

# Paddler

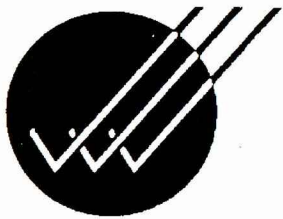
MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.





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# Paddler

MAGAZINE OF THE VICTORIAN  
CANOE ASSOCIATION INC.

Editor  
Michael Loftus-Hills

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Front cover photo – Clare McBeath in Northern England.  
Above – the briefing 1996 Murray Marathon. Photo – Red Cross.

# n e w s

## Government and SOCOG back canoe slalom for Sydney

Slalom canoeing will be included on the Sydney 2000 sports program's following a decision by the New South Wales government to provide funding of \$A3.5 million for the construction of the course. The funding – together with \$A1.5 million being provided by Penrith Council and \$A1.5 million by the International Canoe Federation – will ensure the 300 m canoe slalom course at Penrith Lakes will be constructed to Olympic standards.

The SOCOG board has agreed to provide additional funding for logistical costs associated with the running and presentation of the event.

Penrith Council will operate the course before and after the Sydney Olympic Games while the International Canoe Federation will stage international events at the course prior to and after the 2000 Olympic Games. The canoe slalom course, when completed, will be the only one of its type in the southern hemisphere and will become a major sport and recreation facility for Sydney.

The International Canoe Federation has agreed to incorporate the 75 canoe slalom athletes in its quota of 350 for canoe/kayak. The International Olympic Committee formally accepted slalom as a sport at their recent meeting in Lausanne.

### Background

Canoe slalom first became an Olympic sport in Munich in 1972 and re-appeared on the programs at Barcelona and Atlanta. The course will be 300 m long with a drop of seven metres. Water flow will be 15 cubic metres per second. The event will be conducted over four days. Three hundred and fifty athletes will compete in canoeing and kayak events at the Sydney 2000 Games, including 75 in slalom canoe. Australia has been guaranteed a competitor in each canoe slalom event at the 2000 Games. Australia's Danielle Woodward won a silver medal in canoe slalom at the 1997 Barcelona Olympic Games.

### Masters Games in Melbourne

The State Government announced that Melbourne will host the World Masters Games in October 2002. Between 25,000 and 30,000 athletes are expected to attend. 70% of the sports will occur in the Albert Park, Melbourne Park and Royal Park precincts. Canoeing will take place on the Yarra River and Albert Park Lake.

Have you renewed your subscription to Paddler?  
see page 32

## Editorial

Welcome to the November edition of **Paddler**. Despite rumours to the contrary **Paddler** is alive and well.

We apologise for the delay in the publication of the last two editions of **Paddlers**.

**Paddler** editor Lisa Lucas has moved house, had a baby and is the new editor for **KC Mag** (the new Australian Canoeing Magazine) for which we congratulate her.

For this issue Michael Loftus-Hills has agreed at short notice to publish the **Paddler**, after Lisa advised us that she would not be able to compile this issue. Michael has enthusiastically approached this task, and has sought information and articles from a range of sources.

With the publication of a National Canoe Magazine we believe now is the perfect time to review **Paddler's** future direction and role in Victorian canoeing.

**Paddler** is a magazine for Victorian canoeists: it is your Magazine. In the next issue we will be including a questionnaire that will give us feedback about what our readers want in the magazine.

For our next issues, we would like to include your name in print – as the author of an article or two. Don't wait for favourite committee to put in your articles – share your ideas (even if controversial) with others through the **Paddler** – your magazine.

In this issue with the Murray Marathon only months away **Paddler** takes a touring theme. Some of **Paddlers** usual sections will be back in the next issue and we look forward to your input.

We are planning to have another edition of **Paddler's** early in the New Year. **Paddler** relies on your input so please – send any articles for the next edition.

Help us maintain **Paddler** as the magazine which best serves the needs of all paddlers by contributing to it and by promoting it to others,

**Margaret Buck, VCA President.**

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# Marathon Canoeing – World Cup Final – Copenhagen, Denmark 1997

by Jan Buckmaster (Australian team Manager)

*“Every member of this team achieved a top 10 finish which was a goal of selection.”*

The 1997 Australian Marathon Canoe Team had a very successful World Cup final in which they won three medals and seven top ten placings at Copenhagen on the 30/31 August 1997.

Chad Meek (Vic) Current World Champion was beaten into silver medal position by 0.02 second by Thor Nielson, Denmark’s Olympic sprint champion, in an exciting and closely controlled race. Leigh Wilson (NSW) led the pack off the line but became ill during the lap and withdrew. This pair backed up together the next day for the doubles and paddled to a gold medal in a gutsy performance, narrowly defeating the highly acclaimed British pair of Ivan Lawler and Stephen Harris in a sprint to the line.

Cameron McMullen (Vic) and Matthew Flower (Vic) in Australia’s 2nd K2 boat paddled a solid race to finish in 8th position.

Our junior men also paddled well. Kaine Ballard and Darryn Cardwell achieved a third place in a time of 1.10.56 behind the Hungarian team, 1.10.32 and Denmark 1.10.39. A highlight of their race was an excellent portage. Singles paddlers Glen Pickering (QLD) and Daniel Jenkins (NSW) finished 7th and 9th respectively.

The second doubles boat of Ben Poole and Alistair Carrie finished in a respectable 8th position.

Every member of this team achieved a top 10 finish which was a goal of selection. Three of the six juniors, Ben Poole, Alistair Carrie and Glen Pickering, still have another year in junior ranks. This is a promising sign for the future.

## ◦ Results ◦ Results ◦ Results ◦ Results ◦ Results ◦ Results ◦

<b>Men’s K2</b>	<b>1st</b>	<b>Chad Meek / Leigh Wilson (AUS)</b>	<b>2:09:21.0</b>
	2nd	Ivan Lawler / Stephen Harris (GBR)	2:09:22.0
	3rd	Thomas Christianson / Carsten Soltard (DEN)	2:09:3.0
	<b>8th</b>	<b>Cameron McMullen / Matt Flower (AUS)</b>	<b>2:11:36.0</b>
<b>Men’s K1</b>	1st	Thor Nielson (DEN)	2:07:59.5
	<b>2nd</b>	<b>Chad Meek (AUS)</b>	<b>2:08:00.0</b>
	3rd	Tim Brabants	2:20:10.0
<b>Jnr Ks</b>	1st	Peter Baranmai / Gabor Csato (HUN)	1:10:32.0
	2nd	Jona Wiihold / Christian Shing (DEN)	1:10:39.0
	<b>3rd</b>	<b>Kaine Ballard / Darren Cardwell (AUS)</b>	<b>1:10:56.0</b>
	<b>8th</b>	<b>Terry Poole / Alistair Carrie (AUS)</b>	<b>1:11:39.0</b>
<b>Jnr K1</b>	1st	Throsten Jensen (DEN)	1:12:00.0
	2nd	Erik Hallqvist (SWE)	1:13:52.0
	3rd	Damien Chapman (GBR)	1:13:52.0
	<b>7th</b>	<b>Glen Pickering (AUS)</b>	<b>1:16:33.0</b>
	<b>19th</b>	<b>Daniel Jenkins (AUS)</b>	<b>1:17:12.0</b>

**Sprint, Slalom, Touring, Downriver, Whitewater, Polo or Marathon. Help spread the word about canoeing! . We need your input. Trip or race reports. Your club news and events. Contribute to Paddler!**

# Michael Cassar joins VCA



I am delighted to introduce you to our new Executive Officer, Michael Cassar. His appointment as Executive Officer is initially on a part-time basis.

Michael has a strong sports background. He has over twenty years of proven management experience at senior level in business and organisational development, planning, and management of change, matched with a strong background in marketing and public relations.

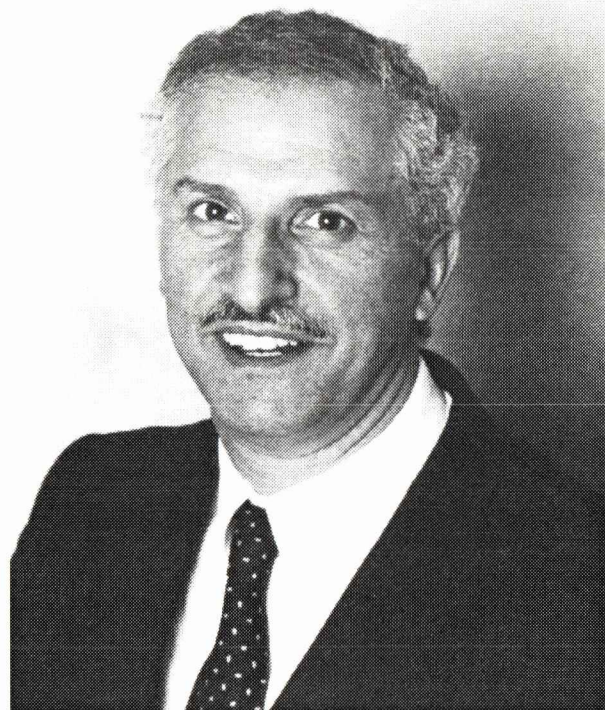
He is an effective change agent with substantial expertise in the establishment of fundraising and membership development programs in the non-profit sector based on his work as executive director of the Victorian Little Athletics Association and Scouts. His career has also included senior appointments with Victoria University and the Metropolitan Fire Brigade Board. He runs his own management and organisational development consultancy focussing on medium – size businesses and organisations in the non-profit sector.

His community and professional leadership has included membership of numerous boards, including: chairman of Victorian Little Athletics Association; president, Australian Little Athletics Association; and as director of the Australian Athletics Council, Australian Track & Field Coaches Association, Scouts Resources Council and Australian Campuses Licensing Company.

Michael is looking forward to meeting more members of the VCA in the coming months, and I know he will be made most welcome.

VCA President Margaret Buck

The VCA would like to thank Liza Lucas and Terry Coates for their input into the development of **Paddler** magazine. We wish Liza and Terry all the best in the future.



*The new VCA Chief executive officer Michael Cassar*



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# Ivanhoe Northcote Canoe Club wins marathon trophy

by Michael Loftus-Hills

Ivanhoe Northcote Canoe Club has won the 1997 Senior Marathon Championship. Ivanhoe finished the season with 286 points followed by Fairfield Canoe Club, 258 points and Patterson Lakes Canoe Club with 222 points. Sherbrooke Knox won the Junior club trophy.

Rob Russell from Ivanhoe Canoe Club coordinated the clubs marathon campaign. Rob said he "cajoled and pleaded" with members to paddle during the winter season. After Fairfield Canoe Club had won the senior club trophy for four years running Rob was determined to exploit Ivanhoe's paddle talent. This meant convincing club members to paddle out of their normal area of expertise.

Rob said he struggled to get TK1 paddlers being aware that it would be important to fill as many classes as possible. At the halfway point of the season Rob says he was ready to give up. Warren George, Craig Armstrong and Wallace McDonald got together at this point and as Rob says "saved the day and kept us in it". Warren George went on to become club marathon champion.

The INCC club marathon champion is the paddler who accumulates the most number of senior points in the season. Warren George (Wazza) managed to gain 95 of the clubs 286 points for the club. Warren has been paddling with Ivanhoe for two years and his closest rival was his training partner Craig Armstrong. Rob claims that the pair don't actually train, "they just practise racing each other". Warren and Craig were neck and neck on points, with Warren slightly ahead, up until Race 5.

Unfortunately Craig had to miss Races 5 and 8, otherwise the results may have been closer.

Rob hopes that Ivanhoe's win will motivate more club members to paddle next year and looks forward to the challenge of regaining Ivanhoe's marathon trophy.

