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May 1976

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Items for inclusion in AUGUST 1976 KAYAK should be in the hands of the Editors
Not later than 12th August 1976.

FORTH CANOE CLUB MEMBERSHIP £2.00 per annum Seniors, £1.00 if under 18.

Letters to the Editor

The editorial in the January issue has proved most useful in providing some newsprint for the April issue. The Editors will continue to try to provide "stimulating" material!

Dear Sir,

I must take issue with your January editorial. White Water Racing is a World Championship branch of the sport and as such has its own distinctive features, individual timed runs being the basic one. The requirements of the paddler are judgement of pace, ability to read the water and select the best path and an internal discipline to drive himself to the limit of his fitness.

What A.M. is suggesting is nothing more than a short L.D. (a delightful contradiction). Mass starts do not require individual pace judgement apart from the leader, nor the ability to read water well. (follow a more experienced paddler and end in a sprint finish in which the person, who does not get his paddles dashed from his grasp, wins).

As for the supposed advantages, I agree closer competition would result. Accurate placing is disputeable - there are many paddlers who have faster times in the team runs under present competitions but do not have the necessary discipline to drive themselves when alone. Inaccurate timing in existing events has resulted in wrong placings and bad feelings - surely the timing procedures need altering, not the nature of the event. A.M.'s comments on "increased excitement in the jockeying for position near narrow rapids or falls" are also doubtful. It only needs one bloody minded person to reek havoc in such a situation. Injury may not occur but I can see a lot of boat damage resulting.

Mention is made of sportsmanship but I feel it could lead the sport into "gamesmanship" and in certain instances, the sabotaging of an opponent would become fair game. The decline in standards of sportsmanship in games controlled by referees is one of the sadder features of modern sport, let us not put that opportunity into a sport where it does not presently exist.

A case is also made for the "visual impact for the spectator and the T.V." I have long been an advocate of greater publicity, hoping this would result in greater numbers participating in the sport. To deliberately alter the nature of any sport to attract spectators or T.V. cameras is quite wrong.

The most disturbing sentence in the entire article, however, is "surely we do not take W.W. racing so seriously that nothing but the correct form is acceptable?" If we don't, why has the S.C.A used its funds and made out a strong case for grant aid from the Sports Council to send W.W. paddlers to Continental races these past few summers? Will A.M. move at the next Council Meeting that no W.W. Team be sent abroad this year or that grant already applied for be used to send more Slalomists, Sprinters or L.D. paddlers abroad instead? Or is he already in correspondence with the I.C.F. requesting Bourg, Lofer or wherever the next Scottish Team goes, be run on a Mass Start basis? From one who has honourably represented both Scotland and Great Britain this editorial suggest he has become bored with the W.W. scene. This should not cause him to deny a new generation the right and opportunity to enjoy the "correct form" of White Water Racing.

Yours sincerely,

Andrew Manzie

LETTER TO THE EDITOR

3, Wood Street,
Newtown, Carlisle.

Dear Andy,

I read your editorial on White Water Racing in the January issue with some interest and, as I disagree with almost everything you said, I feel forced to put forward the other side of the argument.

There is, to me at any rate, an essential difference between mass start and timed events. The former is a competition against other athletes, and the boat and the water are merely the medium on which you are racing. Into this category comes L.D. racing and 10,000 metre sprints and personally I prefer the 10,000 metres as water is uniform and unimportant and race boils down to a direct man to man battle. This race is also long enough to make tactics very important so it is a mental as well as a physical battle. If this is the kind of racing you enjoy then why not stick to L.D.'s? White Water Races are so short that they are simply a 20 - 30 minute straight rush with no tactics. The essential ingredient of white water racing is that it is not a competition with others so much as a competition within yourself. No one else is there to set the pace, you must force yourself along as best you can. If you find this as boring as slaloms then I suggest you race on courses like the Nith, Trywerwyn, Welsh Dee etc. where the water will supply plenty of challenge and excitement.

As for the advantages:- accurate placing? I have seen people lost completely or badly misplaced in a bunched finish. It is impossible to time everyone over the finish line. This doesn't matter for the first half dozen, they can all see each other, but what about up and coming, middle of the field paddlers. They don't know how far they finished behind Andy Morton so have they improved a bit since the last race, how can they tell?

I have no intentions of taking up tiddly-winks but a new racing boat costs nearly £100 now and that thought is uppermost in my mind when I provide exciting viewing while I race for the legendary narrow gap in the rocks. I am not afraid of the very slim chance of being injured in these situations but a big hole in my boat knocks a big hole in my pocket. I don't have it in me to deliberately force the other man onto the rock but he may be quite prepared to force me out so I drop back a bit and take my turn at the gap. That's the real reason I don't like mass starts; I start with the handicap of my non-aggressive nature (but gentle reader don't push your luck on L.D. starts; on flat water where your boat is not at risk you take your chances).

I am not totally averse to an occasional mass start white water race but the only course that comes to mind as being at all suitable is Thistle Brig, it makes a change, but please stop putting it about that conventional river races are dreary, unexciting, unrewarding Sunday Cruises - some of us take them seriously - and enjoy them.

Irvine Ross.

This session closes with some successes and some disappointments. All the races were held at low or average levels, except for the Eden in November, remembered for a bitterly cold day. The complete absence of water was a real shame for the Ranking Tees Race, as the winter before, the Tees provided some of the most exciting white water in the country. The February N.Tyne also did not raise itself to a good level, and we were depressingly left with the Executive's decision that no Northern race except the Eden can qualify as Ranking now - surely some weird thinking here.

The support was good for all races, except that I felt a dwindling off after the long January gap, compared with the enthusiasm in November, when we saw each other somewhere different each weekend. Maybe a shorter, sharper season is needed, before the cold and broken boats saps energy. Next season will look different as the last N.Tyne race will have to come forward to January to avoid the salmon season.

The definite success was the separation off of a Youth Class, and apart from thanking some top paddlers for supporting the Men's K1 competition, the top Youth paddlers deserve congratulations (and their parents for stumping up the petrol money) due to their example of dedication - some got to all ten races. Worthy of mention are obviously the Stallworthy family, Jeremy Hibble of Leeds who so nearly got there, and Howard Shaw of York, with his second full season of races.

The Ladies and C1 Classes were even better supported than in 1974/75 and Liz Rickerby won her class again by a whisker. Notable up and coming young lady paddlers from Teeside School especially. (Training on the Tees?) John Harvey had to grit his teeth to lose out - just - to Bill White. The disappointing class was the C2 class with fewer crews, and my home team of Golightly/Lightfoot (who look destined to part now) having a walkover halfway through the series.

To the annoyance of true Northern paddlers, Chester took off most of our silverware, including, we hope, a useful prize for the club amassing the most points on a best three formula at each race.

The organisation of the series will go elsewhere next season, as I am dropping out of competition and its organisation for the next two years. On a personal note, I hope the point that a lower level W.W. competition is needed to encourage youngsters has been taken, and that even though the Ranking Races have to be kept to in the future, probably controlled courses, Grade 2 - 3 rivers, and comparison of results, are needed for those not in the country's top thirty or so.

