

PADDLER

OCTOBER - NOVEMBER - DECEMBER.

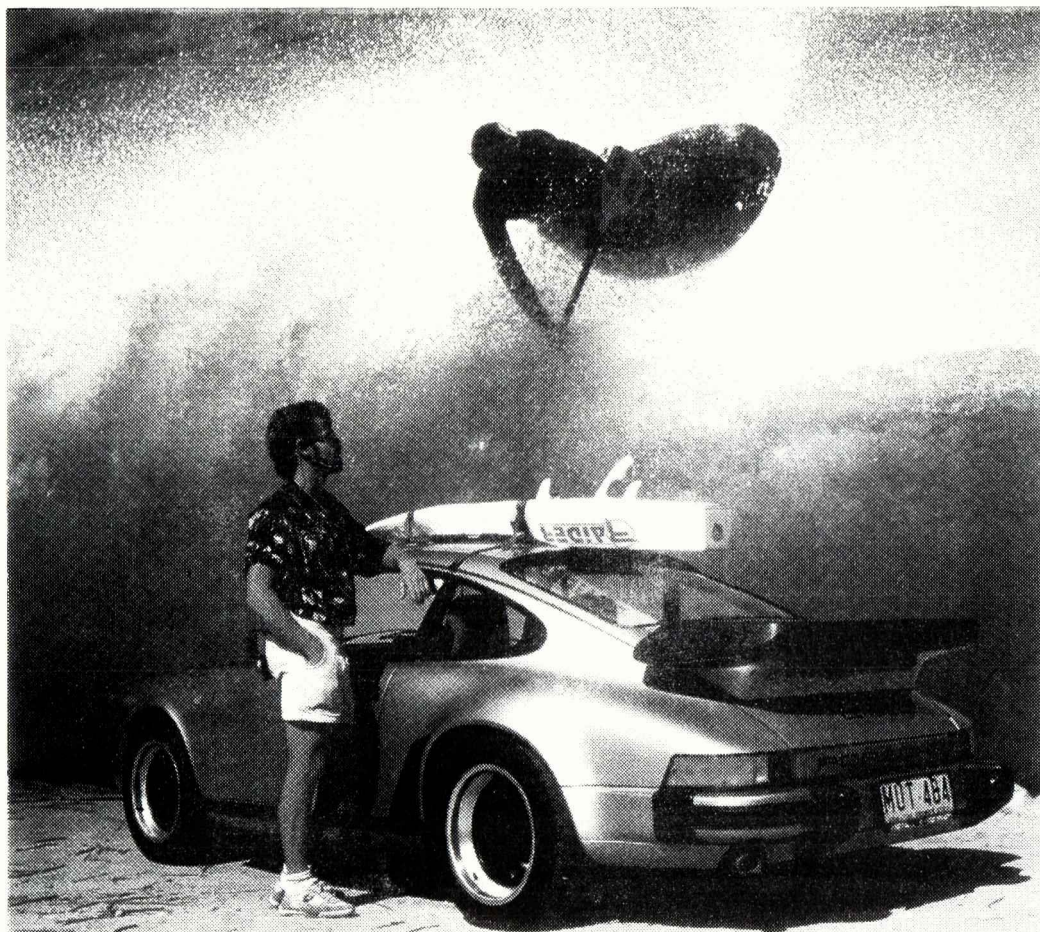


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NUMBER TWO.

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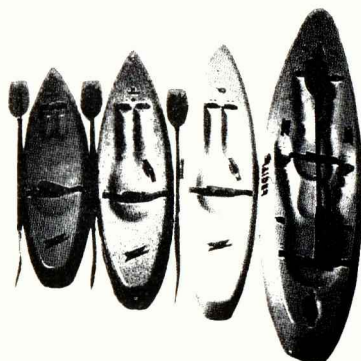
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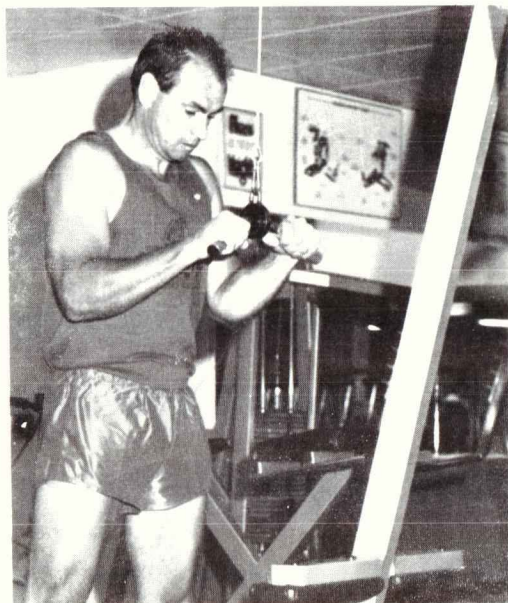


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PADDLER 2



**‘I’ve been
doing a
power
of work’**



"I'll need all of the three and a half months (before the selection trials), every day, every hour before I *can* let loose. I'm not expecting things to be easy".

John trains alone on the water twice a day. Dubbo's Macquarie river is not unlike the Yarra; perhaps straighter and a little wider.

There's a marvellous simplicity about Dubbo. There isn't any of the politics or petty in-fighting that riddles the sprint scene in Melbourne. Country towns are somehow above all that. There's a better, clearer sense of what's right and wrong, good and bad. And everybody seems to know what it is. Nobody has to bicker.

It's easy, almost natural for a town like Dubbo to get behind someone like John Sumegi. He describes local support as "tremendous". Jeff Rumble, Brian Wingett, and

Kym Macray are just three of the locals that, without really knowing anything about sprint racing, have given John the support he needs. It's "bloody terrific".

Peter Grant is responsible for the rebirth of John Sumegi as a racing canoeist.

Four years ago he was coaching a group of surf ski paddlers, ski paddlers who wanted to become sprint paddlers and go to the Olympics.

He didn't know much about sprint racing, so he called an old friend, John Sumegi, to find out what it was all about.

John agreed to help. Eventually, in an effort to extend this help, he started paddling *with* them, watching them, advising them, pushing them, encouraging them.

Now he is one of them.

John's return to competition was no

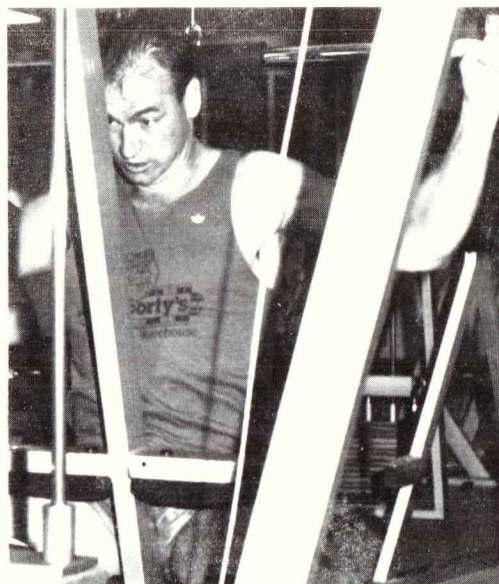
accident, not a decision made hastily. Peter watched John's first steps. If he wasn't good enough, if he'd lost *it*, someone had to tell him.

"After a while it became very obvious that he hadn't lost a thing", Peter said.

"He's a remarkable paddler". Big and strong, "the harder he has to train, the better he likes it".

Time has a way of turning extraordinary people and extraordinary events into legend. It's hard to know whether seven years is long enough; whether an Olympic silver is still fresh enough in our minds or whether it has become part of history.

It's hard to know. All the same, John Sumegi is back, big and strong. He lost sixteen kilos in eight weeks, and all he can talk about is *doing a power of work* and then going *one better at Seoul*.



**‘After a
while it
became
obvious
he
hadn't
lost a
thing
PETER GRANT
(Coach).’**



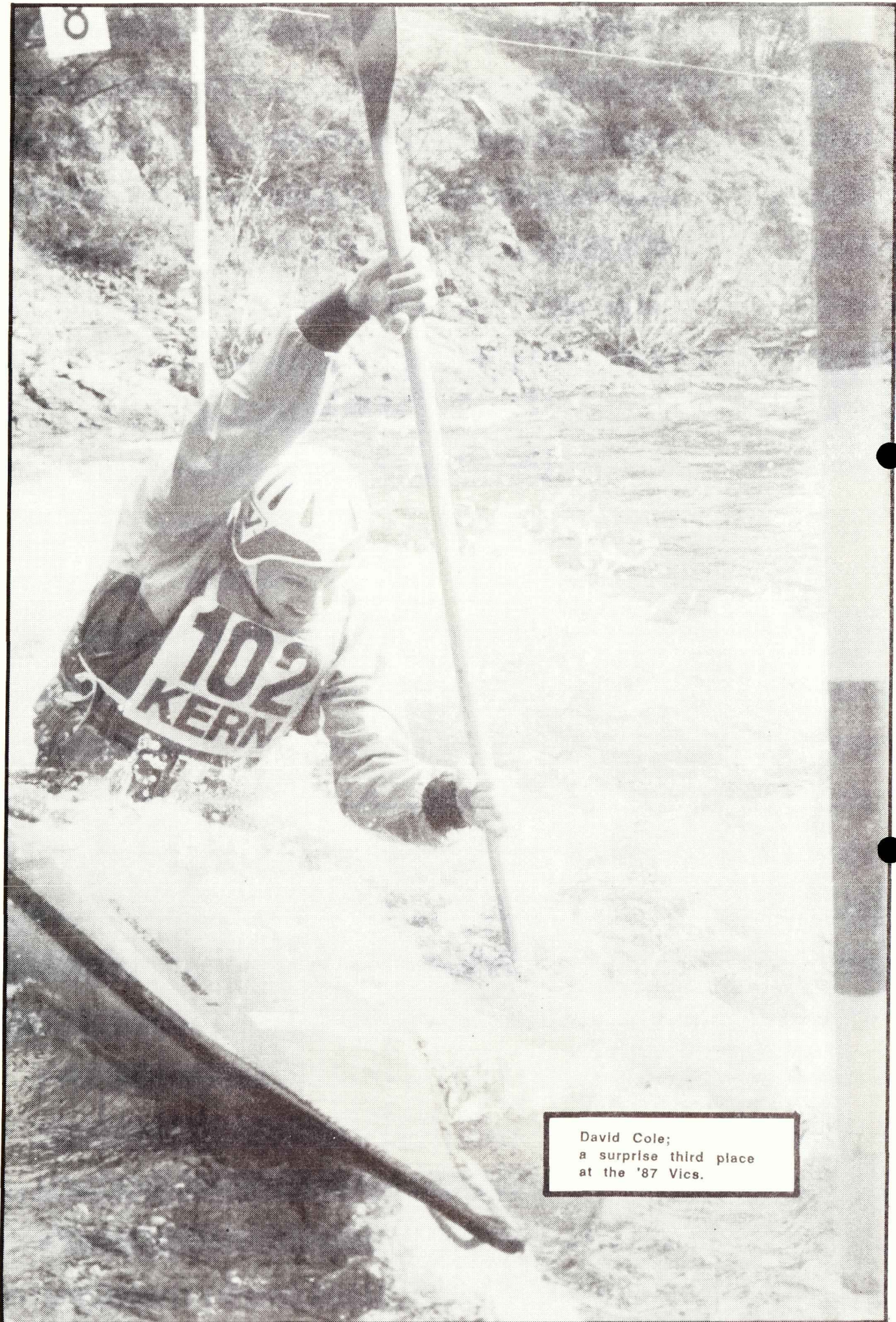
CONTENTS

- 4. Vic. Slalom Champs.
- 7. Schools Slalom Champs.
- 8. Let's go Artificial.
- 10. Juniors in the U.S.
- 11. Marathon... On a Machine.
- 14. Vic Marathon Titles.
- 16. Polo.
- 18. Wing Paddles. Why they work.
- 20. Sprint Team. World Tour 87'.
- 22. Jacoby.
Wildtrek.
- 24. CanoEd.
- 25. Classifieds.
- 26. Letters.

