

KAYAK

MAGAZINE



August 1978

A FORTH CANOE CLUB PUBLICATION

CONTENTS

<u>Page</u>			
	Front Cover:	Some of our Forth Canoe Club members at their weekly gathering at the Craiglockhart Sports Centre.	
1.	Editorial	...	J.C.
2.	S.C.A. Touring Weekends	...	Peter Moore
3.	"SOMATOTYPES" Coming Events	...	Barbara Druce
4/6.	The Top of the Pyramid Notes on Surfing and S.I.W.A.	...	Drew Manzie
7.	Scottish Open Surf Championships 26/27 August..		David Wolfe
8/9.	Know your Champions	...	Scott Ramage
10/11.	Mini Regatta on the Forth & Clyde Canal	...	John Turcan
11/12.	Water Hazard	...	Dr. P.B. James
12.	River Awe Slalom Results 19/20 August	...	Christine Linn
13.	Commodores Comment	...	J.C.
14/15.	The Scottish Youth Team Abroad	...	Neil Baxter
16.	"FORTH" at the S.I.W.A. Canal Rally	...	Kelso Riddell
17.	S.C.A. Canadian Ranking List Advertisement - Racing Canoe Wanted	...	Irvine Ross
18.	The Summer Isles	...	Tina Mitchell
19.	Letter to the Editor	...	Jock Young
20.			
21/22	Forth Club Notes	...	Scott Balfour

KAYAK MAGAZINE is the official club magazine of the FORTH CANOE CLUB available free to members quarterly. It is available to non-members for a subscription of £1.50 (4 copies) per annum, payable in advance to Scott Balfour, 23 Buckstone Loan, Edinburgh, EH10 6UD. (cheques payable to "Forth Canoe Club" includes post.)

USEFUL ADDRESSES

FORTH CANOE CLUB
Hon Sec & Treasurer
SCOTT BALFOUR,
23 Buckstone Loan,
EDINBURGH, EH10 6UD.
Tel.031-445-3966.

KAYAK EDITORS

J.CUTHILL & D.CUTHILL
2, Merchiston Bank Ave.
EDINBURGH, EH10 5ED
Tel. 031-447-3954

ANDREW MORTON,
34, Roselea Drive,
Brightons, Falkirk.
Tel.Polmont (0324)711459

SCOTTISH CANOE ASSOC.
Hon.Sec.George Cleland,
23, Sycamore Avenue,
LENZIE. Tel.
Tel.041-776-3713

B.C.U. Director,
Gordon Richards,
Flexel House,
45-47 High St.,Addlestone,
Weybridge, Surrey.
Tel.0932 41341.

S.C.A. General Secretary
SCOTTISH SPORTS COUNCIL
8, Frederick Street,
EDINBURGH, EH2 2HB.
Tel. 031-225-3993

F.C.C. Slalom Equipment
DAVID CUTHILL
2, Merchiston Bank Ave.
EDINBURGH, EH10 5ED.
Tel. 031-447-3954

S.C.A. COACHING & DEVELOPMENT
OFFICER,
SUE EDWARDS,
8, Frederick Street,
EDINBURGH, EH2 2HB.
Tel. 031-225-3993

Also at this address
Secretaries of
Slalom
L.D.
Sprint
Bat Polo
Coaching

E D I T O R I A L

Many years ago one of the first things I learned soon after taking on my first admin. job in canoeing, was that a group of canoeists cannot be organised like an army platoon or a scout troop. Sooner or later they will rebel or simply ignore authority and go their own way.

The very nature of canoeing is such that, in general, only those with strong personalities, capable of individual thought, taking the initiative and acting independently, ever make any success of the sport. In other words, canoeists on the whole tend to be bloody minded and it is not necessary to resort to complicated psychological testing and measuring to prove it.

This line of thought was provoked the other day when considering the status of our International teams under Federalisation. I suppose we have for the last year or two been operating on a Federal-type status by sending our own teams to the Continent. However, England, Ireland and Wales will now realise their nationhood under the new set-up. This will inevitably mean that standards will rise in all home country events and we in Scotland must raise our performance levels to meet the challenge. To improve our standards will require a certain amount of regimentation and discipline in training schedules, participation in high standard events, organised coaching weekends, indoor training sessions, with close and continuous attention to personal health and habits.

A certain amount of personal sacrifice will be required from all our potential competitors. Much of the success from all this preparation will only come from having the right attitude of mind and approach to the main purpose of winning.

If there is any truth in my opening paragraph, the job of our S.C.A. Coaches is not going to be an easy one. The mind boggles at all that requires to be done to produce international ranking canoeists.

So long as something is done about this - and is seen to be done - all will yet be well, but do not let us pay the ferryman with good intentions.

J.C.

So far this year Touring members of the S.C.A. have enjoyed three weekends of social and sporting intercourse at different venues around Scotland. Our April weekend on Loch Lomond, with not the best of weather saw a turnout of eight with three newcomers to touring. The route from Duck Bay to Rowardennan was extended slightly in the direction of Inverbeg due to our Hostel booking going adrift. The return to Duck Bay entailed some excitement during the several squalls for which this magnificent Loch is renowned.

May saw us back at our usual haunt of Arduaine on Loch Melfort where we pitched our tents for the weekend. The weather on this occasion was excellent. I had learned the previous week of a new canoe club which had been formed on Luing and had been asked by Mrs. King, one of the founders, if part of our weekend would be around Luing. I agreed to arrange to meet their group at Toberonochy on the Saturday, which we did. I was agreeably surprised to find around fifteen canoeists on the water, mostly young, and all residents of Luing, which has a population, I would guess, at a few hundred. We parted company with the Luing canoeists at Cuan Sound and so they completed their circumnavigation of Luing. We set off to go around Seil Island.

We arrived at Clachan Bridge over Seil Sound at about 5.30 p.m. (very convenient) and decided on a little refreshment in the Tigh-na-trush Hotel, with about 8 miles still to go we were back on the water for 6.30 arriving back in Arduaine by 8.30 p.m.

Sunday's trip took us back across to the south end of Luing, then over to the Little Corryvreckan between Scarba and Lunga, a much kinder sort of Beasty than its big brother round the corner, but still not a place for the unwary. Then northward on the west coast of Lunga searching the while for the little channel which cuts the Island from east to west. This channel, which dries at low tide, allows a group to avoid the strong race which runs off the north end of Lunga, but it is a little tricky to find. The route home from here was back over to the north end of Luing, through the Cuan Sound and down by Torsay and Shuna to Arduaine.

Our next weekend, in June, took us back to this area for a camping trip to the Garvellachs and the small but historic island of Eileach-an-Naoimh. This rocky island was a favourite retreat of St. Columba, perhaps when the pressures of his missionary work on Iona became too great. It is known to have been colonised by St. Brendan before him in the sixth Century, and legend has it that it is the burial place of St. Columba's mother. There are extensive Monastic ruins dating back possibly to the ninth Century.

The tidal streams on the way across to the Garvellachs are strong virtually all the way from Cuan Sound and, whilst the route passes many interesting small islands, the timing of the tides did not permit us to stop until we reached the largest of the Garvellachs group. From there, after a pleasant lunch, it was a leisurely paddle along the east coast of the group with lots of time to explore the many passages through to the west where a large sea was running. A very pleasant night, rain free, was spent on the island - only slightly troubled by a not very good weather forecast. Our Sunday's route took us across to the little channel through Lunga then down to Scarba and across to the south of Luing. At this point the Saturday night forecast became Sunday reality and a hard paddle up the Sound of Shuna against a force 4/5 was the penalty paid for our enjoyment of the weekend.

The next S.C.A. trip is set for the weekend of 2/3rd September. It is a camping trip to Lismore in the Lynne of Lorne.

The S.C.A. Calendar of events for next year will be in preparation shortly and I would invite clubs and individuals to let me have details of any open tours they may wish to publicise, either inland or sea.

Peter Moore,
Convenor, S.C.A. Touring Committee.

FROM "AN INVESTIGATION INTO THE SOMATOTYPE (BODY TYPE) OF THE BRITISH CANOE SLALOM MASTER CLASS, WITH PARTICULAR REFERENCE TO PERSONALITY" by Barbara Druce.

