

Paddler

MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.

Marathon Marathon Marathon



- Wash Riding • Victoria's Olympians • World Canoe Polo Championships • Eildon Triathlon •
- Contraception for Sports Women • World Cup Slalom •
- And Much More •



**Life. Be in it. and VicHealth, Sponsors
of the Victorian Canoe Association**

Life. Be in it.™

Have a go!



VicHealth



**SPORT AND
RECREATION
VICTORIA**

The Victorian Canoe Association
proudly recognises the support
and sponsorship of
Sport and Recreation Victoria

Paddler

MAGAZINE OF THE VICTORIAN
CANOE ASSOCIATION INC.

EDITORS:

Liza Lucas/Terry Coates
C/O VCA office

PRINTING:

Copymate Pty. Ltd., Melbourne

**ARTICLES, ADVERTISING,
SUBSCRIPTIONS AND ENQUIRIES**

C/O VCA, 332 Banyule Rd.,
Viewbank, 3084
Tel : (03) 9459 4277
Fax: (03) 9457 5438

*"PADDLER" is published six
times a year by the Victorian
Canoe Association Inc.*

PUBLICATION DATES:

Start of: February, April, June,
August, October and December.

COPY DEADLINES:

FIRST week of:
March, May, July, September,
November and January.

SUBSCRIPTIONS:

Individual copies: \$5.00
Club bulk copies: \$4.25

Statements made or opinions
expressed in "PADDLER" do not
necessarily reflect the views of the
Victorian Canoe Association Inc.

DISCLAIMER: The publisher believes all material
produced in "Paddler" is correctly and accurately
resourced. However we give no warranty in relation
thereto and disclaim liability for all claims against the
publication, its employees or any associated persons,
which may arise from any material contained within
its pages, which may be challenged
by any persons.

VICTORIAN CANOE ASSOCIATION INC.



332 Banyule Road, Viewbank, Vic. 3084.
Tel: (03) 9459 4277 Fax: (03) 9457 5438

Contents

Volume 112

June 1996



Features

- 4 **Beginnings**
- 6-11 **Inside Marathon**
- 12 **Slalom Round Up**
- 13 **Victorian Olympians**
- 20 **Eildon Triathlon**
- 22 **Contraception for Sportswomen**
- 26 **World Cup: Ocoee River**
- 29 **The Sprint Scene**

Other items

- 2 **Letters**
- 28 **Tips and Tricks**
- 30 **Across the Desk**
- 33 **Canoe Ed**
- 36 **Calendar of Events**

Life. Be in it.

Have a go!



VicHealth



SPORT AND
RECREATION
VICTORIA

Cover photo: Start of the V35 K2 at the 1995 Victorian Championships

Inside photo: Chad Meek on his way to winning the Men's open K1 at the 1996 Australian Championships (Kerryn Bonnet).

LETTERS LETTERS LETTERS

Editors on the move!

Liza and Terry are (temporarily) moving to sunny Darwin but will keep producing Paddler for at least the August Issue.

We must allow a couple of extra days for mail so the deadline for next Paddler will be **July 7** instead of July 15.

All articles, advertisements and correspondence for the August edition of Paddler must now be sent directly to the VCA office by July 7.

332 Banyule Road, Viewbank Vic. 3084
Tel: (03) 9459 4277 Fax: (03) 9457 5438

If you have any queries about this please contact
Jane or Jim at VCA.

Terry and Liza will be contactable on 019 381 784

REVIEW OF THE MLC JUNIOR SPORTS FOUNDATION

The MLC Junior Sports Foundation (JSF) has been sponsoring young Australian sportspeople since 1981. In fact, the JSF was one of the original non-government sponsors of elite junior athletes in Australia. Over the last 15 years, it has contributed around \$13 million to more than 4,000 athletes.

Sponsorship of Australian sport has changed since 1981. Dramatically so since Sydney won the bid to host the 2000 Olympics. There has been an increase in public and private sector funding of those elite junior athletes expected to represent Australia at the Sydney Olympics. Some private companies, in particular, have aggressively marketed sponsorships in a way designed to enhance their competitive position.

It is in this environment that MLC and the JSF Advisory Committee are reviewing the activities of the JSF to take into account the broad changes that have occurred in the Australian sports sponsorship market since the Foundation was first established.

The Advisory Committee is providing guidance during the review process and it is our intention that the revised sponsorship arrangements will

commence full operation from January 1997.

After the current scholarship period ends in June, there will be a six month break in the award of scholarships to junior athletes pending the outcome of the review. I had previously advised that national sports associations would be requested to provide MLC with rankings to identify sponsorship recipients but, given the current review, these will now not be required.

Striking the right balance between the needs of junior sport and MLC's expectations for effective sponsorship is a matter MLC takes very seriously. This being so, we expect it will still be a few months before a definitive announcement can be made.

As we all will be focused on Atlanta until August, we plan to advise national sports associations about the future activities of the JSF in September. Meanwhile, I look forward to opportunities to talk to you during the upcoming JSF events.

Vito Carrozzo
National Director
MLC Junior Sports Foundation

MOUNT LOFTY SAVED WITH FUNDING BOOST AND INCLUSION IN WARRANTYTE STATE PARK

Mount Lofty, a major Yarra River conservation asset, will be included in the Warrandyte State Park as part of an ownership transfer from Melbourne Water to the Department of Conservation and Natural Resources

Conservation and Environment Minister, Mark Birrell, announced the breakthrough today at Mount Lofty with local MP, Lorraine Elliot, and Liberal candidate for Silvan Province, Wendy Smith.

"Mount Lofty is a vital link in the Yarra River's series of conservation reserves and will now be permanently protected and professionally managed as part of the State Park", Mr Birrell said.

"This positive result brings to an end speculation over the site's future and reinforces Warrandyte State Park's strong connection with the Yarra River.

"The efforts of Lorraine Elliot and Wendy Smith to achieve this result deserve special recognition"

In anticipation of finalising the transfer arrangements, Mr Birrell also announced a \$100,000 funding boost for Mount Lofty.

"We intend to upgrade basic visitor facilities in the area to ensure that local residents and visitors enjoy the special natural attractions of the area," Mr Birrel said.

These include the rocky cliff faces at the entrance to the Warrandyte Gorge, the densely wooded river banks, abundant bird life and the panoramic views from the upper slopes of Mount Lofty.

The area is also a popular site for swimming, fishing and canoeing on the river's rapids.

"We look forward to finalising the transfer and securing the future of Mount Lofty as a priority project," Mr Birrell said.

**Minister for Conservation
and Environment**

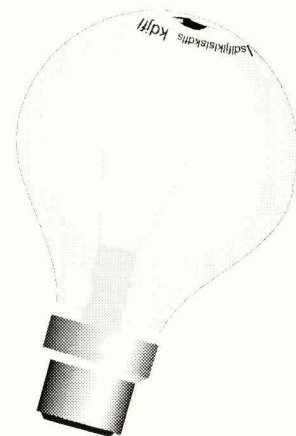
Telephone: (03) 9412 4004

Facsimile: (03) 9417 6225

**Subscribe to
Paddler**

See page 35 for form

**NEW
Products**



Lendal/Mania

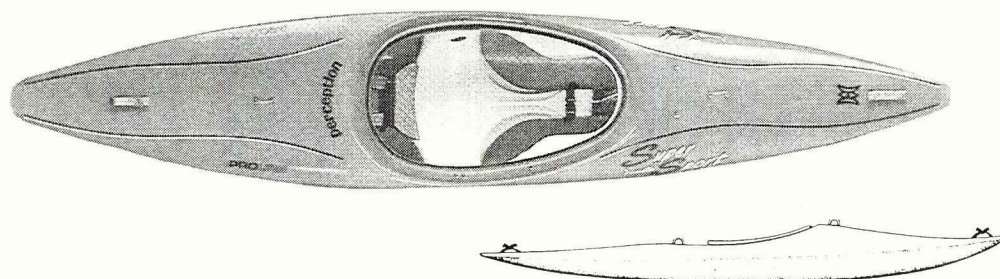
A robust nylon blade able to withstand high impact paddling with perfect balance. Available at: Electric Water 1/4 Turbo Dr. Bayswater. Ph. (03) 9720 9298

Darlexx Nicks

Specially designed paddle shorts with a low cut front to prevent bunching when seated and high at the back to protect your rear end. Made from a new material called Darlexx, it is a combination of 1 mm neoprene and lycra that provides comfort, support, fit and durability. Contact Canoes Plus for your local supplier Ph. (03)98169411

Pirouette Super Sport

Dance to your own tune on the river !!



Length : 300 cm
Width : 58 cm
Weight : 17.5 kg
Volume : 192 litres
Cockpit : 79x43 cm

For more information contact :

CANOE PLUS - Phn:(03) 9816 9411 Fax:(03) 9817 1820
or your local PERCEPTION dealer

Dim Recollections of my first year of Paddling

BEGINNINGS

By David Boldiston.

Paddling kayaks. Sounded a bit Mickey Mouse to me. Brought up on a solid diet of footy and cricket from before I could walk. Practice once a week and play with the school team, practice twice a week with the Juniors and once a week with the Seniors then play with the club, sometimes twice on Saturday, throw in a Sunday morning or two, and the inevitable games of golf, squash, soccer (when the school team was desperate) and anything else that was going - you know the sort of thing. Then you get a bit older and do other things. If you think paddling is expensive, try racing motorcycles. As time goes by, and a wife then a family comes along, sport tends toward the Norm variety.

Our son began talking about paddling in the school pool at lunch time, and then there were a few requests for transport to the Yarra at various spots for training and competition and trips to Lilydale Lake. Looking at those kids paddling for a few minutes then sitting apparently exhausted after a slalom run was almost humorous - it can't be as hard as all that.

So I thought to have a go, you know, show them how it ought be done. Get in, fall out, get in, fall out (What am I doing wrong? Nothing. You are simply human after all). Perhaps I should have started on something simpler than the Goulburn? Eventually the terminology gets some perspective. "Lean upstream" is confusing even if you do know which way the water flows in an eddy. "Paddle, paddle" shouted loudly when you are sitting in the boat thinking this is fun as you sail gracefully over the drop at Bob's Rock only has meaning when you discover that stability at the bottom of the drop is greatly enhanced by having a blade in the water with some pressure on it.

I haven't kept a paddling diary so the chronology of the last year or so is a bit fuzzy. I started in a Europa late in 1994, and graduated to a Dancer fairly soon after. Both boats and all the gear were on loan (Thank you Ian). I recall the extraordinary support and guidance provided by all sorts of folk, such as Kirinari members when I was trying to come to grips with why the thing wouldn't go in a straight line, and why it constantly practised involuntary break outs, which is no mean thing at Homestead - you have to look very hard for the eddies. About two minutes into a club tour and I'm fagged out attempting to paddle in a straight line while others are doing it easily, and we only have another 8 km to go. The learning curve is extraordinary - for the grey haired the forgetting curve is harder.

What does hindsight offer? Nothing but the obvious that comes from hindsight.

Upside down is not really fun. If that's what it takes to get there then so be it but if I had learned to roll early on I would have saved a lot of time and some bruises, but there is the opposite school of thought too.

Get a good position in the boat. For the first six months or so I didn't have the foot pegs back far enough to make me sit up and have my legs up under the deck. Three clicks back and the stability that gave was a mighty leap forward. Try not to worry about getting out; better still practice it.

Keep the paddle in the water on each stroke longer to get maximum benefit and also for maximum stability. If you have pressure on the blade you are a long way along the road to staying upright.

Think about it. Know what you are going to do before you do it. Think it through, imagine it, go through it in your mind then do it. Most times when things don't work out, I can recall not really having a good idea about what I was going to do. It need not always apply once you've mastered things a bit, but for the first few months do it. After that you can try Jim Coates' suggestion of sometimes just having a go (see The Paddler of some months ago).

Keep your head up. Learning to drive a car, ride a horse or ride a bike - it's all the same. If you have the skyline or something similar in your sight, even in your peripheral vision, stability is much easier.

Practice. Get in the boat as often as you can. Do sweeps and draws on both sides until you are giddy. Straight paddle. Don't just sit in your boat watching someone else doing it, keep doing things. When of advanced age, time on the water is precious. Put the strokes together in combinations. Sounds boring and sometimes it is, but it's much better for the self esteem than swimming (again).

Something else which applies to things other than paddling too is to set some goals. I set myself targets for each quarter. At the start of this year, I decided to learn to roll before March 31st. I can do it in the pool, and I've done it in moving water but not yet when I've needed it. So that can be a goal for this quarter. Something I have to learn first though is to not rip the spray deck off at the first sign of impending inversion.

After about three months of seeing if I was going to like this paddling thing, I decided to get a boat. Having absolutely no idea of what to do, I looked at a lot of them until I had found something I liked. An almost new Olymp with spray deck and helmet came into my not very tender care for \$80. That was about a year ago. It's not almost new now. I gave myself about a year with it before deciding what I wanted to do. An article by Jim Coates gave me some guidance. I've bought a Quattro! With hindsight Jim's suggestion is right. I'm learning to paddle the boat I want to paddle rather than take years to "graduate" to it. What's it like? There is a Santa Claus after all.

TO NYMBO

By Georgia Le Plastrier



After finally concluding that the Shoulhaven really was too low to go paddling on, the six of us head off for far north New South Wales. The Nymboida River flows through the beautiful rainforest environment north and west of Dorrigo. After stopping in to see Steve Wanamacker (and fam) about 5 am in the morning we slowly made our way to Platypus Flat after the ritual food buying.

Recommended paddling time from Platypus Flat to the Little Nymboida River confluence is three to four days. After a relaxing morning exploring and sitting around the fire, not to mention packing, a couple of us did the three hour car shuffle to Nymboida Township. A 10 foot raft with all our gear and four of us in kayaks. We could have been called the Dagger club.

Just around the corner came our first of many drops called 'KB chute' where tail stands were mandatory. We had concluded that the river was low but the water level to us seemed excellent for paddling. The river opened wide giving way to 'Lucifer's Falls'. It was hard to imagine that the river could change so much. This was the first of many amazing rapids, waterfalls, gorges and tranquil pools that we would travel through on this warm, lush, rainforest encompassed river. Another couple of portages downstream and we had found a campsite.

The six of us kicked around and talked about everything from canoeing to cigarettes, the vines hanging around us with huge butterflies circling our heads. The next day proved to be just as exciting as the first. Excellent rapids of grade 3 and 3+ standard. Tumbling, bouncy water such as 'The Alley' 'Cod Hole Rapids' and 'S Bend' not to mention the larger rapids that the McLaughlins forgot to include, gave us plenty to focus on. We camped just above a thundering rapid known as 'The Gutter'

Don't you love those trips when you don't pack your

sleeping bag as soon as you get up? These sort of trips are my favourite. Sitting around on the warm rocks, swimming, exploring, reading and generally relaxing was also mandatory on this adventure.

Today would have to be the most exciting day of them all. The flowing water of the Nymboida kept leading us down through more and more rapids. Slippery dips and rockgardens flew us all around the river. We saw some of the rafting companies today and Jim Coates (Bernie) relived old memories as he helped out the guides on a rapid called Mushroom Rock. Good old Dickie Baker.

Some of us decided we preferred it underwater than on top of the water after submarining on a few sucky, stopper drops. I said it was low! One of the kayakers of our group learnt how to swim out of stoppers in real life (not in Rescue 3) which gave us plenty to talk about for the next couple of days. What an awesome day!

Our last day (Day 4) took us through the beautiful Nymboida River gorge which lead me to think that a trip down here with walking boots, a climbing rack and 10 days would give great means to explore. We passed the confluence of the Little Nymboida River and continued down to Nymboida township in the growing twilight. A fantastic trip.