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Bob Osburn.
Chris Eastman.
Jo Bunyan.



David Cole;
a surprise third place
at the '87 Vics.

Beattie Blitz.

All the way along it was going to be a *two horse race*. Everybody who was anticipating the show-down for top Mens K1 at the '87 Victorian Slalom Championships knew it; they knew it too.

21 year old Paul Beattie has spent the last 5 years as the top slalom kayak in Victoria.

Richard Macquire is 15 years old. He is the top junior in Australia. The similarities between them are remarkable.

Beattie was an outstanding junior, frequently beating the seniors. At 16 he went to Europe, for experience. He went back 3 years later as a member of the Australian Team for the World Championships at Augsburg, West Germany.

Macquire is an outstanding junior. In August he went to the United States to compete in their National Titles (see article). He placed 2nd in U/18, 6th in Open. At last years Vics', on the Mitchell, he won overall. He was 14 years old.

The course itself was longer than usual, incorporating 3 lengthy sprints in shallow, rocky water. Rain during the week hadn't brought the river up.

First runs; you could tell how they felt about them by watching how they behaved after crossing the finish line.

Beattie, number one down the course, slumped forward exhausted after breaking the finishing beam. He stayed on the water for about 10 minutes afterwards, easing down.



Happy with a clean and reasonably fast run he never-the-less felt he'd been a "bit too conservative", and promised to be "faster next time". He'd done an excellent 202.9.

Macquire sprinted the 30 metres after the last gate, lunged over the line, then paddled straight over to the bank and got out. He was disgusted.

As it turned out he was only 2 seconds slower than Beattie but complained that being "lazy" had brought him 2 touches (10 second penalties), thus a time of 214.3.

The surprising David Cole was third with a time of 217.5, clear. Matthew Pallister (N.S.W.), just back from the Bourg World Championships, was fast (207.7) but messy, picking up 20 penalties, giving him an overall score of 227.7.



Below: Paul Beattie. Vic champion.

It must have been encouraging for Macquire to know that without penalties he was only 2 seconds behind. He must have known that if he could go a little faster and stay clear, he could win. The pressure was on.

On the other hand, Beattie already had a good run on the board. For him, the pressure was off. Second run he could take all the risks; he had nothing to lose.

Beattie was faster in his second run (201.7) but he was also messy (15 penalties equals 216.77). Effectively the door was open for Macquire; but as soon as he touched a gate, it slammed shut. His second run, with that penalty, gave him an overall time of 210.4. Good enough for second.

David Cole's first run gave him an excellent third, with 17 year old Kaine Pinder in fourth (217.9). Pallister was fast all day but just too messy. He was fifth.



Below: Richard Macquire.

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School Champs



The great thing about the Victorian Schools Slalom Championships is that the whole thing operates beautifully on two levels.

One level satisfies the competition aim; to produce a champion. And it does.

The only problem is that everybody knows who is going to win! The gentle Warrandyte trickle doesn't really allow for any surprises. Reputations aren't made at Warrandyte, only reinforced.

Predictably, this years K1 champions are Richard Macquire and Mia Farrance; Australia's two outstanding juniors and members of the Senior Victorian Slalom Team.

A course that has to be only slightly better than dead-easy only gives this calibre of canoeist a chance to demonstrate what slalom is all about. I doubt if they even got nervous.

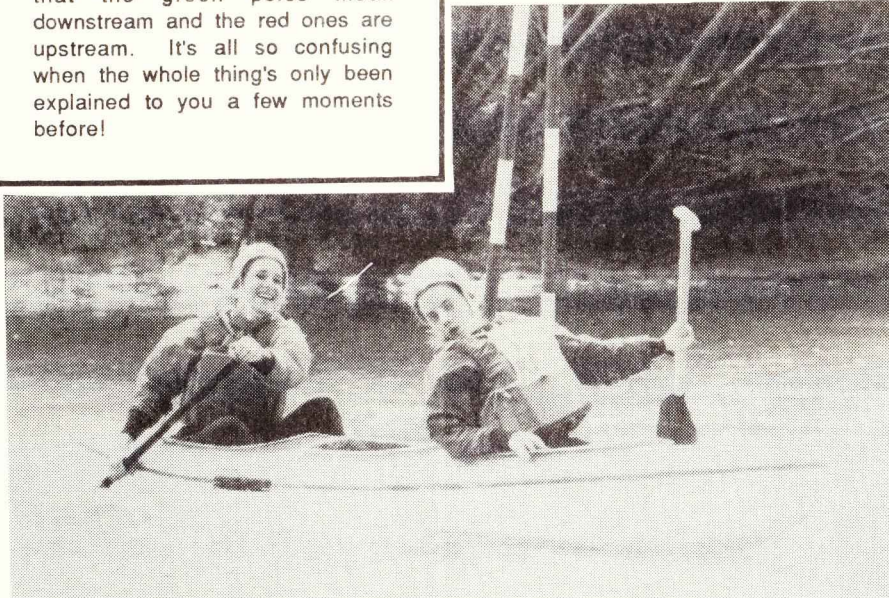


The other level caters for *the rest*, those who *have a go*, once a year; the *first timers*.

Watching this group, it's hard to know that there's a competition going on. Times and penalties and things like that shouldn't get in the way of having a good-time. And they don't.



They stumble and giggle their way down the course in big touring kayaks or in open canadians, thankful for the encouragement from the bank and the reminders that the green poles mean downstream and the red ones are upstream. It's all so confusing when the whole thing's only been explained to you a few moments before!



Let's go Artificial.

Melbourne kayakers have another chance of getting an artificial whitewater course. Pacific Coast Leisure has begun talks with the Melbourne Metropolitan Board of Works and city councils to find a suitable site.

"We're doing our sums on a \$2 million venture, but really we've just scratched the surface," said company spokesman Harry Huxtable.

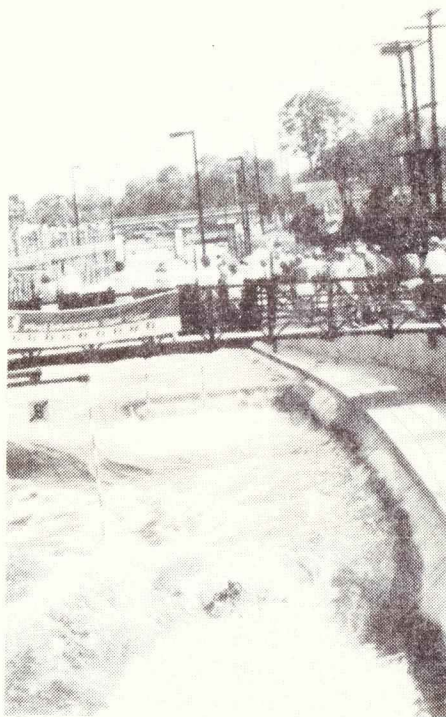
"The site is most important. We're going around Melbourne to inspect the best sites for a 500 metre course".

Mr. Huxtable said Pacific had already earmarked \$1 million for the project.

However, he emphasised it would not operate exclusively for kayakers.

"To make it worthwhile, part of the project has to include rides otherwise it just won't make a profit," he said.

Pacific plans to incorporate



South Bend; U.S.A.

rafting and other water sports.

"We hope to make it pay through canoeing, rafting and a bit of everything. For a canoeing venture it has to be propped up.

"When not a ride then we use it for an Olympic sporting facility.

"The paddlers become the drawcard for spectators and television rights.

"If we make it Olympic standard we may get federal funding."

Pacific is inspecting metropolitan river sites. "There will be a hell of a lot of water going down", Mr. Huxtable said.

"It has to be adjacent to a river so water can be pumped out upstream and then returned to it after leaving the course."

The course flow would be regulated to provide variable speeds for rafting and competition kayaking and be modelled on the English Holme Pierrepont course.

"It is the only Olympic sport that doesn't have a proper venue. It hasn't been treated very well," Mr. Huxtable said.

A MMBW Parks and Recreation branch spokesman said the board had no objections to a course.

"We would not be disagreeable to a slalom course in principle. We have had a paper put to us by a private body outlining requirements of a course," he said.

"We have referred it to the Victorian Board of Canoe Education.

"My doubts really relate to the viability. We certainly don't have the funds."

Eric Ligtermoet, of the Sport and Recreation Department, believes there is demand for an international course.

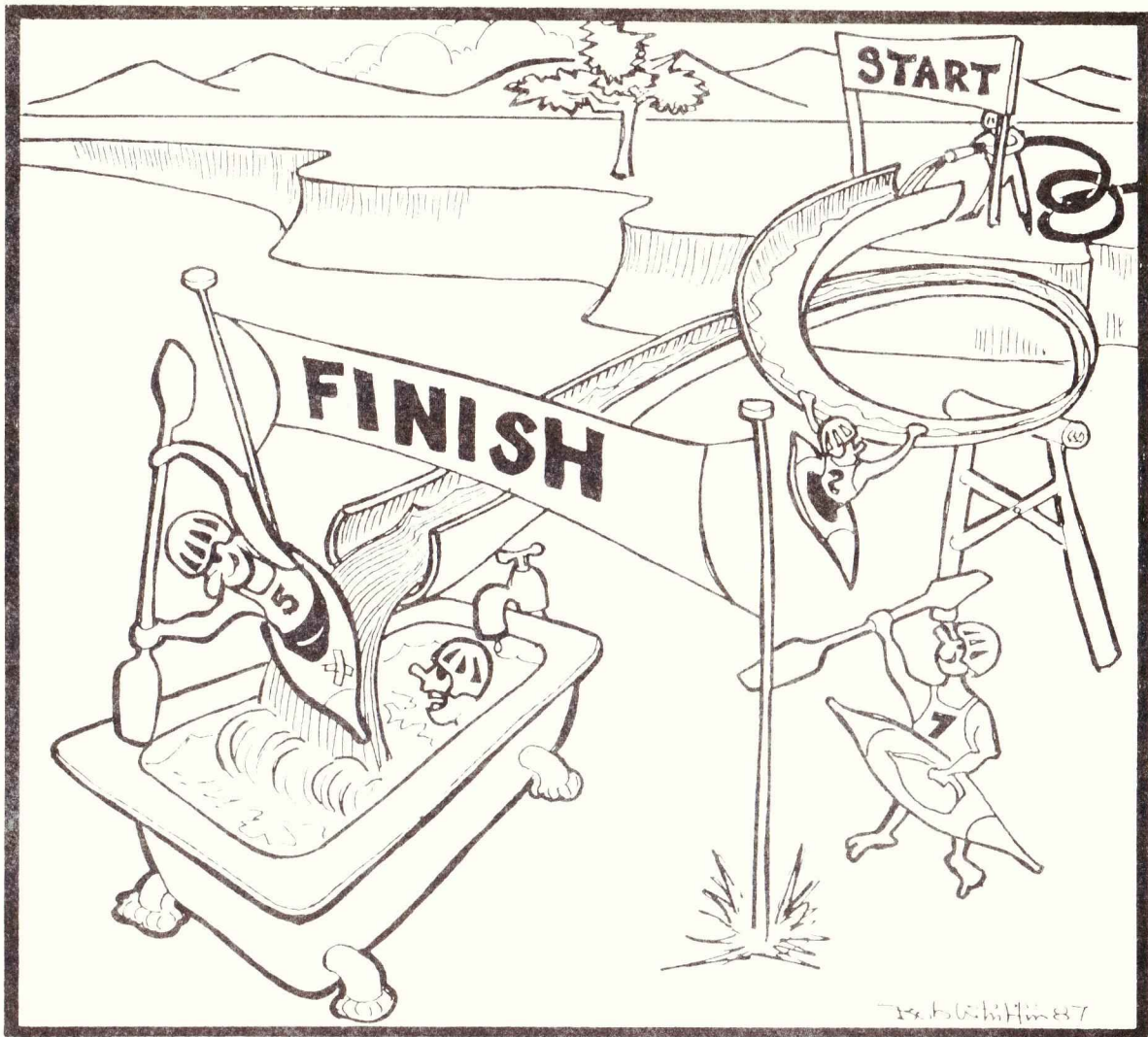
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"There are a few overseas and I think they have become economically viable," he said.