(This is pretty hard reading but here are a few points from the conclusions)

"It can be concluded from this investigation that the British Slalom Master Class possesses a body type which can be described generally as mesomorphic i.e. tending towards classic Hercules being predominantly muscle and bone. He has a cuboidal head, broad shoulders, deep chest and heavily muscled arms and legs. Relative to his size his heart muscle is large and he has a minimal amount of subcutaneous fat.

Personality-wise he is predominantly tough minded, independent, self-sufficient, aggressive and somewhat less anxious than the average."

KANE (1970) showed the following correlations:

- 1. Extraversion with speed, strength, power.
2. Stability with explosive power
3. Tough mindedness with muscularity
4. Conservatism with strength.

Canoeists fit into 2 and 3 and tend towards 1.

NOTE: This was an investigation to find out if there was any definite type who was successful in slalom. The B.C.U. "Master Class" were all tested and measured and the results are produced in a highly scientific paper running to 70 pages. It may be borrowed by those interested in such a study from Jock Young, who was himself one of the subjects of the study.



REMINDER OF COMING EVENTS

Table listing events for 1978: SEPT 9 - 10 Teviot Bridge Slalom (1), SEPT 16 - 17 Scottish Slalom Championships - Grandtully (2), SEPT 24th Leven L.D. (3), SEPT 30) Cairnton Slalom (Dee) 2-3-T-J (4), OCT. 1) Free, OCT. 8 Potarch Slalom (Dee) 3-4-T-J (5), OCT. 14 - 15 Comrie Slalom 4-N-T-J (6), OCT. 21 - 22 Clyde R. L.D. (7), OCT. 29th Dee R.R. (5), NOV. 5th Devron Slalom N-T-J (8), NOV. 11 - 12 Free, NOV. 18 - 19 Thistle Brig R.R. (9)

- 1. K. Fraser, 4, Mansfield Square, Hawick.
2. Irvine Ross, Belrorie, Dinnet, Aboyne, Aberdeenshire.
3. Clydebank C.C., 8a, Ellinger Court, Dalmuir West, Dumbarton.
4. G. Hatfield, 3, Straik Road, Skene, Aberdeenshire.
5. The Canoe Club, Butchart Recreation Centre, University Road, Old Aberdeen.
6. Secretary, Canoe Club, 76, Oakfield Avenue, Glasgow.
7. The Canoe Club, Strathclyde University Athletic Union, 90, St. John Street, Glasgow.
8. J. Gilchrist, Moschatel, Grange, Keith, Banffshire.
9. Mrs. C. Linn, 50, Kings Road, Edinburgh, 15.

PLEASE GET YOUR ENTRIES IN ON TIME - 10 DAYS BEFORE THE EVENT.

In the past two issues of KAYAK, there have been articles, letters and comments, relating to our top Scottish paddlers in white water and slalom. It is clear that the writers feel that our competitors are not achieving the standards of which they are capable and that the policies of our technical sub-committees are inadequate.

I am not satisfied that the Association is currently providing a logical and structured framework of representative teams. Too many of our representative trips appear to have taken place in isolation, the results having no direct bearing on the future of the competitors. Before being attacked from too many quarters, I accept that grant aiding policies have not assisted long term planning, nor have changes in committee personnel. Although it is unlikely that the total sum given in grant aid will increase dramatically in the near future, the terms under which it is given are now much less restrictive. We must therefore ensure that it is utilized in the most beneficial manner. We should be adopting long term policies and committees should have an obligation to follow them through, even though committee members change.

The future then, as I see it:-

We must first accept the reality of the current position of the Association and its relationship with the I.C.F. It then logically follows that the highest aspirations of any of our members, i.e. Olympic Games / World Championships / International Events confined to I.C.F. members, can only be satisfied by their achieving a British Team Place. It then seems reasonable to argue that all our plans should be structured towards the best of our paddlers achieving this standard. Our Scottish Teams then become a rung in a ladder, not an end in themselves.

Looking at the requirements of each branch of our sport, I suggest the following structures, some of which are currently in operation - though I venture to suggest that they are not functioning as effectively as they should.

Aims and Objectives in the short, medium and long term allied to sound organisation and planning are essential! This may seem obvious, but why was the West Regional Slalom Squad session on the Clyde a shambles? Why do some of our established performers decline to attend squad weekends at Benmore or Strathclyde Park? Worst of all, why do some of our best performers decline the opportunity to represent their country at Continental Events???

SLALOM

REGIONAL TRAINING SQUADS need to be extended and expanded. Membership should be by invitation only and comprise youth paddlers with the potential to achieve Division 1/2 status, Senior paddlers in Division 1/2, and any serious C1, C2 paddlers. The squad would meet at regular intervals and be given guide lines for their training away from the squad. The best members of the squad should attend selected Scottish events. Assistance - financial / travel / equipment should be given and they would compete as a Regional squad. We would then develop a competitive system with paddlers trying to get into squads, squad members trying to represent their squads at events and inter squad competition plus the target of the SCOTTISH SLALOM SQUAD.

This would comprise the best Youth, Senior and C1 and C2 paddlers from the Regional Squads. They would attend selected slaloms all over Britain, competing as the Scottish Slalom Squad. Again assistance would be given. They would be competing regularly against the best in Britain, thus becoming fully aware of the standards of British Team members and the British selectors would see them regularly in this standard of competition.

The next rung would be the SCOTTISH SLALOM TEAM which would be selected from the Scottish Slalom Squad and would comprise those of sufficient standard to benefit from Continental experience. Special emphasis should be placed on Youth paddlers, with a medium term aim, the creation of a separate Youth Team. The Regional and Scottish Training Squads should be sufficiently flexible to allow additions and removals dependent on results, application and level of commitment.

DOWN /

Here I would advocate a similar structure to that in Slalom, with similar aims. I believe that it is in this field that some of our past and current paddlers could have achieved British Team status with a little assistance from a structured system.

SPRINT

The enigma - I remember a former sprint secretary giving a report to the A.G.M. describing Scottish sprint racing as "a vertical pyramid with a high peak and no base". This seemed an apt description if a little Irish. The situation has not altered greatly, the standard at the top is still high e.g. this year's Zaandam results, British National Championship results, Maureen McClure's presence in the British Squad and Willie Reichenstein's selection for the World Championships this month. The base now exists, but it is a very narrow one.

There are insufficient paddlers of good standard to justify the creation of Regional Training squads at present, though this should be a medium term aim. Their creation would depend on the success of an intensive campaign to swell the number of sprint paddlers.

I would continue with the present system of OPEN TRAINING DAYS where anyone who wished to attend could come and familiarise themselves with training methods and benefit from the contact with competent sprint paddlers. In addition I would form a SCOTTISH SPRINT SQUAD whose membership would be by invitation and would comprise the best Espada, Novice, Senior B and Senior A paddlers. As well as regular training sessions in Scotland, they would be assisted to attend a number of Holme Pierre Point Regattas to compete against the best in Britain in their class on a regular basis and allow British selectors to see them on a regular basis.

The next level would be the SCOTTISH SPRINT TEAM which would be selected from the Sprint Squad and contain those most likely to benefit from competition at selected Continental Regattas.

MARATHON

Again, a branch of the sport with a few good competitors and fairly limited support. Regional Training Squads have no role to play at present. OPEN TRAINING DAYS as in sprint, with a SCOTTISH MARATHON SQUAD of invited paddlers, selected by performance at domestic events, being given assistance to attend events south of the Border, particularly British Team selection events. The next level being a SCOTTISH MARATHON TEAM, selected from this Squad, to compete at selected International events.

As well as setting up a structured system, we should be considering the place of International events at home. We seem to have developed the peculiar attitude that Scottish Teams only compete abroad. International competition in Scotland should provide a shop window for each branch of the sport. Our slalomists do not aspire any higher than an event against the Combined Services - Does this have something to do with their willingness to erect the Grandtully course? More importantly, are our slalomists training hard enough to compete for places in the team?

In Sprint, efforts have been made to get a Home Countries International off the ground. The English and Welsh have not yet seen fit to take this seriously, though at the recent regatta the Irish sent a small but capable squad, and the majority of our best paddlers were there. Andy Morton has put in a lot of work to get an International Tay Marathon going. This year's event has the commitment of a full English Squad and with proper support from home paddlers, could become a very attractive event.

