

CANOEING MAGAZINE

CANOEING

N°83 JANUARY 1985 SEVENTYPENCE



Britain's Number 1
Canoesport Magazine

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2	Baidarka Explorer	Yellow	Yellow	No	Yes	Basic	£273.70	£205.00
3	Baidarka Explorer	Yellow	Yellow	No	Yes	Expedition	£379.50	£284.00
4	Baidarka Explorer	Blue	White	No	Yes	Expedition	£379.50	£284.00
5	Baidarka Explorer	Yellow	White	No	Yes	Expedition	£379.50	£284.00
6	Baidarka Explorer	Yellow	White	No	Yes	Basic	£273.70	£205.00
7	Baidarka Explorer	Orange	White	No	Yes	Expedition	£379.50	£284.00
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11	Dawn Treader	Red	Red	Yes	No	Expedition	£382.95	£287.00
12	Eskimo	Blue	Blue	No	No	Expedition	£330.00	£247.00
13	Eskimo	Blue	Blue	No	No	Basic	£218.50	£163.00
14	Eskimo (No fittings)	Blue	Blue	No	No	Basic	£189.75	£142.00
15	Icefloe	Yellow	Yellow	Yes	No	Expedition	£382.95	£306.00
16	Icefloe	White	White	Yes	No	Expedition	£403.65	£320.00

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JANUARY — NUMBER 83

Editor: Mike Clark

Canoeing Magazine, Editorial and Advertising
Ocean Publications Ltd., 34 Buckingham Palace Road,
London SW1W 0RE. Telephone: 01-828 4551

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COVER: Arctic Race — Racing K2 through one of the many wild water rapids.
Photo: Erik Soderlund, Sweden.



Great Glen Canoe — Roddy and Colin at Gairloch Locks — see page 11.

CANOEING is published and distributed by Ocean Publications Limited, 34 Buckingham Palace Road, London SW1W 0RE. Tel: 01-828 4551. Printed by Stephens & George Limited, Merthyr Tydfil, Wales.

SUBSCRIPTION RATES: UK inland £10.00 Overseas surface inc. Eire £11.00 — for twelve issues.

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Notes & News

ZIP CLUB

The Zip Club is very special. Membership is open to anyone who has had open heart surgery. George Lewczenko is a zip club member as well as being Captain of the West Norfolk Canoe Club. He invites you to join in a sponsored Double Wash Crossing from Hunstanton to Skegness and back to help raise funds (£100,000 to be precise) to buy a Gamma camera for Papworth Hospital.

Sail-boarders are doing a sponsored double was crossing on the same day, and have been heard to threaten to dampen the chips of any sea-kayakist who thinks fit to beat them.

Please come along and do the double quicker than the sail-boarders, and at the same time prove that we can raise more money than they can, and what's more we can do it without a lot of wind.

Venue: Hunstanton, Norfolk.

Date: Bank Holiday, Sunday May 5th (Monday 6th to be reserve day in case of bad weather).

Spring Tides: High water 0633 BST.

Facilities: Good local camping and B&B.

Start Time: Recommended departure between 0800hrs and 0900hrs.

Entry Fee: £3-00.

Skill Level: Well practised sea proficiency. This is an open sea crossing of twelve nautical miles each way. There will be a stop at Skegness for cups of tea to await low water. It is recommended that the return journey be started an hour after low water Immingham.

Sponsor Forms, and further details from: Trev Riches, Nar Printers Ltd, Baxters Court, King's Lynn, Norfolk PE30 1HS. Tel: (0553) 2393, 24 hour Ansafone.

SUPASNAPS FILM CHOSEN BY RIVER KWAI EXPEDITION

The 1984 British River Kwai Expedition recently left London bound for Bangkok at the start of its four week trek into the swamps and jungle of Thailand, armed with SupaSnaps film to photograph its exploits and the country's rare flora and fauna.

Expedition leader, Peter Salisbury FRCS, a fireman from Redditch, Worcestershire and his intrepid three-man team, which includes wife Jane, police officer Geoff Bladon and health inspector Peter Barton, intend being the first to canoe the entire length of the River Kwai from its source at "Three Pagodas Pass" near the Burmese frontier down to the Gulf of Thailand. A journey that will involve navigation of some 350-miles of treacherous waterway and take some 15 days to complete.

En route Peter Barton, expedition photographer, will compile a photographic record, using SupaSnapS film, of the varied animal life along the river banks which includes 30 species of highly dangerous poisonous snakes and the notorious "man-eating" 15 foot long estuarine crocodile, said to have claimed more than 40 lives over the past 2-years. The team will also encounter mangrove swamps and the most remote and malarial

infested areas in the world, much of which are still uncharted.

The 1984 British River Kwai Expedition has the approval of the Thai Government, The Royal Thai Embassy and the World Expeditionary Association.

Keen photographers, wildlife enthusiasts and canoeists alike will have a unique opportunity to view the team's perilous adventures on the River Kwai when the photographs go on display next February at The International Canoe Exhibition at Crystal Palace.



ROTOBATS ROUND SCOTLAND..around Cape Wrath in 9' 6" of black plastic!

During December two young men from Berkshire forewent the niceties of Christmas to battle against icy waters and galeforce winds in newly designed boats for inland recreational use.

Shaun Baker, 20 and Nick Mallabar, 21, Senior Canoe Instructors at Castel Hill Centre Maidenhead, were tackling the 250-mile journey from Wick on the East coast of Scotland to Loch Morar on the West; they left the first week in December and will not return until mid January.

Pyranha, of Runcorn, have kindly agreed to provide essential equipment for the expedition including two Rotobats. These are revolutionary new kayaks designed and manufactured from a single piece of immensely strong polyethylene. Other specialist clothing has been supplied by Whitewater Sports of Shepperton, Middlesex.

The journey includes such notoriously difficult stretches of sea as the Pentland Firth and Cape Wrath; coupled with the severe conditions prevailing at this time of year, the expedition will be a serious challenge as well as a major breakthrough in the use of general purpose kayaks for sea touring.

Shaun and Nick are no strangers to this type of gruelling expedition. When only 16 years of age they took a 7-week break and paddled 700-miles from the Mid East Highlands via Inverness, through the Mull of Kintyre, ending up in North Wales. In 1982, on a short trip to North Wales, they paddled Aberglaslyn Gorge; this dangerous set of rapids is usually left well alone by most canoeists!

If all goes well, this remarkable pair will have achieved what many thought was impossible by paddling some of the most challenging coastline in the British Isles, in extreme conditions, using boats essentially designed for use in swimming pools.

Left: Shaun Baker and Nick Mallabar — round Scotland by Rotobat over Christmas.

Below: Jane and Peter Salisbury of the 1984 British River Kwai Kayak Expedition. Photos to be seen at Crystal Palace.



SPRINT RACING

TWO OLD HANDS TAKE THEIR LEAVE

Rüdiger Helm (GDR), the most successful canoeist in recent years, crowned his career with victories in the 'Friendship '84' competitions in Berlin-Grünau before he retired from active sports.



The best racing canoeists from seven socialist countries took part in a motor-boat trip along Berlin's rivers and lakes at the end of the friendship competitions on the 21st and 22nd of July. This was an occasion to relax after the excitement of the previous days, and when the boat, named 'Wilhelm Pieck' after the GDR's first President, cruised along the Berlin-Grünau regatta course, memories came flooding back. The enthusiastic crowds on the grandstand accounted for the tremendous atmosphere that prevailed throughout the event. The canoe competitions, held in all the twelve Olympic events, attracted no less than eight current world champions and ten runners-up.

The world champions won four events, while the runners-up at the world championships won five events this time. This showed the fine form of all the athletes. As was expected the Soviet and GDR canoeists shared the gold medals between them, each team winning six. The canoeists from the two countries had already proved themselves during previous regattas at Mechelen, Brandenburg, Moscow and Copenhagen.

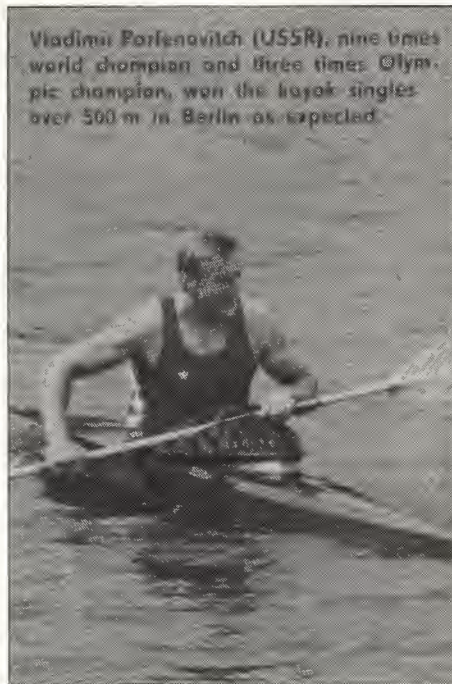
Each of the GDR boats competing won a medal — an unprecedented achievement considering their rival's high standard.

For two top canoeists, the Berlin competitions were the last in their active sports careers. Vladimir Parfenovitch of the Soviet Union, nine times world champion and three times Olympic champion, scored a start-to-finish victory in the first event contested — the shorter distance of the kayak singles. 'I longed for this victory,' he

said afterwards, 'all the more so as the last season wasn't as good as I had wished. The young athletes are coming to the fore, I'm happy therefore to have outdistanced them again in my last race today.'

The same held true for his old friend and rival from the GDR, Rüdiger Helm. His last race over 1,000 metres, his favourite event, turned out a triumph for the three times Olympic champion and ten times world champion. He finished three boat-lengths ahead of the next canoe. It was hard to believe that this was to be Helm's last competition, he was the most successful canoeist of all time, who was equally outstanding for his style and his fighting spirit. As captain of the GDR team he was its backbone with his experience and composure. 'The gap I leave will be filled very soon,' Helm said. 'Harry Nolte from the Potsdam Army Sports Club has made good progress in recent times and has been a great challenge to me lately.' He admitted that it had been difficult in recent years to find the motivation to go on racing and to preserve the vigour needed for major competitions. Dominating the 1,000m distance in the kayak singles since 1976, his enormous energy and commitment have always helped him to succeed. His series of victories is unparalleled. Rüdiger Helm, who just turned 28, and is a qualified teacher, will coach young canoeists for his home club in Neubrandenburg. 'I'm eagerly looking forward to this', he said, 'and I hope to be equally successful as a coach'. This means, he will remain faithful to his sport. . . Two aces have taken their leave, others will follow in their footsteps. Those

Vladimir Parfenovitch (USSR), nine times world champion and three times Olympic champion, won the kayak singles over 500 m in Berlin as expected.



who are getting ready to do so include Birgit Fischer from the Potsdam Army Sports Club, who is Olympic champion and ten times world champion. Incidentally, she is now in the same boat, so to speak, with the 1982 world champion in the Canadian singles, Jörg Schmidt — the two got married a short while ago.