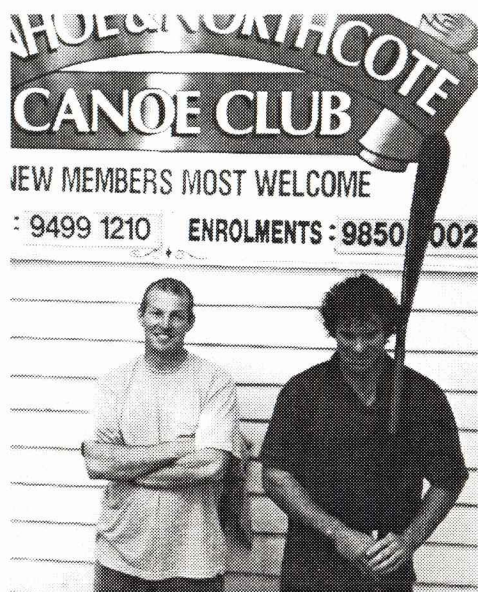
## Winter marathon season results

### Junior Club Points

Sherbrooke Knox	84
Bendigo	65
Patterson Lakes	40
Essendon	37
Yarra Valley	29
Mitta Mitta	28
Warrnambool	22
Yarra	18
Mildura	12
Ivanhoe	8
Echuca Moama	5

### Senior Club Points

Ivanhoe	286
Fairfield	258
Patterson Lakes	222
Sherbrooke Knox	214
Bendigo	191
Yarra Valley	155
Mitta Mitta	137
Footscray	83.5
Warrnambool	74
Essendon	71.5
Geelong	67.5
Gippsland	38.5
Cobram Barooga	29.5
Mildura	24.5
Yarra	22.5
Echuca Moama	15.5
Shepparton	13.5
Swan Hill	9



Rob Russell (left) and Warren George.  
Photo - Michael Loftus-Hills

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# Victorian Board of Canoe Education courses 1997-98

Visit the VBCE web site at <http://werple.net.au/~vcbe> for the latest information on courses

*Note: hire costs shown only apply if you need to use a VCBE boat.*

## Introductory course

“Sunsmart” (basic introductory) course – cost \$163.00 + hire. The “Sunsmart” courses are intended to give you a basic introduction to the sport of canoeing or kayaking. You will cover the essential techniques and knowledge and will be awarded the Australian Canoeing Inc. Basic Skill Award

### Dates

January 31, 1998	February 1, 1998	March 14, 15, 1998	May 2, 3, 1998
June 27, 28, 1998	August 1, 2, 1998	September 12, 13, 1998	
October 24, 25, 1998	November 21, 22, 1998		

## Weekender

“Weekender” (the basic whitewater) courses – cost \$198 + \$35 hire. The “weekender” is intended to give you an introduction to whitewater canoeing and kayaking. Designed for beginners, the course is run on the Thompson River in Gippsland and is designed as much as much for fun as for education. Accommodation, food and internal transport is provided.

### Dates

January 3-4, 1998	February 21-22, 1998	April 11-12, 1998
May 23-24, 1998	August 22-23, 1998	October 3-4, 1998
November 1-2, 1998 (Sunday-Monday)		December 5-6, 1998

## Quickstart

“Quickstart” (extended basic whitewater) courses. The “quickstart” will give you a big start in the sport of whitewater canoeing or kayaking. Designed for beginners who have a real desire to excel in whitewater. If you don’t want to waste any time in getting started, this is it. Accommodation, food and internal transport provided.

### Dates

January 5-9, 1998 (5 day course)	cost – \$505.00 + \$75.00 hire
April 10-13, 1998 (4 day course)	cost – \$445.00 + \$50.00 hire
October 31- November 3, 1998 (4 day course)	cost – \$445.00 + \$50.00 hire

## Whitewater

“Whitewater” weekends (basic skills extension). Cost – \$198 + \$35.00 hire. When you’ve done some paddling before but feel the need for some extra work on your whitewater skills, the Whitewater weekends may be just the thing. You’ll go straight onto rapids for a day of revision and some extra skills before spending a day travelling the river and learning appropriate skills.

### Dates

December 12-14, 1997	March 27-29, 1998	April 24-26, 1998	October 16-18, 1998
December 12-13, 1998			

For further information about the VBCE courses or canoeing in general phone the Victorian Canoe Association on 9459 4277.

# Victorian Board of Canoe Education courses 1997-98

*Note: hire costs shown only apply if you need to use a VCBE boat.*

## Basic skills

Basic skills instructor Intake – cost- \$ 220.00 + hire. The basic skills instructor intake provides training in the essential skills and knowledge for effective and safe canoe or kayak instruction and is a prerequisite for entry to the basic skill instructor assessment. Nb: courses start on Friday evening.

### Dates

February 6-8, 1998

April 3-4, 1998

June 5-7, 1998

August 7-9, 1998

October 9-11, 1998

## Basic skills

Basic skills Instructor Assessment - Cost- \$185.00 + hire. Australian Canoeing Inc. Instructor Awards are the only currently recognised qualifications for canoe and kayak leadership in Australia. The basic skills Instructor Award is the minimum recommended qualification and is the starting point for anyone looking for professional qualifications in canoeing and kayaking.

### Dates

November 22-23, 1997

February 14-15, 1998

June 20-21, 1998

November 28-29, 1998

## Proficiency testing

Proficiency testing. Cost - \$185 + \$15.00 hire. Australian Canoeing Inc. proficiency award attests to the the candidate's personal ability. Holders of this award can be considered highly competent paddlers on grade 2 whitewater.

### Dates

December 7, 1998

March , 1998

April 19, 1998

August 16, 1998

November 22, 1998

## River rescue

### Level 1

Anyone who paddles needs rescue skills, especially paddlers who have some responsibility for attending to the safety of others, such as teachers, guides and trip leaders.

Cost - \$95.00 + \$15.00 hire. This course provides the skills and knowledge likely to be needed for rescues on grade 1 water.

November 8, 1997

February 28, 1998

April 18, 1998

August 18, 1998

October 31, 1998

### Level 2

Cost - \$150.00 + \$35.00 hire. The level course provides the skills and knowledge necessary to accomplish most rescues that will occur on grade 2-3 whitewater.

November 29-30, 1997

March 28-29, 1998

October 17-18, 1998

For further information about the VBCE courses or canoeing in general phone the Victorian Canoe Association on 9459 4277.

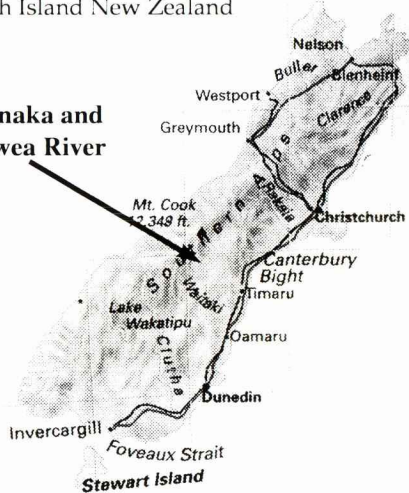
# Kiwi slalom tour

# 1997

by Max Parsons (Team Manager)

South Island New Zealand

Wanaka and  
Hawea River



The Australian Junior B slalom kayak team toured the South Island of New Zealand at Easter this year. The primary aim of the tour was to introduce the paddlers to international competition within a team environment. This was achieved with the emphasis being placed on slalom paddling or slalom related paddling. The team consisted of the following personnel: Team Manager Max Parsons (Vic), Senior Coach Matt Pallister (N.S.W) and Assistant Coach Peter White (Qld).

### The Team

Victoria: Susan Wharton, Andrew Jurkiw, Kim Garrioch, Duncan Proust, Ben Parsons, Andrew Hewitt. Western Australia: Kynan Maley, Hew Roberts. New South Wales: Sam Norton, Glenn Skardon, Aaron Flowers, Gavin Dean. Tasmania: Adam Marmion

Qantas Group Travel Coordinator, Lisa McGiven, was superb in her organisation of the complicated timing of the flights from around Australia which allowed the tour to start on a solid foundation.

The team arrived at Christchurch on the afternoon of Friday, March 2. All of the preliminary arrangements regarding van hire (A2B Rentals), the very kind supply of a slalom trailer from the Arawa Canoe Club and the co-ordination and supply of a roof rack from Topsport ran smoothly and we departed Christchurch for Lake Tekapo. We arrived in Wanaka the next day and set up our accommodation at Albert Town Lodge. This was to be our base for the schools competition. The lodge was excellent with spotless kitchen, dining and lounge room facilities. This facility was most satisfactory.

The schools competition was to be held on the Hawea River just north of Wanaka. The team had their first paddle on the Clutha River, just beside our accommodation. This was basically flat water and allowed everyone to stretch out and relax. The site of the slalom was described as Grade 1-2 water, although we were hard pushed to find any grade 2. Practice day on Sunday proved difficult as we had to wait for the water to be turned on and reach the site. This allowed only a couple of runs in the late afternoon.

The NZSSCA national championships commenced officially on Monday, March 24, 1997. Official practice runs were to be in the morning with the downriver race to follow. As with the previous day, delays were experienced with the wait for the water and the program was quite late

### Results

#### Teams

<i>Intermediate Boys (1)</i> Roberts/Maley/Flowers	First
<i>Senior Girls (4)</i> Wharton (Mixed team)	First
<i>Senior Boys (4)</i> Jurkiw/Hewitt/Garrioch	First
Skardon/Norton/Dean	Fourth
Parsons/Proust/Marmion	Sixth
<i>C1 Intermediate Boys (4)</i> Kynan Maley	First
<i>C2 Senior Boys (6)</i> Jurkiw/Garrioch	First
Norton/Marmion	Second
<i>Intermediate Boys (1)</i> Roberts/Maley	First
<i>Intermediate Girls (5)</i> Susan Wharton	First
<i>Senior Boys (35)</i> Kim Garrioch	Third
Sam Norton	Fourth
Andrew Jurkiw	Seventh
Adam Marmion	Ninth
<i>Intermediate Boys (37)</i> Kynan Maley	Second
Hew Roberts	Third
Aaron Flowers	Fourth
Glenn Skardon	Fifth
Gavin Dean	Sixth
Andrew Hewitt	Seventh
Ben Parsons	Eighth

getting underway. Tuesday, March 25 saw practice again in the morning with the teams events being held in the afternoon. Wednesday, March 26 was the main event day with individual K1 and C1 being run. It was interesting to note that the approximately 80% of the NZ boats were plastic, only one C2 boat was at the event and only four C1 boats including Kynan Maley's. The age groups were as follows: Junior - Under 14, Intermediate - Under 16, Senior - Under 19.

The team generally were a little disappointed with the results but were looking forward to Roaring Meg. We attended the presentation ceremony at Mount Aspring College in Wanaka. The team were dressed in full team uniform and looked and behaved immaculately. The teams demeanour left the rest of the competitors (schools) looking shabby and immature.

We travelled to Cromwell and established our base at The Chalets for the next 7 days. The Chalets provided first class meals and cut lunches. We also joined forces with the downriver team here for a few days. Thursday, March 27 was used to acclimatise to the bigger water. The team paddled the "Dog Leg" section of the Kawarau River which was above the Roaring Meg where the slalom would be held. The "Dog Leg" section was Grade 3-4 water and proved to be the team's favourite section; they eventually paddled it three times.

The New Zealand White Water Championships programme commenced officially on Friday, March 28, with open practice and the downriver race. The Roaring Meg site on the Kawarau River is a Grade 3+ and the paddlers quickly adjusted to the very swirly, whirlpool ridden large volume rapids.

The main slalom programme was held on Saturday, March 29, including all K1, C1 and teams events. The coaches, Matt and Peter, really came into their own here and provided valuable assistance for the paddlers.

