

KAYAK

MAGAZINE



August 1979

A FORTH CANOE CLUB PUBLICATION

Front Cover :	Alistair Denny, R.W.S.A.B.C., on his American Canoe Safari in May this year.		
1.	Editorial		
2.	Death on the River Awe	Lt.Cdr.Hewitt,R.N.
3.	Fred Westington	Andrew W. Cowie
	P.R.O. for S.C.A.	A.M.
4-5	The Tay	Maggy Jones
5.	The Long Arm of Coincidence	J.C.
6-8	Slalom and W.W. Racing Team Tour 1979	Irvine Ross
8.	This is not good enough - (on behaviour)		
9.	Loch Lomond L.D. Results 16th June 1979.	Drew Manzie
10.	B.C.U. River Agreement and Editor's Note		
11.	To start an argument		J.C.
	Tay Marathon - 1/2nd September 1979		
12.	Pen Portraits of S.C.A. Council.	Irvine Ross Fred Nelson	
13.	Commodore's Comment	R.Kelso Riddell
14-16.	F.C.C. Continental Tour 1979	D.C.
17.	Coming Events for the next three months	
18.	Local Relationships damaged at Luss on 16th June.		Drew Manzie
	Commonwealth Regatta - 30th June/1st July at Strathclyde Park.		
	Memo : The S.C.A. is on its own.		
19.	Historical background to canoeing in Central Region		Drew Michie
20.	Information and STOP PRESS News		
21-2	Forth Canoe Club Notes		

KAYAK MAGAZINE is the official club magazine of the FORTH CANOE CLUB issued free to members quarterly. It is available to non-members for a subscription of £1.80 (4 copies) per annum, payable in advance to Scott Balfour, 23, Buckstone Loan, Edinburgh, EH10 6UD. (cheques payable to "Forth Canoe Club" includes post.)

KAYAK EDITORS

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

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

ANDREW MORTON,
34 Roselea Drive,
Brightons, FALKIRK. FK2 OTJ
Tel.Polmont (0324)711459

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

B.C.U. DIRECTOR
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,
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

Since the completion of the new weir on the River Awe at the beginning of the year there have been a number of incidents involving slalom canoes being trapped by the bows in the wire mesh of the gabions. On 22nd July a Royal Navy canoeist of some experience was drowned in such an accident. Following this fatality, a line of buoys was placed across the river above all the weirs (one of the smaller ones has also proved dangerous in the past) and a sign has been placed by the river warning of danger to craft.

The Hydro Board have done no more than repair the wire holding the gabion together, and those of you familiar with the construction of such wire cages will realise that the same accident could happen again. Understandably, the Board are reluctant to reconstruct the entire weir just for the benefit of canoeists. In fact the Board might regard canoeing over the weir as an act of vandalism, since it is obvious that the passage of canoes over the weir causes damage which has to be repaired. Whether the Board have obstructed a right of way or not, remains to be seen, but this in effect means that the weirs are out of bounds to all canoeists for some considerable time.

This may put an end to the excellent Awe River Races, but Slalomists will be pleased to know there is a chink of light for them. The Hydro Board have stated that they would be happy to alter their flow regime if requested to do so by the Awe Fishery Board. Now to persuade the A.D.F.B. to ask for such a change might take some considerable time and effort, but if the canoeists can give something in return then we may yet have the opportunity to run some excellent Slaloms on the river. As with other rivers in Scotland, a time has come when canoeists must co-operate with other interests to ensure that the freedom of our rivers is enjoyed by all.

DEATH ON THE RIVER AWE

On Sunday 22nd July, Sub-Lieutenant Paul Green, Royal Navy, was drowned on the River Awe, near Taynult. The weir remains dangerous and must not be used.

Paul was in a group of five experienced paddlers who, after inspection, shot the lowest weir on the river. Four went through normally, but Paul became trapped by the bows in the main stream. His canoe folded over, trapping him underwater. The water force was such that he could not be reached until the dam had been shut down and the water level dropped, and then his canoe had to be chopped in two by axe to release his body. The cause of the accident could then be seen.

The weir is made of rocks and concrete slabs held together by wire netting. This netting is coming loose, and the canoe's bow had entered under a loop of wire.

A rope barrier has been put across the weir, but already canoeists have been seen crossing the barrier to reach the weir. Do not do this. It is an easy weir to portage, so mark this weir down as a proven killer that must be bypassed. Spread the word.

Lt.Cdr. P.J.F. Hewitt, R.N.
Wardroom, H.M.S. Cochrane,
Rosyth, Fife.

1st August, 1979.

From the Scottish Canoe Association's River Awe Representative.

Following the accident on the River Awe when a canoeist from the Royal Navy was drowned at the bottom weir, the Hydro Board have placed buoys across the river above the weir at my request.

You will be pleased to learn that negotiations are well in advance for freshet releases to be made in the daylight hours on some Sundays next year, for the purpose of events and training on the river. Moreover, the Hydro Board have indicated, at least verbally, that we may be able to use their ground for access to the river to start events.

I will be meeting representatives of the Hydro Board and the Fisheries Board shortly and it would be appreciated if any correspondence you have with either authority was sanctioned in the first place by the S.C.A., as relations with both authorities are amicable and should not be prejudiced.

A. Morton.

ADVERTISEMENT

WANTED K1 RACING KAYAK in glass fibre
with over-stern rudder.
Any condition considered.

Details to:- E. DAVIDSON,
9, Lakeside Road,
Kirkcaldy,
FIFE.

Telephone No: 0592 66920.

FRED WESTINGTON

It is more than thirty years since a young Englishman came to Glasgow to work as a clerk in the Post Office. Seeking recreation he was not long in discovering Loch Lomond where he met with the Scottish Hostellers Canoe Club. With his natural ability as an organiser he quickly became Hon. Secretary of the Club and thus Fred Westington came on the canoeing scene. As club Secretary and Treasurer for more than twenty years he built the small group into a strong healthy club, as the boathouses at Auchendennan and Rowardennan testify. They are a tangible result of all those days and weekends he spent there in his labour of love.

By canoe and cycle Fred explored and enjoyed Scotland - its Highlands, its Islands, its West Coast and its people. No mean photographer, he recorded all he saw on film, and thousands of us over the years have enjoyed Fred's slide and film shows.

In due course Fred was appointed Hon. Treasurer of the S.C.A. - a post he held for a number of years, interrupted by a spell as Hon. President. For his years of Service to the S.C.A. he received a Torch Trophy Award from the National Playing Fields Association.

Fred continued his activities until five years ago, when his many friends were distressed to learn that, at the age of fifty-seven, he had suffered a heart attack, and would henceforth have to lead a less energetic life. Continuing working until he retired from the Post Office, Fred then decided to return South to be with his own family and live in his family home in Bexhill-on-Sea. We were all sad, therefore, to take our leave of him in March of last year when he left Glasgow. Sadly, he did not live long to enjoy his retirement, but died on 8th July this year after another heart attack.

Fred Westington was a good friend and an agreeable companion to many in his adopted country of Scotland over many years, and he will long be remembered.

Andrew W. Cowie

P.R.O. for S.C.A.

The S.C.A. has long been in need of good publicity. Rarely are canoeing events given more than a few lines in the press. Sadly the only incident covered widely by the press this summer was the drowning of a Navy Canoeist on the River Awe. We must improve our public image, especially since the World Canoeing Championships are coming to Britain in 1981. To this end the S.C.A. is exploring the possibility of paying a part time Public Relations Officer to cover a few of our major events during the year and to provide the press with details of other activities on the canoeing scene.

Many of you will be aware of the coverage we have received on local Radio and even on S.T.V. Some of this has been due to the efforts of Iain Fleming who, it is hoped, will have taken up the position of P.R.O. by the end of the month.

Any organiser of a major event, who wishes his event to be publicised, should in the meantime contact the S.C.A. office in Edinburgh.

A.M.

"The Tay, the Tay, the silvery Tay,
Flows from Stanley to Perth very fast, all the way"
(apologies to McGonagall)

".....It is sometimes possible for those with incomplete or a low level of paralysis to canoe....." The Water Sports Advisory Panel to the Sports Council.