HANS-HAGEN SROCKE.

CANOEING MAGAZINE

DEVIZES

BRITISH WATERWAYS LEISURE SUPPORT TRANS-PENNINE AND DEVIZES MARATHON

Two major events on the canal canoeing calendar for 1985 are to have the support of the British Waterways Leisure. The Trans-Pennine Canal Marathon, which commences on 25th May 1985, and the long-established Devizes to Westminster International Canoe Race which commences on the 5th April 1985, are both to benefit.

The Trans-Pennine Canal Marathon which was staged over the entire 127-mile length of the Leeds and Liverpool Canal for the first time ever in May 1984 attracted 385 paddlers, which was a tremendous turnout for a first time event. British Waterways Leisure are to co-ordinate the event in 1985 and will announce major prizes soon. Already the winners of the K2 relay event, the Hereford Kayak Club, have entered in order to defend their winning time of 18hours 26minutes and 48seconds in 1984.

For the first time British Waterways Leisure will be supporting the 125-mile Devizes to Westminster International Canoe Race, where competitors follow the Kennet and Avon Canal from Devizes to Reading, by offering a prize of sports shop gift vouchers to the value £200 for the winning traditional K2 class entry and a prize of sport shop vouchers to the value of £100 for the winning entry in the new K1 class.

K1 type kayaks are expected to feature strongly in both events in 1985. For the first time there is a K1 category including compulsory overnight stops in the Devizes to Westminster race and by contrast the Trans-Pennine Marathon again includes a 'K1 non-stop with no portage assistance' class, which surely represents the ultimate individual challenge for the Trans-Pennine paddler.

Advice, information and entry forms for aspiring paddlers will be available on both the 'Devizes to Westminster' and 'Trans-Pennine' stands at the International Canoe Exhibition, which will be held at the Crystal Palace Sports Centre over the weekend of 23/24 February 1985.

British Waterways Leisure is keen to promote the many activities which can be enjoyed on the waterways, and is looking forward to seeing who will accept the unique challenge of taking part in these two gruelling marathons on the Boards waterways.

DEVIZES SALES 1985

The Devizes Sales office now features a wide number of items applicable to the race. The new 1985 Race Sticker is now on vinyl (in previous years this has been on paper and not designed to last too many months), available as outside bumper style — although will later be available as inside car sticker.

The full list of items and prices is as below:

Pamphlets describing race £1.50; Window Sticker 39p; Cloth Badge £2.60; Tie £4.75; Sweatshirt £7.25; Support Sweatshirt £7.25; T-Shirt £3.50; Support T-Shirt £3.50; Woollen Hat £3.50; Lock Portage Diagram 25p; Route Plan Large £1.00; Route Plan Small 50p; Rule Book £1.00. (Postage and packing 20p; Sweatshirt plus 50p; T-shirt plus 30p; Orders over £20.00 plus £1.00.)

Order forms for sales from: *Mrs. Monica Owen, 14 Milldown Avenue, Goring, Nr. Reading, Berks, RG8 0AS.*



*Photos from
Trans Pennine and
Devizes
by Mike Clark.*



LAKE SIDE ELEVATION

SPORT ARENA

SPORTS CENTRES FOR LONDON AND WAKEFIELD

THE DOCKLANDS ARENA — CONSTRUCTION STARTS ON BRITAIN'S LARGEST INDOOR SPORTS & LEISURE COMPLEX

Construction work started at the end of November on the conversion of a disused 3 acre banana shed in the heart of the Isle of Dogs, destined to become the UK's largest indoor sports and leisure complex, the *London Docklands Arena*.

The £8 million building contract was signed last week, and main contractors Bovis and GEC are now on site. This marks the end of the design and planning phase of the Arena, undertaken for the London Docklands Arena Trust by architects Stewart K. Riddick and Partners, and design consultants, The Pickering/Torkildsen Partnership, and puts the project on schedule for planned opening in Spring 1986.

When complete, the Arena will offer facilities for a wide range of sporting, conference and exhibition activities, and will attract many major international sporting and leisure events. Design makes provision for 8 squash courts, a 200-metre athletics track and supporting training track. Additional equipment will make it possible for sporting activities such as badminton, basketball, gymnastics, hockey, lacrosse, martial arts, netball, wrestling, dancing and many others to be held there.

Most importantly, the Arena will also be a neighbourhood sporting venue for those who live in Docklands or who work within commuting distance, as well as creating a substantial number of new jobs within the area. The Arena, which will have a maximum spectator capacity of 16,000 (compared with the Albert Hall's 6,000) will be managed by Mecca.

A NEW CONCEPT ON SPORTS AND LEISURE PROVISION

Proposals for a new multi-million pound Sports and Leisure Park only 1½ miles from the city centre have been received by the City of Wakefield Metropolitan District Council.

The Park would provide a unique combination of indoor and outdoor facilities in a country park setting. The sporting and coaching facilities are aimed at the national and international markets as well as more local participants.

In the current economic climate many of the individual facilities could not be justified singly. The intending developers, Techno-Sunley Leisure Ltd. and Presscord Ltd, however, suggest that the multi-use complex catering for a wide range of sports and activities at all levels, together with ancillary catering and accommodation, can generate sufficient revenue to create a viable proposition.

The big plus for the District Council is that some of the more financially viable facilities will offset the costs of establishing and operating a country park around a new 70 acre lake created after opencast coal working. Access to the Park for casual recreation would be entirely free.

The Council also hope that, if developed, the Park would attract many thousands of people annually to Wakefield with large spin-offs for the local economy as well as directly employing the equivalent of 650 full-time staff.

Councillor Roy Widdowson B.E.M., Leader of Wakefield Metropolitan District Council, said, "The Council has high hopes that a unique leisure and recreation complex can be created in Wakefield. The Council's search into the sports and leisure industry could be rewarded with one of the most exciting sports and leisure concepts in the country. The benefits to Wakefield of a scheme of this importance are potentially enormous."

Having received the proposals from the two companies, who are acting jointly, the District Council is now undertaking a month of exhibitions and public meetings to gauge the reaction of the people of Wakefield to the scheme before making any commitment towards it.

The central feature of the site being proposed for the Wakefield Sports and Leisure Park is a 70 acre lake, recently created as part of the restoration of a 200 acre opencast coal working site.

Wakefield District Council is acquiring 172 acres of this land at the present time for recreational purposes including a smaller 20 acre lake. The Council is suggesting that neighbouring old sand and gravel workings together with some agricultural land could be added to this to create a recreational complex of around 350 acres.



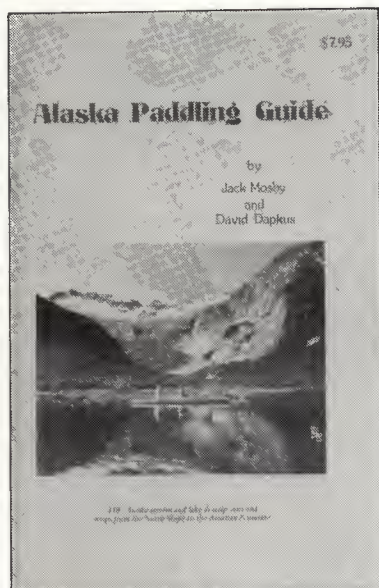
Watersports and Leisure Park for Wakefield.

London Docklands Arena



Leisure Centre for London's Dockland.

NEW BOOKS GUIDES AND PUBLICATIONS



STAFFORD ALASKA PADDLING GUIDE
by Jack Mosby and David Dapkus
113 pages, 6" x 9", line-drawn maps,
1982, \$7.95. Available from I&R
Enterprises, Box 8264, Anchorage,
Alaska. Reviewed by Bruce Stafford
and Andrew Embick

As the authors are first to admit, this little book is really a brochure. However, it fills a definite need for *some* sort of guide to Alaskan rivers, felt since Sepp Weber's 1976 **Wild Rivers of Alaska** went out of print. The work has limitations, certainly. But within those limitations, Mosby and Dapkus have produced a useful and readable guide.

The authors have represented a broad composite overview in outline form of 110 Alaskan streams, rivers, and lakes. Yet missing is Alaska's most popular whitewater run (the lower Eagle); the most famous (Devil's Canyon of the Susitna); the most difficult (the Stikine) and maybe the coldest and most scenic (the Lowe River and Willow Creek respectively). But the authors' expertise lies not in spectacularly described whitewater nor wilderness trips. Their main contribution has been to move information from Federal agency files like the now defunct (thanks to Watt) Heritage Conservation and Recreation Service (HCRS) into print. Thirty-eight rivers formerly surveyed by HCRS to determine their suitability for inclusion into protected national interest lands serve as the nucleus for this publication.

Those expecting detailed descriptions of: river rapids, geology, history, botany and the like will not find them in this book. Nor will they find quality photographs, poetic prose or thoughtful format. The **Alaska Paddling Guide** is, however, a concise, accurate, and inexpensive guide to a few of Alaska's rivers, which hint at the thrills and enjoyment to be had paddling in this vast state.

The stated purpose of the brochure is to help insure a safe, enjoyable journey paddling in Alaska. As favourably noted by another reviewer, Bart Jackson, an added element of safety is provided through the

Alaskan river grading chart, compiled by Dr Embick which ranks the comparative difficulty of 40 Alaskan streams against each other and equivalent popular runs in the Lower 48. Through this chart, paddlers in general should have better knowledge as to the level of difficulty to expect. The authors' (Mosby and Dapkus) sage advice to contact members of the Knit Kanoers and Kayakers, (P.O. Box 101935) Anchorage, Alaska's boating club, reknowned for their hospitality as well as knowledge of local conditions, will provide for additional safety as well as a memorable Alaskan experience.

The shortcomings of the present paddling guidebook on Alaska as well as all those out of print raise the question as to what we can hope for or expect in the future, as far as an authoritative definitive work. We must reflect that any paddling guide for a state the size of Alaska (larger than Texas, California, and Montana combined) must, out of necessity, limit its focus. A single theme of whitewater, wilderness fly-in trips, ocean paddling, or road accessible trips could define the necessary parameters. It is rumoured that an Alaskan whitewater manuscript meeting these requisites is in the final stages of preparation. Only modesty precludes us from citing the author or divulging further information. In the interim, the **Consumer Reports'** best buy for information on streams, lakes and rivers in the Great Land is the **Alaska Paddling Guide**.



