final.

'I'm not sure if it was the best result but I can't really complain and I'm pretty happy,' said the Australian, clearly a hard taskmaster, having been involved in the sport at high performance little over a year.

'That was the intent, to come here and be able to defend the title, and I'm glad the schedule enabled me to do so. I'm going back to what I know in the V1 so it wasn't as difficult as you might think bit it's a different style and stroke rhythm.'



Caio Ribeiro De Carvalho sings his favourite chart hit.



Chippington won her class.



Curtis McGrath racing for Australia.

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‘Still, I know there’s always improvement to be made.’

A second Australian topped the podium in the afternoon when Amanda Reynolds pipped Britain’s Anne Dickins on the line in the women’s KL3 200m A final.

Reynolds, who was a bronze medallist in last year’s world championships, did not like the day’s tailwind and was conscious that Dickins was gaining ground but she dug deep with characteristic gutsiness to take the win.

‘I actually prefer a headwind so it was a bit messy but my goal was to get to the end first and we did it,’ said Reynolds.

‘I could feel the pressure and out of the corner of my eye I could see another boat coming up by I told myself I’m not giving up now so I’m going to put it. It’s awesome to win the gold and I couldn’t expect any better.’

If anyone questioned how well Brazil’s paracanoe team are preparing for next summer’s Río Paralympics then the day’s third gold medal of the regatta by the 2016 Games host nation should remove all doubts.

In the afternoon’s KL1 200m A final the gold, surprisingly, did not go to the widely tipped former world champion, Ferna Fernandes De Padua, but, instead, to his compatriot, Luis C Cardoso Da Silva, who the previous day had won the VL1 final.

‘I’m extremely happy, so happy I don’t even know how to describe how I feel now,’ said an emotional Cardoso Da Silva afterwards.

‘I thought I had the potential to win this race today and I fought very, very hard to get this result.

‘Some days somebody has to win; some days somebody has to lose. Today I won.’

Fernandes De Padua, who finished 3rd and over 2 seconds down on the leader, with Spain’s Javier Reja separating them, said afterwards ‘I need to work hard now to take my place with the Brazilians in next year’s Games in Río.

‘I need to fight much; I’m fighting so much six years ago when I started the paracanoe. It’s so much more competitive now, so much more beautiful. I’m sure that we will make something so beautiful in Brazil next year.’

On paracanoeing’s concluding day of the sport’s most prolific medallist, Britain’s Jeanette Chippington, added another gold to her tally whilst Tom Kiery of Germany won his second and Australian Susan Seipel her first.

With a year to go to until the Río Games the heat is turning up on the pressurised world of paracanoeing but, whilst it gets tougher to stay at the top, Chippington continues to keep ahead of the pack. This day she extended her worlds medal winning to nine after winning the women’s KL1 200m final.

Beating the relative newcomer, Germany’s Edina Muller, by over a boat length, Chippington looked her usual composed self but, having spent the previous two days coming to terms with finishing the heats in the uncustomary second position, she admitted that underneath it had been a nerve jangling experience.

‘I am so relieved because that was a real tough one, the toughest so far,’ said Chippington afterwards.

‘I was lying in second position after the heat and when you feel that world championship medal is going to possibly slip through your grasp it puts a lot of pressure on you. I am so, so pleased to win today.’

Previous to canoeing Chippington had amassed a stack of medals in para swimming but the years of experience do not lessen the pressure and she knows that being the best mentally prepared athlete in the Río Games next summer will go a very long way.

‘We have a great team and all the backing so that is taken care of,’ she continued. ‘I will work on the end of my race and the mental preparation. In Río the pressure is going to be up there so it’s whoever handles it the best.’

One of the athletes likely to challenge her for the gold in Río is the fast improving Edina Muller, who took the silver in her first world championships this day.



The Czech Fuksa spots an Italian UFO.

‘This was my first really big competition,’ said Muller, who had also taken silver in this summer’s European championships. ‘And I got a little closer this time so maybe next time it will be gold. I don’t know but I’m going to work on that.

‘That’s was my first world championship. I trained all winter through the ice and snow and this is kind of the reward for that so it sounds really good.’

Tom Kiery, who had won in the 2013 paracanoeing worlds kayak event but did not make the podium in 2014, confirmed his return to the top of the world in the men’s KL3 200.

‘It’s amazing and a great comeback from the last year when I was a little bit depressed,’ said Kiery, who finished in 39.270 seconds.

‘This year we worked hard on the last hundred metres and on my body weight and now it works.

‘The race was like a deep black tunnel but I only knew when I got close to the British guy after 100 metres that I had a chance to win and I did it.’

Asked what is next he added ‘You can ask everybody in the A final and we all want gold. We train for this medal and that’s the next step.’

Finishing second was Britain’s Rob Oliver, who showed a big improvement over his 5th place in Moscow a year ago.

‘This has been a fantastic year, my first year of being a 100 percent full time athlete, and I’m just glad it’s paid off,’ said Oliver, who gave a roar 20 metres from the line to spur himself on to his first sub 40 second performance.

‘I won the Euros and to be 2nd here is just massive progression,’ said Oliver. ‘Breaking 40 seconds today was a massive thing I wanted to do, this year’s biggest goal. I put everything into it and now I feel like I’ve absolutely smashed it.’

Australia added to its medal haul in its most successful paracanoeing worlds yet. Susan Seipel, who on Wednesday won her first ever worlds medal, a bronze in the women’s KL2 200m final, went two steps higher this day by capturing the KL2 200m title.

‘It feels amazing to be world champion and I was so happy to come over the line first,’ said Seipel, who beat Russian Nadezda Andreeva by over 4 seconds. ‘I haven’t been working as much in the V as I have in the K so I’m so glad I got it.

‘It’s great to have so many medallists in the team and they’re all so supportive so it’s been a fantastic week.’

Brazil had begun the week with medals and they ended with another this day, Raiza Ribeiro Benivides finishing with bronze in the women’s KL2 200.

‘I’ve never been to a world championships before and I’m very proud because I hadn’t been training in this kind of canoe so to win a medal is much more than I expected,’ she said.

‘I want to be a part of the Brazilian team in Río next summer but I know that the level will be very high so I will train as hard as I can now.’

Czech paddler Martin Fuksa overcame any disappointment at losing the previous day’s men’s C1 1,000 final to Germany’s Sebastian Brendel by winning his first world championships title, the men’s C1 500m.

Twenty two year old junior world champion Fuska lost on the line the previous day and was more determined than ever to win this day. He beat Oleg Tanovschi of Moldova by over half a second, whilst Brendel finished 8th.

‘The plan for the race was easy. I wanted to win,’ said a thrilled Fuksa afterwards. ‘The wind was very strong but I had a lot of energy at the finish and I won. It’s perfect to win my first world championships title.’

In the blue ribbon K1M 200m final Canadian Mark De Jonge made a successful defence of his title, becoming the first man to win back to back titles since 2003.

‘It feels pretty good because it has been so close between the top three of us here the entire season,’ said De Jonge after beating Frenchman Maxime Beaumont and Peter Manning from Sweden into 2nd and 3rd places respectively.

‘So, lining up right next to them was a little daunting but it was good to know that those were the two guys I had to stay ahead of.

‘I just tried to focus on what I had to do and right off the start I had a bit of a lead so I was able to just maintain focus and keep pretty cool for the race. The plan was to kill it the first 50 because I know I’m pretty good after that and if I was ahead at the 50 I could probably stay ahead.’

New Zealand’s Lisa Carrington extended her domination of the women’s K1 event after winning the 200m final.

‘I guess I don’t necessarily aim to win gold medals but it is a pleasure to race against such a strong field and all the girls are awesome and working hard,’ said Carrington, whose latest gold this day pushed her up to joint first on the all time gold medal list (with Caroline Brunet of Canada).

‘I race for a great performance and the gold medal is the end of whatever outcome that is.’

Denmark’s Rene Poulsen added to his growing tally of gold medals by retaining his men’s K1M 500 title this day.

‘That was hard but I did a solid race,’ said Poulsen, who the previous day won the men’s K1M 1,000 final.

‘My race wasn’t as good as last year but there’s nothing you could do in the 500 apart from keep pushing.

‘It was good to keep this young man from Germany (Tom Liebscher) in place and show him who is the king so I managed today and I’m very happy.’

ICF

World Championships

200m: **K1W:** 1 L Carrington, NZ, 40.060. 2 M Walczykiewicz, Polska, 40.700.

3 T Portela, España, 41.248.

K1WL3: 1 A Reynolds, Australia, 50.501. 2 A Dickins, GB, 50.521. 3 C Moreau, France, 50.951.

K1WL2: 1 E Wiggs, GB, 53.023. 2 N Paterson, GB, 54.521. 3 S Seipel, Australia, 55.616.

K1WL1: 1 J Chippington, GB, 56.865. 2 E Muller, Deutschland, 57.513.

3 S Kupriianova, Ukraina, 59.365.

K1M: 1 M De Jonge, Canada, 34.802. 2 M Beaumont, France, 34.993.

3 P Menning, Sverige, 35.002. 17 E McKeever, GB.

K1ML3: 1 T Kierey, Deutschland, 39.270. 2 R Oliver, GB, 39.739. 3 L Krylov, Rossija, 39.784.

8 T Lodge, GB, 42.359.

K1ML2: 1 M Swoboda, Österreich, 42.542. 2 C McGrath, Australia, 43.185.

3 F Rufino de Paulo, Brasil, 43.415. 9 N Beighton, GB, 47.558.

K1ML1: 1 L Cardoso Da Silva, Brasil, 50.863. 2 J Tokarz, Polska, 52.533.

3 F Fernandes De Padua, Brasil, 52.970. 10 I Marsden, GB.

C1M: 1 A Kozyr, Belarus, 38.605. 2 Q Li, Zhongguo, 38.815.

3 I Queiroz dos Santos, Brasil, 38.915.

V1WL3: 1 A Pierce, USA, 1:02.536. 2 F Bateman, GB, 1:03.208.

3 A Souza Lopes, Brasil, 1:05.432.

V1WL2: 1 S Seipel, Australia, 59.916. 2 N Andreeva, Rossija, 1:04.289.

3 Raiza Ribeiro Benivides, Brasil, 1:05.536.

V1ML3: 1 C Ribeiro De Carvalho, Brasil, 50.656. 2 J Young, GB, 51.058.

3 D Geri, Magyarország, 52.311. 7 M Tweedie, GB, 54.303.

K2W: 1 Makhneva/Litvinchuk, Belarus, 38.477. 2 Homonnai/Douchev-Janic, Magyarország, 38.659. 3 Hering/Kriegerstein, Deutschland, 39.488. 4 Brown/Lewis, GB, 39.519.

K2M: 1 Toika/Molnar, Magyarország, 30.935. 2 Postrygay/Dyachenko, Rossija, 30.966.

3 Grujic/Novakovic, Srbija, 31.046. 5 Heath/Schofield, GB, 31.346.

500m: **K1W:** 1 L Carrington, NZ, 1:49.398. 2 A Karasz, Magyarország, 1:51.125.

3 Y Zhou, Zhongguo, 1:51.478. 8 R Cawthorn, GB, 1:52.328.

K1M: 1 R Poulsen, Danmark, 1:39.407. 2 T Liebscher, Deutschland, 1:39.893.

3 R Anoshkin, Rossija, 1:40.770. 20 J Boyton, GB.

K2W: 1 Szabo/Kozak, Magyarország, 1:39.865. 2 Starovic/Ruzicic Benedek, Srbija, 1:41.075.

3 Weber/Dietze, Deutschland, 1:41.335. 9 Belcher/Hannah, GB, 1:45.725.

K4W: 1 Belarus, 1:33.953. 2 Magyarország, 1:34.267. 3 Deutschland, 1:34.890.

5 GB, 1:35.667.

K1M: 1 R Poulsen, Danmark, 3:25.815. 2 J Dostal, 3:26.298.

3 F Pimenta, Portugal, 3:26.535. 16 J Boyton, GB.

C1M: 1 S Brendel, Deutschland, 3:48.956. 2 M Fuksa, Ceska, 3:48.973.

3 S Tarnovschi, Moldova, 3:51.583.

K2M: 1 Rendschmidt/Gross, Deutschland, 3:10.175. 2 Wallace/Tame, Australia, 3:11.132.

3 Tomicevic/Zoric, Srbija, 3:11.502. 20 Bowley/Rutherford, GB.

5km: **K1W:** 1 M Litvinchuk, Belarus, 22:36.06. 2 L Belcher, GB, 22:40.02.

3 E Fournel, Canada, 22:43.59.

K1M: 1 K Wallace, Australia, 19:54.46. 2 M Hoff, Deutschland, 19:57.57.

3 A Yurenia, Belrus, 20:11.91. 15 W Rutherford, GB, 21:24.75.

O/A: 1 Rossija, 830. 2 Magyarország, 785. 3 Deutschland, 654. 8 GB, 431.

Johnson and Jones make A finals

Montemor-o-Velho Regatta

The World Cup in Montemor-o-Velho, Portugal, got underway with many of the favourites easing through directly to the weekend’s finals.

Mark Oldershaw (CAN) was fastest in the C1M 1,000m qualifier whilst Riwei Wang (CHN) overhauled one of the sport’s leading lights, Attila Vajda (HUN), in the first race of the day. France’s Mathieu Goubel also qualified comfortably, as did Siwen Chen (CHN); all progressed directly to the final.

Later, Portugal’s Nuno Barros led to qualify from the semi final; in his wake Brais Fernandez (ESP) and Justin Staubach (USA) also qualified.

Local hero Fernando Pimenta was the fastest in the K1M 1,000m heats and qualified with ease. Spain’s Roi Rodriguez and Canada’s Adam Van Koevreden won the other two heats and would line up in the favourable lanes in the final.

Surprisingly, Australia’s Murray Stewart had to go through from the semi final stage after finishing a distant fourth in his first race. Rising star William Bain (AUS) also squeezed through from the same semi final behind New Zealand’s Marty McDowell.

Lisa Carrington (NZL) was again first to the finishing post in her K1W 500m heat. She was also quickest to qualify directly through to the final. Poland’s Beata Mikolaczyk and new kid on the block Anna Kárász (HUN) also took the opportunity to progress directly.

South Africa’s Bridgitte Hartley would have been disappointed to have been eased into second by Kárász, as would the local hopeful in the other heat, Teresa Portela, who suffered at the hands of Carrington. However, both qualified for the final at the second time of asking in the afternoon’s semi finals.

Mark Oldershaw proved untouchable in the first A final of the second day, the C1M 1,000m. The 32 year old led, overpowering an illustrious field that included multiple world champion Attila Vajda.

Surprisingly for many in the field, the expected late surge from Vajda never materialized, allowing Vincent Slominski (POL, silver) and Mathieu Goubel (bronze) to maintain their places on the podium as they reached the 1,000m mark.

Fernando Pimenta stole the show in the K1M 1,000m with an exceptionally quick time in front of jubilant home support. Murray Stewart managed to recapture his form to take silver with Spain's Francisco Sánchez securing bronze.

Lisa Carrington again managed to outaccelerate her opponents in the final third of the K1W 500m. The 25 year old Olympic K1W 200m gold medallist has added endurance to her explosive power, making her a formidable opponent over both distances.

Anna Kárász and Krisztina Fazekas-Zur followed the New Zealander across the line. For Kárász, who took silver, finishing ahead of Fazekas-Zur could have proved to be an important result when the Hungarian selection panel decided on future entries.

Teresa PORTELA fell just short of the mark, finishing a very respectable fourth.

Sándor Totka and Péter Molnár also put in an impressive performance, winning the K2M 200m. After a good start the pair held on to outsprint Sébastien Jouve and Maxime Beaumont (FRA, silver) and Carlos Arévalo and Cristian Toro (ESP, bronze).

Spain's Alfonso Ayala proved the quickest in the C1M 200m. However, the biggest cheer came for local athlete Helder Silva, who crossed the line in second place. China picked up their first medal of the day with Qiang Li ensuring bronze.

Ana Lehaci and Viktoria Schwarz stopped the clock at 37.336 to take to the top step of the podium in the K2W 200m. Marta Wálczykiewicz and Edyta Kierkla (POL) were the second team to the line and Yue Li and Jieyi Huang collected a second bronze for China.

Kenny Wallace and Lachlan Tame won the K2M 1,000m with a dominant performance. France's Arnaud Hybois and Etienne Hubert put in a late surge that assured them a silver medal with Emanuel Silva and João Ribeiro taking bronze.

Anna Kárász with Ninetta Vad in the K2W 500m won her second medal of the day. Caitlin Ryan and Aimee Fisher made a late surge that allowed them to edge ahead of Chinese pair Yu Zhou and Qing Ma.

Canadian duo Laurence Vincent-Lapointe and Katie Vincent rounded out the morning's A finals with gold in the C2W 200m.

