

KAYAK

MAGAZINE



February 1982

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 (May, August, November & February).

E D I T O R I A L

Building a Future

Canoeists must be some of the most individualistic and 'difficult to organise' group of people imaginable. Of course, part of the attraction of canoe-kayak sport is that very freedom - to venture at will to all the new places which can only be reached by canoe. This type of sportsman seeks minimum organisation outside his own arrangements. However, serious canoe-touring by groups, and also competition, forces canoeists into the formation of canoe clubs in which like-minded groups can pursue their chosen branch of the sport by helping each other.

The governing body in Scotland is the Scottish Canoe Association, and should be fundamentally an association of clubs consisting of individual S.C.A. members.

It is of vital importance to the survival of canoeing in Scotland that strong clubs should continue to flourish, forming a solid, countrywide organisational base through which the S.C.A. central committees can operate and communicate with canoeists.

Individualists come and go and are forgotten. What canoeing needs is to build its clubs into institutions which will continue, giving stability and permanence to canoeing.

In order to advance, canoe clubs must become more like small businesses, with permanent facilities for canoeing and socialising.

Many clubs attract novice youngsters in unmanageable numbers, and dissipate the club's resources in attempting to provide services for them.

Clubs need to attract the more mature canoeist who has the wherewithal to give something, thereby supporting large numbers of youngsters who need to be given help with equipment, transport and coaching.

In order to highlight the club's importance in the sport, competitions need to become less individualist, and feature team events more.

Large canoe clubs need to form an internal structure whereby small groups of inexperienced members revolve around a more senior member who acts as their manager. Various incentive schemes could be designed to encourage this. Club teams could be provided with club boats and the membership stimulated to compete for these.

The long term future of canoeing is in jeopardy as a result of access problems and new local authority legislation. The only way to beat this is for the clubs and S.C.A. hierarchy to consolidate into a more powerful, influential body.

The S.C.A. is becoming more established in that it now operates a permanent central office and owns land at Grandtully. Some people are now realising that the only way to protect access is to buy small strategic pieces of land when possible.

As we become more organised, there will inevitably have to be a trade-off of some rights in return for services and facilities. Problems such as the facilities at Grandtully, an S.C.A. capital site, being threatened because some individual insists on exercising his "divine right" to canoe anywhere at any time, is a problem which has to be addressed urgently at all levels in Scottish canoeing organisation.

Canoe clubs attract a broad cross-section of the community and generally most professional skills are represented. These skills need to be tapped in the campaign to drag canoeing from its present "gypsy-like" state into a modern well established and powerful sport in the new era of mass recreation, vacation and competition.

D.H.C.

DEVELOPMENTS FOR THE COMING YEAR AND 1983

The Sport is going to have to become less seasonal. Canoe Polo is something of a post Christmas fad, but entries for next year's (1983) qualifying events for Crystal Palace will have to be in by OCTOBER 1st 1982 to the S.C.A. Polo Committee.

- * An International Polo event will be held at the International Aquatic Centre on July 10/11 1982.
- * There is a B.C.U. grant available for two international trips - SO - SCOTLAND AND PORT GLASGOW ASSOCIATES WILL NEED TO WIN AT CRYSTAL PALACE (B.C.U. Minutes).
- * A specially designed Boat buffer has been put on the market.
- * All teams in the B.C.U. National Tournament must provide a qualified referee or forfeit £5 to a referee fund. (B.C.U. Minutes).

NEW RULES (B.C.U.)

13. At the 'off' teams must not be so tightly bunched as to prevent passage through their ranks by the opposing team - DANGEROUS PLAY
19. A player reaching over an opponent's boat with his hand or paddle in an attempt to play the ball, is only obstructing if his hand, arm, paddle or body come into contact with the opponent's boat.
- 21b. Penalty Throws must be awarded to the other team if, in the attacking half, the attackers employ:
 - a. dangerous or deliberate misuse of the paddles
 - b. dangerous play and deliberate ramming
 - c. if a foul is committed on a player in the act of shooting.

Penalty throws are taken from a distance of 4 metres.

Referees Referees should wear - wait for it - dark grey or black trousers and a white sports shirt, plus plimsoles or training shoes.

REPORT

Three highly successful events to date have been organised - Two training tournaments at Infirmary Street Pool Edinburgh, and the Scottish Canoe Polo Championships in Greenock Pool.

In the Scottish Youth Championship, the Forth team of Jerry Moffat, Mark Delaney, Ali Currie, Kev Marron and Derek Newport were the deserved winners in the final for the third time (for most of them) beating the new team Port Glasgow.

The team Port Glasgow High Associates, of Martin Rowe, Alistair Denny, Dave Cuthill, Dave Bean and Brian Moore, swept to victory over Strathclyde University to win the Scottish Senior Championships.

These two teams have travelled to London's Crystal Palace Canoe Exhibition (February 20/21st)

---oOo---

---oOo---

---oOo---

---oOo---

A message from Andy Morton has come in to tell us that the Scottish W.W. Team are going to Austria this summer. Six paddlers will be chosen at selections based on Grandtully and the Awe.

Are canoeing events safe - and should they be safe?

Many might answer "yes" to both these questions but when the questions are considered more carefully it can be seen that the answer must surely depend on one's concept of "safety". What is safe to one canoeist might not be safe to another

It is easy to define the opposite ends of the spectrum of safety but more difficult to draw lines near the middle.

The question of safety is frequently discussed at meetings both official and unofficial and all shades of opinion are expressed.

The Canoe Association is in rather a delicate position with regard to safety, in that it wishes to organise canoeing events, but does not wish to be held responsible for accidents occurring during the events. As a consequence, some effort has to be made to ensure "adequate safety" whatever that may imply.

In the event of a serious accident it is conceivable that the Association or one of its organising clubs might be taken to court or at least have to appear at an inquiry. At such an occasion I would imagine that the legal requirement might be that the Association had taken what the average man would consider "reasonable precautions" to ensure safety of competitors. The argument then has not advanced very far because there is no "average man" and "reasonable precautions" are about as certain as the direction of the wind next month!

What then, you may ask? Simply this, when the average man or woman (sorry ladies, I almost forgot it is your year for sport: when do we get our turn?) considers "reasonable safety precautions" can I make the plea that he keep in mind the fact that many of us participate in the sport because it offers, among other things, adventure, excitement, and dare I say it, danger! If it did not, we would still be in the Snooker Halls and Tennis Courts of our youth!

I appreciate that decisions cannot be left to the competitors. If they were, then there would be great pressure on the weaker and younger or less experienced paddlers to emulate their canoeing superiors, thereby laying themselves open to unnecessary risks.

Harsh decisions have to be made sometimes to cancel events which many have travelled far to attend and might themselves feel able to compete; but having conceded that point, let us resist attempts by the "safety lobby" to reduce our events to little more than a paddle round the local duck pond - I'd sooner have a game of snooker!

---oOo---

BLACK MARK!

It was disappointing to learn (from a source cutwith canoeing) that the new proprietor of the Grandtully Hotel found several items missing from his establishment after having gone out of his way to provide refreshment for a group of paddlers last year. In the interests of maintaining good relations with our friends in that area, it is hoped that such "souvenir hunting" will be discouraged. This is, after all, our "local" on several occasions throughout the year.

Dear Sir,

In reference to a paragraph under 'Commodore's Comment' in the November '81 issue of KAYAK Magazine, as a canoeist in a University Club for about 18 months, I have experienced no active discouragement from anyone other than my girl friend. If the writer feels that University Clubs have something to answer for, or has received complaints on their behalf, then it would be appreciated if he could disclose them to us.

University Clubs make up a large part of active canoeists in Scotland, whether they be slalomists, W.W. Racers or just 'day trippers', but it is conceded that very few University clubs take an active part in Sprint or L.D. events, Strathclyde being the obvious exception. It is hoped, however, that interest will increase after the 1st B.U.S.F. Sprint, Marathon and L.D. regatta to be held next year, and organised by the ever-enthusiastic Strathclydians, Messrs. Meikle & Bain.

