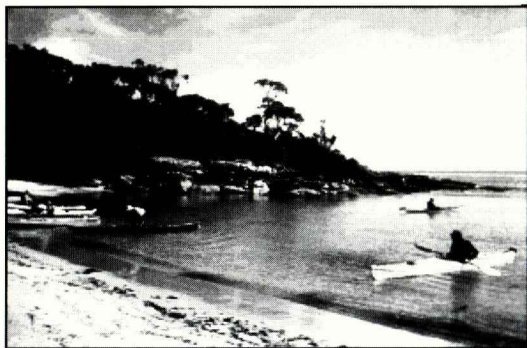


Paddler

300

MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.



North Pacific
Ocean

South Pacific
Ocean

**HAVE KAYAK
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Update! Update! Update Update!

1996 Eildon triathlon

6:00 am . and the weather was cold and misty. But it wasn't long before the sun burned away the mist and a wonderful sunny day emerged. It was March 24, the day of the VCA's Eildon Triathlon. There was a hum of excitement as cars moved back and forth between transition points dropping of boats and bikes ensuring everything was in order before the competitors raced through and swapped one mode of transport for another in the mad dash to be the first to run, paddle and ride from Eildon Community center, down the back road and river to Thornton, and then via the main road back to the community center.

The fastest took little over an hour (1:14:30) and the longest took over two (2:25:25).

Over 190 competitors took part with a wide spread of transport, the run was straight forward, run, jog, or walk. The paddle saw a wide a range of craft as would be seen at any event or club outing. There were a couple of K1's and TK1's who took the risk and paddled through the first rapid, some, wiser who decided to portage the first rapid. The canoe lessons prizes should be well used as there were 15+ capsizes in a variety of boats, which kept our rescuers very busy.

The most popular craft was the downriver racer, which attests to the resurgence of this discipline. Then there were a range of doubles from TK2's to rapidriders, to open touring Kayaks, the range of glass and plastic was interesting with many showing signs of dust and garden debris.

One paddler was seen in an Open kneeling C1, rumor has it that it was the Program Manager from the VBCE, showing that the canoes can do anything a kayak can do. It is also rumored that he beat Tim Natoli, half his age and paddling a downriver kayak. The oldest craft on the water was a very shaky surf ski, which had definitely been taken out of a well deserved retirement, however, it passed scrutineering and made the distance.

In the bike section there were the upmarket racers with disc wheels and hi tech frames to the mountain bikes normally taking a rougher track to the clunky rusty bikes which have not been used for many a month, some with panniers and even one with a basket on the front handle bars. This truly is a participation event where all can have a go.

The winners of the Lions club perpetual trophy for the fastest individual male and female were Tony Zerbst with a time of 1 hour 14:30 and Jenny Hourigan with 1 hour 36:19.

It was sensational that the overall winner, Tony was competing in the 40+ class and Jenny in the 20+ class a great spread of talent and fitness.

The sponsors were terrific and the winners of events, and winners of the many spot prizes were very impressed with the standard and quality of the products. Their names are listed in this edition of the "Paddler" please support them whenever you can as the sponsors make a good event a great event.

Lots of small things, all positive went to ensure all had a really great time, the help and good nature of the CFA and SES men at the end of the paddle leg was a real lift to the tired competitors and urged them on to better things in the ride, the enthusiasm of the applause these men received during presentation was clear appreciation of their efforts.

The fire truck parked just beyond the finish line, who found another use for their water hoses had many competitors quickly cooled off. All added to the friendliness and fun of the day.

The competition was tight at the upper levels and hard fought, but the good will and fun of the day was never lost even in the fiercest battle. The bad luck story would have to go to Kaye Truscott, who looked set to win her class, but had a slow puncture, had to stop twice to pump it up and then finally had to stop and change the tube. A frustrating ride for Kaye.

The presentation was held only half an hour after the final competitor came in. The results were regularly posted, and the competitors appreciated getting their results so promptly. The time keepers and computer team were magnificent.

The winners on the podium looked terrific with a backdrop of trees, mountains and beautiful blue sky.

Definitely an event not to be missed next year.

Update! Update! Update Update!

Eildon Triathlon

Results

Individual 16 Men

- | | | |
|----|----------------|---------|
| 1. | Nick Morris | 1:27:21 |
| 2. | John Humphries | 1:33:18 |
| 3. | Joshua Pierini | 1:36:06 |

Individual 40-49 Men

- | | | |
|----|--------------|---------|
| 1. | Tony Zerbst | 1:14:30 |
| 2. | Dough Fernie | 1:24:42 |
| 3. | Greg Murray | 1:32:10 |

CAPACITY SPORTS

Individual 20 -29 Women

- | | | |
|----|-----------------------|---------|
| 1. | Jenny Hourigan | 1:36:19 |
| 2. | Anne Duncan | 1:37:35 |
| 3. | Kate Abbey (16 Years) | 1:42:42 |

Individual 30-39 Men

- | | | |
|----|-----------------|---------|
| 1. | Russell Newnham | 1:16:58 |
| 2. | Robert Russell | 1:16:58 |
| 3. | David Etheridge | 1:19:10 |

Open Pairs

- | | | |
|----|---------------------------------------|---------|
| 1. | David Doyle/Keith Randell | 1:18:37 |
| 2. | John Stomps/Peter Gonshor | 1:33:30 |
| 3. | Lawrie Morton/John
Morton (Family) | 1:44:39 |

COMPKRAFT KAYAKS

Junior Team

- | | | |
|----|---|---------|
| 1. | Alistar Carrie/David Mc
Partland/ | 1:19:13 |
| 2. | Craig McAllister/Jarrad
Bonney/Rink-Jan Lohman | 1:26:16 |
| 3. | Russell Cohen/Thomas
Cohen/Nicholas Grange | 1:31:39 |

COMPKRAFT KAYAKS

Open Women's Teams

- | | | |
|----|---|---------|
| 1. | Julianne Bryce/Bev
robinson/Erin Leahy | 1:36:53 |
| 2. | Terry Gaechter/rima
Truchanas/ | 1:41:28 |
| 3. | Di Jonne Altis/Kara
Malins/Sharon Ingram
(junior) | 1:45:30 |

Individual 17-19 men

- | | | |
|----|---------------|---------|
| 1. | Lachlan Milne | 1:22:51 |
| 2. | Ben Patrick | 1:24:24 |
| 3. | Justin Britt | 1:26:58 |

Individual Men 50+

- | | | |
|----|---------------|---------|
| 1. | Eric Davidson | 1:26:43 |
| 2. | Valdis Kalns | 1:31:31 |
| 3. | Barry Meek | 1:32:59 |

CAPACITY SPORTS

Individual 20-29 Men

- | | | |
|----|----------------|---------|
| 1. | Bruce Webster | 1:17:14 |
| 2. | Geoff Vietz | 1:18:50 |
| 3. | Cameron Morton | 1:22:12 |

Individual 30-39 Women

- | | | |
|----|------------------------|---------|
| 1. | Karen Zerbst | 1:36:35 |
| 2. | Jennifer McInnes (40+) | 1:37:40 |
| 3. | Robin Payne | 1:39:12 |

Mixed Pairs

- | | | |
|----|--|---------|
| 1. | Tom Crebbin/Karen Crebbin | 1:30:48 |
| 2. | Stephen Beits/Julie Peirriam | 1:31:27 |
| 3. | Maree Turbiak/Anna Dermott
(Women Junior) | 1:40:51 |

COMPKRAFT KAYAKS

Open Men's Teams

- | | | |
|----|--|----------|
| 1. | Stuart Hill/Travis Minns/Craig
Newman | 1:14:49 |
| 2. | Peter Fisher/Johne
Hetiridge/Sean O'Neal | 1:19:45S |
| 3. | Rowen Privett/Mark Zehntner/
Brad Bessant | 1:20:56 |

COMPKRAFT KAYAKS

Open Mixed Teams

- | | | |
|----|--|---------|
| 1. | Chris Eastman/Andrea
Eastman | 1:22:49 |
| 2. | Annemarie Mahoney/Brendon
Mahoney/David Treloar | 1:25:22 |
| 3. | Richard Neitz/Warren
Fry/Jackie Handley | 1:32:15 |

STOP PRESS

Welcome to Grace Sanders, Born Tuesday March 26 1996. Bringing the Sanders family to five. Congratulations to father Robin, and Mother, Margot. The latest in the new generation of paddlers we expect to see on the water soon.

Bill Smith has been ill, but is now on the road to recovery. We all send Bill our best wishes and look forward to seeing him back in his little tinny rounding up sprint/marathon paddlers. Hopefully he will be back on deck for the Australian Marathon Championships.

Paddler

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SPORT AND
RECREATION
VICTORIA

Cover Photos: Sea Kayaking (Mike Cromie and Laurie Atkins)
Inside: Flower Sacrifice Cauvery River (Mike Higginson)

1996 REPORT ON CLEAN UP AUSTRALIA DAY

(as done by Kirinari Kayak Klub. 3/3/96)

On arrival at Lwr. Homestead Road Reserve, the Yarra River was still under fog at 9am when we arrived to set up. There was a fisherman setting up his lines on the St John of God property as well as two other Canoeist's who offered to take a bag down with them to help on clean up day. As we looked around the Reserve it was in a terrible state and George set out to rectify the problem and had collected two bags of rubbish and two car seats, before our paddlers even set out on the river.

The river level was flowing at .85 on the Bernie R. Scale which I thought was quite a good level for today's activities, after all the rain the level had actually dropped from .98 (2pm) Friday which was quite good for our day. If the water level is too high, then it is much more difficult to find rubbish.

In all the attendance was down slightly on other year's but with 19 paddlers, 2 walkers and 3 base crew at Witton's Reserve it made for a very good effort on the day. Everyone was very diligent in their work especially our two walkers who saved us so much time on the day by handing rubbish to the Canoeist's. A total of 31 bags of debris was conveyed down through the rapids along the 3 km stretch to Witton's Reserve. Another two bags of rubbish from Homestead Road Reserve and the car seats, were delivered to the stock pile that accumulated under the tree on Witton's Reserve. The "friends of group", together with our base crew managed to collect a further 40 bags making a total of 73 altogether, with numerous other Car parts, part of a broken canoe, a dead goat (which thankfully we reported and was removed) before we arrived to clean up on the Sunday.

This year I divided the Canoeists into two groups - 1st group working only from Bob's Rock to Witton's Reserve and 2nd group working from Homestead Road to Bob's Rock. This seem to work very well and I have had good feed back on this idea from our paddler's. Working this system allows for more of the river to be cleaned up before our Canoes and Kayaks are too full to paddle.

Next year we would love extra people to walk along the banks to help load up Canoes. (However you do need to be fit to do this, as the section is hilly and there is also only a tree trunk to cross over Brushy Creek on into Witton's Reserve at the end). I would also need to know fairly early how many people are walking as we really need to get the approval of the lessee before hand, for the Mt Lofty area.

Jan Stone once again did her superb job with the BBQ setup. I was told that our canoeists could smell the delicious smell wafting down the river out of the BBQ Tent. Maybe that's why they finished on the river on time this year as the smell was drawing them down to Witton's Reserve. Seriously, I am sure that the walkers contributed greatly to this,

saving our canoeist's from getting out of their boats all the time. Thanks also go to Janet Campbell our prospective new member who helped Jan Stone and myself clean up the Witton's Reserve, put up the tent and helped serve up the BBQ and drinks.

In all our people took out a total of 31 bags of rubbish out of the river, 2 bags from Homestead Road Reserve, two car seats, lots of tyres, car parts, paint tins, glass, plastic and aluminium cans, plus organised the collection of a dead goat. In total 73 bags of rubbish were collected jointly with the Friends of Witton's group, (31 recycled bags with glass, plastic and aluminium and 42 other bags).

I extend my appreciation and thanks to all who attended and helped make this day a success

C2 Crews were-

1. Rod Jones & Rick Manzin
2. David & Bernie Boulton
3. Eric Jeffrey & Graham Cusack
4. Alan Jones & Lee Burbeck

Kayak Go for's: George Karanikich, Laurie Higgins, John McConnon, Bill Jones, Tom Stone, Bryan Speed, Susan Humfrey, David Humfrey Snr., Carl Deunk.

Now the river, Homestead Road Reserve and Witton's Reserve were looking much happier after our attack on them. hopefully it will last for a little while.

Other Clean Up Australia News:

I was very happy to know that some other clubs have joined in on the "Clean Up Australia Day" project on the Yarra River. Our previous helpers from Templestowe Canoe Club have volunteered to clean up their own section of the Yarra namely - Fitzsimmons Lane Bridge to Finns Reserve. This area is usually very bad so it was great that they were able to do this section this year. Perhaps Templestowe C.C. will forward their own report to Paddler

Whilst, our own clean up was in progress starting at Lwr. Homestead Road, I was also pleased to see Yarra Valley Marathon Club come to do the Lwr. Homestead Road section upwards, which meant that 'this section would also be cleaned up. I do not know how much rubbish they pulled out as we had to go on the river and move on to Witton's Reserve, but it was pleasing to see them there.

I do not know of any other clubs who have joined these 3 clubs in cleaning up on this day, but I would love to be contacted if your club did?

Thanking you everyone from,

Glenise Karanikich
Conservation & Environment Officer, KKK
Clean up Australia Day Site Supervisor &
Coordinator Yarra River Wonga Park Section
Ph 9728 3484

CONGRATULATIONS

To: The Secretary
VCA

Dear Sir/Madam,

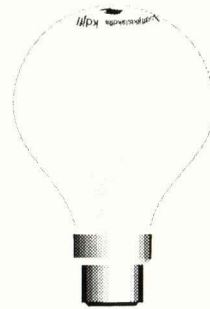
Recently rangers from the Snowy River National Park completed an inspection trip of the Snowy River from Willis to the Buchan confluence. The object of the trip was to look at campsite condition, pest plant populations and to inspect some possible sites for the endangered Brush-tailed Rock Wallaby.

These rangers are relatively new to the area and were extremely pleased with the condition campsites have been left in along the course of the river.

I thought it timely to write and thank/congratulate your members on their contribution to management of the Snowy, ensuring it remains as beautiful as it is at present, into the future. The lack of rubbish, other human waste and the only a minimum amount of fire scares, reflect very positively on the sport, and the people participating in it.

I wish I could report the same degree of success in our management of pest plants. I would once again like to thank your members for their efforts to take part in incidental monitoring of sites down the river as we set them up in the future.

Regards
Robin Mares
Ranger in Charge Bendoc



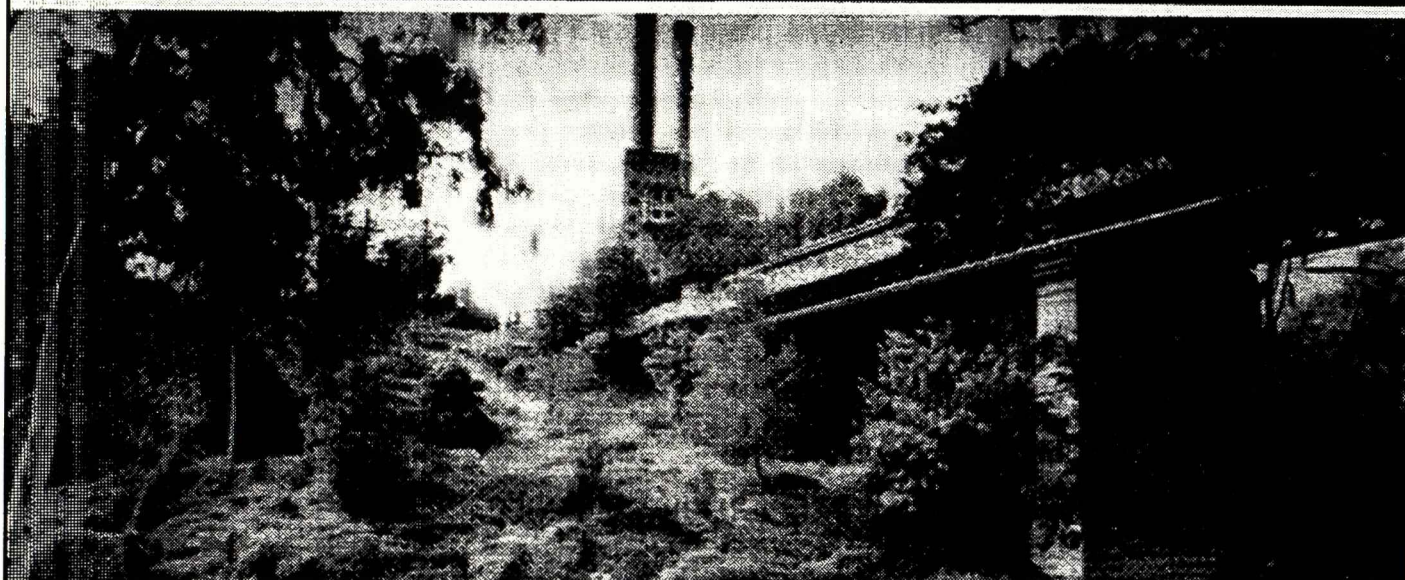
NEW

PRODUCTS

RapidStyle Basic Dry-Top

After the great introduction last year of the Semi-dry form Rapidstyle - the innovators have gone and improved on their product yet again. Now this great double tunnel bag has a full rubber neck for a total seal (previously only had adjustable lycra that caught a lot of water when you rolled or half rolled!) Still has the rubber wrist cuffs and velcro-neoprene over protector. Great new item available at Canoes Plus and all good retail outlets from Mid-April

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India, Syria, Sudan, Germany, Austria, Hungary, Serbia, Bulgaria. Two paddlers get in their boats and go.

Paddling Backpacking

By Mike Higginson and Robyn Scott

Nile River near lake Nasser
Opposite: Packing under the shade of a coracle the day on which Robyn was introduced to paddling with crocodiles

We knew from the beginning that it was an ambitious venture. The people we approached for sponsorship evidently thought so too, as takers were thin on the ground and although we kept on begging, we resigned ourselves quite early to the fact that we were not going to get too many major breaks from the expenses of our expedition.

Day Two New Zealand was the first major supplier to come to the party and their support throughout the trip has been greatly appreciated.

But there was still an awful lot of equipment to purchase and air fares to be paid, so we set about "unburdening" ourselves of our worldly goods. Even then it was necessary for Mike to remain in his job as Executive Officer for the Victorian Board of Canoe Education until the week before we left and I kept working until two days before we were due to fly out of Australia.