I am paralysed from the chest down and totally confined to a wheelchair. I am very glad that I had not consulted the Water Sports Advisory Panel before canoeing. It might have discouraged me; it might have pushed me into canoeing for the wrong reasons ... to prove something.

A very, very new member of Forth C.C. I read my "Kayak" front to back; there on the back, "Sponsored Canoe, Stanley Weir to Perth, person who raises most money for Leukaemia Research wins a free canoe!" A DOUBLE challenge. Dare I? I had "done" Stanley to Thistlebrigg once before, in total ignorance, blind confidence in the leaders Jim Allison and Jeff Patterson, ...backwards... I lost my paddle ... I had gone into the trees for a rest ... I had done everything wrong BUT I had stayed upright. Dare I do it again?

I thought about it for a week, mentioning it to an old friend John Fazey. He told me my canoe (a KW4) was all wrong. We went to the slalom at Treweryn. "There" said John, "go and look at those boats and get some ideas." I did. Expensive ones. "Have a go in Tony's" said John. I tried to get in. Sorry, wrong boat; it was Albert Kerr's no less. John and Albert didn't mind. I just didn't fit into the cockpit. The seat and sides were padded out completely to his own shape. THAT was what I needed.

Because I cannot grip with my knees, as soon as I hit heavy water I bounce, I bounce to the opposite rhythm of the canoe, collide intermittently with the seat and slip - down, under, sideways... For this trip I padded the seat, back and sides with campa-mat. This held me in tightly but still enabled me to come out if necessary. Now I had no excuses. "Please, er, Scott, is anybody really competent doing this sponsored trip who is not racing? Because, well, may I go too, but I am not very competent" I gather that Scott put a half-Nelson on Jed Dryburgh - just to encourage him - the others were Callum McDougall, Brian Forrest and Ewan Stewart.

7 a.m. on a drizzly grey Sunday. Bloody silly sport. Picked up Jed. 2 hours drive to Stanley. Nasty wet river. Somewhere in my depths there was a great lump of mud rising to choke me. I was launched. Mr. Stewart took my wheelchair away to Perth. The current sucked us down. The rumble of the weir grew louder; the lump of mud inside me came up to choking level. "Follow me this way" said Jed who had been casually looking over the weir. "Maggy next". I obeyed. With a great silent scream I went over the top - like canoeing down a staircase. Wh-o-o-sh!! Yip! Yip! Success! What's to be scared of? Let's do it again! All came down; all suddenly high on fear and success. On we went, through stoppers, round boulders, down over falls, waves overhead, out of sight of each other at times. I was part of the canoe, we were part of this great river. Yip! Yip! Yip!

Into Thistlebrigg. Jed disappeared (he was busy capsizing and rolling). I collided with an underwater island that is there when the river is low (so I am told). I swung sideways into the "nasties". "NO!" I thought. Too many sponsors had given me double or quits on a capsize, besides, I don't like getting wet. I dug in, swung round and was in charge again. We all broke out safely below the fall and came to the bank for a rest. Oh the great smugness of us, as we watched the next group come down! Popping out of their boats they were like peas out of pods! littering the place with bodies, canoes, paddles.....

Since forced to give up our West Coast Touring after 30 years of paddling holidays, it has been our habit these last few years of trying to retrace some of our old sea routes from the land, even in a few exceptional cases managing to camp on the same sites.

This year we started off on just such an old campsite at West Loch Tarbert where we began a tour over 20 years ago. That tour had led us up Loch Sween so we camped next on the shores of that loch. Afterwards it was difficult to follow the tour route by road as it had gone by Crinan, Craignish, Luing and Seil Sound under Clachan Bridge, described as "The Bridge over the Atlantic". This time we had to content ourselves sitting on the bank licking our ice-creams trying to calculate how many more times we had paddled underneath it than we had crossed it by car.

Then up to Oban and on to Connel Bridge over the Falls of Lora, recalling the day I had sat for 8 hours by these falls, charting the flow in order to write the story for the Scottish section of the B.C.U. Guide. The next stop was a small croft about 3 miles beyond Ledaig where we found one of the most picturesque campsites, by the shores of Loch Creran, it has ever been my lot to use, and it is here my story really begins.

The croft is owned by a Mr. Clark Campbell, one of the most active and agile 80 year olds I have ever met. That evening he came over to have a blether and a dram, and surprise, surprise, the subject of canoeing somehow managed to intrude into the discussion. He paused a moment and said "You are one of those are you"? "Have you ever heard of a Noel McNaught"? Now any self respecting canoeist who has read up his subject must have come across something written by Noel McNaught, a paddling journalist and a real canoeing "worthy".

My first contact with Noel was over 30 years ago. The tour had come up Loch Etive to Taynuilt where our usual campsite was in Mrs. Bell's field just over the road at the head of Kelly's old stone pier. Mrs. Bell's cottage adjoins the unfenced field so her daughter came wandering around the camp, curious to find out what kind of folk were daft enough to go around these parts in canoes. In the course of all the chit chat it transpired that her bike was in need of repair, so up jumped the gallant Noel with immediate offers of help. We sat around admiring the resourceful Noel. Little did we think then that we were watching the birth of a romance that would blossom into betrothal in little under 2 years. The union was twice blessed first with a daughter and then with a son. It is sad to record that some years later a rift developed and they parted. However, Noel still returns each year and he takes his son off on a canoe tour. Those of you who read the Scots Magazine may have noted the record of one of their trips - to the Garvellachs in 1975.

And now the plot thickens. The coincidence is that our host Clark Campbell is the brother of Mrs. Bell and he was born in the cottage at Taynuilt where she still lives.

During our stay Mrs. McNaught visited her uncle, with her married daughter and 2 children, but unfortunately we did not meet Noel who was away on a canoe tour with his son, so we had to make do by admiring his grandchildren.

THE TAY (continued from page 4)

The rest of the trip was pleasant but dull - like orange juice after Drambuie. Callum managed to capsize twice, we don't quite know why, but we were all wet anyway. Down to Perth, drifting, paddling, fooling in the eddies.... down to the finish. Jed made me lead the group in. I would have been proud if he hadn't spoiled it by saying "Age before Beauty".... some "Beauties."! But a most beautiful, a most memorable trip. In the end I suppose that I have proved something, and the sponsorship money keeps coming in.

Regular readers of this magazine may recall the long saga of mechanical troubles that dogged last year's Youth Team Tour. This year also brought its headaches but this time the bus broke down two weeks before we were due to depart which just gave us time to arrange for an alternative vehicle. Thereafter our mechanical problems disappeared which leaves me free to concentrate this report on the canoeing.

The tour began with the International Slalom at Augsburg. A severe case of "in at the deep end" for some of our new team members. The artificial slalom course at Augsburg is everything that it is reported to be; big, fast, powerful and completely different to any other piece of rough water. It takes a little time to adjust to this new phenomenon and during that time everyone was rolling with great frequency and one or two even went swimming. This was nothing to be ashamed of as various other national team members were seen floating down the course minus canoes and some of the German ladies swam on their competition runs. The fast, powerful water and sharp eddies caused a minor rash of aches and sprains the most serious of which was a pulled arm muscle for Nonie Coulthard. This caused her to miss two and a half days of training and she had not fully recovered by the day of the competition.

The British entry at Augsburg was surprisingly large as in addition to our own team there were Great Britain "B", Great Britain Youth Team, British Universities Team and various Centres of Excellence groups. This led to a great deal of co-operation under Ray Calverly, the British Senior Coach, to everyone's benefit. We were able to spread out the team coaches and keep the whole course under continuous observation to feed information to our paddlers, check the judging, support any protests and keep an eye on the top foreign competitors.

The course was very demanding with a number of difficult manoeuvres calling for strength, stamina and precise use of the water. Saturday became a long hot day beginning with practice runs at seven in the morning and continuing with competition runs until six thirty in the evening. Under these difficult and unaccustomed conditions the team did rather well with some very pleasing results. Scott Ramage at 35th was placed above several G.B. and other national team paddlers. Kathy McLeod at 21st came half-way up the ladies results at her first international and Ron Trotter also on his first trip abroad came 17th in the Youth event beating several of the G.B. Youth Team. It was also very satisfying to see Jock and Bluebell, paddling under British Colours, take the Silver medal in the C2 event, beaten only by the current world champions.

