

June 1965

1/6

55

*T. Thomas and D. Watson leading the field
Lee & Stort Race, 1964*

Photo: J. S. G. Downes



canoeing in Britain

- ★ B.C.U. Appeal
- ★ Profile - Hein Thelen
- ★ The Racing Stroke
- ★ Survival

The news magazine of the British Canoe Union

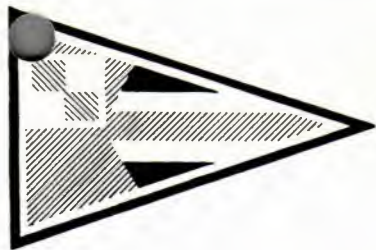


Part of my spare time is spent in reading the canoeing press, and every so often I see the cry made, "Why doesn't the B.C.U. do something about . . . ?" Lately the B.C.U. has been invited to take a look at the variety of nondescript vests worn by the racing fraternity. Club secretaries will know that *Canoeing in Britain* is at present compiling a register of racing colours. Up till now we have received details of thirteen colours, about the same response as Rodney Baker got when he did the same a year or two ago.

If this is an accurate count of the racing colours today, then it is indeed time that many competitive clubs devised some distinctive vest and blade colours for their members. Apart from considerations of recognition, advertisement and club solidarity, the status of canoeing events would be immeasurably improved if the more eccentric would at least wear the colours of the club they represent. Please send details of your colours to me.

Another favourite topic for the critics is access to rivers. Oliver Cock, in his column this issue, tells you how to help the movement to open Britain's waterways to all. Let no one who fails to act on this advice ever again complain that he is barred from the river of his choice.

JACK LEVISON.



Where opinions are expressed in this Magazine, they are those of individuals and do not necessarily reflect official B.C.U. policy.

Comments, articles, photographs, and reports are welcomed for inclusion in Canoeing in Britain. Photographs will be returned after use if requested, provided a stamped addressed envelope is enclosed. Send to editorial address below by 10th of the month prior to publication.

Canoeing in Britain is published on the 10th of March, June, September, and December, by the British Canoe Union.

Advertisement Department, C. Hare, 9 Tynebrooke Avenue, West Hartlepool, Co. Durham. Tel. Stranton 8239.

Editorial address: J. Levison, 11 York Road, Peterlee, Co. Durham

BRITISH CANOE UNION APPEAL

OLYMPIC GAMES, MEXICO CITY 1968

Chairman Major R. G. Jones, Royal Military Academy Sandhurst, Camberley, Surrey, TW11 Canterbury 21112

Dear Sir,

Canoeing is probably the fastest growing of all sports in this country. Five years ago there were 2,700 active R.C.F. participants in 175 clubs. Today there are 6,000 in 230 clubs. Equally certainly it is financially one of the most precariously placed. Money from statutory sources amounts to just £4,000 a year - enough to finance one coach over the whole country, a secretary, this newspaper and virtually nothing else. Now are the vast majority of canoeists - many of them handicapped - able to contribute very substantially to the sport's heavy overheads. Canoes cost up to £220 each.

But it is a sport which we feel deserves encouragement, demanding as it does a high degree of skill, discipline and fitness.

Here particularly it is now a major sport in the Olympic Games. At Tokyo, there were 13 gold medals awarded. In 1960, in Mexico City, there will again be 13. And in Hong Kong, Great Britain - with only £350 to finance the whole competitive sport - was only a length behind the gold medalist in the 1000 metre sprint for men and our only lady even reached the semi-finals. It is certain that both our men and women will be good enough to win medals in Mexico if we are able to plan competition, training and selection properly. To do this, we require £6,000.

But we are not asking you to help us find this sum - we believe the sport itself must be prepared to do that. Nevertheless raising money costs money. What we are asking is if you are prepared to contribute to these administrative and promotional costs, which we estimate will amount to £1,000. This will give us the capital sum we require to make a comprehensive approach to the sport and related activities.

B.C.U. APPEAL

From: Major R. G. Jones,
Chairman B.C.U. Appeal
Chairman Paddle Racing Committee

Dear Member,

Above you may see part of one of the letters which has recently been sent out to some 2,400 various firms and authorities asking for their support in training for the next Olympics.

Whereas this appeal has a definite leaning towards the B.C.U. effort in the next Olympics, I would like to emphasise that this appeal is directed towards International Competition in Canoeing generally, and as such is a function of the Competitive Committee of Council, and not of the Paddle Racing Committee.

I have asked the Editor to print this for I do feel that B.C.U. members should be given the opportunity of shewing their support for this appeal. Just 5/- or so from members will go a long way towards starting us off. Please try to help—Thank you.

SOME DETAILS

Costs :	£	£
Grant from Council to start appeal		125
Printers' Bill	16	
Postage	26	
Paper, duplicating, envelopes, etc.	51	
Purchase of industrial addresses	10	
Fees of professional publicity agents	35	
	£138	

Appeal Letters sent to the following :

Local Government, i.e. U.D.C. and R.D.C.	1,100
Industry and Firms	700
Students' Unions	440
Student Rag Committees	20
Individuals	100
Newspaper Groups	20
Service Units	30
Canoe Manufacturers	10
	£2,420

How the money is to be spent

The following are the estimated costs/expenditure for which it is necessary to raise funds. It is emphasised that these figures are for a 4 year period and the total cost, £6,610 is for a 4 year term.

1. Low cost racing craft to be stationed in North and South:	£
Singles 12 at £ 45	540
Doubles 4 at £ 55	220
Fours 2 at £200	400
2. Three boat trailers for above at £50 per annum	150
3. Storage costs of above at £20 per annum	80
4. Maintenance of boats, cost of paddles	200
5. 5 national courses per annum for Racing Coaches at £15 per course	300
6. 4 regional courses per annum at £15 each	240
7. 1 course for international class paddlers per annum at £25	100

continued on page 9

INSURANCE

As many of you are aware, a proposal form for insuring canoes was sent to every individual member and every Club Secretary with the March edition of this magazine. I am pleased to say that the response has been very reasonable, but I hope that many more members will take advantage of the scheme.

The desire of the Union is to represent its members, and to effect insurances where needed. For this purpose, an account has been opened with the Commercial Union Assurance Group, and the business will be dealt with by me. To help to expand the sport of canoeing, it is hoped that funds can be substantially increased by members allowing the Union to deal with their insurance requirements.

General enquiries regarding private insurances can be readily and promptly dealt with on receipt of details; however, if a more complicated form of cover needs discussing, then it can be arranged for a representative of the C.U. to call upon you. With the knowledge that a local office of the C.U. is near you, and that expert advice can always be immediately obtained, you will be gaining complete protection from your insurances at a reasonable cost, and at the same time giving invaluable help to the Union.

If you would like me to comment upon your existing policies or to give you details of new insurances, then please let me have full details. With the exception of the canoe scheme, all types of policy are underwritten, including Travel Insurance, Home and Personal Protection, All Risks cover on Jewellery, etc., Motor, Personal Accident, Fire, any trade risk and Life Assurance. I can assure you of a prompt and polite service, and welcome your enquiries at any time. You will be under no obligation, and if explanatory leaflets are merely required, then please ask.

Will all Club Secretaries please note your Club should be insured for your legal liability to Third Parties and employees. The Clubhouse itself should also be covered against the usual risks.

B.C.U. Insurances
Joan Baker, 147a Station Road, London E.4.

PROFILE

Hein Thelen



As his name implies, Hein is not British by birth. However "Hein" is a nickname given to him in the thirties when he was living in Holland and it has stuck ever since. His real name is Henry, but after 30 years it somehow doesn't seem to fit. He is essentially an international citizen, travelling the world in pursuit of his profession of tourism and his hobby of canoeing. He speaks about five languages normally, although I have it on good authority that it is twice as many after a bottle of slivovitz.

Hein first took up canoeing when he was a student in Munich during his first long stay abroad. He joined some fellow German and Austrian students on the Ammer, one of Europe's finest wild water rivers. Then while following a career as a foreign correspondent he paddled many European waterways, but is most familiar with his home waters on the Scandinavian coastline.

He came to Britain in 1940 with his wife and small son, and was brought into Greenock by a British cruiser. This first view of the West coast of Scotland has given him an ambition (not yet fulfilled) to tour there by canoe.

Hein took up permanent residence in this country in 1942 and contacted John Dudderidge with a view to taking up canoeing again. They have been close friends ever since.

After the war Hein joined other canoeing enthusiasts who were intent upon reviving the sport. He was particularly keen to get British canoeing out of what he called insular isolation imposed by the war. He took canoeists to the first I.C.F. international cruises in 1946, 1947 and 1948, and went with the first British team to an international slalom in Lippstadt in 1952. He has attended many international events since in one capacity or another, wherever we have had a team.

Hein has favoured paddle racing with his enthusiasm, and was a member of the Paddle Racing Committee from 1950 and later Chairman until resigning in 1964. He was Canoeing Organiser for the annual Serpentine Regatta and attracted many international teams to attend. It was a great personal blow to him when the *News of the World* decided last year not to sponsor the event any more.

In 1951 Hein accepted the task of editing the B.C.U. bulletin "*Canoeing in Britain*." Originally in duplicated form, Hein soon persuaded the Council to agree to a printed news sheet. He produced this single-handed, editing, selling advertising space and despatching it for 12 years. A herculean feat as the present team have cause to know. The I.C.F. Bulletin has also been edited by Hein since 1952 with a break of two years, which post was later incorporated into Chairman of the I.C.F. Information Committee. In this capacity he organised an international course for racing coaches in 1963 and 1964 which had great success. Hein also successfully organised the Olympic Appeal for funds to send canoeists to Tokyo. He is soon to go travelling again, this time to Mexico to establish contacts for the next Olympics and then on to other South American countries to get canoeing federations started.

Hein has always been a controversial character. He is by nature serious and demands a high standard of himself which leads to a certain intolerance of lower standards in others. It must be realised that, although he has adopted this country as his home, he has the temperament of his native land, and this must necessarily at times clash with the generally more slap-happy British ways.