First stop was India, where we planned to make a first descent of the Cauvery River stretching from the Western Ghats in Karnataka to the sea on the coast of Tamil Nadu.

At that time we were a party of three, although Rob Scott pulled out around the halfway mark with concerns about an abscess on his leg.

The Cauvery began in the state of Karnataka surrounded by lush green jungle and coffee plantations. In the upper sections the water wasn't huge, but rapids were tight and our heavily loaded kayaks lost quite a bit of plastic on the jagged rocks that hemmed in narrow chutes.

At several points the river broke up into several small streams flowing between islands that were home to far more crocodiles than I ever wanted to see at such close quarters. Through that entire section every splash sent my heart leaping into my throat and by the time we pulled in that night everyone's nerves were pretty well shattered.

Mine weren't going to get much rest for the next couple of weeks. Mike was determined to paddle a section of the river that ran through a gorge so narrow that at one point local goats were reputed to leap across it. We were extremely fortunate to have received help from several academics in Mysore and Bangalore who had access to topographic maps officially off limits to foreigners, so at least we could get some idea of what lay ahead.

The water in this section was undoubtedly beyond my abilities, so Mike and Rob went on without me, while I waited for a phone call saying they'd reached the other end safely.

The gorge wasn't my only cause for concern, though. Somewhere in that region a madman named Veerappan was holed up, with literally hundreds of special force soldiers hunting for him and the army of supporters he had recruited to his campaign of violence. Interviews with Veerappan published earlier in the Indian media made it clear that this was not a rational person and I had serious fears for Mike and Rob's safety.

After 10 days and no word, I took up a friend's late-night offer to drive me to Hogenakkal Falls, our designated meeting place.

The 300 km trip took 12 hours, during which we bogged the jeep to the axles in a clay bog, had a minor accident, and were detained by soldiers demanding a bribe to open up a service road to us. Along the way, Singh and I also received several reports that Mike and Rob had been sighted some days before and when we arrived at Hogenakkal we found them with their feet up on the balcony, sipping beers!

After Hogenakkal our next problem was not big water, but a distinct lack of water. We'd been warned that the river was depleted by irrigation and never reached the sea except during the monsoons, but we decided to see just how far we could get.

After being arrested twice at major dams (these are targets for terrorist groups such as the Tamil Tiger separatists) we managed to get the irrigation department firmly on side and at every one of the multitude of dams we crossed

in the second half of the river, we were welcomed by engineers who obligingly opened the gates long enough to keep us afloat the following day.

In the last week we had to negotiate the flotsam and jetsam deposited in the river by a cyclone that had passed through there about a month ago. Trees and huge stands of bamboo blocked the river in places and we had to drag our boats up and down sheer banks to pass around them.

We smelled the salt of the ocean before we saw it and paddled out into the clean, foaming water, a godsend after our last days, spent dodging dead animals caught in fallen trees and the other debris of the cyclone.

After the excitement of arrests, crocodiles and very large water in India, Syria provided something of a much-appreciated break from drama.

We put in on the Euphrates just below the Turkish border. The sun was trying to shine and the river was flowing extremely fast, making our first day back on the water rather pleasant.



That would have to be the phrase that summed up our entire time in Syria. It was flat water all the way, so we could relax and drink in the stunning scenery we were passing.

At times when we were searching for campsites among the stark, steep limestone cliffs of Lake Assad we'd find small hollows with a thick carpet of grass and dense clusters of fiery red wild poppies, a perfect reward after a long day's slog across the lake.

Syria is also an archaeological treasure trove and, fortunately, several excellent ruins are isolated enough that they don't get too overrun by tourists and school groups.

The first castle we found was probably the most exciting. A lot of its upper structure had suffered with time, but below ground level it was a maze of passageways and rooms, some of which still held the huge carved stone basins that would have been used by occupants long since departed.

At another site, closer to a large town, we camped with some fishermen inside the fortified wall of an old Roman settlement. Michael wasn't well, so we stayed there

two nights, despite being inundated by hordes of school children who were more interested in playing soccer than in exploring ancient Rome.

From our first day on the Euphrates we were impressed by the hospitality of the Syrian people, and this is probably our overriding impression from the Syrian leg of our expedition. At every turn, we'd be asked to come to someone's home to drink tea, and the invitation was then extended to dinner, a banquet of fresh salads, goat or sheep cheese and yoghurt, scrambled eggs, olives and often a meat and rice dish, eaten from communal dishes brought in on a huge tray placed in the middle of the floor. Later in the evening mattresses would be dragged down from a pile in the corner, always kept ready for guests, and our hosts would insist we stay for the night.

In some villages the women and men went off to different areas of the house, or in a cluster of family dwellings, to different houses, after dinner and though I was never pressured to go, I'd usually opt to see what the girls got up to of an evening. They'd gossip (I guess some things really

so far served us extremely well; Rotomod in France had kindly donated two touring boats for our Danube expedition and Euro-Kayaks in Wales had provided a lovely new Cyphur, perfectly suited to the Nile's white water.

We took the scenic route to Germany, via the south of France, to meet up with a mad French paddler, Claude Castelain, who picked up the Rotomod boats for us and chauffeured us to Ulm, our launching point on the Danube.

The weather was bitter when we left Olm and it didn't improve. On our seventh day (and God only knows how many barrages - 18, I think!) we reached Regensburg and decided it was not a good idea to go on. The camping sites shown all along the river on our maps were nowhere to be found and every day we woke up more tired than the day before, having been too cold to sleep in the night and never warming up during the day.

In the early mornings the zip of the tent was frozen solid, which was okay, because the idea of getting up and dragging on our wet paddling gear wasn't exactly compelling.

Upon reaching Regensburg though, it became more than Just a case of discomfort. When we scaled the fence of the canoe club, (which appeared to have been abandoned for the winter by souls wiser than us) I realised that Michael was in the early stages of hypothermia. He was all but blue, becoming increasingly incoherent and even more irrational than usual!

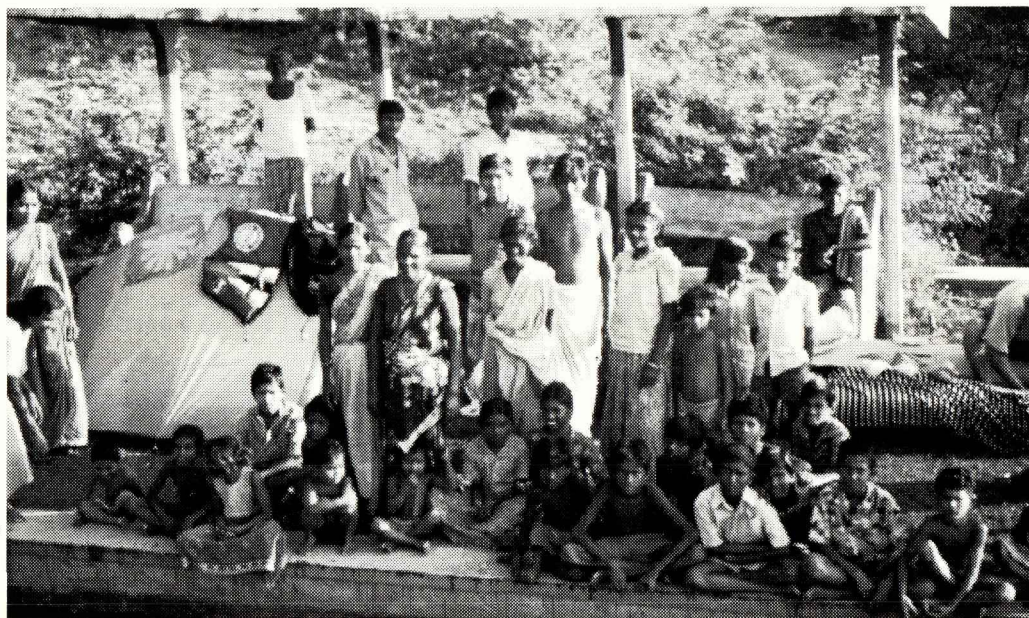
Fortunately there was some life at the club and slowly but surely we managed to get some circulation

back into the extremities we hadn't been able to feel for about four days and began making our way back to England and on to Sudan as soon as possible.

Having arrived in Khartoum with relatively little drama we almost saw the Nile expedition finished before it was begun when Customs wanted \$300 in duty for each boat. Two weeks of office-hopping later, the Ministry of Tourism had smoothed things over for us and we were ready to go.

Michael had led the first major international expedition on this river in 1977, from the Ugandan border to the Mediterranean coast of Egypt. We would retrace only a section of that journey, from Khartoum to the Egyptian border, but we would be returning to the fourth cataract, where Michael had come so close to drowning in 1977 that he admits having given up all hope of survival.

From our first day on the Nile we found ourselves battling a headwind so vicious it would blow the boats back upstream against the strong current if we stopped Paddling even briefly.



The Robyn and Mike circus comes to town

are universal) and relax without the constraints that guide proper behaviour in mixed company. They weren't being banished from the men, they were getting a break from them. The head scarves came off, the feet went up and the kids did the fetching and carrying for a change.

This expedition ended, like our first, without pomp or ceremony, at a bridge near the Iraqi border. Even the guards weren't interested in us as we re-packed our gear onto a three-wheeler pickup to begin the long journey back to Damascus.

Changes to Britain's visa requirements meant I could no longer get a job, as we had planned, and so we decided to try to make a start on the Danube, our next top-to-bottom target, at the end of the summer, rather than sitting around in England watching our money dwindle away while we waited to depart for Sudan and the Nile.

Our time in England hadn't been entirely wasted, though. We'd managed to do some serious begging which had paid off surprisingly well. Berghaus had replaced our old faithful packs with newer versions of the model that had

We'd been warned that the first major rapids we'd meet, the sixth Nile cataract was at a place called Sabalooka Falls, where an enormous drop made passage incredibly dangerous. For a day and a half as we approached Sabalooka we got tense. There was a way around the falls - another channel - we were told, but if you missed it you were in trouble.

Finally we reached the place, only to find a drop of less than half a metre and some admittedly big, nasty whirlpools at the bottom. Unconvinced that this was the dreaded Sabalooka, we asked local fishermen whether there were more rapids ahead. They swore to us that this was it, leaving us feeling rather cheated, as we knew it would be another 500 km before we reached the next white water.

It took us a week to reach our first "major" town, Shendi, where we had been told we'd find a tourist hotel with showers and a restaurant. What we got was a cell in a lokanda, or rest house, that was everything I'd ever imagined a Turkish jail to be.

It had been a rough week. I'd developed a bad case of tendonitis in my left wrist and we were both concerned that if it got worse I might have to get off the river. I'd also had a bad episode with dinner one night, mistaking our kerosene bottle for water and managing to ruin a large portion of our food ration as well as wasting half our fuel. To make matters worse, in Shendi we were told that kerosene was all but impossible to find this side of the Egyptian border - and we still had another eight weeks' meals to cook.

There was usually no shortage of food, though. The locals made sure of that.

Every time we stopped, even briefly, we were in-



Offering a flower sacrifice, Lower Cauvery River

vited to stay in the village. Unfortunately, villages are rarely built near the river. No one would dream of building a house on land that could be cultivated when arable ground was so scarce. This also made campsites hard to find, flat riverside land always being planted with some crop or other.

However, the villagers were determined to look after us all the same and people working in nearby fields regularly returned with armloads of corn, or cucumbers or a watermelon. In the morning we'd often be greeted by someone arriving with a bowl of hot, sweet milk for us. No one would ever stay and share the food they'd brought us, though they occasionally stopped long enough to show us how it should be cooked, if they thought our method wasn't quite

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right. At the most, we could compel them to stay and drink tea or coffee with us.

Considering the privation most Sudanese villagers endured, their generosity - which was always given with no strings attached - was astounding .

On Christmas Eve we camped after yet another grueling day's battle against the wind, and spent the evening listening to Radio Monte Carlo's collection of the most maudlin, non-traditional Christmas songs that were so morbid it was funny.

We'd planned to take it easy on Christmas Day, paddling just far enough to find a pleasant camping spot. It wasn't to be. After a long day we pulled in on the next flat land we could find - yet another sand-blown mud flat - and began to make our Christmas dinner. The menu was limited somewhat by the fact that we'd missed the town where we'd planned to stop and re-stock our larder (the map had it marked on the wrong side of the river), so we just cut the mould off of the vegetables we had left and stewed it all up with a rather unusual assortment of spices and a large dollop of peanut paste. It actually turned out to be delicious, but then we noticed throughout the trip how our tastes changed depending on how hungry we were.

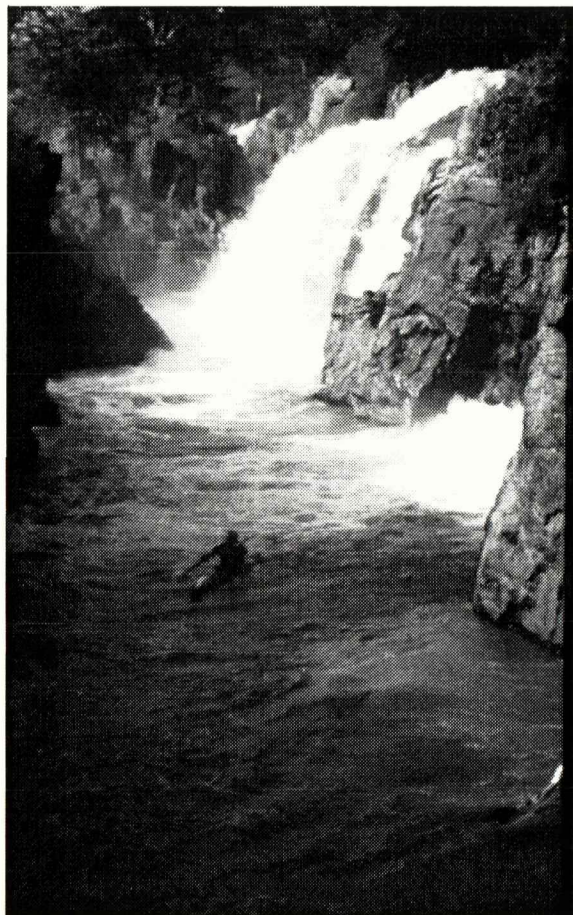
We limped into Abu Hamad, a town that basically exists only as a railway junction, badly in need of a rest and a bath. We'd been warned that the river carried bilharzia and didn't like the idea of washing in it, so we tended to get pretty putrid between towns, often a week or more apart.

At Abu Hamad we met a team of doctors who told us we should worry less about bilharzia than river blindness, a disease carried by the little biting flies that had been swarming us every time the wind eased up. We'd been bitten repeatedly and weren't cheered by the knowledge that it could be months before definite signs of the disease were found.

The fifth cataract had proven no problem, and as we approached the fourth cataract, we worked through a series of rapids ranging from grade I to III without mishap, despite our boats being severely overloaded in the powerful, surging water. Finally we reached the point Michael felt certain was the place he almost died 17 years ago. His canoe had been swamped and then recovered when he saw his teams second boat drifting away from the bank. While he was trying to retrieve this one, he became trapped in a whirlpool that simultaneously sucked him below the water's surface and repelled the friends who tried to get close enough to rescue him.

All these years later, Michael was a vastly more experienced paddler than he had been in 1977 and he knew this grade IV rapid should prove no real difficulty for him. Still, his nerves were on edge as he unpacked the Cyphur to go out and play in the rapid for photographs. When he eventually came in he was exhausted, but immensely relieved that he had exorcised the ghosts that had haunted him for so long.

Karima was our next break from the river, four days in a pleasant, friendly little town where I was introduced to one of the traditional indulgences of Sudanese women - henna. On their wedding night and other special occasions women have designs painted onto the hands and feet with henna paste which is dried and scraped off, leaving a pale stain which darkens when the skin is held over a smoking, smouldering coal fire.



Hogenikal Falls, Cauvery River

From Karima we had a long, flat stretch of water ahead until we reached Old Dongola, where a team of Polish archaeologists made us welcome at their camp and guided us around their excavations of a site which included an ancient Coptic Monastery whose murals were still remarkably preserved, and several crypts, at least one of them previously untouched, which was immediately resealed after being photographed.

Upon leaving Old Dongola we had huge problems with the wind again, combined with a bitterly cold spell. Every wave was like a bucket of ice water being thrown in our faces and when we finally reached Dongola I was so cold I could barely speak. Michael bought hot fuul to warm us up but I couldn't make my fingers work well enough to actually pick it up and had to shovel it from the bowl into my mouth, embarrassed under the gaze of locals who wondered what had reduced the hawajas (foreigners) to such a state.

Four days in Dongola saw us rested, cleaned, restocked with food and clean cloths and re-acquainted with the British Museum team of archaeologists we'd met while visiting the poles in Old Dongola.

Our last bit of fun on moving water came thanks to a man-made rock dam, preceded by a tortuous stretch of narrow channels punctuated in places by exciting little drops of up to two metres.

After this the landscape became more stark, either sand dunes of rocks lined the river banks, neither any good for camping. The quality of the water dropped away with the current too. Once we hit the still water of lake Nasser the water became thick with a green algae, suspended at all levels. It didn't matter how far from shore you went to fetch water, this disgusting muck was always there.

As we entered the lake proper we became more anxious to reach Wadi Halfa, the last point before the Egyptian border. Between the lack of current and howling winds we couldn't be certain how fast we were travelling. A large mountain range visible in the distance wasn't featured on our map, while a road that we were never able to find was prominently marked.

The only shelter we could get from the wind was behind clumps of brush and stunted trees growing from beneath the water's surface and our rest stops for water and snacks were spent clinging to twigs to keep us from blowing across the lake. Every time we stopped somewhere like this I felt nervous. We'd seen more crocodiles since we'd passed the last of the white water and they'd been big ones, too; one whose head was at least a foot across from eyeball to eyeball. We were told by some fishermen we met later that he was a particularly infamous croc, known to take donkeys and camels from the water's edge. The shrubbery that was providing our anchor against the wind was also exactly the kind of place crocodiles adored, so we never rested anywhere for very long.

Early starts and long days still hadn't gotten us to Wadi Halfa. After 14 days' solid paddling we knew that unless Halfa was around the next point, we'd somehow missed it. The only dwellings we'd found in the past three days were abandoned villages, grave sites and piles of sticks - nomads' huts for the summer months, waiting to be constructed.

