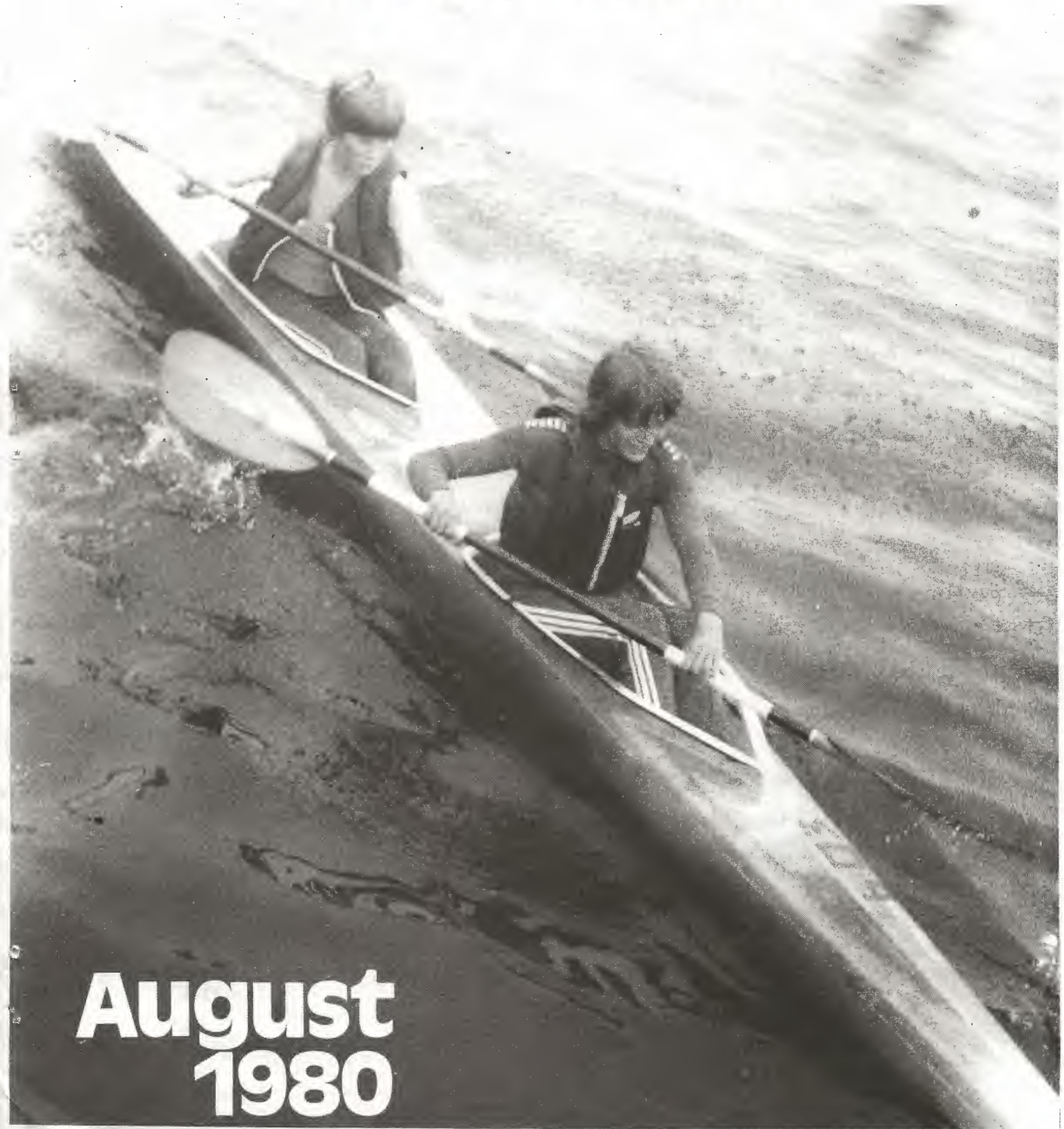


KAYAK MAGAZINE



**August
1980**

A FORTH CANOE CLUB PUBLICATION

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ALL MATERIAL FOR PUBLICATION IN KAYAK SHOULD BE IN THE HANDS OF THE EDITORS NOT LATER THAN THE 1st OF THE MONTH OF PUBLICATION (Feb. May. August & November)

EDITORIAL

Not long ago I stood at Thistlebrig on the Tay and watched nine or ten canoeists playing about on the rapids in their kayaks and enjoying the challenge. Some fell in, but regained the shore, emptied out and tried again. The river was high and there was plenty to test their skills.

A few older paddlers belonging to another group sat in an eddy and watched the skill of the others with some admiration. Not an unusual sight you might say, but what thrilled me was that those young paddlers were using racing K1s and K2s, seventeen feet long and about as many inches wide at the cockpit. The older paddlers were sitting in Slalom boats.

Many of our readers must be aware of the lack of stability of these canoes, but to the uninitiated it must be said that to sit in such craft on calm water with arms folded requires some considerable expertise. The youngsters I watched were handling their craft with some skill and enjoying it. What is more, they had already paddled fifteen miles that day and were still bounding with energy.

Now, many canoeists I know find paddling racing kayaks a very unpleasant experience because so much energy is expended in the nether regions trying to maintain balance! For those who persevere, however, a new dimension is added to their sport, a dimension of speed and paddling efficiency unparalleled in other kayaks. What is more, as proved by the youngsters, it is a dimension which can be appreciated in conditions other than the flat calm favoured by the sprint specialists!

It is more difficult for the older paddler to attain the skill required to paddle such craft, but it has been done. However, to the younger readers who perhaps have shied away from these apparently awkward craft, I say, have a go, persevere, you will not regret it.

A.M.

As one whose most memorable holidays have been spent "messaging about in boats" on Scotland's West Coast, the idea of spending two weeks this year in rural England and suburban London did not greatly appeal to me. Ours being a democratic family, however, my two votes were matched by the other members' one each and so it was decided on the toss of a coin. I don't know how they managed it, but the coin did land on edge and so I found myself en route for Nottingham and the National Youth Sprint Championships.

The National Water Sports Centre at Holme Pierrepont is a man-made loch (sorry - "lake") alongside the River Trent, ideal for flat water racing. They are at present constructing a slalom and whitewater course alongside it. There is ample car parking and boat storage at the lakeside and the centre building contains overnight accommodation, changing facilities, restaurant and a bar. Tents and caravans are sited in an adjacent field. The racing itself is an entirely different ball game from that in Scotland. The programme covers two full days with all the Espada classes having very full entries. The shorter sprints have heats and three semis before the final, and the massed starts in the 3,000 metres are particularly exciting, especially as they are into the first turn a lot earlier than at Strathclyde. It was noticeable that a few of the Scottish paddlers, unaccustomed to paddling in such numbers, hung back or went wide rather than get involved and it is hoped that in future they will be less overawed and get in there and mix it. Having said that, I hasten to add that the small Scottish contingent acquitted themselves most nobly and on several occasions occupied two of the three places on the winners' rostrum. In fact, it was annoying that after all the practice he got, the commentator still could not pronounce "Kirkcaldy" correctly at the end of the second day!

Following the regatta a small convoy of caravans wended its way further south, bearing three young K2 crews for an attempt at the Windsor to Richmond Marathon, a 27 mile event including 9 portages. Encamped at a riverside about half-way down the course, preparations began on the Tuesday with the paddlers having a preliminary canter over the course, and the back-up team taking a look at the portages. Following this reconnaissance, a more strenuous run took place next day, their familiarity led to the paddlers returning what was felt to be reasonable times. By this time the three blue K2's were being recognised on the river and were catching the imagination of some, intrigued by this young team having come "all the way from Scotland" for the race. It paid off in that we were firstly given a set of published "recognised portage routes", and then had pointed out to us some even more advantageous ones by the locals. Feeling that we had at least narrowed the gap in the advantage held by the "home teams", the party relaxed a bit over the next two days.