Lisa Carrington and Mark Oldershaw topped the bill with each winning two gold medals from the weekend's action.

Carrington looked unstoppable in the K1W 200m final with an almost carbon copy performance from her K1W 500m success. She seems to be able outaccelerate all comers over the last third of the race.

Cuba's Yusmari Rodriguez managed to just outshoot current European champion Sarah Guoyt (FRA) to take a well deserved silver in an extremely competitive race.

Meanwhile, Oldershaw provided a master class in C1M tactics and technique to equal Carrington's podium trips.

The Canadian was not fazed by an electric quick start from Qiang Li and gradually asserted his presence on the race by upping his stroke rate around the midpoint to edge ahead.

The courageous Li held on to silver with Iran's Adel Moyallimoghdam completing the podium and securing his nation's first ICF World Cup medal.

Laurence Vincent-Lapointe was also successful in reaching the top of the podium twice. The world's most successful female canoe paddler

added the C1W 200m gold to the previous day's C2W title over the same distance.

Vincent-Lapointe's partner, Katie Vincent, also retraced her podium steps, taking silver ahead of Brazil's Valdenice Nascimento.

Maxime Beaumont overhauled the current world champion, Mark De Jonge (CAN), in one of the fastest K1M 200ms of all time.

Beaumont's team mate, Sébastien Jouve, took bronze, making it three medals from the two quickest races of the day for team France.

Wiktor Glazunow and Vincent Slominski crossed the line first in the C2M 200m. Max Poulin and Aaron Rublee (CAN) finished second with the local crew of Bruno Afonso and Nuno Silva making up the podium.

Krisztina Fazekas-Zus stepped up to take top honours in the K1W 1,000m.

Spain's Laura Pedruelo and Zhangli Li finished with silver and bronze respectively.

Mathieu Beugnet and Adrien Bart (FRA) were the fastest to the line in the C2M 1,000m. Mateusz Kaminski and Michal Kudla (POL) took silver with the Canadian duo of Benjamin Russell and Gabriel Beauchesne-Sévigny securing bronze.

An Australian quartet again topped the world's elite in the K4M 1,000m. With a modified team from the Olympic golden boys, the crew of David Smith, Jacob Clear, Murray Stewart and Jordan Wood proved to be a cut above the rest on the fast Portuguese course.

Two Spanish boats completed the podium with the team of Javier Agüeria, Óscar Carrera, Rodrigo Germade and Iñigo Peña the faster crew.

France's Cyrille Carre crossed the line ahead of Adam Van Koeverden in the K1M 500m; the Frenchman's late surge proved just enough to carry him to gold.

Marty McDowell took the third place.

Jaimee Lovett, Aimee Fisher, Caitlin Ryan and Kayla Imrie closed out the K4W 500m ahead of the Polish and Portuguese teams.

ICF

200m: K1W: 1 L Carrington, NZ, 39.524. 2 Y Rodriguez, Cuba, 40.332.

3 S Guyot, France, 40.420. 16 H Brown, GB.

K1M: 1 M Beaumont, France, 33.996. 2 M De Jonge, Canada, 34.136. 3 S Jouve, France, 34.308.

C1M: 1 A Ayala, España, 38.424. 2 H Silva, Portugal, 38.798. 3 Q Li, Zhongguo, 39.084.

K2M: 1 Tótka/Molnár, Magyarország, 31.168. 2 Jouve/Beaumont, France, 31.308.

3 Arévalo/Toro, España, 31.648.

K4M: 1 España, 29.448. 2 Magyarország, 29.800. 3 Argentina, 29.812. 9 GB, 33.708.

500m: K1W: 1 L Carrington, NZ, 1:48.016. 2 A Kárász, Magyarország, 1:48.576.

3 K Fazekas-Zur, Magyarország, 1:48.612. 17 H Brown, GB.

K1M: 1 C Carre, France, 1:37.960. 2 A Van Koeverden, Canada, 1:39.112.

3 M McDowell, NZ, 1:39.552. 9 D Johnson, GB, 1:41.960.

C1M: 1 M Oldershaw, Canada, 1:47.100. 2 Q Li, Zhongguo, 1:47.268.

3 A Mojallimoghdam, Iran, 1:47.452. 9 J Jones, GB, 1:55.216.

1km: K1M: 1 F Pimenta, Portugal, 3:25.156. 2 M Stewart, Australia, 3:26.248.

3 F Sánchez, España, 3:26.296. 14 D Johnson, GB.

C1M: 1 M Oldershaw, Canada, 3:45.440. 2 V Slominski, Polska, 3:46.180.

3 M Goubel, France, 3:48.360.

K2M: 1 Wallace/Tame, Australia, 3:08.388. 2 Hybois/Hubert, France, 3:08.628.

3 Silva/Ribeiro, Portugal, 3:10.272.

K4M: 1 Australia, 2:48.564. 2 España, 2:49.760. 3 España, 2:50.108.

5km: K1W: 1 H Liu, Zhongguo, 25:28.64. 2 W Ren, Zhongguo, 25:29.52.

3 A Lehaci, Österreich, 25:30.52. 8 S Rees-Clark, GB, 26:16.35.

K1M: 1 F Pimenta, Portugal, 20:09.72. 2 D Bo, Argentina, 20:11.04.

3 E Silva, Portugal, 20:19.90. 13 T Lusty, GB, 21:40.41.

Heath/Schofield win 200m

København Regatta

The opening day of action at the World Cup in Copenhagen, Denmark, went according to plan for the favourites as they glided through heats and then semi finals on the spectacular Lake Bagsvaerd.

Lisa Carrington (NZL), Yu Zhou (CHN) and Tamara Takács (HUN) were the fastest in their heats and then semi finals in the K1W 500m, qualifying comfortably to set up a tantalizing showdown in Saturday's A final.

China's K2W 500m crew progressed straight to the final with a dominant display, as did the Olympic champions, Franziska Weber and Tina Dietze (GER).

Russia's Elena Anyshina and Svetlana Chernigskaya were the other



duo to move directly to the final.

Local favourites Emma Jørgensen and Henriette Hansen also squeezed through to Saturday's medal decider; they finished third in their semi final.

Max Hoff (GER) made his intentions clear from the off in the K1M 1,000m. Starting like a rocket, the 32 year old German led from beginning to end in his heat, eclipsing the

efforts of those around him.

Tunisia's Mohamed Mrabet and Belgium's Laurens Pannecoucke were the other two who progressed directly to Saturday's A final.

Top contenders Adam VAN Koeverden (CAN) and local hero René Poulsen were two other notable athletes that lined up in the final, following strong semi final performances.

Later, Poulsen qualified directly to the final over his preferred distance, the K1M 500m, after winning his heat ahead of Hoff. Jacob Clear (AUS) and Aleksey Mochalov (UZB) topped the other two heats.

Max Rendschmidt and Marcus Gross would be pleased with their morning's effort. The German duo edged out Australia's Kenny Wallace and Lachlan Tame in the second of two K2M 1,000m heats; both crews qualified directly to the final.

Bartosz Stabno and Rafal Rosolski from Poland were the fastest in the other heat; however, they were considerably slower down the track than the top three in heat two and would need to find additional speed if they were to contest the podium spots.

China qualified two boats directly to the A final in the K1W 1,000m. Jaime Kang finished third in the first heat and Yu Zhou went one better in the second.

Sprint's dominant nation, Hungary, also secured two spots in the final. Notably, Dóra Bodonyi was the fastest qualifier with over 10 seconds' leeway on her nearest rival.

Germany dominated the K4M 1,000m opening round with both their crews steaming to victory. The Australian team also qualified with ease; this week Jordan Woods occupied the back seat as they continued to experiment with combinations ahead of the crucial Olympic qualifier later in the season.

Chinese and Canadian crews were the first to the finish line in the explosive K4W 200m heats.

World and Olympic champions again stepped on the podium as the first medals were awarded in blustery and cold conditions.

Golden girl Lisa Carrington successfully completed a hat trick of K1W 500m gold medals, making it a clean sweep from this season's World Cups.

The 25 year old got off to a strong start and maintained control of the race throughout.

Britain's Rachel Cawthorn collected silver after a burst of speed in the latter stages managed to overhaul Yu Zhou.

However, Zhou then went on to take silver in the K1W 1,000m behind the exceptional talent, Dóra Bodonyi.

Franziska Weber and Tina Dietze dominated the K2W 500m final and cruised over the line ahead of China's crew, Wenjun Ren and Qing Ma.

This was the start of a gold rush for the German squad with Max Hoff winning the K1M 1,000m, Sebastian Brendel the C1M 1,000m, the team of Max Rendschmidt and Marcus Gross the K2M 1,000m and, finally, the quartet of Martin Schubert, Lukas Reuschbach, Kostja Stroinski and Kai Spenner the K4M 1,000m.

In both the men's team kayak finals Australia picked up silver.

To the delight of the onlooking Crown Prince of Denmark, local stars René Holtén Poulsen and the K2W 500m crew of Emma Jørgensen and Henriette Hansen also stepped onto the podium.

Poulsen took silver in the K1M 1,000m and his team mates collected bronze.

Uzbekistan took two medals as the morning's races unfolded. Vadim Menkov and Serik Mirbekov combined well in the C2M 1,000m final to outpull the Canadian crew of Benjamin Russell and Gabriel Sévigny.

They bettered the earlier efforts of Gerasim Kochnev (UZB), who collected silver behind Brendel in the C1M 1,000m.

Both China's K4W 500m teams went through to Sunday's final in a confident fashion, each stopping the clock at 1:39. Great Britain, Russia, Germany and Sweden were the other direct qualifiers from the two heats.

Petter Menning (SWE), Cesar Cesare (ECU) and Felix Koenig (GER) moved directly to the K1M 200m final after crossing the line first in their respective heats.

Meanwhile, Ed McKeever (GBR) and Mark De Jonge (CAN) needed a second run to progress to the medal race.

German athletes continued to demonstrate their nation's paddling prowess. Brendel and Stefan Kiraj each won their C1M 200m heats and Sabrina Hering was quickest to the line in her K1W 200m heat.

Liam Heath and Jonathan Schofield (GBR) set the fastest time out of the three K2M 200m heats, edging out Wallace and Tame in the race for direct qualification to Sunday's final.

Wallace and Tame later qualified through the semi final and, in doing so, joined their team mates, Jesse Phillips and Stephen Bird, who were the fastest in their earlier heat.

Sweden's Erik Svensson and Christian Svanqvist were the other duo to win direct qualification from the heats.

Zhou rounded out an excellent day, qualifying for the K1W 200m after her earlier medals. Linnea Stensils (SWE) and Carrington won the other two K1W 200m semi finals.



Balint Vekassy (ICF) photographs

There's a Danish UFO.

In the K4M 200m heats the quartet from Canada were fastest to qualify.

René Poulsen delivered gold in the K1M 500m and then silver in the K1M 5,000m in front of a jubilant crowd as the final day of action concluded.

The 26 year old cruised over the line after his final 100 metre pace proved too fast for the rest of the world class field in the K1M 500m.

'It's been a good weekend; it's great to win in front of a home crowd; it's special. I think this is the biggest crowd this season,' said Poulsen after the medal ceremony.

Clearly comfortable on his home course, he continued 'When you're world champion and know you have what it takes to win you have to back yourself.'

Poulsen's main rival was again Max Hoff, who collected silver as the pair switched places on the podium in a reversal of Saturday's 1,000m result.

Aleksey Mochalov picked up bronze and, with it, Uzbekistan's fourth medal of the weekend.

Petter Menning and Lisa Carrington won their respective K1 200m dashes.

Menning, the 2013 world champion, overhauled a strong K1M 200m lineup which included the world's fastest time holder, Mark De Jonge (silver) and 2012 Olympic gold medallist Ed McKeever (bronze).

Meanwhile, Carrington topped off a superb season that has seen her finish with five golds from three World Cups (3 x 500m and 2 x 200m) and maintain her unbeaten K1W 200m record since the London 2012 Olympic Games.

Yvonne Schuring (AUT, silver) and Inna Klinova (KAZ, bronze) were the other two medallists from the K1W 200m.

Germany's medal haul continued to rise as their K4W 500m team of Sabine Volz, Franziska Weber, Conny Wassmuth and Tina Dietze crossed the line ahead of crews from Russia (silver) and China (bronze).

The quartet then split to take gold and silver in the K2W 200m; on this occasion Volz and Weber were the quickest.

Russia also managed to occupy the top two podium spots in a single race with Mikhail Pavlov and Ilya Shtokalov taking gold and silver, in that order, in the C1M 500m.

Their team mate, Andrey Kraitor then collected silver in the C1M 200m, just behind the impressive Qiang Li (CHN).

K2M 200m London 2012 Olympic bronze medallists Liam Heath and Jonathan Schofield combined well to take gold ahead of Erik Svensson and Christian Svanqvist.

Kenny Wallace and Lachlan Tame picked up bronze.

The Italian duo of Daniele Santini and Luca Incollingo picked up gold in the C2M 200m.

Canadian (K4M) and Russian (K4W) quartets won their respective 200m finals and Uzbekistan collected a further three medals from the final sprints of the day.

Vadim Menkov and Serik Mirbekov combined to win the C2M 500m whilst Dilnoza Rakhmatova (gold) and Nulufar Zokirova (silver) added two more medals in the C1W 500m.

The event and the World Cup 2015 season concluded with Gabriel Sévigny (C1), Dóra Bodonyi (K1W) and Kenny Wallace (K1M) winning their respective 5,000m races.

ICF

200m: K1W: 1 L Carrington, NZ, 40.928. 2 Y Schuring, Österreich, 42.240.

3 I Klinova, Kazakhstan, 42.608. 7 H Brown, GB, 43.464.

K1M: 1 M Petter, Sverige, 35.388. 2 M De Jonge, Canada, 35.476. 3 E McKeever, GB, 35.716.

10 K Reeves, GB, 36.676.

K2M: 1 Heath/Schofield, GB, 32.004. 2 Svensson/Svanqvist, Sverige, 32.224.

3 Wallace/Tame, Australia, 32.336.

500m: K1M: 1 R Poulsen, Danmark, 1:42.104. 2 M Hoff, Deutschland, 1:42.712.

3 A Mochalov, Uzbekistan, 1:42.824. 10 J Boyton, GB, 1:45.964. 15 M Bowley, GB, 1:49.012.

K2W: 1 Weber/Dietze, Deutschland, 1:47.476. 2 Ren/Ma, Zhongguo, 1:48.716. 3 Jørgensen/Hansen, Danmark, 1:49.316. 7 Belcher/Hannah, GB, 1:51.600. 8 Walker/Simon, GB, 1:52.512.

K4W: 1 Deutschland, 1:36.968. 2 Rossija, 1:37.448. 3 Zhongguo, 1:37.760. 6 GB, 1:39.416.

1km: K1W: 1 D Bodonyi, Magyarország, 4:27.004. 2 Y Zhou, Zhongguo, 4:32.172.

3 L Sawers, GB, 4:32.316.

K1M: 1 M Hoff, Deutschland, 3:51.068. 2 R Poulsen, Danmark, 3:51.944.

3 A Peters, Belgique, 3:52.784. 12 J Boyton, GB, 3:53.772.

K2M: 1 Rendschmidt/Gross, Deutschland, 3:35.028. 2 Wallace/Tame, Australia, 3:37.816.

3 Ekimov/Chervov, Rossija, 3:39.676. 6 Bowley/Rutherford, GB, 3:44.684.

5km: K1W: 1 D Bodonyi, Magyarország, 21:45.72. 2 L Belcher, GB, 21:46.82.

3 L Sawers, GB, 21:50.80.

K1M: 1 K Wallace, Australia, 19:48.52. 2 R Poulsen, Danmark, 19:55.31.

3 L Pannecoucke, Belgique, 20:09.19. 4 W Rutherford, GB, 20:12.58. 7 J Boyton, GB, 20:27.79.

Whole class breaks course record

Senior, U23, J & Para National & O Championships

After a run of Holme Pierrepont regattas with poor conditions, this was the one to put smiles on faces.

The Friday had seen sunshine and a light tailwind for two women's selection races. Jessica Walker had broken Anna Hemmings' 200m course record of 2001. Not only did Rachel Cawthorn break her own 500m record of the previous year but all seven other competitors were inside the record. It is not often that a record is broken by an entire class.

Saturday dawned calm with a light mist which was pushed away as a light headwind picked up but the warm weather was accompanied by clouds at times, very pleasant conditions. Ground staff stated that an

earlier blue green algae problem had been addressed. Moulded feathers and bird mess was a different story and the flocks of birds included a black swan this time.

Irish, Dutch, French, Italian and Greek paddlers took part, excellent for a regatta that was not an international.

If one wanted to stand out from the crowd, dark blue with white and red were not the colours to wear, these being the uniform of every second person, it seemed.