Michael spotted a dinghy and paddled ahead to ask whether Wadi Halfa was still ahead of us. The boat didn't belong to fishermen, as we had thought, but to soldiers patrolling the border with Egypt, which we had almost wandered across.

Things were all a little tense to begin with, the soldiers' guns cocked and pointed, but once it was established that we had just made a mistake and had no intention of going to Egypt illegally or otherwise, the soldiers were extremely hospitable.

Despite the fact that it was Ramadan, the month in which Moslems fast during daylight hours, they brought us tea, dates and a plate of hot, sweet rice and showed us every courtesy until the security police arrived with a truck from Wadi Halfa, 20 km upriver, to take us back to town, ending our third expedition.

Now only the Danube lay ahead of us. Our original plan, formed more than two years before, had been to paddle from source to sea, then down the coast to Turkey. Since then traffic on the river had been stopped from the former Yugoslavia and although we had hoped the blockade would be lifted before we launched the last leg of our trip, it remained in place and it looked likely we'd be forced to finish in Hungary.

So in June we started back on the Danube with a revised plan to slow down and have a good look around Germany, Austria, Slovakia and Hungary prior to facing the unanswered question of Serbia and Croatia.

For the first month it rained every day we were on the river except one. We were very grateful to Vango Ltd. for their generous deal on a huge Geodesic design tent, one of the best designs I have personally used.

The river was running fast and in our early days was actually closed to all river traffic more than once. Technically the Danube is a mountain river until it reaches Vienna, but the natural river course is so canalised that there is no real danger to canoeists - unless you do as we did and shoot one of the new barrage construction sites (a decision taken through being faced with a portage of pretty damn dose to a kilometre when we were already thoroughly fed up with hauling loaded boats around dams). Mystery moves in 4.5 metre touring kayaks livened things up a bit.

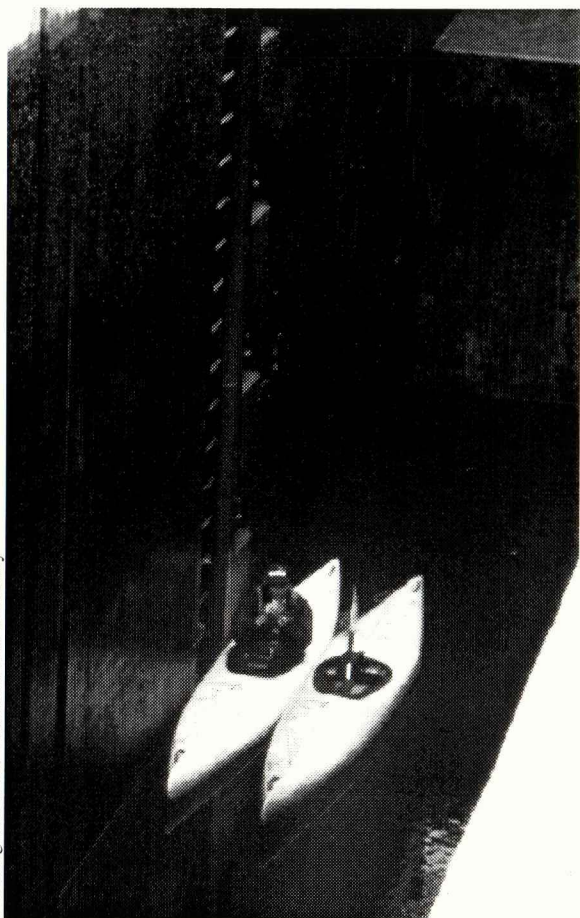
From Austria it was only a couple of days to the Slovakian capital, Bratislava, marking another mile stone - we had crossed into Eastern Europe. This was something of a relief, because in Western Europe we had felt very much like second-class citizens.

In Bratislava we were welcomed by the local canoe club and informed that the German Canoe Federation Tour International Danubien (T.I.D.) was scheduled to arrive in two weeks and that they had special permission to travel through Serbia. After weighing up our options we decided to relax here until they arrived.

After nearly two years of canoeing by ourselves we found it hard to adjust to the constraints of group travel, constantly surrounded by 200 other paddlers, most of them there for reasons vastly different (and in some cases, to us still completely incomprehensible) to ours.

There was also a problem with communication and leadership which almost had us packing our boats and going it alone. However, at the Hungarian and Serbian border all but sixteen paddlers finished and returned to their respective countries.

From here the group was lead by a Bulgarian, Nikki, who had the respect of the entire group, and things became a lot better.



Freezing in a lock, Danube River Germany

Our first four days took us through the disputed border country between Serbia and Croatia (presently in Serbian control). We had been warned about taking photos and staying as a group, unfortunately some of the group had different ideas and took off ahead.

With all the publicity we expected Serbia to be pretty grim. However, even though there was a very obvious military presence, we were surprised to find that life along the river looked very similar to anywhere else in the summer, vacationers, tents people swimming and having a good holiday.

The river in Serbia is again tamed by a massive series of dams backing up water and creating lakes with where the mountains reach down to the water's edge. The scenery was spectacular and wouldn't have been out of place around the lakes of Scandinavia.

The people here treated our group like royalty and were very interested to hear what we knew of the plight of their country, and were genuinely disappointed when we told them of what we see on the TV

To us it reconfirmed the complexity of cultural/religious integration some thing the Western media oversimplifies and many Australians really are not aware of. We are very lucky in Australia. When you compare our multicultural problems with those of many other countries of the world they seem insignificant but to many Australians they are not

From Serbia we crossed into Bulgaria via the Romanian Lock system. Actually we'd stopped illegally on the Romanian side but no one seemed to mind. Every day we saw people openly "smuggling" petrol across the river from Romania to Serbia in direct and open defiance of the embargoes.

In Sudan we had also seen embargoes at work - or not working, as the case was here - to me they seemed to be causing difficulties for the people who can least afford it and who wield little political clout, while others seemed to be unaffected or worse cashed in on the increased demand for embargoed goods.

Bulgaria was more relaxed even though our group swelled to more than 200 again. The Danube here was slow and wide with many sandy beaches where we would stop for a melon break and bask in the sun. Unfortunately our time and money was running short so we had to finish at the Bulgarian-Romanian border town of Silistra and head back to Istanbul by bus.

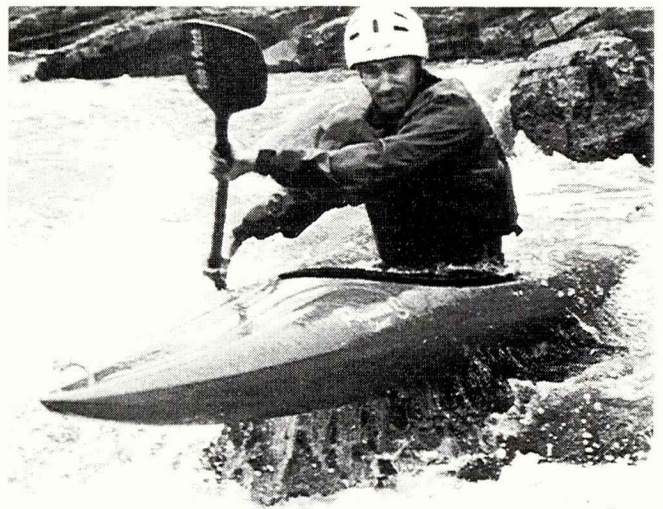
After two years it felt strange to have completed our journey. We had seen and experienced so much. Now we're living in Sydney surrounded by our numerous mementoes: carpet from Turkey; woven bags from Turkmanistan and Uzbekistan; jewellery, swords and daggers from Sudan; pottery from Bulgaria and statues from India. Now reality means we have to find work to pay the bills but there is one thing we both agree on - Persia would be a nice place to visit.

Stop Press

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TRY SEA KAYAKING



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The Victorian Sea Kayaking Club (VSKC) welcomes paddlers from other branches of this sport. Sea kayaking has often been described as "bushwalking on water". It helps to fill your spirit of adventure.

The VSKC has scheduled paddles throughout the year - mostly one-day outings - but we also have 2 and 3 day and longer trips. Most of our trips are conducted within Port Phillip and Western Port Bays. If conditions don't look too good on the day, the trip leader will often change the venue to a more appropriate location: safety comes first.

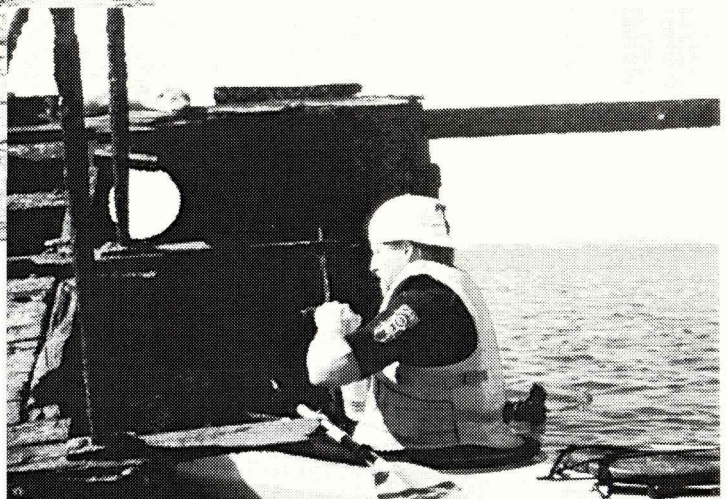
ing thousands of migratory birds nesting on small islands or hundreds of black swans taking off together. Perhaps you might prefer more challenging areas such as the 12 Apostles, Wilsons Promontory or even to Tasmania or the Whitsundays.

Most people who try sea kayaking soon become addicted as they realise the huge potential in this sport. They will also very quickly discover that ordinary kayaks have their shortcomings when used on the sea and that owning a sea kayak will be their ultimate aim. If you are interested in extending your paddling to secluded beaches and spectacular islands like mud island in Port Phillip Bay, playing with dolphins and other wildlife then contact Ray Musgrave on 059 752 414 or Mike Cromie (9878 4582) for a paddling calendar and other info. Meanwhile, check out a sea kayaking trip around Jervis Bay on the next page.

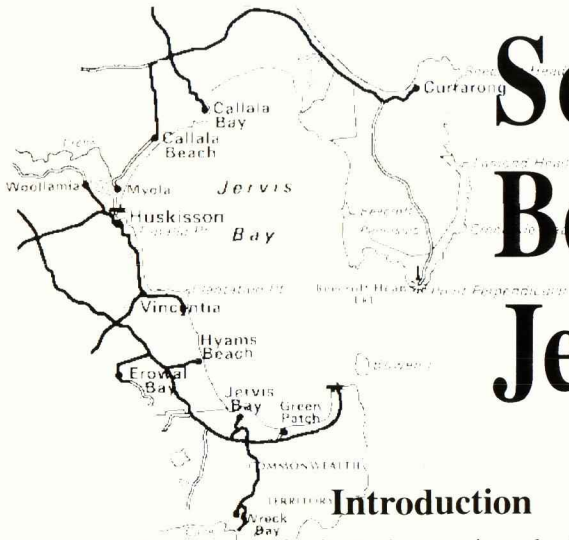
Mike Cromie



If you don't have a sea kayak you can hire one from an outlet such as Capacity Sports, Outsports etc. With common sense and in the company of other club members your adventure horizons are boundless. You might prefer the quieter waters of Western Port Bay and parts of Port Phillip Bay - observ-



Sea Kayaking the Beecroft Peninsula - Jervis Bay Area NSW



Introduction

Jervis Bay is situated approximately 150 km south of Sydney, on the central New South Wales coast. Under slight sea conditions, the Beecroft Peninsula provides a day trip at the proficiency level. The demands on paddlers increase markedly with worse sea conditions.

The Beecroft Peninsula is the extension of the mainland which forms northern enclave of Jervis Bay. The geology is sandstone and the vegetation is predominantly with low coastal scrub. The area boasts a good variety of wildlife, particularly wallaby and birds, which can often be seen around camp.

In the north of the peninsula is the seasonal sea side town of Currarong. Around the southern lip of the peninsula is the Jervis Bay Territory under commonwealth control. The Jervis Bay lighthouse is found on the southern-most point of the peninsula at Point Perpendicular. This point is reputedly the highest vertical coastal cliff on the mainland at a little over 80m. The Jervis Bay light stands at 93m above sea level. The central peninsula area has been used as a bombardment range and entry may be restricted.

The southern portion of the bay is formed by a smaller peninsula with Bowen Island and Governor Head standing at the entrance to Jervis Bay. HMAS Creswell, a naval installation, faces the bay. Whilst some of the JBT has been handed

over to the State as nature reserve, HMAS Creswell on the southern peninsula remains an active Naval Base. Care should be taken to avoid this area.

Trip Section: Currarong Beach to Honeymoon Bay

Duration - allow 6 hours excluding stops. Only one possible landing place midway during the trip.

Distance approx 22 km

Difficulty Minimum of proficiency level skills in calm to slight conditions.

Coast Sub-sections

Currarong Beach: Crescent sandy beach with a few isolated rocky intrusions. Beach approximately 6 Km long facing north-east and protected from the south and south-east by headland to Little Beecroft Head. Good access for put-in or pull-out at southern end of beach at Currarong.

Little Beecroft Head to Point Perpendicular (approx. 14 km)

Plunging cliffs rising from 20m in the north to 80m in the south. Protected from westerlies but exposed to winds from other directions. Significant clapotis along majority of cliff line. Numerous features of interest can be explored in slight conditions. Entrance of bay exposed to strong westerly (off-shore) winds.

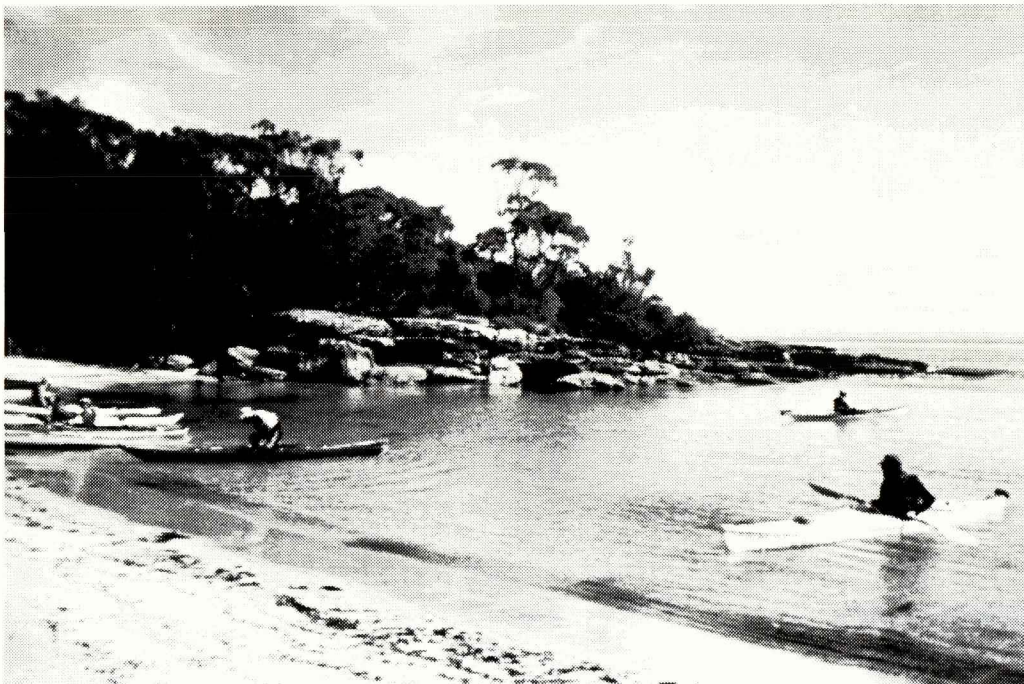
Features:

Snake Inlet and Gum Getters Inlet - deeply incised chasms with constricted sea openings

Drum and Drumsticks; detached rock columns and platforms

Boulder beach - inshore of the Drum and Drumsticks, protected from the southwest by Lamond Head, possible to land in small swell conditions but should not be relied upon. Located approx. 8 km from start.

The gigantic sea cave - measur-





ing tens of meters wide and high at the opening and hundreds of meters deep. Numerous other smaller caves are found in this section.

Devils Hole - mature formation with collapsed ceiling leaving arch isolated from land.

Pull-out points - very limited, possibility in vicinity of Drum and Drumsticks. Dependent on shelter from swell.

Point Perpendicular to Longnose Point

(Approx. 3 km direct)

Point Perpendicular marks the entrance to Jervis Bay. Shoreline changes from the high plunging cliffs to low rocky headlands. Ocean swells frequently reduced inside heads. Waters are shallower and cliff base littered with cliff collapse material. Longnose point via coastline approx. 5 km.

Features:

Sea caves - at least one example of navigable caves which run parallel to the cliff shore-line and have entrances some 30m apart.

Cove at Bream Ck - large vertical-walled cove with beach, idyllic lunch stop or destination.

Targets Beach - 300m long steep sandy surf beach. Suitable for surfing or landing destination. Duck Ck discharges to wetland behind beach.

Bombora Rock - underwater extremity of Longnose Point which creates large waves when ground swell is running.

Longnose Point to Honeymoon Bay

(Approx. 3 km)

Low cliffs give way to rocky shoreline gradually rising to bushland. Swell diminishes significantly from Longnose Point.

