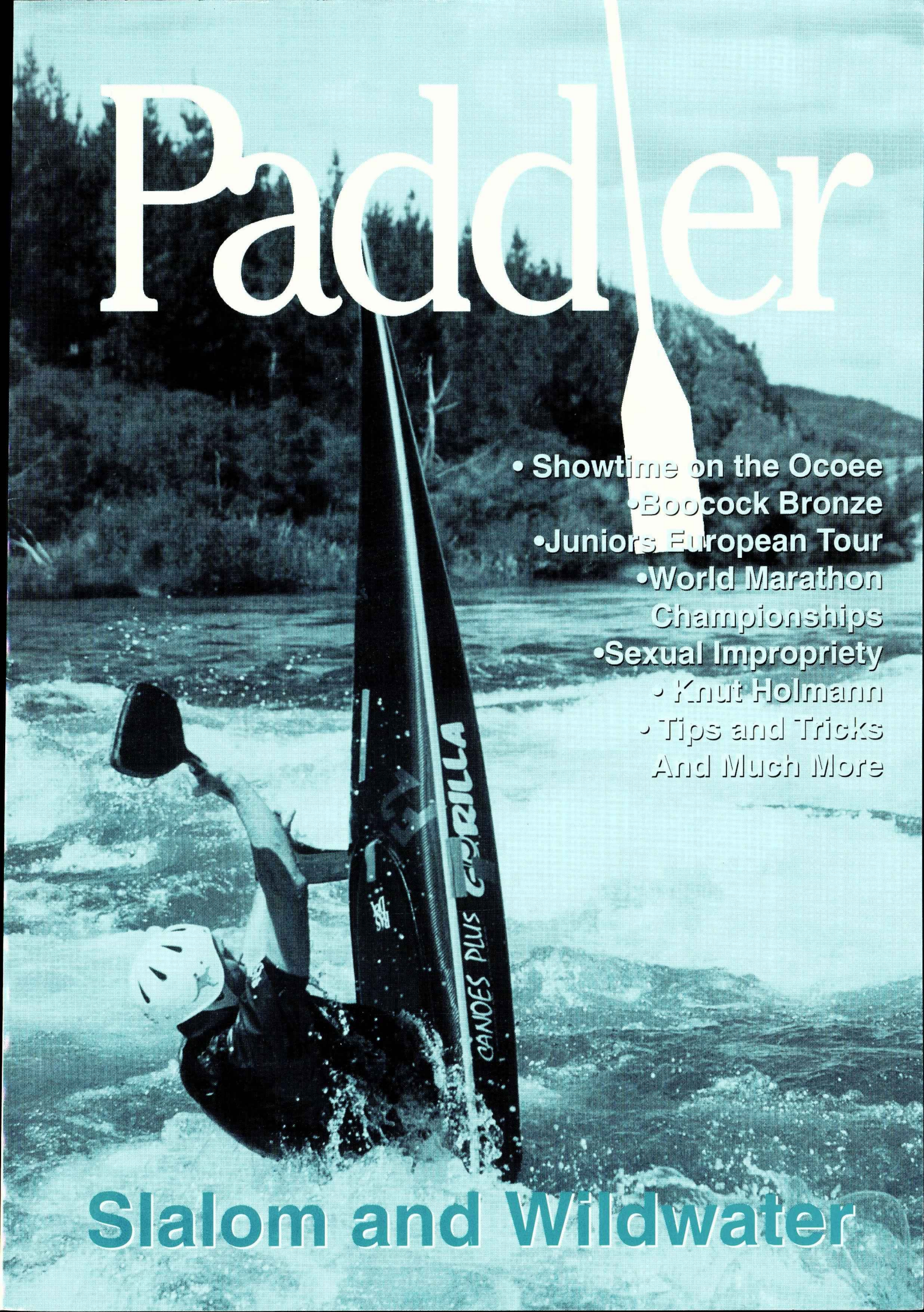


Paddler



- Showtime on the Ocoee
- Boocock Bronze
- Juniors European Tour
- World Marathon Championships
- Sexual Impropriety
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 - Tips and Tricks
 - And Much More

Slalom and Wildwater



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**SPORT AND
RECREATION
VICTORIA**

Paddler

MAGAZINE OF THE VICTORIAN
CANOE ASSOCIATION INC.

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SPORT AND
RECREATION
VICTORIA

Letters Letters Letters

SUNSMART COMES ON BOARD FOR SUMMER

This summer more than a million Australians will suffer the effects of over exposure to the sun's ultra violet rays (UV). Most of those who end up sore and sorrowful have been out enjoying the Aussie sun - particularly while playing or watching sport.

The immediate risk from over exposure to the sun is sunburn but the serious long term risk is skin cancer. UV rays from the sun also causes the skin to age prematurely and to become leathery, roughened and blotchy. Exposure to UV over long periods can severely damage the eyes - it can cause cataracts which, if untreated, leads to blindness.

This year SunSmart are proud sponsors of the Victorian Canoeing Association.

SunSmart is the skin cancer prevention program of the Anti-Cancer Council of Victoria which is supported by VicHealth. SunSmart's charter is to prevent you from being one of the millions of Australians who get skin cancer in their lifetime. The SunSmart campaign not only informs and educates the public about the dangers of sun exposure and ways to protect themselves, but also provides a range of training, support and policy services for professionals, organisations and community groups.

Australians love water sports but sometimes forget that it's just as important to stay SunSmart on and in the water as it is on the land. SunSmart looks forward to working with the Victorian Canoe Association to ensure the health and safety of all canoeing spectators and participants this summer.

Staying SunSmart is easy! All it takes is a few simple precautionary steps such as using SPF 15 sunscreen, wearing a hat and shirt, and where possible scheduling activities outside the hours of 1 pm and 3 pm.

Skin cancer is preventable - so get SunSmart this summer before you hit the water for action.

Further information is available from SunSmart on (03) 9279 1148.

McNAMARA ANNOUNCES GRANT FOR EILDON CANOE PROJECT

National Party Leader and Member for Benalla Pat McNamara today announced a State Government Grant of \$50,000 has been awarded to the Victorian Canoe Association to assist in the construction of a world-class canoe course at Eildon.

Mr McNamara said as a result, Eildon will host next year's Australian Canoe Slalom Championships on the international white water course to be established in the Goulburn River below Eildon Pondage

"The project estimated at a total cost of \$181,000, includes building start and finish bays, judging facilities, clearing river debris, and introducing erosion control measures such as terracing and vegetating of river banks."

"The upgraded course will help meet demand for world-class facilities and the project will be used to promote overseas competitors to use the course for training before the 2000 Olympic Games."

Mr McNamara said the funding has been made available through the State Government's Community Support Fund. "This development will add another string to Victoria's bow as one of the best equipped sporting States in Australia. The course is easily accessible from metropolitan Melbourne and some major regional centres such as Shepparton and Seymour."

"It is already a major training facility for Victorian paddlers and the Australian Institute of Sport.

"Members of the 1996 Olympic slalom squad train regularly at Eildon during summer and given the State Government's lobbying of international athletes and officials, many overseas competitors may join them in four years time."

Mr McNamara said next year's national championships are expected to be the largest slalom event ever organised in Australia, with more than 200 competitors, across 10 days of events. *For further information, contact: Paddy O'Sullivan (03) 9651 7629*

SPECIAL AWARD BRINGS APPLAUSE

I commend the organisers of the Victorian Schools' Canoe Polo Championships for their foresight in awarding premiership pennants to Eltham College U14 girls. That team was the only under age team in the girls competition and, of necessity, competed in the open division. Inevitably they were constantly overwhelmed by the bigger, stronger more experienced open aged teams. The saving grace came at the end of the day when they were given tangible recognition for the time and effort put into training and the fact that they had turned-up and participated to their utmost. Clearly these girls were the best under age team on the day and it was no fault of theirs that other schools were not present.

Winning a medal, winning a pennant, winning a trophy is a great incentive, and whilst it is not the be all and end all of competition, it is a legitimate and effective carrot that can foster continued participation and other benefits. It is pleasing when administrators of sport for young people are sufficiently flexible to encourage those youngsters that make the effort to turn up and have a go. This is even of greater importance in events where there are few competitors.

Ian Whitford

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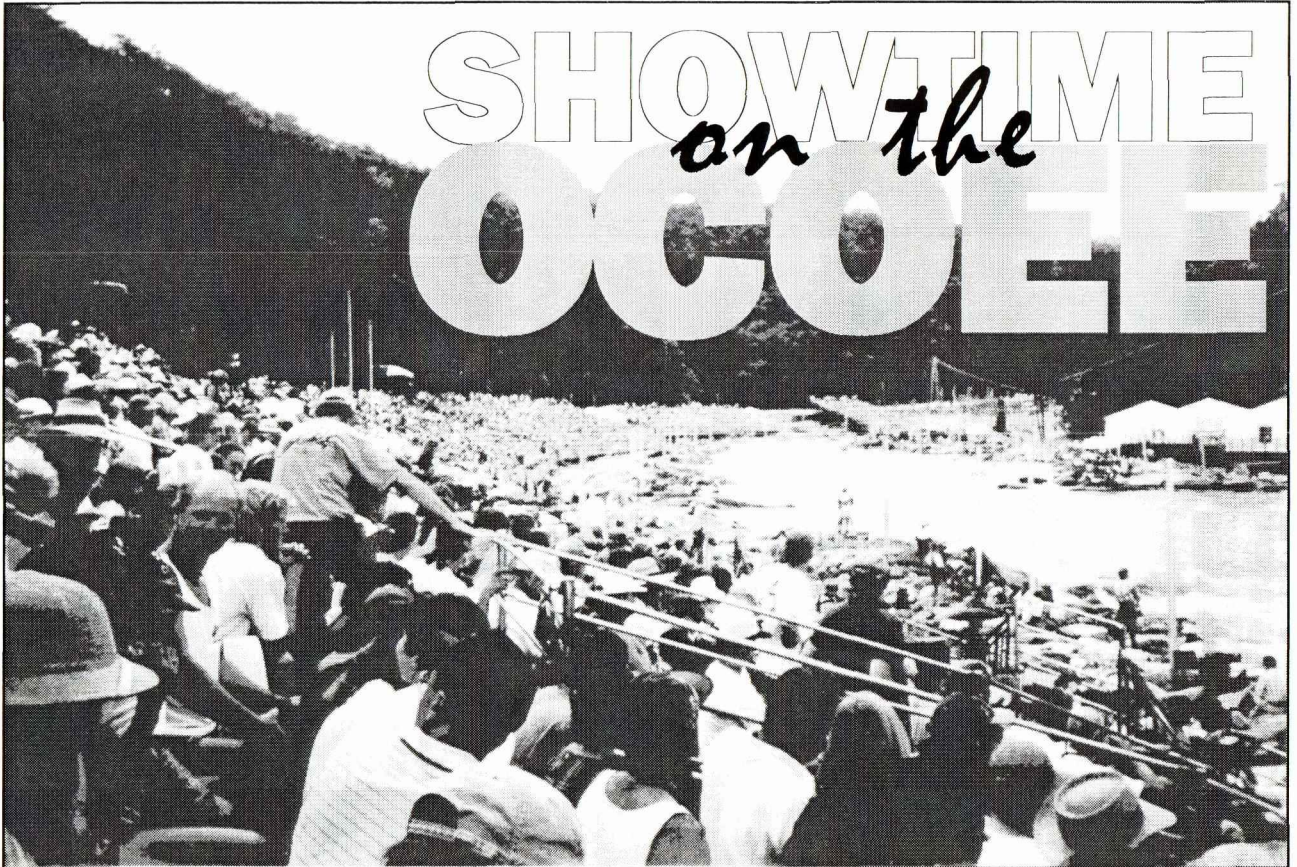
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VicHealth



The Olympic Slalom Canoeing Competition drew a capacity crowd of over 16,000 spectators on each day, with the event being sold out months in advance. The Ocoee River, near the border of Tennessee and Georgia, was one of the few Olympic events to be held away from Atlanta. The newly built Olympic Course finished less than twelve months ago at a total cost of \$26 million was nothing short of magnificent. The course was sculptured from an existing river bed and completely transformed into the first natural / artificial slalom course.

Over the months leading up to the Olympic event, the course transformed from merely an excellent slalom site to a competition arena with seating and grand stands for 16,000 people on one bank and air conditioned tents for athletes, media and officials on the other bank.

The Australian Team of -

- | | |
|-----------|---|
| Ladies K1 | Danielle Woodward [Vic]
Mia Farrance [Vic] |
| Men's K1 | Richard Macquire [Vic]
Matthew Pallister [NSW] |
| Men's C1 | Justin Boocock [Tas] |
| Men's C2 | Andrew Wilson/John Felton [NSW] |

arrived in the U.S.A. in time for the three day teams assembly of athletes in Athens prior to moving on to the Olympic Village at Lee College, Cleveland Tennessee for three weeks lead up training at this new venue. Cleveland, a city of some 30,000 people in a true area of contrast. Very southern and very friendly, a city of churches. Being the Bible Belt not only of America, but the world, with some 3,000 churches. Bradley country and Polk country being the areas of the Olympic Village and slalom course are dry areas. True to Baptist tradition, a drink with dinner in any restaurant is a dream yet to happen in this part of the world. Yet, on the

other hand, Tennessee is still the moonshine capital of the world with the pure white liquid delivered in plain white jars! As late as the seventies, it was estimated that in one country alone, loss of tax revenue was \$30 million a year.

Talk about the civil war and you can get an answer like "the south was right" or the "war is not over yet". For such a god fearing community, Polk country still boasts that "no black man has lived here for one hundred years" and civil rights seem to be an invention of the north and a Koo Klux Klan still strong and alive. A land of contrast for people that are so friendly and hospitable you quickly learn never to argue with the local constabulary.

Don't even get out of the car - as the rule seems to be shoot first - talk later! If you want to learn about the word 'Red Neck' - visit the south. The people of Cleveland could not have been more hospitable and the Olympic event did wonders for the city of Cleveland and the Ocoee region in general. The Lee College Olympic Village appeared to be the best of all the villages and much nicer to live in than Atlanta. It was interesting to note that the Village Mayor for Cleveland was Bill Masters, the president and owner of Perception Kayaks, U.S.A., whilst the Atlanta Olympic Village Mayor was also another prominent paddler.

Anyway, the slalom, the real reason everyone was here. Even though most of this is history now, the course was reasonably open and fast except for two very tricky sequences. Being fairly open meant paddlers had to push hard the whole way, paddle on the edge and increase the likelihood of error on even seemingly straight forward gates. The Ladies K1 event was held first. Danielle came very close to pulling out a great run second time down the course, except for the stopper at gate 18.

Her time through the gates 17/18/19 sequence was eight seconds slower on her second run than her first. If this move had worked what would the final results have been!

Mia had two very solid runs being the only lady to have two clean runs. Her second run was twelve seconds faster than her first run. Mia is developing into a very consistent paddler and with developing strength should keep improving.

Results

Gold	Stepanka Hilgertova [Czechoslovakia]	169.49
Silver	Dana Chadlek [U.S.A]	169.49
Bronze	Myriam Jerusalemi [France]	171.00
12th	Danielle Woodward [Australia]	177.60
14th	Mia Farrance[Australia]	180.30

Justin Boocock in Men's C1, still recovering from a chipped patella, and thus a slightly interrupted preparation, picked up a touch on each run, but still managed to put down a very solid run. 1996 was a great year for Justin after taking bronze at the Spanish World Cup. The Olympic experience will be a solid foundation for success in the next few years, providing his engineering degree doesn't get in his way!