Results in brief:

Men's K1

1. M.Swallow
2. A.Hall
3. J.Hubbard
4. M.Thomas

Youth K1

1. M.Stallworthy
2. J.Hibble
3. C.Stallworthy
4. D.Taylor

Ladies K1

1. L.Rickerby
2. S.Small (Y)
3. J.Adams

C1

1. B.White
2. J.Harvey

C2

1. Golightly/Lightfoot

FORTH CANOE CLUB
 !!!!!!!!!!!!!!!

AWE WHITE WATER RACE
 !!!!!!!!!!!!!!!

13th. June 1976
 !!!!!!!!!!!!!!!

Start: 12 noon

Distance: 5 km

Grade: 3

The start is at the Hydro-Board Barrage where the river leaves Loch Awe in the Pass of Brander.

The finish is on the right bank at the Inverawe Power Station.

Runs will be timed with competitors starting at minute intervals. Competitors' boats which are not clearly marked cannot be guaranteed a timed run.

Competitors should not practice on the Saturday for three reasons:

1. The water is low
2. To maintain good relations with the fishermen
3. They should be racing at Loch Lomond

Competitors must abide by the B.C.U. rules regarding safety and conduct during the race.

Entry Fee: 60p Senior 40p Junior
 Sent to: A.Morton, 34 Roselea Dr., BRIGHTONS, Falkirk.

It makes the organisation of the event a lot easier if entries and cash are sent in the week before the event. So competitors entering on the day of the event will be charged an extra 20p.

Prizes: 1st.2nd.3rd. Senior 1st.2nd. Junior 1st. Lady
 Other prizes will be awarded if entries are sufficient in each class.

Camping: There is a public camp-site with shop and garage where the road crosses the river about 1 km from the barrage.

Team event: There may be a team event with 1st. prize awarded if time allows and the competitors so wish. Entry free.

In the event of a drought an alternative flat water race will be arranged. Competitors wishing up to date information should phone Polmont 711459 or enquire at the Loch Lomond L.D. on the 12th. June.

TROSSACHS WATER FESTIVAL 1976.

The third annual Trossachs Water Festival splashes off to a start on Saturday 22nd May, and will include sprint, slalom, L.D., bat polo canoeing and Hovercraft, Water Ski-ing, Sub-Aqua, Angling, Sailing, Rowing and Parachuting, over the three weekends until the 6th June.

The Slalom course will be held again on the River Leny for Division 3, 4 and Judges, on 5/6th June and a change in location has been arranged for this year. The competition will take place further down the river in Callander itself at the parkland area of "The Meadows", where there is plenty of car parking, toilet facilities and where the official competition camp site is located. The river is perhaps somewhat slower at this point, but there is a better guarantee of sufficient water at a time of little rainfall, and the location will certainly ensure a much larger crowd of spectators. This should please the Sponsors McEwans Export, who have provided some £580.00 to the Festival plus additional back-up publicity.

The L.D. promises to be the best Loch Lubnaig L.D. yet with interest south of the Border and even abroad. Foreign participants are, however, unlikely to attend as it would be necessary to combine the L.D. with another event to make the trip viable. The Senior course for K1, K2 and W.W. will be 13 miles, which is twice round the loch, and for all Junior and Ladies, Senior and Junior Slalom, 6½ miles on Saturday afternoon 22nd May.

On Saturday and Sunday 5th/6th June, there will be the first ever Scottish International Club Regatta, and many club officials are travelling up from England to assist in the running of the event. Andrew Manwell of Aberdeen is the chief Official, and Marianne Wilson of Prestwick is Regatta Secretary. The 3000 m, 5000m and 10,000m events are being held on the Saturday afternoon with the Sprint events of 500m, & 1000m on the Sunday. Teams from the South and Eire have already confirmed their attendance and negotiations have been going on with some foreign clubs, particularly the Scandinavian clubs. Gordon Richards, Director General of the B.C.U. was sufficiently impressed in a recent visit to Scotland to confirm his attendance at the Regatta in its picturesque setting.

The Lubnaig Regatta will have a nine lane buoyed course, start tower, finishing 'stair' for timekeepers, jetties and P.A. system, backed up by some 20 - 30 officials, most of whom have confirmed their attendance. With so much planning, and sponsorship by the Bank of Scotland, among others, it is of the Utmost Importance to have a good representation of Scottish Paddlers. If we do not support our own event, we certainly cannot expect others from further afield to do so in the future. The interest and promised support throughout Scotland is, however, most encouraging, and promises success.

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British Universities Championships
Holme Pierrepont

SCOTTISH PLACINGS

C. Tannock 500 K1) Silver Medal
C. Tannock 10,000 K1)

British 10,000m K4 Junior Championships SPEIRS/MONTGOMERY/DUNLOP/SAMUEL - Bronze
" 500m " " " " " - 6th

British 1,000m K2 JUNIOR Championships SPEIRS/SAMUEL - Bronze

8.

TROSSACHS CANOE AND BOAT CLUB

Loch Lubnaig Long Distance Race.

SATURDAY 22nd MAY 1976

The Loch Lubnaig Long distance race is again being held within the Programme of the Trossachs Water Festival. This L.D. is the only event in Scotland to receive Tier 3 Ranking Status from the British Canoe Union L.D.R. Committee.

Venue Ardchullarie Point, Loch Lubnaig.
On A84, 6 Miles from Callander and 8 miles from Lochearnhead. Grid Ref. 582135. Parking available beside water.

Start Time Briefing at 2.00p.m. Start at 2.30 p.m.

Course Round Loch Lubnaig.

Distance Seniors - 13 miles
Senior Slalom and Junior Slalom - 6½ miles.
Ladies and Juniors - 6½ miles.

Classes K1 - International Racing Single Kayak.
K2 - International Racing Double Kayak.
Class 3 - Single Kayak (max.length 15ft.min,beam 23")
Slalom
Espada.

Categories a) any paddler
b) paddlers under 18 on 1st January 1976
c) Ladies
V) Veteran
Espada - Classes A,B,C, for Boys and Girls as laid down by the Espada Racing Committee according to age.
In the case of there being less than 3 paddlers in any class, classes will be combined.

Entries Entries should be sent, on entry forms, to the Secretary, Trossachs Canoe and Boat Club, 2, Ancaster Square, Callander, Perthshire, FK17 8ED, stating name, address, date of birth (if under 18), Club, B.C.U. number, class and enclosing entry fee - 60p for all Seniors and Ladies; 40p for those under 18. Cheques made payable to "Trossachs Canoe and Boat Club"
Closing date for entries - Tuesday 18th May, 1976.
Additional late entry fee - 10p.

IMPORTANT LONG DISTANCE RACING RULES - CHANGES April 1976.