As far as my, and my fellow students, experience goes, our behaviour off the water is no different to that of members of other clubs, including your own, and as we usually travel by mini-bus, we therefore cause less obstruction than 4 or 5 cars, no matter where they are parked. Our mini-bus possesses no radio or tape recorder and none of our members have enough funds to buy one of their own after paying their membership fee. We do not indulge in early morning dance classes, and have recently made it policy to use towels while changing in order not to shock the little old lady in your hypothetical roadside cottage. Wet clothes do not cause any obstruction, and are usually picked up within a matter of minutes, unless your reference is to week-end events where clothes are placed on tents, buses and gate posts by everyone, as well as ourselves. At no time has this club been approached or written to with reference to any of your mentioned offences, and would advise anyone to substantiate any comment such as the one discussed, in order not to cause misunderstanding or bad feeling within the tight-knit Scottish Canoeing Scene.

Finally I would like to ask anyone who has a complaint against our club to contact us through the above address. A situation cannot be rectified unless the offending party is aware of it's offence. Ignorance may be one of my faults but I believe disrespect for fellow humans is not.

Yours sincerely, T. Duffin, Captain, D.U.C.C.

Editor's reply:

The Commodore's Comments referred to were not intended to be directed against a particular offender although Mr. Duffin has treated them as being directed at his club personally. The canoeists who triggered the initial article were in no way connected with Dundee University. The cottage, by the way, was not hypothetical - it is the roadside cottage at Fairniee. The scattered gear was a reference to a September Nith trip I was on where a transit load of students made cars drive on to the grass verge whilst they changed in the middle of the road! unbelievable, but true.

Mr. Duffin and his club show themselves to be responsible canoeists whose concern for the image of canoeists is reassuring indeed.

By the way, if anyone else is being discouraged by their girlfriend - we've got lots of lovely girls in Forth Canoe Club - join now whilst stocks last!

FOR SALE

PYRANHA SABRE two tone blue K1 sprint or L.D.
good condition ... £75 o.n.o.

HOME MADE ESPADA heavy weight K1 Junior Sprint
or L.D. waterproof ... £35 o.n.o.

STREAMLITE K W SPRINT Red/blue deck WW Racer
used but good repair... £60 o.n.o.

ALSO, LENDAL SPRINT MASTER PADDLE 218cm...£14 o.n.o.

Write for more details if needed; can deliver; if enough interest,
can be seen at an event.

HUGH LYONS, CRUACH COTTAGE, BENMORE, DUNOON, ARGYLL.

The arrival of the S.C.A. calendar prompted an evening by the fire recalling the past marathon season and anticipating the coming one. As far as 1981 is concerned, although it had its moments, it must surely be regarded as largely disappointing. The weather was rarely such as to contribute to the 'picnic' atmosphere which can make an event memorable, and there can be few organisers who were satisfied with the size of their entry. While it was encouraging to see the large turn-out on occasion in Div.4, it is doubtful if there was more than a couple of events at which the other divisions were fully subscribed. It is interesting to note that there are no fewer than 140 paddlers named in the ranking list as Div 4 - but how many of them competed in more than one event? Accepting that a number of them would be social paddlers interested in (or bullied into) doing only their local event, was enough effort made to get the rest interested enough to try the sport more seriously? Did we go out of our way to make them feel less like 'newcomers', let them try our canoes, make sure they were aware of what future events were coming up?

Scottish marathon requires an injection of new blood and a regeneration of interest among those already on the scene. Let us all make a conscious effort in that direction this year.

The 1982 calendar appears fuller than ever. Perhaps, in fact, too full as there are those of the opinion that fewer events would lead to larger entries. We welcome the introduction of the 'novelty' events and look forward to witnessing you all swimming down Grandtully surrounded by soggy cardboard and teaming up with other sports persons for the charity event. Less pleasing is the unfortunate situation which has been allowed to develop whereby two ranking events - both popular in the past - are scheduled to take place on the same day! (Lubnaig and Tay Leukaemia, 6th June). It is hoped that this nonsense is resolved before long. The new Glasgow - Edinburgh Stage Marathon looks interesting and will surely sort out the men from the boys. That's an awful long way in still water (especially of such consistency!) and the portages themselves will take their toll. There is talk of very worthwhile prizes for this event - including a new K1 - so it's worth getting fit for. Talking of prizes, it is understood that the Cape Asbestos Company are this year extending their scheme whereby each marathon finisher in Scotland will receive a certificate and a number, which will go into the hat for a four-times-a-year raffle.

---oOo---

Published by the S.C.A. Sprint and Marathon Committee, (although largely the efforts, one suspects, of Ed. Davidson) the 'Racing Handbook' is a commendable first attempt. Useful for setting the scene for these activities in Scotland, it provides the answer to a number of questions regularly posed by newcomers - and all at a modest 20p. We would question its publication date, however, as it surely would have been more worthwhile to list the current committee and a calendar of the seasons events would be a useful inclusion.

---oOo---

The date of the Leven L.D. (K1 Championship this year) has been changed to OCTOBER 10th, to allow a team to go to Cardiff for the Home International Sprint Championships.

---oOo---

The new design Scottish racing vests will be available in mid June from Aitken & Niven, George Street, Edinburgh. White with a vertical blue stripe running over one shoulder, the price has yet to be fixed.

Harold Young is now Chairman of Kirkcaldy C.C. and their new Secretary is Malcolm Chisholm, 60 Pettycur Road, Kinghorn. Harold has been appointed to the B.C.U. Sprint Committee where he joins Anne Davidson who is the S.C.A. nominated representative.

---oOo---

Victim of the weather was the January Olympic Training Squad weekend at Nottingham and the S.C.A. Winter Series I day at Ratho. It would be good to think that the elements have done their worst for this year and that the remainder of the training programme will be carried out as planned. Alistair Wilson is to be leading the session at Stirling University on 28th February.

---oOo---

Its reported that the popular pastime in Irvine these days is 'getting plastered', Jackie Little and Colin Dunlop having recently broken legs.

---oOo---

Here are a few salient points from a letter by Andy Morton stressing the importance of winter training:-

1. Get out in the canoe as often as possible.
 2. Do something every day.
 3. Enjoy keeping fit or pack it in (as an aid to this, vary the activity)
 - * 4. Do not train when you are ill.
 - * 5. Do not lift heavy weights (i.e. ones which can barely be repeated twice).
 6. Do not indulge in weight lifting competitions.
 7. When you can get out in the canoe, do not waste too much energy on other types of training that day.
 8. Keep a record of all activities.
 9. Keep a record of times (running, swimming, cycling, etc.) and always try to better them.
 10. Try to get a second-hand set of weights for the house.
 11. Do not train more than twice a day.
 12. Try to stay warm after training.
 13. Move to more canoe training as the days lengthen.
 14. Heavy Training reduces your resistance to disease, so eat well and maintain your body vitamin content. Take 1gm vitamin C per day, spaced out.
- * In particular, Andy emphasises the importance of these items.

---oOo---

REMEMBER OUR ADVERTISERS

No doubt there will be those among you who will be going to the forthcoming Canoe Exhibition at Meadowbank with a view to making a purchase, large or small. By all means shop around for the best deal, but do please give our advertisers a chance to quote for your requirements.

