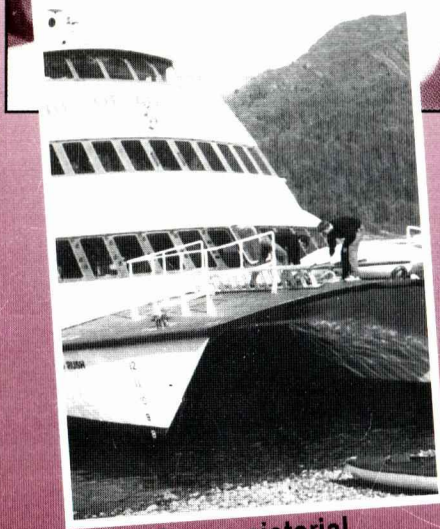


\$5.00

Paddler

MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC. - VOLUME 123

AUGUST 1998



Canoe pictorial
pages 22 and 23

Sprint in Poland

- A Canndid tale
- Paddler crossword
- Polo reports

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



CONTENTS

VOLUME 123

AUGUST 1998

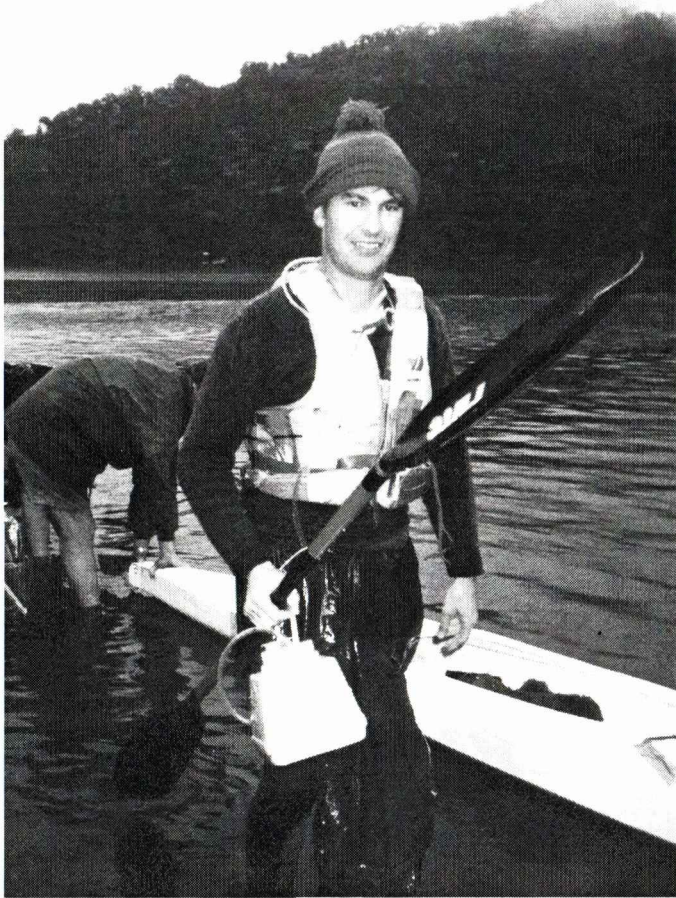


PHOTO ABOVE: ROGER TRALAGGAN (PAST VCA TREASURER) RUGGED UP READY FOR THE NEPEAN 24 MARATHON. PHOTO: KERRY BONNET COLLECTION

COVER PHOTO: MICHAEL LOFTUS-HILLS IN GLACIER BAY NATIONAL PARK. PHOTO: TONY PAYNE

FEATURES

VCA Presidents report	4
Junior world cup	8
Crossword	12
VCA calendar	18
Canoe pictorial	22
Paddling after Lucy	26
VBCE	30

CANOE TRAVELS

Canndid Tale	14
Slalom in New Zealand	36

EVENTS

Polo Championships	21 & 29
Winter Classic	24
Mt Lofty Management Plan	32
Marathon Races	34

COLUMNS

Editorial	2
News	3
Classified ads	40

Internet

www.canoevic.org.au

email vcainfo@canoevic.org.au to join the canoevic mail list.

Paddler

Magazine of the Victorian Canoe Association Inc.

EDITOR
Michael Loftus-Hills

LAYOUT
Meron McDonald & Michael Loftus-Hills

PROOFREADER
Tony and Robin Payne

Printed by Print Synergy

Articles, advertising, subscriptions and enquiries
c/o VCA, 332 Banyule Road, Viewbank VIC 3084
Tel 03 9459 4251 Fax 03 9457 5438

Paddler is published six times per year by
the Victorian Canoe Association Inc.

Publication dates
February, April, June, August,
October and December.

Copy deadlines
Second week of: January, March, May, July,
September and November.

Subscriptions
Individual copies - \$5.00 each
Club bulk copies - \$4.25 each

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

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

VICTORIAN CANOE ASSOCIATION INC.



332 Banyule Road, Viewbank VIC 3084
Tel 03 9459 4251 Fax 03 9457 5438



FROM THE EDITOR

The August Paddler features Alistair Carrie's article on the junior world cup in Poznan, Poland. Alistair and Jessica Beck were the two Victorian representatives in the junior squad that spent five weeks in Europe leading up to the world cup. Alistair, part of the winning K4 team, is a member of the Mitta Mitta Canoe Club and has done most of his paddling in Victoria. Congratulations to Alistair and Jessica on their world cup achievements.

The Victorian Canoe Association annual general meeting, was held on the 27 July 1998. The VCA Presidents report is reproduced in this issue of Paddler. The complete annual report, including discipline reports, can be downloaded from the canoevic web site at www.canoevic.org.au

Paddler acknowledges the support of paddlers who have written articles for the magazine. We encourage every VCA member to think about contributing to the

October issue. Our reader survey noted the need to cover all aspects of canoeing. Put those pens to paper, or disks in your computer, and get writing!

Paddler

Subscription

Ask your club to subscribe to *Paddler* magazine. Save 75 cents per issue on bulk copies.

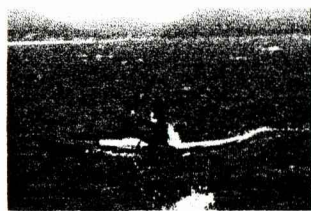
Corrections – April issue

We apologise for not including Jessica Beck and Alistair Carrie on the Australian representatives list in the June *Paddler*.

Join the Paddler team!

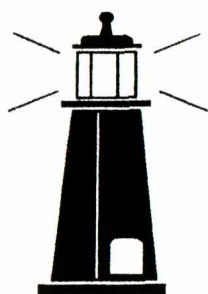
Paddler needs your help. If you would like to be involved in the production of the Victoria's canoeing magazine contact the VCA now.

The alternative experience...



- Discover the wonders of Victoria's breathtaking coastal scenery by SEA KAYAK
- Rugged shorelines, secluded beaches,
- Paddle with the penguins, dolphins seals and more....
- Guided tours and instruction.

MERIDIAN KAYAK ADVENTURES



Tours and instruction around Victoria's spectacular coastal areas. Wilson's Prom, Cape Otway, Gippsland Lakes and the bays.

7 days a week

Bookings and information:

Po Box 565 ELSTERNWICK 3185

Fax : (03) 9596 8876

Mobile: 0417 552 620

email: meridian@ocean.com.au

Tel: (03) 9596 8876



canoe news

VBCE

The VBCE will be conducting basic skills courses in the Bendigo area.

- August – “Basic skills instructor intake”
- December – “Basic skills instructor assessment”

If you are interested in VBCE courses or you have a group or special need contact Jenny Hogan (for the Bendigo area) on 54 483 679 or Glenise at the VBCE office on 9459 4277. See the VBCE report on page 30 or visit the VBCE web site at www.canoevic.org.au.

Marathon

The third Teachers' games will be held on Tuesday 22 December, 1998. The canoe and kayak competition will be held at the Lake Weeroona Pavilion, Bendigo. Contact Tony Misson on 03 5440 3104 for more information.

• The Marathon Committee has donated \$4000 towards the Australian Marathon team that will compete in South Africa in September.

From the VCA Marathon Newsletter. Issue #7. E-mail Colin Dobson at dobbo@netspace.net.au for more information.

Find out about the South African World Marathon championships at

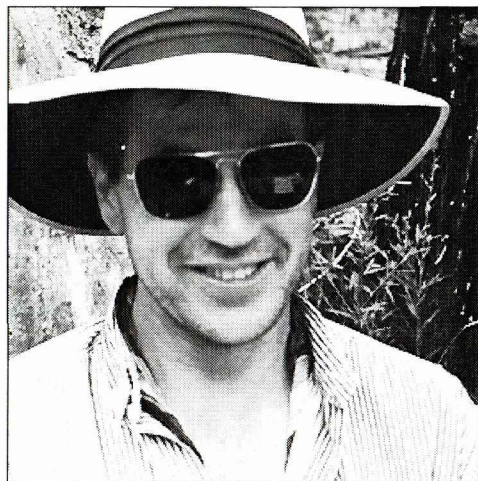
<http://www.canoe98.org.za/default.htm>

Polo

Congratulations to Andy Waters and Steve Gibson on their selection in the Australian Men's Polo team. The World Championships will be held in Portugal later in the year.

Welcome

New VCA Treasurer – Selina Ross



Send committee news to Paddler now! If we don't know about it – we cannot print it.

John Qualye seen “in holiday mode” while judging at the National championships at Nymboida in Northern NSW, is the new chair of the Slalom committee. John's son (see Phils article on page 36) is a competitive slalom, downriver and wildwater paddler. John paddles downriver, occasionally slalom and polo, and his favourite river is the Goulburn, with its good challenging water and easy access from Melbourne.

*When John is not paddling he likes to fish for trout and play bridge. He likes to eat Thai curries while reading *The Client* – by John Gresham. John is presently studying to complete a University degree.*



Thinking of visiting the south of France this year? Paddle the Gorge du Tarn. Hire a canoe and drift down this amazing gorge through grade one rapids. The area is full of European holiday makers in summer, but the fresh coffee and pastries, 10

metres from the start, and the unspoilt country makes the gorge well worth a visit.

There are at least three companies that hire canoes, driving you to the start of the paddle and then collecting you at the end of your trip. Finish the day with a beer and dinner overlooking the ancient arched stone bridge that crosses the river near the local camping ground.

Sprint

Congratulations to Alistair Carrie on his world junior championship win in the K4 at Poznan, Poland (see full report page 8). While Alistair was getting ready for a team dinner in Walcz, the bathroom door was locked. When the team returned an hour later, Alistair was let out of the bathroom. Alistair says that “the team found it very funny but I didn't”

Congratulations also to all of the Victorian Senior Sprint Paddlers who completed at Duisburg, Germany in July. This regatta was the final world cup race for 1998.

Slalom

Four Victorian Paddlers made the finals (top 15 in each class) at the IV World Cup at Waussu, United States. Well done – Danielle Woodward, Mia Farrance, Kai Swoboda and Andrew Farrance. Results are available at the ACI web site. The team now moves back to Europe for preliminary racing and training prior to the last world cup for 1988 in Barcelona, Spain.

VICTORIAN CANOE ASSOCIATION INC.

1997/8

PRESIDENT'S REPORT

The VCA annual general meeting was held on Monday 27 July. The President's report is reproduced in full. The complete annual report, including discipline reports is available at the canoevic web site.

VCA President 1997/8 Margaret Buck

1997-98 has been a very challenging year for the V.C.A., and has also been a year of significant achievements. Throughout this year I have been constantly amazed at the commitment, dedication and perseverance of members of the Executive Committee and our Executive Officer. This year has required an exceptional number of meetings, often very intense. Executive Committee members have given generously of their time, their counsel and their deliberations to the benefit of the V.C.A. Club delegates have also looked carefully at the issues to be addressed, and have taken part in extra meetings. At all times I have been overwhelmed by the goodwill, generosity and commitment to the V.C.A. of numerous canoeists. With this has come an increased involvement in V.C.A. meetings, which will help us continue to build a pro-active, cohesive and dynamic vision for the V.C.A. I thank all canoeists who have given their support, ideas and dedication during this year.

The increased involvement of canoeists will continue to improve communication in the V.C.A. One of our main communication tools is Paddler. Earlier this financial year there was a brief falter in our production of Paddler. Since then, we have changed our editor, and our printer, cut back on our costs, and aimed to further broaden the range of articles to reflect the diversity of Victorian canoeing, and the various experiences of canoeists. Successful subscription drives and questionnaires have been initiated by our editor, Michael Loftus-Hills. More promotion is planned for the future. We continue to look to the clubs and canoeists for support by both subscribing and contributing to the Paddler. We also encourage all canoeists to advertise their businesses in the Paddler, so other paddlers may help support your endeavours. Michael has also been reviewing, updating and improving our website, thereby continuing to develop the V.C.A.'s communication options.

Despite the extraordinary demands which this year has placed on chairmen of the standing committees, there are many noteworthy achievements for Victorian Canoeing disciplines. The decision of Council to create 2 standing committees from the Slalom and Wildwater Committee, has ensured many positive outcomes for the new Committees, and for Victorian Canoeing. The new wild-water committee has met very regularly, and is most enthusiastic about its future, and its contribution to Victorian Canoeing. Both committees continue to work co-operatively particularly in terms of dates, events and the SunSmart Schools Championships. The slalom program with the V.I.S. is proceeding very strongly with excellent results from paddlers. Sprint paddling in Victoria continues to grow, with more competitors than any other State at some Australian Canoeing Grand Prix events. Victoria has also organised and hosted an Australian Canoeing Training Camp for Canadian Canoe competitors, leading a resurgence for selection in the Sydney 2000 Olympics. The recent opening of the Nagambie Canoeing and Rowing Course, and the exciting proposal for a Canoeing-Rowing course in Geelong ensure an excellent range of facilities for the future of Victorian sprint canoeing. Marathon canoeing continues to grow, with friendly inter-club competition helping to introduce new paddlers to this discipline. The new Steering Committee for flatwater junior development is eager to create options for juniors in both marathon and sprint. Co-operation and involvement of both flatwater committees in the SunSmart Schools Championships ensure the success of these events.

Canoe polo maintains its strong competitive base, with its main limitations being the cost and availability of suitable venues. Richmond Pool has been most important as a central venue, and is host to Canoe Polo several nights most weeks. Rodeo is now developing under the auspices of Australian Canoeing, and is growing rapidly. Our Touring Committee is ensuring Victorian representation is strong as this recreational aspect of canoeing develops.

This year has seen an excellent record of Victorian competitors and officials chosen in Australian teams. All disciplines have seen the excellence for which competitors and officials strive, and must be very proud of Victoria's record of selection. Congratulations from the Victorian Canoe Association to all competitors and officials chosen for Victorian or Australian teams.

During this year there have been many concerns expressed about the low rainfall, the consequent effect on



SUNSMART
Save your skin



VicHealth



**SPORT AND
RECREATION
VICTORIA**

river levels, and the subsequent health of rivers and waterways. It is important that canoeists involve themselves in these concerns. Canoeists are in a unique situation to monitor, and possibly analyse and improve water quality and access. We commend the work of those canoeists and clubs who have this focus, and particularly commend the work of the touring committee on behalf of the V.C.A. in compiling submissions to enquiries.

Another significant achievement was a most successful Compkraft Kayaks Eildon Triathlon. We had a record number of entries this year. With a continuing increase in the number of competitors, a revised policy on prizes, and a continuing emphasis on friendliness and organisation, we anticipate another successful event in 1999. Particular thanks to Julie Perriam and Stephen Beitz for their energetic, thorough and enthusiastic organisation, and to their numerous helpers prior to the event and on the day. Special thanks to those members of the Eildon Community who also ensured the success of the day.

As part of our strengthening of the V.C.A., we have continued to work on policy statements, but have had some difficulties in receiving feedback. One such policy was the Corporate Governance discussion paper. We will be asking members for more feedback in this coming year. The Executive have approved a SunSmart policy statement, to ensure canoeists are receiving healthy lifestyle messages.

