

# Paddler

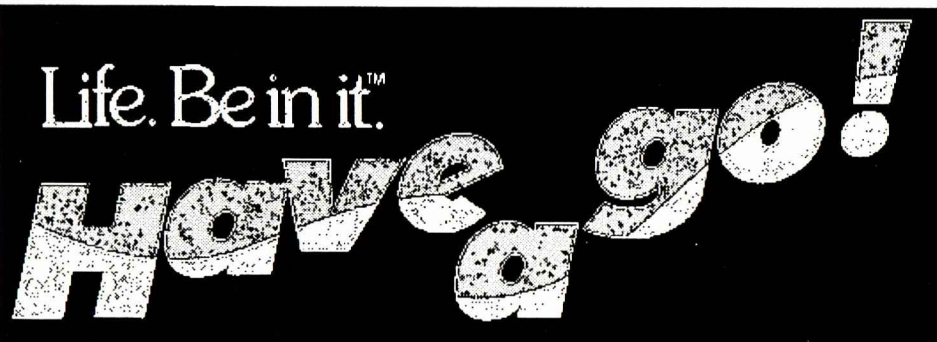
MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.



4-2-95



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# Paddler

MAGAZINE OF THE  
VICTORIAN CANOE  
ASSOCIATION INC.

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VICTORIAN CANOE ASSOCIATION INC.



332 Banyule Road, Viewbank, Vic. 3084.  
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Volume 108

October 1995



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Cover Photo: Richard Macquire (R. Farrance)  
Inside: Danielle Woodward (R. Farrance)

# LETTERS

## ATTENTION ALL VCA TOURING CLUBS

### SNOWY RIVER MANAGEMENT PLAN

The VCA Touring Committee, wish to recommend that all Touring Clubs support the Permit System on the Snowy River Management Plan.

We would also like clubs to monitor other users they see on this river and it's environs and report back to:

VCA Touring Committee  
Contact Lauren Atkins  
Snowy River Management Plan  
3 Amundsen Street, Belmont,  
Vic 3216

It is important that this monitoring is undertaken for the sake of all canoeists using the Snowy River area, we are sure that there are many people other than canoeists using the river environs. We ask canoeists wishing to bring to light how many of these other groups could be making an impression on the environment as well as our canoeing groups.

A Snowy River Management Plan book is available for \$8.00 and the Touring Committee recommend that this book be purchased by all clubs using the Snowy River area:

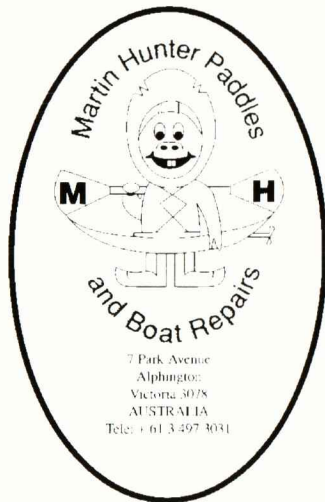
#### Available from -

- ✓ Information Victoria  
Lt Bourke Street, Melbourne
- ✓ Conservation & Natural Resource  
Victoria Parade, Melbourne
- ✓ CN & R Regional Office  
Orbost Vic

Thanking you in anticipation of your support in this project,

Yours sincerely  
Glenise Karanikich - Secretary  
VCA Touring Committee  
3 Sophie Street  
Kilsyth Vic 3137  
Phone (03) 9728 3484

Don't Forget  
VCA  
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October 8th 1995  
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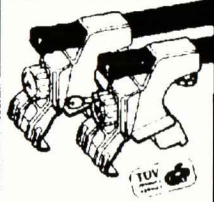
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# Change of dates for Swan Hill Murray Classic Canoe Race

The Swan Hill Murray Classic will now be held on the 5th November, 1995.

Entries to be in by 9.00 am

Briefing will be held at 9.30 am

Senior races will start at 10.00 am at the Pental Island Pumping Station (Checkpoint Bravo, Red Cross Murray River Marathon) and will finish at the steps at Riverside Park, Swan Hill, a distance of 45 km.

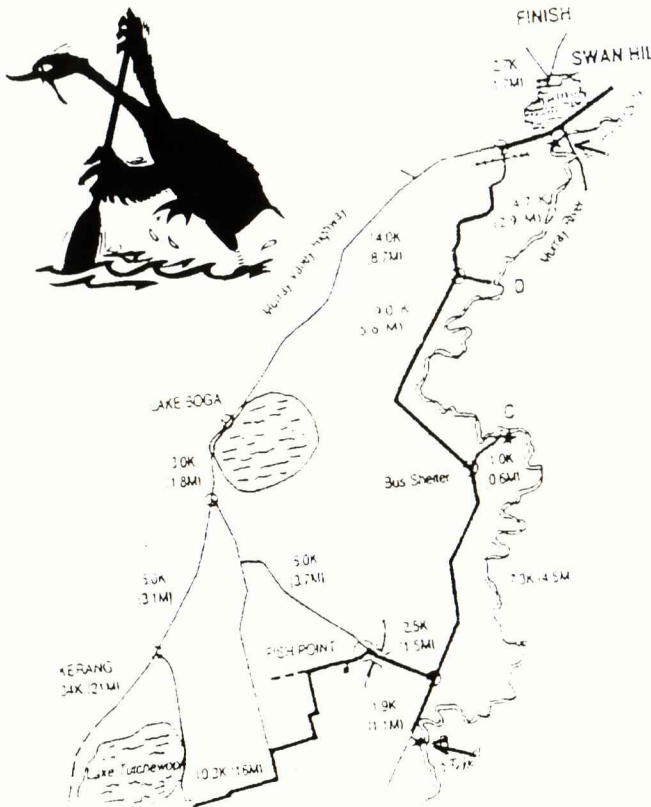
Junior races will start at 12 midday at Greenhams Lane, Pental Island (Checkpoint Charlie, Murray River Marathon) and will also finish at the steps at Riverside Park Swan Hill.

Intermediate races will start at the Pental Island Caravan Park (Checkpoint Delta) and will finish at the steps at Riverside Park, Swan Hill.

## Numerous Prizes

### Accommodation available

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We were away from Australia for 8 weeks in the European Summer, and saw blue sky in Sweden only. We could hope this much pollution was not a normal summer occurrence.

We competed or trained on four international courses - Milan Italy, Michelin Belguim, Nykoping Sweden and Duiseldorf Germany. The best course being the World Championship course in Germany. It was fully buoyed and 2000m in length, with a grandstand on one side and provisions for competitors on the other. Half the course was set for warming up, the other for competition. One lane in the competition area was controlled by warning lights so that those already racing were not disadvantaged by paddlers moving to the preparation area. Our stay in Milan began with a 5 hour stop over in Genoa due to a fire fighters strike, then by bus to Milan for a week. Accommodation in the motel was good with 3 to a room in most cases. Food consisted of mainly bread, meat and pasta prepared very differently to the Australian way. The course in Milan was on a large clean lake. Even though the course was beside the airport we were not aware of the noise of the aircraft. The K2 race was actually the German selection race. Several other countries also competed which made it more of an international event.

We all enjoyed few days in Sweden. Racing was good with a reasonable international class and the drive through the countryside to the venue was beautiful.

During the trip we all learnt to adapt our diets and food intake according to the country. We ate out frequently in Germany as the hotel supplied only breakfast - European style, and this way, we could choose foods which were more appropriate to our training.

The girls did very well overall, resulting in Australia qualifying for all the female kayaking events in the '96 Games. The men still have to qualify in Seville Spain in several events.

BY MERRIL MEEK

# CANOE RACING

## VICTORIAN MARATHON

### MURRAY RIVER - COBRAM - 16.7.95

The trip North to Cobram on the Murray River was braved by 128 paddlers for the sixth race of the Marathon Season. The Cobram-Barooga Canoe Club situated at Thompson's Beach was the focal point for the competitors. The Cobram Club members once again provided hospitality and organisational expertise which made the day a success. We were further blessed with a fine 15 degree day.

The competition remained fierce for all classes and was typified by the single canoes where James Davis (Footscray, 1:40.04) finished 22 seconds in front of Chris LeDieu (Shepparton) followed by Phil Westley (Patterson Lakes).

Division one K1's were extremely competitive with Matthew Flower (Mitta - 1:14.42), Australian team member and number one ranked Victorian paddler, sprinting to the line 0.4 seconds in front of Anthony May (State Swim Centre) with Peter Krautz (Mitta) 0.02 second further back. This was after 22 kilometres in a river running at near bank level.

In Division 2, Terry Poole (Geelong - 1:22:06), current V35 Australian Champion, was pushed to the finish by Barry Hayden (Mitta) to win by 19 seconds. Division three was again an exciting finish where Graeme Beale (Mitta) finished one second behind the winner Rob Housden (Wagga - 1:24:47) with Mick Bailey (Wagga) a close third. It was great to have paddlers from NSW competing.

Other results over the full distance: TK2 mixed - first Meron McDonald and Tim Scott (Fairfield - 1:34.22), TK2 Open Mens Chris Leaver and Peter Hall (Sherbrooke-Knox-1:29:13) TK1 was won convincingly by Angus Campbell (Yarrowonga - 1:28.44) The Vet 35 TK1 class had 12 very experienced competitors and Robert Russell (Invanhoe - 1:26.15) finished in front of Geoff Ford (Geelong) and Steve Vegh (Sherbrooke - Knox)

The competition remained strong in the 16 km race and in Division 4, Andrew Taylor (Sherbrooke-Knox-1:12), an intermediate paddler, won from two junior Adrian Monti (Echuca) and Keith Colomb (Sherbrooke-Knox). The significance of this result is that it demonstrates the strength of our younger paddlers. In Division 5, Robin Payne (Fairfield) continues to be one of the improving paddlers from the women's classes winning in smart time of 1:14.06. The K2 was won by Stephanie Russell (Yarra Valley) and Jane Kopecek (Sherbrooke-Knox) in 1:12:11

Other results: TK1, Vet 35 Ladies was won by Ruth Kemp (Sherbrooke-Knox-1:21:42) with minor places filled by Dorothy James (Fairfield) and Marye Humfrey (Invanhoe). The TK1 Vet 45 Class was a hot competition with Kent Jacques (Yarrowonga - 1:15.26) finishing in front of Gerry Foster (Patterson Lakes) with Kevin Phillips and Geoff Campbell (both Yarrowonga) equal third.

12 km Race: Division 6 was highly contested with Alistair Carrie (Mitta - 1:03.24) 15 seconds faster than Ben Poole (Geelong), both intermediate age, and Anthony Cole (Shepparton) third. Division 7 with 14 competitors saw cross-discipline paddler Torsten Krebs (Invanhoe) relishing the fast water and winning by 13 minutes from Brian Troy and Kerryn Bonnet (both Fairfield). The doubles class in this division was won by juniors Tim McKern and Christian Parsons (Sherbrooke-Knox) finishing 3 seconds ahead of Stuart Vowles and Chris Arnold (Sherbrooke-Knox) with Marianne and Michelle Leaver (Sherbrooke-Knox) a further minute afield. The Junior Ladies TK2 was again a sprint finish with 5 seconds separating the team of Sian Jamison and Shelley Wain from Claire Nikakis and Katie Shanks all from the Sherbrooke-Knox club.

8 km Race: included in this field was 81 year old Arthur Doak, but youth held sway with intermediates Stephen Birchall (51.06), Elisa Biddle and Nicholas Jackay (all from Essendon) taking the places. The doubles class had Mike and Helen Goyne (Gippsland - 49.09) winning from Ken McMullan and Caroline Longval (Echuca) followed by juniors Nick Woodward and Cameron Shugg (Sherbrooke-Knox). The Division 9 competitors were led home by three females Kristie Colomb (Sherbrooke-Knox-56.40) three seconds ahead of Alison Munro (Patterson Lakes) and Jessica Beck (Sherbrooke-Knox)

The sub-juniors raced over 3.5 km and found the race conditions challenging. Erin and Cameron Beck (Sherbrooke-Knox, 26.52) paddled a TK2 and finished in front of single paddlers Gareth Culbertson (Invanhoe) with Kim Birchall (Essendon), Rebecca Jack (Essendon) and Aeshya Culbertson (Invanhoe) further back.

This race has been indicative of the strength of marathon canoeing and we expect the final two races at Invanhoe and Shepparton to be as well attended. The season culminates in the Victorian Open Marathon Championships on September 16th & 17th 1995.

# MURRAY 200 MARATHON

Its been raining in Melbourne for 3 days now so making up one's mind to journey to sunny South Australia for the Murray 200 was quite easy. With trusty TK1 on top, all the rest of the gear (plus gallons of good old Melbourne drinking water) stowed into Hotel Holden HQ, which is to be home for the next week or so, its wipers on and out onto the highway.

Those wipers worked overtime and by the time I reached Cohuna the water was a couple of cm's over the road (Paddlers travelling later had to detour.) They have had tons of rain up here and judging by the lightning there is more to come, should make the Murray flow, I hope.

After camping under a friendly peppercorn tree somewhere east of Renmark I wake to find the rain has eased. By the time I have journeyed to Renmark it has stopped, in fact the weather is looking good.

Arriving in Berri and locating the starting point for tomorrow's race. I pass the time doing maintenance on my boat, hours pass and no one in sight but eventually a SES person arrives and assures me that, yes this is it!! and everyone will arrive shortly. This they did, and a very cordial welcome I receive from David and Sue Speck and later Fred Lamprecht. Fred is the SA Canoe Club Chairman and will also be competing in K2 vet 45's.

Probably the hardest thing to find in Berri would be pasta or noodles. Don't they know of a paddlers needs. Back to the pub for a couple of lemon squashes and a free snack of chips and rissoles (not really paddling food, tasted all right though.) On my way back to the car I found a fish & chip shop, none of my needs on their menu, but on asking, noodles and potatoes salad are brought from the back of the shop.

Deciding that all this carbohydrate should be washed down, it's back to the pub and another squash. Checking out the fish pictures on the walls, one is of a 200 kilo plus Murray Cod, it's well over 2 meters long. I instantly vow not to fall out in this race, a man could get swallowed by one of these monsters.

It's into bed, paddlers are arriving from all over, well into the night. The KDF team are having night caps around their huge bonfire. After a good nights rest, morning dawns. Its Race Day and weatherwise not a bad one either quite mild with the river looking a real picture.

David and Wendell Rizzoli have journeyed from Victoria to start and help organise the race. Looking around we have quiet a few Vics, there's Karen Bonnet and Wayne Cook mixed open K2. Fellow members from Patterson Lakes Canoe club are Bill Johnson and Phil Westley (C'1's)

Stuart and John Laws (TK2), Bill Robinson and myself both in TK1's.

The Rizzoli Blunderbuss gets us on our way, I'm keeping company with surf skier John Addison, have only travelled 400 meters when confronted by the vehicular ferry. It's like a damn magnet wherever you point your bow it's there. Deciding it's a bit risky going in front of it, it's around the back we go. Where cheered on by various ground crew who are making the ferry crossing on their way to lock 4 the first check point. Lock 4 is reached with John having to pull out with a crook back, portage is quite easy and Loxton is reached after passing Billy Johnson. Phil Westley has been flying but he's on shore getting his wrist strapped. He'll find this a minor problem compared to what's waiting at Seven Mile Reach.

The wind is picking up and with the river getting wider by the mile, Seven Mile Reach is like a wind tunnel and causing a few hairy moments.

Hairy moments indeed, they turn into hairy hours; the wind is screaming, the waves in the middle of the river are white capped, a metre high at least. I'm paddling that close to the bank I could get out and walk. It's real tough going when one has to venture out into the river to avoid fallen trees etc. waves keep hitting chest high and it's freezing even though I have a thermal, heavy T shirt and life jacket on. I have to pull into don a heavy plastic top coat. I get out of the boat alright then fall back into the river. Oh well, I couldn't get any wetter.

The "New Resident" check point is on the other side of the river- and it can stay there, as it would be suicide trying to cross. It's at least a couple of hundred meters across anyway.

Must keep going, on checking the bank I decide I must be doing about 5 km an hour. Might get to the finish by Christmas. Into a little alcove for a rest, it's like Bourke St with 2 K2's and a K1 sheltering, I land and they get moving again, how they are coping is beyond me. I sit looking at this Murray River for a few minutes marvelling at it's vastness and feeling quite small it doesn't take long though to realise that it's warmer paddling. So off I go again. Hell...Victorian weather's not so bad after all.

Eventually out of "the reach" the wind dies down it's quite a pleasant paddle to the Moorook finish line. After hastily donning warm clothes I'm told 80% have been knocked out of this days race.