The DOWN RIVER scene is surprisingly blank and it is long past time something was done to rectify this. International competition at home could be a means of providing a high standard of competition at a much lower cost, while selecting larger teams than could be taken abroad. There could be an opportunity for all to see top competitors in action and could bring much needed publicity to our sport.

The immediate priority of BAT POLO and SURFING is to establish a sound domestic programme of events whilst deciding at what level these aspects are to be pursued in the next five to ten years.

To implement the above, we need money and personnel - coaches / selectors / managers. I have already suggested that grant aid will not rise substantially and that priorities will have to be decided. Apart from the Scottish Sports Council grant, there are a number of other bodies making money available and it is essential that the Association be fully aware of this and ensure that this information is conveyed to the membership. The next source is Sponsorship and I would suggest that this has been tackled in a piecemeal, though very strenuous manner, over the years, by a few dedicated managers. It is an area at which Council and the Joint Competitive Committee need to take a long hard look. I believe that, since transport is the major cost in team budgets, we should be investigating sponsorship from the car industry / car-van hire / accessories / garages / petrol companies. With suitable sponsorship from this area, a lot could be achieved.

On the personnel side, I take the Coaches first. Although the B.C.U. have a Competition Coaches Scheme, it has never found favour north of the Border, indeed it is not highly successful in the south either. A few years ago, Andrew Manwell produced a paper on a Competition Coaching Scheme for Scotland and it is time it saw the light again and was discussed in relation to our future needs. However, until a scheme gets off the ground to equip interested persons, I believe we have sufficient capable people to get things moving.

If a structured system were in operation, it would also help keep older paddlers in the sport, if they felt they could play a constructive part in the development of future talent.

Where result sheets show the relative standing of paddlers, the need for selectors is limited. What is very definitely needed, is a clear statement of the criteria for selection e.g. which events, how many paddlers from each category etc. I believe that Team Managers are currently only required at National Team level and we have a number of people who have capably performed this function. These can be added to as required and here former team members have a post competitive opportunity to remain in the sport.

In conclusion then, the time has come to review our present set up. If, as an Association, we see it as part of our function to provide a competitive structure, then that structure must adequately cater for those who wish to climb to the top of the pyramid.

---oOo---

SURFING

If any club is keen enough to stage a surfing event in the South East or South West of Scotland next year, the N.E. Clubs will be pleased to help with the judging and organisation.

S.I.W.A.

If you or your Club make use of any of Scotland's canals for events or training, why not keep in touch with restoration work and events by joining the Scottish Inland Waterways Association (S.I.W.A.)

Contact the Chairman, Stanley P. Ross-Smith, 25, India Street, Edinburgh 2.

Tel: 031-226-6175.

SCOTTISH OPEN CANOE SURF CHAMPIONSHIPS AT LANDEND near CULLEN, Banffshire
26th and 27th AUGUST 1978. Organised by INVERURIE SURF KAYAK CLUB.

As in previous years the competition was dominated by canoeists from the north east. The only canoeists from the south were myself, Alex Wylie and a group from Linlithgow Outdoor Centre. There was a total entry of 34 which was somewhat disappointing.

The heats were held on the Saturday in rather poor surfing conditions. As the day went on the conditions got worse, the waves becoming smaller and less frequent. In the final heat of the day the paddlers waited some time before picking up a suitable wave to surf in on. Not surprisingly, scores were poor, one of the few fives of the day being scored by Alex Wylie who went on to qualify for the final of the Open Kayak Handling (done in slalom canoes).

Sunday saw much better conditions, the waves were larger and more frequent. These conditions proved to be too much for some paddlers, capsizes being frequent and the rescue lifeline was well used. This showed the importance of having a good tight fitting spray deck, preferably neoprene, and the ability to roll in very rough conditions. Strong canoes are essential, one very large wave left Linlithgow with a "Folding Phazer" and another with a large split on the back deck. The biggest danger, however, is from collisions with other canoeists. One lad needed several stitches for a cut above the eye which he received from the metal tip of somebody else's paddle. To minimise the danger in the competition, only one paddler is allowed on any wave at a time and those heading out to sea must pass up the side of the course.

As on Saturday, the sea calmed as the day went on. There was some excellent surfing especially by Alex Wylie who went on to win the Open Kayak Handling. The object, rules and marking of a surfing competition for each type of Kayak are too complex to fully explain here, but marks are awarded for surfing in on a green wave manoeuvring and leaving the wave by some special stunt type manoeuvre.

Excellent accommodation was provided at Cullen Outdoor Centre for a small fee. Around 12 surf kayaks were present and all those who lent out these canoes to others must be thanked.

David Wolfe.

RESULTS

SURF RACE JUNIOR

1. A. Fulton	KEITH
2. A. Cowe	KEITH
3. J.G. Kelly	L.O.C.

HANDLING NOVICE

1. D. Isles	L.O.C.
2. J. Prichard	INVERURIE
3. A. Brownhill	ELGIN

SURF RACE OPEN

1. D. Shearer	A.U.C.C.
2. E. Milne	A.U.C.C.
3. P.R. Jackson	I.S.K.C.

JUNIOR SURF KAYAK

1. R. Strachan	ELGIN
2. A. Kelly	L.O.C.
3. A. Cowe	KEITH

SURF KAYAK OPEN

1. P.R. Jackson	I.S.K.C.
2. D. Shearer	A.U.C.C.
3. J. Mould	ELGIN

LADIES HANDLING

1. E. Cairns	OPC CALDERCRUIX
2. A. Spinks	A.C.C.
3. J. Paterson	I.S.K.C.

JUNIOR HANDLING

1. A. Cowe	KEITH
2. A. Fulton	KEITH
3. R. Strachan	ELGIN

CANOE HANDLING OPEN

1. A. Wylie	FORTH C.C.
2. P.R. Jackson	I.S.K.C.
3. J. Mould	ELGIN

(I.S.K.C. - INVERURIE SURF KAYAK CLUB
L.O.C. - LINLITHGOW OUTDOOR CENTRE
A.U.C.C. - ABERDEEN UNIVERSITY C.C.
A.C.C. - ABERDEEN C.C.)

KNOW YOUR CHAMPIONS

TWO STUDIES BY A. SCOTT RAMAGE - 1978

ROBIN LANG

SCOTTISH 10,000m L.D. and W.W. CHAMPION

<u>Age</u>	22
<u>Height</u>	5' 8"
<u>Weight</u>	155 lbs
<u>Profession</u>	Engineering Draughtsman (Scott Lithgow, Ship Builders)
<u>Mar.status</u>	Single
<u>Years canoeing</u>	6
<u>White Water Racing</u>	4

Training Details During summer paddles 12 - 14 hours per week plus the occasional 4 mile run. Usually out 4 nights per week for about 2 hours and 3 x 1/2 hour sessions at lunch time.

First W/W Race was 4 years ago, in Slalom Class. Progressed to W/W racer after 9 months. Started to train semi-seriously and then pulled out all the stops. Saw no future for himself in Slalom. Winter training consists of circuits, hard weights and running.

Record Has been 1st in Scottish Sprints, L.D. and W/W Races
Welsh Dee III W/W 1st team Scottish W/W team (twice)
Scottish Sprint Team (once).

Greatest Asset Ability to train exceptionally hard, consistently, over many months but knows when he has done enough. Can plan training; when to peak, etc. Does not have any more strength than anybody else but knows how to draw 100% effort when required. Some people are gifted this way, others are not so fortunate.

Greatest moment Big break through when selected for Scottish W/W Team in 1976 for first time.

Most Disastrous moment During 1976 Awe selection race, broke out in rapid below slalom site and capsized at bottom weir.

Advice to up and comers Train as often as possible giving 100% effort and not mess about as so many of our Scottish Competitors have the tendency to do. Quality of training is very important for speed and stamina. Indoor training is the most valuable, coupled with circuits, weights and running.

Without doubt, if anyone trains hard enough for W/W, Sprint or L.D., success has got to come.

Don't be disappointed with a bad result or two. Go out and train harder and seek advice from others who also train hard.

Who do you admire most in canoeing?

Alistair Wilson, Albert Kerr and, dare I say it, Morton. I feel they have gone out on their own and worked really hard to achieve their results.