SEA KAYAKER — QUARTERLY MAGAZINE

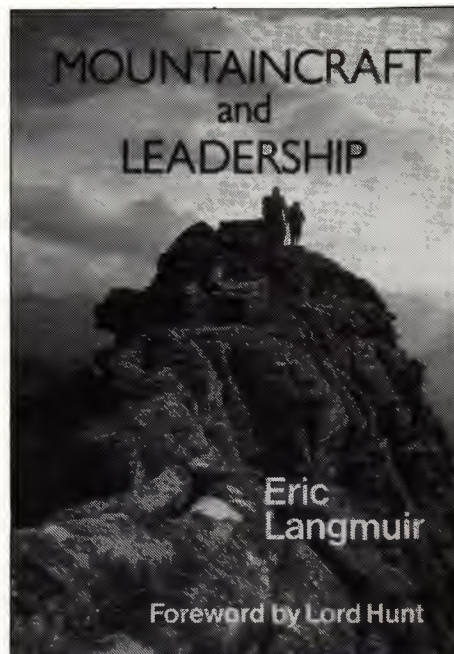
'SEA KAYAKER' — Summer-Fall 1984
Vol.1 No.2: this new sea kayaking magazine published by Boundless Enterprises and edited by John Dowd of Vancouver, Canada, came to my desk via Peter Knowles.

Full colour glossy cover and running to some 60-pages of editorial and advertising. . .

surely a magazine such as this devoted to a small but growing side of our sport cannot be justified?

Justified or not, 'Sea Kayaker' is devoted entirely to sea canoeing and the issue offered features on the Aleut hunters, the pursuit of whales in baidarkas; the Kotzebue Sound Kayak of Northern Alaska; Accident Report, prevention and safety skills; plus an interview with Paul Caffyn and on Australia and Paul's awesome circumnavigation.

Certainly a very worthwhile publication and one will try and get hold of for re-sale.



Mountaincraft and Leadership, by Eric Langmuir, is set to become the standard work on mountaineering and mountain safety in the UK, and the definitive guide for all who venture into our hills. Its publication comes at a particularly important time, with more people than ever before using the hills for leisure and recreational purposes and with the winter climbing season almost upon us.

Mountaincraft and Leadership succeeds Eric Langmuir's previous book, **Mountain Leadership** (known simply as 'Langmuir') as the official handbook of the Mountain Leader Training Boards of Great Britain and Northern Ireland. The new 'Langmuir' has been completely rewritten and expanded, and contains some 200 specially-commissioned illustrations. It is aimed at all mountaineers and hillwalkers, not just the experts, and provides valuable information on such topics as mountain navigation, leadership, campcraft, weather, mountain rescue, basic ropework, and winter hillcraft.

Welcoming the publication of **Mountaincraft and Leadership**, Mr. Allan Stewart, Under-Secretary of State at the Scottish Office, said: 'I have the highest regard for Mr. Langmuir's earlier work. Many have learned from it and it has done much to instruct a proper regard for safety in the mountains. His new work will be even more valuable as it is addressed not just to mountaineers but also to all those who walk the hills, which may be every bit as dangerous to the unprepared as the remote mountain tops.'

In his foreword to the book, Lord Hunt comments on the joys and fascination of mountaineering: 'It can range from climbing the gritstone edges of Derbyshire to scaling an ice-clad mountain face of Himalayan proportions; from a day's trek through the Lairig Ghru to a journey across the Greenland Icecap. In every situation, no matter what the scale, the scene and the problem can be changed dramatically by weather conditions. For the young, there is an endless vista of progress and new experience ahead; for the elderly there is the delight in returning to first beginnings.'

Eric Langmuir, the author of **Mountaincraft and Leadership**, is widely respected in mountaineering circles and has held numerous important offices in connection with the sport, including seven years as Principal of Glenmore Lodge National Outdoor Training Centre.

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GREAT GLEN BY CANOE & KAYAK

STORY AND PHOTOGRAPHS BY HAMISH BROWN

Scotland can produce an unending succession of canoe-touring ideas. Our first choice for this summer past was to canoe up the Great Glen from Fort William to Inverness, from the Atlantic to the North Sea, the line of Telford's most scenic construction, the Caledonian Canal.

'We' turned out to be myself, a nephew Colin and a companion of his, Roddy. Colin had been the proud owner of a Coleman canoe for a year and was wanting to spread his (water) wings, I was the Ancient Mariner with a canvas kit job I'd bought off a friend 25 years ago for a fiver. It receives some odd looks these days but as it has taken me down most of the big rivers in Scotland and toured the western seaboard I love the old witch and just can't bring myself to a divorce.

Loch Ness is a mini-sea so being well at home in our craft was a necessity rather than anything else. Laden with camping gear it is preferable not to turn over. As it was the midge season we did a bit of juggling with the overnight plans so as to stay in hostels and bothies rather than face those airborne piranahs.

The boys had never made a multi-day canoe trip before and it was a year or two since I had too — when the dog Storm and I, walking from John o' Groats to Land's End, had canoed down the river Forth for a bit of relief, a story told in the book *'Hamish's Groats End Walk'* (Follancz, or Granada p.b.). I'd never done the Forth — 'too dull a river' — but at Stirling the canoe was vandalised (a knife struck through it a dozen times) which was discovered at 4am when I'd risen to catch the ebb-tide, off Longannet power stations, in a very nasty sea, my paddles broke (panic splints were

made using tent pole sections and guy lines!) and in the middle of the next night I was nearly arrested for camping in a high explosives depot (this was not intentional, there were no notices facing the sea). So much for being a dull river. We did not expect the Great Glen to be dull.

I don't think Hiawatha would have recognised Colin's slick plastic and aluminium Canadian and any Eskimo would have turned up his nose at my old wood and canvas battleship. It was an odd combination. Being unread the lads missed the crack at one hostel when someone smirked as he asked me, "Do you called your canoe **Rob Roy**, mister?"

The Caledonian Canal is one of Thomas Telford's greatest feats, by far the biggest work of its kind at that stage. Frequently Telford had to invent new machines and techniques for the job and it runs through spectacular scenery in a land only just recovering from the ravages of the post-Culloden suppression. It was begun in 1803 and finished in 1822 and like any national enterprise the expenses overshot and the work fell behind schedule, but it was a great feat for all that. A third of its 60 miles are man-made, the rest being the natural lochs that so add to the beauty of this great gash across Scotland. It is the only canal that can take ships from one side of the country to the other.

Checking up beforehand we read "there are 15 locks to the summit from Corpach and 16 from the Inverness end, each raising any ship 8 feet" — statistics that rather puzzled us. Is the sea really 8 feet higher at Loch Linnhe than at the Beaulieu Firth? The last lock of the trip solved the puzzle; it is only used for levelling off the height of the

water. The locks would mean a great deal of portage work and my rear deck cargo was the precious collapsible trolley, which at one stage was taken for a pram! The best book about the canal is still in print: **The Caledonian Canal** by A D Cameron (T Dalton Ltd), a work of social and historical as well as engineering interest. The canal was completed just in time to be obsolete but at least it does still exist and must be the finest waterway in Britain open for general public use.

Loch Lochy youth hostel was our major base. We stayed there after motoring up with the canoes, a complex exercise in logistics for we wanted my Dormobile left in the north, and we also left a parcel of food hanging from a tree above Loch Arkaig to be picked up en route. (Its aerial position was to protect it from mice rather than grizzly bears). We had an enjoyable swim in Loch Arkaig and I secretly hoped the weather would not be that hot all through. The sun is a vicious smiter!

We went early for our permits (to Corpach Harbour Office) but launched just above Neptune's Staircase, the flight of seven locks, leading up to Banavie. Ben Nevis filled the view eastwards. A Danish ship **Opal** greeted us by blowing smoke rings overhead from her chimney as she warmed up her motors. We passed and re-passed each other all morning. It brought back sailing days on those same oily waters on the **Eye of the Wind** or the **Captain Scott**. We finally lost **Opal** at Gairloch locks where we lunched after the first portage. Even the holiday cruisers with a maximum of 6 mph would pass us but we had the aesthetic superiority of self-propulsion, or so we kidded ourselves. A short cutting leads from Gairloch onto Loch Lochy, the second-largest of the route's lochs, a reach which was originally river but a new cutting leads the loch's overflow to Mucomer power station, under a typical Telford bridge to pour into the River Spean.

There was a stiff breeze on Loch Lochy and we had a two hour tussle to land some miles up the west shore, for our night's lodging was a bothy on the shores of Loch Arkaig which lay a couple of miles westwards along **The Dark Mile** of the famous D K Broster Jacobite novel. Colin and I trundled my canoe across leaving

Left: Landing on the shores of Loch Lochy. Below: Ben Nevis from the canal at Banavie.





Roddy to spend much of the intervening time in Loch Lochy, rather than beside it. "There were no midges under water."

Colin went back with the wheels for their canoe while I retrieved the cache and made some tea. In the time it took for the double portage the wind had risen considerably and we battled into a gale on the starboard bow which reduced the two mile paddle to an exhausting hour-long battle. It was the roughest the lads had ever experienced, but the prospect of drowning, as much as hanging, *'concentrates the mind marvellously'*, but we were glad enough to run ashore through the water lobelia and wearily ferry everything across the meadow to the bothy. At least the wind kept the midges at bay.

There was no wind the following day which we spent climbing the big hill above Glen Mallie, before retreating inside the cottage under the besieging million of midges. They plagued our departure on the grey dawn the following morning but by the time we had reversed our portages to Loch Lochy it was both windy and wet and became ever more so as we headed up the loch.

Fortunately, the storm came from behind so we surged and surfed along in style but after an hour were so chilled we landed behind a spit of gravel to brew warm drinks and don waterproofs. We came to the end of the loch hours ahead of schedule so to fill in time before the hostel opened we went into the cosy cafe at Laggan Locks and festered there. The walls had pictures of the canal in earlier years. It was quite by chance, on a 1976 visit, I saw the locks empty for repair — only the second time ever. That showed the huge scale dramatically. It was built for ships of war after all. Canoeists don't count and perforce carry round. The difficult cutting from Laggan Locks to Loch Oich is the *'summit'* of the canal, at 106 feet. A mile up this tree-edged reach we landed for Loch Lochy youth hostel.

It was a score of years since I had first canoed there and the same warden, Mrs Fraser, greeted us this year. The SYHA runs canoe courses from Loch Lochy and later their instructor Jane Wilson came in with her party, after a hefty day to Fort Augustus, and back into the gale. It had been a very wet and windy day. The hostel's comforts and happy atmosphere were relished. Three times in the night the fire alarm went off accidentally but Colin and Roddy never even woke up!

It cleared slowly the next day as we paddled on to Loch Oich, the prettiest and smallest of the three major lochs. We



stopped by the blood-thirsty monument at the 'Well of the Heads' and while many know something of this tale of murder and revenge and the seven renegade heads being washed in the well before delivery to Glengarry Castle a mile off, few realise the well still exists — under the road. From the lochside a passage leads in to it. We landed there but the shop across the road rather than the well provided the liquid we craved. We continued past Glengarry Castle ruins (it was destroyed after Culloden and the notorious chief of Telford's day did all he could to stop the canal) and into the canal again. In spite the river parallel to the canal can be run but there was no water worth mentioning going over the weir at its start. So it was gentle paddling, with two locks, Cullochry and Kyltra, to break the rhythm, before we came to Fort Augustus and its huge flight of locks down the centre of the village.