The International Slalom and White Water Race at Lofer in Austria the following weekend saw a return to a more familiar type of river course and a more familiar weather pattern. The slalom course at Lofer resembles a series of Grandtully top falls only with more rapid and swirling water. There is often a choice of routes which gives the course designer almost unlimited scope. Training sessions were spent trying to guess where the gates might be and then practicing all the possibles. Combinations of breakouts, crosses and spins. The weather proved equally varied with a succession of evening thunderstorms followed by bright sunny mornings.

Practice runs were held on Friday in the late afternoon at which time it began to rain in earnest. A real thunderburst almost hid the course from view while up at the campsite the cookhouse tent was under four inches of water. In spite of these conditions, team morale reached an all time high. Linda, dressed in a wet swim suit and tee shirt with water flowing in one side of the tent and out the other, managed to have hot soup and beef curry ready for our return from the slalom site, when with fifteen wet people standing shoulder to shoulder in a moderate sized frame tent we treated the entire campsite to a choral rendering of "You are my sunshine". It epitomised the way the team had pulled together and I was delighted by this display of spirit on the eve of the competition.

It rained all night and on Saturday morning four gates were removed from the course because of the increase in water level. The ladies who were first off had little time to inspect the course and no time to watch the proving run. This was a serious handicap and Kathy, confused by the course changes, took a forwards gate in reverse and picked up a 50 second penalty. The remainder of her run, with only ten penalties and a time just twenty seconds slower than the leader, would have had her well placed. The rain continued almost all day and the river continued to rise. The Men's K1 runs were a little dependent on luck as the organisers could not keep all of the poles out of the water all of the time and the gusting wind often moved the gates which were high hanging.

A further gate was removed from the course for the Youth event with the river rising even more rapidly. At the end of their first runs a serious debate was begun on whether to abandon the competition and in fact only the first runs counted. By the end of the Youth event the water was decidedly becoming dangerous and one paddler was looped twice attempting what had been the easy cross from gate 3 to gate 4; the event was then stopped and no C1 or team event took place. Under these conditions it was especially pleasing to see Geoff Willing take 10th place with Ian McDonald at 17th.

The fluctuations in water level were proving less of a problem to the White Water Race organisers. Just as the slalom was abandoned the race team event got under way. Our only representative was Robin Lang who had joined us by train at Augsburg but he had formed a team with Kenny Fraser from Roxburgh, who was also attending this event, and Phil Dean, a friend from England. They paddled to a respectable fourth place only 12 seconds behind the bronze medalists.

In the Individual event on the Saturday the water level had fallen considerably. Robin was going well at the half-way stage and in spite of having to roll near the finish he gained a very satisfactory 10th place. His time was only 39 seconds down on the winner who is a West German Team member and it is even more rewarding to note that he has closed the gap on several international paddlers since racing against them at Bourg St.Maurice in May.

This proved to be our most successful team tour to date, bringing home respectable results from competitions in which we faced the considerable strength of several National teams who had only just returned from the World Championships. All credit must go to the team members who have worked hard over the winter and regularly attended the squad coaching sessions. The results should encourage further serious preparation in the coming winter. I hope that in spite of Government expenditure cut backs we will be able to continue giving these paddlers the support they deserve.

Our thanks go to Aberdeen University for agreeing to hire us their specially equipped Mini-bus and for the loan of tents and other equipment; to Ellon Academy for the loan of their trailer, and especially to Linda Morrison, our conscientious and uncomplaining team cook. All members of the team would agree she was far more important than the manager or the coach.

RESULTS

LOFER INTERNATIONAL WHITE WATER RACE 4th/5th AUGUST 1979

<u>TEAM EVENT</u>	1. Schweiz I	CH	16m 11.9
	2. Schweiz II	CH	16m 40.4
	3. U.K.K. Wein	AUT	16m 45.0
	4. Scotland	SCO	16m 57.0
 <u>MEN'S K1</u> (49)	1. Degenhard Pfeiffer	BRO	17m 26.1
	2. Vrs Duc	CH	17m 33.1
	3. Martin Baerlocher	CH	17m 39.9
	10. ROBIN LANG	SCO	18m 05.5
	31. KENNY FRASER	SCO	18m 55.4

RESULTSAUGSBURG INTERNATIONAL SLALOM 28/29th JULY, 1979.

<u>Men's K1 (112 competitors)</u>			<u>Ladies K1 (41)</u>		
1. Dieter Forstl	BRD	203.9	1. Liz Sherman	G.B.	344.6
2. Andi Wolffhart	AUT	223.4	2. Drahomira Plinackova	CSSR.	362.6
3. Jurg Gotz	CH	226.1	3. Marcela Kostalova	CSSR	372.1
35. SCOTT RAMAGE	SCO	289.5	21. KATHY McLEOD	SCO	565.4
62. GEORGE ROBERTSON	SCO	323.0	33. NONIE COULTHARD	SCO	730.2
<u>Youth's K1 (67)</u>			<u>C2 (16)</u>		
1. Vladimir Chapciak	CSSR	262.2	1. Welsink/Czupryna	BRD	293.5
2. Ivan Hilgert	CSSR	266.6	2. MUNRO/YOUNG	G.B.	406.1
3. Wilfried Machiels	BEL	268.9	3. Zatko/Mattikan	CSSR	406.7
17. DAN TROTTER	SCO	310.5	<u>Men's Team Event (46)</u>		
37. ALASTAIR BELL	SCO	400.4	22. RAMAGE/ROBERTSON/BAXTER	SCO	571.6
41. GEOFF WILLING	SCO	419.6	30. McDONALD/TROTTER/BELL	SCO	682.4
50. IAN McDONALD	SCO	444.2			
53. NEIL BAXTER	SCO	455.6			

---oOo---

LOFER INTERNATIONAL SLALOM 4th AUGUST, 1979

<u>Men's K1 (113)</u>			<u>Ladies K1 (47)</u>		
1. Peter Micheler	BRD	161.7	1. Liz Sherman	G.B.	211.3
2. Peter Fauster	AUT	166.9	2. Drahemira Pilnackova	CSSR	216.8
3. Hilgert Lubos	CSSR	167.7	3. Alena Kucera	CH	219.0
59. SCOTT RAMAGE	SCO	209.8	36. KATHY McLEOD	SCO	296.6
61. GEORGE ROBERTSON	SCO	213.4	37. NONIE COULTHARD	SCO	306.8
<u>Youth's K1 (46) 1 Run only</u>			<u>C2 (20)</u>		
1. Ivan Hilgert	CSSR	168.4	1. Evers/Klein	BRD	224.94
2. Vadlav Chod	CSSR	175.4	2. Cap/Zuzalek	CSSR	224.99
3. Franz Kremlesner	AUT	179.7	3. Majducik/Maixner	CSSR	229.12
10. GEOFF WILLING	SCO	207.3	9. MUNRO/YOUNG	G.B.	246.68
17. IAN McDONALD	SCO	232.4			
27. ALASTAIR BELL	SCO	284.1			
28. DAN TROTTER	SCO	285.1			
31. NEIL BAXTER	SCO	312.4			

THIS IS NOT GOOD ENOUGH.....

There was an incident recently where a group of Scottish Canoeists travelled South to paddle the River Eden in Cumbria. They apparently were not aware of the agreement which exists between the riparian owners and the B.C.U. about access to this river, and they paddled it without asking permission of anyone. This in itself jeopardises the existing agreements; however the behaviour of the group itself was poor - leaving litter, using private roads etc. If your Club (or any canoeists you know of) are planning to travel south to paddle on English or Welsh rivers please, PLEASE, ensure that the group contacts the appropriate river adviser well in advance. The names of river advisers can be obtained from the S.C.A. office or by telephoning George Cleland, General Secretary, at home (041-776-3713)

There have also been other reports recently of canoeists stepping beyond the bounds of good behaviour. No matter the circumstances it should be remembered that canoeists should at all times be polite and keep the cool.

incorporating the S.C.A. L.D. Championships and the
Scottish Universities' L.D. Championships - 16th JUNE 1979. RESULTS.

