

Paddler

MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC. – VOLUME 124

MARCH 1999



- **World Championships
Polo and Marathon**
- **AIS in Qld**
- **Sea Kayaking
World Cup**

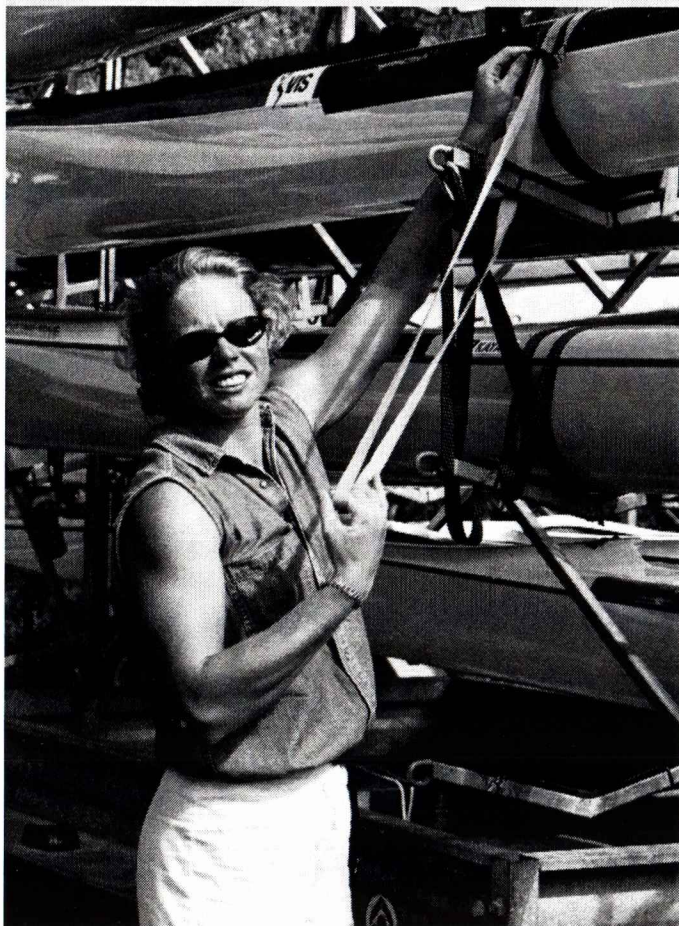
June issue – FREE colour touring map

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Paula Harvey at the AIS Canoe Facility on the Gold Coast.
Photo: Michael Loftus-Hills

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MARCH 1999

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Paddler

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FROM THE EDITOR

The March *Paddler* features the World Championships in Marathon and Polo and the Sea Kayaking World Cup in Papua New Guinea.

Paddler magazine now has its own home page on the world wide web. The October *Paddler* can be downloaded at www.canoevic.org/paddler. You will need a copy of Acrobat reader – available free from the canoevic site – to read the Internet edition of *Paddler*.

The SunSmart touring map of Melbourne and Central Victoria will be available for free in the June *Paddler*. The Touring committee has also produced the Canoe Guide to Victoria and is available for order online – www.canoevic.org.au/shop.

We encourage all of our readers to contribute to *Paddler*. *Paddler* is Victorian canoeists magazine – we need your input!

Michael Loftus-Hills

Paddler / Canoevic

Paddler will take on a new look for 1999. As of this edition, *Paddler* magazine will be produced four times per year instead of the six previously. Subscription fees will be \$20.00 for VCA members and \$25.00 for non-VCA members. Existing subscriptions will be extended to take into account these changes.

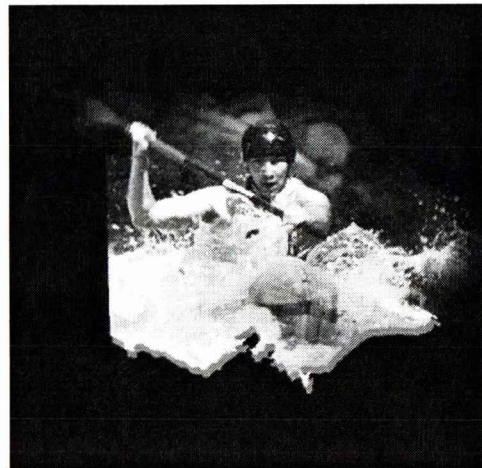
In addition to *Paddler* magazine a VCA Newsletter will be distributed to all members through their clubs or individually to members and *Paddler* subscribers. The new look paddler will be full of great articles, coaching tips, results and heaps more.

If you are on the Internet we also encourage you to subscribe to the weekly canoevic email. The canoevic email provides the latest canoe information, including canoe events for the weekend, and don't forget you can email your canoe news to the mail list.

Jen Hogg (VCA Executive Officer)

canoevic.org.au
VCA on the Internet

- Join the weekly canoevic e-mail list: VCA news and event listings are emailed to you every Thursday
- Slalom, touring and the VBCE are on the canoevic site
- The October *Paddler* can be downloaded – visit the *Paddler* web page at www.canoevic.org.au/paddler
- Download race results and committee information



[Canoe Information](#) [Canoe disciplines](#) [About the VCA](#) [Club directory](#)

Apologies – October issue

The photograph on page 21 "A whitewater Paddler having fun" was published without the permission of Pam Anderson.

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 VCA's best kept secret – our very own shopping list!

Publications

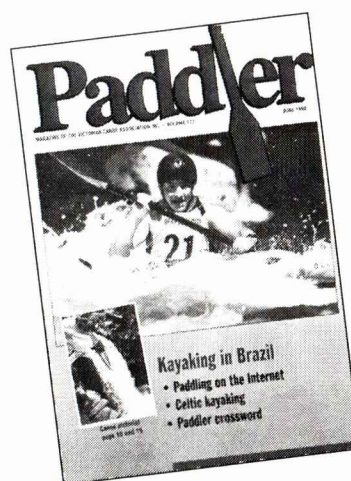
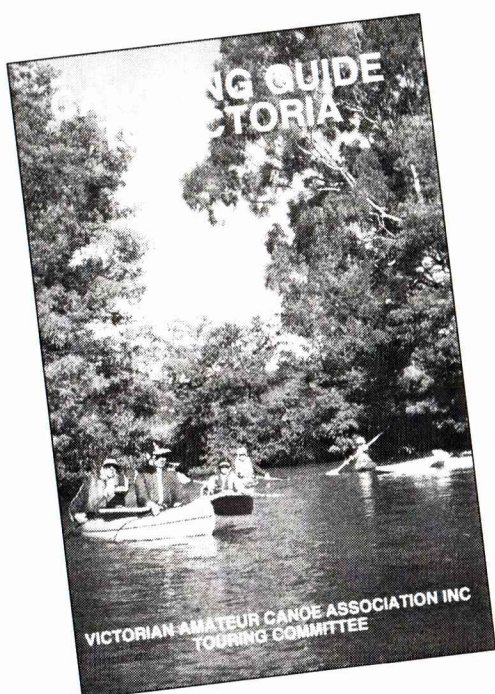
- Canoeing Guide to Victoria. VCA members \$5.00 others \$10.00
- Touring Map to Melbourne and Central Victoria. VCA members free. Others \$2.00
- *Paddler* magazine (4 issues) VCA members \$20.00. Others \$25.00
- Canoe Safe booklet. Contact VCA
- Marathon Diary – Contact the marathon committee at marathon@canoevic.org.au
- VBCE Award manuals – contact the VBCE

Clothing

- SunSmart long sleeve top
- SunSmart canvas caps
- legionnaires caps
(Contact VCA)

Shop with the VCA

Phone the VCA now or order online at www.canoevic.org.au/shop
• A fee of \$2.00 will be charged for postage and handling



canoe news



VCA trading as Canoeing Victoria

The Victorian Canoe Association has a great new trade name. Whilst the official name of the organisation will remain the same, for promotion and merchandising purposes we will be trading as **Canoeing Victoria**. The Revenue and Marketing committee is working very hard on designing a logo and design concept for a great new merchandising range. Keep posted.

VCA membership cards

The VCA has installed a new computer system. Standing committees have contributed to some of the cost of this upgrade and the VCA would like to thank them. The great news is that with this upgrade the VCA can now provide even better services to our members and to the many numerous inquiries we get from potential canoeists.

The new computer system will allow us to implement a membership card for our members. Linked to this card will be discounts at specified retail businesses that have chosen to form a partnership with **Canoeing Victoria**. The membership card system will commence with this year's renewals of VCA registrations.

Moomba spectacular

Victorian Canoeists put on a brilliant display of skill and speed at the opening of the Moomba festival. Supported by Australian Canoeing and The Victorian Canoe Association under the leadership of Sharon Bojczenko, Victoria's top sprint canoeists raced in front of thousands of keen spectators. Sprint races were held over 350 metres in a range of classes. Competitors certainly gave spectators a chance to see our sport at its best.

New appointments

Liz Marsh resigned as Program Manager in December 1998. Liz did a fantastic job and we wish her well.

Rob Hales has joined the VCA team. Rob has taken up the position of Program Manager working with the highly successful Board of Canoe Education Committee. There is a lot to do with a new award scheme on the horizon and an extended range of canoe education and safety courses for 1999.

Jen Hogg, Executive officer of the VCA presents, medals to a Paddler at the recent SunSmart Sprint Championships at the Nagambie Rowing and Canoeing course.

Photo: VCA

Farewell Mr Chen

Ross Chenoweth, known to the hundreds of kids he taught to paddle, who later went on to represent Australia at the Olympics and World Championships, as Mr Chen, passed away during February after a long illness.

The following dedication highlights the significant impact this man has had on our sport and in particular the impact on many individuals that he has supported over his decades of involvement in our sport.

Ross, (Mr Canoeing). If it had not been for your insight and strength I may not have become an Olympian. For everything there is a beginning, and you were the beginning of what we now have. Every past, present and future canoeists owes you a debt. The man who gave so much to his sport and asked so little. So long Mr Canoeing. Deepest sympathy to Gwen, Phil and Lawrie.

Adrian Powell and Family. The Herald Sun February 1999.

Adrian Powell was a member of Ivanhoe Canoe Club. He represented Australia at the 1960, 1964, 1968, 1972, and 1978 Olympics. He was a coach at the 1984 Olympics.

Thanks Mr Chen, and farewell A full life history of Ross Chenoweth will be featured in the next edition of *Paddler Magazine*.

Jen Hogg (VCA Executive Officer)

Canoe polo update

The National Interstate Championships will be held in Hobart over Easter. A selection day for the state teams was held on Sunday 21/2/99 at Brennan Park Pool in Bendigo. The polo people from Bendigo put on a wonderful day. The open and youth squads are very strong this year, and, since there were two Open teams to be selected it made the selectors job very difficult.

Alison Hughes, has announced the Victorian teams. The teams train most week nights and weekend mornings under Kane's bridge at Studley Park – feel free to come and watch if you are interested.

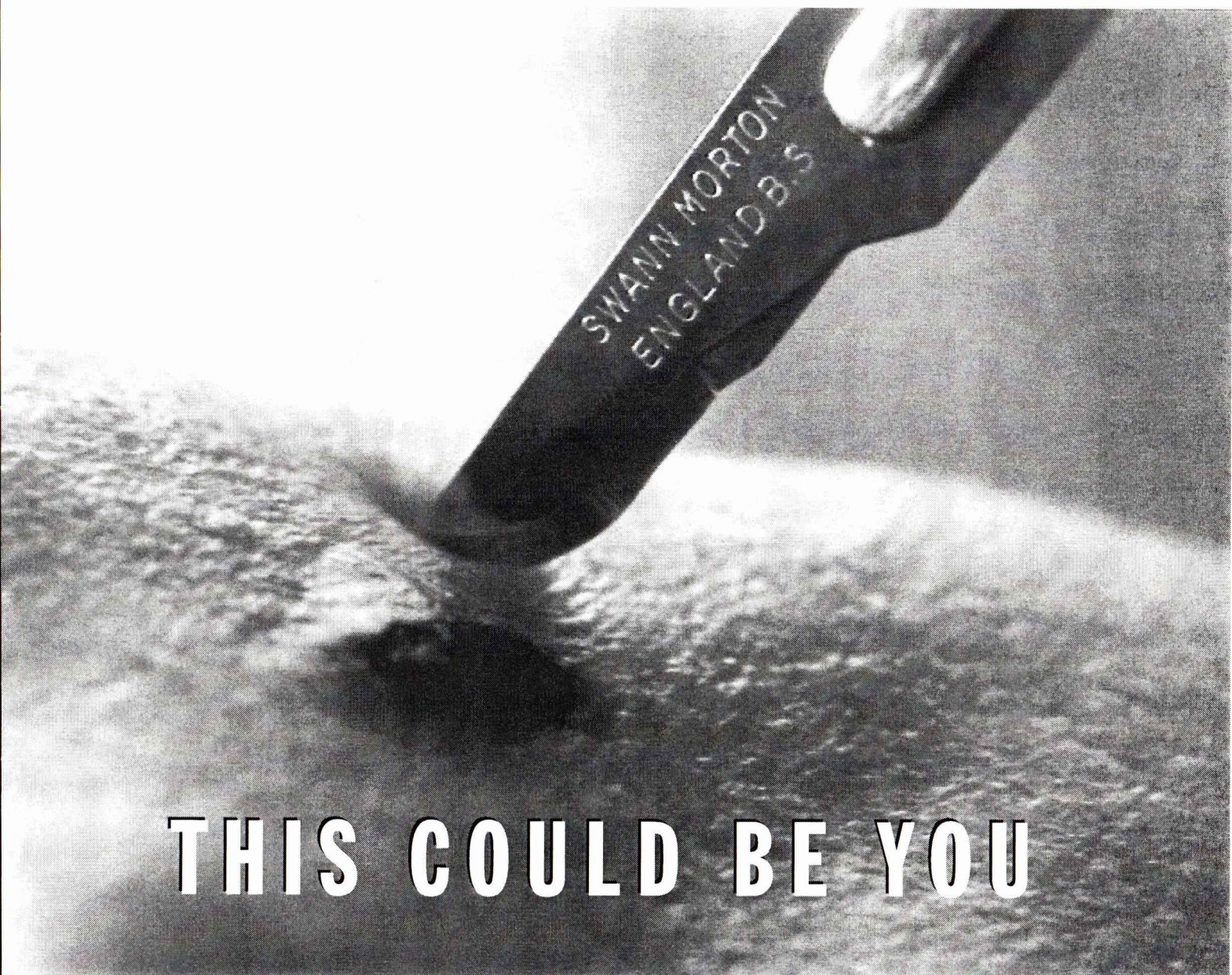
The regular season has started up again on Monday, Tuesday and Wednesday nights at Richmond Pool, again, there is ample seating if you want to come and watch. Tuesday night is the A and B grade night.