We could hear the skirl of pipes but this was for their gala day rather than our welcome! We took the canoes down through the holiday crowds to lunch where the canal entered Loch Ness. Colin, pipe-major of his school band, winced as the Lochaber Pipe Band was given tannoy pop music from the Abbey sports field to compete with. We found two more fine Danish ships here: the **Jens Krogh** and **Grena**. The latter berthed across from us and one of the crew stripped off for a splash-bath on deck. A rich Glasgow voice from the next picnic group screeched "*Wid ye credit thaat? She's nae got ony claes on!*" to which husband gave the reply, "*Dinna be daft, hen. I've never seen you tak a shoor wi yir claes on!*"

We went on to make use of the strong tail wind. Any help up Loch Ness is welcome for it is rather a monotonous water with little change of scenery throughout its length and it's one of the three longest lochs in Britain. Twice we landed in the lee of headlands just to ease numb bums and weary shoulders before reaching Alltisaigh youth hostel, another old favourite, perched high over the loch so it is like living on a liner. Mrs Maclean signed us in for two nights for the next day we only had 8 miles instead of that day's 19. The canoes would be left somewhere at Drumnadrochit and we'd bus back to the hostel. Anything to avoid camping. When the breeze dropped the midges formed a cloud all round the hostel, waiting for anyone who dared go outside.

The next day was easy indeed. The memorial to John Cobb, killed on Loch Ness while attempting the water speed

record, and Urquhart Castle, an imposing ruin from the water, were the only landmarks really. We beached the canoes and hid our gear in the bracken near the castle and started off again there the next day to complete the journey. Off Urquhart Castle Loch Ness reaches a depth of almost 1,000 feet (far deeper than the North Sea) and as the largest volume of water in the country it is never a very tame place. At Drumnadrochit there is a visitor centre which goes into the mysterious problem of the 'monster' in a serious fashion. It's well worth a visit.

A head wind gave us some work to reach the end of the Loch Ness. Lochend has a lighthouse, an odd feature to meet inland and doubly odd for it is tacked on to an ordinary house like a fancy window upstairs. Tourist boats passed several times and one of them set up a big wash just as the lads were launching again. Two big waves caught Colin right below the chin to the amusement of Roddy and me.

Loch Dochfour is small and pretty and from it the River Ness drops off over a weir. With the drought we kept to the canal, which also took us closer to the camp site we planned to use that night. Dochgarroch was our last lock. A notice on the keeper's box said, '*Gone to lunch, back at 1.30*'. We lunched in the sun by the locks and watched two kids fishing with bent pins. It was a douce ending. The last few miles are fairly featureless the main interest invisible, below us. For 500 yards the bottom was lined with locally-woven cloth which was then plastered with a clay 'puddle' to make a waterproof surface — which is still effective 150 years on. Telford was a great innovator, quite a ubiquitous figure in Scotland with his record of roads, bridges, harbours, 30 churches and manse — and the Caledonian Canal. We tend to forget he lived in the days of the Napoleonic wars, the spur that led to this great waterway being built.

We landed at the swing bridge below Tomnahurich Hill ('one of the most picturesque burial grounds in the country') and hauled out the canoes for the last time. I left the others at the busy camp site and caught the bus down to Loch Lochy hostel to collect the Dormobile. I slept in it and the lads in a tent. Inverness was the appropriate end of an enjoyable 67-mile journey. Colin and Roddy obviously agreed on the verdict for the Coleman is being prepared for mighty ventures next year. So too is the old tub. There's still life in the Ancient Mariner!



GREAT GLEN BY CANOE & KAYAK

Opposite top: Corpach and the entrance to the Caledonian Canal. Ben Nevis beyond.

Centre: The Great Glen — Loch Oich and Ben Tee.

Bottom: Castle Urquhart — from the canoes on Loch Ness.

Above: The boat 'Royalist' in Gairloch Locks. Left: Highland ponies and the bothy at Loch Arkaig.

Below: Our craft on Loch Ness — the modern Coleman and the old kit wood and canvas kayak.



Mike Jones Rally

Despite very damp and miserable conditions, the Mike Jones Rally Weekend held on the river Dee at Llangollen over 1st/2nd December, attracted over a thousand paddlers.

With a great deal of rain during the week prior, the river was well up and in modest flood, and proved great sport. The Serpent's Tail rocks were almost covered and the bottom stopper was producing good looping waves. However, with the large number of paddlers coming constantly down the rapid and the wide variance of skill, two paddlers who hogged the stopper wave for a couple of hours on the Saturday morning in looping attempts — while great entertainment for the spectators — put others in danger and caused a high number of capsize amongst canoeists who would have made a successful shoot.

With such a super number of paddlers taking part, it is interesting to note how our sport has changed in just a couple of seasons. Right across the board from almost novice to top expert, gone is the all-supreme glassfibre reinforced kayak — now the wild water touring scene is almost totally dominated by the polyethylene one-piece moulded kayak. And not only this, the dominance seems to have come from just one firm — that of Ace-Perception. Of the literally hundreds of polyethylene kayaks at Llangollen, the vast majority were either Mirage or Dancer. The Freestyle and French and German boats were accounted only in small numbers.

The poor weather conditions on the Saturday morning wiped out any 'fun' events — or at least the 'fun' events were evident among the melee of canoeists on the water.

The Mike Jones Rally Weekend on the River Dee has proved a popular and very much a growing success since its inception in 1979 — but just maybe it is time for a rethink on both venue and format.

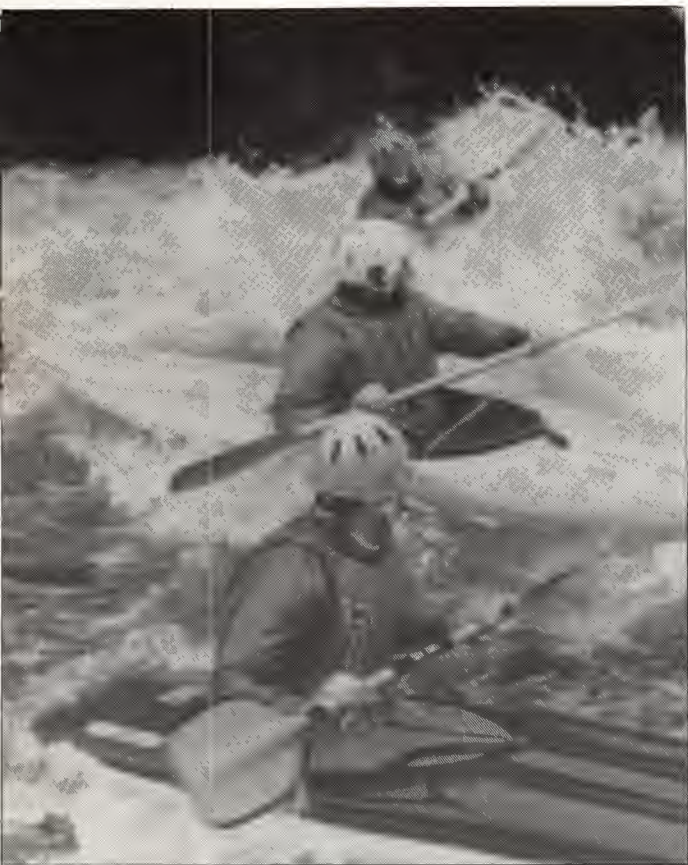
Over a thousand paddlers on a single weekend in Llangollen — more than when we run the International — is not going to endear a number of the residents to the paddling fraternity. Could be the event has now outgrown the venue and in danger of putting the whole of competitive canoe sport at Llangollen in jeopardy. Maybe the organisers of the Mike Jones Weekend should be considering a number of regional sites for the future rather than just the Llangollen venue. Food for thought and maybe readers would like to air their comments?

The range of paddling skills at Llangollen was very wide. Some paddlers even seemed unstable in their kayaks! It should be remembered that not so many years ago the Serpent's Tail and Llangollen Town Falls were slalom sites for top division paddlers only. With so many spectators and canoeists out and on the water, the attitude seemed to be one of get down the river at all costs and no matter how deficient in skill, there being someone always near at hand to pull you out.

On Sunday the inevitable happened with the drowning of a canoeist below the Lower Falls. An experienced paddler and an accident that should never have happened judging from accounts. If we are to continue with such vast numbers of canoeists on the water — water of a very high standard — then there is certainly an urgent need for far greater thought to be put into safety aspects and monitoring of the whole section of the River Dee. Group and 'buddy' running under such crowded conditions cannot be relied on — as has been proved with the cost of a life. . .

MIKE CLARK.





Adventure Holidays

For the majority, summer holidays usually meant a package trip to the sun for couple of weeks laze on the hot sands of Spain, Southern France, Greece, or some other exotic destination. However, with the growing amount of leisure time, many have been exploring new environments and are now looking for outdoor adventure and a holiday that far more than two weeks of sun and a burnt back. To cater for the demand, outdoor pursuits and multi-activity has become a major part of the holiday industry. Below are a few of the many firms offering holidays on a venture/multi-activity theme:

P.G.L. Adventure Holidays

Centres: Wales, England, Scotland, Holland, France.

P.G.L. is one of the longest-established of the adventure holiday firms. From small beginnings on the River Wye in Herefordshire, progressing to the River Rhone and the Ardeche in France, it is now a massive undertaking catering for the widest range of outdoor sports with age groups from 6-years to family groups and individual adults.

Canoesport is based on the River Wye and also on the Ardeche in Southern France. The Wye offers not only holidays, but canoeing courses of instruction from novice level to first star tests and the BCU Proficiency. The Ardeche in France — despite its ever increasing popularity — still creates total magic and one of the most spectacular introductions to canoesport anywhere.

Sports Councils

Centres: Plas y Brenin, North Wales: Plas Menai, North Wales: Glenmore Lodge, Scotland.