Day 2: it seems Bill Robinson and I are the only ones left out of our clubs 6 entrants. It's a sunny start and under Kingston Bridge we go, this is where a local warned

me about turbulence, if there was ever any here someones pinched it. Lock 3 is portaged without mishap, there's not much going over the spillway so the river flow is not much help.

This race certainly has everything signposts on the right hand bank warn of miles of quicksand. It is a case of if the big cod don't get you the quicksand will.

It's not much later in the day when the weather deteriorates. Scenes of yesterday?

The Murray is very wide now and it's amazing that I'm experiencing drag often in mid river. Must be sandbags.

This is what I've been waiting for, Waikerie Cliffs they are truly the highlight of the race so far. Towering probably 200 feet high and shining golden they look magnificent. A lot of wind is thrown onto the river by these cliffs so I decide to paddle along their base. The cliffs curve along the river in a fashion that you can't see the end- this stretch is about 7 miles long. But finally it's Waikerie and the end to Day 2.

The 63 km Day 3 section is the shortest of the race. I manage to wash ride a relay TK2 from the border patrol team, after yesterdays loneliness it's good to have company, thanks fellas.

The portage at lock 2 isn't easy, with slippery banks and a 250 metre hike with boat in tow knocks you about. Back into water for the races longest section 33 km's. Managing to wash ride 2 TK2 along with Graham Voss's TK1 MD. He is after the record and made it with 11 minutes to spare. In fact the Voss's had a field day in the Murray 100 with Michael and Diane breaking the TK2 mixed open by 37 minutes. Also, in the hundred Ray Brandt and Rod Potts Lowered the TK2 MO record by 1 minute.

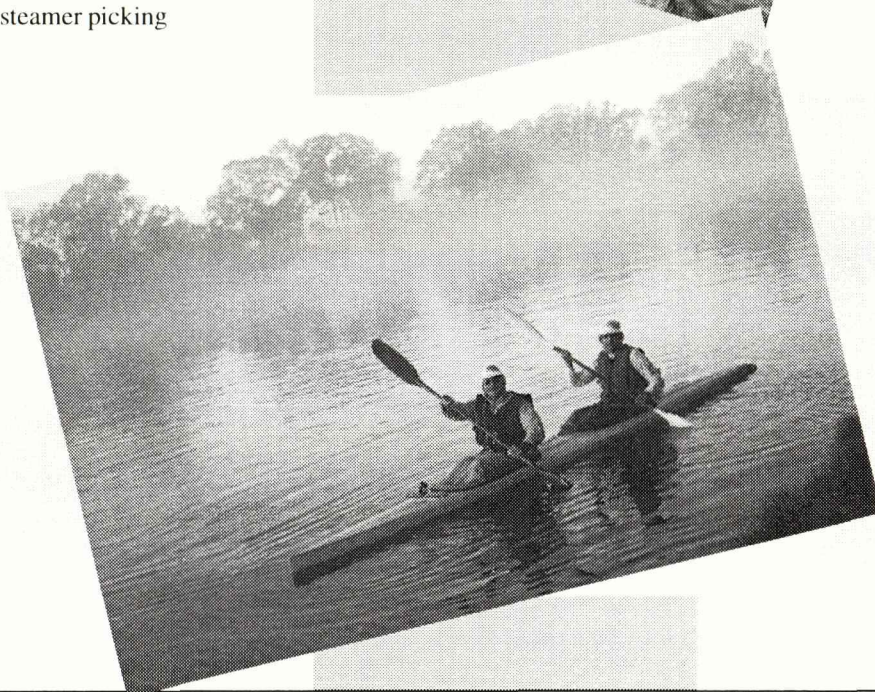
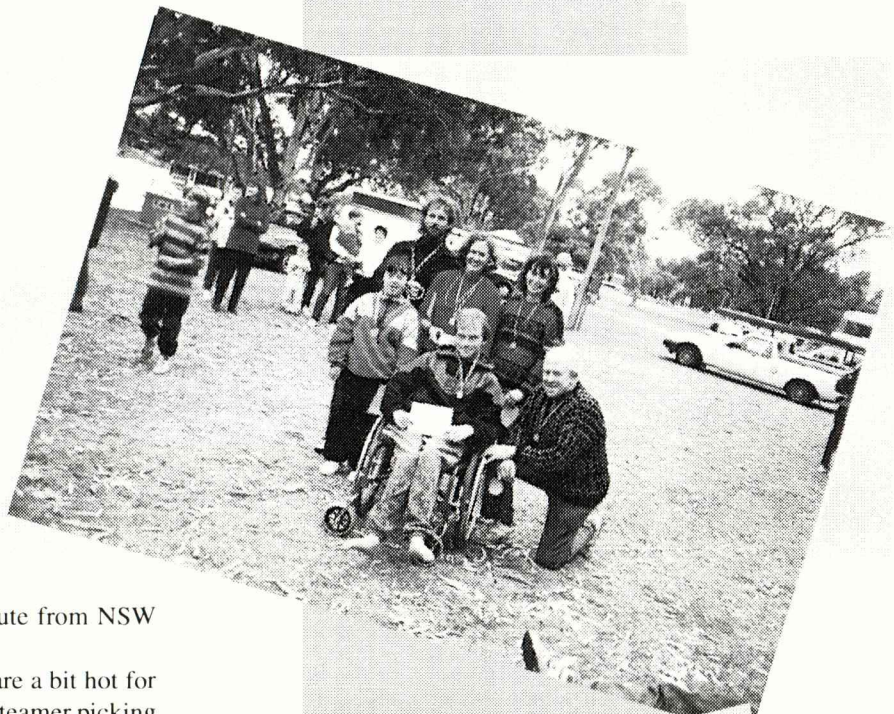
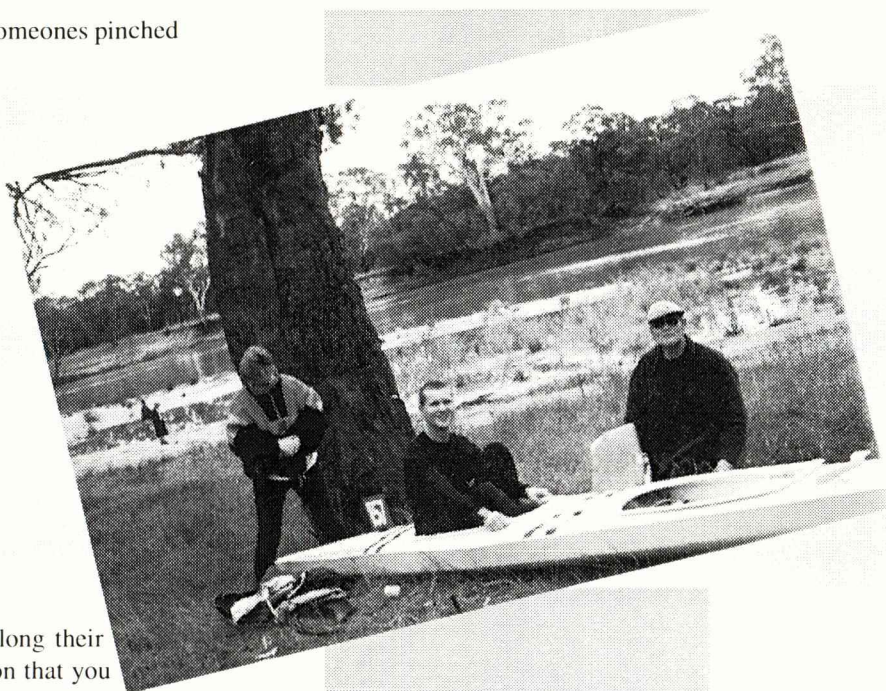
In the 200 Graeme Beale and Michael Kraute from NSW lopped 26 minutes off the K2 M Vet 35.

Back on my own again these 100 paddlers are a bit hot for me so I decide to wash ride a back-wheeler paddle steamer picking up it's wash a hundred metres behind it. Eventually passing it I hear yells of anger as the paddler steamer nearly puts a couple of paddlers into the bank. But look what's ahead; the Morgan wharf and the finish line. What a sight, what a race.

This race was started 8 years ago by Ron Bath and the Marathon Canoe Club of South Australia as a lead up race for the 404 km Red Cross Marathon it was also set up to encourage paddlers with disabilities. They include Ron, Blossum, Scott and any disabled I've missed plus their paddling partners - you're giants.

Many thanks to Fred Lamprecht and his committee for making us so welcome, the bit of gold around the neck feels great.

PS. John and Stuart Laws after handing their number in after day one decided to finish the race and they did. Great stuff!





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# VICTORIAN INSTITUTE OF SPORT

# SPRINT CANOEING PROGRAM

By Agneta Andersson

The Victorian Institute of Sport's Sprint Canoeing squad have been selected, and these are the paddlers that will represent the VIS in season 95/96.

**Full Scholarship holders:**

Martin Hunter  
Natalie Hunter  
Brooke Harris

**Associate Scholarship**

Justin Quill  
Michael Leverett

**Part Scholarship holders**

Billy Curry  
Cameron McMullen  
Peter McDonald  
Christie Marot  
Paula Harvey

**Recruitment Group**

Still not selected

July and August was, as you know if you live in Victoria, a very wet period. The river where the squad trains was flooded and some sessions felt like it was wildwater canoeing we were doing instead of flat water! Because of that, most of our on water sessions were conducted on the Yarra in the City.

At the end of July the girls in the squad raced in the Essendon night race and that was really something different. It is great, as a spectator, to watch all the paddlers coming down the course in complete darkness, except the bright head bands that all competitors have to wear. The atmosphere was very friendly and relaxed, and everyone seem to have a good time.

Brooke Harris, just returned back to Australia after 10 weeks in Sweden, paddled really well and kept up with the winning LK2, paddled by the Meek sisters, Brie and Chantell. Christine Marot and Paula Harvey finished 2nd in the LK2 over the 12 km.

Cameron McMullen and Billy Curry raced the Avon Descent in Perth. They completed the 140 km race and that has to be seen as a very good effort from these sprint paddlers who are used to racing 500 and 1000m.

The INCC marathon, at the beginning of August, turned out to be something really different! On the rough water, with a water level about 3-4 meters above normal, paddlers were falling in everywhere in the cold water. Our VIS sprinters once again raced and Paula Harvey and Christie Marot didn't have any problem winning the Ladies K2 event. One of our new scholarship holders for the season, Peter McDonald, paddled in the Open K2 together with Darren Clark from Geelong. They won the race quite easily and are looking forward to be racing the K2 event at the marathon state titles. Peter was last year part of the NSW Academy of Sport, but both are now back in Victoria and are this season part of the VIS program.

Natalie Hunter, Martin Hunter, Michael Leverett and Justin Quill have been representing Australia at this years World Championships in Duisburg, Germany, August 16-20. This year

the Worlds were more important than ever before, it was not just the medals the paddlers were racing for, it was also for a spot in the next years Olympic Games in Atlanta. The International Olympic Committee have decided that only the top 8 boats in each event at this years Championships would qualify. For the boats that didn't make the top 8, they got another chance to qualify at an international competition in Sevilla, Spain, in May next year.

The ladies team did their best World Championships ever and qualified all their boats, K1, K2 and K4 500m. VIS paddler, Natalie Hunter was part of the LK4 500m that finished 4th, only 14 hundredths of a second from a bronze medal.

The results for the men's team was not as great as last year when they came back home with 3 medals, a gold, silver and a bronze. VIS's Martin Hunter finished 7th in the K2 500m, together with Clint Robinson, and Justin and Michael raced in the K4 500m (not an Olympic event), but didn't make the final. The boats that qualified were the K1 1000m, K4 1000m and K2 500m. The K1 500m and K2 1000m have to try to qualify in Sevilla next year. Australia is in the same qualifying group as Europe and there's only another 4 spots available, so it will be very tough for the "Aussies". It is the boats that qualify, not the people that raced, that will not be decided until next years Nationals.

*See page 10-13 for reports from the World Championships.*



VICTORIAN  
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## Coach Development Meeting Schedule August-November 1995

**Monday November 6 at 12 noon at VIS offices**

ROSSLYN McLEOD (Teacher, Alexander Technique);

GRAHAM PEARL

"Applying the Alexander Technique of movement education in sports coaching and injury rehabilitation"

**Wednesday October 4 at 12 noon, VIS offices**

Dr JEFF SIMONS (Director of Sports Psych. Services, VUT)

"Teaching relaxation for speed and endurance sports"

# Australian Sprint Kayak Team

## 27th World Championships

### Duisburg

By Christine Duff, Team Manager

#### Day 1, Wednesday 16/8/95

Day 1 of the championship saw Clint Robinson perform in the mens K1 1000. Clint lead at every stage of the first heat and looked to race comfortably throughout - in a time of 3.48.14. After the race he said he felt controlled throughout but this was only the beginning. The competition will be very strong and there are a lot of guys to look for come the finals round. Lutz Liwowski from Germany was second in the heat just 0.84 of a second behind. Other strong contenders who went straight through to the semi final round include Zsombor Borhi from Hungary 3.50.86, Mikka Kolehmainen from Finland 3.45.35 and Knut Holman from Norway in 3.45.74.

Clint feels his biggest opposition will come from the Norwegian who was the world champion over this distance in 1991 and 1993, Clint was Olympic Champion in 1992 and World Champion in 1994, Clint will race the semi final at 4.30 pm Friday Australian time. The final will be 11.00 pm Friday Australian time.

The ladies K4 500 crew of Shelley Oates, Lynda Lehmann, Natalie Hunter and Anna Wood paddled well to finish first in the first heat of the ladies K4 500. This gives the girls a berth in the final which will be run 11.40 pm Friday Australian time. The girls were third at the halfway mark and paddled home well to beat Romanian by just 0.11 of a second and Switzerland by 0.92 of a second. After the race Shelley Oates said that the race felt in control but they didn't have a good start. Anna Wood felt they still had a

bit left but would save it for the final. This is the first Australian crew through to a final. The second women's heat saw Germany and Hungary go through to the final. They were closely followed by China and Canada. The final will be close with up to six crews in real contention for a medal.

Danny Collins and Heath Brown finished second in the fifth heat of the Mens K2 1000 in a time of 3.24.79. They were up against reigning world champions over 500m Kay Bluhm and Thorsten Gutsche from Germany in 3.24.23. The crew progressed to the semi final round where they may come up against other strong crews including Neilsen and Staal from Norway and Rossi and Scarp from Italy. Rossi and Scarpa have been paddling well all season in Europe with several wins to their credit. Danny Collins felt they still had a bit up their sleeve. It will be tough in the next round but they are confident they will make it through to the final.

The mens K4 1000 of Andrew Trim, Brian Morton, Paul Lynch and Peter Scott finished second behind the German crew in heat 1 of the K4 1000. Peter Scott had treatment for a recurring back problem on Monday so the boys were very pleased with this result. After the race Peter said his back felt a little stiff during the race but there was no pain and it had not hindered his performance. Third place in this heat went to the USA coached by former VIS coach Reg Hatch. The semi final round will be very tough with strong crews from Hungary, Russia. The Ukraine and several others not far behind.

## THE VIEW FROM THE WATER

by Natalie  
Hunter

**O**n July 9 the Australian Sprint Kayak Team jetted off from Sydney for the 1995 assault on Europe and the world. After forty two hours of travelling we arrive in Milan. Our final surprise was a fire brigade strike that had closed Milan airport forcing us to fly to Genoa and bus it for the final three hours.

Milan was hot and the mozzies were the most ferocious I've ever encountered, but the conditions at the course were superb, slight tail wind on mirror like water. The Australians paddled themselves onto the dais in all bar one or two events, having only been in Europe for four days. The standard on the day was excellent with a full German team and many other countries represented.

From Milan, we flew on to Belgium for an intensive training period at the Bloso Sports Centre in

Hazelwinkle. The Australian Junior Rowing Team was also in camp so we felt quite at home, with green and gold everywhere. For two and a half weeks in glorious sunshine we paddled, ran, pushed weights and prepared. (I believe that Melbourne had it's coldest day on record and that the Yarra broke its banks - I wasn't missing it!)

There was time for a bit of relaxing, window shopping the (back) streets of Antwerp and boating down the canals of Brugge. There was a run in with some of the Belgium locals who had a fetish with the women's underwear and returned night after night to steal it from the clothesline. Luckily the men heard them and chased them into the lake till at 1.00am the thieves realised it was come out and face the music of freeze to death.