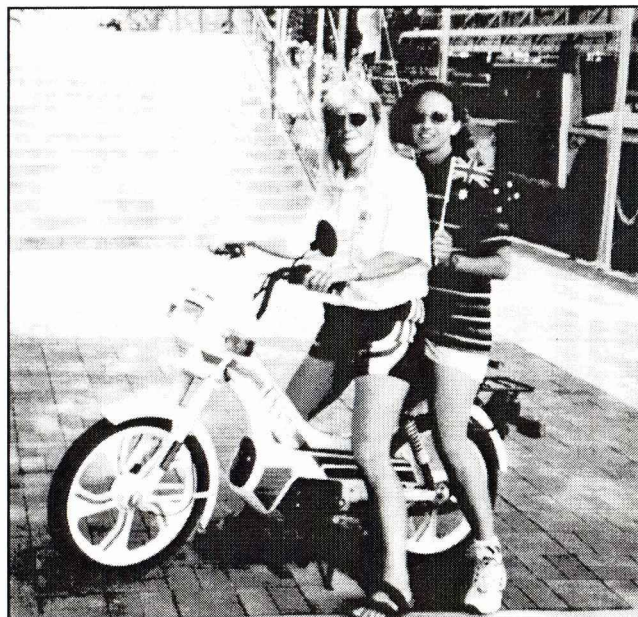
Results-

Gold	Michael Martikan [Slovakia]	151.03
Silver	Lukas Pollert [Czechoslovakia]	151.17
Bronze	Patric Estanguet [France]	152.84
16th	Justin Boocock [Australia]	166.96

Men's C2 has become one of the big events to watch. The standard in this class has soared and the ability for two paddlers to control these boats has become a real spectacle. Andrew and John after getting penalties on their first run, came back with a sizzling second run and gained a very respectable result.

Results-

Gold	Adisson/Forgues [France]	158.82
Silver	Simer/Roltan [Czechoslovakia]	160.16
Bronze	Senft/Ehrenberg [Germany]	163.72
14th	Felton/Wilson [Australia]	199.06



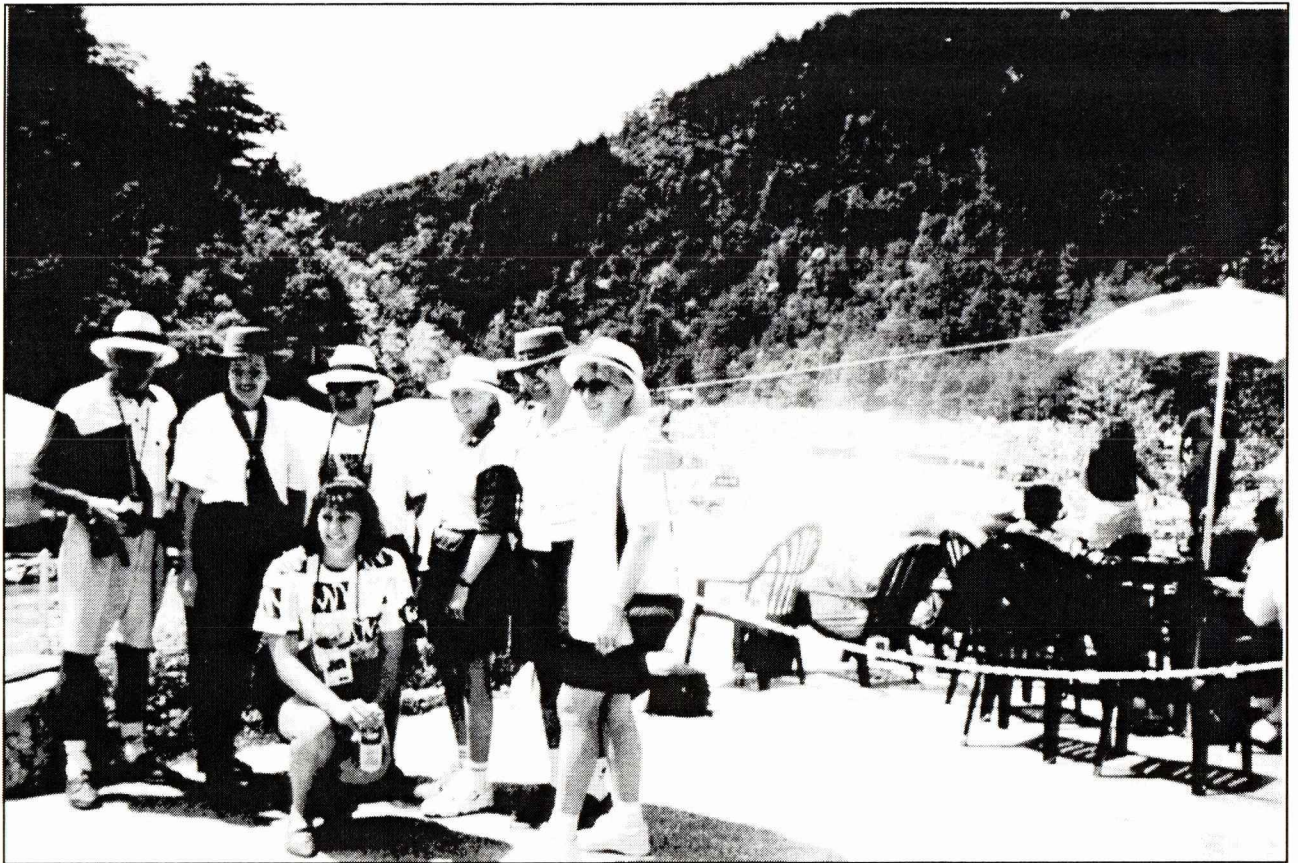
The final event was Men's Kayak with U.S.A. paddler Scott Shipley the hot favourite being World Cup leader on his home ground. Matthew Pallister, who had been looking fast in training, had good speed down the course, but unfortunately took some gates too fine to finish both runs with penalties and thus dropping him down the placings.

Richard Macquire had an excellent first run with near perfect lines, possibly near the best run of his career, only to find a five second penalty [unseen on video] being given on gate 19. This was very bad luck which put extra pressure on second runs. Richard finished 24th in a very tight field. Oliver Fix from Germany, put down a startling first run that set the pace for the rest of the day and never got caught.

Results

Gold	Oliver Fix [Germany]	141.22
Silver	Andraz Vehovar [Slovakia]	141.65
Bronze	Thomas Becker [Germany]	142.79
24th	Richard Macquire [Australia]	153.97
38th	Matthew Pallister [Australia]	179.19





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Unpredictable or unlucky! The top paddlers who did not make team selection for the Olympics reads like a who's who of canoeing. Leading the list must be the world number one ranked C2 crew of Fritz and Lecky Haller from the U.S.A. being beaten in their team trials by the crew Horace Holden and Wayne Dickett with a world ranking of twenty fifth. Not far behind in the luck stakes would have to be Men's Kayak paddler Enrico Lazaretto of Italy with a world number two ranking. The more consistent, in form, paddler just missed selection when pipped at the post by '92 Olympic gold medallist Pierpaolo Ferrazi who could only manage 17th in the '96 Olympic event.

In the unpredictable stakes, Lynn Simpson from Great Britain must take the prize. 1995 World Champion and leading the world in '96, being ranked number one and Olympic favourite for gold came in 23rd on the day, well behind both Australian paddlers.

In canoe slalom the paddler must have the ability to lay everything on the line at every race. Being centimetres off line, getting a poor wave, dealing with an untimed boil, or even having a doubting thought can alter that perfect run to mediocrity.

When we look at success, we often concentrate on the results of the top competitors. This is very important and nearly all the promotion, media, and funding considerations are based on these elite few.

However, success is also about development, harmony and on how every paddler in the team performs and how they improve each year.

Australia won silver at Barcelona and slalom canoeing was in the news. As a country we were placed as the thirteenth nation at Barcelona.

In 1996, our best result was twelfth and the media disappeared. However, Australia was the eighth ranked nation at Atlanta. A significant result out of the twenty-eight countries present, considering that Australia has no major international training facilities and no full time coach or coaches.

Slalom as a sport in Australia is booming - it is exciting, interesting and growing, as evidenced by the two million dollar upgrade at Nymboida Canoe Course presently under way and the fifty thousand dollar upgrade at the Eildon Training Site for the Victorian Institute of Sport in Victoria.



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BOOCOCK BRONZE



In June this year at Spain, Justin Boocock became the second Australian slalom paddler to take a World Cup medal. Justin has had some excellent World Cup results including top qualifier over the past few years, but at last he has been able to convert this into a medal. Coincidentally, this was on the same course the Ladies Kayak Champion Danielle Woodward won the last World Cup event in Spain in '94. A course that seems to favour Australian paddlers.

Final Results - MENS C1

1st	Patric Estanguet (France)	118.88
2nd	David Jancar (Czechoslovakia)	119.31
3rd	Justin Boocock (Australia)	121.14
24th	Robin Bell (Australia)	137.63
40th	Matthew Newton (Australia)	154.74
45th	Brock Flower (Australia)	182.08

The only other Australian to make final status at this event was Danielle Woodward in Ladies Kayak. Danielle finished a very creditable 7th.

Final Results - LADIES K1

1st	Lyn Simpson (Great Britain)	129.74
2nd	Christina Sim-Pron (Italy)	130.35
3rd	Marcela Sadilova (Czechoslovakia)	130.53
7th	Danielle Woodward (Australia)	136.85
22nd	Mia Farrance (Australia)	161.39
24th	Jane Gilchris (Australia)	162.29
35th	Louise Natoli (Australia)	202.43

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Slalom and Wildwater National Committee

As sport in Australia becomes more professional in its organisation and more business like in its approach to problems, so to must the National Committee for Slalom and Wildwater. We realise that to keep pace in the very rapidly changing industry of sport, we must be prepared to plan ahead and make decisions based on what is best for the long term future of Slalom and Whitewater rather than getting bogged down in day to day issues. The National Slalom and Wildwater Committee has quite a bit on it's plate, our responsibilities include:

- Preparing and monitoring selection policies for both paddlers and team officials.
- Chasing and accounting for funding for National teams.
- Ensuring that paddlers follow the ACFs code of conduct
- Setting standards for National Championships and to determining the sites for Selection races.
- Ensuring that junior development maintains a high priority for long term planning

Decision making isn't always easy, at the moment our sport is small enough that every member of the Committee knows all the paddlers at elite level. This is further complicated by most members of the Committee representing a state. So, for example when decisions are made on funding paddlers it is crucial for each member of the Committee to put aside personalities and state loyalties and look at which decision is going to produce the best result for our sport in five years time. To the credit of the Committee, that is the way the majority of decisions are made.

You may have noticed that many sports came under fire for their selection policies leading up to the games. Indeed several sports were still finalising athlete placement as the games began. Slalom didn't have that problem. Clear directions are set for athletes to follow and decisions by individuals didn't come into the decision making process, it was determined wholly and solely on outcomes. This didn't happen by accident, the procedure was the result of careful forethought and planning four years ago

It's fun to see the interclub and interstate rivalry at the Nationals. But that's where it stops. The National Coach and the Committee have gone to great lengths to take that sort of rivalry out of the National teams and create a supportive atmosphere emphasising the notion of being Australians. The success of which was realised with the team at the Atlanta Olympics with team staff and paddlers commenting on the positive nature of the team.

The future holds a multitude of complex questions for the Committee. For Slalom we are looking to Sydney 2000 and preparing a range of plans to capitalise on that event. Wildwater presents interesting issues. Did you know that at the International level, Slalom and Wildwater are

separating later this year? What do we do in Australia? The Committee has worked very hard in the last year to ensure that consultation of Wildwater Paddlers has taken place on all issues concerning Wildwater. There are a number of people around Australia working very hard to promote Wildwater with noticeable success. Hopefully it is from this core that the leadership will rise to take Wildwater through as a sport in it's own right, from the year 2000.

With the AGM of the Slalom and Wildwater Committee coming up we are very interested in your views. Communicate them to Danielle Woodward, she is the Victorian representative on the Committee. Happy paddling, see you at the Nationals.

Leanne Guy

Secretary of the Slalom and Wildwater Committee

Olympics 2000

Well many a rumour has been circulating recently about the apparent cancellation of Slalom from the Sydney Olympics. The press are having a field day and as usual have only got half the story, or so OUR reliable sources say. The NSW government press release was a statement of their reluctance to build a new course for the event in Sydney. The \$12 million price tag most of you have probably already heard about was a submission from an Australian contract, however the French BDF who have been responsible for building several such courses throughout France and Europe also did a viability study with an estimate of only \$4 million.

The Penrith City Council are extremely enthusiastic about the idea of such a course in their domain and are currently working on a consortium of local companies to fund the building of an Olympic course privately. Should this also fail to eventuate, the Tasmanian Government has offered to run the event in the Apple Isle.

So the event is not necessarily out of the running however the continued support and enthusiasm of paddlers is needed both nationally and internationally to make this event a reality. So keep training, keep focused and above all still say you want the event.

Victorian All Schools White Water Downriver Championships Jumping Creek to Warrandyte 1996

Saturday 7th September 1996 saw the annual running of the Victorian All Schools Downriver Championships; this year sponsored by 'SunSmart'. The weather certainly wasn't sun smart with the weekend being fairly wet, and not at all conducive to sitting on the bank of the Yarra - Thank goodness for the Warrandyte Bridge !!!

This year's event saw a record number of 290 competitors from 23 schools, some of who came from Tasmania. Jumping Creek car park was well organised and managed by the rangers as there was a hive of activity getting a whole host of boats off cars and trailers.

The event was organised by Ivanhoe Grammar School (IGS) who did a great job getting all the competitors

through in a reasonable time without much delay. Every category and class was keenly contested and enthusiastically supported. It was very pleasing to hear of the sportsmanlike encouragement being offered to and amongst paddlers of all schools competing.

