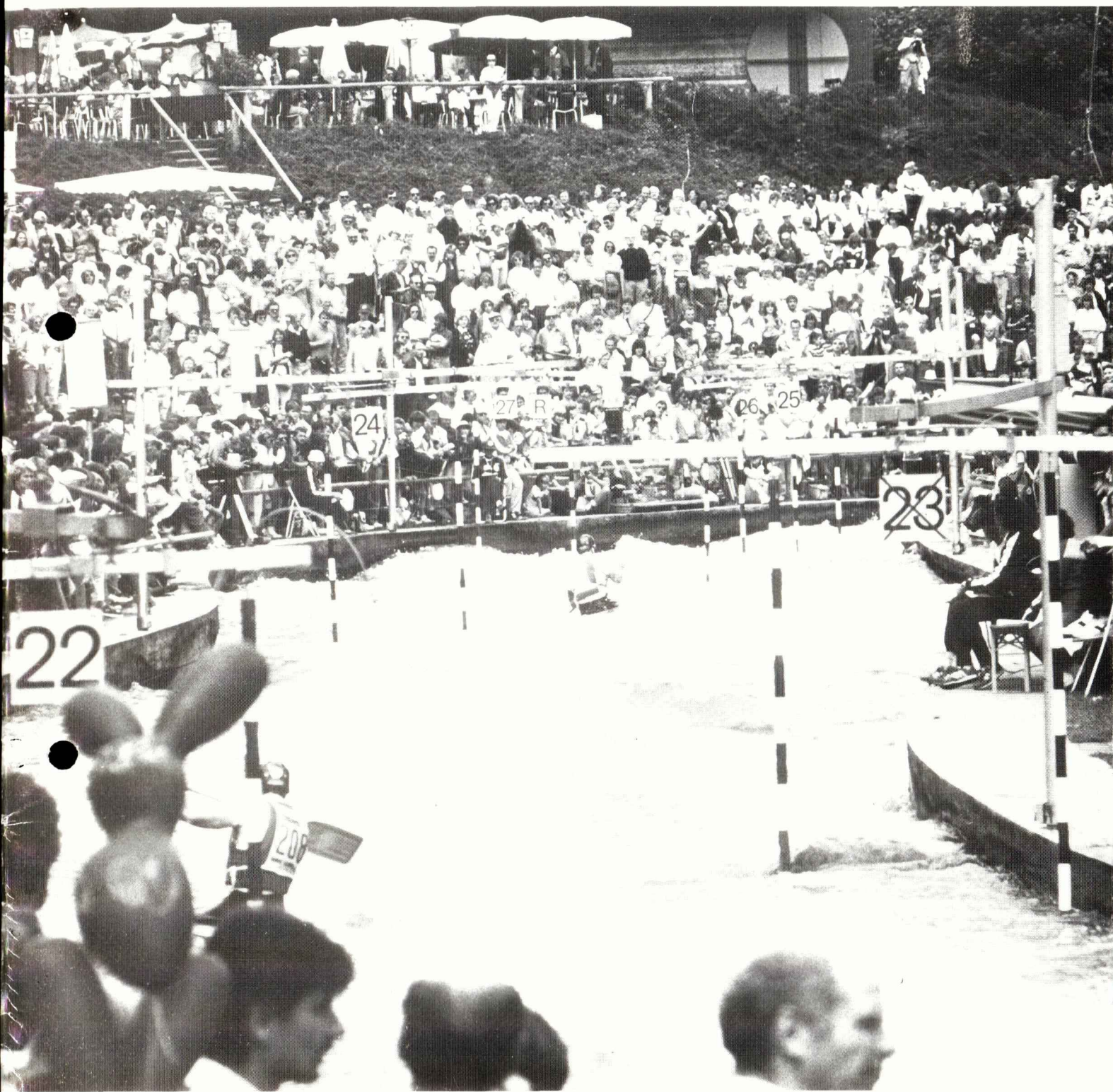


PADDLER

VOLUME No. 72



OLYMPIC SLALOM: MUNICH 1972

BARCELONA 1992

WHAT CHANCE 1996 MELBOURNE OR TORONTO?



PADDLER

Number 72

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Advertising/Subscriptions

Contact Editor above

Deadlines for Copy

End February
April
June
August
October
December

Publication Dates

End January
March
May
July
September
November

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

The statements made or opinions expressed in PADDLER do not necessarily reflect the views of the V.A.C.A. Inc.

Subscriptions

Individual copies \$2.00
Club copies \$1.50

CONTENTS

Editorial	2
Melbourne Olympics 1996	3
The Russians are Coming	4
Dights Falls - Slalom Site?	6
Letters	8
Anabolic Steroids - What They Do for You and to You	10
A Dream Comes True	11
Hunter's Gold	12
Martin Hunter	14
Briefly	16
A Brilliant Coach	17
World Championships at Savage	18
Junior Slalom Championships Switzerland	20
Marathon Canoe & Kayak Team 1989	22
Double Torque	24
New Products	26
Does Your Boat Leak?	27
Shell Schools Championship - Slalom & Down River	28
Shell Schools Championship - Marathon	30
Victorian Wildwater Championships	32
Subaru Winter Classic	34
Club Corner	36
The Canoe Victoria Project	38
Canoeing Intersivity 1989	39
VACA News	40
Classified Ads	40
Spring - Drowning Season	42
The Great Alpine Trek	42
CanoEd - Editorial	43
CanoEd - Weir Designs	45
Calendar of Events	48

EDITORIAL

1992

WAKE UP AUSTRALIA

At the present time there is a lot being written in the press and business journals about 1992. It appears as though the year that Senator Button's Car Plan ends and the year for unification of the European Market, has captured everyone's attention.

What is being written about the 1992 Olympics in Barcelona? Nothing. Where are our well meaning sports journalists who give our sports administrators a rough time at the conclusion of every Olympic Games? Where are our sports administrators, why aren't they talking to the press?

All canoeists know, and the public know, that sprint racing will be one of the canoeing events, but few canoeists, and even fewer members of the public, know that slalom canoeing is also included in 1992. There was even an early rumour that wildwater racing would be included as a demonstration sport, but unfortunately this proved to be incorrect.

With two facets of canoeing again in the Olympics, 1992 becomes the biggest year since the Munich Games in 1972. However, the lack of press reports, and absence of any special activities for would-be participants, doesn't indicate this.

Who is masterminding our canoeing activities for 1992? Some may answer that this is being left to the Australian Institute of Sport. If this is so, there are two questions to be answered. Who is to look after our sprint paddlers who elect not to attend the A.I.S. and who is to look after our slalom paddlers who haven't been invited to the A.I.S.? Maybe it could be argued that the Victorian Institute of Sport will play a part in team preparation. If this is so, why is it taking so long for the Government to get the V.I.S. up and running?

Is there a well thought-out masterplan, in each of the canoeing disciplines, to prepare paddlers, coaches and team managers for 1992? Have we officially prepared short lists of paddlers to keep an eye on. Can we monitor the performances of these Olympic hopefuls, to determine whether their build-up is on target? I could go on forever asking questions.

We have many great young paddlers in Australia. If we don't act soon, it will be too late to start them on a programme that will ensure their top physical and mental condition for 1992. Barcelona has elaborate plans for constructing the venues and staging the events. We aren't simply dealing with bricks and mortar, so our plans for competitors and officials should be far more comprehensive.

If you, the readers of PADDLER, share my concerns, please raise the subject every time you get the opportunity. If you can create the opportunity, then that's even better.

Before I finish, let me share my concern regarding the 1996 Olympics. Should I be a good Australian and pledge my support for the Games in Melbourne, or should I be a faithful canoeist and support any other Country that is prepared to do what Australia won't do, have slalom or other canoeing disciplines in their Olympic programme?

Tony Prior

P.S. When there is a lot of topical news, we will print it all, while it's still news. Hope you enjoy this bumper edition.