There is much more that Hein Thelen has done and achieved, but space is limited. He says he owes much to his wife for sharing his love of canoeing over the years. As well as canoeing he was interested in woodwork and metalwork until losing his workshop in a move. Now he collects tiles and ceramics on his travels, which he says is much easier.

His aim is always to improve the sport, and he said on the occasion of his presentation with the B.C.U. Award of Honour in 1964, he would like "to turn the Union into a fighting trim organisation—equipped and capable of lifting canoeing up from the level of a pleasant pastime like playing darts—up to the level on which canoeing as an activity and a sport can play its rightful part alongside other great sports in the life of the youth of the country."

FREDA HARE

TOURING NOTES

Derbyshire Derwent. The fishing rights between Cromford road bridge and the lower Homesford Meadows (i.e. the stretch below Matlock Bath) are owned by the Matlock and Cromford Angling Association, who object to the passage of canoes without permission. They object particularly to the disturbance to fly-fishing, but will consider applications to pass through their water on a limited basis between 16th October and 17th March from groups of organised canoeists. The Committee meets early in October, when applications would be considered. Any groups wishing to apply should first contact the Touring Adviser, B.C.U.

continued on page 4

Devizes-Westminster Race 16-19 April

Senior Class

1. T. Cook and M. Stimpson	W. R.A.S.C.	20.27.22
2. G. Howe and C. Tandy	R.M.C.C., Poole	21.38.18
3. A. Bambridge and K. Ashton	R.M.C.C., Poole	22.10.56

Junior Class

1. D. Williams and C. Lloyd	Jun. Ldrs. R.E.	19.37.05
2. D. Evans and C. Haskey	Jun. Ldrs. R.E.	20.00.30
3. R. Bainbridge and A. Chambers	Met. Police	20.22.35

Thames L.D. Race, 11th April

Class 1a

1. P. Gardner, Riverside	1.45.45
2. R. Parker, Richmond	1.46.19
3. N. Lilley	1.49.35

Class 2a

1. W. Machin, Gailey	2.05.17
2. R. Fish, C.T.C.	2.13.03
3. — Allen, R. Marines	2.15.52

Class 3a

1. A. Stoneley, Camb. U.	1.55.48
2. D. South, C.T.C.	2.01.30
3. K. Cantle, Harlow	2.05.40

Class 4a

1. K. Pereira, Lincoln	1.58.40
2. A. Miller, Harlow	2.00.03
3. A. Laws, Lincoln	2.06.15

Class 5a

1. Oliver/Parker, Linc.	1.37.31
2. Wade/Hollier, Hat.	1.38.00
3. Sowman/Bolam, R.L.S.	1.38.16

Class 6a

1. Watkin/Bosher, Barts/Ryl	1.47.13
2. Deakins/Smith, Linc.	1.49.03
3. Bennett/Brooke, Vik.	1.51.50

Class 7a

1. Cooke/Stimpson, 63 Para.	1.49.09
2. Bave/Morgan, Gailey	1.52.24
3. Purchas/Purchas, R.L.S.	1.58.14

Class 1b

1. R. Oliver, Lincoln	1.23.24
2. J. Grant, Lincoln	1.24.24
3. A. Baldwin, Hatfield	1.30.44

Class 2b

1. I. Balfour, Nomads	1.35.00
-----------------------	---------

2. J. Barber, C.T.C.	1.49.23
3. D. Belsham, JLRASC	1.58.55

Class 3b

1. J. Moore, 279 B'ham S.	1.27.00
2. R. Freeman, Lincoln	1.27.50
3. S. Ash, Harlow	1.32.15

Class 4b

1. M. Franklin, Harlow	1.34.24
2. M. Giddings, Twick'm.	1.37.42
3. C. Gallagher, R.L.S.	1.53.29

Class 3c

1. K. Emerson, Richmond	1.33.44
2. B. Mean, Hatfield	1.45.47
3. S. Buckett, S'hampton	1.49.20

Class 4c

1. M. Tucker, Richmond	1.31.54
2. A. Huskison, Barts.	1.41.17
3. — Sheehan, Royal	1.59.43

Class 6b

1. Barker/Stoddart, Hwll G.	1.26.24
2. Gowland/McHoul, Hwll G.	1.27.03
3. Onions/Maugham, Gail.	1.30.05

Class 7b

1. Rudderham/Culdecott, Southampton	1.34.39
2. Midgeley/Davenport, JLRASC	1.43.45
3. Wright/Bailey, JLRASC	1.55.00

Class 7c

1. Rudderham/Culdecott, Southampton	1.34.39
2. Midgeley/Davenport, JLRASC	1.43.45
3. Wright/Bailey, JLRASC	1.55.00

Shepperton Slalom, 25th April

Div. 2

1. S. Felstead, Twickenham	
2. S. Svenson, Warren	
3. I. Rabjohn, Loughborough	

Ladies

1. J. Battersby, Manchester

Div. 3

1. C. Gray, Leicester
2. M. Hutchings, Bristol
3. A. Taylor, Twickenham

Team Event

1. Ladies Team

Dee Rapid River Race IV,

14th Feb.

1. D. Mitchell, Chester	13.12
2. D. Green, Llandaff	14.10
3. J. McLeod, Manchester	14.18

Dinckley Ferry Slalom, 21 Mar.