The next World Championship is to be held in Brazil in July 2000.

Some Victorians have nominated for selection. The training squad will be selected at the Interstates Competition in Hobart.

Pandoora Hope (Publicity Officer, Polo committee)

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FOR MORE INFORMATION PHONE: 9279 1303



World Marathon Canoeing Championships

The Marathon World Championships were held in Capetown, South Africa, from 23 to 26 September 1998. The 21 strong Australian team included 17 Victorian representatives.

The team travelled to Capetown on 14 September 1998 to allow sufficient time for acclimatisation and training before the championships commenced. Most of the team left from Melbourne. There were only three paddlers from Sydney and one from the Gold Coast, the rest being from Victoria.

The trip to South Africa seemed endless, involving in excess of 20 hours plane travel plus a Singapore stopover. Everyone was happy after landing en route at Johannesburg because more than half the passengers disembarked from the fully booked 747,

leaving room for a bit of relaxed sleep prior to arriving in Capetown.

Capetown is a beautiful city dominated by Table Mountain, which rises to 1080 metres over the city and, when flying in, the landscape looks truly spectacular. The first real shock upon arriving is the shambles of the Cape Flats township that has grown around the airport precinct. It is sobering to realise that people live in these rough unserviced humpies about the size of an average Australian garden shed.

After two days of negotiations (and missed training) and a small bribe, the boats were finally released. Damage to some boats was considerable and one had to be sent away for repair before it could be paddled.

Team members were accommodated at the Cape Suites, a high standard hotel that often caters for international sporting teams. The accommodation allowed team members to mix freely and to build a good team spirit while providing adequate security to protect everyone from what we found out was a moderately crime-ridden city. All members of the team were warned about areas not to be visited

and the dangers of walking around the city alone or in

Steve Burns and Alistair Carrie leading the Junior World Cup K2 race at the World Marathon Championships, Capetown, 1998. Photo: The Carrie collection.



FEATURES



*Steve Burns and
Allistair Carrie
battling with the
Great Britain team
of Paul Preswood
and Daniel
Mathews.*

*Photo: Carrie
collection*



small groups, particularly at night. It was apparent that muggings were common and tourists were an obvious target.

The main problem following arrival was the difficulty in getting the team's boats through South African customs. After two days of negotiations (and missed training) and a small bribe, the boats were finally released. Damage to some boats was considerable and one had to be sent away for repair before it could be paddled.

While everyone was happy to be staying near the city centre, it did involve a 25 minute trip to the course once or twice each day for training. This was not a problem however as three Volkswagen buses were hired to transport the team members as required. Main roads in South Africa are quite good but the "law of the jungle" applies when driving on them. It seems to be a rule that drivers must travel at least 15 kilometres an hour more than the speed limit – traffic police are rarely seen! The standard of vehicles on the road varied greatly from absolute "rust buckets" (quite common) to the latest model BMW's and Mercedes. The most common car on the road appeared to be Volkswagen Golf. Also common were mini-buses operated as pseudo-taxis with a carrying capacity much in excess of what they were originally designed to accommodate – this is the main form of transport used by the black and coloured population.

From the first days of training at the course, the team experienced the vagaries of the Capetown weather with a southerly gale one day followed by mirror calm the next. Other than this, training was fairly uneventful leading up to the championships.

After two weeks of training in the full range of weather conditions and some sightseeing around the city, the

Australian Marathon Team (Victorian Representatives)

Debbie Bassett (Women K2)
Jessica Beck (Junior Women K2)
Jan Buckmaster (Team Manager)
Alistair Carrie (Junior Men K2)
Kristie Colomb (Junior Women K1)
Roger Fenwick (Men C1)
Matt Flower (Men K1)
Liz Hirschhoff (Team Coach)
Dasha Kopecek (Junior Manager)
Mick Leverett (Men K2)
Anthony May (Men K2)
Brei Meek (Women K2)
Chad Meek (Men K1 & K2)
Chantal Meek (Women K1 & K2)
Ben Poole (Junior Men K1)
Gavin Seidel (Assistant Team Manager)
Caroline Whittle (Women K2)

Contact

Contact the marathon
committee at
marathon@canoedic.org.au or
see the Marathon diary for all
1999 marathon winter series
venues and dates.



World Marathon Canoeing Championships

Championships finally started. The first event, the K2 Junior Men, was held on Thursday, 23 September 1998, in atrocious conditions with winds in excess of 30 kilometres an hour and a surf-like swell. The Junior Women K1 was scheduled to be held at the same time but was postponed due to the weather. Alistair Carrie and his partner, Steve Burns from Sydney, led out from the start and continued to lead for most of the K2 race as the other top crews refused to do any work. The two top Hungarian crews were

In her first international competition, Kristie Colomb finished a creditable 8 in the K1 Junior women

swamped mid way through the race while running 5 and 6, putting them out of contention. The Australian crew led to within 200 metres of the finish when the English crew took better advantage of the conditions to gain a small lead which they held through to the finish.

The boys were initially extremely disappointed at the outcome believing that they were the stronger crew and should have won gold. However, they should be happy with their efforts in overcoming the conditions and demonstrating their outstanding strength and skills amongst world-class opposition.

The other races were held in much calmer conditions over the next three days and the Australian team produced some good results. Steve Burns backed up in the K1 Junior Men to finish 9 despite a damaged rudder while Ben Poole was knocked in by another competitor while well-placed and still managed to finish 16. In her first international competition, Kristie Colomb finished a creditable 8 in the K1 Junior Women while the Junior Women K2 team of Jessica Beck and Kellie Vernon (Sydney) paddled very well to achieve 4 in a disappointingly small field of competitors.

The team had hopes of good results in the senior competition which began on Saturday, 25 September 1998. However, despite good paddling conditions, three of our four paddlers in the K1 events failed to complete the course. Only Keren Bancroft (Gold Coast) toughed it out to finish 10 in the K1 Women. Roger Fenwick endured a lonely race to keep the Australian flag flying in the Men's C1 event.

The good paddling conditions continued into Sunday and the team produced some better results. Chad Meek and Leigh Wilson finished 8 after fighting it out with a large lead pack for most of the Men's K2 race. Anthony May and Mick Leverett found the race extremely hard, tiring to finish 18. In the Women's K2, it was interesting to note that the winning team (Asa Eklund and Susanne

Gunnarsson of Sweden) paddled the course in a faster time than many of the Men K2's. Susanne Gunnarsson was also backing up after winning the Women's K1 the previous day. They were awesome! Unfortunately, the Australian women could not go with the hot early pace set by the leading teams. However, they were determined to give their best and finished the race in 9 (Chantal Meek and Brei Meek) and 13 (Caroline Whittle and Debbie Bassett) positions.

Unfortunately, the overall results achieved were probably not as good as was anticipated when the team first travelled away. Certainly, the standard of competition was very high but this was to be expected. Perhaps the lack of hard racing in Australia, where the standard falls away quite quickly after the few top teams and paddlers do not have the opportunity to race against elite paddlers from other countries on a regular basis, has an effect when it comes to this type of competition.

Results see page 34

Paddler

Advertising

Paddler magazine is published by the VCA four times per year. The 1999 Paddler advertising rates are now available.

Please contact the VCA office for further information

Ph: 03 9459 4251

email: vca@canoedic.org.au

www.canoedic.org.au/Paddler

CANOE EDUCATION

The VBCE has had a very busy 6 months up until Xmas. With Liz, Glenise and Peta being frantic in the office running last years courses and as well preparing for the very full calendar of programs that the VBCE will run in 1999. Regretfully Liz Marsh resigned before Xmas to devote a little more time to home duties. There will be patter of little feet in the Pearson household in the middle of the year. (must be the water they drink in the office. Watch out girls !!!). Liz has been a wonderful Program Manager and is highly commended for her efforts and dedication to the VBCE. We will now see Liz from time to time as an Instructor and Volunteer. The VCA interviewed for a new Programs Manager in early January and I am pleased to welcome Mr. Rob Hales to the position. Rob is a highly qualified AC Inc. Senior Instructor, examiner, originating from Queensland. He has experience in the area of Outdoor Education, and Office Management.

The River Rescue Level 2 course at the end of last year was very successful. With the Board receiving an overwhelming response from the Canoe Clubs, Instructors and readers of *Paddler*. Some participants had experienced Rescue programs before, but like any safety qualification regular updates and "refreshers" are essential to keep the skills up to date. This has been very encouraging with the VBCE looking to run more specialised courses for Clubs and *Paddler* readers in the future. There has also been a

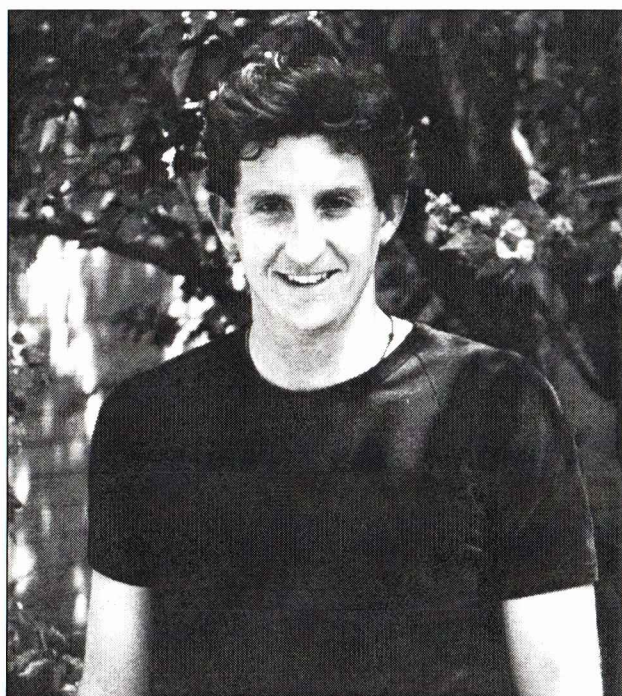
1999 Board members

Phil Clark.	(TCC)	Chairman
Max Kerr.	(KKK)	Treasurer
Jenny Hogan	(BEN)	
Chris Blackwood.	(TCC)	
Colin Addison.	(V SCC)	
Erik Ligtermoet.		
Jeff Adair		
Roger Fenwick.	(IVH)	
Rob Hales		Program Manager

very big last minute rush with Basic Skill Instructor trainees wishing to sit their assessment in November and December. A large group of participants totalling 37 at last count completed their assessment over the period.

Please take time to look at the **VBCE Program Calendar for 1999**. You will see that it is quite full and includes a number of specialised workshops for Instructors throughout the year as well. Sea Kayaking and the more advanced programs will make quite considerable contribution to the busy schedule. This program is not set in concrete, and can be adjusted when there is the demand.

The Board has been very involved in the **Water Safety**



Rob Hales at the VBCE office. Rob has just joined the VCA and is the new program manager for the VBCE.

Rob is a highly qualified Australian Canoeing Senior Instructor, examiner, originating from Queensland. He has experience in the area of Outdoor Education, and Office Management.

Rob's interests are in white water touring and instructing, and he hopes to visit some steep creeks soon.

Photo: Michael Loftus-Hills

CANOE EDUCATION

Week in December with thanks to Glenise Karanikich for her hard work on this project. She has coordinated the effort with Kirinari, Templestowe, Whitehorse Canoe Clubs, Sea Kayaking Clubs, as well as VBCE instructors donating their time. The week involved a number of introductory courses being organised on a Come and Try basis in the lead up to Christmas. Venues included Albert Park Lake, the Yarra at Warrandyte and Sea Kayaking at Port Melbourne. All drew healthy interest, and participation.

The Canoe Safe Booklet has been redrafted and will be at the printers in very early 1999. The Board will be working very closely with the VCA disciplines in 1999 as it completes its risk management plans for select rivers and venues. Clubs and committees will be able to use this resource once completed.

Enclosed in the Paddler is a loose leaflet with our courses for 1999.

If you are available to teach on any of these dates please return this form to the VBCE ASAP. We are allocating staff to courses for 1999 already. The VBCE instructor wages are currently under review and will be increased in 1999.

The VCA and the VBCE will be very busy in the new year setting up and working with the new computer system that will be up and operating very soon. It has been very difficult over the last six months with the old failing computer system. The new system will facilitate the smooth running of the office by enabling the integration of financial and record keeping functions. Notable benefits to watch out for will be the introduction of VCA membership and Instructor ratification cards, as well as an incorporation of VCA functions over the Internet. All members of the VCA will benefit from these far sighted changes.

At present many changes in the future are about to take place with the revision and redrafting of the **Australian Canoeing Inc. Award Scheme**. The latest document out is the Paddling Beyond 2000 draft which Board instructors and Providers have been asked to comment on. We have had responses from our Instructors and are still awaiting responses from Providers. The Instructors' feedback has been forwarded to Peter Horne at Australian Canoeing. There are many questions which need to be answered by AC Inc. If you wish to know the latest you must attend the instructor workshop on March 28.

I would like to personally thank the office staff, Jenny, Liz, Glenise, and Peta for their dedication and enthusiasm toward the task at hand. They have all put in so many hours of their own time to the VBCE and the VCA.