Features: Nil special features this section

References

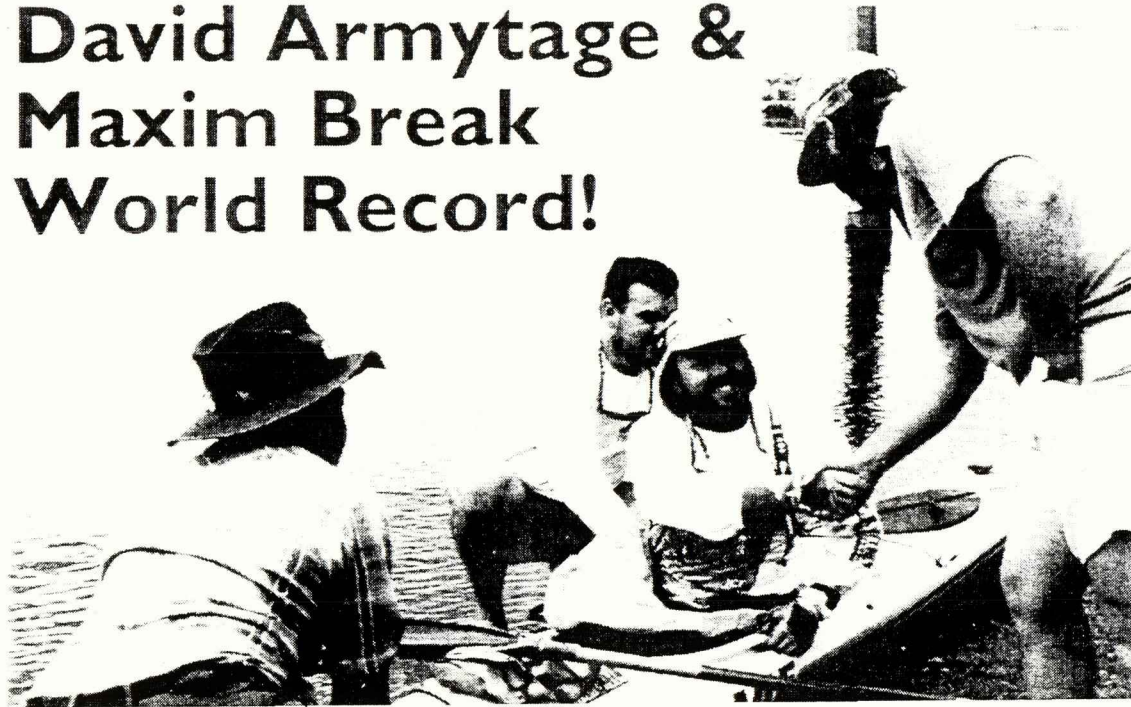
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Marine chart Jervis Bay and approaches

Text and Photographs by Laurie Atkins



David Armytage & Maxim Break World Record!



David Armytage, a 24-year-old Sydney policeman, kayaked 2,500km down the Murray River in the World Record Time of 16 days, 6 hours and 58 minutes. Commencing his attempt at the Bringenbrong Bridge in November, 1993, and finishing at Goolwa, S.A., David broke the previous world time by an astonishing 38 hours! He remarked after finishing:

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PROFILE

1996 AUSTRALIAN MARATHON COACH

MATTHEW COULTER

Matthew Coulter became committed to kayaking at a very early age. He was the youngest of three brothers in a family all heavily involved in canoeing and its organisation.

When he was 12, Matthew completed the Nepean 100-miler and won the State Long Distance 12-year old Championships. He was a member of the Lilli Pilli Kayak Club and participated in their regular long distance and sprint series. It was at those events that he gained his tactical skills and abilities to handle any water and weather conditions. His training was done near his home on the Hawksbury River.

At 13, he, together with other members of the Lilli Pilli Club, benefited greatly from a sprint training camp at Lake Canobolas~ coached and organised by three times Olympian, John Southwood.

At 15, with his brother Michael in an Open K2, they set a new record in the third annual Hawksbury Bridge to Bridge Canoe Classic Over this period he was concentrating mainly on sprinting, being an U/14 National event champion and U/16 National Sprint champion. In recognition of his two gold medals at the National Sprint Titles and his win in the Hawksbury Classic he was named a 2WS/United Permanent Junior Sports Star.

Matthew became a member of the Wanda Surf Club and paddled the Junior Double Ski to National level with the late Scott Bickley, who was also one of Australia's top Junior kayak paddlers

In 1981, aged 17, he was selected to represent Australia at the Junior World Sprint Championships in Bulgaria and had the honour of being chosen as captain of the team.

In 1982 at the National Junior Sprint Championships at West Lakes, he won 5 gold medals (three in K1, one in K2 and K4) and 2 silver in the K2 1000m and K4 1000m. He also competed for the first time in the Murray Marathon (over the full distance) in the Junior K1, breaking the record by 54 minutes.

At this stage, Matthew made the decision to concentrate on the longer events. He also had to juggle an apprenticeship, technical college and training

In 1983, aged 19, he was selected in the Australian Marathon Team to compete in the World Cup in Copenhagen. He won a silver medal, beaten by Robin Belcher, then of Great Britain. During that tour, Matthew finished second in the United States Canoe Assoc. Marathon Championships at Worcester.

In 1984 he won the Australian Marathon Championships on the Maroochy River in Queensland but declined selection in the Australian Team due to work and financial constraints He was presented with an award under the National Athlete Award Scheme for Outstanding Achievement in Canoeing.

In 1985 he was placed 2nd in the K1 at the Australian Marathon Championships and second in the K2. He again had to decline selection .

In 1986 he was selected to represent Australia in K2 with Colin Brown at the World Titles in Hardenberg, Holland where they won a bronze medal. During that tour he also won a silver in the 2-Day Tour de Gudina Marathon in Denmark and a bronze in the I.C.F. Kanu Marathon, Berlin

In 1987, Matthew won gold in the Australian Marathon Championships in K1 and silver in K2. He represented Australia at Carrick-on Shannon in Ireland winning a silver medal, Beaten to gold by John Jacoby. During that tour he was invited to compete in Spain and returned home with a selection of trophies which included a silver medal for the Descenso Internacional Del Sella, a classic event.

In 1989 he declined to be selected for the World Championships.

After his move to Albury in 1988, Matthew became a member of the Mitta Mitta Canoe Club, the river and the people being no strangers to him He has continued to train and compete successfully when able, and amongst many races he has enjoyed being a part of the Albury Baker-Mitsubishi Team in the Murray Marathon International Relay.

He is dedicated to the Mitta Mitta Club and to the paddling interests of its members. He currently coaches a regular squad of paddlers, some of whom have had success at national level and including some rising stars who have represented Internationally. For him the "good life" is a river and some keen paddlers.

Space would not permit the mention of all the events that Matthew has competed in Australia or to mention all those who have crewed with him over the last 20 years, or all his training partners, mentors and equipment providers for overseas, who have all contributed to his successes.

Article compiled by the Mitta Mitta Canoe Club from details provided from Matthew's parents.

SPRINT CANOEING

Linda Lehman and Natalie Hunter



OLYMPIC SELECTION TRIALS

by Martin Ralph, VIS Assistant Coach
Photos: Wallace MacDonald

I packed my gear for the trip to Penrith for the Sprint Canoeing trials then I had some doubts. I just had to pull everything out again to make sure that I didn't have any 3 year old headache tablets in the bottom of my bag!

A certain amount of nerves and anticipation filled the air at 6am as we did the last minute car check and left a waterlogged Melbourne. All the boats had been loaded the previous evening. It was a fairly uneventful 10 hour drive! except for the petrol stops where Cameron McMullen showed his football prowess, much to my dismay. I will need a lot of convincing to believe that footy is good cross training for canoeing. Six of the athletes flew and we all met for dinner and an early night.

Spirits were high on Saturday 2/3/96 even though most of us had been savaged by mosquitoes during the night. Is it really a town-planning rule to pick a piece of land infested by mozzies and right beside a railway line to locate caravan parks?

Most of us had our first look at the Sydney International Regatta course this morning and the group response was WOW! This course is sensational. Both Agneta and I agreed that it is as good, if not better, than any course in the world. In fact, I was even inspired enough to go for a paddle and relive past competitions. A small amount of weed growing in the water will, I believe, become a major concern. With four years to the 2000 Olympics and teams of tradesmen working flat out the course will become an asset of which we can all be proud. Interesting to note that for the first time in Australia all paddlers have been issued with an identity card, similar to the major races overseas. An entry fee of \$6.00 a day applies to supporters and public wishing to watch. The standard of the athletes competing ensured that all spectators got their money's worth.

DAY 1 MONDAY 4/3/96- 1000mt. HEATS AND REPECHAGES

Dark thunderous clouds threatened the first heats of the K1 1000. Light rain fell all day, with humid conditions. Most of the Victorian men found this distance and the strength of the opposition a little overpowering. We hoped for better results tomorrow.

DAY 2 TUESDAY 5/3/96 - 500mt. HEATS AND REPECHAGES

First day of racing for the ladies and better results all round. Still it's only qualifying for the semis and finals

DAY 3 WEDNESDAY 6/3/96 1000mt SEMI FINALS AND K4 1000 FINAL

Clint Robinson and Trevor Hendy both won their semis but young Nathan Baggaley from Byron Bay was 3 seconds faster in winning his semi. Unfortunately all the Victorian men failed to qualify for the final except for ex-VIS paddler Grant Leury.

Grant now represents the Queensland Academy of Sport. I should mention a great performance by ex-World Marathon champion Chad Meek, finishing in fourth place just failing to qualify. With a bit more work! Chad could be a real chance for the 2000 Olympics. Adrian Monti from Echuca paddled well to qualify for the U/18 K1 1000 final. Adrian has tons of potential and deserves more success as his skills develop under the watchful eye of Ken McMullen. Keep up the good work Adrian!

Some long distance events were held before the K4 1000 final. Wallace MacDonald from Ivanhoe Canoe Club paddled strongly in the K1 5000 only to be out sprinted over the last 250 m to finish in third place.

Martin Hunter(VIS) and the Queensland Academy crew led for 950m of the K4 1000 only to have victory snatched from their grasp by the NSW Academy of Sport K4 in a fantastic race. Less than 1 second separated the first three crews in the unbelievable time of 2.58.20. The highly rated AIS crew finished third. The VIS crew of Peter McDonald, Peter Flockhart, Cameron McMullen and Billy Curry paddled into ninth place.

DAY 4 THURSDAY 7/3/96 - 500m.SEMI-FINALS AND LK4. 500m FINAL

Natalie Hunter and Martin Hunter both from the VIS paddled very controlled and confident semis, qualifying for their finals. Peter McDonald and Peter Flockhart, our newest scholarship holder paddled well in their semi but failed to make the final.

The Ladies K4 5000 final was won by a VIS/AIS

combination, Natalie Hunter with Linda Lehmann, Shelley Oates and Yanda Nossiter. Brooke Harris (VIS) and the Queensland Academy crew thrilled the vocal crowd with an awesome final move to finish inches away from first place. Paula Harvey and Christie Marot, both VIS teamed with talented Albury paddler Letitia Quick and Swedish visitor AUSA Eklund to finish in fifth place.

DAY 5 FRIDAY 8/3/96 - 1000mt. FINALS & 200mt. HEATS, SEMIS AND FINALS

Persistent cross wind made racing difficult and gave Lane 1 a slight advantage. Clint Robinson led the K1 1000 from the start and even had time to look around at least six times in the last 250 to see how the others were going. This guy really is an outstanding athlete. The minor placings were taken by Jamie Beavis(SA) Shane Suska (NSW) and ex iron man Trevor Hendy (QAS). Paula Harvey did well to finish in fourth place in the Ladies 1000mt. final.

Mid-morning, politicians and canoeing hierarchy appeared for an official opening ceremony including a paddle parade of past Olympians. It was a nice touch but a little disappointing that not all the canoeing Olympians present were invited to participate.



Agneta Andersson and Brooke Harris

At this stage of the regatta things became very hectic and my coaching responsibilities took priority over my journalistic bungling. I relied on memory and an incomplete results sheet so please forgive any inaccuracies.

Adrian Monti paddled into 8th place in the K1 under 18. 1000mt. final. Paul Lynch and Brian Morton from NSW surprised many to win the K2. 1000 final. Paula Harvey and Christie Marot did a great job to finish third in the LK2 1000 final.

In the LK1 200, Natalie Hunter showed some genuine speed to finish a close second behind junior world champion, Jackie Mengler. Natalie's secret weapon? an adjustable paddle with very questionable measuring marks. Brooke Harris and Christie Marot finished in fourth and fifth places. Scott Wildman from Byron Bay rating at 130 strokes per minute won the Men's K1 200 in 37.82 Peter McDonald and Peter Flockhart finished in fifth and sixth places. Chantal Meek and Letitia Quick came in fourth, just ahead of Paula Harvey and Christie Marot in the LK2 200. Peter McDonald and Peter Flockhart gained third place in the K2. 200. Paula Harvey and Christie Marot again teamed up with Letitia Quick and AUSA Eklund to win the LK4 200. Third Place in the Men's K4 200 was taken by the VIS crew.

DAY 6 SATURDAY 9/3/96 - 500mt. FINALS

Without doubt the K1 500 was the blue ribbon event at this regatta. The selectors statement gave more credit for winning or placing in this race. Many athletes paddled only one K1 event and this was it.

Martin Hunter in lane 6 shot to the lead after a great start. The wind still favoured lane 1 and it was most unexpected to see Clint Robinson in Lane 1 back with the field. Cameron MacFadzean in Lane 4 paddled the race of his life to come through Clint and then Martin to win the race.

Brooke Harris, Christie Marot and Paula Harvey paddled well to finish second, fourth and tenth in the Petite LK1 500

The Ladies K1 500 final produced a sensation at the start with pre-race favourite, Katrin Borchert(CZAS) being disqualified for two false starts. Anna Wood (QAS) went on to win the race and Natalie Hunter finished in sixth place.

Letitia Quick is rapidly making a name for herself winning both the LK1 and LK2 under 18 events.

The men's K2 was another sensational event won by Danny Collins and Andrew Trim. A very much last-minute crew combination of Ramon Andersson and Martin Hunter again had to settle for second place.

The Ladies K2 500 was easily won by Katrin Borchert and Anna Wood. Agneta Andersson and Brooke Harris finished fifth, Linda Lehmann and Natalie Hunter came in sixth.

On the way back to Melbourne at 8.45 pm I received a call that named the Olympic squad:

Jim Walker	Clint Robinson
Paul Lynch	Cameron McFadzean
Brian Morton	Shelley Oates
Ramon Andersson	Linda Lehmann
Grant Leury	Yanda Nossiter
Peter Scott	Natalie Hunter
Andrew Trim	Katrin Borchert
Danny Collins	Anna Wood
Jackie Mengler	

Names like Hendy, Beavis, Suska, but most incredibly Martin Hunter with three second places were left out. This selection is very disappointing. When athletes achieve everything asked of them in the selection statement they should be given a chance

Within days of the team being announced I am aware of at least five people who feel they have legitimate grounds for an appeal and are in the process of doing so. Hopefully the ACF will quickly reverse this decision and give these guys a chance to prove themselves.

On a brighter note -VIS head coach, Agneta Andersson leaves Australia on 13th March in an attempt to make more Olympic history. She will meet the Swedish team in Florida for a training camp and then participate in their selection trials. If selected, this will be her fifth Olympics. Her record is truly remarkable and I'm sure everyone in Australia wishes her well (as long as she doesn't beat an Australian crew).

I will take on the head coaching responsibilities while Agneta is away. In closing I would like to personally congratulate all Olympic squad members. Whatever happens we will have a very strong team in Atlanta.

Exercise In



Pregnancy

Many sportswomen are faced with the dilemma of whether to continue their training programme when they become pregnant. Pregnancy used to signal the end of a woman's sporting career, but in recent years many great female athletes have returned to their sport to compete at the highest levels following the birth of a baby. Pregnancy is a normal condition, not an illness and unless you have complications, it should be possible to enjoy your sport at some level throughout most of your pregnancy.

How will pregnancy affect my performance?

There are many anatomical and physiological changes during pregnancy which will affect performance. These include:

Increase in body weight (on average about 10-12kg). As pregnancy progresses and weight increases, weight distribution will also change. As body shape changes, the centre of gravity moves forward and the curvature of the spine will increase. This will make changes of direction more difficult. Sports which involve fast changes of direction will therefore become increasingly difficult and uncomfortable.

Loosening of all ligaments. During the last three months of pregnancy, your joints will gradually loosen up ready for the birth. This creates an increased risk of falls and injury. Care should therefore be taken with any sport which involves jumping and frequent changes of direction, and with contact sports. Whether pregnant or not, avoid jerky bouncing stretches, and remember not to overstretch as your joints loosen up ready for birth.

Increase in resting heart rate. If you use heart rate as an indicator of training intensity, you will find you have to exercise less to reach your target as pregnancy progresses. You should be able to continue to exercise at the same perceived level of exertion, for as long as you feel comfortable, although your actual level of work will decrease as pregnancy progresses. Highly trained athletes may find it difficult to "slow down". If this is your problem, use your exercise heart rate as a guide. For absolute safety, and to ensure

optimal blood flow (and oxygen supply) to the baby, we recommend keeping the heart rate below 140 beats/minute.

Decrease in blood pressure. During the second trimester of pregnancy, the development of blood vessels to supply the growing placenta will cause your blood pressure to fall. From the fourth month, you should therefore try to avoid rapid changes of position, both from lying to standing and vice-versa, so that you do not get dizzy spells. Never stop suddenly, because cardiovascular adjustments take longer and you may feel dizzy or faint. In "aerobics", any leg exercises done whilst lying on the back should be avoided after the fourth month because the weight of the foetus can impede the return of blood to the heart. Try to adapt these exercises. Most can be done lying on the side.

Increase in blood volume, haemoglobin and VO₂ max. As pregnancy progresses, the body's ability to transport oxygen improves. This adaptation is designed to meet the needs of the growing foetus. It does mean however, that oxygen supply to other parts of the body, including working muscles, also improves. However, when exercising during pregnancy, always remember that the foetus needs oxygen too. Never compromise blood flow to the foetus by creating high demand for oxygen by your working muscles and skin (for temperature control). Blood flow to the placenta is extremely important, so adjust the intensity and duration of exercise so that both the placenta and the working muscles can receive adequate blood supplies.

These cardiorespiratory adaptations are potentially advantageous for performance after the baby is born. During pregnancy, the advantages are offset by changes in weight, blood pressure and ligament changes, and by the need to ensure oxygen supply to the foetus. It is true however, that these physiological adjustments of pregnancy will remain for some weeks following the birth of the baby. There may therefore be improvements in performance for those who manage to return to competition soon after the birth. Whether you can capitalise on this potential will depend very much on whether or not there are complications during birth and difficulties afterwards.

Pelvic floor. Exercises which put pressure on the pelvic floor muscles (e.g. star jumps) should be avoided during pregnancy. As there will inevitably be damage to the pelvic floor during birth, it is extremely important to begin conditioning the pelvic floor muscles during pregnancy. Do at least four lots of pelvic floor contractions each day, (ask your physiotherapist if you are not sure), and resume these exercises as soon as possible after the birth. You can expect some incontinence due to weak pelvic floor muscles after the birth, but with persistent training of these muscles, you will avoid the problem of exercise-related incontinence later on.