52 Paddlers representing 17 clubs turned up on a dull day with the odd sunny interval. The wind was about force 3, N.W. giving a good test of open water paddling, reflected in the fact that only 36 completed their respective courses. There were a number of capsizes but all were efficiently dealt with by the Rescue Service. A summary of the results shows:-

OPEN (11)

- | | |
|-------------------------------------|--------|
| 1. R. Lang (Port Glasgow) | 98.49 |
| (Robin retains Loch Lomond Trophy) | |
| 2. P. Turcan (Edinburgh University) | 102.29 |
| 3. S. Murphy (Glasgow University) | 119.05 |

UNIVERSITY K1 (3)

- | | |
|-------------------------------------|--------|
| 1. P. Turcan (Edinburgh University) | 102.29 |
|-------------------------------------|--------|

UNIVERSITY W.W. (5)

- | | |
|--------------------------------------|-------|
| 1. A. Ashby (Strathclyde University) | 64.01 |
|--------------------------------------|-------|

VETERAN (3)

- | | |
|--------------------------|-------|
| 1. D. Samuel (Trossachs) | 55.39 |
|--------------------------|-------|

LADIES (5)

- | | |
|-----------------------|-------|
| 1. M. McClure (Forth) | 60.52 |
|-----------------------|-------|

JUNIORS (21)

- | | |
|----------------------------|-------|
| 1. J. Adair (Irvine) | 58.25 |
| 2. R. Bell (Trossachs) | 58.29 |
| 3. N. Davidson (Kirkcaldy) | 61.33 |

JUVENILE (5)

- | | |
|--------------------------|-------|
| 1. N. McGill (Kirkcaldy) | 37.23 |
|--------------------------|-------|

PLEASING FEATURES

A total of 27 entries sent by the Thursday before the event. (Unprecedented in 7 years of organising L.D.'s)

The under 18 entry of 29 (Junior/Junior Lady/Juvenile), with at least a dozen K. Boats, shows a lot of hope for the future. The overall standard of K. Boat handling in open water conditions. This has shown a great improvement in the past few years.

IRRITATING FEATURES

Approximately 10 paddlers arriving too late to be properly organised for the designated start time. As an organiser it is difficult to decide whether to be ruthless and start without them, or wait for them knowing that they were coming, some from a distance.

Canoes not clearly numbered - these paddlers don't deserve a time recorded for them.

The hassle over wearing Buoyancy Aids - the course is fairly exposed in parts and it is impossible to guarantee a safety boat being within one minute of anyone capsizing. The Loch is subject to winds funnelling between the surrounding hills. Parts of the course are at least half a mile from the nearest land. Safety Rules are for the Paddlers' benefit.

Paddlers who retire and do not report to the recorder at the finish are a menace. This behaviour can result in the Organiser sending a Safety Boat to look for paddlers who are already ashore.

(See also page 18)

B.C.U. RIVER AGREEMENTRIVER EDEN: LAZONBY TO ARMATHWAITE WEIR (NUNNERY RAPIDS)
CANOEING ARRANGEMENTS 1979 FOR BCU MEMBERS AND GROUPS

Note: The conditions in the 'registration' scheme for BCU members and affiliated groups to canoe on certain private rivers apply.

Subject in all cases to prior confirmation by the BCU Liaison Officer (address below)

15 January to 30 June: no canoeing except in spate conditions (i.e. when the river is above 3 feet at Lazonby Bridge)

1 July to 14 January: weekdays and 1st and 3rd weekends in each month, Saturday being the governing day, between daybreak and 5 p.m. by which time all canoeists must be clear of the river.

Access points: near Lazonby Bridge on right bank (Mr. T. Fetherstonhaugh) or on the left bank (Sir Gerald Ley). Vehicles must not be taken into the fields.

Egress point: left bank above Armathwaite weir where a small stream joins the river. In low water, exit may also be made from the cill of the weir itself.

Follow the white marker signs close to the left bank of the river to Armathwaite Castle, then around the left hand side of the house and along the entrance drive to the public road at Armathwaite village (about $\frac{1}{2}$ mile in all), near Armathwaite Bridge. Vehicles should be parked on the road-side near the bridge. For loading purposes only, permission can be sought at the house to bring vehicles along the entrance drive as far as the turning into the stable yard near the house (Colonel Francis or one of his sons should be asked). This reduces carrying distance. Food, accommodation is available at the house.

DON'T USE the private farm road near Mill Farm, or the farm precincts, or previous 'red' route across the field from the river bank to the Lazonby Road. Take great care not to let animals out of the field, or damage fences, walls, gates or hedges. Be ready to show BCU membership card etc. if asked.

- PRIOR NOTIFICATIONS:
1. Ask BCU Liaison Officer, H. Edwards, Orchard Cottage, Laithes, Penrith, Cumbria. Tel. Skelton 465 to confirm the proposed date at least 3 weeks beforehand and send stamped addressed envelope.
 2. Also, after he has confirmed the date all parties must send a postcard in good time beforehand to Sir Gerald Ley, Bart., T.D., Lazonby Hall, Penrith, saying when BCU members are coming, and how many in the party. This is just to let him know, as the principal riparian owner. Normally he will not reply. DON'T SEND LETTERS OR TELEPHONE.

Editor's Note

We print this in the hope that Scottish canoeists will realise how lucky they are in not being so restricted as their English counterparts in the use of rivers. The trespass law in England differs greatly from that in Scotland. I wonder how many of us would bother about the Eden under these circumstances?

As one of those instrumental in introducing Slalom Competition to Scotland in 1947 I could be biased, old-fashioned and sadly out of touch but it seems to me that Slalom has developed to a point somewhat distantly removed from the original intention. Slalom was meant to be a trial of canoeing skill and if practice was lacking your final result could look more like a telephone number than a competition score.

Penalties ranged from 15 to 100 and as we were paddling 15' long home-built lath and canvas canoes, weighing around 40 lbs, it will readily be understood why brute strength also played a part.

However there were those amongst us whose pride could not bear to see such high negative scores against their names and so moves began to modify both the scoring and the course. Away went the 100 points penalty; the various bow and stern touches, outside and inside touches, dipping under the poles; were all accepted with reduced penalties or none at all. Clear runs became commonplace. Course construction was simplified. The "barrier" (a string of poles across part of the course forcing the competitor to take a particular route), and the single pole which had to be encircled were both abandoned, all in the interests of speed. I fear that if the present tendency continues, slalom will degenerate into one gate at the start with a wiggle gate exercise then a race to a finishing gate. That would surely satisfy the frustrated racing merchants.

I would like to see a return to an emphasis on skill. Tighten up on course layout, bring back the barrier and the single pole, extend the gate poles to the water with a cord held down by a lead weight - (this is one thing I should like to see re-introduced to modern slalom) - and make a clear run into something worth achieving. Eliminate the race element by setting a maximum time for the course. To complete the course inside the time limit set would mean a bonus of 5 points + 1 point for every minute or part thereof that the time was under the par for the course. 10 points would be awarded for the successful negotiation of each gate less 2 points for every touch or fault.

This would mean competitors will be trying for the highest score to win and not the present negative points total.

It's a good argument anyway.....

@@@@@@@@@@@@@@@@

TAY MARATHON - 1st-2nd SEPTEMBER, 1979.

This unique event will be held again on the first weekend of September and should prove a first class race for both spectators and competitors.

The standard of competition will be very high, although not perhaps quite so high as last year, as the cream of the British Marathon Team will be competing in a Europa cup event in Ireland. So we will probably not see the current unofficial World Champion, Tim Cornish, who won the event in seven hours last year. We will see, however, thirty of the British Team training squad who are coming to Tayside for a week before the event to train for the race and for the Gudena Marathon which is held in Denmark, two weeks after our event. All competitors are expected to shoot Grandtully rapids on Saturday afternoon some time after three o'clock. Having raced for almost three hours before shooting the rapids, competitors are tired and some capsizes can be expected.