Points for the SCA/LDR Trophies shall be awarded as follows:-

Individual Men, Senior and Junior on an overall basis,

1st 20 points to 20th 1 point

Individual Ladies, Senior and Junior on an overall basis,

1st 10 points..... to 10th 1 point

Club Trophy, Points are awarded on a class basis,

Men, Senior and Junior; Ladies, Senior and Junior;

International K1 1st 15, 2nd 10, 3rd 6, 4th 4 all finishers 2 pts.

International K2 1st 30, 2nd 20, 3rd 12, 4th 8, all finishers 6 pts.

All other classes 1st 10, 2nd 7, 3rd 5, 4th 3, all finishers -

Senior Men 1 point, Junior Men and Ladies 2 points.

Finishers where no class is constituted

Senior Men 1 point, Junior Men and Ladies 2 points.

TROSSACHS WATER FESTIVALSCOTTISH INTERNATIONAL CLUB SPRINT REGATTA5th AND 6th JUNE 1976

1. This first Scottish International Club Sprint Regatta will be held on Loch Lubnaig, Callander, near Stirling, Central Scotland, on Saturday, 5th and Sunday 6th June, 1976.
2. The event is open to all-comers from all countries in I.C.F. recognised Senior and Junior classes.
3. There will be a Novice class for British entries only.
4. Prizes will be awarded 1st, 2nd and 3rd for most events including Novice.
5. The Team Leaders Meetings will be held on Saturday at 13.30 hrs. and on Sunday at 0800 hrs, at the Regatta site at Ardchullarie Point, Loch Lubnaig, 4 miles north of Callander on the A84. Car Parking available.
6. The provisional programme is:-

Saturday 5th June	International Senior Men K1	10,000 m.
	International Senior Men K2	10,000 m.
	International Junior Men K1	10,000 m.
	International Junior Men K2	10,000 m.
	Novice Men K1	10,000 m.
	Novice Men K2	10,000 m.
	International Ladies K1	5,000 m.
Sunday, 6th June	International Senior Men K1	500 m.
	International Senior Men K1	1,000 m.
	International Senior Men K2	500 m.
	International Senior Men K2	1,000 m.
	International Junior Men K1	500 m.
	International Junior Men K1	1,000 m.
	International Junior Men K2	500 m.
	International Junior Men K2	1,000 m.
	Novice Men K1	500 m.
	Novice Men K1	1,000 m.
	Novice Men K2	500 m.
	Novice Men K2	1,000 m.
	International Ladies K1	500 m.
International Ladies K2	500 m.	

7. Entry Fees £0.50 per seat for Senior, Junior, Novice and Ladies.
8. Entries close on Monday, 31st May, 1976. Late entries will be accepted on the day if spare lanes are available, and there will be a surcharge of £0.20 for late entries.
9. Entries and fees should be made payable to:-
"The Trossachs Canoe and Boat Club."
10. Entries to be sent to Regatta Secretary:-

Mrs. Marianne Wilson,
Lendal Products Limited,
Boyd Street,
Prestwick,
Ayrshire, Scotland.

Telephone: Prestwick
(0292) 78558

For the second part of the training programme i.e. January - March, I shall merely give a brief account of the content in order that I may concentrate on the Paddling season.

January - March. For the most part this resembles the October - December period. The difference being that the emphasis is changed from a cardiovascular fitness to a specific muscular-endurance fitness. Maintain the same training programme but structure it accordingly:-

1 weekly session of heavy weights to maintain strength.

Running, swimming, cycling etc. now to include intervals gradually increasing in intensity.

Circuits to be done on time basis i.e. 30 secs on, 30 sec rest, again increasing weekly to say eventually 1 min on 15 secs off. Most important, however, is to do the 3 sets of the exercise together then move on to the next exercise i.e. 30 secs press ups, 30 secs rest, 30 secs press ups, 30 secs rest, 30 secs press ups, 30 secs rest, 30 secs sit ups etc.

Also in this period I try to include specific exercises simulating the paddling action. This can be done either with the aid of pulleys, paddling machines, elastics, chest expander springs, or isometrics.

Pool paddling, if it can be arranged, is also very useful. 20-30 mins. is quite sufficient as this can be pretty boring. Start off nice and steady and bring in intervals.

Actual paddling at this time is still restricted to weekends if weather is good.

A typical weekly training programme at this time of year might be:-

	A.M.	P.M.
MONDAY	Run (interval)	Weights (specific)
TUESDAY	Swim	Circuit
WEDNESDAY	Pool Paddle	Heavy Weights
THURSDAY	Swim	Circuit
FRIDAY	Run	Pool Paddle
SATURDAY	Weights (specific)	
SUNDAY	Paddle or run cycle	

PADDLING SEASON (March - September)

As with all "new" activities break into this gradually, cut out some of the other activities and substitute paddling. Start by paddling every second day, then once a day and finally twice a day if possible. Start with a low mileage say 5 - 6 for a few days, then build up to around 25 miles

For the first 4 - 6 weeks the emphasis should be on steady state paddling with the occasional effort i.e. jumping washes if in group etc. At the end of this period top paddlers would normally have 1,000 Kms under their belt - yes that's right - 1,000 Kms. From this solid base the speed will be built.

Once a week hold a time trial over 2,000 - 3,000m so that your progress can be ascertained. The weekly programme for this might be:-

A.M. /

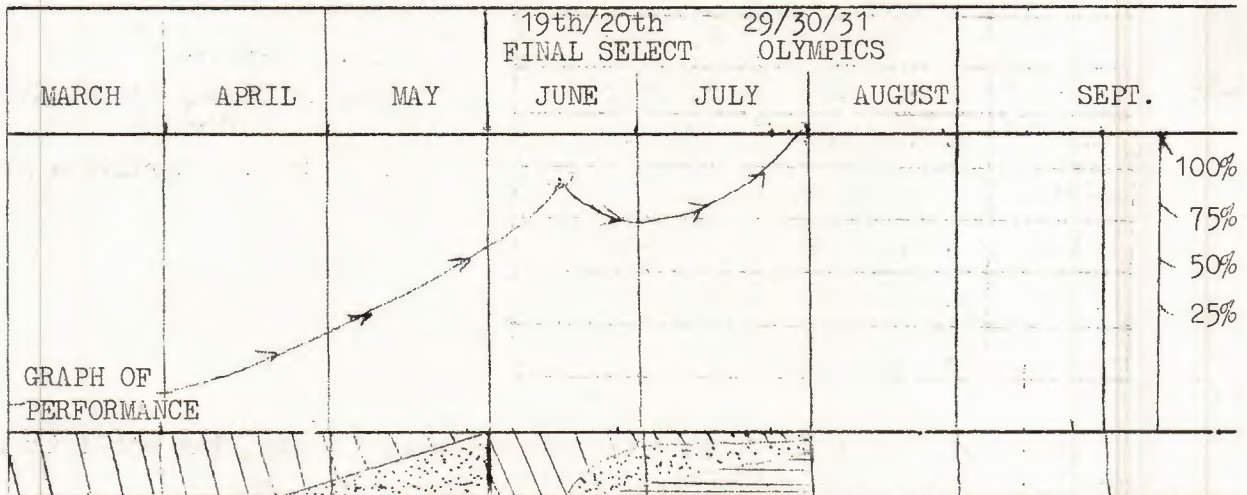
	A.M.	P.M.
MONDAY	Run	Paddle
TUESDAY	Paddle	Paddle
WEDNESDAY	Circuit	Paddle
THURSDAY	Paddle	Paddle
FRIDAY	Paddle (long) 1 session only(20-30 miles)	
SATURDAY	Paddle	Swim
SUNDAY	Paddle	Paddle

T.T. can be done on the day that suits you best.