Are there any exercises which should be avoided?

Some activities, such as scuba diving, parachuting, water skiing, martial arts, Olympic gymnastics and trampolining are not recommended during pregnancy. Extreme care should be taken with all other contact sports, especially those where there is a risk of direct injury. Sports which involve jumping and fast changes of direction are more likely to cause joint injuries as pregnancy progresses.

Exercises involving straining (e.g. lifting heavy weights) are also potentially dangerous, and endurance activities (longer than one hour of vigorous work) are not recommended.

You should discuss your individual sport and training programme with your sports medicine practitioner and your obstetrician.

Are there any other dangers of exercise during pregnancy?

It is most important to avoid getting overheated at any time during pregnancy. Don't exercise in hot or humid weather. In summer, exercise early in the morning, or in an air-conditioned environment. Choose clothing made from natural fibres (e.g. cotton) which "breathe" better than synthetics and will therefore help you to keep cool. Special attention should be given to fluid replacement. Always drink plenty of water, especially if you are exercising in warm weather.

Will intense training affect the baby?

There have been no controlled studies of pregnancy outcome in athletes. (It would be extremely difficult to do this!). There is anecdotal evidence that athletes may have smaller babies, (if oxygen supply to the foetus is compromised) and there is also anecdotal evidence that athletes have bigger babies (because their well trained metabolic pathways allow better supply of oxygen and nutrition to the foetus). There is no scientific evidence to show that either is true. Following the guidelines in this pamphlet will ensure the safest possible outcome for you and the baby.

When can I resume exercise after the baby is born?

You should start muscle conditioning exercises (for abdominals and pelvic floor) as soon as you feel able, though you should expect that interrupted nights will leave you feeling tired for some time. Damage to the pelvic floor and episiotomy wounds will take time to heal. When you feel

well enough, aerobic exercise should begin gradually. Whilst lactation does not prevent you from exercising, discomfort caused by full breasts and sore nipples may make running and jumping uncomfortable. You will need a supportive bra. Athletes who are able to return quickly to a high level of training will notice the beneficial physiological effects (see above). You will be surprised how soon you can resume your full fitness and skill level after the birth, but remember that it can take up to six months for joint stability to be re-established.

Should I discuss my exercise programme with my doctor?

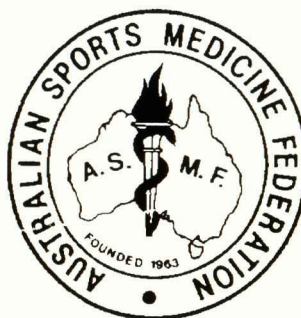
YES! Consult your doctor frequently during pregnancy and be sure to discuss your exercise programme. If there are any complications, or if your doctor is not happy with your weight gain, take his or her advice about exercise. Elite athletes will have to make psychological adjustments and make amendments to their training programme. By accepting that pregnancy and the birth of your baby will interrupt your sporting aspirations, you will avoid feelings of frustration and resentment. Try to view this period positively, be flexible and be prepared to change your programme and your expectations. Every pregnancy is different, but unless you are very ill, you will be able to exercise at some level during your pregnancy, and to resume your career after the baby is born.

Acknowledgements

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For further information on the Women in Sport, Sports Medicine pamphlet series contact:

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— Australian Sports —
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*Text and Photographs courtesy of the
Australian Sports Medicine Federation and
David McClenaghan*

NORTH TO

Paddling Glacier Bay by *Tony Payne & Michael Loftus-Hills*

It was several years ago when the seeds were sown for a paddling trip to Alaska. Michael had gathered information on various areas suitable for novice sea paddlers and we finally decided on Glacier Bay as our likely destination. The idea of paddling amongst icebergs and whales in a real wilderness appealed to our sense of adventure so we set about planning for the trip.

Our first step was to join the Victorian Sea Kayak Club to gain as much information and experience prior to our departure. It also included purchasing Greenland sea Kayaks for practising, doing an Eskimo rolling course with the VBCE and talking to as many experienced sea kayakers as we could find. As it turned out all these things were more for our own confidence rather than providing us with necessary skills for Alaska.

Me decided fairly early that transporting our boats to Alaska was going to be difficult so we settled on hiring as much gear as we could over there. Unfortunately the short Alaskan summer means many businesses close down through the winter so getting information direct from Alaska can be difficult during the time when plans are being made.

Eventually all our plans were finalised with a departure date from Melbourne set for the 28th May 1993. In order to recover from the flight to Vancouver we booked on the Alaskan Marine Highway ferry to take us to Juneau, the capital of Alaska. This would take 3 nights and 2 days and proved not only to be a very relaxing journey but one that started to prepare us for the magnificent Alaskan scenery. The ferry travels up the Inside Passage, named because it is a narrow waterway enabling passage between the many islands and steep sided, mountainous land masses that characterise the Alaskan "pan handle".

After a short plane flight from Juneau to Gustavus and a 15 minute bus trip we arrived at Glacier Bay Lodge in Bartlett Cove, the starting point for our expedition. For the wealthy the Lodge provides very good accommodation facilities and a fine restaurant. For the rest of us the camping ground was more than adequate.

We had been advised that the National Parks service orientation was essential and whilst we were anticipating some useful information we didn't plan to be almost scared off the trip. The main reason for the orientation is to teach about camping with BEARS. We learnt there had been 2 fatalities in the park, bears could weigh up to 1200 lbs and saw evidence of their strength in the form of mashed and torn metal containers. However, the staff were really help-

ful and actually gave us the confidence to tackle this wild country. Maps were provided showing where bears had been spotted and where camping was not recommended. But more importantly bearproof food containers were loaned to us for the duration of the trip. It was at this point we were glad we hadn't brought our own kayaks because there was no way the containers would fit into them. The final bit of advice was to do with camping: camp in one spot at least 100 metres away on the shore below high tide mark (so the tide washes away the food smells) and store the food containers a further 100 metres away (above high tide mark). This sounded simple enough but as it turned out needed a bit of practise.

After camp orientation we received boat orientation where the boats, splash covers, rain jackets and pants, paddles and gumboots were provided. Also, information was provided on our route, the local currents and most importantly the tides. Glacier Bay is one of those regions where enormous tide variations occur and during our trip we were advised to expect a tide change in excess of twenty feet. This of course meant particular attention to choosing camp sites and food storage areas

We weren't familiar with the type of kayak provided suffice it to say it was broad and stable. An attachable rudder was operated from the rear seat via a flexible fibreglass foot support and Michael found this to be very insensitive. Compared to our normal marathon paddles the metal shafts and plastic blades were very heavy but also tough which was useful when landing near rocks. The gumboots were invaluable, particularly when squelching around in near freezing water. The time didn't permit a practice loading so we were a bit concerned that all our gear would fit. As it turned out it all fitted but there wasn't a spare inch left. We even had gear between our legs, under the seats and jammed along the sides.

At 7.30 a.m. on June 1st we were finally on board a tour boat ready to be transported to our drop off point on Sebree Island. I don't mind admitting that as we alighted on the stony beach and the tour boat departed into the distance my stomach was churning as I realised that for the next ten days we were on our own in the Alaskan Wilderness.

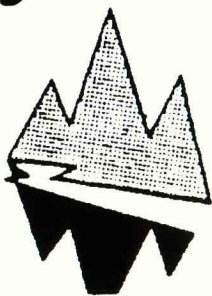
It was only a matter of minutes before the feeling of apprehension changed to anguish as we realised one of our bags had been left on the Tour boat. As far as I could recall it had all our emergency repair gear, suntan cream and

Continued on page 38

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THE SWEEP STROKE

An Opinion on Teaching Paddling

We tend to teach a wide, low arc which sweeps from the front of the craft out wide and then in to the rear of the craft. We look to check that the lower arm is straight, we look to see that the recovery arm is kept low, we even look to check that there is plenty of body rotation. We do all this then with success we declare our students have mastered the sweep stroke. Is this all there is to a sweep?

No!..this is just the beginning.

Even at this stage many instructors encourage paddlers to look at the blade to encourage trunk rotation, this is a good teaching point and usually works well, however many instructors forget to 'un teach' the idea of watching the blade. So many paddlers still look backward when executing a sweep instead of watching where they are heading - all because their first instructor forgot to tell them not to watch the stroke once they mastered the trunk twist.

Even now the instructor has a long way to go to truly teach the sweep.

What we should be teaching, in addition to the above, is how to really move the boat around the paddle. We are all well acquainted with the concept of using the draw to pull the boat to the paddle, rather than pulling the paddle to the boat, but how many instructors actually apply the same principle to the simple sweep. Try adding the concept of hooking the paddle blade into the water getting a massive grip then pulling the boat around, using the blade as an anchor point.

This is achieved by locking the stomach muscles and shoulder joint then pushing the boat away from the paddle blade with the knees and hips, as the stroke progresses the forces within the kayak change until the hips are drawing the rear of the craft towards the blade. This complex movement must be achieved by moving smoothly from one direction to the next as the force moves through the craft and through the various body parts.

After this complex force transference there is more to add.

First we teach the stroke and then the use of the body inside the boat now we must progress even further. We need to ensure our student can perform the stroke with the boat flat, on the right edge and on the left edge. How often do we relate sweeps with leaning towards the stroke and forget the off side lean, when every time we break into the current we use an off-side lean with the sweep.

Instructors must ensure there students can perform the sweep stroke with the boat flat and on either edge. Add to that the essence of strong boat control from within the craft and finally we would have taught a good sweep stroke.

An now we do it all again with the reverse sweep.

Our students have the right to expect the best instruction where near enough is nowhere good enough.

R.F.

•Mia Farrance really using those stomach muscles in a reverse sweep



TIPS & TRICKS

Teaching Tricks vs Paddling Technique.

When we assess kayak and canoe instructors for the ACF instructors awards, one of the things we look for is their knowledge of the basic aspects of each particular paddling technique (called "Key coaching points").

I'll use the forward sweep stroke in kayak to illustrate. The key coaching points are

1. The blade of the paddle should be planted right next to the bow of the boat.
2. The torso is turned to face the direction of turn at the start.
3. The torso muscles are used to twist the nose of the kayak away from the blade and then bring the tail around to the blade.
4. The shaft of the paddle stays low and horizontal.
5. The lower arm stays fully extended.
6. The blade is completely immersed.
7. The upper hand starts next to the torso and finishes extended out over the gunwale.

These are all activities that have a direct bearing on the effectiveness of the stroke. Along with these are usually included a couple of other points that I refer to as "teaching tricks". They do not have a bearing on the effectiveness of the stroke but are part of the teaching process aimed at helping beginners to achieve one of the above.

8. Watch the paddle blade throughout the stroke.
9. Keep the thumb of your upper hand tucked into your belly button.

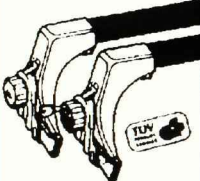
The intention of point 8 is to free up peoples torso's. Most new paddlers (and a lot of experienced paddlers) restrict their torso rotation to try to keep their head facing forward. Watching the blade removes this restriction. The problem is that when paddling in a rapid you need to be looking around and down the rapid. Looking back with the blade is a sure recipe for disaster.

The intention of point 9 is to ensure that paddlers start with the paddle shaft as parallel to the line of the boat as possible. The problem is the obvious restriction in body movement.

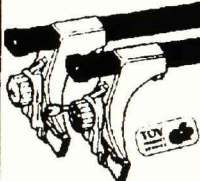
I never use point 9 as I don't think it is of any use. I often use point 8 but I usually make it clear (after achieving the desired result) that this is a trick and that the paddler needs to unlearn the habit as soon as possible. Otherwise I simply set about unteaching it as soon as we reach the first moving water.

The general point behind this whole monologue is this. There is no such thing as "the right technique" there is only good or effective technique. Next time you go paddling or teaching analyse your own paddling and figure out what's important and what's not.

A personal rambling monologue by **Jim Coates**.



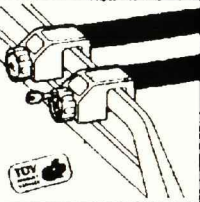
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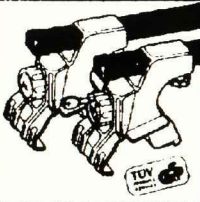
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News

VCA Junior Development 1996 Flatwater Canoeing

The junior flatwater development team currently consists of 50 paddlers. Paddlers are aged between 12-18 years and are members of canoeing clubs from across the state of Victoria. Flatwater Canoeing involves two disciplines of canoeing - 1. Marathon and 2. Sprint Racing.

Should there be any juniors interested in joining this group please contact the VCA Office. Nominations for the 1996-97 Development Team will open at the Victorian Schools Canoeing Championships to be held at Essendon Canoe Club, at the end of May, 1996

Junior Development - Flatwater Victorian Sprint Canoe and Kayak Championships - Ballarat, 1996

On Saturday, February 17th, 1996 the Victorian Sprint Canoe and Kayak Championships were held at Lake Wendouree, Ballarat. The number of junior paddlers that attended these championships was excellent. Thirty novice paddlers, all participating for the first time in sprint racing events, added to the number of juniors competing. The novice races provided for good competition and race experience in a friendly and fun environment.

Strong performances were recorded by the following junior paddlers:

Girls: Latitia Quick	Boys: Adrian Monti
Andrea Wood	Keith Colomb
Kristie Colomb	Gabriel Digenis
Elisa Biddle	Rod Centra
Jessica Beck	Andrew Taylor
Bonnie McBeath	Ben Poole
Hayley McGregor	Nick Cole
Rebecca Jack	Stuart Vowles
Kim Birchall	Andrew Danson
	Richard Smith

Solid performances were recorded by the following junior novice paddlers: Brendan Cummins, Brad Rauber, Rod Mosely, Andrew Cuylaars, James Craven and James Van Stryp (Boys) and Linda Tegg, Alice Ewing, Eleanor Davis, George Arnott, Kim Birchall, Hana Clement and Kate McCracken (Girls)

Junior Development - Flatwater

Australian Sprint Racing canoe and Kayak Championships Penrith, 1996

The National Sprint Kayak Championships and Olympic Selection trials were held at the Sydney International Regatta Course in Penrith, New South Wales from the 4th to the 9th of March, 1996. A small group of juniors attended. They were

Girls: Letitia Quick
Chantal Meek
Andrea Wood
Nicole Byren
Irene Digenis
Linda Ball (22 years)
Boys: Adrian Monti
Gabriel Digenis
Sam Rollinson
Andrew Taylor
Andrew Danson

Letitia Quick won both the LK1 and LK2 18yrs Australian Titles. Congratulations. Andrea Wood placed 9th and 7th respectively, in the same events. Andrea also gained a silver medal in the 18years LK1 5000m. Irene Digenis and Nicole Byrne teamed up with two Queensland girls to place second in the 16years LK4 500m. Andrew Sanson was a medallist in the boys 14yrs age-group. Adrian Monti reached the finals of the 18yrs K1 and K2 events, whilst Gabriel and Sam participated in the 18yrs K4 500m finals gaining 4th place. Andrew Taylor paddled in the final of the 16yrs K4 500m finishing in 4th place. Linda Ball finished in 3rd place in the 22 yrs LK2 500m.

Retiring Touring Committee Office Bearers

In April the Touring Committee will conduct its Annual General Meeting. This meeting is significant in two respects.

After many years of service to the canoeing community, two of the Committee's senior Office Bearers are stepping down for a break from official duties.

Rod Jones, has been Chairman of the Touring Committee for a number of years and has resurrected the Novice Tour as a bridge between VBCE Basic Skills Courses and Club paddling.

Mr Rick Manzin has officiated as Secretary-Treasurer and Treasurer of the Committee for many years. If there is a glamorous position on a committee it is not the treasurer's position.

Both have attended VCA Council and Executive meetings over many years and put in a lot of work behind the touring scene.

Whilst perhaps not in an official capacity, I hope both keep active on the Committee.

This raises a second issue of filling the vacancies of Chairman and Treasurer for the next year.

I would like to encourage all clubs to take an interest in the Touring Committee and arrange for a delegate to attend the AGM.

The Annual General Meeting will be held in Melbourne on the 17th April. At the time of writing the venue was being finalised

Contact the Touring Committee Secretary, Glenys Karanikich on (03) 9728 3484 to get an update on the venue.

Laurie Atkins
Vice-chairman 1995-96 Touring Committee

Kirinari Downriver Race Series 1996

When we were asked if we would run a series of downriver races with a focus on school age paddlers we were uncertain as to how the series would be received. There was a real need to provide additional races for school age paddlers within easy travelling distance from Melbourne.

Without any doubt the participation rates for the Kirinari Kayak Klub race series surprised all concerned Members of KKK gave very strong support to the races by providing safety boats and we were taken completely off guard by the number of people who offered sponsorship. The KKK committee and State Slalom and Wildwater Committee monitored the activities and provided valuable advice.

A total of 81 different persons entered the races and an average of approximately 50 entries was received for each race. One of the highlights of the series occurred when Tristan Koochew of Eltham College won the down river K1 'The Khan', donated by Ron Elliott of Just Canoes in NSW. The Khan was valued at more than \$1000 thank you Ron for your generous contribution.

Tristan Koochew also won the youngest paddler award that was donated by Max Kerr of the Canoe School. More than 150 persons: competitors and onlookers were

there to wish Tristan well in the future. Needless to say Tristan and his family are now members of the Kirinari Kayak Klub and he paddled The Khan in the National Championships held on Goolang Creek at the Nymboida Canoe Centre earlier this year.

The KKK race series for 1996 has been reduced from four to three races owing to other commitments of club members. We are hopeful that another club might organise some races on the upper section of the Thomson River, races would provide a worthy replacement for the second Homestead Rd to Wittons Reserve race now dropped from the KKK series.

The future for DR in Victoria looks very promising. The high participation rate of 50 plus paddlers per race now seems to have been transferred to the Canoe Factory Cup series in 1996. We would like to see the participation rate increase to 60 paddlers per race for the KKK series in 1996.

