

# **KAYAK**

## **MAGAZINE**



***November 1981***

**A FORTH CANOE CLUB PUBLICATION**

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

EDITORIAL  
\*\*\*\*\*

It's A.G.M. time again and Forth C.C. and S.C.A. members will as always at these meetings have "the future" on their minds. Crystal ball gazing is of limited benefit and so we should attempt to plan the development of the sport in a sensible and forward looking way, without making assumptions, so that the sport can be controlled into fulfilling most requirements whilst avoiding stagnation and preoccupation with unnecessary detail.

The big issues are Access, Professionalism, Expansion and Capital Sites. Worth bearing in mind is the future of competition as we know it, now in the era of cuts, high petrol prices etc. One of the advantages of unemployment is that it allows time to get on with the canoeing and other important matters.

On Access, it should be a policy of the S.C.A. to encourage purchasing of strategic pieces of land by those members who can afford it, or who can do so on behalf of the S.C.A. We also require a more positive approach by the Access Committee who seem not to regard their responsibility seriously. Any short term plans must emphasise family and club participation to give the central organisation structure more depth - get parents involved - build up contacts. For recreational canoeing perhaps kayaks are not the answer - large Canadian designs can accommodate the whole family.

Professionalism: there are few outside rewards for top competitors; the only real (and perhaps wholly adequate) reward is their own self satisfaction and the admiration from the canoeing public - but this costs a lot of money and generates little. Slalom and White Water competitions may have to change to shorter, more dangerous, faster and more easily judged sections to provide the audience with a complete view and to make live T.V. a possibility. Associated events such as freestyle or hotdogging would maintain audience interest.

A whole industry could conceivably be built around the sport at the competitive end, given permanent capital sites with full infrastructure and also at the recreation end with the provision of hundreds of mass produced durable thermoplastic craft, canoeing from one organised accommodation centre to the next.

The development of canoeing requires to be continued with a professional attitude and unlike the B.C.U. Council, we need to encourage professionals from all walks of life to contribute from their experience and position to the common benefit.

D.C.

Jack Cuthill died suddenly, but peacefully, at his home on Monday 5th October 1981. He was 70. He had lived an intensely busy and active life of service dedicated to young people and his main interests, apart from his full time job as a Careers Officer, were Scouting, Rugby and Canoeing. It is difficult to comprehend the scale of his activities....Here are a few... He was Assistant County Commissioner for Training, and in charge of the Scout Camping & Training Grounds at Bonaly, Edinburgh, for 33 years from 1937 to 1970. He founded the "County Rovers Rugby Club" in 1929 and was its Secretary and then President until 1969 - 40 years - they held a meeting in his house every week during the season, for 26 years. He was a selector and committee member of the Edinburgh and District Rugby Union for 10 years from 1948 - 1958. He was a founder member of the Duke of Edinburgh's Award Co-ordinating Committee and served on it from 1961 to 1973.

Jack joined the newly formed Forth Canoe Club in 1934 and immediately became involved in the running of the club, and was instrumental in the forming of the S.C.A., then a loose association of Forth, Tay, Clyde and Scottish Hostellers Canoe Clubs. Of the four founding clubs, only Forth has survived, due entirely to Jack's continuous leadership as Secretary/Treasurer and then Commodore, over the last 47 years. He was Secretary/Treasurer of the S.C.A. for 19 years from 1940 to 1959 when a shift of power took the hierarchy to the West Coast clubs. During his time as S.C.A. Secretary, Jack's contact with Callum Gillies, a member of Forth who moved to London, ensured regular representation of Scottish views at B.C.U. Council level, and a continuous feedback from the South to Scotland.

He was active in the introduction of slalom to Scotland in the late 40's and was also involved in Sprint Racing leading to his being on the organising committee of the 1948 Olympic Games Regatta at Henley. He became the first B.C.U. Coach in Scotland.

Jack was one of the main organisers of The TAY International L.D. Race in 1969. This was the first major international L.D. to be held in Scotland. This year he was a major influence on the "TAY '81" Commonwealth Canoe Federation Championships for Slalom and Whitewater run by the S.C.A.

In canoe touring, he organised and led the S.C.A./F.C.C. Annual West Coast Tours from 1946 to 1968.

He was the Honorary President of the S.C.A. at the time of his death.

Jack managed to combine his canoeing and Scouting activities by conceiving and organising the Scout 'CANU' regattas at the Musselburgh lagoons near Edinburgh from 1971, at which some 300 competitors took part in the first regatta. He started up several canoeing clubs around the Compass Adventure Centre of which he was the founder and has been the leader for 20 years from 1961 to the present.

A major work has been the production of this FORTH C.C. Magazine which he and his family started in 1973. It was for 8 years the only Scottish canoeing magazine and has been continuously produced quarterly.

When Jack was 3 years old he was a victim of 'Polio' then called Infantile Paralysis and at that time there was no known cure. He was completely paralysed up to the chest for several weeks. The paralysis receded but left him with virtually only one good leg. He fought and triumphed over his disability and taught himself to walk, ride a bicycle and motor bike, referee rugby, paddle a canoe and drive a car. We took all that for granted and never considered him "disabled" at all.

Of course we're all going to miss him, but we must carry on with his enthusiasm, energy and dedication, and never forget the example he set in serving others without seeking any reward.

As they say in the Scouts: Jack has "gone home" .

If you can't beat them, join them - last year I said it and this year I did it!

Beccles to Bungay - now, there's two names no dedicated Marathoner could resist - but where is it? After a drive of 150 miles we found out, almost 8 miles due south of Norwich, on a rather slow winding river, so much so, that the long course goes upstream!

Beccles turned out to be a very picturesque English village, and I would have loved to loiter there, but there was serious business to be done! After unloading the more serious participants, the car was pointed in the direction of Bungay, 8 or so miles upstream. After completing the one way system of yet another interesting village, the start was located ten minutes before the pistol - so much for race preparation!

Next few lines are for the readers of the fashion page - I donned my Helley Hanson short johns and vest, blue denim shorts and a very smart white tee shirt trimmed with a fish motif (this was to prove appropriate) and edged with dark blue, completing the set, white socks with blue trim, I now felt really ready to show them!

It was agreed to start five minutes behind the juniors, to give them a better start! The route was rather pleasant and I managed to remain in a water borne position, motivation being the rat holes on both banks. What seemed like hours later the portage was reached. Out O.K. but re-entry proved my downfall, one foot in and the other slipped - not content with falling in gracefully, I launched myself over the boat, landing waist deep in cold, cold water, and the screeching that reverberated up and down the water must surely have been the ducks?

After a long time emptying the boat and fixing the rudder, I was once more on the water and a leisurely pace adopted to the turn buoy - somewhere about here, swishing of paddles was heard and streaks of blue passed by, tried to get on the wash, but somehow missed it! Return portage went smoothly, and at last back to the start again without mishap. Lots of cheers when we came into sight and I felt very thrilled when the first of long K2's passed us just at the finish - never mind, it could have been for me.