The junior men's and women's categories were Under 19 age groupings and the results were as follows:

### Results

<b>C1</b> Junior Men (4) Kynan Maley	First
<b>K1</b> Senior Men (16) Matt Pallister	Second
Peter White	Eighth
Junior Women (4) Susan Wharton	First
Junior Men (38) Kynan Maley	Second
Duncan Proust	Fourth
Andrew Jurkiw	Sixth
Sam Norton	Eighth
Kim Garrioch	Ninth(Equal)
Ben Parsons	Eleventh (Equal)
Glenn Skardon	Eleventh(Equal)
Hew Roberts	Fifteenth
Andrew Hewitt	Sixteenth(Equal)
Adam Marmion	Nineteenth
Gavin Dean	Twenty-first
Aaron Flowers	Thirty-sixth

No teams results were posted. Sunday, March 30 was reserved for the rodeo event. This carried a large entry and provided some fun watching the Kiwis in their element. Peter White acquitted himself well in this event,

which combined with a slalom run and a downriver run. No results available.

We attended the presentation night at Cromwell and the team once again behaved and presented themselves immaculately.

Over both of the official events attended we found the New Zealand officials and competitors to be friendly, helpful and very accommodating to the needs of a large team. These were events to be remembered and some strong friendships were established. Strong connections were forged with many of the officials which will assist any future visits to the South Island.

The remainder of the tour was spent paddling and sight-seeing. Some of the paddlers tackled a rapid called "Citroen" (true Grade 4) with some mixed results. Queenstown was visited twice and was enjoyed by all. The scenery was spectacular and the weather very kind. We attended the "Nevis" rapid (Grade 6) to watch a Kiwi paddle this awesome piece of water and finished off on Wednesday, April 2, with the final paddle of the "Dog Leg" section, followed by the start of our return journey to Christchurch. We motored to Timaru on the east coast.

We departed for Melbourne/Sydney on Friday, April 4.

I believe this was a most successful tour and I would like to officially thank Matt Pallister and Peter White for their expert coaching and invaluable assistance both to the individual paddlers and to me personally. The trip ran smoothly and I enjoyed the company of both Matt and Peter as much of each and every one of the paddlers.

The uniforms were embroidered with the Australian coat of arms and the team title and were a great success. They consisted of an embroidered cap, embroidered green polarfleece top (Adidas), embroidered long sleeve dark blue training top and matching shorts (Adidas) and long dark blue track pants. The embroidery was professionally done by Quality Embroidery who also supplied the caps. All of the team were proud to wear the coat of arms and the uniforms attracted many favourable comments.

*Any one interested in seeing the video or photographs of the trip please contact Max Parsons via the **Paddler**.*



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# Sea kayaking to Swan Island, Tasmania – *4.5 nautical miles off Great Musselroe Bay*

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Members of the VSKC in full sail. Photo – John Hyndman.

by Ray Musgrave

*Ray Musgrave (secretary of the Victorian Sea Kayak Club) reports on a recent club trip to Tasmania). The article is reproduced from Sea Trek – the club newsletter.*

John Hyndman had received an invitation from Tony Gaiswinkler from the Tasmanian Sea Canoeing Club to paddle to Swan Island on the Tasmanian Labour Day weekend Sat 29th Feb to Monday 2nd March. They had a double kayak available, supplied by Mike Emery, if anybody else was interested. We flew out on the Friday night to Launceston, picked up a car and headed to Gladstone (happy rock) then on to Great Musselroe Bay. With my great sense of direction we managed to get through Launceston and on the road to Scottsdale, which was not the intended route as we meant to head to George Town. Didn't tell John that, pretended I knew we were on the right road. Arrived at Scottsdale about 9.00 pm, had to have an anaesthetic, then headed to our destination. The drive to Great Musselroe Bay was interesting having never seen the Tasmanian Devil before in the wild (seen them in captivity or the cartoon variety). There were plenty on the road side devouring the road kills by vehicular traffic, one had a go at the car, didn't see him/her till too late. Stopped but couldn't find a body, supposed it

went bush and having read about these carnivores wasn't going to check the sex of the animal at that time of night. Also saw plenty of quolls (a native cat ) enjoying a few road kills.

Arrived at camp site, met a few of our fellow paddlers then kipped for the night. Saturday met the rest of the group, loaded kayaks and pushed off. There was a great array of boats from doubles to singles to four wooden kayaks based on the Prince Charles design (American design) more about them later. With a good wind behind, most boats had their sails unfurled sailing along very nicely. Tony and Rosi in their Dean double with three sails up looked magnificent. Called in at Little Swan Island on the way, a breeding ground for many coastal birds and saw two pair of Cape Barren geese, rather a rarity for Victorians. I only have ever seen breeding pairs on Rabbit Island (Wilson's Prom). Had a bite to eat and paddled over to Swan Island.

Set up camp and did a bit of fishing. John went snorkelling and came back with the legal amount of black lipped abalone the size of a bread plate, cooked them for tea, excellent. Having set up camp you could see a cold

front coming from the north east, it was fascinating to watch as it rolled across the sky with winds gusting to 50 knots (as told to us by the care takers of the island later that day).

Sunday it was decided to circumnavigate the island. Pushed off about 10.00 am in an anti-clockwise direction. The wind was picking up and paddling against the tide in places making it very rough around the headlands. After a while it was decided it would be too rough for many of the paddlers, we headed back to the camp. Had a good look at the wooden kayaks and discussions with their owners and makers. It's great to see another aspect of sea kayaking with some modifications to the plans to suit particular conditions, the spirit of the Inuit is carried on. Went for a walk around the island, magnificent views of the other islands in the Furneaux Group. Had afternoon tea with the Care Takers of the island who were residing in the light house keeper's houses, who says seakayakers do it hard. Settled down for the night around the camp fire where many a legend is born or embellished, especially after a glass of Tony's rocket fuel, misnamed cherry brandy.

Monday packed up and headed to Musselroe under sail. An excellent paddle enjoyed immensely by John and myself. A special thanks to Tony and Rosi for the offer to join them on this paddle and also to Mike Emery for supplying and bringing along the Dean double. And also to the other people on the paddle, thank you for making a couple of foreign paddlers feel welcome.



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Making friends with some local Seals. Photo John Hyndman

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# Red Cross

## Murray Marathon

### Paddlers – Be Prepared!

The Red Cross Murray Marathon is a great adventure – a magnificent personal achievement. Efficient preparation will make the experience even better. The basic ingredients for completing the Marathon in good health are an effective preparation and training regime, appropriate diet, correct paddling style, steady pace and early treatment of problems.

By now you would have chosen your boat and undertaken a detailed training program which probably focused on strength and race conditioning. In this article we give you some extra tips about ‘Paddling in Comfort’ and ‘Marathon Health Pre-cautions’.

#### Weather & Clothing

Paddlers must be aware of weather changes during the Marathon. It can be sizzling one day and cool the next. You should always carry spare clothing (especially a warm jumper and a beanie in a waterproof bag in your boat).

Ground crews should have a change of day clothing ready at checkpoints in case their paddlers have been soaked. A clean, dry set of clothing should be ready for paddlers at the finish of each day for immediate change.

Paddlers will be supplied with competitors’ bibs. Please take this into account when preparing clothing for the Marathon.

#### Hats, Sunglasses and Skincare

All paddlers should wear hats whenever they are on the river. This will help to prevent hypothermia, heat-stroke and heat exhaustion. Officials will warn any paddler who fails to wear a hat, and may place that person “in check”. This may result in the paddler losing substantial time.

Caps offering both face and neck protection are readily available from the Marathon Shop and are considered the most appropriate form of head-dress by most paddlers. We recommend that sunglasses approved by the **Anti-Cancer Council** are worn to minimise eye soreness and damage.

Any area exposed to the sun should be protected by block-out creams or lotions. Lips need special protection. A lip gloss with block-out is suggested.

#### Body Gear

Long-sleeve, long-leg cotton or lycra clothing gives good protection from the sun and is light and easy to wash. Many paddlers consider the garments available from the Marathon Shop to be appropriate clothing to wear. For

cold weather, you’ll need a lightweight wool jumper and windproof jacket.

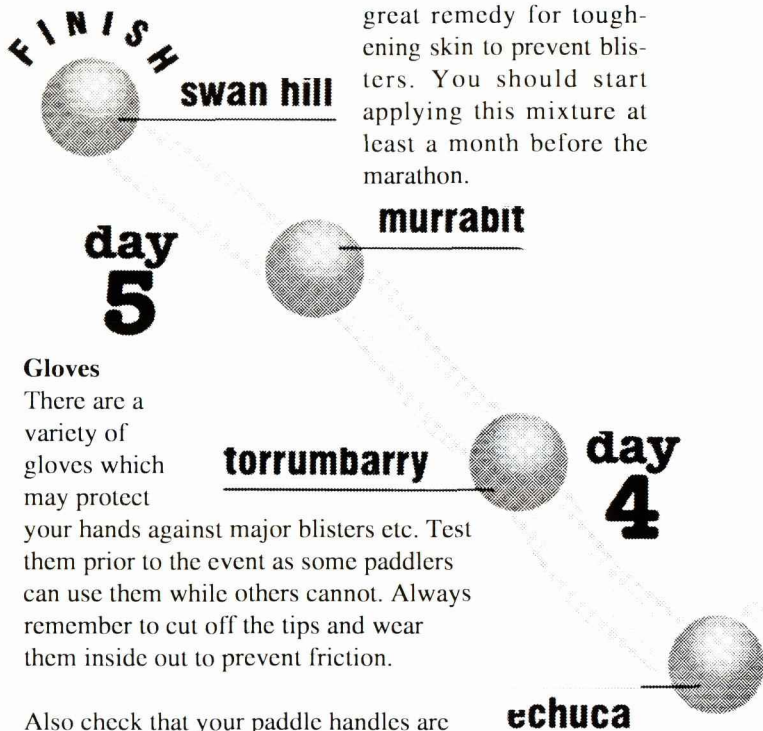
Some nylon garments can cause friction on bums causing chafing. Seams have also caused problems, so turn them inside out.

Choose a bra with care. It must not rub when your upper body rotates. Wet suit booties or terry towelling socks can be useful in preventing cuts to heels and toes. An old pair of runners is also handy for avoiding cut feet when entering or leaving your craft. (It is also wise to wear shoes on New Year’s Eve to save your celebrations being spoiled by cut feet).

#### Toughening Up Those Hands

Blisters are no fun at the best of times. Five days of blisters can be sheer torture! It is common for marathon paddlers to develop blisters on hands and chafing or abrasions on backsides and back areas.

A daily application of methylated spirits with a touch of baby oil added sounds like torture but is actually a great remedy for toughening skin to prevent blisters. You should start applying this mixture at least a month before the marathon.



#### Gloves

There are a variety of gloves which may protect your hands against major blisters etc. Test them prior to the event as some paddlers can use them while others cannot. Always remember to cut off the tips and wear them inside out to prevent friction.

Also check that your paddle handles are smooth, and that they have correct grips. In the Marathon, keep the same-sized paddle that you have trained with to avoid hand and wrist problems.

#### Avoiding Heat Exhaustion

You can reduce the incidence of heat exhaustion by allowing 7–14 days, if possible, to acclimatise to hot



Stephanie Russell and Jeff Williams - 1996 Murray River Marathon. Photo Red Cross.

conditions. Sunbaking alone is not enough – you must exercise and sweat in the sun. And get used to living without your air-conditioning to prime your sweat glands. The closest you'll get to air-conditioning on the Murray is a cool breeze! Take advantage of every hot day prior to the marathon to do some training.

During the race wear light "cover-up" clothing and a hat. Drink plenty of fluid regularly and cool your body occasionally by pouring water over yourself.

Paddlers and ground crews must be able to recognise heat exhaustion which always starts gradually. The early symptoms like the slow onset of fainting - nausea, profuse sweating, headaches and then dizziness and blurring of vision. Breathing may become difficult and colour will pale. Heat exhaustion actually feels much worse after you stop.

**picnic point**

**day 2**

Signal for help if near a safety boat or checkpoint, or signal another paddler. If not treated you may become delirious and loose consciousness.