Spirits were high, and it was with a certain degree of confidence that the start was made from Windsor Canoe Club. I was "servicing" the team at their first portage just downstream, and must say I have never seen racing kayaks subjected to such abuse as was handed out by the leading crews to arrive there. Fortunately, the three Scots entries arrived in the second group, where things were a bit less furious, but, in spite of this, a simple trip in long grass caused one boat to be damaged sufficiently for it to be retired shortly afterwards. The field had spread out a bit by the next lock at which I attended, but excitement still ran high, and I will long remember the crew who sprinted to get the best landing spot and then promptly vacated the boat on the wrong side into four feet of water. It was here, too, that I saw one team manager literally hopping mad at a butter-fingered paddler, and who, between stamping the ground and berating the unfortunate, was flailing him across the chest with his sheaf of notes. Mind you, it was a selection event for Gudena, and perhaps the poor man had just seen his chances of a trip to Denmark evaporate. Our two remaining crews were nicely placed at this point, and still sufficiently close to /

to be attended to without me having to do "wheelies" to beat them to our next rendezvous. Access to this next lock having proved difficult by car, I had arranged to be at a spot a bit upstream which happened to be the garden of a riverside pub. I'm sure the two, by then, very weary crews were heartened to see me receiving sustenance and bearing up to the rigours of providing them with support!

And so to the finish.....Reading the results sheets, the impression is that the Scottish crews did no more than finish in "respectable" positions. But they did more than that. As a not-too-involved observer I know that these youngsters trained hard, prepared thoroughly and disciplined themselves prior to the race, and, on the day, put up a really "gutsy" performance. For all those involved, the experience - if it is used must be worth it.

Having a week to kill before the Strathclyde Regatta which was to finish the holiday, it was decided to have a look at another centre of canoe activity. Monday evening, therefore, found us in Fladbury, that legendary village of which it is said everybody canoes. Certainly the car had no sooner rolled to a stop on the lovely village green when we were approached and welcomed on the strength of the empty "V" bars on the roof. An invitation was extended to avail ourselves of their training facilities while in the area. A similar offer was received from the Worcester Club, and two evenings were spent on the water from their excellent clubhouse.

Seeing the facilities enjoyed by these and other English Clubs, with premises beside ideal flat water training stretches, makes one realise how much the majority of Scottish paddlers are up against it, slogging away round small exposed "ponds" or along weed-thick canals. All the more creditable then, the Scottish performances South of the Border.

FOR SALE : -
INTERCEPTOR SPRINT MK III ... £50 o.n.o.
WANTED : -
K1 - ABOUT THE SAME PRICE
GRANT WILSON
24, South Grange Avenue,
Prestonpans 'phone Prestonpans 810198

FOR SALE : -
RAPIER K1 SANDWICH CONSTRUCTION
BARGAIN OFFER ... £170 o.n.o.
ALSO - PANTHER GENERAL PURPOSE SLALOM CANOE
GOOD CONDITION ... £ 70 o.n.o.
Contact: R. BELL, Aber House, Gartocharn,
Dunbartonshire, G83 8RT
or ring: 038 983 377 (after 8 p.m.)

LOST, STOLEN OR STRAYED
BUOYANCY AID and ORANGE W.W.CENTRE "EXPEDITION
JACKET" with pockets
Marked "P. GARDNER, G.U.C.C."
Disappeared sometime after the Awe Race. Any
Information which might lead to the recovery of
these two items will be most gratefully received
by:- PAUL GARDNER, 28 Hamilton Park Avenue,
GLASGOW, G12 8DT.

TWEED ACCESS

An agreement has been proposed between the owner of Fairnilee Estates and the S.C.A. about canoeing and slaloms on their stretch of the river which includes Ashiesteel and Fairnilee rapids. Approximately 4 miles in two stretches.

Nature of the Agreement :

1. All canoeists should adhere to the "Code of Conduct" regarding fishermen and others in proximity to the water.
2. All canoeists are requested to telephone J.H. Leeming at Selkirk 0750-20767 between Monday and Friday if they intend to paddle through Fairnilee.
This is particularly directed at groups of canoeists.
3. All groups who intend slalom practice at Fairnilee must obtain prior permission from Mr. Leeming before erecting slalom gates, parking vehicles or camping. On days other than Sundays, some parking charge may be made.
4. During the months of October and November canoeing is restricted to Sundays only.
5. Fairnilee Estates will endeavour to assist canoeists by all the means at their disposal in terms of access, egress, parking and camping facilities.

N.B. There is no dispute over the canoeist's right of navigation down the river at any time. This is purely a voluntary agreement that does not prejudice the canoeist's rights in any way.

The reason for the proposed agreement is that 95% of all salmon are caught during the months of October and November and a restriction on canoeing during these months would be beneficial to the owners.

Also at other times of the year, a warning when groups of canoeists are coming down the river would be of assistance in the allocation of angling stretches.

Such an agreement is already observed by the Borders Canoe Association. It is aimed primarily at mid-week canoeing because there is generally no fishing on a Sunday.

The S.C.A. Access Convener, Dr. J.R. Fryer, comments that the Borders Canoe Association find this a good working arrangement that maintains good relationships with landowners and other water users.

The impetus for these discussions comes from the situation which was created when a school group from the Lothian Region arrived at Fairnilee, parked and set up a slalom site without asking permission to go on the Estate's land. Such behaviour is prejudicial to canoeing in general and entirely opposite to the view that the S.C.A. should assist local canoe groups in local access arrangements and prevent outside groups from creating difficulties.

KAYAK Magazine Editors would like to hear from anyone who may have strong views for or against this Agreement.

THE WATERSPORTS CODE FOR CANOEISTS

Keep away from banks from which anglers are fishing

Keep well clear of anglers tackle; do not loiter in fishing pools; and cause as little disturbance as possible.

Keep a sharp look-out for fishermen. Comply with any signals they make indicating whether they wish you to wait for a moment or pass.
Give a hail if you think your approach has been unnoticed.

Be particularly careful not to touch anglers' lines

Do not alter course so as to baulk other craft, particularly in narrow waters. Remember that larger boats are less easily manoeuvrable and that canoes can operate in much shallower water than other craft.

Keep clear of rowing sculls, fours etc. Remember it is sometimes difficult for rowing craft to see canoes.

Be courteous at all times to other fellow water users.

Published by the Sports Council.

COMING EVENTS IN THE NEXT THREE MONTHS

AUGUST 30 - 31	TAY MARATHON Pre-WORLD CHAMPS. Slalom & W.W. Bala.	S.C.A.
SEPTEMBER 6 - 7	Scottish Open Surf Champs at Montrose.	A.K.C.
7	Auchenreoch Canoe Regatta & Bat Polo - See page 10	
12 - 14	Tour round Isle of Bute H.Kerr, Heathfield, Horsewood Rd. Bridge of Weir.	
13 - 14	Teviot Bridge Slalom - 4-N-J	Roxburgh CC
14	Leven L.D.	Strathkelvin CC
20 - 21	S.C.A. Slalom CHAMPS, Grandtully - Open-J	SCA
27 - 28	Comrie Slalom 4 N-J	G.U.C.C.
OCTOBER 4 - 5	Potarch, 3-4-J.	A.U.C.C.
11	Three Bridges L.D. - PERTH	Perth C.C.
18 - 19	ROYAL DEE Slalom, 2 - 3 - J	A.K.C.
26	Clyde L.D.	Strathclyde U.C.C.
25 - 26	S.W. Surf CHAMPS - Stranraer	A.K.C.
NOVEMBER 9	Royal Dee W/W RACE	A.U.C.C.
23	Thistle Brig W/W.RACE	SCA

CANOE '81 - BALA

This is the largest canoeing event ever to be staged in Britain and may never happen again in our active canoeing lifetime.