Hospitality was super, lots of sandwiches, juice, biscuits and cake for all and a very friendly atmosphere. Scotland was prominent among the prizewinners:

1st	K2	Gibby Speirs & Lou Barrie
1st	Div 3	John Adair
1st	Div 4	Neil Davidson
2nd	Div 4	Alan Davidson

There was even a 1st and last for me as the only veteran entry on the short course. Why Beccles to Bungay for my debut, you may ask? Answer - it was only a four mile course. May I also add that I would never have done it if it hadn't been for the support and guidance of my better half. Well now, all you Scottish Ladies - look out for 1982.

FOR SALE

1 Hi Line Makker K2  
 1 Glider K2  
 Details from Ed Davidson - Kirkcaldy 266920

MARATHON ROUNDUPIRVINE 30th August 1981. (Tesco Marathon)

With this the last event before the Commonwealth Tay Marathon, entries were boosted by those seeking team selection, or just a good work-out to round off their preparations. The prospect of winning a T.V. set also added to the attraction as evidenced by entries from south of the "Wall", plus a few from closer to home who were thought to have taken up Dominoes.

After a blistering start the senior K1 race settled down to a straight fight between Paul Dimmock and Andy Morton which continued to the finishing line where the Nottingham paddler emerged the winner.

The K2 section was not without its drama, those regular performers Miles Ford and Grant Wilson having to pull out with a broken rudder cable. The newly formed partnerships of Speirs/Barry and Liddon/Knox proved highly competitive, but the former crew never looked like being beaten.

TESCO MARATHONLetter from Bruce Beeley

To all concerned please accept my apologies for the failure to record times for this race due partly to my incompetence and also the unexpectedly large number of entries. We hope next year for an equal or greater entry, for which we will be fully prepared.

Apologies go particularly to Andy Morton for the close run finish in what was probably his fastest time.

P.S. A towel and a camera case were found on the Clubhouse wall. Owner please contact me.

Editor's note

I'm sure Mr. Beeley is too self deprecating here. He did obtain excellent sponsorship. Competitors should take some of the blame for not sending in postal entries.

\*\*\*\*

LEVEN - LOCH LOMOND 4th October, 1981

This event, organised by the Strathkelvin club, drew some 50 entries to the start at Duck Bay, including a strong Slalom contingent and even a K4 of 1948 Olympic vintage.

Water conditions were tricky for the K1's on the Loch section, but once the fast river current was entered the pace became more like that of a 10k race. The early stages were closely fought over by five contestants, then with Balloch passed, Neil Davidson and Andy Morton pulled out a lead that they maintained to the finish where Neil took the honours.

In a restricted field the K2's of Ford/Wilson and Batchelor/Dunlop provided a grandstand finish when the Forth crew snatched the lead at Dumbarton Bridge to cross the line just one second ahead of their rivals.

Amongst the Ladies, Allison Edwards notched up a creditable win in a time of 49:36.

A good day's racing was enjoyed by all.....nice one S.K.C.

\*\*\*\*

THREE BRIDGES RIVER TAY, PERTH 17th October, 1981.

The low state of the tide created gruelling conditions for the race this year, particularly over the return leg of the course where contestants were faced with shallow water and a fast out-flowing current.

Early baths for two K1 jockeys depleted the already small numbers, while several others found the going just too tough. Gary Young had no such /

Three Bridges (contd.)

such problems, however, and in company with the Ford/Wilson K2 dominated the long course.

Congratulations also to George Logie who notched up his first Senior Trophy win; to Kenny Bryce for leading over the short course despite losing an understern rudder early in the race, and to Jill Robbie who was first lady home.

CLYDE 25th October, 1981.

With the Clyde Marathon nominated as the Scottish Championship event this year, it had been hoped to run the course from Stonebyres, but the low river level forced the organisers to revert to the customary Crossford start.

A hectic scramble developed over the first 300m. to gain a good line through the bridge, from which Kenny Fraser emerged with a lead on Andy Morton that he continued to exploit for the remainder of the race. The pecking order behind this pair remained in serious contention until Garrion Bridge; thereafter the action dwindled as pace and distance took their toll.

Third overall and first Junior was John Adair, while Jill Robbie won the ladies section.

\*\*\*\*\*

It is good to hear that Gary Young has been joined in the Junior Olympic Training Squad by two of his Kirkcaldy club mates - Diane Mills and Neil Davidson.

\*\*\*\*\*

GUDENA 19/20th September, 1981.

Creditable performances were put up by the Scottish contingent who braved the elements to take part in the Tour de Gudena as the following results show.

Youth Men K1	N. Davidson	10th (of 68)
Junior Men K1	J. Adair	7th)
	G. Young	8th)(of 37)
Youth Lady K1	D. Mills	6th (9)
Junior Lady K1	A. Edwards	3rd (20)
Senior Lady K1	L. Morrison	10th (18)

Linda lost two minutes on one stage owing to her start number being called out in Danish only.

Gibby Spiers and Lou Barrie had the misfortune to write-off their K2 on the second day while going well.

\*\*\*\*\*

S.C.A. SPRINT AND MARATHON COMMITTEE

Sprint and Marathon Committee invite all paddlers past, present and future to an open day at Stirling University on SUNDAY 13th DECEMBER 1981 at 11.00 hrs until 17.00 hrs.

Video film from the World and Commonwealth Championships will be shown.

Water is available at Airthry Loch for Crew and Canadian Canoe Boat training and also use of the conditioning room is available. (It is also hoped to have two sprint C2's available).

Lendal Products will have different types of blades for you to try.

B.C.U. coaches, Drew Samuel, Andy Morton, Dave Maycock, George Miell, Harold Young and Ed Davidson will be there to offer help - also Alastair and Marianne Wilson, Nigel and Maureen Pennie and Anne Davidson.



N.A.B.C. TOUR ON THE TRENT - JULY 1981

Little appears to be known this side of the Border about the annual "Tours" organised by the National Association of Boys Clubs - don't stop reading, you need neither be a "boy" nor belong to one of their clubs. Held over the Whit weekend the Tour takes place on a different river each year and usually attracts over 500 entrants who paddle about 100 miles in groups of about ten under an appointed leader (if they can't provide a suitably qualified one of their own). Not intended in any way to be a competition, the only challenge is to complete the course for which a certificate is granted. Usually a comparatively leisurely 30 miles is covered each day with no set time schedule, which permits those interested to play about in the weirs or other interesting water encountered, and allows for pleasant picnic lunches (and a bit of horse-play) if the weather is suitable. A comprehensive guide to the stretch being covered is published and a briefing held each evening to discuss the day's paddle and go over the course for the following day. If this year's special event - 60 miles down the Trent to finish at Holme Pierrepont to coincide with the start of the World Sprint Championships - is typical, it is a very well organised and most enjoyable event for both paddlers and support crews. Three paddlers not unknown in Scottish competition circles took part, one of them immediately on his return from Spain with the Scottish White Water Squad. Far from finding the Tour an anti-climax, he thoroughly enjoyed it, his party being regarded as a novelty, having travelled "all the way from Scotland" to take part.

Anyone interested can get further details from the organiser, Les Sissons, 17, Rockingham Close, Shepshed, Loughborough, Leicestershire.

D.W.