Special thanks also go to the VBCE committee and VCA executive, and a very special thanks to my right hand man Max Kerr who has been so diligent and supportive

over recent months. Max has spent many hours on the water teaching, and also at home on his computer.

Thank you to all instructors who have taught for the Board over the past months, as there has been very positive feedback of your high standard of tuition and leadership.

Regards, Phil Clark, VBCE Chairman

Canoe / Kayak Yarra Canoe Trail

The VBCE has committed itself to assist in the development of the Canoe / Kayak Yarra Canoe Trail from Warburton to Port Phillip Bay.

The VCA Touring committee will also be offering its assistance to this project.

The project is currently in its preliminary stages, so if you can assist in any way, contact the Project coordinator, **Robyn Fox** from OEG.

Ph. 03 577 42058

Email: - oeg@mynet.net.au

Australian Canoeing Award Scheme changes

In the next few months a draft of the new AC award Scheme will be forwarded to all states for comment.

The VBCE will be coordinating the feedback process in Victoria. The changes will affect future instructor requirements and the addition of a new guiding award will affect the canoeing and the outdoor industry.

Contact Rob Hales at the VBCE office or visit the VBCE web page

CANOE EDUCATION

Instructor Workshop The Changing Face of Australian Canoe and Kayak Instruction A workshop for all VBCE instructors

Topics include

- Australian Canoeing Award Scheme developments
 - Facilitation skills
- Towards common practice in skills training
 - Basic Skills Instructor Course discussion
 - VBCE course operating procedures
- Standardisation process: how style effects skills examination
 - Private providers and the VBCE

Why Attend?

- Keep up with latest paddling and assessment standards
 - Learn some new skills
 - Keep up with VBCE operating procedures
 - Share our knowledge to build a better VBCE
- Attendance is highly recommended if you are:
1. interested in working on a VBCE course or
 2. interested in becoming an examiner

Format

The format will include

- Workshops to discuss topics
- Short presentations on policies
- Paddling time to workshop techniques and information

Details

Date: 28 March in Melbourne
Contact Rob Hales at the the VBCE office
Ph: 94594277
RSVP 26 March
Cost \$30.00

Regional Report

Jenny Hogan reports on the VBCE activities in regional Victoria

Just recently two basic skills Instructor (BSI) intake courses and one BSI Assessment have taken place in sunny central Victoria. On the 13 and 14 of September 18 participants took part in the BSI intake course held in Bendigo. Examiner Greg Pearson along with Jenny Hogan ran the course. All but one participant were students studying Outdoor Education being run at Latrobe University, Bendigo. The effort in the region over the past months has been focussed on encouraging Instructors to become involved more with the Board and to consider working towards gaining examiner status.

Tim Esnouf, Rebecca Bell and Lou Preston observed and assisted on the weekend with this aim in mind. We plan to run another BSI Intake Course around May 1999 in Bendigo, followed by the Assessment in mid October/November. We will keep you informed through the *Paddler Magazine* when the dates are firm. If there is enough interest from trainees in the Bendigo area we can

run another assessment in March /April. Please contact the VBCE if you are interested.

18 students from Ballarat University successfully completed the on water paddling skills and teaching components of the BSI exam weekend held on the 5 and 6 of December at Lake Wendouree Ballarat. Malcolm Steer assisted for part of the weekend. The course was run by VBCE examiners Rob Hales and Jenny Hogan.

The VBCE is aiming to provide as many opportunities as possible for paddlers to take part in Instructor courses being run in Central Victoria..

VBCE PRICES

Prices for the existing award Scheme have been recently revised. Visit the board homepage – www.canoevic.org.au/vbce – or contact Rob or Glenise for your copy of a price list.



Paddling in paradise – The Sea Kayaking World Cup

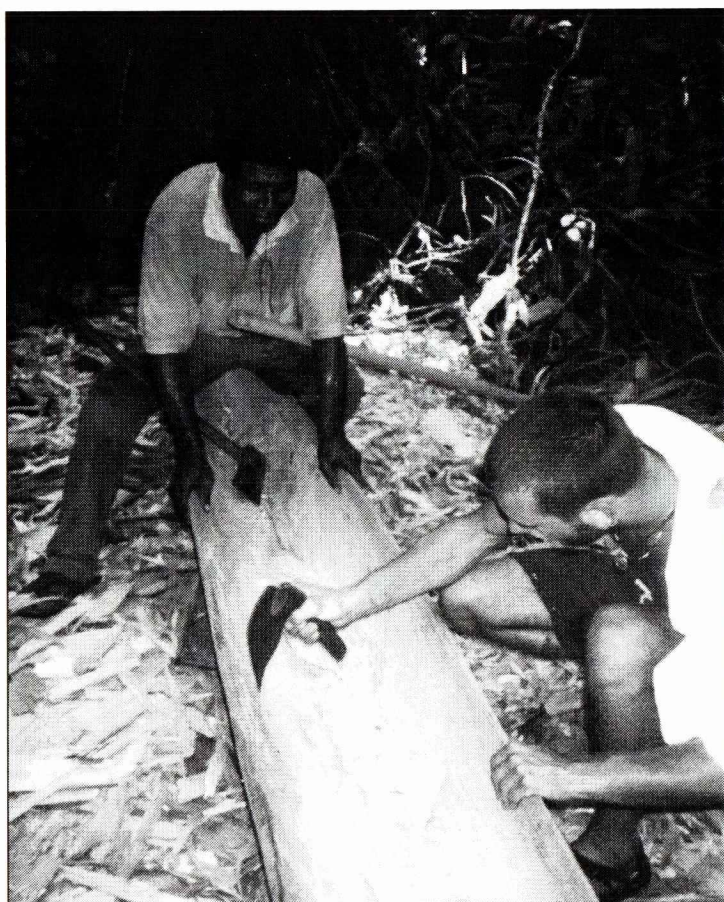
After one training day on a central Victorian lake 'The Bendigo boys' Ben, Drew, Jim and Rob left to represent Australia in the first ever Sea Kayaking World cup in Papua New Guinea.

The cup was held just 2 degrees south of the equator in the Manus province, northern Papua New Guinea. The province is made of 180 tropical islands, coral quays, atolls, and clear pristine waterways. The environment combined with the traditional cultural practices and the hospitality of the local people made for an unforgettable experience. Seventeen teams competed in the open division and three in the women's division. The event went for ten days with six competitive events: sprint race; rescue race; skills race; marathon race; and a multi-discipline race. Novelty events were also woven into the

program which focused on cross-cultural interaction (which some competitors did well in).

As we walked off the plane with other international teams a large crowd and a corridor of local dancers in traditional dress greeted us. News cameras and a documentary team were all trying to capture the moment. This event was huge for Papua New Guinea; they even made Sea Kayaking World Cup postage stamps. The next day was the opening ceremony which consisted of a long speech from the Prime Minister, Bill Skate; a traditional welcome to all the teams; more dancing and a chance for the locals to paddle the sea kayaks and the international teams to paddle the traditional outrigger canoes.

The kayaks that we had to use were very heavy and indestructible, no one could lift one above their knees. The world cup committee imported fibreglass moulds then searched Papua New Guinea for anyone who had experience in making fibreglass sea kayaks, but, to no



Rob Myrill having a go at shaping a traditional canoe. Photo: Ben Tiver.

The Bendigo team came across a man adding the finishing touches to his canoe. "He did it with such skill and confidence, which was not surprising considering that he had made over one hundred of them. His main tool looked like a small hoe, that he made "out of American junk" left over from the Second World War. He tried to teach me how to carve the inside of the canoe but I quickly returned the tool back to him when I took a chunk out from the side. The canoe he was making takes about a week to make and he would sell it for about \$A80"

avail. The best they could find was a company that makes fibreglass water tanks. They did a good job except they applied the fibreglass to the kayaks the same thickness as they would an industrial toxic waste tank!

The events were held in a variety of locations within the province. The first event, the sprint race was held in the calm, clear waters near the World Village. The next two races, the rescue and skills races were held at Pittalu Island. The local village showed us their best hospitality, in particular the lunches that consisted of fresh fish and delicious tropical fruit. At Pittalu we also had a chance to go snorkelling around the reef. I had never in my life seen so many types of coral and fish in so many rich colours. The multi-discipline race consisted of three legs, first up Ben and Drew paddled for nineteen kilometres in the double sea kayak. I then completed a seven kilometre run that passed through amazing limestone caves full of stalagmites and stalactites. Jim did the last leg, which was a ten kilometre paddle to the finish line. I think we all found this day the hardest as it was 55 degrees in the sun

They did a good job except they applied the fibreglass to the kayaks the same thickness as they would an industrial toxic waste tank!

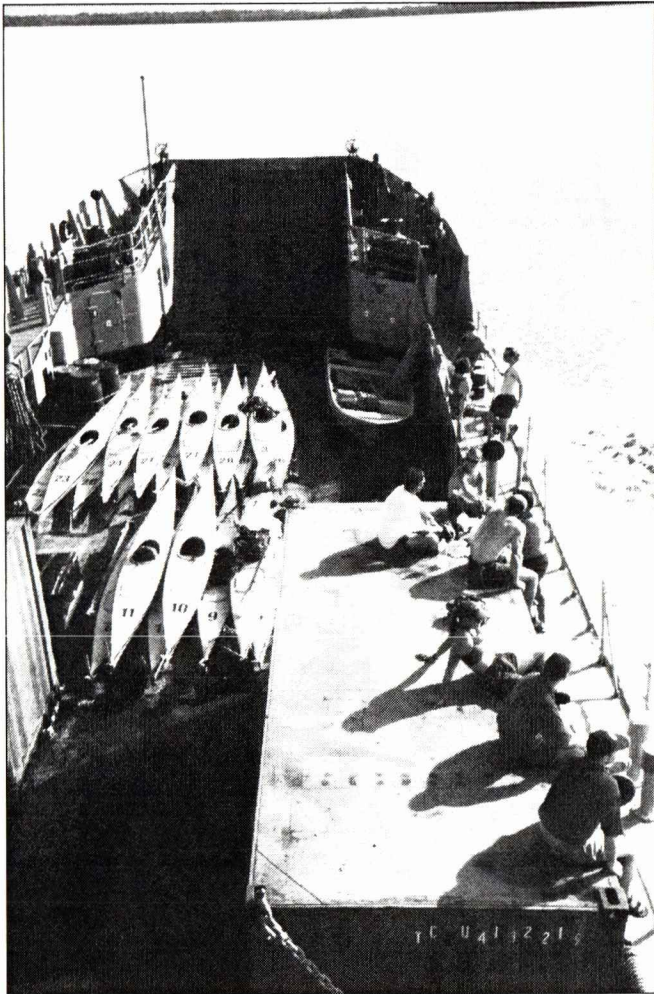
and very humid. The marathon race started at sunrise to miss the heat of the day. As the sun rose the land and water lit up with a majestic orange glow as we paddled a course that went past some of the most interesting features in the province.

One of the biggest highlights for our team would have to be the orienteering race. Instead of the traditional orienteering markers, we had to find gold painted coconuts and record the letter painted on them. The golden coconuts were placed on some of the most beautiful and interesting sea based attractions, including many war relics. In contrast to this we put in a small thought for our mates back at university who would be at the time taking a group of year six students paddling on a cold poxy lake just out of Bendigo. We were amazed to find that when we finished the orienteering we got 3rd place. Unfortunately many of the local teams did not go so well as they had never used a compass or map before. One team even thought the red arrow on the compass pointed to the first golden coconut. They paddled for about 20



Drew Walton entertaining the locals with his didgeridoo. Photo Rob Myrill

FEATURES



Kayaks on the PNG navy's barge going to the opening ceremony. Photo : Rob Rymill.

kilometres until they reached an island, couldn't find the golden coconut so they turned around and came back finishing just before the cut off time.

The day after the orienteering race we had time to have a look around the island. The film crew, other competitors and my self went searching for someone making a traditional outrigger canoe. We found somebody to take us to a man carving a canoe. He led us though the most beautiful rainforest full of brightly coloured birds, that were singing above us. Finally, we came across a man adding the finishing touches to his canoe. He did it with such skill and confidence, which was not surprising considering that he had made over one hundred of them. His main tool looked like a small hoe, that he made "out of American junk" left over from the Second World War. He tried to teach me how to carve the inside of the canoe but I quickly returned the tool back to him when I took a chunk out from the side. The canoe he was making takes about a week to make and he would sell it for about \$480.

Throughout the event our team brought much amusement to the locals and competitors and them to us.

They thought it was very funny to have a sea kayaking team from Bendigo as it is so far away from the sea. But not everyone realised this as we did get asked if we did much training in Bendigo Bay. Drew entertained the locals with his abilities with juggling sticks, the children were convinced that it was magic. We also took with us a didgiridoo. The locals found this instrument very peculiar and were intrigued with the sounds it made.

At the end of the competition our team, 'The Bendigo boys' came 9 with a bronze medal in the orienteering. We were very pleased with this as we just beat our rivals 'The Mindi Muruks' who were an expatriate team from Papua New Guinea. The World Cup in both the open and women competition was comfortably won by the "Coral Sea Kayaking" teams from Mission Beach, Queensland.

The Bendigo Boys Sea kayaking team consisted of Rob Rymill, Jim Townsend, Drew Walton and Ben Tiver. Rob, Jim and Drew have just completed a Bachelor of Arts in Outdoor Education, LaTrobe University, Bendigo. Ben still has his final year to complete.