Overall the points for the Perpetual School Trophy went to:

1st-224 points - Ivanhoe Grammar School

2nd - 204 points - Eltham College

3rd-115 points - Ivanhoe Girls Grammar School

Individual and team results for each section were as follows: (top 3 places)

EVENT	PLACE	NAME	SCHOOL	TIME
Open Boys K1:	1st	L. Milne	MGS	0:12:26
	2nd	N. Moore	BHS	0:12:54
	3rd	C McAllister	EC	0:13:05
Open Girls K1	1st	L. Natoli	GGGS	0:13:37
	2nd	L. Sykes	EC	0:14:16
	3rd	K. Abbey	WSC	0:14:44
16 Boys K1	1st	J. Pierini	EC	0:12:52
	2nd	D. Treloar	IGS	0:13:07
	3rd	D. Murray	EC	0:13:51
N/A for place		M. Freoch	(Tas)StP	0:13:01
16 Girls K1:	1st	E. Leahy	GS	0:15:02
	2nd	V. Milne	PLC	0:16:03
	3rd	M Talamo	DSC	0:16:15
15 Boys K1:	1st	A. Jerkiw	IGS	0:13:18
	2nd	T. McDonald	EC	0:13:48
	3rd	A. Hewitt	EC	0:13:49
N/A for place		B. Maynard	(Tas)DH	0:13:17
15 Girls K1	1st	C. Beac	EC	0:14:31
	2nd	R. Selby-Smith	PLC	0:15:54
	3rd	J. Barnes	StL	0:16:22
14 Boys K1	1st	J. Treloar	IGS	0:14:24
	2nd	P. Quaylex	EC	0:14:25
	3rd	P. Wilson	StM	0:15:24
14 Girls K1	1st	E. Murray	IGGS	0:15:25
	2nd	N. Bryant	IGGS	0:16:45
	3rd	S. Grimshaw	EC	0:17:14
13 Boys K1	1st	T. Lawrey	IGS	0:14:31
	2nd	H. Goonetilleke	IGS	0:14:45
	3rd	M. Chester	EC	0:15:07
13 Girls K1	1st	N. Hewitt(12)	IGGS	0:16:47
	2nd	S. Plain	EC	0:17:19
	3rd	V. Beach	EC	0:17:27
Open Boys C1	1st	D McDonald	EC	0:15:17
	2nd	J. Hammond	MGS	0:16:19
	3rd	T. Campbell	IGS	0:18:40
116 Boys C1	1st	A. McInnes	IGS	0:21:08
	2nd	J. Lee	IGS	0:21:50
	3rd	N/A(insufficient paddlers)		

14 Boys C1	1st	A. McCorkill	EC	0:17:38
	2nd	D. Gust	IGS	0:22:06
	3rd	N. Britten	IGS	0:22:42
Open Boys C2:	1st	T. Alban / P. Leahy	IGS	0:15:05
	2nd	P. Tudor / G. Britt	MGS	0:16:19
	3rd	A. Lawlor/P. Leahy	IGS	0:16:48
Open Girls C2	1st	M. Turbiak / L. Hook	StL	0:17:35
	2nd	K. Mier / S. Griffiths	DSC	0:17:50
	3rd	F. Seiffert/A. Bergman	IGGS	0:20:10
16 Boys C2	1st	D. Proust/K. Garrioch	EC	0:15:04
	2nd	K. Holliday / T. Patterson	IGS	0:16:22
	3rd	A. Tucker / B. Parsons	EC	0:16:50
16 Girls C2	1st	S. Quinn / S. Collins	DSC	0:17:42
	2nd	D. Clarke / A. Chow	IGGS	0:18:28
	3rd	S. Webb/C. Hale	EC	0:18:46
14 Boys C2	1st	P. Kindin / M. Peck	EC	0:17:24
	2nd	R. Thomas/J. Roberts	IGS	0:18:00
	3rd	M Crawford / J. McCartney	IGS	0:19:45
13 Boys C2	1st	F. Bolzan/M. Chamula	IGS	0:19:46
	2nd	M. Kerr/J. Castles(12)	StL	0:19:47
	3rd	J. Treloar(12)/J. Kelly	IGS	0:21:07
Open Mixed C2	1st	K. Carroll/P. Hawking	EC	0:17:43
	2nd	D. Morr/P. Karr	IGGS/IGS	0:18:01
	3rd	U. Kuhn/M. Reynolds	IGGS/IGS	0:18:46
16 Mixed C2	1st	L. McLeod / N. Nagy	IGGS/IGS	0:18:13
	2nd	S. Wood/A. Alway	IGGS/IGS	0:18:24
	3rd	J. Norton/M. Dieter	StL	0:19:18
15 Mixed C2	1st	T. Canell / K. McCormack	StL	0:17:0
	2nd	H. Kaias/T. Collinson	IGGS/IGS	0:17:51
	3rd	C. Bamm/T. Boldiston	EC	0:20:16
14 Mixed C2	1st	A. Jerkiw/W. Bryant	IGGS/IGS	0:19:29
	2nd	J. Cobb/S. Falla	IGGS/IGS	0:20:40
	3rd	M. Brown/M. McKay	IGGS/IGS	1:00:00

Compiled by Bill Hewitt

Victorian Schools Slalom Championships 1996

The Victorian Schools Downriver and Slalom championships were held on the 7 - 8th of September on the upper Yarra. This weekend is only a small part of the paddling year, with training for the event starting in early February.

For school, the preparation consisted of weight training three mornings a week, paddling on Friday nights and a technique session on Wednesday afternoons. In all respects, the training is encouraged to be fun and exciting but for the older, more experienced paddlers, the training consists of more dedication and devotion to endurance and sacrifice. Being the Kayak Team Co-Captain at Ivanhoe Grammar I am in the position where organisation and sacrifice have their own merits. To see a member join the team with such enthusiasm and therefore progress as rapidly as many of them did, is very satisfying not only that they are on their way to bigger and better things on the water, but the fact that the enthusiasm and participation was there in the first place. Kayaking is not the most recognised sport in school but as teams grow and start succeeding in their aspirations, schools are slowly being forced to recognise the sport that an ever increasing number of children are endeavouring to master.

The Victorian Schools championships has always had a strong emphasis on participation and by doing so has grown considerably in size. On Sunday a record 190 paddlers from 30 schools around Victoria took to the water with over 500 runs being paddled over the day. This is a very positive sign for Victorian Canoeing because as the numbers grow, so does the depth of talent and variety of competition. There was also a contingent of eight Tasmanian paddlers who participated competitively over the duration of the weekend.

For many of the paddlers who participated in the competition it was a chance for them to put into practice the skills they have learned over the past years training and for a select few who have put in that extra effort with training, their time on the dais was well deserved.

The results of all schools and competitors was very pleasing with the following paddlers receiving awards for their superb efforts during the weekend.

TOP PADDLERS

Senior Men (<i>Mathew Campbell Award</i>)	Lachlan Milne.
Junior Men :	Jonathon Treloar
Senior Female :	Louise Natoli.
Junior Female :	Robyn Selby-Smith
Roy Farrance encouragement award:	Mark Belloriore.

The schools trophy is one that drives many schools to encouraging many students to compete in an attempt to win the allusive overall trophy for the weekend. This year the competition was fierce with all competitors out to achieve a personal best.

The overall winner of the weekend was Eltham College who had many paddlers in attendance but won because the talent of these participants was so vast. Congratulations to Lauren Sykes, Craig McAllister, Mr Whitford and the Eltham College team for a superb effort. I am sure that many hours of coaching, organising and training has gone into the preparation of the team



making them deserving of the trophy.

Congratulations also to the schools that won the male and female school trophies

Girls School Trophy Winner : Ivanhoe Girls Grammar.

Boys School Trophy Winner : Ivanhoe Grammar .

The last event of the day was the open men's and open ladies Teams. These two events are of a very high standard every year and hotly sort after. This year was no exception. The ladies event was won by the Eltham College team of Lauren Sykes, Georgia McCorkill and Yvette Hurst with the Ivanhoe Girls Grammar coming a close second. The Men's Teams event was as close as the watches will time to, the Ivanhoe Grammar team of Paddy Leahy, David Treloar and Jonathan Treloar won by one hundredth of a second over the Melbourne Grammar team of Lachlan Milne, James Hammond and James Tickner.

I know that alot of time and effort has been invested in these teams and it is good to see that the hard work has finally been to the benefit of those involved. Of course these competitions would never be a success without the hard work of teachers, parents and team captains. However, there must be a special thankyou expressed to Bernie Boulton for erecting the slalom course, twice, and for all his tireless efforts in making the competition a success.

Thankyou to all the parents, teachers and associated peoples for their tireless efforts in making the competition a success and once again congratulations to all schools who participated whether they won or not. Keep up the training and good luck next year.

Paddy Leahy

Kayak Captain: Ivanhoe Grammar School.

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Warburton

Four Years On

The Yarra series race at Warburton has been organized by the Moore family and has been run with the help of many people over the past four years. Throughout this time, we have noticed many changes. The juniors have grown and the masters ranks have swelled. We have been either side of two Olympic slaloms and the number of entries in all classes have increased. In this brief article I hope to retrospectively look at four years at Warburton.

The Weather

In south eastern Uganda, the word 'Warburton' means bad weather! It is not uncommon at Warburton to experience beautiful weather setting up the course. With sunshine, a gentle cool breeze, birds singing and flowers blooming. Could this be to entice us into a false sense of security? However, on race day, Mother earth spits the dummy. Rain, hail, rain, wind and more rain are the order of the day. I guess it's okay for the paddlers, the rain is just as wet as the stuff in the river. But it is the people clutching blue clipboards looking for swinging poles that I feel sorry for. Cowering under umbrellas, hastily erected tarps, rain jackets and even those blue clipboards in an attempt to escape the showers. In fact the weather was so bad in 1993, that a tree fell down across the course just downstream of the bridge narrowly missing the then junior Warwick Draper maybe this is why Warwick paddles so fast he has a phobia of objects falling from the sky!

Over the past four years, we have learnt not to expect good weather. It just doesn't happen. Maybe Murphy's law explains the weather. If it is going to rain on race day, it will hail instead.

Organising

As we are not organising the event as a club or school group, we rely on volunteers to help with setting up and running of the event on race day. I think that Warburton in many ways is in the grey area of being close enough to Melbourne not to be a Country Series race but a little too far for most people to come for one day. The set up on the Saturday is normally as previously mentioned great weather and alot of fun. After the course is constructed, we have plenty of time for practice and coaching. This year we had heaps of people make the trip which lightened the work load on everyone and allowed us to put together a 25 gate course. Alot of these helpers car-pooled which makes the trip more enjoyable and cheaper on the petrol.

Aside from a few minor radio problems this year, things ran rather well. We would like to acknowledge the Honourable Chief of Compiling, the one who is not to be argued with, for her much appreciated efforts in compiling. Wendy's apprenticeship was served at Big River in '94 and we and Victorian Canoeing have been in her debt ever since.

I'm sure anyone who has run a slalom will agree that while it is alot of fun, a little stress is involved. As race organizers, we have found that the amount of work you have to do on the day is directly proportional to the stress you achieve.

Participation

Perhaps one of the rewards of being closely involved in an event such as Warburton, is watching the growth within our sport in terms of numbers of participants and individual achievement. This is particularly evident in the *junior* classes and I expect the competition to be fierce this year at the Australian Slalom Championships.

Development in the junior ranks is very exciting as these kids are the future of our sport. Paddlers such as Louise and Tim Natoli, Lauren Sykes and Lachlan Milne are junior paddlers of this era. In fact, Lachie's first Warburton slalom was in 1993 and he has competed every year since. In that time Lachie has become a Victorian Institute of Sport scholarship holder and paddled in two Junior World Championships. Lachie says he enjoys the course we put together each year and the fact that it is reasonably long. Now having moved from the junior ranks to the newly formed under 22 years class we look forward to his results being competitive with the top seniors.

Another area we have noticed more competitors each year is in the Masters Men's Kayak class. David Humfrey Senior is a Masters paddler whose first slalom competition was at Warburton in 1995 and was back for more action in '96. It is people like David that encourage parents and people of similar maturity to have a go.

In his words, "when you are a Masters paddler, self doubt does come into play and you can't help it. If you fall out, get back in and keep going" David has been an active member of Kirinari Kayak Klub and organizer of many superbly run Dowriver races.

While the course was still a challenge this year David felt he had improved. I guess that is what this sport is about. We can't do anything about the performance of our competitors, aside from wrapping someone's boat in half a kilometre of glad wrap and anchoring it in the middle of a dam but that's a story for another article.

The Future

We as a family have enjoyed organising the Yarra series race at Warburton over the last four years and look forward to doing so in the future. Next August the Warburton race will be back, the river will be up and the course will be great. Don't let everyone else have all the fun.

Yarra Series

The story so far

YARRA #1: Fitzsimmon's Lane

After a week of solid rain and despite the promise of yet another day of dodgy Melbourne weather over 60 competitors flocked to Fitzsimmon's Lane for the first Yarra Slalom. The Yarra had been transformed from a trickle to a torrent with power equal to the Goulburn. So much so, that it could almost be said that Fitzzy's was pumping. There was an air of expectation and excitement for the first event of the prestigious Yarra Series, but an elusive set of body numbers prevented the slalom from getting promptly underway. Nevertheless, the slalom began. The path down to the water was slightly moist, and as Ben Copley and numerous others discovered during the day, seemed to be more of a slippery dip than a path, often resulting in a dip in the cold water. After this initial obstacle was overcome, the paddlers could tackle the smooth, Erin and Paddy Leahy designed course that was equipped with some difficult staggers and well positioned upstreams. Thus, the course proved challenging for many of the junior paddlers, and in particular for the C2 combination of David "Giardi" Treloar and Andrew Jurkiw, who managed, to the delight of the crowd, to use the ejector button in consecutive runs. Thanks to Wendy Tomlinson for compiling and running the slalom.

YARRA #2: Griffith Park

For the second race, at the lovely Griffith Park, the Yarra, was again at a reasonable level. The course, designed and set up by Melbourne Grammar and numerous others, crammed 25 gates into 90 seconds. After the dramas provided by the launch pool at Fitzsimmon's Lane, a series of steps and a pontoon were provided to enable paddlers to stay dry, at least before the run. One paddler, who shall remain nameless (Suzie Wharton - oooops!) still managed to take a dip in the icy water. The course was well balanced with 2 upstreams and an 's' gate on each side, with downstreams that required use of the various river features to complete the course quickly. The enthusiasm of the younger paddlers was exemplified by the number of Juniors in the Canadian classes: 5 paddlers in each of 14C1 and 16C1 and 14 paddlers in 16C2. The sunny April day drew over 70 paddlers to the race, making sure that the Griffith Park Slalom remains firmly fixed in the Yarra Series Calendar.

YARRA #3: Warrandyte

Despite the absence of many of the senior paddlers, this slalom, on the gentle rapids at Warrandyte also displayed the depth of canoeing in Victoria, by attracting as many paddlers as the other Yarra Slaloms. We believe that a new record was set for the number of entrants in the U14LK1 class, with the 8 competitors present adding to the already flourishing class of U16LK1. However, the biggest surprise

of the day came from little known U14K1 paddler, Alan Bennett, who was the dark horse of the race, recording the fastest time of the day. Had the first rule of Anton's book of wisdom applied: That penalties don't count. Alan would have won the open men's K1. The river was at the optimum level for a slalom at Warrandyte and despite it being negative gazillion degrees in the morning the sun shone all day, providing ample opportunity for some paddlers to catch a few rays in a feeble attempt to match the tans of those returning from a European Summer.

YARRA #4: Warburton

Despite the threat of snow down to 600 metres, there was once again a good turn up of paddlers at the fourth Yarra slalom, to take advantage of the 25 gate Chris Moore designed course. Perhaps for the first time in the history of the Yarra Series, there was a full 25 gate course with only one gate on each wire, resulting in a long course with a fastest time of 157 seconds. First runs were relatively uneventful, but immediately after the commencement of second runs, it began to hail, and hail, and hail. So much so, that Wendy's second home, the compiling tent, soon collapsed under the sheer weight of ice. As some paddlers scrambled through the ankle deep mud to resurrect the tent, the more immature ones among us scooped handfuls of ice from the tent roof to throw at each other. Those of us who were stupid enough to leave our booties at home were punished mercilessly. Not surprisingly, far fewer people completed second runs, with many opting for an early trip home for a hot shower. Perhaps the bravest paddlers on the day were James Hammond and Rod Howard who decided to exit their C2 towards the end of their run, providing some humorous entertainment for the spectators and gate Judges at the bottom of the course.

Lachie Milne and James Hammond

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The 1996 Australian Junior Team's European Tour

By Lachie Milne

The trip began on a typical June day in Melbourne; cold and wet. As we arrived at the airport, Leanne and I were greeted by the looks of bewilderment from both travellers and airport staff curious about our boats and large bundles of paddles. Soon after, whilst relaxing in the departure lounge to examine our duty free purchases, we were ambushed by the imports from the north, Alison and Rachel. After a gruelling 24 hour flight, the team was further enlarged when we met Mike at Heathrow, before making the final leg of the trip to Munich. As usual, the airlines managed to damage at least one boat, with Mike's new Fusion coming out second best after an altercation with a baggage handler. Mike was also greeted with the fantastic news that his paddles had not made it, and were lost somewhere between Perth and Germany.