---oOo---

The Third Welsh Open Regatta was held on what is no more than an ornamental boating pond in a public park in Cardiff. No canoe storage/hire, no changing facilities, no cafeteria, no starting towers/pontoons - nothing of the facilities we enjoy at Strathclyde. The entry was, if anything, down on a comparable Scottish regatta consisting of the local sprinters - and there isn't a lot of them - and a few English youngsters. But what it did have was a sense of occasion. Somebody down there thinks big and follows it through. Handing out the prizes was the Lord Mayor, the Director of the B.C.U. and the Chairman of the B.C.U. racing committee. The two day event was well sponsored by the local British Leyland distributor and there were no fewer than ten trophies donated by different firms, organisations and public bodies. Surely there is someone in Scottish racing who could ...charm (Anne Davidson?); sweet talk (Bill McKinley?); "con" (George Miell?) or bully (any volunteers?), the necessary out of some local businesses to defray Regatta costs?

D.W.

A.S. RAMAGE	Telephone No. 337 1840
	Edinburgh.
<u>SLALOM CANOES</u>	
PANACHE, WARHORSE, STALLION, UNICORN, C-HORSE	
Diolen Hull	... £135
Kevlar Hull	... £150
NEW 'ROCKING HORSE' JUNIOR. GENERAL PURPOSE SLALOM..£85	

"Quite a lot" came the reply! After some eleven years working with all sorts of folk, the following checklist may give some guidance to those starting and help them on the long road to becoming a proficient white water canoeist.

1. Drownproofing
  - a) capsize without spray deck, empty canoe.
  - b) capsize without spray deck, swim with canoe to shallow end, empty.
  - c) now use spray deck, capsize, bang upturned hull 3 times and then curl up while an assistant rights the canoe & you.
  - d) with deck, capsize and hang upside down till you feel you must breathe, tap 3 times loudly and then assistant rolls you up. Try to get beyond 30 seconds.
  - e) The "windmill" - you are brought up, knocked over, canoe is spun etc. but you are always brought up when you tap three times. The trick is to push them over when they don't expect it - they must now have the reflex action of curling up and banging - not panicking!

- Self-righting
- a) Hipflip at side - turr canoe then bring out head.
  - b) hipflip from paddle held by assistant.
  - c) swim while still in canoe to side - tap three times and you'll be righted if you're having difficulty
  - d) eskimo rescues with assistants guiding canoes -
    - i) hold on to bow of rescuer
    - ii) hold on to cockpit of rescuer who has to counter capsizing force by using support on upturned canoe.

- Capsize drill
- a) with spraydeck, capsize and come out, empty canoe.
  - b) capsize and swim with canoe and paddle to shallow end.
- \*\*\*\*\* You are now ready to go alone into a pool with no-one else there to help and you know you will be all right.

Good, well-co-ordinated people can learn to hand roll now:

- i) Practice hipflip at side till you can do it with one hand - 10 times in a row.
- ii) Practice hipflip off a paddle loom which is supported by an assistant.
- iii) Hipflip off a floating paddle.
- iv) Hipflip using float with a sweep like a paddle - there are possible styles - head flung right back on to stem or head curled close to front cockpit - get someone to help you pick the style which suits you!
- v) Hipflip using paddle blade, table tennis bat
- vi) Hand roll.

I prefer to show people paddle strokes and leave the steps above which are gradually introduced to add interest - "I'll show you how to roll when you're hipflip is perfect"!)

2. Paddle Strokes these build up the skills and experience in effecting good use of paddle - they are well documented in general canoeing books and the Coaching Handbook. Someone should assist to avoid damage to pool sides.

Simple Draw Stroke                      Sweep turns  
 Sculling Draw Stroke  
 Slap for support  
 Scull for support.

3. Eskimo Rescues rescue canoe is manoeuvred without assistance.
4. Deep water rescues and re-entries Everyone should learn how to do these although there may be pool restrictions when using 3 canoes.
5. The Eskimo Roll Hipflip is the secret - without, you can never be shown how to roll.



SCOTTISH 10,000m CHAMPIONSHIPS - 31st OCTOBER, 1981

The event planned for Strathclyde Park on 11th October had to be cancelled due to bad weather. It was postponed to the 31st when it was held at a new venue for Sprint events, Linlithgow Loch. This venue proved very popular due to the pleasant surroundings and the suitability of the course; five times round the loch gave a 10km course, conveniently. The cost to the S.C.A. was virtually nothing, which compares very well with Strathclyde Park! Changing facilities, a buoyed course (which could easily be improved upon) and a reasonable start/finish line, were provided at very short notice.

Because of the lateness in the season only 20 paddlers turned up, however a massed start was arranged for all classes which ensured good competition at all levels.

Neil Davidson of Kirkcaldy did well to come third to Andy Morton and Drew Batchelor, who finished in that order after paddling most of the course together.

The Sprint Committee should consider seriously such venues as Linlithgow Loch and Dullatur on the Forth and Clyde Canal as alternatives to the prohibitively priced Strathclyde Park. Many years ago, when Sprint Canoeing was in its infancy, such places as Rowardennan and Dullatur proved excellent venues where everyone enjoyed themselves to the full and did not miss the lanes and order of an International Course. Of course, our paddlers must compete in such conditions, but would it not be better to subsidise their travel to Nottingham, where competition is of a high standard? It is possible that paddlers would prefer to race there than at Strathclyde Park and would do so far more often if it did not cost so much to travel. One National Championship event per year at Strathclyde Park is quite enough as long as they are charging such high rates for the use of the Loch.

RESULTS

OPEN MEN K1 10,000m

1.	A. Morton	Forth	51.36.34	Gold
2.	D. Batchelor	Irvine	51.43.44	Silver
3.	N. Davidson	Kirkcaldy	52.52.21	Bronze
4.	R. Christie	CCC	53.32.01	
5.	K. Bryce	SUCC	54.00.00	
6.	P. Easson	Forth	56.08.47	
7.	A. Morrison	GKC	58.48.72	
8.	R. Duffus	Irvine	60.10.22	
9.	E. Davidson	Kirkcaldy	64.26.86	

OPEN LADIES K1 6,000m

1.	J. Little	Irvine	36.32
2.	M. Kinninmonth	Kirkcaldy	37.59

JUNIOR MEN K1 6,000m

1.	G. Young	Kirkcaldy	31.32
2.	J. Adair	Irvine	32.04
3.	A. Wenzel	CCC	Ret.

ESPAD A BOYS K1 3,000m

1.	P. O'Brien	Kirkcaldy	18.05
2.	P. Maycock	Kirkcaldy	19.20
3.	A. Maycock	Kirkcaldy	Ret.

SOCIAL - PERSONAL - AND OTHERWISE  
\*\*\*\*\*

CONGRATULATIONS to S.C.A. President Fred Nelson and his wife Ann on the birth of a son, Graham Douglas, on Saturday 5th September.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

It's good to note the reappearance of SCAN and a much improved version at that. This is more like what the newsletter of a sports governing body should be and it is hoped that it will continue to appear regularly in such form.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

Wye Kayaks are looking for someone to act as their agent in Scotland. Their range of canoes include the Mustang K1 and Puma K2.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

It was reported on Wednesday 10th November that Neil Baxter was actually seen helping with the painting of F.C.C. slalom poles at Granton. The strain has obviously affected him and he has therefore decided to convalesce in Geneva for a few weeks.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