Rob Myrill

CALENDAR OF EVENTS – 1999

EVENT	DATE	INFORMATION	LOCATION
MARCH – 1999			
MARATHON	6	Tarwin lower Festival	Tarwin lower
MARATHON	7–8	Geelong GP	Geelong
MARATHON	14	Essendon Twilight	ECC
VBCE	13–14	WWI Intake and Assessment	
VBCE	13–14	SunSmart Intro to Sea kayaking	
VBCE	14	SunSmart Come and try day	Westerfolds Park
WILDWATER	14	WWW	Goulburn Pondage
TRIATHLON	14	VCA	Lake Eildon
SPRINT	16–20	National Titles	Penrith
VBCE	20–21	River Rescue 2 + training to become Instr RR Examiner	
VBCE	20–21	SunSmart Intro to canoe and Kayak	
VBCE	27–28	Sea Kayak Inst and Ass	
VBCE	27–28	SunSmart Intro to sprint & Marathon	
SLALOM	28	Int Slalom (Sen Selection)	Penrith
VBCE	28	SunSmart Instructor workshop	
MARATHON	28	Cobram Race regatta	Cobram

APRIL			
MARATHON	2–4	Australian Champs	SA
SLALOM	3	Sen selection	Penrith
SLALOM	4	Sen selection	Penrith
SLALOM	4	Sen selection	Warrandyte
VBCE	1–11	Basic Skills Instructor Intake	
VBCE	11	SunSmart Whitewater Introduction	
VBCE	17–18	Sea kayaking Proficiency	
VBCE	17–18	SunSmart Intro to Slalom, DRR, Rodeo and Polo	
VBCE	24–25	Senior Instructor Intake	
WILDWATER	25	WWC3	Griffiths – Westerfolds Park
MARATHON	25	Race 1	Warrnambool Canoe Club

MAY			
SLALOM	2		Longridge, Yarra
VBCE	2	SunSmart WW Intro	
VBCE	15–16	Instructor Workshop	
SLALOM	16	Yarra Series 2	Finns Reserve
MARATHON	16	Race 2 Doubles	City, Yarra
VBCE	22–23	Instructor workshop RR11/ Exam	
WILDWATER	23	WWC2	Griffiths–Westerfolds
MARATHON/SPRINT	29–30	SunSmart Schools Championships	Essendon CC
VBCE	30	Envirofest/Rec Festival come & try	Westerfolds

JUNE			
MARATHON	6	Race 3	Yarrowonga
VBCE	6	Whitewater Proficiency test	
MARATHON	7	Race 4	Nagambie
WILDWATER	13	Kirinari Race 1	Warrandyte
VBCE	19	Instructor Workshop	
SLALOM	20	Yarra series Race 3	Griffiths Park
MARATHON	27	Race 5	Geelong

CALENDAR OF EVENTS – 1999

EVENT	DATE	INFORMATION	LOCATION
JULY			
MARATHON	4	Yarra Marra	Healesville
WILDWATER	11	Kirinari Race 2	Homestead Rd, Yarra
VBCE	17-18	Basic skills Instructor Assessment	
SLALOM	17-18	S/Wildwater Country Series	King River
MARATHON	18	Race 6	INCC, Yarra
VBCE	18	Trainee day	
VBCE	31-1	Instructor Workshop	

AUGUST			
VBCE	7-8	Whitewater 1 Assessment	
MARATHON	8	Race 7	Sale
VBCE	14-15	SunSmart Basic skills (Sea kayaking)	
MARATHON	15	5 & 10 Champs	Essendon CC
WILDWATER	15	Kirinari Race 3	Jumping Creek
VBCE	21-22	SunSmart Intro to Slalom, DRR, Rodeo, Polo	
VBCE	22	SunSmart Instructor Workshop	
MARATHON	22	Race 8	Footscray CC
SLALOM	22	Yarra Series 4	Fitzsimmons Lane
VBCE	28-29	WW Instructor Intake	

SEPTEMBER			
SLALOM	4-5	SunSmart Schools Championships	Warrandyte
VBCE	4-5	SunSmart Intro to Sprint, (Murray) Marathon	
VBCE	5	Instructor Workshop	
VBCE	5	SunSmart Whitewater Introduction	
MARATHON	11-12	SunSmart Victorian Championships	Essendon CC
SLALOM / WW	11-12	Southern Zone Champs	Cotter R. ACT
VBCE	11-12	Basic skills Instructor Intake	
SLALOM	18-19	Country Series Race 2	Howqua River
VBCE	18-19	Sea Kayak – Advanced	
VBCE	19	WW Advanced Award	
VBCE	25-26	River Rescue 3	
VBCE	25-26	Instructor Workshop RR 3/ Exam	
MASTERS GAMES	25-3	Australian Masters Games	Adelaide
WILDWATER	30-3	World Cup Slalom Finals	Penrith

OCTOBER			
MARATHON	2	Bendigo CC Cup	Bendigo
VBCE	3	Whitewater Proficiency	
VBCE	4	River Rescue 1	
VBCE	9-10	Sea Instructor Intake/assess	
VBCE	9-10	WWI Assessment	
WILDWATER	10	WWWC4	Big River
MARATHON	10	Ted Pace Memorial	Footscray
MARATHON	16	Echuca Mini	Echuca
VBCE	16-17	SunSmart Introduction	
WILDWATER	17	Pre Vict Champ (KKK4)	Homestead Rd
SLALOM	24	Yarra Series Race 5	Warburton
VBCE	24	WW Advanced Award	
MARATHON	30	Barwon Minit	Geelong
VBCE	30-31	River Rescue 2 + training to become Instructor Examiner	

CALENDAR OF EVENTS - 1999

EVENT	DATE	INFORMATION	LOCATION
NOVEMBER			
VBCE	6-7	Basic Skills Instructor Intake	
SLALOM	7	Yarra Series Race 6	Dights Falls
VBCE	13-14	SunSmart Introduction	
VBCE	13-14	Whitewater Overnight trip	
WILDWATER	14	SunSmart Vict Wildwater Champs	Homestead Rd
VBCE	13-14	Trip Leaders Award	
VBCE	14	CAE-Albert Park (Twilight)	
MARATHON	14	Bridge to Bridge	Geelong
VBCE	17-18-24-25	SunSmart Intro (Twilight)	
VBCE	20-21	Basic skills Instructor	
SLALOM	21	Canoes Plus Slalom	Goulburn River
VBCE	21	Trainee day	
TRIATHLON	27 - 28	JLW	Mt Bulla
VBCE	28	SunSmart Come and try day	

DECEMBER			
MARATHON	4	40 Miler	Murray R
VBCE	4-5	SunSmart Inro	
VBCE	5	Whitewater Proficiency Test	
SLALOM	5	SunSmart Victorian Championships	Goulburn River
MARATHON	12	Murray Dress Rehearsal	
MARATHON	27	Murray Marathon	
SLALOM	January 2000	Australian Slalom and WW Champs	TBC - Penrith

Please check all dates and venues with the VCA or relevant committee

VCA - Committee Contacts

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Sprint Committee

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Slalom Committee

Chair: John Quayle
6 Catherine Court
Eltham Vic 3095
Ph: 9439 7171

Wildwater Committee

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

Polo Committee

Chair: Ross Faicney
56 Danien Street
Glen Waverley VIC

Touring Committee

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

Victorian Board of Canoe Education

Chair: Phil Clark.
Ph: 980 22877

Marathon Committee

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

Copy deadline

June Paddler

1 April 1999

Phone and Internet

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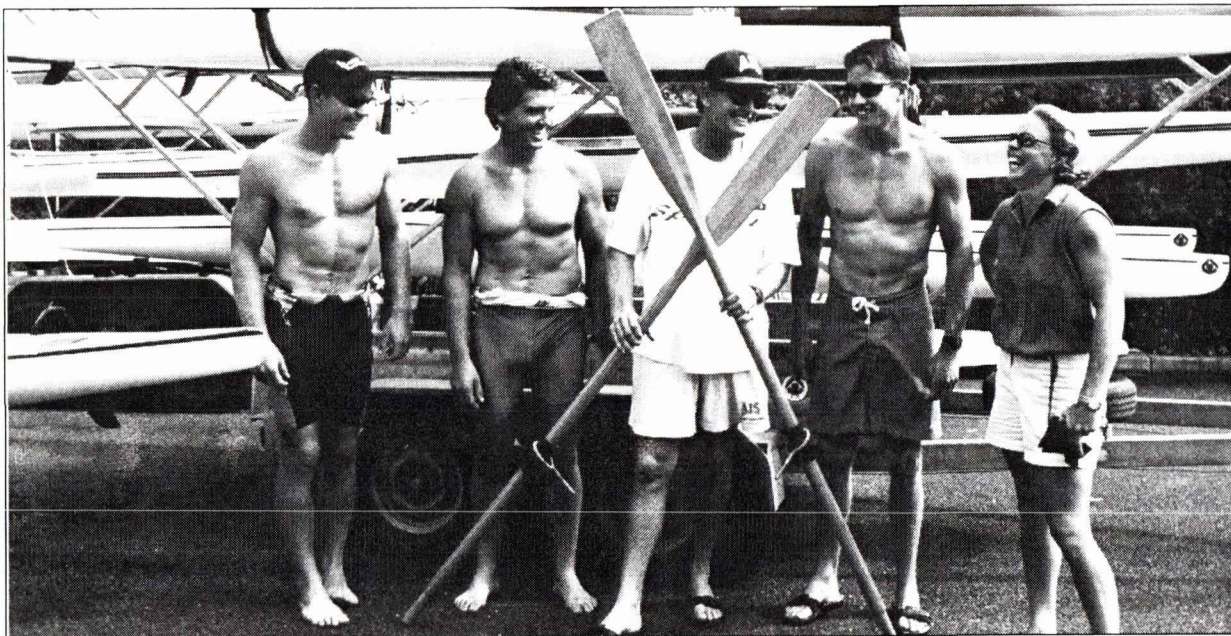
• email - vca@canoedic.org.au

• VBCE office - 03 94594277

• email - vbce@canoedic.org.au



AIS – Canoe Unit



Paddler magazine recently featured Victorian sprint kayaker, Paula Harvey, from Ivanhoe Northcote canoe club (October 1998) Paddler follows up the profile on Paula with a visit to the AIS canoe unit in Qld

The AIS canoeing unit is located on the Gold Coast, ten minutes from Surfers Paradise. Opened in 1991 the AIS building is located next to the Dunlop canal, which flows into the Nerang River and is the training headquarters for 16 paddlers. Five Victorian canoeists are based with the AIS in Qld. Paula Harvey showed me around the AIS building on a humid Qld summers day.

Training for the AIS paddlers is around the canals of Surfers Paradise. The ten kilometre training course passes the Jupiter's Casino and the AIS squad see the occasional aquatic creature (in the water) and any capsized is followed by a quick swim to the bank.

The AIS building is modern and well designed, only metres from the Dunlop canal. Kayak storage and gym are located on the ground floor, with offices and meeting areas on the first floor. Two motor boats are moored on the AIS landing.

Paula who moved to the AIS under a residential scholarship, has been on the Gold Coast for four months and shares a flat (which is only a few minutes from the

AIS building) with fellow Victorian Brooke Harris. Paula paddled at the Nagambie sprint regatta in early January which she says was a fantastic experience. She came second to Shelley Oates-Wilding in the 500m which is considered the premier event in women's kayaking. She also came 2nd with Brooke Harris in the women's LK2 1000m. Paula also won this years LK1 500m at the Qld State titles in a very fast time of 1.50. Paula's time was faster than Katrin Borchet who is ranked number 2 in the world in the LK1 500m.

Training consists of six paddles on the water and three gym sessions a week. Extensive use is made of the video facilities, which Paula claims is of great benefit "Your coach is always pestering you to do something but when you actually see it you think...that really does look bad" Paula says that the support at the facility is amazing. "I don't know how I paddled without support... there is constant competition and you are always pushing yourself"

AIS staff come to Qld from Canberra to carry out biomechanical and physiological testing every six weeks. Nutritionalist Liz Broad (see article on Liz on page 26) comes to training two to three times per week. Liz works out a five day dietary plan for the athletes. Paula says that you can "throw ideas off Liz... she keeps an eye on you and it's up to you to keep an eye on excess weight" Other players in the AIS support crew include a Psychologist, career advisors, Chaplain, Physiotherapist and Doctors.

Jamie Walker (ex Victorian Paddler) is the assistant coach of the facility. Barry Kelly is head coach. Other Victorian Paddlers at the AIS are Brooke Harris (INCC)



Photo opposite page: Paddlers at the AIS canoe unit. Head coach Barry Kelly – holding the oars.– co-ordinates the Men's and Women's programs as well as being the manager of the budget of the Canoe Unit. He is a deep thinker who has the capacity to see the National perspective of the sprint Canoeing scene.

Photo left: Jamie Walker and Paula Harvey at the AIS Canoe Unit

Photo's: Michael Loftus-Hills

and Leda and Cameron Macfadzen (former State Swim centre) and Karl Russell (former VIS scholarship holder). Alistair Carrie and Justin Quill are on a non residential scholarship.

While on my tour of the canoe unit I asked Jamie a few questions about his position with the AIS. Jamie was originally a member of INCC and was competing in Sprint until 1988.

Paddler – Jamie can you tell us a bit about yourself and life in Qld?

After high school I completed a Bachelor of Applied Science in Human Movement at Phillip Institute of Technology, Bundoora (now RMIT). During my time at Phillip I resolved to use some of my accumulated knowledge to assist aspiring athletes to progress to the top. I started coaching in 1985 with Tim Altman as my sole athlete, and he made the Junior team that year. I seriously began coaching in 1988 (winter) and was appointed to the AIS in July, 1994. Prior to that I was employed by the VIS for one year from 1990 to June 1991.

Living in Queensland is similar to Melbourne but without the restaurants of Lygon, and Brunswick Streets. The weather is warmer, but I am a firm believer that athletes in Melbourne should not use that as an excuse to stay off the water during winter. Relocating to Queensland was probably the hardest for my wife, leaving friends and family and work, but the greatest joy we have had is our young son, Nicholas who is now 14 months old. The work is great, especially with the highly motivated athletes in my squad.

Paddler – What does a typical day involve?