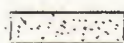
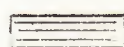
Every third week have 2 - 3 days off paddling but still participate in some activity, say, football, cycling etc.

Perhaps now it will be appreciated why I only paddle at weekends during the winter months.

After the first 6 weeks the more complex training begins. First thing to do is to sit down and plan your season to achieve a peak at your main competition, be it World, National or Scout Championships. Below is a diagram which I hope will help; the explanation is given in the text that follows.



Above you can see from the graph the one aim in my mind - MONTREAL. The first mini-peak is the final selection regatta for the team. At the base of the graph the type of paddling is indicated.

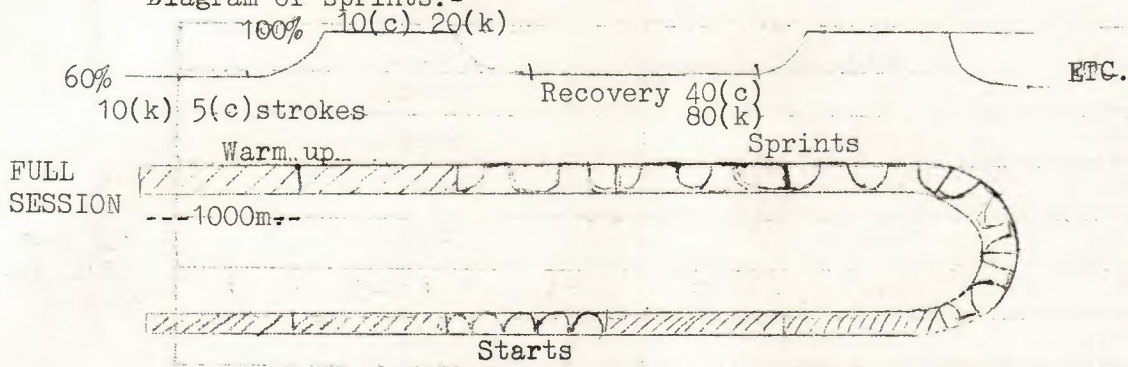
-  Long steady state
-  Sprints and starts
-  Intervals.

The long steady state paddling has already been explained. From the second week in April introduce sprints and starts. These should be done in the following manner - after a good warm up - 2,000 mts. build up from about 60% effort to 100% effort over 5 strokes then maintain the 100% effort for a period of 10 strokes then wind down over 5 strokes to 60%. Maintain this for 40 strokes (double these figures if paddling K1). Repeat this ten times then paddle nice and steady for 2,000 mts. The starts are next; these are done from a stationary position and are merely a simulated racing start over 10(c) or 20(K) strokes, then wind down until you feel ready to commence the next. Repeat 5 times, follow with a steady paddle for 2-3,000 mts. to warm down.

Diagram /

12.

Diagram of sprints:-



This session represents a paddle of 12 Kms. including the long paddle sprints and starts. Each week the effort is increased by 5(c) 10 K strokes and the recovery accordingly e.g. WK.3., for a kayak paddler, build up over 10 strokes, 40 strokes at 100% 10 stroke wind down, then 60% for 160 strokes.

Maintain a time trial once a week this time over the shorter distances of 500 and 1,000 mts. These can easily be taken at a regatta or during a training day if you don't have a regatta that week. A typical week's programme for this period might be:-

	A.M.	P.M.
MONDAY	Run	P. long
TUESDAY	P. Sp & St.	P. long
WED.	P. Sp & St.	Circuit
THURS.	Long Paddle	
FRIDAY	P. Sp & St.	P. long
SAT.	P. Sp & St.	Swim
SUNDAY	P. Sp & St.	

P. ... Paddle
 long.. Steady state with fartlek
 Sp & St. ... Sprints & Starts.

As before have 2 - 3 days off paddling every 3 weeks, but still involve yourself in some other activity.

Throughout your paddling season and winter training, a regular medical check up should be obtained, along with a record of your resting pulse. If this shows an increase of over 4 or 5 beats per 15 secs. REST! until it returns to normal. Another method of checking your state of health is to take a pulse count after an effort; if the pulse does not go to less than 120 per minute after 2½ mins. REST.

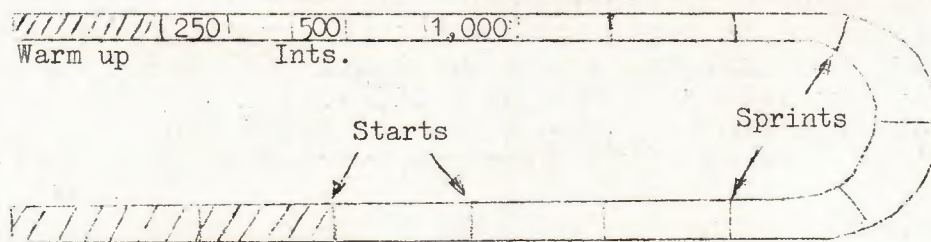
The final six weeks prior to the peak sees the introduction of intervals. Once again work into these gradually, a suggested programme might be:-

- Week 1. a) 250, 500, 1000
 b) " " " , 250
 c) 4 x 500
- Week 2 d) 500, 1000, 500, 1000
- Week 3 a) 4 x 1', 2 x 1½', 1 x 2'
 b) 3 x 1000
- Week 4. c) 1,000, 1,500, 1,000
- Week 5. a) 10 x 250
 b) 6 x ½', 4 x 1', 2 x 1½', 1 x 2' and back down
- Week 6. c) 2 x 2000

The above are intended to give you plenty of variety and not all to be done at the same time, choose either a) b) or c) for that particular day. Recovery is twice the distance or time effort.

For /

For the last few weeks one training session might look like this:-



The effort for the intervals should simulate the mid section of the race i.e. not as fast as start or finish but good steady hard pace.

The weekly programme might then be

	A.M.	P.M.
MONDAY	Run/Paddle	P. Sp & St.
TUESDAY	P. Sp. St. Ints.	P. long.
WEDNESDAY	P. long.	P. Sp & St. Ints / Swim
THURSDAY	Long Paddle	
FRIDAY	P. Ints.	P. T.T. - if no race
SATURDAY	P. long	P. Sp. St.
SUNDAY	P. Sp. st. Ints.	Rest.