Stan Cooper is Director of the organisation for Canoe '81 and there are a number of committees each responsible for special parts of this large and complicated event.

The BCUC resources might have found the organisation beyond them but thanks to the willing help of the Army and the co-operation of the local District and County Councils, all is going well.

Preparations for the Pre-World Championships, which is in effect the dress rehearsal for the World Championships next year, have reached an advanced stage and will take place during 28th to 31st AUGUST, 1980.

THE BEST OF LUCK TO OUR SCOTTISH COMPETITORS

GOOD PADDLES GOING CHEAP

If you would like your own paddle made to measure you should call at The Castlecliff Workshops, situated at 25, Johnston Terrace, Edinburgh.

Constructed in 6 mm marine ply with looms from finest selected Baltic Redwoods, finished with clear lacquers or to your own specified colours.

Senior size ...	£7.75
Medium ...	7.25
Junior ...	6.75

PLEASE MENTION "KAYAK MAGAZINE" WHEN USING OUR ADVERTISERS

14th - 15th JUNE 1980

The team manager, Drew Samuel, has written a very lengthy and comprehensive report on the Scottish Team's visit to Holland, but, unfortunately, we have not got the space to do it justice.

This was the largest team we have sent to an International event. The selection was : Senior A Kayak, R. Montgomery and Gilbert Speirs; Senior A Canoe, Willie Reichenstein; Senior B Kayak, John Anderson, Andrew Morton and Dave Tuttle; Junior B Kayak John Adair, Neil Davidson, Gilbert Richards, Gary Young; Senior A Women Maureen Pennie (Assist. Manager, Women); Senior B Women Lynda Morrison; Junior A women Anna Miller; Junior B Women Alison Edwards.

Team Manager: Drew Samuel Driver George Miell paid his own expenses on the trip.

It was not only the largest representation the S.C.A. had sent abroad, but probably the most successful. Every member of the team had success. The Manager himself led the way with 4 firsts - 3 in K2 with John Anderson, and a solo. Alison Edwards topped the ladies with 3 first and 2 second places, closely followed by Anna Miller with 3 firsts and a second. Two of their first places were won together in the K2.

The total haul of gongs was: FIRSTS 20; SECONDS 10; THIRDS 3 and a FOURTH place - which to me spells success in any language.

With so many of our sprint paddlers at such a high standard it is perhaps natural to start wondering how some of them might fare in the sunny climes of California in 1984 - why not?

Meantime, for 1980 performances, our hearty congratulations and admiration.

ADVERTISEMENT

FOR SALE : To view please 'phone 031-445-3966
Scott Balfour, 23 Buckstone Loan, Edinburgh.

RACING K2 + spraydecks	...	£60 ono	Both O.K. for LD & training
RACING K1 + spraydeck	...	50 ono	
SEA CANOE + spraydeck	...	70 ono	
Vedel slalom kayak	...	25 ono	good for bashing about in
2 pairs Lendal all wood LD/sprint paddles			
R.H. with asymmetric blades, about 215-220 cm	...	£15 each	
"WW RACER" KW sprinter hull, very light and only useful for canal or sea work - hardly used, no seat so good for complete beginners		...	£20 ono

** Miscellaneous camping equipment too numerous to be listed
Could be delivered if required.

Would accept as part exchange - Cross country skis, small mini car, girl's bike for 4 year old 1 metre high, or tumble drier!!

RECORD CHANNEL CROSSING BY CANOE

Hearty congratulations to Drew Samuel and John Anderson for paddling their way into the Guinness Book of Records on Wednesday 20th August 1980 when they crossed the Channel in a record time of 2 hours 54 minutes 54 seconds, in their K2, beating the previous record by 25 minutes and 36 seconds. The margin might have been greater but on reaching the other side they had difficulty in finding a suitable place to land. However, thanks to some help from local French fishermen they made a safe landing. They had originally set off from Dover the day before but after less than an hour's paddling had hit a submerged log and broken their rudder which meant a return to Dover and spending the rest of the day on repairs.

This is Drew's second record crossing of the Channel because he set the solo record of 3 hours 33 minutes 47 seconds in 1976 from Dover to Cap Griz Nez. On that occasion he raised nearly £1,500 for Charity.

John Anderson, an R.A.F. Sergeant from Ayr, and Drew have been paddling together for the best part of a year and already hold the K2 500, 1000 and 10,000 metre Scottish Championships. At the present rate of progress one wonders who is going to be second in the Tay Marathon on the last weekend of the month.

ADMINISTRATOR
SCOTTISH CANOE ASSOCIATION

We are looking for an Administrator who will manage the Association's office and service its committees. The post is based in Edinburgh and typing and clerical support is provided.

This is a new and challenging position (salary scale £4,900 - £6,745) which will involve some travelling and unsocial hours. An interest in canoeing, or other sports, is desirable.

Application forms (which must be returned by 15th September 1980) and job descriptions may be obtained from:

The General Secretary,
Scottish Canoe Association,
18, Ainslie Place,
EDINBURGH, EH3 6AU.

SCOTTISH CANOE ASSOCIATION
SPRINT REGATTA, STRATHCLYDE PARK, SATURDAY, 26 JULY
INCORPORATING THE SCOTTISH K2 10,000m CHAMPIONSHIPS
RESULTS

R 1	<u>JUNIOR MEN - K1 - 1,000m</u>				R37	<u>JUNIOR MEN - K1 - 500m</u>			
	1. G. Young	KCC	4.22.12	9		1. G. Young	KCC	2.04.55	9
	2. N. Davidson	KCC	4.24.07	8		2. N. Davidson	KCC	2.10.95	8
	3. A. Davidson	KCC	4.43.83	7		3. A. Davidson	KCC	2.12.71	7
R 3	<u>OPEN MEN - K1 - 1,000m</u>				R41	<u>ESPADA 'B' BOYS - K2 - 3,000m</u>			
	1. G. Speirs	Irvine	4.14.93	9	**	1. S.Shaw/A.Edwards	KCC	15.15.44	
	2. J. Anderson	RAF	4.17.67	8		2. F.Smeaton/D.Mills	"	17.10.00	
	3. L. Barrie	RAF	4.50.75	7		3. L.Blacklaws/G.			
						Wilson	KCC/FCC		
R20	<u>LADIES - K2 - 500m</u>				R51	<u>OPEN K2 - 500m</u>			
	1. M. Pennie/L.Morrison	FORTH	2.15.40	9/9		1. J.Anderson/L.Morrison			
	2. A. Millar/A.Edwards	KCC	2.25.34	8/8		RAF/FCC		1.52	
	3. D. Mills/F.Smeaton	KCC	2.49.80	7/7		2. G.Speirs/A.Millar			
						Irvine/KCC		1.53	
R29	<u>BOYS ESPADA 'B' - K1 - 500m</u>					3. L.Barrie/M.Pennie			
	1. G. Wilson	FORTH	2.23.40	9		RAF/FCC		2.04	
	2. S. Shaw	KCC	2.26.53	8	R56	<u>OPEN LADIES - K2 - 6,000m</u>			
	3. L. Blacklaws	KCC	2.33.61	7	**	1. A.Edwards/D.Mills			
R31	<u>JUNIOR LADIES - K1 - 500m</u>					KCC		31.37.99	
	1. A. Edwards	KCC	2.15.75	9		2. L.Morrison/M.Pennie			
	2. D. Mills	KCC	2.23.44	8		FCC		31.46.60	
	3. F. Smeaton	KCC	2.56.69	7		3. M.Kinninmonth/F.			
						Smeaton	KCC	36.29.62	
R33	<u>OPEN MEN - K1 - 500m</u>				R66	<u>OPEN MEN - K2 - 10,000m</u>			
	1. G. Speirs	Irvine		9	**	1. J.Anderson/D.Samuel			
	2. J. Anderson	RAF		8		RAF/Tross.		44.33.4	
	3. L. Barrie	RAF		7		2. G.Speirs/L.Barrie			
						IRV/RAF		48.13	
						3. J.Young/A.Munro		Ret.	
					R68	<u>JUNIOR MEN - K2 - 6,000</u>			
						-(course approx 6,600m)			
					**	1.N.Davidson/G.Young	KCC	30.55	
						2.J.Adair/C.Douglas	IRV	31.59	
						3.A.Davidson/J.Gray	KCC	32.18	