Broken Weir on the Almond

Location, River Almond, Edinburgh, below the main roadbridge. This weir is breaking up and is now very dangerous even at high water levels. A slab of concrete is undercut. One boat has been trapped with Jane Wilson, its slim occupant, making a lucky escape underneath the slab.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

Brian Moore gains his waterwings

Brian Moore, Kirkcaldy C.A.G. wishes to thank Susan Ward, F.C.C. for pulling him out of the Tay after an unfortunate CAPSIZE/GESCHWIM on Sunday 7th November 1981. Brian has now qualified for the finals of the COWPER CUP 1981.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

NO-NO NANETTE

Nanette Adamson is to leave us for a visit to Africa, but she should be back suitably bronzed for next year's slalom season.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

Fire at Compass Adventure Centre

The Compass Centre, Granton, was recently broken into from the roof and a fire started in the paddle store causing damage to canoeing equipment including paddles, spraydecks, lifejackets and Forth CC slalom equipment. The two toilet tents have been effectively heat-sterilised once and for all and all bearer strings and team bibs melted.

However, we still have a full set of 30 gates, and Camp Site/Control notices, and the bearers are being replaced, so that a full suite of Slalom equipment will be available after our regular winter overhaul.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

SOCIAL PERSONAL & OTHERWISE (contd.)

Once again the British Canoe Union sent out their own membership forms in error with the last issues of Canoe Focus. The S.C.A. has since received an apology for this error. A copy of the correct Scottish Canoe Association form is enclosed with the S.C.A. A.G.M. Notice for the calendar year 1982. If you have already renewed your membership with a British Canoe Union form ignore this new form.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

A six day running race has just taken place in Canada, where the winner was estimated, after 5 days, to be heading for well over 400 miles. That's the equivalent of running from Edinburgh to London.

How about a similar event for canoeists, say up the Great Glen? Over to you L.D. Committee.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

After 2½ years hard training in sun drenched California, Ian and Christine Linn are back to Bonnie Scotland.

Ian immediately took 1st place in the Division C event at Royal Deeside White Water race. They are both very vague about why they have returned from what every Scottish canoeist must think of as heaven, - hot weather and warm water. Nevertheless it is good to see their friendly faces back on the scene and maybe they will write an article for the next issue of 'KAYAK' telling us the low down on why the prodigals have returned.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

Jim and Sheila Cameron of Afton Canoes, visited the "Mohawk" factory in Longwood Florida while there on holiday. They manufacture open Canadian canoes. Jim was impressed by their set up. An operative selected a sheet of material of the correct length for a particular length of boat, a giant press closed up, applied heat and then popped the boat out! Time per boat? Three and a half minutes! The material is a thermoplastic sandwich of vinyl/Royal X ABS plastic/low density core (buoyancy)/Royal X ABS plastic/vinyl. The boats have a beautiful finish and are immensely strong and durable; price there, about £150.

The firm also produces glass standard and competition Canadians, a mere 16/day from 3 men. They put buoyancy into these by pumping it in hydrolically taking only a few seconds.

Materials like the thermoplastic laminate are heralding a new era in boat production and I forecast a steady increase in the percentage of the market these boats will take.

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Kathy McLeod, one of Scotland's top lady canoeists, has recently taken the plunge and married Gordon Taylor. Their new address is 4, Epsom Close, Cheadle, Stoke-on-Trent, ST10 1TG

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S.C.A. Posters: Ron Day has had three designs of re-useable Poster designed and screen printed from photographs. These look very effective and will be available at a small cost soon. Ideal for club notice boards.

\*\*\*                    \*\*\*                    \*\*\*                    \*\*\*                    \*\*\*

Access is really the most important aspect of the future of canoeing in Scotland, but few of us can be bothered to put the work in: I hope somebody is. For the latest on ACCESS you should ATTEND THE S.C.A. Annual General Meeting in Stirling on 5th/6th December.

GRANDTULLY

All S.C.A. members will know, via SCAN of the progress. For those who are not members (why not?) Grandtully is going to be a major reason for joining the S.C.A., because before long non-members are unlikely to be allowed to paddle there much.

It is also a condition of the lease of the south bank that users notify the S.C.A. office beforehand.

WHITEWATER MAGAZINE I always enjoy reading this - there is so much detail and the photographs are now excellent. I especially enjoyed the 'Irish cartoon'. I'm surprised at the large number of canoeists who do not seem to read it.

I'm glad to see that more canoeists are taking time to write to KAYAK - SCAN and WHITEWATER, not to forget FOCUS of course - remember every canoeist in Scotland pays directly or indirectly for these magazines so you may as well get them to print what YOU want.

I also enjoyed reading David Tuttle's story in WHITEWATER. Congratulations David on your tremendous progress.

D.C.



What d'you mean "Doesn't it make one feel insignificant"?...  
... YOU ARE INSIGNIFICANT !

THE SLALOM SCENE

Scott Ramage

The Autumn series of Slaloms was destroyed by the heavy rains in the second half of September.

At Grandtully (Scottish Championships), Comrie and Cairnton, the rivers rose to flood level and in each case the organisers had sadly to call off the event.

Many youngsters must have been disappointed, as well as the poor old organisers who had done all the organisation for nothing. It is also expensive going to events to find out they are cancelled, but in none of these cases could this have been helped.

Lastly, it means that there was no Scottish Slalom Championships and aspiring contestants must wait till next year to challenge the current champions.

\*\*\*\*\*

JANE WILSON REQUIRES:  
1 INTERCEPTOR III/IV  
Any condition  
031 441 4659

MARATHON RANKING LIST 1981A. DennyDIV I

1.	A. Morton	F.C.C.
2.	J. Adair	Irvine
3.	A. Murray	RWSABC
4.	K. Fraser	Roxburgh
5.	N. Davidson	K.C.C.
6.	A. Davidson	K.C.C.
7.	G. Young	K.C.C.
8.	A. Batchelor	Irvine
9.	D. Wolfe	F.C.C.
10.	P. Easson	F.C.C.
11.	G. Logie	F.C.C.
12.	R. Montgomery	Irvine
13.	R. Bell	Tro.
14.	F. Nelson	Falkirk
15.	J. Knox	Roxburgh.

DIV II

1.	K. McNair	P.K.C.
2.	S. Murphy	Irvine
3.	G. Wilson	F.C.C.
4.	C. Dunlop	Irvine
5.	A. Meikle	S.U.C.C.

DIV III

1.	E. Davidson
2.	K. Bain
3.	C. Douglas
4.	B. Beeley
5.	R. Duffus
6.	A. Edwards
7.	B. Scott

DIV I LADIES

1.	A. Edwards	K.C.C.
2.	L. Morrison	F.C.C.
3.	M. Kinninmonth	K.C.C.
4.	D. Mills	K.C.C.
5.	V. Taylor	G.U.C.C.
6.	G. Robbie	Stirling
7.	A. Millar	K.C.C.

DIV VI (K2)

1.	Wilson/Forde
2.	Meikle/Bryce
3.	Denny/Murray
4.	Denny/Easson
5.	Logie/Christie
6.	McNair/McLean
7.	Spiers/Barrie
8.	Liddon/Knox
9.	Samuel/Young
10.	Murray/Davidson.