Our final lead up regatta was at Nykoping in Sweden. The

weather held fine although the wind was howling a gale. Unfortunately the regatta was not attended by as many countries as we'd hoped but the Swedish team was more than enough competition for us. Clint Robinson, Daniel Collins and Katrin Borchert won gold in the K1 1000, K1 500 and LK1 500 respectively. Martin Hunter teamed up with Clint and crossed the line first in the K2 500 and K2 200. The women brought home a bag full of silver in the LK2 and LK4 races. The two men's K4 teams raced the three distances. For some it meant medals but both crews gained race experience in tough close races.

For the first time, Olympic qualification have been introduced. To qualify a boat the Australians had to place in the first eight in the world championship final. Failure to qualify meant a second attempt in Spain next year. Australia was one

## Day 2

Danny Collins was first up in the mens K1 500. Danny was bronze medallist in this event last year but today was forced to the repechage round to qualify. In his heat there were probably the four fastest men in the World over this distance but only the top three went straight to the semi round. Danny went out well but didn't really get into a solid rhythm throughout the race. Kolehmainen (Finland), World Champion in 1993 won the heat followed by Gyulay of Hungary (Olympic Champion over 100m in 1992) and Rossi of Italy (a medallist at Barcelona and undefeated over this distance in K2 in 1995). Danny was fourth There was just 1.4 seconds between the four places. This was by far the quickest heat. In the afternoon repechages Danny won easily and has progressed to the semi final. He is confident of a final berth and while the competition will be very strong he is hopeful of improving on last years bronze medal.

Katrin Borchert also went to the repechage round following the ladies K1 500. Katrin was up against former German team mate and now arch rival Birgit Schmidt. Katrin has been inundated for requests for interviews by the German press. Along with a number of other former East Germans she now paddles for another country. Katrin comfortably won her afternoon heat and is confident of making the final. Rita Koban from Hungary will be the one to beat here with a time of 1.50.90. in her heat she was 6 seconds clear of the field.

Clint Robinson and Martin Hunter cruised to second place in their heat of the K2 500. They were in front at the half way mark and from there settled to take a finals berth. Both have a full race program so were not out to set any world records on this occasion. After the race they felt that they had plenty in reserve and they expect some strong competition in the semi finals on Saturday. Their strongest opposition will come from Olympic and World Champions Bluhm and Gutsche from the Hungarians Gyulay and Bartfai and Canes Nielsen and Staal.

The Mens K4 500m of Abbott, Walker, Leverett and Quill had a hard task from the start to head straight to the semi finals round. For many European Countries they build a strong K4 crew over a number of years. This is a relatively young crew with two

paddlers each from NSW and Victoria. In the heat they drew three of the former "Russian Nation" in the Ukrainae, Romania and Beclarusis. The boys paddled solidly to finish fourth in the morning heat but went through comfortably in the afternoon round with a third placing. After the repechage the boys felt they could improve on their start but at the same time they were now starting to pull it together. The K4s will be some of the toughest races of the championships come the finals rounds.

The morning session on day three will see the first of the semi finals. Clint Robinson was the first race of the day in the K1 1000. He was pitted against arch rival from Norway, Knut Holmann. In the fastest of the semi finals Clint finished second behind the Norwegian but noticeably backed off as the finish drew near knowing he only needed a top three finish to qualify for the afternoon final. The other semi final were won by Mikko Kolehmainen from Finland and Lutz Liwowski from Germany. The third heat was particularly strong and Robert Erbiane from Slovakia missed the final by just 5/1000ths of a second. After the race Clint said that he backed off knowing this afternoons final would require all his energies. The field will be particularly strong and the ones to watch will be the winners of both heats and Zsombor Borhi from Hungary and Beniamino Bonomi from Italy.

The first real disappoint for the Australian Team came when Danny Collins and Heath Brown failed to qualify for the final of the K2 1000. Danny and Heath had been training well this past week and were hoping for a finals berth with a good chance of a medal. Coach Barry Kelly said the crew are capable of better than their result but they didn't perform on the day, they displayed good form through the qualification round. This will now mean that Australia will have to qualify for an Olympic berth in this event through the qualifying event in Seville, Spain next May. The boys finished fourth in their heat behind Grzegorz Kotowicz and Dariusz Bialkowski of Poland, Pete Rhruska and Rene Kucera of the Czech Republic and Jauan Mangas and Juan Sanchez of Spain. Kay Bluhm and Thorsent Gutsche from Germany won the second heat and these will be the ones to beat.

The men's K4 1000 of Andrew Trim, Brian Morton, Paul Lynch and Peter Scott had the task ahead of them as they headed out for their semi final. They had just seen team-mates Collins and

of the first countries to arrive in Duisburg. For those who haven't been to the course I'll give a quick description. The Duisburg Regattabahn is a 2000m man-made course that can be used for both canoeing and rowing. The lanes are fully buoyed and the gates used to hold the boats on the line prevent any false starts. Huge crowds gathered to watch the events and their was constant media coverage, with all the finals being shown live on Eurosport cable channel. The opening ceremony was held in the local football stadium and Martin Hunter, the longest serving team member had the honour of carrying our flag.

Events started on Wednesday with heats and reps of the men's 1000m events and the women's 500m K4. All good so far with everyone through. Thursday brought the 500m heats and again, good results for the Aussies. Crunch

day was Friday with semi's in the morning and finals in the afternoon. Australia won its only medal in the K1 1000 with Clint Robinson picking up a silver, being beaten by his long term arch rival, Norwegian Knut Holman. The women's K4 500 with Shelley Oates (NSWAS/AIS), Lynda Lehmann (AIS), Natalie Hunter (VIS.AIS) and Anna Wood (QAS) gained their best ever result with a fourth place in the 500m. Fourth places were to plague us with the men's K4 1000 also just missing out on a medal. Andrew Trim (AIS), Brian Morton (NSWAS), Paul Lynch (NSWAS) and Peter Scott (NSWAS) teamed up for the fourth spot. Unfortunately the men's K2 1000, Daniel Collins (AIS/TIS) and Heath Brown (AIS) missed the final so will have to try qualifying in Spain.

Saturday was 500m day. First up the men's K1 500 semi with Daniel Collins, last year's silver

medalist hoping to go one better. This event is always close and for Dan, disappointment in missing a final spot. In the men's K2 500, the fastest of the Olympic events, Martin and Clint made the final and had to be satisfied with fifth as six boats crossed the line within 0.7 seconds. Victorian Justin Quill (AIS/VIS) and Michael Leverett (AIS/VIS) were competing at their first World Championships and teamed up with New South Welshmen Jimmy Walker and Sean Abbott in the K4 500. Though missing the final, they got a taste of the tough racing standard and will be pushing it all the way for the team next year. In the women's events Katrin Borchert, who had previously won the LK1 500 for East Germany, placed fourth in one of her best ever races. She backed up an hour later racing into sixth spot in the LK2 500 with Anna Wood.

Photo finishes would be the order of the day in the 200m races. Australia's best result was seventh in the K2 by Martin and Clint. Other finalists were the LK2 and LK4. Justin Quill got a taste of singles racing, just missing the final in the K1 200.

Events all over for another year, the trailer was loaded, tracksuits were swapped and everyone reflected on what was or could have been and put 1995 behind them. All those placing in the first four places were eligible for ACF funding to the September Pre-Olympic Regatta. A small team of six athletes will be heading to Atlanta to race and familiarise themselves with the Olympic course and facilities.

For most, it was now time to party!!!

Brown miss the final and they had a tough time themselves. Coach Ben Hutchings was quietly confident but when the race started could be heard from the press area proffering strong encouragement for this crew. The crew went through the 250 mark in fourth place and were 1st through the 500. They paddled solidly though the last 500 to finish second behind the class team of Hungary. Sweden were a close third. In the second heat Germany were clear winners from Poland. This will not be an easy final this afternoon but a top 8 finish will guarantee an Atlanta berth for an Australian crew.

### Day 3

The first day of finals saw mixed success for Australia. Clint Robinson was first up in the men's K1 1000. This event was hotly contested and from the outset Clint has said this would be a tough year. Clint lead at the 250 and 500m marks but only just form Knut Holmann (Norway), and Lutz Liwowski (Germany). At the 750 mark Knut had edged slightly in front by just 0.4 of a second. As they crossed the line the result remained the same with Clint second to Knut by just 0.7 of a second. Closely behind was Liwowski just 0.3 of a second away.

Clint was obviously disappointed with the result. He had an interrupted preparation this year with his nose operation but will come back fighting for Atlanta next year. The results have seen since 199 when Knut won the world championships, Clint won gold in Barcelona in 1992 and it was Knut's turn again at the World Championships in 1993. Clint won gold in Mexico last year and now once again it was Knut. After the race Clint said he gave it his best shot but on the day Knut deserved the victory. Clint is looking forward now to the K2 500 tomorrow with Martin Hunter.

**Holmann 3.37.274 Robinson 3.37.997 Liwowski 3.38.087**

The women's K4 500 of Shelley Oates, Lynda Lehmann, Natalie Hunter and Anna Wood were next of the program. The girls were up against a class field and were looking to qualify for Atlanta with a top eighth finish. They have trained very well during their European preparation but were still up against Germany, Sweden, Canada and Romania who they had never beaten before. At the 250 mark they were 8th but just 0.75 of a second separated 2nd and 8th place. The crews continued down the course in a line and when they crossed the line it was Germany a clear first, China second, Hungary third and Australia fourth. Less than a second separated second and sixth place.

The girls were very pleased with this result having placed 7th in this event last year. Being so close to a medal has only made them more determined to work at it for Atlanta. After the race Anna Wood said they were thrilled to have come so close to a medal and Shelley Oates said we just couldn't have done any better. Coach John Sumegi, a former athlete, had two fourth places himself in previous World Championships at Duisburg so knew just how the girls felt.

**Germany 1.36.003: China 1.37.492 Hungary 1.38.102  
Australia 1.38.242**

The Men's K4 1000 of Andrew Trim, Brian Morton, Paul Lynch and Peter Scott had coach Ben Hutchings pacing the press area once more as they headed to the final. They were 2 seconds behind after 250 and were placed 7th. When they went through 500 they were still 7th but then they put on a burst and slowly edged their way through the field. By the 750 they had improved their placing to 6th and a huge effort over the final 250 meters saw them finish 4th behind Germany, Hungary and Poland. Australia placed 6th in this event last year.

This was a largely new crew with Paul Lynch being the only member of the K4 1000 from the Mexico World Championships.

Youngster of the crew Peter Scott watched silently from the far side of the course as the medal presentations were being made and said he would love to have been up there right now. Coach Hutchings was very pleased with this result given the lack of experience of this crew at this level of competition. Peter Scott and Brian Morton are on the National Team for the first time. Andrew Trim said they were disappointed not to have made a medal but given the calibre of the field they will continue to work towards a result at Atlanta

**Germany 2.59.999 Hungary 3.00.969 Poland 3.02.075  
Australia 3.02.922**

In K1 500, Australia did not have a finalist here but the race was an exciting one never the less. Knut Holmann once again paddled a good race. He finished second behind Piotr Markewicz from Poland. Geza Magyar from Romania was third. The local crowd were full of encouragement for Liwowski but he could only manage a fourth.

Ladies K1 500 saw Katrin Borchert paddle an excellent race. Katrin has not raced at this intensity since 1992 when she made the decision to leave Germany and paddle for Australia. She was slow out of the start but came home brilliantly to finish in fourth place behind Rita Koban from Hungary, Caroline Brunet from Canada and Susanne Gunnarsson from Sweden. There was a wry smile on Katrins face as she passed Birgit Schmidt (Germany) on her home turf. They were arch rivals when Katrin was on the German team. Katrin is looking forward to a solid years training and receiving her Australian citizenship in time for the Atlanta Games next year. After the race she said this was the best time she has done in a K1 for the past two years.

Men's K2 500 saw Clint Robinson and Martin Hunter front against a very strong field. They went out hard but at the 250 mark they were only placed 5th. Despite putting in every thing they had, they finished seventh. After the race they were both bitterly disappointed with their performance but said they didn't get into a rhythm.

The Italians, Beniamino Bonomi and Daniele Scarpa won the event to take the double for the weekend over 500 and 1000 metres. Zsolt Gyulay and Krsiztian Bartfai from Hungary were second and Maciej Freimut and Adam Wysocki from Poland.

Ladies K2 500 of Katrin Borchert and Anna Wood paddled less than an hour after Katrins singles final. The race was always going to be difficult but the girls went out well only to find that they were 8th at the half way mark. They paddled their hearts out over the final 250m and finished 6th. Winners Germany finished in a time of 1.42.611, second was Poland in 142.761 and third was Sweden in 1.42.867 Katrin and Anna knocked 2 seconds off their best time to finish in 1.44.447

Afterward they said they just couldn't go any faster. This is the first year they have paddled as a K2 pair so they feel they can make substantial improvements on this time in the twelve months between now and Atlanta.

The men's K2 500 women's K2 500 and women's K1 500 along with the men's K1 1000 and K4 1000 have now qualified for a berth at the Olympics. Australia will need to qualify in the Men's K1 500 and Men's K2 1000 in the qualifying event in Spain in May 1996.

After the completion of the Olympic events head coach Brian Trouville said that he was pleased overall with the results but had really been banking on a medal in the K1 500 men. It has been a tough regatta and while the women's results are the best they have been we will need to do some thinking on the composition of the men's crew for next year.

# Summary of results from 27 th World Sprint Kayak Championships

## Men's K1 200m

<b>Semi Final</b>	Zsolt Gyulay	HUN	0:37:898
	Lutz Liwowski	GER	0:38:385
	Justin Quill	AUS	0:38:931

The third fastest time in all of the semi final heats qualifies for the finals. In this case was:

Adrian Dushev	BUL	0:38:245
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## Ladies K1 200m

<b>Semi Final</b>	Pavlina Jobankova	CZE	0:44:380
	Brigit Schmidt	GER	0:44:473
	Shelley Oates	AUS	0:44:486

3rd fastest qualifier

Ingrid Haralamow	SUI	0:43:623
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## Men's K1 500m

<b>Final</b>	Lutz Liwowski	GER	1:41:498
	Mikko Kolehmainen	FIN	1:41:578
	Geza Magyar	ROM	1:41:993
6th	Danny Collins	AUS	1:43:723

## Ladies K1 1000m

<b>Final</b>	Rita Koban	HUN	1:50:978
	Caroline Brunet	CAN	1:52:798
	Susanne Gunnarsson	SWE	1:54:720
4th	Katrin Borchert	AUS	1:55:483

## Men's K1 1000m

<b>Final</b>	Knut Holmann	NOR	3:37:27
	Clint Robinson	AUS	3:37:99
	Lutz Liwowski	GER	3:38:08

## Men's K2 500m

<b>Final</b>	Bonomi/Scarpa	ITA	1:30:561
	Gyulay/Bartfai	HUN	1:30:758
	Freimut /Wysocki	POL	1:31:531
7th	Hunter/Robinson	AUS	1:32:837

## Ladies K2 500m

<b>Final</b>	Potwich/Schuck	GER	1:42:611
	Urbanczyk/Dylewska	POL	1:42:751
	Rosenquist/Gunn'son	SWE	1:42:867
6th	Borchert/Wood	AUS	1:44:447

## Men's K2 200m

<b>Final</b>	Jorgensen/Mooney	USA	0:34:279
	Serban/Stoian	ROM	0:34:349
	Gyulay/Bartfan	HUN	0:34:423
8th	Hunter/Robinson	AUS	0:34:729

## Ladies K2 200m

<b>Final</b>	Kennedy/Gibeau	CAN	0:39:811
	Rosenquist/Gun'son	SWE	0:39:981
	Kossoroukova/		
	Tichtchenko	RUS	0:40:238
9th	Borchet/Wood	AUS	0:41:910

## Men's K2 1000m

<b>Semi Final</b>	Kotowicz/Bailkowski	POL	3:21:671
	Hruska/Kucera	CZE	3:22:91
	Managas/Sanchez	ESP	3:23:55
4th	Collins/Brown	AUS	3:24:71

## Men's K4 200m

<b>Final</b>		ROM	0:32:750
		FRA	0:32:880
		USA	0:33:150
4th		AUS	0:33:223

## Ladies K4 200m

<b>Final</b>		CAN	0:36:602
		GER	0:37:182
		SWE	0:37:355
8th		AUS	0:38:445

## Men's K4 500m

<b>Semi</b>		HUN	1:24:852
		SWE	1:25:352
		ESP	1:25:372
8th		AUS	1:27:751

## Ladies K4 500m

<b>Final</b>		GER	1:36:003
		CHN	1:37:492
		HUN	1:38:102
4th		AUS	1:38:242

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# TOURING TRIBULATIONS

by Scott Crabtree

**D**uring the mid year holidays Andrew, Stuart and I made arrangements to discover what some of Victoria's whitewater was like. Being the only person who had not had the luxury of overseas travel this year I was absolutely dying to get some action that the Yarra had mostly failed to provide. The wheels were set in motion as I convinced them both of the fun that would be had. This was the easy part as Stuart is an avid tourer and Andy was getting the buzz for real whitewater.