"Canoeing on its own would not be enough to sustain an artificial course. It's really just a giant white water slide, so rafting could make it an economical proposition.

"In Australia, there are too few stable flows for a permanent white water training and competition venue.

"The Goulburn has a good flow in summer but it is not a good white water training venue.

"If there was an enclosed water race with flexible obstructions to create different rapids there is sure to be international interest in it. It is only a matter of time before we get one.

"I'm not sure what investigation and market research has been done. Dights Falls in Collingwood was the original site suggested but it has flow problems and

there were environmental concerns.

"Australia does well in flat water sprinting but in white water slalom and down river we have been held back because of our water conditions.

"Instate and federal funds are now being spent under the international standard sports facilities program on a rowing and sprint canoeing course at Carum, east of Melbourne.

"We'd support the MMBW in the development if they thought it was important, but I don't think we'd give them any money. If we did, we'd be keen to see it at Carum. There might be better places but the chances of getting state money is slim. There are sports that have got a higher profile and don't have venues.

"With rafting as a sideline it has a chance and might even pay for itself. Canoeists alone would have trouble paying for it".

The Melbourne Connell group, engineering consultants, has floated a proposal for a course in a MMBW park. So facilities can be shared.

It proposes a course 500 metres by 8 metres with a flow of at least two metres per second, variable pump and moveable obstacles to alter grading levels and competition and public use.

It sees income generated from turnstiles, subscriptions, sponsorship television rights and hire charges.

"We've floated the idea, now we're looking for a response, says Peter Bishop.

"If we keep it close to the centre of Melbourne then the scheme can be viable.

"The Dights Falls plan was knocked out on environmental grounds but there are a few more spots that might be appropriate around Melbourne."

Juniors beat the Bend



Richard
Macquire.

The question, how good are our junior paddlers? They win well in Australian and State events. Richard Fox was impressed in Febuary when he paddled with them.

Out of this came the idea to take some V.C.C. junior slalom paddlers to the U.S. Junior National Championships.

On August 10, three junior slalom paddlers went to South Bend, Indiana.

The course is a man made channel originally used by warehouses for barge transport of their wares. Now it is used by rafters and canoeists.

Three large concrete gates control water flow. There are moveable fibreglass blocks bolted to the floor of the channel, and wooden walls across the flow create eddies, stoppers, pressure waves and fast water.

The water is of grade three standard and warm (a pleasant surprise for Victorian's coming from a winter at home).

The course is very fast, the eddies boily. There are few

places to paddle back up to re-do manouevers. If a break-out is missed, there is no way to paddle back up to it.

The race saw a fast course that required skill and concentration, with three particularly hard sequences. Most Australian courses have one, or perhaps two hard sequences and the rest is relatively easy. But on this course, every gate was a potential penalty and a low break out could mean disaster. Clean runs were scarce.

The demonstration runs were held at 9.00 pm. on the flood lit course.

Next morning, race day, was hot and humid. Mia Farrance was the first V.C.C. paddler down the course. She produced the second fastest Junior LK1 time, but unfortunately missed gate 18 and penalties put her well down the list after first runs.

Richard Macquire put in a good fast time with only 10 penalties that saw him in second place at the end of first runs.

Andrew Farrance was good on the top part of the course, but like his sister missed gate 18.

In second runs, Mia showed good speed and control, only picking up a few minor penalties, and pushed herself into second place.

Richard was determined to go clean on second runs, but a small error at gate 17 cost him a 50 second penalty at gate 18.

Andy again impressed on the top of the course, but again gate 18 brought him 50 seconds, a 'bonus' nobody can afford in competition.

Richard and Mia both placed second while Andy missed out on a top placing; an excellent effort for juniors aged 15, 14 and 13 in an under 18 event.

In conclusion, it is clear that Australian Juniors are of a world standard and that they need international experience, as all three suffered from the pressure. The intensity of a course which has fast water throughout its 25 difficult gates was another important lesson.

The more experience they can get the better prepared they will be when they are seniors.

Jane Farrance.

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Marathon ...on a Machine.

During the week of 27th April, 1987, eight members of the Australian Marathon Canoe Team attended the Australian Institute of Sport in Canberra. Full physiological testing was carried out on seven members

The results are particularly interesting. A report has been prepared by Allan Hahn for the A.I.S Sports Physiology Laboratory with a view to possible publication in an international journal.

The testing was carried out only one week after the Australian Championships. At least four of those tested (Ramon Andersson, Matthew Coulter, John Jacoby and Jane Hall) could be regarded as being in peak condition.

The following tests were carried out:

1. A progressive test to voluntary exhaustion on the kayak ergometer i.e. work load was increased until maximum achieved. During the test the paddler breathed through a respiratory valve and volume of expired air was measured. Expired air was analysed for oxygen and carbon dioxide. E.C.G's were recorded each minute. All the information was monitored to give minute by minute readouts for pulmonary ventilation, oxygen uptake, carbondioxide output, respiratory exchange ratio, heart rate and ventilatory equivalents for oxygen and carbon dioxide. Similiar tests were conducted on another day on an arm/leg ergometer.

2. Race simulation tests were

conducted on the kayak ergometer. Each paddler performed a maximal 20 second sprint once every three minutes for 30 minutes holding the highest possible "cruising speed" between sprints. The total work done was recorded at the end of each minute of the test and at the beginning and end of each sprint. Blood samples were also taken to test lactate concentration.

The report runs to some 40 pages and is fairly technical. However, some interesting results emerged. The sample for the canadian paddlers and women was probably not totally representative or too small, but the male kayak paddlers, the three on which full testing was carried out, were fairly representative of those at the top. The following are of interest:

1. The male kayak paddlers achieved peak oxygen uptakes in the simulated race as high or higher than those measured during the test specifically designed to assess maximum aerobic power. In each case the peak occurred in the minute immediately following the

second or third sprint.

2. In kayak paddlers, there was a considerable rise in both oxygen uptakes and carbon dioxide output after each sprint in the simulated race.

3. At the end of the race test, blood lactate concentration was surprisingly low (4-6 millimoles per litre) except for one kayak paddler who ceased exercise shortly before the scheduled end of the test immediately after a sprint complaining of extreme soreness of the forearms. The reading was 8.2 mM/L. However, two male and one female kayak paddlers performed two 20 second maximal sprints performed 3 minutes apart. After the second sprint, blood lactate were between 9 to 11 mM/L.

4. The male kayak paddlers' maximum oxygen uptakes compare very favourably with the values appearing in tests conducted on sprinters in various countries.

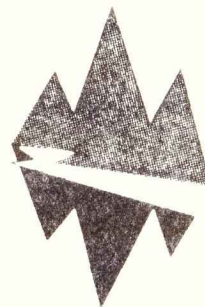
Tests carried out on nationally ranked North American male kayak paddlers gave readings of between

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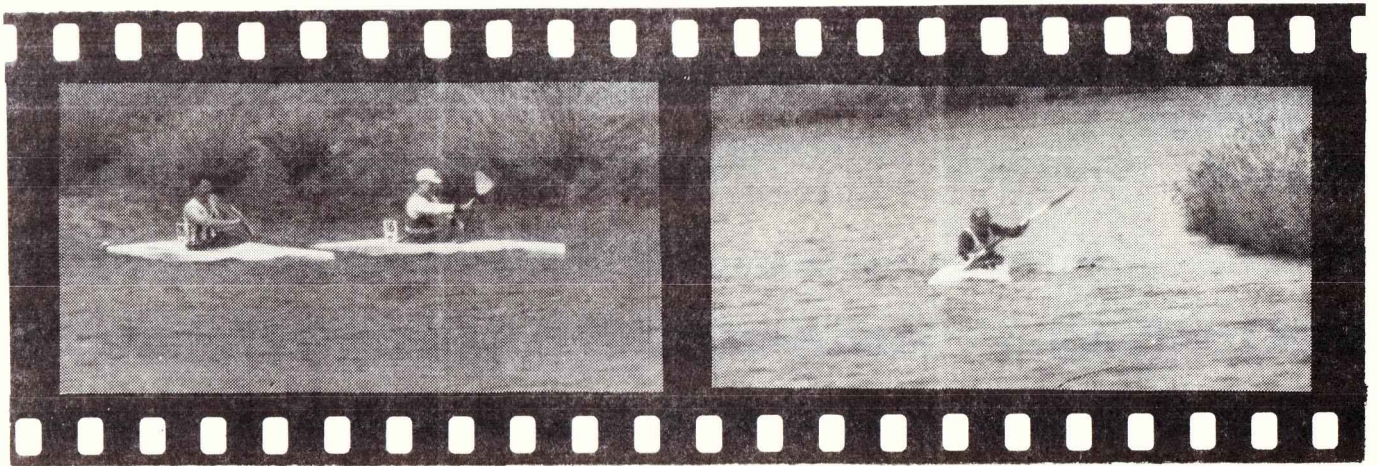
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3.4 -3.5 L/min. 13 members of the U.S. white water team recorded an average of 4.03. Six Swedish male sprint paddlers of Olympic standard reached an average peak of 4.7 during a simulated 1,000 metre race. Based on this study it has been suggested that the best sprinters may be able to reach 4.9.

Our male kayak paddlers recorded 5.09, 4.68 and 4.89.

The conclusions that success in marathon requires specific aerobic power at least as great as that needed for success in sprint events.

5. Measurements were taken of the "whole body" aerobic power as opposed to the peak oxygen uptake during upper body exercise alone. Testing on arm/leg ergometer was carried out. The best international results recorded previously were by elite Swedish male sprint kayakers with a mean reading of 5.4 L/min. The highest individual recording was 6.1.

Our male kayakers recorded 5.84, 5.40 and 5.93.

Similar tests on the Rumanian women's kayak team gave an average of 3.8. Our female paddlers recorded 3.49 and 3.93.