CLUB TROPHY

1.	KIRKCALDY	5.	IRVINE
2.	FORTH	6.	ROXBURGH
3.	STRATHCLYDE Univ.	7.	PAISLEY KAYAK
4.	ROYAL WEST	8.	GLASGOW KAYAK

SCATTIE

D.C.

This is the S.C.A. timer telephone installation equipment - used for slalom competitions. It consists of a six channel seconds counter and a set of twenty headsets. It was initiated many years ago by Dave Shaw of Paisley Kayak Club, who completed the timer part at the beginning of this year. I added the communication equipment and the system has worked without a hitch throughout the season. It will not continue to do this, of course unless intensively maintained on an ongoing basis.

The replacement value of the equipment is £2,000. User Clubs are to form a co-operative group each providing a technician from within their ranks. The group will be self-contained, reporting to the slalom committee and will operate from a small maintenance budget.

The new system will commence in 1982. More details of this, and an associated training course will be available at the S.C.A. Annual General Meeting in Stirling on the 5/6th December.

Scattie party?.....

Alistair Denny was voted "Tart of the Year" at a recent social occasion at which there was a high proportion of representation from the "oldest profession" and also the ministry. A great time was had by all at the Alvanley Terrace residence.



COMMODORE'S COMMENT

How big is the S.C.A.? The nearest I have managed to get to an answer is "about a thousand or so" last year. There seems to be some mythical difficulty in keeping a record of senior, junior and family membership each year. I would be pleased to note the growth of our Association over the last few years and to be able to observe any surge in membership as was expected this year from the increased interest generated by the Canoe '81 programme and the Commonwealth Championships this summer.

Inflation and running water wait for no man. Rising costs have left the Kayak team with no option but to increase the subscription to our magazine yet again. But we must be getting more cost-effective, since I note from the Editorial of April 1973 that the subscription had just been raised to 40p per annum and was described at the time as a 'give-away', and circulation was raised to some fifty copies. Current print run is 260 covers and we circulate as far afield as Norway, and to the west coast of the U.S.A. The magazine is production limited only. R.K.R.

And now about canoeists code of behaviour. I can see why some people discourage canoeists. Canoeists, especially from University Clubs, feel they have the right to park anywhere and then cover the surrounding area with soaking wet articles of clothing. This includes busy roads. They usually prefer to do this to the accompaniment of suitably loud music and in front of roadside cottages on Sunday mornings. I don't want to see any Forth members behaving like this.

Forth Canoe Club should be planning an Alpine Tour for next summer. Spain is also an excellent choice. I'd be interested to hear details.

Next year is the 10th anniversary of "The Machannibal" Expedition and there will probably be a reunion. In the 60's, Forth was the first independent Scottish Club to go abroad, and following that example, in 1972 Forth and EWWC members bought a bus and went on a 6 week trip to France and Austria. It was largely due to pressure from the members of this trip who convinced the S.C.A. and Andrew Manwell, to organise the first slalom/White Water Scottish Team Tour in 1973 to Czechoslovakia, Jugoslavia, Austria and Germany.....Ah! Halcyon Days Indeed. D.C.

Are there any artistic types amongst our membership or contacts? After some four decades of organised canoeing in Scotland, perhaps it is about time we cashed in on the commercialism of the Christmas Season of good cheer, and produced a canoeing Christmas card. It might even produce a reasonable profit to swell the accumulated fund. It is probably too late for this year but what about starting now for Christmas 1982? R.K.R.

And talking of the Festive Season, may I take this opportunity to wish all our readers a very HAPPY CHRISTMAS.

R.K.R.

With the W/W Racing season under way, it's time for spectators to get the thermal underwear out of mothballs, look out the wellies and flush out the flasks - thermos, of course! This is a most exciting branch of the sport and it is to be hoped that rivers will remain at a reasonable level to ensure some good competition.

It is rumoured that there will be several new faces making an appearance at events this year - fugitives from Sprint/Marathon - and it will be interesting to see if they can challenge the established competitors. To anyone thinking of "having a go", it doesn't seem to be generally known that at each event there is a class - sometimes very competitive - for slalom boats. To all competitors, may we repeat the plea to get your entry in to the organiser in good time.

Following the Royal Dee event, which evidently suffered from low water and a lowish entry, (and for which the results are not yet to hand), 'Thistlebrig I' enjoyed an excellent river level and a good turn-out in all classes:-

RESULTS:-

<u>OPEN</u>			<u>DIV C</u>	
A. Denny	Rox.	12.16.06	G. Forster	RAFCA
A. Watt	GUCC	12.31.07	S. Robertson	EUCC
A. Meikle	GUCC	12.36.08	G. Logie	Forth
<u>LADIES OPEN</u>			<u>C2</u>	
J. Wilson	Forth		Bain / Meikle	SUCC
L. Berry	Breechin		Evans / Evans	Wigan
S. Ward	EUCC		Bryce / Ellinsen	SUCC
<u>LADIES DIV C</u>			<u>TEAM</u>	
R. Wolfe	EUCC		DIV C.	E.U.C.C.
J. Walker	FCAG		OPEN	S.U.C.C.
E. Smith	GUCC			

FOUND at Thistlebrig: Pair of specs - please contact organiser, Fred Nelson.

---oOo---

JUNIOR WHITEWATER RACING TRAINING WEEKEND - BENMORE 15/16/17 JANUARY 1982

The course will be run by "Mr. Smith" and selection is by invitation based on results this season. Enquiries to Andy Morton or David Wolfe. The cost will be £5 per paddler and the course will last from Friday evening to Sunday.

It is suggested that aspiring participants in this course start getting fit for it now. If past experience is anything to go by, it will be a rigorous week-end.

---oOo---

SCOTLAND is to have it's own Marathon Handbook. At present being compiled by Ed. Davidson, it is intended to complement the annual B.C.U. publication and give a fuller picture of the scene this side of the Border. It is hoped to have it hot from the press at the S.C.A. A.G.M.

---oOo---

Despite the lack of competitors, maybe due to the monsoons which had cancelled many of the previous Scottish slaloms, this did not apply to Dinnet; it was an enjoyable and well organised slalom. The water level was quite low but well suited for a division 3/4 slalom.

For the people who had arrived on the Friday night, the first stop after setting up the tents was the pub, with a real log fire. That night, with a clear sky, the temperature dropped right down. In the morning, as I opened the tent door, everything was completely white - covered in a white frost.

Nobody looked forward to going on the water, for once early in the morning there were not hundreds of canoeists practising the course, but five canoeists on the course. It was then that everyone realised how cold it was as four out of the five on the water swam. Then by midday, surprisingly, things started to heat up considerably just before the team event. This changed the mood of the competitors quite noticeably, and the team event went ahead without many hitches. The teams all seemed to have a dislike for one gate in particular, with even the winning team scoring a 50 on that gate.

With the team event over, everyone was looking forward to the individual events on the Sunday. With the weather changed for the better on the Sunday morning most people were out practising; this paid off as the conditions of the water had changed and made things a little more tricky. This proved very testing for many of the lady paddlers, some of whom ended up taking a bath.