My deepest regret in 1997-98 has been the unnecessary time and energy invested in addressing the aftermath of the Thomson River incident. Not only has this made enormous demands on V.C.A. members from all clubs and disciplines, but particularly on the V.C.A. Executive Committee members, our Safety Officer, Russell Sheehan, and our Executive Officer, Michael Cassar. The V.C.A. expresses its sincere thanks to Russell Sheehan and Michael Cassar for their thorough and carefully compiled report. Normally, this incident should have been handled promptly, appropriately and co-operatively by the V.C.A. sub-committee which conducted the program, keeping the Executive informed. Instead it became a situation which has caused angst within the V.C.A. The final outcome, at the end of May and after numerous meetings within the V.C.A., has been a Council appointed V.B.C.E. The members of that V.B.C.E. are selected by the Executive Committee. Their role is to rebuild the reputation of the V.B.C.E. both within and outside the V.C.A., and to assist the V.C.A. in its review of the roles and functions of the



Photographs above: Margaret Buck and Neil Grierson enter a check point on the 1997 Murray Marathon.

Photo: Michael Loftus-Hills



SUNSMART
Save your skin



VicHealth



**SPORT AND
RECREATION
VICTORIA**

VICTORIAN CANOE ASSOCIATION INC.

1997/8

PRESIDENT'S REPORT

V.B.C.E.

The current V.B.C.E. is working acciduously to achieve these aims. It has been a pleasure to take part in meetings where a clear focus on the functioning of the V.B.C.E. within the V.C.A. is apparent. This group has met weekly since the end of May. The main tasks have been to bring the database up to date, to improve communication to all instructors and to publicise and conduct courses. Significant results and positive feedback are strengthening their resolve.

When we reflect on the past years' achievements, and look ahead to strengthen the V.C.A. in the future, there are several areas to develop.

The activity on the Thomson River has prompted several concerns and responses by the V.C.A. Particularly, there has been a significant renewed emphasis on safety in all V.C.A. activities. While all disciplines are very safety conscious, and have outstanding records in this regard, we have had it emphasised that canoeing, by its nature, has a risk element which we may not be able to eliminate, but which we can minimise by our excellent V.C.A. standards. In 1998-99 I propose we establish a safety committee with representatives from all disciplines, to develop a workable, clearly articulated safety policy for the V.C.A., as part of our risk management strategy.

Policy and procedures development will continue to build clearer, more cohesive operations within the V.C.A. This coming year we need to review our accounting and reporting procedures, and consider appropriate systems for easier monitoring and auditing. We also need to continue to specify the communication within the V.C.A., to develop more cohesive and responsive systems and procedures. This is designed to assist us in the marketing and publicity of canoeing in Victoria.

Our office procedures, equipment and staffing needs are ready for review. During this year there have been extreme pressures on our Executive Officer and our office systems: we now have the opportunity to move forward in this regard. It is also appropriate that we consider our office accommodation. While the current V.C.A. office has had some great benefits for the organisation, we have, for some time, outgrown it. While we were close to having an excellent option to bring to the V.C.A. for decision, this opportunity did not proceed due to a change in ownership. Enquiries are continuing, but we would appreciate assistance from V.C.A. members in locating viable options for future expansion.

We continue to need to build our financial base through financial diversity for our future development. In the debates regarding the increase in our registration fee, the need for members to contribute financially to the central administration of the V.C.A. was emphasised. The Registration Fee also contributes to the public liability cover for the V.C.A. Further creative ideas to help our financial diversity will be sought from members.

We have commenced discussions at Executive Committee level to conduct a strategic review for the V.C.A. in this coming year. Now our new Executive Committee is installed we will review our options, and plan our strategies for the future. Specifically, this will include the role of the V.B.C.E. in the V.C.A.

The V.C.A. has been most fortunate to have had the expertise of both Jenny Hogg and Michael Cassar during this past year. As our Executive Officer, Michael has brought his broad range of general management, sports management and marketing experience to the V.C.A. We thank him for his astuteness, perseverance and advice during this year. He has maintained a clear focus on the authority of the V.C.A., and has made many valuable contributions to the organisation. Jenny has continued volunteering her involvement after Michael's appointment. A special thank you to both Michael and Jenny from the V.C.A.

My respect and praise for the commitment and co-operation of all members of the 1997-98 Executive Committee are intense. Whatever views were expressed, their love for and dedication to the advancement of canoeing in Victoria was obvious throughout the year. I encourage all canoeists to give their committees and officers all the support possible during the coming year. I am looking forward to the challenges and achievements that this year may bring for the V.C.A., as we further develop our cohesive, co-operative and co-ordinated endeavours for the overall benefit of Victorian Canoeing.

Finally, I thank our many sponsors, particularly VicHealth, SunSmart, the Department of Sport and Recreation and Melbourne Parks and Waterways. We have valued their on-going support over many years. Particularly through the SunSmart message, and our related policy statement, we continue to establish a culture of a healthy approach to our love of the outdoors, and canoeing in particular.



SUNSMART
Save your skin



VicHealth



**SPORT AND
RECREATION
VICTORIA**

Victorian Canoe Association Elected positions 1997 /1998

Position	Incumbent
President	Margaret Buck
Senior Vice President	Norm Clark
Treasurer	Roger Tralaggan
Secretary	Michelle Leaver
ACF Delegate	Margaret Buck
Public Officer	Michael Cassar
Promotions Officer	Vacant
Vicsport Delegate	Margaret Buck
VOC Delegate 1	Tony White
VOC Delegate 2	Danielle Woodward
Safety Officer	Russell Sheehan
Librarian	John Boardman
Property Officer	Bill Smith
Auditor	Philip Taylor
Executive officer	Michael Cassar

Victorian Canoe Association Canoeists of the year

1980	John Sumegi
1981	Elizabeth Blencowe
1982	Elizabeth Blencowe
1983	Peter Genders
1984	Peter Genders
1985	John Jacoby
1986	John Jacoby
	Tony Prior
1987	Tony Prior
1988	Martin Hunter
1989	Martin Hunter
1990	Danielle Woodward
1991	Mike Mills-Thorn
1992	Martin Hunter
	Danielle Woodward
1993	Mike Mills-Thom
1994	Danielle Woodward
1995	Morwenna Griffiths
1996	Chad Meek
1997	To be announced

VCA Life members

George Varcoe
Arthur Howard
Ross Chenoweth
John Boardman
Jill Prior
Tony Prior
Jane Farrance
Roy Farrance
Nora Smith
Bill Smith
John Jacoby



World Junior Canoe Cup, Poznan, Poland 3-5 July 1998

The Australian Junior Kayak Team produced some outstanding results at the recent Junior World Cup in Poznan, Poland, in July. Alistair Carrie reports on the teams success.

The team of ten male and seven female paddlers departed Australia on 3 June, 1998 for five weeks of intensive training and competition leading up to the World Cup. It seems to be a little known fact in Victoria that there were two Australian sprint representatives from Victoria on this team.

Brett Worth (NSW) was Head Coach, Krzysztof Lepianka (WA) Assistant Coach and Christine Duff (NSW) Team Manager. Only three members of this team were not from state or national institutes, including Alistair and Jessica from Victoria. Three members had been away previously with an Australian Junior Sprint team, Jay Bolton '96 and '97, Lisa Oldenhof '97 and Rachel Simper '96.

The Team competed in three regattas in Germany to prepare for the World Cup, staying at Essen, Weisbaden, Frankfurt and Berlin before travelling to Walec in Poland for the final two weeks training into the Cup.

The three regattas in Germany included a large junior

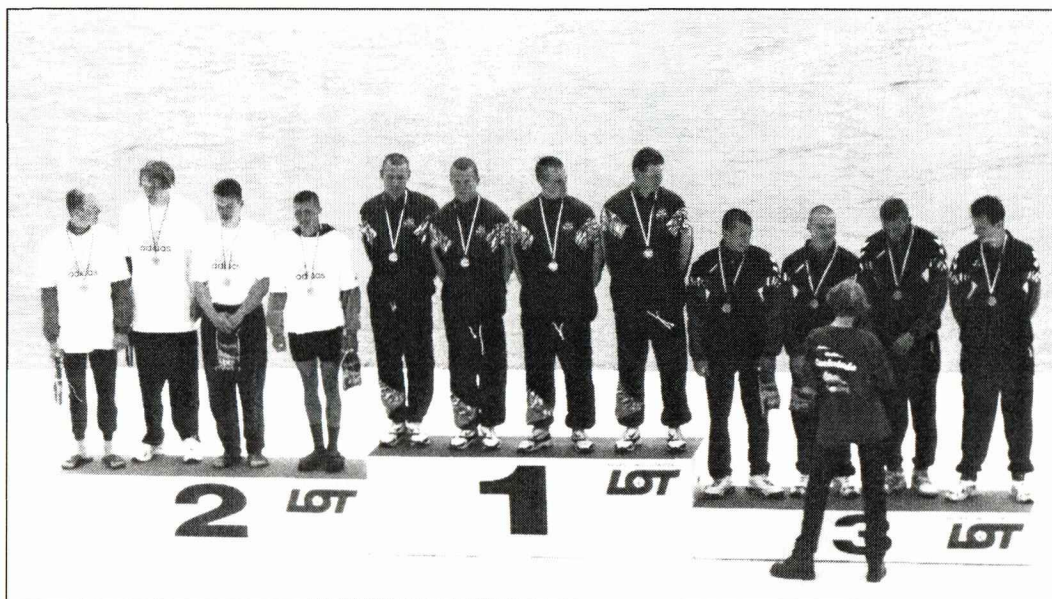
Team Members -

Female

Kate Barclay	South Australia (SASI)
Jessica Beck	Victoria
Ashley Campbell	New South Wales (NSWIS)
Lisa Oldenhof	Western Australia (WAIS)
Rachel Simper	Western Australia (WAIS)
Cara Targ	New South Wales (NSWIS)
Sara Wirth	Queensland

Male

Jay Bolton	New South Wales (NSWIS)
Steve Burns	New South Wales (NSWIS)
Alistair Carrie	Victoria
Scott Casey	New South Wales (NSWIS)
Jono Chalmers	New South Wales (NSWIS)
Toby James	New South Wales (NSWIS)
Scott Leeson	New South Wales (NSWIS)
Stuart Mills	South Australia (SASI)
Glen Pickering	Queensland (QAS)
Craig Rodgers	Queensland (AIS)



World Junior Canoe Cup, 1998, Poznan, Poland. Medal presentation K4 500m final.

*1st Australia
L-R Alistair Carrie (Vic)
Craig Rodgers (QLD)
Stuart Mills (SA)
Glen Pickering (QLD)
2nd Germany
3rd Belarus*

Photo: Carrie collection

regatta at Herdecke in early June, an interesting regatta on a tributary of the Rhine river at Wiesbaden and more importantly a major international junior regatta at Bochum. All of these regattas showed pleasing results, with Australia clearly dominating at Wiesbaden and taking out the club points trophy. The races we were doing were great for showing the improvement gained from the racing and training in Europe.

Bochum was an exceptionally hard regatta because instead of using international rules restricting the number of boats per country to one, countries were allowed two boats in every class. This meant that competition here was possibly harder than the World Cup. The men's K4 crew were very unlucky at this regatta being beaten by the narrowest of margins by the Polish K4 in both races. In the 500m the German A crew was first with the Slovaks second. The Australian crew was a clear third but somehow the Polish managed to come home in the last thirty metres. Medal presentations were directly after the race and the Australians were called up as third from the photo finish and considering this was our first international competition we were really happy, but while shaking each others hands

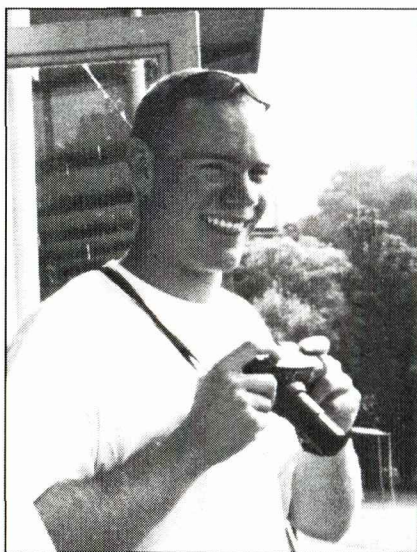
the announcement came over the loud speaker that the Polish were actually third and "sorry Australia you have been relegated to fourth." This was very frustrating for the crew and I have never been so disappointed in my entire life, but it was only more incentive for the World Cup.

Jessica Beck, the only other Victorian athlete on the team performed well at Bochum. Considering that she and Kate Barclay (SASI) were the K2 5000m crew, they achieved a great result by finishing 5th in the Ladies K2 500 B final, only two places behind Rachel and Lisa, who finished fourth at the World Cup.

After the regattas in Germany the team spent ten days in Walcz, Poland (pronounced Volch) for a training camp before moving to Poznan for the World Cup. The training centre at Walcz is the Polish National Olympic training venue for kayaking, rowing, basketball, volleyball and fencing, and it must be said that it is a major improvement on the rest of Poland – definitely an old Eastern block country. This centre was very good, considering we were staying in Hitler's old hunting lodge and it was located on the Russian/German front line, from WW2, with trenches

This is the first time that an Australian Men's crew has won a medal at a Junior World Cup or Junior World Championship.

Paddler Profile – Alistair Carrie



When did you first paddle?

Two weeks before the 1994 Murray Marathon. I competed in the J14 TK2 – it was exceptionally hard. I started to paddle in a K1 in 1995.

How often do you train?

At the moment, I'm doing 11 sessions per week – gym and on the water. I'm doing a lot of interval work – and longer stuff, trying to rebuild some endurance for the marathon World Cup in September.

Do you know any Polish words?

A few – and I can't spell them. Proszę – Please, Tak – Yes, Dziem Dobry – Good morning, Dziekuje – Thankyou, Nie – No, Do widzenia – Goodbye.

What do you do when you are not paddling?

I'm doing year 12 over two years and I try to study, and on weekends, I'm all over the country...I try and maintain some sort of social life.

Favourite food?

Chocolate is definitely high on the diet, but I can't resist Thai food.

Favourite book?

I read as much as possible, mainly science fiction, and some of my

favourite authors include Robin Hood and Sara Douglass.

Other sports?

I've tried many sports, triathlon, water polo, basketball and tennis, but at the moment, paddling's my life.

Your age? Do you have a girlfriend?

I'm 17 (birthday 14 September same as Chad Meek) I was born in Albury. No I don't have a girlfriend, so if anyone's interested...

Dziekuje – Alistair



Junior world cup

and bunkers still there to catch unwary joggers!

We trained on the course from the 1973 Junior Worlds which was good except it was immensely crowded, with the Polish rowing team and the Polish senior and junior kayaking teams on the water. We ended up becoming quite friendly with the Polish junior team after a joint bonfire one night. This was made interesting by the fact that their English was minimal and our Polish was non-existent, fortunately our assistant coach Krzysztof was formerly from Poland and ended up becoming our interpreter.

After our 'relaxing' stay in Walez we travelled two hours in a Polish bus (not a mean feat – Polish drivers must be amongst the worst in the world) to Poznan. We paddled on the course Thursday afternoon and to our dismay experienced the local weather. I would have to say that this was the best course that I have ever paddled on, despite the wind factor. There was a huge grandstand and finishing tower on one side and boat sheds where we stored all our equipment on the other. It was a 2 kilometre course in the centre of Poznan, with starting gates at the 1000m and 500m mark which were a new experience for most of us.

Twenty nine countries contested the 1998 World Canoeing Sprint Cup, including all the European super powers such as Germany, Hungary and Poland.

Weather for the World Cup was not conducive to good paddling, with a washing machine type swell and strong winds of 30 kilometre per hour making it difficult for all competitors. This showed in our heat of the K4 500 metre on the Friday afternoon. After our start, approximately 25 double strokes into the race, the wind caught the paddle of

Stuart Mills, our third seat paddler, and blew it out of his right hand. After some desperate antics for about 5 double strokes Stuart managed to get his paddle back, but we had gone from first in the heat to fifth. Stuart and Glen really put in after the mistake was rectified, because they could see what was happening while Craig and I had no idea, and we ended up second to the Germans with the second fastest qualifying time. After all the drama it looked very amusing on video.

In the final of the K4 500 the Belarusians were in the lane next to us and although we beat them off the line they were very strong through the middle of the race, edging their nose in front of ours. The Germans were in lane 7 so we had no idea where they were at all. I paddled three strokes over the line to make sure we'd finished, then looked across to see the pink nose of the German boat and knew it was close. The four of us turned to study the official score board and when we saw 03 AUSTRALIA in first place we were stoked (03 was our lane number). There isn't a feeling in the world to compare to the elation I felt when we realised the results from the scoreboard. We had qualified with the second fastest time for the final and thought we had a chance of a medal but were just ecstatic to win gold.