MELBOURNE OLYMPICS 1996

by Roy Farrance

The euphoria of Melbourne's Olympic bid for 1996 is already gathering momentum, but against cities like Athens, Toronto or Manchester, what chance does Melbourne really hold?

Historically, Athens would be first choice except that economically, politically and physically, the city is not well prepared. So although tradition would have the Centenary Games held in Athens, this choice is looking less likely with each passing month.

Overseas, the main contenders seem to be Toronto and Manchester, with the possibility that Toronto is slightly ahead. From reading Melbourne newspapers and reports, it would seem that the Games have already been awarded, but this is far from reality at this stage, and the next twelve months will see extensive lobbying from all bidding cities, before the final vote is taken in November next year.

If Melbourne gets the nod there will certainly be a boom for both sporting facilities and major city projects over the next six years, which will undoubtedly make Melbourne one of the best endowed cities in the Southern Hemisphere for World Class sporting events.

When you compare the major sporting facilities between the cities of Canada or Britain with Melbourne, there is really very little difference, and I believe all these cities will provide top facilities for all major Olympic sports. There is however, one sport that both Manchester and Toronto are offering in their Olympic bid that the Australian Olympic Federation, and the City of Melbourne refuse to recognise. That sport is Canoe Slalom.

Slalom was introduced as an Olympic sport in 1972 at Munich, and is again an Olympic sport at Barcelona. Of course, there is no guarantee Slalom Canoeing will stay on the programme, but what the Australian Olympic Officials and Melbourne Committee personnel obviously ignore is that both these opposi-

tion cities have slalom in their bid, and have guaranteed to do everything possible to see slalom included.

This fact alone will ensure votes from some very powerful countries. Major slalom countries like France, West Germany and Great Britain, will do everything possible to keep slalom an Olympic sport, and I would say Melbourne would be low on their list of priorities.

Speaking to the President and Vice President of the International Canoe Federation in July this year, neither knew which Australian City had been selected for an Olympic bid, however they both knew that Toronto and Manchester were promising slalom. The International Canoe Federation are doing all they can to include slalom on the Olympic Programme in 1996, so do you think that, with the influence the President of the I.C.F. has on the Italian Olympic Committee or the Vice President on the British Olympic Committee, these countries would support a city that does not even include Slalom Canoeing in their bid?

Spain is holding slalom as an Olympic sport in 1992. For a country that is not strong in slalom, and has very little tradition in this sport, would it be feasible to speculate that the Spanish Administration did its homework very

'opposition cities have guaranteed to do everything possible to see slalom included'

well some years ago, and realised that any country that included slalom was guaranteed a certain number of essential votes.

Votes is what winning the right to hold an Olympic Games is all about, and I would speculate that Slalom Canoeing, although viewed as a small insignificant sport in Australia, could well be the key to 1996.

STOP PRESS

The Melbourne Olympic Bid Committee have taken the initiative to find out the feasibility of holding an Olympic Slalom event in Melbourne.

The Bid Committee have realised the potential of holding such an event in Melbourne. Although slalom is not well established as an Australian sport, it is incredibly popular and well supported many overseas countries. In Maryland, U.S.A. this year, the staging of the World Championships in that state was considered such an economic boost to the west part of Maryland, that it had the full support of the Governor and many large industries.

In effect, the World Championships brought new life to part of a state that was economically depressed, not only through the large number of overseas visitors, but the enormous number of people attending from all over America.

The Olympic Bid Committee, working with the Department of Sport and Recreation, have enlisted the services of Dr. George Parr of the U.K., a highly reputable civil engineer, who, among others, developed the Nottingham Slalom Course. He has been asked to design a suitable World Class Slalom Course at Dights Falls on the Yarra, less than five kilometres from the city centre.

If this project succeeds, it will give Melbourne an Augsburg type course within close proximity of hundreds of slalom and potential slalom paddlers. A course of this nature would be suited to all whitewater paddlers, schools, and a multitude of users, who would normally have to travel hours to reach comparable waters.

If this course is constructed, Melbourne would certainly be acknowledged as the slalom centre of Australia, with a course suitable for staging a World Cup, World Championships, and of course State and

continued on page 4

THE RUSSIANS ARE COMING

by Roy Farrance

With slalom canoeing being re-introduced as an Olympic sport at the Barcelona Olympic Games in 1992, there has already been a revival of interest in slalom behind the Iron Curtain.

In 1972 when slalom was one of the most watched sports at Munich on the then six million dollar artificial slalom course, only one hours drive to Augsburg, the East Germans dominated the world of slalom. However, Munich was to be the death knell of Eastern Bloc countries in whitewater paddling, with slalom no longer gaining Olympic recognition. Without finance for equipment or travel, coaches and athletes virtually disappeared, leaving only a replica of the Augsburg course built in East Germany for the Olympic squad of the time to train and compete on.

The East German and other Eastern Bloc countries still competed at club level or at events held within the Iron Curtain, but they quickly disappeared from the world ranking list and world events.

With the 1992 Olympic Games at Barcelona only three years away, both Russia and East Germany have nominated Olympic training squads. East Germany has reportedly set up a 21 person training squad, all in full time training, all presumably members of the Armed Forces Elite Sports Brigade, with the former World and Olympic champion, Sigmund Horn, as head coach. In 1990, be prepared for a full on invasion of East German slalom paddlers. Another inside tip is, 'Don't be surprised to see West German champion, Peter Micheler, competing at the 1992 Barcelona Games in K1, but NOT for West Germany'.

Russia is not lying dormant waiting to see what happens either! They too have their full time squad in training with coaching contracts going to world notables like Bill Endicott, Richard Fox, Myriam Jerusalem, Cathy Hearn, Lexi Haller and Jamie McEwan, to spend time organising, preparing and updating

techniques for 1992.

At this years Junior Pre-Worlds in Switzerland, the Soviet Union showed how far they have come in such a short time by winning C1 and having paddlers in all classes. Currently, Australia is ahead of countries like to Soviet Union in Junior and Senior events, but how long will we stay ahead with the 'amateur' attitude taken by the Australian Government, and administration to sports in this country. Australia will quickly lose any advantage through lack of funding and facilities. Has the Australian Olympic Federation ever thought of slalom as being a serious Olympic sport? What does the Australian Canoe Federation, or the Australian Institute of Sport think about the inclusion of slalom?

Whatever the answer to these questions is, will determine whether Australia can ever contemplate being involved at Olympic level. We need to devise a policy, firstly to gain acceptance as an Olympic sport, and then to prepare our paddlers to a standard capable of competing at this level.

For Australia to contemplate sending paddlers, I would predict we would need to finish in the top 15 of any class in future World Championships, as an acceptable standard. To get to this level will require more than the haphazard training and travelling regimes most paddlers follow at present, due to lack of time and funding.

To date, Australia has reached remarkable and very notable results in world class competition, when compared to the time, money and effort paddlers from other countries receive. Even at this year's World Championships in America, other countries were aghast that our competitors found it necessary to take time off work and pay travel expenses and costs themselves in order to compete.

In many ways, Australian canoeing, as well as other sports, still exist in the dark ages, and it only goes to show the

true guts and determination our competitors possess. Who knows just how successful they could become in the future, with more government and sporting body assistance. To demonstrate this point further, the West German paddlers would not attend the last World Cup event in the U.S.A. because they would have had to foot the \$100 travelling costs from their own pockets. The fact that it costs most Australian paddlers and coaches between \$5,000 and \$6,000 each, would have stopped most other paddlers in their tracks.

At this years World Championships Savage, we had ladies achieving 7th and 14th placings, the top mens paddler for Australia was only 17 years old, and at the Junior Pre-World Championships in Switzerland, we achieved a notable 5th result in Ladies Kayak. We already have the makings of a formidable Olympic Training Squad for 1992.

Will this ever happen? Or will we just sit around hoping and watching while the Russians, East Germans and the rest of the world pass us by. Action is required now - not in 1991 with only a year to go. What will it be!