After being reacquainted with our great hire car from last year, Barry Boxer, we drove to Augsburg, where we met the remainder of the Junior Team, Louise, Brock and the team super coach - Wayne. They were in the middle of practice runs for the Augsburg World Cup, which was being held on the weekend we arrived. It was fantastic to be able to watch the best paddlers in the world competing, and we were treated to one of the best World Cups ever. The first five places in Men's K1 were within one second, showing how competitive slalom is at that level.

The week we spent at Augsburg was mainly used to come to grips with Jet lag, and technique work. Everyone enjoyed paddling on the Eiscanal, the artificial rapid built for the 1972 Olympics, especially Mike, who had an amazing experience on the major stopper, the Washing Machine. On Mike's first run through the Washing Machine, his boat wasn't as fast as it usually was, and to his surprise, he hit the stopper, he was fully backlooped then spat out. Unfortunately, he did not learn from this experience, and later in the week, on another run through the Washing Machine, he performed an accidental Cartwheel; he backlooped as he hit the stopper, and then looped back upright whilst still in the stopper. Oh yes, we did laugh. During the week at Augsburg, Mike's luck did not get any better. On Thursday, his missing paddles, or what was left of them, were delivered to our hotel. The paddle bag had been shredded, both paddles snapped in half, and half of each right hand blade had been ground off on the tarmac at Heathrow as they were dragged half way around the airport. Mike was forced to buy two new Schlegels from Melvyn at the factory near Augsburg.

After a week in Augsburg, we drove South East to a small town on the Austrian side of the border near Salzburg.

When we arrived, the river at Lofer, the Saalach, was a clear, light blue colour, but the clouds above were looking ominous. The first morning we awoke to find the river a metre higher than the previous day, and substantially bigger. After setting up gates in the freezing cold, we did two killer training sessions as the river kept rising. When the river was at its peak, we went down the river about a kilometre to check out the grade five-six section. Boy, was it pumping. We all thought about how we would paddle down it, but none of us would ever have considered doing it. It is the sort of water that most Australian slalom paddlers only dream about. Our hotel, a small pair of apartments only 30 m from the edge of the river, had a table soccer table that provided endless entertainment, with several tournaments being held. By memory, Craig was the overall champion; he was so obsessed with the game that on several occasions during the trip he tried to buy one to take home.

After two days in Lofer, we left and drove south to Italy, and Mezzana. The river at Mezzana, The Noce, is clear, shallow and very, very cold. The mountains surrounding the Val di Sol are snow-capped all year round, and the river is constantly fed by snow melt. Upon arriving in Mezzana, we discovered that both the Slovakian Olympic Team and the Italian Junior Team were also spending the week training there. A lot of time was spent watching Michal Martikan, the 17 year old Slovakian Olympic Champion. Mezzana once again proved harsh on boats, with significant damage inflicted on both Alison and Rachel after a brief talk to the fish, and an ice cream producing performance at the bottom of the course.

One of the highlights of the trip occurred in Mezzana, when we went skiing for the day at Passo Tonale. The less experienced skiers among us tested our skills on the beginners' slope while Mike tried to keep up with Leanne on the slalom course. The weather was perfect; sunny all day, and some team members forgot their sunscreen. Needless to say, Rachel was left with white eyes but a blistering face as red as a beetroot that required constant application of a wet flannel to her face for several days. As was the case last year, the females in the team proved irresistible for the young male camp leaders at the apartments where we were staying. Alison, Louise and Rachel were treated like queens and asked out on midnight outings several times during the week.

After leaving Mezzana, we drove over a spectacular mountain pass to Merano. After checking in to our five star accommodation, we walked down to the river. Apparently it is a good river, but unfortunately it was low, really low. So shallow it was impossible to paddle down even the deep-

est section. However the brilliant weather provided us with a pleasant evening in town. After dinner we decided to have ice creams at the local ice creamery. During the outing, a few bets were lost and won, and a lot of ice cream devoured. The next day, we left Merano, and drove back to Lofer. The mighty Saalach was still pumping, it was almost as high as the peak we saw when we were there the previous week. The first session of the day was a play session, mainly surfing the awesome wave at the top of the course. The water was quite difficult - very boily in places with lots of big waves and a few nice stoppers. After another night there we left and drove to Freistadt, a town on the Austrian Czech border, on the way to Prague.

We arrived in Prague the next day, and found our hotel, an island of luxury in an expanse of dilapidated and filthy buildings. It was not far from the course; a small side canal off the river in Prague. The course was constructed with bundles of tyres chained together and filled with cement, and was ideal for training. There was only one drop on the two hundred metre long course that could not be paddled up, which made short technique sessions very easy. There was also an abundance of munchy stoppers which provided paddlers with ample opportunity to talk to the fish. Capsizing at Prague was not the most pleasant of experience, with the river being filled with rubbish and emitting an awful, unique smell. The week in Prague also showed the Junior Team the power of the shopper. There was an awesome display of shopping, as day after day Leanne, Rachel and Louise went ballistic with their own, or their parents credit cards and cash. A favourite purchase proved

to be the small marionettes available from the small street stalls all around the city. One day of the week in Prague we spent as tourists in the city. A horse and cart ride and many hours of walking through the narrow, building lined streets gave us a glimpse at the tourist attractions of one of Europe's most beautiful cities. However, it was the paddle boats at 'Charlie's Bridge' that proved to be the greatest attraction for most of the team, as we hired them out and went stopper surfing in the local weir. At the completion of the week in Prague, we made the trip back south to the town of Lipno, where we were to compete in the Junior World Championships.

Our first day in Lipno was freezing. Craig, the man who never wears a cag was seen wearing two at once, as were most of the paddlers. The water in Lipno was bigger than those who had competed last year remembered it to be. It is a steep, long course, directly below a huge weir with lots of big waves. It is a very good world championship course because the water is only turned on once or twice a year, and hence has very little home course advantage, although you wouldn't have guessed it by looking at the results. We were allowed three sessions on the water before practice runs, two one hour and one half hour slot, and hence we had to make best possible use of our time on the water. The first session we were on with the Russians, Austrians and the Polish, making us compete with over fifty paddlers for a run down the course. Yes, it was quite crowded.

Practice runs were on Friday, followed by the competition on Saturday and Teams on Sunday. The race course set was extremely difficult and very tight, requiring preci-

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sion paddling on the extremely fast river. Practice runs were generally good, but left a lot of room for improvement. Tim and David Natoli and Robin Bell were helpful throughout the week, helping with timing and coaching, and always entertaining when given the opportunity.

The weather on Saturday was perfect for racing: clear and sunny, but not too hot. It proved good for most of the Australian paddlers, as they put together solid runs on the day. No-one achieved spectacular results, but the high standard of paddling augers well for the future of Australian canoeing. The results for the individual races were:

Louise Natoli 29 from
Alison Wilkie
Rachel Elliot

Lachie Milne 30 from
Mike Collister 32
Craig Elliot

Brock Flowers 31 from

As can be seen, the competition proved fierce, as Oceo World Cup, and now, Olympic Champion, Michal Martikan found when he finished second.

The following day was the teams event, and both teams paddled to their potential, the ladies K1 finishing 7th and the Men's K1, 14th in their respective classes. These results completed what had overall been a successful weekend, even though not all the paddlers were satisfied with their results. As was implied earlier, the Czech juniors paddled extremely well, winning all the teams events.

Sunday night was spent at a team dinner with the Canadian and New Zealanders and then at the Junior Worlds after party, which raged on into the early hours of the morning. That morning required an early start, so we could get on the road, and back to Munich airport by the afternoon. After five weeks staying together, lots of new friendships had been formed, and as we split at Heathrow and Singapore on the way home, the farewells were long and emotional. Arriving back in Melbourne, we were pleased to find our boats unscathed by the trip home, but sorry to be back in the freezing cold of a Melbourne winter morning.

Finally, on behalf of the team, I would like to thank Leanne Guy and Wayne Thomas for being our team manager and coach. They both willingly gave up their time to look after us and lend their experience and did a fantastic job. Even though Leanne did live up to her nick-name on a couple of occasions, we appreciate the amount of time and organisation she put in to make the trip as successful and enjoyable as it was.

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SELECTION CRITERIA FOR COACHES OF NATIONAL TEAMS

(Australian Senior and Junior Teams)
Ratified 5/1/96 item 15i

1. Minimum of level 1 coaching accreditation. Level 2 preferred
2. Previous overseas coaching experience preferred
3. Preferably working with Australian team members
4. Ability to attend training camps for National Teams
5. Willingness to accept some personal costs
6. A clear understanding of and support for the ACF Code of Conduct

SELECTION CRITERIA FOR NATIONAL TEAM MANAGERS

(Australian Senior and Junior Teams)
Ratified 5/1/96 item 15ii.

1. Availability for the time period
2. Previous and successful management experience at the appropriate level
3. Proven ability to manage team financial accounts
4. Acceptability to the athletes concerned
5. Willingness to accept some personal costs
6. A clear understanding of and support for the ACF Code of Conduct

Applications close on Thursday the 16th of October and should be addressed to:

Leanne Guy
7 Ash Grove
Bayswater, 3153

What Does It Take To Run A Slalom In Victoria?

In Victoria we seemed to be blessed with a plethora of talent and lashings of dedication when it comes to organising big competitions. Everyone acquainted with Slalom in this state is well aware that you need an army of people to run a good competition. You need people on start and finish, gate judges, radio operators, recorders, compilers, bodies to assemble gates, hang wires, place gates, hang up banners and coaches too.

But this is just the "surface" stuff it takes much more to run the big and quality competitions.

Heading up the VCA we are so lucky to have Jane Farrance, who is prepared to put in untold hours to ensure the planning phase of the competition is detailed and complete. Her ability to chase and obtain sponsorship is very evident on race day. Her political know how has again come to the fore with the grant for works on the Goulburn coming through at a time when governments are cutting back on projects. Did you realise Jane does all this for Sprint, Marathon and Polo too?

Come race day you need unquestionable loyalty from competitors, volunteer workers and spectators. The weather could be anything, remember how cold the Ovens slaloms were, what about the high winds on the last Goulburn slalom, not to mention the rain and mud at Nymbodia?

Somebody has to set up the timing equipment and of course the right time to check it is very early in the morning just before the competition starts, when it's really cold. Bernie Boulton is the one who does it and never complains, he was also the one who was standing waist deep in the Yarra before 8 am when the gates were cut down at the Schools Comp. He heads up the State Slalom and Wildwater Committee and seems to be the catalyst for lots of good stuff at Kiranari. I have seen Bernie do some amazing things to ensure the success of the competition and he never complains. On top of all that he's a keen paddler too.

The development of Slalom in Victoria owes much to John Willis and Ian Whitford. The time (measured by years) these two have put in to ensure kids can paddle has to be seen to be believed. If something needs to be done, John is in there and no one ever asks, he just does, and this is without having kids of his own involved in the sport. Ian, apart from the work he's done organising both State and National schools events has done much at both levels of politics in the sport to ensure junior paddlers have every opportunity to succeed and be rewarded appropriately. I'm surprised he doesn't have more grey hair.

Getting results out is no mean feat and it takes a certain strength of will and lots of organisational skill. Victoria is renowned for having quality compilers, Sue Natoli and Wendy Thomlanson spend the day shut away in the tent or the caravan ensuring the scores come out quickly and accurately for the paddlers. Neither women has seen much of their children paddling in competition. Having witnessed the odd time when they have, it's probably just as well. The compiling tent is obviously less stressful.

Without judges the competitions couldn't run and we have been lucky enough to have Chris Sykes to spend lots of time on the phone leading up to our big competitions, recruiting people and trying to organise the right mix of people for each judging section. These days you even get relieved.

Working in behind the scenes is Roy Farrance, checking radio batteries, climbing trees, taking photos, having the odd paddle and gently guiding when required. All this, on top of extensive commitments in coaching both at a state and national level. Rumour has it that he runs a business on the side.

Another person Slalom is lucky to have, with a keen head for figures and efficient work practices, working mostly behind the scenes, is Mandy Linden. Mandy does much of the paperwork, general record keeping and everything to do with finances.

All of our coaches paddle at elite level or in Masters. Our elite paddlers deserve a big pat on the back. They turn up to competitions, compete and coach. They put up tarps for judges, they help with course erection and pack up, they turn up at the schools event and are even prepared to take on tasks that range from the runner to collect the score sheets, general helper and compiling through to presenters at awards ceremony.

Finally there is the army of competitors, parents and friends attending the competitions who all seem prepared to pitch in and contribute. Extra hands are always needed and always seem forthcoming.

Naming people is dangerous, you always leave someone out who deserves a mention and if I have I apologise profusely. This article was inspired by the recent Victorian Schools Championships and the comment of a friend who mentioned the tiny Schools competition we attended about twelve years ago (it might be more) when it was held on the main rapid between Homestead Rd and Wittons Reserve. Neither of us had the foresight of the Farrances.

World Marathon Championships

by J G Sloan, Team Manager

"Blessed are the meek: for they shall inherit the earth"
New Testament: Matthew, Chapter 5 Verse 5

After he won the Men's K1 at the World Marathon Championships, everyone wants to claim Chad Meek is theirs. *The Age* says he comes from Melbourne. *Albury's Border Mail* calls him "Albury Kayaker". The *Courier Mail* in Brisbane claims he comes from there. No doubt as he is now resident in Sydney for a while, New South Wales will claim him.

The truth is Chad comes from Australia and he is our latest World Champion. I did not speak to any press about this race. However, I was quoted somewhere as saying that this was the best win ever for Australia. I am not sure I would go that far, but it was certainly our best result in the Men's K1 since John Jacoby's win in 1988 - and it was the highlight of the Championships for all of us in the Australian Team.

This was the biggest marathon team ever sent overseas. With eleven senior paddlers and eight juniors plus a coach, a manager, and an assistance manager, the team numbered 22. It was also the most ambitious trip undertaken by a marathon team in recent years. Sweden is an expensive country in just about everything. Boats were not available in large numbers so several projects had to be undertaken. For a start we organised, through the very great assistance of team member Anthony May and his father from OD Transport Victoria, to ship the boats to Sweden. To do this it was necessary to construct a trailer which was purchased by the ACF Marathon Committee. We also took with us a large amount of food we knew would be difficult to obtain in large quantities in Sweden, such as good quality Australian pasta, rice, tinned fruit, tinned tomatoes, breakfast cereals, honey, vegemite and so on.

We managed to arrange accommodation by the water not far from the course at a place called "Rastavik" which is an old house set in beautiful gardens with number of small huts scattered around. Although not luxury accommodation, it was ideal for our purposes. We had access to the whole place which included a reasonable kitchen and a dining room to accommodate the whole team. The cost was also quite reasonable. The location was perfect, being right on the water and only about 2 kilometres from the course.

Vaxholm is part of the Swedish Archipelago. Although it is sea, it is very calm and is more like paddling on lakes. There are islands everywhere and little

inlets. Most of the banks are covered in forests of birches and pine trees with traditional Swedish timber houses scattered around. It was a lovely area and the course was probably the best I have seen in any World Championships.

By preparing all our own meals, the costs were kept down considerably. This is effectively a "self funded" team by the members so it was important to keep the cost to a minimum even though we were based in one of the most expensive countries in Europe.

The results follow. This was generally an inexperienced team but most team members will benefit from the experience of the trip. There were very big fields with 51 starting in the Men's K1 and 48 in the Men's K2. The starts were held starts off a pontoon, so many boats powering away from the start was quite a spectacle.

