

# Canoeing

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VOL 3 NUMBER 2 JANUARY 1963



## SPECIAL FEATURES

ESHIMO ROLLING

KAYAK RACING  
PADDLING TECHNIQUE

THE RIVERS OF  
CZECHOSLOVAKIA

CAMP SITE NEAR KYSAK  
Photo: Howard

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# Canoeing

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## EDITORIALLY SPEAKING

"All professions suffer from a section of their members who, lacking the ability or inclination to make any real contribution to the well-being and advancement of the profession as a whole, seem to get a spurious sense of participation by standing jeering on the sidelines." This quotation was taken from a recent issue of a professional journal, but if we substitute the words 'canoe clubs' for 'professions' we have a comment which is, regrettably, all too true of many persons who dabble in our sport.

The outpourings of these people tend to reach a peak about this time of the year with the approach of the annual general meetings. Given the slightest opportunity they will give a critical analysis of the errors made by the existing committee, and will outline, without further encouragement, the course the club should follow in the forthcoming year. But, what these people will seldom do is to offer to take on the responsibility of organisation themselves.

Whilst not wishing to discourage constructive criticism, we would suggest that at the numerous meetings which will be held to plan next year's activities each person before rising to speak should ask himself, "Am I prepared to back up my suggestions with PRACTICAL help?". If this were done, we are sure that meetings would be shorter, happier, and more productive than ever before.

# ESKIMO ROLLING

A METHOD OF TEACHING DESCRIBED BY GEOFF BLACKFORD

The student must be made to feel at home in the canoe and in the water, whether the right way up or not, this is best achieved by the following method which builds up to the complete Roll in progressive stages.

1. The student must get into the canoe, making sure that it fits comfortably, and make relevant adjustments.
2. Paddle around to get the feeling of the canoe,
3. Return to the instructor, capsize (in his own time), and get out carefully. This is done by leaning forward and pushing down on the cockpit coaming.
4. Empty the canoe out, get back in, capsize and wait upside down for 5 seconds, holding the gunnels or cockpit coaming, and then get out.
5. Repeat 4, only wait for 10 seconds before getting out. This is done until complete confidence is obtained in getting out of the upside down canoe without panic.
6. The student will then capsize the canoe and remain in it, lean to one side and Dog-paddle to the edge of the bath and pull himself up on the bar, all without removing the spray cover. This must be done several times.
7. The student is then introduced to the paddle, this is done by placing the flat of the blade on the water to one side of the canoe and at right angles to it, with one hand on the other blade and the other hand half way down the loom.
8. The canoe is then tipped slightly and righted by pushing the loom down towards the water, after practise the student should be able to get his shoulder into the water and right the canoe each time.
9. When confidence is obtained in 8., the paddle is brought slightly forward and the righting movement is achieved by sweeping the blade rearwards at a sufficient angle to keep it on the surface of the water.
10. Gradually increase the lean until the student is able to go completely upside down (on the side of his choice) with the paddle parallel to the gunnel and right himself on the same side.
11. When the student is able to go down and come up on the same side as he pleases, and has done it several times, he may then try capsizing on the opposite side, with the paddle pressed hard on the deck and the front blade flat on the bow deck holding the paddle as in No.7, and coming up on the side he has practiced.
12. When the student can do this in any water and under any conditions he can then be said to be able to do the Pawlata Roll.

This Method is flexible and may be lengthened or shortened to suit any particular student, but confidence should be obtained at all stages.



Comfortable in the boat.



Capsize and wait upside down.



Turn to one side ready to Dog-paddle.



Dog-paddle to side of bath.



Hold paddle and get feel.



Lean slightly and push up.



Shoulder in and push up.



Lean more and push up.



Capsize opposite side.



And roll up.

Editorial Note: Although for the sake of clarity only the canoeist is shown in these photographs, it is essential that when attempting to learn the Eskimo Roll that another person is standing by. It is dangerous to practise this manoeuvre single-handed.



# KAYAK RACING

## PADDLING TECHNIQUE

International kayak racing is controlled by The International Canoe Federation which publishes a bulletin at regular intervals. Following the Olympic Regatta on Lake Albano in 1960, a member of the ICF Paddling Racing Committee, Mr. Werner Boehle of Duisberg, made a number of comments on the paddling technique seen at Lake Albano and suggested that it should be a task for that Committee to assist the less experienced nations to acquire the necessary know-how. Mr. Boehle subsequently elaborated his comments and the following is a summary of the points made by him in the form of a series of "Do's" and "Dont's". The "Do's" represent a summary of the paddling technique as taught by the German Canoe Association (DKV) and the "Dont's" are based on his observations at Lake Albano. Whilst it is acknowledged that style and paddling technique vary, it is felt that these comments will be of assistance to racing canoeists.