STOP PRESS

Continued from page 3

National events, inevitably bringing extra visitors to Melbourne. It would also provide an ideal headquarters for the future Victorian Institute of Sport, if slalom is included, and the best training site in the country for National Team training camps.

In 1980, Brian Dixon, then the Minister for Sport and Recreation, realised the potential for education and the safety of this type of course. He even commissioned a detailed study of the area as a whitewater training site and slalom venue. The possibility of developing the Southern Hemisphere's first safe International Standard Slalom facility is now getting a second viewing.

DIGHTS FALLS - Slalom Site?

by George Parr

The technical viability of canoe slalom for Melbourne's bid for the 1996 Olympic Games.

The British contender for the 1996 Games, in competition with Melbourne, is Manchester, and having worked as consultant on the proposed canoe slalom course in preparing for the technical specification for the Manchester bid, I was obviously keen to have a look at the possible similar sites around Melbourne when I was passing through the city recently. Local canoeing organisers looked after my family and me with great kindness and generosity and the very least I can do in return is write down my opinions about what I saw; so what follows is a big 'thank you' to Cary Pedicini (and family) for reorganising his day at a few hours notice in order to look after us and show us the sites, to Roy and Jane Farrance for their help, and to Tony, Jill and Kim Prior for making us feel so much at home in providing overnight accommodation - again at very short notice.

Firstly, I should explain my interest. As an ex-member of the Great Britain Wild Water Racing Team, and a university lecturer in Civil Engineering Hydraulics, I acted as consultant in the building of the artificial slalom course at the National Water Sports Centre, Nottingham, England, together with my fellow designer Frank Goodman. Since then we have been involved in design work for many slalom courses, liaising closely with Jaroslav Pollert of Prague University, Czechoslovakia, who like me is a university hydraulics lecturer, but unlike me is also a world champion C2 slalomist. The three of us, together with Ondrej Cibak, also of Czechoslovakia, form a Panel of Experts on artificial slalom course design which has been recognised by the International Canoe Federation, and which is involved with the course design for the '92 Games in Barcelona, besides many others. Hence my more than passing interest in the sites with potential for the Melbourne bid.

The three sites we visited were two on the Upper Goulburn River near Eildon (the Blue Gum Caravan Park and the Eildon Dam stilling pond sites) and the one at Dights Falls, adjacent to the Eastern Freeway at Collingwood, and Studley Park on the Yarra River, about 4 km. north east of Melbourne City Centre. With the Goulburn River sites being a couple of hours drive out of Melbourne, the advantage of Dights Falls is clear in terms of the Melbourne City Olympic Games concept. In fact, the Dights Falls site is so naturally suitable for a canoe slalom course that it is remarkable to me that it has not been developed already, and especially so in the light of the findings of the appraisal report, submitted by Kinhill Pty Ltd in April, 1982.

Besides the disadvantage of the distance to the Eildon sites, I guess that both of them would have problems in producing suitable water for top class slalom, because there is not enough fall on the river. Natural river sites, like these, need very large falls across them by comparison with artificial courses, in order to produce water of a suitable canoeing standard. For example, the Augsburg artificial course for the 1972 Games has a fall of about 4 metres, whilst across the Bourg St. Maurice World Championships course the Isere falls (if I recollect correctly) about eleven metres; the Tryweryn at Bala, for the 1981 World Championship falls about 15 metres at the slalom course. There is one artificial course with anything like this - it falls eleven metres in about 700 metres length and as the designer Jaroslav Pollert said, 'It would be a brave man who would paddle it'. Jara is not one to exaggerate.

The only really big positive attribute of the Goulburn sites is that of having controllable flow from the reservoir, and as an advantage this should not be underestimated. This is countered by the massive amount of work that would have to be done to produce a course worthy of the games at either site, because of the width of the river and the

dispersed flow.

The opposite is true of the Dights Falls site; it has everything necessary, and in an almost ideal site, except for guaranteed discharge in the river. Even so, with the Olympic Games taking place in September/October, this is the time when there is generally most discharge in the Yarra, as shown by the data presented in the Kinhill Report. A similar situation prevails for the Barcelona Games and they will have pumps standing-by in case they are needed. These pumps will be able to deliver 9 cubic metres per second of water from the bottom to the top of the course.

Basically what is needed for an international standard artificial course is 15 cubic metres of water with a fall of about 4 metres over about 500 metres length of channel. To provide this my proposal would be to raise the crest level of the weir at Dights to raise the upstream level in the river by as much as would be allowable and build a completely new channel for canoe slalom around the falls on the right hand bank, incorporating the derelict pumping station which, as it stands, is a considerable eyesore on an otherwise attractive site. This is not a new idea and has been suggested by Cary Pedicini and Roy Farrance, amongst others no doubt. The course could start upstream of the weir and run downstream from it. There appears to be some confusion about the downstream tidal effects in the river (or there was in 1982 when the Kinhill report came out) but by raising the upstream water level by about one metre then the downstream outfall from the course, at a discharge of about 20 cubic metres (15 cubic metres in the course and 5 cubic metres in the present river bed), could be above the tidal effect and still have about a 5 metre drop across the course. I would envisage a boulder wall in the present river bed to separate the canoe course and the river at the lower end, but with the conveyance capacity of the two channels greater than the river alone at present so that any present tendency to flooding due to backwater effects of Dights Falls would

Dights Falls (cont'd)

be ameliorated. This could produce a first rate course on the international scale.

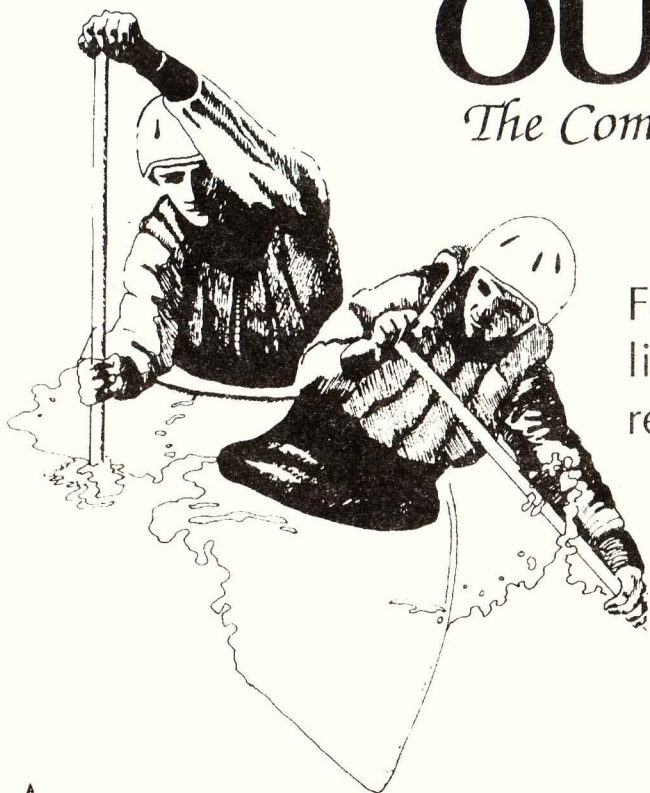
As well as all of this, the development should be designed to enhance the whole site. The spectacular feature of the rock outcrop on the left-hand bank, the boat hire franchise upstream at Studley Park Boat Sheds, the ready access to the site, and the natural spectating provision afforded by the steep banks as they are now (almost) make this a site which is much better than the one at the National Water Sports Centre in Britain, on which the Sports Council spent the equivalent of five million Australian

dollars to produce the slalom course there.

Knowledge of slalom course design and construction has advanced with the building of many courses around the world, so events have to some extent overtaken some of the proposals in the Kinhill 1982 report. Even so, the report demonstrates that non-canoeists consider that a high quality course is technically viable on this site; I confirm this opinion, both as a canoeist and water engineer. If this potential facility existed within an inner city in Britain, there is no doubt that the local authority would have developed it.

I suggest that inclusion in Melbourne's bid of proposals such as those given here would considerably enhance that bid, especially because of the close proximity of the suggested facility to the main Games centre. It is difficult to imagine that any other bid would be able to match this.

