

# **KAYAK**

## **MAGAZINE**



**How to train for Montreal ;**

**Latest calendar ;**

**Results , Comment ;**

**Spanish safari ;**

**January 1976**

**A FORTH CANOE CLUB PUBLICATION**

KAYAK CO-EDITORS

Jack Cuthill - 2, Merchiston Bank Avenue, EDINBURGH, EH10 5ED.  
Telephone No. 031-447-3954

Andrew Morton - 34, Roselea Drive, Brightons, FALKIRK.  
Telephone No. Polmont(0324)711459

David Cuthill - As above.

Useful Addresses

Forth Canoe Club  
Hon. Secy. & Treasurer ... Neil Barker,  
1, Barnton Grove, Edinburgh, EH4 6EQ.  
Telephone No. 031-336-1515

Kayak Advertising  
Forth Canoe Club (Slalom and  
W.W. Secretary) ... David Cuthill  
2, Merchiston Bank Avenue,  
EDINBURGH, EH10 5ED.  
Slalom Equipment Hire ... Telephone No. 031-447-3954

Scottish Canoe Association  
Hon. Secretary ... J. Stuart Ness,  
180, Lochee Road,  
DUNDEE, DD2 2NG.  
General Secretary  
Scottish Canoe Association  
Scottish Sports Council Offices  
11, Rutland Street, EDINBURGH.

British Canoe Union ... General Secretary  
70, Brompton Road,  
LONDON, S.W.3 1DT.

S.C.A. Slalom and W.W.  
Committee Secretary ... I. Ross,  
3, Wood Street, Newton Road,  
CARLISLE.  
Telephone No. Carlisle 34040

KAYAK MAGAZINE is the official newsletter of the Forth Canoe Club, published free to members 4 times a year. It is available to non-members for a subscription of 60p (4 copies) per annum, payable in advance to Neil Barker, 1, Barnton Grove, Edinburgh, EH4 6EQ (cheques payable to "Forth Canoe Club").

Items for inclusion in KAYAK magazine, April issue, should be in the hands of the Secretary not later than 5th April 1976.

FORTH CANOE CLUB, membership £2 p.a. for seniors; £1.00 p.a. for under 18 full details from Neil Barker.

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Quarterly Issue

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Isn't it a pity that White Water Races are becoming as boring as Slaloms. One weekend after another, lonely trips down the rivers. I can think of very little to recommend timed runs. This method of racing has been forced upon us by virtue of numbers of competitors and the lack of space on rivers. Consequently when the river is wide and the entry is low why not have a massed start, or a series of starts for the various classes? Surely we do not take W.W. racing so seriously that nothing but the correct form is acceptable?

Think of the advantages. Close competition with ones rivals; accurate placing, although not such accurate timing; increased excitement in the jockeying for position near narrow rapids or falls; a better test of boat control and sportsmanship; visual impact for the spectator and the T.V.; less time spent on the event and therefore more time for the competitors to drive home or enter the Team event; easier for the organiser to run.

Those who raise their paddles in horror at the dangers incurred when a number of kayaks are racing for a narrow gap in the river should take up tiddly-winks. There are many other sports with massed starts and many non-competitive sports where the dangers are far greater. Where there isn't an element of risk then the very pursuit doesn't merit the title sport. (e.g. salmon fishing?) A.M.

---oOo---

Letter to the Editor

from Irvine Ross, 3, Wood St., Newtown Rd. Carlisle.  
Secretary, Slalom and W.W. Racing Committee.

At the recent meeting of the S.C.A. Slalom and White Water Racing Committee two decisions were made which will be of interest to most of the Competition paddlers in Scotland and I would be very grateful if we could use the pages of your widely read magazine to spread the information.

1. Canadian Classes The committee is very disappointed by the lack of development in Canadian classes in Scotland. We therefore propose to produce a Scottish C.1 and C.2 ranking list for the 1976 season. All clubs organising slaloms in Scotland have been asked to make sure that anyone who wishes to can have two timed runs in C.1 or C.2 in the Judges event if they are not eligible to compete in the ranking Canadian event (because they are in the division above or the division below). This means that at every slalom anybody can have a Canadian result. Points will be awarded on the basis of 5 to the winner, 4 to the second place etc. although at least 3 boats must gain a result in any one class for points to be awarded for that particular slalom. For C.2 pairs points can only be accumulated at successive slaloms if the crew remains unchanged.

The six events at which points can be gained will be the Awe, Comrie I and II, Lenny, Teith and Potarch. The winners will be decided on the best of five results. A small token of achievement will likely be presented to the respective leaders of the C.1 and C.2 ranking tables.

2. International Team. The selection committee has been appointed and comprises Graham Smith, Andrew Manwell and Kath Irvine. Graham Smith has also been appointed Team Manager.

The selection event for the River Racing Team will be the Scottish Universities Championship race on the 25th April. The selection committee will use these results to arrive at a team, the number and composition of which will depend on financial restrictions and the events to be attended. The Committee are investigating the possibility of using the River Garry as the venue for the selection event as it is reputed to be of a high standard with continuous rapids and should prove a good test of the technical ability of potential team members. The selection event for the Slalom Team will be the Div I event at Grandtully on 17th/18th April. In the event of a tie or other uncertainty the selection committee will also consider the results of the B.U.S.F. Slalom at Invercarnie on the 20/21st March. All aspiring Slalom Team members are therefore advised to enter the judges event if they will not in fact be competing in the main event.

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I reached the last page of the excellent October issue of 'Kayak Magazine' with a sense of Disappointment. There were thrilling tales of A.G.Smith and his gang of boat wrecking he-men in Austria; the proud story of A.Manwell and his blue vested medal grabbers in Germany and the trouble ridden, but eventually successful saga of W.McKinlay and the weir shooting L.D. Team in Ireland. But where oh where was the epic account of the incredible, all victorious, heroic, cup winning, Scottish team in Spain this summer? Could it be that our story had been spiked because, unlike the other Teams, we had not been smart enough to select a member of the 'Kayak' editorial staff? Could it be that our team manager had not sent in his report? Did we have a team manager? Willie Ormond said something about having troubles enough as it was. Could it be that not one member of the team managed to overcome his natural modesty or lethargy and submit an article? The latter seems the most likely, so be warned, this is a subjective, biased, inaccurate account by one of the unbelievably successful athletes who was a member of the team.