In the past, with boat holders on pontoons, racing was constrained to grouping all events of each distance together and winding the pontoons backwards and forwards to adjust for boat lengths. This time there was



Royal win the mens'/under 23 1km race.



National Talent crews take the first two places in the under 18 boys' 1km race.



Weir/Caines take the C2 1km title.



Kerr wins the girls' under 18 500m race.



Brown (nearer) takes the women's 500m title from Swallow.



Myburgh, Gray and Brockway contest the girls' under 16 title.



Dembele takes the boys' under 18 K1 title.



Johnson takes the mens' under 23 K1 title.



Boyton secures the mens' K1 500m title.



Two Olympic Racing Squad K4s contest the womens' 500m title.



An Olympic Development K4s takes the womens' under 23 500m.



Falcon chase an under 18 National Talent K4.



Bowley/Rutherford take the men's K2 1km.



Johnson/Lusty take the under 23 1km from English/McMullen.

a programme of varied distances with only the starter having to drive up and down the course between the various starting points with their automatic release gates.

Racing began with the men's C1 1km final, U23 Weir setting the pace for the first 300m until senior Styan took over.

The boys' U16 kayak 1km final went to Marciniak but there was a



Calvert takes the C1 200m.



Brown/Lewis take the women's K2 200m from Roberts/Walters.



Belcher/Brown see off Brown/Mason in the women's 500m race.



Rees-Clark/Ward snatch the under 23 200m title from Rooney/Illinesi.



Eccles wins the under 23 men's 200m.



Lee-Smith/Myburgh take the under 18 500m from Redmond/Gray.



Weir/Caines take the C2 500m from Phillips/Meikle-Briggs.



Lee-Smith/Myburgh watch Redmond/Rowe finish in under 18 girl's 200m.



Reid wins C1 500m from Hewitt and Mills.



Eccles/Reeves beat Bowley/Rutherford in men's K1 200m.



Brockway/Kneen lead the under 16 girl's 200m.



The men's under 23 200m final.



Styan leads the C1s home over 500m.



Reid/Gill take the women's C2 200m title.

Likewise, Dembele took the men's U18 win but was to see his time undercut by Marciniak in the U16 class.

Boyton led fellow Royal paddler Bowley away from the start for a comfortable 4 second win.

The second Paddleability 500m final saw Robinson fortunate to get a time after capsizing on the finish line.

Bowley/Rutherford, Boyton/Ressel and Cresser/Poole were the three leading boats halfway through the men's K2 1km final but Zielski/Newlands managed to pull up into 3rd place in the closing stages of the race.

In K2 500m, U18s Thomson/Littlewood and Dembele/Orma both produced faster times than U23 winners Johnson/Lusty.

The C1 200m final saw Bogdanovs and Weir both on 48.41 for 2nd place, a dead heat on the clock but the photo giving the advantage to the Falcon paddler. Three races later, the boys' U16 K2 200m final again produced very tight racing, Petersen taking 2nd place from Armstrong and Gallacher, these three having a spread of 0.03 second.

The senior women's K1 200m final went to Brown but, again, Lewis and four other U23s beat her, as did Kerr and three other U18s and U16s Myburgh and Wong. James in U18 boys matched the winning time of Eccles in men's U23.

photofinish for 2nd place, Petersen taking it by 0.01 second from Webb.

It was different in the C2 where U23s Weir/Jones led from the start to finish 16 seconds up on seniors Weir/Caines.

The women's K1 500m final was taken by Swallow of Chester but Simon and five other U23s were inside her time.



The under 23 women off the 1km race start.



Simon well clear of Mason in the women's 1km race.



The boys' under 18 1km race, won by Littlewood.



Weir/Caines and Phillips/Meikle-Briggs ready to go from 500m.



Clearing the top turn in the men's K1 5km race.



Jones clear of Styan in the C1 1km race.



Start of the boys' under 16 K4 1km race.

Hicks, Rutherford, McMullen and Zielski in the front pack. By the second top turn there were just Newlands, Rutherford, Hicks, Duffield and McMullen. Rutherford took the line 4 seconds clear of Duffield while Hicks was disqualified.

The C1 race was a simpler affair, Jones and Styan of Fladbury paddling solo for an 8 second win by Jones.

The final race of the weekend was the boys' U18 K2 1km race. Thomson/Littlewood led off the line. Smithson/Glover quickly pushed up behind them but could not hold them and dropped back, letting through Dembele/Orme and Quittenton/Strong.

The results show a general weakness at senior level but keen younger paddlers, especially in Scotland and (although not obvious in the results) Wiltshire Youth Club.

200m: K1GU14: 1 Z Clark, Royal, 55.60. 2 E Churchill, Seren Dwr Cardiff, 57.77.

3 F Peters, Richmond, 58.87.

K1GU16: 1 R Myburgh, Royal, 52.34. 2 L Wong, Richmond, 52.44.

3 E Brockway, Scottish Development, 53.17.

K1GU18 - Phillips Plate: 1 D Kerr, Scottish Development, 48.89.

2 L Lee-Smith, Norwich, 51.17. 3 A Redmond, Scottish Development, 51.57.

K1WU23: 1 E Lewis, Worcester, 47.30. 2 S Rees-Clark, Loughborough Univ, 49.71.

3 S Rooney, Banbury, 50.83.

K1W - Lendenkamp Trophy: 1 L Brown, Maidstone, 52.62. 2 J Swallow, Chester, 53.08.

3 K Kover, Elmbridge, 54.08.

K1WKL1-3: 1 A Dickens, Para, 59.08. 2 E Wiggs, Para, 1:00.43. 3 N Paterson, Para, 1:02.28.

K1WKL1-3: 1 A Dickens, Para, 56.32. 2 E Wiggs, Para, 58.80. 3 N Paterson, Para, 1:00.17.

K1BU14: 1 F Kemp, Reading, 50.22. 2 T Dowden, Royal Leamington Spa, 52.22.

3 A Greaves, Royal Leamington Spa, 53.22.

K1BU16: 1 O Bohle, Scottish Development, 45.76. 2 J Petersen, Banbury, 46.74.

3 S Armstrong, Devizes, 46.75.

K1BU18 - Henry Thelen Trophy: 1 I James, Scottish Development, 41.16.

2 N Dembele, Leaside, 42.53. 3 T Thomson, Ealing, 43.65.

K1MU23: 1 J Eccles, Anker Valley, 41.16. 2 S Naffanaila, Nottingham, 41.70.

3 L Fletcher, Scottish Development, 42.05.

K1M - Ken & Eileen Phillips Memorial Trophy: 1 K Reeves, Addlestone, 40.87.

2 N Krouwel, Frisia Amstelveen, 41.38. 3 J Divaret, France, 41.41.

K1ML3: 1 R Oliver, Para, 45.63. 2 T Lodge, Para, 46.86. 3 P O'Leary, Para, 47.58.

K1ML3: 1 R Oliver, Para, 45.76. 2 T Lodge, Para, 47.61. 3 P O'Leary, Para, 48.02.

K1ML1 + 2: 1 N Beighton, Para, 52.65. 2 A Simmons, Para, 59.52. 3 I Marsden, Para, 1:03.31.

K1ML1 + 2: 1 N Beighton, Para, 52.37. 2 A Simmons, Para, 56.70. 3 I Marsden, Para, 1:02.47.

K1P: 1 J Wrightson, Bath, 1:03.14. 2 D Downing, 4AS, 1:04.99. 3 P Smart, Viking, 1:06.26.

K1MMasA/B: 1 G Riley, Anker Valley, 50.85. 2 S Willis, Southampton, 52.46.

3 P Lowe, Nottingham, 53.44.

K1MMasC/D/WVA/B: 1 A Dodson, Addlestone, 52.16. 2 J Haycock, Leighton Buzzard, 52.41.

3 G Holmes, Southampton, 52.74.

C1W/U23/U18/U16: 1 K Reid, 59.33. 2 E Hewitt, Southampton, 1:02.41.

3 S Mills, Worcester, 1:06.46.

C1M/U23/U18/U16 - Dewar Cup: 1 C Calvert, Fladbury, 46.72.

2 D Bogdanovs, Falcon, 48.41. 3 I Weir, Banbury, 48.41.

V1ML3: 1 J Young, Para, 50.85. 2 M Tweedie, Para, 54.16. 3 D Taylor, Para, 56.17.

V1ML3: 1 J Young, Para, 51.40. 2 M Tweedie, Para, 53.65. 3 D Taylor, Para, 57.13.

V1M/WL2 + 3: 1 F Bateman, Seren Dwr Cardiff, 1:03.51. 2 L Trench, Para, 1:08.65.

V1M/WL2 + 3: 1 F Bateman, Seren Dwr Cardiff, 1:02.42. 2 A Houghton, Para, 1:05.60.

3 L Trench, Para, 1:07.28.

K2GU14: 1 Peters/Clark, Richmond/Royal, 55.99. 2 Hurrell/Kilvington, Addlestone, 58.07.

3 Ball/Churchill, Wiltshire Y/Seren Dwr Cardiff, 58.63.

K2GU16: 1 Brockway/Kneen, Linlithgow/Forth, 47.76.

2 Wong/Wallman, Richmond/Royal, 48.13. 3 Russell/Wallace - Loizo, Chelmsford, 50.70.

K2GU18: 1 Lee-Smith/Myburgh, Norwich/National Talent, 47.76. 2 Redmond/Rowe,

Linlithgow/Norwich, 49.44. 3 Piercy/Johnson, Elmbridge/Chelmsford, 50.77.

K2WU23: 1 Rees-Clark/Ward, Olympic Development, 44.32.

2 Rooney/Illinesi, Banbury/Elmbridge, 44.95. 3 Ellis/Oxtoby, Leighton Buzzard, 51.31.

K2W: 1 Brown/Lewis, Olympic, 44.56. 2 Roberts/Walters, Burton, 49.02.

3 Mason/Chmiel, Olympic/Nottingham, 50.65.

K2BU14: 1 Kemp/Bell, Reading/Longridge, 45.59. 2 Miles/Greaves, Royal Leamington Spa, 47.67. 3 Nightingale/Dowd, Bradford on Avon/ Royal Leamington Spa, 49.29.

K2BU16: 1 Gingell/Armstrong, Wiltshire Y/Devizes, 42.27. 2 Webb/Bohle,

Richmond/Linlithgow, 42.91. 3 Cadell/Gallacher, Linlithgow/Scottish Development, 44.51.

K2BU18: 1 Thomson/James, Ealing/Forth, 35.18. 2 Dembele/Orma, Ealing/Anker Valley,

37.79. 3 Morris/Westwood, Falcon/Leighton Buzzard, 39.48.

K2MU23: 1 Fletcher/Robinson, Linlithgow/Olympic Development, 35.54. 2 Naffanaila/

Duffield, Nottingham/Chelmsford, 36.83. 3 Wilson/English, Army/Bishop's Stortford, 37.90.

K2M: 1 Eccles/Reeves, Anker Valley, 34.89. 2 Bowley/Rutherford, Royal/Olympic, 35.59.

3 Zypeloudis/Turner, Ellás/Ireland, 40.52.

K2P: 1 Clay/Downing, 4AS, 1:04.03. 2 Marshall/Hage, 4AS, 1:09.12.

3 Marshall/Chettle, 4AS, 1:16.91.

K2MMasA/B: 1 Battershell/Martyn, Wey, 42.17.

2 Dooley/Sweetlove, Northern Ireland/BCC, 42.64. 3 Blackman/Brookes, Gaily, 43.26.

K2MMasC/D: 1 Avery/Haycock, Banbury/Leighton Buzzard, 44.95.

2 Holmes/Grimsey, Southampton, 46.35. 3 Clark/Williams, Chelmsford, 47.25.

C2W/U23/U18/U16: 1 Reid/Gill, 58.19. 2 Bracewell/Tomos, 1:03.11.

C2M/U23/U18/U16: 1 Weir/Caines, Banbury/Nottingham, 44.71.

2 Phillips/Meikle-Briggs, Richmond, 45.61.

500m: K1GU14: 1 F Peters, Richmond, 2:28.89. 2 Z Clark, Royal, 2:28.98.

3 E Churchill, Seren Dwr Cardiff, 2:35.86.

K1GU16: 1 E Gray, Lincoln, 2:20.10. 2 R Myburgh, Royal, 2:21.28.

3 E Brockway, Scottish Development, 2:22.05.

K1GU18 - Dennis Smith Trophy: 1 D Kerr, Scottish Development, 2:13.14.

2 L Lee-Smith, Norwich, 2:19.36. 3 M Johnson, Chelmsford, 2:22.65.

K1WU23: 1 R Simon, Elmbridge, 2:11.58. 2 K Trotter, Elmbridge, 2:17.02.

3 S Rees-Clark, Loughborough Univ, 2:17.66.

K1W - Bruce Lucas Trophy: 1 J Swallow, Chester, 2:22.47. 2 L Brown, Maidstone, 2:23.62.

3 K Kover, Elmbridge, 2:25.26.

K1LgB: 1 S Groves, Norwich, 3:44.22. 2 E Banks, Wey, 3:48.72.

3 A Baker, Leighton Buzzard, 3:55.09.

K1LgA: 1 T Booth, Bishop's Stortford, 3:06.08. 2 S Carruthers, N Merchiston, 3:16.06.

3 R Mongan, Lincoln, 3:16.73.

K1BU14: 1 T Dowden, Royal Leamington Spa, 2:10.21.

2 A Greaves, Royal Leamington Spa, 2:10.23. 3 F Kemp, Reading, 2:10.51.

K1BU16: 1 M Marciniak, Wey, 1:56.39. 2 O Bohle, Scottish Development, 1:57.40.

3 S Armstrong, Devizes, 1:57.87.

K1MU18 - Rhodes Trophy: 1 N Dembele, Leaside, 1:57.89.

2 W Smithson, Royal Leamington Spa, 2:01.77. 3 D Strong, Chelmsford, 2:02.22.

K1MU23: 1 D Johnson, Chelmsford, 1:52.63. 2 T Lusty, Solihull, 1:55.06.

3 G Mitchell, Royal, 1:56.00.

K1M - Unwin Bowl: 1 J Boyton, Royal, 1:45.48. 2 M Bowley, Royal, 1:47.42.

3 E Rutherford, Elmbridge, 1:48.18.

K1P: 1 J Wrightson, Bath, 3:13.88. 2 D Downing, 4AS, 3:14.51. 3 P Smart, Viking, 3:20.10.

K1P: 1 P Smart, Viking, 2:53.39. 2 D Downing, 4AS, 2:54.06. 3 R Clay, 4AS, 3:05.24.

K1MMasA/B: 1 B Sirrell, Royal Leamington Spa, 2:02.60. 2 J Hinves, Southampton, 2:06.30.

3 M Martin, Leighton Buzzard, 2:06.74.

K1MMasC/D/WVA/B: 1 G Holmes, Southampton, 2:12.52.

2 J Haycock, Leighton Buzzard, 2:13.64. 3 D Williams, Chelmsford, 2:17.05.

C1W/U23/U18/U16: 1 K Reid, 2:30.37. 2 E Hewitt, Southampton, 2:30.47.

3 S Mills, Worcester, 2:37.01.

C1M/U23/U18/U16 - Doug Saxby Trophy: 1 J Styan, Fladbury, 1:58.92.

2 I Weir, Banbury, 2:01.31. 3 J Jones, Fladbury, 2:01.77.

K2GU14: 1 Peters/Clark, Richmond/Royal, 2:11.10. 2 Ball/Hutchinson, Wiltshire Y, 2:12.94.

3 Hurrell/Kilvington, Addlestone, 2:16.69.

K2GU16: 1 Brockway/Kneen, Linlithgow/Forth, 2:03.42.

2 Wong/Wallman, Richmond/Royal, 2:05.58. 3 Martyn/Thompson, Wey, 2:07.05.

K2GU18: 1 Lee-Smith/Myburgh, Norwich/National Talent, 1:58.14.

2 Redmond/Gray, Linlithgow/Lincoln, 1:59.13. 3 Syme/Rowe, Kirkcaldy/Norwich, 2:02.81.

K2WU23: 1 Rees-Clark/Ward, Loughborough Univ/Olympic Development, 1:51.36.

2 Rooney/Illinesi, Banbury/Elmbridge, 1:55.54.

3 Trotter/Ricketts, Elmbridge/Olympic Development, 1:55.84.

K2W: 1 Belcher/Brown, Olympic, 1:48.82. 2 Brown/Mason, Olympic, 1:50.51.

3 Morton/Zeidler, 2:14.51.

K2LgB: 1 Cooke/Cooke, Gaily, 2:51.81. 2 Banks/Baker, Wey/Leighton Buzzard, 2:56.27.

3 Armstrong/Hinves, Linlithgow, 3:01.88.

K2LgA: 1 Smith/Booth, Lincoln/Bishop's Stortford, 2:34.43. 2 Yurkwich-Ell/Cooke-Bo,

Royal Leamington Spa, 2:39.18. 3 Mongan/Fisher, Lincoln, 2:40.68.