JOCK YOUNG

SCOTTISH SLALOM CHAMPION

<u>Age</u>	22
<u>Height</u>	5' 10"
<u>Weight</u>	182 lbs
<u>Profession</u>	Teacher of Technical Subjects Penicuik High School
<u>Mar.status</u>	Single
<u>Years canoeing</u>	22 !
<u>Slalom</u>	8

Training Details

Paddles in competitions. Plays football and Squash occasionally

Record

Scottish Slalom Championships 1st
(2nd four times)
Div I team event - 3rd
Div I best 11th place nationally
British Schools slalom 2nd
British Colleges slalom 2nd (3 times)
British Youth team (twice)
Scottish Team (twice)
Full International Slalom 9th (Skopje)
Scottish International Team 2nd (Lofer)

Greatest Asset

A reasonable body to start with which probably comes from years of paddling before slalom. The good luck to have the experience of going abroad with the Edinburgh Schools and the British Youth team. Also, living in Scotland thus having no fear of big water.

Greatest moment

Coming 2nd with the Scottish Team at Lofer (Austria) (I prefer to come 20th and do well, than come 1st and perform badly. The placing doesn't matter.)

Weaknesses

Food. Being lazy, having had things too easy in competitions at the start of my career.

Most Disastrous moment

A swim at Campsie when I went down a whirlpool. Once at Landeck (Austria) got stuck in a stopper which would not let me go. Capsized deliberately but still held. Came out of canoe which went on downstream. Eventually swam free of the stopper.

Advice to up and comers

There is no point in practising something which is wrong. You must have the ability to watch good paddlers on the water, analyse what they are doing and have the ability to imitate their movements. Pick someone good with a similar style and learn from them. Don't take it too seriously - enjoy yourself.

Who do you admire most in canoeing?

I have never seen anyone perfect on the water though I admire Nicky Wain because he is consistently good.

Secret of Success?

Ask Albert Kerr - World Champion.

On a damp evening at the end of June, I was helping to run a 'regatta' on a short stretch of canal in the centre of Kirkintilloch. This event was successful in attracting many entries from novice canoeists and its success may encourage others to try their hands at organising such "not-too-serious" competitions.

Strathkelvin Kayak Club was approached several months ago by Kirkintilloch Community Council and asked to run a canoe event on the canal as part of the Gala Week festivities. This sponsorship made it possible for us to offer trophies or medals for the first three places in all of the races as well as team trophies for the first five teams. We devised a programme of races in the usual age and sex categories but stipulated that any type of craft could be used except racing K1's and W.W. racers. Racing started at 7.15p.m. and the last of eleven separate races finished at 9.30p.m.

Only the Seniors did more than one lap of the 2/3 mile course, the Start and Finish being conveniently located at the same spot. The starts were exciting to watch as on occasion there were more than 20 kayaks lined up across the canal. Despite numerous collisions I don't think there were any capsizes!

Although we were pleased to have entries from Paisley K.C., Trossachs and Glasgow University Canoe Club, we were delighted to find that regular club entries were outnumbered by Scouts, Guides and school groups, many of whose members were racing for the first time.

For the record, Paisley won the Team trophy with Trossachs a close second, but Glasgow University were beaten for third place by a team from Falkirk High School, and Strathkelvin 'A' had to share fifth place with a team from Milngavie Guides and Rangers. An Open Handicap Event was won by Colin Fraser and the lucky lad received a beautifully engraved goblet.

The enjoyment of those who took part was obvious and it was a pleasant little event to run. I know that several clubs have organised special events for novices but I think that there is a strong case for more clubs running simple events using readily accessible local waters.

KIRKINTILLOCH COMMUNITY COUNCIL - GALA WEEK CANOE REGATTA 1978 RESULTS

Event No. 1. <u>Senior Men</u>	<u>TEAM EVENTS</u>
1. Peter Turcan SKC	Event No. 6. <u>Senior Men</u>
2. Iain Williamson GUCC	1. Peter Turcan SKC
3. Paul Gardner GUCC	2. Drew Samuel TRO
Event No. 2. <u>Ladies (over 16 yrs)</u>	3. Iain Williamson GUCC
1. Maureen McClure TRO	Event No. 7. <u>Senior Ladies (over 16)</u>
2. Ann Greenshields PEG	1. Maureen McClure TRO
3. Caroline McLaughlin MILN	2. Caroline McLaughlin MILN
Event No. 3. <u>Youths (16-18 yrs)</u>	3. Brenda Donaldson GUCC
1. Colin Fraser TRO	Event No. 8. <u>Youths (16-18)</u>
2. Colin Bryce FHS	1. Colin Fraser TRO
3. David Scott FHS	2. David McWhirter PEG
Event No. 4. <u>Ladies (under 16)</u>	3. Colin Bryce FHS
1. Elizabeth McBride PKC	Event No. 9. <u>Ladies (under 16)</u>
2. Caroline Sheridan FHS	1. Elizabeth McBride PKC
3. Karen Jackson PKC	2. Karen Jackson PKC
Event No. 5. <u>Juniors (Boys under 16)</u>	3. Fay Heggie FHS
1. Kenny McNair PKC	Event No. 10. <u>Boys (under 16)</u>
2. Walter Wilson PKC	1. Kenny McNair PKC
3. Donald Ballantyne PKC	2. Walter Wilson PKC
	3. Richard Bell TRO

Results of Kirkintilloch Canoe Regatta (contd.)Veterans (included in Open)

1. Charles Greig SKC
2. Ben Taylor SKC
3. Alistair Murdoch SKC

TEAM COMPETITION (First five teams received shields)

1st Team.	Paisley Kayak Club	44 points
2nd Team.	Trossachs Kayak Club	36
3rd Team.	Falkirk High School 'A'	29
4th Team.	Glasgow University C.C.	26
5th Team.	(Milngavie Guides and Rangers 'A' (Strathkelvin Kayak Club 'A')	25 25
7th Team.	Falkirk High School 'B'	19
8th Team.	Pegasus Venture Unit	15
9th Team.	Milngavie Guides and Rangers 'B'	13
10th Team.	Colston Kayak Club	10
11th Team.	Coatbridge Scouts	8
12th Team.	Strathkelvin Kayak Club 'B'	0

OPEN EVENT (Allcomers - handicapped)

1. Colin Fraser. TRO Special Gala Trophy.
2. Peter Turcan. SKC
3. Kenny McNair. FHS

WATER HAZARD

Dr. P.B. James, senior lecturer in occupational medicine at Dundee University, discusses in this article the alarming problem of hypothermia in Scottish waters. His conclusions while perhaps surprising, are both important and valuable.

Already this year there have been a number of deaths in Scottish Lochs and rivers and, although some publicity has resulted, unfortunately the importance of the role of cold in these fatalities has been largely overlooked.

Following the Cairngorm tragedy when several schoolchildren died there has been much greater public awareness of the danger of hypothermia on the mountains. But it is probable that more people die of the effect of cold when swimming than when mountaineering. It has already been suggested that more people die in the water because they can swim than because they cannot. People who cannot swim tend to stay away from water.

Perhaps it is worth detailing the profound effects on the body that result from sudden immersion in cold water. When the face is immersed there is a dramatic fall in heart rate and blood pressure as a result of the nerve activity known as the diving reflex. There is evidence that, in susceptible individuals, this reflex may be enough to stop the heart completely. Also, on immersion, blood from the legs is transferred into the chest, reducing the amount of air which can be taken into the lungs. The buoyancy of the body is therefore reduced, requiring a much greater effort to keep the head above water, at a time when the output of the heart is restricted.

The transfer of blood into the chest may be larger when the individual is hot rather than when cold, so that paradoxically there is more risk on a hot summer's day when the temptation to jump in and cool off is greater.

If these initial problems are survived other factors supervene again due to cold. Muscles lose their efficiency as they chill, as do the nerves which supply them and joints become less flexible. Brain activity is reduced leading to an impairment of judgment.

All this adds up to an inevitable result: the mouth and nose cannot be kept above water, the victim suffocates and the death is recorded as a case of drowning. The same verdict was recorded for many sailors in the last war who wore life-jackets which kept the head above water. It is worth stressing that a life-jacket may prevent drowning but a survival suit or wet suit is required in Scottish waters to prevent death from hypothermia. Following an accidental fall into cold water, for example from a dinghy, it is often better to wait for rescue rather than to swim for the shore. Keeping still allows a /

COMMODORE'S COMMENT

Betty got a bit nostalgic when typing out Peter Moore's tour story and said how much she would have enjoyed such a trip. No stranger to that area herself she has always considered it one of the nicest bits of country in the west. Strangely enough my own reaction recalled a problem we had when writing the Scottish section of the B.C.U. Guide to the Waterways. When writing up the story of a trip, to whom are you writing? The expert? the one who thinks he is an expert? or the beginner? We decided to err on the safe side and write for the benefit of the beginner. This, of course, provided plenty scope for sarcastic remarks from the more experienced when they read it was best to get out and inspect some rapid or other, or avoid places like the Dores More and the Grey Dogs, or Little Corryvreckan.