We beat the highly fancied German crew by .02 second with Belarus winning the bronze.

Our time of 1.27, a personal best, would have been even faster in more ideal conditions, because although there was a huge tail wind it was so big that it created a considerable swell where it was hard to pull full strokes.

The overall results were the best ever achieved by an



Australian Junior K4 Team. L-R Craig Rodgers, Alistair Carrie, Glen Pickering, Steve Burns, Stuart Mills

Photo: Carrie collection

Right: Australian Junior Kayak Team touring on the River Rhine. L-R Christine Duff (Team Manager) Jay Bolton, Lisa Oldenhof, Glen Pickering, Jono Chalmers, Alistair Carrie, Scott Leeson, Brett Worth (Head Coach)

EVENTS



Australian Junior Team, reaching 8 out of 9 finals we entered and also completing all long distance events.

The highlight would have to be the silver and gold medals won by the Men's K4. The crew of Burns/Rogers/Mills/Pickering won a silver medal in K4 1000 while the crew of Carrie/Rogers/Mills/Pickering won gold in the K4 500.

This is the first time that an Australian Men's crew has won a medal at a Junior World Cup or Junior World Championship and the first medal for a Junior team of any sort since Jacqui Mengler's gold at the Junior Worlds in

Japan, 1995.

This gold medal is particularly significant for Victoria because Alistair Carrie was stroke of the K4 500. Alistair is a member of the Mitta Mitta Canoe Club and has done all his paddling in Victoria, coming up through Junior Development to win this gold medal in The Junior World Cup. Congratulations to Jessica and Alistair on their World Cup achievements.

Results: Junior WorldCup - Poznan

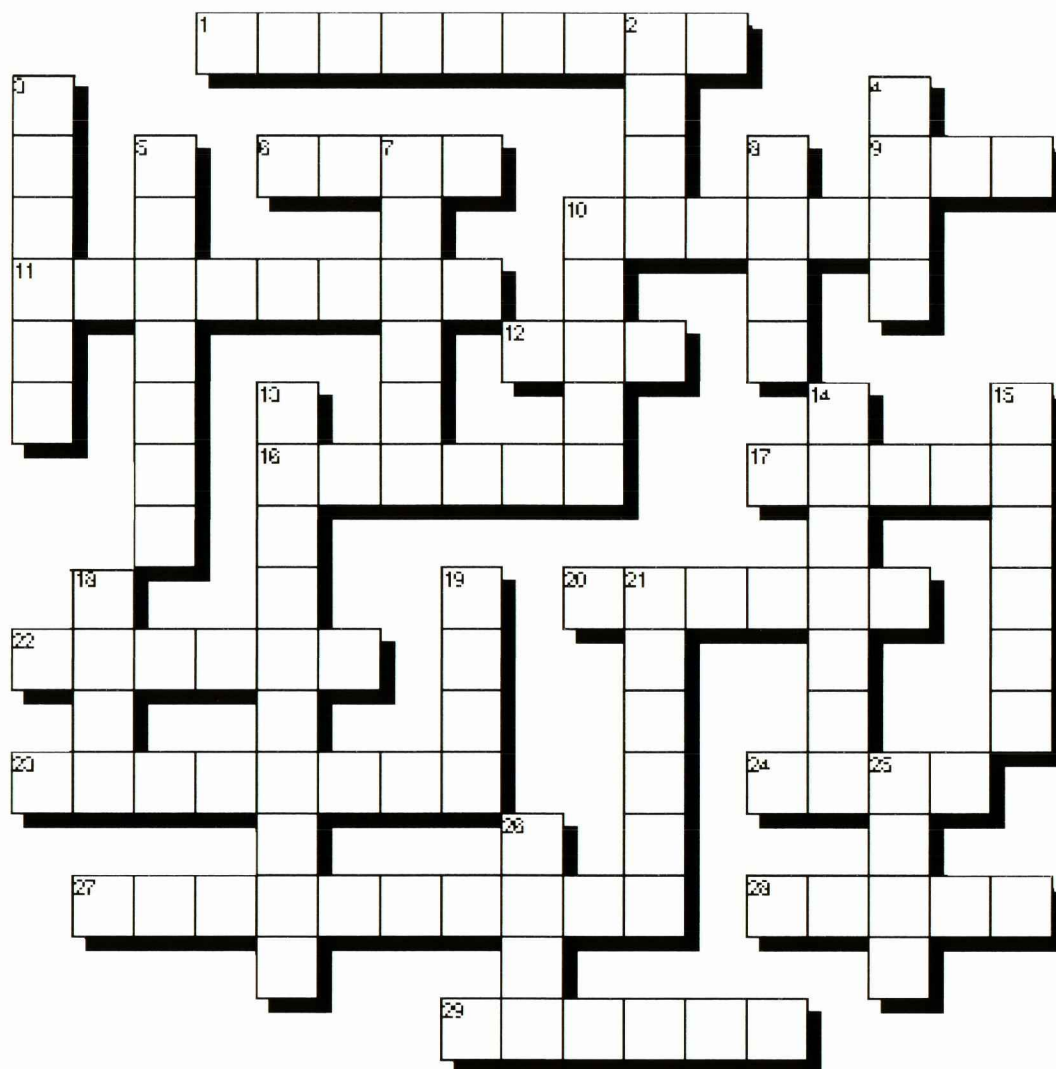
Men's K4	500m final – 1st Australia (Alistair Carrie, Craig Rodgers, Stuart Mills, Glen Pickering), 2nd Germany, 3rd Belarus.
Men's K4	1000m final – 1st Hungary, 2nd Australia (Steve Burns, Craig Rodgers, Stuart Mills, Glen Pickering), 3rd Russia.
Men's K1	1000m – Jay Bolton 4th
Men's K2	1000m – Toby James / Scott Casey 8th
Men's K1	500m – Jay Bolton 6th
Men's K2	500m – Jay Bolton/ Steve Burns 7th
Ladies' K4	500m – Rachel Simper / Sara Wirth / Lisa Oldenhof / Ashley Campbell 6th
Ladies K2	500m – Rachel Simper / Lisa Oldenhof 4th
Men's K1	5000m – Alistair Carrie 13th
Men's K2	5000m – Jono Chalmers / Scott Leeson 10th
Ladies' K1	5000m – Cara Targ 7th
Ladies' K2	5000m – Jessica Beck/ Kate Barclay 7th



**Interested in Sprint?
contact Tim Altman
on 9417 3333**

**Sprint Races in October
October 4 – Bendigo cup – Bendigo
October 18 – Race 1 – Nagambie**

Paddler Crossword



Paddler Crossword

Across

1. Helping keep Victoria healthy. (9)
6. Educating Victorian canoeists. (4)
11. Keeping paddlers out of the sun. (8)
12. He's the Slalom coach and the English hunt for them. (3)
9. Kevin Sheedy does not coach this canoe club.(3)
10. New VCA treasurer – first name. (6)
16. Large appetite – not the World sprint champs. (6)
17. No horses in this type of canoeing. (5)
20. Falls on the Yarra. (6)
22. Keeps your kayak in a straight line. (6)
23. John Qualye spent his holidays there. (8)
24. One of two Victorians at the Junior World cup in Poland. (4)
27. Slalom and Whitewater schools championships.
28. One big jump in New Zealand. (5)
29. He's in charge of sprint in Victoria. (6)

Down

2. Sea kayakers avoid paddling against it. (4)
3. Canoes Plus recommend it for the JLW. (6)
4. Watch out for them at Glacier Bay. (4)
5. The teachers' games. (7)
7. Strengthen your paddle with it. (6)
8. It doesn't make your kayak fly. (4)
10. This river needs more water. (5)
13. No grey horse – and they paddle white-water. (10)
14. Marathon paddlers stop paddling to do it. (7)
15. Poland junior sprint championship. (6)
18. Robin Payne's daughter. (4)
19. Victorian instructors need to find out. about it – it's no whale. (4)
21. They invented kayaks. (6)
25. David Clark paddled down this river. (4)
26. No eating this recovery technique. (4)



Carbon Paddles

Made in Australia

\$269 rec. retail. Inc tax.

Our leading-technology system uses moulds put under high pressure, filled with carbon fibre and injected with resin. This mechanised process allows us to produce quality blends efficiently – hence the exceptional value.

Other Carbon paddles
from \$229.00 rec. retail. Inc tax.

Two size and blade types
Weight approx. 850 gms.

Contact us for your nearest shop.

Shop, trade and club enquiries welcome.



6-56 CURRUMBIN CREEK RD
CURRUMBIN – GOLD COAST
PH: (07) 5598 4044
EMAIL: DEKKA@ONTHENET.COM.AU



A Canndid Tale

Regular contributor to paddler, David Clark, describes the recent Whitehorse Canoe Club paddle on the Cann River in East Gippsland.

When the recent floods hit East Gippsland a number of thoughts ran through my mind. Would the rivers still be up by the weekend?

Would the water have dropped sufficiently for the Princes Highway to open? Would the locals object to canoeists taking great delight in the devastating floods? And how on earth did Peter know, some two months previously, that the Cann River would be "paddleable" that weekend for the first time in over two years?

The Whitehorse Canoe Club trip calendar had the weekend booked, somewhat optimistically, for a Cann River trip. This was about as likely as an Orbost logger winning the Victorian "Hug A Tree" championship. However, Peter must have friends in high places, and the heavens duly opened on the Monday before the scheduled trip.

I started monitoring the river levels. The Mitchell rose over four metres in twenty four hours, reaching 6.5 metres on the Glenaladale gauge on the Wednesday morning. The Cann also peaked at 2.5 metres at the same time. The rains then stopped and I nervously watched as the river levels

fell. Plotting a graph, it appeared that the Cann would be at 0.75 metre on the Saturday morning – a perfect level according to the guidebook.

We set off on Friday night to make the long drive from Melbourne to Cann River. After the obligatory stop at the golden arches we staggered into the vans at 1am.

The sun rose far too quickly, but the cool, crisp air soon had us wide awake. The river was still up and there was not a cloud in the sky to break the rich blue canopy overhead. Maybe this was a reward for the Mitchell trip two weeks earlier, where we had nearly been washed out of our tents by torrential rain, yet still couldn't paddle because the river was too low!

The five paddlers – Peter, Walter, Paul, Andy and myself

– decided to skip the first 10 kilometres of flat water downstream of the campsite in Cann River and put in at the gauging station above the first rapids instead.

None of us had paddled the river before, although Peter had walked along it a year earlier and had marked all the main features on a topographical map. The river was better than any of us expected: both the scenery and the rapids. Good grade II and III drops, with interesting lines, brought us quickly to the spectacular and un-named falls. Here the river widened to over 50 metres across, with water variously surging down chutes, cascading over ledges, and snaking down channels before reuniting some 12 metres below.

"I started monitoring the river levels. The Mitchell rose over four metres in twenty four hours, reaching 6.5 metres on the Glenaladale gauge on the Wednesday morning"

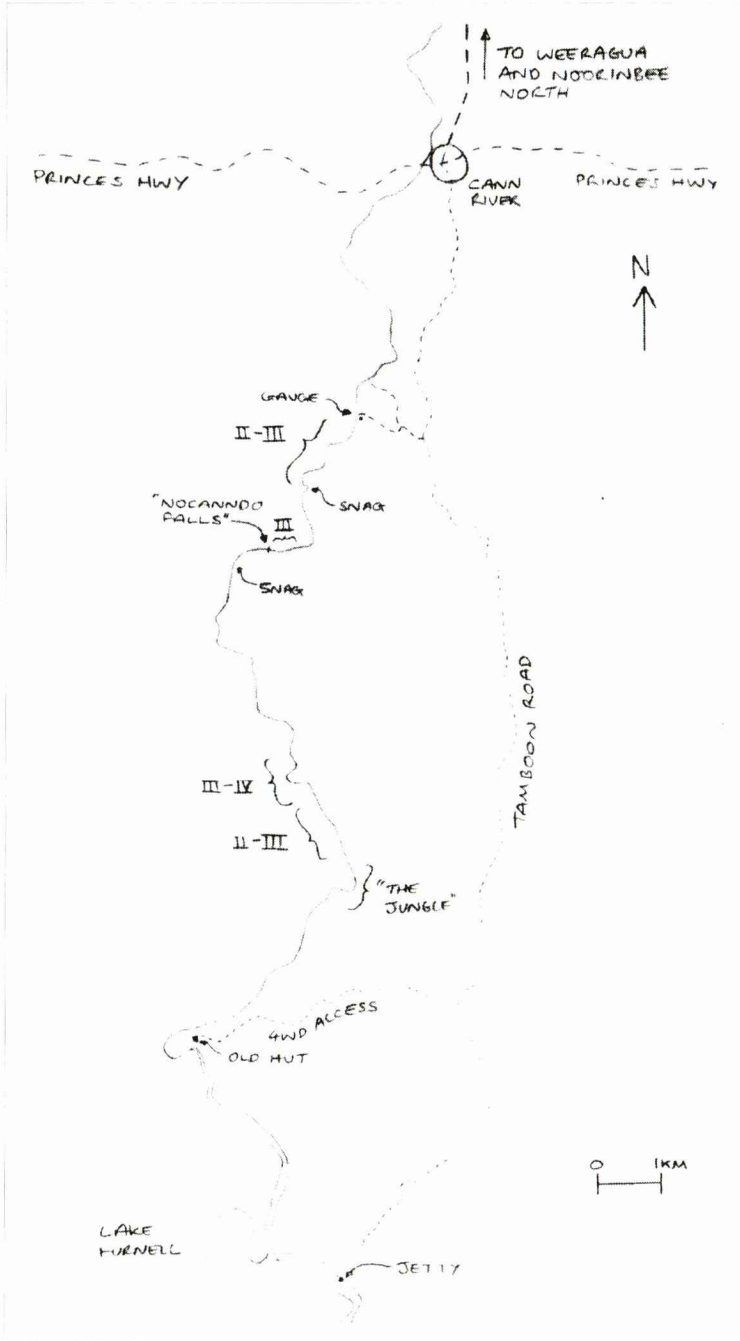


"Whitehorse paddlers ready to run the Cann River after a two year wait for the rains."

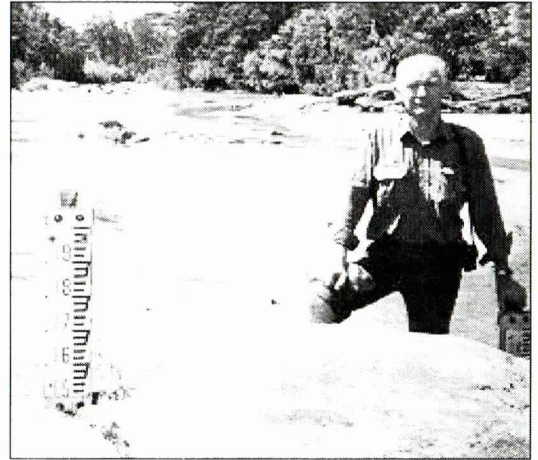
Photo: David Clark



Canndid paddle locations

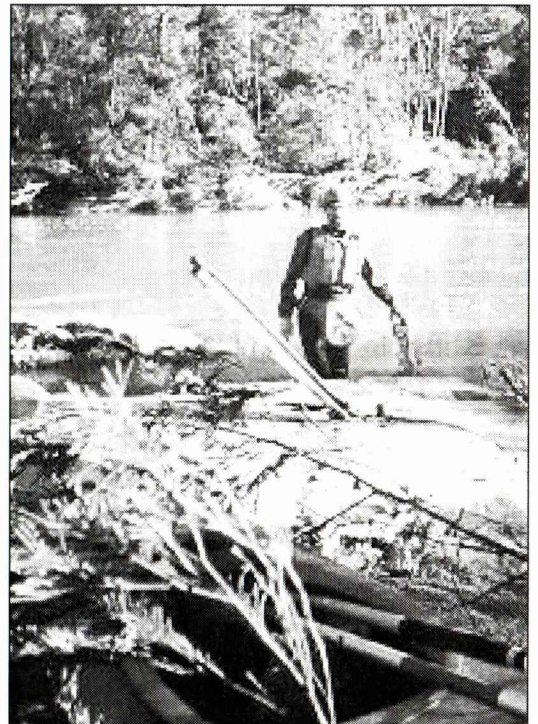


Map by David Clark



Herb Wilde, life member of WHCC, at the gauge during Peter's investigating walk down the (dry) river bed in 1997. Photo: Peter Bodeit.