6. The 10 second work outputs of the two male and one female kayak paddlers who completed the specific sprint test were among the highest recorded at the A.I.S. The scores for the two males exceeded all but one member of the 1986 Australian Sprint Team (average was 10.1 kj compared to 10.9 and 10.7 for the two marathon paddlers). Jane Hall achieved a higher work output than any of the few female sprinters tested at the A.I.S.

The 60 second work outputs were also good with Ramon Andersson scoring better than any of the 1986 sprint team. John Jacoby's score was above the average for the sprint team (44.4 kj compared to 44.2). Jane Hall's result was outstanding in comparison to the limited data on female sprinters.

7. Despite extensive testing, the A.I.S. were unable to identify any parameter on which elite marathon paddlers were clearly different from sprinters. Obviously quite similar physical and physiological characteristics are required. No doubt there are differences which the tests could not discern. The tests relate primarily to fitness and strength and do not take account of long distance endurance (physical and psychological) which marathon paddlers may have and

sprinters lack, or the technique factor in maximum boat speed which may be greater in sprinters.

Further, there is also no information on the relative abilities of marathon paddlers and sprinters to recover rapidly following a brief intensive effort. This may prove to be one of the most important aspects of fitness for marathon as racing has become more tactical.

8. The conclusion reached by Allan Hahn is that the study clearly suggests that international success in marathon paddling requires capacity to achieve very high oxygen uptakes during upper body work. For the male kayak paddlers

this is probably so high as to be attainable only by individuals with exceptional "whole body" aerobic power.

In addition to the aerobic requirements the upper body musculature of all elite marathon paddlers must be capable of producing large forces and of sustaining very high power outputs over short periods of time. Such physiological attributes are developed only through many years of regular and specific training.

Allan concludes his report with the following observations:

"It is to be hoped that the dedication demanded of the marathon paddlers will soon be rewarded by inclusion of their fascinating sport in full Olympic competition."

We hope so too!

Anyone who would like a copy of the whole report can contact me on (060) 317 877 (work) or (060) 431 145 (home).

James Sloan
Chairman A.C.F. Marathon
Committee.

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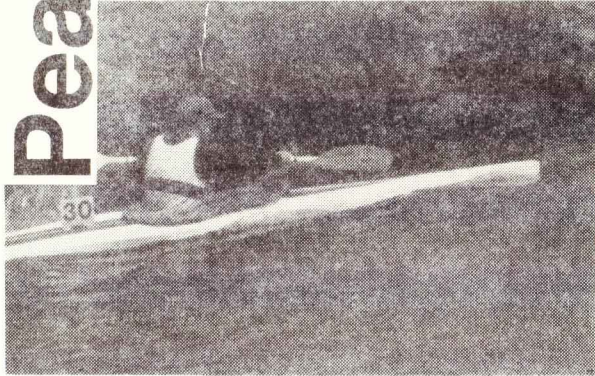
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Peaches N' Cream

The "Peaches N' Cream" sprint and marathon long weekend will be conducted on 23rd and 24th of January 1988. The sprint carnival is highlighted by the Ladies' and Men's "Golden Paddle" races for racing and touring classes over 500 metres and 1,000 metres. The inter-club relay will be sponsored by 'Competition Kayaks'.

On Sunday 24th January the marathon race will be conducted with the spectacular "Le Mans" mass start, featuring 2 portages and start and finish at Thompsons Beach, Cobram. This extremely popular Fun Race is for seniors, juniors and novices.

Jim Brentnall.



The Cobram-Barooga Canoe Club will once again conduct the annual "Murray 40" canoe marathon on Saturday, December 5, 1987.

The first race was held in 1976 and is regarded as a great lead up to the Annual Red Cross Marathon. The course covers part of Day 1 on the Murray from Yarrowonga to Cobram, including checkpoints Alpha, Bravo, and Charlie. The total distance by river is 66 km, thus paddlers will discover levels of fitness and preparation for the Red Cross Marathon.

Land support parties can also familiarize themselves with the requirements of marathon paddling. The race is open to all Red Cross Marathon classes and age groups. Ample caravan and camping sites are located in Cobram and Barooga. Camping is permitted in the forest reserves adjacent to the river. Several motels are located in the area complemented by fine golf courses and 'pokies'.

Jim Brentnall.

Murray 40.

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A very successful championship series was held at Footscray on the Maribyrnong River. It was hosted by the Footscray Amateur Canoe Club.

120 competitors took part on the first day and most fronted up again on the second.

The first day's competition was held in difficult conditions with strong winds producing choppy water.

In the true spirit of the Maribyrnong, it seemed that it was only ever a head wind, regardless of

For the first time, 'A' and 'B' grade championships were decided in Men's K1.

triple world champion, John Jacoby won 'A' Grade ahead of Peter Hogg and Peter Shorten.

Geoff Francis won 'B' grade ahead of Sean Rooney and Greg Durham.

The championships produced many strong performances and some fine doubles were returned.

John Jacoby and Peter Hogg won K2 after finishing first and second in K1.

A similar result was returned by Robert Schram and Geoff Findlay in Vet 35 TK1 and TK2.

Kyle Tippet won the JTK1 and then teamed with Intermediate K1 winner Blake Rodgers to win Junior TK2.

Barry North and Noel Hunter won the Open TC2 after finishing first and second in Vet 35 TC1.

Convincing winners in C1, Kevin Phillips and Vet 35 K1 Murray Rantall were in a strong position sharing the lead in TK2 when they were forced to retire with a steering failure.

Jason Rantall won the JK1 and then teamed with Brett Tyack (third in JK1) to win JK2.

Perseverance finally paid off for Birgitta Henderson in LK1. She won a close contest with Karen Zerbst and Yvonne Stansfield. Birgitta has finished second three times.

The top club performance for the championships was returned by Geelong Canoe Club to win the Mitchelton Cup.

The winning club in the club points competition was Sherbrooke-Knox. Junior winner was Shepparton.

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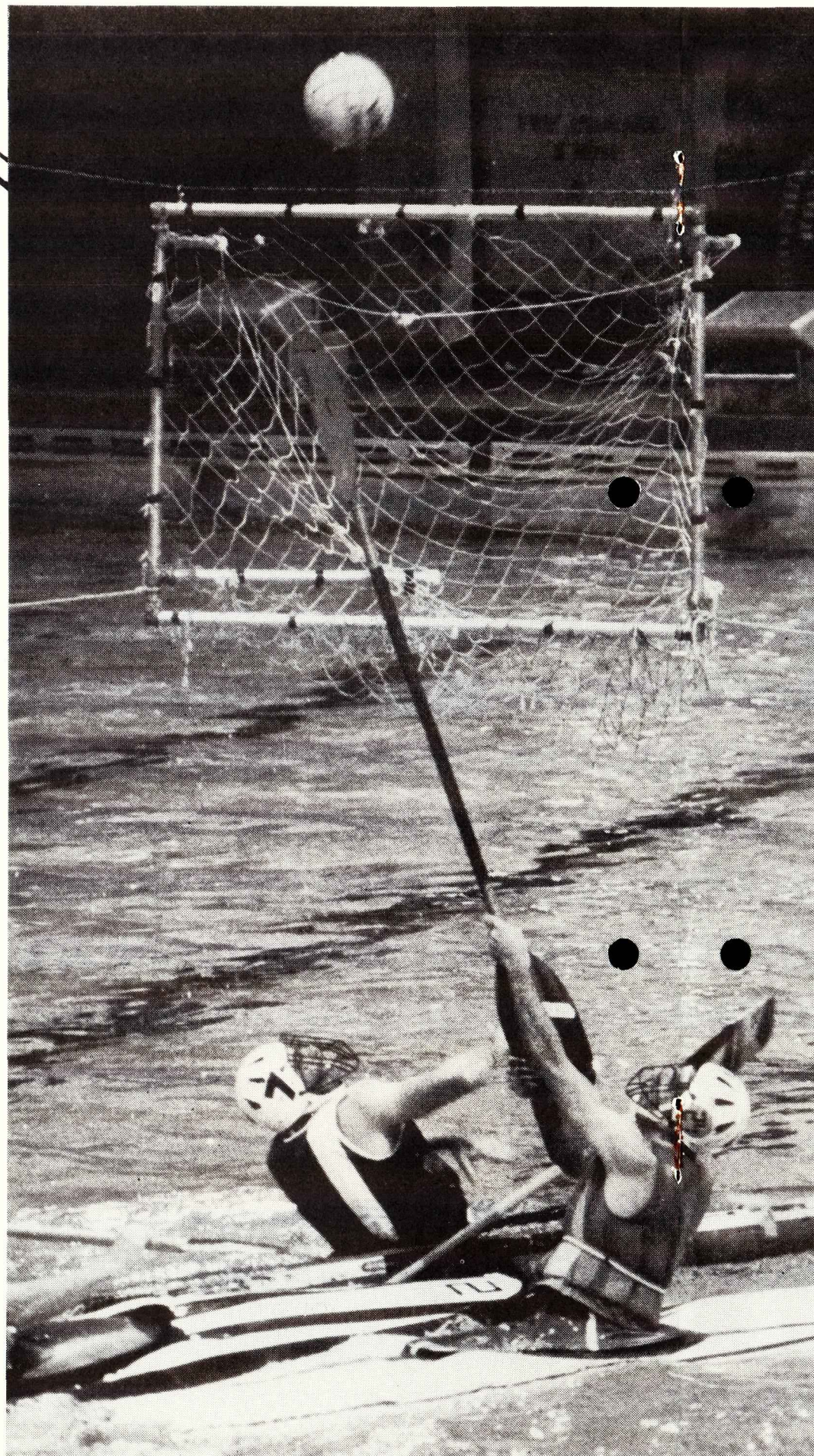
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POLO

Have you ever followed a normal route to work in peak traffic only to find, without warning, a road block and delaying detours? Or have you ever been pulled up for doing something that was legal but, unbeknown to you, a change in laws now renders it illegal?

How did you feel? Maybe the same as many polo players, including those attending Australian championships, have felt recently. As far as Australian canoe polo rules are concerned there's been the white draft version, the yellow, the pink, the International, the A.C.F. (version of the international rules) and the

amended version of the latter. And on the Victorian scene, we have had regular amendments trying to keep up with the A.C.F. and now our own rule book- A.C.F. rules with Victorian amendments (which still needs amending!). All this in the last 3 or 4 years- quite a record!