We should never make it sound too easy or omit to mention the homework necessary to mug up on the speed of currents, location of overfalls and all the things one is safer to know when doing a West Coast Tour. Having been caught out myself once, the best advice to all sea tourers is: Never trust the sea. We must avoid the keen young canoeist dashing off with some of his pals to follow Peter's route to the Garvellachs not knowing what he is likely to come up against.

/ / / / /

I am one of those people who always read a newspaper backwards so that the latest in sport comes first. In time one becomes fairly familiar with the names of prominent players in golf, cricket, basket ball, football, rugby, bowls, tennis etc. etc. but if I was not involved in canoeing I would never have heard of Andy Morton, Peter Turcan, Robin Lang and the many others who take part in canoe sport, week after week.

Is it not time that the general public came to accept canoeing as a popular Olympic ranking sport and not the gimmicky pastime our public image makes them think it is.

Can I suggest that the S.C.A. appoints a P.R.O. now who will make contact with a Press Agency and maintain that contact constantly, keeping them supplied with news of the latest events and gossip notes on our canoeing personalities.

One of the most valuable contributions to this end can be made by the organisers of our canoeing events. A note of the results, with full identification details, signed by the organiser with address and telephone number should be sent to a Press Agency on the Sunday night. Surely some competitor could hand this in on his homeward journey. It would help if the organiser 'phoned the Agency or newspaper first thing in the morning to answer any questions and confirm that the information handed in is official and reliable.

/ / / / /

I was amused to read in a report of the Lukaemia Race that special mention was earned by a certain D. Peers for paddling a lathe and canvas canoe over the course which included Stanley Weir, Hell Hole Corner and Thistlebrig.

Before glass fibre boats were even thought of, all the Scottish rivers were pioneered in such canoes which, of course, includes the folding canoe. For the 1936 Olympics and the early slaloms, soft skin canoes were the official craft.

The area between Campsie Linn and Thistle Brig was the home waters of the Tay C.C. who produced 3 British Slalom Champions in their day - all in lathe and canvas canoes.

Because of the considerable advantage in stability of a soft skin canoe over a hard hull, I remember hearing it said, "Gosh, he went down Thistle in a glass-fibre boat and didn't coup"..... !

/ / / / /

I'd like to start by saying a big thankyou to all the people involved in any way with making the trip possible.

Well then, after the minibus breaking down in Perth, a one day delay, and all the hustle with the picking up of the squad, we set off for Dover, travelling all night to arrive in the morning. All the excitement soon wore off as hunger took first place in our minds. After breakfast we took an early flight by Hovercraft to Calais in France. From there we started heading south for Vichy, our training ground. We travelled a full day in blistering heat about 100°F in the minibus. The heat was unbearable due to there being no windows in the bus. The bus was like a mobile oven with trailer at the back. After a night stop we did 'intervals' in the morning and played about in a weir. After breakfast we headed off for Vichy.

We arrived there on Bastille day and we were quick to join in the celebrations. We stayed at Vichy for six days. During this time we trained very hard for Sort, in Northern Spain. In the morning we would be wakened by Uncle Irvine and Our kid. Then along the regatta course for a run, back for press-ups and sit-ups, then the long awaited breakfast which incidentally, would be prepared by Mum (Ann Spinks). We took it in turn for washing-up and this worked well, until it was Bluebell's turn; then we didn't know what was what! On the first day our long awaited paddle was great; plenty of water and plenty sun. After a session on gates we would stop for a meal. We would be on the water about three times a day.

I think we all found it very hard, but we all managed. The sun was always above our heads and sun hats, sun lotion and specs were essential. To cool off we would throw ourselves, or somebody else, in the river and swim down the course.

On the last night we attended a concert held in the Sports Centre across the road, oh yes! and the bar as well.

The next day, as soon as the presents were bought, postcards sent, tents packed, Geoff said it was "OKAY" so we headed off for Sort.

Travelling to Sort was a lot better as it was quite dull. The temperature stayed down but our food didn't. The roof rack was nothing but bother and we had to stop to take all the heavy stuff off and sit with it on our knees. But eventually we arrived in Sort in the middle of the night and slept in the van, or as Bluebell, on top of the roofrack.

In the morning, after breakfast, our first aim was to paddle the river. All excited we set off, reached the top, got in our boats and set off down the W.W. course. We were all in slalom boats which helped. To most of us it was the biggest water we had ever been on. On the way, a snake on my boat and a few capsizes, but we managed. We got back, had a meal, settled in and went off for another run.

That night we hit the town to watch the opening ceremony of the Festival, then back to bed via the pub.

Next day, down the course in river racers, to find lines wrong or correct. After two runs, spinning out, capsizing, swimming and rescuing, we finished at the end of the day very tired.

Eventually - the first event. Rolling competition - three rolls in fast time, on flat water. Now Neil Spinks was first (fixed) and Bluebell second. The rest were pretty terrible plus two swimmers who will remain nameless.

Now in one week Douglas Buick stood up and hit a boiling cup of tea out of Ann Spink's hand to land on my bare back, Alan Eastwood's gear was run over by a German, Tommy stood on the gas stove with bare feet and Bluebell in close pursuit, Geoff had his trousers pulled down in front of the squad, Dougie smashed up his boat,....rotten food, skeeters, flies and the heat - we were ready for our first race - all raring to go.

Personally /

Personally I'd been training very hard for this event and it all went in the air when I woke up on the morning of the race feeling very ill and running off to the toilet left, right and centre. But I managed 5th Youth, with Tommy soon behind. Alan Eastwood did very well and Margaret Elliot unfortunately swam in her event.

Then, the slalom. Now, I have nothing against anybody, but I think I can speak for everybody in saying it was Bloody Terrible. We all felt very tired and had nothing to give. The judging was done by dolly-birds, the results didn't reach us until 2 weeks later, yet they knew who won. The course itself was badly done - no water for practice. But, what annoyed us most was not being able to give all we could have as we were tired. Especially when the first Youth went to Lofer (Ian Philip) we didn't know our results, so Neil had to choose.

Bluebell, Alan and Jake went on to Lofer but that's a story I'd like one of them to tell.

To my mind it was a good trip, everybody enjoyed themselves, but the competition could have been better.

I'd suggest somewhere else for slalom although I would race the WWR again - that was superb.

T E A M

Ian Philip	Margaret Elliot
Ian MacDonald	Ann Spinks
Douglas Buick	
Alastair Bell	
Tommy Turcan	Alan Eastwood
Geoff Willing	Alastair Munro
Neil Baxter	
Team Manager - Neil Spinks	
Coach - Irvine Ross	

P.S. The fact most people don't realise is that we didn't go across just to do well over there. It was to give us Youths a start at training to do well back home, and maybe make the senior team next year.

---oOo---

---oOo---

---oOo---

RESULTS

<u>WHITE WATER RACE</u>	<u>Seniors (63 comp)</u>	<u>Juniors (27 competitors)</u>	
1. J.C. Michells	CRB Belgium 23.49	1. A. Miguel	Spain 24.05
2. Phil Dean	Accrington Eng. 24.02	2. M. Joaquin	Spain 24.10
3. F. Dalit	CRB Belgium 24.15	3. M. Renard	Belgium 25.15
6. Alan Eastwood	Scotland 24.39	5. Neil Baxter	Scotland 25.44
18. Alastair Munro	Scotland 25.45	6. Thomas Turcan	" 25.55
		12. Alastair Bell	" 27.21
		22. Douglas Buick (Cap)	" 32.03

SLALOM

<u>Seniors (69 competitors)</u>	<u>Juniors (43 competitors)</u>
1. A. Paltzer Italy 159	1. R. Bocker Holland 199
2. G. Hager Italy 159	2. H. Wils " 221
3. A. Brooke England 174	3. J. Figuruelo Spain 221
7. Alan Eastwood Scotland 214	5. Ian McDonald Scotland 228
8. Alastair Munro " 235	6. Ian Philip " 238
	7. Neil Baxter " 238
	9. Douglas Buick " 246
	12. Thomas Turcan " 309
	13. Geoff Willing " 313
	14. Alastair Bell " 338

SCOTTISH INLAND WATERWAYS ASSOCIATION - WESTER HAILES 26.8.78

"No bother" said I, "We will just bring along a couple of members and a trailer of canoes and anyone can have a wee shot." Naturally I had thought that the weather would be poor and there would only be a handful of spectators mad enough to have a try at canoeing in the muddy canal; we would have a quick cup of coffee and all would be home at a very civilised hour.