Marathon

A brief look at the sport by a Veteran

I am just an ordinary guy who at the age of 50 years decided to give canoeing a go instead of retiring to lawn bowls. Actually, the introduction to the sport was land crewing for my wife and daughter on tow Red Cross 404 km Marathons on the Murray River. This is an initiation that arouses your appreciation of those involved in canoeing. Marathon is described as "any long contest with endurance as the primary factor"

Another competitor's father and myself were persuaded to enter the Red Cross 50km Mini Marathon paddling an old-style conventional Canadian canoe. We finished the race but it was an effort because my partner seized up in one shoulder, so I paddled on the left side continuously for the last 20kms. The TK1's that glided past appeared to be more symmetrical with the alternate paddling on each side.

A couple of years later I bought a Robbie Millson 'Dart' TK1 from a Rover Scout who had just completed the Murray River Marathon and was happy to sell me his kayak. So now I had to train. I joined the Ivanhoe Northcote Canoe Club and got advice and competition on the Yarra.

Initially the boat seemed unstable and occasionally rolled me out. I must say that now with more practice I don't think of trying to balance. Technique and relaxing is the secret, plus regular training on the water, moderate gym strengthening, correct diet and enough rest to rejuvenate an old body like mine.

My seventieth birthday popped up unexpectedly this year and so I have the opportunity to encourage all you younger paddlers to look forward to a long and invigorating involvement in a passive and (most times) non-combative activity.

Throughout the past twenty years I have met hundreds of interesting people of all ages. It is a buzz when teenage paddlers come up to have a yarn on race day. Even though paddlers come up to have a yarn on race day. Even though dozens of different canoe

clubs compete at the marathon races we always find a readiness to help and assist anyone in need. The volunteer helpers and administration team do a great job in helping to organise the dozens of races throughout the year.

Marathon racing accommodates all ages from 8 to 80 plus, and for all types of flat water canoes and kayaks and gives you the opportunity to paddle on your own or team up with another in a double canoe or kayak, or experience the exhilaration of competition in a K4. It is great to see the juniors battling it out in their 3km races, the novices giving it their best for 6km and the adults competing in singles, doubles and mixed events up

to 32km. Throughout the year your canoeing diary can be filled with marathon races held on dozens of rivers in Victoria and interstate.

Canoeing has been good for me. It has built up my confidence after battling conditions of summer sun, winter rain and howling, gusty wind. Fourteen years ago I set a record time in the Red Cross Mini Marathon TK1 race which has not yet been broken - in the over fifty class, of course.

My favourite race was the Australian Championships in N.S.W. where, after driving there on my own, camping out in a hike tent in freezing conditions and hoping I was eating the right fuel, managed to well and truly conquer the field. This was when I realised, to be bigger and apparently more muscular wasn't enough to intimidate a little bloke like me.

The World Masters Game in Brisbane in 1994 gave me the opportunity to bring home two gold and two silver medals. Also in the Australian Masters Games in 1995 in Melbourne another three silver. But I must add, canoeing is not all take and "what's in it for me". There has to be some give as well. It has given me the opportunity to work on a couple of organising committees, lend a hand on race days, and feel proud to be able to contribute something to the sport I enjoy.

This is not to crow about success but to demonstrate that it can be achieved and endured by any ordinary person starting late in life, and be encouraged and impressed by the enthusiasm of our younger Marathon paddlers.

Join your local canoe club or contact the Victorian Canoe Association for advice and names to contact. Purchase a copy of the 1996 Marathon Diary for precise details of most of the races.

So get out there, keep yourself fit, enjoy the competition and have fun - and above all help those that are helping you.

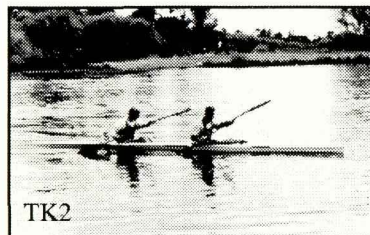
Les Hopwood

PADDLER

Marathon Boats



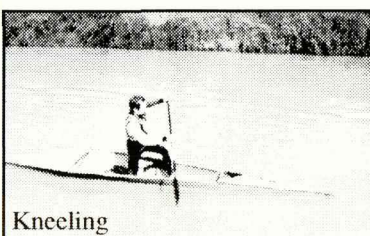
TK1



TK2



TC2



Kneeling

Life. Be in it.

1996 Australian Marathon Championships

The 1996 Australian Marathon Championships were held in Melbourne at Easter time on the Yarra River. With the chance of a place in one of three different national teams up for grabs the event attracted a large field of around 230 paddlers each day. A total of 55 Canoe Clubs from all over Australia and New Zealand were represented.

The start of the Men's Open K1 was spectacular as 43 boats tried to find room to line up across the river. Both Tom Hirschoff as aligner and Bill Smith as starter did a great job in ensuring that all boats were given a fair start. An exciting 39km race which included 2 portages followed and was won by former World Champion Chad Meek. Simon McLarin from New Zealand came in next, only 1 second in front of Leigh Wilson.

The Women's K1 was also very exciting with the eventual winner, Cathryn Pekin (WA), taking a swim early in the race and then working her way back to sprint to the line against VIS paddler Brooke Harris. Brooke paddled extremely well - especially considering she had not trained

Junior Men's K2 Paddlers Gabriel D'Iggenis and Kieth Colomb



1996 WORLD CHAMPIONSHIP TEAM

(to compete at Vaxholm Sweden)

Senior Team:		Junior Team:	
K1	Chad Meek Leigh Wilson		Steven Burns Kane Ballard
K2	A. May/A. Nesbit S. Dalziel/W. Parker		A. Hunter/K. Colomb D. Cardwell/G. Rich
LK1	Brooke Harris		Letitia Quick Jessica Kemp
LK2	C. Pehn/C. Morris		
C1	Roger Fenwick		
C2	R. Fenwick/A. Cole		

1996 GRAND PRIX II TEAM

Senior Team:		Junior Team:	
K1	Chad Meek Leigh Wilson		Steven Burns Kane Ballard
K2	A. May/A. Nesbit S. Dalziel/W. Parker P. Krautz/M. Flower		A. Hunter/K. Colomb D. Cardwell/G. Rich
LK1	Brooke Harris Cathryn Pekin Caroline Morris		Letitia Quick Jessica Kemp Sarah Kelly
C2	R. Fenwick/A. Cole		

1996 PRESIDENT'S TEAM

(to compete at Maroochydore June 1996)

Senior Team:		Junior Team:	
K1	Luke Offord Ian Bennett Michael Leverett		Glen Pickering Adrian Monte Ben Poole
K2	D. Clarke/M. Beale S. Kemp/P. Lancaster C. McGill/P. Gardner		Stephen Magneron A. Taylor/A. Carrie B. Boocock/J. Bingham
LK1	Caroline Whittle Julie Misson		Josie Pickering Kate Taylor Michelle Milsom
LK2	K. Morgan/K. Johnson B. Meek/J. Jenkinson J. Perriam/R. Payne		
C1	Tony Bond		

for Marathon Racing and had never done 39km before. She was rewarded by being selected to paddle K1 in the Australian Team to travel to Sweden to compete in the 1996 World Championships (Cathryn Pekin was selected to paddle K2 with Caroline Morris - see full list of selected paddlers below).

It was wonderful to see so many Juniors and Intermediates competing at the championships: 24 competitors in Junior Men's K1, 18 in Junior Women's K1, 12 in Intermediate Men's K1 and 8 in Intermediate Women's K1. Going by these numbers this sport has a great future and it was also wonderful to see the work put in by talented Victorian Juniors such as Keith Colomb, Letitia Quick, Adrian Monte, Ben Poole, Andrew Taylor and Alastair Carrie being rewarded with selection in one of the teams

The attention of the media was drawn to the sight of winning C2 pair Roger Fenwick and Anthony Cole and deservedly so: it was difficult enough for everyone else to race 39km on two consecutive days while sitting down in a kayak or canoe - these two did in kneeling on one knee. Congratulations to both Roger and Anthony on their selection in the Australian Team.

Speaking of media attention, it was thanks to the hard work put in by VCA publicity officer Ian Christensen that we had both SBS and Channel 9 News at the Championships. There was also an article in the Sports Monday section of The Age as well as the results in the Herald-Sun. Canoeing needs to really work at getting the attention of the media to promote our sport and Ian did a fantastic job in getting this coverage. I would encourage any committees who are planning a major event to get in touch with Ian early - it takes a lot of time and effort to convince the media that your event is worthy of their attention.

An event like this couldn't happen without the help of all the volunteers who acted as officials, and on behalf of the organising committee I would like to thank them all -



Bendigo paddler Lyndell Wilcocks gets a helping hand

their help was very much appreciated. We had over 45 people helping us over the two days. The sponsorship support provided by Vic Health and Flora foods also helped to make these Championships a successful event.

Kerryn Bonnet

VCA Winter Series

**Race 1 at Warrnambool
28th April 1996**

Race one was held on the Merri River on the western approach to Warrnambool. The day was cool with a south east breeze, perfect for paddling with regular visits by the sun.

A very pleasant venue with well kept lawns, good access to the river, convenient parking and a well stocked canteen made it a pleasant day for competitors as well as spectators.

There were in excess of 100 paddlers, an excellent turn up for the first race, particularly being quite some distance from Melbourne.

On the Saturday evening prior to the race over 30 people enjoyed a relaxed meal and chat at the local tavern. This was organisation by the host club and proved to be an excellent opportunity to gather socially, free from the hurly burly of race day.

The Warrnambool Kayak Club appreciates the officials, competitors and spectators who make the effort to come to Warrnambool to support this event.

Allan Papworth

Classified For Sale

**TK1 'Viper' Competition
Kayaks built 5/94, mint cond,
with pump, spare seat,
\$875**

**TK2 built 9/95, kevlar hull,
suit larger paddler, good boat for
Murray relay team or
Hawksbury Classic
\$850**

**Contact Chris Bellamy
06 249 7167(H) or
06 275 7528 (W)**

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:

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

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

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

Cut out or photocopy this coupon and send to:
The Victorian Canoe Association
332, Banyule Road
VIEWBANK, VIC 3084



Phone: (03) 459-4277 FAX: (03) 457-5438

YES! I want to experience the MAXIM advantage. Please rush me the following:

2.3kg MAXIM Tub	Price:	Qty	Delivery
	\$43	<input type="checkbox"/>	\$4.90 per Tub
2kg MAXIM Refill	\$34	<input type="checkbox"/>	\$4.90 per Tub

I enclose cheque/money order for \$.....or please debit my Bank/Master/Visa Credit Card No.

Expiry Date:...../.....

Signature:.....

Name:.....

Address:..... Phone:.....

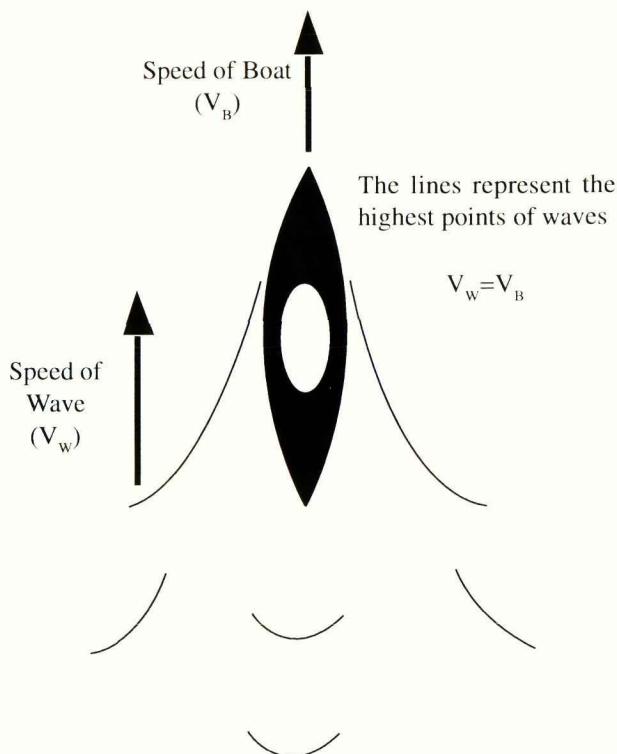


WASH Riding

by Zoli Szigeti

Surfers ride waves. They position themselves in the right place to be carried down the slope of the wave. Not so dramatically, kayakers can position themselves and ride down the wave of another boat. At least 15-20% assistance can be achieved in a pairs boat, and less in singles by riding on the largest wave caused by another boat.

Washes or wakes caused by a boat



The most effective wave is the first wave at the side. The second wave will give half the benefit and the third will give very little. The tail wash directly behind the boat is equivalent to the second side wash.

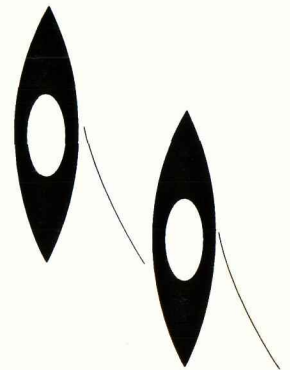
Positioning of the second boat

The tilt of the boat gives the assistance



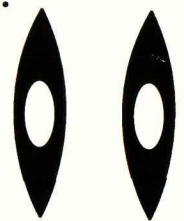
Overhead: The bow of the second boat is level with the front cockpit of the first boat (roughly half a length behind the front of the first boat). The second boat should be as close as possible but still leaving room for paddling.

NB. The wave or wash will be further back when the first boat is travelling faster.

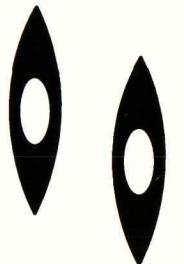


To find the correct position...

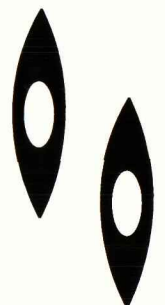
1) Start level with the first boat and there will be no benefit



2) Slip slightly back and there will be an initial drag.



3) Slip further back until the second boat feels the assistance and easier run of the boat. The bow of the second boat will sink as the boat takes up the angle.





Steering

When riding a wash, good steering is needed. The second boat must continuously steer away from the first boat to resist the pull in towards it and clashing paddles. With good steering, the second boat can ride very close otherwise a position slightly further out and backwards may be safer. Canadian canoeists have to be very good at steering to ride washes and would be better to ride the tail wash.

A third boat

There will be less benefit to ride the wash of the second boat as the second boat will make a less definite wash pattern and steering may be more difficult. A third boat would be advised to ride on the other side of the first boat.

Removing a boat from your wash

Note: Nothing is taken from the paddler of the first boat except the psychological feeling of having a competitor breathing down his neck and travelling at the same speed with less effort. Near the end of the race the second boat may have more energy left to sprint away and win the race.

(1) **Varying speed**, by sprinting, slowing down and sprinting again. The wash will move back, forward and back again, and the second boat will have to be very skilful to stay with it.

(2) **Wobbling**. Speed up, turn towards the second boat and then straighten. The second boat will have difficulty staying with the wash.

(3) **On a curve** when the second boat is on the outside, sprint around the curve and he will have to be fast to stay on the wash

(4) **Obstructions**. Although it is not sportsmanlike to run the second boat into snags, bridge pylons or other boats, the first boat has every right to follow a straight course. The second boat must not interfere with the first boat and so may find his course is too near snags at times while riding a wash.

Nasty tricks like tipping the first boat over or interfering with their steering are not within the rules.

