

#5 Sladecraft Flash



Peter Harris in the Flash as the previous year's winner of the 9km Sugarloaf Cup

A legion of fans will attest to the pleasure of paddling this boat. One of Lane Cove's longest-serving club boats, the 'Frank McDonald', named for one of Lane Cove's longest serving members, has taken part in marathons, Hawkesbury Canoe Classics, and plain old club time trials. It's comfortable, steers well, is very stable and is pretty fast. On the down side, it's no good for anyone over six foot tall, as the seat can't be moved fully back to the rear of the cockpit, and it's difficult to adjust the foot plate due to the screw and wing-nut setup. It's definitely a good boat to ease your progression from more stable boats to K1s, and a recommended option for any paddler wanting to compete in the Medium Rec category in the Hawkesbury.

Setup and care

1. For setup always place the kayak on two stools. If you need to adjust the position of the seat or footplate, place an additional stool under the seat area to avoid cracking the hull.
2. Wash the boat after every use, even after paddling in fresh water. Dry the boat off inside and out with a chamois cloth before returning it to its rack in the shed.
3. Report any scratches or damage to the LCRK committee at [committee\[a\]lcrk.org.au](mailto:committee[a]lcrk.org.au)
4. See over for setup of seat, footplate and rudder.

Medium Rec
Stability: 6.5
12km time for paddler at level of boat: 67-70
Weight: 15.5kg
Length: 5.5m Width: 58cm



Adjusting the boat for your use



To adjust the seat:

Remove the wing nut from the screw in front of the seat. Lift the seat and replace over the screw at the preferred setting. Replace the wing nut. Make sure it's tight – they loosen due to your movement while paddling.



To adjust the footplate:

Remove the wing nuts on the screws through the side runner bars. Lift the footplate, move to the preferred position and insert the screws through the holes in the runners. Replace the wing nuts and secure tightly.



To adjust the rudder:

Pull on the strap on either side of the footplate to tighten the rudder cables, or release to loosen.