The trip began with the writer sitting in a pub in Carlisle wondering why the others were two and a half hours late in arriving. (the only female member of the team had to be dragged out her bed some 30 mins after E.T.D.) This sets the general atmosphere for the rest of the trip - a cheerful chaos which turned out well in the end. I could fill pages with tales of forgotten tent poles, lost ground sheets, wrong turnings, Spanish road signs, broken trailers, orienteering in the Pyrennees, police fines, street sleeping in Paris, sunstroke, hangovers, more hangovers - and Bill McKinlay thought he had problems? Suffice to say that eight lads and one lass with transit and trailer made it to Northern Spain. It is only right and proper that their names should be recorded for posterity: Neil Spinks (fifth columnist member of staff from Aberdeen University) Anita Roy, Richard Brown, Alan Brown, Ian Russel, Ian (Sunny Jim)Anderson (all students at the aforementioned seat of learning) Geoff Hatfield, Irvine Ross, (old boys & Fred Nelson(found hitching at Dunblane).

Obviously the best way to acclimatize the team to Continental river conditions would be to paddle a few French Alpine rivers on the way south. So with true logic we went surfing at San Sebastian, after all, there was no point in showing our strength before the competitions began, and anyway this allowed us to become accustomed to the local fare. The cheapest form of nourishment in Spain comes at 25p a litre. Without a Sports Council Grant we were forced unwillingly (believe that if you may) to partake of bredd, red plonk and Angel delight. This is unconventional I grant you, but wait to you see what it did for our paddling!

The Team soon became competition fit, and as soon as Geoff had repaired the 34 surfing cracks in his kayak we set off for the tiny town of Seo D'Urgell in the western Pyrennees. We pitched camp opposite gate 10 of the Slalom course and paid our entrance fee of £1.25 each. This entitled us to enter every competition, every festival, and every dance during the week. It also resulted in us paying reduced rates at the camp site. The first event was the International Slalom incorporating the Spanish Slalom Champs. We soon discovered that the Spaniards had their own rules, like 100 penalties for missing a gate. This however was compensated for at the end of each run - young lads hauled our boats up the bank and stuffed bottles of beer into our sweaty fists.

The intake of beer had a magical effect and on the second runs we couldn't get to the finish quick enough. We offered to do five more runs but the organisers thought two were enough, besides it was siesta time. So the results were posted:

1st.	P.Shafer.	Allemande
2nd.	G.Hatfield.	Escosia
3rd.	I.Ross.	Escosia
4th.	N.Fred.	Escosia

The presentation of medals held in the cool of the evening was a truly Olympic affair. Flags fluttering in the evening breeze, a real podium for the victors, the Lord Mayor of the town dispensing the gongs on long red and yellow ribbons, National Anthems blaring out into the dusk as the sun bronzed young gods stood up proudly to receive the public acclamation. It sure beats coming 47th. at Appletreewick on a wet Sunday in March.

In addition to our placings in the Men's kayak, Geoff won the silver medal in the C1 event and Anita won the silver medal in the Ladies.

After the presentation there was a reception with more free beer. It turned out that San Miguel Breweries were sponsoring the festival, and all the trophies had been donated by the local shopkeepers, something like the Trossachs Water Sports Festival but all the goodies were for the canoeists. It was difficult to mix with the other competitors, the French, Spanish, German, Dutch, Swiss and Czechs didn't speak much English, and with our typically British command of other languages we were to come to a typically British compromise and didn't mix at all. The bonds of friendship formed later when we discovered that the French could put away vino as fast as we could and that they played in the rapids as well as we could.(almost) Unlike the Germans from Saarbrücken who cruised down in Teutonic line astern, and the Spaniards who drifted down in racers slap supporting from one wave to the next. Pointing to a stopper with a grin on your face means the same in any language.

On Monday we had the cruise down the river race course. We were told to be at the campsite gates at 10am. There with motorcycle police outriders and a loudspeaker van playing stirring brass band music the whole convoy was lead, not up the river, but round the main square and all the way round the town. We were falling about the back of the van in stitches. Having seen the standard of the Slalom, all this just for a crummy river race was just too much.

The cruise down the river was also a ceremonious occasion. We all set off down the river led by Peter (El Krauto) Shafer. Flags waved, whistles blew, Peter smiled, waved, eased his Racer over the two foot weir, got caught in the stopper, spun round three times and fell out. We rescued him, the flags waved again, the whistles blew and the plucky little Scotsmen showed how the weir should be shot! The Rio Segre started off a good grade 3 as expected then we rounded a corner and found ourselves in long, long Grade 4. This was even better than expected, it was going to be a good race after all. Then we reached a bit where the river disappeared between three boulders with a loud roaring noise. A Spaniard on the bank gestured left a bit, right a bit, fine, come on; which was all very well but you had to find the rest of the way down this Grade 5 section by yourself with eyes full of water and the boat being bounced about in the muckle great waves. (did I hear Smith saying Spittal was rough?)

The next day when we went round the town in procession on our way to the race we weren't in stitches. We knew we deserved the hero treatment and so sat up and tried to look brave. Fortune did not smile on us this day. Our best result was El Fred taking a very creditable 10th. place in his Slalom boat. Other team members succeeded in writing off two boats, including our one and only W.W. racer. The Spaniards were happy though because one of their boys won the event.

The following two days were given to "descenso turisticos". We skipped the first one to go a hill climb but joined in on Thursday for a fine run down about 7 miles of grade 2 - 3. The Saabrücken canoeists were not used to our high crosses, break outs, polo games and stopper sitting, but we knew we wouldn't collide most of the time. The rolling competition was held at the end of the tour. All one had to do was three rolls in succession using a paddle. Some Spaniards did three rolls in 60 seconds, they must have been practising. We got back in the medal stakes when Neil came third in the competition with a time of 6.4 secs. If there had been a Ladies medal Anita would have won with a faultless performance. She received a terrific reception from the locals, perhaps because she had the only name in our team that they could pronounce.

