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Acknowledgements

Once again I'd like to thank all the people I acknowledged in the first edition. In this edition, in addition to the other contributors Loel Collins, Ray Goodwin, Dave Luke and Geraint Rowlands, a special thanks is due to Bob Timms who organised our alpine photo-shoot with consummate professionalism. A special thanks is also due to my wife Joan for being a great proof-reader and a supportive friend.

A big thank you to all of the people who acted as our 'models': Bob Timms, Dino Heald, Torry Jones, Dave Luke, Loel Collins, Pete Catterall, Rose Powell, Richard Manchett, Mark Chadwick, Chris Murrin, Steve Macdonald and Dave Brown.

Thank you to all the people who sent us so many of the photos that have made this edition so different. They are all credited in the captions. Any photos not credited were taken by Franco Ferrero or Peter Wood.

► **DEDICATION** - To the memory of 'Ack' Hairon. Without his encouragement and practical support, neither I, nor his son Derek, would have been able to take up kayaking and get into so many scrapes at such a young age.

APPENDIX D - The photos and diagrams used in this book are available free to use in presentations on white water safety. They are available on our website.

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