Div. 3

1. D. Oliver, Lough	58%
2. N. Jackson, Manch.	66.9%
3. G. Goldsmith, Ppct/Man.	70%

Div. 4

1. R. Cousins, CCC & Cam.	56.3%
2. A. Wonfor, Worcs.	72.4%
3. B. Evans, Lakeland	73.1%

Ladies

1. J. Battersby, Man.	44.8%
2. H. Goodman, Lakeland	46.3%
3. A. Quaife, Birm.	91.4%

Novices

1. M. Couch, Cam.	102s
2. A. Stoneley, Cam.	123s
3. R. Lees, Cam.	129s

Grandtully Slalom, 18th April

Div. 1

1. K. Langford, Man.	58.9%
2. D. Mitchell, Chester	58.9%
3. J. Woodhouse, Ches.	63.5%

Div. 2

1. B. Palmer, Forth	62%
2. R. Witter, Chester	79.2%
3. D. Malby, Den. C.	82.8%

Ladies

1. J. Battersby, Man.	77.3%
2. H. Goodman, Lakeld.	133%
3. L. Calverley, Man.	142.4%

Team Event

1. Manchester A

2. Chester

3. Manchester B

Viking K.C. Regatta, 1st May

K1 500m Novices

1. R. Oliver, Lincoln	2.17
2. T. Thomas, Hatfield	

K1 500m Juniors

1. D. Jordan, Royal	2.13
2. L. Bolam, R.L.S.	

K1 500m Ladies

1. M. Tucker, Richmond	2.20
2. S. Jackson, Royal	

K1 500m Seniors

1. M. Mean, Hatfield	2.03½
2. T. Sowman, R.L.S.	

K2 500m Juniors

1. Boshor/Lawler, Rich.	2.03
2. Stevens/Watkins, Ryl	

K2 500m Ladies

1. Mean/Emerson, Hat.	2.17
2. Huskinson/Jackson, Rich.	

K1 1,000m Juniors

1. L. Oliver, Lincoln	4.25
2. L. Bolam, R.L.S.	

K1 1,000m Seniors

1. M. Mean, Hatfield	4.25½
2. R. Wade, Hatfield	

K2 1,000m Juniors

1. Parker/Oliver, Lincoln	4.08½
2. Kidd/Lacey, R.L.S.	

K2 1,000m Seniors

1. Sowman/Bolam, R.L.S.	4.05
2. Hollier/Wade, Hat.	

Class 3/4 1,000m

1. J. Moore, 279 B'ham S.	5.08
2. M. Fountain	

Class 3/4 1,000m

1. J. Moore, 279 B'ham S.	5.08
2. M. Fountain	

Class 3/4 1,000m

1. J. Moore, 279 B'ham S.	5.08
2. M. Fountain	

Class 3/4 1,000m

1. J. Moore, 279 B'ham S.	5.08
2. M. Fountain	

Class 6/7 1,000m

1. Foulger/Gundy, Hatfield
2. Thacker/Benton, Gyns H.
3. Radcliffe/Gudgins, Norton

Tees River L.D. Race, 9th May**Class 1**

1. T. Shenton, Royal 2.07.13
2. K. Pereira, Lincoln 2.23.17
3. — Hopper, AAS Harr. 2.27.12

Class 2a

1. T. Gibbins, S'land 2.31.55
2. M. Bave, Gailey 2.35.17
3. C. Robson, H'pools 2.35.21

Class 3a

1. — Pawlow, AAS Harr. 2.32.25
2. D. Hutchinson, North. 2.54.48

Class 3b

1. E. Fletcher, H'pools 1.34.31
2. G. Hunt, Harlow 1.36.51
3. — Wickham, S'land 1.38.52

Class 4a

1. F. Royle, Lincoln 2.32.55
2. A. Musgrove, H'pools 3.06.04

Class 4b

1. M. Franklin, Harlow 1.27.51
2. — Smith, AAS Harr. 1.30.23
3. W. Roberts, Gailey 1.38.34

Class 5a

1. Hansen/Graham, H'pools 2.03.11
2. Deakins/Smith, Lincoln 2.04.35
3. Storer/Davis, AAS Harr. 2.14.50

Class 7b

1. Blakeley/Manning, Dew. AC 1.14.12
2. Jackson/Emerson, Rich. 1.16.40
3. Maughan/Ridyard, Gailey 1.18.18

Bedford L.D. Race, 2nd May**Class 1a**

1. A. Acton, Wolver. 2.12.07
2. C. Evans, Royal 2.16.30
3. P. Gardner, Riverside 2.17.03

Class 2a

1. K. Biddlestone, Wolver. 2.25.06
2. W. Machin, Gailey 2.35.32
3. A. Miller, Harlow 2.36.46

Class 3a

1. A. Stoneley, Camb. U. 2.20.52
2. T. Shenton, Royal 2.31.21
3. P. Roney, Gaynes H. 2.34.31

Class 4a

1. K. Yates, Wolver. 2.30.13
2. A. Laws, Lincoln 2.35.20
3. R. Lees, Camb. U. 2.35.55

Class 5a

1. Parker/Oliver, Lincoln 2.06.50
2. Hollier/Wade, Hatfield 2.08.00
3. Pagnanelli/Jupp, 63 RASC 2.13.20

Class 6a

1. Deakins/Smith, Lincoln 2.19.28
2. Bennett/Brookes, Vik. 2.24.38
3. Foulger/Candy, Hat. 2.25.52

Class 7a

1. Cook/Simpson, 63 RASC 2.20.00
2. Bave/Morgan, Gail. 2.25.35
3. Dalrymple/Davis, S'hampton 2.25.40

Class 1b

1. R. Oliver, Lincoln 1.08.15
2. G. Lacey, R.L.S.C.C. 1.08.30
3. I. Grant, Lincoln 1.14.30

Class 2b

1. I. Balfour, Nomads 1.15.00
2. B. Hughes, Nomads 1.19.10
3. R. Lappage, Nomads 1.22.00

Class 3b

1. J. Moore, B'ham Scts. 1.08.25
2. R. Freeman, Lincoln 1.09.00
3. T. Ridyard, Gailey 1.13.00

Class 4b

1. P. Trigg, Lincoln 1.18.00
2. R. Goodall, Gailey 1.21.16
3. T. McCool, Viking 1.22.00

Class 6b

1. Onion/Maughan, Gail. 1.08.07
2. Burry/Avery, Mdnhd. S. 1.08.37
3. Gowland/McHoul, Hwl. G. 1.12.48

Class 7b

1. Orchard/Rogers, S'hptn. 1.11.00
2. Rudderham/Callecott, S'hptn. 1.12.25
3. Toye/Mullaney, Hwl. G. 1.12.54

TOURING NOTES—continued

Scandinavian Holiday. A German canoeist, a member of the DKV, Herr Egon Heckmann, 4 Dusseldorfer Moltkestrasse 38, plans a long holiday this summer in Scandinavia with his wife, canoeing, mountain-walking, photographing. He would be glad to be joined by British canoeists for part of the time, between the limits of 15th June and the end of August. Knowledge of German not necessary. They have a two-seater canoe and propose canoeing water up to Grade III.

Class 3c

1. M. Tucker, Richmond 1.14.00
2. L. Oliver, S'hptn. 1.20.30
3. S. Buckett, S'hptn. 1.30.23

Class 4c

1. K. Emmerson, Rich. 1.18.21
2. A. Huskinson, Royal 1.18.29
3. L. Sheeman, Mdnhd. 1.35.00

Ure W.W. Race, 7th March

1. R. Witter, Chester 1.14.25
2. T. Eastwood, Leeds 1.17.39
3. J. Slater, W. Yorks 1.18.30

Sea Cadet Race, 27-28 March**Seniors**

1. Roberts/Settle, Reading 10.56
2. Goss/Pearce, Finchley 13.12
3. Baben/Natherton, Isling. 29.11

Juniors, fast boats

1. Carter/Cannon, Tooting & Balham 9.39
2. Jacobs/Porter, T. & B. 11.24

Juniors, slow boats

1. Luxton/Tate, Medway T. 10.20
2. Gibling/Goodchild, Harrow 11.19
3. Preston/Henderson, Henley 11.39

Fairnilee Slalom, 4th April**(Inter-University event)****Div. 4**

1. T. Campbell, Leeds U.
2. P. Brown, Edinburgh U.
3. A. Carnduff, Glasgow U.

Team Event

1. Cambridge U. I. 199
2. Loughborough C. I. 240
3. Leeds U. 399

W.W. Race, Monschau, 1st May**Men KI**

1. M. Beaujean, Sauheid 20.52
15. J. Woodhouse, Chester 22.01
16. D. Mitchell, Chester 22.02
21. K. Langford, Man. 22.17

Women KI

1. K. Schmidt, Celle 16.43
13. J. Battersby, Man. 18.52
18. L. Calverley, Man. 19.04
19. H. Goodman, Lake. 19.10

Slalom, Monschau, 2nd May**Men KI**

1. D. Schreiber, Hattersheim 248.4
5. K. Langford, Man. 262.6
14. J. Woodhouse, Chester 290.1
25. D. Mitchell, Chester 315.4

Women KI

1. K. Schmidt, Celle 298.8
6. J. Battersby, Man. 410.2
8. H. Goodman, Lake. 435.4
18. L. Calverley, Man. 718.5

Teams KI

1. Schwab. Augsburg 311.8
5. Gt. Britain B 411.6
6. Gt. Britain A 451.2

Combined results of W.W. Race and Slalom

1. D. Schreiber, Sauheid 1+8=9
6. K. Langford, Man. 21+5=26
7. D. Mitchell, Ches. 25+16=41

The Racing Stroke

E. Cronk

The "Racing Stroke" is a term coined to define the technique developed by canoeists for racing purposes. It is the most efficient manual method of propelling a kayak between two points whatever distance apart the two points may be. It follows naturally that it should be adopted by every canoeist who wishes to extract the most satisfaction, success, and fun from his chosen sport.

Racing Stroke Cycle

If we regard this as commencing when the right blade enters the water, the sequence will be as follows.

With the paddler in a confident but relaxed position the blade is put into the water. The right arm and shoulder are fully extended and the body straight but inclined slightly forward and turned outward a few degrees from the waist. The left elbow is held at shoulder height with the hand just above eye level. In this attitude the paddler is positioned for maximum exploitation of his strength.

As the right forearm is smoothly drawn back parallel to the water, the body is turned from the waist, the boat being drawn to the paddle until the right elbow reaches the hip. At this point the stroke is at minimum efficiency, i.e. completed.

The left arm and shoulder have balanced this movement by driving forward in a line parallel to the centre line of the kayak, and as the right elbow reaches the hip, the left arm and shoulder are extended in a similar manner to that of the right at the beginning of the stroke.

The cycle is continued by the right hand lifting the blade from the water until the hand is just above eye level and the elbow at shoulder height. This lifting action automatically dips the left blade down into the water. From there on the cycle is continuous. The co-ordination of the movements being smoothly produced will result in a continuous flowing action with the arms, shoulders and body making their maximum contribution.

It is impossible to over-emphasise the importance and effectiveness of the body rotation movement. Lack of attention to this means that the powerful muscles in the back are not fully utilised, with a consequent reduction in performance.

Concentration is necessary, therefore, to ensure that this body rotation movement is timed to take its most advantageous phase in the cycle, i.e. at the moment the blade is fully immersed in the water and not before.

This movement is supported by corresponding leg work. The leg on the same side as the pulling arm is braced by the foot being pressed against the foot rest in rhythm with the stroke.



1 The paddle is held symmetrically at just over shoulder width and held between thumb and forefingers. The right arm and shoulder are fully extended, this is assisted by a slight twist at the waist. The left elbow is at shoulder height and the hand a fraction above eye level. The body is relaxed with a slight incline forward, the spine forming a fairly straight line with the neck and head. The paddler in the picture is in the best position possible for utilizing his strength efficiently.

2 The blade is shown fully immersed in the water. This is the point at which the paddler applies the power of the back muscles by rotating the upper body from the waist.

3 The right elbow has reached the hip, the paddle has completed the stroke and the body has achieved a perfect position for commencing the next stroke.

This is begun by the action of the right hand lifting the blade from the water and will continue until the elbow reaches shoulder height with the right hand just above eye level. This action automatically introduces the left hand blade into the water. Note the fully extended left arm and shoulder and the position of the body which will be maintained until entry of the blade for the next stroke.

CLUB NEWS



Received recently, *The Canoeist, or Chronicles of the Royal Canoe Club*, a revival of the ROYAL C.C.'s journal which was first published in 1874. The R.C.C., now in its 100th season, has a membership of 176, and subscriptions are four guineas, plus two guineas canoe storage each half-year. Peter Wells, in a note on membership, says, "There is no doubt that all British Canoe Clubs are too small and their subscriptions too low for them to carry out their responsibilities effectively. The Royal Canoe Club is no exception." Grumblers please note.

In February, 1964, BRAYFORD C.C. purchased a barge, "Blanch," for their H.Q. Disaster struck in November when the barge went up in flames, a complete burn-out. Not giving up hope, they bought another barge, the "Vixen," for £150. Modifications are now almost complete, and a competition is being held for the design of a flag.



LAKELAND CANOE CLUB were fortunate to get medium water for their Easter cruise on the Border Esk—a river which deserves to be better known. Between Langholm and Canonbie is plenty of excitement. Unfortunately one of the party missed most of the fun by wrecking his canoe on the fall by Skippers Bridge.

"You may be interested in a rather unique expedition recently completed by two of our young members aged 18 and 16 years in a canoe designed and built by themselves," wrote Mr. R. A. Kneebone from FORTESCUE HOUSE C.C. "They entered the Llangollen Canal at the Chain Bridge Hotel and canoed all the way to Twickenham via the Shropshire Union Canal, Grand Union Canal and River Thames. Distance covered 200 miles approx., time eight days." They camped each night and picked up food supplies at pre-arranged points. The journey was planned by themselves, and they would enquire if this length of journey has been attempted before.

After a successful winter training programme of evening rolling classes and practice slalom week-ends, CHALFONT PARK C.C. got away to a good start in the spring slaloms by attending Dinckley, Grandtully and Shepperton. A trip on the Exe was enjoyed by a dozen members, but low water conditions made the week-end uneventful and hard on the canoes. A large part of the club spent Easter surfing at Polzeath and Newquay. Some of the members tried surfboards for the first time and found them good fun.