George Parr
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LETTERS

The Editor
PADDLER

Dear Sir,

I read with some concern and confusion the statement attributed to Reg Hatch, concerning women using anabolic steroids that "One may ask 'why not' be on the drug. The positives seem to outweigh the probables" (Paddler No.4, page 21).

With the current push in world sport to clean up the image and the practices of leading athletes in all sports, I cannot find any reason to justify even a hint of condoning the use, at any level, by any sportsperson, performance enhancing drugs.

I would be appalled to find that the Director of Coaching would encourage the use of drugs to raise the level of achievement of any sportsperson.

The brief article lists a small number of side effects, and in no way covers the full spectrum of the effects of taking anabolic steroids, and is thus misleading.

The use of performance enhancing drugs cannot and must not be tolerated at any level, to any degree. I would like to know Reg Hatch's full opinion on the issue, and would welcome a full clinical statement on all aspects of drug use in future issues of 'PADDLER'.

Yours faithfully,
Robert Schram
Chairman, VACA Marathon Committee

DRUGS IN SPORT.

The use of drugs in sport has become an 'issue' in the sporting world. Drug use to enhance performance is nothing new, Greek athletes were involved in drug taking (Donahue and Johnson p2 1986), as were early Olympic competitors (Tomlinson p26 1984). The current moral panic over drug use becomes more comprehensible if viewed in terms

of a wider social consideration of sport. A number of questions need to be raised in a consideration of the issue. Initially, why are drugs used by athletes? Secondly, does drug use in any way contradict the *raison d'être* of sporting involvement? And thirdly, if this is so what action should be taken?

Why are drugs used in sport?

Performance enhancement appears to be the most logical answer to this question. Many sports men and women doubtless take drugs for pleasure (be it alcohol, caffeine, or amphetamines) however at an elite level, in relationship to sporting involvement, drug use appears related to improving personal performance. The aim is to throw further, to run faster, to jump higher, to paddle more strongly. The emphasis is on doing better than other competitors and ultimately winning.

Currently the emphasis in sport is not on participating but on winning. Amateurism, once the basis for Olympic competition has long since been abandoned.

We are way past amateurism. The word does not exist and it has not been in the Olympic charter since 1972. The Olympic games is all about the high performance athlete, and we are providing as much assistance to reach high performance as possible.

(Vice President of the Australian Olympic Federation quoted in Bryson p7 1989).

Bryson suggests that both professionalism and the use of drugs in sport are rejections of the aristocratic code of amateurism and 'playing the game'. These codes are the means through which discussion and analysis of sport have taken place for some considerable time now. Thus there are difficulties in coming to terms with drug use. Sports persons are expected to abide by amateur rules; fair play, a graceful acceptance of either winning or losing and the pursuit of sport for its intrinsic pleasure rather than financial reward. Yet individuals are under immense pressure

to succeed in sport and success is currently defined as winning, particularly for those involved in competition as national representatives. This emphasis on winning has led to the development of a 'win at any cost' mentality in the training and development of elite athletes of which drug use is an aspect. The body becomes an object of technological and psychological control. Athletes are measured, fed and trained using the latest technological developments and geared towards winning. Female gymnasts starve themselves to ward off puberty and football players regulate their sexual activity to preserve their strength for 'the big game'.

As far as going to bed with Mum is concerned, after about Tuesday the boys cut it down. Their wives co-operate of course. (Ian Moffitt, 'To do or Die' The Australian Sept 18, 1971).

Surely the use of drugs is only another step in this process.

Does the use of drugs affect the *raison d'être* of sport.

I have suggested above that drug use is understandable in the current atmosphere of sport. An Interim report of the Australian Senate Committee on the use of performance enhancing drugs by sports persons (1989) tackled the issue. It rejected, rightly, the suggestion that 'fairness' was a reason for banning drugs. Inequality proliferates in sport in regard to access to facilities and resources and direct prejudice occur on the grounds of gender, race, disability, age etc. Banning was decided upon mainly on the ground of the adverse affect of drugs on athletes health, the necessity of 'playing by the rules and the possibility of exclusion from national competition (Bryson p10 1989). However, these reasons, with the exception of national bans do not concur with the current emphasis on winning in sport, Tobacco and Alcohol are also thought to be injurious to health but are not illegal substances in this country. Indeed Tobacco and Alcohol manufactures provide a great deal of sporting revenue. The

Letters (cont'd)

issue of 'playing by the rules' is underlain by the now apparently defunct amateur ethos which I have suggested has little place in current competitive sport.

Why then ban drugs in sport? The most persuasive argument appears at the moment to be the likelihood the drug takers will be banned from international competition. I have, in this article concentrated heavily on the rationalisation of drug taking, the issue is, of course, not so simple. For the individual athlete drug taking may be repellent and a number of athletes have dropped out of competitive sport rather than become involved with drug (Judy Oakes, a British shot putter for example). For the casual or recreational sports participant drug taking to improve performance seems unlikely as the pressure to succeed is hopefully not so intense. Rather than looking at drug taking in sport as a separate issue which can be resolved by legislation and bans, we should be addressing the reasons that this issue exists. Drugs may give one individual an advantage over another but it is a small advantage in comparison to the inequality of access and participation which characterises sport as a whole and which is accentuated by the focus on competitive sport and elite

athletes. The banning of drugs in sport, while it is not, I feel commensurate with the current goals and objectives in sport may be a move towards decreasing the significance of winning by any means. Although it is only a slight step in this direction. A more fundamental change is required in the values and attitudes involved in sport including an equalisation of funding and provision away from elite sport and towards general sporting participation.

Alix Love.

To the Editor of Paddler Magazine,

I was both surprised and dismayed to read Reg Hatch's article on Women's use of anabolic steroids in sport. It was a most one-sided article, and seemed to be encouraging the use of such drugs. After reading the article one would be forgiven for thinking, why not? The disadvantages are only temporary and of a minor nature. Some of the other effects of anabolic steroids which Reg failed to mention, are as follows:

Hepatitis, cancer, a significant increase in the risk of heart attack, bleeding of the intestinal tract, leukaemia, permanent liver damage, and sterility.

Many of these are fatal, how much more serious are these effects compared with the selective list in Reg's article. Do not be misled by selective information, get the full story, and, dear editor, please make sure the PADDLER gives equal space to both sides of such a serious matter.

Certainly taking anabolic steroids on the short term is usually safe and the effects reversible, but do we then ignore the moral question. Is it right to synthetically alter our bodies to make them fitter, stronger, faster than our competition. Why not just make robots, and see who has the greatest scientific expertise, and leave sport out of it altogether? What happened to honesty?

Another matter raised in Reg's article, is the matter of women taking drugs, to misquote Lisa Martin (Marathon runner) 'There are plenty of bad girls out there, it stands to reason that there are bad boys too'.

Why does Reg keep bringing up the subject of sports women using drugs, and never mentioning the slightest suggestion or possibility of Australian men on drugs? Why has he this bias against women?

Jane Farrance

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ANABOLIC STEROIDS - What They Do FOR You And TO You

by Kevin Mansfield

In the last issue of PADDLER, Reg Hatch briefly described some of the effects of anabolic steroids on women. This article attracted a lot of comment, and as a result of this we asked Kevin Mansfield to write a more detailed follow-up article. Ed.

The term 'steroids' has become well known throughout recent years, highlighted by the deaths of some athletes and the banning of others. Our society tends to reward the winner and winning at all costs has evolved, in many cases due to the often large financial reward accompanying first place. This places the elite athlete in a dilemma. If other athletes are using performance enhancing drugs and winning, what do you do.

Those athletes without the background information on steroids and the lure of a gold winning performance would probably risk it.

Those who know the possible resultant side effects to their health, and who have a training programme based on hard honest work, would probably not.