Below: Andy holding the gauge upright at the put in after the July floods had been through. Photo: Peter Bodeit.



Whitehorse Canoe Club Inc. is an active whitewater touring and canoe polo club with members in Melbourne and country Victoria.
 Contact: Jenny Robinson 11 Shiers Street Alphington Vic. Tel: 9497 3779
 or visit our web site at www.ozemail.com.au/~howard/~WHCC



A canndid tale

A fall of this scale and grandeur surely deserves a name. In the absence of anything suitable on the map - and because of our decision to portage - we thought *Nocanndo Falls* would be appropriate.

We also had names for the other rapids - *Cannonball Run*, *Incandescence*, *Can(n)did Camera*, *Cann Of Worms*, etc (what imagination) - but good taste prevailed. They are still referred to as: "The first big one after the falls", "The one where I took a photo" and "You know the one where you said to go right but I went left and hit the wall - that one."

The best rapid followed lunch and the falls: a 250 metre long grade IV which is as good a rapid at the grade as any in Victoria. A few drops later and the white water was effectively over; next came the jungle section.

The trees grow over, and up from, the river bed, creating a nerve-racking, neck-craning series of tight channels, limbo moves, and manoeuvres around tree trunks. We had to portage a couple of times, occasionally sinking up to our thighs in loose, wet sand.

With the bush-bash behind us we began the long flat water slog to the Furnell jetty. At times the river passed through a series of sand bars; a wrong choice would result in a paddle punt in shallow water as the others floated leisurely by. Unfortunately, we were too tired to really appreciate the beauty of the Croajinalong National Park; our main aim by this time was to reach the waiting car before sunset.

Eventually we hit the estuary; now we had to paddle uphill! With the odd pelican watching over us we reached the jetty at dusk. The 20 kilometre trip had taken just over six hours.

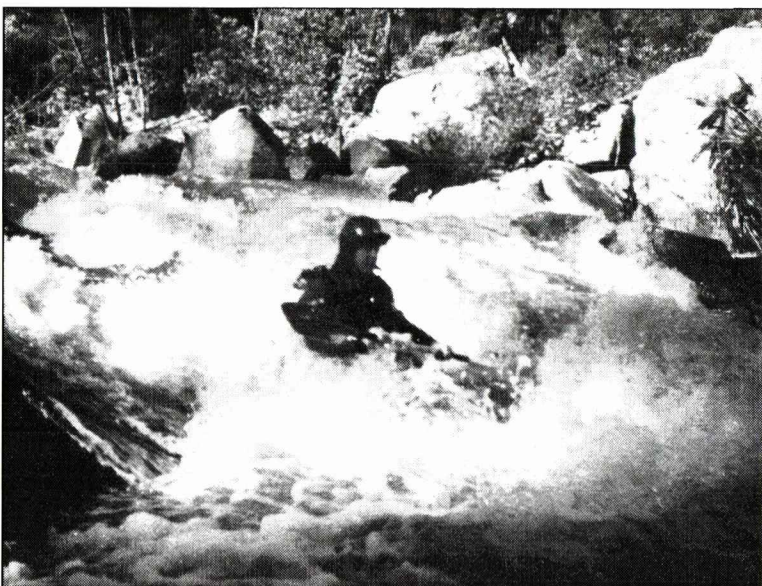
We'd only had one swimmer on the trip but it would be unfair to name him; Peter bought the first jug in the pub!

Next day we paddled the Cann River from Weeragua to Noorinbee North: an 8 kilometre section with very easy road access. The first 2 kilometres comprised continuous grade II rock gardens with plenty to keep paddlers of all abilities entertained.

The final rapid under the road bridge was a good grade II+ with all the necessary ingredients for an excellent play spot: a choice of holes and waves to surf, a viewing gallery on the bridge to tempt you back in when you're nearing hypothermia, and a car full of warm dry clothes only 50 metres away. Hey, maybe this is the river's obligatory *slalom* rapid!

The Cann River is never likely to be a popular destination for canoeists: it's a long way from the metropolitan areas and there is very rarely any water in the river. But if you fancy a different trip to the usual Alpine rivers, in a beautiful part of Victoria, then keep your eyes on the weather forecast for a large south easterly front. And, if you want to further improve your chances of getting a good level, have a word with Peter the Rain God; he'll show you how to perform the necessary rain dance and incantations.

David Clark is chairperson on the Touring Committee and editor of the *Victouring* newsletter. He has been canoeing for over 16 years and gave up competition "because it was too much like hard work."



"Walter Muller samples the Cann's elusive white water."

Photo: David Clark

**WHITE WATER
CHAMPIONSHIPS**
5TH & 6TH SEPTEMBER

SLALOM

VICTORIAN ALL SCHOOLS



**ROCKY
RIVER**

SUNSMART
Save your skin



VicHealth

For information and results www.canoevic.org.au/Allschools
For entry forms contact David Gibbs 9490 3457 or Ian Whitford on 9437 1421

CALENDAR OF EVENTS – 1998/9

EVENT	DATE	INFORMATION	LOCATION
AUGUST			
VBCE	11	Rolling	
MARATHON	12	VCA Race 7 – Singles	Sale
VBCE	15	River Rescue Level 1	
VBCE	16	Proficiency	
WILDWATER	16	Kirinari Downriver Race 3	Jumping Creek
VBCE	22/23	White Water Intro Basic Skills	
MARATHON	23	VCA Race 8 – Doubles	Footscray
SLALOM	23	Yarra Slalom Series Race 4	Fitzsimmons Lane

SEPTEMBER			
WILDWATER	5	SunSmart Vic Schools Championships	Warrandyte
SLALOM	6	SunSmart Vic Schools Championships	Warrandyte
MARATHON	12	SunSmart Marathon Champs – Singles	Essendon
VBCE	12	Basic Skills – SunSmart	
MARATHON	13	SunSmart Marathon Champs – Doubles	Essendon
VBCE	15	Rolling	
WILDWATER	19	Country Series Race 2	Howqua River
SLALOM	20	Country Series Race 2	Howqua River
MULTISPORTS	27	Bike / Paddle / Run	Lysterfields Park

OCTOBER			
MARATHON	3	Bendigo Canoe Cup	Bridgewater
VBCE	3	W/W Basic Skills Intro.Canoes/Kayak	
POLO	3-4	Interclub Championships	Croydon Aquatic Centre
SPRINT	4	Bendigo Cup Sprint	Bendigo
VBCE	9	Basic Skills Instructor Intake	
MARATHON	11	Ted Pace Canoe Marathon	Footscray
WILDWATER	11	Kirinari Downriver Rapid sprints	Dights Falls
VBCE	13	Rolling	
MARATHON	17	Red Cross Echuca Mini	Barmah
POLO	17	Spring VicPolo semifinals	
VBCE	17	River Rescue Level 2	
VBCE	17/18	Skills improvement "Weekender"	
SPRINT	18	Race 1	Nagambie
WILDWATER	18	SunSmart Vict Wildwater Champs	Homestead Lane
VBCE	24	Basic Skills – SunSmart	
SLALOM	25	VCA Slalom committee	Warburton
MULTISPORTS	25	Run / Paddle / Mountain bike	Yarra Bend
MARATHON	31	Hawkesbury Canoe Classic	Windsor
VBCE	31	Basic Skills Quickstart Canoe/Kayak	
VBCE	31	River Level 1	

NOVEMBER			
VBCE	1	Basic skills Quicksmart Whitewater	
MARATHON		Goulburn Classic Day 1	Yea
MARATHON		Goulburn Classic Day 2	McLarty's Farm
MARATHON	7-8	Wimmera Games Marathon	Dimboola/Horsham
SLALOM	8	VCA Slalom committee	Dights Falls
VBCE	10	Rolling	
VBCE	14	WW Instructor Intake	Dights Falls
VBCE	15	WW Instructor Assessment	Dights Falls
MARATHON	15	Bridge to Bridge	Geelong

CALENDAR OF EVENTS – 1998/9

EVENT	DATE	INFORMATION	LOCATION
NOVEMBER			
VBCE	21	Basic skills – SunSmart	
VBCE	22	Proficiency Whitewater testing	
SPRINT	22	Race 2	Carrum
SLALOM	22	Canoes Plus Slalom	Eildon
MARATHON	28	Barwon Mini	Geelong
VBCE	28	Basic Skills Instructory Assessment	
JLW CHALLENGE	28–29	Mt Buller	Mt Buller/Melbourne

DECEMBER			
MARATHON	5	Murray 40 Miler	Yarrowonga
VBCE	5	Basic Skills Instructory Assessment	
SLALOM	5-6	SunSmart Vic Slalom Champs	Eildon
VBCE	12	Basic Skills Weekender	
MARATHON	13	Murray Marathon Dress Rehearsal	Footscray
SPRINT	13	Race 3 Sprint Regatta – special programme	Carrum
SPRINT	12–13	Grand Prix Regatta	QLD Hinze Dam
MARATHON	27–31	Red Cross Murray Marathon	Yarrowonga
RODEO	TBC	Touring Committee	Goulburn River

JANUARY/ FEBRUARY/ MARCH – 1999			
WILDWATER	JAN 2	Australian Allschools Champs	Forth R. Tasmania
SLALOM	JAN 2-3	Australian Allschools Champs	Forth R. Tasmania
WILDWATER	Jan 7	Aust Championships	Tasmania
SLALOM	Jan 8-9	Aust Championships	Tasmania
SPRINT	JAN 9–10	Grand Prix Regatta	Nagambie
WILDWATER	JAN 10	Downriver Rapid sprints	Tasmania
SLALOM	JAN 16	Australian Team selection	Tasmania
SPRINT	JAN 31	Race 4 Sprint Regatta	Carrum
SPRINT	FEB 12–14	Grand Prix	Penrith
SPRINT	FEB 27–28	Victorian Titles	Nagambie
SPRINT	MARCH 16–20	National Titles	Penrith

Contacting the VCA

Phone and Internet

- VCA message bank service. (03) 9459 4251
- e-mail: vca@canoevic.org.au
- Internet www.canoevic.org.au
- Online information e-mail vcainfo@canoevic.org.au
- Victorian Board of Canoe Education (03) 9459 4277.
- email vbce@mira.net
- www.canoevic.org.au/VBCE.html



The editor

Michael Loftus-Hills
9329 7679
Email: lofty@netspace.net.au

VCA committee details page 35

Available from:

Ganoes Plus Pty. Ltd.

140 Gatham Road, Kew VIC. 3101

Ph (03) 9816 9411

Fx: (03) 9817 1820

KAYAKS

The ULTIMATE IN SPRINT AND MARATHON

In fibreglass or Vacuum Moulded Epoxy Carbon
[Fully adjustable seat and superb fittings]

VAN DUSEN K1 & K2

ALSO NOW AVAILABLE.....

KEVLAR RACE VERSION JUST \$1,595.00

SISSON EVOLUTION EDGE

Now is the time to start training in a

Challenge this year!!

Entering the JW

**Important
News Flash**



Victorians go to Canberra

Eight polo starved Victorians from various teams decided that they needed another fix... so off to Canberra they went to participate in the Canberra Interclubs Competition on the 20th and 21st of June. Pandoora Hope, publicity officer for the Polo committee, reports for Paddler.

Estimated time of departure was 5:30 on Friday evening, from Gibbo's house in Ashwood. By 9:30pm we were in Campbellfield, just north of Melbourne, having pizza. We then drove, visited the dog on the tucker box, and drove some more, took a tour of the embassies and the ring road around Parliament house, argued about which way up the map went and finally arrived at 4:30am. We set up camp, and crawled into bed to the twittering of birds.

My team made it to the finals, where we were trounced by the Smarties. As our prize we each got a packet of Smarties – just to rub it in I'm sure!

The day arrived, and after a bit of a sleep in we went in search of food. Meat pies, bacon and eggs, hot croissant with ham and cheese. Supposedly Canberra has no culture, but this bakery had some fine food!

On arriving at the pool we found it was only 25 metres, and the games would have 8 minute halves. With eight people in the team we would not get much game time, and substitutions would be a hassle, with the area behind the goal only the width of a boat. I went in search of another team, and found one with a furry tiger vest - mmm, mmm – that would keep me warm!

There were eight open and eight restricted teams, but due to the large number of entrants each team only played four other teams in the round robin. The Victorian team took a little while to warm up, wake up and get used to the new team members, and so lost some games they felt they should have won, which cost them placings, and left them in the lower half of the finals knock-out.

A kind Canberra player put up all eight of us on his lounge room floor, which was very much appreciated. The function on Saturday night was good, with plenty of paper plane throwing, but not surprisingly, the Victorians opted for an early night.

On the Sunday we were all refreshed and the Victorian team played fiercely against all competition in their group,

and came out on top. My team made it to the finals, where we were trounced by the Smarties. As our prize we each got a packet of Smarties – just to rub it in I'm sure!

As you can see – we were the only crazies to come from further away than NSW, except Janet, who is from Queensland, and flew down to be on the Violent Femmes team.

The whole competition ran smoothly and was a lot of fun. Special thanks to the organisers James Harmer, Phil Rogers, Helen Venn, Antonia Kieran and Brett Houghton.

Now it's time to get your club team together for the national Interclubs to be held in Melbourne in October!

Results

Open

1. Smarties (Burley Griffin)
2. Tiger Power (Parramatta and me)
3. Violent Femmes (Aust Women's team)
4. Wakehurst Blacks (WTC)
5. Hopeless Joke (Victorian combined)
6. Wakehurst Oranges (WTC)
7. M & M's (Canberra combined)
8. Totalled & youthless (Hunter Valley)

Restricted

1. Trothlollies (Canberra - juniors)
2. Longshots (Lane Cove)
3. Indians (Goulburn)
4. Kangaroo Valley (Kangaroo Valley)
5. Penguins (Canberra)
6. Bog Rats (Canberra)
7. Swimmers but Winners (Lane Cove)
8. Untouchables (Lane Cove)

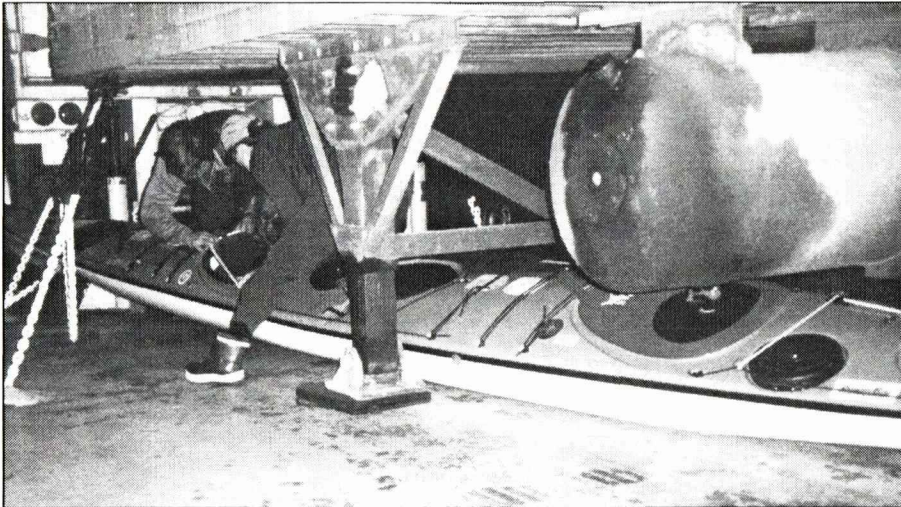
Paddler needs your input!

Articles, photographs, club news – support the Victorian canoe magazine.