Lune Slalom, March 1965

Photo: W. J. Richmond



News from BIRMINGHAM C.C. The Wooden Spoon for the capsizer of the year was awarded by last year's winner Tom Cox to his son Ken, who has been carrying on the family tradition. "Several of us took advantage of the sudden arctic conditions at the beginning of March for a sledging meet," writes Ann Quaife, "A spectacular variation on a theme was provided by Chris and Alan descending the slope in canoes—especially when Chris lost his paddles and capsized in a bunker. As opposed to a 'wet' or a 'dry' meet, sledging falls into the category of a 'damp' meet! Time trials were held over the course, which ended up with Carel hitting a pile of rocks and landing in a ditch full of muddy water. The sound of the impact was heard from the summit, and was given the traditional canoe club treatment i.e. loud laughter. Next year we hope for a more prolonged season, with less grass and more snow on the slopes."



From LEEDS CANOE CLUB. "19th March, 1965, will go down in Canoeing History as the date when Underwater Paddling officially began. Tom Rhodes paddled 25 yards, fully inverted, in complete control, and at a speed of half-a-knot. The scene of this epoch-making achievement was Kirkstall Road Baths. Mr. Rhodes, who is a member of the local Sub-Aqua Club (you guessed it) wore an aqualung, remarking that it

worked perfectly ('What a crazy idea! Which of you goons thought this up?') and that he could have gone on like this for several lengths. The military applications of ICWABA (Inverted Canoeists With Aqualung Breathing Apparatus) could be startling (Under-the-Radar, etc.)—might even be the answer to the TSR2. Cheap also—we wouldn't ask more than a million or so for each Inverted Canoeist (inverted canoes at no extra cost)."



Once again, LINCOLN C.C. exhibited at the Lincoln Boat Show. There was a marvellous display of canoes and trophies. John Flavell arranged the stand complete with fountain and pool (in which 18/- was collected in coppers, what a good way of augmenting club funds. Unfortunately, someone stole the silver on the last night). At their Annual Dinner, 30/- was collected towards the cost of the International L.D. Race.



The JUNIOR TRADESMEN'S REGT. A.C.C. CANOE CLUB has acquired some funds to purchase five more slalom boats (contrary to many tales, they find slalom boats ideal for teaching basic skills). Three junior and two senior crews attempted the D/W race. One junior crew finished and one senior crew, the latter with a crunched-in bow,

having collided with a wind-machine in the Thames. Intensive slalom practice is going on for their attempt at the Army Championships in May. "Thank Heaven for Wiggle gates!" comments Brian Brown.



CHESTER C.C. reports three canoes stolen. Dave Maloney comments, "There is nothing we can really do, only emphasise that members take out B.C.U. Insurance."

Lt. H. Gledhill of the JUNIOR LEADERS BATTALION R.A.S.C. CANOE CLUB, whose handwriting is almost as bad as mine, reports a pleasant and moderately successful competition season in L.D. so far this year. They had a go at the D/W, and J/Sgt. Clark finished the course, partnered by a Metropolitan Police Cadet after J/Cpl. Gray had to retire with a strained back. "Our lads, even in their last year at this unit are still a bit young for the D/W," he writes, "but we learnt a lot from the outing and will definitely try again next year."



The do-it-yourself brigade has been active at the WINDSOR & DISTRICT C.C., which with breeze blocks and pink paint the members have decorated and decorated an extension to the club room. A false ceiling of polystyrene has been fixed up, armchairs have been provided, and the sink now

drains down a waste pipe instead of into a bucket. "A talk, film show and discussion on paddle design, life jackets and knee grips, and showed how badly most of us paddle, particularly slalomists," writes secretary John Lloyd.

There has been a half-hearted canoe club for some years at the ROYAL MILITARY ACADEMY, SANDHURST, but last season Major Jones converted this, with the help of a dozen or so cadets, into an enthusiastic, albeit ignorant club. They set about buying the "right" boats (K4, K2 and various L.D. canoes) and results have been encouraging for absolute beginners. "We keep fairly fit by the nature of our work," writes R. Fearnough, "but not a great deal of time is left for specialist canoe training, and our policy is now to equip cadets with as much knowledge and race experience as possible to take with them to their various regiments when they leave Sandhurst. This, we think, is more important to us than going all out to be brilliant and so possibly jeopardising our military syllabus here."



A footnote—NORTHFIELD SCHOOL C.C.'s latest recruit, 13 years old, won the money for his canoe—playing Bingo! He had to attend with his mother, so that she could keep an eye on him...

STOP PRESS

International Competition

The British team to compete in the World Slalom and White Water Championships at Spittal, Austria, in August is:

White Water Race, Men K1:

Dave Mitchell, Ken Langford, John Woodhouse, John McLeod.

Slalom, Ladies K1: Heather Goodman, Jean Battersby, Lesley Calverley.

Slalom, Men K1:

Dave Mitchell, Ken Langford, John Woodhouse, Nigel Morley.

R. W. Emes has been appointed Paddle Racing team manager for the Olympic period up to 1968, and D. G. Maycock and R. O'Keefe have been appointed team coaches for the same period. The following status regattas will count in selection of the British team for the European Championships at Bucharest in August: Birmingham, Welsh Harp, Royal, Richmond and Worcester. The team will be chosen from the following: A. Wilson, A. Edwards, G. Palmer, T. Sowman, L. Bolam, M. Tucker, P. Lawler, T. Shenton, R. Lowery, A. Young, R. Still, D. Mean, R. Wade and S. Hollier.

Additions to list of Member Clubs

Divisions

Canoe Association of Northern Ireland

S. A. Littlewood, 22 Dillons Avenue,
Newtownabbey, Co. Antrim.

Scottish Canoe Association

The Secretary, 1 Ashburn Gardens, Gourrock,
Renfrewshire.

Clubs and Associates

Albion House Boys' Club

Rev. M. H. Cobb, Albion Street, Everton,
Liverpool 5.

Apprentice Wing C.C.

R.A.F. Hereford, Credenhill, Hereford.

Army Apprentices School C.C.

Hon. Sec., Hadrian's Camp, Carlisle,
Cumberland.

Bedford-St. Neots Canoe Race Committee

Mrs. D. Green, 2 Highfield Road, Impington,
Cams.

Birmingham Kayak Racing Club

K. R. Cherrington, 84 Bryanston Road, Solihull,
Warks.

Birmingham Schools' Canoe Association

c/o G. Sanders, 4 Barston Lane, Solihull, Warks.

Blue Waters Canoe Club

Miss V. Bacon, 19 Norfolk Gardens, Bexley Heath,
Kent.

Bolton Canoe Club

c/o G. Moore, 26 Kirby Road, Bolton, Lancs.

The Boys Brigade

D. R. West, Abbey House, 2 Victoria Street,
London S.W.1.

Brighton Canoe Club

Mrs. M. P. McDonald, 31 George Street Gardens,
Brighton 7.

Carlisle Service of Youth Canoe Club

R. C. Jeffrey, 12 Acre Close, Hayton, How Mill,
Carlisle.

The Central Club

A. H. Bush, 21 Craven Road, Reading.

Charlote Mason College C.C.

Miss P. Westerman, Ambleside, Westmorland.

Chelmsford Boating Club

M. E. Smith, 28 Goldray Road, Chelmsford, Essex.

Chisleton Canoe Club

Mrs. A. Duller, Church Farm House, Inglesham,
Highworth, Wilts.

The Church Lads Brigade

The General Secretary, 58 Gloucester Place,
London W.1.

Cleveland Canoe Club

R. Banks, 43 Scott Street, Redcar, Yorks.

College of Physical Education

The Secretary, 16 Paddington Street, Baker Street,
London W.1.

Co. Borough of West Ham Outdoor Activities

Centre
W. Keeble, b.y. Margu, Heybridge Basin, Maldon.

Crawley Mariners Yacht Club

H. H. Winters, "Wood End," Ifield Wood,
Nr. Crawley, Sussex.

East Midlands Canoeing Association

G. Burkitt, Wigford Yard, Lincoln.

East Suffolk Schools & Young People's Sailing

Association
P. Evans, "Westwick," Waveney Road, Beccles,
Suffolk.

Essex Schools' Sailing Association

P. Astwood, 19 Rokells, Basildon, Essex.

Hatfield Youth Centre

W. Salmon, French Horn Lane, Hatfield, Herts.

H.M.B.I. Citadel C.C.

P.E. Spec. Wiltshire, H.M. Borstal, The Citadel,
Western Heights, Dover, Kent.

H.M.B.I. Feltham C.C.

Off. (P.E.I.) H. A. Cottam, H.M. Borstal, Feltham,
Bedfont Road, Feltham, Middx.

H.M.B.I. Gaynes Hall C.C.

Off. (P.E.I.) Roney, H.M. Borstal, Gaynes Hall,
Great Staughton, Huntingdon.

H.M.B.I. Hewell Grange C.C.

Off. (P.E.I.) Ferris, H.M. Borstal, Hewell Grange,
Nr. Redditch, Worcs.

H.M.B.I. Lowdham Grange C.C.

Off. (P.E.I.) G. R. Hook, H.M. Borstal, Lowdham
Grange, Notts.

H.M.B.I. Pollington C.C.

Off. (P.E.I.) P. Towers, H.M. Borstal, Pollington,
Goole, Yorks.

H.M.B.I. Rochester C.C.

P.E. Spec. Hayward, H.M.B.I., Rochester, Kent.

H.M.B.I. Swinfen Hall C.C.

(P.E.I.) T. E. Cooper, H. M. Borstal, Swinfen
Hall, Lichfield, Staffs.

Hereford County Canoe Club

Ray Thomas, 19 Lichfield Avenue, Hereford.

Kayak Touring Club

The Secretary, 16 Blightly Lane, Tiptree, Essex.

Lancing College Canoe Club

Hon. Sec., Lancing College, Lancing, Sussex.

Lennard School Canoe Club

Erkiff Drive, South Ockendon, Essex.