Our first trip was an ambitious one; the Mitchell in a day. I had been down to the Mitchell once before for the Victorian Championships on the slalom rapid. As I remembered it was big, fast and cold, but incredibly good fun. This was the impetus that spurred myself and the others on. Andy had also paddled at the slalom rapid and he was as easily convinced as I was to do the whole river trip. We had both heard of the Amphitheatre rapid with big waves, boily eddies and a steep gradient.

Stuart and some friends of his decided to join us making the car shuffle possible. Slim and Mike had done quite a bit of touring, both decked out with all the equipment, Slim in a Pirouette and Mike in a plastic Reflex.

For me the trip began just after 5.00 am getting out of bed and getting stuck into some breakfast. The next point of call was Stuart's house. As I pulled up I was expecting to see a light on or something that resembled some activity, but nothing. I knocked hesitantly but to no avail. I knocked again. Stuart's Dad answered the door. I could see him asking himself who on hell would be at the door at this time of the morning. As it turned out, Stuart was not awake but to his credit was ready in about ten minutes. Next stop was to pick up Andy who thankfully had an operational alarm. We were now ready to embark on our journey with a short detour via Monash to meet Mike and Slim.

After considerable driving we finally arrived at the top of the river ready for action. The time was just after 12.00 pm, with no clouds in sight apart from a vapour trail from a passing plane that reached from one horizon to the other. The sun was doing what it could to raise the temperature but lengthening shadows across the river sent shivers down our backs.

We spent quite a lengthy period at the Slalom rapid which is 10 minutes from the top, surfing waves, trying loops and making up imaginary slalom courses. We decided to get

moving as Stuart just advised Andy and me that it was a 5-6 hour paddle. STREWTH, we could not believe it. Why hadn't we found out more about this trip before agreeing on it?

We set a quick pace from the Slalom rapid downstream in search of the Amphitheatre. All our spirits were high and we played constantly in every rapid, breaking into every eddy on the way down. There isn't a great deal between the Slalom rapid and the Amphitheatre especially if you are in a plastic boat without edges to pivot.

Hunger was starting to set in for a few of us who hadn't eaten much since breakfast, but the decision was made for us by the experienced Mitchellites Slim and Mike to push on until we reached the Amphitheatre.

And there it was, what we had all been waiting for. At first glance Andy and I were a little disappointed. We watched Mike run it and then deliberated about our line down. We were definitely going for the difficult manoeuvre attempting a break-out on river right just after a huge pour over which you had to boof off the edge.

At the top some apprehension was setting in so I decided to go for it before any more butterflies upset my stomach. In the rapid pure adrenaline and excitement took over swamping me even more than the waves as I took each stroke. "YeeHaa" I had made the eddy. It was not over yet. The next move was an attempted surf back to river left through a massive wave. I caught it for just a few seconds. "I'm going to break my boat.. no too much angle.. am I on a launch pad?..Phew! I found the eddy"

In a larger eddy on river right we found another good surfing wave at the bottom of the first section. Up until then we had the impression that that was all the rapid was. The wave was fast but positively unreal. I had developed a little confidence and tried a few paddle twirls which came off much to my relief. Further down were some more big waves one of which was just in front of a cushion of a massive boulder. The thought of surfing it caused fear to sweep through my body; the last thing I wanted to do was wrap around it, but hell what are we here to do but try a few things and improve our whitewater skills while having the time of our life.

I moved up to the eddy line and then just went for it making sure I didn't fly straight across the other side and get in trouble. Woah! I was surfing, this was another incredibly fast wave but with a little more gradient to it. Left, right, surging up, down the wave before a gush of water got hold

of the front of my boat shooting me backwards. Crikies, this was what I was dreading. I was now on the top of the wave paddling my guts out because I new what was behind me. I thought I was no longer on the wave. "I'm sliding towards the rock". I was absolutely freaking, I couldn't quite get my bearings as the water was pounding my face and I couldn't see how far the rock was behind me and there was no way I was going to look. I some how managed to catch the wave back into the eddy where the others were laughing and just saying you should have seen your face. Thanks guys, any of you going to give it a try? Andy had already faced death and managed a little better than I, Stuart tried but nearly came to grief on the boulder. That was when we decided to move on.

My heart rate slowly dropped from what must have been near 200. The rest of the trip was basically flat water with semi regular rapids of grade 2 standard. It was this next section that took us over three hours to complete, raising the question of whether the fun of the rapids outweighed the pain of the flatwater. We contemplated that for many hours. Believe me, it was pain that we were in. Every muscle in our backs and arms were aching and our legs were constantly on the verge of cramping. Stuart's thumbs had enormous blisters on them; I could not or did not want to imagine the pain that he was in. Slim in the Pirouette was doing it tough as his name suggests, and it was these two things that Andy and I kept reminding ourselves of that kept us going. The knowledge that we train or should train a lot more than Slim and Mike and that the finish was getting closer all the time was our only comfort.

Towards the end of the trip, with the sun well below the hills, the cold air and water reaching through our numerous layers of clothing I felt like a small creature on a long holiday drive. "How much further Papa Smurf?" "Papa Smurf are we there yet?" Those questions were plaguing everyone and when the finish did arrive, the relief was overwhelming.

After another one hour car shuffle and some packing up we headed home amidst the descending fog and millions of stars emerging above us. I made it back to my house and into bed at about 11.30 pm. As I drifted off into sleep, I decided that it was most definitely worth it.

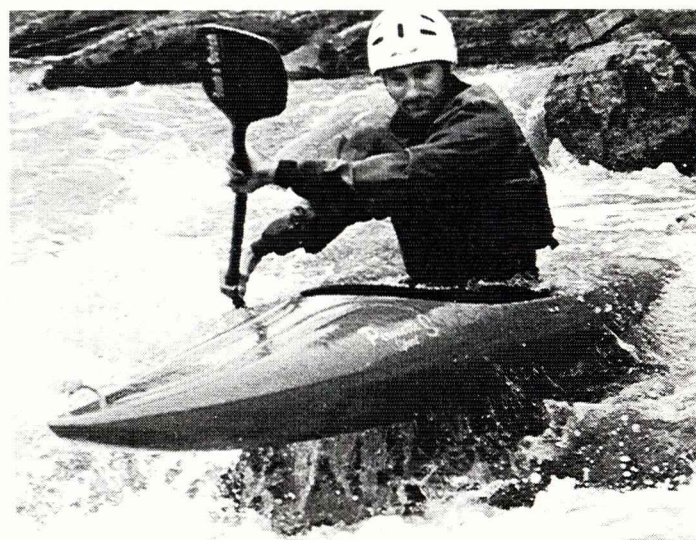
## POET'S CORNER

**Once upon a time there was a big river  
it was far away beckoning come hither,  
it was clear, cold and very old  
winding through hills of gold  
its turbulent waters crashing on rocks,  
sending our boats down the drops,  
it is a long way  
to paddle all day,  
but fun is what we found,  
while adventure bound,  
on the mighty Mitchell River.**

**by Scott Crabtree**

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# IN SWEDEN FOR SUMMER!

By Wallace MacDonald and Brooke Harris.

It was Sunday the 14th of May 1995 when the seven (Agneta, Martin, Christie, Jacquie, Wallace, Michael and Brooke) of us touched down in Sweden. Expecting of course good weather, seeing as it was almost summer. However two seconds outside and we were all scrambling for the snow gear that we forgot to pack -2 degrees wearing only shorts isn't very pleasant.



Front: Brooke Harris, Daniel Frille  
Back: Wallace, Christie, Michael, Jacquie, Anna P  
Outside Anna P's house June 95, Karlskoga, Sweden

We were met at the airport by one of the employees of Bofors (a large ammunition company in Sweden.) As if after around 20-24 hours of travelling we hadn't done enough, we then had a 3 hr drive from the airport to a small town

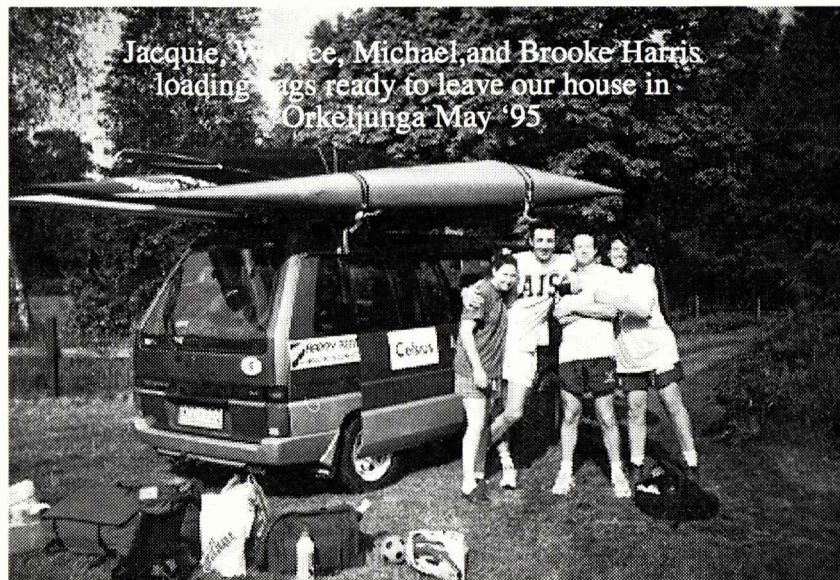
round). It seemed that everywhere we went people were apologising to us for the weather. Which really wasn't too bad once we got used to it. Although it was so cold at our first regatta that it even snowed briefly. This just happened to be the day that Brooke and K2 partner (Swede Susanne Rosenqvist) decided to go for a swim just one stroke after their race started. They weren't the only one's to test the waters during our trip. Jacquie didn't believe Brooke when she told her how cold it was, she wanted to see for herself, however she chose a slightly warmer day and decided not to fall in during a race.

We continued to race in a lot of other towns with funny names. Our pronunciation was a constant source of entertainment for the Swedes, however we still did our fair share of teasing and even managed to learn some Swedish along the way. Our lack of Swedish wasn't at all inhibiting though as the Swedes were all very friendly and generally spoke pretty good English.

Our racing experience over there proved to be an extremely valuable experience for all of us. As our racing continued to improve it showed in our results, even picking up some prizes along the way. We all made some really good friends over there however some were "closer" than others.

When most of us left to come back home or visit other parts of Europe, Brooke stayed on and the Swedes took her under their wing staying at one of their houses in Karlskoga, and for races travelling and staying with Bofors Kanot Klubb (canoe club). Hopefully the Swedes will visit us and we can show them the same hospitality.

Thank-you to all the people who made our trip successful by supporting us in our fund raising endeavours, and thanks especially to Agneta, without whom the trip would not have been possible.



Jacquie, Wallace, Michael, and Brooke Harris loading bags ready to leave our house in Orkeljunga May '95

called Karlskoga. (Agneta's home town.) It didn't take us long to settle into our hostel then head off on a walk to check out the town. Then it was off to dinner with some of the management of Bofors who supplied us with a mini bus and helped with our accommodation. We also got to do the tourist thing when we got a tour of their factory and the Historic house of Alfred Nobel.

We soon adapted to Sweden's weather after our first paddling session (frost bite all



The club we trained at.



Martin winning the K1 200 m in Sweden.



Brooke with Swedish friends



GÄSTER FRÅN AUSTRALIEN är Martin Hunter, Brooke Harris, Christie Magrett, Michael Aiday, Wallace M. Donald och Jackie Dundee som hälsar Agneta Andersson familj sig.

## AUSTRALIENSÄRE PÅ KANOTBESÖK

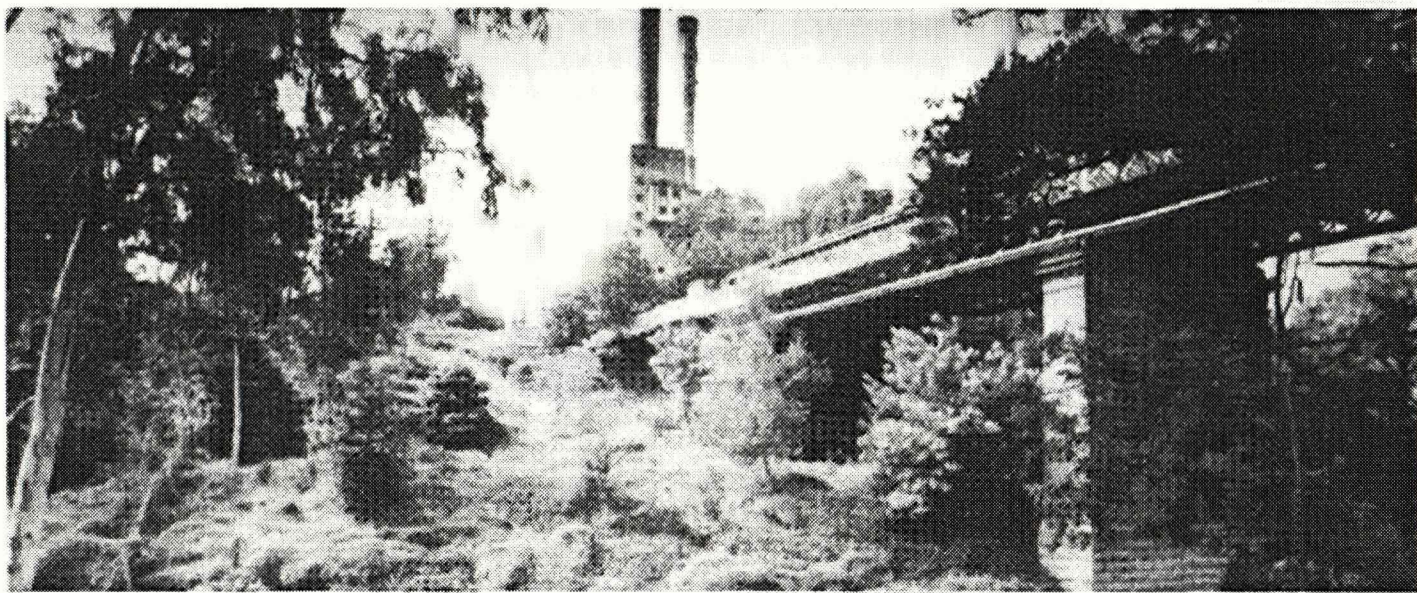
Agneta Andersson, guldflöckan ni minns, är just nu på besök hemma i Karlskoga. Numera boende i Melbourne, Australien blir det inte så lätt mellan visitorna på hemmaplan. Med sig har hon, förutom fastmannen Martin Hunter, sex stycken unga australiensiska kanotister som under fem veckor ska utnyttja den

ersättning. Låt Iso på vandrarhemmet i Bofoås ha också med sig Agneta och hennes familj. Under vistelsen i Sverige ska

The Coach and Team even rated a mention in the Swedish Press

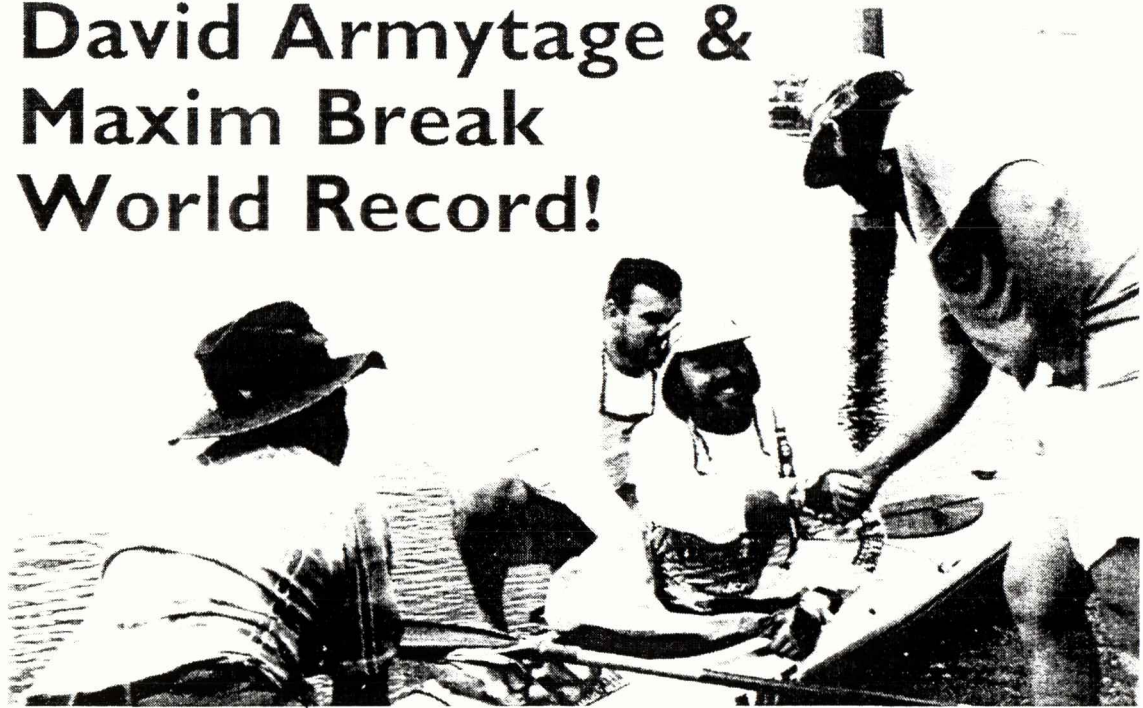
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***"If it wasn't for MAXIM I would never have been able to do it. I paddled for 16 hours per day and the constant supply of***

***carbohydrate MAXIM provided while on the river ensured my energy levels remained high. At no stage during the 16 days did I wake up stiff or sore and altogether MAXIM provided two thirds (14,000 grams) of my total carbo' requirements during my World Record attempt."***

David has now joined a growing list of World Champion athletes who are now using MAXIM Pure Energy Fuel for training and competition. If you would like to experience the MAXIM advantage, place your order now!