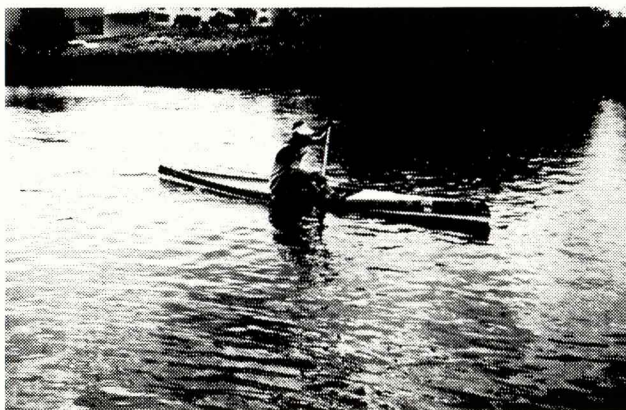
Marathon NEWS

The first race of the VCA Marathon Winter Series was held at Warnambool on April 28th. Approximately 80 paddlers enjoyed the perfect conditions, beautiful scenery and great racing

This year the Marathon Committee has changed the time of the subjunior (7-12 year olds) event to 10am. This change proved very popular as everyone else was able to enjoy watching the enthusiasm and talent of these young paddlers.

With the new method of calculating points, this years seniors inter-club trophy is going to be a very close competition - after Race 1 Fairfield has only a slight lead over Ivanhoe-Northcote.

The next race is at Essendon on May 19th followed by two races on the June long weekend at Yarrawonga and Shepparton. Marathons are a great excuse for a weekend away, so why not come along and give it a go. Don't forget that if you've never paddled in a marathon race before you can start off in a Division that races over 1/2 distance (10-12km) or 3/4 distance (15-18km) if you don't want to take on the full distance of 21-25km. If you'd like more information on Marathon Paddling contact the Marathon committee Secretary, Kerryn Bonnet on 9499 7956 or President, Glen Rose on 9720 1462.



Tony Payne on his way to winning the TCI at Warnambool

Slalom Roundup

JUNIORS HIT LIPNO

Junior Australian Canoe Slalom team at the Pre World Championships.

Does Slalom have a future in Australia. Judging on the performances I witnessed at the Pre Worlds in the Czech Republic I know the answer. YES!

This group of young canoeists applied themselves to the course, followed the advice of coaches Danielle Woodward and Andrew Farrance to the letter and provided support to each other.

Their conduct was commendable. It wasn't a perfect trip - a we had our ups and downs lesson on initiative: fitting boats on an oversize roof of the hire van, repairing boats cleaning clothes without laundromats. Driving on the wrong side of the road, my job was to drive, the paddlers navigated, a successful combination. We shopped (for food) everything else was too expensive. Did you know that in Italy seven of us were eating between 40 & 50 bread rolls per day? Robin Saunders please take note!

Do Junior Paddlers plot and scheme? Do they listen carefully to discussions on likes and dislikes in glassware shops in Ceske Budevoise? Definitely - thank you for the superb (not sensational) decanter and the very neat paddling smurf.

This group of young paddlers had so many different things to deal with in four weeks: a stressed team manager, very technical water and lots of it, three different languages, driving on the wrong side of the road, driving in Italy, going from winter to summer, having to eat at restaurants ordering food in a foreign language (including reading the menu), using bidets, repairing boats, being away from family and friends, the issues of organising a large group - the list goes on and on. They worked together to handle the roller coaster with flying colours.

The competition in Lipno was huge, over 250 paddlers competing. The numbers of spectators was intimidating. The water was BIG and fast. The actual results in many ways don't give the true picture. In the scheme of the long term plan that is in place for these young athletes - they are well on target. Having seen the facilities available to the young European and American athletes and looking what our athletes can achieve in such a short time is absolutely amazing.

YES, Australia has a great future in Canoe Slalom if these juniors are anything to go by.

A TRIBUTE TO COACHES

As Manager of the Australian Junior Canoe Slalom Team I cannot praise the coaches who gave up their training time to come to Lipno and coach the team.

Danielle Woodward and Andrew Farrance did a superb job. They made themselves available to all paddlers on an unconditional basis. They stood in the hot sun to get the best possible positions to video and comment from - often all day. They provided light relief for the paddlers and lots of support. In short, they worked their butts off.

Consider just who they are. These two people form part

of the Senior Team. They have heavy paddling commitments themselves and a very expensive program it is in terms of finance, time and commitment. Yet they still find time to help junior paddlers. How lucky we are to have people with this level of commitment to our sport.

It was a pleasure to watch the way the paddlers improved on the course because of your input. The paddlers and I can't thank you enough for the time and effort you put in.

GRAND FINAL WEEKEND

The girls had been missing out on paddling - child rearing takes a lot of time. Desperately in need of some competent company, the weekend was organised. We would all meet at the Slalom Rapid on the Mitchell on the Saturday, at 10.00am. (Grand Final Day) Yes, you've guessed it we're all really interested in the football too! The girls would paddle while the boys minded the children then we would swap. End of group organisation.

As it came closer to the day I worried about water levels, everything on our side of ranges was very low, the access track into the Slalom rapid hadn't it been washed away, did I really vaguely remember something about it being repaired, could I still remember the way in?

The day dawned and with a few minor traumas we arrived to find Galloway already there and Daff and Banfields true to form arrived a little bit later. Great day, great water level and not another soul in sight - Heaven. Time for a paddle, the girls had to feed the rug rats so the boys got on first.

Our turn and the cat and mouse game started. After a short warm up, we were off. Robyn immediately went for the break out on the right, Debby and I opted for the safe big eddy on the left. Then we were away, trying different moves and seeing who would follow, grinning from ear to ear the whole time. Sitting in the eddy by the stopper we tried to remember what it was like at this level and how deep was the water just after it? The chicken shoot worked really well.

At the bottom the nose stand wave was working perfectly much to the delight of our partners. Wanting to do other sessions for the day we gracefully retired. Delighted with our rapidly returning skills.

By this time it was like old home week - The Pedicini Family, the Runting family and Steve Edwards had all arrived and were equally surprised to see us. It was a wonderful time to catch up with long time friends.

Did we all have a good day or what? With sore hands, arms, legs, even sore cheek muscles from laughing (life's tough) we reluctantly left this wonderful place with Carys words...Grand Final weekend next year sounding like a really good idea.

So, all you old farts out there who recognise the names in the article - How about it?

Authors note: Daff & Banfield have 2, Galloway & Warboys have 1, Pedicinis have 2, Runtings have 3. Steve left his at home.

Leanne Guy

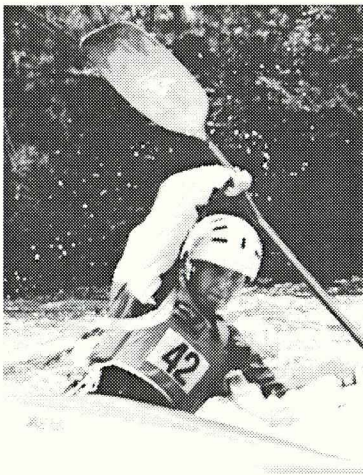
Olympians

Victoria has six canoeists going to Atlanta to represent Australia.

We congratulate them, and send our good wishes and support.

The Olympics are a very special event and to be selected is a great achievement, one these fellow canoeists will treasure all their lives.

Here we present interviews with these six very special people



Mia Farrance

Sport Slalom Kayak

Event K1

Club Canoes Plus Racing Team

Present Address Doncaster Melbourne

Birth Place & Date Melbourne December 1973

Parents Involvement in the sport Both parents are actively involved in participating, coaching and administration. (Father, Roy is Olympic Section manager)

Other family members Brother, Andrew is also a very active slalom paddler making the Atlanta Olympic Shadow team.

How did you become involved in the sport I became involved through my parents

Recreation activities. Swimming, horse riding, reading, rollerblading, sleeping after training

Education. Went to school at Fintona Girls School and has almost finished a Physiotherapy course at Lincoln.

Career. On hold till after Atlanta, but will then resume physiotherapy

Coaches. As a Junior my coach was Mandy Linden but now I am coached by my father, Roy Farrance

Training My life currently revolves around training, luckily I do enjoy it, particularly the skill work on whitewater. My favourite training is at Vail Colorado USA

Nutrition. A balanced diet is vital and as I have a tendency to have low iron levels I eat plenty of spinach and lean meat. Weight is important in Slalom and the strength to weight ratio is critical

Skill. Is something that has to be constantly worked at and improved, you can never sit back and be satisfied that you have a skill. It is the basis of our sport

Fitness. Fitness is required to get the most from skill work. There are lots of different types of fitness involved in slalom, and that is why it is important to train on whitewater as much as possible and the best whitewater is overseas. Fitness on whitewater can only be gained on whitewater. I really enjoy training, even in the Melbourne winter.

Psychology. It is important to never lose sight of why you are paddling and for me that is because I enjoy it.

Strengths. My relaxed outlook which helps me avoid the stress of competition and an ability to stay process oriented and not worry about results.

Weaknesses. I would like to do more work on skill analysis

Injuries. A long term shoulder injury a few years ago which effected my training and which was frustrating at the time

Most influential persons. My parents

Comments about Atlanta. I am looking forward to it, but it is daunting to be part of such an elite team.

VIS. Has been very helpful, particularly the massages with Rob Granter and the general support given by all the staff.

Favourite Course. Internationally Sjoa in Norway Big clean water in beautiful surrounds. Australia Harvey (WA)

Favourite event. Champion International series in Vail

Other. Paddling is a sport which gets under your skin, the more you get involved, particularly when travelling and competing internationally, the more you want to do it.

Natalie Hunter

As Natalie was overseas this interview was given by her husband speaking for Natalie.

Sport Sprint Kayak

Event K4

Present Address Camberwell, Melbourne

Birth Place & Date Melbourne 1967

Parents Involvement in the sport:

Both were active in a non competitive way in sports such as snow skiing, swimming and 10 pin bowling. They supported all their children in their sporting endeavours.

Other family members: 3 brothers, who are all active snow skiers and surfers and one sister who is a very good tennis player.

Husband: Married for 2 years to Cameron who is a retired footballer, supportive of Natalie's ambitions

How did Natalie become involved in the sport: Through ex boyfriend, she would tag along with him at first and then decided to get involved. She has a back ground in surf lifesaving. Represented Victoria on trips to NZ on the Malibu board. Won silver in 'Patrol' competition at national championships 1991. Natalie took up serious paddling about 4 years ago.

Other sports played Not much time for other sports at the moment except as cross training in running and bike riding and still competes in surf in local races.

Education: Secondary School in Ballarat then Medicine at Melbourne University

Career: Qualified General Practitioner, working in private practice in Camberwell, would eventually like to set up her own private practice after finishing her paddling.

Coaches First coach was Reg Hatch and now Agneta Andersson. Natalie has a very good rapport with Agneta, particularly as Agneta is an active paddler.

Training: Most training is at Ivanhoe Boys Grammar gym and on-water work at Ivanhoe Northcote Canoe Club. But since being selected in the 4, Natalie has been travelling to the AIS unit on the Gold coast for team training. In the boat is one paddler from each of Victoria, S.A., Qld, and N.S.W.

Nutrition Natalie does not chart her diet or worry unduly but eats good food with a healthy balance, not rubbish.

Skill Natalie believes Technique is of vi-

tal importance and works a lot with video analysis of her stroke and timing when in the four.

Fitness Key to this event after technique. Sprint racing requires power and speed. She does force testing which tests the amount of power Natalie can put in each stroke. She also has regular tests for lactic acid during training and also blood tests to detect any deficiencies such as iron levels.

Psychology Natalie has become more involved in sports psychology only recently getting assistance from her team mates and attending lectures on the subject while at the AIS.

Strengths Her determination and single minded commitment to her goals

Weaknesses: According to Cameron she has none. Perhaps a love of chocolate.

Injuries: Is currently dealing with a nagging shoulder problem but it is under control with the use of anti inflammatory medication and rest when required.

Special interests/Hobbies She loves to be beaten by Cameron at Scrabble and reads lots of Cavemen books. But has little time for other interests with work and training commitments.

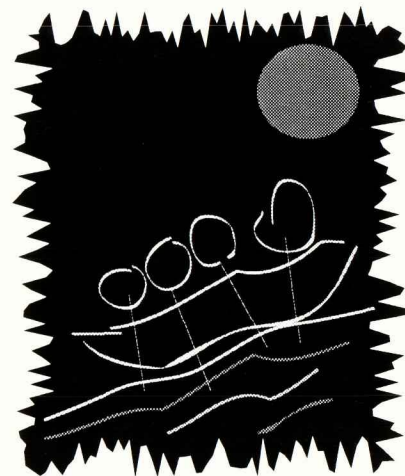
Comments about Atlanta: Very happy to have succeeded in gaining selection and now determined to give it the very best she can. Currently the 4 is ranked fourth in the world and they have a real chance at bring home a medal if all goes right on the day.

VIS Has been very supportive, particularly when she was developing and coming through the ranks.

Favourite Course: The Yarra, it is peaceful and she likes the birdlife and animals she sees on the way

Favourite event: The 1995 World Championships where the LK4 came fourth.

Further Comment: Natalie believes that in all things there must be balance and there must be goals. As well as long term goals she works on daily goals believing that to achieve you have to know where you are going and then how to get there.





Richard Macquire

Sport Slalom Kayak
Event K1
Club Canoes Plus Racing Team

Present Address Warrandyte Melbourne
Birth Place & Date Melbourne February 1972

How did you become involved in the sport
 I live on the river, it flows past my backyard, my family went to buy a canoe at Canoes Plus and were recommended to do a VBCE course prior to purchasing. I was taught by Tony Prior who mentioned me to Roy Farrance who quickly introduced me to Slalom.

Other sports Swimming, hockey, athletics at school also BMX riding when younger. Now my interests are in water skiing, snow skiing and boarding.

Education I attended Yarra Valley Anglican School then did my apprenticeship through Box Hill Tafe.

Career Carpenter/builder in my own business

Coaches Roy Farrance has always been my coach, and Robin Sanders has been working with me or several years.

Training I find training is an enjoyable escape, it is the best part of paddling. I do what ever Roy sets for me. This normally includes a mix of distance sessions for cardio vascular fitness, short sprints for strength and gates for technique plus running and some swimming.

Use of sports science All areas of sports science are an important part of the same pie all important and all necessary

Nutrition I understand the importance of diet, by attending some lectures run by the VIS, but I do not worry too much as I live at home and my mother provides a good all round diet for stable nutrition The best of everything

Skill Most skill work is done in training camps interstate and overseas. When away we do lots of skill work initiated by Roy.

Fitness The key to enable best use of skill. I like being fit and will always be a fit person. Motivation to keep fit is not a problem. Staying fit is part of the pie.

Psychology. Athletes must be prepared mentally. On the day, must be sure of yourself, confident and ready to race. Reading and lectures have taught me about this subject.

Personal Strengths The confidence not fear. I am keen to explore, to experiment. I can push myself to the limits Experience, dedication, keenness and enjoyment of the sport.

Weaknesses I like to do too much

Injuries None and I never will

Other Interests Wine and fine food/travel

Most admired person Richard Fox and Danielle Woodward

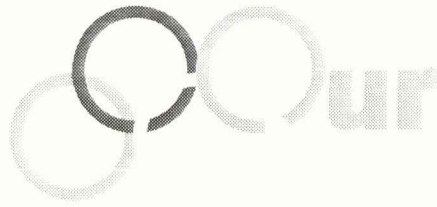
Comments about Atlanta The last trip started on an average level but got better as it developed. I now feel confident and comfortable, I am looking forward to having a shot at it and hope it is my day.