The basic principle of the - let us call it "DKV technique" is: the stroke does not start in the shoulders, but in the hips. The movement runs from the hip muscles over back and chest to shoulders and on to the upper and forearm. The bodywork is supported by corresponding legwork; the leg opposite to the pushing hand is stretched in rhythm with the stroke - the foot being pressed against the footrest.

1. Sit upright in the boat. Do not lean forwards or backwards. Do not pull up your shoulders - let them hang loose. Do not look into the cockpit or to the bow; this tends to endanger the straight running of the boat.
2. Legs should be slightly bent with closed knees and heels whilst the toes point outwards. Do not press the knees together against the washboard.
3. The work of the body starts by moving the hip in the direction of the first stroke. At the same time sway the shoulder in a forward and downward direction. Simultaneously with this movement the hand brings the paddle forward at eye level and in a straight line in the direction of the gunwale.  
The hand must not keep too tight a grip round the loom of the paddle. Hold the paddle loosely between thumb and forefinger. The paddle has no joint, and if you hold the paddle too tightly, the cramped movement will in due course lead to strained muscles in the forearm.  
The back of the hand forms one line with the forearm.  
Do not lift the elbow - keep it as low as possible.  
Do not move the hand in the direction of the centre line of the boat.  
Don't forget; at the beginning of the turn of the hips the trunk of the body must be upright.
4. When the arm is straight bring the hand with the paddle straight down. Just before the blade, which is still horizontal, dips into the water, turn it by a quick 90° flick of the wrist of the other hand.

Do not turn the blade at the beginning of the stroke.

No matter which way the paddle is feathered, the turning of the blade must always be done with the hand which pulls - opposite to the stroke.

5. The blade must be dipped into the water smoothly and not with a splash and just outside the wave which runs from bow to stern. The blade when entering the water, must be vertical. If the blade enters the water too closely to the boat, the paddle tends to make, in the first and last quarter of the stroke, a slight semi-circle which changes the direction of the boat with a reduction of speed as a result.
6. Now the pulling hand grasps the paddle firmly and moves it in a straight line backwards. The blade must remain in the water, fully covered, until the end of the stroke.  
The stroke is carried out in the main with a powerful pulling

continued on page 25

## TEST REPORT HAMLETS AND JACQUELEANS



More and more athletes these days are wearing tights during training sessions as a means of avoiding pulled muscles and of helping circulation in cold weather. With a view to finding out how they would assist canoeists, I have been wearing a pair of tights sold under the trade name of 'Jacqueleans' for several weeks during training sessions and I was greatly impressed.

They proved comfortable to wear with great ease of movement, warm, and neat to wear under tracksuit trousers. As many canoeists wear no shoes in their boats the tights also keep the feet warm.

Recently a group of international class athletes under the supervision of a doctor in the sports medicine field tested the tights which are made of Helanca, a fine quality Swiss stretch nylon, and besides the points already mentioned the subsequent report contained some of the following points. They had none of the discomfort common to wool or cotton tights. Most varieties of tights, it was pointed out, tend to be made of material that is too elastic or restricts leg movement. The tights washed without any loss of resilience, colour or texture, and they dried overnight; a great asset to the canoeist who tends to get wet quite regularly! Perhaps the best recommendation that I can give is to say that they will be a permanent part of my canoeing equipment.

The Hamlets and Jacqueleans are made by William Fernau Ltd., and can be purchased from most leading stores in a wide variety of colours. Hamlets (for Men) 39s.6d. Jacqueleans (for Women) 29s.11d.

Marianne Tucker

# NEW REGIONAL CANOEING ASSOCIATION

An Association of Bristol Avon Canoe Clubs was formed on 14th November, 1962 at a meeting at Chippenham, Wiltshire arranged by Westinghouse Sailing and Canoeing Club. Representatives of 13 clubs or organisations were present: Bradford R.C., Bristol Aces C.C., Bristol C.C., Bath C.C., Pinehurst C.C., Malmesbury Youth Centre, Chiseldon Youth Centre, Chippenham Sea Cadets, Chippenham Youth Canoe Race Committee, Ashton Park School, Bristol, Bristol Schools Canoeing Association, Westinghouse Sailing and Canoeing Club, Central Council for Physical Recreation.