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# HOW TO SURVIVE THE MURRAY RIVER MARATHON WITH MAXIM.

Whilst paddling 404km over 5 days your body's glycogen stores rapidly deplete and during this event all competitors will be trying to ingest as much carbohydrate as their tired bodies are able to absorb. To this end MAXIM is the ideal answer. Taken in a 10% concentrate it has an extremely low osmolality and can be absorbed almost immediately as you are paddling.

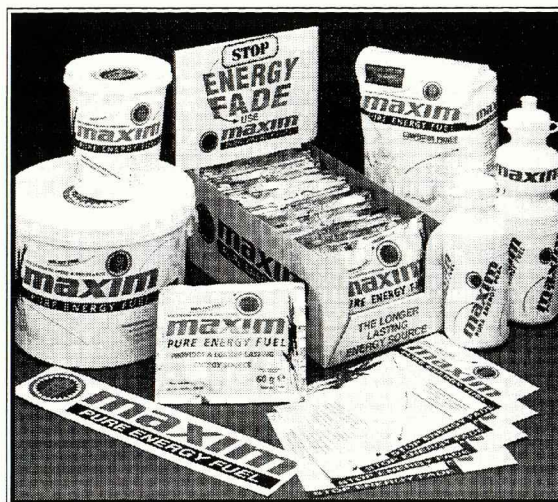
Because MAXIM is pure food, you no longer have the need for food bars or energy bars that have been commonplace in the past. MAXIM can be taken in liquid form or spread on cereal or even in a cup of tea! You can carbo' load with MAXIM 3 days prior to the event and have your glycogen levels extremely high at the start of your paddle, using the following dosage regimen:

## **Friday, Saturday & Sunday Evening:**

6 Scoops in 500ml water (take about 10 minutes to drink)

**DURING THE EVENT:** You should try and consume 50 grams of carbohydrate (3 scoops) per hour in approx. 700ml of water. For example, for every 3 hours of paddling, you would need to consume 9-10 scoops in approx. 2 litres of water.

2-2.5 litres of water every 3 hours should be more than sufficient for rehydration purposes during this event. Because of the very low osmolality of MAXIM, it can be absorbed very quickly and enables your glycogen levels to be replenished whilst you are still paddling. During this marathon your carbohydrate requirements may be as high as 800-900 grams per day, so from MAXIM you can achieve 500-600 and then you



only need to find 300 grams per day from food.

**MOST IMPORTANT:** On completion of your paddling each day, within 30 minutes of finishing, you must consume 6 scoops of MAXIM in approx. 500ml of water. All carbohydrate is absorbed twice as fast into your bloodstream if taken when your glycogen levels are at their lowest point, which is immediately after you've finished your daily paddle.

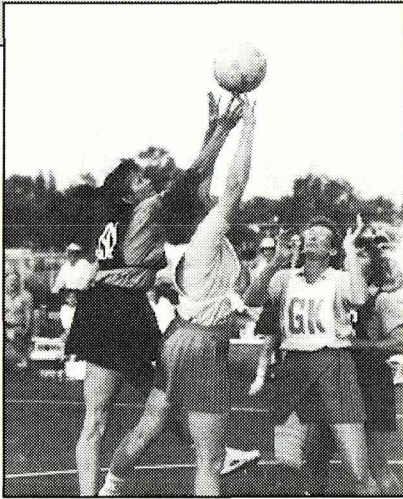
**David Armitage** is currently attempting to kayak the full length of the Murray (2,500 km) in less than 17 days to break the World Record and is digesting over two thirds of his daily carbohydrate requirements from using MAXIM.

"Good Luck!!" from Geoff Russell

MAXIM is used in Australia by over 2,000 serious athletes, some of whom include:

1. Most of the Uncle Toby's Ironmen
2. The Australian Rowing Squad at the Prague World Championships
3. Champion Marathon Swimmer Shelley Taylor Smith
4. Triathletes Marc Dragan and Simon Skillicorn
5. Barcelona Gold Medallist Steve Hawkins





# Exercise and Osteoporosis

## What is osteoporosis and how is it caused?

Osteoporosis ("porous bone") is a "thinning" and weakening of bones which usually affects people over 40 (mostly women). Throughout life bone tissue is very active and is constantly being "remodelled". Microscopic amounts of bone are continually being removed (resorbed) and reformed (laid down) in response to various factors. During childhood more bone is laid down than is removed. During early adulthood the two processes are balanced but bone continues to become thicker and stronger. This is the time when "peak bone density" is developed. After about the age of 35 more bone is removed than is laid down, and very gradually the density of the bone begins to decrease. At the time of the menopause there is a sudden increase in the rate of bone loss and a rapid decrease in bone density. This is because levels of the female sex hormone oestrogen fall markedly at this time. If oestrogen levels remain low, osteoporosis continues to develop, so that, with increasing age, women's bones are more likely to break.

## Are some sportswomen more at risk of developing osteoporosis?

In general, women who are slim, white, smoke, have no regular exercise, irregular periods or early menopause are most at risk. Few sportswomen fit into all of these categories, but may be slim, white and have irregular periods, and are therefore at risk of developing osteoporosis. Among sportswomen, those most at risk are those who become amenorrhoeic (lose their periods over several months). This is because the decreased hormone levels associated with amenorrhoea cause increased bone loss, despite the positive effects of physical activity on bone density. In addition, some thin, highly trained endurance athletes, such as distance runners, have very restricted diets and may not have adequate calcium intakes (see diet below). Although amenorrhoeic athletes are more likely to get stress fractures, it has not been established whether this is entirely due to low bone density. Many factors (including training patterns and body composition) contribute to injuries and stress fractures in athletes.

Some medical conditions (e.g., thyroid disease) and treatments (e.g. corticosteroid medicines) can also promote osteoporosis. Please check with your sports medicine doctor if you need information about specific conditions.

## How do I know if I have osteoporosis?

At present the only accurate method of assessing bone density and the presence or risk of developing osteoporosis is by measurement of bone density. Safe new techniques are available in some cities to measure spinal and hip bone density. This can be arranged by your doctor.

## Can anything be done to prevent osteoporosis in sportswomen?

Yes, the best way is to make sure you develop the highest possible peak bone density before you reach the age of 35, and maintain your menstrual cycle. Regular life-long weight bearing exercise will result in optimal bone density, so sportswomen ought not to be at risk. However, if the menstrual cycle is lost for any length of time, oestrogen levels will fall causing bone density to decrease. Athletes who develop amenorrhoea (lack of menstrual periods) should therefore consult their doctor to establish the cause, and to discuss methods of treatment which will prevent the possible detrimental effects of low oestrogen levels. These methods may include "hormone replacement" or the contraceptive pill. Athletes who choose to remain amenorrhoeic are at most risk of developing osteoporosis.

## What factors affect bone density?

Several factors other than oestrogen levels affect bone density. These include heredity, other hormones, diet, exercise and drug use. The last three of these can be controlled.

## Heredity

This is probably the most important determinant of bone density. Your bones, like many other of your features, are largely predetermined by you parents. If you are thin and small boned, Caucasian or Asian, you are more likely to develop osteoporosis.

## Hormones

Many different hormones affect bone density. In particular, deficiencies in production of the thyroid and sex hormones will affect bone density. Young men have thicker bones than young women because testosterone has a greater positive effect on bone density than oestrogen. If, for any reason, sex hormone levels decrease (as can happen with training-related amenorrhoea) then bone density will be reduced.

## Diet

A balanced diet is necessary for normal bone growth and any long term dietary restriction can result in lower than optimal bone density. Poor calcium intake is strongly associated with osteoporosis. Everyone, especially sportswomen, should ensure they get adequate calcium in their diet throughout life. **Check the table below for the best dietary sources of calcium.**

## Drug Use

Smoking and excessive caffeine and alcohol decrease bone density. Avoid smoking and limit alcohol and caffeine intake.

## Exercise

Research has shown that regular weight bearing exercise (one hour, three times each week) increases bone density. Athletes who have a regular menstrual cycle generally have higher than average bone density. Exercise can also help to maintain bone density in older people by reducing post menopausal bone loss. This effect is greater in those women who take hormone (oestrogen) replacement. Regular exercise also improves balance, co-ordination and agility and may help to prevent falls. Without falls the number of osteoporotic fractures would be greatly reduced.

## How much calcium do I need?

The following table shows the recommended daily intake of calcium for girls and women at different stages of the life cycle

Girls (12-15yrs)	1000	mg/day
Teenagers (16-18)	800	mg/day
Menstruating women	800	mg/day
Pregnant/lactating women	1200	mg/day
Post menopausal women (and amenorrhoeic athletes)	1000-1500	mg/day

Daily calcium can be estimated from the tables below. It is not necessary to take calcium supplements if daily intake is met from dietary sources.

## Which foods are good sources of calcium?

The best sources of dietary calcium are milk and dairy products. Fortified low fat products are recommended. (some "fortified" milks have more calcium than whole milk and half as much fat. Check the labels of modified milks available in your area to find out which has the best combination of high calcium and low fat)

If you do not use milk or dairy products, check the fat and calcium content of calcium enriched soya products.

Food	Amount	Calcium
Low fat milk	1 glass (250 ml)	405 mg
Soya beverage	1 glass (250 ml)	365 mg
Yoghurt	Small carton (200 g)	330 mg
Whole milk	1 glass (250 ml)	300 mg
"Hard" cheese	1 slice (30 g)	285 mg
Canned sardines	50g	275 mg
Processed cheese	1 slice (30 g)	190 mg
Oysters	10	190 mg
Tofu	100 g	130 mg
Almonds	50 g	125 mg
Baked Beans	1 cup (240 g)	108 mg
Canned salmon	100 g	90 mg
Cottage cheese	1/2 cup (100 g)	60 mg
Broccoli	60 g	15 mg

## Is there any treatment for osteoporosis?

At present there is limited treatment for established osteoporosis although it is possible to delay bone loss by using hormone (oestrogen) replacement. This is particularly important for the post menopausal athlete. Onset of osteoporosis can be delayed through regular weight bearing exercise, a balanced diet with adequate calcium, and maintenance of a normal menstrual cycle. Recent overseas research suggest that a combination of oestrogen and calcitonin (a hormone from a small gland near the thyroid gland, called the parathyroid) can lead to increase in bone mass during the early post menopausal period, but this treatment is not yet available in Australia.

## Acknowledgements

Thanks to all contributors from the Australian Sports Medicine Federation Women in Sport Working Party and Committee. For further information on the Women in Sport, Sports Medicine pamphlet series contact:

ASMF National Office  
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A view  
of the  
1995  
local  
races

# The story so far

by  
Scott Crabtree  
and  
Andrew Stamp

This year has seen plenty of water and yet at times there has also been a significant lack of water. This is the nature of the Yarra. Although we have no control over the water, we have still been able to run some very successful races in the Yarra Series and Country Series. One aspect of these series involves a regularly updated ranking list. It has come to my attention that not enough people know about the list or where they stand in it. I therefore take this opportunity to inform all of you.

For the past two years there has been a Slalom and Wildwater Yearbook with varying degrees of support being given to it from the paddling fraternity. If anyone still wants to purchase a copy with interesting information regarding race sites, training sites, the best paddlers in the state and much more, enquire at any slalom or downriver race or phone me (Scott Crabtree on Ph. 9439 8181). It is also available at Canoes Plus.

In the Yearbook there has been a ranking list. Each paddler is ranked according to their time against all other times in the men's K1, women's K1, C1 and C2 classes. The points are tallied up after each race and the person with the highest points at the end of the season shall be ranked number One. Next year will see the introduction of a bib system that relates directly to the ranking list. The details of the system are yet to be finalised. It requires you, *the paddlers* to pressure the Slalom and Wildwater committee to get it under way and do away with the rags we are currently paddling in. Hopefully with the support of the downriver paddlers we will be able to get a similar system in place from the Canoe Factory Cup series and the Kirinari downriver races. If anyone thinks there is some merit in the idea or has any suggestions, I would be interested to hear from them.

The ranking list has made it as far as Canoes Plus but this is the first time it will make the PADDLER magazine. Unfortunately, limited space allows us to include only the Top 10 in each class this time. In the future I hope it will be a regular feature so paddlers can keep an eye on where they are placed. Perhaps the most disappointing aspect of the series so far is that there has been nearly 80 competitors in Men's K1 classes, yet a relatively small number are regulars. The women's class is even more disappointing with only about twenty paddlers having raced for the year and with very few regulars.

A possible reason for low regular attendance at races may simply be because there are just too many races on the local calendar. This may be seen to have numerous adverse effects. Firstly, if paddlers only want to attend, say, four races for the year, they need only attend every second race or so. This, regular attendance is down. Secondly, the interest in racing and competition as opposed to training may subside. Thirdly, and perhaps most importantly, and a result of the above reasons, is that with fewer competitors there are fewer people to help out at the races. The onus not only on timing, judging, compiling but very importantly on course erection, should not rest solely on the same people or certain families, the Moore's being a case in point. Simply if fewer races meant more competitors then better courses could be erected, less load on all parties, and better racing and a more enjoyable atmosphere could be enjoyed by all. Perhaps we should be looking for quality rather than quantity. Such a situation would hopefully benefit the sport.

However, this is not to say the above is true. Problems may arise in that races may lose participation as enthusiasm *may* die in the interim periods. More effort being put into course design and erection may result in courses becoming too difficult for the newcomers, and this is of course where the future of the sport lies. Nevertheless, Country Series races offer the potential for paddlers to race on water and courses more similar to Victorian or Australian Championship standard, and thus their worth as a challenging race is high.

Finding parties willing, able or obligated to erect courses is also fairly problematic, considering the time and effort (at least a full weekends worth) that the tasks require. Perhaps donating half of all the entry fees to the organising party is an answer, perhaps it is not: a successful race needs many volunteers, and to start throwing money around will only necessitate a division being made regarding who gets the dough and who does not. Arguably, whatever the outcome, the above issues do need to be addressed.

The ranking list gives a great opportunity for some of the younger paddlers to accumulate points while some of the more recognised faces are competing overseas. With this in mind this year may see the first significant prizes given to winners of the combined series with some expressions of interest already being given. If there are any other businesses interested in sponsoring this years or next years combined series, they can contact Scott Crabtree. It would be a very worthwhile cause supporting the paddlers who have worked the hardest and shown the most dedication to the sport on a local scene. Paddlers, keep your ears open for further notice. The remaining races are posted in the Yearbook which also contains directions for Country Series. This publication also has a list of the remaining races.

The next race is the Dights Falls Slalom on Nov 5th and is the final in the Yarra Series. We hope you can all make it, the water should be good. Keep an eye out for the progressive ranking lists.

