

## Punting in Cambridge: The History and Techniques

R. T. Rivington



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Punting is synonymous with Cambridge and no visit to the city is complete without a trip along the backs or upriver to Grantchester. A guided punt tour is perfect for many but, for the brave, only taking control and being master of one's own craft will do. Full instructions on how to do so, for absolute beginners and improvers, are given in this book.

"In punting, the matter of greatest importance is posture. Almost every mistake follows from incorrect posture. The body must be relaxed and upright; any bending of the back or crouching will cause inefficiency and possibly danger."

Contained within are chapters on punting in Cambridge over the last century, techniques of punting and a general history of the punt - each reproduced from RT Rivington's 1982 classic *Punting: Its History and Techniques*.

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