Secondly, these rules vary little from our style of game compared to the major variations experienced in Europe especially. Thirdly, we should end up with a set of rules which has been well 'worked' and which gives a flowing game in which players can display a wide range of skills. Fourthly, the best news. When

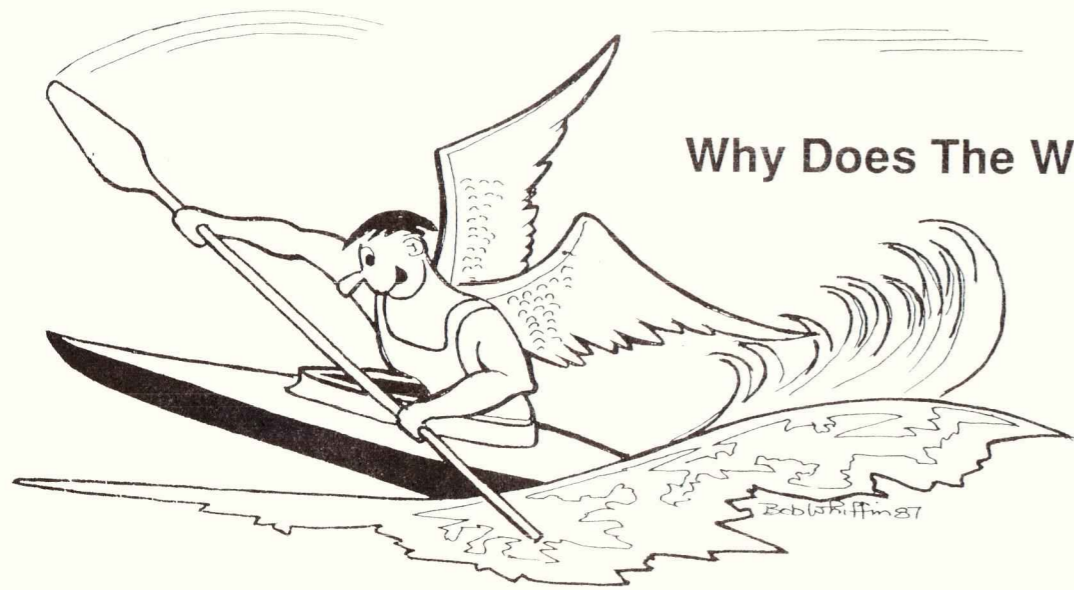
accepted, the rules will remain unchanged for a set number of years.

And who will we need to thank for all this? The same people we abused for the pain of the recent past - Richard Boulton, Steve Hemsley and some of their fellow players and referees.

Meanwhile, be patient, as we remove the gremlins from the rules and from the Interpretations of the rules and (the temptation is too great for me to resist adding) the Interpretations of the Interpretations!

John Pearson.





Why Does The Wing Work?

by
William T. Endicott.

There is all sorts of mystery and rumor circulating about the revolutionary 'wing' kayak paddle. One story had it being invented by a 17 year old Swedish school boy genius. Theories grew up saying that technique should be changed and you should pull the blades way out to the side during the stroke. All sorts of guesses were made to explain why it worked and indeed some people were convinced it did not work at all.

In view of this controversy, it seemed wise to go straight to the source, the man who invented it and ask him why it works! This I was able to do at the flatwater world championships in Duisburg in August, 1987.

There were actually two co-inventors. The one I talked to was Stefan Lindeberg, 37, who used to be coach of the Swedish team. In the winter of 1981-82, he and Leif Hakensson, a Swedish boat builder who became interested in paddle design, first started working on a new paddle. At first, all the work was theoretical, and many new ideas were thought through. One of them was even a paddle with holes in it! But this and all the other early ideas were based on the traditional concepts of "good grip, paddle close to the boat, pull the paddle straight backwards, and create a good pushing force backwards in the water". Eventually, however, these concepts were set aside because even though working with them might have led to a small improvement over the Liminat paddle design, they would not lead to the major breakthrough that Lindeberg and Hakensson thought possible.

Finally the pair hit on two key concepts which became the driving force behind the wing:

* A crucial factor must be to minimize the slip of the paddle -

that is, the tendency of the blade to move directly backwards in the water during a stroke rather than remain perfectly still while the boat moves past the paddle and at the same time creating as little turbulence (and thus energy loss) as possible.

* Was there some way to benefit from the fact that top Swedish paddlers at that time tended to pull the blades out to the side, away from the boat during the stroke and not parallel to the axis of the boat? The Swedish paddlers were doing this as a result of trying to use their back and torso muscles more. This outward movement was looked upon as a flaw, but could it actually be made into an advantage?

The Wing Theory Emerges.

When Hakensson and Lindeberg considered these two items, the solution emerged:

"As we analysed the movement of the paddle relative to the water, the idea was born that as the paddle moved outward, to the side, it should be possible to take advantage of the principles of airfoil. With a wing-shaped blade, a 'lift force' could be created directed towards the front! This would reduce the pressure backwards on the water and minimize the slip of the blade."

The pair took their theories-no actual blades had yet been built- to the Royal Institute of Technology in Stockholm to see whether scientists there would concur with

them. They did and thereafter the first actual blades were constructed. But these blades did not very much resemble the well-known 'wing' of today. There had to be a lot of trial and error first.

Common Questions and Answers about the Wing.

Q. If, with the wing, the paddle is no longer supposed to slip, how can there be any water flow over the curled edge of the blade which would be necessary to create a lift effect?

A. Slip refers to the paddle slipping directly backwards which the wing minimizes. However, the blade does slip to the side somewhat and this creates the flow necessary for achieving lift.

Q. Why is the blade attached to a bent shaft?

A. To eliminate flutter as the blade is pulled during the stroke. With a straight shaft the blade moves around a lot during the stroke. This is because the lift is not created at the centre of the blade, but rather off to one side, thus making the blade want to turn in the water.

Q. Why is the width of the blade smaller at the end than at the middle?

A. This is a normal airplane wing shape based on scientific principles. Actually, the optimum shape would be even more tapered:



THEORETICAL IDEAL

This would be best for long, steady-state paddling, such as



Jacoby leads;
Peter Hogg close behind.

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marathon racing. But the problem comes with starts or any time you want to accelerate: you need a bigger blade for that. So Lindeberg and Hakenssen compromised their blade to be able to do both things.

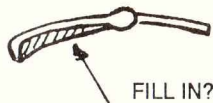
Q. Why not fill in the area underneath the curled-back edge, like this:
This would make the blade more like an airplane wing.

A. Lindeberg tried this and it was tested at the Royal Institute of Technology in a basin but was found to make no difference.

Q. Should you have a rigid shaft or a flexible shaft?

A. Lindeberg thinks you should have a medium shaft! There are, according to him, two mutually exclusive options. First, with a traditional paddle, for trying to create as great a pushing force backwards in the water as possible, you in theory should have as stiff a shaft as you can tolerate without getting wrist tendinitis. A flexible shaft in this situation, according to Lindeberg, is bad

because when the shaft springs back it is too late in the stroke to help and indeed has a harmful affect. But secondly, to create the lift effect with the wing paddle, you want a flexible shaft, even though this will work against a



good pushing-back force. Lindeberg says that a flexible shaft allows the blade to remain even further forward in the water - responding to the lift better - which is highly desirable. So, he concludes that each boater has to work the matter out for himself.

Q. Should there be a smaller wing blade for women?

A. Lindeberg says no. He believes that the women's problems with the wing are superstitious; there is a belief that you have to be very strong to use the wing. Actually, he says, the opposite is true.

Q. Should the wing blades be made as light as possible?

A. No, says Lindeberg. A certain amount of weight is advantageous, he feels, because it gives more momentum to the pull-through and turn-over rate.

Q. What technique flaws should one watch out for with the wing?

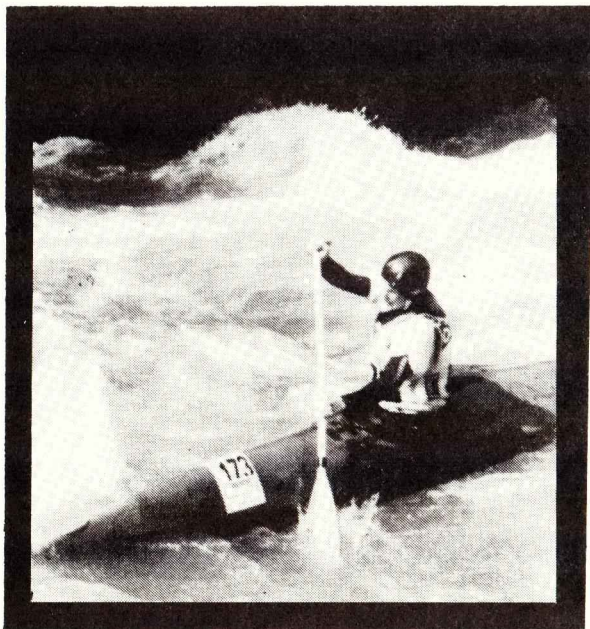
A. Besides those with normal paddling, there are two others:

* Make sure the blade does not turn in the water during the pull-through because this will result in even more slip than with a normal blade:

*Do not exaggerate pulling out to the side, away from the boat. The exaggerations not necessary for achieving the lift effect; this comes from using the wing normally. If you pull even further to the side you might lose efficiency and power.

Q. What is the ideal blade to work towards in new wing designs?

CONTINUED P. 30



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Sprint Team

Tour 87'

HOLSTEBRO REGATTA.

The Holstebro Regatta was held in terrible wintry conditions with a strong head wind. Nevertheless the team generally performed well, with an outstanding individual performance coming from Marianne Frei in winning the gold medal in the LK1-5000. The K4-500 also did well winning the Bronze medal (P. Gilmore, G. Davies, K. Graham, P. Foster.). Other finalists were S.Wood, K1-1000, K4-500, T. Munroe, S.Wood, S. Dalziel, M. Hunter, K4-1000 P. Gilmore, G. Davies, K. Graham, P. Foster, other team members performances are listed below. Grant Kenny was injured in Milan, Italy, and was unable to compete.

WORLD CHAMPS: DUISBERG.

Unfortunately the team was unable to make a final at the Duisberg

world championships and this was most disappointing for all concerned. Nevertheless, the athletes I'm sure benefitted from the competition and will be better for it. Personally, I learnt a lot, and I believe the tour was of great value to me. The athletes require this type of exposure and the experience gained will ensure improvement in our results in the future.

In summary, the tour could be looked upon as a failure because of the teams results at the world champs. I prefer to think more positively, and we must look for the answers. Our K2-1000 pair of Grant Kenny and Steve Wood was unable to compete because of Grant's injury, and this also was a disappointment for the team.

In trying to analyse the results at the world champs to find some answers, I believe it was a combination of a number of things, and I personally am working on those things I believe to be right to assist those I coach. I must point out that the athletes, coaches and managers who give their time and money to tour overseas, which is quite considerable, should be

credited for their efforts and their dedication and should be supported, not criticised. (The cost of this tour ran into thousands of dollars).

If the ACF could realise that these people in racing are doing their best against huge odds, and every bit of support would be greatly appreciated. Finally, the ACF should seek the opinions of those involved, and there are many who have opinions.

SEOUL REGATTA, KOREA.

The tour was well worthwhile. The K4 paddled really well to be 4th in the K4-1000 final. The crew consisted of K.Graham, T. Munroe, P. Foster, and G. Davies.

This was a relief for all concerned, because the AOF justification committee was meeting just two days after the team got home and the importance of that date was not fully understood. At least we were able to show that our Olympic team should be larger than originally anticipated, and this meant that those individuals seeking Olympic selection should now get on with the job of training and performing later at the trials in March. Our team should be at least the size of 6-8, and maybe more.

The ACF should support the athletes wherever possible. We have a good record in Olympic Games; our performance should not be under question.

We have the paddlers who can compete at a very high level. What they require, more than anything else, is encouragement and support. This is often lacking. I am confident that we can guarantee very competitive athletes in Seoul and I urge the ACF to totally support the biggest team possible, dependant on results at the trials of course.

Lobbying by the ACF, particularly at the AOF level, is paramount for without its support the athletes could be harshly treated.

P.A. GRANT.

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COMING UP

SLALOM & WILDWATER.

5/6th December-
Burrinjuck Slalom.

12/13th December-
Goulburn coaching and slalom.

14/15th December-
Junior Squad Training; Goulburn.

11/17th January-
Australian Championships.
Harvey (W.A.)