Apart from the canoeing which was always finished by siesta time, the organisers laid on other diversions. This day it was a bus trip to duty free Andorra, then in the late evening it was music in the cloisters of the Cathedral followed by a dance in the campsite. The whole town turned out and the dancing went on to two in the morning. We now understood why the locals always had a siesta.

Friday was to be the final day's competition and the dawn found our heroes suffering a bit from the previous evening's efforts in the cause of international good will. We sorted out our entries and drove up the river Noguerra Palloussa for the team river race. There was to be no tour of the river so we hung out of the transit windows trying to memorise the lines as far as we could see them. The river was a superb grade 4 and sparkling clean, a deep blue colour with foamy white crests on the waves - "bueno".

The Spanish Teams took off first, about twelve of them, then El Krauto with two French lads, then Scotland 'A' which comprised Neil, El Fred and Super-Ross. The other two teams under the disrupting influence of Geoff and the Broon just entered for the scenery. At the bottom of the first rapid Scotland 'A' passed the wreckage of two teams and took heart. The process repeated itself again and again so our three supermen in their Slalom Kayaks began to dream of perhaps a bronze medal each. When we passed Jean-Claude emptying his boat we hit Mach 3 and roared home to win by two minutes!

The organisation was first class, the race finished opposite a cafe wherein the prize giving was held. This time there appeared to be no free beer. Wait a minute, here was a man with a 20 gallon plastic dustbin full of Sangrea, an iced wine punch. We democratically collected a driver, allowed him one glass, then formed a tight cordon round the dustbin to make sure he stayed sober. We left the bin empty.

In the evening the final presentation of prizes took place in the Town Hall. There was, we discovered, an individual championship decided on by a points system from all the events. N.Fred was placed third, and Geoff was awarded two pots, one for Kayak and one for

Canadian. Anita was 2nd. in the ladies and the rest of us were high enough placed to take away some silverware. The final tally - 8 medals and 9 cups - not bad for amateurs.

The final set piece of the week was the feast that evening. It started one hour late at 9 pm, so we had to sit for 60 minutes watching three pigs being roasted over an open fire along with fathoms of sausage. The tables were laid out in the open with the Lord Mayor and the local dignitaries at the top table. The Saarbrücken lot were down one side, the Spaniards down the other, and down the middle a multinational rabble, the French, Dutch, Peter Shafer and of course Aberdeen University Canoe Club. The first course was salad and sausages washed down with Sangrea. Broon, remember he was the driver, made up for his lunch time abstinence. The main course was simply one large portion of pork a piece and this was washed down with those glass teapots full of white wine. You all know the method: hold the teapot at arms length and the wine spouts into your mouth, or down your chin, or up your nose depending on accuracy and sobriety. We all put in a lot of practice, the team responding to this challenge just as magnificently as it had to all the week's demands. If we had had a manager I am sure he would have been proud of us. Alan and Richard developed a skill that astounded even the Spaniards and gave repeated action replays. The French then began their drinking song. They would fill a glass for the victim, sing a few bars, then the whole table chanted, Igloo - igloo - igloo - igloo, while the glass was downed in a oner. Someone from each team got this treatment, including Ramon and Miguel, the chief organisers. International goodwill was flowing by the gallon that evening, much to the delight of the Lord Mayor. The story of the rest of that night has passed into the realms of myth and legend, (ie. I can't remember what happened) but Scotland's glory was upheld to the last when Neil drank everyone else under the table at around 2 am - or so he says.

SPRINT/L.D. TRAINING WEEKEND.

IRVINE 7/8 Feb. 1976

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Course: Saturday. 9.30 start - introduction  
10.00 Cross country run, Interval training  
Circuits etc. in the Gym.  
13.00 Lunch  
14.30 Interval paddling with full recovery  
Technique assessment.  
Sunday. 9.30 Ball games, Italian Training,  
Chinese Torture(?) in the Gym  
13.00 Lunch  
15.00 10,000 m race

For those who do not wish to cook for themselves, there are various Hotels etc. However, since the course is going to be fairly hard, it would be best to bring your own food except for perhaps the evening meal.

Course fee £1 with applications to: W. McKinlay, 61 Hemphill View,  
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KILMARNOCK 2

PLEASE APPLY BEFORE THE END OF JANUARY.



Training to me falls into three categories, perhaps best explained in terms of the months involved:

- 1        October - December            Land training    (general)
- 2        January - March                "                "                (specific)
- 3        March - September                Water training

In this article I intend to deal with the first. This follows the end of season "lay off". My last race this year fell on the 7th/8th. September. Since then I have, to say the least, been lazy, perhaps the odd run, swim or paddle, but certainly nothing fixed. Remember, you have been training all year, your body deserves a complete rest, say in the region of three to four weeks.

Light training for me starts in mid October. After a lay-off, don't jump straight back to heavy training but give your body time to adjust by gradually breaking yourself in. I start off by training every other day for a week, then once a day for a week, then two sessions per day for six days a week. I find it better rather than miss a complete day to miss say Sunday afternoon and Monday morning.

Every third week from the time I start, I have two or three days completely off. This also serves as a time when circuit exercises or running courses can all be changed to give a bit of variety.

I use this time of the year to build the 'foundation' for my water training; general fitness is the main aim. Try to involve yourself in many activities to give plenty of variety, because later on you will be restricted to only one activity, namely water training. It is appreciated that not everyone will have the same time available, nor will they have the best facilities, but with a little endeavour these problems may be overcome. I use running, swimming, cycling, circuits and heavy weight sessions as the contents of my programme at this time of the year. It may appear rather strange that canoeing is not contained on this list. The fact is that I only go out in the boat on a Saturday or Sunday if the weather suits, and even then I just do a nice steady paddle or on occasion a White Water Race, just to remind myself of the action involved.