Contact the VCA now on 9459 4257



CANOE PICTORIAL – GLACIER BAY



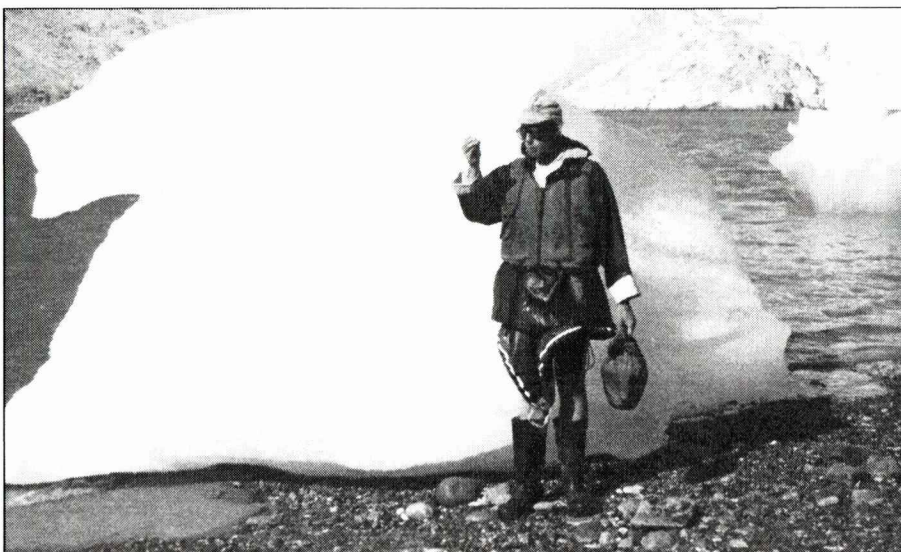
Daily ferrys take kayakers, tourists and “locals”, on the “Alaskan marine Highway” to Juneau, the capital of Alaska. Jet, float plane or boat is the only access to Juneau which is the departure point to Glacier Bay National Park.

The couple - seen (left) checking their kayak on one of the Alaskan Ferrys – helped finance their Alaskan trip by giving talks about their sea kayaking in the area, on the 3-4 day trip to Juneau.



The Spirit of Adventure takes day trippers on tours of the west arm of Glacier Bay, and drops off kayakers at various locations. Kayaks are secured on the front deck the night before departure. With tides ranging as much as 8 metres the “drop off” for kayakers has to be done quickly and carefully. Boat employees are seen replacing the ladder that is used to carry kayaks and gear onto the beach.

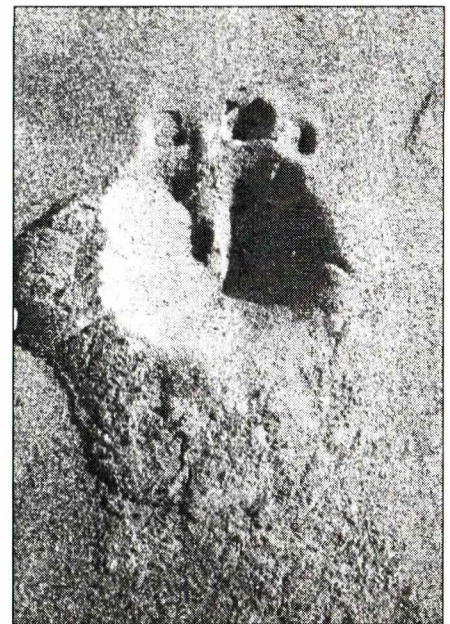
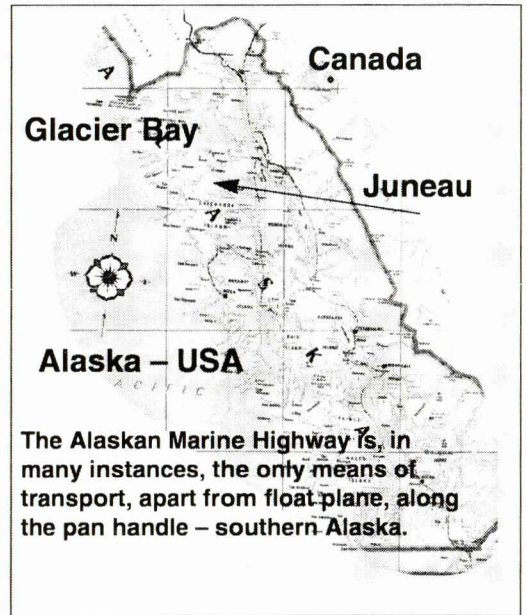
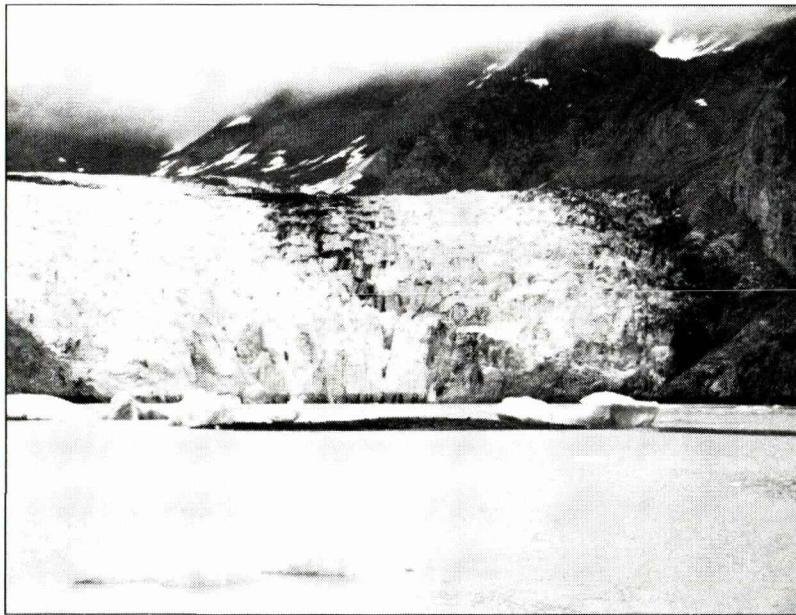
The intrepid explorer – left – takes one more photograph as the Spirit of Adventure departs – only to realise that passports, suntan cream and other belongings were left on the boat.



The National Park Service considers *Giardia lamblia* to be present in some areas of GBNP and recommends that all drinking water is treated. Alternatively “stranded” ice bergs at low tide provide water ready to be melted for drinking water.

The enormous icebergs that drift slowly by should be treated with as much respect as whales. Icebergs are notorious for turning and breaking without warning. Camped near Riggs glacier it is possible to hear icebergs “calving”.

Michael Loftus-Hills is seen in the Glacier Bay standard kayak gear. Most paddlers wear gumboots as water temperatures are close to freezing.



July 27, 1890. " All... day it rained. The mountains were smothered in dull-coloured mist and fog, the great glacier looming through the gloomy gray fog fringes the wonderful effect. It is bad weather for exploring but delightful nevertheless, making all the strange, mysterious region yet stranger and more mysterious. – John Muir at the face of the Muir Glacier.

Characterised by a wet maritime climate GBNP averages between 75 and 125 inches of precipitation per year. Photo above: Bear canisters are seen next to the make shift lunch shelter. Bears can break open normal cans and these canisters are purpose built to keep food in and bears out. Bear prints are found around the camp site in the morning.

The NPS has designated safe camping locations, however bear sightings are still not infrequent.

Photo top: Riggs Glacier. Kayak approaches to the glacier face must be made during an outgoing tide to prevent pack ice restricting movement and departure!. Icebergs calving create a substantial wash and paddling near a Glacier face must be approached with caution.

All photographs: Tony Payne. Source material: Glacier Bay National Park, Jim DuFresne. ISBN. 0-89886-132-2



The Active for Life winter classic goes smoke free.

The Active for Life winter classic goes smoke free. Vichealth has continued to display its commitment to the event, which promotes the benefits of leading a healthy and active life style.

The sixteenth Active for Life Winter Classic was held on the 25-26 July. The event combines skiing, orienteering, mountain biking, whitewater paddling and road cycling. The event starts on the summit of Mt Hotham, across the High Plains, and down the Mitta River to finish in the Omeo township. The success of the event has led to the establishment of the Melbourne Multi-Sports series, based on a combination of diverse adventure based sports.

Heroic stories of freezing river crossings, taking a roller coaster ride down the wild "pinball rapid" or performing crowd pleasing loops on mountain bikes over the "suicide drop" have become legendary among past Winter Classic participants.

Roy Farrance (photographs below) reports on some of the *paddling highlights* of this years event.

Day 1 paddle – consists of a 15 kilometre paddle – with the first kilometre upstream. This year water levels were so low that some paddlers had to drag their kayaks up the river. Rapids were low making boat control and careful river reading important.

Day 2 paddle – The early morning start was typically very cold. Great paddling with continuous rapids up to grade 3 fast water and many challenges. The main rapids are; pin ball, Joker and Bump and Grind – the names say it all.

Marathon racers then change into running gear and head off again. The team paddlers can pass their bib onto the impatient runner then enjoy the rest of the day supporting the team and other competitors.

One of the great aspects of the race is the support and comaradarie between all the athletes. Paddlers stop and help someone who has capsized or is stuck on a rock. Runners assist each other, finding checkpoints and riders lend wheels tubes and pumps. This is a race but first and foremost it is for outdoor people to challenge themselves in stamina and character.



Photos: Roy Farrance. Below Val Kahn in his 16 th Winter Classic "tongue in cheek"

Left. Cathy Kesterton past Australian team member makes it all look easy – despite a large hole in her boat





Slip! Slop! Slap! Paddle!

With summer fast approaching now is the time to be thinking about the SunSmart message. Canoeists (and the many VCA skiers!) need to be aware of the need to protect your skin from the sun. Julie Baggot from SunSmart, provides some advice on looking after your skin.

Canoeing is an incredibly diverse sport which appeals to all age groups and skills levels and can be as exciting, invigorating or relaxing as you want it to be.

It is also a sport where participants and spectators are exposed for long periods to dangerous levels of ultra-violet (UV) radiation which is reflected off the water increasing the risk of sunburn, skin damage and potentially skin cancer.

Two out of three Australians will suffer from some form of skin cancer in their lifetime and outdoor sports-people are in the high risk category.

In an effort to highlight the dangers of over-exposure to the sun's UV rays, SunSmart is pleased to once again sponsor the Victorian Canoe Association in 1998.

During 1998, the VCA will introduce a number of sun protective strategies to protect Victorian paddlers and make canoeing a safer, healthier sport. These strategies include introducing a sun protection policy, and providing SunSmart education and information for participants.

Skin cancer tends to develop later in life usually as a result of the cumulative effect of the sun's damaging rays. However, melanoma the deadliest of skin cancers is related to "short, sharp, shocks" of sunburn and UV. Research indicates that as few as six doses of sunburn in your lifetime can double your chances of melanoma.

Skin cancer is one of the few preventable cancers and it is never too early or too late to save your skin.

Both elite and recreational paddlers need to consider sun protection when they are out on the water, particularly elite paddlers who spend many hours outdoors training for competition.

For recreational paddlers and during training being SunSmart is as easy as **Slip! Slop! Slap!**. Before you hit the water put on a long sleeved collared shirt, an SPF 15 (or higher) sunscreen, a broad-brimmed hat with a chin strap to keep it on or a cap with flaps to protect your ears and neck. And don't forget a pair of wrap-around sunnies so you don't get sunburnt eyes.

During competition it is more difficult to wear sun protective clothing so you should remember to apply a

**For further information on skin cancer
and the SunSmart campaign call
(03) 9279 1303.**

water resistant SPF 15 (or higher) sunscreen and reapply it every two hours if possible. If you wear a helmet you may be able to wear a cap with flaps underneath or wear a bandanna or collared shirt to protect yourself. And don't forget to put sunscreen on your ears and neck.

Another easy way to minimise the risk of sunburn and skin cancer is to paddle outside the peak UV times of 11am to 3pm and stop for lunch (and a siesta) in the middle of the day.

Spectators and officials also need to prepare themselves for a day out in the sun to avoid painful sunburn and skin damage. Shade is the first and best form of protection so a big shady tree or umbrella should do the trick.

SunSmart generally recommends that healthy adults become more diligent about checking their own skin for any new or changing moles, freckles or spots, from about age 35 - and see a doctor if you notice anything unusual. The good news is that, if caught early, skin cancer (including melanoma) is curable in 99% of cases. The removal of them, diagnosed early, can be as simple as a visit to a doctor where they can be removed in the clinic.

SUNSMART[®]
Save your skin



Paddling after Lucy

16 months after Lucy was born, Robin Payne is back on the river paddling. Robin describes the realities of being a parent and its effect on her time in a kayak.

Before I became pregnant with my now 16-month-old daughter Lucy, life was pretty much about paddling a lot of the time. At the height of my enthusiasm for the sport during the 1995 winter season I was training 5-6 times a week on the water plus doing some weights and running. These were personally successful times and I remember them with great satisfaction and pride.

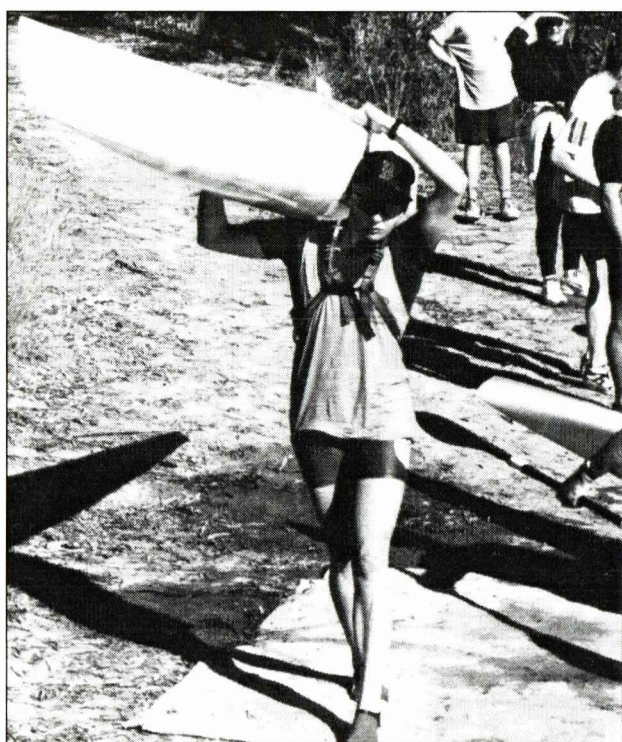
In 1994 I competed in the Victorian Marathon Championships in LTK1 attaining 2nd place and in LTK2 with Caroline Whittle to get 1st place. Following that Julie Perriam and I started paddling together and did really well, placing first or second in a lot of TK2 races. In about mid May of 1995 I progressed to a K1 which really stepped up the level of competition for me. At the

I feel really positive about returning to a competitive level of paddling now and the lure of being involved in a team for the Murray again this year has got Tony and I motivated.

Victorian championships in September I won a silver medal in the K1, second to Brooke Harris and a silver in the K2 with Julie, second to Christie Marrot and Paula Harvey. In October that year I competed in the Australian Masters Games winning first place in the K1 ladies Vet 30-34 and in the K2 with Julie. In December I competed in the JLW challenge as part of the "Frenzi Females" team doing the paddling leg – and achieved second place. I continued training hard over the summer and Julie and I enjoyed continued success placing second in April in the Australian Marathon Championships in K2WO. I also competed as part of Mitta Mitta's LTK2 relay team "Mitta Madness" on the Murray, a great way to do the Murray and heaps of fun with a win to boot!!

In short I was very active.

My strong competitive streak however seemed to gradually weaken in direct proportion to my desire to have a baby with my husband Tony. Once we decided it was time to start a family, I thought that my drive to push myself, especially in the more gruelling marathon competitions, would increase. In reality, however, I became so focussed on conceiving and the future as a parent that my focus on kayaking nearly vanished. I was confident however that I



Left. Robin Payne after a marathon race.

Opposite top. Robin Payne pregnant and still paddling.

Opposite bottom. Lucy Payne.

Photos: Michael Loftus-Hills

would continue to paddle throughout pregnancy and beyond if only at a leisurely, recreational level. In reality I only paddled a little during my pregnancy, especially once my girth expanded which it did early on and to a large degree. In practice it was hard work reaching and twisting and I was often tired.