---

### Championship Ranking Lists 1995 - Men's Kayak

Name	Yarra 1	Yarra 2	Yarra 3	Yarra 4	Yarra 5	Coun 1	Coun 2	Coun 3	Total
1. Scott Crabtree	80	88	100	95	0	100	86		549
2. Andrew Stamp	84	74	86	100	0	95	91		530
3. Warwick Draper	88	86	93	91	0	0	100		460
4. Craig McAlister	60	67	72	86	0	82	76		443
5. Dan McDonald	64	66	67	82	0	68	71		418
6. Tim McDonald	57	65	66	71	0	72	64		395
7. Lachie Milne	71	84	0	88	0	0	95		338
8. Stuart Anderson	70	69	80	80	0	88	82		336
9. Duncan Proust	52	0	69	69	0	74	69		333
10. Kim Garrioch	61	63	68	73	0	67			332

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### Championship Ranking Lists 1995 - Ladies Kayak

Name	Yarra 1	Yarra 2	Yarra 3	Yarra 4	Yarra 5	Coun 1	Coun 2	Coun 3	Total
1. Megan Anderson	88	80	84	82	0	91	88		513
2. Yvette Hurst	0	78	82	86	0	0	86		332
3. Mia Farrance	100	95	100	0	0				295
4. Louise Natoli	0	91	0	100	0	0	95		286
5. Lauren Sykes	95	88	0	95	0				278
6. Erin Leahy	0	0	91	0	0	95	91		277
7. Monica Campi	0	86	88	91	0				265
8. Jane Farrance	0	0	95	0	0	0	100		195
9. Jackie Handley	91	82	0	0	0				173
10. Susan Humphrey	0	84	0	88	0				172

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### Championship Ranking Lists 1995 - Men's Canoe Single

Name	Yarra 1	Yarra 2	Yarra 3	Yarra 4	Yarra 5	Coun 1	Coun 2	Coun 3	Total
1. Danny McDonald	80	76	88	86	0	88	91		509
2. Warwick Draper	95	95	100	100	0				390
3. Scott Crabtree	86	91	0	95	0	91			363
4. Lachlan Milne	88	86	0	88	0	0	100		362
5. Andrew Stamp	84	84	0	91	0	86			345
6. James Hammond	71	0	95	0	0	84	95		345
7. Graham McInnes	76	80	86	0	0				242
8. Andrew Farrance	100	88	0	0	0				188
9. Antony Morris	91	78	0	0	0				169
10. Monica Campi	0	0	82	84	0				166

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### Championship Ranking Lists 1995 - Men's Canoe double

Name	Yarra 1	Yarra 2	Yarra 3	Yarra 4	Yarra 5	Coun 1	Coun 2	Coun 3	Total
1. Garrioch/McDonald	78	88	91	95	0	100			452
2. Hammond/Tudor	86	0	100	0	0	0	100		286
3. Boulton/Boulton	88	91	0	100					279
4. Milne/Natoli	0	100	0	91					191
5. Jones/McInnes	82	0	95						177
6. Farrance/Crabtree	100	0	0						100
7. Milne/Reinbach	0	0	0	0	0	0	95		95
8. Natoli/Bell	0	95	0						95
9. Stamp/Draper	95	0	0						95
10. Stamp/Farrance	91	0	0						91

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# BEING TAUGHT THE AMERICAN WAY

By  
Liz  
Marsh

**B**etween June 2nd and 5th I attended a Women's Whitewater Kayak course at the Nantahala Outdoor Centre. The school is nestled in the beautiful smokey mountains in North Carolina, USA. My only expectations about the course were to paddle big water and to roll in it confidently.

The first evening consisted of meeting my counterparts and attuning to the American accent. Jen and Whitney were our instructors and the participants ranged in age from 19 to 52 and four of these women were lawyers. During the evening the group kept talking about combat rolls. As I sat and listened my mind conjured up some aggressive roll technique, using the paddle as a defence weapon. I plucked up some courage and said "What are combat rolls as I only know Eskimo rolls and live rolls". The room burst into laughter and Jen kindly explained "they are live rolls, but combat roll sounds more dynamic". "Oh", I thought, "it could only happen in America".

The next morning was spent practising rolls on a nearby dam. The Americans emphasise the rolling technique over the use of high supports. They believe there has been too many injuries doing the high support and they are afraid of being sued. I argue if you are taught the high support correctly then you should not have problems.

The women could all roll beautifully and most could roll onside and offside. My pitiful outdated "sweep roll" was no match for their "c to c roll" and so with a little determination and help from Jen I mastered

their roll. During this session and on the river everyone wore nose clips, like a fashion accessory. They were certainly a great idea on the dam for rolling, but I couldn't fathom wearing one paddling down the river.

That afternoon was spent on the dam controlled Nantahala River. A scenic, narrow grade 2 & 3 river. There were hundreds of nose clipped Americans paddling this day in open canoes and closed kayaks. So most eddies were a squeeze and every surfing wave had about 15 people waiting in line to play on it.

The instructors were good paddlers, but it was strange seeing them using a stern draw to break in and out of eddies, instead of a bow draw (once again for legal reasons). The stern draw is a horizontal stroke, essentially the last 30 degrees of a forward sweep. The participants just drifted in and out of eddies. I felt unstable using this stroke and could not drive and stick in eddies, so I stuck to the bow draw and told the instructors I would not sue them if I dislocated a shoulder.

Something Aussie instructors emphasise when paddling whitewater is leaning the boat on turns. The Americans insisted on keeping the boat flat unless surfing a wave. So there was a higher attrition of capsizing, thus rolling. I think teaching leaning and the old low support would have been an asset, as to roll a number of times in very cold water is not energy efficient and some were women quite tired after a number of rolls.

Day two was spent on the Ocoee River, the site for the next slalom at the Olympics. A very wide river, classed grade 3&4. Being used to paddling narrow, technical rivers in Australia I was not prepared for the big water. It was even more exciting than the story about a bear swimming across it last year. On went the nose clips and the first rapid the group descended was called "Double Trouble". As we continued we manoeuvred from eddy to eddy, three women did dynamic rolls down different sections. Most had difficulty reading the river because it was not part of the course, thus many resorted to their survival technique, the roll. I strongly argue the value of river reading skills. One reason I never once had to do an involuntary live roll over the 3 days was because I had been taught to read water throughout my years of paddling from basic skills to instructor level. I believe rolling is a very important skill and should be taught at all levels because it gives you confidence to tackle big water and play in waves, but if a person can read water they have less chance of succumbing to a roll in a difficult situation that they didn't want to get into. EG a stopper or hole. In the afternoon they got us practising live rolls in big rapids and it pushed me physically and mentally. My confidence soared, but I was exhausted.

Day 3 we returned to the mighty Ocoee. We surfed sideways on a beautiful wave, preparing ourselves for the big day ahead. We paddled the lower section, I was getting very tired, and commissioned the high support too often in my attempt to stay

upright. So after lunch I opted to not paddle and drive the centres bus to the finish, an experience worse than paddling. Another woman who decided to sit out went pale as a ghost when I started driving on the wrong side of the winding hill road.

I wrestled with my feelings over not completing the last half a day, but I was satisfied that I came to learn to roll confidently and paddle big water and I had achieved those two goals. As well I met some fantastic people and had a bag of ideas to return home with.

## SUMMARY

In response to Ian Boyle's article about the necessity of learning to roll. I agree that it is an essential skill, however river reading and good technique are just as important. The women's course in America demonstrated that rolling develops confidence, but many of these participants had poor technique and river reading skills. Resorting solely to rolling, over low and high supports can be taxing (especially for women who tend to feel the cold more often than men) and make people over confident with their ability to paddle big water. I believe we owe paddlers a "duty of care" to teach paddlers all aspects of paddling, not just rolling because this would be failing in our "duty of care" and putting people at further risk.

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Basic Skills Twilight Course - March 5-6 and March 12-13

For further details contact Jenny Hogan Ph (054) 49 3497

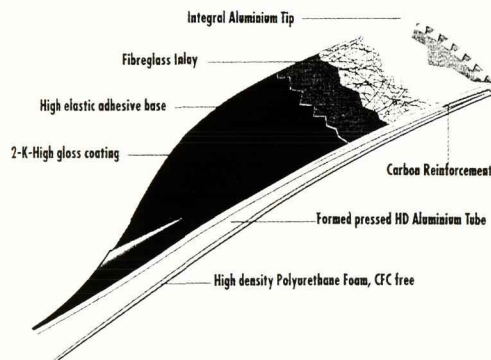
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The TECH III technology combines the advantages of Schlegels lightweight construction with high strength and precision developed materials. Through High Tech, high pressure foam injection, CFC free T60 foam combined with a fibreglass inlay provides extreme strength and high impact

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**Canoes Plus**  
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Fax: (03) 9817 1820

# Victorian Wildwater Championships

**Sunday October 22, 1995**

**Yarra River at Warburton**

## **Proposed Courses:**

**Senior Course:** Sanitarium Bridge to Milgrove  
(Grade II and III, 8 km)

**Junior Course:** Sanitarium Bridge to Warburton Bridge  
(Grade I and II, 4 km)

**10 am** - Warburton Bridge briefing  
**2 pm** - Teams

**11 am** - Singles  
**3.30 pm** - Presentations

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**RIVER RESCUE WILL BE PROVIDED**

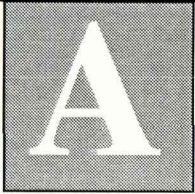
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**Proudly Sponsored by:**

Life. Be in it.  
**Have a go!**  
● VicHealth

**Snowgum**

*FOR MORE INFORMATION CONTACT CHRIS HUMFREY Ph. 9387 5971 or 015 830 309*



# cross The Office Desk

## Flatwater Junior Development

The first meeting of the new Flatwater Junior Development Team was held at the VIS on August 6. It was most successful and this new program was accepted most enthusiastically by paddlers, coaches and the VIS.

## Sports Expo

The Expo is drawing near, this is a great opportunity to see the sport as a whole. Write the date down in your calendar and make sure you see it. November 10-12.

## More on Junior Development

All three Junior Development groups are now sponsored by Maxim Products who will be supplying product for members of the various squads on their training camps. All members of squads and members of the VCA will be able to buy this produce at a discounted price. See advertisement in this issue of 'Paddler'

## ACF

ACF meeting is to be held in Melbourne this year. If you have any concerns contact your committee representative, but if you would just like to see what goes on, why not come as an observer.

Venue is; The Royal Parade Rainbow Hotel, 441 Royal Parade, Parkville. The committees will have their meeting on Friday 6 and Saturday 7 October, the Board of Management meeting will be held on Sunday October 8th at 9.00am.

## VCA Dinner

This is the night we all get together and celebrate the sport. All our Australian representatives have been invited to receive a certificate of recognition. The theme last year was the coach and this year it is masters sport.

Each committee will be awarding one award to someone from their discipline during the night. There will be lucky door prizes donated from Snow Gum, Capacity Sports, Compkraft and Canoes Plus. It was a great night last year so come along and enjoy this years Dinner. Tables can be made up of 8 or 10. Contact: Wendy Tomlinson for details and for bookings Ph 9457 1220.

## The Great Victorian Paddle

The planning for this event is underway. The concept is to offer a week long trip to all those people you know who have wanted to give paddling a go, those who have bought a boat, raft, anything which floats, but just find it too hard to organise. The trip will be organised to take the paddlers and craft to the river to organise the camping and the catering, very much on the lines of Bicycle Victoria. The event is supported by Sport and Recreation Victoria. Any one wishing to be involved in the organisation, please contact the Office. If interested in going on a paddling holiday yourself, getting your friends into this great sport, just watch for more information. Proposed date is December 1996.

## Olympian Room

The meeting room at the Southgate complex is no longer available for sporting associations to use. If you have any suggestions where the VCA and many of its committees can meet please contact the office. We prefer a venue in or close to the city and preferably free or very cheap.

## Flora and Marathon

Great news for Marathon. Flora Margarine is to sponsor the Marathon Committee including the Masters Games event. More information will be coming through the Marathon Committee.

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## Life. Be in it. Victorian Schools Slalom Championships

Life. Be in it. and Vichealth, again sponsored this annual event. This year saw another dramatic increase in participation numbers, which is very encouraging, although it does bring with it other problems.

Early the weather was cold and misty but soon cleared to a wonderful spring day. The water was a good winter level and the course, designed by Bernie Boulton was simple but challenging. The better paddlers taking the direct line, the intermediate paddlers going for a few in reverse and the newer paddlers going for complete break outs during the tighter stagger section in the middle of the course.

The course was designed to allow a paddler to be started every 30 seconds, with a modified C2 course to enable a faster time, necessary due to the large number of entries and having to get through over 450 runs in the day.

The smart paddlers did their practice runs on Saturday afternoon in pleasant mild weather, and had plenty of time to work out their options, the paddlers who opted for practice on Sunday

morning at 7.00am were in for a very cold practice. The briefing was at 8.00am and the race started on time at 8.30 am. The first classes, the older boys and girls had nippy conditions for their first runs, and most felt they could improve in second runs when conditions were warmer.

The competition was tight with most of the top juniors who went to the Junior World Championships concentrating on studies rather than paddling since returning to Australia left the way open for some serious challenges.

The schools competition was strong, particularly between the old rivals of Eltham College, Ivanhoe Girls and Ivanhoe Boys Grammar Schools. With Melbourne Grammar and St Leonard's College always in with a chance.

It was great to have a group of eight paddlers from Tasmania competing and they certainly added to the standard of the competition.

One of the highlights of the competition was the close contest in some of the events.

Open Boys K1 won by Lachlan Milne in 124.7 with Tim Natoli only 2 seconds behind on 126.6. David Treloar in 15 years boys on 143.25 only just defeated Kim Garriock on 144.09. The closeness of the contest goes on - Tim McDonald winning by .9 seconds. Tristan Koochew winning by 1.3 seconds, and so it went on all day.

In the girls the winners were predictable; open, Lauren Sykes; 16 years, Louise Natoli; 15 years, Erin Leahy; 14 years, Susan Wharton. A great new talent in the 13 years was Sarah Grimshaw.

After day 1, the Downriver race, Eltham college were well in front in the Boys Team point score competition, but the girls competition was close with Eltham in first place by just 2 points ahead of Ivanhoe Girls Grammar. The school with the strength in slalom would take out the over-all trophies.

At the end of the day Eltham College were clearly the over-all winners ahead of Ivanhoe Boys, Ivanhoe Girls and Melbourne Grammar. The boys team competition was closer, but again Eltham took out the honours. The girls team competition could not have been closer with Ivanhoe Girls School with 208.5 points winning out over Eltham Girls Team with 208 points. Next year this is sure to see great rivalry.

With over 20 schools taking part, the Schools Slalom and Downriver Championships is growing each year. The support and sponsorship of Vichealth and Life. Be in it have enabled this event to become one of the major events of the canoeing year.

**The individual Trophies were won by:-**

**Boys Senior Champion**

1. Lachlan Milne
2. James Hammond
3. Tim Natoli

**Girls Senior Champion**

1. Louise Natoli
2. Lauren Sykes
3. Yvette Hurst

**Boys Junior Champion**

1. Tim MacDonald
2. David Treloar
3. Joshua Pierini

**Girls Junior Champion**

1. Erin Leahy
2. Clair Beach
3. Sylvia Webb

**Schools Results**

Place	Best Girls	Best Boys	Best Overall
1	Ivanhoe G. G	Eltham College	Eltham College
2	Eltham College	Ivanhoe Grammar	Ivanhoe B.G.
3	Canterbury G.S	Melbourne Grammar	Ivanhoe G. G
4	St Leonards Coll.	St. Leonards Coll.	Melbourne Gram.
5	Tintern G. G	De La Salle Coll.	St Leonards Coll.
6	Doncaster S. C	St Michaels Coll	Canterbury G. S. C
7	Korowa G. S	Ringwood S.C	Doncaster S.C
8	PLC	Balwyn High	Tinturn S. C.
9	MLC	Girton Grammar	St. Michaels Coll
10	Sale Cath. Coll	Box Hill S. C	De La Salle Coll.

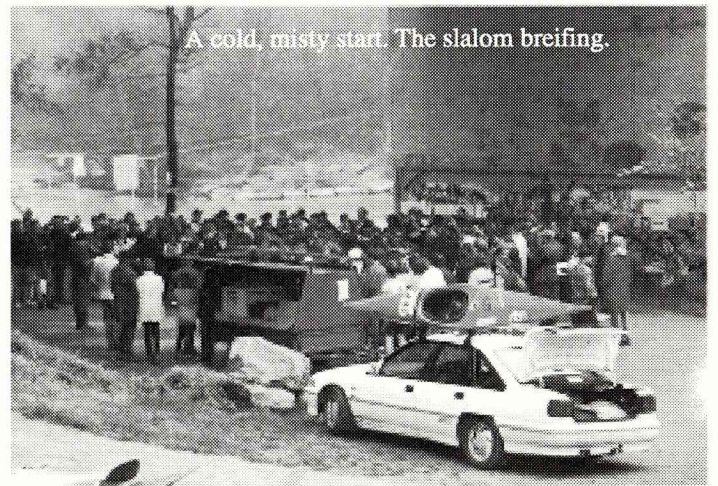
As a special award, Roy Farrance and Canoes Plus donated a prize to the new paddler with the most potential, with a prize of being coached by either Danielle Woodward, Olympic Silver Medalist or Roy Farrance, Olympic Coach, a Sterling silver Atlanta Stick pin and other goods. The winner of this prestigious award was Claire Beach from Eltham College. Claire won the 13 years girls K1 Downriver race, came second in the 13 years K1 slalom and won the 14 years C2 with Sarah Grimshaw.