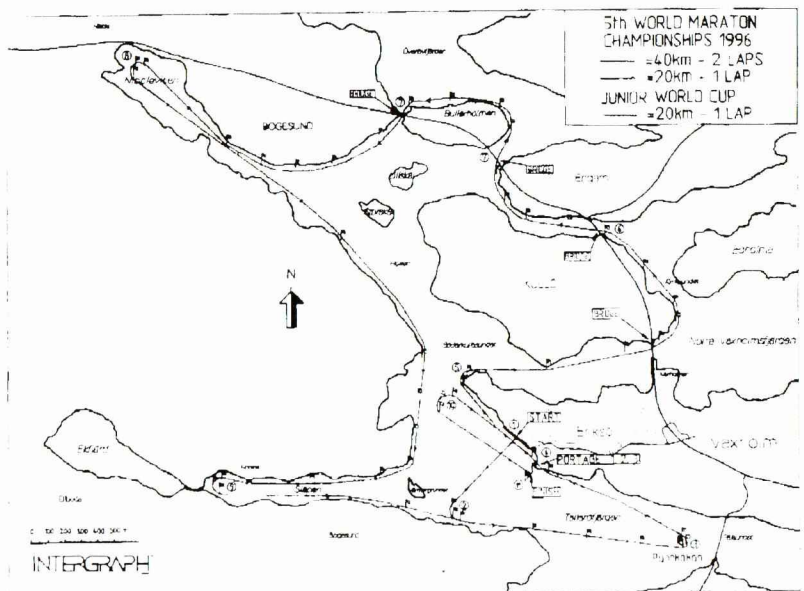
The juniors' events were all held on the Saturday morning. Letitia Quick paddled an extremely good race to come in third in the Junior Women's K1. The first two places were taken by Hungarians who worked together the whole way around the course against Letitia who had no-one of sufficient standard to work with to catch them. They only beat Letitia by 40 seconds which, in the circumstances, was an excellent result.

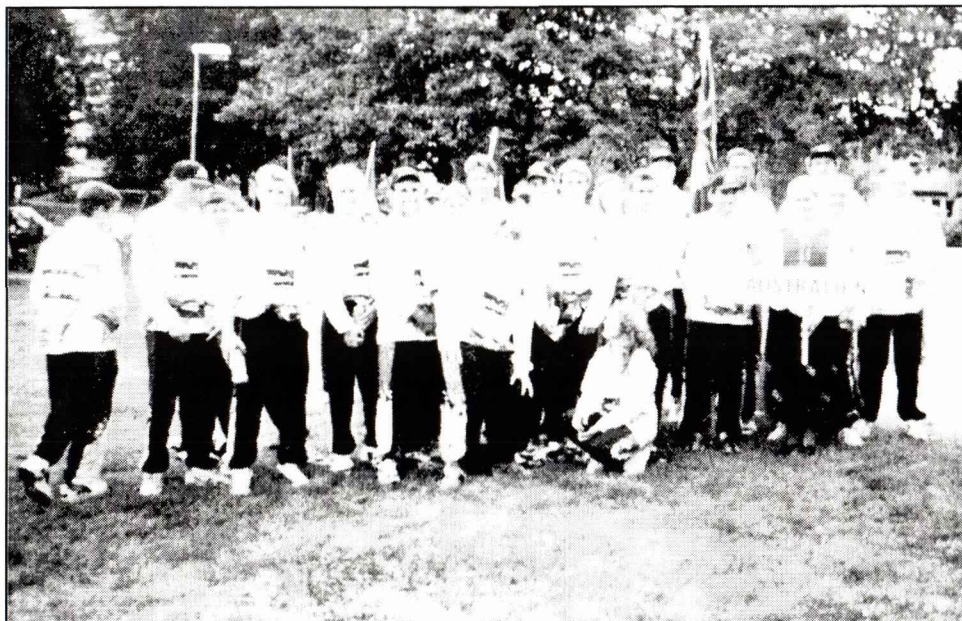
The juniors competed over 20 kilometres which was one lap of the course. The seniors did two laps. The course had three portages which were all in the area of the start and finish where most of the crowd remained so there was a lot of action for everyone to see. The portages were quite spectacular.



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a collision in the first 500 metres and left with a damaged boat. Fortunately they had three pumps in their boat and were able to keep it dry but had difficulties getting back to the lead bunch after the collision. They were better than the 14th place they obtained. This is based on the 6th place of the second Great British crew who Anthony and Ashley beat at Maroochydore. The race was won, once again, by Ivan Lawler and Steve Harris from Great Britain who have dominated this event for the last three years.

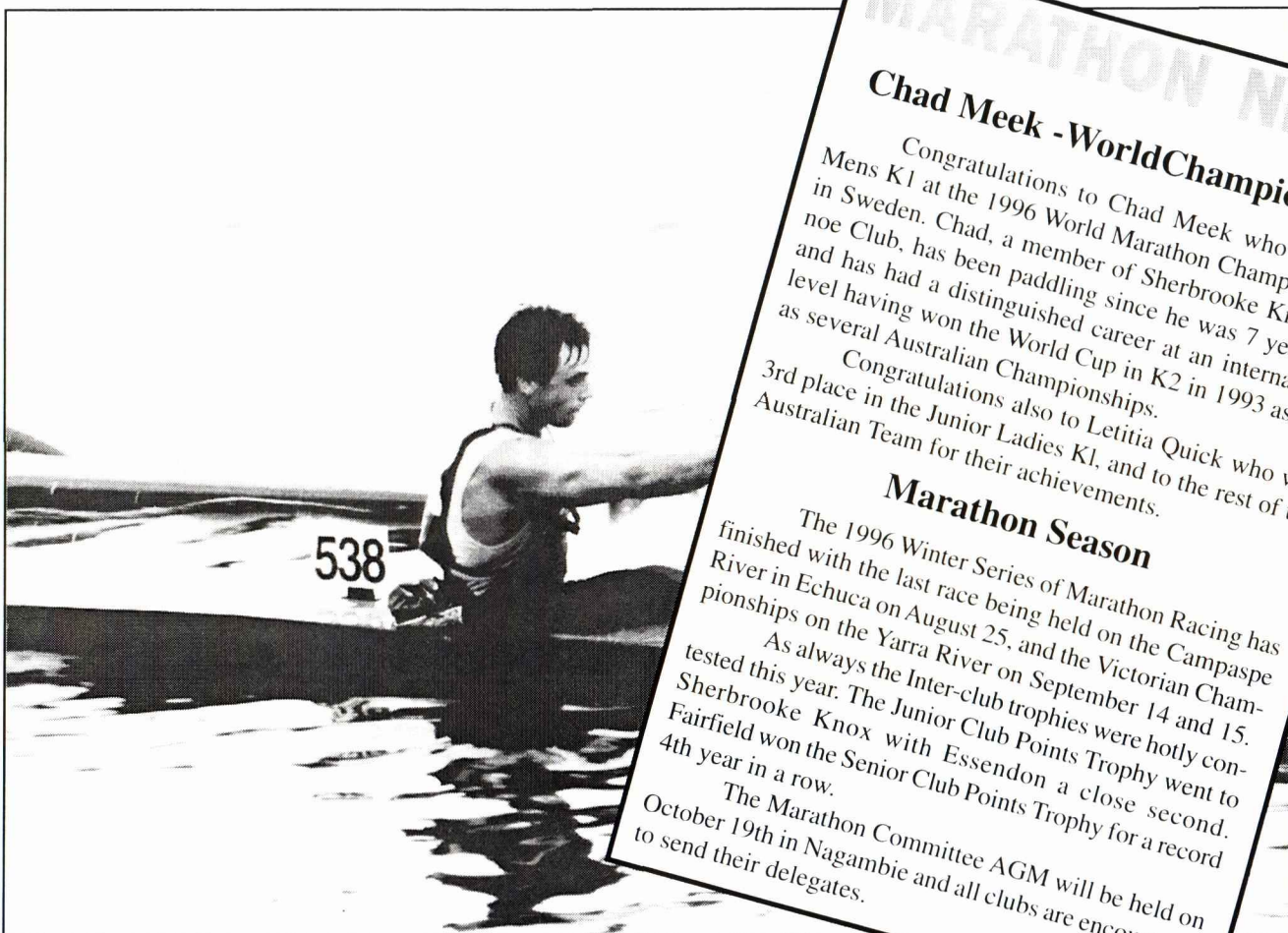
From Australia's point of view, one of the more impressive results was Brooke Harris' 9th in the Women's K1 which was won by Susan Gunnarsson of Sweden for the third time. Brooke's performance in quite difficult conditions at her first World Marathon Championships is to be commended.

Leigh Wilson's 12th in the Men's K1 was courageous. Leigh was unfortunately let down by a bad first couple of kilometres although he managed to catch up quite a bit. 12th in a field of this quality is nothing to be sneezed at.

Anthony May and Ashley Nesbitt were involved in

were learnt. It is clear that the standard of marathon racing is becoming higher each year which is a credit to Chad's performance. I suspect Australia has become somewhat complacent. While we have probably maintained our standard over the last seven or eight years, other countries have certainly caught up while we have stood still.

Although Roger Fenwick did his best in the Men's C1 then doubled up for the second day in the Men's C1, the lack of competition in C boats in Australia compared to Europe means it will be very difficult for Australia ever to be competitive in these classes.



Chad Meek - World Champion K1

Congratulations to Chad Meek who won the Mens K1 at the 1996 World Marathon Championships in Sweden. Chad, a member of Sherbrooke Knox Canoe Club, has been paddling since he was 7 years old and has had a distinguished career at an international level having won the World Cup in K2 in 1993 as well as several Australian Championships. Congratulations also to Letitia Quick who won 3rd place in the Junior Ladies K1, and to the rest of the Australian Team for their achievements.

Marathon Season

The 1996 Winter Series of Marathon Racing has finished with the last race being held on the Campaspe River in Echuca on August 25, and the Victorian Championships on the Yarra River on September 14 and 15.

As always the Inter-club trophies were hotly contested this year. The Junior Club Points Trophy went to Sherbrooke Knox with Essendon a close second. Fairfield won the Senior Club Points Trophy for a record 4th year in a row.

The Marathon Committee AGM will be held on October 19th in Nagambie and all clubs are encouraged to send their delegates.

Daryl Cardwell and Glen Rich found the competition tough but learned much about International standard competition. With most of them being Juniors for at least two more years our prospects are looking promising.

Saturday afternoon saw the Men's K1, Ladies K2 and Men's C1 competing. Chad Meek's victory was highlight of the day. His control of the race was masterful, even managing the time to wink at the Aussie supporters on the second portage. We all cheered loudly as Chad received the Gold Medal and the Australian Anthem was played. Chad's preparation was controlled and very thorough, peaking exactly when it counted. Well Done Chad! Leigh Wilson paddled extremely well having a hard race just off the lead pack. His strong finish testimony to his determination and will power. Our Ladies K2 pair of Kathryn Pekin and Caroling Morris and Mens C1 competitor Roger Fenwick paddled well and powered home. both crews managed personal best times against elite competition and we look forward to their continuing improvement.

Sunday had our Mens K2, Ladies K1 and Mens C2 competing. Chad attempted to double up with Shane Dalzie, but his previous days huge effort prevented them from finishing. Anthony May and Ashley Nesbith recovered from a holed boat to paddle a gutsy race finishing in the top third of the field. They had led the race to the first buoy and it was rotten luck they were hit, but in a field of 40 K2's anything can happen. Brooke Harris showed her determination in a class field, finishing a solid ninth place. For her first major international marathon it was a great effort. The very rough conditions on the second day did not help Brooke's start, but she powered home and should be proud of her efforts. Kathryn Pekin doubled up in the Ladies K1 and had a solid race in the trying conditions. Roger Fenwick and Anthony Cole found the going tough in the Mens C2, but paddled well beating home 5 boats in their class. With their boat being outdated and Anthony competing in his first major event



the pair have learned what is required and are looking forward to future events. The team celebrated its success at the Presentations Evening with Chad giving the Paddlers Speech to the crowded venue. He even found time to present the Swedish competitor, Tom Krants with a Murray Marathon Award for his efforts in the 1995 Relay. With everyone returning home quite quickly, the team dispersed from Sweden.

In reflection, the team was well managed and prepared. Special thanks must go to Anthony May for his work in organising the boat transport which was huge bonus for the team. Thanks to Jim Sloan, Matthew Coulter and Sandra Boocock for their work, especially Jim who had a very difficult job and thoroughly deserved his "Fragile Award" given to him by the team. As team captains, we enjoyed the camaraderie and determination of all team members.

The tour was very successful, demonstrating that Marathon paddling in Australia is looking good for the future in all classes. Our best wishes to all team members, it was a privilege competing with you.

**Brooke Harris
and
Roger Fenwick**



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 Gootwa, 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."

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Signature:.....

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Grand Prix Marathon II

Maroochydore in review

Described as a 'Festival of Canoeing' in the lead up to the event, the International Canoe Marathon Grand Prix II at Maroochydore at the end of June, lived up to its promise.

Australian team paddlers, ACF President's team, State teams and representatives from Belgium, Britain and New Zealand combined to form a strong field.

Leigh Wilson, of Australia, took the gold medal in the Men's K1, in 2:7.58, one second faster than Michael Leverett, Australian President's team, while current British K1 champion Simon Dark claimed the bronze in 2:08.25. Current Australian K1 champion, Chad Meek did not finish the event. After 30 km in the K2 race, there was just over one second separating gold, silver and bronze medal winners. Australian team members Anthony May and Ashley Nesbit, 1:55.19, raced in a lead pack with second and third place-getters for the whole race. Sunshine Coast Canoe Club's Shane Dalziel and Wayne Parker, also wearing the green and gold, took silver in a time of 1:55.20. Both Australian crews fought hard to keep New Zealand paddlers Simon McLarin and Finn O'Connor to third place.

The New Zealanders were only hundredths of a second off the silver medal. In the WK1 Victoria's Brooke Harris paddled alone for more than two laps of the 5km course. Harris's time of 2.21.33 was almost five minutes faster than second placed Keren Lang of Queensland, while British paddler Jenny Hands was third, one minute later.

In the Men's K4 there were protests and disqualifications after the Belgian crew were rammed and sank. Queensland paddlers Andrew Neil, Tom Woodruff, Dion Gordon and Ryan Garland were disqualified for not giving way.

In this race, the first and second placed Men's K2 crews combined and proved unbeatable - the winning time of 1:11.1, 25 sec ahead of Britain's Danny Beazley, Scot Hynds, Simon Dark and former Brit (now QC State Director of Coaching) Robin Belcher. Taking the bronze were Queenslanders Andrew Bavage, Matt Ingerman, Mark Milne and Trent Robinson.