Perhaps the best way to explain the programme is by the use of a small table:

	am	pm
Monday	rest	weights
Tuesday	swim	circuit
Wednesday	run	weights
Thursday	swim	circuit
Friday	run	weights
Saturday	cycle	run
Sunday	paddle	rest

The runs are mainly cross country runs, built up gradually from 2-3 miles to 6-8 miles at the most. The main aim being to get the heart rate up to between 140 and 170 bpm. I sometimes do short sessions, but more intense, just for a change. The swims I build up gradually til I am doing around 1500 to 2000 m. Swimming I find particularly good as breathing is controlled in the same manner as in the boat. Water polo or forms of relay racing can help vary the programme.

The circuits are very general, working the full range of body muscles. The exercises involved are: press ups, sit ups, rope climbs, squat jumps, burpees, dorsals, bench thrust, chins, chest to beam, military press, curls, bent over rowing, dumbbell work, high pull ups, instep to beam, window ladder climb and any other exercises which tax the cardio-respiratory system. Any weight exercises are done with light weights repeating somewhere around 15 to 20. These circuits contain around ten to fifteen exercises and I try to alternate arms, legs abdomen and thorax. Start off nice and steady at three circuits with a rest between each, then three continuous circuits. Time the circuits and set yourself targets, remembering ofcourse that the exercises must be done properly to get full benefit. After a circuit I usually do some flexibility exercises to stretch the muscles and ensure a full range of movement.

Weight sessions are primarily for strength gains. The exercises are: bench press, clean and press, press, cleans, dead lift, dips and press ups with weight, straight arm pullover, curls, bent over rowing, single arm rowing and any others you care to include. Six to eight different exercises in each circuit, doing between 4 and 8 reps on each set for three sets. This time I complete the three sets in each exercise before going on, as opposed to the circuit exercises where only one set is done in each circuit.

Cycling comprises a long steady run with some hills. Some mornings I cycle to work as well as doing my other scheduled exercises. Some evenings I play badminton or squash. A game of basketball is often useful as a warm up or warm down exercise.

This then is my weekly routine until January. I'm sorry if it seems straightforward and elementary, it is. There is no secret, it is just a case of hard work and lots of it. To assist motivation it is often good to work as a group. Don't excuse yourself by saying that you do not have all the facilities. It is not so long ago that I trained with Alistair Wilson and several others in a normal garage. It was a struggle but we managed. Weights do not have to be Olympic standard, the scrap man can be of great help. If in your own home a small circuit can be set up using chairs etc. The time commitment is the most difficult to fulfill, although I do think a thirty minute session could be squeezed in somehow in the morning, with a longer session in the evening. Do not necessarily stick to the programme I have given but adjust it to suit your own facilities and time you have available. Don't restrict yourself to the activities I have given, participate in any sport as long as you apply yourself fully. Skiing, basketball, hockey and football are all excellent for general fitness.

I hope this first article gives some guidelines for those who do not already have a programme. Remember consistency and hard work are all important, it is no good just training when you feel like it, you must commit yourself and get on with it.

. . . . .

THE JIM GILMOUR MEMORIAL TRUST FUND

W.McKinlay

The intention behind the creation of this Fund is that, hopefully, we shall by this means be able to service, in perpetuity, the Jim Gilmour Trophy. The monies raised, including donations, have now been passed to Mr. A.Morton (Treasurer of the S.C.A.) who has kindly agreed to implement the Trust Fund.

Should anyone else, either because they knew Jim Gilmour, or for any other reason, wish to donate to this fund, we invite them to do so and extend our thanks.

(The Fund now stands at £120)

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In order to persuade any pupils to go to these "interscholastic" games in an unknown town in Denmark, the Canoe Group had to include a bus tour of N. Europe, a conducted tour of some rivers in N. Germany and pick up a lost soul in London. This "carrot" encouraged 8 pupils and 3 staff to drive in a transit to Denmark - the outward journey took a non-stop 48 hours and the return a leisurely 8 days.

We arrived 8 hours early in Aalborg, but were made most welcome - lunch was supplied free at their "Commonwealth Pool" and the canoe club organising the games was contacted and we were escorted to their clubhouse by the Fjord and harbours. The hospitality of these strangers was superb - we were allowed to treat the clubhouse as our home, given a key for the front door, allowed to use their showers, cooker etc. whenever we wanted. They helped us to unload our camping equipment and our 7 canoes and equipment off the transit roof and allowed us to store it all in their canoe shed.

I think our canoes were our best passport - they only have unstable racing machines whereas ours were an amusing assortment of slalom and whitewater boats which this club only see in books. During the week there was a tremendous exchange of ideas, training methods, club trips. Members of their club who had nothing to do with the Youth Games would roll up in the evening for coffee and practice their English on us while telling us yarns and paddle techniques. This exceptionally friendly atmosphere made a great week of sport, even better socially.

There were only four cities involved in canoeing.

- Tulcea, Rumania - rumour has it that they've sent the 2 best boys and 2 best girls in all Rumania.
- Edinburgh, Scotland - only one real competitive sprinter - the rest were social paddlers.
- Karlsboga, Sweden - youth members of Bofers canoe club - some had been in Aalborg last year and had competed against the locals.
- Aalborg, Denmark - only 3 boys, one of whom was competent. Unluckily, most of their paddlers had just turned 17 and so could not compete.

On Saturday afternoon the coaches held a meeting to discuss the races etc. Unfortunately the Rumanian could not speak any English except "friend" which he would say loudly to everyone in turn and slap them on the back and give them a hug! This novelty soon wore off and things looked amusingly grim till he opened his attache case and produced a bottle of cognac and said "cheers". Amid the merriment and sign language, the week's programme was finalised.

In the evening the canoeists taking part in games were invited to a party in the canoe club rooms. The highlight of the evening's festivities was Jim Purves trying to avoid the hugs of the Rumanian coach - these were of two types - one for "friend" and if he said "me champion" you were about to be crushed. Luckily Jim had enough strength left to treat the entire company to his throaty nasal imitation of the bagpipes.