**tocumwal**

**day 3**

**Hypothermia**

Weather conditions can change suddenly from hot or warm to cold, wet and windy, which can cause paddlers to suffer from hypothermia (a lowering of the body's temperature). If you are tired, wet, cold and hungry, you increase the risk of developing hypothermia in cold conditions. Your pace will be slacker, you may feel dizzy, light headed and experience cramps

**day 1**

**yarrowonga**

**START**

and numb hands and feet.

Keep an eye on other paddlers, as hypothermia can hit without the affected person being aware of it. Report any problems immediately to the nearest safety boat. Ground crews should carry blankets in the car to checkpoints and finishes. Paddlers can be warm to touch at the finish – and still collapse with hypothermia within minutes of stopping paddling.

**Drinks**

Paddlers should drink at least two glasses of water before training or racing, then keep drinking small quantities at least every 15 minutes.

Don't wait until you feel thirsty to drink, as thirst is a late indicator. Also, the stress of competition slows absorption from the stomach. Ice cold drinks can cause stomach cramps.

The volume of liquid required will vary according to the climate and the individual.

Beginners should drink liquid on a regular basis. But generally, follow the golden rule - drink early and often.

Boiled water (for at least 10 minutes to kill bacteria) will help prevent stomach upsets. Many paddlers prefer to carry enough of their own local water for drinking and cooking throughout the Marathon.

Basic marathon drinks are fruit juice, cold tea with a dash of lemonade glucose or other similar drinks.

All drinks should be very diluted just palatable flavour is best for long races. Try and vary flavours daily to avoid boredom Drink containers and tubes must be thoroughly washed daily to prevent contamination.

**(continued page 25)**



# do Katherine

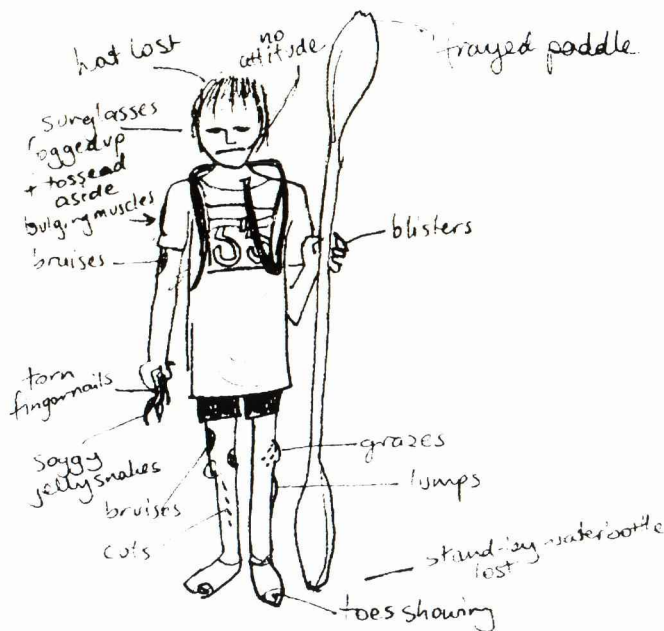


Diagram 2: Paddler After

onlooker). Alison Support-Crew was just around the corner so in the time it takes to down a jelly snake and quartered orange we were dry again. By the midway point we'd only been doused three times. It was clear that Carolyn and Janice had also had the pleasure, as one of their water bottles had beaten them to the checkpoint.

With only 20 km to go, the action started. We found ourselves in the mangroves, up trees, wrapped around trees, under trees, in Pandanus Alley. Our otherwise sluggish opposition would glide past as if they were paddling a quiet lagoon. 'Are you alright?!' The crocodile tracks up the sandy river banks were not a concern at this stage; we were going to perish anyway.

But no, the Dippers carried on to Dogleg and to Fruitcake with its towering granite boulders and, yes, another, lumpier series of unimaginably torrential rapids. We were stuck nose-skyward on a rock in the middle of one and fell out in innumerable others. Remarkably, the boat was still intact, but you could not say the same for us. 'Which way are we going, Louise?' Rose would beg from the back. Um... um... urgent decision needed as we were swept closer to each raging 100-foot drop. You had to laugh. And just when you thought your shoulders would seize up and stop functioning forever, you'd fall out again. The change in posture while you bounced down the river was exquisite relief.

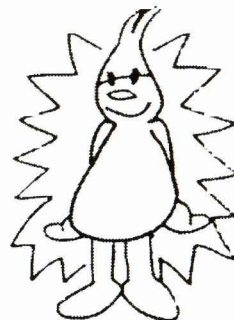
We finally made it to the finish line, 6 hours and 45 minutes later. Carolyn and Janice had decided to snap their rudder cable back at Fruitcake so they took a bit longer. Bruises! Had I known the meaning of the word before that day (see diagram 2)

Day two, 34 km: up at 5.00am, on the road at 6.00 am, on the water at 7.00am. Down five so easy rapids then 11km of slog through shallow, dead water, past the saltwater-croc cages and sand banks. The last leg meant turning around and battling the headwind to finish back at the start line.

We compared wounds, then headed back to Katherine for a fantastic presentation night with the 200-odd participants under the huge trees at Springvale homestead. The gold was ours, as women's masters, and a silver to Janice and Carolyn who battled it out with our rival in the open section (all the others in the women's TK2 were really disappointed). The marathon is certainly organised by the Red Cross and not by paddlers – there are some lessons they could learn from the Murray mob – but it was a wonderful, friendly event, with paddlers from all over Australia. It only took a month for the bruises to disappear.

P.S. We were told the perfect prelude to doing the Katherine is doing the Gregory. Anyone interested in a trip to Mount Isa next May?

## YOUR SKIN NEVER FORGETS A DOSE OF SUNBURN, EVEN IF YOU DO...



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Anti-Cancer Council  
of Victoria

# English canals and African rivers!

## rafts, racing boats and crocodiles

### Melbourne paddler

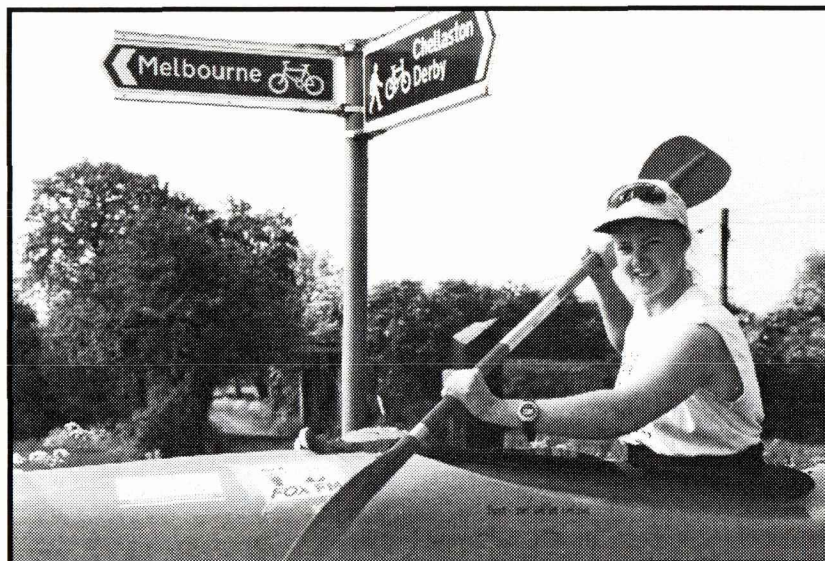
Clare McBeath rafts the Zambezi river in Zimbabwe after some long distance paddling on the English canals.

Fairfield Canoe Club member Clare McBeath spent 20 months travelling in Europe and Africa in 1996. After paddling on the canals of England Clare spent two days rafting on the Zambezi River in Africa. The first days rafting was so much fun she did it again.

In England Clare paddled with boyfriend David. They covered about 400 miles (over a six week period) from Oxford to York on the comprehensive network of English canals. Paddling in plastic touring boats, they carried all their gear and camped on the side of canals – camping is free on all canal banks in England. Their touring boats limited any paddling in more open waters and prevented them venturing out into Wash Bay near the northern English coast.

The marathon effort was made more bearable by the nightly visit to the pubs scattered throughout the English country side, the Spring weather and the colour and beauty of the English country side. They did not encounter any other kayakers and there was no current on the canals which made paddling “a bit of a slog”. Clare and David often paddled on the rivers flowing next to the canals so they could miss the many locks

Clare joined FCC in 1994 after seeing the Murray Marathon on Television. She was “pointed in the direction of Zoli” (Zoli Szigetti) and ended up paddling the full distance in the Murray in a Mixed TK2 in about 33 hours. Clare reckons she loved it and thought the whole race was brilliant. Clare paddled most of the 1994 VCA marathon season.



Clare is a Radiographer at the Epworth Hospital and will paddle in the mixed relay in the Murray Marathon.

Also while overseas Clare spent one month cycling around the Scottish Highlands. Clare says that “the Highlands were very hilly and hard work but spectacular scenery and lots of fun”

### Vital Statistics

- They passed 282 locks
- They visited 43 pubs
- they spent four weeks on the water.
- Top – Clare on a English canal
- Opposite – This photo shows Claretakeing a spill on the Zambezi River in Zimbabwe.
- Clare reckons this rafting trip was “awesome fun.”

### Now onto Africa

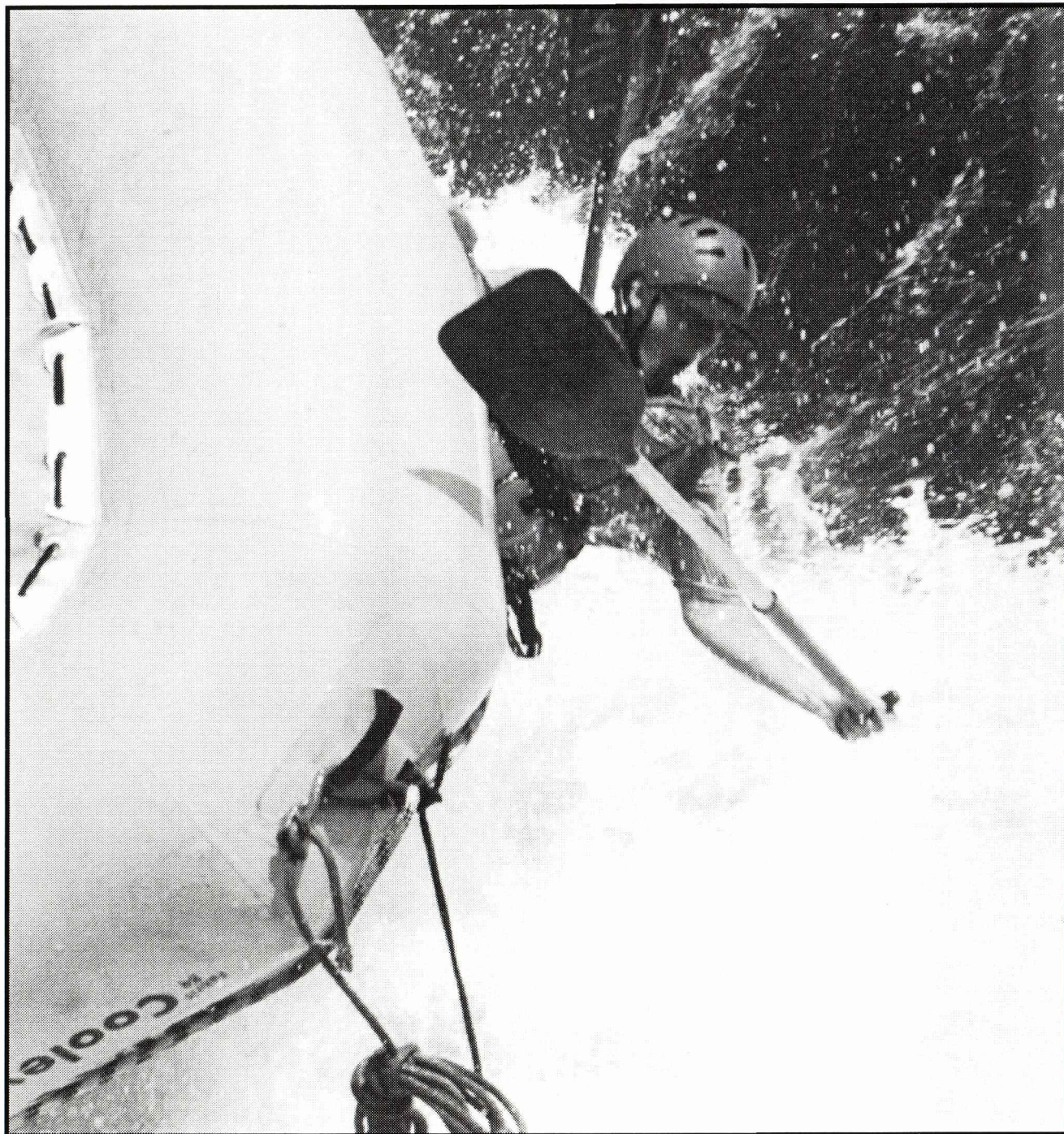
The two day rafting trip started below Victoria falls and consisted of about 20 rapids – including two impassable rapids – that Clare says were tackled by “two crazy kayakers”. The occasional fresh water crocodiles resting

# SKIN CANCER - WHO NEEDS IT?

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on the river bank did not prevent Clare taking numerous “spills”.