** Championship Events

WHAT PRICE STRATHCLYDE PARK? The Sprint regatta scheduled for 13th September 1980 had to be cancelled because the Sprint Committee had run out of funds. Was Strathclyde Park the only place that could be thought of as suitable for a canoe regatta? Surely there are other stretches of water available and suitable for such an event; some of them have already been used at little or no cost.

Perhaps the Sprint Committee should reconsider their policy on race venues. The wisdom of paying £160 a day for the hire of Strathclyde is questionable and certainly extravagant.

The generous sponsorship from Tesco no doubt influenced the large entry for Irvine Canoe Club's annual race, and it was encouraging to see 8 K2s on the start line. Drew Samuel and John Anderson, fresh from their Channel triumph, won the Scottish Championships easily from Denny and Easson, but it will be interesting to see how the latter fare next year as they are a relatively new combination and have taken to training and racing with some considerable enthusiasm. In the Junior event Neil Davidson and Gary Young from Kirkcaldy, won convincingly from our own paddlers Miles Forde and Grant Wilson, but our congratulations go to Miles and Grant on their selection to paddle for Scotland in the Tay Marathon.

Alison Edwards and John Adair made their mark in the respective Junior singles events once again and it is expected that these two will achieve high placings in the Tay Marathon.

In the men's singles there was a mighty tussle between Kenny Fraser, new to the sport of Marathon, and wily old Andy Morton, who has been racing in Marathon, or L.D. as it used to be known, for some twelve years. Andy lead at the start after some effective portaging, but was eventually caught by Kenny, probably the fitter of the two. Kenny then went on to lead Andy round the rest of the course, dropping him about a mile from the finish. However, Andy was lucky enough to find the wash of the Davidson/Young K2 and after a "rest" was able to catch Kenny and push past him to win by a boat length at the finish.

For their pains, Andy won a Black and White T.V. and Kenny, a Black and Decker power drill. No doubt Kenny will be back again next year!

The Tay Marathon will be taking place on the 30/31st August and with luck readers will find stop press results elsewhere in the mag.

One race to keep in mind is Perth Canoe Club's new event on the Tay river and estuary on 11th OCTOBER 1980. This race should prove interesting and may be blessed with some press coverage as it starts and finishes in the city itself.

AUCHENREOCH CANOE REGATTA - SUNDAY 7th SEPTEMBER 1980 starting at 1 p.m.

Auchenreoch Loch is situated mid-way between Dumfries and Castle Douglas on the A75. Regatta H.Q. will be in the Lochview Motel where changing facilities etc. will be available. The programme will include Espada races for 500m & 1,000m; slalom class races over 250m for under 15, under 18, Veterans (over 25!) and Ladies over 18. (Slalom boats & Espadas will be provided).

There will be 5 events in the "Fun Class" and a Bat Polo Competition.

Entries on the day, but better if your entry is in beforehand to: J.Y. Holmes, Leisureline, Castle-Douglas. telephone Castle-Douglas 2529 or -A. Drysdale, Lochview Motel, Crocketford, telephone Crocketford 281.

SCOTTISH 10,000m CHAMPIONSHIPSSTRATHCLYDE PARK, SUNDAY 28th SEPTEMBER 1980TEAM LEADERS MEETING & RACE BRIEFING 11.00 am.CLASSES & DISTANCES

Open Men K1	...	10,000m	Open Ladies K1	...	6,000m
Novice Men K1	...	10,000m	Junior Ladies K1	...	6,000m
Junior Men K1	...	6,000m	Espada Boys & Girls	...	3,000m
			A, B and C		

ENTRY FEES 18 years and over - £1.00 per seat
 Under 18 years - £0.50 per seat

PRIZES S.C.A. Medals or Championship Certificates will be awarded for Championship events.

CAMPING Camping is available at Strathclyde Park campsite.

FOOD All competitors may bring food, but there is a cafeteria within the Centre.
 Competitors' own food must not be consumed within the Centre building.

SAFETY Lifejackets are compulsory for all paddlers in all Espada classes.

ENTRIES Detailed entries including

- 1) class
- 2) date of birth (if under 18)
- 3) distance
- 4) type of craft
- 5) club

to:-

Anne Davidson,
 9, Lakeside Road
 KIRKCALDY,
 FIFE. KY2 5QJ. Tel. 0592 66920

By MONDAY 22nd SEPTEMBER

RESULTS SEND S.A.E. for results sheet.

THE REGATTA due to be held on 13th SEPTEMBER, 1980 has regretfully had to be cancelled due to circumstances beyond the control of the organisers.

See foot of page opposite for details of an opportunity to keep yourself fit for Strathclyde on the 28th September.
 Glasgow Kayak Club will be in charge of the proceedings at Auchencreech so a P.S.A. should be enjoyed by all.

KIRKCALDY SPRINT REGATTA - SATURDAY 5th JULY 1980 REPORT :

This was another of those pleasant, well run affairs held at Lochore Meadows.

Drew Samuel won the K1 Open event and, teamed up with Fred Nelson also won the K2 Open race.

Grant Wilson of FORTH won the Espada B class whilst Andrew Maycock (unattached) won the Espada A Class and his brother Peter topped the slalom class.

All the other events during the afternoon were won by members of the Kirkcaldy Canoe Club.

NATIONAL YOUTH CHAMPIONSHIPS - HOLME PIERREPONT - 12-13th JULY, 1980

Under 15 (Espada B) Age Group

Gold Medal	Grant Wilson (FORTH CC) with 3 Lichfield boys	500m	K4
Silver Medal	Neil Davidson (KIRKCALDY CC)	500m	K1
	Neil Davidson (KCC) / Grant Wilson (FCC)	500m	K2
Bronze Medal	Neil Davidson/Alistair Edwards/Steven Shaw/Diane Mills		
	(all KIRKCALDY CC)	500m	K4
Silver Medal	Diane Mills	500m	K1

Under 17 (Espada C) Age Group

Gold Medal	Anna Miller (KIRKCALDY CC)	500m	K1
" "	Anna Miller/Alison Edwards (KCC)	500m	K2
" "	Gary Young (KCC) / John Adair (Irvine)	500m	K2
Silver Medal	Alison Edwards	500m	K1
Bronze Medal	Gary Young	500m	K1

RICHMOND MARATHON - 19th AUGUST 1980

Six young canoeists represented Scotland in this tough K2 Marathon. The 27 mile course was on the river Thames between Windsor and Richmond and included 9 portages.