MARATHON.

5th December. Murray 40.
(058) 722105

23/24th January-
Peaches N' Cream.
(058) 722105

24th January-
Marathon- Le Mans start.
(058) 722105

SPRINT.

13th December. Ballarat.

31st January. Footscray.

14th February. Geelong.

27/28th February-
Victorian Championships.

10/13th March-
Australian Championships.

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J a c o

"Nothing quite beats the buzz I got today"

The opening of a chapter of John Jacoby's life at the front of a brawling, aggressive field of international canoeists.

John Jacoby, three times world champion, has done a great deal to foster the increased performances of Australian competitors when confronted by the world's best.

Humble and quiet in the extreme, he works out at a school gym and encourages participation from the juniors at Ivanhoe Grammar School. He paddles on the cold and at times pleasant Yarra (actually more pleasant than most believe) and never complains. He always offers encouragement to youngsters when he sees them and is always pleasant and helpful.

On the same weekend that an Irishman was winning the Tour de France this young Australian was winning his third world championship in Ireland.

John's first two titles were won using a conventional paddle. On May 22, 1987, John, with his

coach and Martin Hunter, tried out a revolutionary new piece of equipment; a winged paddle. This Swedish invention is taking the canoe world by proverbial storm.

Over the race distance of 42 kms, John is required to get out of his boat and run with it for distances up to 400 metres. This year, for instance, the race produced three portages with the last one 300 metres long and 10 kms from home.

While preparing in Nottingham, England, John stayed in a house with some other people in what he described as cramped conditions. An English lass was also keeping the rain off her head in the same house. Usually attired in panties and a singlet she told stories of how she encountered some tennants by ripping the sheets off and giving them what she called a 'bed bite'. This is accomplished by biting the said tennant on the bare bottom. John described the action as "bloody outrageous". I'm not sure if his opinion would be the same if he didn't have a commitment to think about.

Back in Melbourne, John doesn't have to worry about getting his bottom bitten. His is buying his house in Northcote and shares his abode with the number one ranked sprint competitor in Australia, Martin Hunter, and a fellow agricultural student and non-paddler, Roy Read.

It is an amazing mix of personalities and one that works unbelievably well. You have the Robert De Castella of canoeing with the Darren Clark of canoeing and the catalyst is the Mike Gibson of T.V. fame.

It is this harmony and lack of direct competition that must be responsible for both John and Martin's great success.

A typical week for John in the six weeks before his World Championships:

His paddling covers 184 kms.
57 kms. float portages and recovery,
30 kms. steady,
57 kms. steady hard cruise with intervals,
30 kms. sprint intervals,
10 kms. time trial.

Wildtrek weirdos

The Wildtrek Winter Classic has only been in existence for 5 years, but in that time it has created its own peculiar mystique. By combining four separate disciplines it has a broad appeal, and yet it's probably the similarity of each discipline that is the key to Wildtrek's appeal.

Each section relies upon self propulsion, co-ordination, stamina and working in harmony with the elements, although sometimes that 'harmony' is a little 'off key'. The training for each section often complements others, such as canoeing and cross-country skiing which both rely on upper body strength.

The different classes also help to attract a wide range of competitors. The Combination section allows a wide variety of people to participate while at the same time provides the elite of

each discipline to join together to form a fast, skilled unit. The other major category is the Marathon teams who tackle each and every event. Only dedicated athletes should enter this section. It requires a great deal of preparation and a reasonable level of skill in all sections.

This year, as in every year, there was the variable factor that no-one can control; the weather. Wind, rain and snow could alter the whole race, leaving certain sections near impossible.

For the fifth unbelievable year the weather on race day was made to order; clear skies and virtually no wind. Even though race days have usually been kind, the fickleness of the weather has still had an effect as to how much water or snow it provides.

This year it was snow, and lots of

it, making the ski relatively pleasant but giving the runners the added 'thrill' of running through 15 to 30 cms. of snow. If you've never run through snow, imagine what it's like to run in sand, then make it more slippery, cold and at times softer. I've always felt the first day run is the hardest section and this year was no exception.

This year's ski section was really the year of the 'skate' with some very fast times being recorded by teams 22, 69 and 99.

The run changeover was ominous for competitors as the road was muddy with either side covered in 30 cms of snow. This section took its toll as one third of the teams failed to make the 2 pm cut-off time for the cycle.

Apart from the muddy start the cycle was held in good conditions (without the ice of 1986), although

CONTINUED P. 30

boy

Running: 6 sessions; with hill surging, repeat 400's on the track, distance training, and what John Three weight training sessions with two sessions emphasising strength and power and one circuit training.

John's record is fascinating. His first world title was won by a mere one second. His next by a margin of 10 seconds. 1987 saw the biggest winning margin yet; a whopping 2 minutes 26 seconds.

Not many know that John achieved straight honors in his agricultural science degree while defending his world title. This is just an indication of his total commitment. Mediocrity is not one of John Jacoby's traits. He has every right to reap the plaudits of the victor and the applause of we in canoeing who know just how hard it is to race at full speed over 42 kms. Maybe it's just that we haven't experienced the excitement of being world champion.

Story: Reg Hatch

Photos: Mr. James Jacoby.



Above right:

Alone. In front. Jacoby portages on the way to his third world title.



Right:

John's thousand yard stare. Exhausted. World champion.

UPSTREAM
(Recent events)

1. Mitchell River Trip. The annual social trip for all instructors and trainees was held on Sept. 12/13th. Excellent water conditions made for some exciting paddling. Unfortunately the turn up this year was not as good as in the past (too much good snow around!) Make a note of next year's date now:

Mitchell River Trip 1988
Sept. 10/11th.

2. Family Fun Day.
Sunday. 25 October.

This day was a great success with about 350 people able to have an introductory session on the day. This year we had excellent support from members of the Templestowe and Victorian Canoe Clubs as well as instructors and trainees from as far afield as Bendigo.

With room for 94 people on the water at a time, instructors were kept fairly busy all day. Next year we would like to have at least 40 helpers, so don't forget that friends and family are welcome on the day and there's lots to do in Westerfolds Park for all age groups.

Family Fun Day 1988:
Sunday October 30th

DOWNSTREAM
(Coming events)

1. River Rescue Course:

Following the pilot workshop conducted earlier this year the V.B.C.E will be conducting a River Rescue course in 1988. This course will be open to anyone involved in instruction or guiding of canoeing activities.

Instructors and trainees are encouraged to take part as this is essential skill and knowledge for those responsible for groups on river trips. Further details will be announced early in 1988.

River Rescue Course:
March 5/6th. 1988

2. Bicentenary Celebrations:

Yes, even canoeing will be involved in these celebrations which, in case you haven't heard, are to be held on Jan 23-26th. In conjunction with Life Be In It, the V.B.C.E. will be offering three afternoons of free introductory sessions for the public on the Yarra River near the Alexandra Gardens

We have funding for this and instructors will be paid commercial rates for their time. Anyone interested should contact Cary. We need 5 people each afternoon

CanoeEd

Newsletter of the
Victorian Board of
Canoe Education.

Bicentenary Canoeing:
Sat 23, Sun 24, Mon 25,
January 1988.
12 noon - 4.30 p.m.

3. Summer Holiday Camps.

This year we are offering three fully catered camps at the Outdoor Activity Centre on the Goulburn River. On the third camp we want to offer child minding for non-paddling members between ages 2 to 14 years, and wish to employ a suitable experienced person to fill this role for four days.

Any instructor that has a spouse or friend that might be interested should contact Cary. We are still looking for instructors to work on these courses.

Commercial rates apply.

Holiday Camp Dates:

No. 1 - 2nd-5th

No. 2 - 7th-10th

No. 3 - 12th - 15th. Jan 1988.

ONSTREAM.

1. "Guidelines for Instructors."

The V.B.C.E. has recently published a set of operational guidelines for leaders and instructors of canoeing activities with school and youth groups.

These guidelines are intended to be a base document from which various organizations can draft their own internal operations manuals.

Items covered include:

*Staff experience, qualifications and ratios;

*Student experience and preparation;

*Emergency contact procedures, route planning;

*Student clothing and equipment lists;

*group control etc.

This document will be one of the trainee instructor's course references in future and is available from the V.B.C.E. for approx. \$3.50 (to be confirmed in Nov.)

2. Mitchell River National Park.

The most recent of National Parks to be declared (June 1986), this park encompasses the former Glenaladale National Park and extends from Angusvale (Slalom Rapid) to near the Final Fling rapid. The V.B.C.E is involved in

preparing a river guide leaflet for this area. The following article is the first of a series of extracts from background notes for that purpose.

ABORIGINAL HISTORY.

Prior to European settlement, Aborigines inhabited the Gippsland area for between 10,000 and 30,000 years. East Gippsland was inhabited by five clans of the Kurnai tribe. Two of these clans occupied the area which is now the Mitchell River National Park. The Brabralung territory included land east of the Mitchell River and the Brayakaulung occupied the area to the west (Tindale 1940).

Very little is known about the activities of these two clans within in the Park area. The most popular places were on the flat plains, and it seems only infrequent visits were made to the rugged gorge area. It is unlikely that significant relics will be found there.

Bark from trees was commonly used by Aborigines to manufacture containers, canoes and shelters. When the bark was removed the tree was left with a scar.

Two such 'scar trees' have been identified in the Park south of Angusvale. One, on the Mitchell River between Pat and Rock Creeks, is reputed to be the tree from which one of Howitt's Aboriginal assistants cut a canoe for their journey down the river.

The other is located on the Angusvale track about one kilometre south of Rock Creek.

The only attempt at a quantitative archaeological survey was carried out as part of the assessment for the proposed Mitchell River dam by Pickering (1979). The author concluded that insufficient archaeological evidence was recovered to enable prehistoric settlement patterns to be defined and that a further survey is necessary.

The Victoria Archaeological Survey is planning further work in the area.

The combination of murder by European settlers, disease, changed diet and social upheaval caused the Kurnai population to drop from an estimated pre-settlement figure of 2000 to about 150 by 1877.

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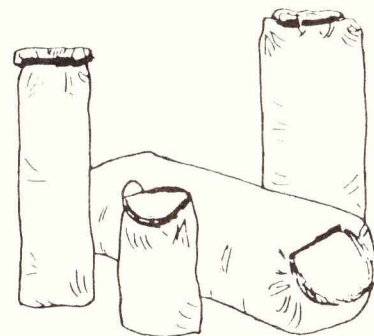
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LETTERS

Having read the article in your August-September issue 'SPRINT SELECTION POLICY. FOR WOMEN, IS IT FAIR'. I found no name associated with it.

If your readers are impressed with such logic as "If one of our ladies had achieved the selectors time this year she would have finished eighth in the men's final", then more cartoons and jokes should be included in the 'Paddler', and forget about making it a serious vehicle for discussion on canoeing.

For those of your readers who do not see the anomaly in the statement, it is the comparison of two irrelevants, ie. the comparison of the time EXPECTED of the ladies in good conditions (2.02.9) as compared to the time the men PADDLED in bad conditions (2.03.2, 8th place). The time expected of the men in good conditions was 1.47.9, while the winning lady paddled 2.16.3. If I was to apply the writer's logic to these times then I would have you believe women were 30 seconds slower than the men.