K2BU14: 1 Kemp/Bell, Reading/Longridge, 1:55.21. 2 Miles/Greaves, Royal Leamington Spa,

1:56.78. 3 Dowden/Nightingale, Royal Leamington Spa/Bradford on Avon, 2:00.91.

K2BU16: 1 Webb/Bohle, Richmond/Linlithgow, 1:50.73. 2 Gingell/Armstrong,

Wiltshire Y/Devizes, 1:52.71. 3 Peterson/Smithson, Banbury/Royal Leamington Spa, 1:54.11.

K2BU18: 1 Thomson/Littlewood, Ealing/National Talent, 1:51.58.

2 Dembele/Orma, Leaside/Anker Valley, 1:53.43. 3 Smithson/Glover, National Talent, 1:57.00.

K2MU23: 1 Johnson/Lusty, Chelmsford/Solihull, 1:54.79. 2 English/McMullen,

Olympic Development, 1:56.18. 3 Crocker/Creamer, Leighton Buzzard, 2:13.97.

K2M: 1 Bowley/Rutherford, Olympic, 1:36.93. 2 Krouwel/Hoogers, Frisia Amstelveen, 1:39.83.

3 Cresser/Poole, Nottingham/Leighton Buzzard, 1:42.18.

K2P: 1 Clay/Downing, 4AS, 2:53.46. 2 Marshall/Hage, 4AS, 3:08.89.

3 Marshall/Chettle, 4AS, 3:36.04.

K2P: 1 Clay/Downing, 4AS, 2:36.31. 2 Marshall/Chettle, 4AS, 2:58.78.

3 Marshall/Warwick, 4AS, 3:04.50.

K2MMasA/B: 1 Blackman/Brookes, Gaily, 1:57.42. 2 Willis/Hinves, Southampton, 2:01.57.

3 Martyn/Gorman, Wey, 2:01.88.

K2MMasC/D: 1 Avery/Haycock, Banbury/Leighton Buzzard, 2:00.97.

2 Clark/Williams, Chelmsford, 2:01.15. 3 Lucas/Martin, Richmond, 2:01.81.

C2W/U23/U18/U16: 1 Reid/Gill, 2:23.57. 2 Pryor/Hewitt, Lee Valley/Southampton, 2:36.22.

3 McAllister Jepps/Tomos, 2:48.95.

C2M/U23/U18/U16: 1 Weir/Caines, Banbury/Nottingham, 2:01.16.

2 Phillips/Meikle-Briggs, Richmond, 2:01.77.

K4GU14: 1 Addlestone, 2:03.93. 2 Ealing, 2:05.65. 3 Norwich, 2:10.12.

K4GU16: 1 Scottish Development, 1:56.69. 2 Norwich, 2:00.49. 3 Leaside, 2:02.09.

K4GU18: 1 National Talent, 2:03.93. 2 Royal, 2:12.11. 3 Falcon, 2:26.59.

K4WU23: 1 Olympic Development, 1:59.21. 2 Royal/Banbury, 2:04.92.

3 Leighton Buzzard/Richmond, 2:13.15.

K4LgA: 1 Lincoln/Bishop's Stortford, 2:20.68. 2 Norwich, 2:26.61.

3 Royal Leamington Spa, 2:27.35.

K4W: 1 Olympic, 1:45.16. 2 Olympic, 1:49.04. 3 2:11.00.

K4MMasA: 1 Southampton, 1:57.36. 2 Richmond, 1:57.87. 3 Northern Ireland/BCC, 2:03.50.

1km: K1GU16: 1 E Gray, Lincoln, 4:36.25. 2 R Kneen, Scottish Development, 4:38.80.

3 R Myburgh, Royal, 4:39.97.

K1GU18: 1 D Kerr, Scottish Development, 4:21.17. 2 L Lee-Smith, Norwich, 4:34.15.

3 M Johnson, Chelmsford, 4:34.89.

K1WU23: 1 A Ward, Elmbridge, 4:22.58. 2 S Rooney, Banbury, 4:28.84.

3 N Williams, Royal, 4:32.48.

K1W: 1 R Simon, Elmbridge, 4:14.18. 2 H Mason, Olympic, 4:22.02.

3 K Kover, Elmbridge, 4:36.44.

K1BU16: 1 M Marciniak, Wey, 4:29.24. 2 J Petersen, Banbury, 4:31.26.

3 J Webb, Richmond, 4:31.27.

K1BU18: 1 M Littlewood, Nottingham, 4:00.69. 2 W Smithson, Royal Leamington Spa, 4:03.32.

3 S Glover, Falcon, 4:03.36.

K1MU23: 1 D Johnson, Chelmsford, 3:49.91. 2 T Lusty, Solihull, 3:50.97.

3 S Redmond, Scottish Development, 3:58.04.

K1M - Farnham Cup: 1 J Boyton, Royal, 4:06.20. 2 M Bowley, Royal, 4:10.20.

3 E Rutherford, Elmbridge, 4:12.65.

K1MMasA/B: 1 B Sirrell, Royal Leamington Spa, 4:38.67. 2 M Martin, Leighton Buzzard, 4:38.76.

3 C Neale, Tonbridge, 4:4

The inside story

Samorin Quadrathlon

The World Sprint Championships, 0.75km swim, 20km bike, 4km kayak, 5km run; months of planning and the four full days of driving to get here are finally over. 80 smart looking bikes and kayaks are lined up ready and a mass of bodies gather in the small lagoon beside the Danube.

The water's surprisingly cold as we hang around waiting for the gun. The sun is hot but there's a keen southeasterly breeze. Eventually they give up trying to get everyone five metres back to the line and just set us off with no countdown. Missing the familiar buoyancy of the wetsuit, I try to settle into a rhythm. Swimmers are on a broad front; my one potential draft is zig-zagging everywhere so I go into a big space... looks like a large pack up there at the front. After the turn it's more of a line, 2 or 3 wide, and a push for the jetty.

It's the bike next and we run up the steep grass embankment to the tarmac path along the Danube and mount up. I set to and go chasing on the only leg where I have any real chance of gaining places. After a short section we turn back into the wind. Fortunately, the torsos of these strong Czechs and Slovaks offer more windage than mine so I creep up



a dozen or so places. I count the people ahead as they go back the other way. I've got up to 34th. We turn again tightly by the ferry over to Hungary and fly back with the following wind.

Watch for the odd nasty hole and lumps in the tarmac and overtaking cyclists coming the other way. I can't catch any more.

Scuttle down the bank and round to the lagoon to my kayak. Gingerly paddle away; this feels so much harder after the biking... With four laps it's impossible to tell who is on which. Stylish paddlers (lots of them, including Rob) speed by and there are a few sea kayaks to get past. I'm not comfortable in the waves but, as well as fatigue, confidence gradually builds with laps survived and the lake is quieter now. I even manage to win a little personal sprint battle down the last back straight before reaching the jetty with relief. Great cheering as I land but they are looking the other way; a Spaniard has just run across the line to win the race!

Excited commentary on the PA momentarily exceeds the flow of pumping dance music. A young Hungarian woman seems to have a short time penalty in the box and then races up the bank and off as I start to plod behind with legs feeling like lead. The run is an unforgiving out and back on the tarmac; it must be around 30 degrees now. Some cool water feels good on my head but this is hard and I haven't much left to give. A man flies past looking fresh, then we catch the Slovak second placed woman and make the turn. I stretch my longer legs and overtake the petite Hungarian, trying to nail the move with a sustained push. The next guys are quite far ahead. I gain on them as one overtakes the other but we've run out of road; it's gasping down the bank, onto the mat and there's the line!

Now where, oh where, is that cold shower?

Phil Holden

MU23: 1 F Sprusansky, Tatra Karlova Ves, 1:23:28.8. 2 J Moulik, Koko, 1:28:05.2.

3 M Dugas, Tatra Karlova Ves, 1:31:42.7 4 R Jefferies, 1:37:26.7.

M: 1 M Ozorak, Nové Zámky, 1:20:38.1. 2 C Schmidt, Ulm, 1:24:56.7.

3 S Dusan, Tatra Karlova Ves, 1:28:59.1. 5 P Holden, SyTri, 1:34:57.8.



Rob Jefferies chasing in kayak, otherwise pictures of Phil Holden.

Wet ground takes out Mason

Box End Race

A huge thank you to Mark Pryor and his great Quadrac Racing Crew that put on a superb World Cup race on 12th July, excellent organization, a superb course, great marshals and goodie bags... loved my WQF gym towel; it certainly lived up to World Cup status. Mark and his team of helpers were extremely thorough in every aspect of their organization, a huge thanks to them for giving us a great race in the BQA calendar!

It was wonderful to see some excellent racing and some top class competition plus some drama on the MT bike course due to overnight rain on very hard ground; several athletes had some impromptu falls on slippery corners, no injuries but, sadly, a broken rear mech for top quadrathlete Mike Mason. We had some great newcomers which is

always great to see and, as ever, plenty of BQA members all enjoying a great day's racing at Box End!

A cloudy morning start, the rain had stopped but the wind was going to be fairly strong. It was a little choppy in the swim and a crosswind for the kayak; the wind stayed with us the whole race and was quite strong on the homeward straight but I don't think it slowed any of us down too much!

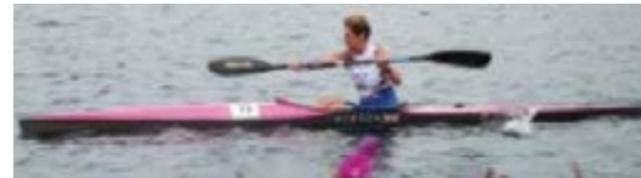
Steve Rust was first out of the water (12:12), closely followed by one of our top quadrathletes, Mike Mason (12:14); a second bunch of swimmers followed 30 secs later, containing excellent kayakers, Adam Norfolk, Stuart West and Nigel Unwin. Adam, putting in the fastest kayak split of the day (22:03), caught up with Mike; they stayed together and went out on the bike at the same time. Stuart West (top marathon



Stuart West.



Jeff Barns.



Jean Ashley.



Adam Norfolk.



Ian Webster.



Nigel Unwin.



John Kavanagh.



Octavia Champion.



Mark Pryor.

paddler) in his first quadrathlon moved into third place, followed by a group of very strong athletes including Nigel, Steve Rust, Oliver Main and John Kavanagh.

Adam and Mike were flying on their bikes; nothing between them, it was looking like an extremely close race... until, on the second lap, Mike's rear mech snapped as it hit the ground too close on a sharp corner, so, sadly, he had to pull out. Adam increased his lead and produced the fastest bike split of the day (37:15). Cross bikes were certainly proving to be the fastest and most favourable though hard bumpy ground with a few slippery patches did cause a few spills!

The race for the next five places was hotting up. Nigel and Stuart both had good bike splits whilst Dil Wetherill (his first quadrathlon), Mark Pryor and Phil Holden had even faster splits which moved them up the field.

Adam produced the fastest run also (20:07) and went on to win comfortably in 1:33:37. Nigel had a great run and moved into 2nd place (1:45:04) whilst Stuart managed to hold onto 3rd (1:46:26) with Mark chasing him down to take 4th (1:47:42). The closest finish of the day was a fight to the bitter end with Phil Holden just pipping first time quadrathlete Dil Wetherill, just a second between them (1:49:14 and 1:49:15).

In the ladies' race, newcomer Elaine Palmer was first out of the swim (14:06) with Octavia Chambers just behind and me 30 seconds later. As an experienced quadrathlete, I had a very swift transition and went into the kayak first place, my best discipline, where I moved 4 mins ahead of Octavia. Meanwhile, on the bike, Octavia and Mary White started to eat into my lead. Mary White, riding her cross bike, had a superb ride, producing the fastest split of all the girls (45:27). I was only 2 mins ahead after the bike but held onto my lead, coming home in 1st place (2:02:44) with Octavia 2nd (2:06:12) and Mary 3rd in 2:09:00.

There were plenty of good results and big smiles from all the athletes; it was good to see some of the old BQA members back in action after layoffs, Tony Runnegar (1:54:36) and Phil Nye (1:59:56), Roland Maclarg (2:08:05) plus our regular BQA members, Ned Price (1:58:41), Julian Brewer (2:01:08), Lance Ball (2:06:12), Peter Chappill (2:08:14) and another good performance from Margaret Huyton (2:27:02). I must also mention our one and only international competitor, Peter Apelt; it was good to see him back in action after he'd suffered a bike accident early on in the year... Well done, Peter, and thank you for flying the flag for Germany!

Special mentions must go to our new BQA members and first time quadrathletes Ian Webster (1:58:41) and Jeff Barns (2:15:11), excellent results from them both and I hope they really enjoyed their races and will be back for more!

Jean Ashley

1 A Norfolk, GB, 1:33:37. 2 N Unwin, GB, 1:45:04. 3 S West, GB, 1:46:26. 4 M Pryor, GB, 1:47:42. 5 P Holden, GB, 1:49:14. 6 D Wetherill, GB, 1:49:15. 7 O Main, GB, 1:50:57. 8 S Rust, GB, 1:52:29. 9 J Kavanagh, GB, 1:53:26. 10 A Runnegar, GB, 1:54:36. 11 N Price, GB, 1:55:26. 12 I Webster, GB, 1:58:41. 13 P Nye, GB, 1:59:56. 14 J Brewer, GB, 2:10:08. 15 J Ashley, GB, 2:02:44. 16 L Ball, GB, 2:04:27. 17 O Chambers, GB, 2:06:12. 18 J Ellwood, GB, 2:07:06. 19 R Maclarg, GB, 2:08:05. 20 P Chappill, GB, 2:08:14.

Some like it hot

Balaton Quadrathlon

The last major championships in the quadrathlon world cup series took place in Lake Balaton in Hungary at the end of August 2015. The temperature soared into the 40°Cs, giving organizer Adam Schmuck and his team lots of work to keep the competitors cool and the race as hot as is ever required for a sprint distance race. We certainly haven't had any conditions as warm as that at any of our races this year...

Jean Ashley

World Cup winners: WU23: 1 V Danisova, Slovensko, 350. 2 F Bodolai, Magyarország, 120. 3 I Jenkins, GB, 100. 4 F Hay, GB, 90.

W: 1 L Hirschfelder, Deutschland, 490. 2 G Immendorf, Deutschland, 420.

3 E Mielke, Deutschland, 390. 7 M White, GB, 140. 14 H Dyke, GB, 100. 15 J Ashley, GB, 100. 17 C Moran, GB, 90. 20 O Chambers, GB, 90.

WE: 1 L Hirschfelder, Deutschland, 490. 2 D Galmisova, Slovensko, 110. 3 A Santa, España, 110. 8 C Moran, GB, 100. 9 O Chambers, GB, 100. 12 S Allars, GB, 90. 14 A Weguekin, GB, 80.

WM40: 1 G Immendorf, Deutschland, 440. 2 Z Fiedlerova, Slovensko, 230.

3 U Weihe, Deutschland, 120. 8 H Dyke, GB, 100. 9 E Palmer, GB, 100. 10 S Joseph, GB, 90.

WM50: 1 E Mielke, Deutschland, 470. 2 J Dimaline, GB, 100. 3 J Ashley, GB, 100.

WM60: 1 M White, GB, 200. 2 A Möller, Deutschland, 120. 3 M Huyton, GB, 90.

MJ: 1 M Antol, Slovensko, 410. 2 A Antak, Slovensko, 230. 3 M Gräger, Magyarország, 230.

7 W Jackson, GB, 100.

MU23: 1 J Moulik, Ceska, 210. 2 M Dugas, Slovensko, 210. 3 D Papp, Magyarország, 180.

7 J Garnerm GB, 100. 8 R Jefferies, GB, 90. 10 T Macfarlane, GB, 90.

M: 1 E Peces, España, 460. 2 L Rousavy, Ceska, 430. 3 S Teichert, Deutschland, 375.

11 M Mason, GB, 200. 12 N Unwin, GB, 180. 13 J Kavanagh, GB, 170. 15 P Holden, GB, 140.

18 N Price, GB, 121.

ME: 1 E Peces, España, 470. 2 L Rousavy, Ceska, 460. 3 S Teichert, Deutschland, 405.

13 A Norfolk, GB, 100. 14 D Walker, GB, 100. 15 J Allars, GB, 90. 20 M Hay, GB, 80.

MM40: 1 L Szabo, Deutschland, 380. 2 P Holden, GB, 270. 3 T Berg, Deutschland, 230.

6 M Mason, GB, 200. 8 R Maclarg, GB, 160. 16 L Ball, GB, 105. 18 S West, GB, 100.

MM50: 1 P Majzlik, Ceska, 440. 2 K Mielke, Deutschland, 340. 3 K Rudolf, Deutschland, 330.