The competition was close with only two clear runs in Division 3 men's event, while the four event was a closely fought out battle between all the canoeists. The ladies coped very well but many were disappointed as there were only a few promoted due to lack of numbers.

West Lothian Canoe Club must feel proud after they picked up a big share of the prizes (for once).

I must thank Aberdeen University Canoe Club who put a lot of time and effort into running a most enjoyable slalom and made great soup. Also the judges who worked very hard for most of the weekend. I would also like to thank Dave Bean who ran us up there.

Teams - Div 4	6 teams competed	Time	Pen	Time	Pen	Best
1. Robertson/McVey/Robertson	Brechin H.S.	Cap		247.2	230	477.2
2. Coulthard/Phimister/Brown	R.A.F.C.A.	211.2	320	192.7	325	517.7
3. Berry/Scott/Halliday	H.W.U.C.C.	236.0	385	227.2	415	621.0
Teams - Div 3	9 teams competed	Time	Pen	Time	Pen	Best
1. Delaney/Gillies/Currie	W.Loathian	180.1	155	176.2	85	261.2
2. Moffatt/Porter/Syme	Forth	217.0	200	176.2	90	266.2
3. Glasby/Davey/Hopkinson	RAFCA	201.4	75	207.0	145	276.4
Div 4 Mens K1	Average 231	Modified Average 226				
1. S. Coulthard	RAF	162.7	10	171.2	65	172.7 76.4%
2. A. Watt	GUCC	185.2	20	168.2	5	173.2 76.6
3. S. Yates	IND	158.5	15	168.7	25	173.5 76.8
Division 3 Mens K1	Average 187	Modified Average 226				
1. A. Currie	W.Loathian	159.4	10	149.3	0	149.3 79.8
2. G. Moffatt	Forth	159.6	15	152.3	0	152.3 81.4
3. A. Davey	RAFCA	154.9	10	140.3	25	154.9 82.8
Div.4 Ladies K1	Average 312	Modified Average 312				
1. K. Shepherd	Ancrum	195.7	75	214.5	15	229.5 73.6
2. C. Outred	Wallace	277.1	70	Cap.		277.1 88.8
3. M. Conacher	DWVC	219.1	75	Cap		294.1 94.3

Div 3 Ladies K1 / Continued at foot of page 18.

COMING EVENTSDECEMBEROrganisers

5th/6th	SCOTTISH CANOE ASSOCIATION A.G.M. STIRLING	
10th	FORTH C.C. A.G.M.	
13th	SPRINT/MARATHON OPEN DAY - STIRLING	1.
19th/20th	Christmas Shopping?	
27th	Nith W/W Race. Div C. - Open	2

1982

JANUARY

10th	Teith W/W Race. C - Open	3
16th	BAT POLO - Greenock.	4
23rd	Sprint/Marathon Training (Canal - Ratho)	5
24th	Thistle Brig II W/W Race. B - C - Open	6
30th	BAT POLO - Scottish Championships - Greenock.	4
31st	Scottish Universities W/W Racing Championships	7

FEBRUARY

6th	Sprint/Marathon Training (Canal - Dullatur)	5
7th	Clyde W/W Race. C - Open	8
21st	Mackerstoun W/W Race. C - Open	9

ORGANISERS TO CONTACT - PLEASE SEND ENTRIES AT LEAST 10 DAYS BEFORE AN EVENT

- Anne Davidson, 9, Lakeside Road, Kirkcaldy. Tel. 0592 266920.
- Strathclyde Univ. C.C. Athletic Union, 90, John Street Glasgow.
- A. Samuel, Auchengillan, Blanefield, Glasgow. 0360 70473
- A. Denny, 20, Glencairn Crescent, Edinburgh. 031 337 7558
- D. Maycock, 6, Salt Pans, Charlestown, By Dunfermline 0383 872 567
- Edinburgh Univ. C.C., 46, Pleasance, Edinburgh.
- Miss N. Coulthard, Dundee University C.C. Sports Union,  
Airlie Place, Dundee.
- Glasgow University C.C., Stevenson Building, Oakfield Avenue, Glasgow.
- K. Fraser, 2, Mansefield Square, Hawick, Roxburgh.

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Dinnet Slalom Results (contd.)

<u>Div. 3 Ladies K1</u>	Average 286	Modified Average 286	Best
1. J. Low	E.U.C.C.	183.9 100 182.3	15 195.3 68.3%
2. D. Riddell Black	S.U.C.C.	190.3 20 196.2	115 210.3 73.5
3. S. Jardine	Grantown	198.3 35 191.7	20 211.7 74.0
<u>Div. 3 C1</u>	5 competed		
1. N. Richardson	Selkirk HS	223.1 20	243.1 5 points
2. C. Brown (J)	Wallace HS	194.5 75 186.3	75 261.3 4
3. G. Lennox	RAFCA	232.2 115	347.2 3
<u>Novice - C2</u>			
1. Brass/Whyte	Selkirk	247.9 175	422.9
<u>Judges</u>			
1. S. Ramage	Forth	138.2 10 137.7	5 142.7
2. D. Bean	G.K.C.	154.1 20 154.1	20 174.1
3. A. Tibbetts	Ind.	175.9 20 172.4	120 195.9

HOW HARD ARE YOU TRAINING?A GENERAL LOOK AT WHITE WATER RACING TRAINING

Kenny Fraser

How hard are you training? A question often asked, but the information which is being sought is, of course, how fast are you going to complete a certain river course. Your river race speed will depend on a number of different points which all have to be prepared and continually improved upon.

Ideally speaking, by this time of year, a serious white water paddler should have had two months of basic fitness - weights, running and steady state paddling (a few L.D.'s are excellent preparative work) behind A.M. Variety is highly important at this time of year with the nights 'fair drawin' in' and frozen fingers a reality; indeed it is enough to make the most enthusiastic think twice about facing this drudgery. Try to inject as much competitive edge as possible into the basic fitness work; join a running/squash/weight training club; it will broaden your training outlook and help to keep you motivated during your pre-season build-up.

Prepare yourself to face the elements; get a good water-tight racer with a comfy seat and, luxury!, a piece of dry sheepskin, paddle-mits, woolly hat, vaseline and a portable radio/cassette (not essential, but may help, Status Quo and good beat to match while paddling). In short, sort out your gear so that actual paddling is as comfortable as possible and therefore, if you are swithering about going out training or not, with all these accessories, you will want to go paddling, or feel that you must - to justify the cost of all this equipment!

Of course, it is probably stating the obvious to say that it doesn't matter how fit and strong you are if your canoe, spray-deck and paddles (what's this! K.Fraser going to be expounding to Forth about paddle condition. Huh! Hypocrite) are not in good order, you may as well have repaired your gear instead of going training for a couple of nights before a race. Your boat should be water-tight and tape should only be used to protect the vulnerable bow and stern, and on temporary repairs above the water-line. Spraydeck should be a good fit with no chance of coming off accidentally, but fitted with a panic strap to ensure an unhindered emergency exit. Paddles, a controversial, expensive subject, but the rule which generally applies is short paddles (214-216cm) for rough, short races, and long paddles (218-221cm) for flat long courses. (I know someone who starts off the season with long paddles and towards the end of the season is paddling with short paddles - same paddle worn out!) Finding out which length of paddles is best for you can only be found out with lots of time trials over rough water - see stroke rates. For more advice get in touch with Alistair Wilson, Lendal Products (see back page) who will supply you with paddles to your own spec.