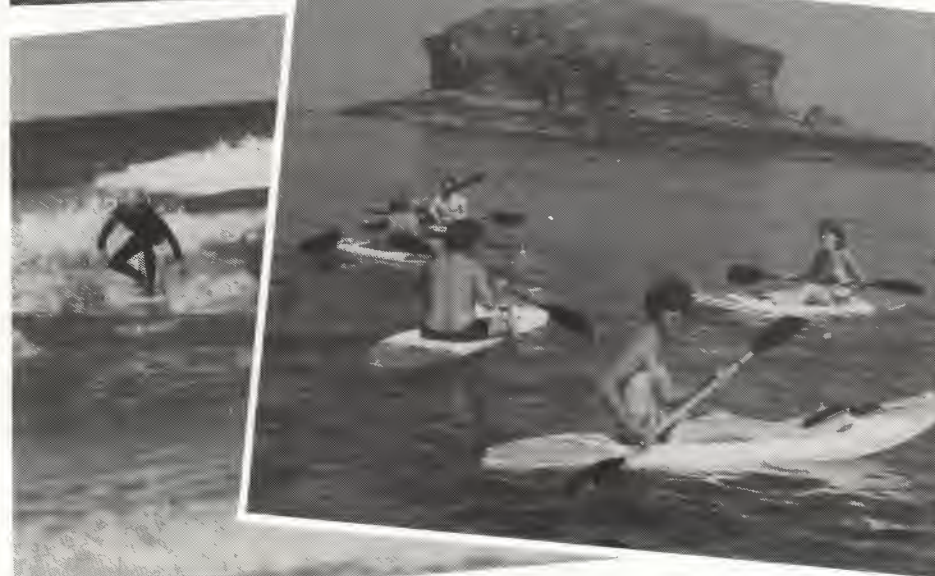
Plas y Brenin is situated at Capel Curig in the Snowdonia National Park. Within easy reach of the centre are exciting and demanding rapids, excellent surf and sea canoeing along the North Wales coast, the national slalom centre on the Tryweryn at Bala, and still lake water for basic instruction right at the centre. The range of courses are from basic to the most advanced, covering kayak inland and sea.

Plas Menai is also situated in North Wales but, with the centre right on the coast at the Menai Straits between Bangor and Caernarfon, the canoeing courses feature heavily on sea work. The purpose built centre has an indoor heated pool for canoe rolling, paddle practice and sub-aqua.

Glenmore Lodge, set amidst the splendour of the Cairngorms, offers a wide range of mountain and outdoor activities throughout the year. Again the canoeing covers all grades from introductory to advanced white water, plus kayak and board surfing, and open Canadian River Spey Descent. The white water covers a Scottish Rivers Grand Tour. Within easy reach of the centre is some of the finest wild water rivers in Britain — Spey, Tay, Findhorn, Feshie, Avon, Ness, Dulnain, Blackwater and Gaur.

Loch Insh Canoeing & Sailing School **Centre: Loch Insh, Kincaig.**

Run by Clive Freshwater, the centre is situated in the Spey Valley between Aviemore and Kingussie, and offers a wide range of activities with instruction and hire, by the day or the week. The boathouse is on the banks of Loch Insh and the River Spey. White water holidays are offered basically for beginners, but advanced instruction is available. Other holidays



cover river expeditions with overnight camp, while the Great Glen Canoe Expedition is a camping holiday on one of Scotland's finest waterways running through the grandeur of the Highlands. From the foot of Ben Nevis, through Loch Ness, on to the Spey and to Inverness — a real canoe-camp expedition suitable for the novice.

YMCA Lakeside

Centre: Lakeside, Ulverston.

It may come as a surprise to some that the YMCA National Centre at Lakeside, Ulverston, offers a wide range of outdoor activities that are open to anyone (you don't have to be a YMCA member) of either sex and from 10-12 year olds right up to senior citizens.

Canoesport holidays cover canoe or kayak on Lake Windermere, introduction to white water paddling, canoe-surfing, and a short sea expedition. Courses are also available for BCU Proficiency and BCU Instructor (Inland) Training and Assessment.

Nottingham County Council

Centre: Stanford Hall, Co-operative College.

A wide range of activity holidays and courses are offered on the Summer Activity Week run by the Nottinghamshire County Council. Accommodation is based at Stanford Hall near Loughborough, while canoeing is based on the National Watersports Centre, Holme Pierrepont. Instructors are drawn from the Nottingham Kayak Club. Summer Activity Week is 3rd/10th August.

Dolphin Activities

Centres: England/Ascot, Devon, Brighton, Harrogate, Beaconsfield.

Dolphin Adventure caters for the younger end of the market with a series of holidays based on the American-style camps that have become a part of American culture with over 8-million children spending their vacation away from home and family.

Dolphin is based around London and the Home Counties, but fast moving out to further afield. The traditional Dolphin formula comprises over 40-activities geared to the tastes of today's children.

On the watersports side, it is an all-action holiday with jet skiing, windsurfing, waterskiing, motor boats, surfing and canoeing. Age range from 11-years to 17-years.

Trailblazers

Centre: Castletown, Isle of Man.

Adventure and excitement for all tastes! Trailblazers introduce hundreds of school children every year to new and exciting outdoor sports.

Situated in a tree-lined seven acre site, Trailblazers Adventure Centre has facilities for a huge range of sports and games. Full equipment is provided for Rock Climbing, Sailing, Windsurfing, Archery, and Canoeing to name just a few. Age range from 7-years to 15-years.

Mountain Ventures

Centres: Bryn Du, Llanberis, and Alps.

Mountain Venture have put together a wide package of mountain activities to suit any group from junior school age to adult.

Ranging through Hill-Walking, Scrambling, Rock-Climbing, Winter Snow

and Ice Climbing, Rope Courses, Gorge Walking, Rafting, River Running, Canoeing, Sea Canoeing, Surfing, Sailing, Wide Games, and a host more. Instruction is from complete novice up to expert. Alpine venues offer spectacular trekking holidays and Mountaineering to include ascent of Breithorn and Mont Blanc in Zermatt and Chamonix areas.

Sweden

Centres: Dalsland, Varmland, Jamtland and Lapland.

Sweden, with its 96,000 lakes and many miles of river offers great opportunities for every type of canoeing from gentle lake and river to wild water touring of a very spectacular nature.

Thanks to the unique 'Every man's Right' you are usually able to use any stretch of water for canoeing. Canoes can be hired throughout Sweden and the local tourist office will be able to advise where to go. Prices from about £6/7.00 per day to £30.00 per week.

Arvika

Centre: Kanotcenter, Varmland, Sweden.

Varmland can be said to be a canoeist's paradise. Massive forests, fresh air, clear water and an abundance of wild life, plus some 270-square kilometres of wilderness and so many lakes, streams and waterways its impossible to count. Arvika Canoe Centre offers canoe hire along with all the necessary equipment and gear for canoe camping.

Quest Activity

Centres: Lake District, Dorset, Southern France, Northern Spain and French Alps.

Quest offer a wide range of activity courses based on outdoor pursuits for school parties and covering an age range from 8-years to 18-years old.

For the younger there are canoeing holidays on Coniston Water using the Coleman Canadian Canoe, or kayak on the River Axe. Up an age group and the canoeing moves to Southern France and the use of both Canadian and kayak, taking in an overnight canoe expedition. (Lake based.)

Global

Centres: Corfu, Corsica, Malta.

Scuba diving, horseriding, windsurfing, yachting and sailing are just five water based activities being offered by Global in its first Summer Sports programme.

The competitively priced, action-packed holidays, aimed mainly at the 18 to 45 year old market, are suited to those who want more than just a beach holiday.

Carnoch Outdoor Centre

Centre: Glencoe.

Try-a-sport, Windsurfing, Camping Expedition, Dinghy Sailing, Back-Packing, Hill-Walking, Rock-Climbing, Sea Canoeing and Sea-Canoe Camping, are all available at the Carnoch Outdoor Centre at Glencoe in Scotland.

Courses also include Sea Proficiency, Instructor, Trainee Instructor and Assessment Weekends.

Calshot Activities Centre

Centre: Calshot Spit, Southampton.

Calshot can truly be termed THE specialist sea canoeing centre. Situated on a peninsula jutting out into the Solent at the entrance of Southampton Water, it is

difficult to envisage better geographical surroundings in which there is sheltered waters for the nervous beginner to learn, yet within reach of waters to tax the most expert of sea canoeists.

Short expeditions across Southampton Water or across the Solent to Cowes, to the local harbours of Newtown, Wooton, or Lymington; more advanced trips for senior instructor or coach to the interesting and exciting water around the Needles and the southern coast of the Isle of Wight, onwards westward to Dorset and Anvil Point, Lulworth Cove and Portland Bill. A choice of over 140 kayaks, first class escort craft, plus expert and professional staff. Calshot offers the very best in sea canoeing.

Anglesey School of Sea Canoeing

Centre: Trearddur Bay, Anglesey.

While Calshot may be the Mecca for the southern sea canoeists, The Anglesey School of Sea Canoeing offers a similar attraction to the more northerly paddler.

The school is at Trearddur Bay on the island of Anglesey off the North Wales coast and within easy reach of some of the best sea canoeing around Britain. Sandy beaches with rocky coves, headland, sea arches, caves and islands to explore. Courses cover all aspects of canoeing but with an emphasis on sea. The Centre also organises expeditions away from the School. These include for 1984 West Coast of Skye, West Coast of Ireland, Coast of Spain and Mediterranean. There is also Senior Instructor Assessment and Training, Sea and Surf Week, and Sea Proficiency Training and Assessment.

Constance Sports

Centre: Canford School, Nr. Poole. Priory Hotel, Isle of Wight.

Canford must be one of the most beautiful settings of any school in Britain, its castle-like buildings situated in 160 acres on the south bank of the River Stour, and some five miles from Poole.

The summer canoeing courses are due to take place under the expert eye of four times British Slalom Champion, Nicky Wain. Instruction is suitable for beginners/novice and up to 4th division standard with an emphasis placed on improving individual's performance. The course will range over slalom techniques, but river trips, sea canoeing and surfing may also be included.

Ravens Ait Centre

Centre: Kingston, Surrey.

Ravens Ait, the Island Centre on the River Thames, offers adventure holidays for youngsters during the school holiday period. Two age ranges are catered for on different holidays. One is for 13-16 year olds (multi-activity) and one for 9-12 year olds (childrens boating).

There are opportunities during the day for canoeing, sailing, fishing and other activities. During the evenings, Knock-Out competitions, right war games, barbecue and disco.

One night under canvas can be arranged but otherwise the accommodation is superb and the food excellent at this modern purpose-built Centre with showers, drying rooms, tuck shop and games facilities.

Aqua Viva

Centre: Sarlat, France.

The Aqua Viva Adventure Club, Sarlat in France, and situated in the Dordogne

Valley, is a well-established canoesport and multi-activity centre. Under the direction of Jan Wester, a Dutchman who at one time was manager of the P.G.L. Ardeche Centre, Aqua Viva offers canoe camping holidays through the beautiful and unspoilt region of the Dordogne Valley, rich in history, Medieval villages, magnificent chateaux, impressive cliffs, and exciting caves.

The canoeing is in small intimate groups of some 20 persons, nationality is Dutch or English, the common language is English.

Outdoor Adventure **Centre: Widemouth Bay, Bude.**

Outdoor Adventure is ideally placed at Widemouth Bay to offer both specialist sea canoeing — Sea and Surfing — but also wildwater. Courses from novice to improvers and for the more proficient, including a two week Alpine Wildwater trip.

The Centre also offers a very wide range of other outdoor sports, mainly waterbased with Windsurfing, Ski Surfing, and Sea and Coast Appreciation.