In the event, last Saturday was a blazing hot day, and by the time I arrived at the Calders on the Union Canal (Sighthill/Wester Hailes for the ignorant) at about 10.30 a.m. there was already a marquee erected along with a SIWA tent and a LUCS (Linlithgow Union Canal Society) stand taking shape. Stanley Ross-Smith (Chairman of WIWA) was away collecting a portable launching ramp for boats, and his wife was holding court on their magnificent new acquisition, the "Thomas Telford", a superbly equipped canal narrow boat. Before I had stopped the car a horde of children were beseeing me - "Can I have a go Mister?" - "Shall I take the boats off, Mister?" - "This one is mines, isn't it, Mister" and similar high pitched staccato questions set the tone for the day.

The trailer was duly unloaded, when the Newport family arrived with canoes and trailing a magnificent 15 foot cabin cruiser, which we launched down the two planks comprising the 'portable launching ramp' - the less said about this contraption the better.

After some confusion we established a sort of system for the queue of youngsters clamouring for five minutes in a canoe. Sandi, my eight and a half months pregnant wife, made a stalwart effort in issuing tickets and controlling the queue. But then her last couple of years of teaching at Craigmillar gave her an advantage. Douglas Wilson did his stint on the bank helping kids into and (sometimes almost but not quite forcibly) out of the canoes, while Grant, Derek and Alison Newport and myself did our best to police the water and recall those who, by ignorance or design, or both, had disappeared round the bend with a canoe for which there was a queue of about thirty lusty kids waiting with growing impatience.

Richard (Jackie was in charge of the inflatable dinghies) McCurdie gave a short demonstration together with Lesley Bowmaster and Grant Wilson, which nobody was very interested in as this prevented them from their 'shot' in a canoe.

Meanwhile John Young had appeared with his touring double and young Catriona (no pun meant). A few minutes later he had managed to coerce our Commodore Jack Cuthill into the front seat and they were like two gentlemen of leisure paddling gently to the end of the canal.

Meanwhile, back at the hire station, all was hectic. No hope of a break for natures calls, so I paddled along to see how the power boats were getting on. They were doing a roaring trade like ourselves, but a cup of tea in my canoe alongside the Newport's boat was most welcome.

By six o'clock the pace was getting a little hot as the local lads began to hurl each other into the muddy water. We decided it was time to load up the trailer and beat a hasty retreat, although the queue was showing no signs of abating and the Wester Hailians seemed to have unlimited supplies of 5 penny pieces (Shillings, Mr. Commodore).

Many thanks to all those mentioned above - do not worry - next year it is sure to rain, but we will be better organised. And maybe I will get a chance to have a look myself at that magnificent narrow-boat of Stanley's

RKR - Your Canal Correspondent.

At the halfway stage with Fairnilee, Comrie and Leny completed we have 19 paddlers on the C1 list and 24 crews in C2. The Competition is wide open as only two C1 paddlers have competed at all the three ranking events to date. Geoff Hatfield, the reigning champion, has only competed at one of these slaloms and so has it all to do in the last three events of the series. The leading C2 crew of Brown/McLean has now split up leaving a good opportunity for any crew that can keep together for the Awe, Cairnton and Potarch, the remaining ranking events.

	<u>C1</u>	<u>Pts.</u>	<u>C2</u>	<u>Pts.</u>
1.	D. Brown Glenrothes	25	1. Brown/McLean Glenrothes	17
2.	P. Brown Glenrothes	17	2. McPherson/Torrance Selkirk	12
3.	R. Rogers Allanforth US	15	3. Hatfield/Hatfield Aberdeen KC	10
4.	M. Shearer(Y) Brechin HS	14	3. Munro/Young R.W.S.A.B.C.	10
5.	H. Gray 9th Kil.B.B.	12	3. Millar/Gray Ancrum/Kil	10
5.	K. Yeoh G.U.C.C.	12	6. Tannock/Riddel Strath.UCC	9
5.	G. Cleland G.U.C.C.	12	6. Millar/Lingard Ancrum	9
8.	A. Eastwood G.U.C.C.	10	8. Cleland/McLeod G.U.C.C.	8
9.	G. Hatfield Aberdeen KC	9	9. Hay/Marles Selkirk	7
10.	C. Tannock Strath UCC	7	9. McMorris/Hamilton Uddingston	7

Geoff Hatfield has missed two of the S.C.A. Canadian events because of his journeys to the Division I events in Wales which have been to good effect. The B.C.U. C1 Ranking List currently reads:

1.	P. Keane	58
2.	G. Hatfield	52
2.	P. Nordelli	52
3.	M. Hedges	39

It must be pointed out that Martin Hedges missed one of the ranking events. Geoff also narrowly missed selection for the British Europa Cup Team. At the two selection events, which Pete Keane won, Geoff came third and fifth while Pete Mordelli just squeezed him out with results of fourth and third. At the non-ranking Welsh open event Geoff proved the selectors wrong when he convincingly beat Nordelli by a handsome margin.

---oOo---

WANTED

URGENT

FIBREGLASS RACING K.1.

RANGER, RAPIER, LAZER...etc.

Reasonable condition

Please contact: Richard Bell
Aber House, Gartocharn
Dunbartonshire, G83 8RT
Tel: Gartocharn 377

WHEN REPLYING TO ADVERTISEMENTS PLEASE MENTION "KAYAK" MAGAZINE

THE SUMMER ISLES

A WEST COAST TRIP
MADE BY ~~~~~
and



David
Cuthill



Jock
Young



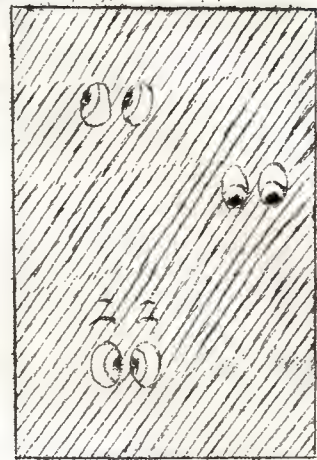
Tina
Mitchell



Late on Friday, 21st July, (when the weather wasn't looking), the three left Ardmair for Tanera More.....



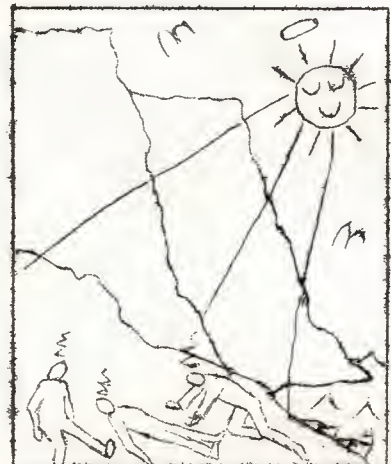
Next day they were discovered and the weather followed them to Camas Eilean Ghlais.....The



caves there looked interesting (from a distance) but close up, were just dark.