At this stage you may be asking – is rafting that relevant to canoeing and the **Paddler** magazine? Well to prevent any controversy, roving **Paddler** reporter Jennie Hogg reports on her K1 paddle down the Zambezi River. Jen when travelling in Africa stumbled (her words) onto a assortment of racks holding racing boats in the middle of

the African bush. Impressed by her curiosity the local paddlers (the Zimbabwe National sprint team) invited Jen for a paddle down the crocodile -infested Zambezi River. Jen says that the paddle that day was unusual (or so the locals claim) as the normally curious crocodiles were not taking bites out of the paddles. Apparently in breeding season paddling gets particularly difficult.

## ONE LIFE, ONE SKIN - WHY RISK IT?

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# 1997 SunSmart Victorian Marathon Championships

by Kerry Bonnet

*1996 - 97 Marathon secretary Kerry Bonnet reports on the Sun Smart Marathon Championships held on the Barwon River in Geelong.*

The 1997 Sun Smart Victorian Marathon Championships were held at Geelong on September 13th and 14th. The Saturday was a perfect day with warm sunshine and Geelong Canoe Club's organisational skills were so good that they even managed to provide us with a wind-free day. Sunday was grey and drizzly, but with no wind again it was perfect for paddling.

The future of Marathon Canoeing is obviously very strong when you look at the number of entrants - 200 juniors and 199 seniors.

Both the full distance of 28 kms and the 3/4 distance of 20 kms were run over a three-lap course, so there was always plenty of action for spectators to see with boats going past the start/finish area all the time. The venue was the Corio Bay Rowing Club which was well situated on a long

straight of the river and allowed good viewing. The portage area was set up on the grass area in front of the club which again provided good viewing for spectators.

Several classes had close finishes, including the Open K1, which saw world champion Chad Meek narrowly beat Cameron McMullan. In the Men's Under 18 K2 Alistair Carrie and Ben Poole were less than 1 second ahead of Keith Colomb and Andrew Bartlett.

Geelong Canoe Club did an excellent job running the Championships, and their big screen showing a video of the day's action proved very popular at the presentation dinner on the Saturday.

Thank you to everyone who gave up their time to act as an official at the event.

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TK2 paddlers wait for the start at last year's Murray Marathon. Photo: Red Cross

## DODGE THE RAYS - BE SUNSMART

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# Whale of a time

*“After a week of killer whales, killer slugs, bald eagles and incredible scenery we pulled out at Telegraph Cove”*

by Angus Walker

from the VSKC newsletter – Sea Trek.

After “ooming and aaring” about where to go Mog and I eventually decided to acquire a double kayak and head up to Johnson Strait which is to the north east of Vancouver Island. On the way we picked up a boat from Comox Valley Kayaks (Campbell River) which was approximately \$120 for a week with all the paddling gear. The people who ran the shop filled us in on the area where we were heading and told us about Robson Bight, which is a killer whale sanctuary. This is a no go zone to all boats so as to give the whales which reside there some respite from over zealous whale watchers. However we were told that we might be lucky enough to catch a glimpse of the whales which cruise the strait.

After attaching the titanic looking kayak to the roof of my recycled suby we made our way north to Port McNeil. This is the last stop to purchase food, charts, and a big tarp to help keep dry-ish. The most convenient departure point is Telegraph Cove where there are commercial blubber watching companies running tours. It was a bit over the top as we were trying to escape all this razzle dazzle. Mog asked a fisherman about the weather coming down the strait, he muttered something about six foot waves. We hastily stuffed the boat with gear and got paddling as soon as we could. The weather was somewhat crappy with a 20 knot wind funnelling down the strait with constant drizzle, but we thought it couldn't last forever.

After a choppy crossing of the channel we found a camping spot on Hansen Island. It was incredibly soggy amongst the pines and miraculously we managed to get a fire going. Everything seemed to be rotting and pulpy. Mog had discovered the huge slugs which were common throughout this region. Banana coloured with black splotches – they ooze their way throughout the rotting humus. If your thing is slugs, this is the place to be!

The next few days we cruised around the strait's endless bays and islands. The weather cranked up and we had glassy water to paddle. Often we would stop to graze on our generous food supply and be caught off guard by a couple of killer whales cruising the deep water only 10 feet away from our perch on the rocky shores.

One afternoon a small pod of orcas cruised along the strait to where we were paddling. The large bull kept its distance and headed into deeper water to feed upon a

school of salmon which were on the run. The cow and its pup played around our kayak for more than an hour. They would dive and surface only 10 feet from us, occasionally getting momentarily tangled in the kelp. After this they moved to the shallows and wallowed on the rocky shore, presumably to scratch their bellies or to remove barnacles.

Large pods of porpoises were also cruising the strait with the killer whales. The local people say that the orcas can be classed into two different populations which affect their choice of diets. There are orcas which are resident to a particular area as in the case of the whales we paddled with. The bulk food of these orcas is fish, largely salmon at this time of year. Orcas that roam the oceans without a 'home base' are more opportunistic in their food intake. Their diet can include fish, porpoise, dolphin, seals, birds, etc.

After a week of killer whales, killer slugs, bald eagles and incredible scenery we pulled out at Telegraph Cove. Despite the commercial whale watching industry we only saw a couple of other kayaks, a few charter boats and some weird vessels transporting logs through the region. Bears and cougar are prevalent on Vancouver Island. However we had no unwelcome visitors in the night.



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*Caring for the Future*

# The longest race of my life

*The third JLW Challenge Mount Buller to Southbank, running, cycling and paddling.*

by Adrian Rollins  
from the FCC Newsletter

**“The run began with a flat-out 500 metre sprint to the end of the family Run, then a seven-kilometre plunge down the side of the mountain along an overgrown goat trail”.**

It's not often you get to the top of Zoli's straight (the 750 m straight next to the the eastern freeway) and feel an enormous sense of relief. But on Sunday, 1 December there were few sights more welcome than Zoli Szigeti sitting in the pale-blue TK1 telling people to “bash it in at the front”.

It meant I was just 22 kilometres from the finish of the longest race of my life, a two-day 231-kilometre trek from Mount Buller to Southbank running, cycling and paddling.

I was one of several Fairfield Canoe Club members who, for some reason, decided it would be a pleasant way to spend the first weekend of summer.

The event was the third JLW Challenge, and began with a 36 kilometre run down the side of Mount Buller, a 21 kilometre paddle across Lake Eildon and a 57 kilometre ride to Marysville where day one finished. Day two began with a 20 kilometre run to Dom Dom Saddle, a 73 kilometre cycle to Burke Road, Ivanhoe, where kayaks were launched for a 28 kilometre paddle down the Yarra to Southbank. For the fastest competitor it is a 13.5 hour effort over two days, but for the slowest it can mean a 24-hour epic of pain and endurance.

Steve Beitz and I, having attempted all this before, were hoping for less of the pain and suffering as we lined up at 5.30am on 30 November on the freezing windswept summit of Buller along with 343 other competitors for the race to start. With us was Lauren Ostrowski who, after being half of the winning women's bi-team for the race last year, was giving the whole thing a go. Alongside the individual competitors were members of two, three and six-person teams. Other Fairfield members taking part were Julie Perriam, Julie Slattery and Kim Vaughan in women tri-teams while Joe Alia and Kerry Bonnet had volunteered as tail-end charlies for the Lake Eildon paddle.

The run began with a flat-out 500 metre sprint to the end of the Family Run, then a seven-kilometre plunge down the side of the mountain along an overgrown goat trail. Competitors scramble over rocky ridges, barge through thickets, slip on fallen logs and stumble over invisible roots. The fastest runners (including athlete extraordinaire John Jacoby) finish the descent in about 45 minutes and the slowest can take up to two hours. With aching quad and calf muscles competitors then have to make 13 icy river crossings, slipping on treacherous rocks and plunging into waist-deep water. Then it is a reasonably straight-forward 24 kilometre run along bush trails and dirt roads to Howqua Inlet on Lake Eildon. Lauren made a fantastic effort to come in third female after the run in a time of 4 hours 30 minutes, just seven minutes off the record.

Last year the 21 kilometre paddle from Howqua to Jerusalem Creek was abandoned about halfway though the race because a howling gale had whipped up long stretches of the lake into a violent chop, and the weather promised to do the same this year. Once again the lake provided heaps of drama for competitors, particularly in the last two kilometres where whitecaps and a savage chop clashed at a wild point, tipping many out of their kayaks and surf skis. Yours truly lost half an hour as my TK1, full of water, wallowed in the rough water, trying to immitate a submarine. I just had time to call to Julie Perriam, comfortably steaming past on a surfski, before I fell in the drink, tantalisingly close to the paddle finish. Eventually I struggled back into the boat and fought my way to shore and the bike transition.

After the wild paddle the cycle was a welcome respite, though competitors were buffeted by a strong head wind. Most reached the day one finish in front of the Marysville Hotel a spent force, and the long queue for a massage was testament to toll the course had taken. Among the many casualties were, unfortunately, Lauren and Steve. After her great run Lauren began the paddle strongly but quickly developed a migraine which forced her to stop, and Steve tore ligaments in his left ankle during the first river crossing on the run. He struggled on for another 15 kilometres but had to pull out. Julie Perriam, Julie Slattery and Kim Vaughan all handled the terrible conditions very well, completing the paddle in good time and keeping their respective teams in the race.

Day two dawned much calmer, giving athletes the hope of some good conditions ahead. The 20-kilometre run began at 5.45am with beginning at a much gentler pace than the day before. Thick mud in the last five kilometres slowed competitors down, but once onto the bike things seemed to go well. There was barely a breath of wind and the temperature was pleasant for the ride through Healsville, across to Yarra Glen then through Christmas Hills, Kangaroo Ground, Research and Eltham before finishing on the Yarra underneath Burke Road.

The first few kilometres of the river, with fallen trees and gravel races, provided most of the obstacles encountered on the paddle apart from Dights Falls, where there was a compulsory 500 metre portage. Kim Vaughan overtook me soon after the paddle began, and there were more familiar faces when I reached the top of Zoli's straight, where the squad session was in progress. Unfortunately I couldn't keep up with Tony Payne to ride his wash! At

Dights Falls Julie Slattery caught up and passed me, but so far only one individual had overtaken me on the paddle. Unfortunately two more passed me just after Herring Island and a turnaround for a missed bouy at the finish line cost me another two positions. Congratulations to Julie Perriam, whose blistering second day paddle sealed victory for her team Jest Lively Women in the tri-team category. And a good effort by Kim Vaughan saw her tri-team, Akta-Vite, come in second. Julie Slattery and her team "Fired Up Females" were narrowly beaten for third place by the winning veteran women's tri-team in another good effort.