Adventure Sports School **Centre: Portreath, Cornwall.**

Adventure Sports School is a multi-activity holiday centre based on the North Cornish coast, featuring Hang-gliding, windsurfing, waterskiing, surfing, surf-skiing, parascending and sandyachting. A unique combination of pursuits designed to give its clients greater activity during the period regardless of weather conditions, thus guaranteeing a more successful holiday.

The approach to the course is rather different to that of large military style or 'outward bound' type of holidays. Adventure Sports is small and exclusive ensuring high standards of tuition, equipment, accommodation and safety with a great deal of flexibility and mobility.

Tuition is given on a more personal basis with each student's aptitude taken into account allowing them to progress at their own pace. The course operator and travel as a 'tream' visiting the best locations in Cornwall, naturally suited to the sport chosen for each day. The equipment is up-to-date and designed for fast learning.

Highland Adventure **Centre: Glenisla.**

Highland Adventure offer you a range of action-packed courses designed to give maximum enjoyment and fun. Step by step instruction, using the latest equipment on a range of outdoor land and water based activities.

Canoeing ranges from basic instruction to down river canoe trips for the more experienced. Canoes are the 17' Grumman, carrying three persons with gear. Canoe trips extend through July to September.

Tops Activity Holidays **Centres: England, Wales and France.**

Choosing a children's activity holiday from the increasing number of those on offer is no easy task. Tops is not the biggest activity holiday operator, but it's among the best on the market. It is small enough to give that special care and attention, yet large enough to have established a deserved reputation for providing a super selection of well-organised and lively programmes.

Multi-activity in the Wye Valley provides for youngsters to discover a host of new found skills — pony trekking, canoeing, biking, and photography being some. Trail

riding in the Black Mountains offers an experience to thrill and remember.

In France Tops have their own centre at Hardelet — surfing, sailing and tennis are among the sports. Also available is an Ardeche River Descent with overnight camp in the gorge.

Scottish Youth Hostels **Centres: Scotland — 80 youth hostels, also Holland and Scandinavia.**

With some 80 youth hostels spread throughout Scotland in some of the most unspoiled areas of outstanding natural beauty in Europe, the potential for outdoor activities is almost without limit.

The Breakaway Holidays programme gives an opportunity to take part in all sorts of outdoor sports under the guidance of expert instructors and leaders.

Trail riding, treks, action and adventure holidays, canoeing, climbing, skiing, back packing, biking, sailing and board sailing — all are available at a very modest price.

YHA Travel **Centres: North Wales, Mid-Wales, Cornwall, Lake District, Yorkshire Dales, Peak District, and Europe.**

Certainly there's a lot more than sun-tans on offer from YHA Travel. In England there is a vast range of thrilling adventure sports from parachuting and skiing to windsurfing and canoeing. There are continental holidays to rival those of the most ambitious tour operator: Canoeing in France, skin-diving in Israel, safari in Iceland, and discovering Italian treasure-cities — plus much more.

Particularly popular are multi-activity holidays. Within one week you can try your hand at climbing, caving, canoeing, abseiling, windsurfing, pony-trekking, or take part in a survival exercise.

For young people of all ages, YHA Holidays are an invitation to forget about day-to-day routine and enter a world of adventure and new experiences, a chance to combine excitement with achievement.

Flot Home **Centre: Based in France.**

The company of Flot Home offer canoe and canal barge hire in Burgundy and on the Canal du Midi.

The canal barges and cruisers maybe a little on the large size for readers, but the canoe hire is of interest. Canadians are of Coleman manufacture and hire is complete with camping gear. Canoes are based at Fleury, offering a whole labyrinth of rivers, lakes and canals for use.

British Waterways **Centres: Canals throughout middle England and into North Wales.**

Activity holidays apart, the choice of a narrow boat holiday maybe of interest to some, particularly to the family. Literally hundreds of miles of quiet waterway await to be explored.

Freedom to stop and moor wherever you like; escape from traffic jams, and routine; comfortable boats, friendly staff, and scenery surprises at every turn.

ADDRESSES:

- P.G.L. Adventure Holidays**, Station Street, Ross-on-Wye, Hereford HR9 7AH.
- Plas Menai**, The Sports Council for Wales, Llanfairisgaer, Caernarfon, Gwynedd.
- Plas y Brenin**, Capel Curig, Nr. Betws y Coed, North Wales.
- Glenmore Lodge**, Aviemore, Inverness-shire PH22 1QU.
- Loch Insh Canoeing & Sailing School**, Insh Hall, Kincaig, Inverness-shire PH21 1NU.
- Y.M.C.A. National Centre**, Lakeside, Ulverston, Cumbria LA12 8BD.
- Calshot Activities Centre**, The Spit, Calshot, Southampton S04 1BR.
- The Anglesey School of Sea Canoeing**, The Mill, Treaddur Bay, Anglesey, Gwynedd.
- Constance Sports & Leisure Holidays**, 1 Lowther Gardens, Bournemouth BH8 8NF.
- Anglesey Diving and Watersports Centre**, Soldiers Point, Holyhead, Anglesey.
- Ravens Ait Centre**, Portsmouth Road, Surbiton, Surrey.
- Jan Wester, Aqua Viva Camping**, 24200 Sarlat, France.
- Highland Adventure**, Knookshannoch Lodge, Glenisla, by Alyth, Perthshire.
- YHA Travel**, 14 Southampton Street, London WC2E 7HY.
- Swedish National Tourist Office**, 3 Cork Street, London W1X 1HA.
- Mountain Ventures**, Brecon House, Greenhill Road, Mossley Hill, Liverpool L18 7HQ.
- Bowles Outdoor Centre**, Eridge Green, Tunbridge Wells, Kent.
- Courtlands Outdoor Pursuits**, Nr.Kingsbridge, Devon.
- Outdoor Adventure**, Atlantic Court, Widemouth Bay, Nr.Bude, Cornwall.
- Skern Lodge Outdoor Centre**, Appledore, Devon.
- YHA Holidays**, Trevelyan House, St.Stephens Hill, St.Albans, Herts.
- Trailblazers**, 1a Fowler Street, Fulwood, Preston, Lancs.
- Carnoch Outdoor Centre**, Glencoe, Argyll, Scotland.
- Quest Activity Courses**, 43 Belsize Lane, London NW3 5AU.
- British Waterways Board**, Chester Road, Nantwich, Cheshire CW5 8LB.
- Derbyshire Action Holidays**, Main Street, Winster, Derbyshire DE4 2DH.
- YMCA National Centre**, Fairthorne Manor, Curdridge, Southampton.
- Adventure Sports School**, Homestead, Penberthy Road, Portreath, Cornwall.
- Parson House Farm**, Longshaw, Sheffield S11 7TZ.
- Tops Holidays**, Old Gloucester Road, Ross on Wye, Herefordshire.
- SYHA Breakaway Holidays**, 7 Glebe Crescent, Stirling FK8 2JA.
- Dolphin Activities**, 68 Churchway, London NW1 1LT.
- Compass West Adventure**, Sennen, Nr.Land's End, Cornwall.

Adventure Holidays

Other major centres or companies offering outdoor sports with canoeing, plus specialist and advanced canoeing holidays include: Lakeside, National YMCA Centre, based at Ulverston in Cumbria — BCU Awards, Duke of Edinburgh Awards, Mountain Training, Sailing and Canoeing:

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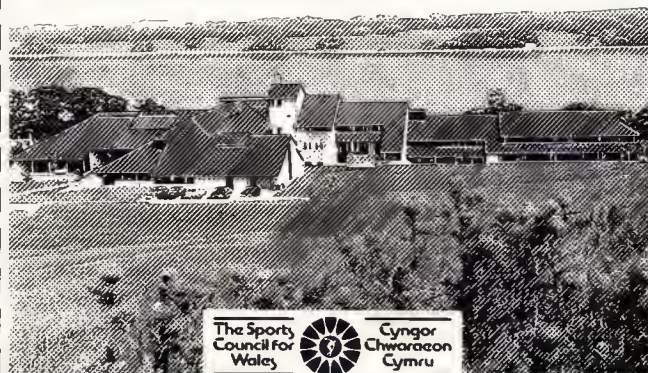
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Activities Centre, Caernarfon,
Gwynedd, LL55 1UE.**
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REPORT ON THE DEATH OF SIMON LOVEDAY

3rd November, 1984; R.Teme — Ludlow

Simon was leading a group of 11 paddlers from Essex University Canoe Club in training for the southern heat of the University White Water racing championships. He was the most experienced WW paddler in the party.

The conditions were good with a bright sky and good visibility. There was no rain or wind, and the temperature was not cold for the time of year.

The party arrived in Ludlow at around midday, and initially went to inspect the river from the bank. They walked down the bank and observed three weirs and the water between them. It was noticed that the river was swollen due to recent rain, and that it was running very fast. After the third weir (just below the main bridge), the water speed slowed down and no further white water could be seen. It was then assumed that, that was all the white water on the course, (we had already been told the course consisted of a number of weirs through the town, and then flat fast water to the finish).

After this the party returned to the start (Castle Park), where they changed and checked equipment. As Simon was leading he chose a slalom type boat so as to be able to carry out rescues.

The party then took to the water (approx 2pm), and set off down the river. Three members left the river before the first weir, the rest shooting it successfully. At the second weir two members of the party capsized, and were rescued by other

members and taken to safety. After running a particularly rough bit of water, the remainder of the party regrouped in the eddy behind the central bridge pillar.

At this point all members were in a good condition both physically and mentally, including Simon. Simon then led the party over the next weir (50 metres downstream).

Simon shot the weir without any visible problems, and continued paddling downstream. When he did not pull over and stop, as we had before, the person second over the weir pulled into the side, and waited for the rest of the party to shoot the weir. By the time the last member had successfully shot it, Simon was 100 metres downstream still paddling. The party then presumed that he was looking for somewhere to get out, (as we had only intended to run the white water section of the course that time, and we were now at the place where we ended the bank inspection).

The party then became involved in rescuing members of other clubs shooting the weir. We then split up, 2 people stayed below the weir to await Simon's return, whilst the others (3) walked upstream to find out about those we had left on the bank, further upstream, after their rescue.

On their return, we all left the river (leaving our boats on the bank), presuming Simon had found a suitable set-out point and returned to the van (at the start) to find him.

It was at this point that we were

informed, by the police, that Simon had been drowned.

Neither Simon or any other members of the party knew of the existence of a fourth weir about half a mile below the third.

Simon was a strong and proficient paddler, and was wearing all the recommended safety equipment (wetsuit, cag, buoyancy aid and helmet). He was an experienced white water paddler with several years WW experience, including a two week course in WW canoeing at Glenmore Lodge. The river, although swollen, was within his capabilities.

Simon was also a very strong swimmer and in exceptional physical shape.

The boat he was using was of the low volume slalom design (Supermann), and was in good condition, including fixed in block buoyancy. Similar boats were paddled by other members of the party.