6 N Price, GB, 270. 8 N Unwin, GB, 200. 16 M Pryor, GB, 90. 18 R Breyer, GB, 80.

19 D Wetherill, GB, 80.

MM60: 1 J Kavanagh, GB, 430. 2 M Zdenek, Ceska, 390. 3 M Kotianik, Slovensko, 340.

Mason's 10 minute win

Keyo Brigg Bomber

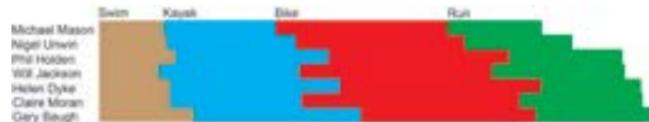
Lincsquad ran a very professional national middle distance championships at Brigg as a follow up to the previous year's world championships, hosted by Ancholme Leisure Centre and with swim safety cover provided by Glanford & Scunthorpe Canoe Club, whose clubhouse was adjacent to the start line.

Not least of the work involved the positioning of hundreds of barriers. By the middle of the race it was possible to stand at the end of the bridge and see kayaks going under in both directions, bikes going over in both directions and runners crossing on the footway, looping round and coming back up the embankment beside the river to cross the bridge again. Keeping all these streams apart and also avoiding any tangles with the bank holiday traffic on the A18 crossing the bridge called for respect.

As well as the nonstop competitors there were also teams of two, three and four, who should have been faster with specialists undertaking only parts of the race.

Although it was mild, the sun did not appear at all and there was intermittent light rain, perhaps welcomed by competitors. Free Lucozade was being handed out to competitors and spectators. Racers were also able to receive free massages at the finish.

The 1.5km swim in the River Ancholme, perhaps not the most inviting river ever, saw Will Jackson from Bideford, the only junior, as the first individual out of the water, 11 seconds after the leader from



Non team competitors who finished in the top three or had one of the three fastest times over one leg.

Fantastic4inaborrowedboat. Tata 340, the team from local agricultural firm Keyo (the sponsors) and Last Minute Lads followed and then came former British WW racing team member Michael Mason.

Once they got into the kayaks, however, the differences were only too obvious. Mason was one of those who powered away in a sprint K1 while a rival with a comparable swim time paddled his Dancer into the far bank, swung round and faced helpful comments from the bridge on which way he should be going. It did seem that the choice of craft for this leg had more bearing than any other aspect on the final outcome of the race.

Mason arrived back, having undertaken the 7km paddle to Broughton bridge and back 6 minutes faster than anyone else, 10 minutes faster than Jackson. Tata 340, who were to finish 2nd overall, lost 15 minutes on this leg despite being up with the leaders on all the other legs.



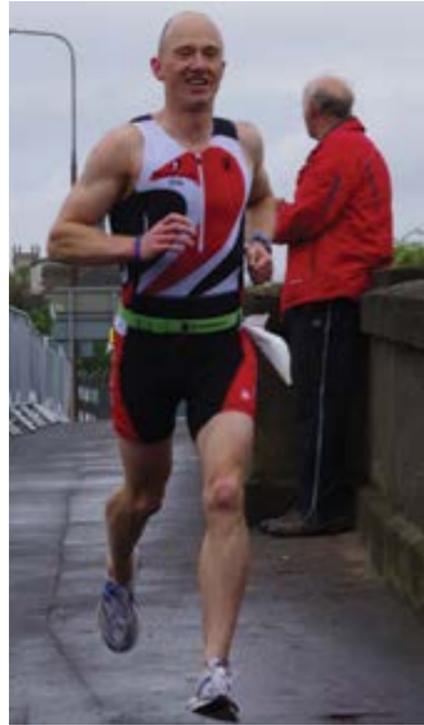
The race began with the swim in the River Ancholme.



Helen Dyke nears the end of the paddle.



Junior Will Jackson braves the bank holiday traffic.



Winner Michael Mason.



One of the Tata 340 team.



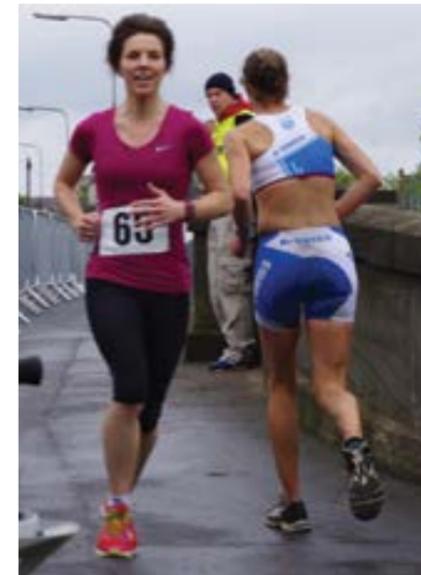
Phil Holden.



Local Gary Baugh and a non competitor.



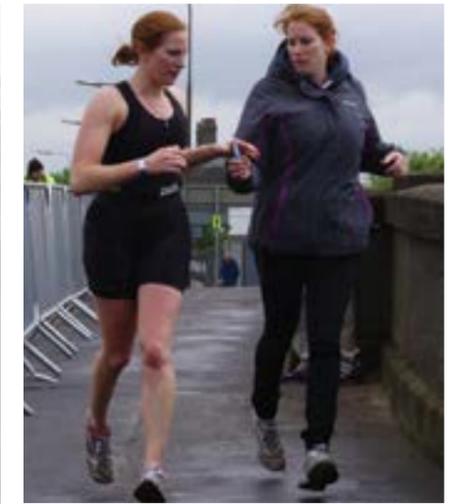
Sarah Allars.



One of the Keyo team passes Dyke.



Sallie Joseph.



Claire Moran picks up fuel.



Flora Hay and Isabella Jenkins.

The bike ride took competitors on a 36km loop to the southeast to search for some hills, this generally flat Lincolnshire countryside being in stark contrast with the 1 in 3 of Millook in the Awesome Foursome, for example. This was need for speed. Keyo were fastest, Nigel Unwin the first individual and 5th overall on the bike, over 3 minutes back with Mason another minute behind.

Two 5km running laps out to Cadney, an absolutely flat road run except for the river bank, completed the challenges. Mason was again the overall winner of the leg, pushed by Tata 340 and Silver Shadows, but Helen Dyke was the second individual, 2 minutes off Mason's pace.

Putting all this together, Mason won by nearly 10 minutes from the Tata 340 team with Unwin another minute back. The 3rd individual was Shrewsbury's Phil Holden, steady not excelling at anything. If he had a weak leg it was the kayak, 14 minutes off the pace, for which he would probably use the explanation that he is a triathlete, which excludes kayaks. He beat Jackson by just 13 seconds. Dyke was 6th individual home with Moran the next individual, these being the first females. Nearly two thirds of the individuals were masters, including John Kavanagh and Mary White in the over 60s.

Perhaps the most inspiring performance, however, was by under 23 Jack Garner from Lincsquad. A blind competitor, he was accompanied by three different minders over the course of the race and failed to make the top half of the individual field by just one place. While the tandem bike gave him a fast result, the double kayak was something of a tub, not built for speed. There were no other concessions in this national championships event for mainstream competitors, no other disablement dispensations. To see him running towards the finish line, holding onto one end of a strap carried by his minder while being encouraged home by the commentator, himself a double amputee, was a memorable sporting moment.

1 M Mason, Durham Triathlon, 2:34:51. 2 Tata 340, 2:44:17. 3 N Unwin, 2:45:30.



Blind Jack Garner completed the race.



Weather challenges great event

32nd Royal Deeside Triathlon

Spending the week before walking in the Cairngorms (with even a hard won ski up Ben Macdui on 1st May) maybe wasn't the best way to taper into this long event. Also, after a cold but bright week, the race day on Sunday brought steady rain all day with temperatures of 2 degrees up to about 6 later and a stiff easterly headwind. I have never raced in so many clothes!

There were around 30 in the bike-run-bike duathlon but only three entries in the bike-run-kayak tri, of whom one didn't show up, so just the two of us! I had the novelty of being first off in the one minute interval time trial start to the bike leg. With sweeping straights and a general downhill trend till the climb right at the end, the 35 mile ride from Braemar to Shooting Greens felt quite fast (till I later saw the impressive times others were doing). I started the 9.5 mile run still second on the course but other speedy duathletes passed me running along the river to Crathes. A long transition followed here with welcome dry clothes and then it was into my trusty (but not hugely comfortable) old touring kayak for the fifteen miles down to Aberdeen. This took 2 hrs 47 mins and I more or less lost feeling in my hands after about two minutes. A dozen or so grade I rapids spread along the leg added a dimension of route choice and a bit of technicality,

a new experience with Wing paddles in a long boat! At last the Bridge of Dee at Aberdeen came in sight, only to find that under this was the bumpiest wave on the whole paddle. One by one the five bridges in the city were passed and it was time to land at the boat club and attempt to stand up. Andrew Aitken, the other tri paddler, came in with Colin the kayak marshal not long after and slightly better dressed for the weather in a full wetsuit.

What a great event but it was a shame that more people didn't take part. Hopefully it will carry on and others will travel up and give it a go. A big thanks to the Fleet Feet team and all the marshals who must have got nearly as cold and wet as the racers.

Phil Holden



RAF in at the deep end

Expedition Africa

Round 4 of the Adventure Racing World Series, Expedition Africa, was held in the Kingdom of Swaziland, to great acclaim. The country's varied landscape, rich culture and diverse wildlife all contributed to a truly memorable experience! Swaziland has become the Kingdom of Adventure!

The race, organized by Stephan and Heidi Muller of Kineticgear, attracted 23 teams from all around the globe. It is popular with teams who want to experience African culture, landscape and wildlife on their racing expeditions and Swaziland delivered on all fronts.

The race venue was at the Lugogo Sun Hotel in the Royal Swazi Spa Valley Resort, where teams were welcomed with traditional drumming and dancing at the opening ceremonies. Once on the six day long 450km course the racers had plenty of opportunity to meet local farmers and villagers as they navigated around challenging and mountainous country. Temperatures were hot in the day and close to freezing at night and many teams had wildlife encounters as they passed through game reserves.

For some this unique experience and the challenge of completing an expedition length course together as a team were enough motivation. One such was the Royal Air Force team from the UK, who arrived as novice adventure racers, not really knowing what to expect, but determined to finish the race. Most teams new to AR start with a one day race but this team were straight in at the very deep end and didn't even have an experienced navigator among them. 'Yes, we're pilots but we realized that we pilots need to learn how to navigate!' they said.



Not that this stopped them completing the course in an impressive 15th place, taking 128 hours and 47 minutes to get to the finish line. One other team behind them completed the full distance and the rest had to cut the course short to get to the finish line but completed as much as they could.

For the elite teams, however, the racing was as important as the expedition experience and the RAF team finished more than 2 days after the race winners, Merrell Adventure Addicts. This team have been the highest ranked South African team in the AR World Series for many years and are past Expedition Africa winners but for this event they had a new team lineup and core team member for many years Donovan Sims was also returning to competition after recovery from hairy cell leukemia, with which he was diagnosed only last year. Joining Sims and team captain Graham Tweet Bird were the two new team members, Grant Ross and Robyn Kime, who was in her first expedition length race.

The race began with a trek straight up the bare rock slopes of Sibebe, the highest granite dome in the world, and in the early stages it was the Estonian Ace Adventure team who took the lead. This first trek was broken by a canyoning stage where teams abseiled and jumped among the rocks in freezing cold water, an experience which left them shivering even in the heat of the day. In these early stages the Estonian team was challenged by Swedish teams Sweco and Peak Performance.

After passing through game reserves on their bikes and crossing reservoirs in their kayaks, the teams made their way towards the caving stage which took them deep underground and through narrow squeezes which tested their nerve. This was followed by a huge 155km hilly mountain bike ride and it was on this stage that Merrell Adventure Addicts moved to the front.

They were caught again by the chasing teams at the start of the next paddling stage where teams were held overnight for safety reasons, that is hippos and crocs in the water! This Dark Zone bunched up the race again but it allowed the leaders a good night's sleep before the second half of the race and, despite a late challenge from the Estonians, it was the S African team who had the stamina, skill and steely determination to claim the win in 72 hours 30 minutes, with Estonian Ace Adventure just 15 minutes behind them and team Peak Performance of Sweden 3rd.

The winners received a free entry to the AR world championships and team Graham Bird said 'Our team worked brilliantly as a unit. We just continued to focus on racing to the best of our abilities and race our own race. Grant Ross and Robyn Kime have fitted in perfectly and we look forward to building and strengthening our team performance as we prepare for XPD in Australia and AR world championships in Brazil.'

Teams left the race with the memories of a lifetime from their Swaziland Adventure, a race international photojournalist German Cuevas called 'Almost the perfect adventure race.'

Kingdom of Swaziland

King all the way

Shrewsbury Sprint Quad

Shrewsbury once again gave us a great day's racing, blue skies, a calm fast river, if a tad cold, with a strong current downstream but hard work up, a slight wind on the undulating bike course and a fast flat run with the occasional muddy patch... all in all, fantastic conditions for racing! We had a good strong field of quadrathletes, our top athletes and age groupers, plus 12 newcomers who all gave it their best and finished with happy faces!

Congratulations to winner Steve King who took the lead from the start with Adam Norfolk hot on his heels, just 10 seconds behind after the swim/kayak. Steve put in the joint fastest bike split of the day (shared with the overall winner of the triathlon). He was a good 2 minutes ahead; however, Adam put in the fastest run of the quadrathlon but was still not able to catch him, Steve's time, 1:22:09, Adam's 1:23:57. Meanwhile, there was a battle for 3rd place with Stuart West coming in 3rd after the kayak. Nigel Unwin overtook him on the bike and ran well to hold his 3rd place, 1:29:05. Stuart finished 4th, 1:32:49. BQA members Andy Childs and Phil Holden were battling on the run to finish 5th. Andy just held Phil off, 1:36:34, with Phil 6th, 1:36:45.

In the ladies' event I finally took 1st place. After taking the lead on the kayak, I was overtaken on the last mile of the bike. I had a speedy transition and the two leaders went out on the run together. I pushed hard and went into the lead, finishing in 1:45:14 with Jacqueline Davis, a strong triathlete, (competing in her first quadrathlon) 2nd, just a minute behind, 1:46:11. Another great performance in her first quadrathlon was Heather Streetly; she finished 3rd in 1:53:55. It was a great effort from all the other females; for many of them it was their first quad... and, judging by their smiles, not their last!

There was a great turnout of BQA members, all getting valuable National Trophy points; with two more races left there were no clear

winners yet! Thank you to BQA athletes flying the flag this weekend, good to see you all. Duncan Pearson was 8th back in fine form after an injury, 1:37:21. John Kavanagh was 13th (1st Vet 60), 1:41:27, and, just behind, his training buddy, Ned Price 14th, 1:42:08. Peter Chappill, 18th, was also back from injury, 1:44:38, looking strong again. John Redmond finished well, 20th in 1:53:43 and it was great to see Alistair Bates, Vet 60, back again, enjoying his race and finishing well in 25th... but 2nd Vet 60! Our other BQA member, Margaret Huyton, also Vet 60, came 5th lady overall, putting in her best quadrathlon performance to date... great results, everyone.

The Trophy standings were still open with three races to count (must be a BQA member to claim the trophy/prize). Nigel Unwin was in the overall lead, having done three races, along with Phil Holden, John Kavanagh and Ned Price. Adam Norfolk was 5th but had another race to do, which could change the positions after the Fabian4. I was winning the ladies' trophy but, once again, there were still two races left!

I would like to say a huge thank you to Gill Otto and SYtri for letting us, once again, be part of their triathlon. British quadrathlon really appreciate this... superbly organized, very friendly and great value for money; you left no stone unturned! The marshals were brilliant... along with their cow bells they made us feel very welcome. It was so good to see plenty of onlookers enjoying the quadrathlon and I have had so much positive feedback from the quadrathletes and from triathletes all wanting to add another discipline next year! We hope SYTri will have us back next year for another great race... thank you.

Jean Ashley

1 S King, Not for the Ordinary/Hereford, 1:22:09. 2 A Norfolk, Nottingham, 1:23:57. 3 N Unwin, Corsham, 1:29:05.



Mason beats teams by five minutes

Dyffryn Conwy Mountain Challenge

This year the Fabian4 Dyffryn Conwy Mountain Triathlon (pew, what a mouthful) metamorphosed into a Mountain Challenge with the addition of a duathlon to cater for those who do not kayak. As it turned out, there were surprisingly few entries for this option, probably because there were so many other competing events, though the calibre of those who did enter was high.

A warm sunny day meant that for marshals and spectators as well as competitors it was a pleasure rather than a penance to be out on the course, which has not always been the case... As usual, the route started from the bridge over the river at Conwy, carefully timed to utilize the flood tide to reach the footbridge at Dolgarrog when the water was at its highest so that getting onto the bank was easy.