For a race which demands so much training, it was a good effort just to get to the start line in one piece, and it was great to see the club so well represented among the competitors and volunteers. Maybe there should be a club team (or two) next year...

**Note  
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IN SPORT BY THE  
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## New Asthma Medication banned

If you have any questions about the use of asthma medication, contact the ASDA  
Drugs In Sport Hotline 1800 020506, your National Sporting Organisation or Suzanne Henderson on 96998055.

A new asthma medication has come onto the market called Foradile. Foradile (efo moterol fumarate) is a long acting beta-2-agonist which acts similarly to another asthma medication, salmeterol.

### ASTHMA CHECKLIST

To ensure you are taking a permitted medication and have notified the relevant authority, follow the checklist below.

### MAKE SURE THAT:

- Your condition has been diagnosed by a physician
- The medication you are taking has been prescribed
- The medication which has been prescribed is permitted\*
- You check the requirements of your Sports Doping Policy
- You have notified the relevant medical authority within your sport or your national sporting organisation where required.\*\*

**\*Salbutamol, terbutaline and salmeterol are the only beta-2-agonist asthma medications which are permitted by the International Olympic Committee (in inhaler form only and if declared in writing prior to use by a relevant medical authority).**

Notification is required where it is stipulated in your sports doping policy. This can be checked by contacting your National Sporting Organisation and may require a letter from a specific doctor.

# Italian paddlers at Masters Games

Anna Marazzi and Paolo Ferrini. Photo - Tony Payne



by Robin Payne

The Australian Masters Games were recently held in Canberra (ACT). The canoeing events were held on Lake Burley Griffin, Lake Tugnerong and the Molonglo River. Victorian paddlers were extremely successful, with sprint and marathon being dominated by Victorian participants.

## Paddler Profile

Two international paddlers that competed in Canberra were Paolo Ferrini and Anna Marazzi. Paolo had paddled at the Melbourne Masters Games in 1995 and enjoyed his time in Australia so much that he brought his wife Anna to the Canberra Games

Paulo was the Italian Junior sprint Champion over 200 metres and Anna was 500 metre junior champion. Anna and Paolo live in Castel Ganololfo 20 kms south of Rome. Well known as the Popes summer residence

Castel di Albano sits next to Lake Gandolfo. Paulo and Anna do all their paddling at a club which is located next to Lake Gandolfo.

Anna and Paolo own a restaurant that overlooks Lake Lake Gandolfo. Both paddlers enjoyed their stay in Canberra and preferred Lake Tugnerong for sprint than the river course as it was more sheltered and more suited for spectators. Paolo was surprised by the number of races in one day, and was not used to paddling heats and finals in one day. Paolo was also amazed how many classes were available and especially how paddlers seem to enter into all classes. In Italy paddlers would concentrate on one or two races.

Anna was pleased to see so many women paddling in the sport and claims that the relatively small numbers of female paddlers in Italy makes paddling for women difficult. Italian canoe regulations prevent you from paddling with other club members and Anna liked the way you "could just grab people from other clubs and make impromptu pairs". Italian canoe regulations also prevent mixed races which further discourages women paddler and older paddlers in general.

Anna and Paolo found Australian paddlers more informal and they liked the friendly nature of everyone involved in the games. The Italian Masters Games consist of mainly Italian paddlers however Paolo says that "everyone" is welcome to paddle on Lake Gandolfo.

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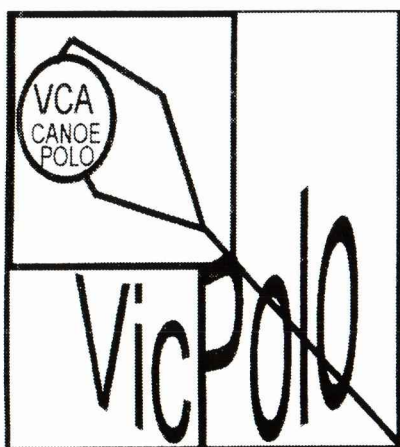
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# Have you tried canoe polo?



*Thinking about trying canoe polo? Mike Hardy gives a rundown on the costs involved.*

by Mike Hardy

## Canoe polo – how much will it cost?

There are many factors that will determine how much your first season of canoe polo will cost you. I will attempt to give prospective players some idea of what those costs would be.

**Joining a club:** If you are going to get seriously involved in canoe polo you need to join an affiliated club. Australian Canoe Incorporated, and the VCA that run the tournaments, requires that all competitive players are club members. When you join a VCA affiliated club you are covered under the ACI-VCA insurance policy. Without this insurance you will not be allowed on the water (Special arrangements are made for “come & try” nights).

Generally speaking the cost of club membership will be between \$35 and \$100 per year depending upon the club and its facilities.

**Polo bats:** A useable polo bat (the boat) will cost between \$60 and \$700 plus, depending upon its age, condition and sophistication. Please note that many clubs have boats for loan or hire.

Additionally boats can be hired by the game or the season directly from the Canoe Polo Committee (\$4 per game or \$40 per season), includes the use of a spray-deck, a PFD (personal floatation device) and a helmet.

**The paddle:** A suitable paddle will cost you between \$80 and \$300 (plus) and again price will vary according on age, quality and sophistication.

**Subscriptions:** Canoe polo subscriptions range from \$55 to \$75 per season. This cost depends upon how many people are in the side (min 5, max 8), and on the length of the season.

**The summer season:** In Melbourne there are two main seasons each year, these are generally from March to June or July, and from July or August to late October. Additionally there is a summer season (generally fewer participants) dependant upon numbers of participants, pool availability and the willingness of clubs to run it. The summer season is usually much less serious and more informal than the two main seasons so if someone wanted to have an extended “come and try” this would be a good time to do it.

There are varying degrees of styles and competence in the sport and the range of equipment varies to meet these differences. It’s probably a good idea to borrow or hire equipment before committing yourself to a final purchase.

Ultimately personal preference, body proportions, cost and the level of your aspirations should all play apart in your final choice. All in all I guess the minimum cost of playing a full season of canoe polo is about \$120 (probably a lot less for institutional club members); the maximum is as much as you want to make it

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### Club membership costs – some more details

\$100 should cover the joining fee, first years' membership and ACI insurance of even the most expensive club. Don't forget that club membership costs vary widely.

Special interest groups such as university and youth associations provide playing facilities for much less than \$100. The more expensive the club, the more facilities it provides. For instance the more expensive clubs probably provide a clubhouse on the river, with boat storage, facilities, showers and changing rooms etc .

### Local competitions

In Melbourne, the metropolitan competition is played currently at the Richmond Leisure Centre, Gleadell St Richmond. During the season, games are played on Monday, Tuesday and Wednesday evenings commencing at 8.10 pm and finishing at about 11.00 pm. Currently novice and E-grades play Mondays, B and A-grades on Tuesdays and D and C-grades on Wednesdays.

Players aged from 16 to the mid 60s are involved in the sport throughout the week. In order to facilitate orderly competition we try to limit the entry to 42 teams in six grades of seven, though this is not always possible.

### Other competitions

There are annual Australian interclub and interstate championships and every four years the world championships are held in various locations around the world! To participate in either of these competitions you must you must be a member of a participating club.

To play in the interstate competition you must nominate for the appropriate team, attend some of the training

(cont. page 29)

### Club contacts:

The following is a list of the more prominent clubs with an interest in canoe polo, together with a known contact who will put you in touch with the right person if he/she has moved on.

**Black Ducks Canoe Club**  
Gavin Tabart, Tel: 015 326 295

**Canoe Factory Club**  
Ross Faichney, Tel: 9802 1985

**Canoes Plus Racing Team**  
Wayne Thomas, Tel: 9816 9411 (BH)

**Dolphins Canoe Club**  
Lee O'Shannassy, Tel: 9744 2653

**Essendon Canoe Club.**  
Frank Magee, Tel: 9314 3887  
**Explorers Canoe Club**  
Mark Waters, Tel: 9364 5301

**LaTrobe University Mountaineering Club**  
Brett Thomas, Tel: 9844 2119

**Melbourne University Mountaineering Club**  
Russell Smith, Tel 9436 1356

**Monash University Bushwalking Club**  
Derek Barke, Tel: 9565 0339

**Templestowe Canoe Club**  
Phil Clark, Tel: 9802 2877

**Victorian Canoe Club**  
John Shields, Tel: 9807 6296

**Whitehorse Canoe Club**  
Adrian Dyer, Tel: 9888 2315

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Genuine enquiries only please

*Ring Greg Pearson or Liz Marsh  
on 03 9844 3323 or 0147 388 238*

**November 97**

29–30 November, JLW Challenge – Mt Buller, Melbourne  
 29 November, 3rd Sprint Race – Carrum

**December 97**

6 December, Murray 40 miler, Marathon race YarraWonga  
 12 December, Canadian Canoe coaching clinic, contact VCA  
 13–14 December, Grand Prix Sprint Regatta Adelaide  
 14 December, Murray Marathon dress rehearsal – Footscray  
 December, Canoes Plus annual slalom – Goulburn river  
 27–31 December, Red Cross Marathon

**January 98**

4 January, Austalian Champ, Nymboida  
 10–11 January, Sprint, Australian Canoeing Grand Prix Nagambie  
 18 Burrunjuck Slalom Selection Race  
 25 January Eildon Slalom Selection Race (Slalom)  
 25 January, Race 2 Flora Summer Marathon Series–Deniliquin Canoe Club  
 31 January, 4th Sprint Race, Nagambi

**February 98**

8 February, Race 3 Flora Summer Marathon Series – Mitta Mitta & Burley Griffin Canoe Clubs  
 15 Febuary Canoe Cup Race. White Water

Please note:  
 the complete  
 1998  
 calendar will  
 be available  
 in the next  
 issue of  
**Paddler**

**Murray Marathon – continued from page 13**

There are a variety of “high energy” drinks available on the market, designed to support endurance activities.

They are expensive and you are advised to try them out prior to the marathon, and ensure they are well diluted—fluid is your major need. Do not attempt a deliberate weight reduction diet during the event.

Caution: Staminade should not be taken by those on a salt-free diet. It is recommended that not more than four glasses of staminade should be taken over 24 hours. it is recommended that paddlers consult with a nutritionist before participating in the marathon to ensure that their own specific dietary needs are met. Avoid alcohol during the marathon: it accelerates the loss of fluids.

**Above all, ensure that the marathon is an enjoyable experience by using your common sense. If in doubt about any aspect of your health, consult a Red Cross First Aid Volunteer.**

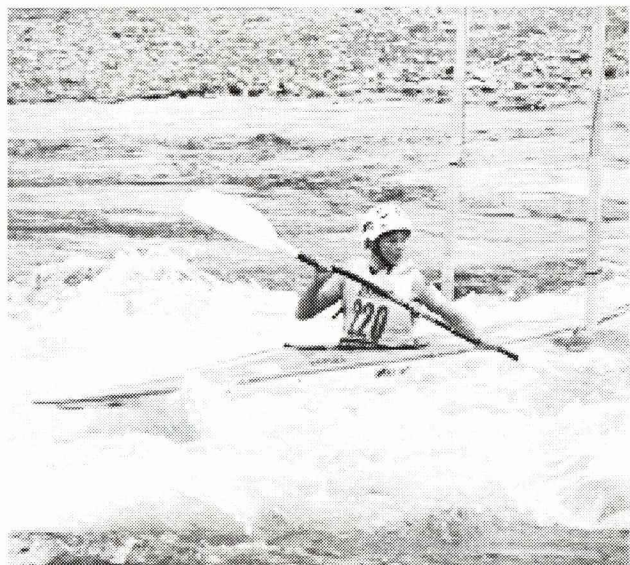
**Watch out for Canoes**

Please contact the VCA if you would like your canoeing event publicised in the calendar of events

VCA  
 332 Banyule Road, Viewbank, Vic. 3084.  
 Tel: 03 9459 4277



# My first year of slalom



Chris Kamen in action

by Chris Kamen

**I**t was about this time last year that I started kayaking. At that time I was new to the Ivanhoe area and its school. I decided to participate in kayaking for a winter sport to go alongside with my snow skiing.