VIS The support to coaching staff has been good for the sport and created a strong team sense. As the Olympic team is dominated by Victorians it flows through and helps to create a united, strong Australian team. Victoria has a lot of competitions and top competitors which leads to a strong sport.

Favourite Course Internationally All of the Champion International races in USA. Durango in flood and any big flooding river. Australia Goulburn King and Harvey.

Favourite event Champion International series, USA has been my most rewarding events in '95. The '93 Japan Cup when I beat the Olympic medalist.

Favourite Food CHOCOLATE but at present I have a bet with Roy until the Olympics chocolate is banned. It is a 6 month bet but I will not break it, but after the Olympics, I am going to have the greatest chocolate pig out.



Danielle Woodward

Sport Slalom Kayak

Event K1

Club Canoes Plus Racing Team

Present Address Northcote Melbourne

Birth Place & Date Rowville Melbourne
March 1965

Parents Involvement in sport Mother has never played much sport, father involved in football and gymnastics. They have always encouraged Danielle to pursue her sporting career.

Other family members Has a brother, Scott, who is not involved in sport.

How did you become involved in the sport Was introduced to canoeing when 14, at Dapto High School in NSW. Peter Lyall, an engineering-science teacher, taught her the basics of kayaking while on school camp.

Other sports played Was involved in Ballet, gymnastics and swimming at school. Has gained a black belt in Tae Kwon Do.

Education Attended Dapto High School in NSW then began a degree in Human Movement and finally trained as a Federal Police women.

Career Has included working as a grade 2 construction worker, first aid officer with Leightons constructions, and then on to the Federal Police for the last 10 years. Currently a Federal agent in operations.

Coaches In the early days was assisted by Col Foye and Peter Lyall in NSW. From 1983 was coached by Roy Farrance through correspondence. Finally Danielle moved to Victoria and came under Roy's direct control.

Training During peak training in Melbourne up to 16 sessions per week consisting of on water sessions (8), Gym (3) and running or cycling (5)

Training in Melbourne is hard when it is rainy and windy, but normally enjoys training, it is very peaceful on the water.

Nutrition Believes in an all round healthy diet, low fat, high carbohydrate intake. Watches weight and skinfolds data carefully. Is very aware of the importance of fluids during training and competition. But loves to give herself an occasional treat of lollies (Jelly babies)

Skill The single most important factor in Slalom Kayaking, Athletes must constantly be analysing and improving technique.

Danielle uses video for skill analysis. Elite athletes have to constantly practice the basics of technique.

Fitness Is an integral part of paddling athletes won't go anywhere without having basic fitness. Fundamental to all sports of over 30 sec duration.

Psychology Equally important as the skill factor in slalom canoeing. Being able to focus on the job and to make the decisions as they occur in our unpredictable sport.

Personal Strengths Is a very determined and single minded. Usually has a higher level of strength and power than her rivals and is very perceptive of what is going on around her, particularly regarding fine detail in water conditions.

Weaknesses Can loose touch with the feel of rough water, unless regularly training on whitewater lack of 'touch' can lead to inconsistency in performance. Lollies.

Injuries Now perfectly healthy, But did have to overcome a serious shoulder injury, caused by being hit by a car while riding her bicycle in 1988. Recovery was difficult and time consuming, but is now completely healed.

Special interests/Hobbies Enjoys reading novels particularly while travelling. Reads popular Authors as well as classics. Coaching other paddlers and a new interest in playing the saxophone.

Most influential persons. My mother always kept me on track and has been a very solid influence. Roy Farrance my long time coach has been a major influence.

Comments about Atlanta Looking forward to it. It will be nice to have a big team this year. Should be allot of fun and totally over the top because it is American.

VIS Has been a very good influence in athlete career development. They also provide a good foundation in Sports Medicine, and sports sciences. They support the complete athlete not just their sport.

Favourite Course Internationally Ocoee for fun, Seo as her magical course and Durango USA. Locally: Harvey

Favourite event World Cup (first Place) and Olympics (Silver) at Seo.





Robyn Galloway

Sport Slalom

Position Olympic Coach

Club Canoes Plus Racing Team

Present Address Foster Victoria

Birth Place & Date Melbourne October 1960

Personal Involvement in the sport

Member of Australian Slalom Team 1983 - 95

Other family members Partner, Phil and Daughter Maxine (1yr) Her family is pleased

she is doing something for herself, using her canoeing skills and assisting other to achieve their best.

How were you introduced to the sport.

Through school, St Leonards College, recreationally, with Whitehorse canoe club and competitively with Canoes Plus Racing team through Mandy Linden.

How did you become involved in coaching the sport Did a level one coaching course in 1982, and wanted to use teaching and coaching skills to assist the sport which gave her so much pleasure

Other sports played Tennis, Basketball (cow Rustling in Foster)

Career Teaching Physical Education and Maths

Importance of:-

Nutrition Very important, particularly in peak performance, weight control and recovery.

Skill Whitewater skill is paramount to any slalom paddlers success.

Fitness Aerobic fitness and strength and ability to train independently are essential in Slalom.

Psychology The Positive athlete on the day will do well.

Personal Strengths Organisational skills, previous canoeing competition experience, ability to work as a team member and

ability to get on with people

Weaknesses Tries to do too much in any one 24 hour period.

Special interests/Hobbies

Tennis, Whitewater touring.

Most admired person Roy Farrance because of his foresight in planning and dealing with athletes.

Comments about Atlanta. Apart from the obvious comment about heat, it will be an enjoyable competition for the paddlers as the water is so much fun at Ocoee, and that is what Slalom is all about - Fun

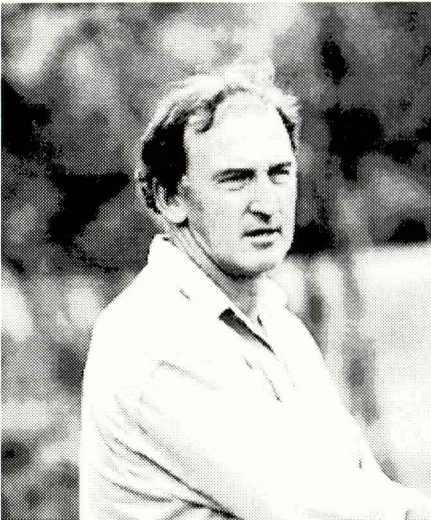
Pressure at Atlanta Yes there is plenty but our athletes are up to handling it.

VIS. Has been really helpful and supportive, making the Olympic athletes feel special, and developing athletes self esteem, particularly in Slalom.

Favourite Course: Internationally -Boug St Maurice, France. Locally: Mitchell River

Further comments. The support VCA has given paddlers, by way of plenty of competitions as well as recognition and support.

Special reminder. Don't forget to write to the athletes in Atlanta via the Herograms.



Roy Farrance

Sport Slalom

Club Canoes Plus Racing Team

Position Section Manager

Present Address Doncaster Victoria

Birth Place & Date Rushworth Victoria August 1946.

Parents Involvement in sport Mother was very sporty, and encouraged her family in all activities.

Other family members Two brothers, Ian and

Eric, both involved in sport at school

How did you become involved in the sport Through scouting at Carey Grammar.

Other sports played Football, Gymnastics and athletics.

Education Carey Grammar School, Melbourne Physical Education and Teaching degree at Melbourne University.

Career Part time Owner/Manager of Canoes Plus and Part time VIS/AIS coach.

Importance of:-

Nutrition Very important to all athletes and often under estimated

Skill The cornerstone of all slalom paddling

Fitness Paddlers require the fitness to maintain skill level throughout the race. A general base including running, swimming and flexibility with plenty of cross training is the necessary basis on which to build. Simple exercises such as sit-ups chin-ups and press-ups are a basic part of all fitness regimes More specifically a combination of distance paddling up to 60-90 minutes and strength exercises, to get a good base on which to build speed work.

Psychology Once an athlete has the skill and fitness it is then the ability to hold it together mentally which makes the difference. Sports psychology is an essential part of elite sport today.

Personal Strengths Spending money, eating ice-cream

Weaknesses Spending money eating ice-cream. Also a lack of time to pursue and

develop the areas of coaching on which he would like to spend more time.

Special interests/Hobbies None -No time

Managing a team in the 90's Management of the elite has developed way beyond booking tickets and chaperoning. I try to create a harmonious environment in which athletes are able to compete at their optimum level. The athletes have the technical skills and the fitness, it is then that the atmosphere in which they compete becomes the important factor.

Role of the VIS. Has been very helpful in the preparation of our elite athletes. They are very supportive, in areas including sports medicine, science, sports psychology and in athlete personal development.

Quirks Cannot stand still. Awarded the Mr Bounce T shirt at the Australian Team Dinner '95.

Favourite Course Australia: Harvey WA Internationally: Seo Spain for the greatest success and the Olympic site at Ocoee USA for great water.

Career Highlights assisting Danielle to win a Silver medal in Barcelona and seeing Mia making the Olympic team for '96.

Who influenced your coaching Ken Langford in the early days and more recently Richard Fox.

Favourite Food Anything Cantonese (not banana fritters).



PHONE ORDER
ALL CREDIT
CARDS
ACCEPTED
FREE FITTING



ROOF RACKS

SKI RACKS, LOAD BARS, LADDER
RACKS, RUD Snow Chains.

ALL TYPES, for all CARS, 4WDs

GUTTERLESS CARS



TRADE-IN YOUR
RACKS & RUD
SNOW CHAINS
WHEN YOU
CHANGE CARS
RACK & CHAIN
HIRE



NEW & USED - TRADE-IN - HIRE OR BUY

822 9539

ROOF CARRIER SYSTEMS PTY LTD

469 Burke Road (cnr Toorak Road) Camberwell, Victoria, 3124

Phone 822 9539 Freecall 1800 338 442 Fax 824 7526

Atera Thule Mont Blanc Roia Rhino-Rack SUPRARAX RAK-BAG RUD Snow Chains

ELECTRIC WATER

HAS MOVED

to Turbo Drive, Bayswater

•PYRANHA•LENDAL•PALM•

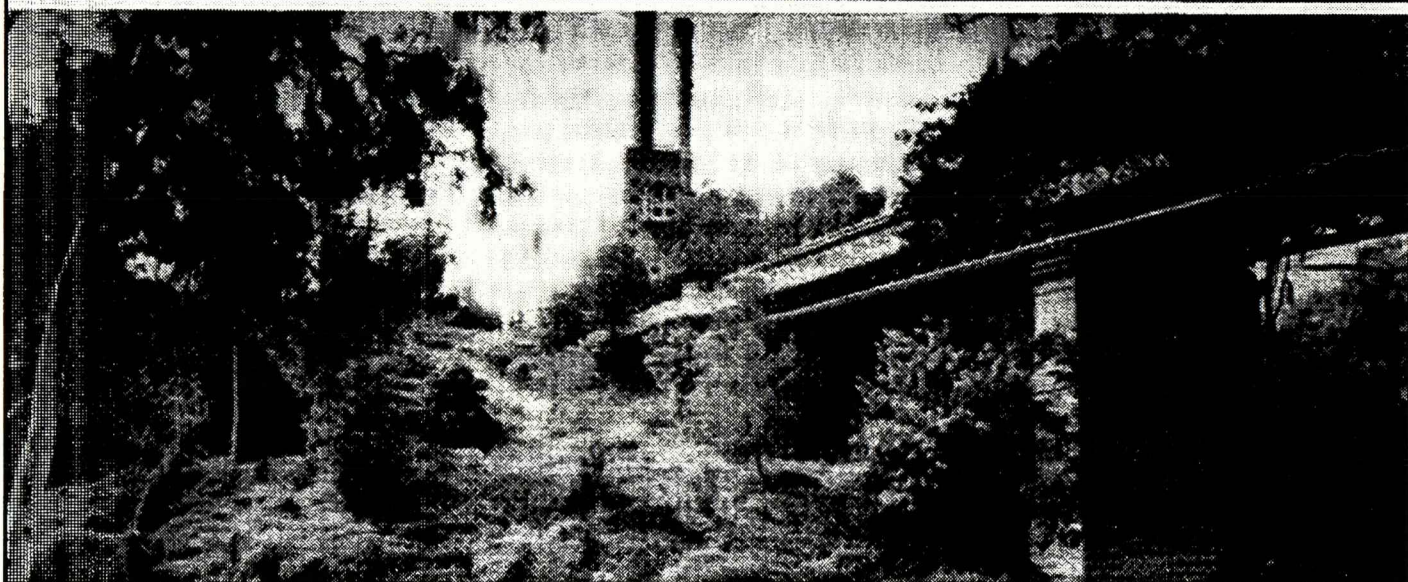
CUSTOM MADE: SKIRTS-KAGS-
DRINK SYSTEMS-WET SUITS-BOAT
COVERS-FIBREGLASS KAYAKS

TO SUIT ALL ASPECTS
OF CANOEING

FACTORY 1/4 TURBO DRIVE
BAYSWATER. PH. 9720 9298

FAIRFIELD MILL

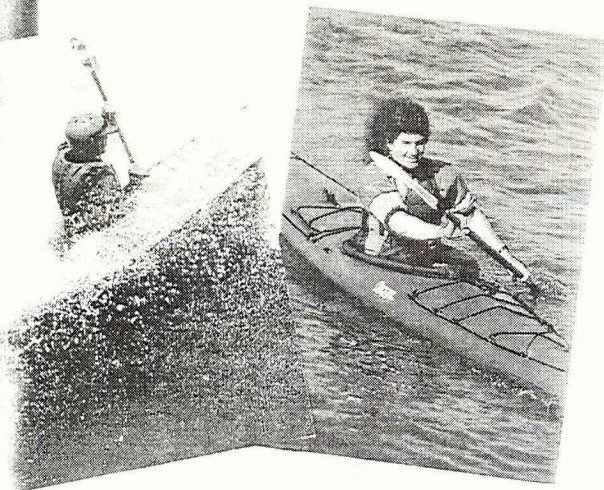
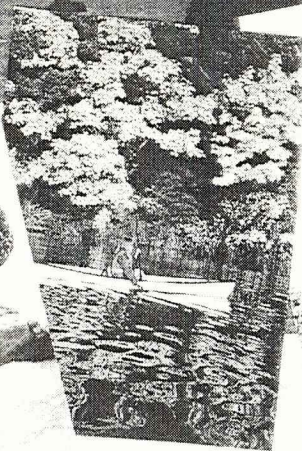
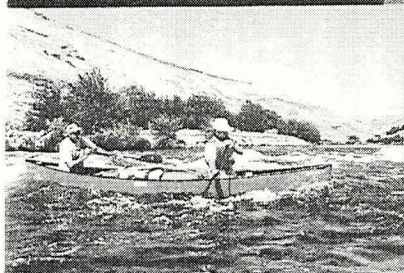
 Australian Paper



Australia's largest and longest established paper recycler, with an annual
collection of over 140,000 tonnes

626 Heidelberg Road, Alphington, 3078. Telephone (03) 9490 3111

Wherever you dream to go!