At the inquest, held 3rd December 1984, a verdict of accidental death was returned by the coroner, the cause of death being 'A. drowning'. The pathologist who carried out the post mortem examination did however state that Simon had received a severe blow to the head, which would have been enough to strongly 'stun' him thus making him unable to help himself. This blow was to the area of the head behind the right ear, and just below the area protected by the type of helmet worn (ACE).

*Report by Colin Plimmer
BCU Instructor (EUCC)*



KP NUTS FOR HIMALAYAS

A massive amount of peanuts, supplied by KP Nuts, will be travelling with the Himalayan Kayak Expedition which left England at the end of December.

During the first ever canoe descent of the Tamba Kosi River in the Himalayas, the five members of the expedition will need a supply of highly nutritious food which provides instant energy.

KP, who will be watching the progress of the two month long expedition with great interest, say that it is not necessary to canoe down fast water rivers to enjoy their peanuts and to benefit from them. Howard Brookman, Factory Director at KP Nuts' Rotherham factory, says, 'Peanuts, a valuable source of protein and the B complex vitamins, as well as energy, will form an important part of the expedition members diet and will also be a welcome change for them as they will be faced with an everyday diet of dhal and rice'.

Howard Brookman is seen here (centre) with expedition members Frank Staniland and Julie Hewett who are both from Sheffield. Frank and Julie will be working at the Parson House Farm outdoor pursuit centre in Longshaw, Sheffield until they set off on their adventure in the middle of December.

BLUE RIBBON FOR DUDH KOSI

The film 'Dudh Kosi - Relentless River of Everest' has recently won the Blue Ribbon Award, the 21st such award that the film has won.

The book 'Canoeing Down Everest' by Mike Jones tells the full story of this expedition and is available in paperback from Molly Jones, 1 Birchwood Drive, Utley, Keighly BD20 6DA. at a cost of £2.95.

CANOE TOURING

REPORT ON THE 1ST EASTERN REGION TOURING RALLY

The first Eastern Region Canoe Touring Rally was held on the River Great Ouse on the weekend of September 15th-16th 1984, and was a complete success. Camping was available at the Camping Club's site in St. Neots, which was the base for the event.

It was organised by the local group of the Canoe-Camping Club for the British Canoe Union (Eastern Region).

There were 30 participants, and various canoe trips — to cater for all levels of ability, were undertaken. Many of these started from the camp site, a short distance from the centre of town.

On Saturday, while a small number of novices chose to potter around near the site, exploring backwaters and the river through the town, with its fine old bridge, a larger group paddled upstream to Tempsford — a distance of five miles where the 'Anchor Inn' provided a pleasant picnic area and suitable refreshment for those that wanted it.

After lunch, most of the group went a little way further to a weir. It was safe and easily shot. The younger paddlers in their slalom boats enjoyed this very much.

The long paddle back to the camp-site was against the wind but, as if to brighten our day, an unfortunate cow got stuck in the mud on the riverbank. We all had a laugh at the poor animal's efforts to return to dry land. Just as the party were about to paddle away, a pleasure launch came along, threw a makeshift lasso around the cow's neck and promptly towed it ten yards down-stream to a small beach! the world's first waterskiing cow perhaps?

The scenery along the stretch between Tempsford and St. Neots is both varied and interesting. Much of the riverbank is wooded, but there are parts where the canoeist can view quite wide expanses of countryside.

The now-dormant power station, a little way past the weirs, lock and riverside buildings at Eaton Socon, is strangely quiet and still. The signs warning about the dangers of rabies and forbidding the landing of animals from foreign shores seems out of place so far inland, but only goes to show that it is quite possible for ocean-going vessels to navigate our waterways system still.

Most people were quite tired after the 10 mile trip and the free, hot showers were well used. Oh, the joys of civilised camping.

The barbeque was very well attended — starting well before dusk and carrying on until quite late, it gave the families a chance to mix, discuss various canoeing topics and, perhaps, drink a little wine. Those responsible for leading the canoeing that day now turned their hands to cooking beefburgers, spare ribs, sausages, steaks and much, much more over glowing embers. The food was included in the meet fee of £4. This covered everything: camping, river licence, barbeque and meet sticker, and represented excellent value for money.

Sunday saw a few more people out on the water. One group was being assessed

for the new 'Placed Water Canoeing Skills Award'. Surely this is a positive step to encourage those who prefer flatwater paddling to improve all their personal skills and to broaden their horizons.

Again, two groups were organised to tour on different sections of the river.

The novices group, led by experienced leaders, had heard about the interesting 'out and back' trip to Tempsford, and so they decided to give it a bash. Many of those in the group had not paddled further than a few hundred yards before this weekend! It was a credit to them all — including the guides, that they all did the whole trip.

A more experienced group, including a couple of K1s and a sprint K2, planned a trip from Offord to St. Ives — a distance of about 11 miles. This involved a 'car ferry' and meant that an early start was necessary.

This particular stretch is one of the most picturesque on the whole river. There are riverside churches, mills and farms, and the historic towns of Huntingdon and St. Ives provided the passing canoeists with many interesting things to discover on this beautiful day.

The party stopped for lunch at Godmanchester — paddling into the town and portaging near the weirs to avoid the lock. Again, a pub was conveniently sited only a few feet from the water's edge.

The old mill at Houghton, once a youth hostel was busy with sightseers, the fine old building being a well-known tourist spot in the area.

One paddler decided that he had had enough of that lugging of boats around locks, so provided us with amusement by shooting the rollers. There was no water to soften the slide, but it could not have done much harm.

A strange coincidence should not go unrecorded. Whereas on the Saturday a cow was found swimming in the river, on this trip we encountered an aquatic sheep. It had swum the width of the river and could not manage the journey back!

The finish point was near the museum and library in St. Ives. The party after treating themselves to ice creams, returned to the site at St. Neots — weary from the day's paddle. There had been four portages, and numerous stops.

The rally came to an end. Farewells were said. Tents were taken down and people were on their way home to all parts of the region.

The first Eastern Region Canoe Touring Rally had gone very well. The weather had been kind — even if it had been chilly. A friendly atmosphere had more than made up for the small numbers and everyone had met new canoeing friends.

No doubt future years will see an increase in interest.

Graham Bourne,
Touring Representative,
B.C.U. Eastern Region.

EVENTS

THE BIRMINGHAM CENTURY

The Third Walsall Scouts have thrown out a challenge to All-comers to compete in a 100-mile Marathon Canoe Race to be run on the Canals of Warwickshire and Staffordshire over the May Bank Holiday weekend — 4th May 1985.

The minimum age is 16-years as of 1st May, classes are for K1, C1, K2 or C2, both non-stop or in relay team. Full details are available from: *The Birmingham Century*, 53 Emery Street, Walsall, West Midlands WS1 3AW. (SAE to A-5 size.)

INTERNATIONAL CANOE EXHIBITION

The 1985 International Canoe Exhibition at the Crystal Palace in south London will be held over the weekend 23rd/24th February.

The Exhibition promises to be the biggest ever with a further two halls open, accommodating an extra 18 stands. Two major exhibitors from France will be taking space for the first time.

WELSH BOAT SHOW

The Welsh Boat Show, sponsored by the Swansea City Council, will be held over the period 26th/28th April at the Swansea Leisure Centre and Marina.

Now in its third year, the 1985 Welsh Boat Show provides the ideal venue for exhibitors of all boats and maritime-orientated products. Full details from the organisers: *Temple Conferences and Exhibitions*, 4 Roumelia Lane, Bournemouth, Dorset BH5 1ET. Telephone: 0202 304641.

SEA KAYAKING IN THE SCILLY ISLES 17th — 31st AUGUST 1985

A special canoeing holiday paddling around these beautiful islands with their superb scenery, wildlife and white sandy beaches.

The group will travel to and from Calshot in our minibus via the Penzance Ferry and camp on the islands. All equipment is provided.

The expedition will be ideal for all proficient canoeists who wish an unusual holiday, touring and camping in a relaxed atmosphere with expert B.C.U. coaching and leadership. The cost for the 14 day holiday, inclusive of all travel, food and equipment, will be £200 + VAT. Full details from: *Calshot Activities Centre*, Calshot Spit, Fawley, Southampton, SO4 1BR. Tel. Fawley (0703) 892077.

WILD WATER AGM

The Annual General Meeting of the British Canoe Union Wild Water Racing Committee will be held at The Hand Hotel, Llangollen at 4.30pm on Saturday 19th January.

Executive officers posts up for re-election are: Chairman, Treasurer, and 2 Executive posts.

WILD WATER TEAM MANAGER

After many years of service, Martin Boshier has stepped down from the post of National Team Manager — Wild Water Racing. The position is now filled by Nigel Morley who has had a number of years experience in managing the Junior Wild Water Squad.

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BOOT '85-DÜSSELDORF: THE MAJOR EVENT AMONG THE WORLD'S BOAT SHOWS

No other fair besides Boot '85-Düsseldorf can claim to be the venue of everything that watersport has to offer — displayed in 15 large exhibition buildings on a total area of 140,000m². This is not only a new dimension demonstrating an internationally leading range of exhibits, it is also a new dimension in market information. At such an event where there is no lack of watersport products there is also no lack of market information.

Altogether 1,150 direct exhibitors, representing a total of 1,600 companies from 35 countries, will be presenting the complete spectrum of watersports. Included are major joint participations from Finland, Great Britain, Greece, Italy, Netherlands and Spain. Compared with the previous event, the 16th International Boat Show in Düsseldorf will be displaying almost 15% more products.

As the major event in the watersport fair calendar, Boot-Düsseldorf combines several exhibitions in one, each of which is acknowledged internationally as the worldwide centre of attraction. The following major sectors are included.

Sailing boats, yachts, motor sailers — 165 exhibitors on 34,000m²

Motor boats, motor yachts — more than 150 exhibitors on 29,000m²

Engines & accessories, equipment electronics — 285 exhibitors on 25,000m²

Water tourism, yacht charter, information and special events — 300 exhibitors on 26,000m²

Diving, sport fishing — 50 exhibitors on 5,000m²

These areas of emphasis underscore the highly specialised yet wide-ranging nature of Boot-Düsseldorf.

For instance, Boot '85-Düsseldorf is also the world's biggest surfing trade fair with 22,000m² devoted to this sport. The tremendous popularity of surfing and the growth of Boot-Düsseldorf are inseparably linked. No-one of significance in this young, dynamic sector will fail to be represented at Boot '85-Düsseldorf.

No other watersports exhibition in the world provides so many opportunities for making international contacts and promoting business. Identifying new trends and technological developments in good time, exports/imports, looking for new manufacturers to represent or join forces with, shipyard specialists, importers and exporters, specialists from the trade offering the finest products and services internationally, all will agree that it is absolutely necessary to be present at this event.