The day finished with a presentation to all medal winners and certificates to our interstate visitors all presented by Julie Bond from Life. Be in it. Julie expressed her pleasure at being at an event which clearly embodied the idea of having a go and enjoying active competition.

*Text and Photos- Roy Farrance*



Ian Whitford (Eltham College) gives a "pop talk"

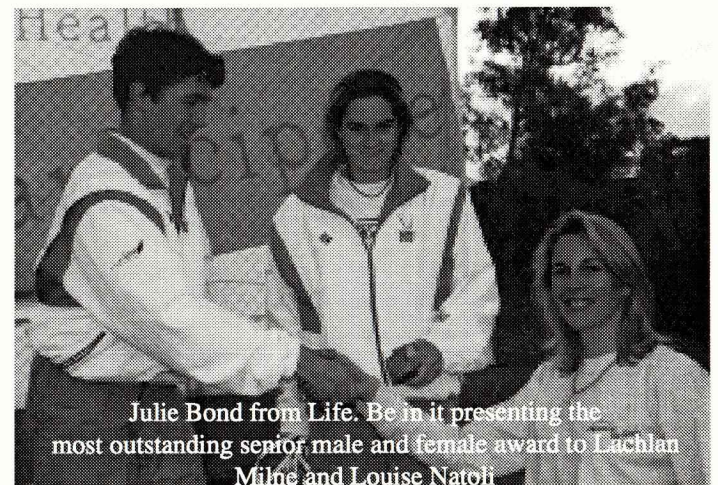


A cold, misty start. The slalom briefing.

# Life. Be in it. Schools Slalom Championships



Randall Newman (Eltham College) in 13 K1



Julie Bond from Life. Be in it presenting the most outstanding senior male and female award to Lachlan Milne and Louise Natoli

# World Slalom Championships '95

*A year of hope, olympic selection and frustration*

By Roy Farrance

**B**etter prepared than ever before, the Australian slalom team took on 38 countries at this years world slalom championships at Nottingham England to find out just how tough it is as the slalom world prepares for its second Olympic slalom this decade.

Each year as the standard of slalom at a World level improves and paddlers become technically more proficient and faster than was ever thought possible, the results become closer and closer, leaving no margin for error whatsoever.

England boasted the perfect summer, three months of continuous sun, the longest dry spell in over a hundred years: great for the may paddlers and visitors spending long training stints at Nottingham, particularly as the normally accepted wind, seemed to have disappeared.

The down side of the excellent weather was a distinct lack of water in the Trent River, the main water source for the International slalom course at Nottingham. This lack of water made Dights Falls in summer almost look attractive and made most Victorians feel very much at home. The course was low, with many flat stretches, interspersed with a few small waves and easy stoppers, not quite the water over 260 paddlers from around the world had come to race on. The course design became fast and technical: moves that required speed with a high degree of skill, which forced paddlers to take risks and race on the edge for the full length of the

course. Gate 24, an upstream stopper move, will last in the memories of many well known paddlers long after this event is forgotten by most.

Lucas Pollert, Olympic C1 Gold Medalist, lost a World Championship Gold by a mere duck of the head on this gate, even though having a winning time a 50 second penalty took him well out of contention. Piapaullo Ferrazzi, Olympic Gold Medalist in K1 also had a disaster at gate 24, instead of making an otherwise perfect run, a slight misjudgment of the surge in the stopper left the Olympic champion back in 54th place.

The racing was close, and the Australian paddlers proved they are moving up the international ladder.

The World Championship was also the first round of Olympic selection, and both Danielle Woodward and Richard Macquire qualified to race in Atlanta. Richard paddled his way into the final with a clean, fluent run in the qualifier against some 103 other paddlers, to come 17th and earn himself a spot at Atlanta next year. The final in Men's K1 saw Richard improve to eventually gain 11th place also achieving the honour of becoming Australia's best ranked MK1 ever.

Danielle Woodward, paddling at her peak, with every chance of making this her most successful championship, was given a very controversial and much disputed touch and 5 second penalty, which just put her out of the final.



Mia Farrance



at home in their new French designed boat. They paddled extremely well, but found out just how tough competition is at this level, with not a second to spare.

David Heard (C1), was a big improver for the season, coming home as the second Australian boat. David studying hard this year, didn't have the opportunity to attend any of the major races as lead up, so although lacking in race experience, managed a very smooth consistent run.

Matt Newton, although looking very fast in training and lead up events, found a few poles just a little closer than planned, giving him bonus seconds he really didn't want.

Jack Hodge, Australia's 4th C1, showed his planning and dedication paying off with a really consistent good run. Jack was another paddler who will remember gate 24 longer than most, a slight miscalculation of the surge made this gate a lot harder than planned.

It is time that slalom judging and officiating came into the current century. Unfortunately, video evidence is not accepted, and all disputes are taken on the judges word. When a judge has been sitting out in the sun for most of the day, watching many paddlers, how easy is it for a pole moved by wind or water to be interpreted incorrectly. At the current level of international slalom, with so much at stake, it is time disputes were settled more accurately and remove feelings of inconsistency or even bias. Some may remember the outcry after the Olympic Slalom in '72. Could National bias get in the way when making a subjective judgement?

Justin Boocock, in C1 having had a brilliant season so far, winning qualifying events in both Tacen and Prague against world class fields couldn't find the same form on qualifying day at Nottingham and finished 28th. Most unfortunate, but shows the inconsistency of slalom again, as Justin was banked as an Australian certainty for first round Olympic selection, this however was not to be.

The next Australian paddlers showed they are well on the way. A fit, trimmer than ever Jane Gilchrist put in an excellent clean run in her first "Worlds". Mia Farrance, while paddling well, picked up penalties on both runs and gained the recognition of being the only paddler to have a gate fall down just as she went through it on her first run.

Matt Pallister put down a fast clean first run, which only just missed a finals berth, which shows Matt has improved greatly on his previous world results.

Andrew Farrance put in 2 very consistent clean runs, despite being sabotaged by the organisers the previous day. Andrew, while sitting on the bank reviewing video of the ladies run, was hit on the head by a rock thrown by the course construction team as they tried to repair gate 10. With blood everywhere, Andrew spent the next couple of hours watching the Ladies and C1 events on television before having 6 stitches in his head at Queens Medical Centre that night. Getting out of hospital at 10 p.m. when racing at 8.45am the next morning is not the ideal text book preparation for a World Championship. Yet Andrew paddled one of his best races for the season, does this mean we need to change his pre-race plan in the future?

Wayne Thomas, the fourth Kayak, paddled a very good first run, but when picking up the pace on second runs couldn't keep as clean: Wayne still showed the overall improvement in our kayak paddlers.

The C2 crew of John Felton and Andrew Wilson have improved their technical ability all season, and looked much more

The best result for the Australians came from the Ladies K1 Team of Danielle Woodward, Mia Farrance and Jane Gilchrist, taking 6th place, but more importantly only seconds out of medal contention. The ladies were the most dedicated of the Australian Teams in training, and their result shows that training together as a team goes a long way. The team's success was evident earlier in the season at the Nordic Cup in Sweden, although Jane was not there, she was replaced by Andrew Farrance and they paddled in the men's division where they placed second just ahead of Germany's number one team, to the great dismay of the German men. It did show a clean consistent run was better than a fast run

# Level One Coaching Courses

## Slalom and Wildwater

October 27-29

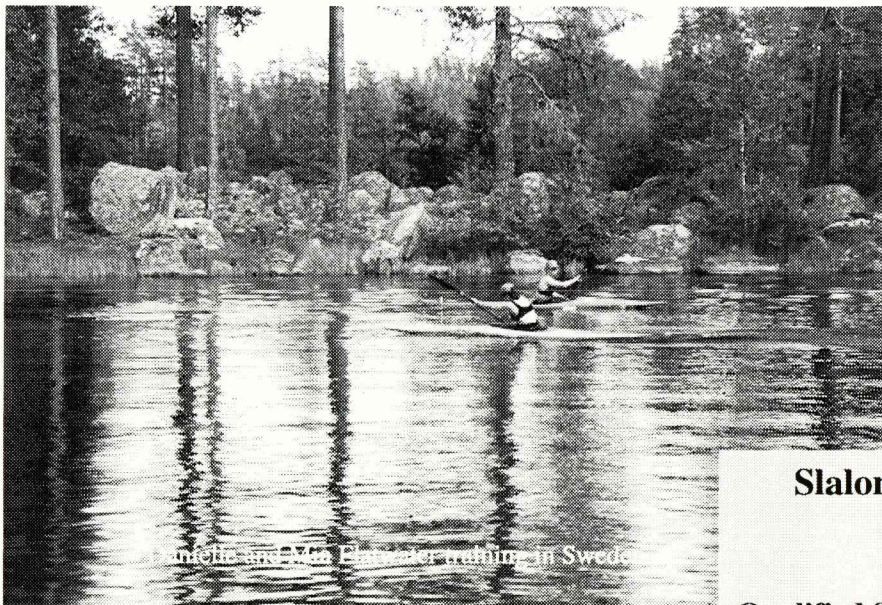
Organised by Mandy Linden

**Cost:** \$120-00 each course  
**Venue:** ORC 332 Banyule Rd Viewbank.  
**Bookings:** Contact Office Ph 9459 4277

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Victoria



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VICTORIA**



Michelle and Mita slalom training in Sweden

Australian slalom is moving ahead, but unfortunately so is the rest of the world, and it highlights the problems of distance and isolation. But most importantly the one, single, biggest draw back of being a slalom paddler in Australia is that there is no slalom course suitable for training or International competition. Australia needs to build an artificial slalom course in a capital city, if we ever really want to take on the world. Australia has the talent, has the knowledge, has the coaches, but nowhere to train. Maybe Sydney 2000.

### Slalom Canoeing Olympic Squad for Atlanta 1996

#### Qualified September 1995

<b>Women's Kayak</b>	Danielle Woodward
<b>Men's Kayak</b>	Richard Macquire

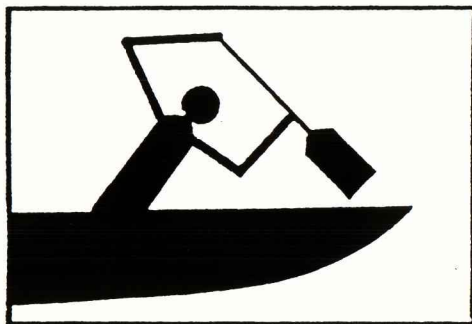
#### To compete at second Qualifying event in April 1996

<b>Women's Kayak</b>	Mia Farrance Jane Gilchrist
<b>Men's Kayak</b>	Mathew Pallister Andrew Farrance
<b>Men's Single Kayak</b>	Justin Boocock David Heard
<b>Men's Double Canadian</b>	John Felton/Andrew Wilson

with penalties.

It was sweet revenge at presentation, particularly after the 'bagging' Andrew received for paddling with the 'girls' when lining up at the start.

Most notable at this years world's was the Australian support staff, nine in total, a far cry from the usual one or two. This year saw coaches, Peter Eckhardt, Robin Sanders and Kevin Songberg, high performance Manager Donna Blay and Sports Scientist Enid Ginn with volunteer assistance from young paddlers from Melbourne Grammar Anton King and Dan Milne as team supporters. All being organised for video, split taking etc. by Manager Roy Farrance.



# FOREST EDGE ANNUAL CANOE SLALOM

**Sunday OCTOBER 29TH**

**Venue:** Forest Edge Christian Camp, Neerim East (Just follow the signs from Neerim South).

Entries taken on the day.

Hot food and drink available on the day

Overnight Camping/Motel accomodation also available.

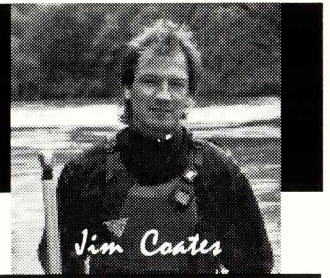
Ph (056) 236578 for Camp Bookings

Further Details :

Contact Wendy Nott (056)-223371 or Bryan Whelan (056)-254173

**\$10 Entry Fee for unlimited events. Spectators \$3 entry fee.**

# CANOE ED™



## Newsletter of the Victorian Board of Canoe Education

September Canoe Ed has rolled around and what is there to say? Let me think. Ah Yes...

### *ROLLING*

It's been much in the wind and it seems like every time I turn around it is a topic of discussion.

Greg (Pearson, our beloved chairman) has just returned from a brief sojourn in the USA and has been regaling me with stories regarding the paddling OT. Basically the story seems to be that the very first skill that any paddler learns before paddling on moving water is how to roll. Thereafter they can all roll and since they paddle like numphies they get a lot of practice according to Greg. I would be interested to hear from anyone out there who teaches or introduces paddling to people to find out where rolling fits into the grand scheme of things. I have heard that the magnificent Michael Cox of St Michaels Grammar teaches all of his students to roll very early and they seem to be hugely into paddling. They even have their own web page for kayaking. In the last issue of PADDLER an article by Ian Boyle from NSW was printed which dealt in a rather emphatic manner with the issue. Whilst I don't agree with all Ian had to say he certainly raised some serious questions.

### *WHEN TO TEACH ROLLING*

I tried an experiment last Friday night with a group of 14 tertiary students, none of whom had any previous paddling experience. This group is doing a short intensive course in kayaking. Myself and another instructor took this group into a heated pool and tried to teach them to roll. While none actually rolled, I would say that given adequate fitting and customising of the kayaks, probably half would have been rolling by the end of that session and most by the end of the next session.

An argument against teaching rolling early is that people who can't roll will learn to stay upright and will learn much better safety skills. Inexperienced paddlers seem to generally regard a capsize and swim as the worst thing that can happen. If they can roll they may end up in more serious trouble because they lack the caution a non roller would have.

The argument for teaching rolling early is that it vastly improves the confidence and learning ability of the students and the ability to roll can greatly improve their safety.

### *THE VBCE POSITION*

Currently in the ACF awards scheme you only need to demonstrate a roll at Whitewater or Sea kayak instructor level. The VBCE position is that in order to be proficient at grade 2 you would need to be able to roll and at the October ABCE AGM we will be moving that in the future, proficiency candidates would need to be able to demonstrate a roll. In addition the VBCE considers that any instructor should be able to roll reliably since an instructor who is swimming cannot attend to the safety of their group and so we will be moving that Basic skills instructors should be able to roll and at least introduce rolling to their students.

### *THE FUTURE*

By the time you read this the ABCE will have made a decision. I will publish the decision in the next PADDLER. Feel free to call and discuss the issue if you want.

### *ROLLING TECHNIQUE*

While we are aware that there are many different ways of rolling and one person will use different techniques depending on the circumstance, basically we would be saying a roll for the purposes of proficiency or whitewater instructors assessment should result in the paddler coming up upright or leant forward onto the front deck. A roll onto the back deck at proficiency might be accepted (don't quote me as the board has not decided) but a roll onto the back deck at Whitewater instructor level would probably not be. The recommended rolling style would be the "C to C" style. I will describe this style in the next issue but if you are interested have a look at a video called "Grace Under Pressure".

### *NEW BOATS*

#### *(HE/SHE WHO DIES WITH THE MOST TOYS, WINS!)*

Currently we are looking at buying 4 new Canadians to replace some of our older whitewater Canadians. The boats we are looking at are 14 foot open whitewater Canadians made of royaalex and fitted out to be paddled in the kneeling position either as solo or tandems. The three boats we are seriously looking at are the Dagger "Caption" and the Mohawk "Probe 14" and "XL 14". Hopefully we will have these by early December. The 4 "Endeavour" canoes (white plastic decked Canadians) will be traded in or sold.

### *WORKSHOPS*

The new boats that we are buying are sufficiently different to anything presently available that we are going to run two instructors workshop days on December 16 and 17 at Blue Gums to allow instructors to find out how to paddle and teach paddling for these boats. The cost of the workshops will be \$30 per day for ACF instructors and the number of places will be limited to 8 per day. If you are interested contact Jim at the office and book a spot. Greg Pearson will be running the workshops as he is an ACF Senior Canoe Instructor and he has just returned from paddling these boats in the US.