Came the dawn .....our fourth day of strong force 5 west wind which produced 1 foot to 3 foot untidy waves further complicated by disturbance from the wakes of frequent tugs, yachts and speedboats. These waves were reflected from the vertical sides of the fjord to produce a very uncomfortable heaving "jobble" of water and very difficult racing conditions. This is a severe test of fitness - during the early part of the race your muscles are functioning well and balance is easy; as fatigue sets in, balance becomes more difficult. Most competitors opt for slowing down and at least manage to finish - a few risk going for a swim.

Thus we managed to gain a silver medal in the 500m event for boys, but were unplaced in the 2500m race and all the girls events.

On Monday, the wind started to drop and allowed us to practice for the double K2 races the next day. In the afternoon we taught one of the Aalborg crew to roll and in return he taught us some things about righting a capsized K1. Later that evening we were told about the nearby sewer!

On /

On Tuesday, the conditions were still not ideal. Despite our optimism we could only get a bronze medal in the ladies K2500m; we were unplaced in the boys event where our top pair decided that they could no longer hang on to second place and went for a swim 30m from the finish line. We were a poor third in the relay. These results were quite disappointing and could be attributed to our actual competitive canoeists losing their sharpness during the previous 4 weeks, despite being given ample opportunity. Ah well! The next day was spent exploring the beaches of Denmark looking for Dolly birds without their bikini tops - this took the boys minds off the canoeing. In the evenings the club members thrashed us at football and taught us how to drink the local brew, drink real coffee and swap stories.

On the Friday evening all the countries assembled ready for parade through the town - the brass bands got into tune, the drum majorettes enjoyed the wolf whistles. There were the 160 Poles in their smart red and blue tracksuits, the 100 odd from Norway, the 90 from Innsbruck.....and the sadly diminished 8 pupils and 3 staff from the canoe group ably strengthened by 2 pupils from the orienteering group which formed the Edinburgh group, now proudly in second place in the medal list. After the hour long parade we marched into our stations in the stadium to be given a short address by the major. Then we dispersed to the stand and enclosure to watch the football final. Then, as actors again, we stood in the stadium for the closing ceremony. The spotlights picked out each country as it gave its cheer then as the major summed up the games, the lights would pick out static displays of the sports activities which had taken place during the week. The Games flag was lowered and the major bid farewell to those who had come to the first of these "Mini Olympics". He hoped and trusted that his committee had been right in their choice of age group - he hoped that more had been gained by the participants than sport alone. Perhaps he had managed to allow friendships to form, an exchange of ideas to take place and most important, a better understanding of other nations to develop. The participants took a lap of honour to the cheers of the crowd and then dispersed.

The canoe group charged down to the club house for a coffee - this seemed the right place to offer our friends a bottle of whisky and some canoe club badges and a sweat shirt as a token of our personal appreciation. Amid the sentiment the Aalborg crowd started to plan for a trip to Scotland next year where we promised to terrify them with "real canoeing". To cement this plan, we went for a meal in a local tavern - here we were forced to eat raw herring etc. to show that we would welcome the Danish canoeists in Scotland. The evening finished with a short but sweet lesson in Scots; "we're no awa tae bide awa!"

After a few hours sleep we prepared to leave on our tour. Not content with seeing us wander about lost, the club gave us an introduction to a rival club in the south of Denmark - here we spent another day or two. The main thing learned here was the technique of re-entering a K1 alone and in deep water - this is a necessary skill for competitors in open-water L.D. This we practised on a lazy Sunday afternoon at the beach. Luckily the water was shallow and the weather was warm. Another trick to practise is standing up in a K1 and paddling it along!

However, time soon ran out and we started the long tour home - a glimpse of Zaandam, Amsterdam in the rush hour, and a really tourist excursion through Belgium. Maybe next year we'll do the same again.

Some useful points to note: 1. Training Methods

- i. Mileage points - accumulate each week.
- ii. Handicap race each week between all club members.

2. Deep water re-entry to a K1 (solo)

3. General facilities & atmosphere of canoeing clubs.

More on this later.

Scott Balfour.

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Irvine. Tel. 74096

HAIKU or Instant Stanzas by Scott Balfour

Feed the computer with the right vocabulary, press the button and hey presto a flood of literary gems to fill even the Poet Laureate with envy. Only a "Scott" could produce read outs of such high poetic merit.

OVERPOWERING	DEEP	DEEP
STREAMS	CURRENTS	RAPIDS
GURGLING	SPLASHING	BREAKING
OVER	ACROSS	THROUGH
ROCKS	ROCKS	CATARACTS
SMASHED	SPLINTERED	SPLINTERED
KAYAKS	KAYAKS	CANOES
FIGHT	FIGHT	STRUGGLE
IN	TO	IN
VAIN	FOAMING DEPTHS	VAIN

WHITE	HEAVY	WHITE
WAVES	CURRENTS	CURRENTS
FLOWING	RAGING	FLOWING
PAST	THROUGH	THROUGH
BOULDERS	NARROWS	CATARACTS
SPLINTERED	BATTERED	SPLINTERED
CANOES	KAYAKS	CANOES
RACE	CARRIED	SWEEP
TO	IN	IN
NARROW CHASMS	REST	TROUBLE

.....

RACE REPORT

Thistlebrig WW Race January 1976, organised by Strathkelvin Canoe Club.

The race, held on Sunday 18th attracted what must be a record attendance for this event. The entry of 138 competitors, largely due to a massive entry on the day, were sent down the Stanley to Thistlebrig course, each class being started in the mass start fashion.

The large numbers caused the organisers at the finish to become overwhelmed in the latter stages by canoeists of all shapes and sizes straggling in as the classes mixed themselves up after capsizing etc. Much of the finish judging problems were the fault of the competitors i.e. entries on the day and poor numbering. If competitors want a well organised event they should make it easier on the organisers by giving advance warning in the form of an early entry. The type of start can then be decided upon, the lists seeded and appropriate Trophies purchased.