SCOTTISH CANOE ASSOCIATION

Scottish Sprint Racing Championship Winners - 1981

<u>Senior Men K1 1000m</u>	Gilbert Speirs (St.U.C.C.)	Peter Burton Trophy
<u>Senior Men K1 500m</u>	Gilbert Speirs (St.U.C.C.)	Bobby Jones Trophy
<u>Senior Men K1 10,000m</u>	Andrew Morton (Forth)	Royal Burgh of Irvine Trophy
<u>Senior Ladies K1 500m</u>	Alison Edwards (K.C.C.)	Young Salver
<u>Junior Men K1 500m</u>	Gary Young (K.C.C.)	Junior 500m Champ. Trophy
<u>Junior Men K1 1000m</u>	Neil Davidson (K.C.C.)	O'Brien Trophy
<u>Junior Men K1 6000m</u>	Gary Young (K.C.C.)	Jim Gilmour Trophy
<u>Junior Ladies K1 500m</u>	Alison Edwards (K.C.C.)	Maureen Pennie Trophy
<u>Senior Men K2 1000m</u>	Neil Baxter/ (Forth/ Kenny Fraser Roxburgh)	Gents Doubles Trophy
<u>Senior Men K2 500m</u>	Gary Young/ (K.C.C./ Gilbert Speirs St.U.C.C.)	
<u>Senior Men K2 10,000m</u>	Gary Young/ (K.C.C./ Gilbert Speirs St.U.C.C.)	
<u>Junior Men K2 500m</u>	Neil Davidson/Gary Young (K.C.C.)	
<u>Junior Men K2 6000m</u>	Neil Davidson/Gary Young (K.C.C.)	
<u>Senior Ladies K2 500m</u>	Diane Mills/Alison Edwards (K.C.C.)	
<u>Senior Men K4 500m</u>	Montgomery/Batchelor/Dunlop/Murphy (I.C.C.)	
<u>Senior Men K4 1000m</u>	Fraser/Liddon/Morton/Gardiner (Rox./Forth/G.K.C.)	
<u>Senior Men K4 10,000m</u>	Fraser/Liddon/Morton/Gardiner (Rox./Forth/G.K.C.)	
<u>Senior Ladies K4 500m</u>	Mills/Little/Morrison/Cowie (K.C.C./ Forth)	

Scottish Marathon Racing Championship Winners

<u>Senior Men K1</u>	Kenny Fraser (Rox).	
<u>Senior Ladies K1</u>	Gill Robbie (St.U.C.C.)	
<u>Senior Men K2</u>	Alistair Denny/Peter Easson (R.W.S.A.B.C./Forth)	
<u>Senior Mens Ranking List Winner</u>	Andrew Morton (Forth)	Ayrshire Cup
<u>Junior Mens Ranking List Winner</u>	John Adair (Irvine)	Junior L.D. Trophy
<u>Senior Ladies Ranking List Winner</u>	Alison Edwards (K.C.C.)	Maureen Pennie Marathon Cup.
<u>Junior Ladies Ranking List Winner</u>	Alison Edwards (K.C.C.)	Napier Trophy

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TRAINING TIPS from the B.C.U. Coaching Magazine - passed on by Scott Balfour

1. DRINK & EXERCISE Don't even wait until you are thirsty; if you feel you are losing water, replace it immediately. Drink a glass of water before exercising. When you are dehydrated, body cells can't function properly, your muscles can't keep up the work they are doing, and your heart receives added strain.
2. SUGAR & ENERGY Extra sugar gives no particular extra energy. Indeed, sugar indigested before a contest or exercise can, in some people do more harm than good. The only time you need to replace sugar is after an hour and a half of steady exercise, such as a long-distance race or an extended tennis match.
3. FOOD BEFORE ATHLETIC ACTIVITY Extensive tests at the Human Performance Laboratory of the University of California, Los Angeles, have yet to prove that the kind of food you eat makes the slightest difference in your athletic performance. We conducted an experiment giving athletes "forbidden foods" - heavy, gas-producing and spicy dishes. Neither players nor researchers could distinguish differences in performances.
4. SALT TABLETS Unless you sweat profusely, salt tablets are worse than no salt at all. A salt tablet is a solid piece of brine, and resting on the mucous membrane of the stomach it can cause nausea and vomiting. If you feel you are going to perspire, take a little extra salt with your food beforehand.



TROSSACHS CANOE AND BOAT CLUB

RIVER TEITH WHITE WATER RACE - OPEN & DIVISION 'C' - SUNDAY 7th MARCH 1982  
Under B.C.U. Rules.

Venue The River Teith, at the Caledonian Hotel, Callander, Perthshire.

Course The course is three miles long, grade 1-2 (3 in flood) most of the way at normal winter level.

Start The pre-start will be at the car park adjacent to the Caledonian Hotel, off the A84 trunk road, at 10.30 a.m. Competitors will paddle for some 10 minutes down the course to the Start, which will be on the left hand bank of the Gart Estate. Half minute intervals for individuals and three minute intervals for teams. Team start will be as soon as possible after the individuals.

Finish The finish is adjacent to the A84, east of Callander and will have a line of buoys strung across the river.

Classes Prizes will be offered for the following classes (numbers permitting):-

|                                 |        |                        |        |
|---------------------------------|--------|------------------------|--------|
| Mens Open (ranking 'A' & 'B')   | 1,2,3. | Ladies Division 'C'    | 1,2,3. |
| Mens Division 'C'               | 1,2,3. | Junior Men u/18 1.1.81 | 1,2,3. |
| Open C1                         | 1,2.   | Junior Ladies do.      | 1,2,3. |
| Open C2                         | 1,2.   | Open Team Men          | 1,2.   |
| Ladies Open (ranking 'A' & 'B') | 1,2.   | Junior Team Men        | 1.     |
|                                 |        | Open Team Ladies       | 1.     |

A total of 35 prizes. Three entries constitute a class. Prizes will be awarded at the Tourist Bureau, at the car park.

Entries to Drew Samuel, Trossachs Canoe & Boat Club, Townhead of Auchengillan, Stockiemuir Road, Blanefield G63 9AU. Tel. Blanefield 0360 70473.

Entries plus entry fee to arrive not later than Thursday 4th March

all on WWR entry cards. Div 'C' Men C1, Ladies & Slalom: £1.50.

Div 'C' C2: £3. Open C2 £4. Open Men, C1, Ladies & Slalom: £2.

Junior: £1. Team: £3 (3 x £1). (Slalom compete in Div 'C' or Open

according to the ranking status of the paddler). Late entries will be accepted on the day of the race up to 30 minutes before start time. with a surcharge of 30p for Seniors, Juniors, Ladies alike.

Check in at the Tourist Board.

Safety All competitors must adhere to standard B.C.U. and S.C.A. regulations regarding safety and conduct during the race. There will be no safety boats on the course, and all competitors will require to assist other competitors in difficulties should the need arise. Failure to do so will result in disqualification. A re-run will be afforded competitors effecting a rescue after an appropriate rest period. All boats must be clearly numbered or they will not be allowed to start.

Results Results will be sent to those enclosing a stamped addressed envelope.

Elegibility Membership of the S.C.A. is now compulsory and SCA membership forms will be available.

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MORE TRAINING TIPS

5. EXTRA PROTEIN is a waste of money. An every-day diet that includes animal and vegetable protein supplies all your body needs. There is no super diet for super performance.
6. SLEEP BEFORE AN EVENT You can't store sleep, or catch up on it either. If you sleep 12 hours, you will be worse off than if you just slept 8. Prolonged bed rest causes body processes - heart rate, metabolism, circulation - to slow down and the body itself to lose tone. The longer you remain in bed beyond a maximum of nine hours, the weaker you become.
7. WARM UP BEFORE AN EVENT Going from complete rest to all-out exertion in a few seconds can cause a failure in circulation to the heart, which may be dangerous if your heart is weak; but if all you're going to do is step up your activities gradually, then working up a sweat is useless. A skill warm-up, as distinguished from a sweat warm-up, is all right, but a prolonged sweat warm-up depletes nutritional stores and saps energy.



COMMODORE'S COMMENT

Since I seem to spend a great deal of this column moaning about other peoples shortcomings, I must now take it all back and humbly apologise for not being present at our A.G.M. and the S.C.A. General Meeting. But.....I do have a valid excuse, as always. I regret that the process of earning my living caused me to be abroad at the time. Nevertheless, my apologies to members. Maybe I should stay away, since the Forth C.C. A.G.M. was finished in record time in my absence.