If anyone believes the girls or the men will get anywhere overseas without doing the selectors times they are deluding themselves. Once again, I say that if anyone else has a better system of times than that used by the selectors then bring them forward. I can only assume that 'Paddler' readers are happy with the SELECTOR'S policies, as the editor has not forwarded me any ideas following my offer in the last 'Paddler'. So much for the apparent concern of these writers.

As to 'IS IT FAIR', it could be argued that to include competitors who are clearly not in world class is to deprive other competitors, who are, of extra grant money. 'IS THAT FAIR'? I would agree that it would be unfair to leave women out of the team because they are women, it is ridiculous to suggest there is any other reason than performance keeping ladies out of the Australian team. The selectors aim for a standard, and try to reward those efforts, where possible, that fall below the standard but show potential to be developed. I'm sure those who are interested could look through selection of the past seven years and find several such cases, some of them women. Unfortunately, the results of the ladies at recent world championships shows their standard, so 'IS IT FAIR' to keep

highlighting it?

So enough of this rubbish of blaming the selectors and taking the easy way out. Let's help the women in canoeing with a little bit of constructive problem solving, and face up to the real problems, such as:-

- a) attracting more women into canoeing,
- b) improving coaching of women, and
- c) improving the standard of the ladies we have.

Let's have your commitment to help the women of this sport, let the Editor of the 'Paddler' have your ideas, so that he may forward them on to me, that we can get something positively happening for the ladies nationally.

Ian J Farmer.
Chairman-
ACF Race Committee.
National Selector- Racing.

WOMEN SPRINTERS???

I read with great interest the articles on sprint canoeing selection policy and how it effected women paddlers.

Without going into detail of the philosophies behind the policies, it is quite obvious to me, a mother of an up and coming female paddler, that there is no future in sprint for females. Although the final decision would belong to my daughter, I will not be encouraging her to specialize in sprint.

I believe it is good for her to continue with sprint for summer fitness and variety only. She will have a more positive future in slalom, wildwater or marathon; but not sprint.

A concerned mother.

REMEMBER.

There must be many paddlers in Victoria who can cast their minds back just a short time and recall, as they milled around waiting for a start in a marathon or sprint race, looking down into the water to see a black dog with bright eyes, a tail thrashing and four little paws going 'lickity split'. That was 'Sammy the Seal' and he, together with a standard poodle belonged to Mary and Alan Corney. Sammy the Seal was always very

close to Mary, he loved the water and you couldn't keep him out of it.

Sadly, Mary Corney is no longer with us. She and Alan had left Victoria to live in Brisbane and the last time we saw her was at the Australian marathon championships at Geelong at Easter this year when she came back to compete.

Mary had had a long career in canoeing and surf lifesaving and was a member of the 1982 Australian marathon team to the World Cup. She had won the Australian Ladies K1 marathon title and paddled in the team with Yvonne Stansfield that year. With her husband Alan, Mary made her debut in canoeing in 1976 in the Murray Marathon in the mixed TK2 section. This they won in record time. Mary then went on to compete in the LTK1, winning again in record time and became a familiar figure on the dais when medals were presented.

Always an energetic character, Mary broke new ground in the Surf work and pioneered women's competition. She was one of the first group of four women to be awarded the 'Surf Bronze', up until then an exclusively male domain. I was privileged to attend a memorial service for her just a few days after her death. The hospital chaplain spoke of Mary in warm terms and her colleagues in nursing. Alan her husband, you and I and Sammy the Seal are all the richer for knowing Mary Corney.

Alan asked me to convey to all their friends "not to feel sad; Mary would not have like that; but to give someone you love a good big hug, enjoy a glass of red wine and remember."

Jonathan Mayne.

QUEENSLAND'S IVORIE TOWER.

Many top Australian paddlers are migrating to better training conditions - whether this be a better climate for sprint, or bigger, better water for slalom or whitewater. Training conditions may be more suitable; better training and better water, but the question to be answered is training the only criteria for better result? Slalom paddlers have set up a Canoeing Centre of Excellence attached to the Tasmanian Sports Institute at New Norfolk in

LETTERS

Tasmania whilst other slalom paddlers have moved to North Queensland for better weather and water for training, and now the Australian Institute of Sport is setting up a satellite institute at Maroochydore for sprint canoeing. Does mega dollars on good facilities, good training water and lovely weather necessarily make for good competitors. Victoria for many years has produced top Australian paddlers - all on poor to mediocre facilities, but with a regular competition program. In slalom, Victoria would have to be the least endowed state of any for regular good whitewater of any standard, let alone to be able to have water of an international standard. Yet, both junior and senior paddlers are always at the fore at Australian or International events. The other big difference to other states is the regularity of competitive events. What we need to remember is that competition is about being competitive, and getting used to competing is a very important factor at ALL levels.

If the A.I.S. really has a goal to win medals at Olympic Games, I ask, why spend mega dollars on pretty facilities to look nice on some river bank? Is it really logical to take paddlers from their normal home, work and training environment and expect to get the best out of them in an artificial live in, train-all-day environment! Training facilities and equipment may be excellent, but does this environment make a competitor hungry, hungry to win, to win at all cost?

My alternative plan would be to develop major competitions within Australia. Develop numerous satellite training groups - wherever the demand may be. In sprint, won't it be better to encourage elite training groups in Melbourne, West Lakes, Barrington, Patterson Lakes, Brisbane, Gold Coast, Perth, Narrabeen and so it goes on. Spend money on the elite paddlers in all these centres, help finance multiple coaches, supply good boats and latest technical equipment to more than just ten. Pay travelling expenses to elite paddlers to bring them together to race in a series of major events throughout the year. Let's develop competition and a lot of good paddlers so that we really can perform at a top level.

Is there really any benefit for the sport by taking top paddlers away from their local scene so they can't help to encourage lesser, notable

and junior paddlers?

In canoeing we need maximum exposure of our top performers in all aspects. We need as much competition at top level as can be arranged. Year after year in slalom the team manager's reports and coach's comments mention the need to develop regular and major competition and get our top paddlers there. I believe this is true for all facets of canoeing. Why spend large sums of money on canoeing organisers at the proposed A.I.S.? Why waste money on nice boat sheds and living facilities, unless it is just to build another 'Ivory Tower' in canoeing?

I think it is excellent news that canoeing is part of the A.I.S., but the major money involved could develop canoeing to a much more successful level if spent developing paddlers towards competition rather than just training in a pleasant environment in the sun.

Roy Farrance.

DRUGS IN CANOEING.

Is it time we stopped putting our heads in the sand and asked a few more questions about drugs in canoeing?

The threats are always being made about testing, but to date these have been idle.

Have you noticed any athletes of late putting on huge amounts of weight and looking pudgy with lumps on their faces? The weight gain is usually quite rapid.

How about any girls getting facial hair and muscles that make most hard working males cringe with self doubt. Hmmm, it just may be good for us to have a closer look. Even the six week cycle for some drugs is fraught with danger and we won't even mention the ethical side of drug taking.

Reg Hatch.

RANK AMATEURS.

TO ALL SPRINT AND MARATHON PADDLERS.

After attending the combined Sprint/Marathon canoeing weekend at Lake Dartmouth in North Eastern Victoria on November 21st and 22nd, I felt compelled to write this letter.

The atrocious turn up of competitors raises many questions which I find difficult to answer.

A total of 9 (on Saturday) and 11 (on Sunday- Marathon) competitors took part during the entire weekend. No one was present for the scheduled Friday evening races. Of the 9 competitors on Saturday 90% were from the same training squad, whilst on Sunday the same squad (predominantly sprint orientated) still represented 66% of competitors in the 30 km marathon race.

The venue was new, exciting and interesting and I'm sure you could count on one hand the number of potential competitors who have ventured into the area before. Why then, didn't more competitors turn up - even if it was just to experience a different venue?

Well, for those that couldn't make the effort to travel up to Dartmouth, you missed a great new canoeing venue and a superbly scenic area that was well worth visiting, plus a fun and competitive weekend of paddling.

The Lake Dartmouth Corporation made a special effort to try and promote the weekend by offering generous and practical prizes (a stark contrast to the useless ribbons and medals we are used to) to both male and female open, juniors and veterans; plus a family prize. The total value of these prizes was in the vicinity of \$2,500.

Thus, the question remains - 'What does one have to do to attract competitors?'. From previous experiences (e.g.- Finley Canal Race) it seems a new venue which offers the competitors some reward for their efforts fails to attract numbers.

Are canoeists detracted from new venues because the conditions are a bit different to where they usually train? Or is it because they think someone else who has been there before may have an advantage and therefore they won't have a chance of winning? Or is it the risk of damaging boats on unfamiliar water that deters them? The excuse of 'it's too far too travel' isn't really valid considering the competition was held over a whole weekend. (Dartmouth is only about 80km further than Albury from Melbourne).

Perhaps none of these questions have any bearing on attendance, but instead, the opportunity of winning large and useful prizes is the problem! Are competitors discouraged because they feel their sport is turning too professional? Does the rumors of hearing that big names are racing give competitors

CONTINUED P. 30

SCORE BOARD

AUSTRALIAN CANOE TEAM (RACING)- RESULTS 1987.

HOLSTEBRO.

K1/500 M. Hunter 6th S/F 2.06.2
K1/500 B.Thomas 4th S/F 2.02.7
K1/500 K. Graham. 4th Rep 2.15.3
LK1/500 M. Frei. 5th S/F 2.25.4
K4/500 M.Hunter. S.Wood.
 T.Munro. S. Dalziel
 6th FINAL 1.44.7
K4/500 G. Davies. K.Graham
 P. Gilmour. P. Foster.
 3rd FINAL 1.39.80
K1/1000 S.Wood. 7th FINAL-
 5.07.1
LK1/1000 M.Frei. 4th FINAL-
 5.23.8
K4/1000 G.Davies. K. Graham.
 P. Gilmour. P. Foster.
 7th FINAL- 3.31.30
LK1/5000 M. Frei. 1st. -
 25.00.61.

WORLD CHAMPIONSHIPS- DUISBERG.

K1/500 M. Hunter 7th S/F 1.45.21
LK1/500 M.Frei 4th Rep. 2.06.11
K2.500 P.Foster. T.Munro.-
 7th S/F 1.39.08
K4/500 M. Hunter. S. Dalziel.
 S.Wood. B. Thomas-
 4th S/F 1.27.55
K1/1000 B.Thomas 7th S/F-
 3.44.50
K4/1000 K.Graham. G. Davies. P
 Foster. P. Gilmour-
 5th Rep. 3.24.32
K1/10000 S. Dalziel. 14th-
 44.46.61
K2/10000 B. Thomas. M.Hunter-
 9th 39.56.30
K4/10000 K.Graham. G.Davies.
 P.Gilmour. P.Foster.-
 9th 36.43.82

SEOUL

K2/500 P.Foster. G.Davies-
 5th Heat. 1.40.83
K2/1000 S.Wood. 4th Heat.-
 4.12.48
K2/1000 S.Wood. G.Kenny.-
 5th Heat. 3.50.31
K4/1000 K.Graham. P.Foster.
 G.Davies. T. Munro.
 4th. Final- 3.09.36

VICTORIAN MARATHON CHAMPIONSHIPS- 1987.

Mens K1.

1. J. Jacoby. INCC. 2.19.09
 2. P. Hogg. INCC. 2.19.12
 3. P. Shorten. GCC. 2.20.35
 4. J. Sloan. MMCC. 2.26.56
 5. Z. Douglas. CBCC. 2.27.26

Ladies K1.