Okay, so now we have a fit and strong lad/lass, in a good water-tight boat and a good set of blades, ready to race - you might think - but what if he/she can't "handle the water"? Our paddler won't be able to paddle flat out on rough water and therefore will slip off the first page of the results sheet. A good paddler will top up his W.W. paddling when ever he/she can. This means making the most of weekends, travelling to rough water whenever possible; not easy especially with petrol prices going up for the eighth time this year. As well as having good rough water technique, the basic paddling style has to be looked at.....

Style is a subject that I feel I am better qualified than most to comment on - not because I profess to have a good style, but because any criticism to be said about style has been said to me at one stage or other. No one likes to be criticised, so perhaps the best way to improve your style is to have other paddlers pass comment on your style at the end of a 400 stroke sprint, or better still, using a video camera.

Finally /

Finally, stroke rate (paddle strokes per minute) and competitive drive - being able to drive yourself to complete exhaustion over a river race course, stroking at a rate suited to your physical make-up and fitness. A good way to sharpen up on these two points is to select a 16 min. long course and, with the assistance of someone to do the timing and count the stroke rate at various points on the course, then RACE over this course three or four times. Each run, try something different, e.g. different lengths of paddles, or burning off hard at the start, or saving a burn for the middle or finish; and if your times don't taper off gradually, then, you've no been tryin'.

So, the next time someone asks you "How hard have you been training?" answer 4 x 16 mins. Just over an hour, but what an hour's training.....Phew!

Kenny Fraser.

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### THE DAVID TUTTLE FUND

Hazel Pyper

Just over a year ago, two days after winning the Royal Dee W.W. Race, Dave Tuttle suffered a very serious accident whilst on a field course with Edinburgh University and, as a result, is totally paralysed from the chest down.

The fund, which was set up immediately after Dave's accident, without his knowledge and with the aim of raising money to put towards the purchase of a car, has now reached £6,000. Contributions to the fund have come from all sources, not only from fellow canoeists and students, but from other clubs, schools etc. which Dave has been associated with in the past. As well as financial contributions, many people have donated their services to actual fund raising events, such as free printing of paper, disc jockeying etc.

With this money, a 1 year old Peugeot 504 estate car has already been bought for Dave and converted to hand controls. The money which was left over was used to insure the car. The car is ideal for Dave's needs and has been a very important factor in providing him with his freedom and independence. One of the first things he did was to fit a tow-bar on to his car so that he can tow a canoe trailer around if required.

Dave is still President of Edinburgh University Canoe Club and doesn't let the fact that he is confined to a wheel chair prevent him from getting involved as much as he can. Shortly after being released from hospital, Dave spent the week-end at the Fairnilee Slalom last Easter. Not content with helping in control, he trundled through the field, which as usual was inches deep in mud, to take control of the start. And anyone who went to the disco held that weekend would have seen him "groovin' " it up on the dance floor - Dave always has been one for the ladies! In fact, one of his first priorities was to suss out how to do the slow dances!

As for canoeing, Dave regularly attends our pool sessions where he can practice capsizing and canoeing in controlled situations. So far, he has not been on a river, but over the summer he paddled his Machette on a few occasions in the sea, with the aid of a special back support. On one occasion, however, while manoeuvring himself into his Machette, his wheelchair fell into 25ft of water and Dave ended up having to fish it out of the harbour!

The fund is now drawing to a close, and I would like to thank everyone both personally as well as on Dave's behalf, for their tremendous support in raising this money. I know that the car means such a lot to Dave, not just because of the independence which it has given him, but because it shows the extent to which people cared enough to support the fund.

But surely the way in which Dave has come to terms with his disability, and his courage and determination to carry on as normal a life as possible, is an example to us all.

FORTH CANOE CLUB SECRETARY'S NOTES

I wish firstly to express my personal sorrow, and that experienced by Club members, at the recent death of Jack Cuthill. Over the years I have discovered the great respect in which canoeists have held the grand old man of Scottish canoeing. He has inspired us all to further the best aspects of the sport and maintain the spirit of comradeship amidst competition. Our best wishes go to Betty and David who are continuing to manage "KAYAK" editorship and production, with Dougie Wilson and a small team of workers.

The summer season at Craiglockhart concluded with an extremely amusing "regatta". I must thank Richard Gregory for his planning and execution of this fun event, where teams of youngsters became involved in all sorts of races often ending up in the middle of the pond without a paddle but with a balloon.

Apart from some high spirits, the pond sessions were successful and useful as introductory events for beginners to canoeing or to bat polo. Thanks should be extended to all who helped with instruction and supervision, especially Dougie Wilson and Miles Forde. One point that emerged was the number of non-participant members who attended the sessions - it would be good to see these people bringing boats down and getting out on the water more often next year.

Sciennes pool rolling sessions were marred in the opening weeks by a series of cancelled evenings when Pool heating maintenance was being undertaken. Alternative locations for these winter events are being considered - but scope is limited. Thanks to a schedule of supervisors and a strict timetable of sessions for each canoeist, the Sciennes evenings appear to be progressing in a fairly orderly manner. It was decided to arrange that canoeists should book in advance a 10 minute slot in a "bat" for 4 weeks. Brian Chapman's tireless efforts at organizing the bookings and regular attendance at the Pool are to be especially commended.

Club subscriptions have been paid rather slowly over the year and currently 50 or so of the members have not paid for their 1980-1981 membership. These will not, of course, receive "KAYAK" until they do pay up.

During the year, the committee has held several meetings with a view to ensuring the smooth running of the Club's activities and institutions. They extend a warm welcome to new club members and invite you all to attend the ANNUAL GENERAL MEETING TO BE HELD AT RUDOLF STEINER SCHOOL, COLINTON ROAD, between 7.00 and 10.00 p.m. on THURSDAY, 10th DECEMBER, 1981.

Present Club Committee:- Commodore: Kelso R. Riddell  
Secretary/Treasurer: W. Alastair M. Williamson

George Logie ("KAYAK" subs), Dougie Wilson ("KAYAK" editorial), David Wolfe, Miles Forde (Coaching), Scott Balfour (coaching supervisor), Brian Chapman (Hut), Moray Simon ("KAYAK"), Scott Murray ("KAYAK"), Richard Gregory (Touring).

Scott Balfour's Keep Fit sessions have begun at Liberton High School on Thursdays at 6.30 p.m. For those bent on self-destruction (sorry, that should read self-improvement), Scott runs a two hour session of callisthenics interspersed with volley-ball training and pop music.  
Quotable quote "Are you as breathless this week? - I've worked out 200 exercises now".

Richard Gregory - ebullient naval officer and surf canoeist extraordinaire - is looking for interested surfers and day tripper canoeists.  
Quotable quotes - "The water's still quite warm in November, you know."

F.C.C. Secretary's Notes (contd.)