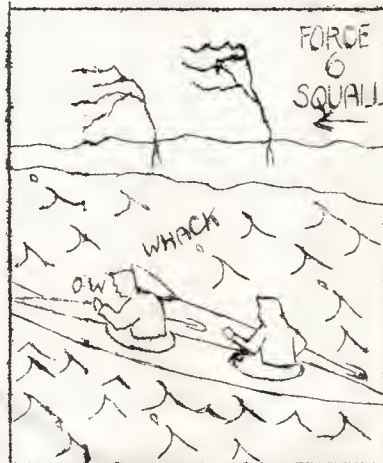
Sunday, they surfed towards Pt. of Stoer. Suddenly D.C. was engulfed in a giant breaking wave. Too late to turn back, Jock and Tina shut their eyes and paddled into the giant waves. The three just



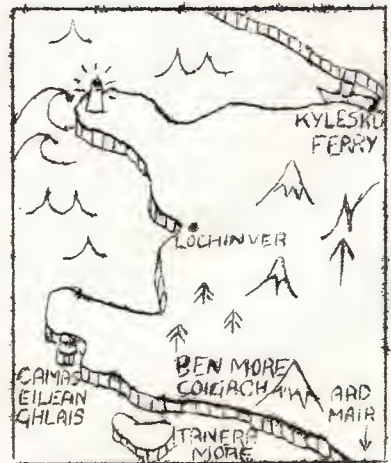
barely survived, thanks to a timely burst of sunshine which lasted all of 10 minutes.....



Exhausted, they camped on a hillside rather than spend time looking for a flat campsite.....



The wind was strong en route to Kylesku and it was difficult for them to hang on to their paddles



This map shows their route which covered 52 miles and took them four long days.....

T.M.

LETTER TO THE EDITOR

21, Craigleith Drive,
EDINBURGH, EH4 3JT.

Dear Editor,

With regard to Scottish Slalom Team Selection, I would like to express my bitter disappointment in the handling of this matter.

For 5 years on the trot, I paddled abroad and, because of this, I am now about £1,700 out of pocket.

It just isn't humanly possible to go on spending money you haven't got in this manner. Therefore, for the past 2 years, I have refused a place in the team, explaining the situation to the people concerned.

Imagine my feelings when I heard that this year the team's campsite fees, petrol and food were paid for by the S.C.A.

While I realise that it is almost impossible to know exactly how much money will be available in advance, I would have expected that someone in my situation would have been informed of the availability of such adequate financial assistance, especially as a senior team could have been made up with the other two senior members in the party.

Yours sincerely,

JOCK YOUNG.

SCOTLAND v COMBINED SERVICES COMPETITION at GRANDTULLY 16th SEPTEMBER

The following have been selected to represent Scotland in the Combined Services competition at Grandtully on 16th September 1978.

<u>TEAM I</u>	Alan Eastwood Alastair Munro George Robertson	<u>TEAM II</u>	David Cuthill Kenny Fraser Jock Young
<u>TEAM III</u>	Neil Baxter Tom Turcan Geoff Willing	<u>TEAM IV</u>	Ian Anderson I. Houston Iain Linn

CANOE POLO CHAMPIONSHIPS

Plans are being finalised for the 1979 Canoe Polo Championships in Edinburgh next January. If your club proposes to enter a team, may we suggest that you look to the repair of your Bats. The Forth Canoe Club have a mould available for hire at a nominal charge for those who want to make their own. Contact Kelso Riddell at 031-229-9586 or Ansaphone at West Linton (096 86) 348.

BLACK CART ACCESS

Correspondence is still passing between the Scottish Angling folks and the Paisley Kayak Club, but it is felt at this stage of the proceedings that it is best not to make any public statements.

SCOTTISH YOUTH SLALOM TEAM TOUR 1978

We received a report, which made harrowing reading, from Irvine Ross as a contribution to KAYAK, running to 5½ pages. It was entitled "A glimpse into the reality that lies behind all those diplomatically worded reports that circulate at Council Meetings and A.G.M's."

It was written from Chamonix where he went for a month to recuperate after his exertions. He had still to find the strength to come home, at the time of writing.

We regret very much that it was too long to include in KAYAK but it is considered much too valuable a report to leave on the shelf, so we propose to print it for circulation to the S.C.A. officials and committee men. Something will have to be done before next year to ease the burden on those who take our International Teams abroad. Why do we not cancel all foreign trips next year and with the money saved, buy a reliable transit of our own.

Scotland will have many teams to transport to competitions in England, Wales, Ireland and the Continent under our new Federal Status and we must have the means of getting them there safely and quickly.

HIMALAYAN TRAGEDY

It was with great regret we learned of the death of Mike "Doc" Jones. The Yorkshireman, only 26, was leading an expedition down the Brulda River with its source high up on Mount K2, the second highest mountain in the world, when the accident happened and he was drowned. Details of how it happened have yet to reach this country.

TAY MARATHON - SUNDAY 3rd SEPT

RESULTS

<u>Senior K1</u>	1. Tim Cornish	7.08.11	<u>Junior K1 Men</u>	
	2. Truren	7.12.26	1. Jeremy West	4.22.48
	3. Robin Belcher	7.17.53	2. Rodgers	4.23.10
			3. Blythe	4.31.26
<u>Senior K2</u>	1. Mason Harding	6.56.44	<u>Junior Ladies K1</u>	
	2. Greenaway Day	7.01.44		
<u>Ladies K1</u>	1. Kath Nadal	4.46.27	1. Barton	5.10.25
	2. Christine Haynes	4.53.04	2. Brooks	5.13.05
	3. Yvonne Allison (Scot.)	4.53.37		

INTERNATIONAL TEAM 1st ENGLAND
1st Club - NOTTINGHAM.

FORTH CANOE CLUB NOTES

CLUB ACTIVITIES

Monday evenings at Craiglockhart stop after the 11th September. As the nights draw in and the temperature falls, only the keen competitive types will be seen on the water - usually bashing up and down the canal training for the next white water race or perhaps doing some slalom gate practice with the aid of the street lights and a hand-torch. These sessions are organised to suit each individual's available time - if there is sufficient demand the club could organise a couple of "On the water in the dark" training sessions to give you the experience. Most canoeing is done at the weekend - usually on a Sunday and on a river. If the weather is exceptionally fine and fair there is the occasional sea trip, but only the very competent stray far from the shore. Most prefer to potter about at Cramond, Queensferry or Seacliff.

Apart from the W.W. Races, the day trips are organised informally. The main club regular activities are given below.

Winter Activities

These are only available from 24th October 1978 to 19th December 1978 inclusive and 4th January 1979 to 22nd March 1979:

<u>TUESDAYS</u>	8 - 9p.m.	Sciennes Primary School Cost 20p an evening.	Pool Session Best for beginners, and rescue drills.
<u>WEDNESDAYS</u>	7.30-9.30p.m.	Compass Adventure Centre, Granton.	Repairs and maintenance of canoes - 1st Wed.in month - films etc.
<u>THURSDAYS</u>	6.30-8.30p.m.	Liberton High School Cost 10p an evening.	Indoor games/circuit train- ing, then off to Gillespies
	8.30-9.30p.m.	James Gillespies High School - cost 30p an evening.	Pool session for advanced work.

NOTES

1. The charges are necessary to meet the costs of hiring the pools from Lothian Region.
2. The course system used successfully last year will be introduced again if it is seen to be necessary to control numbers. Details of this will be put in the November Kayak. Initially, however, the pools sessions will be informal and there will be plenty opportunity for instruction.

We welcome the following new members - the updated register will be published again with the February issue of Kayak. The latest total of members is 84. This doesn't include Robin Dixon who is still saving up!! Morag Eaton has managed to save up enough for her sub.!

			<u>Tel</u>
Neil Baxter	45 Oxgangs Avenue, Edinburgh.	Jnr.	441 4283
Mike Bazley	9 Deanpark Crescent, Edin.	Snr.	332 3365
Lesley Bowmaster	46 Ferniehall Drive, EH17 7DS	Jnr.	664 5897
Marion Brown	6 Caiystane Road W. EH10 6RS	Jnr.	445 1720
Brian Cameron	23 Southfield Road W. Edin 15.	Jnr.	669 2924
Hilary Cameron	23 Southfield Road W. "	Jnr.	"
Ian Campbell	8 Almond Square, East Craigs. Edin 12.	Snr.	
Adam Dickinson	16 Greenbank Crescent EH10 6ER	Snr.	447 1363
Bill Ferguson	13 Kenilworth Drive EH16 6DD	Snr.	664 6269
Fraser Geraghty	74 Temple Park Cres. EH11 1HZ	Jnr	229 7539
Marianne /			

New Members (contd.)

Tel.