DaggerTM **DEALERS**

Adventure Equipment Centre
69 Grafton Street
Cairns QLD. 4870
Ph: (070) 31 2669

Barrington Outdoor Centre
P O Box 20
Gloucester NSW. 2422
Ph: (065) 58 2093

Country Comfort Pty. Ltd.
104 Elizabeth Street
Hobart TAS. 7000
Ph: (002) 34 7877

Jurkiewicz Adventure Sports
47 Wollongong Street
Fyshwick ACT. 2609
Ph: (062) 80 6519

Q-Craft
337 Condamine Street
Manly Vale NSW. 2093
Ph: (02) 9907 9766

Scout Outdoor Centre
192 Rundle Street
Adelaide SA. 5000
Ph: (08) 223 5544

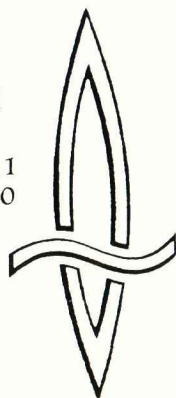
The Canoe Shop
408 Scarborough Beach Road
Osbourne Park WA. 6017
Ph: (09) 443 4436

OZ DISTRIBUTORS:

Canoes Plus

140 Cotham Road
Kew VIC. 3101

Ph: (03) 9816 9411
Ex: (03) 9817 1820



Eildon Triathlon

Run 4.7 km

Cycle 16.8 km

Paddle 6.0 km

To blokes like Tony White (J.L.W. fame) these distances would be like a short walk to the corner store, Tony does the big ones. But one has to crawl before walking so they say.

This my first (tri as we tri-aths call them.) really couldn't have started off worse, after my third training run, my calves screamed out no more!! Two weeks to the event can't run, can't ride, so I keep up the paddling, hoping for a change of luck, How's the song go, one out of three aint bad.

Only one other problem remained, I have a sister that has a habit of putting on weddings that co-inside with important paddling dates, you would think that she would know better. To make matters even worse, her daughter who's wedding it was had forgotten to ask anyone to be M.C. you've guessed it, ME. It was a great night, especially with the Saints winning the night Grand Final, but it was 1.30 am before bed time.

Up at 5.00 am and on the road by 6 am, it's indeed a lovely day drive to the Eildon township and the start line. Son Stuart is there ready to go, Stu's wife Colleen and family and my other sister will be doing ground crew duties.

With boats and bikes deposited at separate check points and a nervous visit to you know where, I just make the start. Stuart is up near the front with the rest of the crazies I settle in, around 2/3rds back. Around the town we go, feeling OK. at this point, a bit of a hill looms, this will test, we reach the top, still no problems, but then about 50 metres on

the left pin goes and as if in sympathy so does the right. So it's into "Cliffy" shuffle mode. I have company until close to the boat launch, and then they also leave me.

The river looks a bit hairy with swirling eddies everywhere, it's a relief to get off the legs and into the T.K.1., now up ahead somewhere are a couple of small rapids, these in turn, turn out to be a couple of Slalom courses that we have to cross, after completely submerging I get the feeling that this kayak of mine is definitely not the horse for this course. But after side-swiping a half submerged boulder, old faithful gets me through. Paddlers in the distance are caught and passed, it's a good feeling that you are no longer "Dead Motherless" last, by paddlers end a few more are passed.

Out of the river and into the 600m run to the bikes, this is hard especially when most of those that I have passed, race by me. Eventually it's onto the bike and away. Heck I even pass a couple of peddlers. Great stuff, but I'm quickly brought back to earth when a couple of very fit, late starters zoom by.

Then all of a sudden it's Eildon and the finish line. My time, a couple of seconds under two hours. Not earth shattering I know but there's lots of room for improvement.

Conclusion This is a top event in great surrounds, well run, with tons of prizes, especially if your of the female gender as there were \$600.00 worth of training bras at \$300 each, weekend holidays and numerous trophies were also awarded.

by Alan Opie

VIS/CPRT Paddlers dominate W.A. State Slalom Championships

With the reputation of being Australia's best whitewater course, many Victorians made the somewhat epic trip to Harvey for their state championships, and took virtually all championship titles out of Western Australia. Enhancing the number of Victorians at the race was the Junior Slalom Team camp held in the week prior to the Championships.

Attending the Junior Team camp in the capacity of coach was Wayne Thomas, who, in a further capacity as course designer produced an open and flowing course. Possessing no explicitly hard or crunch moves, the field was much closer than it often is. Lucky for the laser timing. Or rather unlucky for Scott Crabtree who managed to duck the finishing beam (Lucky for handheld backup timing). This was an amazing feat considering the beam was only several centimetres above the water and Scott was upright.

RESULTS

Mens Open K1

1	Wayne Thomas	CPRT/VIS	120.06
2	Andrew Stamp	CPRT/VIS	120.74
3	John Day	SCC	121.74
4	Scott Crabtree	CPRT/VIS	122.84
5	Andrew Farrance	CPRT/VIS	125.81
7	Tim Natoli	CPRT/VIS	128.08
10	Mark Swoboda	CPRT	135.34
11	Chris Moore	CPRT/VIS	136.43

Ladies Open K1

1	Danielle Woodward	CPRT/VIS	129.24
2	Mia Farrance	CPRT/VIS	131.59
3	Kate Collister	SCC	156.62

Mens Junior K1

1	Lachlan Milne	CPRT/VIS	121.87
2	Mike Collister	SCC	127.60
3	Kynan Maley	SCC	156.00

Ladies Junior K1

1	Rachael Elliot	HVCC	155.03
2	Alison Wilkie	THRAC	155.91
3	Erin Leahy	CPRT/VIS	163.53
4	Louise Natoli	CPRT/VIS	179.48

Mens Open Teams

1	Farrance/Thomas /Stamp	CPRT/VIS	135.67
2	Bell/Day/Hughan	SCC	143.75
3	Collister/Milne/ Swoboda	SCC, VIS/ CPRT, CPRT	146.93
4	Crabtree/Natolie/ Moore	CPRT/VIS	155.76

Ladies Opne Teams

1	Woodward/Farrance/ Leahy	CPRT/VIS	165.96
2	Wilkie/Elliot/Natoli	THRAC, HVCC, CPRT/VIS	178.16
3	Collister/Coxon/	SCC	266.72

Andrew Stamp

Murrumbidgee Canoe Classic Results Doubles/Team

Name	Category	Actual Time
Bailey/Beale	Vet 40 OK2	7:24:58
Hemphill/Campbell	OK2	7:12:10
Slade/Slade	OTK2	7:49:47
Hutchins/Hutchins	OTK2	9:18:32
Helson/Decorte	OTK2	10:42:42
Gillet/Supple	LTK2	11:40:14
Murphy/Bell	VET TK2	8:46:20
Bell	VET 40 TK2	12:04:44
Bookey/Marshall	SEA K2	10:06:12
Morgan/Neate	SEA K2	10:16:18
Konza/Cross	SEA K2	10:16:18
Yerrell/Peters	VET 40 SEA K2	9:22:12
Holgate/James	OTC2	11:21:40
Robinson/O'Brien	OTC2	12:09:40
Van Klinken/Williams	OT21 Mixed	14:52:40
Smith/Levick	OTC2	11:45:35
Killian/Williams	LJC2	14:41:50
Peacock/Webster	Withdrawn
Teams		
Whitfield/Trickett/ Doney/Whitfield	MTK2	9:59:59
Coulthart/Shute/ Bell/ Coulthart	MTC2	10:35:38

Singles

Boxall	OK1	7:38:37
Johanson	OK1	8:26:37
Davey	OK1	10:06:01
Muldoon	OK1	10:06:03
Finn	Vet 40 K1	8:26:21
Davey	Vet 40 K1	9:17:54
Craggs	Vet 40 K1	10:06:03
Goddard	OTK1	8:43:51
Helson	OTK1	11:25:08
Cormack	OTK1	9:09:38
Howard	OTK1	9:26:12
Boyd	OTK1	9:58:58
Boyton	OTK1	10:17:37
Board	OTK1	11:06:54
Davies	OTK1	11:04:17
Mercer	OTK1	11:03:05
Davies	WITHDRAWN	-
Tringham	Vet 40 TK1	10:16:43
Dawes	Vet 40 TK1	9:57:17
Anderson	Vet 40 TK1	9:09:37
Campbell	Vet 40 TK1	9:02:48
Bayliss	Vet 50 TK1	10:13:04
Heaney	Vet 60 TK1	4:53:16
Carter	Vet 50 TK1	12:13:24
Martinez	Vet 40 TK1	10:31:04
Howard	Vet 40 TK1	10:43:40
Tringham	Vet 50 TK1	8:46:44
Southall	Vet 50 TK1	10:47:04
Betteridge	LSK	11:38:20

Contraception for Sportswomen



Contraception methods used by Australian athletes reflect those of the general community. Different subgroups of athletes however may choose one form of contraception over another for reasons such as perceived health risks, weight gain and possible negative effects on performance.

Oral Contraception Pill (OCP)

The OCP is the most widely used form of contraception by both sportswomen and the general community. The main reason for its popularity is its high effectiveness in preventing pregnancy (99% when used correctly),

How does the OCP work?

The main action is preventing ovulation (release of egg). Other actions include making cervical mucus hostile to sperm and making the lining of the uterus less receptive to the fertilised egg. There has been considerable discussion about the OCP's safety and side effects. Table 1 summarises the advantages and disadvantages that are particularly relevant to sportswomen. The situations when the OCP should not be taken are listed below:

- Cardiovascular disease
- Previous blood clots
- Abnormal liver function
- Oestrogen dependent cancer i.e. breast cancer
- Focal migraine
- Uncontrolled hypertension (high blood pressure)

What forms does the OCP take?

The hormones can be combined into four formulations depending on the ratio of oestrogen to progesterone. The most common OCP is a combination of oestrogen and progesterone.

Monophasic - has a low total oestrogen content and the dose of oestrogen and progesterone is the same throughout the cycle e.g. Brevinor, Microgynon, Nordette. The low oestrogen content makes it suitable for most women with an easily manipulated cycle.

Biphasic - has the same oestrogen dose with a change in progesterone dosage mid cycle e.g. Biphasil. It is not often prescribed.

Triphasic - has three different dosages of hormones during the cycle e.g. Triquilar, Triphasil. There is less total proges-

terone than on the monophasic and it is difficult to manipulate the cycle. It is suggested for women who suffer side-effects on the monophasic pill e.g. weight gain.

Minipill - contains progesterone only i.e. has no oestrogen e.g. Microlut, Noriday. It is suggested for breast feeding women and those that suffer oestrogen side-effects on the other pills. This form has a higher failure rate than the others.

TABLE 1

OCP use

Advantages

- Highly effective/convenient/reversible
- Provides a source of oestrogen for athletes without periods decreasing their risk of stress fractures and osteoporosis
- May decrease menstrual blood loss decreasing the risk of iron deficiency anaemia
- Reduces painful period cramps
- Decrease pre-menstrual symptoms (e.g., mood swings, nausea, headaches) which lessens the effect on training and competition during the pre-menstrual phase
- Can manipulate the menstrual cycle for important events and travel
- Decreased risk of cancer of ovary and uterus.

Disadvantages

- Possible weight gain (due to fluid retention and/or appetite stimulation)
- Other nuisance side-effects including breakthrough bleeding, headaches, breast tenderness, increased incidence of thrush (particularly when on antibiotics). •These side-effects can often be improved by changing the dosage/type of OCP
- Possibility of decreased VO₂ max/endurance performance **
- No protection from sexually transmitted diseases.
- Slightly increased risk of breast cancer in women using the OCP for greater than 10 years without having children **

(** No conclusive evidence: suggested by some recent research).

Barrier Methods (condoms, diaphragms)

These methods were traditionally the first choice for sports-women before the introduction of the new lower dose OCP. These methods still have many advantages for the athletic female with the condom being the only form of protection from sexually transmitted diseases (including HIV)

The condom, as a sole method of contraception is used in approximately 10% of athletes. The diaphragm is not used widely by Australian athletes.

When used consistently and correctly, the effectiveness of the condom alone is around 95%. The effectiveness is reduced by incorrect use.

Natural Family Planning

Natural family planning involves determining at which time of the menstrual cycle the woman is most fertile and therefore most likely to fall pregnant and either avoiding these times or using other preventative measures

These methods have often been dismissed because of high failure rates and the requirement for times of abstinence. However, if the couple have a clear understanding of the technique, use multiple indicators (e.g. temperature, mucous, cervix) and use alternative forms of contraception (condom) at high risk times, natural family planning can be quite effective.

If you are considering using natural methods you should seek further information from your doctor or family planning clinic.

Natural Family Planning

Advantages

- No medical side-effects
- Accepted by many religious/cultural groups
- Encourages better understanding of your normal body function (which is often attractive to athletes)
- Is helpful in planning a pregnancy when desired.

Disadvantages

- Not as effective as OCP
- May be difficult to use if cycles are irregular (often the case in younger women and athletes)

Intrauterine Devices (I.U.D)

These are used uncommonly among Australian athletes (no users in a recent survey) and they have some side-effects that make them unattractive to younger females, particularly athletes. If you are interested in this form of contraception you should discuss it with your doctor.

How to choose the right contraceptive for you?

*Visit your local doctor/family planning clinic or sports physician and discuss your medical history and contraceptive needs.

*Discuss side-effects/concerns you may have about your contraceptive. You can alter your contraceptive to suit yourself.

*Practice safe-sex ; use condoms. Have regular pap smears.

Condom Use

Advantages

- Easily obtainable/relatively inexpensive
- No medical side-effects
- No long term effects on fertility
- Protection against most sexually transmitted diseases.

Disadvantages

- Not as effective as OCP in preventing pregnancy
- Can interrupt spontaneity of sex
- Care and practice required for effective use
- May decrease sensitivity for the male partner.

The Diaphragm

Advantages

- Few medical side-effects
- No long term effect on fertility
- More independent of intercourse than condoms (it can be inserted a few hours in advance)
- Decreased risk of cervical cancer.

Disadvantages

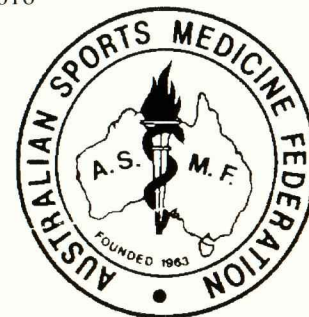
- Less effective than the pill & condom (90%)
- Need for forward planning (inserting prior to intercourse required)
- Requires specialist fitting
- Local side-effects (due to irritation/allergy to rubber)

Use of the diaphragm is not advised in women who have:

- An allergy to rubber
- Utero-vaginal prolapse
- Weak vaginal/pelvic floor muscles
- Aversion to touching genital area
- Recurrent urinary tract infections or thrush

Further information

ASMF National Office
PO Box 897
Belconnen ACT 2616
Ph (06) 251 6944
Fax (06) 253 1489



Australian Sports
Commission

Text and Photographs courtesy of the
Australian Sports Medicine Federation

World Canoe Polo Championships

THIS will be an exciting year for Canoe Polo in Australia with the 2nd World Canoe Polo Championships to be held in Adelaide, October 7th to 13th. Not since the 1956 Olympic Games has a canoeing event of this status been held in Australia.

The championships are to be held at the Adelaide Aquatic Centre which is located in parkland just minutes from the centre of Adelaide. The Aquatic Centre, with its two full size pools and excellent amenities is one of the best facilities in the country for Canoe Polo.

Both the Australian Men's and Women's teams will be defending their World Champions titles that they won in 1994 at the inaugural World Championships in Sheffield, England. They are hot favourites again but will face some tough competition, some of whom will include national teams from Britain, Canada, France, Germany, Costa Rica, Brazil and Teheran. All of these countries will be trying to knock off the Australian Teams for the number one position.