In contrast to the atrocious Tees WW Race there was a large water volume making for good sport over the three mile course. The event was won by Andrew Morton of Forth Canoe Club with a time of about 13 minutes. Second was Peter Turcan of Strathkelvin a few seconds later. Roxburgh C.C. won the team event and James Oliver won the Youth event.

Strathkelvin will be making more experiments with starting methods along the lines mentioned in our editorial.

\*\*\*\*\*

ALWAYS MENTION KAYAK MAGAZINE WHEN WRITING TO ALVERTISERS.....

## Commodore's Comment

The B.C.U. President, in his own inimitable way, produces once more his annual report. As usual it is comprehensive in its coverage of the multifarious activities of canoeing and canoeists but surprisingly, this year, it contains an unusually misleading item of information. In the paragraph on Slalom and Wildwater Racing he congratulates the British Team, and rightly so, on their success in the World Championships and "their superb performances at Muotathal." -But "Lofer in particular"??? If John was referring generally to B.C.U. members we could make no comment but, with the exception of the C1 class the British Team was completely outshone at Lofer by the brilliance of the performance by the Scottish Team. In the Junior W/W Team event we were 4th and in the Senior W/W Team Race we again came 4th - G.B. team finished 12th. We produced one of the best performances ever put up by a team from these islands in the Senior Slalom event when we collected the silver, beaten by only 267.8 points to 268.7 by West Germany. The G.B. team came 16th. In the solo slalom event our Jim Dolan finished 14th with the nearest G.B. team member in 30th place. We held 9th and 10th places in the W/W Race whilst the nearest G.B. team member was 35th. Surely a performance worthy of a mention.

SECRET TRAINING

D. Cuthill

Sly inside stories on our top competitors' confidential schedules. Our subject for this month's insight is the redoubtable A.Graham Smith. I have been puzzled for some time by the amount of training this gentleman does, but now we know the reason for those after dark canal flogs. He is engaged - in a crash fitness programme - (probably weights, running and stamina training as well as specific training) in preparation for a special, indoor, mixed doubles L.D. match, for which he has been recently selected. The big event is to take place on 13th April starting about noon and will last for about two days and two nights at least. After peaking at this meeting he will probably spend more time coaching and will no doubt be taking time off to raise a new youth team for the 1992 W.W. season. A full report in the April edition of KAYAK magazine.

NATIONAL CANOE EXHIBITION

SATURDAY 21st/SUNDAY 22nd FEBRUARY, 1976

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Open from 10.30 a.m. to 6.30 p.m. On both days. Admission at the door:  
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available on pre-bookings, and can be obtained from:

The London and South East Sports Council, 160, Great Portland Street, LONDON  
W1N 5TB.

Please state the day of your visit.

oooOooo

POLITICAL

Andrew Morton

The S.C.A.A.G.M. was to my mind the best for many a year, short and lacking in  
acrimony; moreover, the night before was a memorable social event.

All the office-bearers had done their homework and produced their reports typed  
and duplicated. Consequently we had about 10 sheets each all requiring reading  
in double quick time. Maybe next year there should be a 30 min. recess to allow  
members to absorb the information!

The Association showed stability when many of the office-bearers were re-elected.  
With the resignation of J.Young half way through the year we were fortunate to  
have Drew Manzie to take on the job so ably for the rest of the year. We are  
just as fortunate now to have John Turcan from Strathkelvin Club to take on the  
post as President. He is an experienced chairman and he and his family have  
shown considerable enthusiasm for canoeing these past few years. We wish him  
the best of luck in the year to come.

Finally, a past secretary of the S.C.A. for 20 years, Jack Cuthill, received the  
Torch Trophy Award for his superlative work for canoeing. We were all proud  
of the fact that Jack was one of only two recipients of this award for services  
to sport in Scotland.

\* ~~~~~\*

Snippets:

The Slalom Training weekend is on the 6/7 March 1976.

Graham Smith has bought a house and from the 28th March his  
home address will be 1, Alnwickhill Drive, EDINBURGH, 16.

00000000



FORTH CANOE CLUB  
.....

GRANDTULLY WHITE WATER RACE  
.....

1/2/76

Start: 11 am

Distance: 3 miles

Grade: 4

Course: The start is the same as in the past four years.  
ie. On the south bank 200 m west of the old railway  
bridge on the main Aberfeldy - Grandtully road. The finish will  
be about 150 m below the bottom fall at Grandtully, well below  
the Slalom finishing point.

Entries: Preferably on B.C.U.W.W. Cards with the appropriate fee:  
80p for K1, C1 and C2 60 p for Team

Entries should be sent to: A.Morton, 34 Roselea Dr., BRIGHTONS,  
Falkirk.

These should arrive not later than the 23rd. Jan for compilation  
of a start list which will be sent to those sending two envelopes.  
Individuals (not teams) entering on the day of the event will be  
charged an extra 20p.

Safety: Competitors must abide by the B.C.U. rules regarding  
safety and conduct during the race. They should stay  
in their boats until the following two competitors have completed  
their runs. Starting is at minute intervals. Competitors with  
boats not clearly marked cannot be guaranteed timed runs.

Practice: Competitors wishing to practice should do so on Sunday  
morning. It will help our relations with the fishing  
interest if Saturday practice is kept to a minimum.

Camping: The main Aberfeldy site is closed at this time of the  
year. Competitors wishing to camp should use the  
old station or the knoll behind. They must not leave any litter.

Fencing: The landowner has complained more than once about  
damage to the fence at the starting point. Competitors  
are asked to cross the fence with extreme care, otherwise we will  
be sent a bill for the repair of the fence.

Prizes: Austrian hand engraved glass.