'Our society tends to reward the winner, and winning at all costs has evolved'

The answer is simple, the remedy is not. Educate athletes and the general public as to the dangerous potential of drugs and introduce random testing (without notification) in all sports throughout the

lants, and 12.5% had taken sedatives and/or tranquilisers.*

Of more public awareness is anabolic steroid use. The Ben Johnson saga has illustrated the extent of the problem, and the penalty for its use. Anabolic steroids are a synthetic substance, derived from the male sex hormone, testosterone. This substance produces the male characteristics of larger muscle mass, change in voice and hair distribution etc. Males produce approximately 20 times more testosterone than females, hence the normally greater muscularity of males.

The effect of anabolic steroids on the body is that they help to increase protein synthesis and retain nitrogen. In males testosterone is released at 5-10 mg each day; with the intake of steroids however, this may be as high as 200-300 mg each day. Through training, the physical result is a larger muscle mass, improved recovery time, and less fatigue. The psychological response is generally euphoria and increased aggression. If the athlete believes he/she should be improving, a placebo effect takes place, and higher training loads can be accomplished.

On the down side of steroids are the dangerous side effects which have debilitated many athletes. The table below illustrates the common risks that athletes chance by using anabolic steroids.

Side Effects of Anabolic Steroids

In Males

- Testicular atrophy (shrink age of the testes)

Common to Male & Female

- Tendon and connective tissue changes leading to ruptures and sprains
- Changes in cholesterol and other hormone levels
- Kidney tumors
- Liver enzyme changes
- Liver cancer (not proven - but linked)
- Psychological changes - (aggression/depression)

The risks far outweigh the benefits. In canoeing, we are hopefully not as far down the track as many other sports in the use of these drugs; but don't believe it doesn't occur.

'The risks far outweigh the benefits.'

Our coaches and elite paddlers should act as role models for our younger paddlers, and display the benefits of a planned programme, balanced diet, and progressive training sessions, and last but not least - hard honest work!

** Sports Coach Vol. 12 No.1 P.11-17
Australian Sports Commission
Belconnen. A.C.T.*

A DREAM COMES TRUE – \$100,000 for a Gold Medal

by Roy Farrance



Australia's Olympic medallists in the future could be welcomed home to the tune of \$100,000 for gold, \$40,000 for silver or \$20,000 for bronze if Melbourne businessman Bill Gibbins has his way.

This is no dream; it is a definite commitment from Bill Gibbins, Managing Director of F.C.L. Transport Company. Backing Gibbins is a strong and influential team, including Bob Ansett, Judy Patching, Herb Elliot, Dawn Frazer, Marjorie Jackson and Betty Cuthbert.

'develop a co-ordinated program to provide substantial material rewards to athletes'

The concept has been called the 'Olympic Dream', and has gained strong support from Olympic athletes, with the only opposition coming from the Australian Olympic Federation. A strange situation indeed, when you remember that Seoul Olympic Games Manager, John Coates, returned from Seoul advocating a means of rewarding successful Olympic athletes.

Coates said, 'The A.O.F. Federal and State sponsors must develop a co-ordinated program to provide substantial material rewards to athletes, so that they can afford to forego formal paid jobs to remain competitive.' The A.O.F. has refused to have anything to

do with the Olympic Dream concept, which involves a relay run around Port Phillip Bay to raise over half a million dollars for Olympic athletes.

A.O.F. Secretary-General Phil Coles claims that Bill Gibbins is fragmenting official fund raising, the Athletes Commission has said it is more interested in athletes being properly funded before big competitions, not after. In an article in the Melbourne Herald on August 18, 1989, Kevan Gosper explained why the A.O.F. is in conflict with Bill Gibbins' plan to reward future medallists. It seems that the main reason is a decision by the Athletes Commission declaring 'an immediate preference for non-cash rewards' citing that 'top tennis professionals are happy to compete for medals alone'. Tantamount to this is the need for the Australian Olympic Family to 'comfortably account to the Australian Public for its generosity'. The A.O.F. budget for Barcelona/Albertville is \$23 million.

'Kevan Gosper explained why the A.O.F. is in conflict with Bill Gibbins' plan to reward future medallists.'

I believe the A.O.F. is losing a great opportunity to actively raise its own Olympic profile. The half million dollars to be raised for the Olympic Dream is of minor significance, when compared with the \$23 million dollar bud-

get, but positively affects athletes and members of the public alike, to a greater extent than the A.O.F. does. The Olympic Dream concept is far more entrepreneurial than any A.O.F. scheme has ever been, and any Olympic athlete I

'The Olympic Dream concept is far more entrepreneurial than any A.O.F. scheme has ever been'

spoke to has fully supported the Dream idea. For the A.O.F. to introduce red herrings like the possibility of millionaire Pat Cash winning a gold medal, and receiving \$100,000 making a farce of the scheme, is simply not facing reality. The majority of Olympic athletes and every canoeing Olympian has had to be financially disadvantaged to compete, and most return home either broke, or in debt, despite any A.O.F. support.

Has the A.O.F. executive finally lost all contact with the average Olympic athlete, or do they really live in another world? If you believe in the Olympic Dream, let the Australian Canoe Federation know. Let the canoeing delegates to the A.O.F. know, or support delegates that still have contact with competitors, at this year's Australian Canoe Federation A.G.M. in October.

THIS IS A DREAM THAT CAN BECOME A REALITY.

HUNTER'S GOLD

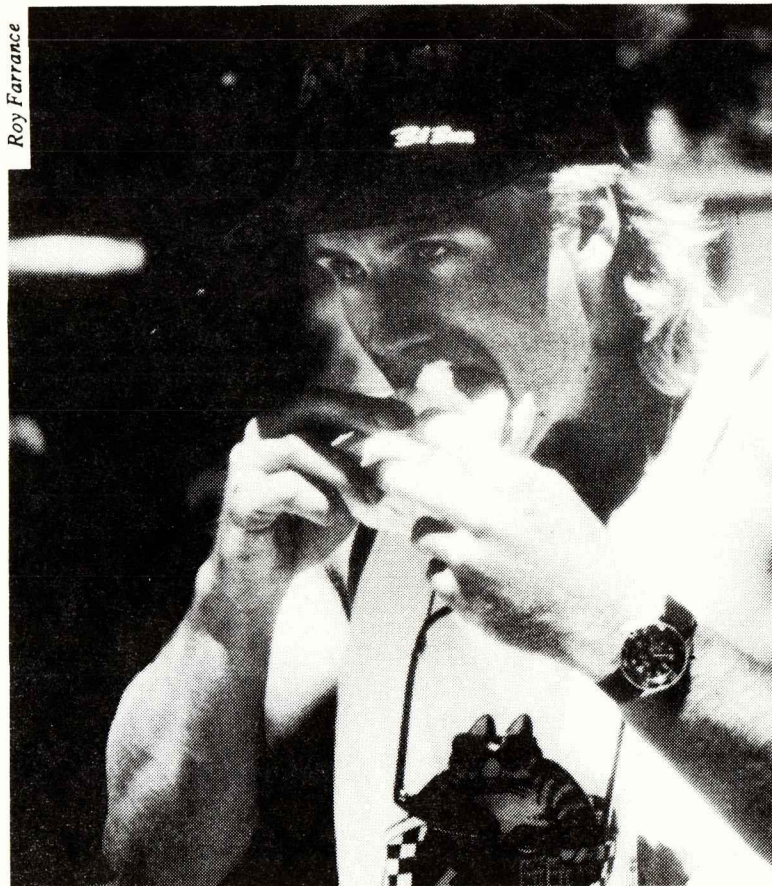
by Roy Farrance

Martin Hunter, Victoria's leading sprint paddler, has just made history by winning Australia's first gold medal in World Championship Sprint Canoeing. John Jacoby won our first canoeing gold in Marathon Canoeing, but the gold in sprint had, until now, eluded us. Marty won convincingly in the 500 m. sprint event, and the next day competed in the 1000 m, finishing 8th. It was such a close race that only 0.1 of a second separated 3rd place from 8th.