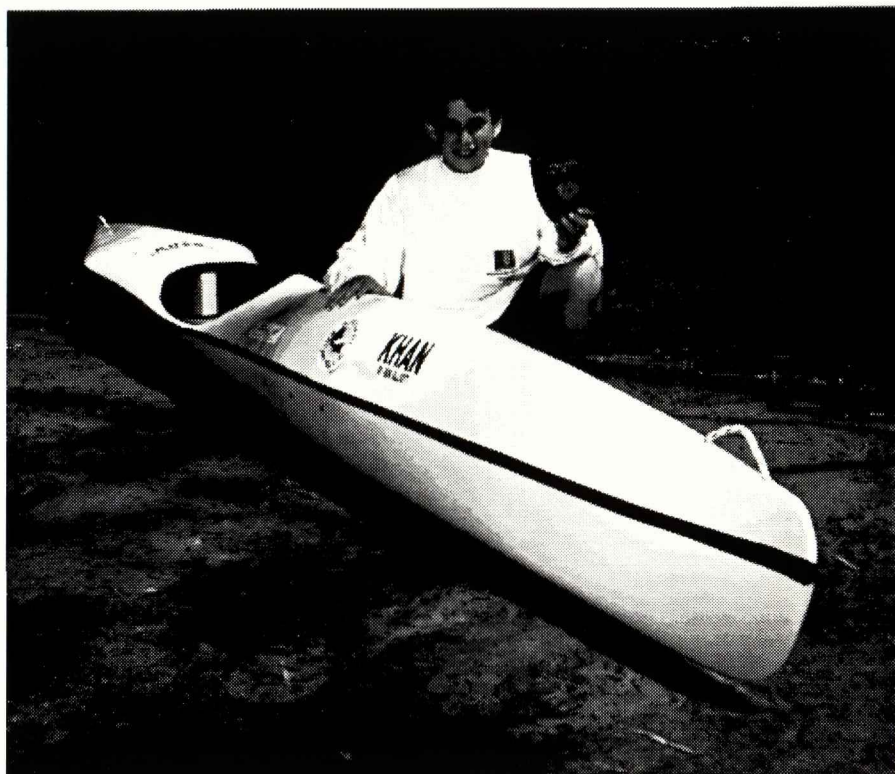
Parents of young paddlers are now starting to participate as both paddlers and as organisers and are adding a new dimension to the races. These parents are working as a voluntary support group for DR. Ian Whitford of Eltham College is proving to be an important driving force in building confidence into new paddlers for the DR series.

There has been an alteration to the order of the races within the 1996 KKK series. Venues and times should now read:

- Race 1** 21/7/96
Jumping Ck to Stiggants Reserve
- Race 2** 11/8/96
Warrandyte Bridge to Pound Bend
- Race 3** 22/9/96
Lower Homestead Road to Wittons Reserve

Sponsors

The sponsors who contributed to the race series in 1995 include: Yoplait, Just Canoes; Canoes Plus; Compkraft Kayaks; Kara Industries; Rod Jones; The Canoe School and Electric Water Just Canoes - Ron Elliott of Just Canoes (ph:049 307830) has given another magnificent prize as an incentive for junior paddlers. This time Ron is providing a brand new boat based on the Loisach K1 designed by Prijon. The boat will be made of fibre-



Tristan Koochew (Photo David Humfrey)

glass and reinforced with Kevlar and is valued at \$800. Ron Elliott is also prepared to sell these boats for \$595 to paddlers who have paddled in the KKK race series in 1996.

Compkraft - Jeff Williams has once again offered to provide trophies for each section of the race. The trophies which were provided by Compkraft were well received by paddlers.

Rod Jones - Rod has provided an excellent perpetual trophy for the KKK race series and this will be presented again in 1996.

Sponsors should feel free to contact me on (03) 9725 7560 if they wish to support the race series.

Riverside Organisers

David B, Don and Maureen McAllister, Peter and Anne Treloar, Rob Downes, Tim Murray and John McConnon...just to name a few parents, gave valuable assistance in running the races.

Safety boats - A typical sample of KKK paddlers who provided safety boats would include: Ian DeKam, Allan Jones, Coral Bell, Ian Graham, Rick Manzin, Bill Jones, Rod Jones, Glenise and George Karanikich, Tom Stone, Lee Burbeck and Ranjith Munidasa. Russell Sheen and Pam also assisted from Templestowe Canoe Club.

Hot Food Kitchen

Tom and Jan Stone also assisted by providing a hot food kitchen at the finish. Tom and Jan are planning to provide this service again for each KKK race during 1996.

Wishful Thinking and a Development Plan

It is now time to start planning for 1997. It would be a great achievement for DR in Victoria if three kayak Clubs: The Canoe Factory, Kirinari and a third club were able to provide a series of races with a very high standard of safety boats that ran throughout the year and focused upon lifting the level of school age paddling.

The results obtained at each race could provide a means of ranking paddlers. The combined race series might even attract the support of a sponsor.

Finally - Our thanks must go to the indefatigable Bernard Boulton whose experience and skill are acknowledged by all of those who have anything to do with canoeing. Bernard Boulton is chairman of the State Slalom and Wildwater Committee and has provided us with a very strong source of practical support during the race series.

Thanks Bernie.

David Humfrey

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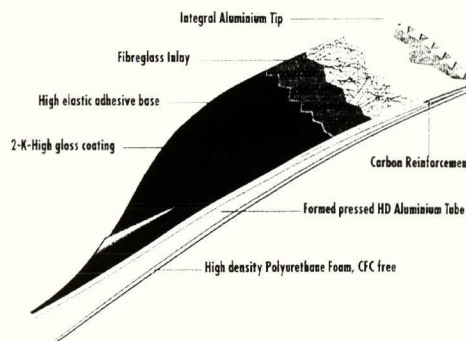
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The Victorian 'Life. Be in it.'

Sprint Racing Titles

If there was ever a time when a sport achieved its sponsor's objective, it was this year at the Victorian **Life. Be in it.** Sprint Titles. The numbers were up by more than 65% from 78 to 125. A new novice class was introduced, thanks to the efforts of Dasha Kopecek and we saw the return of the over 35's for the first time in many years. Participate was an appropriate word for many competitors.

The weather was the best I had ever seen at Ballarat, with almost no wind and clear conditions all day. This made for great racing, with many outstanding performances in both senior and junior ranks.

We had 17 volunteers who each put in a very long and productive day and provided an excellent opportunity for athletes to perform at their best. The officials for the day were:

Starter	Pedrag Bradolovich
Administrator	Stephen Taylor
Umpire	Bill Smith
Chief Judge	Tony White
Video	Graham Precious
Time Keepers	Kate Taylor
	Kerryn Bonnet
Assistants	Faye Harvey
	Maryanne Leaver
Data Entry	Jeff Magnuson
Numbers	Ian Munro
	Pauline Munro
Announcer	Merril Meek
Presentations	Cecilia Degenis
	Nola Rollinson
Jury	Tony Meek
	Neil Morarty

I would like to thank them all for their help and support and hope to see them and a few new officials next season.

Areas we are looking at to improve events are:

1. Results in the newspaper after each event. (Volunteer required)
2. More accredited officials
3. The introduction of under 22's
4. A two day program



Back row: A May, C Meek, M Alday, W McDonald, P Flockart, J Tarrant, M Hunter, C Rollinson, A Taylor, B Harris

Front: B Curry, A Wood, I Digenis, C Meek, L Quick, N Hunter, C Marrot, P McDonald, C McMullen, N Byrne, A Monti. **Tree:** G Digenis

5. A state track suit (volunteer required)

6. More umpires on the course

These improvements need volunteers, perhaps some new parents to the sport, or paddlers who have enjoyed sprinting in the past. One easy task to take on would be to write up the results at the end of each race day and fax them to newspapers. Possibly a paddler could take this on. Another would be to finalise a Victorian track suit design, and administer the ordering and distribution of it.

The Australian Olympic Selections have also been held on the new Olympic 2000 Course at Penrith in Sydney. This facility is nothing short of sensational. It would be great if the National Water Sports Centre at Carrum was also a free hire facility. To run Penrith and provide all the paddler friendly technology takes 65 officials at any point in time. To see what appears to be a dead heat on video be-

come a clear margin through computer imaging is nothing short of amazing. This is achieved by eliminating the irrelevant lanes on the screen, and enlarging the image of the finish with the two relevant lanes next to each other. There is also a huge boat storage facility, a warm up lake, 1000 metres of laned warm up area, a mobile pontoon for hand held starts, 13x1 metre wide lanes, a speaker at the start of each lane, and in the future a bubble finish line. PENRITH WILL ONLY GET BETTER

In closing a special thanks to all the competitors and officials for a great season. If we can all focus on how Sprint Racing in Victoria is going to improve, we are going to see many more of our athletes on the podium at the Australian titles, and may be in Sydney 2000

Stephen Taylor

ACROSS THE DESK

By VCA Executive Officer, Jane Farrance

Great News for Eltham College

Ian Whitford, the Outdoor Education Teacher, has created a girls canoeing and orienteering program with the aim of increasing the numbers of girls in these activities. The program has been very successful. Last year (1995) the program was a finalist in the Prime Ministerial awards and this year (1996) Eltham college was the winner. Lauren Sykes the girls canoeing captain and Tarli Whitford the orienteering captain went to Canberra for the award evening where they had the opportunity to speak to the Prime Minister and other notable people. A great tribute to Ian Whitford, Eltham College and all the students who help to run the program. Congratulations.

AGM

The annual general meeting of the VCA is to be held on June 24 1996.

Nominations for positions must be at the office by April 24 1996. Clubs have nominations forms. Also items for the agenda are due in at that date. The AGM is to be held at Fairfield Canoe Club, The Esplanade Fairfield. Come along and make it a really good meeting with delegates from all our forty clubs. Proxy votes are permitted if in writing, and only one proxy vote per person.

River Users Code

The Australian Alps Liaison Committee has developed codes for many different activities. They are now developing, in conjunction with the Touring Committee and VBCF, a River Users Code for paddlers and rafters. The Office will have multiple copies as soon as they are printed. If you want any, contact the office.

Dragon Boat Racing

The annual Moomba Dragon Boat Championship was held on the Yarra on March 17 1996. Again many paddlers helped fill the crews. The Team Heather Brae, led by Baz Wakim, past C1 champion won the Victorian Men's Championship. The dragon boat restaurant team led by Roy Farrance won both the Victorian mixed championship and the international mixed. There were canoeists sprinkled throughout a great many teams.

Congratulations

To the sprint paddlers who gained selection in the Olympic Squad, one step closer to their ultimate selection. Particular congratulations to Victorians Natalie Hunter and ex Victorian Cameron McFadzean. Congratulations also to all the paddlers who went to the first event on the new Sydney Olympic site particularly our women paddlers. For more information see the story elsewhere in this edition.

Good Luck (1)

To the slalom paddlers going to Ocoee (USA) in April for the final Olympic selection event. Victorian contenders are Andrew Farrance, Mia Farrance and David Heard.

Good Luck (2)

To all the entrants in the Australian Marathon Championships during Easter and congratulations to the organisers who have been working so hard to make this event such a good one.

Good Luck (3)

To the polo players going to Brisbane for the Australian Polo Championships during Easter. The senior and junior ladies teams will be defending their titles won so well last year in Melbourne.

Good Luck (4)

To the junior slalom team travelling to New Zealand. The Victorians going are Manager Wendy Tomlinson and paddlers, Erin Leahy, James Hammond, James Tickner, David Treloar, Jarrah Whitford and Joshua Pierini (WW).

The 1996 Senior Sprint Race Squad for Atlanta

Men

Clint Robinson
Cameron McFadzean
David Collins
Andrew Trim
Grant Leury
Peter Scott
Paul Lynch
Brian Morton
Jim Walker
Ramon Andersson

Women

Anna Wood
Katrin Borchert
Jacquie Mengler
Shelley Oates
Yanda Nossite
Lynda Lehmann
Natalie Hunter

Manager

Christine Duff

Coaches

Brian Trouville
Ben Hutchins
Barry Kelly
Jamie Walker
John Sumegi

Vicsport

Sports Administration Resources Guide

Arising from the many requests Vicsport receives from members of the sporting community for professional information and assistance and with funding assistance from SRV and the Aussie Sport Campaign, Vicsport has compiled a Guide as a service to sport.

It is not intended to be an exhaustive list of resources, but rather has been designed and presented in a format enabling all administrators, paid and unpaid at the National, State and Club level, to access information which may assist them in the increasingly complex area of administering sport. The Guide is divided into two sections.

Section 1 contains: Descriptions of some of the major Organisations relevant to the conduct of sport in Victoria + Local Government Contacts + Media Contacts + Education Courses with a sports focus

Section 2 contains annotated bibliographic information which is all encompassing with regard to sport as an industry, whilst remaining broad in its scope for specificity. The principle sections are sub-divided into the following main areas:

- Strategic Planning/Development • Marketing • Sports, Administration/ Management • Sponsorship and Fund-raising
- Volunteer Management • Media and Public Relations • Human Resource Management • Sport and The Law • Financial Management and Taxation • Special Population Groups - Disabled, Junior • Event Management • Masters and Women • Local Government • Sport and Health • Resources • Facility Management/Planning • Competitive Tendering • Drugs in Sport

Copies are available @ \$10 (+\$1.50 P/H), contact the Vicsport Office on 03 9654 3755.

1995/96 VicSport Awards

The 1995/96 Vicsport Awards will be conducted in June, and now is the time to start considering sports' nominations in Victoria's most prestigious and unique sporting Awards. Sports people, Teams and Administrators are nominated by sporting organisations and selected by panels made up of SSA's representatives, Kitty McEwan Trustees, ASSA, media, SRV, VicHealth and VicSport Board Members. Nomination forms will be distributed in April for outstanding performances at any level of competition during the period March 31st, 1995 to April 1st, 1996. Awards will be presented in the following categories:

- Kitty McEwan Sportswomen of the Year
- Governor's Award For Sportsman of the Year
- Eunice Gill Award For Sports Administration
- Dame Mary Herring Junior Athlete of the Year
- VicSport Women's Team of the Year
- VicSport Men's Team of the Year
- VicSport Junior Team of the Year

The nominee must be a Member of an Association affiliated with Vicsport. (Only one nomination per Member Organisation/per Award).

For further- information contact the Vicsport Office (03) 9654 3755.

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VCA Office Melbourne
Cost: \$120

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Please send with cheque to: Jane Farrance
332 Banyule Rd Viewbank 3084

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INTRODUCING MARATHON

Marathon Canoeing involves racing on flatwater on rivers all throughout Victoria. It is a fantastic family sport: with competitors ranging from 7 to 80 years of age it offers both fun and a challenge at any level of participation.

A variety of distances can be raced at a marathon - from 3 or 4 kilometres for sub-juniors (under 12 years) to 12, 18 or 24 km for senior paddlers. classes are designed so that paddlers of a similar standard and in the same type of kayak/canoe (racing or touring) compete against each other.

The Victorian Canoe Association Marathon Committee runs a series of 8 races each year culminating in the Victorian Championships in September. During the season an inter-club competition is held for both senior and junior paddlers to encourage participation in clubs. Individual awards based on both participation and performance are also made at the end of each season. In 1996 an inter-school competition will be held for the first time.

Race Dates and location for the 1996 VCA winter series:

April 28	Warnambool
May 19	Essendon
June 9	Yarrawonga
June 10	Shepparton
June 30	Melbourne
July 21	Sale
August 4	Footscray
August 25	Echuca

September 14 & 15 Victorian Championships Melbourne

For those who like to race all year round, club races and a Grand Prix series of races leading up to the Australian Championships are also run.

1995/96 Club Races

November 19	Sale
November 19	Geelong
December 2	Yarrawonga to Cobram
December 10	Footscray
January 28	Cobram
February 4	Footscray
February 24 & 25	Albury
March 10	Yarrawonga
March 24	Geelong

For paddlers looking for a true test of endurance the Red Cross Murray River Ultra marathon is held each December. Starting at Yarrawonga competitors paddle 404 km over 5 days and finish in Swan Hill on New Years Eve.

In 1996 Melbourne will host the Australian Marathon Championships on the Yarra River at Easter. This will be a fantastic event for both competitors and spectators with Australia's top paddlers vying for the prestige of an Australian title and for selection in the Australian Marathon Team to compete overseas in 1996

For further information on Marathon Canoeing please contact a member of the VCA Marathon Committee:

President:	Glen Rose	9720 1462
V President	Alan Culbertson	9729 6469
Secretary:	Kerryn Bonnet	9499 7956

Sherbrooke Knox Canoe Club

The Sherbrooke Knox Canoe Club (SKCC) was formed in the early eighties by a group of canoeists new to the sport of marathon and sprint racing, but keen to meet and compete with other people with similar canoeing interests. The Club has grown in size since then and has had a number to top class paddlers who have represented Australia overseas. SKCC is now associated with 2 schools, Beacon Hills Secondary College and Yarra Valley Anglican School. 1995 found SKCC Seniors in 3rd position at the end of the Victorian Canoeing Association Marathon season, whilst our Juniors blitzed their section and took out the award for 1st place. 1996 is to be the inaugural year for a Schools Competition which we hope will create even more interest and challenge in our increasingly popular sport.

SKCC draws its members from a very wide area in the Eastern suburbs, and also includes some country member. During the year we hold several social activities, non paddlers (wives, girlfriends, husbands, boyfriends, children, grandparents) are made most welcome, who knows, they too might end up paddling - it has happened!

The Sherbrook Knox Canoe Club colours are green and gold and our emblem is a Lyrebird - if you come across any of our members they will only be to happy to have a chat or arrange for interested parties to "have a go"

Training is held every Sunday morning approximately 10am at Aura Vale Lake (Melway ref 126 C5) Meetings are held every 2nd Wednesday of the month at 8pm at Bayswater Senior Citizens (in the kitchen) (Melway ref 64 G3)

Contact Persons:

Secretary	Treasurer:
Chris Leaver	Eric Davidson
88 St Georges Road	12 Crimson Avenue
Upper Beaconsfield 3808	Blackburn South 3130
Ph: 059 443 883	Ph: 9887 3091

Fairfield Canoe Club

Fairfield Canoe Club was established in 1919 and is one of the oldest canoe clubs in Australia. With new club rooms, Fairfield Canoe Club is ideally located on a relatively unspoilt part of the Yarra River. We provide boat storage, river access, and beginner and advanced coaching by our ex-Olympian Zoli Szegedi. Over one hundred members are mostly active in Canoe/Kayak touring, marathons, long distance races, sprints and Dragon Boat Racing. Fairfield were winners of the Interclub Marathon Trophy for the last 3 years. Many club members have competed in Red Cross Murray River Ultra Marathon (some members are record holders in that event) and several club members have won Australian and Victorian Canoe Championships.