Marianne King	4, Craighouse Terr. EH10 5LJ	Jnr.	447 1546
Richard & Jackie McCurdie,	6, Brockwood Ave. Penicuik (change of address)	Snr.	71-77319
Callum McDougall	149, Lanark Road West, EH14 5NZ	Jnr.	449 3413
Lynda Melvin	17, Dundas Cres. Eskbank Dalkeith, EH22 3ES	Jnr.	663 2033
Tina Mitchell	22/9 Parkgrove Road, Edin. EH4 7RR.	Snr.	336 8391
John Munro	9 South Learmonth Gdns. EH4 1EZ	Snr	332 5942
Alison Newport	20 Colinton Mains Green, Edin.	Jnr.	441 6950
Derek Newport	20 Colinton Mains Green, Edin.	Jnr.	441 6950
Mair Sims	17, Chalmers Street, Edinburgh	Snr.	229 2477 Ex 2598
Ewan Stewart	299 Lanark Road West, EH14 5RT	Jnr.	449 4859
Alistair Williamson	29 Swanston Terrace, EH10 7DN	Snr	445 1942
Alec Wylie	12 Salveston Crescent, Muirhouse, Edinburgh.	Snr	

EDINBURGH HOLIDAY MONDAY SEPTEMBER 18th

Those canoeists and spectators who survive the Scottish Slalom Champs at Grandtully on the Saturday and Sunday might like to arrange a local canoe trip. Arrangements will be made at Craiglockhart on 11th September or at the slalom training at the Canal Hut on Thursday 14th September.

MONDAY EVENINGS There will be no evening meeting on Monday Sept. 18th at the Canal Hut. On September 25th, October 2nd, October 9th, there will be meetings at the Canal Hut as soon as possible after 6 p.m. Please bring your own equipment if you have it. Activities will be confined to Slalom Training, general paddling skills and distance training.

B.C.U. TESTS Several members have enquired about the proficiency and coaching tests. Members who are interested should first make sure they know what they are letting themselves in for!! Coaching Handbooks can be ordered through the Secretary - these contain the actual test details and a tremendous amount of valuable information. These courses are closed i.e. only FCC members

PROFICIENCY TEST Members who wish to take this test should contact the Secretary. The cost of the test is £1 for non-B.C.U. members. A small extra charge will be made to cover the expenses of the examiner.

TRAINEE INSTRUCTOR COURSES Again, contact the Secretary who will finalise details of the course once the numbers are known. Before you start this you MUST have the proficiency test and be 16 years of age or older. If you don't have a "log book" then see the Secretary who will put in an order. The Trainee Course will be in November/December and will include pool sessions, lectures and canoeing on flat water and rivers.

ADVANCED PROFICIENCY (INLAND) Once a sufficient number have reached the standard, a test will be arranged - almost certainly in April or May. This should give prospective candidates time over the winter months to improve their paddling and rolling skills and prepare themselves for the questions on all aspects of the sport.

HELP! HELP! HELP! HELP! HELP!

1. Help is required in the supervision of the 2 pool sessions per week throughout the winter. If any senior members or parents would be willing to help then contact Scott Balfour who will be delighted to hear from you.
2. Canoeing can continue at the canal hut for as long as it is required. Boat storage (including the £1 deposit for the keys) costs £3. A small key for the gate only will cost 60p. Hand the key back and you will get your 60p back.

LENDAL PRODUCTS LIMITED

FACTORY

30 HUNTER STREET,
PRESTWICK,
AYRSHIRE KA9 1LG
Tel. No.(0292) 78558

SHOWROOM

18/20 BOYD STREET,
PRESTWICK,
AYRSHIRE KA9 1JZ
Tel.No.(0292) 78558

RETAIL JEWELLERY PRICE LIST

JULY 1978

			<u>Excluding VAT</u>	<u>Including VAT</u>
ITEM 1	SILVER/GOLDTONE	£ 0.98	£ 1.06
	STERLING SILVER	5.60	6.30
2	SILVER/GOLDTONE with leather Fob	1.39	1.57
3	SILVER/GOLDTONE not available...	-	-
4	SILVER/GOLDTONE	4.10	4.43
5	SILVER/GOLDTONE	3.98	4.30
5a	SILVER/GOLDTONE	2.60	2.81
6	SILVER/GOLDTONE	2.18	2.35
7	SILVER/GOLDTONE	2.00	2.16
	STERLING SILVER	9.60	10.80
	GOLD PRICES ON REQUEST			
8	SILVER/GOLDTONE	1.65	1.78
9	SILVER/GOLDTONE	1.50	1.62
10	SILVER/GOLDTONE	1.40	1.51
11	SILVER/GOLDTONE	1.50	1.62
11a	SILVER/GOLDTONE	1.50	1.62
12	SILVER/GOLD/COPPERTONE.	2.15	2.32
	STERLING SILVER	13.80	15.53
	GOLD PRICES ON REQUEST			
13	SILVER/GOLD/COPPERTONE.	1.77	1.91
	STERLING SILVER	10.40	11.70
	GOLD PRICES ON REQUEST			
14	ANODISED ALUMINIUM	1.50	1.62
15	SILVER/GOLD/COPPERTONE.	2.30	2.49
	STERLING SILVER	11.09	12.48
	GOLD PRICES ON REQUEST			
	PURE COPPER	5.50	5.94
	BRASS	5.28	5.70
16	SILVER/GOLD/COPPERTONE.	2.10	2.27
	STERLING SILVER	13.20	14.85
	GOLD PRICES ON REQUEST			
17	SILVER/GOLD/COPPERTONE.	3.68	3.97
	STERLING SILVER	26.65	29.98
	GOLD PRICES ON REQUEST			
18	GOLF PENDANT - SILVER/GOLD/COPPERTONE	2.03	2.19
19	GOLF KEYRING - SILVERTONE ONLY..	1.29	1.39
20	SKATEBOARD PENDANT - SILVER/GOLD/COPPERTONE	2.15	2.32
21	SKATEBOARD KEYRING - SILVERTONE ONLY	1.38	1.49
22	SKI-ING PENDANT - SILVER/GOLD/COPPERTONE.	2.22	2.40
23	SKI-ING KEYRING - SILVERTONE ONLY	1.44	1.55
	WOODEN PENDANTS	0.68	0.73
	ALL PENDANTS WITH CHAINS IN THE FOLLOWING LENGTHS - 18" (46cms), 20" (51cms), 22" (56cms), 24" (61cms) and 26" (66 cms)			
	PRESENTATION RIBBON PER METRE...	0.18	0.19
	Single colour ribbon available if required			
	BLACK OBLONG PRESENTATION BOX...	0.45	0.49
	GIFT PRESENTATION BOX (SMALL)...	0.41	0.44
	See illustration for size			

THIS PRICE LIST IS SUBJECT TO ALTERATION WITHOUT NOTICE.

LENDAAL



Shop and Office Address
 LENDAL PRODUCTS LTD.,
 18/20 BOYD STREET
 PRESTWICK KA9 1LG, AYRSHIRE
 SCOTLAND
 Telephone
 0292 78558

Jewellery



Scale approximately 1/3" full size

- | | | | |
|--------|-----------------------|-----|-------------------------------|
| Item 1 | Charm | 10 | Tie Tag |
| 2 | Keyring | 11 | Brooch |
| 3 | Bracelet | 11a | Lapel Pin (not shown) |
| 4 | Cufflinks/Tie Bar | *12 | Kayak/Canadian Pendant |
| 5 | Cufflinks/Tie Tag | 13 | Small Kayak Pendant |
| 5a | Cufflinks (not shown) | *14 | Oblong Kayak Canadian Pendant |
| 6 | Earrings | *15 | Oblong Kayak Canadian Pendant |
| 7 | Kayak charm/chain | *16 | Kayak Pendant |
| 8 | Ring | 17 | Bracelet |
| 9 | Tie Bar | | |

Item 14 available in anodised aluminium with blue or gold background.

Item 15 available in Silvertone, Goldtone, Coppertone, 9 ct. gold, 14 ct. gold, sterling silver, pure copper, brass.

*These items can be supplied as medals with red/white/blue presentation ribbons and boxes, together with chains if required.

All Pendants with Chains in following lengths - 18", 20", 22", 24", 26".

All jewellery can be supplied in quality gift boxes at a small additional cost.

Items 1 and 7 available in Sterling Silver plus 9 ct. and 14 ct. gold.

Items 1 to 11a available in Silvertone and Goldtone.

Items 12, 13, 16 and 17 available in Silvertone, Goldtone, Coppertone, 9 ct. gold, 14 ct. gold, sterling silver.