Officers elected for one year were:

G.Bachmann, Hon.Sec. W.S.C.C.  
103, London Road,  
Chippenham, Wiltshire.

M.Walden, Assist. Sec.  
Bradford on Avon R.C.  
The Kiln, Ladydown,  
Trowbridge, Wiltshire.

The aims of the Association were proposed by Mr.H.West, Bristol Schools Canoeing Association, and were as follows:

To encourage the sport of canoeing in all it's aspects.

To co-ordinate activities, to disseminate information and to promote joint activities and a coaching and training programme.

It was decided that meetings of the full Association should normally take place not more than twice yearly.

A programme of events organised by member clubs would be circulated by the Hon. Sec.

In the view of all present there was a definite need for an Association to co-ordinate activities and promote competitions on local waters. Most young canoeists could not bear the expense of travelling frequently to events outside the area.

Any clubs overlooked in the original invitation, and new clubs about to be formed are invited to write to G.Bachmann.

movement from the hip and shoulder muscles. The stroke ends level with the hip or at the most three inches after the hip.

7. Do not use the elbow to lift the blade out of the water. In the meantime the other arm and hand have been brought into the starting position, and a proper start of the next stroke lifts the blade automatically out of the water. Using the elbow brings the paddle into an unfavourable position for the next stroke.
8. Do not move the blade too far back. If the elbow is brought behind the body, the mechanics of the stroke result in breaking the speed and the remainder of the movement remains without any effect whatsoever.

(Reproduced by courtesy of the Paddling Racing Committee of the British Canoe Union).



THE SANDS AT NORTHTON



KITTIWAKES NEAR STORNOWAY

Dear Sir,

Having read and enjoyed the November issue of "Canoeing" I saw some pictures of an Eskimo kayak brought back to Scotland from a young Scot who was on a one man expedition to western Greenland during the summer of 1961.

The kayak pictures were taken after a talk given by Ken to fellow canoeists in Greenland, the one showing Ken's kayak. I have included an article in the "American Whitewater" magazine about Greenland.

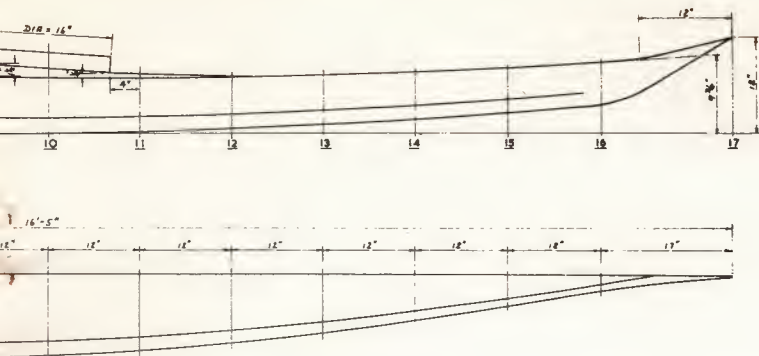
Being very much impressed by the design I lifted its lines and used these as the basis for a series of kayaks of which some were built by a friend of mine on the Atlantic coasts of the United States in 1961.

I have included two pictures of Ken's kayak. They have proved to be very useful to my friend and I have ever had and have been used for about three weeks food supply without any problems. Even when loaded they are easy to handle.

I hope that you will be able to use them on your Cambridge expedition, especially in the narrow channels encountered by Chris and his party.

Yours sincerely,

Copies of an enlarged drawing of the hull and deck of a kayak of scale of  $1\frac{1}{2}$  inches to 1 foot and of the construction of the hull are obtainable from the Circulation Manager, The National Maritime Museum, 100, Cannon Row, London, E.C.4. (price 3s.6d. per copy) are given, but there is sufficient material to build their own replicas. The drawings are in stock now.



article "Back from Greenland" in the thought you might be interested in a complete with hunting equipment in eastern Greenland by Ken Taylor, an expedition to study kayaking in the summer of 1959.

Ken was on Loch Lomond in April 1960, and I showed club members on his experiences in his kayak was used to illustrate "Water" this spring with his trip to

by the performance of Ken's kayak I used as a base for a sea touring canoe two of which I and used for a trip to the Outer Hebrides during the summer of

of our plywood canoes built from what I believe to be the most seaworthy canoes my club have room for full camping gear plus gear without resorting to iron rations, and to propel.

I would like to publish more articles about the kayak if some technical details of the construction of this gang are included.