I open the facility at 5.50am and we are on the water at 6.20am until approximately 7.45am. We coach from a motor boat – that is a lot easier than coaching from a kayak. We have breakfast at 8.00am then at 8.30am there are meetings with the athletes. From 10am onwards I catch up on paper work, do some video dubbing and general maintenance etc. At 12 noon I go home for lunch and play with my son – this is coach's time out!. At 2.00pm I return

to the unit and assist athletes with gym, or on the water for a session at 4pm. Finish is around 6pm after debriefing from the training session.

Paddler – What is your impression of sprint in Australia at present. It would seem that QLD is very much the base. Are you in contact with what is happening in Victoria?

Queensland is the base by default only, basically because the infrastructure is here to help the development of the athlete. Australian Canoeing, sprint in particular, is in a healthy state, with some cohesion required to gain the best results for the sport at the Olympics in 2000. This is beginning to happen and the rivals of Australia should be very concerned. I am still in contact with what is happening in Victoria through the athletes I coach and friends in Victoria. It sounds like there are some promising juniors coming through with good guidance from the coaches they are involved with.

Paddler – How are the Victorian Paddlers going in QLD?

The Victorian Paddlers are thriving in the environment at the AIS, and are pushing through to the top end of the A finals. At the National championships there should be some very good results for the expatriate Victorians.

Paddler – Any comments for up and coming sprinters in Victoria?

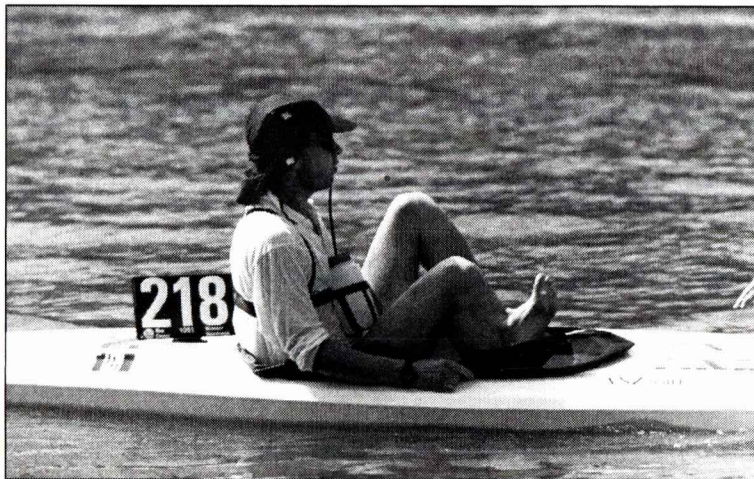
All the aspiring sprinters, both young and old should persist with more low intensity aerobic training to develop sounder techniques and better cardiovascular engines that can last the distance with lactic acid build-up. Technique is the key, but you need somebody to guide you in this.

The Australian Canoe team will leave in late May to tour Europe. Following more training in Australia the team again heads for Europe in early August for the World titles. Jamie extends an invitation to all Victorian Paddlers to visit the AIS if they are on the Gold Coast.

by Michael Loftus-Hills

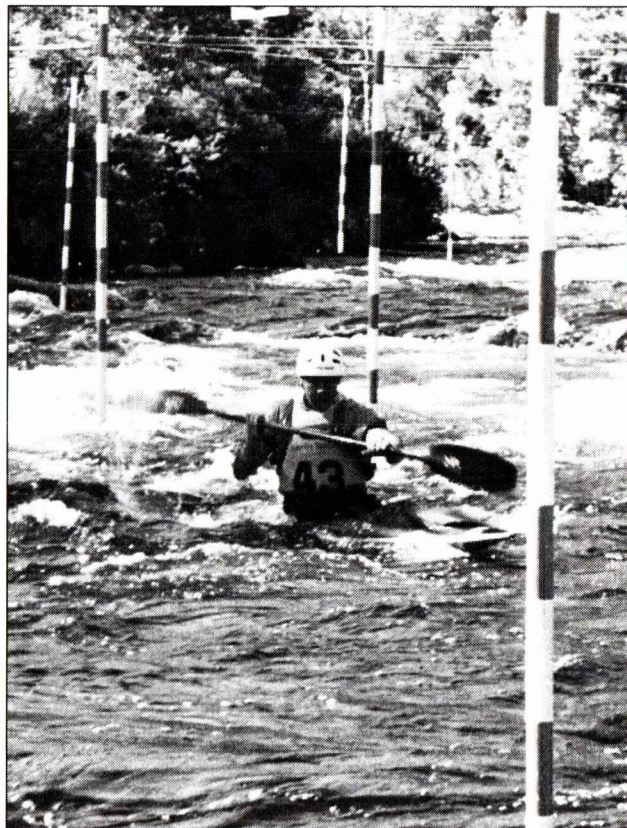


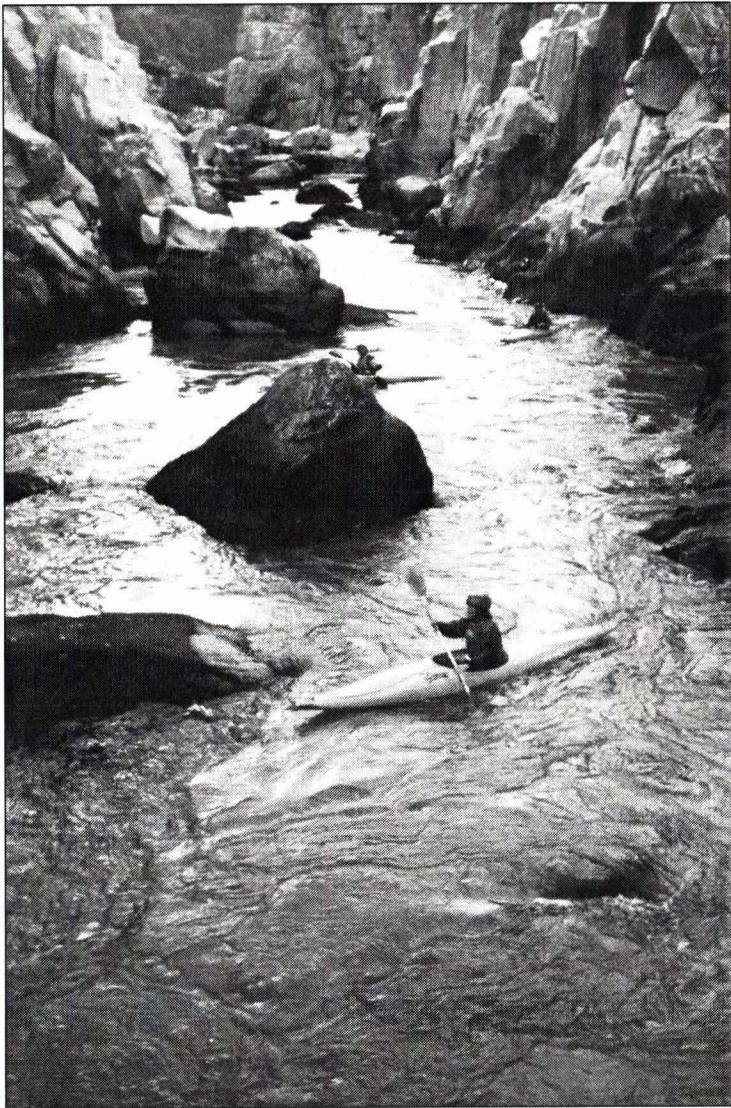
CANOE PICTORIAL



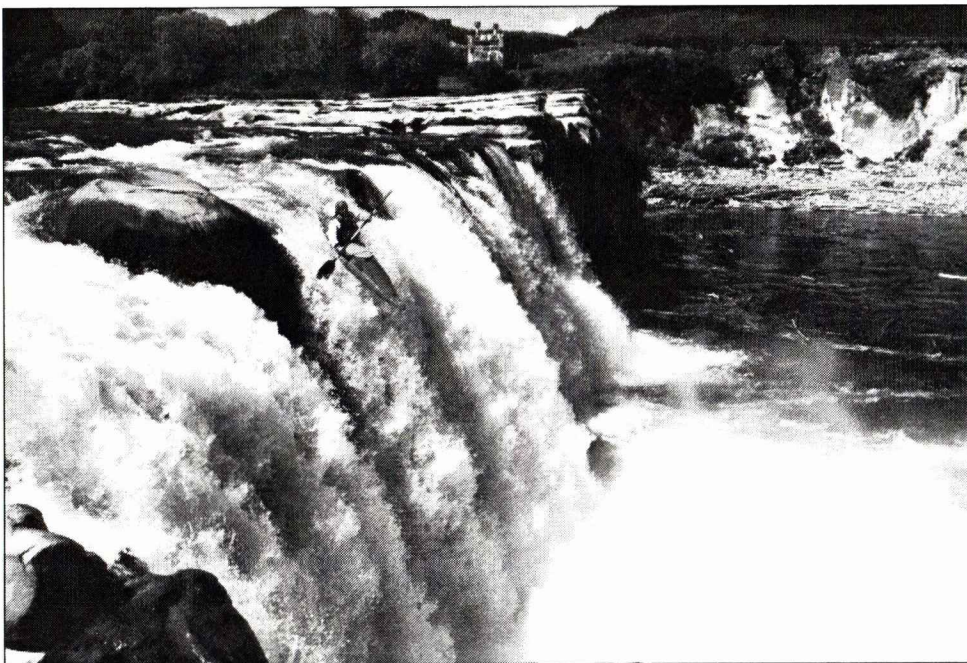
Top: Paddlers at the Red Cross Murray Marathon. Bottom left: Running repairs on the Murray Marathon. Photo: Roger Tralaggan.

Below: Scott Crabtree in at a Slalom event. Photo: John Quayle.





*Guess the rivers? Answers next issue of Paddler.
Photo's: Rob Hales*





VICTORIAN CANOE ASSOCIATION – A WAY FORWARD?

David Clark regular contributor to Paddler and Chair of the Touring Committee proposes changes to the structure of the Victorian Canoe Association.

I present this discussion paper to promote change within the VCA, to make it stronger and more relevant for paddlers, particularly touring paddlers, in the next millennium. The ideas put forward will no doubt raise the ire of some, but healthy debate is how the organisation can continue to move forward.

Key Proposals

The key points put up for consideration are listed below. Some of these are already under discussion or review within the VCA Executive Committee.

- Promote individual membership of the VCA (as well as club membership)
- Abolish club delegate system – all members to have a vote at Council Meetings
- Council to set the policy and direction of the VCA for the Executive Committee to implement
- Council to meet twice a year (AGM and one mid – term meeting)

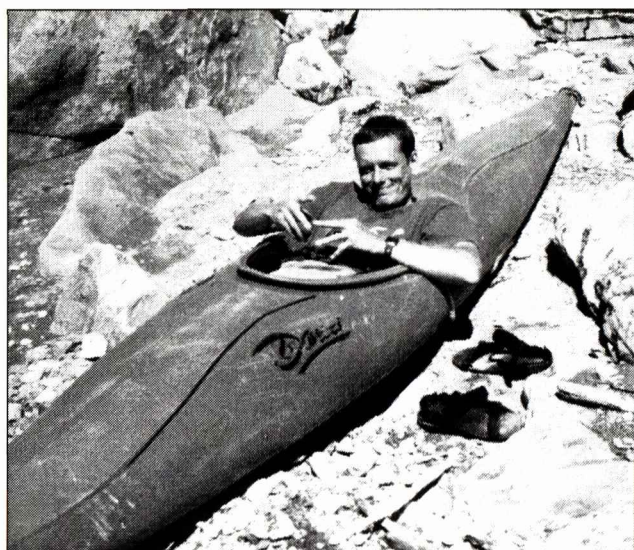
- Paddler to be incorporated into membership of the VCA
- A membership card and membership number to be introduced
- The VCA to adopt a new logo and corporate image
- The VCA to invest in new office equipment, update databases, and improve services to members
- The constitution to be updated in line with the revised Associations Act and anomalies corrected
- The VCA to adopt a corporate governance policy

It may be a beneficial to have an external consultant review the role and structure of the VCA before implementing any of the ideas suggested above.

VCA Council

Over the last twelve months the VCA and its constitution have had a rough ride. Decisions can take a long time to reach because everything must be ratified by Council, in some cases without club delegates being aware of all the facts. This is analogous to the shareholders of a company vetting and approving every decision made by the Executive Board.

Shareholders elect/appoint an Executive Board to run the company for them. If the Executive does not make a profit, or does not take the company in the direction the shareholders wish (usually in the direction of bigger profits) then they get replaced. Why should the VCA be any different?



David Clark seen out of the water – but still in a kayak. Photo David Clark collection.

Sample Membership Fees

Type of membership	Class of membership	AC capitation & Insurance	VCA capitation	Paddler	Total fee
Individual	Adult	\$12	\$13	\$20	\$45
	Junior	\$12	\$3	\$20	\$35
	Family	\$12 x 4 = 48	3 x 4 = \$12	\$20	\$80
Club	Adult	\$12	\$13	n/a	\$25
	junior	\$12	\$8	n/a	\$20
	family	\$12 x 4 = \$48	3 x 4 = \$12	n/a	\$60
Instructor			\$13		\$13

The VCA members (shareholders) elect an Executive Committee to run the VCA for their benefit i.e. for the benefit of Victorian canoeists. They don't need, or usually desire, to get bogged down with detail every two months at Council Meetings.

I therefore suggest that the system of governance within the VCA be changed to streamline the process of decision making, allowing paddlers to put more energy into promoting canoeing without the unwieldy bureaucracy.

Council meetings would be held every six months (the AGM and one mid-term meeting) to determine the policy and direction of the VCA, and to direct the Executive Committee in this regard. Executive Committee decisions would not have to be ratified at Council meetings unless written notice of disagreement with a decision was made or disciplinary action against a member was required. Changes to the Constitution would always require Council approval.

Council would comprise all members of the VCA – the club delegate system would be abolished (see below). This would give everyone the opportunity to direct their organisation's policies.