Liverpool Youth Canoe Association

J. Morgan, 52 Brodie Avenue, Mossley Hill,
Liverpool.

Loddon Sec. Mod. School Canoe Club

Master i/c Canoeing, Loddon, Nr. Norwich,
Norfolk.

London Federation of Boys' Clubs

The Activities Officer, 222 Blackfriars Road,
London S.E.1.

London Schools Sailing & Canoeing Association

Wansworth School, Sutherland Grove,
London S.W.18.

Norfolk Schools Sailing Association

N. Sawyer, 15 Baldwin Road, Gaywood,
Kings Lynn, Norfolk.

No. 1. Training Regt. R.E. Canoe Club

Lt. M. A. Nolan, Southwood Camp, Cove, Hants.

Nuneaton Canoe Club

A. Sclater, 34 St. Nicolas Park Drive, Nuneaton,
Warks.

Oundle School Canoe Club

The Bursar's Office, 13b Market Place, Oundle,
Northants.

Outward Bound Sea School

Canoeing Sec., Aberdovey, Mon.

Oxford University Canoe & Kayak Club

P. Knight, Worcester College, Oxford.

Pinehurst Canoe Club

G. Longster, 14 Rodbourne Road, Swindon, Wilts.

Poole & Dorset Adventure Centre

D. A. Horn, off Hoyal Road, Hamworthy, Poole,
Dorset.

Poole Harbour Canoe Club

E. Marsh, 25 Garland Road, Poole, Dorset.

Portway Boys School Canoe Club
G. Batten, Penpole Lane, Shirehampton,
Prestoced Canoe Club
P. E. I. Griffiths, 29 Maryport Street, Usk, Mon.

R.A.F. Halton Society
Officer *ilc* Canoeing, Aylesbury, Bucks.
R.A.F. Newton Canoe Club
Officer *ilc* Canoeing, R.A.F. Newton, Notts.

Reading Kayak Club
C. J. Masters, 16 Morecambe Avenue, Caversham,
Reading, Berks.

Richmond Canoe Club
The Secretary, 51 Weydown Close,
London S.W.19.

Rockingham Institute of Education
Mechanics Institute, Rockingham, Yorks.

Ruffwood School Canoe Club
Hon. Sec., Ruffwood School, Kirby, Nr. Liverpool.

Rycotewood College Canoeing Club
Hon. Sec., Rycotewood College, Priest End,
Thame, Oxon.

St. John's School
T. Gormley, Apethorpe, Peterborough.
Seedfield Secondary School C.C.
Hon. Sec., Parkinson Street, Bury, Lancs.

Southeastern Schools Sailing & Canoeing Assn.
R. L. Fruen, 702 Bitterne Road, Southampton.

Southeast-on-Sea Education Committee
D. B. Bartlett, Civic Centre, Southend, Essex.

South Wigston High School Canoe Club
T. Pell, Blaby Lane, South Wigston, Leics.

Stoke-on-Trent Education Committee
H. Dibden, Town Hall, Hanley, Staffs.

Surrey Schools Sailing & Canoeing Association
J. Hiscock, 136 Overdale, Ashstead.

39 Miss. Regt. C.C.
Dempsey Barracks, B.F.P.O. 16.

Troon Canoe Club, Junior Tradesmen's Regt.
Lt. J. J. Cullen, Dundonald Camp, Troon,
Ayrshire.

Twickenham Canoe Club
N. Whitehead, 14 Townshend Terrace,
Richmond, Middx.

Uppingham School Canoe Club
H. B. Griffith, Tudor House, Uppingham,
Rutland.

Walsall Youth Canoe Club
A. Toplis, 75 Willows Road, Walsall, Staffs.
Wyton Canoe Club
G. H. Gardiner, Monks Cottage, Priory Road,
St. Ives, Hunts.

Alterations

Birmingham C.C.
C. Quaipe, 70 Coopers Road, Handsworth Wood,
Birmingham 20.

Brayford C.C.
P. Goodman, 12 Broxholme Gardens, Ermine
Estate, Lincoln.

Leeds Canoe Club
M. Waite-Wright, 54 Cardigan Road, Leeds 6.

Lakeland Canoe Club
Mrs. A. Evans, Bezza Brook Nurseries, Potter
Lane, Samesbury, Preston, Lancs.

Deletions

Gordonstoun C.C.
Papercraft C.C.

© The British Canoe Union, 1965

B.C.U. Directory—Additions

Racing Coach: E. Cronk, 3 Shaef Way, Sandy
Lane, Teddington, Middx.

Insurance: Mrs. Joan Baker, 147a Station Road,
London E.4.

B.C.U. Holidays: Rodney Baker, 147a Station
Road, London E.4.

IDEA EXCHANGE ★

There is space in future issues of *Canoeing in Britain* for ideas, big and small. Designers, builders, experimenters—report in to us. We need brief details and drawings. Names and addresses will be published, so that any enquiries, suggestions for marketing or improvement, etc., can be sent direct.

★ Star idea wins 10/-

B.C.U. Canoeing—Additional Events

JUNE

- Scottish Confined Slalom, Fishponds. J. Reid, Old Manse, Inverkip, Renfrewshire.
- Round Cumbrae L.D. Race. R. Shanks, 11 Montgomery Street, Ardrossan, Ayrshire.

AUGUST

- Open Slalom, Fishponds. F. Lumsden, 6 Abbot Street, Perth.
- Tay River Race. F. Lumsden, 6 Abbot Street, Perth.
- Irvine Marymass Regatta. Miss M. Saxelby, 53 Dalry Road, Kilwinning, Ayrshire.
- Lappock Rock L.D. Race. Miss M. Saxelby, 53 Dalry Road, Kilwinning, Ayrshire.

SEPTEMBER

- Tay River Run. F. Lumsden, 6 Abbot Street, Perth.
- S.C.A. Regatta, Rowardennan. J. Katzenell, 24 Monteith Drive, Clarkston, Glasgow.
- Queensferry L.D. Race. Lt. J. Legoburn, R.N., H.M.S. Caledonia, Rosyth.

B.C.U. APPEAL—continued from page 1

- Travel expenses for attendance of 2 coaches at international conference once a year at £50 per annum 200
- Preparation of training manual 150
- Preparation of training films 230
- Subsidising of Youth Championships at £50 per annum 200
- Costs of sending National teams abroad to three Regattas per annum at £300 per Regatta 3,600

Total budget for 4 years £6,610

SURVIVAL

Surg. Lt. Cmdr. A. F. Davidson, R.N.

The two main factors in Survival are : DETERMINATION TO LIVE and ELIMINATION OF FEAR BY KNOWLEDGE.

To remain alive the body requires oxygen, water and food and protection against cold. Few people are able to hold their breath for more than three minutes and if one is unable to breathe for a longer period unconsciousness and death follow rapidly. It is possible however in a temperate climate to survive for up to ten days without water and for twenty to thirty days without food. The reaction of the body to cold is less well known.

Man is a tropical animal. His critical nude air temperature is 80.6°F. Below this temperature it is necessary to increase body heat production or to wear clothes.

The physiological means of keeping warm are by reducing the blood flow to the skin and increasing heat production by increased muscle tone and shivering. If the body continues to lose heat faster than it can produce it the deep body temperature falls. Normal deep body temperature is 37°C. or 98.4°F. 35.5°C. is the minimum deep body temperature for useful activity. 31°C. produces unconsciousness, while death occurs when the deep body temperature drops to 25°C.

Effect of Immersion in Water

When immersed in water the loss of heat from the body becomes much more rapid and survival times without suitable clothing in cold water become very short indeed. The following table gives the approximate survival times of human subjects in light clothing immersed in water at various temperatures.

Water Temperature °F.	Exhaustion or Unconsciousness	Survival
32.5	Less than 15 mins.	Less than 15-45 mins.
32.5—40	15—30 mins.	30—90 mins.
40—50	30—60 mins.	1—3 hours
50—60	1—2 hours	1—6 hours
60—70	2—7 hours	2—40 hours
70—80	3—12 hours	3 hours—indefinite

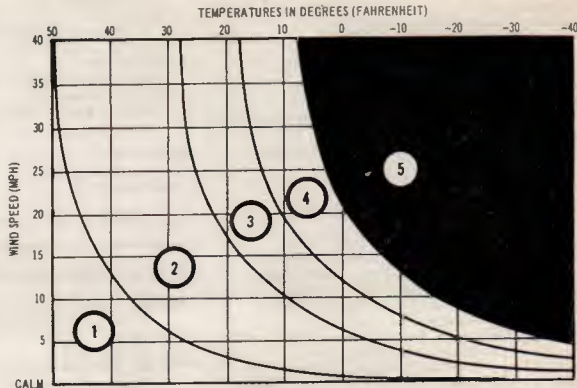
The greatest change in survival time occurs as the temperature drops below 60°F. and even the summer sea temperatures round Britain do not greatly exceed this figure.

Naturally the amount of subcutaneous fat and the clothing worn will affect the survival time, but even channel swimmers who are used to cold water require added protection (grease).

In cold water swimming increases the flow of water past the body and pumps it in and out of clothing so in spite of increased heat production the body cools more rapidly. When there is no prospect of getting out of the

CHILL INDEX

The meaning of the chill factor, a combination of temperature and wind speed, should be thoroughly understood by all personnel. There are five gradations in the wind chill index; the higher the index number, the more severe the weather and the greater the possibility of exposure injury.



- ① COMFORTABLE WITH NORMAL PRECAUTION
- ② VERY COLD, TRAVEL BECOMES UNCOMFORTABLE ON OVERCAST DAYS
- ③ BITTERLY COLD, TRAVEL BECOMES UNCOMFORTABLE EVEN ON CLEAR SUNNY DAYS
- ④ FREEZING OF HUMAN FLESH BEGINS, DEPENDING UPON DEGREE OF ACTIVITY
- ⑤ SURVIVAL EFFORTS ARE REQUIRED

water quickly the survival time will be lost if the subject does not swim but can rely on his life jacket to hold him

To survive for a long period it is essential to get out of cold water.