At the Australian Championships held in Maroochydore Qld at Easter the Australian Teams squads were announced. They include:

Men "A"

Steve Hemsley
Duncan Cochrane
Brett Houghton
Keith McCleary
Damian Armstrong
Brad Baker
Trent Baker
Paul Keast

Men "B"

Jon Bisset
James Harmer
Luke Ariston
Ian McIntosh
Dean McIntosh
Matt Chaplin (VIC)
Stephen Gibson (VIC)
Michael Wilson (VIC)

Women

Juliet Makin
Joanne Hemsley
Antonia Keiran
Gail Somberg
Anne Duncan (VIC)
Morwenna Griffiths (VIC)
Jenny Hourigan (VIC)
Kaye Truscott (VIC)
Carolyn Cochrane
Belinda Nesh

Congratulations to all those selected, especially the Victorians who gained selection and also Megan Bromich who was appointed assistant coach of the Men's team. We wish them all the best.

As a leadup to the World Championships, a number of competitions are being held in which the Australian and overseas teams will use as a warm up to the Worlds. With two of these competitions being held in Victoria it gives us the opportunity to see some high standard and exciting matches.

21 & 22 Sept Pacific Cup, Bendigo

4 & 5 Oct International Challenge, Portland

On the local front, the finals for the Autumn Competition will be held at the State Swimming Centre, Batman Ave Melbourne on Sunday 16th June. The semi finals will be contested in the morning with the finals commencing at 12:15pm and finishing at 3:30pm.

Come along and see why Canoe Polo is the most spectacular and exciting canoe sport, everyone is welcome and entry to the centre is free.

Contact Frank Magee (03)9314 3887 for further information.

Whitehorse Canoe Club Inc.
presents

The Whitehorse Bush Triathlon

**SUNDAY 10TH
NOVEMBER 1996**

- **8km** Whitewater canoeing, Grade 2 standard
- **26km** Cycle-cross, cycling on gravel roads
- **9km** Cross-country running, with some easy navigation

This year's **Whitehorse Bush Triathlon** will be held near Melbourne, on a scenic part of the **Yarra River**, near Yarra Glen and the Christmas Hills.

Categories:

Individual Marathon (mens)
Individual Marathon (womens)
Open Marathon Pair (two people, male or mixed)
Womens Marathon Pair (two women)
Open Relay
Womens Relay
Veterans Relay (40 yrs +)
Junior Relay (16-18yrs)

For more information about the event call: Whitehorse Canoe Club Inc. (a.h) (03) 9560 0524, ask for Peter Bodeit.

Entry forms will be available in July.

- A BBQ with fresh nutritious food will await competitors at the finish.
- WHCC Inc. will attempt to match up prospective competitors who can not form a full team. Contact us if you are in this situation.
- Prizes will be awarded for 1st, 2nd, and 3rd place in each category.
- Spot prizes will be available for unplaced competitors.
- Whitehorse Bush Triathlon T-shirts available.

Life. Be in it.

Schools

Canoe Polo

Championships



July 28 State Swimming Centre

Entry: \$70 per team, \$15 per individual. Late entries \$10 per team
Entries close July 18. Boats will be made available for teams who require them. Further information: Frank Magee Ph. 9314 3887 - 015 518 249

Life. Be in it.

Have a go!



VicHealth

World Cup

Final Olympic Qualifying Race

Ocoee River 1996

The 1995 World Championships at NOTTINGHAM 1995 saw two Australian slalom paddlers selected for the '96 Olympic team. The final Olympic qualification race was the first World Cup event, which was being held on the new Olympic course on the OCOEE River Tennessee, April 96.

Australia was fully represented at this event, as only 2 athletes per country were eligible to compete in the Olympic Qualifier. The Australian selection having already began 12 months earlier. First, paddlers had to qualify for the National team to compete at Nottingham in 1995. At Nottingham two paddlers qualified for Olympic selection, Danielle Woodward and Richard Macquire. From this race the next two ranking paddlers would represent Australia at the Ocoee race, with only one being able to gain selection to the Olympics, provided their overall ranking was high enough.

The newly developed Olympic course is the first and only natural/artificial course to be completed. The course has been designed on a disused river bed on the upper Ocoee in the Tennessee Valley. Some 600 meters has been resculptured into a grade 4 rapid. Artificial, in that it has been totally man made, but natural in that the features, all hand sculptured so the water behaves and looks as in a natural river course. The rock have even been colour treated to blend into the natural surrounds.

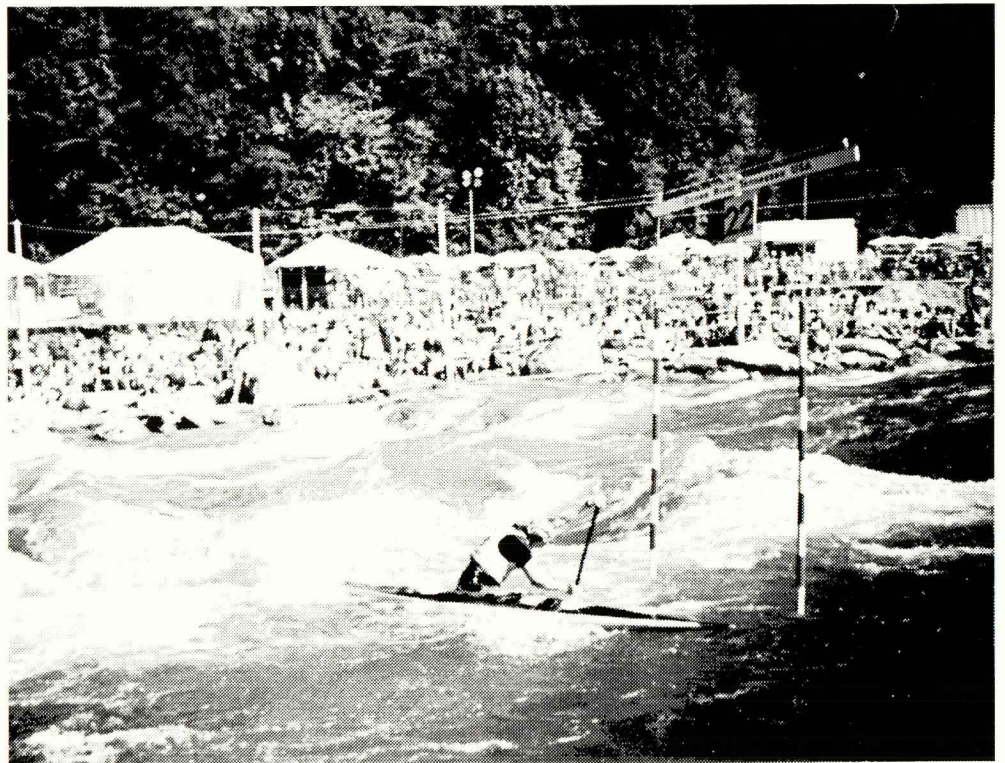
At a total cost of US \$26 million the course, the surrounds, the administration building and spectator facilities will make this the most impressive Slalom course in the World.

The Australian contingent arrived early at Ocoee, some 4 weeks before the big event plenty of time to acclimatise and get used to this new and difficult water with big volume, big waves and stoppers. After the early lectures on heat acclimatisation and preparing for Atlanta in July, most paddlers

just were not prepared for the minus 10 degree cold and snow on arrival in Tennessee. T shirts and shorts were of no use in this weather. A few quick visits to the local outdoor shops saw a much more appropriate level of paddling gear now in force.

The first week was miserable, cold and snow. It was definitely a toughening up process, but by the time of the event the weather had improved and the water felt almost warm. The water also, was now well under control by our paddlers. The first day of the competition saw Mia Farrance put an excellent first run on the board. Fast with one touch which would put her into 4th place in the qualifiers and a berth in the Olympic team. Jane Gilchrist was inconsistent in her paddling and had to be content finishing behind Mia.

The same day saw the C1 event with Justin Boocock and David Heard racing off for that one Olympic spot. Both paddlers put in personal best performances with David finding it very difficult to match Justin's position as the top place qualifier. However, David's mid 20th placing was a result to be proud of. Justin showed he can certainly pull out a top run when needed and continues to improve as he moves into Senior Ranks.



The totally man made course looks very natural (Justin Boocock)

The second day with Men's K1 and C2, proved to be a difficult day for competition. With the men's Kayak a third of the way through, a Tornado alert was called. Quickly, some 3000 spectators were evacuated out of the area in record time and only a few minutes after Andrew Farrance finished his first run in extremely windy condition the race was finally halted. All official and competitors were ordered to 'head for the hills' and were kept standing in pouring rain up the mountain, in among the trees. Some 500 athletes and officials just stood and waited as this apparently was the safest place in case the tornado came down the Tennessee Valley. Luckily it stayed a few kilometres away in the next valley. The race re started one and a half hours later in steady falling rain. Over 100 tornadoes were reported throughout the USA on that day.

Matt Pallister, put in a very convincing second run, which Andrew Farrance although coming very close could not match.

The final event was the C2 A good first run with 10 penalty points gained John Felton and Andrew Wilson their dream and a chance to represent Australia at the Olympics.

In 1992 at Barcelona Australia had 3 crews competing and no men's Kayak. In Atlanta for the 25th Olympiad we will have double that number. Six crews, including 2 men's kayaks, showing the ever growing strength of Australian slalom.

The Australian Team for Atlanta will be

LK1	Danielle Woodward
	Mia Farrance
K1	Richard Macquire
	Matt Pallister
C1	Justin Boocock
C2	Andrew Wilson/John Felton
Coach	Robyn Galloway
Team Physiotherapist	Peter Eckhardt
Section Manager	Roy Farrance

The team will race in lead up events in USA and Europe during May and June before arriving in Atlanta to attend the Australian Olympic team assembly at the university of Georgia at Athens about 1.5 hours North of Atlanta on July 3rd. With the Olympic slalom on July 25, 26 and 27th



Andrew, Mia and Danielle modelling their new 'warm' headwear

If you wish to give your support to all, or a specific Australian team member it is very appreciated and can be easily done by Fax through the Olympic Herogram system arranged and sponsored by Telecom.


So lets all get behind our paddlers who have worked so hard to earn their place in the Australian Olympic Team, support them, write to them, and enjoy their successes.

Roy Farrance
Team Manager

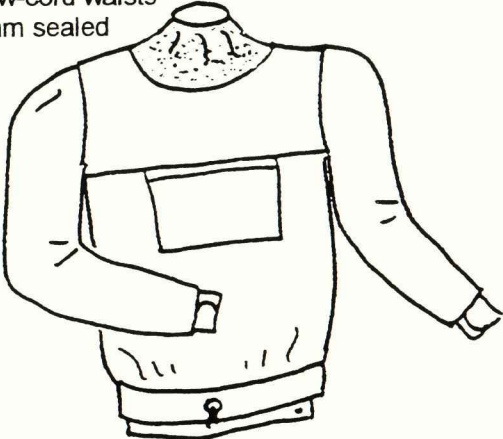


Well, it was Easter!

BASIC DRY CAG

by  **RAPIDSTYLE**

- * High quality latex gaskets, neck and wrists
- * Darlexx adjustable wrist over-cuffs
- * Front self-draining pocket
- * Double tunnel waist tube
- * Draw-cord waists
- * Seam sealed



For more information contact :

CANOES PLUS
Ph:(03) 9816 9411 Fx:(03) 9817 1820
or any good Canoeing Retail Outlet

SEA KAYAKING TIPS & TRICKS

Negotiating (with) a Surf Zone

Sea kayakers will often find themselves with the task of crossing a surf zone in the same direction as the waves. Examples include when intending to land on a surf beach, or taking a direct route over bombora reefs and shallows.

The objective of the task is clear; to successfully cross a surf zone without too much anxiety, but the way it can be achieved is very situation dependent. The following discussion outlines some of the issues that could be considered in the context of a surf beach landing.

Components of the task of landing

When intending to land, there are generally three stages that the sea kayaker must go through.

The general approach to the landing area from the sea. This involves the approach from the sea to a point outside the surf breaking zone.

Crossing the surf zone includes crossing from beyond where waves are breaking to well inshore of where the waves are breaking.

Beaching or landing includes moving from a floating situation to a dry land situation.

Whilst they occur in roughly that sequence there is a lot of variation from one circumstance to another, hence the reason to always be observant of the conditions operating at the time and place.

There are three basic strategies for crossing a surf zone

(a) Cross the surf zone regardless without considering what the water is doing. Alternatively called an 'untimed run'. This is often done when the paddler is blissfully ignorant of the implications of his/her actions, or there is a really good reason for getting off the water in a hurry. More frequently this approach can be used if effectively there is no breaking zone, or when the swell is so small that the paddler is completely confident that they can handle the conditions.

(b) Timed crossing to avoid catching a wave - this might be done when waves are larger than the kayaker is comfortable with, when the breaking zone is narrow enough to run between waves or when the landing involves a dumping or plunging wave.

A timed run consists of standing-off outside the breaking zone until the largest of the waves has passed and cautiously moving shoreward to where the smaller waves are breaking. The paddler then follows a small wave in ensuring that they do not catch it. Having got through the breaking point the paddler then only has to handle the smaller swash (foaming waves) near shore.

The advantages of this approach is that the paddler minimises the technical difficulty which has to be paddled, particularly when the wave sets have a clear wave-size pattern or lull between sets. This strategy could be a feasible way of bringing an injured/incapacitated paddler to shore through serious breakers.

The disadvantage of this strategy is that it requires a period of observation prior to making the run. In poor conditions it may be difficult to differentiate swell patterns from the wind waves. Also if time is of the essence the preparation time may be prohibitive. The other main problem is the potential to be caught with a big wave. If the paddler moves shoreward on a smaller wave but finds a very large wave approaching on the horizon there may not be enough time to escape it. The paddler has the choice to head seaward over an increasingly vertical wave face or shoreward in an attempt to beat the breaking point.

A timed run is often mentioned in sea kayak texts. However the prudent paddler should place emphasis on developing a number of strategies to handle a variety of circumstances rather than rely on one universal approach.

(c) the final strategy is surf run. This involves deliberately catching a wave to cross the surf zone.

The take-off is the point at which the wave or swell is caught; where gravity overtakes the kayakers paddling and pulls the kayak down the face of the wave without the need for paddling.

There are two extremes of catching waves and every combination in between, called the early and late take-off. The two can be differentiated in the following way;

A take-off is late if, on catching the wave, the steepness of the wave face causes the bow of the kayak to bury in the wave face or the flat water in front of the wave. Conversely, in an early take-off the bow does not bury deeply or for any prolonged time.

The importance of being able to recognise these two extremes needs to be emphasised. With a late take-off the bow burys deeply and acts as a bow rudder, tending to drive the boat in a broach which is extremely difficult to stop.

Alternatively, those aspiring to perform pirouettes will fine tune their late take-off to intentionally bury the bow and stand the kayak on its end.

A strategy to handle late take-offs is to catch the wave already in a broach position. This allows for a much more controlled broach to coincide with reaching the bottom of the wave as the wave breaks. Care must be exercised to avoid dumping waves as there is an acute possibility of not only dropping from the top of the wave to the bottom but being driven in that direction.

Skills at broadsiding are helpful as the paddler will end up in the most powerful area of swash.

An early take-off allows the paddler to control their descent down the face of the wave under full steerage. On larger waves, the paddler must attempt to paddle ahead of the wave as the wave breaks to avoid the main impact of the swash. At worst the kayak might slew to one side or the other and the paddler finds themselves broadsiding towards shore.

Laurie Atkins

The Sprint Scene VIS report

Regional Action:

The VIS squad trained with the Essendon Group, run by Graeme Precious. The aim of the session was to check on their programs, and make the VIS a motivational experience for the group. The two Saturdays spent with the youngsters was very popular, the young paddlers watching how the elite of our sport really train. They also were given time to speak with the athletes, ask those questions only children can think up and generally get to know their heroes.