/ / / / / /

A wee pat on the back for Forth C.C. members who are doing their bit in the administration and organisation of canoeing in Scotland. A quick look through the S.C.A. handbook for 1982 shows that we are playing our part in directing the canoeing scene:

- General Secretary of the S.C.A. - Canoe Exhibition organiser.....Ron Day
- East Region Council representative - also on the Polo committee....Jane Wilson
- Slalom committee Council rep - also the slalom team coach.....Jock Young
- Council Minutes Secretary (of long (suffering)-standing).....Maureen Pennie
- Canoe Polo, Slalom, and Grandtully Development Committees.....David Cuthill
- White Water Racing and Sprint & Marathon Committees.....Andy Morton
- Canoe Polo Committee.....Gill Robbie
- Marathon Committee.....George Logie
- Slalom Team Audio Visual Aide .....Tina Young
- White Water Committee Secretary.....David Wolfe
- Marathon Council rep. and Secretary, Canoe Polo Committee.....Alistair Denny

/ / / / / /

And now - my criticism of the quarter. Having recently examined the accounts of the S.C.A., it amazes me how un-businesslike many of us are in handling our own, other peoples and public money. We scream at our bank if they make an incorrect entry in our cheque account, but do not bother to turn in a receipt to the S.C.A. treasurer. While I do not doubt that trips have been made to all the various places we have sent teams to, it is irresponsible to claim refunds of expenses without producing a receipt for every single penny. No company cashier would hand out money to an employee who has been on a business trip without full receipts, and the S.C.A. treasurer, I understand, will no longer tolerate a casual payment without a receipt to prove expenditure. The next time you submit a claim for expenses, remember that the treasurer has to prove it to the Auditors, who may have to prove it to the VATman, the Inland Revenue and the Sports Council, who in turn are responsible to the Government and the Taxpayer. It is very easy to learn the rules of this new game -"no receipt - no cash". Remember, your Commodore is one of the SCA Auditors.

R.K.R.



FORTH CANOE CLUB (Affiliated to S.C.A.)

GRANDTULLY WILD WATER RACE - SUNDAY, 14th MARCH 1982

DIVISIONS A, B and OPEN. Held under B.C.U. Rules

SCOTTISH WHITE WATER RACING CHAMPIONSHIPS

- COURSE As in previous years, distance approximately 5 km.  
Grade II for most of the course. Grandtully Falls Grade III - IV.
- START The race start is at 10.30 a.m.  
All competitors are to launch from the pre-start point at least 30 minutes before their race start time.  
The Pre-start is at the Monument adjacent to the river when leaving Aberfeldy by the B846 (Kinloch Rannoch Road).  
The actual race start is at the Lagg, 2½ miles below the pre-start.
- FINISH The finish will be about 350 metres below the bottom fall at Grandtully.
- ENTRIES Must be on W.W. Entry Cards including the appropriate fee and proof of BCU/SCA membership.  
Entries should be sent to: David Wolfe, 4, West Clifton Cottages, East Calder, West Lothian. EH53 0HT.
- FEES
- |                     |     |                        |
|---------------------|-----|------------------------|
| Division A          | ... | £2.50 (Men and Ladies) |
| Division B and Open | ... | £2.00                  |
| Teams               | ... | £3.00                  |
- CHEQUES ETC. SHOULD BE MADE PAYABLE TO FORTH CANOE CLUB.
- Entries should arrive no later than the 2nd of MARCH  
A start list will be sent to those including two S.A.E.  
N.B. LATE ENTRIES WILL NOT BE ACCEPTED.
- SAFETY Competitors must abide by the B.C.U. rules regarding safety and conduct during the race. Competitors with boats not clearly numbered cannot be guaranteed timed runs.
- PRACTICE: Competitors wishing to practise should do so on Sunday morning.  
It will help our relations with the fishing interest if Saturday practice is kept to a minimum.
- PRIZE GIVING will take place in the Old Station Yard at Grandtully after the finish of the Team Event.
- PARKING Competitors and Spectators are urged to park their cars in the Old Station Yard at Grandtully.  
Cars must NOT be parked at the Lagg.
- GRANDTULLY SPRINTS Stirling University Canoe Club will be organising Sprints down the Grandtully Falls on SATURDAY the 13th MARCH, from 1 p.m.  
Entries (50p) payable on the day in the Old Station Yard.
- SCOTTISH PADDLERS This event includes the Scottish White Water Racing Championships, and a Selection Event for the Scottish Team.  
Scottish Championship prizes will also be awarded at the end of the Team Event.
- ENQUIRIES Any evening to:- David Wolfe : Telephone No. 031-333-3836.



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

Tony Leaver of F.C.C. qualified for the Junior Superstars Final Competition which took place in September and was on television in December. Tony came 5th and we congratulate him on an excellent result. He has a video tape of the television programme which will be shown at the first club film evening.

Tony is again in the news for winning the PYRANHA YOUTH AWARD. This is a special prize of a Pyranha Canoe which is presented to the highest placed Youth who has been promoted to DIV I during the season. CONGRATULATIONS TONY. The presentation will take place at the Scottish Canoe Exhibition at Meadowbank on 27/28th March. WATCH OUT FOR THOSE TRACKIE BOTTOMS TONY!

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

CONGRATULATIONS to our Commodore Kelso Riddell and his wife Sandi on the birth of their second son Jonathan Paul. We thought he was going to be a Christmas baby but he was in such a hurry to arrive that he just made it before the old year left us, making his debut at 11.30 p.m. on 24th December 1981. Well done Kelso and Sandi - no forgettin' young Alistair.

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

CONGRATULATIONS to Alastair Williamson who surprised us all by announcing his engagement to Anne Piper. Anne is not a canoeist - her forte is with the Country Dancing fraternity where we hear she is one of the demonstration team. Anne is in charge of Catering and Administration at Stewarts Melville College. They plan to be married on 24th July and we wish them every happiness.

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

CONGRATULATIONS to George Cleland, retired S.C.A. General Secretary, who also surprised us - in fact he did not announce his engagement to Alison Downie, we found this out from a spy at Edinburgh Castle where Alison works in the Conservation Department of the Scottish United Services Museum. Alison is a canoeist and belongs to Glasgow Kayak Club. She used to enjoy competing in her student days, around 1975 to 1977, but nowadays paddles purely for pleasure and recreation usually on the Clyde, Tay and Loch Lomond. George and Alison plan to be married on 21st August in St. Margaret's Chapel in Edinburgh Castle and we wish them a happy day and good luck to follow.

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

CONGRATULATIONS too, to Brian and Colina Titus, whose son Andrew was born on 19th January.....Born in Scotland of an English mother and a Canadian father.....who will he be paddling for when he grows up?

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

We are pleased to welcome the return, after several years, of Duncan Winning, Past President of the S.C.A., who has been elected Honorary President. His astute attention to detail and meticulously correct memory was often a thorn in the side of more hasty politicians a decade ago, and no doubt this will serve canoeing in Scotland again in our best interests. Welcome back Duncan.

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

Congratulations are due to the S.C.A. Committee on producing such an attractive Handbook for 1982. This is an excellent production. The cover is a first class piece of artwork and the general lay-out, in reduced form, is a most useful and 'handy' handbook of professional standard

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Robin Lang is still training hard in Canada although, unlike us, he is unable to canoe during three of the winter months. He is, however, doing a lot of running, weight lifting and cross country ski-ing. Robin hopes to tour Europe this summer with the Canadian Team.



SCOTTISH CARDBOARD CANOE CHAMPIONSHIP - GRANDTULLY  
SATURDAY 3rd APRIL 1982, MID AFTERNOON

The course is approx. 200m from above the top fall, finishing at the road bridge.

Regulations:

1. The craft must be constructed entirely of cardboard. It must not be treated with any waterproofing agent. Joins may be stapled and canoe tape used on seams, but not to cover the whole boat.
2. No additional buoyancy (e.g. polystyrene) may be used.
3. Competitors must remove their craft from the river on completion (or otherwise) of the course.
4. Competitors compete at their own risk, must wear a crash hat and buoyancy aid and are asked to provide a following rescue boat.
5. Classes for single (£1) and multi (£2) seat craft. Proceeds to Mike Jones Memorial Fund.
6. At least 1 member of multi-seater craft must be female.

Boats will be scrutinised to ensure compliance with the spirit of the competition.

Prizes to the fastest - most original - biggest flop.

Entries to:- Craig Scollick, Glasgow University C.C.,  
Stevenson Building, Oakfield Avenue, Glasgow G12  
or on the day.