Social events and information evenings are held frequently and members purchase a minimum number of shares to obtain voting rights. Annual memberships are also available (student rates apply).

New Members Welcome

For further information please contact any of the directors:

Margaret Peak	(01) 949 0536
Neil Lintell	(01) 949 1344
Kerryn Bonnet	(01) 949 7956
Joe Alia	(01) 9338 2366
David Redfern	(01) 949 3155

Life. Be in it.

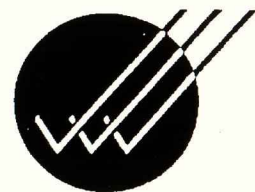
Victorian Schools Sprint & Marathon Championships



May 25 (Sprint)
May 26 (Marathon)

Life. Be in it.TM

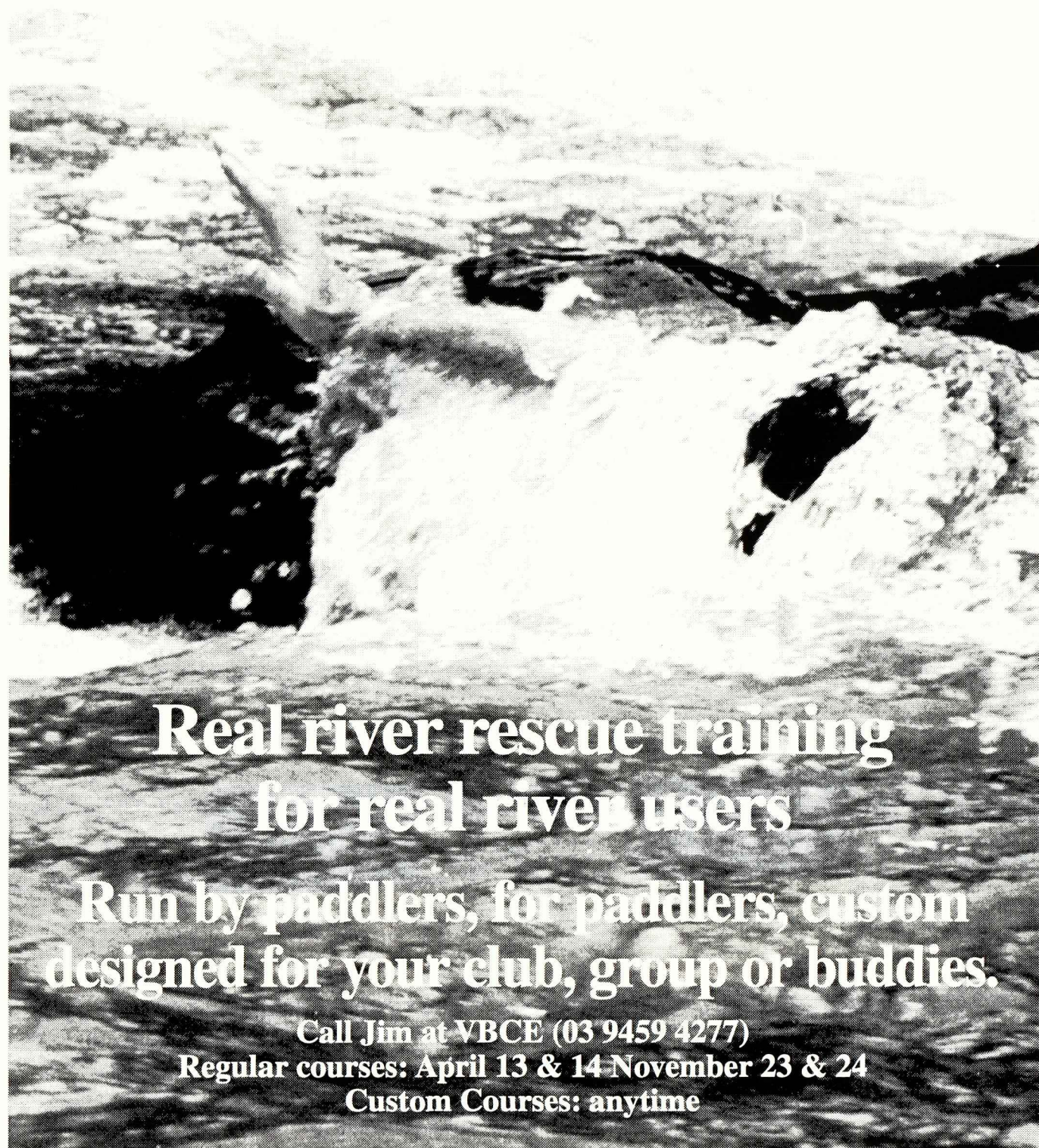
Have a go!



VicHealth

Further Information and Entries: Barbara Trehearne (03) 9773 1703

What the hell do we do now?



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**Run by paddlers, for paddlers, custom
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Call Jim at VBCE (03 9459 4277)

Regular courses: April 13 & 14 November 23 & 24

Custom Courses: anytime

CANOE ED

Newsletter of the Victorian Board of Canoe Education

More New Boats.

As some of you will no doubt have noticed our kayak fleet is getting a bit long in the tooth. All of the boats are still safe, serviceable and reliable but are starting to look seriously loved. The board (may they reign supreme forever) has decided to turn over the fleet.

This has two consequences for instructors.

1. There are 16 "Dancers"(4 XT's), 2 Europa's and one Cadence for sale. Prices will be negotiable but you could expect about \$3-400 per boat. **What an opportunity for someone to purchase a complete fleet for their school or youth group!**

2. We will be purchasing 20 new kayaks over the next 12 months. As well as providing a bonus for the retailers it also makes an opportunity for instructors who have particular views on the importance of boat design in instructional practice to have a say in the future of the boards activities and therefore canoe and kayak practice in Victoria.

With point 2 in mind I would love to hear from instructors as to what boats they consider to be the ducks guts for teaching kayaking. At present Shaun Clements, Mark Entwistle, Greg Pearson and me are thinking deeply on the issue. My current thoughts are to go for a wide mixture with at least half the fleet composed of "edgy" boats like Perception "Pirrouette S". This is not to say we will be buying the Perceptions. This is just an indication. I know that Mark and Shaun have quite different ideas. If you have any thoughts send them in writing and I will get them to the relevant people. **Do not call me and have a chat!** I will have a good chat but the information won't get through and lot's of important work won't get done. **Put it in writing.**

Old New Boats.

The "Captions" have been around for a while and very few people have taken the opportunity to take them out for a paddle. Come on you guys! Read the next item.

I'm Sick of it!

Not really, but the cause of my gripe has to do with canoes. I have noticed over the last two years that almost all of the moderately serious instructors have been getting all of their qualifications in kayaks. Which is great if everyone you teach is in kayaks.

My observation is that over half the instruction that happens is in canoe and in fact in C2. And yet I keep seeing all of these serious instructors teaching canoeing from kayaks. Isn't this a little like teaching tennis in a squash court.

The great side of working with people as experienced as Jane Farrance and Greg Pearson is that you learn so much. One of my main discoveries has been that a vast amount of skill and technique, specific to canoes, has been lost. I see

very few people who can paddle a canoe adequately. It has been interesting to see how many instructors can't paddle the Captions.

The boats are there. The talent is there. All it requires is you!

Booking on courses.

We have just cancelled the March White water instructors Assessment. This is a bit of a tragedy but was unavoidable. Up until the Wednesday prior to the course we had no one booked on the course. The surprising thing was that after the cancellation I had quite a bit of interest in the course. Easily enough to run the course. So here it is. I will not keep senior instructors waiting around. If you want to book on a course **book!** I will gladly refund your money if the course must be cancelled. If you wait till the last minute you will never get on. Bear in mind that we try to keep costs as low as possible. This means we don't have a lot of leeway.

ACF Advanced test.

Strictly speaking the lower Thomson from Bruntons Bridge to Cowwarr weir is Grade 3, as is the Mitchell and the King. To lead and instruct on them you should be an ACF whitewater instructor with an ACF Advanced award. The VBCE is very keen to conduct an advance test to get some people capable of working on these rivers. Refer to the above article and then send in an application. I have about 7 people who want to do the assessment but none have committed themselves to a date. If anyone else is interested in conducting a test in 2nd term call. I will take the first 5 paddlers I can work out a date for.

River Rescue.

You would be amazed at the number of instructors leaders and serious paddlers who have no idea about river rescue. I would estimate that over half cannot throw a throw bag effectively and this is the most basic of rescue skills. Try this for a test.

1. Get out your throw bag. (if you have trouble finding it consider that a fail)
2. Get a friend to stand 20 metres away with their arms stretched out to the side.
3. Throw the bag.
4. If you forgot to keep hold of the end of the rope that is a fail.
5. If you didn't lay the rope over their arms that is a fail.
6. Repeat the above 10 more times. Failing more than once is a total fail.

The above test is really only a test of your most basic ability. Only a nong would assume that passing such an elementary test means anything.

River rescue is the most basic of skills and one that is very easily learnt, easily practised and extremely important. The VBCE has been running river rescue training for canoeists for many years. This training was designed by canoeists who have worked in professional rescue for many years and have paddled for many years. There are other river rescue courses around. Whatever, your professional standing demands that you have this training.

With regard to the training received by instructors. This is considered the bare minimum necessary. It is not complete or even terribly effective. If you haven't practised in the last few months you will probably find your rescue skills to be ineffective.

Many of you would have read the article in the last paddler. The woman involved was unbelievably lucky. The chances of survival from an incident like that deteriorate by about 80-90% per minute. Her survival chances were less than 1% after that time. Any time spent in ineffective action or technique may be the nail in the coffin.

Jim Coates

LOST After Eildon Triathlon
Red and Yellow "Tuff" Life Jacket
Contact Helen Gibson 9596 5763

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May 18-19

Cost: \$120

Enquiries: Steven Gibson (03) 9889 1418

Please enrol me in the Level 1
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Please send with cheque to: Steven Gibson
48 Brandon St Glen Iris 3146

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Life. Be in it.

Australian Marathon Championships

Welcome and good luck
to all paddlers

Life. Be in it.
Have a go!

**Yarra River
City
April 6-7**



VicHealth

SHOCKED! APPALLED! HORRIFIED!

A criticism of the non-existence of process skills in teaching people how to teach canoeing

The Shock

Two weeks ago, I participated in the VBCE's Basic Skills Instructor (BSI) Intake weekend. What was it about the weekend that brought about this response in me? No, it wasn't Jim's wide-mouth frog joke. It wasn't the gently glowing colours of Max's groovy tracksuit (suits you, Max!).

It was the reality of finding that, despite the developments over the last few years in understanding how people learn (I call it 'people moving'), **the VBCE seems to believe that if you can paddle, then you can teach other people to paddle.** WHAT TWADDLE!!! CODSWALLOP!!!

The Reason

Most people who have worked with groups of people will recognise the following phrase: **process versus content**. In a 'people moving' context, *content* is the stuff you actually teach, like: basic strokes, steps to take in planning a river trip, boat design. *Process* refers to the **way** you work with a group of people, to maximise their intake of the information you are passing on. Leadership style is a small part of this, as are the use of objectives, feedback mechanisms. While the 'DEDICT' method of teaching is one of best around, that is only a small part of the process story.

If you have outstanding content awareness (ie you're a gun paddler), but lousy process skills, my bet is that neither you nor your students will get the most out of working together. In fact, you'll all probably end up a bit frustrated.

My criticism of the current training for instructors is that process skills are virtually ignored. *Example 1:* the method used to teach the theoretical aspects of the BSI Intake weekend was mostly a lecture format. Ugh! *Example 2:* The outline of the requirements of the overall training program for instructors suggest that around 2 hours is to be spent on developing 'people moving' skills. Not good enough!!!

The Rest of the Universe

Currently in the outdoor adventure field, one of the debates being argued is about the balance between so-called 'soft' skills and 'hard' skills (I really dislike that terminology,

and so prefer to translate that as 'process' versus 'content').

Some of the areas involved are:

- clarifying expectations
- setting boundaries and 'discipline' issues
- maintaining control vs ensuring co-operation
- listening vs telling
- how to read a group and adapt your style to suit
- gaining confidence in front of a group
- the importance of positive feedback
- different ways of giving corrective feedback

Any of these ring any bells for you? Read on!

Having made my criticisms (and I would dearly love to hear from anyone who's got some thoughts on what's been written!), I've become involved in pulling together a workshop, in conjunction with the VBCE, designed specifically for canoe instructors (trainees included!) who want to improve their 'people moving' skills. If you tick any one of the boxes below, this workshop is for you.

are you a 'gun paddler', but find being in front of a group of people slightly terrifying?

are you new to being an instructor, and want to get some handy hints to help get you started?

are you a 'gun paddler', but sometimes get frustrated because your incredibly clear instructions just don't seem to get through?

have you been instructing for a while, but want some handy hints on trouble shooting?

do you sometimes have trouble identifying where a group of paddlers is at?

do you introduce people to paddling and never see them again?

If you've said yes to any of these questions, then you will get something out of this workshop!

People Moving: Process Skills for Canoe Instructors

Date: Saturday 1st June from 9.30am - 4.30pm

Cost for Day 1 or Day 2: \$30 Instructors (Public \$75, VCA Members \$45)

Jim Coates will be running an 'Paddling Skills Update' day on Sunday at the same venue.

Cost for 2 days: \$55 Instructors (Public \$140, VCA Members \$80) (NOTE: this doesn't include accommodation - details available later)

Cost includes training, manual, list of resources, and list of further courses.

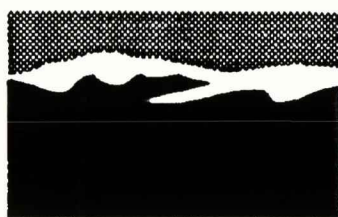
How to Book: Phone the VBCE on (03) 9459 4277

Possible venue: Karingal Scout Camp next to the Thompson River

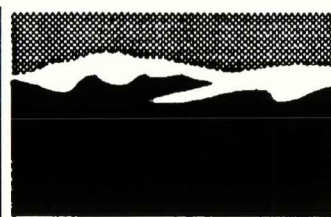
See you there!

Brenda Jericho works full-time for local government running a group-based program for teenagers, that includes the use of outdoor adventure activities. She is a terrible paddler, but has worked with groups for longer than she cares to admit, and for what it's worth, is in the middle of gaining her final qualifications as a psychologist.

Australian Red Cross



Outdoor First Aid Seminar



When planning your next outdoor activity, have you asked the question – would I be able to handle an injury or sudden illness to one of my group?

To help outdoor enthusiasts gain an awareness of the issues involved with planning first aid in the outdoor setting, Australian Red Cross Victoria, Health and Safety Education have planned an Outdoor First Aid Seminar.

Topics Include

Communications Equipment and Coverage in Victoria

Mr David Tilson: Victoria State Emergency Service

Envenomation (Snake & Spider Bites)

Dr Ria Leonard: Melbourne University

Waiting for Search & Rescue: Practical Steps to Take

Police Search & Rescue Squad

It happened – the Steps to Follow After an Accident

Alistair McArthur: Odyssey Consultants (Previously with Outward Bound)

Exposure to Heat and Cold

Ms Kaeleen Dingle: Royal Melbourne Hospital

Planning for Outdoor First Aid

Dr. Rod Guy: World Police & Fire Games 1995 (Medical Committee)

Date: 19th April 1996

Time: 9.30 am – 3.10 pm

Venue: Moonee Valley Racecourse
(Free Parking)

Cost: \$100.00 General Public
\$45.00 Accredited Red Cross Instructors

For further information contact Paul Dougal on (03) 9685 9990 or fax (03) 9682 0047

Registration form – Outdoor First Aid Seminar

Please complete and return to Paul Dougal, Australian Red Cross, Health & Safety Education, P.O. Box 536, South Melbourne 3205.

Name: _____ Organisation: _____

Phone: _____ Fax: _____

Address: _____

Payment enclosed for _____ people. Total amount enclosed: \$ _____

Credit card number: _____ / _____ / _____ Expiry: _____

Type of card: Bankcard Mastercard Visa

Confirmation of place upon receipt of payment only. Applications close 4th April 1996. **No refunds will be issued.**

WITTONS RESERVE WONGA PARK WORKING BEE

Good News for 1996 (please put it on your April Agenda)
SOON TO HAVE OUR VERY OWN CANOEIST BUILT STEPS

DEDICATED CANOEIST'S - CAN YOU HELP?

YOUR TIME & INVOLVEMENT IS NEEDED....

If you can do any, or some of the following we need you

Can you work on any of these dates
13/14th, 20/21st, 27/28th April '96?

Can you... rake, shovel, put in a bolt, Help put fence posts in,
Move sleepers into place, Throw some soil around,

Do you... like pushing crushed rock around, Later on some tree planting
Rostered times available,

Do you know... anyone who can donate sausages, cordial etc.?

someone who can operate a front end loader?

(we can only afford to reimburse fuel expenses)

We Need... BBQ Cooks - 20/21 April & 27/28 April

Qualified 1st Aiders -14/20/21/27/28th April

WORKING BEE DATES:

13/14th, 20/21st, 27/28th APRIL 1996

(You do not need to be there all day 1/2 days available)

VENUE: WITTON'S RESERVE

Reserve Road, Wonga Park

Melways Ref. Map 24 K6

TIMES AVAILABLE - 9AM to 12.30PM

1PM to 4.30PM

"All clubs welcome to participate in this exciting, volunteer canoeing project"

If you would like to be involved in this important, canoeing project. Please ring and put your name on our Roster,
your assistance is needed

Contact Glenise Karanikich on Ph (03) 9728 3484

Please reply before 2nd April 1996 (to enable rosters to be worked out)

matches leaving us no choice but to wait until the next day for the boat to return. Of course we were disappointed but it gave us a chance to practise our camping skills before heading off paddling. There were bear tracks everywhere so the choice of campsite was not easy. We ended up on the beach at Tlingit Point with a magnificent view of the fifteen thousand foot Mount Fairweather. Off in the distance we could see the cruise ships heading up the west arm and we appreciated our choice of route up the east arm where boating was prohibited.