1. B. Henderson. GCC. 2.52.12
 2. K. Zerst. MMCC. 2.52.13
 3. Y. Stansfield. EMCC. 2.52.14
 4. J. Frost. ECC. 2.52.44
 5. A. Summerhayes. FACC. 2.52.50

K2.

1. J. Jacoby/ P. Hogg. 2.11.27
 2. J. Ferguson/ J. Sloan 2.11.27.5
 3. R. Pacey/M. Lionnett 2.14.58.

1987 VICTORIAN SLALOM CHAMPIONSHIPS. 5/6TH September.

Mens K1.

1. P. Beattie. VCC. 202.90
 2. R. Macquire. VCC. 210.46
 3. D. Cole. TCC. 217.57
 4. K. Pinder. VCC. 217.91
 5. M. Pallister. ICC. 221.40

Ladies K1.

1. D. Woodward. VCC. 223.31
 2. M. Linden. VCC. 225.40
 3. C. Kesterton.VCC. 242.12
 4. M. Farrance. VCC. 243.39
 5. R. Galloway. VCC. 243.62

VICTORIAN SCHOOLS DOWNRIVER CHAMPS.

AUG 22.

MENS K1.

1. R. Macquire YVAS 15.00.99
 2. W. Thomas BHTS 15.50.25
 3. S. Morarty IGS 16.22.07
 4. R. Gordon BTS 16.42.01

WOMENS K1.

1. M. Farrance FGS 17.38.78
 2. C. Kesterton FAGGS 17.49.06
 3. R. Fox. FAGGS 20.53.51
 4. J. Patullo DHS 20.34.66

VICTORIAN SCHOOLS SLALOM CHAMPIONSHIPS. AUG 23.

Mens K1

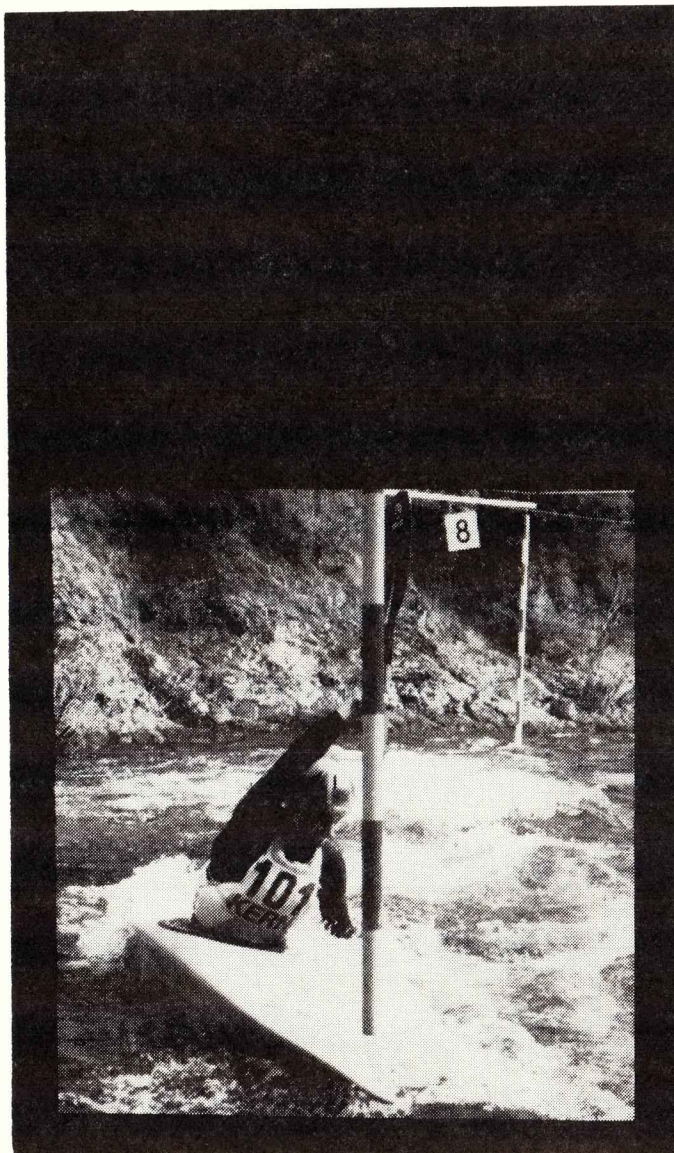
1. R. Macquire. YVAS. 114.41
 2. W. Thomas. BHTS. 124.06
 3. A. Merrill. MHS. 125.76
 4. T. Wilson .YVAS. 125.95

Womens K1

1. C. Kesterton. FAGGS. 134.67
 2. M. Farrance. FGS. 138.60
 3. K. Tuck. FAGGS. 144.30
 4. R. Fox. FAGGS. 147.86



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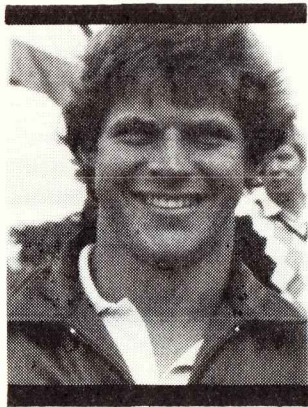
FROM PAGE 27.

another attack of the 'I'm not competing if I can't win syndrome?'. This syndrome seems to be running rampant in canoeing. It is evident from the 50-60 odd classes available - most of which only race with 1-4 competitors.

Whatever the reason, from my observations it seems that a very choking conservatism is becoming increasingly apparent among many paddlers, which seems to be causing considerable detriment to the sport and its ability to attract attention.

The races at Dartmouth did attract Australia's Number 1 ranked sprint and marathon paddlers as well as the world's Number 1 ranked marathon paddler and Australia's top junior ladies sprinter - but so what!

Did other competitors know this and therefore not turn up - because of the old syndrome? That still left 5 out of 7 categories supposedly unfilled by certainty winners. It seems odd that the certainty winners are not as sure of winning as everyone else thinks (but it's a nice advantage to have!).



“The atrocious turn
up of competitors
raises many
questions which I
find difficult to answer.”

I believe the sport of canoeing is being held back from any sort of professionalism by the competitors themselves. Dartmouth was a golden opportunity to promote canoeing as a high participant sport with world class talent to very generous and courageous sponsors. It was the paddlers who let the sponsors down. One can only expect a limited number of such chances to come about and if such a chance can't be supported, what hope has canoeing of receiving any coverage or media attention?

I can only hope this letter has kicked a few competitors conscious and the next time a race that has something to offer (if another chance is lucky enough to be offered), the competitors can be bothered to compete and to try and lift their sport from what would have to be about the lowest level of amateurism that exist in any sport today.

John Jacoby.
Sports Promotion officer-
Victoria.

FROM PAGE 19

A. Lindeberg says he is not sure. His philosophy is, "Don't think you know anything!" He wants to keep a mind open to every potential improvement, no matter how crazy it sounds at first. For example, he says theory tells him that placing a ridge on either side of the blade tip should reduce "the overflow" of the water along the blade:
"But that would certainly create problems at the catch", he admits. Of the future, he says only that he

will continue to experiment with the wing and the patent he has taken out allows him considerable room for modifications.

Q. How much better is the wing?

A. In tests measuring lactate accumulation at different speeds, it was found that at race speed, lactate levels are about 3% less than with a normal paddle, thus indicating that at the same speed the wing is less tiring to use than a normal paddle. Lindeberg feels that over 2,000 metres this

corresponds to 12 seconds faster; over 1000 metres, 6 seconds; and over 500 metres, 3 seconds, all done with a rolling start - slower if the start is included. These improvements, however, come only if the paddle is being used with good paddling technique. In fact, according to Lindeberg, the wing actually magnifies the importance of good technique, thus making it even more crucial now than it used to be.

Bill Endicott.

FROM PAGE 22.

cramp and exhaustion claimed a few competitors. Another dozen teams missed out on the 4 pm cut off for the canoe section.

Day One's canoe section is fairly basic for any competent paddler with the hardest section being the up-river section. This year the gauge at Hinnomunjie Bridge was reading 1 metre, making the various rapids quite paddlable. At the end of the day, 'Gaddafi's Gorillas' led the Combination teams and Harris/Russell had a 14 minute lead in the Marathon section.

Day Two is a 35 kilometre 'sprint' (as compared to 100 kms in Day One) starting at Anglers Rest outside the 'Blue Duck'.

The first section is a 9 km

cross-country run complete with its usual dose of 'wild' additions. It requires some 'cunning running' skills to find all checkpoints.

This is followed by an 11 km cycle-cross. This leg would best be described as something in between B.M.X, cross-country running and mud-wrestling. The course for this event takes competitors up and down steep, rough tracks, through unmarked forest and eroded gullies, until finally they must traverse a swamp.

This is followed by a 15 km white-water paddle from Big River Bridge down to the junction of the Bundarra and the Mitta Mitta. This section includes the infamous 'Pinball Machine' rapid and always gets a large gallery (reminiscent of a Roman colosseum, with roars of approval for the successful).

The standard of water is grade 2 with some 'interesting' rapids in very cold water.

The placings in Day Two usually only alter if one team has a mishap. This year the leaders managed to maintain their positions, with 'Gaddafi's Gorillas' winning the Combination teams (their second in successive years) and Harris/Russell winning their second marathon.

To those ever increasing numbers of people who are attracted to multi-sport events, Wildtrek offers a unique, interesting, if somewhat strenuous variation. The event produces a rare blend of the rough and ready traditions of the alpine high-country and intense sporting competition.

by Graham Hambleton

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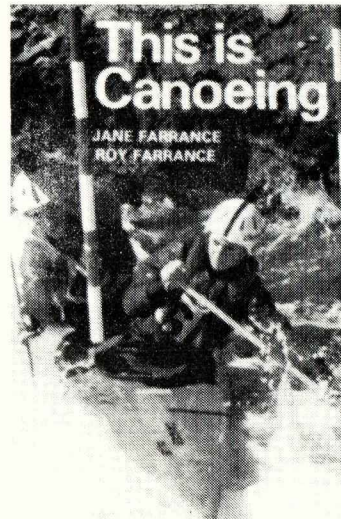
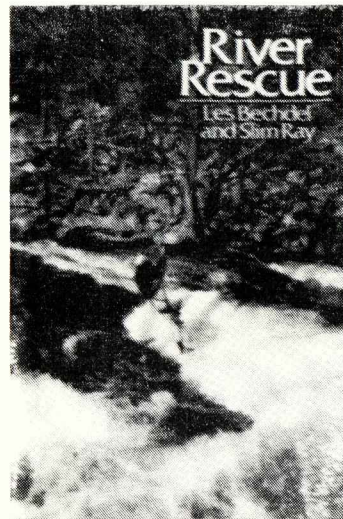
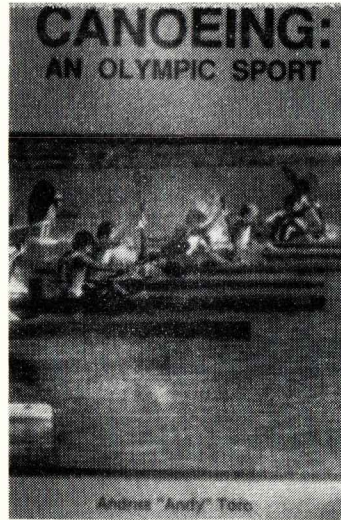
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