Originally from Albury, Marty was spotted by top Australian sprint coach, Reg Hatch, some ten years ago, after which Reg invited Martin to train with him in Melbourne over the Christmas holidays of 1981. Reg has nurtured him ever since, and four years ago Marty moved to Melbourne to be closer to Reg.

Martin started paddling in Albury at the age of twelve in a canadian, and then in a home made wooden Blockeys touring kayak. After paddling socially and participating in a few long distance races on the Murray River, he showed some promise as a paddler. He graduated to a Millson TK1 and finally, when 15, he moved up to a sprint K1.

Since being noticed by Reg at a training session at Albury in 1980, Martin has gone on to achieve success. In 1983 he was a member of the junior sprint team, where he reached the semi finals, and for the next few years battled through that no mans land between graduating from being a top junior to a recognised senior. The long, hard grind paid off when Martin made the senior sprint team in 1987, to again paddle 500 m K1 and reach the semi finals. In 1988 he represented Australia at Seoul finishing



Roy Farrance

a very creditable seventh. After the Olympic Games, Martin seemed more motivated than ever, knowing that he was within reach of his ultimate goal - gold. 1989 is now history, and, through

Martin, Australia has at last won gold. Other Australian paddlers were also overwhelmed with Martin's success. As Seoul silver medallist Grant Davies commented, 'Brilliant! I thought he could go on and win, he has great natural speed. Martin is very strong for his size, probably the most powerful person for his weight I have come across. Nobody in the world could keep up with him over a short distance'. Australia's other silver medallist, John Sumegi, said, 'Fantastic, well deserved. Martin's done a lot of hard work, one of the most dedicated paddlers I have ever seen - a tribute to Martin'.

Marty has worked at several jobs, trying to combine both work and training. For the first six months of 1989 he worked as a Sports Promotion Officer for the

V.A.C.A. funded by the Department of Sport and Recreation. The Australian Institute of Sport Canoeing Unit offered Marty a scholarship, but he declined it, preferring to stay with his coach in familiar surroundings on the Yarra in Melbourne. This decision has obviously worked for Marty, and proves he has the dedication and ability to achieve the results he desires.

Martin's quiet, unassuming and dedicated nature has made him one of the most popular paddlers in Australia today. He is always friendly, always willing to help, but above all, a born competitor. Over the last three years, Martin would have attended more regattas and events around Australia than any other sprint paddler. No event in Melbourne was too small, and no event interstate too far, as Martin needed to race.

Martin was destined for success from the time he moved to Melbourne. Living with Australia's other World Champion John Jacoby, and under Reg Hatch's dedicated coaching, success just had to come. He actually seems to thrive on speed, and can be seen around Melbourne (provided you don't blink) on his two wheeled speed machine under an oversized black helmet. This obvious lust for speed has carried him into World Class status and he is now recognised as the world's fastest paddler.

Congratulations to both Marty and Reg on a fantastic effort. Let's hope they can both be fully supported by everyone in canoeing as Martin continues his canoeing career, hopefully acquiring that elusive Olympic gold, at Barcelona in three year's time.

CANOES PLUS

SPRINT CHALLENGE

NATIONAL WATER SPORTS CENTRE - CARRUM

SUNDAY NOVEMBER 26, 1989 & SUNDAY FEBRUARY 11, 1990

SEE THE STARS IN ACTION:

MARTIN HUNTER

GRANT DAVIES

PETER FOSTER

JOHN SUMEGI

PADDLE YOURSELF, THERE WILL BE A LARGE NUMBER OF CLASSES

K4, K2, K1 - LADIES, MEN, JUNIORS

TK2, TK1, TC2, TC1, C2, C1

PLASTIC KAYAKS - ANYTHING THAT FLOATS

START - 10.00 AM SHARP

NOVEMBER 26:

PADDLE K1 500 & 250 METRES }

} PLUS L.D. EVENTS

FEBRUARY 11:

PADDLE K1 1000 & 250 METRES }

ENTRIES CLOSE:

ENTRIES, ONLY ON THE OFFICIAL ENTRY FORMS,
CLOSE 2 WEEKS BEFORE THE EVENT

RING OR WRITE FOR FURTHER DETAILS:

CANOES PLUS

140 COTHAM ROAD

KEW VIC 3101

TEL: (03) 817 1820

817 5934

MARTIN HUNTER - Australia's First

by Reg Hatch

'The little boy from Victoria - he's very fast.' (Daniel Scarpa - 1988 Dora Creek)

The olden times are referred to often by every generation; my reflection is one that told me - you can learn about something by subjecting it to the ultimate test. A more modern reflection, greatly in demand, is the learning experience - ordeal is a great teacher. The subtle difference is not important, it is the result that is most noteworthy.

'Australia's first Sprint Gold medal and it could not have happened to a nicer person'

Having been rejected by the AIS for being too old for the job of coaching, I found myself in a limbo land, and learning from the ordeal. I continued coaching with the same endeavour, but that haunting question of being 'too old', was prevalent.

I received a letter shortly after, from Denmark, inviting me to coach the Danish National team for Marathon and Sprint. Many things crossed my mind - the first Australian coach to be invited to the European scene - the pressure of representing another country - leaving home for an extended period, but as my services were not required in Australia, I accepted. My only condition for going to Denmark was that Martin Hunter be allowed to train with the team. This was no problem, so I left four days later.

My school, Ivanhoe Boys Grammar School, were very understanding, and saw the opportunity for me to gain more experience from such a venture and had no hesitation granting me leave for the period. It may not be well known, but Ivanhoe Grammar School has helped produce two World Champions now, and the future looks bright for more to come out of the system.

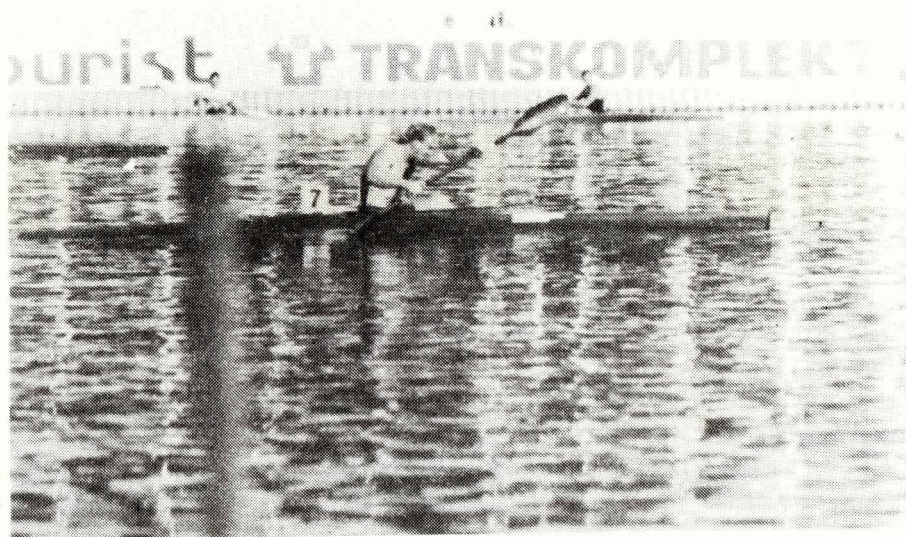
It was a particularly exciting time watching the Danish team and Martin develop, largely led by Martin's example. Our trip to Nykoping, Sweden was very successful, with the Danish team taking home a bag full of medals. Martin was racing quite well, and won a silver medal into a 6.51 m/s headwind in the 500 metres kayak single. The time was very smart considering the weather.

Back to Denmark, and final preparation took place quietly and trouble free. It was interesting to see Martin's acceptance by the Danes, and he was duly indoctrinated in the important aspects of language and Danish custom.

PLOVDIV - BULGARIA

349,000 inhabitants, a place where the old 'Orient Express' huffed and puffed through on its way across Bulgaria.