COMMODORE'S COMMENT

It has been estimated that there are at least 4,000 canoeists in Scotland, all of whom benefit from the work of the Scottish Canoe Association, yet the membership of the S.C.A. is a mere 800 or so according to the latest information from its secretary. This is a ridiculously low number, and it seems grossly unfair for a small minority to subsidize the administration and development and political lobbying needed to secure benefits for all the canoeing fraternity. Even in our own club, I have from time to time overheard members boasting that they are not members of the S.C.A., while clearly taking advantage of the efforts that the S.C.A. makes on behalf of all canoeists in Scotland. If you use a paddle at all and live in Scotland, then you should be a member of the Scottish Canoe Association. With a full membership, the National Association is able to prove that it represents the interests of all Scottish paddlers, but may also be able to obtain a proportionately larger share of the cake to ensure that their interests are well looked after. If you are not a member, I suggest that you should not paddle on the Awe, the Spey, the Tweed, the Tay, where the S.C.A. has worked for several years to ensure our rights; or tag along to take sneaky advantage of gates erected for Slalom competitions or to make a tour down a river race course, or get in the way of a surf competition.....That does not really leave you a great deal, does it?

The editors of this and other canoeing magazines are always keen to receive 'copy' (letters, articles, news) rather than have to invent it all themselves. As we move into the second half of the season at home, many paddlers have now returned from official and unofficial team tours abroad. Members of the Council receive a copy of the official team managers' reports, but it would be pleasant to the rest of us who have contributed to the support of these tours to read of your experiences. It is not really much to ask, so have a go at putting pen to paper. You too can be a famous author as well as a top paddler..... Don't leave it all to the Team Manager.....

I trust that Club members have taken note of the tone of the Club NOTES in the last issue, and written the appropriate dates into their diaries. This might be a good time to check out the dates of the A.G.M. and Annual Dinner again.

R.K.R.

FORTH CANOE CLUBCONTINENTAL TOUR 1979 FRI 29 JUNE - SAT 21 JULY

Dave Cuthill, Dave Brown and Brian Cornwell were the three original members of the group who decided to go to Spain and perhaps return via Austria. Ian Anderson, known to millions as "Sunny Jim" was recruited in characteristic style during a party in Greenock the week before departure.

After ruthless packing we set off at 9.00 p.m. Friday 29th June for Brighton, to collect our new C2 Slalom Boat. A trouble free 13½ hr. journey saw us at Gaybo Ltd's factory where we spent a couple of hours stealing trade secrets and off cuts of ethene foam with which to pack our brand new boat.

It took the rest of the day to drive to Ramsgate - much further away from Brighton than one would expect.

Next day saw us speeding across the English Channel and then later enjoying the excitement of the Paris Roundabout. We camped that Sunday night near Brive on a pleasant field about half a mile from the main road. Arrived in Seo-Durgell at about 2-30 p.m. on Monday 2nd July and of course the first people we met were Alan Ashby and Co. from Strathclyde who were having serious problems with their now modified trailer - much to Brian's disgust because it was he who built it whilst himself a student at Strathclyde.

The river looked exciting with a tricky grade 4 above the slalom site. The grading relates to the bit you are supposed to paddle down i.e. the right; however an English Div 3 type was seen inadvertently taking the left bank route which looked like an untidy way to commit suicide, but somehow he survived. We decided to go canoeing.

Brian and Dave shared the Driving and Dave, Dave and S.J. paddling the 3 miles from a horseshoe stopper under a road bridge to the slalom site, Brian, Dave Brown and S.J. paddling from the slalom site weir down to the campsite.

That night we met some really wild and crazy ex-convicts from Chalfont Park who attempted to impress us (being Scots) with their capacity for consuming strong drink. I am pleased to relate that we showed our obvious superiority by refraining from taking them on. These guys seemed to have done it all, from canoeing down grade six rapids to getting back to a French campsite in a stolen car....

Spain and the Pyrenees were excellent canoeing sport. The sun always shone, the cost of living was reasonably cheap. Petrol, meals, drinks etc. all cheaper than at home. The water was clear and fast and of testing technical standard in terms of size and manoeuvring - especially in a "C2". The competition week was very well organized with trilingual meetings every night to co-ordinate the next day's programme.

One of the few tricky situations we, or rather Dave Brown - got into, was whilst he was kneeling on the grass a pod of some sort of larvae burst into his face and dozens of minute white worm-like animals approx. 1 mm in length and only just visible, got into his eye. He managed to get most of the mass away with an instinctive wipe of his hand but about eight of them got into his eye. We tried flushing his eye with cupfuls of salted water but to no avail. We eventually got them on to the front of his eyeball to his acute discomfort and caught them on his lower eyelid from there we could wipe them off. The incident was quite worrying at the time because no one knew what they were and we couldn't even see them - although Dave could certainly feel them. If anyone else has had similar experience perhaps they could let us know.

That morning was the team race in which we came eighth, two slalom boats and a C2 - beating the Chalfont Park guys and only two minutes behind Ashby Wilson Gibson from Strathclyde but about 5 minutes 15 seconds behind the /

the winners O Regui, Alegra, Alonso, from Sentiagtarak. After the race a free buffet-beer lunch was provided in the local hotel. That afternoon we paddled down the Valiva from the horseshoe weir 3 miles above the slalom site.

The next day was the Individual River Race on the Valiva. Senior K1 was won by Jacques Labat from PAU 17-30; 3rd was John Hubbard from Chester who has been at these events for years now, 17-55. Alan Ashby came 7th, 19-08, Graham Gibson, 13th, 19-56. Dave Cuthill was 1st slalom boat with 20-29 (20th overall) shaming a few racers in the process followed by SJ (27) Dave Brown (28) and Brian Cornwell (29).

The Junior K1 winner by the way beat the senior winner. He was Roland Pelzer from Aachen and I wouldn't mind betting that the international teams will be hearing his name over the next few years. Graham Simmonds was 3rd in the C1 event. That night was the big Champagne Reception which neatly coincided with Dave Cuthill's birthday and the next day was only a touristico descento so we relaxed the mood that night and sampled a few bottles of free champers.

The 5th of July was the touristico from Belver to Montinet on the River Segne.

Resultados Esquimotaje

1.	Jourdon	Nice	6.4	6.4
2.	Byron Sawyer	Chalfont Park	7,	6.4
3.	Bob Usher	Chalfont Park	7,	6.4
4.	Ian Anderson	Forth	6.4	Nulo!
5.	Roland Pelzer	A.B.C. Aachen	Nulo	6.4
6.	Graham Gibson	Strathclyde	8.1	7.1
7.	David Cuthill	Forth	Nulo	7.1
15.	Dave Brown	Forth		
21.	Hugh Gray			
23.	Brian Cornwell			

Sunny Jim should really have won but on his 2nd go he rolled so fast the judge missed it.

The 6th was Slalom practice runs on the top site this year and apart from two stupid placings the course was pretty good. The next day, Saturday, was the slalom proper and we were out to show the world what the Scots could do. Dave Cuthill won the Senior event and Cuthill/Brown did a fast but far from clear 1st run but it put them in 2nd place behind a really hot Dutch pair who only got one 10 and a faster time than the Scots who had the misfortune to get stuck on a rock and swim in their 2nd run, so ending up in 3rd place. Sunny Jim was just pipped into 4th position. The medal ceremony was a good laugh. When Dave and the 2nd and 3rd placed guys from Chalfont Park stood on the Podium and the medals were presented they were told apologetically that "we have not your Scottish National Anthem, but we hope the British one will do".....but they must have got their tapes mixed up because they played Deutchland, Deutchland.... instead - to which we replied amid uproar with a pretty fair "Party Salute". The Prizers Senorita was quite nice though.

In the team event the following day Scotland (Forth Canoe Club) should have won by about 40 seconds but due to some appalling judging we were given fifty penalties over 3 gates which none of us touched - ah well, it's only sport - but you don't get the chance of a gold medal at every slalom - we reluctantly had to settle for 2nd place.

The following Monday we went to Sort and had some excellent sport on the Noguera Palleresa - good big bouncy waves enough to get the adrenalin flowing. After two days there we decided to leave for Bourg and the story of this will have to wait for another time.