Out of a field of 80 canoes only 45 completed the course. The team of Gary Young (16) and Neil Davidson (15) came 7th Juniors' in a time of 3 hrs 40 mins. Alison Edwards and Diane Mills (both 15) came 4th Ladies in a time of 4 hrs 1 min.

Alan Davidson and John Gray were also competing but withdrew because of a broken rudder.

All these competitors were from Kirkcaldy Canoe Club.

COMMODORE'S COMMENT

We must all be pleased to hear that the members of the touring expedition to the Maelstrom area in Norway have returned safe and sound, and no doubt the details of the trip will make interesting reading and listening to this winter. The expedition seems to have had the three objectives of raising money by sponsorship for a charity, a certain amount of physiological study and a great jolly after a considerable amount of planning and organisation. I hope it was well worth the effort. For my own part, I would have found it just as easy to raise the £6,000 cost of the expedition and given this direct to the charity, only retaining a two-figure sum for a month's tour of an advanced nature in our own waters, which could also incorporate some serious study. Different ships - different longsplices! (work that one out if you can)

No doubt we will be getting news shortly from South of the Border of Chris Hawksworth's expedition to Annapurna and the Marsyandi river, which seems to be the first of these expeditions to include a girl in their team. No doubt the next 'Chrisfilm' will reveal who really did the washing-up on top of the Himalayas.

Late August may seem eons away from the end of the year, but some thoughts now should be directed to the AGM of the SCA which will be in the Borders in December. Who should be running canoeing in Scotland; who has the time to run canoeing in Scotland; and are we generally satisfied with the efforts of existing office-bearers? Perhaps there are one or two others (appeal) who would like to contribute to the general cause. 1981 will be an important year for our sport with considerable publicity from the media covering a series of International events. Our own Club is already overloaded with youngsters who need and would appreciate just a little attention from experienced paddlers. One day, when the world is perfect, these people will come forward positively to encourage others. I hope that next year we will be a little closer to a perfect world with your help (It's also quite good fun!)

Thanks to the Canoe Club at Fettes College for putting on a whole week's display of canoeing at the Royal Highland Show, Ingliston, in June on our behalf. I wonder if anybody knew about it. Maybe they can even be persuaded to become affiliated to the SCA, or have I missed the meeting where they were all given honorary membership?

R.K.R.

SOCIAL, PERSONAL and OTHERWISE

Robin Lang, who left our shores a year ago for better things in Canada has recently won the Canadian White Water Championship and now looks certain to be included in the team Canada will be sending to the World Championships in Wales next year.

In the constant search for KAYAK material, the need arose recently to call on Anne Davidson in Kirkcaldy. Whether there was a club meeting on, or just the everyday coming and going, it was difficult to tell. Young canoeists seemed to be even coming out of the cracks. The place hummed with an eagerness that was infectious and even the hard old cynics came away with renewed optimism for the future of canoeing.

The Kirkcaldy C.C. have even managed to dig David Maycock out of his canoeing retirement. David was a member of the British Team about five Olympiads ago and his last great work was as organiser of the Tay International L.D. Race from Dunkeld to Perth in 1969. His two young sons, Andrew and Peter, seem set to carry on the tradition.

For the first time in over 40 years I felt just a bit doubtful about my connection with the S.C.A. when our Club Secretary tried to hand in 40 books of raffle tickets to be sold in aid of the S.C.A. Sprint Committee. At first glance there is only 1 prize, a "Crate of Whisky". A second look and one can read in small type "or equivalent value canoe equipment voucher for Lendal Products Limited". In the smallest of type it can be gleaned that there will be 15 other prizes - no doubt mainly single bottles of whisky.

When one considers the average age of our sprint racing members, indeed of canoeing generally it seems totally inappropriate for such a prize to be featured.

The obvious first prize, which should have been emphasised in large type is the Lendal Voucher. If our present young, healthy and enthusiastic sprint racing canoeists become drink addicts in their dotage, it would be a damning indictment of the S.C.A. if they managed to murmur through their D.T.'s "Well, it all started with my canoeing"!

I wonder what sort of chap the S.C.A. is looking for to fill the post of Administrator?

It does state that "an interest in canoeing or other sports is desirable".

It seems to me not only desirable, but essential, and unless the candidates are dedicated to the cause of developing an Olympic Sport in Scotland to its limits they should not bother to apply.

If a male, he will either have to be single, or have a most understanding and sympathetic wife.

A pleasant social occasion seems promised at Auchenreoch Loch on 7th September as well as an opportunity for the hard paddlers to flex their muscles.

I'll bet it does not cost the organisers £160 to use the loch for the day but no doubt the S.C.A. Sprint Committee will have taken note.

Hardly a historyMore a beginning.....

The Club was formed in 1978, by paddlers who had previously participated at Scout and School Regattas, liked the competitive side of the Sport and wished to be more specific in their outlook, while harmonising with, and complementing existing clubs and organisations. From the outset our sights were firmly fixed on racing, and our Constitution reads:-

- Objectives :- 1) To promote Sprint and Marathon Racing
- 2) To encourage the Espada, K1 paddler

Alternatively we might have evolved as a series of racing sections of existing organisations, but this fragmented approach would not have fostered the daily competitiveness which comes from group training.

The paddlers are encouraged to maintain their close links with other organisations and participate in the other activities of their choice. In fact we have Club Members who compete at a fairly high level in other Sports such as - Swimming, Ice Hockey, and Athletics, to name but a few.

Our strength lies in our enthusiasm

Our Mentor is the S.C.A.

and our thanks go to:-

The Parents, without whose support we could not have made such speedy progress;

The clubs and organisations with whom we rub shoulders, help, are helped and who by their voluntary dedication stimulate the young, and young at heart;

The individual Sportsmen and women, leaders and officials who set the standards and who coach the beginners;

And sponsors - large or small.

We wish to take this opportunity to invite any paddlers who wish to join us for training or tuition. Our older paddlers know the lonely road of training by stopwatch only; we would like to see more clubs and individuals involved in training as it should improve the standard of Sprint and Marathon canoeing and, hopefully, encourage others.

Most of our training is based at Kinghorn Loch - safe inland water ideal for beginners and for sprint training. The loch has an accurate 250 metre straight and a circuit of 750 metres.

The Firth of Forth is used by our more experienced canoeists for long distance and stability training.

Loch Ore Meadows is used when full Regatta facilities are required. The full range of Sprint Distances are available on this loch with accurate 250m., 500m., and 1000m., straights available and also 3000m., 6000m., and 10,000m., circuits, as those who attended The Kirkcaldy Canoe Club Regatta will already know. Why not join us when you can..... Contact Charlie Gardner, Club Secretary, - Kirkcaldy 0592 60856.

EDITOR'S COMMENT:

The natural modesty of the writer has of course led him to avoid mentioning that the major influence in the success of this Club has been the enthusiastic leadership of Ed and Ann Davidson.

LOFOTEN ISLANDS EXPEDITION

CONGRATULATIONS to our 4 canoe adventurers

Jim Breen, Gus. Mathieson, Bill Turnbull and Peter Wilson, who have just completed the circumnavigation of the Lofoten Islands which included a double crossing of the notorious Maelstrom Whirlpool.

This 500 mile trip must have produced its quota of trials and experiences which will live long in the memories of those taking part, especially the serious occasion when two of the party suffered from food poisoning caused by their highly concentrated powdered food getting too close to glass fibre materials.