Sincerely,

D. WINNING  
Scottish Hostellers Canoe Club.

The lines of the above canoe to a complete table of offsets are available in "Canoeing Publications, 6 The (most free). No constructional details are included to enable the maker to build a Greenland kayak. These



KEN TAYLOR AT LOCH LOMOND



HUNTING GEAR

# THE RIVERS OF CZECHOSLOVAKIA

BY JOHN HAWARD

To experience the changing character of a river through forbidding gorges and cultivated valleys, through sleepy villages and busy towns; to feel the thrill of action as you pass safely through rocky rapids, and to paddle at what speed you choose through country unfrequented by most tourists; these are some of the pleasures of a canoe-camping holiday. Czechoslovakia has a number of interesting and beautiful rivers and canoeing is a popular recreation there. In 1961, with two friends, I spent four weeks, camping and canoeing on various rivers. Some of the time we were accompanied by Czech canoeists who were most helpful to us.

The Vltava, the main river in Bohemia was the first river on which we paddled. The course of the Vltava was described by Smetana in his symphony, "My Country", but the nature of the river has changed greatly since his day; rapids which once existed are now submerged, and a number of dams and power-stations now harness the river, so that for the canoeist, much of the river's beauty and excitement has been lost. The part above Ceske Budejovice is now the most picturesque, consisting mainly of a heavily wooded valley, with here and there a few ancient towns, but it would be possible to paddle down to Prague itself. We started at Vyssi Brod, and paddled through the towns of Rozmberk and Ceske Krumlov, with its castle and medieval houses towering above the twisting river.

There were many weirs on the Vltava, but a chute built on one side took most of the water. This was formerly for the log-rafts which used to be a familiar sight, but now the canoeist with a little skill can take his craft down the chute. The Czechs also enjoyed going over these weirs lying on an air-bed, and we found this an unusual experience. Many canoeists spend their holiday on the Vltava, and there were also parties of students, paddling rough wooden boats called "Pramice". As they passed each other they shouted "Ahoy", a greeting used by many canoeists on the continent.



On the Vltava.  
1. to r. Peter Ford,  
Paul Mraz and Dr. F. Karndik,  
John Chesters.



Peter Ford, in a Klepper T6 folding canoe, below a weir in Ceske Krumlov on the Vltava.

The Dunajec river - Rafts pass our part of canoeists, which has stopped for lunch.

Rozmbark on the Vltava.

Gypsy children, on the Hornad river near Spisska Nova Vps.

Fruit shops, with a market place above, in Banska Bystrica.



Most of the river was easy to canoe, but in places we had to keep a sharp look-out for odd rocks, even in the middle of the river. We stopped to buy provisions in the villages through which we passed; generally the village shop was arranged as a self-service store, and so it was easy to choose what we wanted. The two Czechs showed us how they fried sausages, held on sticks above a wood fire. With fresh rolls, these made a quick and satisfying meal. In the evening we found a place to camp amidst the pine and silver birch, and as the glow-worms glittered in the dusk, we sat and talked over our camp-fire.

The rivers described so far are the most popular with Czech canoeists, but in Slovakia, with its wild mountain scenery, there are more beautiful rivers. The Hornad, which rises in the "Slovenske Raj" or Slovakian Paradise, flows through a deep rocky gorge, where it has carved out caves in the limestone rock. When we canoed here the water was at a low level, so that it was hard to avoid hitting rocks or tree-trunks in the narrow winding river; in fact we often used slalom strokes. In one place, we saw the twisted remains of a canoe framework, caught up by the bushes, a sharp reminder that in spate, this river would become a raging torrent, and a tough test for any canoeist. In a distance of about eight miles through this gorge, the river falls 200 feet.

Further downstream, the Hornad flows through more hills, a remote region with few roads which are rough and uneven, unlike most of the roads we travelled on. Here, there are boulder-strewn rapids, and it was hard to look ahead and pick the main channel past the rocks, and at the same time avoid hitting those just under the surface, which could only be seen with difficulty. Our kayaks suffered some damage, and the skins were often patched up with sticking plaster. The Czechs hold canoe races here, as they do also on the Vltava. The course requires both skill and stamina, for besides keeping up a good speed, the competitor must also pass through gates, consisting of poles hung above the river in rough water. If a pole is touched, the canoeist is penalised. The Czechs have an international reputation for both racing and rough-water canoeing; in Prague alone there are over 4,000 registered canoes and 30 different clubs.