FORTH C.C. TOUR 1979

APPENDIX For future reference the following has been recorded

Canoeists: Dave Cuthill, Brian Cornwell, Dave Brown, Ian Anderson
 Duration: 24 days
 Number of boats: 4 S1 K1 1 S1 C2
 Vehicle: 1973 SAAB 99 L 2 door saloon.
 Average cost per head: £130, + pocket money £50 each.
 Miles travelled: 4500 miles.
 Number of drivers: 2 Number of drunks - the other 2
 Route: Edinburgh, Carlisle, M6 - M1 London, Brighton, Ramsgate / Bellac, Limoges, Brive / Caitors. Montauban, Toulouse, Foix, Andorra, Lavella, Seo / Sort / Andorra, Perpignan, Montpellier, Nimes, Valence / Grenoble, Chamberry, Bourg St.Maurice, Pt. St.Bernard Pass, Rosta, Gd St.Bernard Tunnel, Martigny, Brig / Furka Pass, Andermatt, Oberald Pass, Chur, Feldkirch, Arberg Pass, Landeck / Garmisch, Rosenheim / Munich, Augsburg / Stuttgart, Karlsruhe, Worms, Koblenz, Bonn, Aachen, Lirge, Charlbroy, Lille, Dunkirk, Calais, Ramsgate, London, M1, M6 Carlisle Lanark, Edinburgh.

Exchange Rates: 1 pound Sterling = Francs ... 9.1
 Pesetas ... 133
 SW Francs 3.46
 Austrian Schillings 28.9
 Deutchmarks ... 4

Main costs

Ferry Fares Out £50. In 515 FF = £58.	108.00
Five star touring ins.	39.20
Green Card	17.50
Campsite Fees	60.0
Petrol	150.0
Motorway Tolls	16.0
Tunnels	14.0
Food	80.0
Glass fibre kit and warning triangle..	17.50
	£ 502.20

RESULTS

<u>Number of days canoeing</u>	16 out of 24
<u>Rivers</u>	Valira *****)
	Segre **)
	Inn *** and ***) Value for money
	Sanna *****)
	Oztallerache *****)
	Augsburg ****)

Competition Successes

1st Slalom boat at Seo River Race	Dave Cuthill
1st Individual K1 Slalom - Seo	Dave Cuthill
3rd C2 Slalom - Seo	Cuthill/Brown
2nd Slalom Team Event - Seo	Cuthill/Anderson/Brown

CONCLUSIONS

First Class Holiday - Spanish weather and water excellent,
 Very few problems with transport, no personality clashes,
 Small mobile unit is as cheap as Bus trip without the tears -
 We could have done with a couple of "Team Cooks" though.

COMING EVENTS FOR THE NEXT THREE MONTHS

<u>SEPTEMBER</u>		<u>Organiser</u>
1 - 2	Tay Marathon	27
8 - 9	Tour Round Isle of Bute	30
	Teviot Bridge Slalom 4-N-J	5
15 - 16	S.C.A. Slalom Championships	14
	Tour on Loch Lomond	24
21 - 23	Advanced Sea Training Weekend - Inverclyde	30
22 - 23	Comrie Slalom 4-N-J	4
29	Leven L.D.	28
29 - 30	Royal Deeside Slalom 2-3-J	15
 <u>OCTOBER</u>		
6 - 7	S.C.A./Scottish Scout/Guide Regatta	2
	K2 10,000m Championships and Regatta	2
13 - 14	Potarch Slalom 3-4-J	16
21	River Clyde L.D.	25
27 - 28	S.W. Scotland Surf Championships, Stranraer	22
	Seaton Park Slalom N-J	17
	Tour on River Tay	31
 <u>NOVEMBER</u>		
4	Kelvin/Canal L.D.	10
11	Royal Dee W.W. Race	16
25	Thistle Brig W.W. Race	18

LIST OF ORGANISERS (please contact for further information)

2. Trossachs : A. Samuel, Auchengillan, Blanefield, Glasgow, C63 9AU
Tel: 0360 70473
4. G.U.C.C. : Competition Secretary, Stevenson Bldg., 77 Oakfield Ave.,
Glasgow.
5. Roxburgh C.C.: K. Fraser, 2 Mansfield Square, Hawick, Roxburgh.
Tel: 0450 2148
10. S.C.A. : G. Cleland, Kelvin Lab., Glasgow University,
National Eng. Laboratory, East Kilbride.
Tel: W. East Kilbride 20222 Ex.544
H. 041 776 3713.
14. S.C.A. : I. Ross, Belrorie, Dinnet, Aboyne, Aberdeenshire.
Tel: Dinnet 270
15. A.K.C. : G. Hatfield, 3 Straik Road, Skene, Aberdeen.
Tel: 03305 424
16. A.U.C.C.: R. Duncan, Butchart Recreation Centre, University Road,
Aberdeen.
17. A.K.C. : Mrs. A. Spinks, 67, Craigend Road, Ellon, Aberdeenshire.
18. E.W.W.C. : F. Nelson, 5, Howard Street, FALKIRK, FK1 5JG.
Tel: 0324 23421
22. John Mould, The Shed, Milnefield Avenue, Elgin. Tel: 0343 44867
24. P. Moore, 12c Calside, Paisley. Tel: 041 887 8252
25. Strathclyde Univ. CC: Athletic Union, 90 John Street, Glasgow.
27. A. Morton, 34 Roselea Drive, Brightons, Falkirk FK2 0TJ Tel: 0324 711459
28. J. Turcan, 7, Fern Avenue, Lenzie Tel : 041 776 1445
30. H. Kerr, "Heathfield", Horsewood Road, Bridge of Weir, Renfrewshire.
31. D. Shaw, 1, MacKenzie Drive, Kilbarchan.

LOCAL RELATIONSHIPS DAMAGED AT LUSS - L.LOMOND on 16 June Drew Manzie

The small jetty used as a finishing line is privately owned by a local boat-hirer. Unfortunately a brief incident took place during the afternoon between the owner's son and a paddler's parent. The incident did not come to my notice till I went to thank the owner for the use of the jetty, after the race was over. He informed me that I would not be granted this facility in future. Thus several years co-operation and an amicable relationship were ruined by this brief incident.

On a less serious note, but with a similar end result, was the number of cars parked in the village near the water. The second line of the race information read - "all competitors are asked to use the car park and refrain from blocking the village streets". Luss is an "olde worlde" village and there is very little room to park near the water. There is a large carpark, with clean toilets and a snack bar - all of which contributed to the decision to base the event in Luss. A few people parked near the water, quite legally and causing no inconvenience. Others followed, with the result that the area became congested, residents complained, the Police were called and the threat of bookings was made. The end result being a local feeling that we are a nuisance. Are we really in such bad shape that a 500 yard walk with our equipment is beyond us? Perhaps all of your readers would be well advised to consider what impression their behaviour makes when they go paddling. Are they welcome to come again?

@@

COMMONWEALTH REGATTA - 30th JUNE / 1st JULY 1979

All the major competitive committees of the British Canoe Union at least make some effort to support Scotland by having major events organised north of the border.

It came therefore as a shock to find that there was no English Team at our Regatta in July, despite excellent organisation by the Sprint Committee.

Canada and Australia were represented and there was a reasonable turn out of Scottish paddlers, particularly younger enthusiasts, but nowhere were the English to be seen.

Such action can only harden the attitude of the separatists and add fuel to the devolution fire.

The S.C.A. protested strongly to the B.C.U. over the affair and the matter is still being investigated.

Apart from the absence of the English Team, the Regatta was a success. Notable for their absence in the medal positions were the Senior Irvine Paddlers, and congratulations must go to Robin Lang for such excellent performances in the 500, 1,000 and 10,000m events. Congratulations also to Grant Wilson of Forth who won both his Espada 'A' events against strong opposition from Kirkintilloch.

@@@@@@

REMEMBER : AFTER THE 1ST OF NOVEMBER THE S.C.A. IS ON ITS OWN.
A DRAMATIC INCREASE IN THE MEMBERSHIP IS URGENTLY
NEEDED.....START SELLING THE S.C.A. NOW!

Historical Background to Canoeing in Central RegionDrew Michie
Sports Development Officer

In 1974 I started to work in Wallace High School, Stirling and was given the opportunity of developing canoeing there as well as in other centres in the Region. The growth in numbers participating, facilities and equipment, and depth of talent in the competitive world could not have been more fully realised in a period of four years.