The minutes of Executive Committee meetings and a summary of decisions made would be distributed every two to three months with the *Paddler* magazine mail out. All members would therefore be fully up to date with the actions of the Executive Committee.

Membership Options

The options for membership of the VCA need to be opened up. Other sporting associations, such as Bicycle Victoria, do not require you to join a club before you can join their organisation. Why should the VCA be any different?

Competition paddlers join the VCA to enter various races and events, and join canoe clubs to train. There is therefore limited potential for membership growth in this area. However there must be a few thousand touring

canoeists in Victoria who paddle regularly, but see no benefit in joining either the association or a canoe club.

The biggest obstacles are the perceived lack of value – for-money for non-competitive paddlers and a compulsory insurance policy which is not suited to many recreational canoeing trips. For the VCA to increase membership (and therefore revenue, sponsorship, status, etc) incentives to encourage some of these paddlers to join should be investigated.

One suggestion is to promote individual membership of the VCA. This is similar to other canoeing organisations overseas, such as the British Canoe Union. The club delegate system would consequently be abolished and all members of the VCA would be entitled to vote at Council and committee meetings.

Clubs who affiliate to the VCA would receive one club copy of *Paddler* as part of their affiliation fee. Members of canoe clubs would have a number of options on how they join the VCA (see table). Also, club paddlers would not be obliged to join the VCA unless the club wanted Public Liability Cover under the VCA/AC Insurance Policy – see *Victouring* no.s 2 & 3 for more details on this policy.

Club Members

Members join the VCA through their canoe club. They are entitled to vote but would not receive individual copies of *Paddler* or minutes of meetings (the club gets one copy).

Individual

Individuals join the VCA directly. The fee would be higher than for membership through clubs but would include a subscription to *Paddler* and minutes of meetings (distributed together).

Instructor

Instructors currently receive *Paddler* as part of their VBCE ratification fee. For an additional notional fee they could also become members of the VCA with the voting

rights and benefits that provides.

Other types of membership to consider include schools, corporate and service providers.

Sample Fee Structure

The fee structure on the previous page is indicative only, and is intended to show the differences between the various membership options.

The cost of Australian Canoeing's family fees need to be challenged. These are too high and force the VCA to charge next to nothing in their own fees to keep the total price down.

In some states the cost of membership depends on whether the paddler wishes to enter competitions, with an extra levy charged to cover this. This could be considered in Victoria, which currently has amongst the lowest fees in Australia.

Touring paddlers pay \$12 to Australian Canoeing to cover insurance and capitation fees. Since there is currently no National Touring Committee the capitation fee (approx \$5) does not appear to benefit non-competition paddlers. This, combined with the competition orientated insurance cover, does not encourage touring paddlers to join the VCA. This issue is currently being addressed with Australian Canoeing.

Paddler

Paddler has an odd role at the moment. It cannot compete with glossy commercial publications, yet as the mouthpiece of the VCA is not part of VCA membership. It would be interesting to know how many VCA members actually subscribe (or even read) *Paddler*.

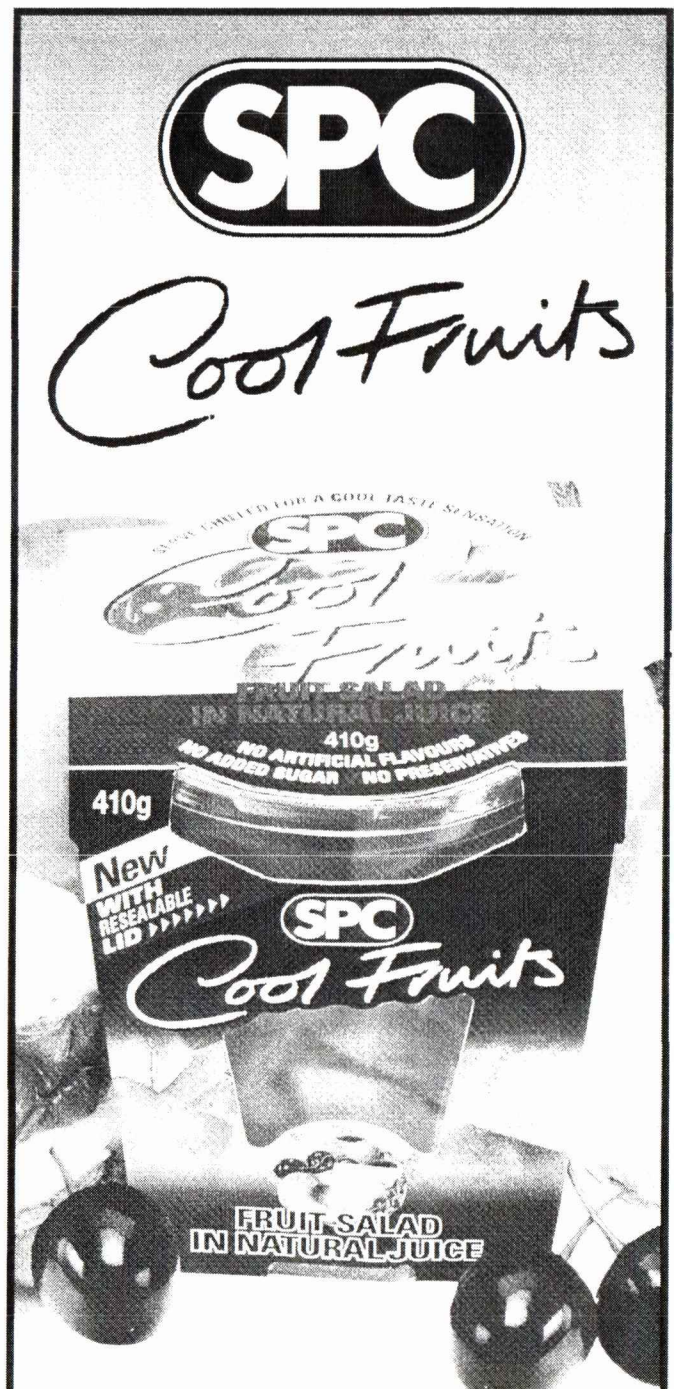
In the proposed changes the magazine would be included in the membership rather than a separate subscription. It would then become the primary form of communication within the VCA. Also, increased circulation means increased advertising revenue.

Paddler currently costs the VCA too much money. In the last financial year subscriptions raised \$5574, advertising a meagre \$35 while expenses were \$14675 (figures from VCA Annual Report 1998). Consideration could be given to producing *Paddler* three or four times a year (instead of six times) with a basic newsletter sent out in between issues. Many outdoor magazines, such as *Wild*, only have four issues a year. While reducing costs, this would also allow the quality of *Paddler* to be further improved, with more time available to prepare the magazine and source articles/photos.

Summary

The ideas in this paper are put up for discussion and provide a few suggestions as to how the VCA could move forward into the next millennium. It has been observed by many paddlers that the current structure and functioning of the VCA could be improved – this is just one starting point. It is now up to clubs to get involved and decide whether they want to take the next step and make major changes to their organisation.

David Clark



SPC

Cool Fruits

NEW LABELLED FOR A COOL TASTE SENSATION

SPC

Cool Fruits

FRUIT SALAD IN NATURAL JUICE

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NO ARTIFICIAL FLAVOURS
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FRUIT SALAD IN NATURAL JUICE

NEW WITH RESEALABLE LID

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.



Come 'n' try Day



The Come 'n' try day team with the SunSmart and Play it Safe banners in the background at Warrandyte. Photo: Glenise Karanikich collection.

The Victorian Board of Canoe Education ran three programs as part of Water Safety week at the end of 1998. The "Come 'n' try days" were coordinated by Glenise Karanikich and were a great success.

The "Water safety" and "SunSmart" messages were a big part of the three "come 'n' try" days held at the end of 1998. Many of the participants had never been in a canoe before and through the hard work of club members the profile of canoeing has increased. It was most important for canoeists to get involved in the project.

Our aim was to educate the general public of the dangers of unsafe water practices and to demonstrate how we deal with safety issues each time we get on the water.

The three programs were supported by VCA canoe clubs and introduced a large number of people to canoeing.

Albert Park Lake – with the help of Whitehorse Canoe club members

After a very hot day everyone enjoyed a beautiful twilight evening. The Vic swim staff came along and were "conned" into having a paddle and were still smiling when they finished.

Warrandyte Bridge – with the help of Kirinari Kayak Klub and Templestowe Canoe club members

Kirinari Kayak Klub members once again rallied in

force on the day. (I'm trying not to sound biased because I belong to the club) but they have all proven how diligently and successful they can run events. We had a very successful day with 49 people coming along to enjoy canoeing and kayaking under the guidance of our instructors. The local member Mrs Lorraine Elliot MLA provided some very positive feedback and joined us for a BBQ. After lunch a rescue demonstration was carried out by club Instructors.

Port Melbourne – "Come 'n' try" sea kayaking

The day started out windy and cool and the first participants who arrived were a little concerned that it would be too cold. Our instructors soon calmed their fears and after 45 minutes on the water they soon returned with smiles on their faces. We set up our tent near Station Pier, with the SunSmart and Water Safety week banners proudly displayed. The Instructors did a great job and I enjoyed my paddle immensely. A special thanks to Colin Addison who helped transport all of the gear.

Thanks very much to the clubs and Instructors who helped on the day. I believe that the involvement of clubs and the VCA/VBCE with program was a great way to develop camaraderie between all canoeists. This year due to a very tight time line only four clubs to help out – three responded magnificently. Finally I would be interested to have any feedback from any of our helpers involved on these days.



Liz Broad – canoe profile

For those who haven't heard, Liz has been the Sports Science Coordinator (SSC) of Australian Canoeing since February 1998. Jen Hogg profiles Liz Broad who is now based at the AIS in Canberra

Liz qualified as a dietitian in 1989, and spent over 4 years in Tasmania developing her counselling and dietetic skills. In 1993, Liz began her foray into the sporting arena by becoming the sports nutrition consultant to the Tasmanian Institute of Sport and undertaking a specialised sports nutrition course for dietitians.

In 1994 she moved to Canberra to take up the Fellowship in Sports Nutrition at the AIS. This position involved providing individual and group education and advice to a huge range of athletes of different age groups in all forms of sport. It also involved undertaking a research project on fluid and hydration, lecturing, writing articles and answering questions from the general public. Fortunately, this one year posting evolved into a more permanent position at the AIS, culminating in Liz acting as Head of Sports Nutrition for 11 months in 1997. During this time, Liz also tutored in Nutritional Science at the University of Canberra, was sports nutrition consultant to the ACT Academy of Sport, the ACT Brumbies, and ACT Rugby Union, and completed a Master of Applied Science in Sports Studies at the University of Canberra.

Liz travelled several times with the National Women's Soccer Squad, Triathlon squads and assisted both Men's' and Women's' Water Polo teams at the 1998 World

VBCE web site

Visit the VBCE web site at
www.canoevic.org.au/vbce

email vbce@canoevic.org.au

The latest course details are now available online or contact Rob Hales at the VBCE office

Some nutrition tips from Liz:

1. Consider your basic food and fluid intake before you look for a supplement. Many athletes forget that consistent top level performances come from a well designed training plan, appropriate recovery strategies, and a good basic diet. Supplements will never be able to replace this.

2. Drink, drink, drink. Keeping your body well hydrated is essential for top performances, no matter what competitive level you are at.

Whilst your body adapts to an excess of fluid by clearing through your kidneys, it cannot adapt to insufficient fluid (just like your car radiator).

Dehydration causes fatigue and light-headedness, and diminishes your ability to sustain exercise. A quick tip is to keep an eye on urine colour – aim to keep it clear and copious.

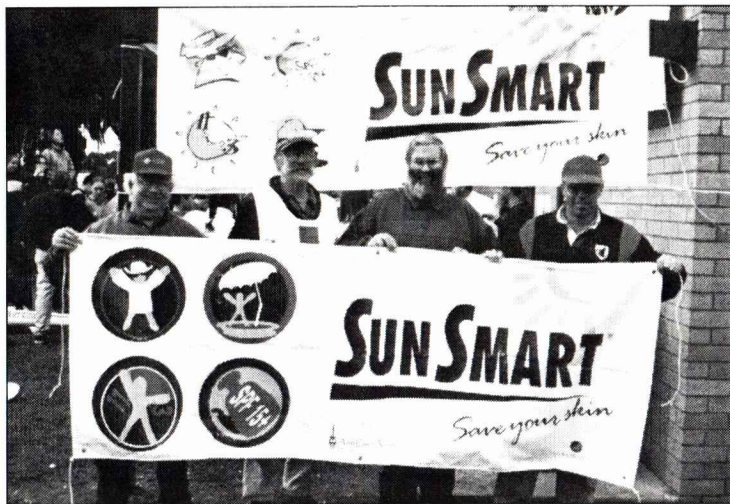
3. Eat plenty of vegetables and fruit. These foods are an excellent source of vitamins, some minerals, fibre and carbohydrates. The bonus is they're also a natural source of antioxidants – substances that help keep your body clear of damage caused by living in polluted environments, smoking, and high levels of exercise. The more colour and variety, the better.

If you have any questions, Liz can be contacted via Australian Canoeing or by mobile 0413 628883.

Championships. Then, she left the AIS and took up the SSC position at Australian Canoeing. The role of the SSC is widespread, but in a nutshell involves coordinating the sports science and medicine servicing provided to OAP squad sprint and slalom canoe athletes throughout Australia and when they travel overseas. The idea is to ensure a level playing field for all athletes in terms of access to services, and to "top up" what is provided through state institutes / academies of sport in order to drive the sport forward. Liz's sports nutrition expertise has also been incorporated into her job requirements.



Paddling towards a healthier club environment



Julie Baglot, public relations officer with SunSmart, summarises a recent VicHealth survey that evaluates the level of healthy structural changes occurring at VCA clubs.

Across Australia many organisations are working towards creating healthy environments for their members. This trend to offer healthier options and choices has been strongly adopted by workplaces and schools. Surprisingly, sporting clubs seem to be slower to adopt healthy environments despite their image of sport being linked to health.