NEW GUIDE TO "SURVIVAL '85"

Will 1985 be the "year of the survivor"? Certainly the indications are there in the rapid growth of Britain's largest survival training and equipment company, Survival Aids Ltd. And underlining the increased interest in survival is their latest catalogue detailing over three-hundred different survival items.

Based at Morland in Cumbria, Survival Aids has now reached an annual £1 million-plus turnover in survival equipment and clothing. Their separate Survival Training Centre — staffed by former Special Forces instructors — has similarly recorded a doubling of business every year since it was founded in 1979.

Survival Aids' customers comprise governments, UK and overseas armies and

ordinary outdoor people who want the best to prepare for the worst. This last sector is specifically catered for by the company's new 1985 catalogue from which they can order directly.

But as the company points out, survival equipment isn't just for emergencies. It is there to make day-to-day outdoor life more comfortable, warmer and more practical. And if an emergency does arise, you have the knowledge that your kit is designed to cope with the most extreme conditions.

Neither is survival just for the outward-bound, say Survival Aids. A car breaking down on a snow-swept road at night could plunge any of us into a survival situation. Knowing what to do and carrying just a small amount of pocket or glove-box size equipment could save a life.

Making a fascinating read, Survival Aids new thirty-six page all-colour catalogue is available for just £1.00 — and that includes a year's subscription to the company's quarterly magazine "Survival News".

TWO NEW MODELS FROM P&H FIBREGLASS

The Icefloe Fjord developed from the highly successful Icefloe, has a much modified hull. The stern has had its hard biting skeg removed and a smaller area has also been removed on the bow, giving the kayak far greater manoeuvrability. To counteract any windage problem a large area retractable skeg is moulded into the hull. Movement of the skeg is by a small slider fitted adjacent to the cockpit. Numerous demonstration kayaks have been used during development and all persons involved have been very pleased with the results.

Another completely brand new design from P&H will be the Seascope, a sea touring double, designed in the USA and brought over to the UK on the advice of Derek Hutchinson. Dave knows very little more about it as at the time of writing the plug is sitting in the docks at Felixstowe, awaiting custom clearance. All will be revealed at the Canoe Exhibition, Crystal Palace, London, in February.

CONCEPT SUCCESS

Champion canoeist John Rennocks is paddling fast to commercial success now that he turned his hobby into a business with a little help from the Manpower Services Commission.

Twenty four years old John from Worksop, Nottinghamshire, has joined hundreds of previously-unemployed men and women in the county who have started working for themselves thanks to the Enterprise Allowance Scheme.

He has gone into partnership with 20 years old John Day from Mansfield and formed Concept Designs to produce top-quality slalom canoes.

The two men are now building three or four of the craft every week at their workshop set among the picturesque surroundings of the Welbeck Estate. Everyone is built to the customer's individual specifications with particular emphasis on weight — or rather, lack of it.

Using bonded woven fibre the canoes which weigh between 16 and 28lbs are considerably lighter than the traditional building material of glassfibre. The fibre, which is bonded with resin, is much more expensive, however, which is reflected in the price of between £158 and £300. But John Rennocks makes no apologies — "Of course, you can go out and buy a much cheaper product, but our customers know they are getting a top quality product,

tough but very light and hand-built by craftsmen".

Customers tend to be highly-involved with the sport and consequently the canoes get a tremendous battering. At this level of the sport people tend to want a craft in top-class condition so a successful builder is likely to find customers coming back with a repeat order in 12 months.

John learnt his craft with a small firm of canoe makers where he worked for two years after leaving school. He later spent three years at college in Buckinghamshire studying furniture production and management.

He learnt to canoe as a schoolboy in Worksop and by the age of 16 was in the British Canoe Slalom Youth team taking part in international competitions.

Now, ironically, he has very little chance to practise his hobby — most weekends he will be found marketing his product at canoe events all over Britain.

NEW HARISHOK GEAR

For the coming season, the Harishok Company have made detailed improvements to their successful Mithril Dry Suit and introduce two new suits to the range.

Bridging the price gap between conventional foul weather gear and full Dry Suits is the new Harishok Immersion Suit. This is a back entry zip, one piece suit with ankle seals, wrist and neck seals, at a highly competitive price.

At the top of the range is the Yachtsman Suit. A development with a wide range of options to fulfil the special requirements of offshore sailing. This suit features a front diagonal zip, winchman sleeves, double knee and seat sections and optional ankle or boot connectors. The suit can be configured for regular use or as a full blown Survival suit for offshore emergency conditions.

The Harishok Company will also feature Buoyancy Aids for sailing and canoeing, including their new Racer low profile Buoyancy Aid, as well as the original Harishok Buoyancy Aids for sailing and canoeing, including their new Racer low profile Buoyancy Aid, as well as the original Harishok Buoyancy Aids that have brought this Company it's remarkable international reputation.

The Harishok Company is without doubt the market leader in canoeing products. This year the exclusive endorsement by Richard Fox, Slalom World Champion, will feature prominently in the Company's marketing. Full details of all Harishok products can be obtained from: *The Harishok Company, Jackson Street, Hyde, Cheshire. Telephone: 062-368 9216.*



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FOR SALE — PUMA K2, marathon kayak. Red/white, carrying handles, rudder, light weight and in very good condition. Hardly used. £150.00. Telephone Gerry on 01-850 9476 (evenings).

FOR SALE — 4 COLEMAN 15ft Canadians, complete with 3rd seat and paddles. As new. £270.00 each or £1000.00 the lot. Telephone: Pulborough (0792) 3531.

FOR SALE OR TRADE — ISLANDER Sea Kayak. Complete with bulkheads, hatches, decklines, spraydeck, hull in red and white. Very good condition. £190.00 or trade for Canadian, will deliver. Telephone Bob on Colchester (0206) 865596.

FOR SALE — NORTHERN KAYAKS NORESEMAN, general purpose kayak; suit instructor/teacher. Includes deck fittings, toggles, etc; a skeg keel, TAB buoyancy with foam inserts and fail-safe footrest. Needs superficial repairs to hull gelcoat. £80.00 o.n.o. Telephone: 0742 550143 (Sheffield).

FOR SALE — SEA HAWK, sea touring kayak in very good condition. Offered at £80.00 o.n.o. Telephone: Waterlooville 261540.

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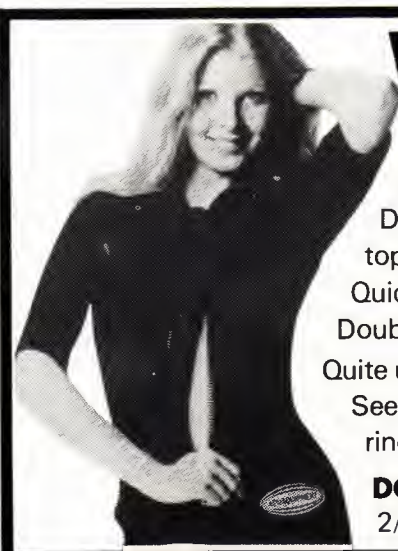
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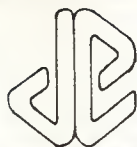


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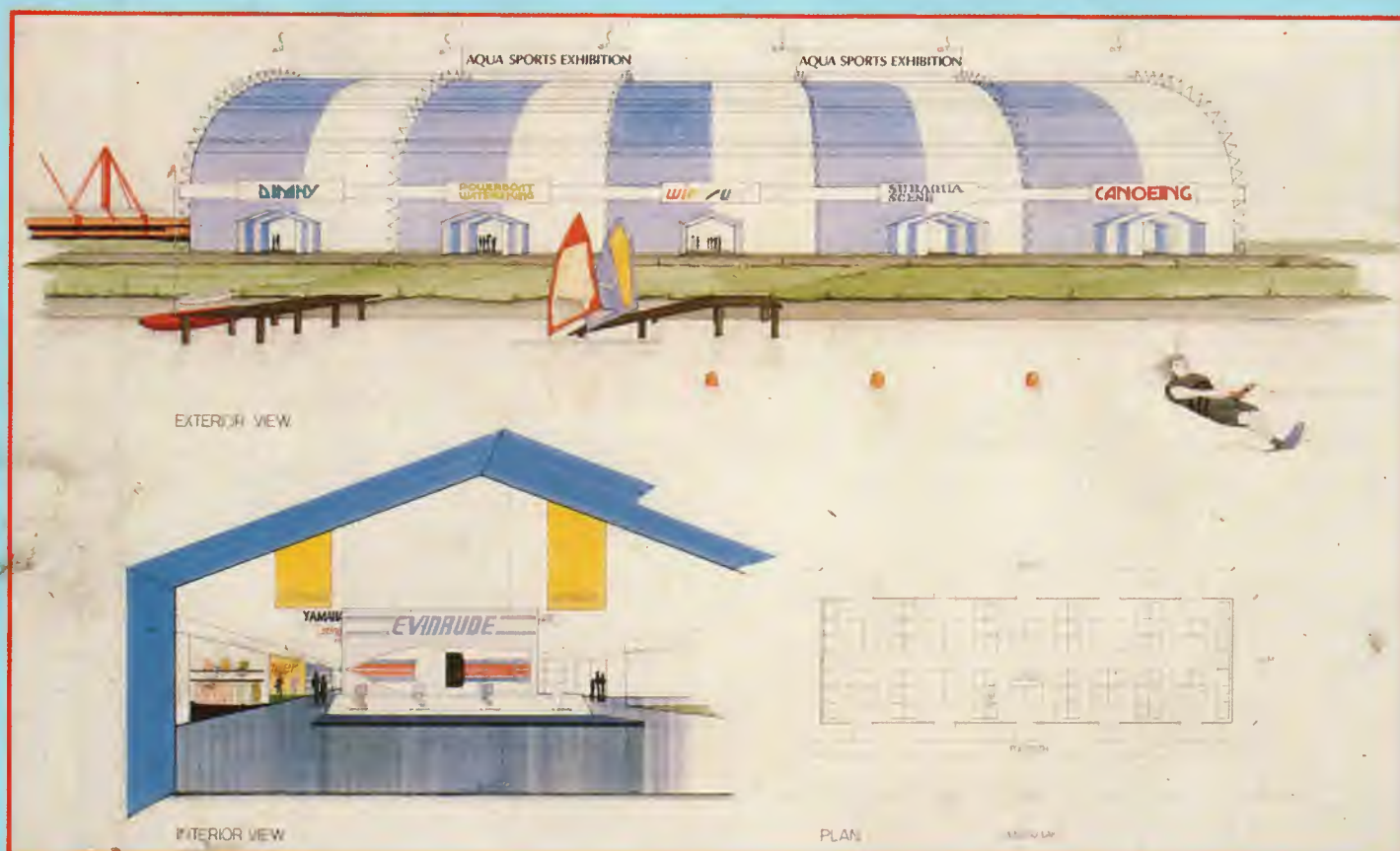
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