For the runners, conditions were wet underfoot (when are they not?) from the previous night's rain but once the hard graft of the dreaded concrete road was past, they were able to enjoy the fast running and spacious feel of the Cowlyd valley. From the top of the ridge above the dam there were stunning views of the high mountains, and many competitors commented on the exhilarating descent into Crafnant.

Down at the event centre at Nant Conwy Rugby Club, the transition from run to bike was quickly made and it was up into the Gwydyr forest on a course involving fast forest tracks and more technical sections of Marin trail single track. There were no serious mishaps, even at the notorious river crossing just before the finish, though Archie



Parks was seen describing a complete somersault with his bike and pedalling off unscathed.

The men's individual triathlon was won by Michael Mason in a time of 3:23:53, an impressive 5 minutes ahead of the first team, Masters of the Universe (Jane Millar, Tom Watson and Joe Barnwell). Seventeen year old Joe Barnwell clocked the fastest time of the day for the bike leg, an astonishing 46:55! Last year's winner, Adam Norfolk, had to be content with 2nd place overall this time. First lady was Louise Beetlestone in a time of 4:33:01.

A high achieving family was the Dallimores, Nick and Caroline, who both won their respective categories in the triathlon.

Our thanks go to the Rugby Club for hosting the event in their clubhouse, an ideal venue, and providing much needed pasta and drinks for all. Also grateful thanks to the many local businesses who donated such generous prizes and, finally, thanks to the thirty five marshals and other helpers who gave up their Sunday to open gates, fend off traffic, and manage the sophisticated Racetek scanners that enabled race control to keep tabs on who was where and produce lists of results in no time at all. We hope to have raised a goodly sum to donate to the Snowdonia Society.

Jean Ashley

1 M Mason, Durham Triathlon, 3:23:53. 2 Masters of the Universe, 3:28:34. 3 P's, 3:25:20.



Jean Ashley

Mighty winners in Wales

Jaguar Land Rover Challenge

Jaguar Land Rover, the UK's largest automotive employer, is celebrating the 30th anniversary of the UK's largest and longest running corporate challenge.

The Jaguar Land Rover Challenge is an outdoor team challenge weekend for teams of employees who set up camp then participate in a full day of walking and team activities the next day. The highest scoring team wins the Golden Boot trophy.

This year's event was based in the Royal International Pavilion, Llangollen, which hosts the International Music Eisteddfod. The teams comprising 600 employees camped at the site overnight then started the challenge early the next morning. Participants had 11 hours to cover various walking routes totalling 53km and activities including abseiling, mountain biking in Llandegla Forest, a canoe challenge in the Llangollen canal, a Land Rover Experience driving challenge and various problem solving challenges.

Ken Gregor, chief financial officer of Jaguar Land Rover, presented the awards on behalf of the board. Ken said 'The Jaguar Land Rover Challenge is a fantastic event with an incredible spirit of energy, enthusiasm and camaraderie. I've participated in the challenge five times and know what an enjoyable as well as physically demanding event it is. The challenge builds teamwork and friendships: it's great to see colleagues taking on new challenges, pushing above and beyond their normal limits and supporting each other when the going gets tough. Our business is the ultimate team sport and our biggest asset is our people. If we can harness this spirit of teamwork and energy, which has been truly impressive today, we can overcome any challenge Jaguar Land Rover faces.'

The Mighty, a team of engineers who have all completed the company's two year graduate programme, won the 30th anniversary challenge for a second consecutive year after running 37 miles and participating in a large number of activities during the competition. Team member Chris Bellamy explained 'We're absolutely delighted

to win the challenge Golden Boot. We've all been friends since we started the graduate programme a few years ago and really enjoy taking part. We spent a lot of time planning our route, worked hard and were determined to keep pushing ourselves and also had some practice sessions to make sure we were in good shape. I think the challenge a great event; you can get to know people outside the office, build friendships on shared experiences, improve your fitness and strengthen problem solving and team working skills whilst having fun.'

Les Ratcliffe, head of community relations at Jaguar Land Rover, explained 'We are delighted to be celebrating the 30th anniversary of the Jaguar Land Rover Challenge, which I've been involved with from its inception. We've seen the challenge grow from strength to strength over recent years with the support of our delivery partner Elan Valley Lodge to accommodate the growing demand from our workforce. This year we have a diverse range of teams including apprentices and graduates, employees, some of whom have competed for 25 years, and various supplier teams. The event wouldn't be possible without the support of Elan Valley Lodge, organizing committee, volunteer marshals, St John Ambulance and the local communities where we base ourselves each year. I'd like to say a huge thank you to everyone involved.'

Polar explorer Ben Saunders, who is a Land Rover brand ambassador, gave an inspirational talk to employees before the award ceremony after touring the key sites and meeting teams taking part in the event. Ben commented 'The 30th Anniversary Jaguar Land Rover Challenge with 100 teams and 600 participants competing in deepest Wales was an extraordinary testament to the brilliant people that bring Jaguar Land Rover's class leading vehicles to life. My toughest expeditions have taught me that the ability to rely on the people around you is a crucial factor in performing at the highest level and this unique event demonstrated that teamwork, leadership and the willingness to tackle challenges head on is something that unites Jaguar Land Rover as a business.'

Kate Birkenhead

Awesome Foursome

The final BQA trophy race of the 2015 season took part in Bude on Saturday 19th September. This is one of our longest running established quadrathlons; this race never ceases to amaze me. I have raced it in all weathers... but on Saturday we were blessed with the best weather in which I've ever raced at Bude. The sea was flat, there was no wind, the paddle was very calm on the canal, the hills were still tough but, being dry, they seemed easier to climb and the views were spectacular on the undulating run course!

The race was a little low on numbers this year; the locals had had a very busy race season and it was the third race on the trot in the BQA calendar. Having said that, the standard of individual athlete was excellent and there was a great selection of pairs and fours in the team event. The locals led the way and certainly showed us all how to swim with a double loop within Summerleaze Bay. Nigel Unwin (BQA) was on a mission; he had to win the race to claim the overall trophy... so he went out very hard on the bike with the aim of giving himself a good advantage going into the paddle. John Durrant and Simon Hammond, race organizer, were chasing him but he had a good fast paddle and went onto the run with a good lead. He came home in 2:29:25, almost 9 mins ahead of John Durrant in 2:57:59. Simon had a brilliant race, considering he was organizer and been very busy beforehand; he came 3rd in 3:00:08!

Local athletes and teams took the next few places but, not far behind,

Oliver Main came 7th (3rd V40), 3:11:27. Oliver has completed four BQA trophy races this year.

Other BQA athletes flying the flag and racing very well were Russel Brayer 8th (2nd V50), 3:14:02, Ned Price 9th (3rd V50), 3:16:36, and Peter Chappill 12th, 3:29:08. John Kavanagh battled on despite feeling poorly: he eventually called it a day during the kayak. John has had a superb season; it was a great shame he was unwell for the last race.

I took the individual lead on the swim and had a solid performance throughout, winning in 3:25:24 (1st V50) with Emma Bartrop 2nd, 3:51:28 (1st V40). There were plenty of excellent lady athletes in teams and pairs and here's hoping they may go solo next year! Helen Parkinson, a well know previous winner of the event, teamed up in a mixed pair (due to injury), still performing well in the swim and kayak; she took the pairs title.

A big thank you to Simon, his family of helpers and all his marshals for putting on another great race... everyone enjoyed the day! The race was done and dusted by 2.00pm and, as it was a Saturday, there was plenty of time to enjoy the rest of the weekend. Bude was buzzing... with a food festival plus live music which entertained us and there was plenty of surfing and bodyboarding to be had! If you didn't make the race this year... make sure its in your calendar for 2016... you'll love it!

The BQA 2015 national trophy prizes were also presented. Overall winners were Nigel Unwin and me, Phil Holden V40, Ned Price V50 and John Kavanagh V60.

Jean Ashley



The cycle climb up Millook Hill.



The swim out from the end of the canal at Bude.



View of the run course.

1 N Unwin, 2:49:25. 2 Dream Team, 2:52:38. 3 Dyke/Ridgely, 2:53:02.

NT leaders: LU23/J: 1 I Jenkins, 120.

L: 1 J Ashley, Chester Tri, 340. 2 M White, Horwich Harriers, 204. 3 M Huyton, 198.

LO40: 1 H Dyke, 120. E Palmer, 120. 3 J Davis, Frome Tri, 120.

LO50: 1 J Ashley, Chester Tri, 480. 2 J Dimaline, Kingston K, 120. 3 J Dean, 110.

LO60: 1 M White, Horwich Harriers, 240. 2 M Huyton, 230. 3 C Dallimore, 120.

MU23/J: 1 W Jackson, 120. 2 J Garner, Lincsquad, 110. 3 T Macfarland, 105.

M: 1 N Unwin, 340. 2 A Norfolk, Nottingham, 340. 3 P Holden, Sy Tri, 302.

MO40: 1 P Holden, Sy Tri, 320. 2 O Main, Hereford, 310. 3 M Mason, Durham Tri, 240.

MO50: 1 N Unwin, Macclesfield, 480. 2 N Price, Macclesfield, 420. P Chappill, Lincsquad, 293.

MO60: 1 J Kavanagh, Macclesfield, 360. 2 N Dallimore, MDC, 120. 3 C Hartfall, 110.

Corporate races

The Snowdonia Charity Challenge on Jun 11th is a corporate triathlon for teams of four to cycle 64km, climb Snowdon and paddle Llyn Gwynant for the Regain Sports charity.

The Ben Nevis Charity Challenge the following week will climb Ben Nevis, cycle 40km and paddle Loch Lochy to raise funds for the British Heart Foundation.

Finally, Race the Sun on Jun 25th is to raise funds for children's charity Action Medical Research. Teams have to cycle 77km, climb Pen y Fan and paddle Pontsticill Reservoir before sunset.

Wet Wood wins

National Championships

The ICs were back at Stone on the Blackwater estuary for this year's nationals, facing typically force 4 northwesterlies, with a 90° wind shift on the first day. The sun didn't make much effort to appear from behind the clouds until the final day but it stayed dry, even if the sailors didn't.

The *Ross Revenge*, home of Radio Caroline, was parked just downstream on a swinging anchorage, a conspicuous pointer to what the conditions were doing.

The new rules ICs were to prove faster than the ACs over the triangle



Off the startline in the third race.



Robin Woods spent a lot of time doing this.



Phil Robin and Rob Bell.



Dave Timson and Mark Goodchild in the third race.

and sausage courses but there were some difficulties keeping them upright.

Unusually, the all male class were under the control of an all female committee boat team throughout the week, more polite than the average committee.

The first day's two races both went to Robin Wood in IC with Alistair Warren and Gareth Caldwell sharing the next two places. Steve Bowen was set to have a stressful day in AC. In the second race he was over the line and failed to respond to his recall, earning him a disqualification. He had been first AC home in the opening race but a protest had been flagged up, which the race officer probably would have accepted. She did not have to make a decision as the protest was withdrawn out of sympathy following the later disqualification. This class has gentlemen. Max Reid got his only finish in the whole event, putting him ahead of Alan Powell, who never got off the beach.



Phil Allen in the fourth race.



Phil Allen rounding Osea in the long distance race.



Robin Woods under control in the eighth race.



Steve Bowen in his AC.



Robin Woods heads towards the *Ross Revenge*.



Alistair Warren in *Dragon Fly*.



Gareth Caldwell crosses the line in the eighth race.

Friday morning saw two successive wins for Warren. Wood capsized at the leeward mark in Race 3, pushing him back to 3rd place. He capsized at the windward mark in Race 4 but was back in the lead by the second rounding of the leeward mark, Warren managing to get back in front before the finish. Dave Timson and Phil Allen took the successive AC wins.

Race 5, in the afternoon, was the long distance race. From the club the route crossed the estuary, went down to the Bradwell power station jetty, back up to and round Osea island and returned to the club. Caldwell seemed to have an unassailable lead on reaching the island but, from the top of the island, Phil Allen opened his spinnaker for a high speed run to the finish and 1st place. Wood had retired with a broken halyard and Colin Brown with cramp in his legs.

Saturday offered a northerly and Wood capsized four times before the start, being last to leave the line. However, he sailed through most of the fleet, only Warren and Robin managing to stay ahead of him to the line. Timson was first AC home. As usual, the two morning races were sailed back to back.

Race 7 fell to Wood with less problems this time, Phil Allen taking the AC win.

The social programme had included a meal in the clubhouse each evening for sailors and partners. For a change, this night a curry was laid on by Marconi Sailing Club, a 20 minute walk away along the river bank. The club included some fascinating features, including a bar built with timbers from Marconi's own yacht.

To make the final day a pleasant one the wind eased and the sun appeared at times. Wood capsized just before the start but still pulled off the win in Race 8. Timson brought home the first AC. It was the only start Robert Stebbing managed all week and he was disqualified for being over the start line.

The final race was another Wood win with Andy Gordon taking the ACs. A complex incident happened at the windward mark when novice Roger Howell had difficulty getting his spinnaker down and tangled with Perham Harding before they both tangled with the committee boat, the sails making it difficult to see who had capsized and who was responsible for a succession of infringements by both of them.

Despite all his swimming, Wood took the Quincy Cup with five 1sts, a 2nd and a 3rd after two discards from the nine races, Warren only a couple of points behind him. In the ACs Phil Allen took the Knowles Challenge Bowl, just a point clear of Timson.



The fleet on the last day.



Robin Woods leading the fleet again.

- 1: IC:** 1 R Wood, Llandegfedd. 2 A Warren, Chichester. 3 G Caldwell, Blithfield.
AC: 1 S Bowen, Aberaeron. 2 D Timson, Llandegfedd. 3 M Reid, Oxford.
H: 1 S Bowen, Aberaeron. 2 D Timson, Llandegfedd. 3 M Reid, Oxford.
2: IC: 1 R Wood, Llandegfedd. 2 G Caldwell, Blithfield. 3 A Warren, Chichester.
AC: 1 P Allen, Chichester. 2 A Gordon, Stokes Bay. 3 D Timson, Llandegfedd.
H: 1 R Wood, Llandegfedd. 2 G Caldwell, Blithfield. 3 A Warren, Chichester.
3: IC: 1 A Warren, Chichester. 2 G Caldwell, Blithfield. 3 R Wood, Llandegfedd.
AC: 1 D Timson, Llandegfedd. 2 P Allen, Chichester. 3 S Bowen, Aberaeron.
H: 1 A Warren, Chichester. 2 G Caldwell, Blithfield. 3 R Wood, Llandegfedd.
4: IC: 1 A Warren, Chichester. 2 R Wood, Llandegfedd. 3 P Robin, Hayling Island.
H: 1 A Warren, Chichester. 2 R Wood, Llandegfedd. 3 P Robin, Hayling Island.
5: IC: 1 G Caldwell, Blithfield. 2 P Robin, Hayling Island. 3 A Warren, Chichester.
AC: 1 P Allen, Chichester. 2 S Bowen, Aberaeron. 3 D Timson, Llandegfedd.
H - Murphy-Howard Cup: 1 P Allen, Chichester. 2 G Caldwell, Blithfield. 3 S Bowen, Aberaeron.
6: IC: 1 A Warren, Chichester. 2 P Robin, Hayling Island. 3 R Wood, Llandegfedd.
AC: 1 P Allen, Chichester. 2 D Timson, Llandegfedd. 3 S Bowen, Aberaeron.
H: 1 A Warren, Chichester. 2 P Robin, Hayling Island. 3 R Wood, Llandegfedd.
7: IC: 1 R Wood, Llandegfedd. 2 A Warren, Chichester. 3 G Caldwell, Blithfield.
AC: 1 P Allen, Chichester. 2 S Bowen, Aberaeron. 3 D Timson, Llandegfedd.
H: 1 R Wood, Llandegfedd. 2 A Warren, Chichester. 3 G Caldwell, Blithfield.
8: IC: 1 R Wood, Llandegfedd. 2 G Caldwell, Blithfield. 3 C Brown, Ullswater.
AC: 1 D Timson, Llandegfedd. 2 S Bowen, Aberaeron. 3 P Allen, Chichester.
H: 1 R Wood, Llandegfedd. 2 G Caldwell, Blithfield. 3 C Brown, Ullswater.
9: IC: 1 R Wood, Llandegfedd. 2 A Warren, Chichester. 3 C Brown, Ullswater.
AC: 1 A Gordon, Stokes Bay. 2 D Timson, Llandegfedd. 3 P Allen, Chichester.
H: 1 S Allen, Hayling Island. 2 R Wood, Llandegfedd. 2 A Warren, Chichester.
O/A: IC - Quincy Cup: 1 R Wood, Llandegfedd, 10. 2 A Warren, Chichester, 12. 3 G Caldwell, Blithfield, 17.
AC - Knowles Challenge Bowl: 1 P Allen, Chichester, 11. 2 D Timson, Llandegfedd, 12. 3 S Bowen, Aberaeron, 19.
H: 1 R Wood, Llandegfedd, 13. 2 A Warren, Chichester, 16. 3 G Caldwell, Blithfield, 23.