Effect of Alcohol

Alcohol usually increases blood flow to the skin but its action is not sufficiently powerful to overcome the constriction of the blood vessels due to cold. If the survivor drinks alcohol it will reduce his discomfort but at the same time it reduces his capacity for intelligent action. Although not harmful in situations in which the survivor is unable to do anything to improve his condition, it may reduce his ability to help himself and so increase the effects of exposure with serious or fatal results.

SAFETY DRILLS

In sea canoeing the party should consist of not less than three canoeists and they should all be proficient in deep water rescue drill. The Eskimo rescue technique and the ability to roll are particularly valuable if one capsizes in cold water as these reduce the immersed time to a minimum and keep the lower half of the body dry.

Stay with the canoe if you do capsize and, if you have to leave the cockpit, don't try to right the canoe yourself as you will lose the trapped air inside it. *Wear a good life jacket ! (B.C.U. Canoeist Jacket).*

SURVIVAL ON LAND

In low temperatures survival in the open is hazardous. Even at low wind speeds the chill factor is greatly increased (see the graph).

Clothing should be windproof, warm and comfortable but not too bulky. It should also be rainproof, hard-wearing and light. If clothing is wet its effectiveness is greatly reduced but it is still better than none. It should be dried as soon as possible.

When working hard in cold weather it is essential to loosen or remove clothing to prevent sweating. If the body is allowed to sweat the moisture will condense in the clothing and reduce its insulating property.

If the survivor or party is unable to travel it is important for them to obtain shelter as soon as possible. Shelter from wind is particularly important.

The type of terrain will determine the form of shelter available. Above the tree line it may be possible to find a cave or hollow and if nothing else can be found, the lee side of some rocks is better than nothing.

If there is snow on the ground, a snow trench or even an igloo may be constructed, but remember adequate ventilation must be provided. At least two ventilation holes are required to allow circulation of air.

All members of the party must be on the lookout for signs of frostbite and by frequent movement of the facial muscles any stiff patches will be noticed quickly. Watch your companions as it is often possible to see frostbite before it is felt. It gives the skin a waxy appearance. If noticed at this stage warming alone will be sufficient to obtain complete recovery.

Location

It is most important in the preparation of any form of expedition to inform some responsible person of the route and the expected departure and arrival times. He should again be informed of safe completion at the end of the expedition.

The party should keep to the planned route if at all possible as this will reduce the work of a search and rescue operation if one is necessary.

Carrying of signalling devices is worthwhile and the most suitable type will vary with the conditions and terrain.

Flares or rockets, whistle, heliograph and a torch are all useful. If fuel is available of course a fire will make detection much less difficult.

If it is necessary to travel by a different route from that which was originally planned, and assistance is required, leave an indication of the route you have taken or intend to take. This again may aid search parties.

General Secretary's Notes

ANNUAL GENERAL MEETING, 1966

The Annual General Meeting will be held at 5 p.m. on 29th January, 1966, in London, at the Conway Hall, Red Lion Square, London W.C.1. The meeting will be preceded by the usual Technical Committee Meetings at 2 p.m.

INDIVIDUAL SUBSCRIPTIONS

The Secretary would like to thank all members who co-operated so well in correcting mistakes in the membership index.

CLUB LISTS

The Secretary would be grateful if club secretaries who wish to have a record of the B.C.U. numbers of membership subscriptions would kindly send their lists in duplicate. A carbon copy of a pencil or ball point pen list is quite sufficient. It would be most helpful if secretaries could indicate which are new members on their lists.

ENQUIRIES

Would members who wish to make enquiries please put their B.C.U. number as reference on the top left hand corner of all correspondence. This is particularly important with touring enquiries, since non-members' enquiries are not normally dealt with, except with regard to access to waterways.

1965 C.C.P.R./B.C.U. CONFERENCE

This year's conference will be held on Saturday, 27th November, at the Holland Park School, London W.8.

Briefly . . .

● B.C.U. Holidays—Rodney Baker tells me there are a few places left on each trip. Write now for that last-minute booking.

● Anyone who intends to enter the Lakeland C.C. ranking slalom at Eden Lacy on 12th September should note that the organiser's address is incorrectly given in the Calendar of Events and the Slalom Year Book. Entries should be sent to Mrs. A. Evans, Bezza Brook Nurseries, Potter Lane, Samlesbury, Preston. Omission of the word Samlesbury will result in postal delays.

● Canoeing in Essex. There is a move afoot to launch an association of B.C.U. members in Essex. Local members will be getting a letter shortly, meantime the help of local canoeists is sought for the Essex Schools Regatta (26th June) and Southend Regatta (17th July). Offers to Rodney Baker.

● We are sorry to report that President John Dudderidge injured himself recently through falling off a canoe club roof. We hope that he will soon recover.

● Isleworth Regatta, originally established in 1842, was one of the largest tideway regattas on the Thames. In 1962 it made a successful comeback, and is nowadays catering for a variety of interests in the canoeing section. This year they are introducing a C6 event for the first time.

● You may be interested to hear of the Thamesfield Residential Youth Centre owned by Oxfordshire Education Authority. It is attractively situated on the bank of the Thames in four acres of ground, ideal for holiday canoe courses. There is accommodation for 30 people, and it can be booked by organisations for up to a week. Details from The Warden, T.R.Y.C., Wargrave Road, Henley-on-Thames, Oxon.

Robin Powell, Bevere Slalom, 1964

Photo: E. Andrews



COACHING NEWS

EXAMINATION SUCCESS: Inland Advanced Test (Kayaks)
R. G. Barrett; I. Rabjohns; Miss A. Taylor.

The following appointments have been made:

Senior Instructors:

H. Cornish, Outward Bound School, Holne Park, Ashburton, Devon.
R. W. Bailey, Outward Bound School, Holne Park, Ashburton, Devon.

G. J. Evans, 34 Frederick Street, Loughborough, Leicestershire.

C. J. Masters, 16 Morecambe Avenue, Caversham, Reading.

Miss J. A. Ashton, Easthamstead Park College, Wokingham, Berks.

J. P. Davies, Coeden Mai, Elm Lane, Earley, Reading, Berks.

D. A. Courtman, 142a Maldon Rd., Gt. Baddow, Chelmsford, Essex.

Coaches:

D. T. Roscoe, Awelon, Dolwyddelan, Caerns., N. Wales.

R. G. Barrett, 282 Abingdon Road, Oxford.

Coaching Handbooks have now been sent out to all Coaches and Senior Instructors and all other members of the Coaching Scheme who ordered them. If your name should be on the circulation list and you have not received a copy please let me know.

RE-APPOINTMENT OF INSTRUCTORS

Senior Instructors and Instructors appointed before 1st January, 1965 are reminded of the need to renew their appointment for 1965 as soon as possible. Details are in the May issue of the Coaching Newsletter. (Copies of the Newsletter have not been sent to those who did not renew for last year and their names have been removed from the Coaching Register).

DETAILS OF TESTS, Etc.

Copies of:

Test Details

Coaching Scheme and Award Details

Tours of National Coach

Do's and Don'ts for Canoeists are available from Geoff. Sanders, 4, Barston Lane, Solihull, Warks. Please enclose a stamped addressed foolscap envelope with your request.

B.C.U. INSURANCES

CANOE

THIRD PARTY

PERSONAL ACCIDENT

BOAT HOUSES

FIRE & THEFT

ETC.

Send letter stating your requirements for quotations to:

B.C.U. INSURANCES

Joan Baker

147a Station Road

London E.4

NYC Youth Championships Area Events

Not all the areas have confirmed the arrangements, which may vary from those announced in March. If any area arrangements fall through, intending competitors may enter the nearest confirmed area event. Make all enquiries to the local organiser or C.C.P.R.

South West. Venue Looe, 26th June. A. Beale, Area Youth Office, The Market, Liskeard, Cornwall.

West. Venue Bradford-on-Avon, 12th June. M. Walden, The Elms, Keevil, Trowbridge, Wilts.

Wales. Not yet confirmed. J. Gould, South Lodge, Fairwater Road, Llandaff, Cardiff.

South. Venue Weston, Southampton, 29th May. P. Smith, 3 Wordsworth House, Wordsworth Road, Shirley, Southampton.

London and South East. Venue Bedfont Lake, 19th June (Closing Date 11th June). Mrs. J. Baker, 147a Station Road, London E.4.

East. Venue Bedford, 19th June. B. Sidaway, 13 Woodland Drive, Bronham, Bedford.

North Midlands. Not yet confirmed. R. Sowman, 4 Landor Road, The Cape, Warwick.

Yorkshire. Venue Horbury Sand Banks, Nr. Wakefield, 19th June. W. Keay, 17 Westfield Crescent, Riddlesden, Keighley, Yorks.

North East. Venue Yarm, 12th June. T. Williams, 12 Gladstone Road, Hartlepool, Co. Durham.

North West. Not yet confirmed. R. Jeffrey, 12 Acre Close, Hayton, Howmill, Carlisle.

North. Not yet confirmed. D. Maloney, 62 Earlsway, Curzon Park, Chester.

Scotland. Not yet confirmed. J. Katzenell, 24 Monteith Drive, Clarkston, Glasgow.

Northern Ireland. Venue Belfast, 3rd July. F. Roberts, 65 Inishowen Drive, Belfast 10.

PADDLING NEWS

P.R.C. hope to send teams to Karlsruhe Regatta and to the European Championships in Rumania. Grants to assist travel have now been demanded from the Sport Council for seven to Bucharest and ten to Karlsruhe.

It has become apparent that if our full efforts towards the next Olympics are to be channelled in the right direction we must appoint a team manager as soon as possible who will train and co-ordinate the national effort. Accordingly a full meeting of the P.R.C. was held on the 15th May to appoint a Team Manager and a Team Coach, and consider the appointment of a Team Captain.

My Column



Oliver Cock

One swore at us, and threw stones which also missed, until he had run out of both blasphemy and bricks. We went quietly on.