Team event: A relay race will be run from Aberfeldy to Grandtully.  
The start is at the Tay bridge in Aberfeldy at about  
three pm. The finish is the same as for the Individual event.  
Each team must consist of three paddlers, if one of the team  
members is a lady then that team will receive a 30 second start.  
Each team must consist of two W.W. Kayaks and one Slalom Kayak  
or C1 Racer; the latter craft must be used on the last section of  
the race. The paddlers carry a cork on a loop of string and they  
may do so in any manner. This 'baton' is passed on to the next  
person in the Team at each change over point. The first change  
over point is at the start of the Individual event and the second  
change over point is 200m upstream of the top fall at Grandtully  
above the shallow weir. There will be a massed start comprising  
one member from each team. First prize will be awarded to the  
first Club Team. Scratch teams are not eligible for prizes.

Enquiries: To A.Morton any evening. Phone Polmont (0324) 711459

BRITISH CANOE UNION  
SCOTTISH CANOE ASSOCIATION  
CALENDAR OF COMPETITIVE EVENTS 1976

JANUARY

- 18th Thistlebrig White Water Race. Strathkelvin K.C./J.Turcan, 7 Fern Ave., Lenzie.  
 25th Scottish White Water Champs Douglas Allison, The Old Farmhouse,  
 River Nith, Dumfries. Nunholm Road, Dumfries.

FEBRUARY

- 1st Grandtully White Water Race. Forth Canoe Club,  
 (B.C.U. Ranking Event.) A. Morton, Broxburn Academy, Broxburn  
 7/8th Sprint Training Weekend. Irvine K.C.  
 15th Clyde White Water Race. G.U.C.C. Stevenson Building, Glasgow University.

MARCH

- 6/7th Slalom Training Weekend, Benmore. A. Graham Smith.  
 20th Invercannie Slalom A.U.C.C.  
 21st (Scottish Universities Champs.) Butchart Recreation Centre, Aberdeen.  
 (Open/Judges Event)

APRIL

- 3/4th Awe Slalom (2,3,J,T) Edinburgh University C.C. The Pleasance, Edinburgh.  
 3/4th Scottish Champ. K1,K2 10,000m Irvine K.C., W.McLinley, 61 Hemphill View,  
 Castle Semple. Knockentiber, Kilmarnock.  
 10/11th Comrie 1 Slalom.(4,N,J,Res.to 150) Ancrum C.C. 10 Ancrum Road, Dundee.  
 17/18th Grandtully Div.I Slalom. Scottish Team Selection. B.C.U.  
 25th R.Garry W.W.Race.(Scottish Univ.W.W. A.U.C.C.  
 Champs.Scottish Team Selection Event)

MAY

- 1/2nd Sprint Olympic Select. K4 10,000m. Holme Pierrepont.  
 1/2nd Teith Slalom (3,4,N,J.T.) Heriot Watt Univ C.C. Riccarton Campus  
 Currie, Midlothian.  
 9th Tweed L.D. Forth Canoe Club.  
 15/16th Rowing/Canoeing Regatta R.Deer, Aberdeen. A.U.C.C.  
 22nd May to Trossachs Water Festival. Callander & District Tourist Association.  
 6th June.  
 22nd Loch Lubnaig L.D. Trossachs Canoe & Boat Club  
 23rd Bat Polo Competition Paisley K.C.  
 23rd Youth Sprint Champs. Loch Lubnaig Strathkelvin K.C.

JUNE

- 5/6th Leny Slalom, Callander, (3,4,J,N,T)Dundee W.W.Club.J.Stuart Ness,  
 180 Lochee Road, Dundee.  
 5/6th Sprint Regatta, Loch Lubnaig. Trossachs Canoe & Boat Club.  
 12th Loch Lomond L.D. Race. Strathclyde Univ.C.C. A.Manzie, P.E.Dept.  
 Strathclyde Univ., Glasgow.  
 13th R.Awe White Water Race. Forth Canoe Club.  
 19/20th Three Lochs Race. Strathkelvin K.C.  
 26th Sprint Regatta/Bat Polo (Provisional) Paisley K.C.  
 27th Cumbrae L.D. Race. Paisley K.C.

AUGUST

- 14/15th National Sprint Events. Holme Pierrepont  
 22nd Irvine L.D. Race. Irvine K.C.  
 29th Tail o' the Bank L.D. Race RWSABC. A.Munro, 54 Lyle Road, Greenock.

SEPTEMBER

- 4th Scottish Senior Sprint Champs.,Dullater. Forth Canoe Club.  
 5th Leukaemia Sponsored L.D.Race. W.Kersal, 2 Balmwell Ave., Edinburgh.  
 18/19th Scottish Slalom Champs. Grandtully. S.C.A. Slalom Committee.  
 26th Leven L.D. Race. Clydebank C.C. J Hood, 183 Dumbarton Road,  
 Old Kilpatrick, Dumbarton.

OCTOBER

- 3rd Scottish L.D. Champs, River Tay. S.C.A. L.D. Committee.  
 9/10th Comrie II Slalom (4,N,J,T.Res.to 150). Ancrum Canoe Club.  
 16/17th Potarch Slalom (3,4,N,J,T). A.U.C.C.  
 24th Clyde L.D.Race. Strathclyde University.

NOVEMBER

- 7th River Dee White Water Race. A.U.C.C.

Secretaries of Specialist & Technical Committees:-

- S & W W Racing - Irvine Ross, S.C.A. 8 Frederick Street, Edinburgh EH2 2HB.  
 L.D. Racing - Fred Nelson, 9 Willowbrae Road, Edinburgh EH8 7DB.  
 Sprint Racing - Drew Samuel, 2 Ancaster Square, Callander.  
 Bat Polo - Ian McAusland, 6 Blackstoun Oval, Paisley.  
 Coaching - Drew Manzie, 2b High Road, Paisley.  
 J.S.Ness, General Secretary, S.C.A., 8 Frederick Street, Edinburgh EH2 2HB.(031 225 3993)  
 (this supercedes the address shown in the inside cover)

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COLD WATER SURVIVAL TECHNIQUES  
ADVANCED BY CANADIAN RESEARCHERS

Three scientists at the University of Victoria, B.C., say that protecting high heat loss areas and staying still in the water will extend a person's survival time by as much as 50%.