In the points table at the end of the competition, Australia was on top with 45, followed by Britain with 20, Belgium with 11 and New Zealand with 7 points



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1996 International Marathon Grand Prix II Results

ICF Grand Prix Points

Men's K1

Australia	9 points
Britain	7 points
Belgium	6 points

Men's K2

Australia	9 points
New Zealand	7 points
Britain	5 points
Belgium	5 Points

Men's C1

Australia	9 Points
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Total Points

Australia	45 Points
Britain	20 Points
Belgium	11 Points
New Zealand	7 Points

Women's K1

Australia	9 Points
Britain	7 Points

Women's K2

Australia	9 Points
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Singles Events

14K1 10k	Kynaston	00:45:00
16K1 15k	Rodgers	00:59:42
18K1 20k	Rich	01:23:37

Vet35K1 20k	Mitchell	01:25:04
TC1 20k	Stanmore	01:47:27
TK1 20k	Batchelor	01:30:28
Vet45TK1	Bauer	01:33:03
Vet55 TK1	Askew	01:43:00
14WK1 10k	Coghill	00:51:15
16WK1 15k	Vernon	01:08:38
18WK1 20k	Quick	01:37:18
Vet35WK1	Drynan	01:34:42
WK1	Harris	02:21:23
C1 30k	Fenwick	02:47:46
K1 30k	Wilson	02:07:58

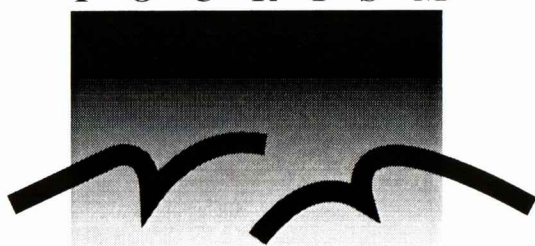
Doubles Events

14K2 10k	Kelly/Stewart	00:50:44
16K2 15k	Taylor/Sloss	00:58:29
18K2 20k	Burns Rich	01:22:36
Vet35K2 20k	Hudson/Gannon	01:21:29
K2 30k	May/Nesbit	01:55:19
TK2 20k	Offorg/Woods	01:24:23
14WK2 10k	Cameron/Coghill	00:51:53
Vet35XTK2	Davis/Drynan	01:32:15
18WK2	Millsom/Pickering	01:30:31
WK2	Pekin/Morris	02:22:30
C2 30k	Fenwick/Cole	02:28:24

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T O U R I S M



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Letter *from* America

Knut Holman is a living legend. He won the K1 1000m at Atlanta and came second in the K1 500m. Here he speaks to US Olympic coach Reg Hatch.

Amid a lot of laughs and a biting wind I was able to do this small interview with one of the sports truly great athletes and a wonderful ambassador for what our sport can produce

Knut Holman is fast approaching legend status and has taken the sport to absolutely new heights. The first time was in Poland in 1990.

Hundreds upon hundreds of autographs and more photos than you could wish to count were asked and taken of this patient giant. Never once did he refuse anyone and some of the requests were less than well mannered, downright rude in fact.

REG. Are you enjoying the Regatta?

KNUT. Yes very much.

REG. Did you ever compete as a Junior at World Championships?

KNUT. No. You know there are not many senior World Champions who have been Junior Champions.

REG. Are there any dangers in having Juniors race and train at this level?

KNUT. I think so. Sometimes we can expect too much from this age and make it too important. They can sometimes work too hard as juniors and get burned out.

REG. I have to ask. Will you paddle in 2000?

KNUT. (Giggling). At this time I'm not sure. (Cheers from all round the world). Maybe I will, maybe I won't. I might get an offer to play basketball in the US and be paid many millions of dollars!!

REG. I also have to ask. Did you think that 3.25 was possible?

KNUT. Yes!

REG. When did you know, at 500- 600 metres in the race?

KNUT. No. I did this time in Augusta some three weeks before the games. I was doing 2.44.00 for 800 metres and that was also my guide.

REG. What did you change between Duisburg and Atlanta? In terms of training.

KNUT. I did a lot more weight training. This helped me with more power in the stroke and then I just did everything a little better than before. The weight training made me faster.

REG. Do you do psychological work?

KNUT. Not formally. But I do practice by rehearsing and seeing my preparation and what I am going to do in the race.

REG. What sort of X Training do you do?

KNUT. I run twice a week at least and do cross country skiing, I prefer the classic form. Of course I also do weight training.

REG. What part of training do you dislike the most

KNUT. The long miles are bad but worst is the high intensity sessions, but, I know I must do them and that I will be sore afterwards.

REG. How do you like the new system of advancing being operated here for the Juniors?

KNUT. This is uneven and not so fair for youngsters. You could get a really good athlete who needs the extra race to be fully prepared, go to the semi final and then displace someone who deserved to be in the semi. This system also only gives you one chance and if you happen to make a mistake you have no second opportunity.

REG. So, what do you think is the best way to advance to the finals?

KNUT. I think the ongoing system of three and three is best. (He means that there be three semi finals and three advance from each race)

REG. How many competitors do you have in Norway?

KNUT. About one hundred.

REG. Have you enjoyed being the team coach?

KNUT. Yes, very much.

REG. You improved your speed and seemed to have been ready for Markiewiz, then Rossi pops up and takes away your chance to be the first to win both the 1000 and 500 in Olympic Games.

KNUT. Ah, yes, but Rossi was going good in the second half of the year and after he won Milano he seemed to get better. He was very good in the Olympics.



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Mt Buller - Victoria

Saturday Morning 30 Nov 1996

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Mt Buller summit to Howqua Inlet

Stage 2 - Paddling

20 kms of flat water on Lake Etldon

Howqua Inlet to Jerusalem Ck Boat Ramp

Stage 3 - Cycling

57 kms on tar sealed country roads

Jerusalem Ck Boat Ramp to Marysville

Saturday Evening 30 Nov 1996

Halfway Carbo Dinner - Marysville

Sunday Morning 1 Dec 1996

Stage 4 - Running

20 kms along the Bicentennial Trail

Marysville to Dom Dom Saddle

Stage 5 - Cycling

73 kms of tar sealed country roads

Dom Dom Saddle to the Yarra at Burke Rd

Stage 6 - Paddling

28 kms of flat water down the Yarra River

Burke Rd into the heart of Melbourne

Sunday Afternoon 1 Dec 1996

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REG. You and Clint Robinson have shared the 1000 in recent times and loaned it to Borhi once. Did you study Clint's race strategy and work out how to beat him?

KNUT. No. I just worked on getting better at what I can do.

REG. Are you the most famous summer athlete in Norway?

KNUT. No. There is the guy who won the 800 metres at the Olympics. He is better known. But even in summer the winter athletes are very famous in Norway.

REG. What do we need to do to make our sport better?

KNUT. (Without any thought) We need to have more serious sponsors to run the World Cup races. We also should hold more World Cup races, maybe six instead of three. We need to get somehow on TV and in the media. It would be nice if we could offer prize money and encourage more people that way.

REG. Is there anything else?

KNUT. (More thought) You know we have been doing the same thing, except for the different ways to get the final, for many years. Maybe it is time for some fresh people in the planning.

REG. They are talking about taking out one distance from the program to add 200 metres. What do you think about that?

KNUT. (Instant reply) The 200 was introduced to try and get more people in the sport and to make it more exciting. I don't think it has achieved that. They should bring back the 10,000 with the long first lap and short laps, This is very exciting and good crashes at the turns is what some of the people watching want to see.

REG. What about we suggest we run a World Championship for the middle distance (5000 and 10,000m)? We could fit it in three months before the Sprint World-Championships when people are still doing high speed base work?

KNUT. I think this would be a great idea and would make the preparation good -especially with the World Cup races.

REG. Will you paddle team boats in the future?

KNUT. Yes. There are some good young people in Norway and maybe that will happen.

REG. Do you get help with your training?

KNUT. Yes I get help from the Head Coach, Herdal Amundsem and from special people as I go.

Knut left me and had his image captured on film at least twenty times as we walked to the finish line. He has acquired the skill of signing his name as he walks now and so ambulates his way to where he is going with the Pied Piper like following that has become something of a permanent tail for this most gracious of athletes.

Knut will race the national championships next weekend in Norway and my guess is that he will not place any lower than first in both the racing and in his popularity.

Many thanks to Knut for his valuable time.

Goulburn Upgrade



Supported by the
State Government of Victoria from the
COMMUNITY SUPPORT FUND

The Slalom and Wildwater Committee thanks the **Victorian Community Support Fund** and **The Victorian Government** for the funding of the upgrade to the Goulburn River Slalom Site at Eildon. The work will involve the upgrade and stabilizing of the river and landscaping of the banks. Start, finish and judging bays will also be developed along with the provision of new poles, wires, gates and other equipment.

Sprint and Marathon

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CANOE POLO

This is the first in a series of articles relating to canoe polo equipment and techniques.

Boat Selection For Beginners.

To start with, lets look at the things which affect the selection process :

The User: Personal size and shape of the user: you need to be able to get into and out of the boat, and you don't want to rattle around like a pea in a barrel when you're in it.

Experience of the user: if the boat is so responsive that you can't stay upright in it in calm water for more than two minutes at a time, you're unlikely to learn to master the boat very quickly. The above things can be changed to a greater or lesser degree by exercise, training and practice, but be warned, the current champions last boat might not be for you just yet.

The Boat: Must meet the canoe polo design rules, it should also be fast, manoeuvrable, stable and strong. Unfortunately, any of these attributes are easy to achieve taken singly, but taken as a group they interact so that over-emphasis of one always detracts from the others. For instance if you go for maximum straight line speed, you automatically lose out on manoeuvrability, stability and strength. Similarly if you make a boat that is very stable with strength to withstand the bending forces and impacts of polo, it probably will turn like a barge and stop and start like a tanker. Compromise is the answer, we have to juggle the man made rules and compliance with the natural laws to come up with the best all round fit.

Canoe Polo Design Rules: These are aimed at making the game safe, playable and entertaining. The significant ones are as follows: Length 2m to 3m. Beam 0.5m to 0.6m. Minimum Weight 7kg. Minimum bow and stern radius in profile (elevation) 5cm. Minimum bow and stern radius in plan 10cm. Padding (bumpers) must be firmly fixed to the bow and stern of all kayaks, padding is not included in the overall length measurement.

TECHTIPS

In the next article I will deal with the Natural Laws and how they affect polo boat design.

...straight from the coaches mouth folks! For these tips I am indebted to Steve Allen who recently did a coaching course with Gibbo!

1. How to make a correct tail turn

• Pick your strongest turning side (lets assume its a right turn).

• Start your turn with a small left hand sweep stroke, simultaneously leaning slightly to the left (yes, you lean away from the turn!)

• Do a hard right hand backward sweep stroke simultaneously leaning your weight to the back and to the left.

• If you are now facing the correct way, convert the end of your backward sweep into a forward power stroke, keeping your paddle in the water if possible, this helps to keep you upright and gets you going again. And that's it.

2.Practise getting your bow down low when canoe tacking: using a polo ball as the object to be tackled

• Throw the ball so that it floats a couple of boat lengths in front of you.

• Paddle towards the ball aiming to hit it with your bow so that its centre line coincides with your boats centre line.

• Try to time your arrival at the ball so that you hit it just after commencing a stroke on your strongest paddling side.

• As you make your last stroke on your weaker side (just before you get to the ball) lean back slightly, this will tend to lift the nose.

• As you make your strong stroke and simultaneously hit the ball, lean forward sharply, dig the paddle in hard and try to pull the nose of your boat under the ball so that it is picked up and runs back down your deck.

• When you can do it, try doing your canoe tacks like that, its more upsetting to your opponent if you get under him/her.

Mike Hardy, VCA Canoe Polo Publicity Officer.

BOW DRAW

REPAIRING AN OLD AND ABUSED FRIEND

A much misunderstood and misused stroke (the poor old thing), it's undergone a significant change since first bought into being and is probably one of the commonest indicators of a paddler who has not kept up with his or her technical skills. It is also one of the strokes which has significant potential to do damage to you if done badly.

The Bow Draw is used to turn and accelerate the boat at the same time. It also lets you choose a point to turn around and lets you easily "catch hold of" a particular water feature such as an eddy or current. It's commonly used in conjunction with a sweep stroke for breaking in or out of the current for just this reason.

It's actually quite a simple stroke. The key features are that the paddle is "planted" firmly into the water and the lower abdominal muscles are used to dynamically turn the boat (using the feet, knees and hips) around the paddle blade.

The actual order of action are:

1. *Start by rotating your shoulders to face the direction that you are going to turn.*

A crucial feature of the stroke. This is where the muscles are extended, enabling you to use them to provide the turning motion of the boat. In general, if you don't rotate your shoulders to face the turn, don't bother to try the turn. Yes, it will work but only very weakly and lamely.

2. *Plant the paddle blade just forward of your hips with the blade angled for maximum "grip" in the water.*

Once you get better you will work out how to set the blade angle for different situations.

3. *Keep the paddle shaft as close to vertical as you can.*

This means that you will need to rotate the torso and bring the upper hand round to the side (the side to which you are turning) out in front of your face (which is facing directly sideways) without extending the lower arm. The lower arm should stay flexed to provide maximum strength and protection for the shoulder. All of the action in the stroke is centred around the torso and abdomen. Don't try to move the paddle, move the boat.

4. *Use your lower abdominal muscles (driving through your feet and knees) to draw your knees (and therefore the bow) across to the paddle blade (hence the name "Bow Draw").*

It is probably more accurate to think of pulling or accelerating the boat around the paddle.

5. *The stroke is almost always a part of a combination of strokes, usually forward sweep, bow draw, forward paddle. At the end of the stroke rotate the blade and go straight into a forward paddle.*

There is a very similar stroke which I call a "Bow Rudder". The difference between the strokes is that with a bow rudder the paddle blade is planted forward, level with the knees and the torso is not rotated. The bow rudder relies on the forward movement of the boat to provide the turning action. It's easy to tell if you are doing a bow rudder or a bow draw. Do the stroke whilst stationary. If you turn it's bow draw, if nothing happens it's a bow rudder.

Common faults

- The most common fault is *doing a bow rudder when you want a bow draw*. The Bow Rudder has been superseded by the Bow Draw, a much stronger and more effective stroke. If you don't rotate your shoulders to face the turn, the stroke almost automatically becomes a bow rudder with a corresponding loss of power in the turn.
- *Letting the paddle shaft fall from vertical*. This reduces the "grip" the blade in the water, again resulting in a loss of power in the turn. This usually happens because the upper hand is dropped or not brought fully around to the side, or the shoulders are not rotated.
- *Keeping the upper hand "glued" to the forehead*. This was actually taught as a teaching technique a few years ago until we realised it restricts a lot of the body action and prevents the paddle from getting anywhere near vertical. Stop this right now!! We're sorry we ever mentioned it in the first place.
- *Pushing the lower paddle blade out away from the body*. The effect is to UN-rotate the shoulders as you try to push the blade out. This stops you being able to use your abs since your torso is square to the boat. Keep the lower blade in and push the upper hand/blade out.
- *Bringing the paddle blade around behind the hips*. Remember, the action is to swing the nose of the boat sideways around the paddle. Bringing the blade back behind the hips is very common, especially in a paddler who has previously learnt the stroke without any torso rotation.

In the end remember that the Bow draw is a dynamic act and you should feel the strain in your abdomen. This seems to be one of the better indicators of the stroke actually doing some real work.

ACROSS THE DESK

By VCA Executive Officer, Jane Farrance

Great news

... from the Marathon World Championships. Chad Meek won gold in the K1 and Letitia Quick won bronze in the LK1. Congratulations to these two great paddlers and to the whole team.

Olympics

Congratulations to all Australian paddlers who made us so tired, sitting up night after night to watch the live telecast. In particular the Victorian representatives of this great sport. A special thanks from our Olympians to all of you back in Australia who took the time to send Faxes, letters, cards and calls. They were greatly appreciated by all the team members.

VIS squads Announced

Sprint

Full Scholarships

Martin Hunter
Natalie Hunter

Part Scholarships

Keith Colomb-Leaver
Brooke Harris
Paula Harvey
Christie Marot
Chantal Meek
Adrian Monti
Mark Rantall
Andrea Wood

Associate

Michael Leverett
Juntin Quill

Part Provisional

Billy Curry Peter Flockart
Peter MacDonald
Cameron McMullan

Slalom

Full scholarships

Warrick Draper
Andrew Farrance
Mia Farrance
David Heard
Richard Macquire
Lachlan Milne
Wayne Thomas
Danielle Woodward

Slalom also announced the new

VCA Intensive Training

Squad

Scott Crabtree Louise Natoli
Ben Copley Tim Natoli
Anton King Ben Patrick
Erin Leahy Andrew Stamp
Craig McAllister Lauren Sykes
Dan Milne David Treloar
Chris Moore

Congratulations to all these paddlers and we wish them well the coming season.