Lucy was born at home on the 19th March 1997 and my memory of the ensuing months is a fog. At best I was out of pyjamas by lunch time — paddling didn't even rate a consideration! I was committed to breast-feeding Lucy on demand and in reality I found this very demanding, challenging and draining (literally). The first months literally consisted of feed, sleep, play, feed, sleep, play, feed, sleep, play etc, very much controlled by Lucy's needs. As the months rolled by, my need for a bit of personal space increased and I started to space Lucy's feeds out to save my sanity. Gradually we found common ground and by about 8–9 months we were getting a pretty good nights sleep. Things went up and down in the sleep stakes though and it wasn't until recently (14–15 months) that we started getting a full nights sleep, albeit with a very early start in the morning. Sleep deprivation has been used in some parts of the world as a form of torture and I believe every parent understands why. There is nothing quite like the agony of continued sleep interruption over an extended time period to make you vague, forgetful, grumpy, tearful and too bloody lazy to paddle!!

Since Lucy was born up to when she was weaned, I could just about count on one hand the paddles I've had. The thought of paddling was enticing but the practicalities were almost prohibitive. Until Lucy's feeds spaced out sufficiently it was difficult to fit a paddle in between feeds and when Tony was available to look after Lucy — and in any case, I was usually too tired.

However now Lucy is fully weaned things are looking more hopeful. I have much more energy and Lucy is much more comfortable about being left with other people for brief periods. I have squeezed a few paddles in recently and now face the long haul of building up the lost endurance and strength. One great investment we made was a running pram. The specifically designed 3 wheel pram with pneumatic tyres and a long wheel base is very comfortable for jogging and allows me the chance to gain some cardiovascular fitness without having to rely on anyone to mind Lucy.

I feel really positive about returning to a competitive level of paddling now and the lure of being involved in a team for the Murray again this year has got Tony and I motivated. I am really fortunate to have a devoted husband in Tony who encourages me constantly to get involved again and gives me every opportunity to do that. So as with all aspects of life “post-Lucy”, I'll take it as it comes and paddle when I can. Above all, I'll savour every precious moment out on that water.

See you on the river.



Courses for 1998

Victorian Board of Canoe Education

A committee of the Victorian Canoe Association

- ✓ BASIC SKILLS COURSES
- ✓ INSTRUCTOR COURSES
- ✓ PROFICIENCY COURSES
- ✓ WHITEWATER COURSES
- ✓ RE-RATIFICATION OF INSTRUCTORS

• **SunSmart basic Skills courses**

August 1st & 2nd, September 12 & 13th
November 21 & 22nd

• **Whitewater Introductory Course**

Canoe and kayak courses
August 22 & 23, October 3 & 4th
November 1 & 2nd, December 5th & 6th

• **Quickstart whitewater (skills extension)**

October 17 and 18th, December 12 & 13th

• **Instructor course BS11 and BSIA**

BSII Intake -	August 7th
-	October 9th
BSIA Assessment	November 28th

Proficiency testing
August 16, November 22nd

River Rescue Courses

RR1#9803	River Rescue Level 1 – August 15th
RR2#9802	River Rescue course Level 2 – October 17th
RR1#9804	River Rescue Level 1 – October 31st

SUNSMART[®]
Save your skin



**SPORT AND
RECREATION
VICTORIA**



Mid Year Polo competition

On Sunday the 12th of July the third winter 3 on 3 competition day was held by the La Trobe University Mountaineering Club at the uni pool in Bundoora. The day was beautiful and sunny, which we thought was fairly miraculous for mid July, and this boded well for a great day of action packed nonstop canoe polo.

The match schedule comprised 12 teams of 3 players and this was broken up into two groups of 6 teams, the A group (A, B, and C grade players) and the B group (D, E and novice players). Team members were chosen in a random and well regulated fashion (ie. picked out of a hat)! Finally, the tournament was underway.

Unfamiliar team members soon had their polo skills and especially their team organisational skills, put to a stern test. Although they had plenty of time to work out some resemblance of team strategy with each team playing five group matches. Of course, the great benefit of this hectic flurry of matches in close succession was for everyone to establish what level of pre-season match fitness they had, or for some their complete lack of it!

During a scrumptious and scientifically proven lunch, a barbecue and salad, the group matches extended into the afternoon. Teams began to sort out their finals prospects and this resulted in some tough and hard fought games. The upcoming finals were the same format as the normal season with second and third place playing a knockout semifinal to play the first placed team in the final.

The finals were played immediately with no respite for the lucky qualifiers. After some dramatic and periodically frenetic finals the competition was over and the winners

A group

1st	2nd	3rd
Stephen Simmons	Trevor Hutchings	Kate Abbey
Nathan Moore	Mike Wilson	Richard Coates
Craig Shields	Alison Hughes	Matthew Moore

B group

1st	2nd	3rd
Andrew Peterson	Derek Barke	Joanne Jackson
Daniel Nelms	Andrew Close	John Shields
Peter Mann	Brett Holmberg	Steven Swann

Martin Hunter Paddles and boat repairs

404 Heath Street
Albury 2640
N.S.W
Ph: 26 0214750

Lightweight Marathon and Sprint Paddles

Full carbon
Approximately
Weighs 900 grams

Martin Hunter Paddles
are designed for
strength, quality and feel in the water
Specialised boat repairs are also carried out.

For price list and further information contact John Hunter on 26 0214750

**Interested in Polo?
contact Pandoora Hope – publicity
officer for the Polo committee
or the VCA.**

had been decided, see results.

The organisers would like to thank all those who helped, especially the umpires who volunteered their time and diminishing energy. I think everyone who attending would agree it was a most enjoyable day and the matches were played fairly and with good spirit. So keep your eyes open for the La Trobe summer 3 on 3 canoe polo competition, which is played over a number of weeks and was highly successful last summer.

Bryan Currie

On behalf of the organising La and Le Trobers.

VBCE News

Instructor update

Many Instructors will be aware that events over the past year have been unsettling for the VCA and the VBCE. I have heard so many stories from people who have many different perceptions on what has occurred and why, that I could probably write a soapie to better a Melrose Place script. One fact that I wish to set straight is that the VBCE is certainly not in demise.

In April 1998 the VCA appointed an Interim Working Panel to maintain the functions of the VBCE until a proper board was appointed. A Board were appointed by the VCA in June.

It is planned to have more instructors join in the near future.

The VBCE is working to improve its duties in a number of areas but in particular we are currently seeking to

- Improve support and information for Instructors
- Strengthen communications with state and national bodies. (ABCE and ACI)

While rumours and stories might add spice to life, please, if you have any questions about the current state of affairs with the VBCE contact the Board office direct.

National Standards and ACF Instructors

A kayak paddler was gliding down the lower reaches of his local river one sunny afternoon enjoying the familiar surrounds of his favourite place. A place he had visited many times and new well, or so he thought.

Suddenly his eyes opened wide as a new sight appeared in the river some distance downstream. The paddler was unsettled by this new and strange vision but he was even more surprised when he recognised it as the huge dorsal fin of a whale. A Killer Whale!

"Surely Killer Whales are very rare in Victorian inland rivers...aren't they?" he thought.

The paddler knew he was safe...for the moment, but he had never confronted an Orca before and all he knew about it at the moment was that small part which he could see slicing back and forth; and he knew that it was in his way.

He wondered, "Was it dangerous?" "Would it let him keep paddling his favourite river?" "If he waited long enough would it just go away?"

As he sat in his boat with the current slowly, but certainly carrying him downstream, it occurred to him that he really knew very little about ORCA'S.

What should a canoeing instructor do when confronted with an ORCA? (Outdoor Recreation Council of Australia)

Sooner or later all canoeing instructors will have some sort of interaction with ORCA; the peak body facilitating implementation of national standards for accrediting outdoor leaders. Here are some brief tips.

First tip – DON'T PANIC. Implementation of ORCA accreditation is well underway but impact on instructor qualifications will not occur until the details of the accreditation process are finalised around mid-1999. When this is completed, your Australian Canoe Federation Instructor award will not become meaningless but will be included in the overall scheme.

According to ORCA'S Top Ten FAQs (NO 7) if you have been a leader in the outdoors for a length of time..."you do not have to do a course, although assessment is required to have your skills formally recognised. The assessment process will vary depending on the evidence you are able to provide. This may include log books, references from employers and practical demonstration of skills."

Tip number two – make sure you keep a detailed and current log book of both personal paddling and teaching experiences.

Transition to the ORCA accreditation scheme should not hold any hidden surprises for Instructors as the units of competency that you may be required to demonstrate have been developed primarily from the ACF Award Scheme with input from a number of dedicated Instructors. The assessment criteria for these units are still being finalised but solid input from the ABCE should be aligned with current standards and therefore reflect Instructors high levels of expertise.

It will be up to all BCE'S to work with the ABCE to ensure that these standards are maintained.

Tip number three – look up the ORCA web site. It is very comprehensive covering the history of ORCA and other acronyms as well as details on the units of competency and discussion on the latest issues. The FAQ page is a good place to start. The address is www.ausport.gov.au/orca/

The final tip for instructors – maintain your accreditation and registration with the VBCE This will ensure the smoothest possible transition when the time comes. It is likely that your ACF qualification will always be of value and the VBCE will most certainly continue to improve its support and services to instructors and organisations involved in canoeing in Victoria.

Survey of Instructor status

The VBCE has begun a process of clarifying and updating information on its Instructor database. Recently we sent a survey to all instructors listed on past and present databases asking for up to date information. If you are an Instructor or Trainee Instructor who has not received a survey OR if you know of someone who did not receive a survey, please contact Glenise at the VBCE office.

Tim Wadsworth

Office news – Glenise Karanikich

New office staff have been employed on a temporary basis by the VCA. We are all happily working together under the one banner of the VCA with the Board of Canoe Education busily running school and Board courses.

A big welcome to Liz Marsh:

Liz is our new Course Co-ordinator, Liz brings with her many years of experience and is a wizz on quoting and recognising all the needs for running these courses.

Glenise Karanikich continues at Viewpoint, running the VBCE side of the office. Glenise has been in office since June.

Some exciting new additions to the VBCE Calendar are:

- **Rescue Courses Level 1 & 2**
- **White-water Instructors Intake**
- **White-water Instructors Assessment**

All these courses will be taken by Greg Pearson who is very proficient at Rescue and Whitewater Skills and has a very confident, capable manner of teaching.

Special thanks need to go to our volunteers who have been busy in the VCA office namely – Phil and Peta Clark. These two people have been voluntarily putting in many hours/days work on the database which is being updated.

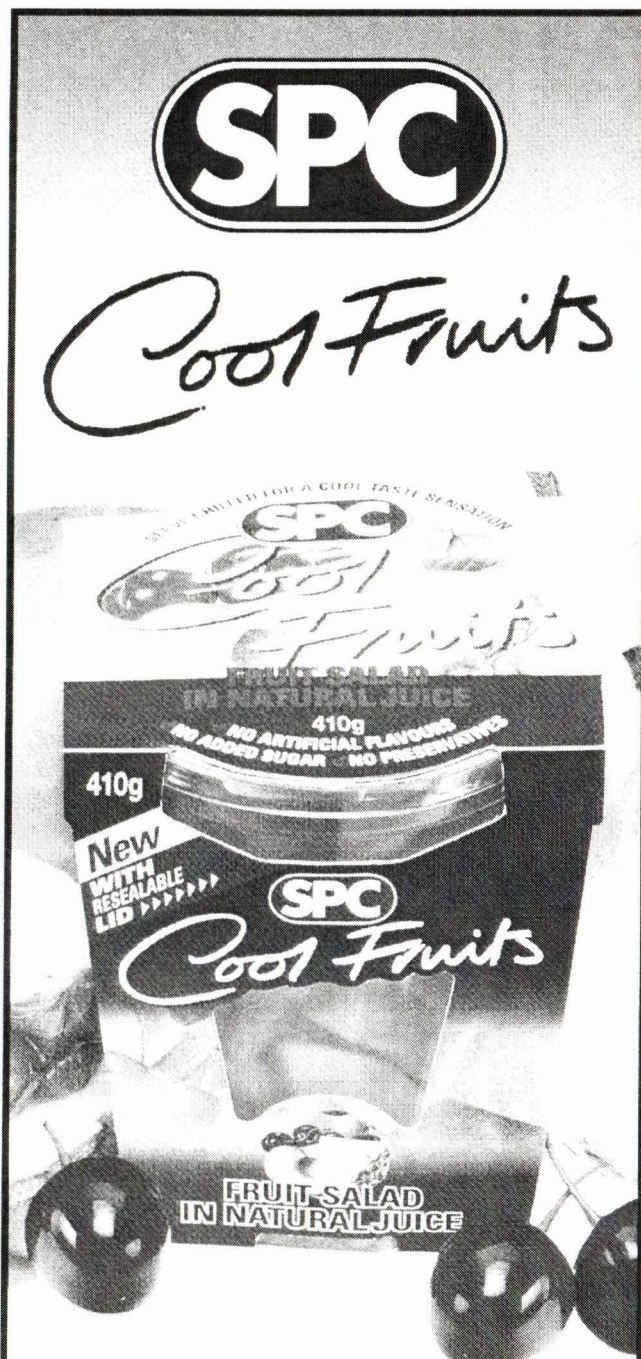
Phil and Peta have worked with me on the Instructor's mailout survey form, so that eventually all the instructor database can be updated. If you are an instructor and you haven't received any recent correspondence from us, please contact the Office on 9459 4277 - Glenise and I will forward out our survey form to you.

- **The VCA office can now be contacted** – Monday and Fridays from 9am to 5pm. Liz Marsh can be contacted on Tuesday, Wednesday and Thursday from 10am to 5pm. Phone: 9459 4277.

• **Volunteers wanted : Can you help?**

The VCA office filing system needs your help! Can you help at the VCA office on Wednesday. If you can work with me on a roster system for a couple of hours on Wednesdays – 4pm or 5pm until 7pm, please contact the VBCE .

Glenise Karanikich 9459 4277.



SPC

Cool Fruits

NEW! CHILLED FOR A COOL TASTE SENSATION

FRUIT SALAD IN NATURAL JUICE

410g

NO ARTIFICIAL FLAVOURS
NO ADDED SUGAR • NO PRESERVATIVES

New
WITH RESEALABLE LID

SPC

Cool Fruits

FRUIT SALAD IN NATURAL JUICE

Unreal Real Fruit

Enjoy the delicious taste of exotic fruit pieces in natural juices.

Now available in a large 410g unbreakable tub with resealable lid. Choose from six mouth watering varieties.

Available at your local supermarket.

REGD. 2852



Draft concept plan for Mt Lofty

Glenise Karanikich, Conservation Officer with the Kirinari Kayak Klub, summarises the Vic Parks draft management plan for Mt Lofty.

Vic Parks have produced a draft management plan for Mount Lofty, which will soon be available for public comment. This is an important document for it will decide the future of Warrandyte State Parks long-awaited, latest addition. The incorporation of Mount Lofty into the Park was officially announced in March last year, and was followed by a memorable "Celebration at the Mount" which some Kirinari Kayak Klub Inc. committee members were invited to attend.

After its turbulent history, and long time in limbo, Mount Lofty is finally getting some much-needed attention.

In January this year a group of community representatives, including three members of the KKC, were invited to comment on the proposed plan for Mount Lofty, outlined by Phil Pegler from Parks Victoria's Planning and Development Division. Since then, archeological and botanical surveys have been carried out and a concept plan has been drawn up.

The plan sets out to provide the basis for revegetation

and the development of visitor facilities and services over the next three years.

As for recreation facilities – necessary components of State Parks – visitor usage will be fairly low key. The main entry to Mount Lofty is to be from Wittons Reserve via a footbridge over Brushy creek. Car parking, toilets and picnic areas are to be provided by the City of Manningham at Wittons Reserve (at the moment this is planned, but I have heard a rumour that Manningham are trying to sell Wittons to Vic Parks) so this might change the situation.

After its turbulent history, and long time in limbo, Mount Lofty is finally getting some much-needed attention. In fact its profile has been so raised that it is the only Reserve in the Park to boast its own management plan. I am sure that this is through the efforts of many dedicated people who have joined forces to protect this wonderful place from developers. If you see those fabulous eagles flying overhead – you can thank them too – as they played a part in keeping this place as a reserve.

How will it affect you as a paddler?