From a paper by Dr. Martin L. Collis, Associate Professor, Physical Education Divn, University of Victoria, Victoria, B.C. Canada.

Arranged by K.Riddell and D.Cuthill.

QUESTION: When is a life-jacket NOT a life-jacket?

ANSWER: When the person wearing it dies.

The above provides a rather grim answer to a child-like riddle, but like many answers it, in turn, triggers a further question. Why do people die in their life-jackets? In most cases they do not die of shock or fatigue, but of cold. The body quickly surrenders its heat to cold ocean waters. As the chilled blood circulates through the heart and brain, these vital organs become impaired. The body is an electro-chemical machine and its chemical reactions are slowed by cold. A slowing of the brain chemistry can cause unconsciousness, and the cooling of the heart can lead to a state of electrical anarchy known as fibrillation which, unless checked, leads inevitably to death.

To date, the agencies concerned with water safety have shown a very proper concern about drowning, and have concentrated their efforts on flotation by teaching survival techniques and designing reliable life-jackets. However, if rescue is delayed, flotation alone will not save you and the bright orange jacket that kept you afloat will serve only as a marker to help in recovery of your lifeless body.

Five years ago a research team at the University of Victoria comprising Dr. John Hayward, Dr. Martin Collis and Dr. John Eckerson began a detailed study of the physiological responses of the body to long-term immersion under actual ocean conditions. Surprisingly, this area of research had received very little attention, and despite the work done by the British in World War II, the macabre concentration camp studies in Dachau and subsequent small studies of special groups (e.g. channel swimmers) by no means all the data were in on the subject of human hypothermia in water.

In cold water, the skin and peripheral tissues are cooled very rapidly. However, it takes from 10 to 15 minutes before the temperature of the heart and brain begin to cool. Intense shivering occurs in an attempt to counteract the large heat loss. Unconsciousness can occur when the deep-body or core temperature falls to approximately 90°F (32°C). Heart failure is the usual cause of death when the body temperature cools to about 85°F (30°C) or below.

After vigorous swimming the arms, shoulders and upper chest become areas of high heat loss. It had already been discovered that one cooled more slowly holding still than when swimming, and the thermograms provided an explanation why. When you swim you force blood to flow to the large muscles of the upper body, it is cooled as it flows close to the surface. As it returns to the heart and deep body areas in the course of its circulation this cooled blood in turn lowers the core temperature of the body.

Based on this information a science of cold water survival began to develop and be tested.

It was discovered that survival time could be increased by about one-third merely by holding still in the water instead of swimming. In 10°C (50°F) water a person who might survive 2 hours while swimming would have a predicted survival time of 2¾ hours if they held still. Further experimentation predicted that in 50°F water an average person would be able to swim a little less than a mile before being completely incapacitated by cold.

If no life-jacket is available, some sort of swimming is inevitable. The much-publicized drown-proofing technique where the head is lowered slowly down into the water and gently raised to breathe was compared with treading water. Drown-proofing was discovered to bring about quicker cooling than any other technique yet /

yet tried. A tremendous amount of heat can be lost from the head, and the cooling rate while drown-proofing was 35% faster than while treading water which keeps the head clear of the surface. Comparing drown-proofing to holding still in a life-jacket showed that someone would be able to survive nearly twice as long holding still with their head clear of the water than by drown-proofing.

Carrying the research to the next stage it was reasoned that if you could somehow protect the critical areas of heat loss then theoretically the cooling process would be slowed and survival time would increase. With this in mind a position called Heat Escape Lessening Posture (HELP) was developed, for those in the water alone, while the Huddle was proposed for small groups. The theory worked out in practice, and survival time proved to be nearly 4 hours in 50°F water for each technique which is approximately double the survival time of a swimmer. Those techniques are now being adopted by some major organizations concerned with safety in Canada and requests have been received from the U.S. Navy and Coast Guard for information so that they can review their own safety instruction in the light of new knowledge.

An aspect of cold water survival which is often overlooked is the rewarming technique. If someone is very hypothermic, merely covering them with blankets may not be enough to enable them to generate sufficient heat to rewarm themselves. The key to rewarming is to provide some external source of heat for the victim. Recently the University of Victoria group studied this problem with the U.S. Coast Guard and had considerable success by using a hot air inhalation technique whereby the body was warmed internally and there was a minimal "afterdrop" in the deep body temperature. A hot whirlpool bath has also proved an effective and pleasant method of rewarming chilled bodies.

Obviously these special rewarming aids are not always available and if they are not, then improvisation is the order of the day. Hot drinks, electric blankets and hot water bottles can help. At times you have to resort to the technique long practiced by mountaineers, namely removing your own clothes and those of the victim and covering yourselves so that some of your own body heat can be transferred to the chilled person you have rescued.

H.E.L.P.



HUDDLING



#### HOW TO COMBAT HYPOTHERMIA

Hypothermia - lowered deep-body temperature, occurs when a person is floating or swimming in cold water. Researchers at the University of Victoria subjected both men and women to more than 500 immersions in water with temperatures ranging from 38°F to 65°F. They made the following recommendations for staying alive longer in those waters.

1. Try to keep your head clear of water. Swimmers who used the drown-proofing method where the head is submerged after the swimmer fills his lungs with air every 10 to 15 sec resulted in a body cooling rate 82% faster than while holding still in a life-jacket in water of 50°F (10°C).
2. Unless land is within easy reach, holding still in the water is preferable to swimming or other vigorous movement. Tests conducted in 50°F water showed that persons in a standard life-jacket and light clothing could cover a distance of 0.85 mile before being incapacitated by hypothermia.
3. The Heat Escape Lessening Position (HELP) or HUDDLE procedures can cover areas of high heat loss and lead to increased survival time. Both methods resulted in nearly a 50% increase in predicted survival time.
4. Get out of the water onto a log or upturned boat if you can.
5. A life-jacket is not really a life-jacket unless it provides a measure of thermal protection. So if you are going to buy something to keep you afloat, invest in a wearable garment that also keeps you warm and gives you a reasonable chance of being alive when the rescue boat arrives.

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