Editor's

N.B. Glasgow University are to be congratulated on their initiative in bringing this prestigious event to Scotland for the first time. We hope there are sufficient of you mad enough to rise to the challenge. The organisers say they hope to have a supply of cardboard available on the day, although it would be advisable to be beyond that stage by that time. They would also be grateful for any offers of the use of a large marquee for storage and construction at Grandtully. We would stress the importance of the regulations requiring the removal of all the remains from the river and its surroundings.

\*\*\* \*\*

JUST IMAGINE.....

Doug Wilson

Imagine this scene.....You are at the finishing hut on the North Inch at Perth. It's a lovely summer afternoon and the crowds are out. Cricket is being played behind you, but your eyes are straining up river. A canoe appears. Before it becomes identifiable there are others. Youngsters in slalom boats, veterans in white water boats - a club outing perhaps? But no, these guys are trying. And what's this now? K1's! K2's even! The water boils and it's a good job the river's wide. The leaders strain to keep ahead; those behind are having to navigate a way through. A hundred yards out, it's anybody's race; the field is a ragged line across the river and no place for the timid. The timekeeper is on the verge of a nervous breakdown, not helped by the roar of the crowd. Then, it's over. Everyone crosses the line within a minute of the first flotilla. What a race - what a finish!

This scenario will be unfamiliar to those of you who attend marathon racing and endure the customary predictable, protracted endings to these events. You know that in reality Andy Morton will be in his car and half-way home before the back markers paddle into view. So how was the Grande Finale stage-managed? In a word, handicapping. Before you throw up your hands in horror, think how much more interesting it would be for everyone, if a race was settled over the /



the last mile instead of it becoming a procession after the first. If each competitor, instead of looking down the entry and mentally noting 'I'll beat him, and him and him,' had to reckon if he could overcome them with their allowed handicap. If Kenny and Andy didn't have just each other to contend with, but went to the start wondering if they could catch Neil and Gary and wee Willie from Lornshill Academy C.C. in his K.W.7. Would that not be interesting? O.K. so it wouldn't be a ranking event, and would be difficult to organise. Maybe impossible.....But I'd love to try - just once.

#### THE STOP PRESS PAGE

CANOE POLO CHAMPIONSHIPS CRYSTAL PALACE 20-21 FEB.REPORT (See also p.3)

FORTH YOUTHS were very unlucky in being drawn against Luton Tigers Youths (last year's winners) in the first semifinal round of the British Youth Championships. Score LUTON 2 FORTH 0. The Forth boys looked the equal of the Lutonians most of the time, but the better use of match tactics by Luton, the eventual winners, paid off.

SCOTLAND represented by "The Associates" (see p.3.) beat Wales 1-0: Wales beat Germany 2-1, but Scotland lost badly to Germany 4-0 in the next game. West Germany went through to the final where England beat them 2-0.

The Scottish team this year were unbeaten in Scotland and were the strongest team ever sent to Crystal Palace (they'd all played together before!) Dave Bean (treasurer) made a great job of organising a minibus and booking a Hotel 5 mins. walk from Crystal Palace. The whole Scottish group travelled together and stayed in the same hotel (Queen's). The Scots played as well as they were allowed to, but were obviously unused to such heavy marking by organised defence. The Germans are experts at the 'paddle play' game - they make only secondary use of the hands in playing the ball. (Full report will be available from the S.C.A. Polo Secretary).

The Scottish team has been invited to Berlin in August and a team will be sent, supplied by Port Glasgow Associates, this year's Scottish Champions.

- NOTES:
1. More tournaments will be organised in 1982
  2. Ladies league starting in England - we need one too

CANOE POLO on SATURDAY AFTERNOON (27/2) CRAIGLOCKHART POND  
 EDINBURGH, 2p.m. - 5 p.m. 'phone Dave Cuthill 0475 33733  
 Friday Night to confirm : BATS provided - An S.C.A. Polo Event.  
 FORTH C.C. Polo training, Infirmary St.Baths on Saturday 6th  
 March from 5p.m. - 8 p.m. All welcome.

#### B.C.U. OFFICIAL SLALOM RANKING PLACES - SCOTLAND (1981)

TEAMS DIV I 5th Anderson/Meikle/Jordan (Dundee Univ.).

PREMIER K1 LADIES 6. S.Ward (Forth) 13. J. Wilson (Forth) 14. N.Coulthard (DUCC) 15. L.Berry (BHS)

DIV I LADIES 16. N. Adamson 31. L.Morrison (Forth) DIV II LADIES 8. M.Soutar (DWCC) 32. J. Walker (Fife) DIV III LADIES 6. D.Riddell Black (SUCC) 11. L.Turner (Wallace). 21. M.Boyd (BHS) 36. V.Brass (Selkirk) 33. A. Imrie (Wallace) 58. C. Gillies (Wallace).

PREMIER MEN K1 1. R.Fox 2. R.Mainwaring 3.A. Kerr 4.N. Wain. 5. J. Dolan 24. N.Baxter (Forth)

PROMOTED TO PREMIER 4. G. Anderson (DUCC) 14. A. Meikle (SUCC)  
 (Premier is top 60)

DIV I K1 MEN 21. T. Lever (Forth) (Y) 45. G. Robertson (FCAG)  
 48. A. Barkham (Fife) 50. G. Davies (HWUCC)  
 52. K. Brown (EUCC) 99. C.Eydemann(Fife)  
 120. G. Mowatt (BHS) 125. G. Willing (SWWC)  
 141. I. Anderson (Perth) 175. B. Chapman (Forth)

(200 total)

PLEASE REMEMBER TO MENTION 'KAYAK' MAGAZINE WHEN REPLYING TO OUR ADVERTISERS



LEUKAEMIA SPONSORED CANOE EVENT

On SUNDAY 6th JUNE, 1982, a sponsored canoe event is being run to raise funds for Leukaemia Research at Edinburgh Royal Hospital for Sick Children. The event will be run on the River Tay from Stanley to Perth, a distance of ten miles on grade 2/3 water.

The groups will be divided as follows:-

1. Sponsored paddlers paddling purely for pleasure with the incentive of a new canoe as a prize for the paddler who raises and deposits the largest sum raised through their sponsorship.
2. Sponsored groups from Schools or Clubs paddling for pleasure with a new canoe as a prize and the Lennie Muirhead Memorial Trophy (to be held for one year) for the group raising and depositing the largest sum raised through their sponsorship. A group shall consist of not less than four and not more than eight paddlers.
3. The Donald Marshall Memorial Trophy - a race for the competitive paddler with the Trophy as first prize (to be held for one year). Entrants for this race must be sponsored or pay a £2 entry fee. Starting at Kinclaven Bridge, this will be a ranking event.

Groups one and two will start between 10 a.m. and noon, and rescue boats will be in position at Stanley Weir and Thistle Brig.

Group three will start at 12 noon.

All paddlers must have a lifejacket/harishock, spray deck, helmet and paddle in groups of not less than three.

Graham Tiso will have a marquee at the finish where all competitors and officials will receive a snack, free of charge.

To be considered for a prize, all money raised must be deposited by the 4th July 1982 and bank receipt forwarded to:-

Ron Day, Hawthorn Cottage, 81 Main Street, Ratho,  
Midlothian, EH28 8RT. Telephone No. 031-333-1429.

It is hoped that there will be a large entry for this event, thereby assisting to raise funds for a worthwhile cause as well as promoting a greater interest in this sport.

Why not bring the whole family and make a day of it. What about getting your parents to come and help organize.

SPONSOR FORMS AND ANY FURTHER DETAILS WILL BE SENT ON REQUEST  
PLEASE SEND A STAMPED AND SELF ADDRESSED ENVELOPE TO RON DAY....as above.

Thanks are due to A.S. Ramage (Canoes) Kinleith Industrial Estate, Currie, and Graham Tiso, Wellington Place, Leith, for their sponsorship in providing major prizes for the 1982 event.

Forth Canoe Club have undertaken the responsibility of safety boats and running the competitive section of this event.

\*\*\*\*\*

An article on Orienteering and its growing popularity prompted the thought that it might be feasible to combine it with canoeing to make an interesting event - or is that too ridiculous? Over to you Scott Balfour.