The following works are planned for both Lwr. Homestead Road section and also, Mt Lofty, and Brushy creek.

- Canoe launch works worth approximately \$8800, will be completed at Lower Homestead Road in the first year.
- Rock stabilising by Melbourne Waterways will take place in the 2nd year.
- Car parking for 16 cars on the lower car park and a turn around will be constructed (Vic Parks will be encour-



The Yarra in flood at Lwr Homestead Rd. Approx 1990. Members of the Kirinari canoe club had to hire a raft as the river was running too high to kayak. Photo: Glenise Karanikich

EVENTS



aged to allow adequate carparking "up the hill" to cater for busy days).

Bob's Rock (known on the draft map as Bob's Rocks)

This area has been designated as a picnic area and a promise of:

- 1 pit toilet
- 3 picnic table sets
- 3 timber platforms

These will be sited adjacent too but not visible from rapids area at Bob's rock – we will find out exactly where these will be situated at the next meeting. We have also been granted vehicle access on prior permission to use the area for competition. For example: slalom and downriver races etc. There will be a fire vehicle track available for this purpose. No camping has been allocated for Mt Lofty area as we didn't see a need for this here.

Brushy Creek – will have a bridge built over it and provide the only entry to Mt Lofty for public use.

(I am concerned on the height of this bridge, with the high flood level will it still be useable so I will be checking this with Vic Parks). A flexible boardwalk is also planned including a small section of wheel chair access from Wittons reserve.

Mt Lofty Development Plan update as at 17/7/98

Three members of Kirinari Kayak Klub Inc. attended the second Community Consultation with Vic Parks at Warrandyte. KKK have been involved together with the Friends of Warrandyte State Park to submit what we thought was a fair request on behalf of our Canoeing fraternity.

A normal pedestrian traffic area will be entered over Brushy Creek with a small walk up to approximately the S-Bend rapid, where they will construct a low impact picnic area and pit toilet.

Other trails will be very low impact traffic and two other picnic areas will be constructed and will be not viewed from the river. Bob's rock will have a picnic area with 3 tables, platforms and a pit toilet.

The other picnic area will be at riverbend which is just up from Lwr Homestead Road.

It seems that no cats, dogs or horses will be allowed on Mt Lofty and they are still removing rabbits.

The bridge over Brushy Creek will not be of a height that will still be useable when the river is at flood level of 3 metres or higher. I will be writing to them again with a request for signage warning that the bridge at Brushy Creek will not be crossable at a flooded river level for safety reasons.

The car park area at Lower Homestead Road will get an upgrading worth \$8800 this year and approximately \$8000 for river stabilisation from Melbourne Waterways next financial year.

Kirinari Kayak Klub have been granted special permis-

sion for vehicular traffic to use the fire access tracks to hold special river events – for example, downriver races or slalom events will require special permission.

**Kirinari Kayak Club: contact Glenise
AH 9728 3484**

Is your discipline of canoeing on the Internet? Be part of the VCA web site and spread the word about canoeing.

**The permanent VCA site is being
produced now.**

Email accounts are also available on the canoevic web site. Contact the VCA now for more information, or go to www.canoevic.org.au

PHONE ORDER
ALL CREDIT CARDS ACCEPTED
FREE FITTING

ROOF RACKS
SKI RACKS, LOAD BARS, LADDER RACKS, RUD Snow Chains.
ALL TYPES, for all CARS, 4WDs
GUTTERLESS CARS

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

NEW & USED – TRADE-IN – HIRE OR BUY
9822 9539
ROOF CARRIER SYSTEMS PTY LTD
469 Burke Road (cnr Toorak Road) Camberwell, Victoria, 3124
Phone 9822 9539 Freecall 1800 338 442 Fax 9824 7526
Atera Thule Mont Blanc Rola Rhino-Rack SUPRARAX RAK-BAG RUD Snow Chains
1800 338 442



Marathon races

Kerryn Bonnet, Publicity Officer for the Marathon Committee, provides an update on the Winter Marathon series so far.

Despite the cold conditions, 209 competitors raced in Winter Series Race number 5 at Geelong. The day saw several very close finishes, such as the Division 8 & 9 Junior Points class, where Hugh McLaren and Travis Gannon (51:45) won 1st place ahead of Ben Mathieson and Tracey Rantall (51:57). In Division 3 Chantal and Brei Meek (1:57:31) just edged out Nick Woodward and Andrew Manser (1:57:36) and in Division 1 there were just centimetres between Cameron McMullan and Chad Meek (1:46:53) and Ben Poole and Mat Beale (1:46:54)

The perfect conditions on July 19 encouraged 248 paddlers to compete in race 6 of the Winter Series.

The organisers of the race changed the course to shorter laps which made for great viewing for spectators as there were always kayaks and canoes passing or portaging in front of the club house area. Geelong Canoe Club's recently completed extensions to their club house make it a great venue for hosting races.

City Race

The perfect conditions on July 19 encouraged 248 paddlers to compete in race 6 of the Winter Series. Held on the

Yarra River below Princes Bridge, the event attracted the attention of the many people walking, riding and picnicking along the banks.

The race was the last Winter Series race for the members of the Australian Marathon Team before they head overseas to prepare for the World Championships. The male team members competed in K1 and treated spectators to an exciting finish as Chad Meek (1:45:43) narrowly beat Michael Leveritt (1:45:44). Division 6, which was a senior club points class, was the largest with 24 kayaks in a line that stretched from bank to bank on the start line. With unusual obstacles such as tour boats, rowers and the Citylink developments, the City Race is always challenging and interesting, and a great place to get some public exposure for our sport.

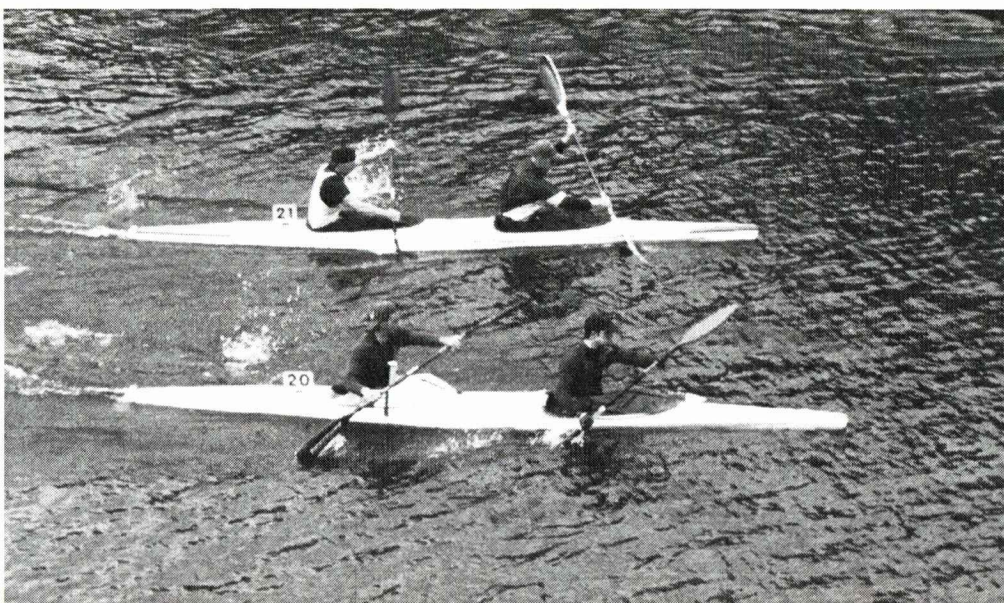
Points Table –Marathon winter series

Seniors

Fairfield	195
Yarra Valley	136
Patterson Lakes	123.5

Juniors

Yarra Valley	81
Sherbrooke Knox	65.5
Patterson Lakes	50



Tim Scott and Andrew Wright (Bottom) on their way to winning the MTK2 at Geelong. Photo: Meron McDonald.

VCA – committee contacts



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 3067
03 9417 3333

Slalom Committee

Chair: John Qualyc
6 Catherine Court
Eltham Vic 3095
9439 7171

Wildwater Committee

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

Polo Committee

Chair: Ross Fairney
56 Danien Street
Glen Waverley VIC

Touring Committee

Chair: David Clark
14 Hope Street
West Preston Vic 3078
03 9697 83 55

Victorian Board of Canoe Education

Secretary of The Interim Working Panel
VBCE – Phil Clark. Ph: 980 22877
c/o VCA

Marathon Committee

Chair: Colin Dobson
41 George St
Scoresby VIC 3179
03 9764 9896

Construction starts on Olympic Water Stadium

Work has started on the international slalom canoe course at Penrith Lakes, to be known as the Penrith White Water Stadium.

In addition to the Sydney 2000 Games, the course will provide a venue for national and International slalom competitions. At other times the course will be open to the public. The course is a U shape channe, 300 metres in length with widths approximately eight to fourteen metres, and will vary in depth from 0.8 to 1.2 metres. The fall of the water will be between 5.5 and 7 metres.

Construction materials include, recyclable materials, using a large amount of fly ash, which is a waste product from coal-fire power stations. Permanent and temporary obstructions of a natural stone have been included of different degrees of difficulty.

Grass banks surrounding the slalom canoe course will accommodate up to 5,000 spectators with additional seating during the Olympic Games for up to 10,000.

From the Australian Canoeing Inc. Home page

The Snowy River Water Inquiry

The Snowy Water Inquiry has been established jointly by the NSW and Victorian Governments. The Snowy Scheme is the biggest engineering project undertaken in Australia. It diverts large quantities of water through tunnels in the Snowy Mountains to the western plains where it is used for irrigation. The falling water is used to generate electricity as it passes through the system of hydroelectric power stations. However, the diversion of water has also changed the nature of many rivers in the

region, including the Snowy River.

The Inquiry will address the issues arising from these current patterns of water flow in the Snowy Scheme catchment area and produce a range of costed options with analysis of the environmental, economic and social impact of each.

Individuals, groups and members of the public will have the opportunity to be part of the hearings.

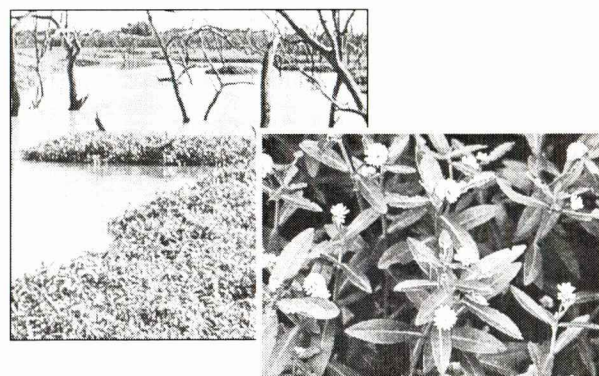
Inquiries: The State Library of Victoria regarding submissions: phone 03 96699920 fax 03 9663 1480

More details at

<http://203.108.238.95/submissions.htm>

Alligator Weed – Can you identify it?

If you see a plant that looks like this contact Goulburn – Murray Water or the Department of Natural Resources and Environment immediately. Alligator weed chokes rivers and irrigation systems and is extremely difficult to control. Contact Goulburn – Murray Water on 03 5833 5500.





Slalom junior kayak team

Phil Qualye gives gives some “inside views” on the 1998 Australian Junior Kayak Team tour of New Zealand.

The Australia junior kayak team trip to New Zealand consisted of twelve paddlers, two coaches – and I better not forget – our team manager, Max Parsons. We left on the 4th of April, heading to Auckland, where we would first spend the night, then start our long eight hour drive down to Palmerston North, where our first white water slalom event would be held.

Slalom kayaking is one of the most popular forms of paddling. Slalom is basically very similar to Ski Slalom, as we have to pass through a series of gates, on the river, either downstream or upstream gates, both of which are colour coordinated, just in case you get confused!

Palmerston North was quite an experience. We paddled the grade 2–3 water Mangahao stream, (although it's the biggest stream I've seen!). We had a few days of practice on this particular section of the river, as this would be where the slalom event would be held. There is one drop on this section, of only about a metre, but it was very shallow! Only two of our team members didn't break their boats, one of those lucky people was me, the other being our coach, Dan Milne.

We also had a bit of fun during practice, some people

borrowed plastic boats from the locals, and away they went, among these was Steve, he's got to be the craziest guy I've met! He was having fun on the shallow drop (in the picture below), and as a result ended up with six stitches just under his chin!

Race day approached rapidly. On the day, everyone was prepared, both mentally and physically; and we all felt psyched up and ready to race. We had walked down the river bank, and we confident about the rivers course. The course was definitely irregular, with some extremely odd manoeuvres within it, that would be sure to put our skill, and luck, to the test.

Now, I was ready for my first run down the course. “10 seconds” the starter yelled, “5 seconds, 3, 2, 1, GO!” I was off and racing, I negotiated the first gate, then powered through the second and onto the third, seven gates in and I was at the hard part, the drop. I sped up and launched myself over it, and to my surprise, I came straight through the centre of the next few gates! ‘Yes!’ I thought to myself. Now I approached the 18th gate, nailing that one, I paddled hard to the 23rd, up there, now for the tricky part, a very tight stagger, with another upstream in an extremely small eddy. I kind of mucked that up, as I hit a fair few gates, and it was generally slow, but overall, it was an alright run.

I spoke to Lauren and Dan, then my second run came upon me, “3, 2, 1 GO!” I was off again. This time, I felt I



Steve, a New Zealander seen practicing, having fun on the shallow drop. He ended up with six stitches just under his chin. Photo: Qualye collection.

did the top half of the course superbly, but again, I messed up the bottom, but I felt I paddled well, receiving a 4th in the under 19 years class. Jon Treloar got 1st and Tristan Koochew came 3rd, so Australia filled 1st, then 3rd to 11th. Now we only had one more competition. The New Zealand School's championships was out of the way and we had the New Zealand nationals to tackle.

We arrived in the city of Taupo, the home of Lake Taupo, the biggest lake in the southern hemisphere. The nationals were to be held on the Waikato river, one of the great rivers flowing from Lake Taupo. This course was on really small water, they said it was grade 2, but it would have been grade 1, if that! No one was very pleased but, that's life. And so the nationals came, the course was based more on strength and definitely fitness, not so much skill. Australia's Jon Treloar came 2nd and Duncan Proust came 3rd, with New Zealander Ben Walkly taking out 1st place.

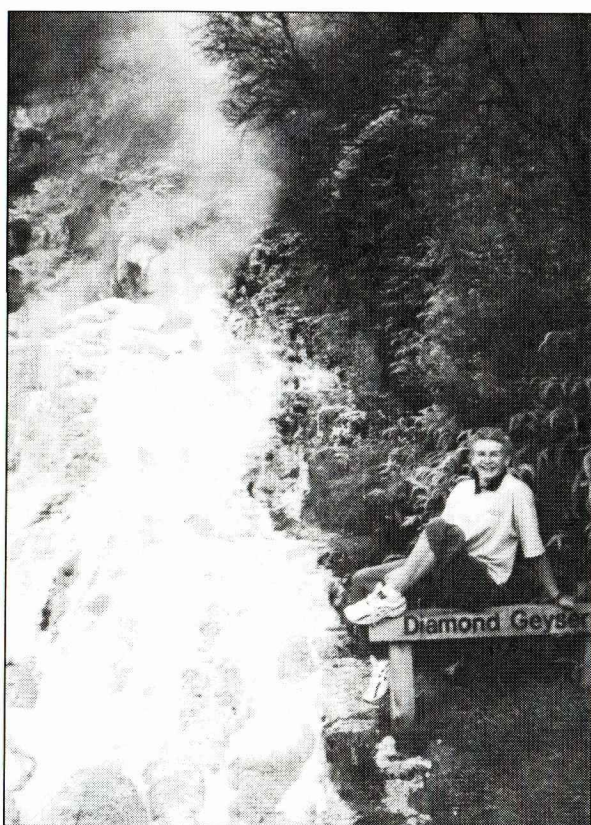
Now we were free! We could look forward to sightseeing, and bungy jumping, doing the luge and paddling some big water! While we were still in Taupo, our next destination was the Arititia power station, a HUGE grade 6 rapid, we looked in awe, wondering how stupid you would have to be to paddle that, and word was that about 2

Now we were free! We could look forward to sightseeing, and bungy jumping, doing the luge and paddling some big water!

people have done it before, and luckily, they lived to tell the tale. So on we went to "Full James", where we were to paddle. This rapid is well known, as it is the biggest standing wave in the North Island of New Zealand, and we had a ball! We surfed it till we were all surfed out, people were rolling left right and centre, and being so deep, no one broke their boats.