I joined up with the IGS Kayak Team and took my first trip down to Ivanhoe Northcote Canoe Club, the local flat-water club. I can remember distinctly my attitude when I was carrying my boat down to the launching ramp. This looks easy, I don't know what all of the people are on

about when they say I will find it hard to balance.' I thought in great confidence.

I was proved wrong as soon as I let go of the landing!. The next week, on the advice of my brother, I decided to join 'the boys' and go to Dights Falls. The moment I sealed my deck, I enjoyed myself and I have been doing so every time I have a paddle.

Over the next few months my skills greatly improved as I went to various camps and downriver competitions. I committed myself to start learning how to eskimo roll, in the pool once a week after school. I remember getting so annoyed at how hard it was. I spent about five weeks getting frustrated at myself, especially when my brother, Mat, got it. Then, one week, Mr Gibbs came up and changed my style only that tiny bit, and then I got it. I could eskimo roll. I soon looked forward to not having to bail out every time I tipped.

The next slalom competition, the last of the Yarra Series, I managed to tip and roll back up, right in front of the judges, to later score a free paddle from Canoes Plus. That was a bonus because I was to buy a paddle the following-weekend.

Over the next few months I gradually gained confidence and followed 'the boys' into the bigger water. By this stage I felt I needed my own boat. That Christmas I scored a second hand 1992 Reflex. I tried to wreck the Reflex when I folded it over a rock then tried to break it in half after forgetting to tie it onto the van.

## Training gets serious for the MARS MURRAY MARATHON



The annual summer influx of paddlers to the Murray has begun in earnest, with some of Australia's best paddlers beginning the competitive phase of their training for the MARS MURRAY MARATHON at the Echuca Mini.



The 50 km paddle race, held on a section of the marathon course between Barmah Bridge and Echuca, was a perfect introduction for paddlers readying themselves for the Marathon's 404 km challenge. Fastest individual was K1 paddler Ben Poole in 3 hrs 17 mins 55 secs, his time matched by Stuart Baker and Michael Krautz in a double kayak.

Winners of the TK2 class were Mike Hamer of Bacchus Marsh and Ian Gillies. The Barwon Mini was held on the 22 November. Results in the next issue of **Paddler**.

# SUMMER CAMP USA

## America urgently requires Canoe Staff!

International Exchange Programs (IEP) is offering **YOU** a chance of a lifetime to work on US Summer Camps next June

For further details call IEP now on  
Melbourne: 03 9690 5890 Sydney: 02 9233 7111



by David Sheehan

Lakes, Loons and portages. Welcome to the land (and water) of Minnesota, USA. My experience on Summer Camp USA some years ago, has prompted me to write this little piece to attempt to capture in words an experience that cannot be fully illustrated on paper. However, an attempt was necessary...

The canoes that most of us know are made of more modern substances than heavy cedar wood and canvas. Well, think again when you come to YMCA Camp Widjagon in Ely, Minnesota. The participants at the camp treat the canoe as an almost holy icon: its belly must never touch the ground, nor the paddles. The combination of cedar and canvas is regarded as the ultimate synthesis of human ingenuity and natural providence, the essential vehicle for the hunter seeking food for his family. Each craft at the CAMP Widjagon is named after a famous pioneer of the Boundary Waters area and all of them are at least 100 years old. As Canoe Trek Leader, it was my responsibility to make sure each canoe was still in immaculate condition after each 2-week trek with my 13-year-old campers. No small task: canvas and tree stumps hidden just below the water don't mix!

There were so many highlights of my camp experience; the northern lights at night, bears, pure water, fishing, and in some cases never seeing another canoe or motorised vehicle for days on end. Of course, as far as canoeing on flat water, you would not get any better than The Boundary Waters; guiding a beautiful old canoe that had served so many other Trek leaders before me was a thrill.

This was my absolute experience with nature and nothing could or will ever replace it! The companionship with my campers, the responsibility and challenges of every trip, allowed me to grow and develop. Summer Camp USA took me away from everyday life of Melbourne and gave me an opportunity for reflection and contemplation about my future.

International Exchange Programs (IEP) operate Summer Camp USA and are in need of Aussies with any watercraft experience. If you are available between June and August 1998, have patience and enjoy the challenge of working in the outdoors with kids why not give it a go?

# Alaska and Canada's Yukon Territory - a 900 km paddle

**"First prize was \$5,000 US in Klondike gold nuggets, split between the two winning canoe partners from Fairbanks, who finished this ultra-marathon in under 5 days!"**

From Jeff Brady

The Klondike Gold Rush of 1897-1898 has been called the "Last Grand Adventure". In 1997, we re-enacted this great gold rush with the inaugural Dyea to Dawson Centennial Race to the Klondike, featuring 50 teams from Alaska and Canada's Yukon Territory.

The race started as a 55-km hike on the famous Chilkoot Trail and then competitors switched their gear to canoes for the 900-km journey on the Yukon River system to Dawson City, heart of the Klondike. First prize was \$5,000 US in Klondike gold nuggets, split between the two winning canoe partners from Fairbanks, who finished this ultra-marathon in under 5 days!

The race was a tremendous media event and is featured in the November 1997 *Canoe & Kayak* magazine and the annual *Canoe Journal*. We will be repeating the event in June 1998, but with an international focus, much like the gold rush 100 years ago. We are holding 10 spots from outside the U.S. and Canada, if you are interested in sending us your best team.

The race will be held from June 13 to June 26 1998. The inaugural 1997 race was won by Jim Lokken and Art Ward of Fairbanks in just under four days and nine hours. They were followed by Todd Boonstra and Adam Verrier of Anchorage, Steve Reifentstahl and Mark Gorman of Sitka, Joe Bishop and Thane Phillips of Whitehorse, and Terry Jacobsen and Paul Wheeler of Haines. The top five teams finished the race in under five days and they will face tough competition in 1998.

The remaining 35 slots will be open to anyone on a first come, first served basis. To get on a mailing list to receive an application, contact race organizers Jeff Brady or Buckwheat Donahue at 907-983-2354/2544 or e-mail skagnews@ptialaska.net and leave your mailing address.

The race application deadline is March 1 1998, but race organizers believe the field will fill up fast.



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### The Footscray Murray River Marathon dress rehearsal

**Sunday, 14 December 1997**  
Check points, practice drink drops, relay  
teams and composites teams - ground  
crew essential

Time entries 9.30 Briefing 10.30  
Start 11.00

**Noel Hunter 9749 1386**

## Have you tried canoe polo? from page 24

sessions held at various locations usually on the Yarra or Maribyrnong rivers. The interstate and interclub championships are both great fun and are top sporting events.

**Currently Australia are men's canoe polo world champions, the women being second to the UK.**

### Summer Competition

I am reliably informed that there will be a summer competition after all! LaTrobe University expect to run a three-on-three competition commencing 7 January 1998 and running for eight weeks, plus one night of finals. There will be three grades for Novice E, D/C and B/A. All games will be played at LaTrobe Uni pool on Wednesday evenings. The finals will be on Fridays due to an overlap with the beginning of the Met season. **Contact Joana Jackson, Tel 9464 3662.**

For further information about Canoe Polo contact: **Mike Hardy 10 Belmar Avenue Altona, VIC 3018 ph 93981380.**

### Long distance races coming soon

29 – 30 November **JLW challenge**

6 December – Murray 40  
'miler' – Cobram

14 December Murray Marathon Dress  
Rehearsal – Footscray

**27 –31 December Red Cross Murray  
Marathon**

### Black Betty Murray Marathon Team

Black Betty Murray Marathon team requires Female paddlers for the mixed TK2 open relay. We are a well known Murray marathon team with a very experienced support team.

**Contact Bruce Charlton  
9781 4066 BH or AH 03 59 757857**

all right...it's on again

**The Yarra Valley Canoe Club**

# Yarra Marra

### Where

•Start at Everard Park, Healesville (Melways map 277 ref G7) •Finish at Yarra Glen. (Melways map ref 275 A2)

### Times

•Entries 7.30 am to 9.45 am •Briefing 10.00 am  
•Start 10.30 am

### Classes

All age and boat classes will be offered (juniors 15-16). However there will be a minimum of five boats per constituted class.

### Starts

•5 boat starts at 2 minute intervals. The start order will be the same as the order of the entries: the first five entrants take off in the first start, the second five in the second start etc.

### Course

The traditional 32 km Yarra Marra downstream course between Healesville and Yarra Glen. All major obstructions will be cleared

### Prizes

First second and third place getters in each class will be awarded with a Yarra Marra medal.

### Refreshments

Food and refreshments will be available at the start and finish lines.

### Facilities

Portable loos will also be available for use at the start and finish lines.

### Contact:

Stephanie Russell  
97202655  
or  
Colin Dobson  
9649896

### Canoe polo training

Once again this summer and autumn the VCA coaching director and his fellow VCA accredited coaches are conducting coaching sessions on the Maribyrnong River at the Essendon Canoe Club (Melways ref 28 C8).

The remaining dates are: 23 Nov, 14 Dec, 18 Jan, 8 Feb and 1st March. Registration for each day is at 9.30 am and consists of one and a half hours for the morning session, an hour's break for lunch, then a further hour and a half in the afternoon. Cost is \$20 per person per session (includes BBQ lunch).