Life. Be in it. Schools Sprint and Marathon Championships.

The VIS are putting back into the sport in a very valuable way. Many of the VIS athletes will be officiating on the day, and will act as ambassadors for the VIS Sprint squad. Wearing their distinctive Blue and White Tracksuits they will be available to talk to the juniors and answer any questions the juniors may have.

Sports Science

The VIS sprint program will be involved with the traineeship program by making use of Abby Tattersson from RMIT. Abby will be working 10 hours per week with the group under the direction of VIS sports Scientist, Paul Gaston. The VIS squad is looking forward to working with Abby who has had experience in a variety of sports and who has had experience with the AIS.

Overseas News

•Spain - Seville

Australia has qualified in all Olympic Kayak events, one of the very few nations to do so. Expatriate Cameron McFadzean qualified in the K1 500m

•Belgium - Mechelen

This was a very strong regatta with most nations testing their Olympic Teams. Women's K2 500 Olssen and Andersson (Sweden) took 4th place narrowly defeating the Australian Crew of Wood and Borchert who came 5th.

K4 200. Agneta Andersson's Swedish team were the winners with the Australian crew including Victorian Natalie Hunter in 5th Place. *Men's Events:* K4 500 Australia 5th. K4 1000 Australia 6th

•Italy - Milan

A smaller regatta but still with really good competition from the 21 Nations competing. K1 1000 saw Clint Robinshon take out the gold medal, which put him as one of the favourites for this event in Atlanta. Ladies K4 500 The Crew of Nossiter, Oates, Hunter and Lehmann paddled a great race to take out second place behind Poland. Men's K4 1000 Paul Lynch Jimmy Walker, Brian Morton and Ramon Andersson had an extremely close tussle with Germany (B) and Poland. The three boats hit the line together with the Australian crew taking out third place. Men's K2 1000 saw Danny Collins and Andrew Trim take fourth place; behind Italy, South Africa and Poland. Women's K2 500 Natalie Hunter and Lynda Lehmann paddled well to finish 5th. It is also worth noting they finished ahead of the Australian number one crew of Anna Wood and Katrin Borchert. Good results at this stage of preparation leading up to the Olympics, we wish our team all the best for that all important day in August.

Martin Ralph

Classifieds

For Sale

One Wooden K4
'Commander'
One Wooden K2
'Regina'
One Wooden K2
'Makker'

All reasonable condition
complete with seats &
footbars

\$4500 the lot

(will separate)

(03) 9417 3333 BH

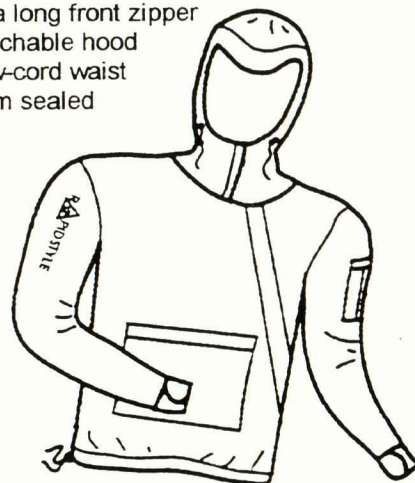
(03) 9531 8215 SH

Tim Altman

SEA KAYAK CAG

by RAPIDSTYLE

- * Chest and sleeve pockets
- * Neoprene adjustable cuffs
- * Extra long front zipper
- * Detachable hood
- * Draw-cord waist
- * Seam sealed



For more information contact :

CANOE PLUS

Ph:(03) 9816 9411 Fx:(03) 9817 1820

or any good Canoeing Retail Outlet

ACROSS THE DESK

By VCA Executive Officer, Jane Farrance

Atlanta Olympics

Victorian has 6 Olympians in '96 4 paddlers and 2 officials. Congratulation to them all and all Victorian paddlers wish them well. They are Mia Farrance Slalom; Natalie Hunter Sprint; Richard Macquire; Slalom; Roy Farrance Slalom Section Manager and Robyn Galloway Slalom Coach.

AGM

The AGM of the VCA is to be held on June 24 1996 All affiliated clubs are invited to attend. Each club has the right to two delegates. Venue is Fairfield Canoe Club 7 the Esplanade Fairfield.

Club Affiliations

The 1996-7 Club affiliations are now due and should be sent direct to the VCA office prior to the AGM.

Insurance

David Cameron from IEA (the company which holds our insurance policy) attended the May Council meeting and presented the following information. Many further questions were raised and David is to answer in writing. The written reply will be printed in 'Paddler' Your Insurance cover is for

- 1 Dead & Disablement \$30,000
- 2 Medical
75% of Non Medicare Medical expenses to the maximum benefit of \$1000.00 sustained during training, competing and organised functions covering:-
 - Private Hospital
 - Physiotherapy
 - Dental
 - Chiropractor
 - Ambulance
 - Othortics prescribed by a surgeonMassage, Naturopath and Osteopath only with a referral from a registered Medical practitioner.

NOTE: You are not covered for any part of Medicare accounts-

Doctors, Surgeons, Anaesthetist, X Ray

NOTE. A \$10 excess if applicable to each claim

- 3 Loss of income \$200 per week for 52 weeks - 7 day excess
- 4 10 million Dollar legal liability cover.

All claims should be lodged within 30 days otherwise the claim can be denied by the company.

Vicsport Awards

The VCA has nominated the following

- Natalie Hunter** for the Kitty McEwan Sportswoman of the Year
Glen Rose for the Eunice Gill Award for Sports Administration
Roy Farrance - Victorian Coaching Centre - Coach of the Year
Open Ladies Polo Team - Vicsport Women's Team Award
Junior Girls Polo Team - Vicsport Junior Team Award

Paddle Victoria

The Great Victorian Paddle is developing well. The Lower Snowy from the Mountains to the Sea is the most likely choice. A committee has been formed to run with this event. We need all paddlers to get behind the concept, talk to your work mates and friends this is their chance to have a go at paddling at its best. They will be something for every one. Some rapids (all can be portaged) beautiful county side with native birds and animals. Australian bush camping and on the last day the beautiful beaches of Marlo. If you want to assist in any way in this exciting project, contact the office.

New Committees

- Touring Committee has a new Executive
- | | |
|---------------------------------------|-----------------|
| Chairman | Norm Clark |
| Secretary | Michael Crouch |
| Treasurer | Russell Sheehan |
| Slalom and Wildwater Committee | |
| Chairman | Bernie Boulton |
| Vice chairman | Chris Humfrey |
| Secretary | Roy Farrance |
| Treasurer | Mandy Linden |

Whitehorse

Bush triathlon

Has a new venue on a scenic part of the Yarra River near Yarra Glen and the Christmas Hills

Wittons Reserve

Glenise Karanikich and her group from Kirinari Kayak Klub have succeeded in the up grading of Wittons reserve. It has taken several years and much hard work. The official Opening will be Sunday 28th July 1996 at 1.00pm. Now when paddlers use this reserve and embark or disembark using the new steps, rather than scrambling through the mud, spare a thank you for those who made it happen.

Life. Be in it Schools Sprint & Marathon Championships

Held on May 25-6 1996. It was a great day of racing with some great performances. The organisers did a wonderful job and it was good to see the numbers at this event increase so much each year. There will be a detailed article about these events in next edition of 'Paddler'

Longridge

Templestowe canoe club ran a very successful slalom at a new site on the Yarra. The new canoe facility at Longridge, downstream of Poundbend. It proved to be an excellent site and MPW are keen to develop the area for canoeists. It is on private property and is designed for canoeists to camp overnight while doing a Yarra trip or to access the River at this point. Permission has to be requested (contact the Office)

Slalom paddlers are hoping it may even be possible to erect permanent slalom gates at this site. Further negotiations are occurring with PPW. The Slalom Paddlers took part in a tree planting program during the lunch break and planted almost 300 trees.

CANOEING SCHOLARSHIP APPLICATION 1996-97

Applications are now open for VIS Scholarships in both Sprint and Slalom Canoeing. Current Scholarship holders are **NOT** required to re-apply but application forms are available from

either the VIS or VCA for other interested paddlers. Please contact either Jane Farrance at the VCA on Tel: 9459 4277 or Fiona Bishop at the VIS on Tel: 9699 8055

Applications should be returned to:
Program Manager
Victorian Institute of Sport
PO Box 828
South Melbourne 3205
by **FRIDAY 21 JUNE 1996**



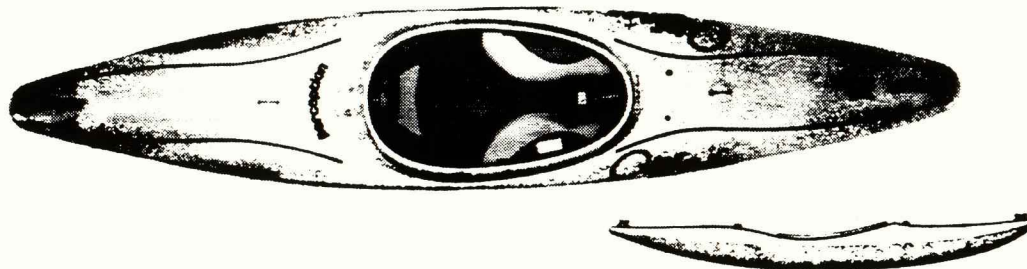
VICTORIAN
INSTITUTE
OF SPORT

Principal Sponsor
Commonwealth Bank



Corsica Overflow

Overflow with confidence II



Length : 310 cm
Width : 62 cm
Weight : 18.5 kg
Volume : 292 litres
Cockpit : 80x42 cm

For more information contact :

CANOE PLUS - Phn:(03) 9816 9411 Fax:(03) 9817 1820
or your local PERCEPTION dealer

King River Slalom & Wildwater Race 13- 14 July

Cost - \$ 6.00 per day unlimited events

Wildwater:

Saturday 2.00pm, Lake William Hovel spillway to "River Access" 8 km Gr 2-3. Contact Torsten Krebs 9417-0107

Slalom:

Sunday 11.00 am first runs, Pumphouse rapid (will be signed). Contact Scott Crabtree 9439-8181

Location:Upstream of Whitefield & Cheshunt Melways 252 A8

Journey:

- Hume Highway - 3+ hours
Glenrowan - Moyhu - Whitfield
- Melba/Maroondah Highway - 3.5+ hours
Yea - Mansfield - Tolmie - Whitfield

*A second start will be held at 3:30 if required for safety or to allow boat sharing or multiple entries (eg. K1 & C2)

Accommodation Valley View Caravan Park (057) 293 529, Gentle Annie Caravan Park (057) 298 205, Mountain View Hotel/Motel (057) 298 270, Bush Camping at "River Access"

Activities

Counter meal Saturday night, BBQ Sunday lunch (BYO)

Other Attractions : Wine tasting - Avalon Vineyard, Bushwalking - Wabonga Plateau, Skiing - Mt Stirling or Mt Buffalo, Trout fishing - the river or trout farm Berry picking and products, Herb nursery.

VBCE

Sea Kayaking Courses

There has been a few changes to the calendar for sea kayaking courses in 1996. The proposed schedule is;

Sea Instructor Intake and Assessment - now put back to mid October, '96

Advanced Sea Award - not originally scheduled for 1996 but will be run in July

Introductory Sea Award - will be run in December,1996.

There are a couple of points to be remembered about enrolling for these courses.

Registration - If you are interested please register early - one month beforehand is preferable to assist with course organisation. Prerequisites - Please ensure that you have the prerequisites for the relevant award course.

They are briefly outlined below. Further details should be sought if you intend to undertake a course.

Course Prerequisites

Sea Instructor Intake;
Sea Proficiency Award,

Sea Instructor Assessment; 18 years or older, holder of accredited resuscitation award, Sea Proficiency Award, Sea Kayaking Log Book demonstrating canoeing instruction-leadership activities,

Advanced Sea Award; Log book indicating at least 6 advanced trips totalling at least 30 hours paddling time.

Slalom Coaching

Saturday Afternoons-Dights Falls

1:00 pm-2:00 pm or 2:30 pm-3:30 pm
June 15, 22, 29 and July 6

Cost: \$80 for 4 sessions or \$30 per session

BOOKINGS ESSENTIAL

Please enrol me in the June Slalom Coaching Program.

Name _____

All 4 sessions

Address _____

One of

15/6 22/6 29/6 6/7

Prefered Time

1pm 2:30

Enclosed is a cheque for \$..... Return to VCA 332 Banyule Rd Viewbank 3084

CANOE ED

Newsletter of the Victorian Board of Canoe Education

It's amazing how often these come around. It seems like only yesterday that I was last doing a Canoe Ed page. Not much has happened and I will try to elaborate.

Welcome to Oscar

Liz Marsh and Greg Pearson are the proud parents of a new baby, arrived on Saturday May 11th. Donations towards his first canoe will be accepted. Congratulations!

VBCE AGM

The VBCE Annual General Meeting was held on May 20 at the Outdoor Recreation Centre. The members of the VBCE for 1996-7 are:

- Chairman:** Greg Pearson (Senior Whitewater Canoe and Kayak Instructor)
- Vice Chairman:** Tim Wadsworth (Senior Whitewater Canoe and Kayak Instructor)
- Secretary:** Anne Duncan (Basic Skills Kayak Instructor)
- Treasurer:** Max Kerr (Whitewater Canoe and Kayak Instructor)
- Ordinary members:** Brian Cooper (Whitewater Kayak Instructor)
Andrew Farrance (Whitewater Canoe and Kayak Instructor, Slalom Coach level 1)
Kathy Kelly (Whitewater Kayak Instructor)
Mick Renshaw (Whitewater Canoe and Kayak Instructor Slalom Coach Level 1)

Congratulations to all the new members. It is with some sadness that we see Erik Ligtermoet, Shaun Clements and Mark Entwistle leave the Board. All three have been active and valuable members and Erik in particular has bought some valuable skills and insights. I hope that their contact with the board does not wane and that they still come to some of the meetings to add their advice.

The new canoes

The VBCE purchased new Dagger Captions to replace it's Endeavour canoes. These boats are intended for use on whitewater trips. Now I know that I have gone on and on and on and on and on and on and on about people learning to use these boats. I'll do this as long as I keep coming up against the problem of having instructors who want to work for the board on programs but don't know how to set the boats up or use them. I even come up against the problem of instructors who won't use the Captions, preferring the rapid riders. The rapid riders are not for whitewater use! If you don't know how to use the captions I'll show you how! Just make a time.

News flash: Canoe Instructor jailed for 3 years for manslaughter!

This hasn't happened but I think it may not be too far away. I keep seeing boats tied down on trailers or racks where it is likely that the boats will come off. Losing a 40 kg Wobegong at 100kph in peak hour traffic on the Eastern freeway is not just inconvenient. The likelihood is that you would kill a number of people. Just try to imagine yourself having a kayak impact on your windscreen at speed. Make sure you think about how boats are tied down. If in doubt tie down the end loops of the boat as well. And do not ever let clients tie down boats! They generally don't have much idea of how to do it. Don't forget that you can't blame them if the boats come off. It is still your responsibility as the instructor.

Moving straps on the Trailer

The VBCE has two trailers for carrying canoes. One is old and decrepit. The other is bright and shiny and new and fully decked out to carry up to 20 kayaks or 8 canoes. I have fitted the trailer with a full set of cam straps which have all been tied on so that they will not be removed. Please, please, I am begging you. **DO NOT REMOVE OR SHIFT THE STRAPS!** No matter how important it seems or how much you think the straps need to be moved or how inconvenient it seems. I have worked out the best way to fit boats safely and securely. If you have a problem call me on the phone and discuss it. Just don't move the straps!