Winter meet workshop

The OCSG winter meet will be at Bowness-on-Windermere over Feb 12-14th. Most of the Saturday will be given over to a Coastal Navigation & Tidal Planning workshop with Howard Jeffs, who has long experience of sea kayaks and is not unfamiliar with sailing canoes. There will also be a chance to get afloat during this social event.

Defenders successful

26th Liverpool Tournament

Nearly 40 teams supported Friends of Allonby's international tournament this year although only two, Kamikaze and Galway from Ireland, were overseas teams. Four pitches were in use, as usual, and saw a full weekend of play in which not a single red card was issued.

Also as usual, it tied in with the Mersey River Festival so there were large crowds and plenty of adjacent activities, including progressing

drummers and an air display which seemed to be prevented from getting closer to the pitches only by the presence of the big ferris wheel alongside. As it was, shadows of the looping aircraft were crossing the play during the last final.

The weather was blustery, often sunny but perhaps force 6 westerly off the river on Saturday afternoon, gobs of foam being blown over at high water onto the Class 1 pitch.



Scotia A and Kamikaze saw no goals scored.



Galway beat Cherwell B.



Bridgend draw with Kamikaze.



Friends of Allonby A start Sunday by pounding Meridian E.



Galway trounce Scarlet Ladies.



Scarlet Ladies beat Cherwell B by a goal.



Tees outplay Kamikaze.



Meridian E hammer Kamikaze.



Kamikaze were unable to score against Dragon.



Kingston B beat Trentham in the Class 2 final.



Kingston A beat Meridian E in the Class 1 3/4 playoff.



Dragon beat Fiends of Allonby A in the Class 1 final.

Teams were not divided by gender and the top mostly female team were to be Scarlet Ladies, 8th in Class 2.

The Class 4 win went to Dragon Defenders, beating new team Penrith 4-3 in the final. Other finals were equally close, the Class 3 final seeing Cherwell C beating Viking 3-2.

The Class 2 final had Trentham A controlling the game but Kingston B being more accurate with their shooting when they got the chance. In the second half one of the Kingston team received a yellow card for a chest tackle of a Trentham player. His sending off reduced the Kingston team to four players but they still managed another goal, giving a 4-3 win.

The league matches for Class 1 saw Tees being refused a goal on the final hooter, not that it made much difference in their 8-1 defeat by Dragon.

The 3rd/4th playoff, which had been dominated by Meridian E, built up to a dramatic climax. Meridian sank what should have been the decider 11 seconds from time, giving them a 4-3 lead, but Kingston A took a long shot which went home with 2 seconds still on the clock. Three minutes of extra time each way produced nothing more so it

went to a penalty shootout. Kingston sank all their shots but Meridian missed one shot and had another blocked by the goalkeeper, turning round the fortunes in what had appeared to be a Meridian win earlier in the game.

Defending champions Dragon took on hosts Friends of Allonby A in the Class 1 final. Each had a shot bounce away off the frame in the opening minutes, then Friends of Allonby broke away but missed a shot. Dragon drew the first blood 4 minutes into the game but could make no further progress. Three of their shots were blocked, one bounced off the frame, one went over and one went wide. The Friends could do no better, a couple of shots being blocked and another going wide. Going into the second half, the hosts continued to attempt to equalize, one shot going wide and other being saved. Two and a half minutes from time Dragon broke with the ball and took it to an undefended net, advancing the lead to 2 goals. Friends came back a minute later but their attempt was blocked. Another minute saw Dragon bounce one away off the frame and a shot 10 seconds from time fell low. They had done enough to retain their title, however.

1: Bridgend 4, Scotia A 0, Kamikaze 0, Friends of Allonby A 11, Kingston A 3, Meridian E 4, Cherwell A 2, Dragon 6, Bridgend 6, Tees 6, Scotia A 4, Kamikaze 2, Friends of Allonby A 1, Kingston A 3, Meridian E 6, Cherwell A 1, Dragon 8, Tees 1, Bridgend 3, Kamikaze 3, Scotia A 4, Friends of Allonby A 4, Kingston A 5, Cherwell A 3, Meridian E 1, Dragon 6, Tees 3, Kamikaze 1, Cherwell A 7, Bridgend 1, Dragon 7, Scotia A 3, Kamikaze 1, Kingston A 9, Cherwell A 2, Tees 5, Friends of Allonby A 6, Meridian E 2, Bridgend 3, Kingston A 7, Scotia A 2, Tees 2, Kamikaze 2, Meridian E 10, Friends of Allonby A 3, Cherwell A 2, Kingston A 2, Dragon 6, Meridian E 12, Bridgend 3, Cherwell A 3, Scotia A 5, Tees 2, Friends of Allonby A 7, Kamikaze 0, Dragon 6, Meridian E 5, Scotia A 6, Tees 1, Kingston A 5, Dragon 5, Bridgend 1. **SF:** Dragon 9, Meridian E 4, Kingston A 2, Friends of Allonby A 6.

3/4: Meridian E 6, Kingston A 8. **F:** Dragon 2, Friends of Allonby A 0.

O/A: 1 Dragon, 2 Friends of Allonby A, 3 Kingston A, 4 Meridian E.
2: Scarlet L 0, Kingston B 6, Univ of London 3, Meridian Mad Men 3, Galway 1, Wildcats A 3, Trentham A 6, Aberfan 2, Meridian Z 1, Cherwell B 4, Scarlet L 2, Univ of London 4, Kingston B 4, Galway 3, Meridian Mad Men 4, Wildcats A 1, Meridian Z 4, Trentham A 9, Cherwell B 3, Aberfan 1, Galway 5, Scarlet L 1, Wildcats A 6, Univ of London 4, Kingston B 6, Meridian Z 1, Meridian Mad Men 3, Trentham A 6, Aberfan 2, Univ of London 3, Galway 5, Cherwell B 2, Scarlet L 4, Meridian Z 0, Wildcats A 1, Kingston B 2, Aberfan 1, Meridian Mad Men 7, Trentham A 7, Wildcats A 2, Cherwell B 3, Scarlet L 4, Aberfan 2, Meridian Z 1, Univ of London 2, Galway 1, Kingston B 5, Meridian Mad Men 2, Trentham A 7, Scarlet L 0, Wildcats A 5, Aberfan 1, Cherwell B 2, Kingston B 7, Meridian Z 0, Galway 8, Univ of London 4, Trentham A 6, Meridian Mad Men 5, Cherwell B 2. **7/8:** Cherwell B 2, Scarlet L 0. **5/6:** Galway 2, Wildcats 3. **SF:** Trentham A 4, Univ of London 0, Kingston B 5, Meridian Mad Men 2. **3/4:** Univ of London 5, Meridian Mad Men 3. **F:** Trentham 3, Kingston B 4.

O/A: 1 Kingston B, 2 Trentham A, 3 Univ of London, 4 Meridian Mad Men, 5 Wildcats A, 7 Cherwell B, 8 Scarlet L, 9 Meridian Z, 10 Aberfan.
3: Cherwell C 0, Red Rose 2, Trentham B 5, Friends of Allonby B 3, Viking 2, VKC 2, Wildcats B 6, Lancaster Univ A 3, Univ of Birmingham 1, Liverpool 3, Cherwell C 5, Trentham B 0, Red Rose 5, Viking 6, Friends of Allonby B 4, VKC 6, Univ of Birmingham 1, Wildcats B 6, Liverpool 1, Lancaster Univ A 0, Viking 3, Cherwell C 3, VKC 3, Trentham B 1, Red Rose 4, Univ of Birmingham 0, Friends of Allonby B 1, Wildcats B 9, Lancaster Univ A 2, Trentham B 2, Viking 5, Liverpool 2, Cherwell C 3, Univ of Birmingham 0, VKC 1, Red Rose 1, Lancaster Univ A 3, Friends of Allonby B 4, Wildcats B 5, VKC 3, Liverpool 1, Cherwell C 1, Lancaster Univ A 4, Univ of Birmingham 3, Trentham B 1, Viking 3, Red Rose 8, Friends of Allonby B 0, Wildcats B 1, Cherwell C 2, VKC 3, Lancaster Univ A 1, Liverpool 3, Red Rose 3, Univ of Birmingham 1, Viking 5, Trentham B 0, Wildcats B 7, Friends of Allonby B 2, Liverpool 6. **SF:** Wildcats B 1, Cherwell C 5, Viking 2, Red Rose 0.

3/4: Wildcats B 0, Red Rose 4. **F:** Cherwell C 3, Viking 2. **O/A:** 1 Cherwell C, 2 Viking, 3 Red Rose.
4: Friends of Allonby C 4, Lancaster Red Rose 1, Univ of London L 4, Lakeland Rookies 0, Penrith 6, Liverpool Univ 1, Dee Valley 2, Liverpool L 1, Castle 1, Dragon Defenders 5, Friends of Allonby C L 5, Univ of London L 5, Lancaster Red Rose L 0, Penrith 6, Lakeland Rookies 0, Liverpool Univ 5, Castle 2, Dee Valley 2, Dragon Defenders 6, Liverpool L 0, Penrith 5, Friends of Allonby C L 0, Liverpool Univ 3, Univ of London L 2, Lancaster Red Rose L 0, Castle 3, Lakeland Rookies 0, Dee Valley 3, Liverpool L 0, Univ of London L 7, Penrith 1, Dragon Defenders 4, Friends of Allonby C L 3, Castle 3, Liverpool Univ 6, Lancaster Red Rose L 1, Liverpool L 1, Lakeland Rookies 0, Dee Valley 1, Liverpool Univ 3, Dragon Defenders 5, Friends of Allonby C L 0, Liverpool L 2, Castle 3, Univ of London L 2, Penrith 4, Lancaster Red Rose L 0, Lakeland Rookies 3, Dee Valley 4, Friends of Allonby C L 1, Liverpool Univ 4, Liverpool L 2, Dragon Defenders 7, Lancaster Red Rose L 0, Castle 3, Penrith 6, Univ of London L 2, Dee Valley 1, Lakeland Rookies 0, Dragon Defenders 6. **SF:** Dragon Defenders 5, Univ of London L 1, Penrith 5, Liverpool Univ 2. **3/4:** Univ of London L 2, Liverpool Univ 0. **F:** Dragon Defenders 4, Penrith 3. **O/A:** 1 Dragon Defenders, 2 Penrith, 3 Univ of London L.

Planning ahead for polo

The fitness of national squad members is now a high priority with Garmin sports watches being used to collect heart rate data and store it online to share with colleagues and squad managers. Although polo receives very little input from the union, policies have been put in place to comply with BC requirements on welfare, safeguarding, selection and code of conduct for players and coaches. London and Liverpool in turn failed to obtain union support for the world championships and these have been lost to Italy.

Amathus show how it is done

Worcester Regatta

A turnout of 18 crews, including two Amathus crews from Liverpool, resulted in a packed programme. However, an overcast day with occasional rain spots meant that teams tended to stay huddled in their shelters, at least grateful for a light following breeze.

Action began with time trials three abreast on the River Severn to seed the crews, Typhoon Tigers getting the best time of 1:25.06 for the 350m course, 0.51 sec ahead of Amathus.

Heats followed in pairs. Again, Typhoon Tigers produced the best time, 1:24.81, 3 secs better than the next best crew, Cambridgeshire Royals.

That time was not to be matched in cup heats, plate and cup quarter finals or plate and cup semi finals. The latter produced some very close racing. Amathus beat Cambridgeshire Royals by 0.26 sec after the helm of the latter had been given a warning. Henley then beat Typhoon Tigers by exactly the same margin.

These were mixed crews but after the lunch break there was a race between a trio of ladies' boats, LRC taking the win from Amathus by 0.34 sec with Worcester trailing.

The plate minor final was the only race of the day to see any sunshine, St Neots just edging out Pershore Phoenix.

The cup major final saw a difference of 0.31 sec as Amathus led Henley home.

The rest of the programme was given over to the City Loop race. The 1.5km course ran downstream from the railway bridge, through the right arch of Worcester Bridge, round a buoy, back up through the road bridge on the other side and then on to the finish. Starts were at 15 second intervals in two heats of nine. Some of the early crews, such as Amathus Bees and Bristol Empire, dropped well below the buoy on the turn but others, such as the Amathus top crew, used bow and stern rudders to help turn the boats. Indeed, Amathus produced the fastest time, 7:02.71.

The times were used to seed finals, Amathus taking the major final win with an impressive 6:51.24.

350m: L: 1 LRC, 1:38.50. 2 Amathus, 1:38.84. 3 Worcester, 1:44.09.

Mix: 1 Amathus, 1:27.32. 2 Henley, 1:27.63. 3 Typhoon Tigers.

City Loop: 1 Amathus, 6:51.24. 2 Typhoon Tigers, 7:17.12. 3 Wraysbury, 7:17.76.



Amathus and Cambridgeshire Royals in the cup semi final.



Typhoon Tigers and Henley in the other cup semi final.



St Neots and Pershore Phoenix in the plate minor final.



Amathus turning below Worcester Bridge in the City Loop heats.



Amathus Bees lead Pershore Phoenix.



Amathus and LRC in the ladies' race.



Amathus take the plate major final from Henley.



Pizzas clean sweep

Charity Cardboard Boat Race

Saturday 22nd August saw the seventh outing of Gibraltar's comical Charity Cardboard Boat Race. Taking place, as always, in Ocean Village Marina, organizers William Tilley Lodge RAOB managed to pull off another vintage event for competitors and spectators alike.

Emilia Hazell-Smith, Marketing Executive for Ocean Village, said 'It's always a treat to see crowds packed into the marina, jostling for the best vantage point on Leisure Island and the pontoons, and the genuine family friendly atmosphere that surrounds this now iconic event. With races for children and adults, prizes and pride are at stake and the effort that goes into boat and costume design never ceases to impress us. The skies may not have been as blue as previous years but, unlike many participants, spirits weren't dampened and local charities will benefit from this fun fundraiser.'

Following tradition, the event began with a showcase of all competing crafts at Casemates Square. Here, judges made first decisions on design and fancy dress as well as ensuring the vessels adhered to strict rules that include the banning of plastic, wood and foam. The circus then moved to the marina for the real race action.

Winners of the noon children's race were the Sinking Slice from Pizzeria Plaza, knocking JP Haulage Jrs into second spot and picking up a stash of prizes including In2Adventures SUP vouchers, SMART cap and beach towel from Gedime Motors and a mini speaker and ice cream tokens from OV Express in the process. The runners up grabbed Pizza Express vouchers.

In fact, it was a clean sweep for Pizzeria Plaza with the adults also scooping victory in the very same boat and they walked away with a La Sala Gibraltar voucher. It wasn't without controversy though, as they jumped the starting gun. With a handful of vessels immediately sinking, it was impossible to conduct a restart but Pizzeria Plaza were rightfully

allowed to keep their trophy by virtue of an eventual 20 length winning margin.

O'Reilly's had been pre race favourites, having won the adult event five years running from 2010 to 2014 but they didn't leave empty handed and were handed Best Titanic Sinking despite not actually sinking. Their cardboard boat converted to a submarine for 90% of the race with the two oarsmen managing valiantly to make it to the finishing line, holding their breath. O'Reilly's certainly deserved the plaudit alongside an aromatherapy massage from Aphrodite Beauty and a full valet from Silver Star Shine.

The Boat Design accolade and with it a Casino Admiral Gibraltar voucher, went to the colourful Cool Runnings inspired bobsleigh Tallulah from JP Haulage with Whim's HMS Sinkalot claiming Best Fancy Dress and a VIP table at Dusk Nightclub for their seven person caveman ensemble.

Miss Gibraltar 2015, Hannah Bado, was on hand to give out prizes and, aside from hosts Ocean Village Marina, event sponsors came in the shape of La Sala, Brunos, the Cuban, O'Reilly's, Gedime Motors, Ocean Village Express, In2adventures, Pizza Express, Burger King, Dusk, Casino Admiral, Music Corner, Aphrodite Beauty and Silver Star Shine.

All proceeds from the day went to Diabetes Gibraltar, Calpe House, the Scout Association and GBC Open Day.

Sarah Drane

Bridge to nowhere

The English Bridge Union have failed in their judicial review to have bridge defined as a sport, claiming it involves as much physical activity as rifle shooting. If successful, it would have opened up bridge to Sport England and lottery funding and would, doubtless, have been followed by a whole list of other activities from chess and Scrabble to drinking.