It had been hoped to raise money for the Scottish Council for the Care of Spastics as a result of this trip, but the result was most disappointing. However, Jim Breen, 52, Lochalsh Crescent, Milton of Campsie, Glasgow, will be delighted to receive any belated donations. The Lord Provost of Glasgow has shown the way with a donation of £500. What about you?..... even £1 would do.

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TAIL O' THE BANK L.D. including SCOTTISH CHAMPIONSHIPS : RESULTS

		<u>16.8.80</u>		h. m. s.	Championship Medals
<u>MEN DIV 1</u>	1st	A. MORTON	(FORTH)	1.08.50	Open Men GOLD SILVER
	2nd	K. Fraser	(Roxburgh)	1.13.07	
	3rd	A. Murray	(RWSABC)	1.17.25	
<u>MEN DIV 2</u>	1st	L. Barrie	(RAF)	1.19.10	
<u>MEN DIV 3</u>	1st	I. Bownes	(RWSABC)	1.05.25	
	2nd	H. Kerr	(RWSABC)	1.07.36	
	3rd	I. Robertson	(Perth)	1.08.14	
<u>MEN DIV 4</u>	1st	G. WILSON	(FORTH)	1.09.52	
	2nd	I. Hickman	(Perth)	1.09.53	
	3rd	R. Todd	(RWSABC)	1.10.34	
<u>YOUTH (MEN)</u>	1st	I. Bownes	(RWSABC)		Open Youth GOLD SILVER BRONZE
	2nd	G. WILSON	(FORTH)		
	3rd	L. Blacklaws	(KCC)	1.17.16	
<u>VETERAN MEN</u>	1st	H. Kerr	(RWSABC)		
	2nd	I. Robertson	(PERTH)		
	3rd	J. Turcan	(Strathkelvin)	1.21.29	
<u>WOMEN</u>	1st	Lynda MORRISON	(FORTH)	1.07.19	Open Women GOLD SILVER
	2nd	Alison Edwards	(KCC)	1.09.56	
	3rd	Vivian Taylor	(GUCC)	1.14.40	

Men's Div 1 and 2 did a longer course than the others
John Adair, Gary Young and Alan Davidson were disqualified for taking a wrong course.

MARATHON RACING

I thought that this would be the most topical discipline of canoeing to start this series with. We have just had the Scottish Marathon Championships for single kayaks at Greenock and the K2 Marathon Championships at Irvine. We will shortly be hosting the Tay International Marathon and hopefully a Scottish team will be going to the Liffey International in Ireland.

To achieve the standard required to represent Scotland you will have to do a lot of hard training, canoeing several times a week and supplement this with other activities such as running, cycling or swimming.

For those of you who are keen to do some marathon racing but do not want to commit themselves to rigorous training, the Marathon Racing System in Scotland is well tailored to suit all abilities.

Males are divided into 4 divisions, all ages of competitors are accommodated here and the objective is that each division contains a group of people of equal ability. Females are divided into 2 divisions and doubles compete in division 6. When you start you will paddle in division 4, promotion being gained after one win and two placements in the first three. The Marathon Racing Secretary controls promotions.

Most of the division 3 and 4 courses are 6 to 8 miles in length or the equivalent of 1 hour's paddling. Division 1, 2 and 6 courses are about 12 to 16 miles in length. Women in general paddle the shorter course. Courses can often include portages; carrying the canoe around some obstruction which can be up to 400 meters in length, though usually much shorter. The season for Marathon Racing is from May to October inclusive. The sea, lochs, rivers and canals are all used for these races.

To do well, a fast canoe is required; a slalom or touring canoe is of no use. A white water canoe, or better still, a K1 is required. If you do not have a K1 you could get your club to borrow an Espada (special K1 for juniors) from the SCA coaching committee. Do not be put off if you capsize the K1 at first; within a few weeks you will have no problems. Another essential is to have a good paddle. A light-weight asymmetric paddle is best, slalom paddles are not suitable.

Some of the best races to start with are the Tweed, Tay (Leukaemia), Clyde, Irvine and Loch Lubnaig. To enjoy the canoeing more you should try to train at least once or twice a week, not too hard at first. One of the first things which you should notice is that your recovery after events should become more rapid.

Juniors will probably require help with transport to events and training so it is advisable to join a club which is active in marathon racing; Kirkcaldy, Forth, Irvine, Royal West and Paisley (please attach no significance to the above order). The University clubs are not very active in this field at the present time.

For spectators the mass starts which usually involve a few collisions in the sprint to the first bend etc. are worth seeing. The finishes often provide a few interesting sprints.

For competitions, I cannot explain the attraction, but can only suggest that you go out and try it.

Months ago David Wolfe had suggested to me going up north and paddling all the white water up on the west. We agreed it would be a good idea but gave no more thought to it till just before the holidays. It was all organised over-night and on 19th July we set off with Alex Farrell and family.

Our first stop was Grandtully which was pretty low - a sign of what was to come through the week.

The next day we set off to the River Gaur in the hope of catching a possible release of water in the evening. The water never came and so we drove down to Kinloch Rannoch to camp.

In the morning we drove down to a short gorge section on the river running between Rannoch and Loch Tummel. The water was so low that only one long steep chute was possible. This river would be very exciting when full although not recommended for beginners. We both had a shot at it in the spare boat we had with us. Then I tried jumping off a small cliff into what I thought was a deep pool. This I found was not so and I landed backside first into 2 ft of water. Sitting was kept to a minimum for me for the next few days.

Our next stop in the afternoon was at Blair Atholl. We decided to try paddling down to the road bridge at Killiecrankie, part of which I had done before and was fairly simple. Little did we know what we were in for. From Blair Atholl down to the gorge was steady grade I to II but as soon as you are in the gorge there is a series of steps down with stoppers and small waves.

The rocks were filled with huge scour holes high up on the rocks showing what it could be like. Once well into the gorge we stopped to inspect what sounded like a big drop. It consisted of two chutes. The easier one involved paddling between jagged rocks till you reached a 7 ft drop down into a large stopper. The other side was an S-bend dropping into a stopper-come scour hole, then another right angle turn into the final stopper.

I got past the first bend and then dropped vertically into the hole which held the boat upright. The boat then looped over, only slightly damaging the nose. I failed to roll, came out and swam a good bit of the river. David, deciding that discretion was the better part of valour, successfully shot it on the other side.

The Soldier's Leap was still to come and we had agreed that it was only possible on the left. From above, we didn't recognise the fall and I just missed going down the wrong side. David wasn't so lucky and lodged the nose of his boat in the rocks with the tail resting on the tip of the fall. The boat didn't fold and David managed to get out. Then in the end the boat had to be freed by hefting rocks at it till it broke up. That left /

left us with ~~1 write off~~, one boat without a nose which was broken at Rannoch and one boat with a cracked deck.

Alex, due to work commitments, had to go home, so next day David and I moved north to Diabeg to stay with friends, get out of the rain and repair the boats.

This done we went to an H.E.B. out-flow at Grudie Bridge, near Garve. We also had a look at a series of waterfalls that were on a burn running into the river. We decided to shoot them. David went first. There were three large drops, the last one being at least 12 ft. The boat left the water on the bottom two but on one of the falls it landed on a rock and damaged the tail. The weather was dry for a change so we repaired it on the spot.

We then headed south to the Spean which we had looked at earlier. It was big with large drops and nasty currents. The first section, like everything else was very dry and we scraped our way down till we reached the gorge which was very gloomy and narrow, under a foot at one point. The main fall on the gorge was pretty tough. It started with a set of waves and stoppers and ended going over a narrow lip into a dangerous boiling stopper. To shoot it you had to sprint diagonally across the narrow drop. This time it was I who smashed up the side of the high volume boat we both used for big falls.