COMING EVENTS

| <u>Date</u> |           |                                                                                                                                                                               | <u>Organisers</u> |
|-------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| FEBRUARY    | 27th      | Scottish Universities Canoe Polo, (confined)                                                                                                                                  | 42                |
|             | 28th      | Winter Training - Sprint & Marathon, Stirling                                                                                                                                 | 02                |
|             | 28th      | Open Slalom, Edinburgh, Union Canal, Lochrin Basin                                                                                                                            | 34                |
| MARCH       | 5 - 7th   | Slalom Training, Fairnilee ... ..                                                                                                                                             | 01                |
|             | 7th       | White Water Training, Grandtully, Open ... ..                                                                                                                                 | 27                |
|             | 7th       | Teith W.W. Race, C, Open ... ..                                                                                                                                               | 02                |
|             | 13th      | Grandtully Sprints - Open (entries on day) ... ..                                                                                                                             | 41                |
|             | 14th      | Grandtully WW Race, A, B, Open - Scottish Champs.<br>(postal entries only - 12 days in advance)                                                                               | 07                |
|             | 20th      | Winter Training - Sprint & Marathon, Strathclyde Park                                                                                                                         | 02                |
|             | 20 - 21st | Fairnilee, 2, 3, J (S.U.S.F. Champs) ... ..                                                                                                                                   | 30                |
|             | 21st      | Winter Series III, Ratho ... ..                                                                                                                                               | 33                |
|             | 20 - 21st | Surf Selection Event, Sandend ... ..                                                                                                                                          | 45                |
|             | 27 - 28th | Scottish Canoe Exhibition, Meadowbank ... ..                                                                                                                                  | 29                |
| APRIL       | 3 - 4th   | B.U.S.F. Slalom Championships, confined, J, Grandtully                                                                                                                        | 38                |
|             | 3rd       | Scottish Cardboard Canoe Champs. (Open) ... ..                                                                                                                                | 04                |
|             | 6th       | B.U.S.F. Sprint Championships, Strathclyde Park                                                                                                                               | 38                |
|             | 6th       | S.C.A. K4 3000m, 6000m, 10,000m Scottish Championships (6pm)                                                                                                                  | 03                |
|             | 7th       | B.U.S.F. Marathon Championships, Clyde ... ..                                                                                                                                 | 38                |
|             | 9 - 11th  | Home International Surf, Fraserburgh ... ..                                                                                                                                   | 39                |
|             | 10 - 11th | Grandtully Premier, 1, J. ... ..                                                                                                                                              | 31                |
|             | 17th      | Canal/Kelvin Marathon ... ..                                                                                                                                                  | 22                |
|             | 17 - 18th | Slalom Trainer Course, Stirling ... ..                                                                                                                                        | 41                |
|             | 17 - 18th | Comrie I, 4, N, J. ... ..                                                                                                                                                     | 09                |
|             | 24 - 25th | Hornshole 4, N, J, (Hawick) ... ..                                                                                                                                            | 10                |
|             | 25th      | Charity Marathon Relay (canoeing, cycling, running, riding)                                                                                                                   | 46                |
| MAY         | 1 - 2nd   | S.E. Scotland Surf Competition, Sea Cliff, North Berwick                                                                                                                      | 26                |
|             | 1 - 2nd   | Teith 4, N, J ... ..                                                                                                                                                          | 11                |
|             | 1st       | Awe Marathon ... ..                                                                                                                                                           | 04                |
|             | 2nd       | Awe White Water Race B, C, Open ... ..                                                                                                                                        | 04                |
|             | 9th       | Scottish 1000m Champs. Ladies/Junior Ladies K2 500m<br>and K4 500m Champs. Youth class K2 and K4 500m Champs.<br>Scottish K2 10,000m, 6000m, 3000m Champs., Strathclyde Park. | 03                |
|             | 16th      | Scottish 500m Champs. Ladies/Junior Ladies and Espadas K1<br>500m, K1 3000m, 6000m, 10,000m Championships, Linlithgow Loch                                                    | 03                |
|             | 22 - 23rd | Leny N, J ... ..                                                                                                                                                              | 40                |
|             | 23rd      | Cumrae L.D. ... ..                                                                                                                                                            | 12                |
|             | 29-30th   | Awe 2, 3, J ... ..                                                                                                                                                            | 37                |
|             | 29-30th   | Glasgow - Edinburgh Stage Marathon... ..                                                                                                                                      | 21                |

LIST OF ORGANISERS (Please contact for further information)

Entries to be sent at least 10 days before an event.

- 01 SCA : Morag Boyd, Wellhill, by Montrose DD10 9LF Tel.067-483 227
- 02 SCA/Trossachs: A. Samuel, Auchengillan, Blanefield, Glasgow 0360-70473 ex  
G63 9AU 0360-70763
- 03 SCA/Kirkcaldy CC: E.A. Davidson, 9 Lakeside Rd., Kirkcaldy,  
Fife 0592-266920
- 04 G.U.C.C.: A. Watt, Competition Secretary, Stevenson Building  
77, Oakfield Avenue, Glasgow.
- 07 Forth CC : D. Wolfe, 4, West Clifton Cottages, East Calder 031-333 3836  
EH53 OHT



- 09 Perth CC : S. Willing, Glendelvin School House, Caputh. 073871-486
- 10 Roxburgh CC : David Warburton, 5 Longbaulk Road, Hawick Hawick 4009
- 11 Heriot-Watt CC: G. Davies, Sports Centre, Riccarton, Currie 031-449-5111
- 12 Paisley KC : I. Webster, 104 Montford Avenue, King's Park, Glasgow.
- 21 J. Dempsey. F.D.C. Kilns House, Kilns Rd., Falkirk, FK1 5SA.
- 22 G.K.C.: A. McDonald, 19 Loskin Drive, Glasgow G22 041-772-1862
- 26 SCA : D. Isles, 2 West View, Linlithgow Bridge, Linlithgow. Lin.2816  
(cancellation number)
- 27 SCA : A. Morton, 8 Jock's Hill Crescent, Linlithgow Lin.2423
- 29 R. Day, Hawthorn Cottage, 81 Main Street, Ratho 031-333-1429
- 30 E.U.C.C.: G. Duffin, Competition Secretary, 46 The Pleasance  
Edinburgh. 031-667 1011
- 31 SCA : J. McPherson, 29 Bridge Street, Selkirk TD7 5BS 0750-20565
- 33 SCA : D. Maycock, 6, Saltpans, Charlestown Limekilns 872567
- 34 SCA : Jane Wilson, 30 Bonaly Grove, Edinburgh 031-441-4659
- 37 Forth CC : B. Chapman, 7 Greenbank Grove, Edinburgh 031-447-2728
- 38 S.U.C.C. : Athletic Union, 90 John Street, Glasgow.
- 39 Paul Jackson, 2 Rossie School, Montrose 0674-82293  
(cancellation number)
- 40 D.W.W.C. : Pauline Hamley, Streoneshal, Kinloch, Meigle,  
Perthshire. Meigle 415
- 41 Les Berrow, Department of Physical Recreation, Stirling 0786-3171  
University, Stirling FK9 Ext.2074
- 42 Kenny Bain, S.U.C.C. Athletic Union, 90 John Street Glasgow.
- 45 SCA : John Mould, 12 Milnefield Avenue, New Elgin Elgin 44867  
(cancellation number)
- 46 Mrs. Karen Black, 49 Highfield Crescent, Linlithgow.

S.C.A.SCOTTISH CANOE EXHIBITION

As you all know, the Annual Scottish Canoe Exhibition is at Meadowbank Stadium, Edinburgh on 27/28th March.

In addition to the return of many past exhibitors, we will be welcoming a number of companies new to the Exhibition.

As organisers we feel that the Exhibition is both the largest 'shop window' of canoeing equipment in Scotland, but also a first class venue for canoeists and the public to meet and discuss the world of canoeing. This year we are again repeating the popular film and lecture shows, including the latest 1981/82 canoeing films.