But, prithee, how long does it take to prove right of way? How long must we remain the only country where these wonderful thoroughfares can not be used? Just England and Wales must close these lovely waters. Not Scotland nor Ireland even forbid the right to navigate. Neither will any honest angler say that we disturb the fish as we pass quietly on. In fact, many may be glad of our help, unhitching the hook from some obstruction, or even beating up the waters to rouse the sleeping salmon from his bed.

A year ago, Birmingham University completed a survey of inland waters of the West Midlands, and the recreational use to which they were put by all and sundry. The list included ten users: anglers, bird clubs, canoeists, hydroplaners, pleasure craft and cruisers, oarsmen, sailors, swimmers, aqualung divers and water skiers. In all this report the canoeists appeared the best. Nobody objected to them and they were ready to share with all. It was others who selfishly wanted the waters to themselves. It was others demanded all else be not allowed. So we mustn't.

In the world of education there is a great urge towards "outdoor pursuits"; getting out, broadening the mind, stretching the individual and character-building is how these pursuits are said to benefit the young. Odd as it may seem to us who have been at it for so long, there is indisputable evidence that canoeing is one of the most effective of the outdoor pursuits at this. All right, we have been having our characters built. I hope we are the better for it; but when it comes to our own kids—we mustn't.

And the kids themselves go in for the Duke of Edinburgh's Award. They would love to do their expedition by canoe—Prince Philip himself says they may—but they mustn't. What to do about it?

continued on next page

There are times when I get very cross indeed. On these occasions, when someone says "can't," I do; when someone says "Mustn't," I must.

One such occasion arose recently when I was suddenly warned that I could no longer canoe down a river on which we have been cruising without let or hindrance certainly for the last thirty years. Apparently a new land-owner had written in to say that we could no longer pass over his water, which was private, as he was sure we knew.

Well, my hackles went up, so I did. (And a cock is allowed to raise hackles, you know). Unfortunately, nobody turned up to query our journey, and all the anglers save one were charming. The

Well, the Council is working very hard at this, we know; but I suggest we can do some work too—we can help, and here is a method. I have already tried it, once, when there was purchase tax on canoes but none on boats and ships. It worked then, and we got the purchase tax removed. I was on the committee of the Canoe-Camping Club then, when they were the chief instigators. They have already started the ball rolling now, remembering the previous success. Let us join in with them. Weight of numbers is important. Here is the method.

Let everybody write to his M.P. about it. Think up all the reasons why these rivers should be opened. I have given you a good many reasons above. When he replies he may tell you to write to somebody else. Do so, and tell him you've done so. When nothing happens, which is pretty certainly what will occur at first, write again and tell him nothing's happened. Be pestilent. Don't write at too great a length at one time—a quarto sheet is more than enough, otherwise your M.P. will get bored and throw the thing away. But persist. A society called Amnesty International gets minor political prisoners freed in far-off tyrannical lands by doing just this. Talk to your M.P. He is the man who will ultimately get things moving. It may take time, there are powerful, selfish forces against us, but persistence will win in the end.

CLASSIFIED ADVERTISEMENTS

BOATS WANTED

GLASS FIBRE SLALOM CANOE WANTED, in good condition. Price and particulars to J. W. Dudderidge, 41 Aldenham Avenue, Radlett, Herts. (Rad. 5978).

BOATS FOR SALE

T9 FOR SALE. In first class condition, £40 o.n.o. R. W. Baker, 147a Station Road, London E.4.

6 FIBREGLOSS DART CANOES, 14 ft. Made by Holwill Fibreglass Craft. As new. Original cost just under £50. Offers, single or all. Reason for sale is that they are unsuitable for estuary work. Lt. A. Swan, Army Outward Bound School, Morfa Camp, Towyn, Merioneth.

FILM HIRE

BRITISH CANOE UNION Film Libraries. Films available on Racing, Sea Canoeing, Rapid Rivers and for Beginners. In 16mm. or 8mm. From the British Film Institute, 81 Dean Street, London W.1.

TRAILERS

LIGHT WEIGHT TRAILERS for 6 canoes. Manufactured by the Trailer Specialists. Please write for Pamphlet containing full details of Kits and Finished Trailers. From £36. 15s. 0d. Wicksteeds, Meridian Works, Royston, Herts. Phone 3154.

CLYDE TOURING CANOES



16'3" CLYDE TOURING SINGLE : 18'6" CLYDE TOURING DOUBLE : 17'6" CLYDE SPECIAL SINGLE
Though designed for the fuller enjoyment of sea touring they are equally at home on inland waters

CANOE HIRE SERVICE

DRY SUITS CANOE SUIT

SPECIALLY DESIGNED WITH LONG SLEEVES FOR THE CANOEIST
One Piece Shorty Suit in $\frac{3}{8}$ in. double skinned expanded Neoprene at £13 10s. 0d.
One Piece Shorty Suit in 4 mm. Nylon lined Nepex/Aqualon material at £18 0s. 0d.

(Short Sleeves optional)

KITS

In $\frac{3}{16}$ mm. double skinned material. Material cut to shape, zip, tape, adhesive and full assembly instructions. £10 0s. 0d.

Full Details :

CLUB DISCOUNT

KIVIK CANOE CRAFT
CARBERRY, MUSSELBURGH, SCOTLAND

NORFOLK BROADS AND RIVERS

New edition now on slightly larger scale. Paper folded 8s. 6d. net

CANOEING MAP OF ENGLAND AND WALES

Paper folded 5s. net

Please write for list of Stanford's Coloured Charts

EDWARD STANFORD LTD**12-14 Long Acre, London W.C.2**

**WHITTINGTON
ADVENTURE
COURSES
AND
CLUB**

CANOEING, ROCK CLIMBING, RAMBLING,
LIGHTWEIGHT CAMPING AND OTHER SPECIAL
COURSES.

HOSTEL FACILITIES FOR RIDING, WALKING,
CYCLING, ROCK CLIMBING, CANOEING AND OTHER
OUTDOOR ACTIVITIES.

ADVENTURE WITH SAFETY.

For details write to: The Warden, Whittington Lock
Cottage, Canal, nr. Kinver, Worcestershire.

THE SPECIALIST CANOE DESIGNER

(Build from scratch, as 5,000 did last year)

There is something in our list for everyone
Send stamp for lists

PERCY W. BLANDFORD
NEWBOLD-ON-STOUR, STRATFORD-ON-AVON

From:

Circulation Manager
Canoeing Publications
6 The Mall
Brentford, Middx.

THE MONTHLY MAGAZINE FOR CANOEISTS

18/- per annum. Specimen copy 1/6d.

Send S.A.E. for Plans List



GET AFLUAT! IN A MENDESTA Glass Fibre Canoe!



Remember that there is a Mendesta Canoe for every canoeing activity.

Full details from

JOHN CRITCHLEY,
c/o 7 Constance Road,
Whitton, Twickenham,
Middlesex.

Telephone POPesgrove 6925

Also available hand made spoon blade paddles,
Gillco crash hats and life-jackets conforming to
B.C.U. specifications.

Supplier to H.M. Forces and Education Authorities

SLOW MOTION FILM LOOPS

The following Film Loops showing at half or quarter speed various canoeing techniques are available in 16mm and 8mm.

ESKIMO ROLLING

- No. 1 "Put-across Method"
 2 "Pawlata Method"
 3 "Screw Method"

SLALOM TECHNIQUE

Demonstrated by S. Holzbauer. World Champion, 1955)

- No. 4 "Long Draw"
 5 "Sculling"
 6 "Cross-bow Turn"
 X "High Telemark"

(Note this recent addition)

RACING TECHNIQUE

- No. 7 G. Frederiksson (Sweden)
 8 H. Berglund (Sweden)
 9 Kayak Singles (Kislova, U.S.S.R.)
 10 ditto. (Hatlacki, Hungary)
 11 ditto. (Hungarian style)
 12 ditto. ditto.
 13 Kayak Doubles ditto.
 Nos. 14/18 Canadian Singles (Hungarian style)
 19/21 Canadian Doubles (Hungarian style)
 22 Canadian Doubles (Charin/Botov, U.S.S.R.)
 23 Canadian Singles (Vokner, Czechoslovakia)

STANDARD :

- 16 mm. 3/6 each
 Sets: 1 to 8 + X, 27/- . 9 to 13, 16/- . 14 to 23, 31/- .
 8 mm. 2/- each
 Sets: 1 to 8 + X, 12/- . 9 to 13, 6/- . 14 to 23, 12/- .

B.C.U. MEMBERS :

- 16 mm. 3/- each
 Sets: 1 to 8 + X, 22/6 . 9 to 13, 13/6 . 14 to 23, 26/- .
 8 mm. 1/6 each
 Sets: 1 to 8 + X, 10/- . 9 to 13, 5/- . 14 to 23, 10/- .

All post free in the British Isles

A 35 mm. Film Strip "Canoe Building" (with notes) is available at £1 (or 15/- to B.C.U. members) post free.

C. M. ROTHWELL

21 Windsor Road, Clayton Bridge, Manchester 10

Ottersports Ltd

Broad Street, Northampton. Tel. 39405

HAVE YOU SEEN

our

FORTY PAGE 1965 CATALOGUE?

(Fully Illustrated)

If you will write us, one will be
 Gladly sent FREE of charge
 With canvas samples if required

CANOE CAMPING

ON THE MEDWAY OR THAMES

Week-end, weekly or fortnightly rates with full cruising equipment. Ideal holidays for the young and beginners. Reduced rates for groups.