Recently, all Victorian Canoe Association affiliated canoe clubs were asked to complete a VicHealth survey to evaluate the level of healthy structural changes occurring in their club.

Questions were asked about club practices in the areas of sun protection; no smoking; safe alcohol management; healthy food choices; disability access; access for disadvantaged groups; and safe sporting practices.

There are many benefits to clubs in establishing healthy environments by introducing health policies. Recent legal advice in the area of sun protection suggests that in the event of litigation, a sporting club with a policy is likely to be in a better position legally than one without.

Healthy environment policies are important to develop better images for the organisation in the community, attract new members who seek a healthy and safe club

environment and promote a positive, healthy image.

An ongoing policy establishes practices for future members. Most clubs are run by volunteer committees with members and presidents changing regularly, so a policy ensures standards are maintained with the changeover of committee members.

The Results – Sun Protection

In the area of sun protection measures, 14.3% of canoe clubs surveyed indicated they have a sun protection policy in place. While this figure is promising, it could certainly be a lot higher. Many clubs already recommend sun protection measures and by writing a policy would simply be formalising practices already in place.

Sun protection measures undertaken by clubs include: providing sunscreen (42.9%); providing and encouraging the use of protective clothing such as legionnaire's hats and longsleeved shirts (90.5%); scheduling events outside of peak UV period (25%); and providing shade to spectators and officials (55.0%). All these practices improve the level of sun protection experienced by club members during training, competition and recreational canoeing.

SunSmart encourages all canoe clubs to strive for continual improvement in their sun protection practices in an effort to protect all members, particularly junior members, from the dangers of the sun. Skin cancer is a major concern for outdoor athletes, particularly those involved in water sports as the water can increase the intensity of UV rays reaching the skin.

SunSmart Information

If your club would like more information on developing a sun protection or other healthy environment policy please contact SunSmart

Contact
Julie Baglot
Public Relations SunSmart
Ph: 9635 5148.



SunSmart Victorian Wildwater Championships

David Humfrey, chair of the Wildwater committee reports on the Victorian Wildwater Championships.

The SunSmart Victorian Wildwater Championships for 1998, held at Homestead Road to Wittons Reserve, Sunday 18 October, was a great event for wildwater paddlers and for canoeing in general. Templestowe Canoe Club, at the invitation of the young and growing VCA Wildwater Committee, agreed to organise the championships. Kirinari Kayak Club also gave strong support. Members of the Templestowe Canoe Club, Kirinari Kayak Club, and the VCA Wildwater Committee, had one single purpose in mind: make everything work for the paddler on the day.

In addition the support of SunSmart, Kathmandu Clothing, Australian Handcrafted Timber, Uncle Tobys, National Foods and Knox Gardens Medical Centre helped to make the day a day to remember.

There must have been at least one hundred and forty people in the car park at Homestead Road. There had been some late entries and the carpark was covered with wall to wall boats of all shapes and sizes. There was the usual last minute flurry of cars down the hill and up onto the grass verge delivering those who had attempted a quick run over the course earlier that morning. Paddlers were waiting for the next stage. The safety boats had departed.

Phil Clark commenced his pre-race briefing promptly at 9.30am and set the tone of the race organisation for the

morning. Chris Blackwood picked his way around the boats as he scrutinised each boat and its equipment. The race started at the familiar time of 10.00am

Paddlers and supporters commented upon the friendly and supportive atmosphere at the race. Most paddlers at the end of the race had an opportunity to select a photograph of themselves in action in the vicinity of Bob's Rock. The photograph was made available to them through the good work of the Wildwater Committee.

The Yarra was running .8 metres, a good paddling level. Some paddlers would have liked the water level to have been much higher but this would have made the water less technical. Participation and skill were the features of the event.

The Open Men's K1 saw Glen Singleton first, Chris Humfrey second and Paul Downed third. Andrew Hewitt in Under 18 Men's K1 maintained a high standard of paddling followed by Josh Pierini second and a newcomer, John Dyett from Bendigo, third. Andrew Hewitt is moving ahead of the field and will do even better in the future. Josh Pierini and John Dyett drew energy from somewhere and moved quickly down the course.

Veterans K1 saw Mike Wilson win a first, Valdis Kahns second and Ian De Kam third. Peter Wilson received a first in Under 16 Men's K1 with Philip Quayle and Tristan Lawrey second and third respectively.

Lachlan Vallance obtained a very fast time and snatched first place with Nick De Kam and Christian Fabris close on his tail in Under 14 men's K1. Lachlan's father paddled in Masters K1 and came second behind



Susan Humfrey accelerating away from Bob's rock.

Photo: David Humfrey



Phil Clark addressed competitors at the SunSmart Victorian Wildwater Championships for 1998, held at Homestead Road to Wittons Reserve.

Photo: David Humfrey

Brett Schultz.

Open Ladies' K1 saw Susan Humfrey first and Natalie Hunter second. The under 18 Ladies' saw Susie Wharton with a first place, Elise Hodgeson and Erin Murray, second and third respectively.

Paddlers in the Junior C2 did well with K.Pertile and K.Harding coming first, S.Jenesand and T.Beerens coming second in front of K.Steer and K.Lam. Peter Oman and his partner (T.Archibald) made it to the finish line this time and collected a first place. They were definitely putting on a cracking pace as they passed Bob's Rock. Phil Naud and C.Crawford came a close second followed by Glen Singleton and Craig McAllister, third. Glen and Craig made a dashing sight as they plunged through the turbulence around Bob's Rock.

Clare Beach lead a field of strong Under 16 Ladies' followed by Helena Merrett second, and Sarah Plain, third. Under 14 Ladies' K1 saw Venessa Beach win followed by Susan Wilson, second and Leanne Guinea, third.

It is not possible to publish all paddler results in this article however, it is hoped that the Wildwater Committee might be able to release a set of all wild water results and ranks to paddlers shortly.

The Championships followed the pre-Victorian Wildwater Championships conducted by the Kirinari Kayak Club on the previous Sunday. That race was a carbon copy of the Championships and run in similar conditions. During the intervening week, Susan Humfrey and Craig McAllister had conducted an evening meeting for parents and paddlers at Ivanhoe Northcote Canoe Club to describe and organise the Wildwater Junior Development program. Parents and paddlers who had

attended both races plus the Junior Development briefing during the intervening week must have had a feeling of overload when given more information about the National Championships in Tasmania, January 1999 and the World Cup in New Zealand, February 1999 at the Victorian Wildwater Championships.

Tim Murray was responsible for receiving entries and placing paddlers in classes. Tim's Wildwater Championships printed program booklet was a well received innovation and he has plans for making improvements to it in the future. Thanks must go to Susan Humfrey who arranged the sponsorship and valuable prizes from Kathmandu and also to Marye Humfrey, who, as usual, administered a well ordered set of prizes and trophies behind the scenes according to paddlers' placings. Eric Jeffiey, Graham Cusak, Chris Donnelly, Bernie Boulton David Boulton and Neville Naisbett of Kirinari Kayak Club worked as safety boats. Russell Sheehan and Anne Duncan of Templestowe Canoe Club also worked as safety boats.

Nevertheless, Templestowe Canoe Club carried the day. Phil Clark, Club secretary, co-ordinated the day. Peta Clark, Pam Anderson and Mike Brookes slaved away in the kitchen. Peter Tunnaly and Craig Price conducted the starts, Chris Blackwood conducted the scrutineering and Steven O'Connor did the finish times. We also noticed that Rodeo managed to get in a free plug for some of its paddling events. Thanks Templestowe, the event brought the whitewater disciplines together.

David Humfrey



Marathon Canoeing in 1999



A sub – junior waiting for his class to start. The marathon committee encourages paddlers of all ages to have a go – our paddlers range from 7 to 70 years of age. Race distances vary from 2 kilometres for sub – juniors and 10, 18 or 24 kilometres for open – age and veteran paddlers.

Photo: Michael Lofus – Hills

Kerryn Bonnet, marathon publicity officer, previews the Winter Marathon season.

The 1999 Marathon Winter Series of races kicks off on April 25 with the first race at Warrnambool. From then until the Victorian Championships in September we have a great selection of races being held all over Victoria – a good excuse to get away for a weekend and paddle on some of our states beautiful rivers.

All classes will be catered for at the races and course distances vary from around 8 to 24 kilometres, so even if you've never raced in a Marathon before there is a race for you. Full details of each race are listed in the 1999 Marathon Diary which is available from the Marathon secretary, Alan Opie. Alan can be contacted on 9580 2140 or via email on marathon@canoevic.org.au.

A reminder to all clubs who plan to compete for club points: all of your paddlers must be wearing the approved club uniform in order to qualify for points.

Other races detailed in the diary include club races such as the Yarra Marra which is being held on July 4. Originally run by the Red Cross, this event is now organised by the Yarra Valley Canoe Club and is a really

fun race down a beautiful section of the Yarra between Healesville and Yarra Glen.

The schools championships will be held on the 29 & 30 of May and will once again be hosted by Essendon Canoe Club, with both sprint and marathon events being offered to competitors. Details will be sent to schools, or you can contact the organisers of the Marathon events, Barbara Treharnend Kevin Thomas on 9776 7381.

Kerryn Bonnet – Publicity Officer

Marathon race dates for 1999

April 25:	Warrnambool
May 16:	Melbourne – Yarra River
June 13:	Yarrowonga
June 14:	Nagambie
June 27:	Geelong
July 18:	Ivanhoe – Yarra River
August 8:	Sale
August 22:	Footscray



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Polo in Portugal

Andrew Waters, member of the Australian Polo team that competed in Portugal last year, writes about the teams win at the 3rd World Canoe Polo Championships

When I was about 19 I received a book as the prize for winning a University down river canoe race. The title of the book was "To Win the Worlds – A Textbook for Elite Slalomists and Their Coaches"

I never read it. I didn't consider myself an "elite" canoeist, even in my strongest discipline, Canoe Polo. But perhaps for a moment, in the words of the great man Martin Luther King, "I dreamed a dream". A lot of things have happened in my life since then. I finished university, I started work. I married Juliet, our son was born. But I continued to play and enjoy Canoe Polo at the highest level in Australia, and, somewhere in the back of my mind, that dream refused to die.

In early 1997 circumstances combined to allow me to believe that I had a chance to make the Australian Canoe Polo Team. I nominated and was successful in making the training squad (from which the team would be selected).

Thereafter came a year of intense training. At its peak, this involved twice daily sessions, striving to gain maximum improvement in strength, fitness and skills in the time available. On top of this, were regularly spaced training camps, and competitions. Juggling this level of sporting involvement with work and family commitments is, I'm sure you can imagine, trying. I began to wonder, can this possibly be worth it, even if I do make the team.

The team was selected during, and announced at the conclusion of, the Australian Interstate Championships in April 1998. Surely you've been placed in situations, at some time in your life, when the waiting seems unbearable. Will my name be on that list or not? I reckon these times are harder for me than most. If not because I am a harsher critic on myself than most, then because "W" is a very long way down the alphabet. But if the waiting was severe, it only made the joy upon hearing my name more intense.

So I was off to the World Championships – what a buzz. But, along with the euphoria comes the self doubt. Will I be able to cut it with the best in the world? Will I be able to live up to the expectations that previous Aussie

teams have set? (They had won the two and only previous World Championships).

The team left for Europe on 19 August 1998. We had previously attended a training camp at the AIS for a week where we had begun to gel as a team. But, apart from a few practice games at the NSW State Championships in late July, we had had no real experience playing together. So our first competition, at Mechelen in Belgium, was a real baptism by fire. We ended up fourth, a long way from where we had all hoped (and perhaps some of us had expected) we would finish. Nevertheless, we had virtually stepped off the plane and walked into that competition, and we had plenty of time to improve over the course of the tour.

From Mechelen to Ieper, where we had the next major lead up competition. Lack of preparation could not be used as an excuse here. Our result – third place. A far better team performance, but beaten by Great Britain (as we had been in Mechelen), who were in turn beaten by France.

The third and final lead up competition was played in Lochrist in France. Here we finished second.

This was not a true gauge of our improvement, as many of the stronger teams did not play here. In any case, we were beaten in the final by a French club team.

We now had only one more competition – the World Championships – to go. We had not yet beaten the top teams in the World. How were we to overcome them? Were we indeed good enough? What could be done to turn things around? Was it too late to be asking these questions?

Tough decisions were made. Changes were made in the team. Some deep self examination went on in each and every one. In the end the question was – would we be willing to accept defeat? Would just being there be enough to satisfy our dreams? Or, at the end of the day, would only first place do?

The Worlds Championships were held over 7 days of competition. The top teams were seeded in groups so we did not face our real opposition until the finals. Through the round robin within our group we did not lose a game, but this was hardly an awesome display of strength as the teams that we played were from countries far less experienced in canoe polo.

After this round of competition new groups were formed. Again, the group in which we were placed was

So our first competition, at Mechelen in Belgium, was a real baptism by fire. We ended up fourth, a long way from where we had all hoped

continued page 34



SunSmart Victorian Sprint Championships



Nick Richards and George Wakim paddling (C2) in the final of the women's K2 open. Nick and George requested to use the spare lane in the women's final so they could gain race experience

Barbara Futerova and Andrea Wood are the leading K2. Photo: Jen Hogg

Jen Hogg reports on the recent Sprint Championships at the Nagambie Lakes Rowing and Canoeing Course

The 1999 SunSmart Victorian Sprint Championships were the best on record. Competition Director Tony White and his team put on a first class event at the recently developed Nagambie Lakes Rowing and Canoeing Course. Tony continually urged competitors and spectators to be SunSmart and take advantage of the SunSmart shade areas and sunscreen available at the course. It was great to see so many spectators and competitors being responsible by wearing hats and long sleeve tops. Officials looked great in their SunSmart hats and shirts, setting an example to all competitors and spectators. Merryl Meek, competition commentator continually reminded athletes of the long-term effects of the sun. Chad Meek, former World Marathon Champion set an example to others with his famous Mexican broad brimmed hat, which he wore at all times while not competing.