### *OTHER WORKSHOPS*

#### *FAULT RECOGNITION AND CORRECTION WITH BASIC STROKES*

Max Kerr will be running a workshop for instructors from 6:30-8:30pm on Tuesday November 14, 1995. Max is a highly skilled and experienced instructor with a special interest in the Basic skills instructor process. Anyone who knows Max will know this workshop will be excellent. The workshop is essentially aimed at Basic Skill instructors and trainees but would be invaluable for any instructors.

## ROLLING

Greg Pearson and myself will be running two evening workshops to demonstrate the "C to C" roll and how to teach it. The dates are November 7 and December 4. With all of the changes going on and with the likelihood that rolling will become a component of Introductory courses and schools programs in the near future, all instructors should consider attending one of these workshops. Even if you think you can already teach rolling try coming to one of these and I can bet you will go away thinking it was worth it.

## CLUB TRIP LEADERS AWARD

Currently the VBCE tests the ACF Whitewater instructors award by conducting a weekend trip where participants are trained

and tested in the essential skills required to be an effective whitewater tour leader. To gain the ACF Whitewater instructors award participants must also complete another assessment day and a variety of other requirements. The VBCE has decided to open up the process to canoe club trip leaders. These paddlers can complete only the relevant parts of the Whitewater Instructor training program (probably only one day of the intake weekend and the assessment weekend) and if successful will be awarded a VBCE club leaders award. Interested people should contact Jim at the VBCE for more information. Please note that this award is only intended for leading club trips and will not provide sufficient skills or qualification to act as a professional instructor or leader. We will be recommending that schools, scout and youth groups and other similar bodies do not recognise it.

# COACHES WANTED

## NSP Camp Goulburn

Qualified coaches are required to work on the NSP Camp to be held at Goulburn from November 24th to 27th 1995

Pay rates as follows:           Level 1 Coaches \$110.00 per day  
  Level 2 Coaches \$120.00 per day

Coaches conducting major theory sessions will attract a bonus.

Camping is available on site, but there is no catering at this camp and coaches will therefore need to be fully self-sufficient.

Interested? Fill out and return the form below.

I would like to coach on the NSP camp to be held at Goulburn, November 24-27

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

PHONE   BH \_\_\_\_\_ AH \_\_\_\_\_

QUALIFICATION           LEVEL 1                   LEVEL 2

AREA OF EXPERTISE           K1                   CI                   C2

Please return to: J. Farrance, 332 Banyule Rd. Viewbank, 3084. Ph (03) 9459 4277

# Canoeing

will be at the

## 1995 Sports Expo

Friday 10th, Saturday 11th *10am - 10pm*

Sunday 12th, *10am - 7pm*

November 1995

See the latest in boats and equipment from

Canoes Plus and Compkraft Kayaks

Talk to representatives from

Flat Water Touring

Canoe Administration

Sprint

Marathon

Canoe Education

Sea Kayaking

Slalom

Canoe Polo

White Water Touring

For information contact

Committee Chairman

Max Kerr

9726 5421

# National League

by Mike Wilson

Continuous action, that's what it was about Canoe Polo at its best. Modified rules to produce a non stop, free flowing, more exciting game. Combine this with the best players from seven different states, a great venue, the Adelaide Aquatic Centre and you have the ACF 1995 Interstate National League Competition.

The National League Competition had replaced the Open and Womens divisions at the annual Interstate Championships. The aim is to create a game that is more appealing to the media and possible sponsors; to create a truly nation wide competition at the highest level possible; to free up elite players during the Interstate Championships so they can coach, referee and organise that competition.

Victoria was represented by the following teams:

In the womens division, Anne Duncan, Jenny Hourigan, Rebekah Boffa, Kaye Truscott, Megan Bramich and Morwenna Griffiths.

In the Men's division, Tristian Crees, Michael Wilson, Stephen Gibson, Matthew Chaplin, Mark Waters, Glen Clivaz, Brad Baker and Brent Ah Sam.

The womens team played superbly, narrowly loosing the Grand final 1-2 to New South Wales. They are playing more consistently and with greater skill and determination with every national level competition they attend. In the mens division Queensland continued its good form over recent competitions to defeat New South Wales in the Grand final. The Victorian Mens team finished fourth behind South Australia.

Looking to 1996 it is anticipated that the National League will consist of three or four competitions throughout the year at various venues around Australia. The National League will also provide the high level competition needed by the National Squad members in preparation for the World Canoe Polo Championships being held in Adelaide in October 1996.

# Victorian School Championships

by Chris Humfrey

Thanks this year must go to the schools slalom and wildwater advisory committee, the participation athletes and their families for a smoothly run and enjoyable event. Approximately 200 individuals participated in this years school downriver race, certainly upholding our sponsor ethos of 'having a go'.

Conditions were excellent, the sun was shining and the water was at a suitable height. Exceedingly fast results were noted from the day, Lachlan Milne of slalom fame, had the fastest paddle of the day, followed closely behind by Craig Singleton and Paul Downes. Craig Macallister from the U16 division came second overall in the event, and this is certainly a fantastic achievement. We will all be watching hem closely in the future.

In the U14 Boys category David Treloar certainly gave Josh Pierini a scare finishing second behind him by only eight seconds. In Open Girls K1 category Susan Humfrey comfortably beat Lauren Skyes by 27 seconds... It is a pity that more downriver boats were not available for the event. Individuals such as Erin Leahey paddling a slalom boat in the race would certainly shave off a good few minutes on her already fast result.

Participants with promise this year will be invited to join the SnowGum Downriver Development Squad, instigated by Torsten Krebs and Glenn Singleton. Skills will be tuned and training schedules managed in the hope for greater junior participation in State, National and Junior World events.

Many thanks must go to the timers who are always forgotten, especially Peter and Steven at the finish who were always bombarded with anxious questions on individual times. Next year it might be best if we partition this area off! Thanks also to Ivanhoe Grammar School.

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# STOP PRESS!

by *Torsten Krebs*

## THE RECENT WORLD WILDWATER CHAMPIONSHIPS PRODUCED SOME INTERESTING RESULTS, INCLUDING SOME UPSETS AND SOME IMPRESSIVE PERFORMANCES FROM AUSTRALIANS.

Held at Bala on the river Trywenn in Wales in late August (26th - 27th), the flat, fast and gnarly course produced a fastest time of 21 minutes (Markus Gickler, Germany). Australia recorded its best performance for over ten years with Andrea McQuitty's thirteenth place in Women's kayak. Close behind the winner, Ushi from Austria and fourth-placed Sabine Eichenberger from Switzerland, with whom she was neck and neck at earlier races this season, Andrea has moved very strongly into the top class at world level. Laurence Castett from France, well-known to Australian paddlers after the excellent series of training camps and workshops in January this year, earned her first world champs medal with a run of, placing her second, seconds behind the winner.

Particular mention should also be made of junior kayak paddler John Wilkie: place thirtieth in his first international wildwater final, 1:17 behind the winner, John has a very promising future. Wildwater, like most endurance sports, is usually an older person's sport, but John was not the only younger man to put in an impressive performance. Dejan Kralj from Slovenia place 23rd in men's kayak, 58 seconds behind the lead in his first open finals.

As a general comment, one could be forgiven for concluding that the domination of international wildwater racing had moved east from France to Germany. Each nation is allowed four competitors per class at the world championships. On top ten placings, German paddlers placed first, third, fourth and eighth in C1. However, such an assessment would be unfair and superficial, falling to recognise the increasing breadth of participation in the

sport. Men's Kayak drew 73 competitors from 23 countries in five continents, including new-comers Japan and Brazil as well as Bosnia, Luxembourg and South Africa. The Men's Kayak team event was won not by Germany but by New Zealand. The other classes, whilst not as broadly-based as Men's Kayak, were closely contested by strong and diverse fields, all of which augers well for the future of wildwater racing at international level.

Recognition and respect is also due to our neighbours across the Tasman: New Zealand fielded competitors only in Men's Kayak, but placed Aaron Cox - sixth, Andrew Martin - seventh and Phil Dooney - fourteenth in individual and won the teams in that class.

Australia also performed most creditably in the Men's kayak teams event, placing 8th out of eighteen, 1:27 behind the lead. The teams event requires three paddlers from the same nation, resulting in much smaller fields in all classes. For that reason Australia did not have entries in the other classes in the teams event. Some relaxation of this rule to permit nations with fewer than three competitors in the individual event to combine to make up teams is long overdue.

Conventional wisdom has it that, between wash-riding and egging each other on, times in the teams event should be faster than the slowest paddler's individual time. The results tell a different story this time. It worked for New Zealand in Men's kayak and for Germany and Slovenia in C1, but not for any other teams so far as I can determine. Perhaps there is more to this.

### INDIVIDUAL

#### Mens Kayak - 73 Starters, 23 Nations

1 Markus Gickler GER	21:00.78
2 Robert Pontarollo ITA	21:01.25
3 Thomas Koelman GER	21:06.90
30 Jonh Wilkie AUST	22:17.60
32 Piers Goodman AUST	22:18.25
41 Matt Dalziel AUST	22:47.38
44 Keron Hepworth AUST	23:01.82

#### Womens Kayak - 34 Starters, Nations

1 Ushi AUSTRIA	
2 Laurence Castett FRA	
13 Andrea McQuitty AUST	
17 Bernadette Payne AUST	

#### Single Canoe - 31 starters, 10 Nations

1 Vladi Carlo ITA	23:56.78
2 Stefan Stiefenhofer GER	24:00.53
3 Jerome Rounardel FRA	24:06.68
30 Ewen MacGregor AUST	36:23.06

#### Double Canoe - 27 Starters, 11 Nations

1 Vala/Slaetk Slovakia	22:49.27
2 Fatsse/Roos FRA	22:50.41
3 Dajek/Knittel GER	22:52.52
22 Miller/Worthy AUST	27:07.63

### TEAMS

#### Men's Kayak - 18 entries

1 New Zealand	21:25.98
2 France	21:28.39
3 Germany	21:32.92
8 Australia	22:52.97

#### Women's Kayak - 6 entries

1 France	23:35.84
2 Germany	23:47.67
3 Great Britain	23:49.64

#### Single Canoe - 8 entries

1 Germany	24:07.43
2 France	24:17.54
3 Slovenia	25:07.86

#### Double Canoe - 6 entries

1 France	23:14.32
2 Germany	23:14.63
3 Great Britain	23:30.73

# National Slalom NSP Camps

The NSP coaching camps are taking on a new identity. Instead of just one camp immediately prior to the Australian championships there will be two camps; one in NSW and one in Victoria. Both are to be held well in advance of the Australian Championships. The application form to attend the Victorian camp is included below.

**Venue:** Goulburn River Slalom Site

**Dates:** November 24-27 1995

**Numbers:** The camps will be strictly limited, so get your application in early and avoid disappointment. Paddlers can attend both camps, but will receive subsidy to only one.

**Ability:** The camp caters for all ability groups, and ages. Paddlers must have competed in slalom prior to the camp.

**Cost:** Grants from the Australian Sports Commission enable us to subsidise paddlers under 21.

Under 21 \$75-00      Over 21 \$150.00

*Participants must be self supporting during the camp, there are ample camping and caravan sites available and motel accomodation at Eildon, some 5 km away.*

**Course Structure:** Participants will have two paddling sessions per day in small groups with their own personalised coach. A minimum of 1 theory session per day will be included.

The camp is designed to improve the participant's paddling skill and knowledge. Each participant will be encouraged to develop their own goals and be assisted to design a plan to achieve them.

**Subsidy:** Travel subsidy is available according to the following for both the NSW and Victorian camp

The first 6 applications from WA to receive a subsidy of	\$200.00 each
The first 2 North Queensland applications (North of Rockhampton)	\$150.00 each
The first 4 Tasmanian Paddlers	\$150.00 each

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## APPLICATION FORM

### NSP CAMP NOVEMBER 24th - 27th 1995

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ P/code \_\_\_\_\_

Phone BH \_\_\_\_\_ AH \_\_\_\_\_

Age \_\_\_\_\_ Club/School \_\_\_\_\_

Type of Craft (circle one)    K1    C1    C2    (partners name) \_\_\_\_\_

Event 1 \_\_\_\_\_ Place \_\_\_\_\_

Event 2 \_\_\_\_\_ Place \_\_\_\_\_

Please enclose full payment of \$75.00 (subsidised) or \$150.00. Cheques made payable to ACF, NSP  
Return to: Jane Farrance 332 Banyule Rd, Viewbank Vic 3084. Ph. (03) 9459 4277

# Coaches Update

Coach Roy Farrance and Paddlers from the recently returned Australian Slalom Team will be running a forum on techniques and the latest information from overseas.

*Suitable for both paddlers and coaches.*

**Cost:** Free

**Venue:** Blue Gums, Goulburn River

**To book:** Contact the VCA Office

Ph. 9459 4277

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# CALENDAR OF EVENTS

Dates	EVENT - Location	Contact	ph:No
<b>October</b>			
5-14	VCA Vic Health 5th.Australian Games	Jane Farrance	459 4277
5-14	VCA Australian Masters Games	VCA	459 4277
7-8	Marathon Bendigo Cup Bridgewater	Tony Misson	054 411170
8	Sprint Race 1 Bendigo	Merril Meek	059 402011
14	Kirinari Downriver 3		
14-15	VBCE Introductory Canoe/Kayak	VBCE	459 4277
20-22	Flatwater Level One Coaching Course	Dasha Kopececk	890 4919
21	Canoe Polo Spring Season Final	Stephen Simmons	882 2112
21-22	Victorian Life Be in it DownRiver Championships	Slalom Committee	
21	Red Cross Echuca Mini Marathon Barmah	Red Cross	
27-29	Slalom Whitewater Level One Coaching Course	Jane Farrance	459 4277
<b>November</b>			
5	Touring Novice Tour Yarra River	Rod Jones	723 5117
5	Slalom Yarra Series 5. Dights Falls	Chris Humfrey	387 5971
5	Red Cross Yarra Marathon Healesville		
5	Swan Hill Murray Clasic Marathon	Russell Sprong	
11	Goulburn Classic Marathon Seymour	Marthon Committee	808 0468
12	Sprint race 2Auravale	Merrill Meek	059 402011
12	Wildwater. Kirinari Downriver final (4)		
14-22	VBCE Introductory Canoe/Kayak Course	VBCE	458 4277
18-19	Slalom Canoes Plus Slalom Country Series Race 4 Goulburn	CPRT	816 9411
19	Sale Canoe Marathon		808 0468
19	Bridge to Bridge Marathon Geelong		808 0468
25	Barwon Mini Marathon Geelong		808 0468
25-26	Slalom Coaching Weekend Goulburn	Mandy Linden	809 2238
25-26	Introductory Canoe/Kayak Course Westerfolds	VBCE	458 4277
26	Yarra Challenge Marathon Melbourne		808 0468
<b>December</b>			
2	Murray 40 Marathon Yarrowonga	Rob Schram	058 711 446
2-3	Victorian Life Be in it Slalom Championships Goulburn	Slalom Com'tee	816 9411
3	Novice Tour Yarra River	Rod Jones	723 5117
3	Sprint race 3 Ballarat/Sugarloaf	Merrill Meek	059 402 011
9-10	Introductory Canoe kayak Course Westerfolds	VBCE	458 4277
9-10	JWL Challenge.	Garry Ebling	052 614686
9-10	Sea Kayaking Introductory Course	VBCE	458 4277
9-10	ITC Sprint Regatta Adelaide	Merrill Meek	059 402 011
10	Murray River Marathon Dress Rehersal. Maribyrnong R.	Stewart Nichol	74262291
10	Murray River Marathon Rehersal Footscray	Noel Hunter	9749 1386
27-1/1	Murray Marathon Yarrowonga		808 0468
<b>January 1996</b>			
12-14	ITC Sprint Regatta Wivenhoe/Ballarat	Merrill Meek	059 402 011
12-14	Juniour National Sprint (TBC)	Merrill Meek	059 402 011
20	Sprint Race 4 Geelong	Merril Meek	059 402 011
28	Peaches and Cream Marathon Cobram	Jim	058 722 105
28	Sprint Race 5 Footscray	Merril Meek	059 402 011
<b>February 1996</b>			
10-11	ITC Sprint regatta Penrith NSW	Merrill Meek	059 402 011
17	Life Be in it Sprint Victorian Champs Ballarat	Merril meek	059 402 011

# Glenelg Games

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**Race Briefing 10.30 am**

**Race Start 11.00 am**

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