It only takes a glance to see that this programme involves a tremendous amount of time and work. It should also be remembered that it is aimed for top flight paddlers. It is, however, a guideline and can easily be scaled down to meet the needs of the individual.

Well, I hope that all the readers are able to comprehend this schedule and that something may be gained by everyone. If anyone does have difficulty or has any questions I should be only too glad to try and help.

W. Reichenstein.

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With the current national financial restraints the Scottish Canoe Association were fortunate to receive grant-aid from the Scottish Sports Council to attend International Slalom and W/W events during the summer. The team selectors, A. Manwell, C. Irvine and G. Smith were aware of the likely increased costs to be experienced abroad this year and, accordingly, restricted the team to a size similar to that in 1975. It is always disappointing for those who just fail to be selected, however, it was felt that the cost for an enlarged team would render the whole operation prohibitive.

The Easter Grandtully Slalom was nominated as the slalom selection event and it was the now renowned trio comprising Dolan, Cuthill and Young that gained highest placing and thereby selection for the slalom team. With so many Scots now in Division I it was disappointing to observe the big gap in performance between the trio selected and the remaining Scots. It was Messrs. Oliver and Fraser (the famous border W/W racing pair) who were next highest placed and they will be the first to concur that it was their race training fitness rather than slalom training that helped them to achieve their ultimate positions. The tide has certainly changed with so many concentrating on racing this year - perhaps because the final result is more dependent on preliminary training as opposed to "luck on the day". Further disappointment was felt at the complete lack of junior paddlers who were of a standard to be selected. Perhaps some of the blame lies with the B.C.U. Slalom Committee who seem to take great delight in publishing the Year Book later and later in the season. Several paddlers were completely unaware of their promotion to Div.I. until after the Grandtully event!

The River Awe was the venue for the selection of the White Water Racers. Conditions on the day of the event were excellent - a warm sunny day with sufficient water to provide a challenging and exacting course. In contrast to the clear-cut selection of the slalomists, the River Racers, many of whom had been engaged in training over a prolonged period, presented a difficult task to the Selectors. Results were extremely close and it was decided to select four senior and three junior paddlers. It was pleasing to see new faces in the selection list. Two new juniors - both from the West of Scotland, Alistair Lyall and George Robertson, gave encouraging performances on the Awe and with more practice on Continental water they should increase their confidence and skill. The third junior paddler, James Oliver, is a now familiar figure at W/W events. He has improved tremendously this season and has a real chance of being amongst the medal winners at Bourg and Mittenwald.

Peter Turcan and Robin Laing are new faces in the Senior Team - Peter has been giving impressive results all season and although Robin Laing was experiencing problems in the heavy water during the earlier part of the season his performance at the Awe on selection day showed he has now mastered rough water paddling. Andrew Morton and Kenny Fraser are past Team members and their experience will be invaluable to the other paddlers whilst on the Continent. Kenny Fraser has had his upsets this season with illness and has to be congratulated for his performance and training. As for A. Morton, the real "old timer" of International Teams, one can only ask the question "is it married life or old age that is slowing down this paddler?"

With Europe cup events at Lofer this year the Scottish Team will /

will not attend. At present arrangements are being made for the following events:

24th/25th July	W.W.R.	Mittenwald
24th/25th July	Slalom	Lauingen
27th July - 1st August	W.W.R. and Slalom	Bourg St.Maurice

A detailed circular of arrangements will be sent to those selected, however, a real problem to the Team at the moment is transport. Once again because the team is relatively young there is a shortage of both cars and experienced drivers.

Team Selected.

Slalom Team

James Dolan
David Cuthill
John Young (Jnr)

W.W.Racing Teams

Juniors

James Oliver
George Robertson
Alistair Lyall

Seniors

R. Laing
P. Turcan
K. Fraser
A. Morton

Team Manager - G. Smith.

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RESULTSLOCH ETIVE L.D.
(incorporating S.U.S.F. L.D.)

GLASGOW UNIVERSITY CANOE CLUB

1.	R. Lang	P.G.L.	1.5.06	1st
2.	A. Morton	Forth	1.5.09	2nd
3.	J. Oliver (J)	Rox.	1.5.13	1st Junior
4.	C. Tannock	Irvine (S.U.C.C.)	1.5.27	1st S.U.S.F.
5.	K. Fraser	Rox.	1.7.44	
6.	D. McKenzie	S.U.C.C.	1.9.42	2nd S.U.S.F.
7.	D. Samuels	Trossachs	1.10.52	
8.	J. Knox	Rox.	1.11.15	
9.	S. Balfour	Forth	1.11.54	
10.	G. Robertson (J)	9th Kil.B.B.	1.13.10	2nd Junior

22 competed

RIVER AWE WHITE WATER RACE

GLASGOW UNIVERSITY CANOE CLUB

(incorporating S.U.S.F. W.W.R.)

			m. s. $\frac{1}{10}$	
1.	R. Lang	Port Glasgow	17.44.6	1st
2.	J. Oliver (J)	Roxburgh	17.59.1	2nd 1st Junior
3.	P. Turcan	E.U.C.C.	17.59.3	1st S.U.S.F.
4.	K. Fraser	Roxburgh	18.01.3	
5.	A. Morton	Forth	18.21.4	
6.	E. Kjerschow	S.U.C.C.	18.25.3	2nd S.U.S.F.
7.	C. Tannoch	Irvine (S.U.C.C.)	18.26.0	3rd S.U.S.F.
8.	I. Ross	E.W.W.C.	18.33.4	
9.	J. Knox	Roxburgh	18.35.9	
10.	D. Cuthill	Forth	19.00.9	
11.	G. Smith	E.W.W.C.	19.01.0	
12.	S. Balfour	Forth	19.05.5	

41 competed

TEAM EVENT

1.	Fraser/Oliver/Knox	Roxburgh	18.51.4	1st Team
2.	Tannoch/McKenzie/Kjerschow	S.U.C.C.	19.03.6	1st S.U.S.F. Team
3.	Morton/Cuthill/Balfour	Forth	19.07.2	
4.	Nelson/Spinks/Robertson	Allsorts	19.56.4	
5.	Milne/Florence/Brown	A.U.C.C.	20.07.4	
6.	Gillies/Eastwood/Walker	G.U.C.C.	20.27.9	
7.	Smith/Pentland/Wright	E.S.C.A.	20.44.5	
8.	Lang/Lyall/Gray	Port Glasgow	20.48.1	

UNION CANAL RACE - 1976

LINLITHGOW CANOE AND ADVENTURE CLUB

ESPADA K1 (Male)

1.	34.35	P. Smith	Liberton High School
2.	40.15	G. McKinlay	Gracemount High School
3.	41.36	R. Henderson	Gracemount High School
4.	45.15	G. Fraser	Gracemount High School

ESPADA K1 (Female)

1.	43.15	L. Swan	Boroughmuir High School
2.	45.01	A. Wilson	Boroughmuir High School

ESPADA K1 (Non-competing paddlers)

	28.10	A. Morton	Forth C.C.
	30.28	S.J. Balfour	Forth C.C.

SLALOM CLASS (Team Event) The fastest three paddlers from one club
in the Slalom class.