The Wild Wilson family - Dougie of the pipe and glasses, Grant of the K2 and the big feet - are continuing to support enthusiastically the sport in general and the Club in particular.

More family participation, inspired by the Wilsons, Newports, Gregory's, Jarvis's, Munro's and Cuthills, should be encouraged. English Clubs are often organized by parents whilst the younger set get on with the canoeing.

Quotable Quote - Grant Wilson "I have an ambition to become a two-toed sloth."

An 1891 Precedent

The Club Secretaries over the last few years have been undertaking lengthy negotiations with the Inland Revenue in an effort to establish the "charitable" status of the Club for tax purposes.

Achievement of such status would obviate the completion of Corporation Tax returns which is currently required. Incidentally, charitable status would also entitle the Club to claim discretionary relief from the mounting rates assessment given by the local Authority.

Recent consultation with the legal advisor of the Sports Council hasn't been very hopeful. Unless the aim of the institution is primarily educational there is little chance of recognition as a charity.

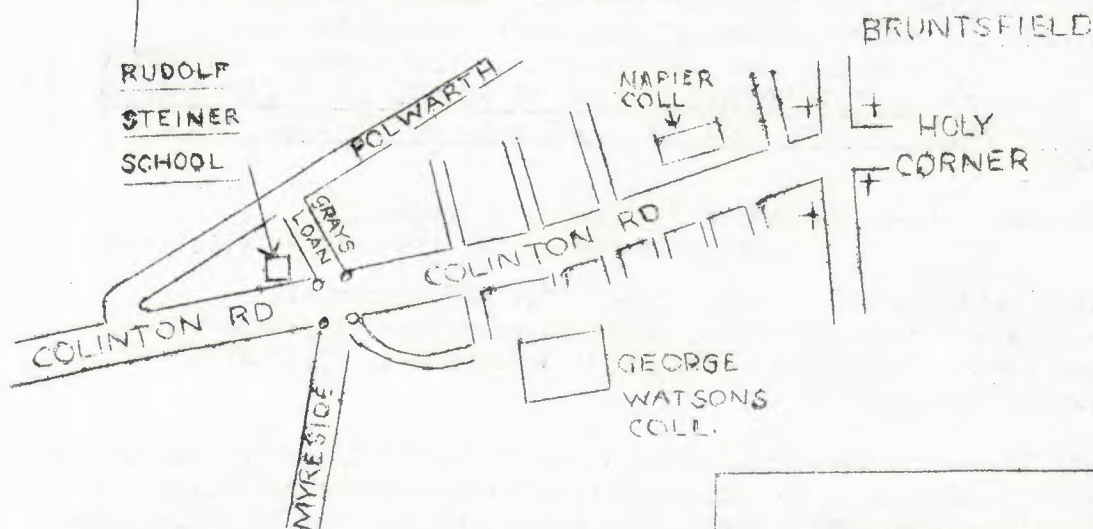
The precedent which clubs like ours are up against was established in an 1891 Court case.

FORTH CANOE CLUB  
ANNUAL GENERAL MEETING

RUDOLF STEINER SCHOOL, COLINTON ROAD.

THURSDAY, 10th DECEMBER, 1981. 7.00 p.m. to 10.00 p.m.

ALL CLUB MEMBERS SHOULD  
BE THERE



This is the only full club meeting in the year. There are about 200 club members and normally only about 10% of you bother to turn up. In order to develop the club it is necessary to involve all the members....so - your attendance is required and expected. If you cannot be there for any reason you are expected to send your apologies for absence. Members should also be thinking of introducing new members.

CLUB SWEAT SHIRTS AND  
HOODED TOPS  
AVAILABLE AT A.G.M.  
or from Secretary

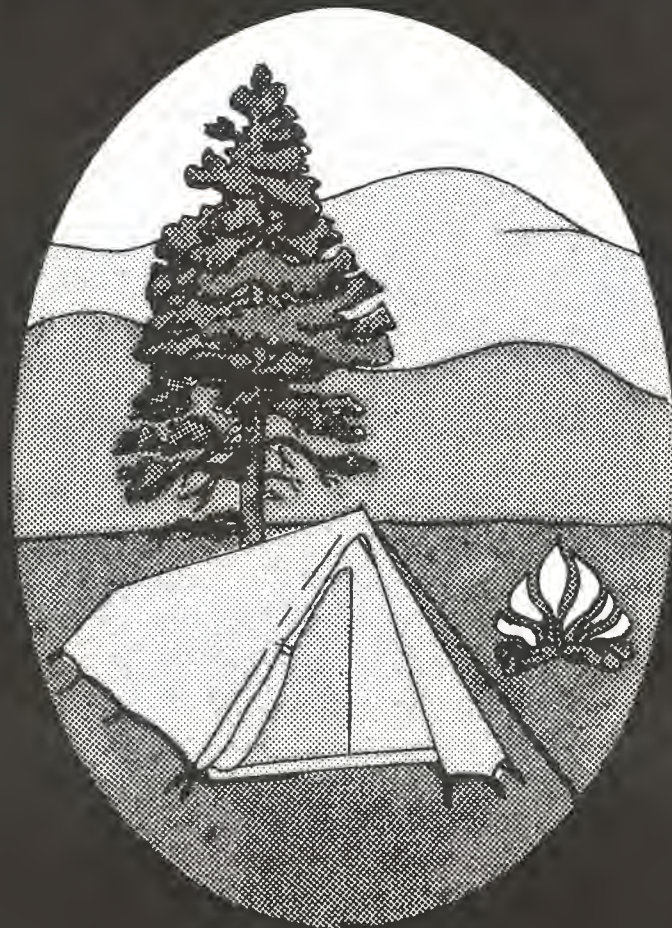
Prices: Shirts £6.75  
Tops 8.00

GET INTO GEAR BEFORE  
NEXT YEAR

RACING VESTS ALSO AVAILABLE



**THE GREAT OUTDOOR SPECIALIST**



**MOUNTAINEERING-BACKPACKING  
HILLWALKING-TRAVELLING-CLIMBING  
AND CANOEING**

**A RANGE OF CANOES FROM M<sup>C</sup>NULTY  
AVAILABLE FROM STOCK NOW.**

**GRAHAM TISO**

**WELLINGTON PLACE, LEITH, EDINBURGH.**

# PADDLE POWER

LENDAL meet the needs of all canoeists from beginners to Olympic standard paddlers. They have introduced a completely new range of fibreglass bladed paddles for 1981 including the POWERMASTER. The polyester blade is of sandwich construction, giving exceptionally high strength with low weight. A completely new construction technique has been developed for this range and they can be supplied with glassfibre, carbon or alloy shaft. Asymmetric blades with stabilizing rib and contoured back, suitable for marathon, sprint, river racing, sea paddling etc. Available in safety colours for sea canoeing and can be supplied with a centre joint if required. The kit range comprises a flat and curved fibreglass blade which can be supplied separately or as an assembled paddle. In addition there is a Slalom kit paddle with multi laminate wooden blades with contoured back and PVC covered aluminium shaft. The blades can be tipped with aluminium or radiused with wooden tip. The tube can either be ovalled or plain, giving a maximum length of 212 cms. If damaged the blade can easily be replaced by post.



PADDLE  
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POWER



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