Martin on his way to victory



Reg Hatch

Plovdiv is on the banks of the river Maritsa. Interestingly no legislation exists to prohibit strikes. But with rare exceptions workers have avoided using this form of protest, for defence of their interests, because they have other efficient means at their disposal. One, for example, is to go to the courts. Labour cases are heard free of charge in Bulgaria. At this very time maybe Australia could learn something, but the backlog in the legal system would mean waiting an eternity, which isn't much different to what is happening to the general public. Plovdiv is 150 kms. south of the capital Sofia, a long and hot bus trip, and the closest border is Greece's northern border.

The course was new, and built at a cost of (A\$)6.5m. The smallest head wind, and warm to hot humid conditions prevailed for every day of racing. Exceptionally fair racing conditions. Thirty-four countries contested this year's Worlds.

Martin qualified for both 500 and 1,000 metre finals in a comfortable fashion. Both Martin and the Danes started to serve notice of their intentions and notice was being taken.

Preparation on the day of the finals was no different to a normal training

morning in Melbourne, except for the company of Steve Woods Netherlands girlfriend, Annemarie Cox, who joined us for breakfast. There was a nice relaxed atmosphere, with cheerful banter.

Martin was tipped to win a medal by the experts, but it looked tough as they went to the start line.

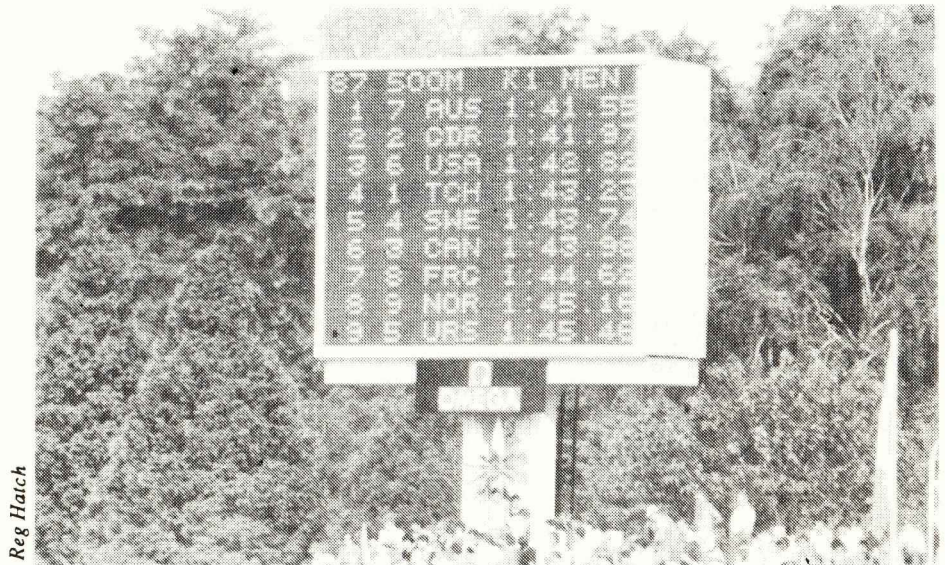
The ancient 'fight or flight' emergency response was being well controlled by Martin, not so well by his coach.

The preliminary starting order 'Attention Please' seemed to take forever, and it was an absolute eternity to the 'GO' - no second shot or squawking false start signal. They were on their way.

Martin's start was one of his best, and once he had reached the fourth stroke and the paddle hadn't broken, much pressure was off. A long and sad story about how we could not get paddles from the Australian distributor, and had to use an extensively repaired paddle in the most important race of the year. Another time maybe.

Marty was in front and going away from the field at this point. All eyes glued to the scoreboard to see the 250 metre split, and the relative positions. Martin Hunter, Australia - 1st. 48.34. Martin was to stick to his own race plan and not look at any time. From 250 - 350 metres Martin controlled the race brilliantly, and timed his rush for home to the exact pre-determined point. The boat lurched forward and was running beautifully.

The East German - Bluhm and American - Herbert were closing, and it was going to be close. Back to the scoreboard. Damn, photo-finish, fingers crossed and running like a maniac I was at the finish line without knowing how I got there. We both had a strong feeling he had hung on, but were not sure. We stood talking and watching the scoreboard. Then the results came up with Hunter, Bluhm and Herbert, and before we could fully decipher the results the scoreboard went into airport flight schedule mode, and rearranged the board in the order of finish. What a moment. We were so



Reg Hatch

excited. Just an unbelievable feeling, and an unbelievable performance. Australia's first SPRINT GOLD MEDAL, and it could not have happened to a nicer person. Finish time 1.41.65 with 53.31 second half. Harper Street in Northcote, Victoria, is becoming quite a hang out for World Champions - the household now possesses no fewer than three for 1989. That must be some sort of record.

The Danish team also did very well, and were most happy with their results; two Gold medals, two very close fourth places, one seventh, two eighths and two ninths. Should Martin be included in these results? The Danes finished fourth overall, with Australia fifth.

So, what of the future?

Martin and I will continue to work towards next year and Barcelona. We may be fortunate to find some Australian who is prepared to race a team boat with Martin now - still who knows.

*'The little boy from Victoria - he's very fast'.
(Daniel Scarpa - 1988
Dora Creek)*

I would rather be wearing the colours of Green and Gold, rather than Red and White - again I feel the chances of this are very remote, such is the feeling of a few people in prominent positions.

My going to Denmark has established Australia's coaching credentials on the European front, and Martin's performance is the icing.

I travel to New Zealand on September 15, and have been invited to help Ian Fergusson with some program suggestions a nice development. I am home from NZ on September 28, and go to Katherine, NT on Friday for a coaching clinic.

Our squad will recommence training mid September, and look forward to our mountain training camp and racing at Lake Barrington in Tasmania.

Lars Koch (Denmark) won the World Cup Marathon singles race, and is the fifth consecutive Hatch trained athlete to do so.

Interestingly, the Gold medal winners from Denmark each received a new car, a years supply of petrol, all servicing and upkeep for a year with substantial monetary support. What will Martin get?

Martin and I look forward to next year, and only wonder whether we will be training in Australia or Denmark.

BRIEFLY

LIFE BEFORE DEATH ON THE THOMSON RIVER

About five years ago, the once magnificent Thomson River was strangled by the Thomson Dam. The river flow fell dramatically, and until now, paddling has been possible only when the flow was boosted significantly by the Aberfeldy River. The data collected by the Canoe Victoria Project has actually quantified this situation.

Recently a 6.3MW hydro-electric power station was built below the Thomson Dam. This will require a 20ML/hr flow during peak generation periods of 7am - 11pm each working day. The flow through the power station is collected in a weir pond which regulates the flow to the river.

In late August and early September this year there were two release trials from the weir pond. The first released 225ML/d and the second released 367.5ML/d. The MMBW has collected flow data over the full length of the river and is now examining this. It is believed however that flows of greater than 225ML/d can be achieved only when the power station is operated outside peak periods.

We have heard that this hydro scheme is to have a finite life of 10 years. After this, the water will be diverted to the Upper Yarra Dam for use in the Melbourne Metropolitan Area.

Canoeists who paddled the Thomson during the weekend after the trials, reported that the levels encountered were just satisfactory. Bearing in mind that these levels were achieved as the flow at the weir pond was being reduced or shut off, we believe that there could be a moderate grade of white water available on week-days for the next ten years. Then nothing.

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TOP SPORT

With Martin Hunters exciting win in the K1 500 m at the recent World Sprint Championships at Plovdiv Bulgaria, canoeing now has more World Champions than any other sport in Australia. They are:

Martin Hunter	Sprint K1 500 m
John Jacoby	Marathon K1
Jane Hall	Marathon LK1
Gail Mayes)	
Denise Cooper)	Marathon LK2
Andrew Tribe	Jnr D.R. K1

Whilst not an Olympic Champion or World Champion by name, this list would not be complete without reference to our Champion in all other aspects, Grant Davies, who so narrowly missed Olympic Gold at Seoul last year.

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WHERE ARE THEY?