1. /

Union Canal RaceSLALOM CLASS (Team Event)

The fastest three paddlers from one club
in the Slalom class.

1.	Linlithgow Canoe and Adventure Club	125.58
2.	Boroughmuir High School	126.40
3.	Liberton High School	138.31
4.	Forrester High School	144.04
5.	Bathgate Academy	147.19
6.	Broxburn Academy	148.49
7.	Gracemount High School	194.05

SLALOM (Male)

1.	40.25	L. Wright	Boroughmuir High School
2.	40.54	T. Bathgate	L.C.A.C.
3.	41.04	A. Bathgate	L.C.A.C.
4.	43.05	K. McCauley	Boroughmuir High School
5.	43.10	S. Smith	Boroughmuir High School
6.	44.00	J. Walker	L.C.A.C.
7.	44.33	R. Dickson	Forth C.C.
8.	44.39	A. Wilson	Liberton High School
9.	44.52	H. McCrystal	L.C.A.C.
10.	45.08	J. Hare	Bathgate Academy

31 competed in the slalom class

RESULTS OF GRANDTULLY DIVISION I SLALOM 17/18 APRIL 1976

<u>MENS K1</u>		<u>PEN.</u>	<u>TIME</u>	<u>PEN.</u>	<u>TIME</u>	<u>BEST</u>	<u>POINTS</u>
1.	N. WAIN (Y) Chester	-	191.1	80	196.1	191.1	60
2.	R. CAMPBELL Viking	40	193.1	0	199.1	199.1	59
3.	J. DOLAN Carnegie	30	183.4	10	190.4	200.4	58
4.	A. KERR Carlisle	60	194.8	10	191.5	201.5	57
5.	M. PETERS Manchester	30	193.8	10	195.3	205.3	56
6.	G. HELSBY Manchester	10	200.8	100	197.0	210.8	55
7.	C. LOVELOCK Viking	10	211.9	20	192.1	212.1	54
8.	J. SHACKLETON Manchester	60	204.3	10	213.0	223.0	53
9.	I. BEECROFT (Y) Manchester	10	214.4	30	210.2	224.4	52
10.	M. FLETCHER I.V.C.C.	40	229.5	20	206.6	226.6	51
13.	M. SWALLOW Chester	40	195.4	80	190.3	235.4	48
15.	A. EDGE Leeds	30	206.4	30	217.7	236.4	46
17.	D. CUTHILL Forth	60	237.6	20	219.7	239.7	44
24.	J. YOUNG E.W.W.C.	50	207.8	80	199.2	257.8	37
27.	M. THOMAS Manchester	50	215.1	40	221.5	261.5	34
40.	K. FRASER Roxburgh	60	232.5	60	224.3	284.3	21
44.	J. OLIVER (Y) Roxburgh	60	233.3	110	234.6	293.3	17
48.	E. MILNE Aberdeen U	50	247.7	140	251.6	297.7	13
69.	N. RICKERBY Strathclyde U	60	263.2	RETIRED		323.2	
73.	J. LIVINGSTON Edinburgh U	SCRATCH		110	226.8	336.8	
77.	A. FLORENCE Aberdeen U	120	276.7	70	274.0	344.0	
79.	A. MORTON Forth	110	251.0	170	222.8	361.0	
89.	I. ROSS E.W.W.C.	110	268.5	140	263.2	378.5	
95.	S. BALFOUR Forth	DISQUALIFIED		130	262.5	392.5	
103.	G. SMITH E.W.W.C.	SCRATCH		180	310	490.	

This years Three Lochs Marathon is again being organised by the Strathkelvin Kayak Club and will take place on Saturday 19th - Sunday 20th June.

This event requires rather more preparation than most as the teams of three must carry with them all that they require for the two days paddle over 50 miles of river, tidal estuary, sea and loch, including two portages. Completion of the course is something of an achievement and the members of all teams who finish will receive a well-earned Certificate of Merit.

The following break-down of times for different sections of the course may help the planning of those interested in entering this years Marathon. The times are those of the fastest (1) and the slowest (2) teams in 1975.

SATURDAY

	(1)	(2)
Depart Duck Bay	00 hrs 00 mins.	00.00
pass Dumbarton	01 . 29 .	01.50
" Ardmore Point	02 . 39 .	03.38
arrive Garelochhead	04 . 47 .	06.40
" Ardgarten	06 . 58 .	10.08

SUNDAY

Depart Ardgarten	00.00	00.00
Arrive Arrochar	00.16	00.18
Leave Tarbert	00.57	01.14
Arrive Duck Bay	03.42	05.10

The winning team used a Nordkapp and two White Water racers, whilst the slowest had two slalom boats and an old PBK tourer (unfortunately Stuart's team has a pressing engagement elsewhere this year). It should be noted that sea conditions in 1975 were relatively easy, particularly over the open stretch of water between Ardmore Point and Rosneath Point.

Further Information about the 1975 Marathon may be found in the October '75 issue of Kayak Magazine.

Full details and entry forms for 1976 may be obtained from the Secretary, Strathkelvin Kayak Club, 7, Fern Avenue, Lenzie, Kirkintilloch, Glasgow. G66.4LE. (John Turcan 041-776-1445).

J.R.T.

AN INCIDENT ON THE LENY

At the end of March three members of the Strathkelvin Kayak Club decided to paddle a stretch of the Leny, starting below the Falls. After the heavy rain in March the Leny was running high and before long two members of their party were swimming. One lost his Kober paddle and the other his almost new "Phazer" canoe as well as his paddle. The "Phazer" was trapped in mid-stream and the three canoeists spent some time trying to recover it. Eventually they abandoned the canoe and returned home.

They made a serious error of judgment - they forgot to inform the Police in Callander about the incident. Someone reported the abandoned canoe and the Police spent some hours looking for the missing canoeist. If canoeists wish to maintain good relations with the Police they must foresee the complications which could arise from incidents like this.

J.R.T.

WHITE WATER TRAINING WEEK-END - MARCH 1976.

Two Scottish canoeists, Jazz Oliver and Peter Turcan, were invited to attend a White Water Training week-end at Nesscliff in Wales. At this weekend the British Team Training Squad were to be selected. Army barracks were assigned for accommodation; these provided more shelter than a tent but were equally cold and uncomfortable.

Unlike Scottish team training weekends there were no pre-breakfast running marathons and the training started on the River Severn at a more leisurely 10 o'clock. Saturday mornings training involved a long and gruelling series of Interval work lasting about 2 hours. After a lunch break paddlers were taught to measure their own recovery times (those who could find their own pulses). To finish the days training a 2 mile race down the river was organised; thirty paddlers took part, Peter Turcan came fourth and Jazz Oliver sixth. On Sunday there was another session of Interval training and the weekend finished at about 12 noon.