At past exhibitions we have been concerned at the small number of youth groups who have attended. In an attempt to encourage more instructors, youth leaders etc. to organise group visits, we introduced reductions for parties: These reductions will apply again this year.

We are making a direct appeal to all S.C.A. instructors to consider organising transport to bring groups to the exhibition. Most instructors who do visit the exhibition do not bring groups. We feel their attendance at such an exhibition can provide a greater appreciation of the variety in the canoeing world as well as a unique opportunity to compare canoeing equipment for quality and price. SO...if you are planning to visit the 1982 Exhibition, why not bring a party.

MARCH 27/28th - Saturday 10 - 5 p.m. Sunday 10 - 4p.m. Meadowbank Stadium.  
Adults 50p : Children 30p. Parties : Group Leaders Free.

THE YEAR OF THE DISABLED GOES ON .....Ron Day

The year of the disabled is over, but unlike the calendar year which is a thing of the past, the disabled are here and still need help.

Many events run for the handicapped last year were 'one offs'. This was a great pity, but some events are struggling to survive, and canoeing is one.

One such group is the Lothian Liaison Committee for the Disabled. They have the use of the pool and equipment at Dunfermline College of Physical Education in Edinburgh on Tuesday evenings.

This group needs help, not necessarily ad infinitum but even for a few weeks. Now, don't all rush at once - there are bound to be problems and none worse than twenty people turning up to help on the first night and only a few thereafter.

- We need to work out
- a) length of Course - say 6 - 8 weeks.
  - b) number of helpers to each participant (remember we may need two helpers to one participant)
  - c) number of participants
  - d) equipment needed (nearly all is available at the college or other sources.
  - e) length of time for each session
  - f) any other requirements i.e. possible outdoor venue
  - g) most important, names of people willing to help and for how long.

I unfortunately have a change in my job and cannot give much time, but I am willing to help out if someone would co-ordinate the course.

As a club, we have the potential to assist these people to sample canoeing

1. in the pool
2. at Craiglockhart
3. on the Canal
4. from the Almond to Cramond Island
5. on Tweed

Tame stuff, you may say, but to some it would be a giant challenge.

Please give up a few nights to make this possible.

If you feel you can help, please contact the Co-ordinator of Events at Dunfermline College:

Neill Black, Development Assistant,  
Movement and Rehabilitation,  
Dunfermline College of Physical Education  
Edinburgh.

Telephone No.: 031-336-6506

David Tuttle was scudding about in a powered Moon Buggy type thing at Thistlebrig II. Any chance of a shot sometime, Dave? .....

MEMORY JOG.....Have you sold all your raffle tickets and asked for more? Put your heart into it and make a real success of this effort to raise funds. The organisers work hard to get these schemes going - so GO TO IT CHUMS - YOU MIGHT EVEN GET A WEEKEND IN PARIS.....

Books of tickets can be had from Margaret Winter at the S.C.A. Office, 18, Ainslie Place, Edinburgh, EH3 6AU.

.....Have you got your entry in for the CHARITY MARATHON RELAY on 25 April?



# SCOTTISH CANOE EXHIBITION



**Major manufacturers and suppliers  
accessories, trailers, demonstrations,  
talks and films including**

**THE RAGING RIVER OF ANNAPURNA**

**CANOE '81**

**SUN, KOSI - RIVER OF GOLD**

**MEADOWBANK SPORTS CENTRE**

**27th & 28th MARCH 1982**

# **GLENMORE LODGE**

**NATIONAL OUTDOOR  
TRAINING CENTRE AVIEMORE**

**INTRODUCTORY, INTERMEDIATE,  
AND ADVANCED WHITE WATER KAYAKING.  
KAYAKING AND BOARD SURFING AT  
SANDEND AND LOSSIEMOUTH.  
RIVER SPEY DESCENT  
BY OPEN CANADIAN CANOE.  
BCU COACH TRAINING  
AND ASSESSMENT - INLAND.  
BCU SENIOR INSTRUCTOR-INLAND-  
KAYAK TRAINING AND ASSESSMENT.  
BCU TRAINEE INSTRUCTOR**

# **GLENMORE LODGE**

**FOR INFORMATION ABOUT THESE  
COURSES VISIT OUR STAND  
AT THE EXHIBITION.**



### Shortened Commodore's Report

I must apologise for not being with you all to give my report in person, but my business commitments call for me to be abroad this week. I trust that copies of this report are available for everybody to read.

### Club activities

The summer sessions at Craiglockhart are reasonably subscribed and we have tried this summer to have at each session both an administrator, to take cash and answer membership queries, and a coach to give basic instruction to beginners. The far end of the pond has not seen as much Canoe Polo activity as previous years, probably due to full teams not appearing regularly. I have also noticed a shortage of paddles, which the Club may correct by purchase of some Club blades. Douglas Wilson and David Wolfe have frequently brought racing and whitewater kayaks for people to try out.

The Wednesday night sessions at Compass Centre have been mixed in attendance. Richard Gregory and Derek Newport organised a programme of BAT and canoe building last winter which produced a new set of BATs for the Club, and activity naturally dropped over the summer. A recent break-in and fire damaged the paddle store and scorched our Slalom gear and destroyed our toilet tents and bearer strings. A maintenance session for these is currently under way under Brian Chapman.

Pool sessions at Sciennes School have been very popular and we are using a pre-booking system to try to make some order out of this activity. Again, we are trying to have both an administrator and coach at each session.

Events The Club organised the Grandtully Whitewater Race under David Wolfe, the Awe Slalom under Miles Forde and Brian Chapman, and the Tweed L.D. under Alastair Williamson and Douglas Wilson.

Richard Gregory and Douglas Wilson have made a couple of non competitive river trips for novices.

Our Junior Canoe Polo team had a successful trip to Crystal Palace and came back with medals as runners-up in the British Championships.

Whitewater and Slalomists have been training hard during the run-up to the Commonwealth Championships at Grandtully, and Jock Young and 'Bluebell' Munro attained World Championship Team Golds in Slalom C2. Other prominent Club members include Neil Baxter, Jane Wilson, Lynda Morrison, Susan Ward and Gill Robbie, with Tony Leaver going well as a Youth. Andy Morton, Grant Wilson, David Wolfe and Miles Forde, with Cynthia Berry have been keeping Kirkcaldy on their toes on the Marathon and Sprint scene, while David and Miles seem to have had a good couple of weeks collecting scars on their boats, a good tan and a couple of gongs in Spain with the White Water Team.

New Hut on the Canal We have both Planning Permission and a Building Warrant for the new hut, and are waiting for the new Lease to be formalised before a contractor can start on the drains and foundations. We have received £1,250 from the local authorities in the form of grants, and a further £2,500 is promised from the Sports Council when the Lease is formalised. The Club will have to clear the turf away into a skip(s) and will be involved in erecting the structure on the concrete pad, and in fitting out the inside with changing rooms and toilets and showers in the spring of 1982.

Commodore's Cup Last year I awarded the Commodore's Cup to David Wolfe who had been involved in both administration of the Club and in some success in competition. This year I am awarding the Commodore's Cup to someone who has been competing successfully on behalf of the Club and has allowed us to bask a little in his reflected glory and success both North and South of the Border. The award will be made by the Club Secretary in my absence.

R.Kelso Riddell.  
Commodore.

Matters arising: Kelso's proposal of Betty Cuthill for Honorary life membership of the club was seconded by A. Williamson and passed unanimously by the meeting.  
Awards /



Awards The Commodore's Cup was awarded to Tony Leaver.

Shortened Secretary/Treasurer's Report:

My assumption of duties as Secretary in the early summer was made easier by the efficient administration undertaken by my predecessor David Wolfe. It was with regret that we learned of his relinquishment of Office due to pressure of work and competitive canoeing. My thanks to George Logie for taking on the "KAYAK" subscription duties. In fact this year we have to thank a number of people who have served on the Club Management Committee and attended a number of meetings held during the year.

Membership of the club is around 111 with a few obvious extra who have not managed to pay their subscriptions in time. This means that the numbers are very similar to those recorded by David Wolfe in last year's report, around 40 people lapsing their membership.