Sporting Grant

The Minister for Sport, Tom Reynolds MP, has announced a new grant aimed at the grass-roots club level; A small fund has been established to assist clubs who have equipment lost or destroyed as a consequence of fire, theft or flood. Each request will be considered on its merits and in regard to the limited funds available. In general the maximum allocation expected would be no more than \$2,000. This is an excellent initiative to assist clubs, who in general terms do not have access to government assistance. The fund commenced 1 July 1996. For further information contact the VCA office.

The Sixth Australian Masters Games

To be held 24 October - 1st November 1997 in Canberra. Expression of interest forms are available from the office. The organisers are hoping to conduct Marathon, Polo, Sprint, Slalom and Downriver. All our master paddlers should begin training now.

Uncle Toby's Sponsorship

The ACF Uncle Toby's sponsorship is under review, but there is a strong rumour that the States will be given ownership of the Uncle Toby's craft in each state. This could be great news for the State and a huge thank you to Uncle Toby's

Sports and Fitness Expo

Is on again this year and is to be organised by Peter Van Steiger. We expect to see all clubs and committees represented with people and brochures.

Email

Both the VBCE and VCA are now on the internet the addresses are:-

Victorian Canoe Association is vca@werple.net.au and the VBCE is vbce@werple.net.au

Vichealth

We have entered into a sponsorship arrangement with Vichealth for the 1996-7 period. However, we must bid a fond farewell to our service provider, Life. Be in it. And welcome our new provider, Sun Smart. We have had a very positive relationship with Life Be in it. And all paddlers are well aware of the logo and health message of participation. I am sure under the new banner of Sun smart we will enjoy further benefits.

Important Date Change

Due to the work in progress at the Goulburn River, the Victorian Sun Smart Slalom Championships will have to change. The new date is now November 30 to December 1 1996. The Canoes Plus Slalom will now be on November 24.

Nymboida Canoe Centre

The NSW canoe centre has had a 2 million dollar face lift and now offers 96 bed accommodation as well as work on the surrounding grounds. The Centre is to open on 21 and 22 September with the first competition at the new site. I am sure all Victorian white water paddlers will be looking forward to their next trip to Nymboida.

VCA Meetings

Council meetings on Monday October 7 and December 2. Executive Meetings on Monday November 4 and February 3 1997

Goulburn River

The Deputy Premier announced on September 3 1996 that the government has granted \$50,000 to assist in the development of the site. John Bartlett constructions (who also did Dights Falls) has been contracted to carry out the work. The grant has come just in time to get the work completed before the irrigation season begins. There is to be work done on the river bed but the most obvious work will be to the banks and surrounds, creating a wonderful viewing area, improved judging access, seating, and a start and finish bay. The whole area will then be planted with native plants. The site will be ready for the Sun Smart Australian Championship carnival in January 1996. This is great news and we congratulate Robin Sanders, Roy Farrance and Ron Heard who have done all the work to make this happen.



Sexual Impropriety in Sport

Many paddlers would have watched '60 minutes' on September 15 1996. It was not good for our sport, it was not good for sport in general.

What can sport do? If I understood the facts correctly, Canadian research has shown that 20% of athletes have experienced some type of sexual impropriety within the sport.

I believe we in sport can and must take direct action. We must look wider than simply coaches and National teams, we must look at all situations where persons in authority over others can misuse the privilege. Included must be coaches, instructors, leaders, managers etc.

This is what we can and should do.

Level 2 courses must include, under the *Role of the Coach* section, clear information to educate coaches that when in a position of authority, when coaching a person to success, it is highly likely that a form of attachment will occur. Infatuation with coaches/teachers is common. Teacher training courses always cover this topic and give teachers strategies to handle the problem. We must give our level 2 coaches the same information. We must also make it clear to our coaches, that if a romance is developing the person in the position of authority must remove themselves from that position or halt the romance. Conversely the athlete may move to another coach. Ideally this could be covered by the General Principles section of Level 2. Until that happens Canoeing should quickly and decisively add to the Level 2 sports specific curriculum now in 1996.

Level 3. As yet we do not have level 3 in any of the canoeing disciplines, however this is an ideal opportunity to ensure that we include such information as I believe the level 3 courses are currently being drafted by the ACF.

It would be expected that level 3 coaches would be in charge of teams, other groups, coaches etc. Therefore included in the level 3 course should be the education of how to handle

situations that are seen to be developing in a coach, manager, or other persons within the team or squad situation. It is not easy to speak to someone on such a personal matter and coaches need to have strategies of how to handle a situation, to stop a small problem before it becomes a major problem.

- Coaches Code of conduct should be revised (this is the easy one)
- All teams travelling overseas should have a meeting prior to travelling and most do, to discuss a variety of subjects, events, accommodation, travel arrangements etc. Added to this should be a clear expectation as to behaviour while representing Australia. These are particularly important with our junior teams.
- If canoeing ever has administrative courses for managers and team leaders, the same syllabus as suggested for the level 2 coaches courses must be included.
- The VBCE must also take note. Although the issue has been raised in relation to competitive sport the same principles apply to instructor and trip leaders. People in these positions of authority, where students look up and idolise their hero are exposed to the same risks and must be taught strategies. Therefore the VBCE should seriously consider including in all instructor training, basic skills, whitewater and senior instructors the same type of information which has been suggested for the coaches and managers of sporting teams.

Canoeing, and canoeing management must be strong and show good leadership in this matter and not just try and ignore what has happened, what is happening and what will happen.

This is a great opportunity for Australian Canoeing to show real leadership and turn a negative event into a positive outcome. Can we as Australian canoeists pick up the challenge?

Victorian Schools & Development Squads

Introduction

Each year the schools development squads are selected using the SunSmart Schools Championships as the selection event. The squads are then able to access coaching and are encouraged to paddling at VCA slaloms with an ultimate aim of paddling for Victoria in the Australian Schools Championships.

Both slalom and downriver will have multi level squads, the first level will be for the paddlers first year or two in a squad, the more experienced paddlers will move up to a second level squad. The squads will receive differing levels of coaching and information.

Benefits.

Squad member will receive the following:

- Access to coaching by Victoria's top coaches
- All selected squad members will receive a Long sleeved T Shirt.
- A certificate of achievement.
- Weekend coaching clinics and on training
- Preferential acceptance on the NSP Camp (slalom) to be held on the Goulburn River November 29 Dec 2

Selection

based on the following:

- results
- attitude
- the subjective opinion of the talent scouts.

Cost

There will be an initial cost to each member to cover both coaching fees and administration. The selected paddlers are listed below. Congratulations to them all and best wishes for the coming year.

Coaches Wanted

Slalom and Downriver

Yes I would like to coach;

- The Schools Squad Program (6 weeks)
- The Schools Development Squad Program (4 Weekend Camps)
- NSP Camp (Nov 22-25)

Name _____
 Address _____
 _____ Postcode ____
 Phone _____

Return to Mandy Linden
57 Summerhill Rd Glen Iris VIC 3146

V.C.A. SCHOOLS SQUAD

GROUP 1

Kate Abbey [WSC]
 Claire Beach [EC]
 Jordan Barnard [IGGS]
 Nicky Bryant [IGGS]
 Sarah Grimshaw [EC]

GROUP 2

Sarah Plain [EC]
 Erin Murray [IGGS]
 Nourell Gore [EC]
 Naomi Hewitt [IGGS]
 Vanessa Beach [EC]

GROUP 3

Jonathan Treloar [IGS]
 Philip Quayle [EC]
 Brett Harris [EC]
 Tristan Koochew [EC]
 Mike Read [MGS]

GROUP 4

Simon Downes [IGS]
 Randall Newman [EC]
 Tristan Lawry [IGS]
 Mark Belloriore [EC]
 Micah Chester [EC]

GROUP 5

Peter Wilson [StM]
 Nick Morris [StL]
 Tim Canell [StL]
 Alistair Ramsden [MGS]
 Hamish Goonetilleke [IGS]

GROUP 6

Andrew Pearson [BHS]
 Francis Bolzen [IGS]
 Ben Smith [IGS]
 Nick Britten [IGS]
 Lachlan Wheeler [StL]

GROUP 7

Matthew Moore [BHS]
 Matthew Kamen [IGS]
 Rod Howard [MGS]
 Marc Lim [IGS]
 Kevin King [EC]

V.C.A. DEVELOPMENT SQUAD

GROUP 1

James Hammond [MGS]
 James Tickner [MGS]
 Philip Tudor [MGS]
 Nathan Moore [BHS]
 Danny McDonald [EC]

GROUP 2

Paddy Leahy [IGS]
 Ben Parsons [EC]
 Duncan Proust [EC]
 Joshua Pierini [EC]
 Kim Garrioch [EC]

GROUP 3

Andrew Jurkiw [IGS]
 Tim McDonald [EC]
 Tim Boldiston [EC]
 Alistair McCorkill [EC]
 Andrew Hewitt [EC]

GROUP 4

Georgia McCorkill [EC]
 Yvette Hurst [EC]
 Victoria Milne [PLC]
 Robyn Selby-Smith [PLC]
 Susan Wharton [MLC]

All these paddlers will be sent a letter via their schools inviting them to an *initial* meeting at the VIS where groups and coaches will be finalised. The School Squad paddlers receive six coaching sessions prior to the Australian Championships. The Schools Development Squad will have 3-4 weekend coaching camps throughout the year. All paddlers, whether in a squad or not are encouraged to attend the NSP camp in November. Application forms are in this edition of the 'PADDLER'

VICTORIAN SLALOM NSP CAMP

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

VENUE: Goulburn River, Eildon

DATES: November 22-25

NUMBERS: The camps will be strictly limited, so get your application in early and avoid disappointment. The camp caters for all ability groups, and ages paddlers must have competed in a slalom prior to the camp.

COST: Grants from the Australian Sports Commission enable us to subsidise paddlers under 21. Under 21 \$75-00 over 21 \$150-00

Participants must be self supporting, there is ample camping and caravan sites available and motel accommodation is available at Eildon some 5 Km away. Participants will have two paddling sessions per day in small groups with their own personalised coach. A minimum of 1 theory session per day will be included.

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

Travel subsidy is available for interstate Paddlers according to the following

The first 6 applications from WA to receive a subsidy of \$200-00 each

The first 2 North Queensland applications (North of Rockhampton) \$150-00 each

The first 4 Tasmanian Paddlers \$150-00 each

APPLICATION FORM NSP CAMP November 22-25, 1996

NAME _____

ADDRESS _____

_____ P/CODE _____

PHONE BH _____ AH _____

AGE _____ CLUB/SCHOOL _____

Type of Craft K1 C1 C2(partners name) _____

Name the two major events you have competed in and your place

EVENT 1 _____ PLACE _____

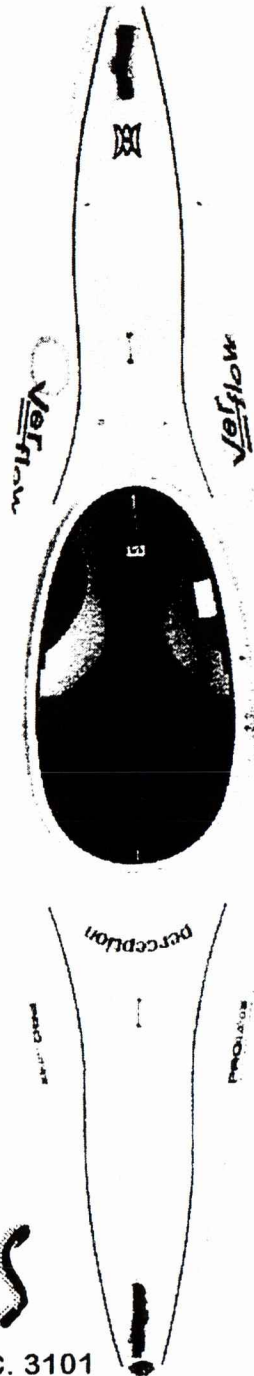
EVENT 2 _____ PLACE _____

Please enclose full payment of \$75-00 (subsidised) or \$150-00 Cheques made payable to ACF NSP Camp. Entries close 15/11/96

Return to: Jane Farrance 332 Banyule Rd. Viewbank Vic 3084 Ph 03 9459 4277

CORSICA Overflow

WHITEWATER



SPECIFICATIONS

Length	305 cm
Weight	17.75 kg
Cockpit	Keyhole
Width	60.3 cm
Volume	292 ltrs
Paddler Weight Range	45-115 kg
Paddler Profile	Beginner-advanced

FEATURES

- Made from rotationally moulded linear polyethylene
- Perception's unique foam seat system, sizes SM to XL
- Centrally located foam pillars front and rear
- Bulkhead footrest
- Moulded plastic thighbraces
- Rope end loops for portaging ease
- and safety

OPTIONAL EXTRAS

- Nose cone
- Alternative thighbraces

COLOURS

Quartz, Granite, Firecracker Red

USES

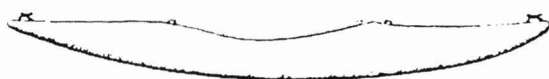
At last a short Creek boat, whose extreme rocker and bow volume makes the **Overflow** the best yet for running big, steep, technical whitewater, while retaining the ability to surf and play. Looks great on a Chopper!

at:

CANOEES PLUS

140 Cotham Road, Kew VIC. 3101

Ph: (03) 9816 9411




Perception

CANOEED

Newsletter of the Victorian Board of Canoe Education

Spring is here and the rivers are up (and the shed is full)

Open Canoe Workshop

Greg Pearson ran a workshop for running open whitewater canoes on the King River. By all accounts it was fantastic. Everyone attended had a ball and learnt bucket loads. I couldn't go as I had to sit on my backside in a meeting (*&^!%\$@%*!!!). I did send my little baby along (the Ocoee 11' of uncontrollable fun) and Mike Woolridge bought along his Prophet (12'). Nine people attended using our 4 Captions and one of Greg's and everyone seems to have had a go at everything. I am intending on running a few more workshops in the same vain so keep your eyes open.

Quote of the Month (referring to the Captions). "You can't get people to get into the boats and once you get them in you can't get the buggers out."

Courses for 1997

Jane and I have just been working on courses and dates for next year. Mostly the courses will stay the same but we are scrapping the Skills Development courses in favour of half day clinics targeted at 3 levels, post basic skills, pre proficiency and advanced. We will also be running a few full day programs.

The change has come about because of the poor attendance and interest in the Skills Development program.

No more Instructor Workshops

The other notable change is the scrapping of the instructors workshop. All instructor qualifications lapse after 3 years unless steps are made to reratify. The present system involves attending either an instructors workshop or upgrading to a higher qualification. We have in the past offered workshops at very cheap rates. However these have not been well attended. My thoughts now are that we should be ignoring the issue of cost and focusing on high quality, high value courses. Next year expect to see more of the style of the open canoe workshop. There still will be some lower priced workshops.

Workshops for 1997

In 1997 workshops will be offered and run by specific individuals and advertised in Paddler. Greg is going to offer the same workshops as this year (open Canoes on Whitewater and teaching Rolling) and Ponch (Brian Wattachow) and Pete Dingle at Bendigo are going to offer a workshop on Sea Kayaking, hopeful aimed at Whitewater instructors looking to become Sea Kayak Instructors. Anyone else who is interested please contact me and we will organise the thing. I am looking at introducing a bonus sys-

tem for workshops so that if your workshops are fantastically popular or receive critical acclaim you will be rewarded.