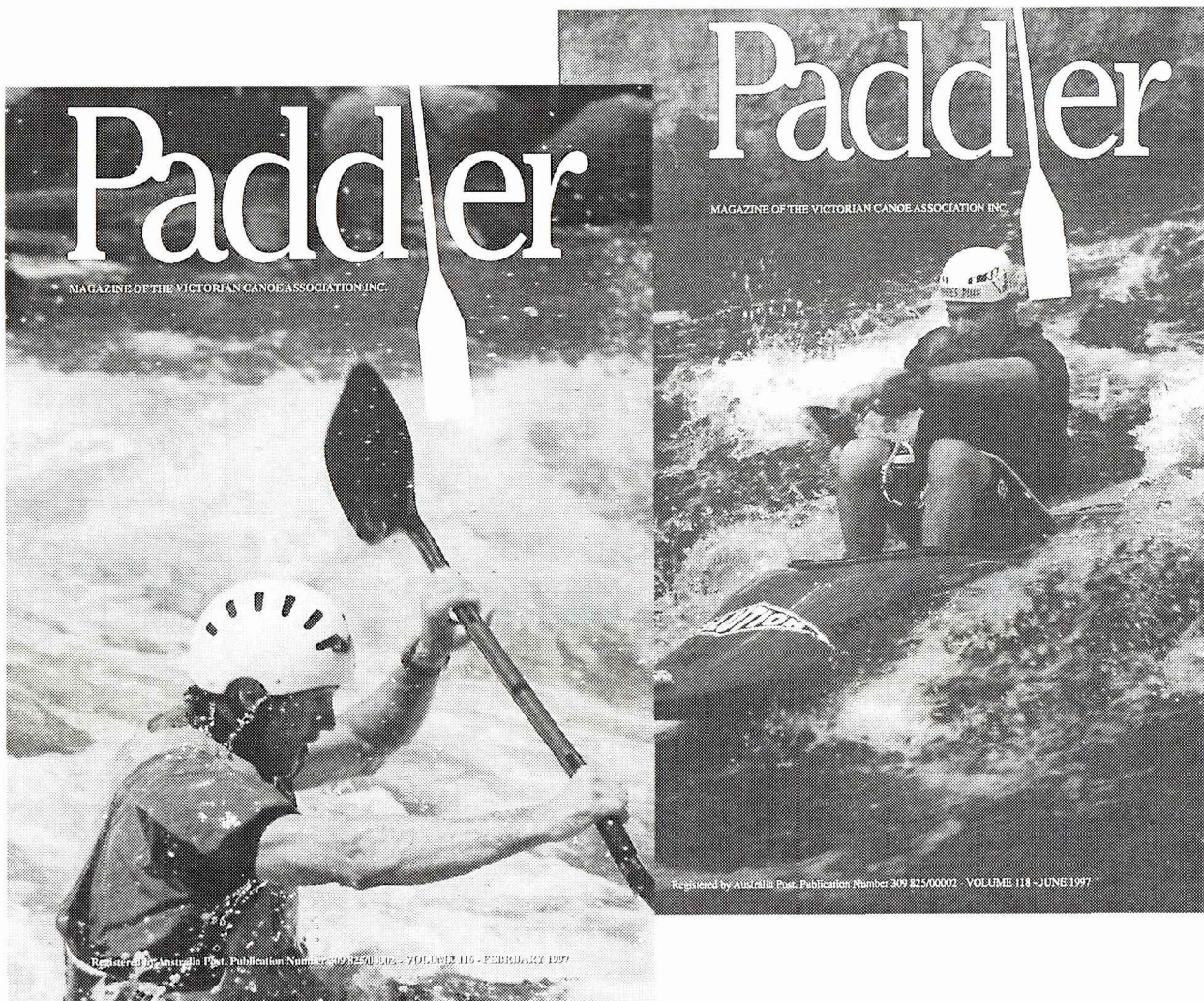
Reduced rates apply for front payment for all sessions, or for team bookings (highly recommended!) But you must book in advance.

**Contact: Stephen Gibson, Tel: 9808 0862 (AH).**

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Signature  Amount

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## VCA Committees – 1997 / 1998

### **Victorian Canoe Association Inc.**

President: Margaret Buck  
41 Park Crescent  
Fairfield VIC 3178  
03 9489 0556

### **Sprint Committee**

Chair: Tim Altman  
c/o 337 Johnston Street  
Abbotsford VIC  
Victoria

### **Slalom Committee**

Chair: Bernie Boulton  
46 Hume Street  
Bayswater VIC 3153  
03 9729 1538

### **White Water Committee**

Chair: David Humfrey  
50 Hawthory Rd  
Kilsyth VIC 3137  
03 9725 7560

### **Marathon Committee**

Chair: to be announced

### **Polo Committee**

Chair: Ross Faicney  
56 Danien Street  
Glen Waverley  
Vic 03 9802 1985

### **Touring Committee**

Chair: Norm Clarke  
1 Hill Court  
North Ringwood VIC 3134  
03 9879 0519

### **Victorian Board of Canoe Education**

Chair: Brenda Jericho  
2 Comport Street  
Beaumaris VIC 3139  
03 95896210

# Victorian Canoe Clubs 1997



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**SPORT AND  
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**Ballarat Amateur Canoe Club (Sp M)**

Leigh Scott  
13 Maniville St. Wendouree 3355  
0353 393 176

**Bendigo Canoe Club (M P Sp)**

Julie Misson, 50 Glencoe Street  
Bendigo 3550  
0354 411 170

**Cobram-Barooga Canoe Club (M T)**

Robert Schram  
PO Box 122, Cobram 3844  
03 58 711 446

**Canoe Factory Club (M-P-T-WW)**

Anne Faicchney  
14 Robinson St. Prahan 3181  
9510 9712

**Canoes Plus Racing Team (S1 WW)**

Patricia Bahr  
140 Cotham Rd. Kew 3101  
9816 9411

**Central Victorian Canoe Polo Assoc.**

Tony Misson  
50 Glencoe St, Bendigo 3550  
03 54 411 170

**Deniliquin Canoe Club (T-M)**

Joy Allen  
365 George St, Deniliquin NSW 2710  
03 58812475

**Essendon Canoe Club Inc. (M P Sp T S1)**

Mark Cribben  
PO Box 263, Ascot Vale 3032  
9 499 9128

**Eltham College Canoe Club (S1 WW P)**

Ian Whitford  
PO Box 40, Eltham 3065  
9437 1421

**Echuca-Moama Canoe Club (Sp M T)**

Ken McMullan  
9 Conelly St, Echuca 3654  
03 54 821 714

**Explorers Canoe Club (PT)**

Kathy Negus  
38 Argyle Way, Wantirna South 3152  
9801 6116

**Footscray Amateur Canoe Club (SP-T)**

Noel Hunter  
PO Box 365, West Footscray 3012  
9 749 1386

**Fairfield Canoe Club Coperative Limited**

Neil Grierson  
PO Box 253, Fairfield 3078  
9489 0556

**Geelong Canoe Club (Sp M)**

John Evans  
PO Box 311, Geelong 3220  
03 52 815 328

**Gippsland Kayak Club**

Mike Goyne  
PO Box 258, Warrigul 3820  
0356 231 176

**Gippsland Waters Canoe Club**

Greg Ryan  
11 Bank St, Traralgon 3844  
03 51 742 649

**Ivanhoe Northcote Canoe Club**

PO Box 180, Ivanhoe 3079  
949 91210

**Kirinari Kayak Club Inc.**

Bernie Boulton  
46 Hume St, Bayswater North 3153  
9729 1538

**Latrobe Uni Mountaineering Club**

Sports Association  
Bundoora 3083

**Mildura District Canoe Club Inc.**

Lavina Hamilton  
PO Box 2743, Mildura 3502  
0350 234 468

**Maccabi kayaking and White Water rafting**

Aviva Gunzbu  
5 Naroo Crt  
Glen Waverly 3150  
9578 7142

**Mitta Mitta Canoe Club Albury**

Malcolm Bird  
PO Box 542, Albury 2640  
0260218516

**Monash University Bushwalking Club**

Union building Monash Uni  
Clayton 3168

**Melbourne University Mountaineering Club**

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Uni of Melbourne 3052

**Narranera Murrumbidgee Classic Assoc**

Julie Briggs  
PO Box 39, Narrandera 2700  
0260 218 516

**Patterson Lakes Canoe Club Inc**

Alan Opie  
PO Box 64, Patterson Lakes 3197  
9580 2140

**Shepparton Canoe Club**

Ann Marley  
RMB 1840, Tatura 3616  
0358 548 467

**Swan Hill Canoe Club**

Graham Jarvis  
PO Box 39, Woorinan South 3588  
0350376889

**Sherbrook-Knox Canoe Club Inc**

12 Crimson Ave, Blackburn South 3130

**St Leonards Canoe Club**

John Willis  
PO Box 62, East Brighton 3187

**Templestowe Canoe Club Inc.**

Phil Clarke  
33 Wildwood Avenue, Vermont South 3133  
9802 2877

**Victorian Canoe Club Inc.**

Gillian Hutchings  
110 Myrtle St, Springfield South 3172  
0359 752 414

**Victorian Sea Kayak Club Inc.**

Ray Musgrave  
PO Box 428 Seaford 3198  
0359 752 44

**Whitehorse Canoe Club Inc**

Jenny Robinson  
11 Shirers St Alphington 3078  
9497 3779

**Warranbool Kayak Club Inc.**

G Keilor  
PO Box 512, Warranbool 3280  
0355 628116

**Youth Hostel Association Canoeing Activities**

Hazel Dean  
99 Rose Ave Lwr Templestowe  
9852 2064

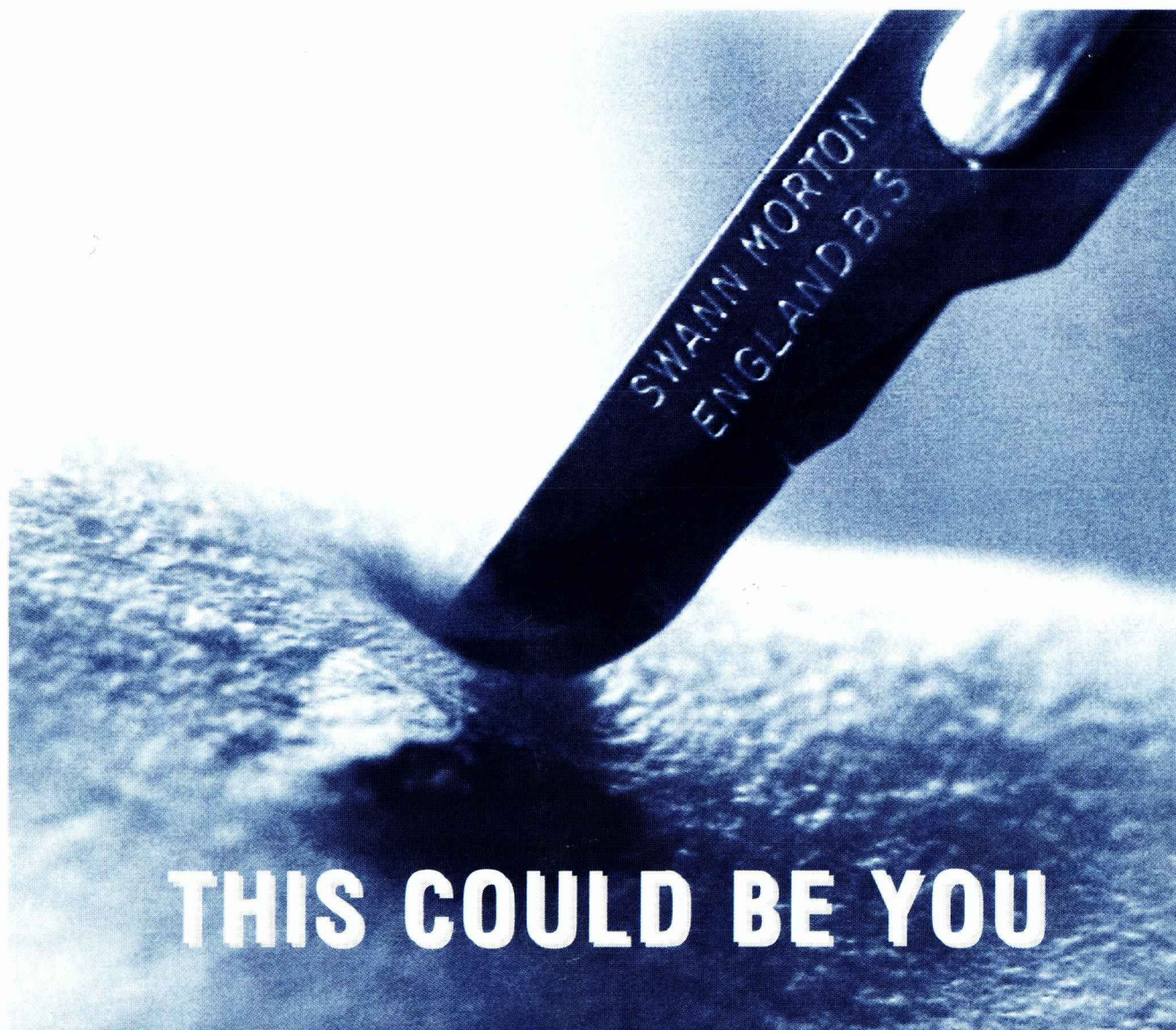
**Yarrowonga-Mulwala Canoe Club Inc**

Wendy Phillips  
31 Murphy St, Yarrowonga 3730  
0357 431 944

**Yarra Valley Canoe Club**

C Dobson  
41 George St, Scoresby 31790  
96349 520

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