Shooting a view on the River Vltava, lying on an air-bed.



Camp site on the River Hornad; this was just before we started through the gorge on the upper part, shown in photograph 10.



The canoe tourist prefers a river with a strong current, and so we tried the River Hron, which flows west at first, bending southwards to join the Danube before it leaves Czechoslovakia. This is not such a beautiful valley, but we canoed along part of the river, passing through small villages till we came along to Banska Bystrica, which was the centre of the wartime resistance movement and the Uprising in August 1944. Here was a market where old women brought their baskets of fruit and vegetables to sell; a contrast to the long queues of people at the state owned fruit shops.

In the mountains above the Hron, the legendary Janosik, a Czech Robin Hood, camped with his band of men. They robbed the rich landowners and helped the poor, to whom Janosik became a popular hero, with magical powers. On the Dunajec river there is a pool called Janosik Skok or "Leap". Here he is said to have escaped his pursuers by leaping off a high rock into the raging torrent, and swimming to the other side.

The Dunajec or "Little Danube" was without doubt the finest river on which we ventured. But we could only paddle on it for about 12 miles, for it forms the border between Poland and Czechoslovakia, and after this distance flows into Poland. We camped near Cerveny Klaster, just north-east of the Tatra mountains, with the jagged peaks of the Pieniny region, towering to 2,700 feet above us, on the other side of the river. Many tourists make the trip down this beautiful part of the river on rafts. These are constructed from five narrow boats fixed together, with brushwood in the bows to act as a breakwater. Two steersmen, one in the bow and one in the stern, wearing Tyrolean-like hats, take the raft through the rapids, using long poles. At the end of the trip, the rafts are taken apart, and transported on horse-drawn carts back to the starting point. Once we took our canoes back on one of these carts, hanging on precariously and hoping that the canoes would not be jolted off, as the horse trotted along. We saw many of these rafts, but few other canoeists on the Dunajec. The water was crystal clear, and in places small rapids lent excitement to the trip, as we paddled beneath rocky cliffs, and steep hills covered in fir and pine.

The High Tatra mountains form an imposing range in North Slovakia, and one could camp there spending many days walking and climbing.

Climbing up above the valley where one is canoeing is a rewarding experience. The course of the river is clearly seen, and it is a welcome opportunity to exercise the muscles not used in paddling. But on a trip of this sort, one should always be ready for the unexpected and incongruous, especially in Czechoslovakia. One of our last memories was to be woken by a loudspeaker blaring out American hit-tunes; unknowingly we had pitched our tents near a holiday camp.

We carried our camping kit with us, in special waterproof bags, to protect it in the unlikely event of a capsizing. It is always advisable to do this when canoeing, even on an apparently placid river; mistakes can be made and waterproof bags come in useful when setting up tents in the rain. It is possible to camp anywhere in Czechoslovakia without permission, as long as crops are not damaged.

Before applying for a visa, campers must buy vouchers to the value of 23s.6d. per day. These can then be exchanged for Czech currency at the first large town. It is quite easy to obtain visas to

visit the country, whose people welcomed us and were always eager to hear about England. At this time tourist travel between East and West is surely to be encouraged, and the rivers of Czechoslovakia are not so far from England.

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## BOOK REVIEWS

THE OXFORD POCKET BOOK OF SCULLING TRAINING by RICHARD BURNELL  
(O.U.P. 8s. 6d.)

Richard Burnell, besides being an Olympic Gold Medallist is a leading rowing coach and he has written the above book based on a thorough working background. Although this book is aimed at sculling it can also be used by racing canoeists as a way to get technical 'know how' on training schedules, circuit training, the use of weights, diet and general preparation for racing.

A lot of the training runs along similar lines to those used by racing canoeists and I think many useful tips can be gained by reading this book. One or two chapters have no useful value at all as far as canoeing is concerned but the ones that can be utilised make informative reading, and emphasise the importance of a critical approach to training.

M.T.

CARAVAN, CAMPING, CHALET, SITES MAP & DIRECTORY. (I.N.P.S., 2s. 6d.  
each map.)

Under the above title three maps are available covering Wales, South-west England, and South-east England, drawn to a scale of approximately  $7\frac{1}{2}$  miles to 1 inch. The maps show roads and railways, but alas no rivers. However, as we have pointed out before when reviewing camping guides, this type of publication is useful to canoeists when fixing a starting point, finishing point, or rendezvous. The three maps follow the same general pattern with the map on one side showing the location and type of site, whilst on the reverse side is a list of addresses arranged by counties. Reference is made from one side of the sheet to the other by the use of key numbers. The quality of the production of the maps varies, but since the most recent one is the best it is only fair to assume that early teething troubles have been overcome. The publishers intend producing further maps to cover the rest of the country, and it is expected that one for the East of England will appear next. At 2s.6d. each these seem a useful buy.