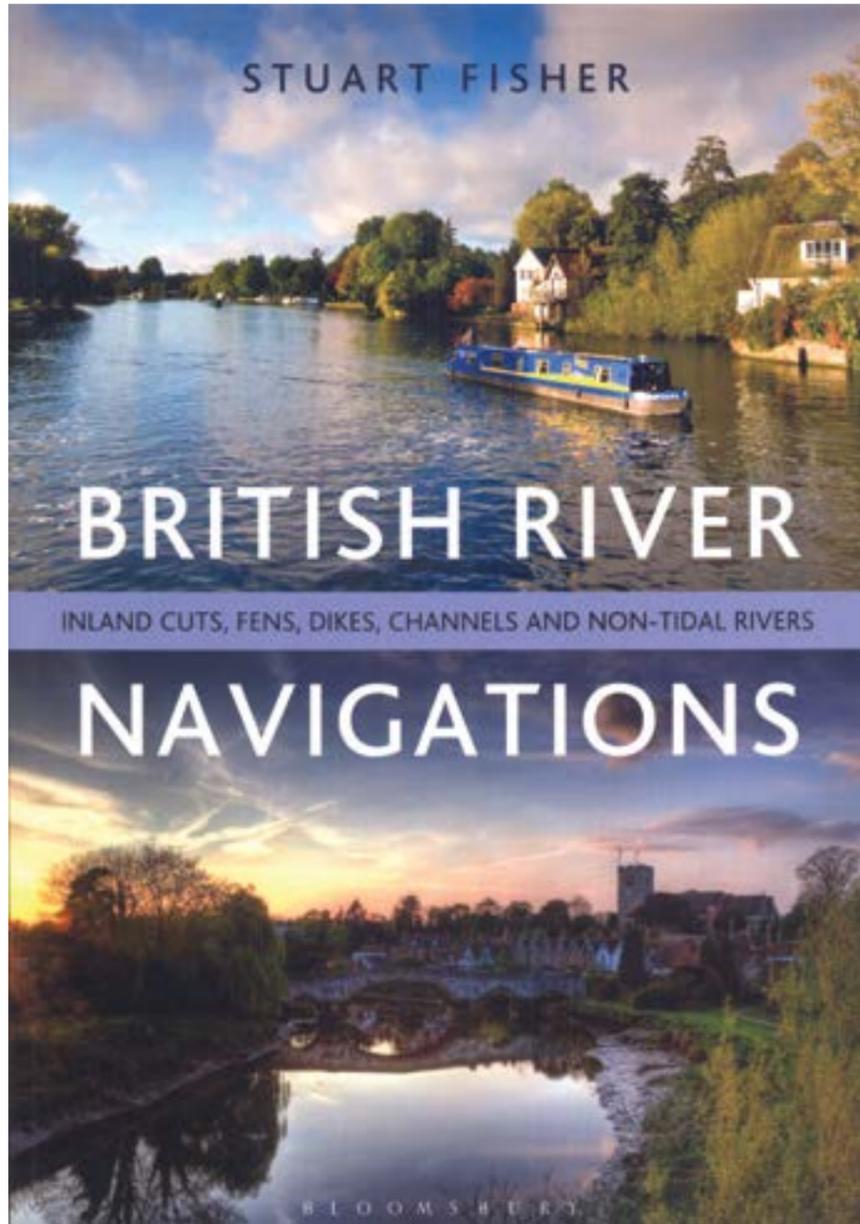
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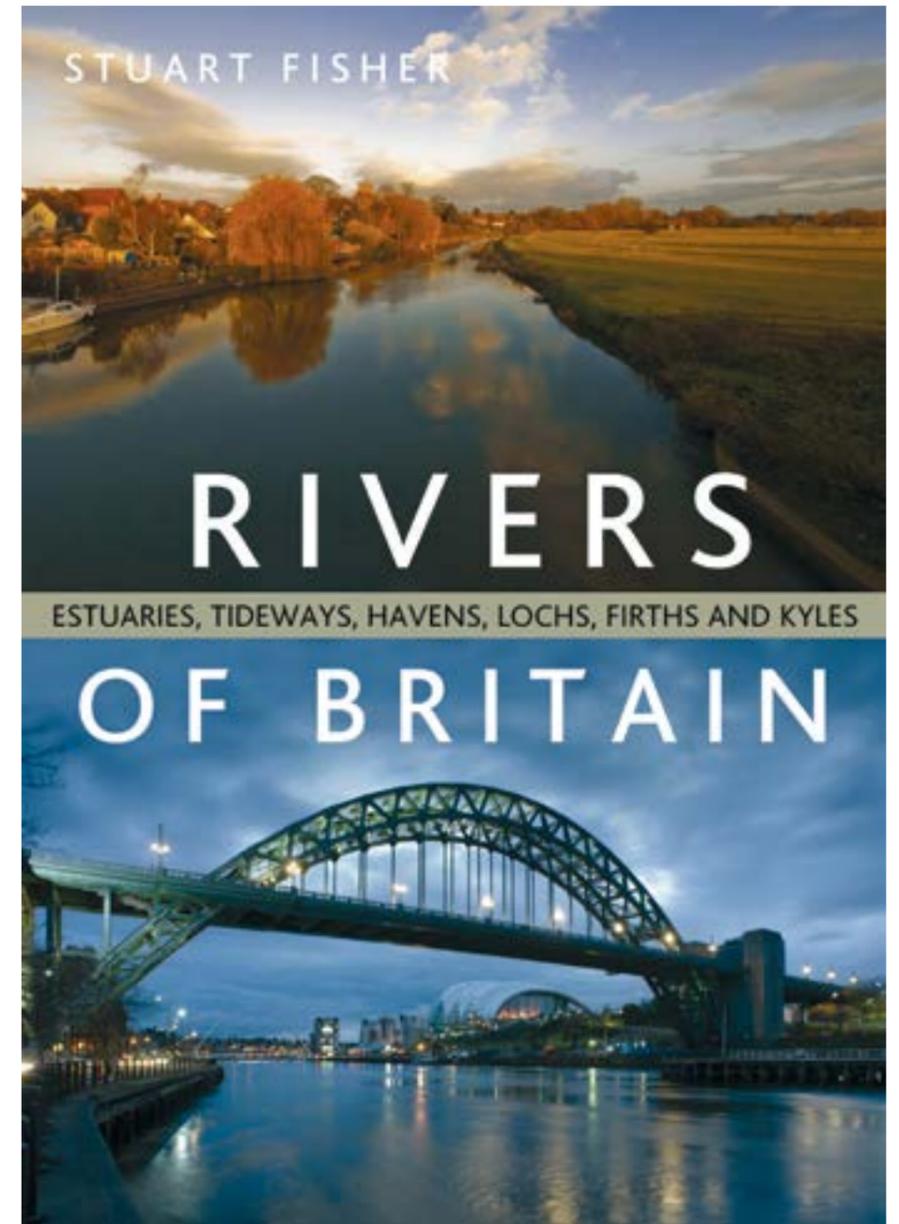
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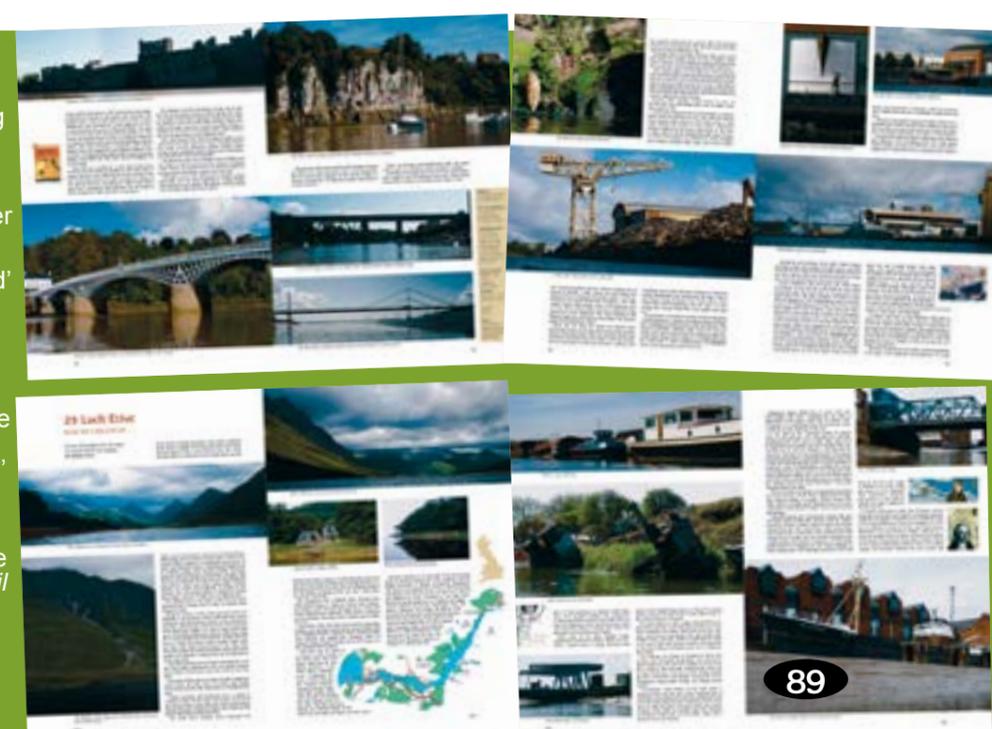
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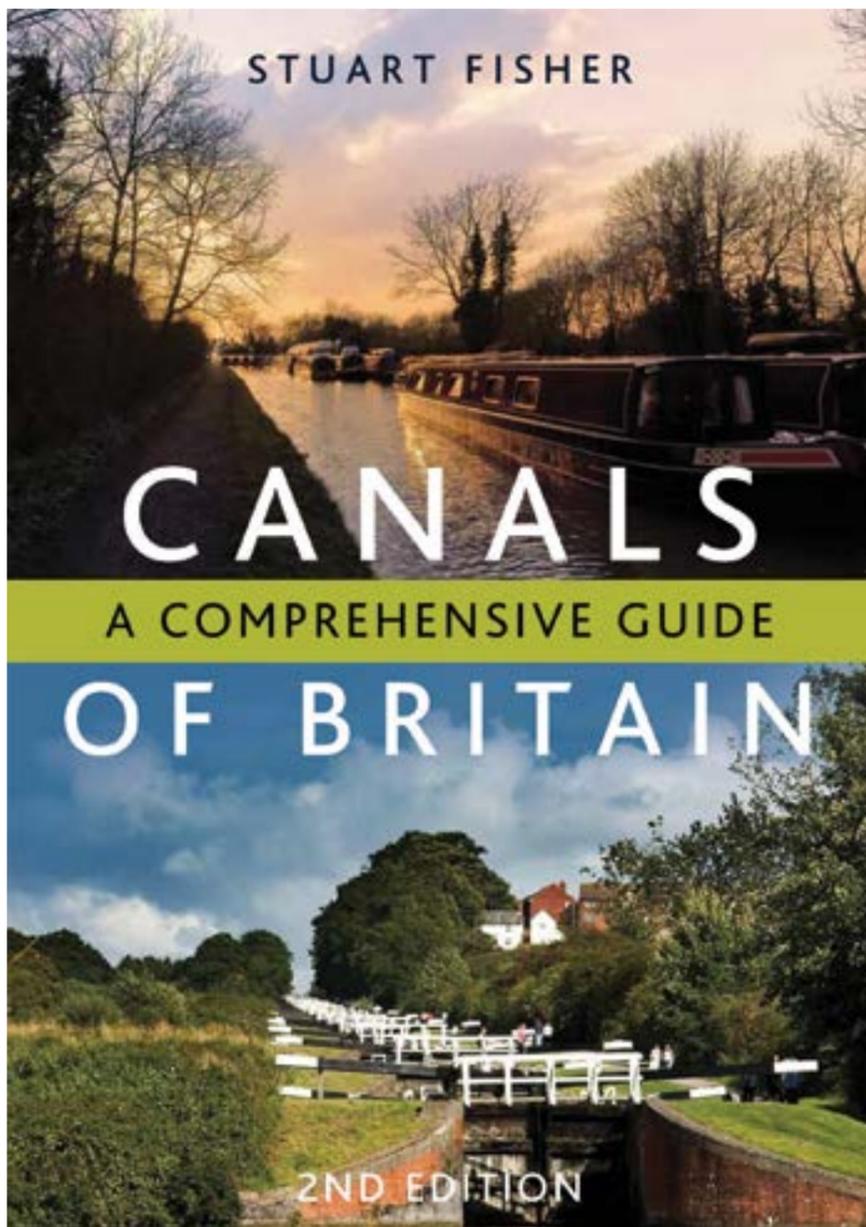
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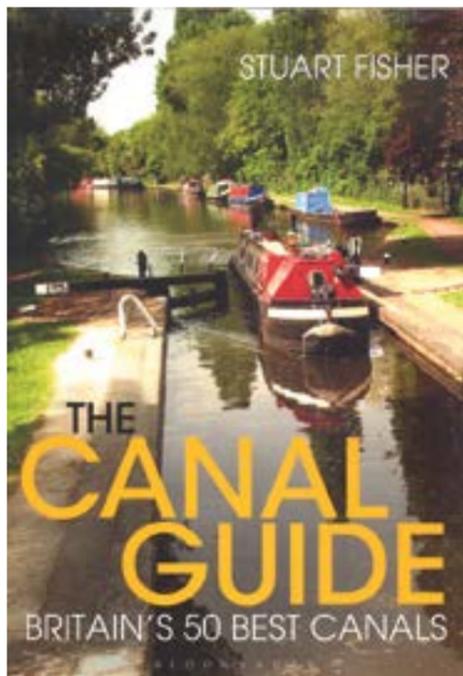
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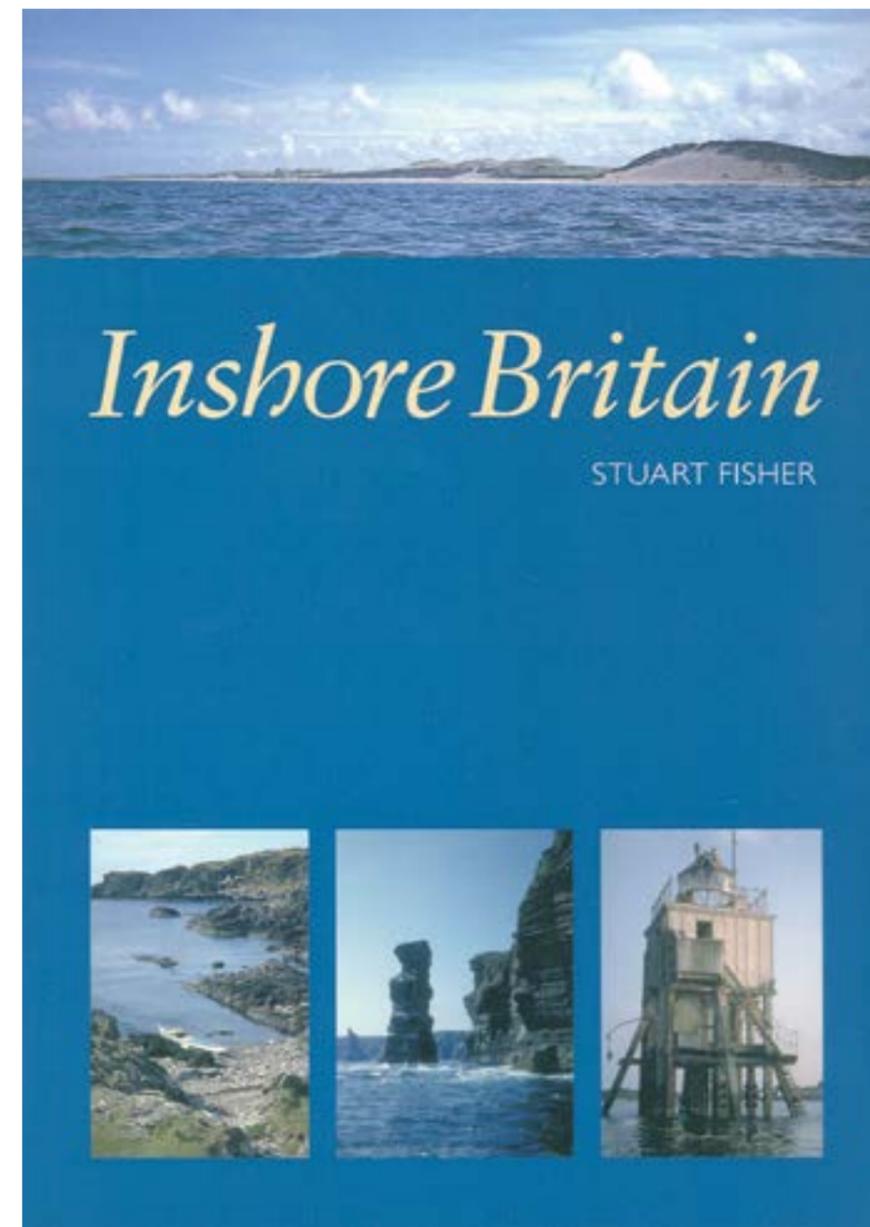
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