The next day was our last and when we camped at Invergordon we were just about flooded out during an incredible thunderstorm during which I retreated - to sleep in the car - while David slept soundly on a newly formed island in the middle of the field.

On our way home we stopped at Bridge of Orchy to see the river in full spate - a chance not to be missed. So in the first real sun all week we set off down the river. The river Orchy in spate is very fast and has almost continuous waves with several really big drops with enormous waves and stoppers - pretty breathtaking stuff, grade IV or V in places. We both capsized once in a diagonal stopper which was bouncing off a rock - one of the few visible rocks. David's spray deck came off so it ended up with one swim apiece.

The rest of the trip went safely with one amusing incident when I tried to paddle over the biggest waves we had come across. The boat got so far up then slid down sideways throwing me right into a wall overhung by trees. But instead of smashing into the wall I disappeared under the trees into a small eddy surrounded on three sides by rock and screened by trees. The trouble was with the great difference in water speed and the overhanging trees, I was trapped in. I spent several minutes trying, until, eventually, by using the branches, I pulled myself out into the main stream. That day we had perfect weather. It was a great end to a good week and well worth the money. I recommend it to anyone who fancies a bit of rough water. Who knows, you might get the weather and the water.

STOP PRESS RESULTS.....TAY MARATHON, 30-31 AUGUST 1980 - KILLIN TO PERTH

There was a record number of entries for this year's event, including teams from Scotland, England, Wales and an overseas team who paddled under the name "White Water Racers". Conditions at the start on Saturday from Killin were poor and the high headwind made for slow times. Drew Samuel in the K2 event had to work his foot pump continuously down Loch Tay expelling 1 gallon a minute. At Kenmore the Scottish Junior K1, John Adair, was doing well and in 2nd place.

The next stage, Kenmore to Grandtully saw the English team going straight into the lead with a well organised system of wash hanging between a group of five. Grandtully rapids proved to be a challenge for many of the paddlers especially the K2's. One was broken clean in half; and Denny and Easson finished up going all the way down backwards. The WWR's K2 capsized and let Samuel and Anderson through to be in the lead at the overnight stop.

Conditions for the 2nd day were good with sunshine. The Seniors paddled the 12 mile stretch to Dunkeld in the forenoon and the juniors rejoined there to paddle the final 23 miles to Perth with a compulsory stop at Stanley.

Our top K2 was beaten into 2nd place by the WWR crew by nearly a minute. The Forth pair, Forde and Wilson, won the Junior K2 event by beating the Kirkcaldy crew by 4 minutes. Top placed Scottish K1 (10th) was Kenny Fraser with 7-38-38.

The Scottish K1 paddlers were left well behind by the Englishmen, reminding us of the gulf in standards which exists between us and world class.

K1.Sen.Men: 1, T.Cornish Eng. 6-52-15; 2, R.Belcher Eng. 6-53-49; 3, C.Greeff WWR 6-55-37

K2.Sen.Men: 1, Park/Biggs. WWR 6-21-59; 2, Samuel/Anderson Scot. 6-22-51:

3, Denny/Easson Scot. 6-51-32

K1.Jun.Men: 1, P.Wells Eng. 4-39-49; 2, T.Mairs Eng. 4-46-36; 3, R.Ward Eng. 4-47-13.

K1.Jun.Ladies: 1, L.Davies Eng. 5-20-11; 2, A.Edwards Scot. 5-44-51

K2.Jun.Men: 1, Forde/Wilson Scot. 5-09-56; 2, Davidson/Young Scot. 5-13-47

Team: England A 154; WWR 107; Scotland A 87; Scotland B 82; Wales 71; England B 61

STOP PRESS RESULTS.....PREWORLD SLALOM/WW CHAMPS 29/30/31 AUG.'80 BALA North Wales

At a much revamped slalom site, sporting river alterations and a new bridge half way down, complete with giant time display, there were major shocks for the British K1's. First was Shane Kelly from Ireland with a clear run of 225.

Second was Hendryk Popelia (Poland)(227.4 clear) Third Peter Michler (W.Germany) (230.9 inc 10)

British Results: Wain 17th, Mainwaring 21st, Fox 24th, Godfrey 33rd, Shackleton 41st, Sutherland 47th; Richard Fox put up the best time of 212 and really it was penalties which let the British down. Shane Kelly seems to have a secret training scheme!

Now for the good news: In the C2's Polish crew Jez/Kodlik were 4 secs clear after the first runs of our own Young/Munro who slipped to finish 3rd overall - however, this is a good result - well done lads.

C2 Results: 1, Jez/Kodlik (Poland)(277 clear); 2, Calori/Calori (France)(310 inc 30); 3, Young/Munro (GB)(323 inc 40); 11, Joce/Owen (GB); 13th Jamieson/Williams (GB).

In the C1 Martyn Hedges' first run was enough for him to triumph over a very good field. C1 Results: 1, Martyn Hedges (GB)(253.1); 2, Gerald Moose (USA)(271.9);

3, David Hearne (USA) 277.3; Ladies: 1, G.Kollman (W.Ger.); 2, Liz Sharman (GB);

3, Julia Harling (GB); 21, Kathy McLeod (GB); WW Race: 1, Dave Taylor (GB) finished 21 secs clear of Bob Campbell (GB); and France took the bronze. This is Britain's best result of the weekend.

The event was very well organised and ran to time throughout with only a couple of re-runs. However, the T.V. coverage needs improving. It was scrappy, un-informed and it was difficult to follow until the extremely simplified results were displayed.

We can only hope that the new 50/10/5 points system will not confuse things too much. So, is the British team finding the pressure too hard? will any of the Scots move in to take advantage?

FOR SALE

TOURING CANOE - almost new - only once used

Fibre glass hull - wooden deck - 15' - 25" beam

Spray deck and paddle included, for cost price

£75: Apply to Jack Cuthill 031-447-3954

FORTH CANOE CLUB NOTES
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CRAIGLOCKHART

The last Monday evening session at Craiglockhart Sports Centre will be on the 8th of September. As in previous years the attendances have been very good except for the holiday period in July. Many juniors have joined the club and this continues to be the main source of new members for the club.

The games of bat polo have been very popular and this year the goals have stayed upright! The Espadas and the White Water canoe which have been at Craiglockhart most weeks have also been very popular with many people trying them out and not all of them getting wet either!

Several people have sat their proficiency tests and on the last Monday Scott Balfour proposes to hold an assessment for those wishing to become assistant instructors.

POOL SESSIONS

The pool sessions at Sciennes Primary School will restart on TUESDAY the 16th of SEPTEMBER. The session will start at 1900 hrs and everyone must be out of the building by 2100 hrs. Only two bats will be available so your time in a canoe will be limited. Arrive early to make sure that you get a turn.

CONGRATULATIONS.....

to Andy Morton, Lynda Morrison and Grant Wilson.

Andy won the senior men's Marathon Racing Championship at the Tail o' the Bank Race. This is Andy's 5th consecutive victory. Lynda won 1st prize in the Ladies event and Grant Wilson took 2nd place in the Junior event. A very good performance by Forth Canoe Club.

also, Congratulations to Miles Forde, Grant Wilson and Andy Morton on their selection for the Scottish Tay Marathon team.
 (Editor's note: David's natural modesty prevents him mentioning his own selection as a K1 reserve).

NON-PAYERS

If you are reading this and wonder why you have not yet received your own copy of "KAYAK" then it is because you have not yet paid your annual subscription. Several of our well known members have not yet renewed their subscriptions. Your KAYAK will be sent when you have paid up.