Not only was the 1999 SunSmart Victorian Championship event first class, but spectators were shown first class performances by many of our competitors. It's looking great for Victoria at the National Championship at Penrith.

Chantal Meek consistently gave spectators outstanding

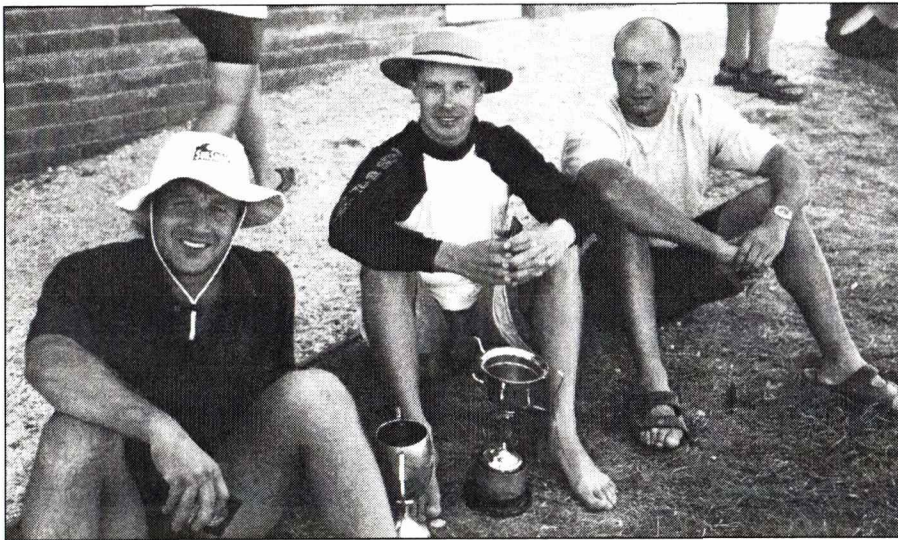
performances in all events. Her solid and dedicated preparation was certainly evident and it is without a doubt that she is on line for National Team Selection. Andrea Wood showed her ability as a team player when she partnered Barbara Futerova from Czech republic in the Women's K2 event and took out the event over Chantal and Briela Meek in a time of 1.54.00. Andrea and Briela also put in solid performances in all singles races to indicate that they too are knocking on the door for National Team Selection.

The junior girls were most impressive with the likes of Kirsty Misson, Nicole O'Shea, Kristy Colomb, Skye Taylor, Helen Dyett, Lisa Barnes, all showing that Victorian sprint canoeing will continue to produce National Champions and National representatives well beyond the year 2000. It was fantastic to see the number of women's U18 K4's lining up on the start line.

Karyn Knight from SunSmart was on hand to promote the sponsor's message and assisted in the medal presentations. Karyn stressed to all athletes and spectators the need to cover up with appropriate hats, sunglasses and clothing to prevent long term damage to our skin.

SunSmart provided great giveaways, which were given to winning athletes at the medal presentations. The SunSmart Frisbies were a "cool" hit with the juniors. The pontoon boat holders were all given SunSmart Hats and shirts and looked fantastic. Thanks guys for a fantastic job.

The Canadian duo of Nick Richards and George



George Wakim, Nick Richards (C2) and coach Serghei Cusca. George and Nick raced against the ladies K2 to clock a time of 1.55.00, just outside the National qualifying time.

Photo: Jen Hogg

Wakim must certainly have been inspired by the recent Sydney 2000 Olympic advertisements whereby the current World C2 finalists, the Buday Brothers are featured. Under the watchful eye of Serghei Cusca spectators were shown a spectacular performance in the C2, whereby they raced against the ladies K2 to clock a time of 1.55.00, just outside the National qualifying time. In the singles Nick won both the 1000m and 500m giving us a wonderful display of his fitness and technique, whilst George showed his explosive ability by taking out the 200 metres in a blistering time of 0.46.00.

Nick and George were SunSmart examples with Nick racing in hat and long sleeves which he indicated was great as it reduced the effects of heat fatigue and dehydration as well as protect him from the harmful rays of the sun. According to Nick, long sleeves and hat proved to have no restrictions on his paddling. George at all times whilst off the water was wearing a SunSmart hat.

The Men's events were hotly contested with a world class field featuring Alistair Carrie, team member of the 1998 Junior Sprint World Cup Champion K4 Team and Silver medalist in the Junior Marathon World Cup in the Men's K2.

All eyes were on the last event of the day, the Men's K1 500m race. Nerves were high and speculation on who would come through was rampant amongst all competitors and spectators. The starter gun went off and spectators lined the SunSmart finish line to witness a blistering pace. At the 250 metre mark, race commentator, Merryl Meek, normally calm and able to split the smallest of margins in her race calls was at a loss to split the race. Was it Alistair Carry, or Michael Leverett, Chad Meek, Justin Quill, Billy Carrie, anyone's race. The sensational power of Justin Quill finally won out with an outstanding performance by him to take the line first.

Congratulations to all competitors for fantastic racing and we wish all Victorians competing at the National Sprint Championships at Penrith all the best. GO GET 'EM VICS!!

Congratulations also to Tony White, his team of Officials and the Victorian Canoe Association Sprint Race Committee for a first class event. Next we take on the Worlds!!!

Victorian Team members

Merryl Meek	Team Manger
Brie Meek	Open Women
Chantal Meek	Open Women
Andrea Wood	U22 Women
Alison Mitchel	U22 Women
Kristy Columb	U18 Women
Lisa Barnes	U18 Women
Skye Taylor	U16 Women
Kirsty Misson	U16 Women
Nicole O'Shea	U16 Women
Helen Dyett	U14 Women
Justin Quill	Open Men
Michael Leverett	Open Men
Billy Currie	Open Men
Ben Poole	U22 Men
Brendan Cummings	U22 Men
Phillip Stagg	U18 Men
Trevor Murray	U18 Men
Ed Knight	U18 Men
Chris Grant	U16 Men
Tyler White	U16 Men
Andrew Hoskin	U14 Men
Nick Richards	Open C Men
George Wakim	Open C Men

Polo in Portugal – cont from page 31

formed of teams of considerably less strength than ourselves. So, we went through to the finals, still undefeated, but yet to face a true test of our ability.

That test came when, on the morning of the final day, we played Great Britain – for the first time since Ieper. Great Britain are a world power in Canoe Polo – they had been close to the top for many years but were yet to claim the ultimate prize. And so, they were hungry.

We treated the game as if it were a grand final. All our energies and powers of concentration were focussed on winning this game. And we rose to the occasion. When the water had settled the scoreboard told the story, Australia – 2, G.B– 1.

With our tails high we met Italy for a place in the grand final. At the end of full time the scores were level 2 a-piece, and so the game went to “golden goal” extra time (first team to score wins the game). Within the next three minutes, one game stood between us and gold.

Great Britain had refused to be relegated, and had used their second chance to claw their way back to the grand final. They now had their opportunity to change their previous fortunes.

My memory of the game that ensued is somewhat blurred – the stakes were high, the pressure was intense. I do, however, clearly remember one thing – the moment of victory. And there can be no doubt, victory is indeed sweet. Admittedly, the win was secured by the narrowest of margins – the game was decided by a penalty shoot out (somewhat akin to soccer). But in the end does that matter? – only one team gets the gold medal.

I have a coffee mug at home that someone gave me for an engagement gift. On the side it has the words, “We create our tomorrow’s by what we dream today”.

How did I ever get to “Win the Worlds”? I guess I dared to dream a dream.

by Andrew Waters

Andy Waters plays for Explorers in A grade in Melbourne. During the season, they play Tuesday nights at Richmond pool.

Results of the World Marathon Championships – page 31

K2 Junior Men

2 (place) – Steve Burns / Alistair Carrie Australia

K1 Junior Women

8 – Kristie Colomb Australia

K1 Junior Men

9 – Steve Burns Australia

16 – Ben Poole

K2 Junior Women

4 – Kellie Vernon / Jessica Beck

K1 Men

DNF Chad Meek

DNF Mathew Flower

K1 Women

10 – keren Bancroft

DNF Chantal Meek

C1 Men

10 – Roger Fenwick

K2 Men

8 – Leigh Wilson / Chad Meek

18 – Anthony May / Michael Leverett


K2 Women

10 – Chantal Meek / Breila Meek

13 – Deborah Bassett / Caroline Whittle



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<p>Bendigo Canoe Club (S M P) Contact: Julie Misson 50 Glencoe St, Bendigo 3550 03 5441 1170</p>	<p>Gippsland Kayak Club Contact: Mike Goyne PO Box 258, Warrigul 3820 03 5623 1176</p>	<p>Swan Hill Canoe Club (M T) Contact: Graham Jarvie PO Box 1394, Swan Hill 03 5037 6889</p>
<p>Cobram – Barooga Canoe Club (M T) Contact: Robert Schram PO Box 122, Cobram 3844 03 5871 1446</p>	<p>Gippsland Waters Canoe Club (T) Contact: Peter Foreman PO Box 273, Churchill 3842. (03 5122 6416)</p>	<p>Sherbrook – Knox Canoe Club Inc Contact: Glen Rose 320 Colchester Rd Kilsyth 3137 9720 1462</p>
<p>Canoe Factory Club (M T P WW) Contact: Jean Thompson 8 Bellbird St Belgrave 3160 9510 9712</p>	<p>Ivanhoe Northcote Canoe Club (S M SL WW) Contact: Rob Russell PO Box 180, Ivanhoe 3079 03 9850 9002</p>	<p>St Leonards Canoe Club Contact: John Willis PO Box 62, East Brighton 3187 03 9592 2266</p>
<p>Canoes Plus Racing Team (SL WW) Contact: Roy Farrance 140 Cotham Rd, Kew 3101 9816 9411</p>	<p>Kirinari Kayak Club Inc. (SL M T WW) Contact: Glenise Karanikich 3 Sophie St Kilsyth 3137 Ph 03 97283488 or 97619033</p>	<p>Templestowe Canoe Club Inc (T P WW SL) Contact: Phil Clarke 33 Wildwood Ave, Vermont South 3133 9802 2877</p>
<p>Central Victorian Canoe Polo Assoc. Contact: Tony Misson 50 Glencoe St, Bendigo 3550 03 5441 1170</p>	<p>Latrobe Uni Mountaineering Club (P WW) Contact: Brett Thomas Sports Association, Bundoora 3083 03 9479 2973</p>	<p>Victorian Canoe Club Inc. (T P) Contact: Gillian Hutchings 110 Myrtle St, Springfield South 3172 03 9546 7979</p>
<p>Deniliquin Canoe Club (M T) Contact: Joy Allen 365 George St, Deniliquin NSW 2710 03 5881 2475</p>	<p>Mildura District Canoe Club Inc. Contact: Bill Pankison PO Box 2743, Mildura 3502 03 5023 0854</p>	<p>Victorian Sea Kayak Club Inc (T) Contact: Bill Robinson PO Box 428, Seaford 3198 9787 4704</p>
<p>Essendon Canoe Club Inc. (S M T P SL) Contact: Mark Cribben PO Box 263, Ascot Vale 3032 9499 9128</p>	<p>Maccabi kayaking and White Water rafting (WW) Contact: Jeremy Schimmel 6 Saturn Street Sth Caufield. Vic 3162 03 9596 2721</p>	<p>Whitehorse Canoe Club Inc (P T) Contact: Alison Boyes 53 Charlton St, Mt Waverly, 3149 03 9807 3408</p>
<p>Eltham College Canoe Club (SL WW P) Contact: Ian Whitford PO Box 40, Eltham 3065 9437 1421</p>	<p>Mitta Mitta Canoe Club Albury (M T) Contact: Graeme Beate PO Box 542, Albury 2640 02 60252696</p>	<p>Warnambool Kayak Club Inc (M) Contact: Alan Popworth PO. Box 512, Warrnamabool, 3280, Vic 03 5562 823</p>
<p>Echuca – Moama Canoe Club (Sp M T) Contact: Ken Mc Mullan 9 Conelly St, Echuca 3654 03 5482 1714</p>	<p>Monash University Bushwalking Club Union Building, Monash Uni, Clayton 3168 03 9344 5401</p>	<p>Youth Hostel Association Canoeing Activities Contact: Jane Moglia 29 Charlton St, North Blackburn. 9 878 7667</p>
<p>Explorers Canoe Club (P T) Contact: Kathy Negus 38 Argyle Way, Wantirna South 3152 03 9801 6116</p>	<p>MLC Kayak Club Contact: David DeGaris 3 Ajak St, Nth Balwyn 3104 03 98598548</p>	<p>Yarrowonga – Mulwala Canoe Club Inc (M) Contact: Wendy Phillips 31 Murphy St, Yarrowonga 3730 03 5743 1944</p>
<p>Footscray Amateur Canoe Club (S T) Contact: Noel Hunter PO Box 365, West Footscray 3012 9749 1386</p>	<p>Melbourne University Mountaineering Club Sports Union, University of Melbourne 3052</p>	<p>Yarra Valley Canoe Club (M) Contact: Steve Limb 26 Landscape Dve. Bowwia 3155. 03 9729 3575</p>
<p>Fairfield Canoe Club Cooperative Limited (Sp M T) Contact: Ted Campbell PO Box 253, Fairfield 3078 03 9833 3616</p>	<p>Narranera Murrumbidgee Classic Assoc. Contact: Julie Briggs PO Box 39, Narrandera 2700 02 6021 8516</p>	<p>S – Sprint, M – Marathon, T – Touring, P – Polo, WW – Whitewater, SL – Slalom.</p>
<p>Patterson Lakes Canoe Club Inc(S M T SL WW) Contact: Alan Opie PO Box 54, Patterson Lakes 3197 9580 2140</p>		

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