Last year David reported that despite lengthy negotiation with the Inland Revenue we were to become subject to Corporation Tax assessment. I duly completed a return this year and have now challenged a tax bill just received based on an estimated income decided by the Revenue. Once we get our communications unravelled, we may agree. Without charitable status, the club is liable to Corporation Tax and also to pay full rate settlement to the Local Authority for our Canal Hut. I have spoken to the local authority Ombudsman and have been advised that we must appeal to the rate Assessor ourselves in future. The Sports Council advise me that at present we would be unlikely to achieve charitable status through amendment of the Constitution - so it seems that bureaucracy has won the first round.

My final comment relates to members' behaviour; there is a problem of behaviour and control at Craiglockhart and Sciennes. It would be helpful if parents could contribute to aiding control at these events and thus reduce the strain on Committee members otherwise left alone to attempt to maintain order and preserve the safety of members.

Unruly behaviour anywhere sets a bad example and also can mean problems for booking facilities in future. The risk of serious injury is always present and I for one wholly deplore the lack of responsibility displayed by some members both junior and senior when they indulge in senseless horseplay.

If these problems persist then there will arise a lack of willingness by the organisers to continue with their functions - the answer lies with the club members themselves.

Alastair Williamson.

Treasurer's Report

In view of the size of the club in relation to all other canoeing organisations in Scotland, we are now experiencing the probably unique experience of a canoe club being liable to pay Corporation Tax - albeit on our Bank Interest only. This headache, plus that of the rates payable in respect of the canal hut, stems from our non-charitable status - which has already been discussed. When we build a second hut, the rates bill will become a major problem of forward financial planning.

Craiglockhart sessions again ran at a loss this year - despite increased charges to members - the deficit being £20.

At Compass Centre £149 appears to have been invested over and above any return on materials - this is an ongoing situation however. The Centre has produced 5 new Bats for the club this season.

'KAYAK' has not covered itself this year - the deficit being around £121.00.

Subscription increases proposed at this meeting will probably not cover the difference.

Slalom equipment has been responsible for a surplus of income over expenditure of £183, although a portion of the income was to cover repairs.

The subscription income and slalom hire income have helped to create a positive cash flow overall and in hand there currently is capital of £515.93 (liquid)

The grants for the new hut have been excluded from these figures. A. Williamson.

Matters Arising Richard Gregory proposed a vote of thanks to Alastair for his continuing hard work since taking over as Secretary. This was generally supported by the meeting.



Brian Chapman also suggested that in view of the operating loss on 'KAYAK' only the first issue each year should be sent to all members. The May issue and subsequent issues should only be sent to those members who have renewed their subscriptions. This suggestion was referred to the committee.

#### Election of office bearers for 1982.

Douglas Wilson said that Miles Forde was no longer willing to act as club coach. It was generally agreed that the competitive members of the club should do more to help the beginners, but that such efforts should be co-ordinated by a coaching officer. Brian Chapman agreed to take on this job provided he got the necessary support from the experienced members of the club.

Scott Ramage proposed the reselection of the existing committee subject to their availability.

Tony Leaver was not willing to continue as equipment officer but Scott Ramage would be willing to keep and issue and collect the Slalom Equipment as long as it was maintained by other members.

Alastair Williamson may only be available for 6 months but will continue as secretary whilst looking for a replacement.

The following is the committee for 1982.

|                       |                     |                                   |
|-----------------------|---------------------|-----------------------------------|
| Honorary Commodore    | Betty Cuthill       | Unchanged                         |
| Commodore             | Kelso Riddell       | "                                 |
| Secretary/Treasurer   | Alastair Williamson | "                                 |
| Coaching Co-ordinator | Brian Chapman       | Prop.R.Gregory Sec. A. Williamson |
| Touring Secretary     | Richard Gregory     | Unchanged                         |
| Equipment Officer     | Scott Ramage        |                                   |
| Hut Custodian         | Brian Chapman       | Unchanged                         |

#### 1982 Programme.

The following events are being organised by Forth C.C.

|                                     |                | <u>Organiser</u> |
|-------------------------------------|----------------|------------------|
| Grandtully W.W.R. (Scottish Champs) | 13-14 March    | D.C. Wolfe       |
| Awe Slalom Div 2 & 3                | 29-30 May      | B.R. Chapman     |
| Leukaemia Marathon - Tay            | 13th June      | D.C. Wolfe       |
| Tweed L.D.                          | 19th September | G. Logie.        |

#### Jack Cuthill Club Memorial

The proposal that there should be a Memorial Trophy awarded at the Tweed L.D. was accepted. The exact nature of the award was to be left to the discretion of the organiser.

#### 1982 Subscriptions

The following increased subscriptions as proposed by the committee were accepted by the meeting.

|        |     |       |
|--------|-----|-------|
| Junior | ... | £4.00 |
| Senior | ... | 6.50  |
| Family | ... | 8.50  |
| Kayak  | ... | 3.20  |
| Hut    | ... | 7.00  |

Slalom equipment hire fee ... £25.00.

B.R.Chapman.

(Full and unabridged copies of these Minutes will be available on application to the Secretary)



WHITHER GO FORTH?

Another year and another A.G.M. gone by. Traditionally time to take stock and see where the Club stands. On the face of it, it would appear that we are sound in mind and limb, with a healthy number of members and, in theory at least, a structural organisation catering for the interests of the enthusiasts at whatever level he wishes to indulge. Unfortunately, this doesn't bear scrutiny. We are big, but we are not strong. Of the 150 or so who make up the Club, it would appear that about 30% are transient, and a similar number regular but non-active members. The former group consists of those who come along full of enthusiasm and enrol perhaps expecting trips every second weekend with equipment and transport laid on. They, of course, get disappointed and drift off the scene after a while. The others remain on the books, putting in an occasional appearance at Craiglockhart at most. Fair enough, if that keeps them happy, because the Club is not in a position to offer much more than encouragement to those who want to get deeper involved.

Recently there has been expressed a feeling that perhaps the Club should be catering exclusively for the remaining 30% of its membership, and that our doors should only be open to 'enthusiasts'. For this purpose, ownership of a canoe would be taken as indicative of the required enthusiasm - a condition which in the early days of the club, had to be met by aspiring F.C.C. members.

Coupled to this is the suggestion that the subscription be dramatically raised (the £30 suggested should ensure a very exclusive club!). The reasoning behind these proposals is that the increased income would eventually lead to improved facilities, premises and equipment, and subsidise club outings.

There is no doubt that there is an apathy within the Club at present. The A.G.M. was more poorly attended than ever - and by the usual members.

Incredibly, it was only with the greatest difficulty that Forth was able to raise a senior team for the Bat Polo Championships. Similarly, there was no great response to attend the 'fun regattas' last year. This is discouraging for Club officials and prompts the question of what exactly is wanted by members. The A.G.M. was a good opportunity to let us know, and you can hardly complain if things continue as before and not to your liking for this year.

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It is good to know that the amended plans for the Sighthill section of the Edinburgh City by-pass, show provision for the Canal to be carried across the new road, thereby retaining its use as a 'navigable waterway'

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COURSE ON CANOE LIFE SAVING FOR THE BRONZE MEDALLION

This course will be held on SATURDAY, 27th MARCH, at the Compass Adventure Centre, 11, West Granton Road, Edinburgh, with canoeing in Wardie Bay and also in a pool (yet to be arranged). There may be a nominal fee charged for the use of the pool.

It is an intensive course and all those who wish to enter for this award must be holders of either the B.C.U. Inland Proficiency or Sea Proficiency Certificates.

Full details of the course, and of the test itself, can be had from the organiser:

Robert Blanche, 36, Parkgrove Street, Edinburgh, EH4 7NU.

Telephone No. 031-336-8551.

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Anyone interested in getting more qualifications to show what brilliant canoeists they are, should refer to the S.C.A. handbook for 1982 (which every SCA member has). This gives details of the courses i.e. Proficiency, Instructor and Advanced Proficiency, and includes Instruction as well as assessment.

You may get in touch with Scott Balfour, 23, Buckstone Loan, Edinburgh, EH10 6UD, Tel.No. 445 3966 if you wish advice.



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