HOLIDAY SPORTS HIRE LTD

126 New Cross Road, London S.E.14

Tel.: NEW Cross 6224

TENT HIRE — CANOES — INSURANCE

REPAIRS — TRAILERS

FOLDING CANOE

SINGLES, DOUBLES, THREES
 SWEDEN FORM, BUILT IN BUOYANCY

8 MODELS FROM **£28**

SAILS & ACCESSORIES

CANOE MOTORS **£27**

BRITISH BUILT

NON-FOLDING CANOES

LAMINATED FRAMES
 PVC/CANVAS HULL
 LIGHTER . STRONGER . CHEAPER
 4 MODELS FROM **£18.10.0**

ROOF RACKS
 & ACCESSORIES

GUARANTEED SAFE DELIVERY

**BUILD YOURSELF
CANOE KITS**

FULL SIZE PLANS AND DRAWINGS
 WITH DETAILED INSTRUCTIONS **10/-**

COMPLETE KITS WITH EVERYTHING **£14**
 OR SEPARATE MATERIALS AS LIST 300

ILLUSTRATED CATALOGUE FREE

FIBRECANU

2 SEATER AND SEPARATE OR COMBINED
 COCKPITS, 15 ft.— **£37.10.0**

MODERN CANOEING

This is a new book, to start a young man off, informing him what to look for when choosing a canoe, and leading him step by step to Cruising, Sailing, Sea Canoeing and Shooting Rapids.

6/6 POST FREE

GRANTA CANOES • COTTENHAM • CAMBRIDGE

WE NEVER CLOSE

TEL. COTTENHAM 241

TO ALL WATER SPORT ENTHUSIASTS
CLEVELAND — PROUDLY PRESENT

THE SUIT THAT
 IS MADE WITH
YOU
 IN MIND

Made to measure or 5 standard
 sizes, at prices from £7.0.0.
 Kits to £18.18.0. Nylon lined full
 suit custom built. 5 styles to
 choose from.

Coming shortly
 Cleveland Water Skis

Write or Phone for details

suit illustrated £9 ▶

CLEVELAND DIVING & MARINE PRODUCTS

3 Prospect Terrace, Marske-by-the-Sea
 Redcar, Yorks. Phone: Redcar 4322



WATER SPORTS HOLIDAYS

Perfect open air holidays for ADULTS, TEENAGERS and
 SCHOOLS. Pony trekking, sailing and canoeing Wales, sailing
 English Lakes and Loch Fyne, Scotland. CANOE CAMPING
 DOWN THE WYE and RHONE with sailing on the Mediter-
 ranean. Adventure canoeing on the SAVA, YUGOSLAVIA and
 BRDA, Poland Sailing,

snorkelling and water-skiing
 Balearic Islands And for our
 "Relaxing Holidays" by air to Spain
 from under £30 nothing but idling
 the time away, completely for-
 getting all the daily worries left far
 behind in order to enjoy fully the
 warm sea, the beaches, the sun
 drenched boats! FREE places
 to party leaders, prices fully
 inclusive of all equipment
 and instruction. PLAN
 NOW! Canoe-hire service
 Canoeing, sailing and pony-

trekking week-ends.

16mm COLOUR FILMS ON FREE LOAN

All details and free brochure from
 department B.C.U.

P.G.L. HOLIDAYS
 COMMERCE LANE, LETCHWORTH
 HERTS.





LIGHT
COUPLINGS
FOR
BOAT
TRAILERS

also special trailers for up to 15 canoes

Write for literature Please state make of car
C. P. WITTER LTD., CHESTER 33. Tel. 25004 & 27189



MOONRAKER
BRITISH
RACING and
TOURING
CANOES

THE FINEST AND MOST SUCCESSFUL CANOES. BUILT TO THE HIGHEST STANDARDS OF CRAFTSMANSHIP IN OUR FACTORY, OR ASSEMBLED EASILY AND QUICKLY FROM PRE-FABRICATED KITS. ALWAYS AHEAD IN DESIGN. PLEASE SEND FOR FREE BOOK ON CANOEING TO:

JENKINS & LANCEFIELD

DEPT. 3 CORSHAM WILTS.
CONTRACTORS TO EDUCATION AUTHORITIES AND H.M. SERVICES

THE VERY FINEST CANOES AVAILABLE...



EVERYTHING FOR
THE CANOEIST

LARGE RANGE OF PADDLES,
P.V.C. & BUILDING MATERIALS

THE CANOE CENTRE

18 BEAUCHAMP RD., TWICKENHAM, MIDDX.

DAILY 9-5, SAT. 9-12.30

**KLEPPER GLASSFIBRE KAYAKS
AND FOLDING CANOES**
**STRUER RACING KAYAKS IN
VENEER OR GLASSFIBRE**
**SPORT-KITS RACING SLALOM
OR TOURING RIGID CANOES**

Tel. POPesgrove 8979

Contractors to the Ministry of Defence
and Educational Authorities

● PLEASE MENTION "Canoeing in Britain" WHEN WRITING TO ADVERTISERS ●



**CANADIAN,
FIBREGLASS,
FOLDING &
RIGID
CANOES,
D.I.Y. KITS**

Paddles - Accessories - Materials

Full details from:

TYNE FOLDING BOATS LTD. (Dept. B.C.U.)
206 AMYND PARK ROAD, ST. MARGARET'S
TWICKENHAM, MIDDLESEX

THE HOVE

SHIRLEY PRESS

LIMITED

45-51 SHIRLEY STREET
HOVE, 3 SUSSEX
Phone Hove 33336 & 36300

Printing from a Small Card to a Volume

PRINTING . BOOKBINDING . MACHINE RULING
DIE STAMPING . DUPLICATING . STATIONERY
SILK SCREEN . TWINLOCK SYSTEMS

GMACH'S *Wessex* Canoes IN BEAUTIFUL *tough* FIBREGLASS

**HIGH CLASS CRAFT—IDEAL FOR RACING—
TOURING—POTTERING**

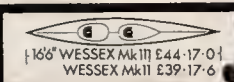
CONSISTENT WINNERS AND RECORD HOLDERS
OF THE DEVIZES—WESTMINSTER RACE

Easy to transport
Simple to carry

MODELS FROM
£33/15/.

**AS SUPPLIED
TO H.M.
FORCES**

FREE Details
available
ONLY from:



J.L. GMACH & CO. LTD. FORDINGBRIDGE
HANTS Tel 2422

● PLEASE MENTION "Canoeing in Britain" WHEN WRITING TO ADVERTISERS ●

Bitterne Small Craft (Southampton) Limited

SOLENT

CANOE

CENTRE

166 BITTERNE RD., SOUTHAMPTON

Telephone 49270

The Directors & Staff are all canoeing enthusiasts and take part in most Regattas and L.D. Races.

Our range includes :

- "CYGNET" g/f Touring single @ £28 10
- "SWAN" " " double @ £36
- "RAPIDE" lam. Racing single @ £32 10
- "HUSTLER" " " double @ £37
- "CANUCK" D'ble-diag. Canadian @ £40
- "BITTERNE" glass/fibre dinghy @ £38 10

Schools and Clubs considering making their own glass fibre canoes are invited to send for our materials list.

Avoncraft

RACING AND TOURING CRAFT

"INVADER" CLASS K.1 AND K.2

In addition to the highly successful "Invader" K.1 which went into production at the latter part of 1964, we now proudly introduce the "Invader" K.2. Never before has the competitive canoeist had the opportunity to afford the very best in kayak racing at prices comparable to those of ordinary class type kayaks.

News Flash! Congratulations to Cook and Stimpson of the 63 Coy. R.A.S.C. (Para. Bde.) on winning the Devizes - Westminster race in the new "Invader" K.2 in a time of 20 hours 27 mins. 22 secs.

For details of craft, kits and accessories write :

R. H. VARDY

30 CAVAN ROAD, REDBOURN, HERTS.

Tel. REDBOURN 303

Suppliers to H.M. Forces, Clubs, Education Authorities, etc.

QUALITY

DESIGN

PERFORMANCE

ARE FEATURES OF
K.W. KAYAKS

1965 LUNE SLALOM

	1st Div.		
1st	-	-	- K.W.3
2nd	-	-	- K.W.3
	2nd Div.		
1st	-	-	- K.W.3
	Ladies		
1st	-	-	- K.W.3
	Team Event		
1st	-	-	- K.W.3

1965 MARSH LOCK SLALOM

	1st Div.		
1st	-	-	- K.W.3
2nd	-	-	- K.W.3
3rd	-	-	- K.W.3
	Ladies		
1st	-	-	- K.W.3

1962 : 1963



"THE CHAMPIONS CHOICE"

1965 GRANDTULLY SLALOM

	1st Div.		
1st	-	-	- K.W.3
2nd	-	-	- K.W.3
3rd	-	-	- K.W.3
	2nd Div.		
1st	-	-	- K.W.3
2nd	-	-	- K.W.3
3rd	-	-	- K.W.3

1965 MARSH LOCK

	2nd Div.		
1st	-	-	- K.W.3
2nd	-	-	- K.W.3
3rd	-	-	- K.W.3
	Team Event		
1st	-	-	- K.W.3

1964 : 1965

1965 RANGE OF CANOES AND EQUIPMENT

K.W.3 INTERNATIONAL SLALOM SPECIAL. This craft needs no introduction, a Slalom canoe that trims valuable seconds off a competitor's time in an event by manoeuvrability second to none. Length: 401 cms. Beam: 60 cms. Seamless construction. Price: **£42** with full equipment.

K.W.4 SLALOM/WHITE WATER RACER. A very popular streamlined version of our K.W.2 "Supreme" well proven in competition, fully elliptical section. Length: 416 cms. Beam: 60 cms. Seamless construction. Price: **£45** with full equipment.

K.W.5. This is our latest design, a real White Water missile in our usual glass-fibre construction, built for sheer speed, this canoe can also be used for general canoeing. Features seamless construction. Length: 450 cms. Beam: 60 cms. Price: **£45** with full equipment.

SLALOM KAYAK TRAILERS (CAPACITY FOUR OR SIX CANOES)

For further details write or telephone to:

STREAMLYTE MOULDINGS (MARINE) LTD
124 BRIGHTON ROAD, SHOREHAM-BY-SEA, SUSSEX Telephone: Southwick 2108

Contractors to: The Admiralty . Air Ministry . War Office . Education Authorities . Exporters Civil and Military