B.C.Sk.

# LETTERS

Dear Sir,

Enclosed please find my further subscription to "Canoeing".

I enjoy reading your magazine and each month I look forward eagerly to it's arrival. I find the articles most interesting especially those of a technical nature. Would it be possible for you to publish a series on Racing techniques and Slalom strokes etc.

You may like to hear that Ian Camfield has joined a Canoe Club in Auckland and I had the pleasure of meeting him at the Annual General Meeting of the N.Z.C.A. recently.

Best of luck for the future. Keep up the good work.

Yours faithfully,

W.J.M.O'CONNELL  
President.  
New Zealand Canoeing  
Association.

(We are planning several practical articles along the lines suggested, but the difficulty is in prying the paddlers away from their canoes for sufficient time to write an article. The best qualified are often too busy practising to preach. Ed.)

---

## CONFERENCE

# FITNESS FOR SPORT

at

**The National Recreation Centre, Bisham Abbey, Marlow, Bucks.**

**Weekend—Friday Evening 1st February—Sunday 3rd February 1963**

The Conference will be opened by **DR. O. G. EDHOLM**

Division of Human Physiology  
Nat. Inst. for Medical Research

The Programme will include

- (a) Demonstrations of fitness training methods applicable to all sports
- (b) Demonstrations of methods of measuring and testing fitness
- (c) Lectures by prominent sports coaches on the definition of fitness, current practice, etc.
- (d) Discussions

The Conference is open to all interested in the problem of training, particularly to those concerned with fitness training and those considering the development of fitness training in sports clubs. Early application is urged as the number of vacancies is strictly limited.

FEE: £3 3s. 0d. inclusive of tuition and board residence.

Application form is obtainable from C.C.P.R. (L & S.E. Region), 6 Bedford Square, London, W.C.1.

# NEWS FLASHES

## C.C.P.R. CANOE BUILDING CONFERENCE

The 1963 Canoe Building Conference of the C.C.P.R. which has become a popular feature of the canoeing scene in South East England will take place in Autumn in 1963.

## FIRE! FIRE!

Have you ever wondered what happens to the bright sparks of canoeing? The following extract from the newsletter of the North Eastern Canoeing Association provides a possible answer: "There was a meeting of emmbers of the Association on Sunday 21st October at Berwick."

## ANOTHER GLASS FIBRE SLALOM CANOE

Streamlyte Mouldings announce that they are introducing the Hunter Special - a slalom canoe with rounded gunwhales. This will be in addition to their Hunter K.W. Slalom/White Water canoe.

## CAMPING AND OUTDOOR LIFE EXHIBITION

As most readers know, once again we shall have a stand at the Camping and Outdoor Life Exhibition at Olympia (details of opening hours are inside the front cover). Our stand number is 67, and we are on the Ground Floor near the rolling exhibition. Our job there will be to publicise 'canoeing' and 'Canoeing', but we hope we will still have time to meet old friends and make new ones from amongst our readers.

## B.C.U. A.G.M.

At the B.C.U. A.G.M. on 26th January, 1963 the four retiring Councillors, James Bright, Hugh Bruce, Elizabeth McLellan, and Hein Thelen, are standing for re-election, and in addition Harold Barton and Peter Rogers will be standing for election. This will mean there will be a ballot for the four places. The only motion on the agenda will be the Council's proposal, outlined in last month's 'Canoeing', to alter the subscription structure of the Union. It is understood that in its final form the proposal will call for the introduction of the new scheme in two phases: 1. Individual membership reduced to 7s.6d. per annum as from November, 1962. 2. Club affiliation fees reduced to £2.2.0d. as from November, 1963. After November 1963, Club members will have to join the B.C.U. as individual members to receive full benefits.

Charles Ranshaw will be providing a running buffet from 4.30 p.m. onwards. Profits, if any, will go to the C8 Development Fund. Non-members of the B.C.U. are invited to attend the A.G.M. as observers.

## THE IRISH CANOEIST

"The Irish Canoeist" is the title of a new duplicated magazine sponsored by the Irish Canoe Union. It will be issued bi-monthly, and the Editor is Neil Bracken from whom further details may be obtained.

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