Advanced Award

The ACF Advanced award is a skills award like the ACF Proficiency award, except it tests a paddler's ability on grade 3 rather than grade 2. We have just run our first advanced award test for a long time (we think the last was in 1988). 9 paddler's tested in less than ideal conditions on Slalom rapid on the Mitchell. Of the 9, 6 passed outright and 3 have to come back for a further assessment on higher water.

The advanced award is a prerequisite for qualification as a senior instructor and is recommended with the ACF whitewater instructors award as the minimum for instructing or leading on grade 3 water, (the Mitchell, Thomson, Snowy and the like).

I will be running another Advanced award test in the coming months. If you are interested, please contact me at the office for more details. You should keep in mind that these courses are only scheduled once a year and only in fact run rarely. Don't hang about.

New Kayaks.

Over the next twelve months we will be replacing the entire fleet of kayaks with a mixture of Dagger "Crossfire" and "Vortex", Perception "Pirouette" and "Corsica Overflow", and Piranha "Creek Bat" and "Mountain Bat". The idea is to allow for more personalisation and better fitting of boats to clients. It would be a good idea for all instructors who will be working for the board to become familiar with the boats and start thinking about how they will advise people about the boats.

On Recomening boats for new paddlers (a particularly nasty issue)

In my time with the VBCE I've had some excellent arguments with people in the industry. The best of these has always been about the boats I recommend for new paddler's. You should know that I often have people ring and ask for advice about what boat to buy. Shock, horror, gasp, I rarely recommend a "beginners" boat such as a dancer or laser. The reasons for this are varied and not easily explained in a short space which is all I have hear. In general I ask questions and dig for information and then advise. One of the questions I always ask is, how much instruction will you be getting and are you going to spend time and effort being taught to roll? The more coaching/instruction/tuition you get, the more radical your boat can be.

I also spend a lot of time trying to convince new paddlers to learn to paddle a canoe. This may sound biased but I tend to the view that many paddlers would be much better in a good canoe for the paddling they want to do, especially if they are keen on touring.

If anyone objects to this attitude or wants to put an alternative view, do so. I will try to have any alternative views published.

River Rescue Award.

Currently, Shaun Clements and David Cameron from Victoria and Nick Boylan from Canberra are working on the draft of River Rescue awards to be presented to the ABCE at the AGM. These are to form a third stream of the ACF awards scheme. If you have any thoughts or issues to raise, now is the time!

Flash! Flash! Flash! New News on being sued. (you should really read this)

I have just returned from a Conference in Launceston on Safety and Risk Management. I will give a fuller account next issue but for now I have an interesting bit of information you should all know.

Bear in mind that I am no legal expert and I will get a serious opinion from a legal expert regarding this matter. This is how I understand the matter. As part of being sued for damages by another party, previously they have had to show that the accident was foreseeable. The legal position put by the High Court is now that **all** accidents are foreseeable. This has serious implications for leaders of canoe and kayak activities in that now you need to guard against everything! Examples might be: you are leading a group on Homestead to Wittens and pull the group over to the edge above Bob's rock and tell them clearly to stay until directed to come down by you. You are now expected to guard against someone in the group disobeying and you can be held to be negligent if they are injured, even if they disobey!

You are paddling with a group of school children and, in a rapid, one of them suffers an epileptic seizure, capsizes and is injured. You are expected to have foreseen the possibility.

OPEN CANOE WORKSHOP

SEPTEMBER 6 & 7, KING RIVER

A weekend residential workshop devoted to the
art of Paddling open canoes

\$145*
(C2)

\$160*
(C1)

Instructor: Greg Pearson,
Senior Canoe and kayak
instructor

Owner and trip leader:
'Adventure Canoeing', running
open canoe trips on the Lower
Thompson River (Grade 3)

* includes use of DAGGER
"Caption" Canoes

Preference in VBCE canoe work will be
given to instructors who have attended a
canoe workshop. Bookings can be made
through the VBCE Office (Jim 9459 4277).
Places are limited so book NOW.

Sports Federation Foundation

Coaching Athletes with Disabilities (CAD) Course 1996

The Sports Federation Foundation (SFF) in conjunction with Aussie Able are offering a series of Coaching Athletes with Disabilities (CAD) Courses in Melbourne and regional Victoria during 1996

CAD COURSE 1996 DATES

Warrnambool 1-2 June
Melbourne 27-28 July
Ballarat 12-13 October

WHO SHOULD ATTEND?

- Teachers
- Fitness Instructors
- Coaches
- Recreation Workers
- Integration Aides
- Anyone who would like to expand their basic understanding of people with disabilities in relation to sport and physical activity.

People from any of these areas may not have sportspeople with disabilities under their guidance at present but it is likely that at some time in the future they will encounter disabled sportspeople seeking participation in a wide variety of sports, recreation or leisure activities.

COURSE CONTENT

The CAD Course is generally conducted over two days (usually weekends) with the first day covering general principles and the second, specific disabilities. (Both compulsory.)

The following topics are covered in the Course

- Overview of CAD and Sport for the Disabled
- Review of Major Disabilities
- Integration
- The Coach
- Practical Sessions/Demonstrations
- Conditioning and Safety
- Specific Disability Workshop

CAD Course Cost: \$95

APPLICATIONS AND INFORMATION

Contact Mike McArthur-Allen, Executive Director, SFF, for more information on 03 9326 8044

Giving Disadvantaged People A Sporting Chance
99-101 Howard Street, North Melbourne, Victoria, 3051
Telephone: (03) 9326 8044 Facsimile: (03) 9326 8835

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)

Name

Address

SuburbPostcode

<input type="checkbox"/> Cheque	<input type="checkbox"/> Bankcard	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa Card	<input type="checkbox"/> Amex	<input type="checkbox"/> Diners
Credit Card No.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Expiry Date	<input type="text"/>	Name on Credit Card	<input type="text"/>		
Signature	<input type="text"/>			Amount	<input type="text"/>

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
June			
1	Champion Internation Slalom 3 USA	Roy Farrance	
2	Envirofest, "Westerfolds"	Jim Coates	9459 4277
8-9	Sea Instructor Intake/Assessment	Jim Coates	9459 4277
9	Marathon Race 3 Singles Yarrowonga	Kerryn Bonnet	9499 7956
9	Marathon Race 3 Yarrowonga	Kevin Phillips	(057) 431 944
10	Marathon Race 4- Singles, Sheparton	Kerryn Bonnet	9499 7956
10	VCA Marathon Race 4	Peter Cole	(058) 211 242
16	Polo Autumn Competition State Swim Centre	Frank Magee	9314 3887
16	Yarra Series 3, Warrandyte	Lachlan Milne	9636 7079
21	VCA Marathon Race 6 Sale	Mike Goyne	056 231178
23	VBCE Workshop Trip leadership	Jim Coates	9459 4277
26	VBCE Rolling night	Jim Coates	9459 4277
29-30	Skills improvement days	Jim Coates	9459 4277
30	Proficient testing, Dights Falls	Jim Coates	9459 4277
30	Marathon Race 5- Doubles, Yarra SKCC	Kerryn Bonnet	9499 7956
30	VCA Marathon Race 5 Melbourne	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	Scott Crabtree	9439 8181
14	Country Series 1 King River	Scott Crabtree	9439 8181
20-21	Basic Skill Instructor Assessment, Westerfolds	Jim Coates	9459 4277
21	Marathon Race 6 Singles	Kerryn Bonnet	9499 7956
21	Kirinari Downriver 1 Warrandyte	David Humfrey	9725 7560
27	Slalom Event Olympic Games	Roy Farrance	9816 9411
27	Marathon Race Night Essendon	David Slatter	9337 6563
27-28	Landrover Winter Classic	Eric Ward	9898 7503
28	Workshop Fault recognition and correction	Jim Coates	9459 4277
31	Rolling Night Monash	Jim Coates	9459 4277
August			
3-4	Basic Skills Instructor Intake Westerfolds	Jim Coates	9459 4277
4	VCA Marathon Race 7 Footscray	Noel Hunter	9749 1386
4	Marathon Race 7 Doubles Essendon	Kerryn Bonnet	9499 7956
11	Kirinari Downriver 2 Jumping Creek	David Humfrey	9725 7560
18	5,000m & 10,000m Sprint Championships Essendon	Stephen Taylor	9775 7955
18	Yarra Series 4 Warburton	Lachlan Milne	9836 7079
24-25	Goulburn River Working Bee		
25	Marathon Race 8 Singles Echuca	Kerryn Bonnet	94997956
25	VCA Marathon Race 8 Echuca	Ken McMullen	(054) 821 714
25	Examiners Workshop Viewbank	Jim Coates	9459 4277
28	Rolling Night Monash	Jim Coates	9459 4277
31	Slalom Coaching Program 2 Dights Falls	Mandy Linden	9809 2238
31	Advanced Course TBA	Jim Coates	9459 4277
September			
7-8	Life. Be in it. Victorian Schools Slalom and Dwn River Warrandyte	Eltham College	9417 1421
14-15	Whitewater Instructor Intake	Jim Coates	9459 4277
14-15	Life. Be in it. Victorian Marathon Championships Yarra	Kerryn Bonnet	9499 7956
19-22	Level Two Coaches course Melbourne	Jane Farrance	9459 4277
21-22	Skills Improvement Days Homestead Road	Jim Coates	9459 4277
22	Kirinari Downriver 3 Homestead Road	David Humfrey	9725 7560
22	Proficiency Testing Dights Falls	Jim Coates	9459 4277
25	Rolling Night Monash	Jim Coates	9459 4277
28	Life. Be in it. Introductory Canoe and Kayak Westerfolds	Jim Coates	9459 4277
28-29	Pacific Cup Polo Bendigo	Frank Magee	9314 3887
28	Country Wildwater Howqua River	Torsten Krebs	9418 0107
29	Country Slalom Series TBA	Scott Crabtree	9439 6181
29	Country Series 2 Howqua River	Scott Crabtree	9439 6181

Victorian Canoeing Clubs 1996



Life. Be in 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 6RJR

Black Ducks Canoe Club (P)

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

Canoes Plus Racing 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.SI.)
PO Box 185,
Golden Square 3555
Ph 054 468 063H Ph 054 439 030W

Deniliquin Canoe Club

John Ferguson (T.M)
365 George St
Deniliquin 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 Unlversity Mountaneering Club (Sl. WW.P.T.)

Richard Kjar
C/- Melbourne University Mountaneering 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
Ph 03 9727 6182W

Victorian Canoe Club. (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)

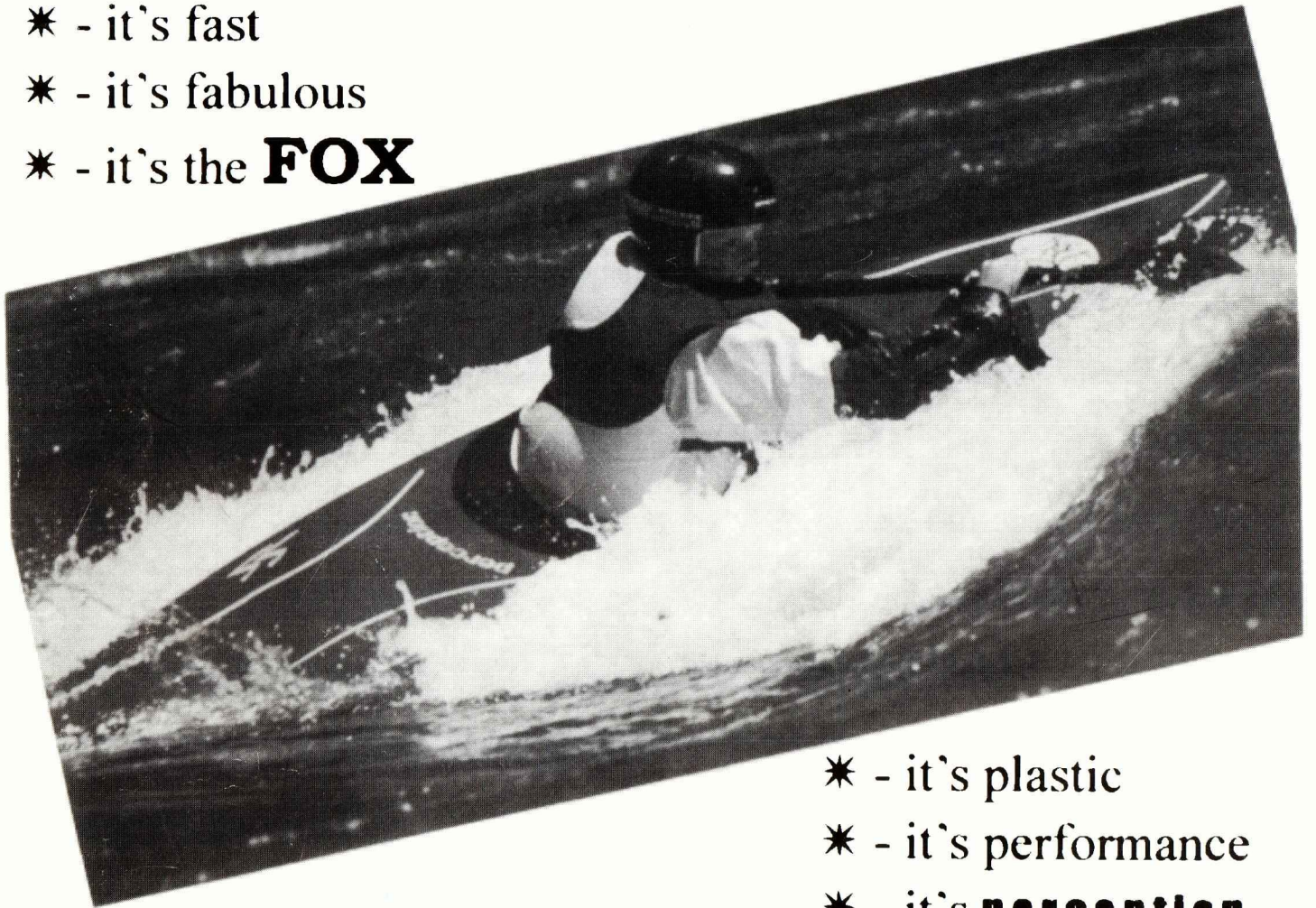
Wendy Phillips
31 Murphy Street
Yarrowonga 3730
Ph 97649896H Ph 9634 9520B

Youth Hostel Australia (T.Sl.WW.)

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

NEW - NEW - NEW

- * - it's fast
- * - it's fabulous
- * - it's the **FOX**



- * - it's plastic
- * - it's performance
- * - it's **perception**

Designed by Richard Fox; multiple World Championship Slalom Title Holder, in conjunction with Perception. This craft is a plastic fantastic version of his competition winning craft, the Reflex Fusion; as paddled by the Australian Senior Slalom Team Members.

It is quick and easy to handle which makes it an ideal kayak for slalom training and high performance whitewater paddling. The fast but well rockered hull shape will endear the Fox to Surf paddlers too. Meets Slalom racing regulations and incorporates such great features as a large open cockpit, adjustable footrest system, reinforced foam walls and moulded thigh bracing - AND IT IS PLASTIC !!

So trade-in your Reflex, upgrade your Dancer and be a seen in the cunning new FOX.

THE SPEC's

LENGTH 358 cm
WIDTH 61 cm
WEIGHT 18 kg
COCKPIT : 79x43 cm

For more information contact :

CANOES PLUS : Phn:(03) 9816 9411 Fax: (03) 9817 1820

or your local PERCEPTION dealer