New Boats

We currently have 8 different styles of kayak in the shed and 4 different canoes. Whilst I think it is fantastic, some instructors are concerned (and a bit intimidated I think), by the array and by the fact that all of the boats are quite different. It needs you to try out all of the different boats so that you can make realistic judgements about what boats suit what people under what circumstances. Look under the cover sheet for Paddler (the very front sheet in the bag) for details of a workshop.

ACF River Rescue Awards

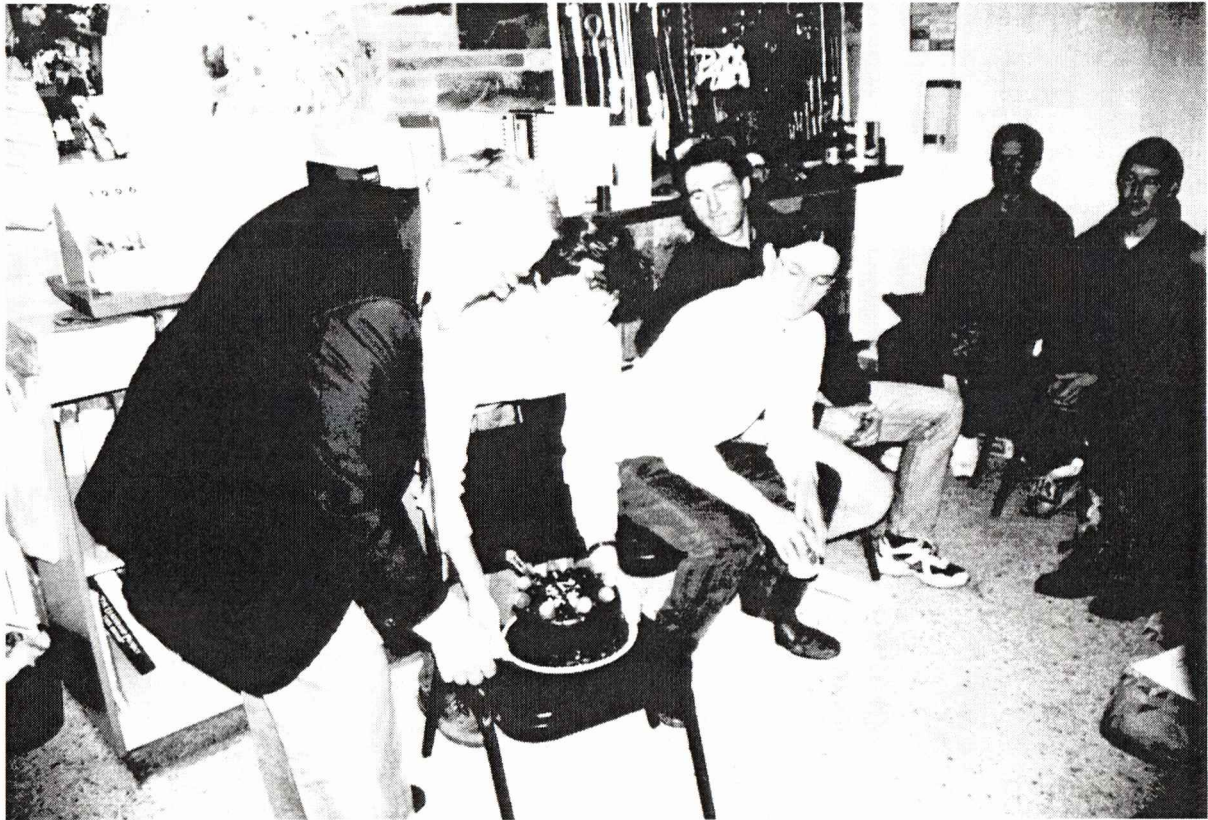
It is highly likely that at the Australian Board of Canoe Education AGM in 1996, a new stream of awards will be introduced, the river rescue awards. There are 3 levels of awards, Introductory (aimed at the BST and novice paddlers), Intermediate (aimed at WW1's and proficiency level paddlers) and Advanced (aimed at anyone leading trips on grad 2 whitewater. My own vision (not to be confused with the Boards view) is that I would like to see both the Basic skills award and the Introductory rescue award as prerequisites for the BSI and proficiency and Intermediate Rescue award as prerequisites for the WW1. Anyone interested in having a look at the awards should contact me.

Norid/Orca

Things are rolling along steadily. We have just had a meeting to refine the competencies and align the units with the rest of the Outdoor activity units and the Recreation units. The standards will be finally validated by November and we will start on the process of working out curricula and assessment process'.

Just a thing to be aware of. The competencies are not a statement of the things you think you must be able to do before you can work as a leader or instructor. They are a statement of the things that an accredited assessor must actually observe you to be competent at to the competent at to the required standard before your are accredited to work as a leader or instructor. In effect, the current system of instructor qualification will continue to be the accepted practice. (Sorry, no free rides allowed)

Happy birthday to you...



The VBCE had a very quiet birthday this year. The VBCE turned 21. At the AGM many past Board members and directors were present to launch the VBCE in adult life. The challenges facing the board are numerous, particularly with the competency based standards being created through out the industry. The VBCE has to stand up and be counted, to act in an adult manner and become a real force in education and in the industry of outdoor education and coaching. John Boardman was the first Director of the VBCE in 1975. He is seen here cutting the VBCE's 21 st Birthday cake.

Sea-Kayak Sale

Over 12 Sea-Kayaks on special. Must clear during October to make way for new stock.

- Norkapp
- Arctic Raider
- Mirage 19
- Skerry and others

CANOEES PLUS

140 Cotham Rg Kew Ph (03) 9817 1820

New Paddler Advertising Rates From October 1996

Size	Dimensions	Casual Rate 1 Issue	Casual Rate /Issue if prebooked for 3 issues	Casual Rate/ Issue if prebooked for 6 issues	Club /Committee Rate
Back Page	297*208	360	330	300	300
Inside Back	297*208	270	250	225	225
Full Page	250*185	120	110	100	100
1/2 Page	125*185	80	72	65	65
	250*89				
1/4 Page	125*89	55	50	45	45
1/3 Page	250*57	60	55	50	50
Slip in		160	145	130	130
Classified	\$6.00 for 15 words and 40 cents per word thereafter				

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

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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
October			
4	International Challenge Bendigo	Frank Magee	93143887
5	Bendigo Cup Bridgewater	Tony Misson	054 411170
6	Bendigo Sprint Race 1 Bendigo		
7	POLO WORLD CHAMPIONSHIPS ADELAIDE	Frank Magee	93143887
12	Red Cross Echuca Mini Red Cross		
12	Level One Coaches Course Melbourne	Jane Farrance	03 9459 4277
13	Country Series 3 Mitchell River	Scott Crabtree	94398181
13	Workshop - Advanced Whitewater skills Goulburn River, Eildon	Jim Coates	94594277
19	Life. Be in it Victorian Slalom Championships	SI and WW committee	
19	Whitewater Instructor Assessment TBA	Jim Coates	94594277
20	Ted Pace Canoe Marathon Footscray	Noel Hunter	03 97491386
20	N.T Sprint Championships	Lake Bennett	
26	NSW State Championships		
26	Life. Be in it. Introductory Canoe and Kayak Courses Templestowe	Jim Coates	94594277
30	Rolling Night Monash University	Jim Coates	94594277
November			
2	Goulburn Classic Yea, McLarty's Farm	Jan Buckmaster	060 431565
2	Basic Skills Instructor Intake Templestowe	Jim Coates	94594277
3	Yarra Series 5 Dights Falls	Lachlan Milne	98167079
9	Life. Be in it. Introductory Canoe and Kayak Courses Templestowe	Jim Coates	94594277
9	Wimmera Games canoe Marathon Dimboola	Andrew Dellar	053 583462
10	Sprint Race 2 Auravale	Stephen Taylor	03 97757955
10	WHCC Bush Triathlon Christmas Hills	Peter Bodeit	041 9560524
16	Basic Skills Instructor Assessment Templestowe	Jim Coates	94594277
17	Sale Canoe Marathon Sale	Mike Goyne	051 337066
17	Bridge to Bridge Geelong	Geelong Canoe club	052 554574
18	Life. Be in it. Introductory Canoe and Kayak Courses Templestowe	Jim Coates	9459 4277
22-25	NSP Camp Goulburn River Eildon	Jane Farrance	9459 4277
23	N. T. Polo Championships	Casuarina Pool	
23	Barwon Mini Marathon	Geelong	Red Cross
23	River Rescue Course Thompson River	Jim Coates	9459 4277
24	Canoes Plus Slalom Goulburn River	Jim Coates	9459 4277
24	Country Slalom Series TBA	Scott Crabtree	94398181
27	Rolling Night Monash University	Jim Coates	94594277
30	Skills Improvement Days Thomson River	Jim Coates	94594277
30-1/12	Victorian Slalom Championships	Jane Farrance	9259 4277
30	NSW State Championships Sydney Aquatic Centre Homebush		
December			
1	Proficiency Testing Dights Falls	Jim Coates	94594277
1	VCA Sprint Race 3 Nagambie	Stephen Taylor	03 97757955
1	JWL Challenge Eildon	Gary Ebling	045 761 668
1	Canoes Plus Slalom Goulburn River	CPRT	98169411
7	ITC Regatta Ballarat	Stephen Taylor	03 97757955
7	Life. Be in it. Introductory Sea Kayak Courses Port Phillip	Jim Coates	94594277
7	SA Polo Championships Adelaide Aquatic Centre		
7	Murray 40 Yarrawonga	Robert Schram	058 7711446
8	Workshop - C Boat Whitewater Skills Goulburn River, Eildon	Jim Coates	94594277
8	Life. Be in it Victorian Downriver Championships Warburton	SI and WW Committee	
14	Life. Be in it. Introductory Canoe and Kayak Courses	Jim Coates	94594277
15	Murray Marathon Rehearsal Footscray	Noel Hunter	03 97491386
27	Red Cross Murray Marathon Yarrawonga	Red Cross	

Victorian Canoe Clubs 1996-7



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

Australian Outrigger Canoe Assoc.

29 Bondeson Drive
Rockhampton QLD 4702
Ph (07) 9362416

Ballarat Amateur Canoe Club (Sp M)

Leah Scott
13 Maniville St
Wendouree 3350
Ph 053 393176

Bendigo Canoe Club (M P Sp)

Anne Williams
8 Harpin St
Bendigo 3550
Ph (054) 435263

Black Ducks Canoe Club (P)

Stuart Anderson
78 Watts St
Box Hill North 3129
Ph b (03) 9268 3039

Canoe Factory Club (M P T WW)

Anne Faichney
14 Robinson St
Prahran 3181
Ph 9510 9712

Canoes Plus Racing Team (SI WW)

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

Cobram-Barooga Canoe Club (M T)

Robert Schram
PO Box 122
Cobram 3644
Ph h 058 711446

Deniliquin Canoe Club (T.M)

Geoff Alan
365 George Street
Deniliquin 2710
Ph 058 812475

Echuca Moama Canoe Club (Sp M T)

Ken McMullan
PO Box 664
Echuca 3564
Ph 054 821714

Eltham College Canoe Club (SI WW P)

Ian Whitford
PO Box 40
Eltham 3095
Ph 03 9437 1421

Explorers Canoe Club (P T)

Cathy Negus
38 Argyle Way
Wantirna South 3152
Ph 98016116

Fairfield Canoe Club Co-op. (Sp M)

Kerry Bonnet
PO Box 253
Fairfield 3078
Ph h 03 9499 7976

Footscray Amateur Canoe Club (Sp T)

Noel Hunter
PO Box 365
West Footscray 3012
Ph 04112212924

Geelong Canoe Club (Sp M)

Debbie Clarke
PO Box 311
Geelong 3220
Ph 052 441 446

Gippsland Waters Canoe Club (M)

Greg Ryan
11 Bank St
Traralgon 3844
PH 051 742649

Kirinari Kayak Klub Inc. (SI M T WW)

Coral Bell
7 Anaba Coult
Greensborough 3088
Ph h 03 9435 5891

Melbourne University Mountaneering Club (SI WW P T)

Richard Kjar
Kayak convener, Sport and Rec
Parkville 3052 Ph h 9344 5401

Mitta Mitta Canoe Club Inc.(M T)

Jan Buckmaster
PO Box 542
Albury 2640
Ph 060 217130

Monash University Bushwalking Club (P T)

Melinda Mawson
Union Building Monash University
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Ph 03 9905 4100

Patterson Lakes Canoe Club (M S Sp SI T WW)

Alan Opie
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Patterson Lakes 3917
Ph (03) 9580 2140

Rosebud WhiteWater Canoe Club (Sp M)

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Rosebud 3939
Ph h 059 861092

Shepparton Canoe Club (M T)

Anne Marley
RMB 1840
Tatura 3616
Ph 058 548467

Swan Hill Canoe Club Inc.(T M)

Julie Murphy
PO Box 1394
Swan Hill 3585

Templestowe Canoe Club Inc.(SI WW P T)

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

Victorian Canoe Club. (T P)

Brian Joyce
37 Stanhope St
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Warnambool Kayak Club Inc.(M.)

Lance Jenkins
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Warrnambool 3280
Ph 055 627359

Whitehorse Canoe Club Inc (P T)

Jenny Robinson
11 Shiers St
Alphington 3079
Ph 94973779

Yarra Canoe Club (M Sp)

State Swimming Centre
Batman Av.
Ph 96452977 96548313

Yarra Valley Canoe Club (M)

C Dobson
41 George St
Scoresby 3170
Ph 96349520 (8649896)

Yarrowonga-Mulwala Canoe Club Inc.(M)

Wendy Phillips
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Ph 057 431944

Youth Hostel Australia (T SI WW)

Hazel Carr
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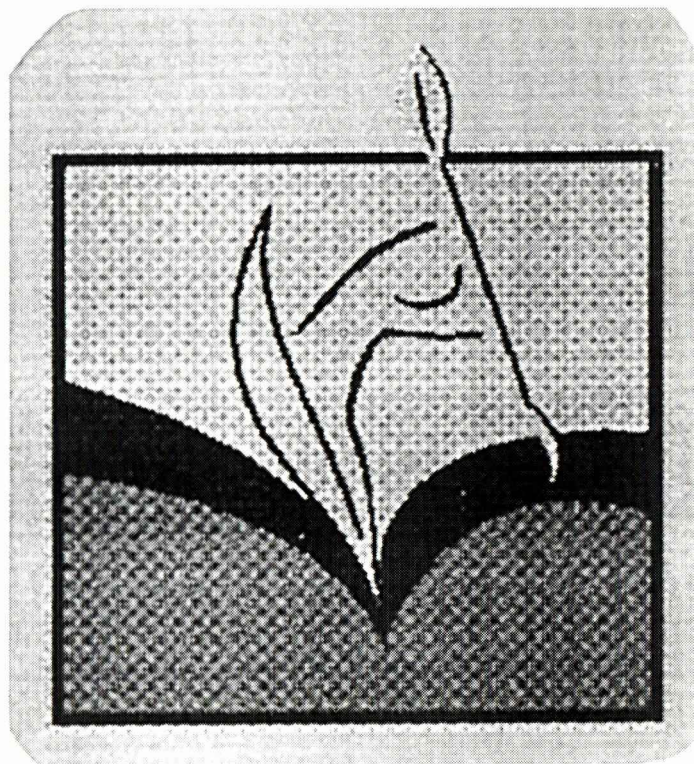
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JANUARY 5th - 12th

Entry Forms and Information From:

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