Now we were all hyped up and ready to be CRAZY, so that afternoon we went bungy jumping! Only about six of us did it, and all agreed that it was the most awesome thing we've ever done in our lives! The next day we returned to "Full James", caught up with some more of the New Zealanders then went on our way to Rotorua! Before Rotorua, we stopped at some thermal areas, we did a tour, and generally made fools of ourselves – so we had fun!

Now we arrived in Rotorua. We got used to the strong sulfur smells (from the thermal springs – well at least I did!) Here we were to do some training on the Kaituna river, and paddle what's called 'The seven drops' on the Kaituna. We got on just below the waterfall, (one of the drops) so we still had about 5 drops to go. This water was grade 3 or around that, not quite the biggest I've paddled, but it was pretty big! We'd almost got to the bottom, when we approached 'The Abyss' a pretty big



"Jonno" next to the Diamond Geysers. Photo: Qualye collection

FEATURES



drop of about 2–3 metres. We waited at the top while Dan checked if it was OK, then he went down followed by the rest of us, it was pretty big! Luckily, I didn't have to roll. Dan told us to jump out, because there was a huge grade 6 waterfall further downstream. We knew we couldn't paddle it, so Dan told us there was two ways to get back, we could walk or we could JUMP! And off he went, so we jumped off the cliff near it instead! It was quite a drop, and almost everyone did it, that was PRIMO!

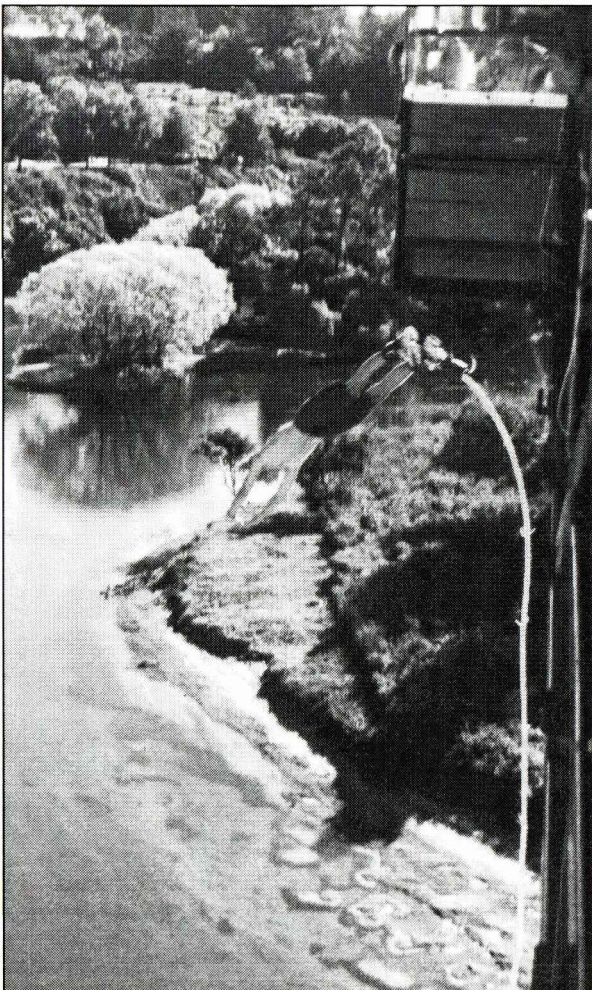
Next up, we had the luge. This is like a billy cart, but with brakes, and a handlebar to steer with. This ran down a really steep and really windy track, it was great fun! In some spots your whole cart lifted off the ground as the track dropped away from underneath you! At one point in the track there was a spot with fast lane, or slow lane, and the first few goes we all went down the fast lane, so next me and Steve decided to go down the slow lane as fast as we could. So off we went, I sped down the hill, onto the slow track, missed the corner, hit the edge, flew up in the air, landed on the dirt and grass, then came back onto the track and kept going, only to run into a pile of dirt later on! 'Phew! That was close!' So we got out of that one with

only a few bruises and scrapes!

Finally, our trip had come to an end, and we were on our way back to Auckland, where we would stay the night, then catch a plane at 6am! We had to get up at 3 in the morning, so we all decided to stay up all night, it was a very funny night! Running around the place, sitting around talking and laughing

Overall, the whole trip proved to be an excellent one! I would very much recommend it to you if you ever consider kayaking, or your already into it, so try out for the 1999 Australian Junior Team New Zealand tour, you'll be sure to have a blast!

**Subscribe to
Paddler – discounts
on bulk copies.
Advertising rates at
www.canoevic.org.au**



Phil Qualye (thanks to Loz the photographer!! starting the huge 50 metre plunge of the bungee jump! Phil points out that "You can't really tell it's me, but I've got witnesses!!!!")

Level One Flatwater Canoeing Coaching Course

- **Date: Friday 23, Saturday 24 and Sunday 25 October 1998**
- **Time: Friday: 7.30pm – 10pm
Saturday / Sunday: 9.30am – 4.30pm**

Venue: Theory – Outdoor Recreation Centre 332 Banyule Road, Viewbank Vic 3084

Practical – Essendon Canoe Club

Cost VCA affiliated Canoe Club members – \$150 Non members – \$170

Cheques payable to "Victorian Canoe Association"

- **Coaching principles**
- **Coaching safety**
- **Fitness Aspects**
- **Program design and planning**
- **Basic paddling skills**
- **Technique Canoeing equipment**
- **Kayak and Canoe: Sprint and Marathon**

**Course enquiries – VCA Executive Officer
ph: 03 9459 4251**

PADDLER CLASSIFIEDS



FOR SALE

Kleaver X, Good condition. \$800.
Phone Troy on 95343753
or Julian on 9816 9823

K1 Sting. \$1000 for lightweight
paddler. Excellent condition.
Phone Naomi on 98221798

Space in Paddler
Classifieds. Contact the
VCA now!

TK1 Pink with blue stripe for med size
person exc condition with winged paddle
and roof cradle. contact Glenise 9761
9033 or mobile 014946 141 \$ 850.

WANTED

2nd hand TK1 and 215 cm winged
paddle with junior blades. Phone Luke
on 9809 5084.

Kayak ergonometre. Second
hand or new. Contact Alison
Barret on 02 602 51935.

Instructors Wanted

Experienced and qualified Sea kayak guides and or instructors for a new
venture this summer. Work available on a casual basis initially. Enquiries to
Ian Ribbons, PO Box 565 Elsternwick. 3185

All classified advertisements will be free in the October issue of *Paddler*.

PADDLER SUBSCRIPTION ORDER FORM

**YES, please start my subscription
to Paddler.**

- \$30 for one year (6 issues)** Aug98
 \$60 for two years (12 issues)

This is a: Renewal New subscription

Mr/Mrs/Ms: _____
Given name Surname

Address: _____

Postcode: _____

Telephone: () _____

- Cheque payable to Victorian Canoe Association
 Charge my credit card (type)

_____ Credit card No.

Expiry date ____ / ____

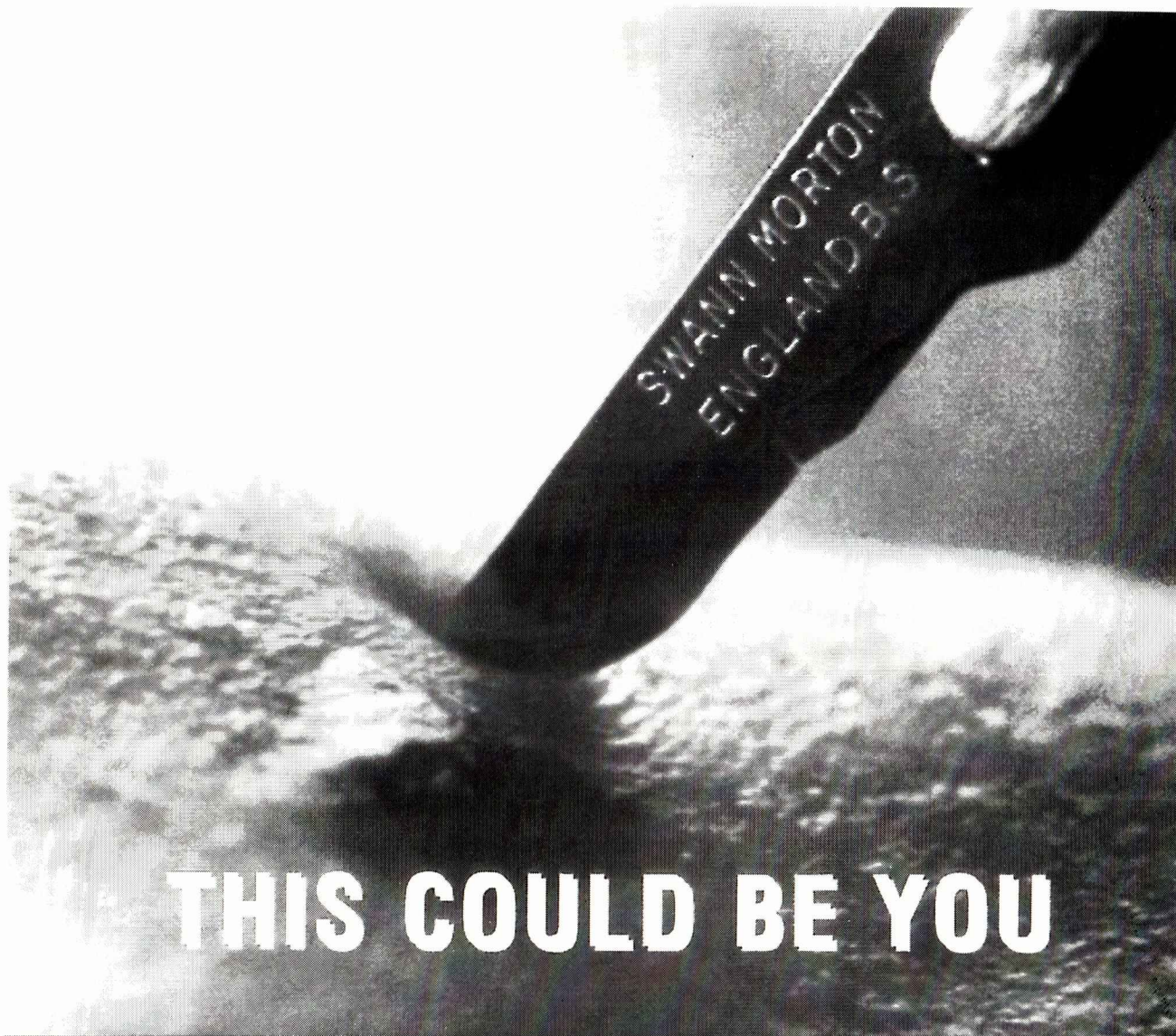
Name on credit card _____

Signature _____

Please place this order form and payment in an envelope and send to:
Victorian Canoe Association, 332 Banyule Road, Viewbank VIC 3084.



GET SUNSMART OR **FACE** FACTS



THIS COULD BE YOU

FOR MORE INFORMATION PHONE: 9279 1303

VICTORIAN CANOE CLUBS 1998



Ballarat Amateur Canoe Club (Sp M) Contact: Craig Fromhold PO Box 2018, Ballarat Mail Centre. 3354 03 5348440	Geelong Canoe Club (S M) Contact: Tony Hudson PO Box 311, Geelong 3220 03 524 64000	Shepparton Canoe Club (M T) Contact: Ann Marley RMB 1840, Tatura 3616 03 5854 8467
Bendigo Canoe Club (S M P) Contact: Julie Misson 50 Glencoe St, Bendigo 3550 03 5441 1170	Gippsland Kayak Club Contact: Mike Goyne PO Box 258, Warrigul 3820 03 5623 1176	Swan Hill Canoe Club (M T) Contact: Graham Jarvie PO Box 1394, Swan Hill 03 5037 6889
Cobram-Barooga Canoe Club (M T) Contact: Robert Schram PO Box 122, Cobram 3844 03 5871 1446	Gippsland Waters Canoe Club Contact: Peter Foreman PO Box 273, Churchilli 3842. (03 5122 6416)	Sherbrook-Knox Canoe Club Inc Glen Rose 320 Colchester Rd Kilsyth 3137 9720 1462
Canoe Factory Club (M T P WW) Contact: Jean Thompson 8 Bellbird St Belgrave 3160 9510 9712	Ivanhoe Northcote Canoe Club (S M) PO Box 180, Ivanhoe 3079 03 9499 1210	St Leonards Canoe Club Contact: John Willis PO Box 62, East Brighton 3187
Canoes Plus Racing Team (SL WW) Contact: Roy Farrance 140 Cotham Rd, Kew 3101 9816 9411	Kirinari Kayak Club Inc. (SL M T WW) Contact: Bernie Boulton 46 Hume St, Bayswater North 3153 03 9729 1538	Templestowe Canoe Club Inc (T P WW SL) Contact: Phil Clarke 33 Wildwood Ave, Vermont South 3133 9802 2877
Central Victorian Canoe Polo Assoc. Contact: Tony Misson 50 Glencoe St, Bendigo 3550 03 5441 1170	Latrobe Uni Mountaineering Club Sports Association, Bundoora 3083	Victorian Canoe Club Inc (T P) Contact: Gillian Hutchings 110 Myrtle St, Springfield South 3172 03 5975 2414
Deniliquin Canoe Club (M T) Contact: Joy Allen 365 George St, Deniliquin NSW 2710 03 5881 2475	Mildura District Canoe Club Inc. Contact: Lavina Hamilton PO Box 2743, Mildura 3502 03 5023 4468	Victorian Sea Kayak Club Inc (T) Contact: Ray Musgrave PO Box 428, Seaford 3198 03 5975 2414
Essendon Canoe Club Inc. (S M T P SL) Contact: Mark Cribben PO Box 263, Ascot Vale 3032 9499 9128	Maccabi kayaking and White Water rafting (WW) Contact: Jeremy Schimmel 6 Saturn Street Sth Caulfield. Vic 3162 03 9596 2721	Whitehorse Canoe Club Inc (P T) Contact: Cathy Doiych 11 Shirers St, Alphington 3078 9497 3779
Eltham College Canoe Club (SL WW P) Contact: Ian Whitford PO Box 40, Eltham 3065 9437 1421	Mitta Mitta Canoe Club Albury (M T) Contact: Graeme Beate PO Box 542, Albury 2640 02 6021 8516	Warnambool Kayak Club Inc (M) Contact: Bruce Feriday.GFA House, 34 Koroit St Warrnambool, Vic Youth Hostel Association Canoeing Activities Contact: Jane Moglia 29 Charlton St, North Blackburn. 9 878 7667
Echuca-Moama Canoe Club (Sp M T) Contact: Ken Mc Mullan 9 Connelly St, Echuca 3654 03 5482 1714	Monash University Bushwalking Club Union Building, Monash Uni, Clayton 3168	Yarrowonga-Mulwala Canoe Club Inc (M) Contact: Wendy Phillips 31 Murphy St, Yarrowonga 3730 03 5743 1944
Explorers Canoe Club (P T) Contact: Kathy Negus 38 Argyle Way, Wantirna South 3152 03 9801 6116	Melbourne University Mountaineering Club Sports Union, University of Melbourne 3052	Yarra Valley Canoe Club (M) Contact: Steve Limb 26 Landscape Dve. Bowwia 3155. 9729 3575
Footscray Amateur Canoe Club (S T) Contact: Noel Hunter PO Box 365, West Footscray 3012 9749 1386	Narranera Murrumbidgee Classic Assoc. Contact: Julie Briggs PO Box 39, Narrandera 2700 02 6021 8516	
Fairfield Canoe Club Cooperative Limited (Sp M T) Contact: Neil Grierson PO Box 253, Fairfield 3078 03 9489 0556	Patterson Lakes Canoe Club Inc (S M T) Contact: Alan Opie PO Box 54, Patterson Lakes 3197 9580 2140	

S - Sprint, M - Marathon, T - Touring,
P - Polo, WW - Whitewater, SL - Slalom.