During this time I was also able to give some attention to developing a sound coaching structure. Since January 1975 there have been annual courses at all levels through to S.I. Assessment and Central Region now boasts a strong coaching panel of 48 persons. Most of these people are teachers in other schools and there are now 12 of the Region's 21 Secondary Schools participating in canoeing on a regular basis.

At present several young people resident in Central Region are members of the National Youth Squad. They attend training sessions once a month organised by Neil Spinks. They are supposed to continue regular training on their own between the monthly National Squad sessions. Done on an individual basis, if done at all, it is not sufficient. Without facilities and without someone to provide constant motivation (at the very least) training can become unpleasant, or much less pleasant than normal.

Future Proposals

In my new capacity as Sports Development Officer for Central Region Education Dept. I am endeavouring to provide the necessary back up to the National Squad. I think that introduction to the sport can be through schools and clubs. Development of interest into one or more branches can be adequately similarly catered for. Competing in Div. 3 or even Div. 2 at slalom would be considered very successful for the majority of under 18 year olds. However between there, and being an able, competent and competing member of a Scottish team there is a big gap, and one which will take a long time to bridge by having only monthly training sessions. This is not a criticism of our present manager or coach, merely a problem produced by our limited resources.

If by setting up a Regional Training Centre where selected paddlers could meet twice weekly for training and coaching under the supervision of a paid coach, then quicker and better progress might be made and the fruits of Neil and Irvine's efforts more greatly rewarded. This will be based at Stirling University. I have produced a paper on such a centre and submitted it to several interested bodies. Already Stirling District Sports Council have grant-aided it by £700, however, this is only the first step of the way. There are many more meetings to attend but I am hopeful that by the end of the year the scheme will be in operation.

Briefly, there will be changing and showering accommodation; access to weight training rooms; running tracks (including cross-country); boat storage; transport (for weekend sessions at various locations); and flood-lit permanent slalom gates. The composition of the programme will be worked out in conjunction with the Slalom Committee, but members of the squad must be resident in Central Region to qualify - maybe Stirling University will oust Aberdeen from being the No. 1 Canoeing University in Britain.

I have confined this article to slalom, but the scheme will eventually operate for the 4 competition disciplines. I would be pleased to supply interested parties with a copy of my paper on the Centre, and invite comments on it. I can be contacted at The Gannochy Sports Centre, University of Stirling, telephone Stirling 3171 Ext.2070, or - Stirling 64948.

1. POOL SESSIONS

Members earlier this year no doubt remember the pool sessions which were well attended and extremely valuable. Most would interpret my insistence on good behaviour and co-operation with janitors as being rather fussy and unnecessary. At Sciennes on Tuesdays we were always busy and a great deal of excellent teaching work was done; at James Gillespies on Thursdays the better canoeists had ample room to practice advanced strokes and rolling. Both sessions also provided an opportunity for members to get to know each other.

SCIENNES The permit applied for in May 1979 and issued in June 1979 has been withdrawn. The Headmaster has informed the Education Offices that the "pool is unsuitable for canoeing". The situation is pretty hopeless, for the head teacher in a school has the responsibility for all buildings etc. and he is unlikely to be swayed by any contrary arguments. Persuasion at an Education Office level or to the Recreation Office level is unlikely to succeed as they would have to over-rule the Headmaster at Sciennes. In any case, when you're not wanted it is fairly easy to get rid of you. (All this results from the cut foot on the 8th May. The complaint led to the closure of the pool and it was out of use to us and to many primary school children for 6 weeks).

JAMES GILLESPIES In June, the School Council would not issue a permit due to the incidents when dirty canoes were brought into the pool. I have raised the matter with the Head teacher and Education Office and apologised for the incident which probably took place on the evening after the long janitors' strike. However, I have been informed "by little birds" that the janitor also complained of unruly behaviour and horseplay on more than one occasion. I have still to arrange a final meeting with the Head teacher and Janitor, but again the situation is hopeless and the school has no doubt let our time be given to another applicant.

Negotiations are proceeding. If any member has contacts with other pools in the city, please let me know and I'll try to fix up more pool sessions. If possible a swimming session will be arranged meantime.

2. CIRCUIT TRAINING will resume at Liberton High School Gym on 1st November at 6.30 p.m. and will finish at 8.30. As in previous years, activities include indoor games, team games, general training and occasionally a jog.

3. HUT CUSTODIAN Scott Murray (assisted by Miles Forde) volunteered to be Hut custodian in May. Late June, Dougie Roxburgh joined the Club and also volunteered to assist - he stays very close to the hut. Scott and Miles have done a great job keeping the place tidy and watching for rogue boats. Scott and Dougie should work out who does what - the more involved the easier the job becomes, but Scott is still number 1.

Use of the Hut On more than one occasion, members have been taking non-member pals down to the hut and using equipment which is not their own. The club hope that people will not abuse the privilege of having a key - one member taking one friend down is O.K., but taking a gang of school friends is not. Please respect other people's belongings.

Complaint There has been a complaint from neighbours about horseplay and throwing people in the canal. While we are doing our own thing in our own area and not involving other people, it is only common sense to behave in a responsible manner. Those same neighbours may be the very ones to call the police if the vandals decide to pay us a visit.
Please /

Please note that the club accepts no responsibility for equipment left at the hut - canoes, paddles etc. are left at the owners risk. Remember that canoes should be marked clearly with owner's name.

(A message from Kelso I regret that progress with the new Club Hut at Lochrin Basin has been delayed. We have received a ruling from the building authorities that this will be an 'unoccupied' human habitation because we are including shower and changing facilities, and as a result the whole structure has had to be redesigned with double-skin walls. I hope to keep you informed of our progress with bureaucracy as we make headway.

4. SHORE, LEITH RALLY OF BOATS ON SATURDAY FIRST

There is to be a Rally of Boats at the Shore, Leith on 1st September starting at 1.30p.m. and we hope as many of our members as possible will go and join in the fun....Report to John Young on arrival. The club has been asked if it wants a share in the premises. This would be an excellent thing....so....GO DOWN ON SATURDAY and find out what it is all about - see the facilities available - paddle around, see what there is to be seen and tell me what you think.

5. SALES

A third order for Sweat Shirts will be held over till October 30th. Sweat shirts cost about £6.50, T-shirts about £2.50 - the prices creep up and members pay for the postage. The club makes no profit on these. WANTED: DEAD OR ALIVE - GRAHAM ROSS or £5.40 for sweat shirt taken in January 1979. Anyone who sees him - please rob him. Order from Secretary.

6. STAR TESTS

As explained in the last KAYAK, these were held on 18th and 25th June. Not a lot of interest shown but Ian Deane and Bill Ferguson passed their test and have received their badges. Any other members can ask the Secretary at Craiglockhart if they wish tested.

7. CRAIGLOCKHART

Monday sessions finish on September 10th. Note that the start times are closer to 6p.m. than the 7p.m. we use in the warm light summer nights. The club has not as yet booked for 1980 - this will be left for the A.G.M. Thankfully, everyone attending has been well-behaved and co-operated in getting equipment out and away.

8. SOCIAL SECRETARY

Richard Price, 17, Murdoch Terrace, EH11 1BD. Telephone 228 6715, has volunteered to be Social Secretary. His main job will be the revival of Club Annual Dinner which is to be held on Friday 23rd May 1980 at 7.30 p.m. for 8p.m. at a place decided by Richard. We all hope that he will organise other functions and equally important, that members will support them. Any requests, ideas - send them on to Richard.

9. / ANNUAL GENERAL MEETING /

9. ANNUAL GENERAL MEETING

It is proposed to hold the Club Annual General Meeting on Monday 26th November at 7.30 p.m. in the Lothia Outdoor Education Centre, McDonald Road. Rather than have people forget - final details and agenda will be posted in early November. Members who have points to raise should put them in writing and ensure that they are in the Secretary's hands by the end of October.

10. SCOTTISH CANOE ASSOCIATION

The Secretary has forms for joining the S.C.A. This is essential if you wish to enter for competitions as only members of the S.C.A. can compete in ranking events. Although all Forth members receive KAYAK and so are fairly well informed, you would benefit by receiving your individual copies of events, courses, and the Canoe Focus Magazine.