After rendezvousing with our boat the next morning and picking up some repair gear we headed off paddling north. To describe the scenery is difficult because it varies so much. Whereas there was an abundance of forest where we started from the further north we progressed the rocker and more harsh the environment became. The whole of Glacier Bay is relatively new as only two hundred years ago it was one huge mass of ice. Since then the glaciers have been receding leaving us a paddle of some 50 kilometres to Bartlett Cove.

There were many highlights of the paddle, most of them in some way connected to the geography or wildlife. We couldn't believe our eyes when on the first day we spotted a whale, particularly as it was in an area where whales rarely visited. Seals followed us everyday popping up out of the water twenty metres away then sliding back in as we approached. Bald eagles, porpoises, mountain goats and a myriad of bird life made up the rest of the wildlife. And then there were the glaciers. Enormous, towering masses of ice reaching right down to sea level and emitting incredible creaking and groaning noises. And to see an iceberg calving from the face was simply awe inspiring.

We camped at some magnificent scenic spots, none more so than at the mouth of McBrides Glacier where the only interruptions to the tranquillity of the area were the continual production of icebergs and the sound of wildlife (seals and birds).

The only really worrying time came one night when camped at Nunatak Cove. We had difficulty finding a campsite because of the abundance of bear tracks and bear scat but finally settled on a foreshore position. Only minutes after climbing into the tent we both sat bolt upright when we heard a creature crashing through the nearby bushes followed by heavy footsteps on the pebble beach. We couldn't see what it was but there was no doubt it was right next to the tent. Whilst I lay there with my heart pounding, barely able to breathe, Michael got so scared he went to sleep! Suffice to say we made a very rapid departure early next morning.

Following this less than comfortable nights sleep we were further shocked to find two of our food containers had been washed away by the tide. We had miscalculated on where the high tide line finished. At this point we were both pretty depressed, the sleepless night and thoughts of having to go home early took their toll. Nonetheless we headed off south to the rendezvous point, following the beach just in case we spotted a food container, and to our utter amazement, about three kilometres down the bay, we spotted one, high up on the beach. Much relieved we now had just enough food to last the whole trip, our spirits picked up and we decided to look for the other container. We paddled another seven kilometres with no luck so turned around and headed north. During all this time seals kept popping up to see how

we were going and during one of these episodes whilst I was using the binoculars I just about fell out of the kayak - there was the other food container, bobbing around out in the middle of the bay. If we weren't religious before we certainly were now.

Sunrise in Adam's Inlet was another highlight, a low lying mist at water level, perfectly still dark water surrounded by snow and ice capped mountains in that beautiful coloured light of early morning. Fortunately we managed to capture just a portion of this on film.

Our final days paddle was also memorable, mainly due to a bit of improvisation. As we had a good strong tail wind we managed to rig up a sail from our tent fly using the two paddles as upright supports. This worked magnificently well as long as we kept the wind directly behind us, any sideways move tried to tip us over very quickly.

During the entire paddling trip we only came across three other groups and apart from a brief exchange of pleasantries everybody kept apart, respecting each others right to sample this wilderness alone.

We arrived back at Bartlett Cove thoroughly exhausted from our paddling efforts but totally satisfied with the wonderful experience we had just endured. We would thoroughly recommend it to anyone and as far as we were concerned the only real prerequisites were a reasonable level of fitness some very basic kayak experience and the ability to enjoy camping in a bears natural environment.

Since returning most people ask about the weather, believing it to be all ice, snow and very cold. However our first 5 days were sunny 12-18 degrees allowing us to wear shorts and T-shirts. Later in the trip the weather was more typical with clouds, rain and strong winds necessitating the full use of weather gear.

This article originally appeared in SEATREK, the Newsletter of the VSKC and is reprinted with the kind permission of Tony Payne.

The Rear End of the Marathon

It's all over now so what do I do
What's the next challenge, I need something new
My bum's recovered, no more black and blue
My muscles and tendons are feeling brand new

My kayak is moored in the old garden shed
Awaiting for me to give it its head
On a swift flowing river, not the garden bed
What lies beyond Swan Hill, where will I be led

Perhaps to Mildura, there's lots there to see
But it's not nearly enough paddling for me
Perhaps to Adelaide, to see the Grand Prix
But no, it's in Melbourne, we'll turn back with glee

By the time we get there seats will be sold out
But we won't care, I haven't a doubt
To sit we would need assistance all about
With no bums at all who's going to shout

Lynne (Wendy's confidante)

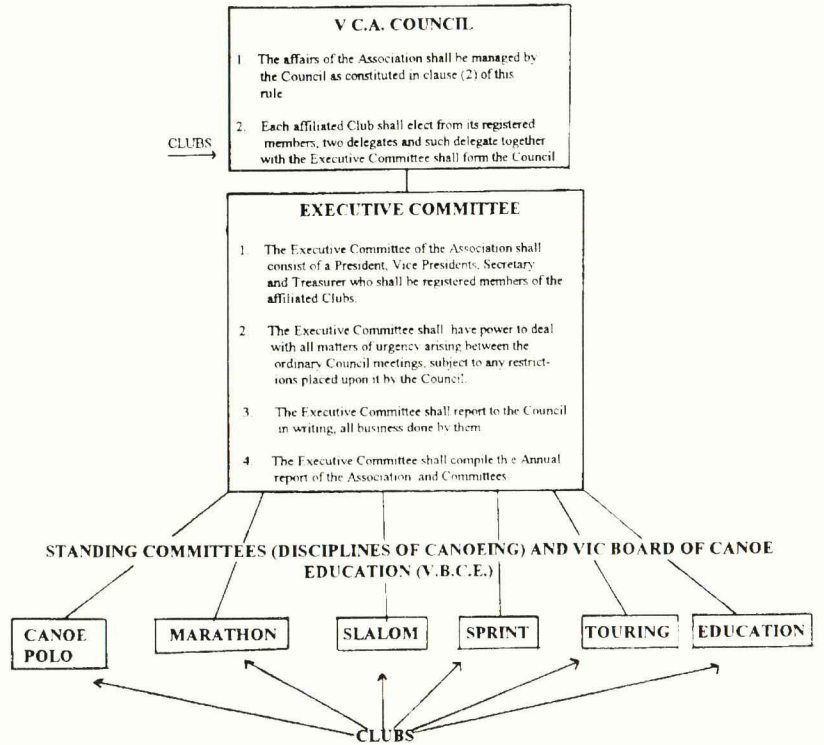
Know Your VCA

Paddlers sometimes request information regarding the structure of the VCA.

This diagram is to help clarify the role you and your club play in influencing the forward planning and vision of the VCA.

Future editions of the paddler will continue to answer the questions which paddlers and administrators may wish to ask. I look forward to hearing from any club or individual regarding the VCA, its structure and its possibilities.

Margaret Buck
President VCA



SUBSCRIPTION FORM

My subscription to Paddler Magazine has expired, please renew as below.
I wish to subscribe to PADDLER commencing Vol. [] for 1 / 2 years
and I enclose payment for \$30/ \$60 (delete whichever is not applicable)

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Address

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Please cut out or photocopy and return to :
V.C.A., 332 Banyule Road, Viewbank, Vic. 3084

CALENDAR OF EVENTS

Dates	EVENT - Location	Contact	ph:No
April			
6	Polo Australian Interclub Championships QLD	Frank Magee	9314 3887
6	Slalom & Wildwater Yarra Series 1 Finns	IGGS	9836 7079
6-8	Life Be in it, Australian Marathon Champs, Yarra River	Kerryn Bonnet	9499 7956
11	Polo Australian Interstate Championships QLD	Frank Magee	9314 3887
13-14	Life Be in it, Intorductory Canoe & Kayak Course, Westerfolds	Jim Coates	9459 4277
14	Slalom & Wildwater Canoe Factory Cup Warrandyte	Bill Reynolds	9704 8393
20-21	Basic Skills Instructor Intake, Westerfolds	Jim Coates	9459 4277
27	Slalom Champion International 1 USA	Roy Farrance	9816 9411
27	Rolling Night Monash University	Jim Coates	9459 4277
27	Skills Improvement Day Goulburn River	Jim Coates	9459 4277
28	Marathon Race 1- Singles, Warnambool	Alan Papworth	(055) 628 213
28	Skills Improvement Day Goulburn River	Jim Coates	9459 4277
28	Slalom & Wildwater Canoe Factory Cup Homestead Rd Wittons	Bill Reynolds	9704 8393
28	Proficiency Testing, Goulburn	Jim Coates	9459 4277
May			
3	Slalom & Wildwater Level 1 Coaching Course	Mandy Linden	9809 2238
4-5	Basic Skills Instructor Intake, Westerfolds	Jim Coates	9459 4277
5	Slalom Wild Cherry Lane	Phil Clark	9802 2877
19	Slalom & Wildwater Yarra Series 2 Griffiths Park	Melb. Grammar	9836 7079
19	Marathon Race 2- Doubles, Essendon	Bill Smith	9311 3402
25	Slalom Champion International 2 USA	Roy Farrance	9816 9411
25	Life Be in it, Schools Sprint and Marathon Essendon	Barbara Trehearne	9773 1703
25-26	Life Be in it, Victorian Schools Champs, Maribyrnong	Kerryn Bonnet	9499 7956
25-26	Life Be in it, Intoductory Canoe & Kayak, Westerfolds	Jim Coates	9459 4277
31	Rolling Night Monash University	Jim Coates	9459 4277
June			
1	Slalom Champion International 3 USA	Roy Farrance	9816 9411
2	ORC Envirofest Westerfolds	Jim Coates	9459 4277
8-9	Sea Instructor Intake/Assessment	Jim Coates	9459 4277
9	Marathon Race 3-Singles, Yarrowonga	Kevin Phillips	(057) 431 944
10	Marathon Race 4- Singles, Sheparton	Peter Cole	(058) 211 242
16	Slalom Wildwater Yarra Series 3 Warrandyte	Lachlan Milne	9836 7079
16	Polo Autumn Competition State Swim Centre	Frank Magee	9314 3887
21	VCA Marathon Race 6 Sale	Mike Goyne	(056) 231 176
23	VBCE Workshop Trip leadership	Jim Coates	9459 4277
26	VBCE Rolling night Monash University	Jim Coates	9459 4277
29-30	Skills improvement days Dights Falls	Jim Coates	9459 4277
30	Proficiency testing, Dights Falls	Jim Coates	9459 4277
30	Marathon Race 5- Doubles, Yarra SKCC	Glen Rose	9720 1462
July			
13	Country Wildwater King River	Torsten Krebs	9418 0107
13-14	Introductory Canoe and Kayak Course, Westerfolds	Jim Coates	9459 4277
14	Slalom Country Series Race 1 King River	Scott Crabtree	9439 8181
20-21	Basic Skill instructor assessment, Westerfolds	Jim Coates	9459 4277
21	Slalom & Wildwater Kirinari Downriver 1 Warrandyte	David Humfrey	9725 7560
21	Marathon Race 6 Singles Gippsland	Kerryn Bonnet	9499 7956
27	Land Rover Winter Classic Omeo	Eric Ward	9898 7503
27	Slalom Event Olympic Games Ocoee River	Roy Farrance	9816 9411
27	Essendon Night Race	David Slater	9337 6563
28	Workshop Fault recognition and correction	Jim Coates	9459 4277
31	Rolling Night Monash	Jim Coates	9459 4277
August			
3	Basic Skills Instructor Intake Westerfolds	Jim Coates	9459 4277
3	Life Be in it, Victorian Schools Polo Championship	Frank Magee	9314 3887
4	Marathon Race 7 Doubles Essendon	Kerryn Bonnet	9499 7956
4	Marathon Race 7 Footscray	Noel Hunter	9749 1386
11	Kirinari Downriver 2 Jumping Creek	David Humfrey	9725 7560
18	Slalom & Wildwater Yarra Series 4 Warburton	Lachlan Milne	9836 7079
18	Sprint 5000 & 10,000 metre Championship Essendon	Stephen Taylor	9775 7955

Victorian Canoeing Clubs 1996



Life. Be it.
Have a go!



VicHealth



**SPORT AND
RECREATION
VICTORIA**

CODE M=Marathon P=Polo S=Sea kayak
Sl=Slalom Sp=Sprint T=Touring WW=Whitewater

Ballarat Amateur Canoe Club (Sp M)

Brad Bennett
61S Drummond St South
Ballarat 3350
Ph 053 359869H

Bendigo Canoe Club (M.P. Sp)

Lyndell Wilcox
57 Jackson St
Long Gully 3555
Ph 054 41476SH
Ph 054 419 6R)R

Black Ducks Canoe Club (P)

Stuart Anderson
78 Watts St
Box Hill North 3129
Ph 03 9898 5623H Ph 03 9268 3039B

Canoes Plus Raeling Team (Sl.WW.)

Patricia Bahr
140 Cotham Road
Kew 3101
Ph 03 9816 9411W

Canoe Factory Club Inc.(M.WW.P.T.SI)

Susan Barbour
80 Newry St
North Carlton 3054
Ph 03 9349 1813H Ph 03 9602 5511W

Cobram-Barooga Canoe Club (M. T)

Robert Schram
PO Box 122
Cobram 3644
Ph 058 711446H Ph 059 711711 w

Central Victorian Canoe Polo Association

Roberta Foster (P.T Sl.)
PO Box 185,
Golden Square 3555
Ph 054 468 063H Ph 054 439 030W

Deniliquin Canoe Club

John Ferguson (T.M)
365 George St
Deuliquin 2710
Ph 058 812475

Echuca Moama Canoe Chlb (Sp.M.T.)

Ken McMullan 9 Connelly St
Echuca 3564
Ph 058 812475 Ph 058 812475

Essendon Canoe Club Inc.(Sp.M.P.T.) Mark

Gribben
PO Box 263
Ascot Vale 3032
Ph 03 92799317B Ph 03 93064605H

Eltham College Canoe Club (Sl.WVV.P)

Ian Whitford
PO Box 40
Eltham 3095
Ph 03 9437 1421

Explorers Canoe Club (P.T)

Kathy Negus
38 Argyle way Ph
Wantirna South 3152
Ph 03 9801 6820H
Ph 03 9270 2371W

Fairfield Canoe Club Co-op. (Sp. M)

Kerryn Bonnet
PO Box 253
Fairfield 3078
Ph 03 9489 0556H

Footscray Amateur Canoe Club (Sp.T)

Noel Hunter
PO Box 365
West Footscray 3012
Ph 03 9749 1386H

Geelong Canoe Club (Sp.M)

Debbie Clarke
PO Box 311
Geelong 3220
Ph. 057 241 880 H

Gippsland Kayak Club

Warren Boulton
PO Box 867
Sale 3850
PH 051 464421

Gippsland Waters Canoe Club

Greg Ryan (T. WW.P)
11 Banks st
Traralgon 3844
Ph 051 742649H

Ivanhoe-Northcote Canoe Club (Sp.M.)

Robert Russell
PO Box 180
Ivanhoe 3079
Ph 03 9850 9002H
Ph 03 9649 4751W

Kirinari Kayak Klub Inc. (Sl. M. T. WW)

Coral Bell
7 Anaba Crt
Greensborough 3088
Ph 03 9435 5891H

La Trobe Uni Mountaineering Club (P.T.SI)

Liza Miller
Sport and Rec. Ass. La Trobe Uni
Bundoora 3083
Ph 03 9439 8308H

Mildura District Canoe Club Inc. (Sp.M.)

Michael Allford
8 Merinda Crt
Mildura 3502
Ph 050 211656B
Ph 050 236620

Mitta Mitta Canoe Club Inc.(M.T)

Margaret Baker
PO Box 542
Albury 2640
Ph 060 217886 Ph 060 230276

Monash University Bushwalking Club (M.P. Sl. T.)

Rod Barnard
C/- Monash University Bushwalking Club
Clayton 3122
Ph 03 9755 1505

Melbourne University Mountaineering Club (Sl. WW.P.T.)

Richard Kjar
C/- Melbourne University Mountaineering Club
Parkville 3003 Ph 03 9878 1843H

Patterson Lakes Canoe Chlb Inc. (M.Sp)

Kevin Thomas
C/- Patterson Lakes P.O.
Patterson Lakes 3917
Ph 03 9706 8599W Ph 03 9773 1703

Rosebud WhiteWater Canoe Club .(Sp.M.)

Mary Doak
67 Foam Street
Rosebud 3939
Ph 059 861092H

Shepparton Canoe Club (M.T)

Anne Marley
RMB 1840
Tatura 3616
Ph 058 548467

Sherbrooke-Knox Canoe Club Inc.(M.Sp)

Mr Chris Leaver
88 St Georges Rd
Upper Beaconsfield 3808

State Swim Centre Kayak Club

Mathew Keays
P.O. Box 410
Richmond 3121
Ph 03 9428445H
Ph 015 333 442B

St Leonards College Canoe Club

John Willis (Sl. WW.TP.)
163 South Road
East Brighton 3187
Ph 03 9592 2266W

Swan Hill Canoe Chlb Inc.(T.M.)

Tony Mangles
PO Box 1394
Swan Hill 3585
Ph 050 399502H
Ph 050 322 022W

Templestowe Canoe Chlb Inc.(Sl.WW.P.T.)

Phil Clarke
33 Wildwood Avenue
Velmont South 3133
Ph 03 9802 2877H

Victorian Canoe Chub. (T.P.)

Richard Godden
3/340 Dandenong Rd
East St Kilda 3182
Ph 03 9527 6020H Ph 03 527 hO20W

Victorian Sea Kayak Club Inc.(S)

Karen Thomton
P.O. Box 426 Seaford 319R
Ph 052 52 2388H Ph 052 52 1011

Warnambool Kayak Chlb Inc.(M.)

Allan Papworth
143 Raglan Pde
Warnambool 3280
Ph 055 628213H
Ph 055 6272359W

Whitehorse Canoe Chub Inc (P.T.)

Louise Brown
8 Ferrier Crt.
Rossanna 304R
Ph 9458 3330H
Ph 9450 3529W

Yarra Valley canoe Club (M. T)

C Dobson
41 George St
Scoresby 3178
Ph 059 685428H Ph 03 9720 2655W

Yarrowonga-Mulwala Canoe Club Inc.(M)

Wendy Phillips
31 Murphy Street
Yarrowonga 3730
Ph 97649896H Ph 9634 9520B

Youth Hostel Australia (T.Sl.WW.)

Peter Cook
21 Kilsyth Ave Burwood 3175
Ph 03 9808 3983H

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