The Training Squad Coach, Stan Cooper, selected the Training Squad, both Scottish paddlers were included. Information sheets and training schedules for individual use were given to all members of the Squad. There is no doubt that Scottish canoeists are fully capable of making a sizeable contribution to the canoeing scene in Britain.

M.J.T.

VISIT OF B.C.U. DIRECTOR TO SCOTLAND

Gordon Richards, the Director of the B.C.U., spent three days in Scotland at the end of April. During his visit he met many members of the S.C.A. and by the time he left it was clear that he had begun to absorb some of the atmosphere of Scottish canoeing.

Those who attended the Council Meeting in Stirling will know that Gordon's contribution to the discussion, both during and after the meeting, has helped to remove some of the difficulties and misunderstandings which have developed in the relationship between the S.C.A. and the B.C.U. in recent years.

During his visit efforts were made to show him something of the facilities that we have in Scotland. He was entertained by members of the Council and in particular enjoyed talking at length with Drew Samuel, Andy Morton, Bill McKinley and Ken Morton. A visit to Strathclyde Park proved especially valuable as Gordon was unaware of this development which will soon give Britain another major competition centre which in many ways is superior to Holme Pierrepont.

Gordon wishes to express his thanks to all those who made his visit so enjoyable and hopes to come to Scotland again in the near future.

J.R.T.

SPRINT NEWSSprint Classification

For the first time in Scotland, Sprint events will offer three classes for Senior paddlers as in B.C.U. Regattas. These classes normally known under the confusing titles of Senior, Junior and Novice are being renamed: Class 1, Class 2 and Class 3.

The Sprint Committee have formed a list of paddlers for each of the first two classes to start the season. From then on, Paddlers will be promoted or demoted on merit. Anyone who feels he has been wrongly classified should write to the Sprint Secretary, Andrew Samuel giving valid reasons to support his claim.

CLASS 1. A. Batchelor, A. Burwood, A. Wilson, A. Morton and W. Reichenstein.

CLASS 2. S. Balfour, D. Cuthill, C. Dunlop, J. Dolan, K. Fraser, G. Hatfield, R. Kennedy, J. Knox, E. Kerschow, R. Lang, I. Linn, D. Melville, R. Montgomerie, F. Nelson, I. Ross, A. Samuel, G. Smith, P. Smith, I. Speirs, C. Tannock, P. Turcan, C. Jaghorn, L. Wright, J. Young.

CLASS 3 All others.

ZAANDAM

The Sprint Team which has yet to be selected will be representing Scotland at the Regatta in Zaandam in Holland on the 29th and 30th May. We wish them the best of luck.

SCOTLAND AS A CANOEING NATION INTERNATIONALLY

David Cuthill.

Scottish canoeists have been representing Scotland and the Scottish Canoe Association over many years in Sprint, Long Distance Racing, White Water Racing and Slalom. The Scottish Sports Council provides grant aid to the S.C.A. and to dozens of other governing bodies of sports in Scotland, only because they are governing bodies. The people who have made possible the sending of competition canoe teams to international events do their work for a variety of reasons, but probably most do it basically to allow maximum expression of our top competitors' skills.

If the Scottish Team is never going to be anything besides a second choice to the British Team for our top competitors, it is never going to achieve true excellence and the S.C.A. will always be a cause of animosity from south of the border because of our alleged second 'crack at the whip'. A Scottish team can only cease to be a second choice if we can send teams to most of the important Internationals. The Scottish team will saturate at a low level of performance if the best are removed to compete in British Teams. Of course, unless Scotland is politically a separate country this creaming off of the best must always occur as far as Olympic Competition is concerned, but for specifically canoeing events e.g. Internationals, Europa cup and World Championships, however, Scotland as a separate I.C.F. country could compete in competition with British Teams. This usually provokes the retort to the effect of there being greater honour in competing for Britain. This, however, need not be the case.

After all, the members within a National Team must, in an individual sport like ours, compete against their own team members in any case, so, as a Scot, if one is good enough to be considered for e.g. the World Championships, it would be an equally great honour to win for Scotland as to win for Britain.

Scottish Canoe Association and Scottish Sports Council efforts (in promoting our top competitors' expertise) should bring returns in the form of a heightening of the importance of Scotland, the S.C.A. and the S.S.C. when Scottish Team members approach closer and closer to true excellence.

In order to bring all the above about in the future, the aims of the S.C.A. should be to:

1. Obtain S.S.C. grant aid by making the S.C.A. a governing body in the truest sense.
2. Get separate Scottish I.C.F. membership.
3. Send teams representing Scotland to all major competitions (with the possible exception of the Olympics if Scotland is still politically only a region of Britain).

In order to implement Aim 1 above, we must by definition (a) split with the B.C.U. or alternatively (b) Reconstitute the B.C.U. as a Federation of National governing bodies within Britain. That is, form a B.C.F. If this was to be the case England, Scotland, Ulster and Wales would compete against each other at internationals.

In order to implement 3 without giving Scottish competitors a double chance, all Scottish canoeists would be eligible only for Scottish Teams, and only if Scotland was not represented at a particular event could Scots compete outside the Scottish Team. Also, on Aim 3, the money required for training and travelling/accommodation expenses would be many times in excess of our present budget and the question of sponsorship both individual and National would have to be investigated.

I believe that Aim 1 should be pursued and achieved in the nearest possible future.

The other two aims are on a medium and long term time scale e.g. five and ten years. To achieve them the S.C.A. would have to unite and fight them through. Over the last four years in particular, Scottish teams have started making a name for themselves at competitions in Europe and elsewhere by producing very good results and spreading goodwill. The depth of class is shallow at present but there is no reason why Scots competitors can't power their way to the top given the right conditions.

NOTE: This article is the personal opinion of one of the Kayak magazine Editors and does not necessarily reflect official S.C.A. policy.

TWEED LONG DISTANCE RACE

9th May 1976

RESULTS

Place	Name	Club	h. m. s.	SCA Singles Trophy	Pts
<u>MEN'S SENIOR K1</u>					
1	PETER TURCAN*	E.U.C.C.	1-39-35	.. 20	
2	COLIN TANNOCK*	Irvine	1-40-15	.. 19	
3	ANDREW MORTON*	Forth	1-40-17	.. 18	
4	DREW SAMUEL	Trossachs	1-47-40	.. 16	
5	FRED NELSON	E.W.W.C.	1-56-35	.. 14	
6	R. SLIGHT	C.O.P.C.	2- 1-10	.. 11	
7	J. BENBRIDGE	Kendal	2- 1-20	.. -	
8	IAN LINN	E.W.W.C.	2- 7-35	.. 9	

LADIES

Place	Name	Club	h. m. s.	Pts
1	Sen.M. McLURE*	TC&BC W/W	0.49.45	20
1	Jun.K. McLEOD*	G.U.C.C. W/W	0.58.10	14
2	Jun.M. ELLIOT*	B'uir W/W	1.01.35	10
1	J.S.I.A. WILSON*	"	Sl.1.08.11	0

MEN'S SENIOR W.W.