11. REGISTER - ADDITIONS AND AMENDMENTS

If you don't have the May Membership register, then ask the Secretary for one (P.S. it is at the back of the May KAYAK!)

You may wish to amend your copy:

Neil Baxter, Marion Brown, Norman Barrie, Ged Dryburgh and Dennis O'Brien have all rejoined.

Ian Campbell has resigned due to new born baby and shift work.

Peter Buchanan has resigned and is off to University.

Maureen McClure's married name is Pennie and she is still at the same address.

Miles Forde has an "e" on the end of his Surname and we apologise for the mis-spelling.

NEW MEMBERS

We welcome the following 20 new members and hope they will help the club as well as benefiting from membership and association with other canoeists.

S	Richard Blakemore,	13, Henderson Row, Edinburgh.	Tel.556-7986	
S	Brian Cornwell,	8, Leslie Place, Edinburgh	332-5624	H
J	Angus Dickson,	31, Warrender Park Road, Edin.9	229-6958	
J	Susan Dixon,	43, Swanston Ave., EH10 7BY.	445-1704	
S	Alison Downie,	27, Bellevue Crescent, Edinburgh.	-	H
S	Maggy Jones,	22A, Pittville Street, Edin.15.	669-3686	
S	Alistair Markham,	10, Roseneath Terrace, Edinburgh.	229-4358	
J	Alistair Menzies,	7, Colinton Mains Road, Edin.13.	-	
J	Gordon McCulloch,	7, Merchiston Bank Gdns. Edin.10.	447-2958	
J	Mark McGrath,	21, Preston Grange Road, Prestonpans.	-	
S	Kathryn McLeod,	27, Bellevue Crescent, Edinburgh.	-	H
S	Alistair Munro,	54, Lyle Road, Greenock, PA16 7QT.	-	
J	Caroline /			

J	Caroline Pearson,	37, Allan Park Cres. EH14 1LF.	Tel. 443-1685
S	Mike Price,	66, Captains Drive, Edinburgh.	664-1289
S	Rob Riddelsdell,	8, Cartachy Avenue, Carron, Stirlingshire.	Larbert-4891
S	Dougie Roxburgh	3, Upper Gilmore Terrace, EH3 9NN.	229-0450
S	Christine Shirley,	Ground flat, 25, St. Patrick Square EDINBURGH.	668-1542
J	Fiona Stewart,	41, Easter Bush, Roslin, Midlothian.	
J	Patricia White	39, Gilmour Road, EH16 5NS	667-8120
J	Andrew Wright,	23, Dundas Street, EH3 6QQ.	556-2000

---oOo---

---oOo---

---oOo---

---oOo---

<u>FOR SALE</u>		
WHITE WATER C2	Richard McCurdie	Tel: 71-77319
SNIPE	Jock Young	031-337-8817
INTERCEPTOR 3	Lindsay Wright	031-664-3747

<u>WANTED</u>		
2 flat paddles for beginners	Fay Broadley	0324-711511

BAT POLO

Moves are afoot for the East of Scotland Canoe Polo Squad to train on a Saturday afternoon per month in Infirmary Street Baths, from October to March (2p.m. to 6 p.m.)

This will only be viable if David Wolfe, the organiser, is successful in obtaining a grant from Lothian Region.

If you are interested, keep asking about developments.

GRANDTULLY - 15th/16th SEPTEMBER 1979Sponsored by DEWAR'S WHISKY

The Scottish Slalom Championships are again being held in conjunction with the British Inter-Services Championships and it is intended to once more incorporate a Scotland vs Combined Services competition as part of the weekend's programme. The team selected to represent Scotland will be notified two weeks before the event.

This year the championships are being held with the assistance of Dewar's Whisky who have kindly donated a number of medals and some bottles of their excellent product. We are also grateful for the use of the "Dewar's" set of numbered bibs.

Championship medals will be awarded as undernoted.

Men's K1	1st, 2nd and 3rd	C1	1st
Ladies K1	1st	C2	1st
Youth K1	1st and 2nd	Team	1st
Junior K1	1st		

It should be noted that medals will only be awarded in those classes where at least three entries have been received by the official closing date. Further medals may be awarded if numbers in the various categories are sufficiently large.

The provisional programme is outlined below, however this may be altered if the entry is larger than expected.

SATURDAY 15th SEPT.	12 noon - 2 p.m.	Free practice
	2p.m. - 4 p.m.	Scotland vs Services
	4p.m. - dusk	Free practice
SUNDAY 16th SEPT	9a.m. - 12 noon	Individual Runs
	1p.m. - 3 p.m.	Team Runs
	3.30 - 3.30p.m.	Prize giving.

ENTRY FEES

All Classes individual and C2	£1.00 (Youth & Junior 80p)
Team event	60p

ENTRIES TO:

I. Ross, Belrorie, Dinnet, Aboyne, Aberdeenshire.

CLOSING DATE

TUESDAY, 4th SEPTEMBER.

Postal entries are strongly advised.
There is no guarantee that late entries will be accepted.

ADVERTISEMENT....ANNUAL CLOSING DOWN SALE!!

1 Machete WWR (All Kevlar hull)	BARGAIN at the price ...	£120.00
1 Lazer K1 (overstern rudder)	BEAT THE RUSH at ...	110.00

AND THIS YEAR'S MEGA-BARGAIN

1 "modified" (?) Bullet WWR (with dynamic supa-flexy hull with Diplodocus effect - it crushes itself under its own weight when on dry land??) BE ORIGINAL for £ 15.00

All Donations to: Peter J. Turcan,
7, Fern Avenue,
LENZIE, GLASGOW.

LENDAL



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

RACING

SPRINTMASTER, RIVER RACER, L/D MASTER, PACEMASTER.
Most models available with wood or fibreglass shafts.
Suitable for sprint, long distance and marathon racing.

SEA AND EXPEDITION

SEAMASTER, NORDKAPP.
Both models constructed of heavy weight fibreglass shaft
and available with either one or two extended grips.
The SEAMASTER is also available with a centre joint.
These paddles have been used very successfully in every
major expedition including, Nordkapp, Spitsbergen, Greenland
and Iceland, John O'Groats/Lands End, Orinoco and Everest.

WHITEWATER

RIVER RACER, WHITEWATER, SLALOM
The RIVER RACER version is available with either one or two
grips or without grips.

SLALOM

A recent addition to the LENDAL range.
This paddle is constructed with a multi laminate blade
and fibreglass shaft and we can offer two types of blade,
one with an aluminium tip and the other with a rounded
wooden tip. An important feature of this paddle is
that damaged blades can be comparatively easily replaced
by the user.

GENERAL PURPOSE

A number of LENDAL paddles fit into this category,
particularly the kit range of blades and tubes which can
be supplied separately or assembled.

TOURING

SUPERIOR and STANDARD kit paddles, L/D MASTER with or
without grip or any other model from our range.

JEWELLERY

A comprehensive range of canoeing jewellery available
in silvertone, goldtone, coppertone or precious metals.
These items are particularly useful as gifts or prizes
for club or school events.

CANOES

Canoe Centre, Wild Water Centre, Lawrence Canoes & Kayaks,
Trylon - CANOES ALWAYS IN STOCK.
We can obtain canoes from most manufacturers against a
customer's specific requirements.

N E W

FOOT PUMP

For years, paddlers have been trying to achieve a method
of getting rid of excess water which always accumulates
in the bottom of a kayak, no matter how efficient the
spraydeck. Water slopping about seriously affects the
performance of a kayak and particularly in the case of
racing class boats has on occasions accumulated to such
an extent that in many cases the craft has sunk. This
pump is not only an asset to the racing paddler but can
be of immense value to every aspect of kayak paddling.
Indeed, we at LENDAL feel that it could serve as a very
important role in the safety aspect of canoeing.
The most important feature is that it is activated by
the natural cycling action of the feet on the footrest
and can be operated along the entire length of the
footrest.

FIBREGLASS RACING PADDLE

A lightweight all fibreglass paddle with asymmetric blade.

We carry a large stock of canoeing items at our showroom
in Prestwick which is open from 9 a.m. to 5 p.m. six days
a week. If these times are not convenient, alternative