One person who is not even a member of Forth Canoe Club has been using the Canal Hut very regularly and has now been seriously reprimanded. As the cost of rates and rent for the canal hut is very considerable, it is in the interests of the hut users to ensure that those using the hut have paid for the privilege. Whilst occasional visitors are welcome, those abusing the system are not. Be warned, a new get tough policy will be adopted for abuse of the canal hut.

CIRCUIT TRAINING

Scott Balfour's Circuit Training will restart on THURSDAY, 30th OCTOBER at 1900 hrs. - the venue, Liberton High School. This is a MUST for all "disco dance freaks" or masochists.

RACING COLOURS /

RACING COLOURS

The Club Racing Colours have now been officially registered with the B.C.U. The Colours for our racing vests will be Royal Blue with two diagonal golden yellow bands. As the cost of obtaining vests with coloured bands is considerably more than the cost of plain vests I would be pleased to hear from anyone who has a cheap source of supply.

SWEAT SHIRTS

The club intends ordering more sweat shirts - however, at least 12 are required to place an order. The sweat shirts will be the same as the ones purchased a few years ago i.e. light blue with dark blue flocked printing (permanent). The club also has Tee shirts for sale price £2.50. Please see David Wolfe.

KAYAK SUBSCRIPTIONS SECRETARY

Alastair Williamson has kindly offered to take on the job of KAYAK Subscriptions Secretary. This will remove some of the work load from the Secretary/Treasurer at KAYAK publication times.

Members of FORTH CANOE CLUB will still pay their subs to the Secretary, David Wolfe, and this change will only affect outside subscribers to "KAYAK" magazine.

David Wolfe
Hon.Secretary.

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MINI-REGATTA A mini regatta will be held on SATURDAY 6th September and a BAT POLO competition on SUNDAY 7th September at Auchenreoch near Dumfries. FORTH will be entering a team. If you intend to join the party, contact KELSO RIDDELL, our Commodore. Tele.229-9586 Transport will be available.

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IF YOU READ NOTHING ELSE IN THIS MAGAZINE - READ THIS

Club boats require maintenance : Club BATS need repairing
New BATS have to be made

We need members to do these things. If you are resident in Edinburgh and are a real FCC member and proud to be one, and not just a hanger-on it is expected that you will develop the habit of coming down to the Compass Adventure Centre at Granton every Wednesday at 7 p.m. You need know nothing about canoe building - you will be shown.

Richard Gregory will be waiting to welcome you and direct your labours.

IMPROVEMENTS AT LOCHRIN BASIN

The timber canoe shed at our base at Lochrin Basin was built during Easter 1978 and has been over-subscribed since its completion. It has long been the ambition of my predecessor and of myself to provide the Club with another building with more storage facilities and with civilised changing areas, showers and toilets. The opportunity to enable us to realise this ambition has recently come up, with the offer at a bargain price of a pre-cast concrete sectional building by British Oceanics Ltd., of Leith. Progress so far has involved several evenings of dismantling the building at Leith, and a weekend with a hired lorry, loading up and transporting the walls and roof to Lochrin, while the timber parts have been taken to the Compass Centre, Granton.

Richard Gregory has inveigled a sympathetic architect to draw up plans for a building warrant, and I have been unravelling the intricacies of applying for grant aid for this project, whose total present day cost is about £4,700 with our own labour. By the time we obtain a grant, this may well be £5,000 or more, but we will worry about that when the time comes.

The general scheme is to contract a builder to lay drains and water supply from across the road and to install a concrete base. We will then re-erect the building with large garage doors and a storage area with two changing rooms, toilets and showers. I hope there is a plumber in the Club.

While we are waiting for the finance to be sorted out, there is plenty of work for willing hands on Wednesday nights at Granton. Roof trusses have to be altered (the new building is a bit narrower than before); a couple of windows have to be selected, cleaned down and painted ready for installation; and several hundred feet of timber have to be checked, graded and sorted ready for putting together our great Meccano kit (000 size). On the site itself, we have to clear the top-soil and prepare for the contractor to lay the concrete raft.

Oh, yes - the sections we laid out so carefully now have to be moved to allow space for the GPO engineers to alter the position of their telegraph pole which is at present exactly where we want our new building.

So, if you have not yet made any contribution to this project, your face will be very welcome at Granton on Wednesday evenings, 7 p.m. If you have made some small effort already, we would like to see you again, as I cannot do all the work single-handed. Bring a hammer and a saw, and bring a couple of friends. With luck, we will be finished in time to go ice-skating on the canal.

R.K.R.

DON'T FORGET THE CLUB'S FLAT WATER SLALOM

AT THE CANAL BOATHOUSE, LOCHRIN on TUESDAY, 16th SEPTEMBER at 6p.m.

ENTRIES TO: Miles Forde,
145, Warrender Park Road, EDINBURGH,
EH9 1DT.
(Late entries may be accepted on the night)

No matter how new or cherished your canoe, regardless of its design or dimensions, it is of no use to you unless you can propel it through the water in the most efficient way possible, or manoeuvre it in exactly the way you want it to go. All canoe movement is governed by your paddle.

So, whatever else you do, guard your paddle with your life - it is your engine. I am sometimes appalled at the careless way some folks treat canoe paddles.

Every canoeist has his own idea of the most suitable type and size of paddle and I would go as far as to suggest that if you are keen to do well at canoeing you should at least buy your own paddle. There was a day when I was quite happy to lend my canoe but never my paddle.

There is an infinite variety of shapes, sizes and weights of paddle.

1. There is the sprint racing paddle which is hollow shafted, asymmetrical blades and light. Its length is governed by the height of the paddler. i.e. his finger tips just curve over the top of the blade as he reaches up with one arm to the top of the paddle resting on the flat edge of the blade making the paddle slope towards him at about 60°.
2. A white water racing paddle is much the same to look at as a sprint paddle but it has a slightly heavier shaft with stronger blades.
3. Slalom paddles are very much heavier than racing paddles because of the strains they have to bear. The blades are either of wood or glass fibre with square ends. Again the length of the paddle is important.
4. Touring paddles are more to personal taste. They should be slightly longer than competition paddles i.e. the finger tips of the paddler should barely reach the top of the paddle. They should not be too heavy as, on tour, you may be wielding them for most of a day. The size of blade is important according to the strength of the canoeist because the breadth of the blade decides how much water you have to push and that can be heavy and tiring, so, select your blade size carefully - it is best to begin touring with a fairly narrow blade.

There are wooden paddles with rigid shafts or jointed in the middle. Shafts can be made of aluminium, or glass fibre tube. Some metal shafts have a P.V.C. cover. Blades can be of wood, or fibre glass. There is little to choose between any of them so the choice is purely a personal one. The weight, length and size of blade are the things to keep in mind when making your choice.

One thing common to all paddles is the feathering of the blade, i.e. the blades are at right angles to each other. Some have a right hand feather, others a left. One can tell immediately by standing the paddle upright in front of you with one blade facing your shins and, by looking at the upper blade, it will be seen facing left or right according to whether it is for a right handed paddler or a left. Many right handed canoeists use left handed paddles, and vice versa. Most canoeists have the decision made for them according to the paddle they were first given to use when they started canoeing.

You will now see that there is a paddle specially designed for each aspect of the sport and in each type of activity there is a different way to use the paddle.

There is the Sprint Racing stroke; the Long Distance Racing stroke; the touring stroke and the great variety of manoeuvring strokes used by the slalomist, each having a technique of its own.

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