1	ROBIN LANG*	P.G.C.C.	1-40-45	.. 17
2	A. KERR*	Carlisle	1-50-10	.. -
3	D. MCKENZIE*	Port Glasgow	1-53-55	.. 15
4	IRVINE ROSS	E.W.W.C.	1-57-30	.. 13
5	KEN FRASER	Roxburgh	1-57-45	.. 12
6	GRAHAM SMITH	E.W.W.C.	2- 4-25	.. 10
7	J. KNOX	Roxburgh	2- 7-35	.. 9
8	M. MARSHALL	Sunderland P.	2- 8-40	.. -
9	D. MARSHALL	E.W.W.C.	2- 9-20	.. 7
10	A. FARREL	F.C.C.	2-10-10	.. 6
11	D. REAY	Sunderland P.	2-16-30	.. -
12	C. HAIG	Roxburgh	2-19-24	.. 5
13	K. BOOTLAND	F.C.C.	2-22-10	.. 4
14	J. FRYER	-	2-23-30	.. 3
15	P. MILLAIS	E.U.C.C.	2-27-45	.. 2
16	N. BARKER	Forth	2-31-05	.. 1
17	K. ROBINSON	E.U.C.C.	2-38-00	.. 0
18	S. JOHNSON	Sunderland P.	2-47-30	.. 0

MEN'S JUNIOR K1

1	G. ROBERTSON*	Irvine	0.49.46	19
2	G. MCKINLAY*	Gracemt.	1.00.30	13
3	G. FRASER*	Forth	1.06.40	7

MEN'S W.W. JUNIOR

1	A. LYALL*	Pt. Glasgow	-.51.30	18
2	A. MUNRO*	RWS ABC	-.53.40	17
3	C. TRACEY*	Pt. Glasgow	-.54.30	16
4	M. McLEOD	Gracemt.	-.57.00	15
5	G. KELLY	Kendal S.	1.00.40	
6	C. TURCAN	Str. Kelvin	1.01.00	12
7	K. MacLULAY	B'muir	1.03.40	10
8	M. LEISHMAN	Kendal	1.03.50	-

JUNIOR SLALOM

1	R. McCALL*	Forth	1.03.00	.. 11
2	T. McCALL*	Forth	1.05.05	.. 9
3	S. SMITH*	B'muir	1.05.50	.. 8
4	K. LERICH	Forth	1.07.05	.. 6
5	O. CRANE	B'muir	1.07.20	.. 5
6	M. KINSMAN	4th Gala	1.07.30	.. 4
7	I. MARSHALL	4th Gala	1.07.31	.. 3
8	G. TAYLOR	Str. Kelvin	1.07.40	.. 2
9	R. HENDERSON	Gracemt.	1.07.50	.. 1
10	K. ROBINSON	Gracemt.	1.08.00	.. 0
11	G. KINSMAN	4th Gala	1.08.10	.. 0
12	A. McLEAN	Gala S.	1.08.45	.. 0
13	N. TOUGH	4th Gala	1.08.50	.. 0
14	S. ARTHUR	4th Gala	1.10.15	.. 0
15	C. McLEAN	Gala S.	1.12.15	.. 0
16	S. BATES	Forth	1.12.20	.. 0
17	A. BATES	Forth	1.12.40	.. 0

* PRIZEWINNERS

JUNIOR DOUBLES

1	STIRLING/KELLY*	Kendal S	0.47.50
2	KELLY/LISTER	Kendal S	0.53.50
3	OLIVER/SHORT	Roxburgh	0.55.45

F.C.C. CHALLENGE TROPHY

1.	F.C.C.	39 pts **
2.	P.G.C.C.	27
3.	Irvine	25
4.	(E.U.C.C.	17
	(Roxburgh	17
	(B'muir	17
7.	Gracemount	16
8.	(Gala Scouts	14
	(Trossachs	14
10.	E.W.W.C.	11
11.	G.U.C.C.	7
12.	RWS. ABC.	5
13.	Strathkelvin	4
14.	C.O.P.C.	2

** FCC Challenge Trophy Points awarded according to SCA LDR Rules - see p.8.

COMMODORE'S COMMENT

I hope Scottish Clubs and individual canoeists are remembering to subscribe to the Olympic Appeal Fund. Though the team is "Britain", we look forward to it including one of our Scottish members, namely that West Coast Wizard Willie Reichenstein. After reading through our Wullie's training programme and recovering from my sense of exhaustion, I decided that if our canoeists are prepared to go to such lengths to prepare for the Olympics it is up to us to go our mile in support.

The National target is £10,000 i.e. £1.25 per head of B.C.U. membership.

To give the lie to our traditional Scottish meanness can I suggest that we contribute together under the S.C.A. banner and send our donations to Andrew Morton, S.C.A. Treasurer, etc.etc.* I am sure he will be a proud treasurer to forward a handsome cheque from the Scottish canoeing fraternity to the Olympic Appeal Fund. (*34, Roselea Drive, Brightons, Falkirk)

SCOTTISH CANOE ASSOCIATIONSelection for International Teams. Sprint and Long Distance.

In August or September it is hoped to send Sprint and Long Distance Teams on tours abroad. These may take the form of one combined tour or two separate tours - details will be announced later.

Selection for the Sprint Team will be based primarily on results at:

- (a) the Youth Sprint Championships on Loch Lubnaig on 23rd May
- (b) the Sprint Regatta on Loch Lubnaig on 5/6th June.

Selection for the Long Distance Team will be based on results at the Tweed L.D. (9th May), Loch Lubnaig L.D. (22nd May), Loch Lomond L.D. (12th June) and Cumrae L.D. (27th June).

The size and structure of the team has not yet been finally determined but the selectors wish to choose a 'balanced' group of Seniors, Juniors and Ladies.

Those wishing to be considered for selection, who have obtained results at 1976 events outside Scotland, should send this information to one of the selectors.

Bill McKinley
John R. Turcan.

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£24.00 and an 8' Papoose single kayak at £19.00. Find out more about these kits by returning that coupon now, or by calling at your nearest branch.

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GLASGOW Laidlaw St., McLaren Ind. Est., 041-429-0377

ILFORD 524 High Rd., Seven Kings, 01-599-8228

LEEDS Unit 5, Middleton Grove Trad. Est., Lockwood Close
0532-702927

LIVERPOOL Unit 3, Derryhouse Street, 051-708-9724

PLYMOUTH 36 Molesworth Rd., Stoke 0752-51762

READING 14/16 Prospect St., 0734-470126

PORTSMOUTH Unit 12, Fitzherbert Spur,
Farlington Ind. Est. 070-18-82635

SOUTHAMPTON 72 London Rd., 0703-31391

STOCKPORT Haigh Av., Whitehill Ind. Est., 061-480-9618

STOCKTON Task Ind. Est., Portrack Lane, 0642-69603

WOKING 151 Maybury Road, 048-62-70797

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