The following subscribers to PADDLER have left the address that we have in our files. If you know of their current address please notify me. Ed.

Michael Ellis	Lisa McLeod
John Griffiths	Gary Strachan
Anna Jones	Peter Tedesco
Rob MacFarlane	Brian Wattchow

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FOLLOW-UP

In the last issue of PADDLER we broke the news about the dam under consideration for Big River. We now believe that the Dept. of Water Resources are considering all catchments from King Parrot Creek across to Big River.

We foreshadowed the possible registration of sprint and marathon paddlers as a means of gaining an exemption from wearing a buoyancy aid. The act requiring this has not yet been proclaimed.

PADDLER will keep you informed.

ONE DAY SEMINAR ON COACHING FEMALE COMPETITORS

For years ignorance has prevented the potential of female competitors being fully realised. Social, cultural and historical barriers have also stood in the way of women participating to their full potential in a whole range of activities.

Research now tells us that the performance of female competitors can be greatly enhanced by proper coaching - coaching that caters for, not only the specific needs of the sport but also the needs of female competitors.

A panel of experts will speak on these important topics in regard to female competitors.

- Physiology
- Training and conditioning
- Pregnancy
- Psychology
- Nutrition

DATE: SATURDAY 14TH OCTOBER, 1989

TIME: 9.00 a.m. - 5.00 p.m.

VENUE: Lakeside Reception Centre
Royal Melbourne Zoological Gardens
PARKVILLE VICTORIA

FEE: \$20.00 or \$10.00 concession (includes lunch)

MORE INFORMATION: For brochure and registration form contact:

Ms Diana Parsons
Sport and Recreation Victoria
P.O. Box 2392V
G.P.O. MELBOURNE 3001
Telephone: 666 4325

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WHAT PRICE CARRUM?

A rumour attributed to Mr. John Cain, Premier of Victoria, indicated that Albert Park Lake may be lengthened and deepened to accommodate rowing during the 1996 Olympics.

A BRILLIANT COACH

by Roy Farrance

Silver	1979	World Sprint Titles
Silver	1980	Olympic Games
Gold	1985	World Marathon Titles
Gold	1986	World Marathon Titles
Gold	1987	World Marathon Titles
Gold	1988	World Marathon Titles
Gold	1989	World Sprint Titles

A reasonable record for an Australian coach who regularly gets overlooked by the Australian Canoe Federation and the Australian Institute of Sport.

After ten years of international excellence you would think someone in our Australian Sprint Administration might realize and accept that Australia has some of the top coaching talent in the World.

Put simply, the above coaching record is brilliant. So, is it not an indictment of our whole sporting set-up that a coach of the calibre of Reg Hatch is, in 1989, employed not by Australia, but by the Danish Canoe Federation? In 1990, Australia's top sprint coach may well accept a lucrative offer of over \$60,000 to coach in Denmark. Will Australia's fastest paddler ever, Martin Hunter, also spend next year in Denmark?

We read development plans to increase the number of coaches in Australia, to improve the quality of those already coaching and to bring in overseas coaches to help impart knowledge to our athletes. What a lot of pie in the sky! Why not just recognize and encourage the coaches that exist in Australia, accept the fact that Australia is not only up with the rest of the World, but in reality, leads the way in

many areas.

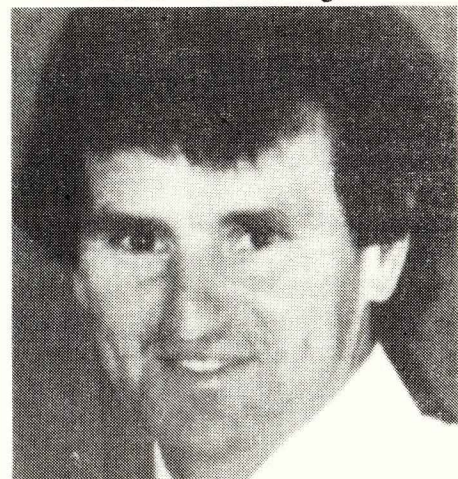
I do not know whether the administration of Australian canoeing is so out of touch with Australia's top coaches and their requirements, or whether to accept that successful coaches at World level are so individual they do not tolerate the administration. Whatever it is, it takes individuals and their initiative to create World Champions. Not every coach can coach every paddler, let's support those dedicated coaches who do achieve success.

Cathy Hearn, 1979 World Champion, once quoted, 'a coach cannot step in just before a World Championship and expect to coach.' How true is this of Australian teams? Bill Endicott, U.S. whitewater coach, says 'Coaching takes time to be really effective, meaning several years of continuous effort. The real job of coaching has to be done in the years leading up to this period.'

When will all those people in administrative positions realize coaching is individualistic, and Australian teams need more than one coach? Some teams could need as many coaches as

paddlers. The rumoured suggestion that the A.O.F. currently wants sports to nominate coaches and managers for the next Olympic Games may sound good in theory, but surely this should depend on which paddlers are in the team and who coached them to that level, rather than who is the most favoured coach at the moment.

Australia has a very real possibility of losing it's most successful coach to overseas paddlers. What can the A.C.F., the A.O.F. the A.I.S. or any other Australian body do to keep talent in Australia where it belongs?



WORLD CHAMPIONSHIPS AT SAVAGE

by Roy Farrance

Our Ladies Star

Australian Womens Slalom paddlers, Danielle Woodward and Vivienne Golding took top honours for Australia at the 1989 World Slalom Championships, held on the Savage River. Danielle repeated her 7th placing of last year against a much tougher field, and finished only 13 seconds behind the fastest time. Effectively, she has achieved the 'best ever' slalom result by an Australian to date. Vivienne, with her 14th placing, makes the womens class once again the most successful group for Australia.

Danielle, who has steadily improved her world ranking, is now rated as a top World Slalom paddler, with every potential of achieving medal status in the next four years. At 24 years of age, Danielle is still one of the youngest paddlers in the top ten, and her performances have become much more consistent over the past two years.

Danielle



Myriam Jerusalem of France won the gold in Womens Kayak, just ahead of Dana Chladek of the U.S.A., who clipped a gate on her best run and incurred a five second penalty to finish one and a half seconds behind Myriam. Cathy Hearn, triple gold medallist at the 1979 World Championships finished third, saying, 'maybe I'm not too old after all'

Some 600 paddlers from 25 Nations competed at the Savage River, U.S.A., this being the first time in the 40 year history of the sport that the World Championships have been held in the U.S.A. With slalom being reintroduced into the Olympic Games at Barcelona in 1992, we saw the reappearance of Russia in slalom competition, and the emergence of several new South American countries. Next year we expect to see an influx of East German paddlers back at international level in preparation for the Olympics.

Richard Fox Again

Richard Fox of Great Britain proved his brilliance at Savage by winning his 4th Mens World Kayak Championship, even outshining Jon Lugbill's 5th Title

in C1. These two athletes are amazing in their own right, having dominated slalom racing in their own events for a decade. Fox's run was the more exciting, being placed 4th on first runs, and hitting the first gate on his second run, he blitzed down the course some eight seconds faster than his nearest rival.

To win a World Mens Kayak Championship with a five second gate penalty is almost unheard of, but to then be eight seconds faster is an astonishing feat. For the first time at this level, Fox used one of the new 'Wildwater' centre cranked shaft paddles, or as Richard calls it, 'his energy tube'. This new concept is officially called 'Double Torque', and has been patented in just about every canoeing country in the world. Basically, it is a strange multi bent shaft paddle, with the concept being to transfer more power from the paddler into the blade, and going on Fox's performance at the World Championships, there is now a world wide demand for this concept.

Our Men

Seventeen year old Richard Macquire stood out as the Australian Mens Kayak paddler to watch in the future, being top Australian Mens Kayak paddler at Savage with a clear precise run putting him in 29th place from 80 competitors. The next Australian paddler to finish was fellow Victorian Paul Beattie, in 53rd place. Richard is gradually being recognised as Australia's top potential kayak paddler, and as he matures and strengthens, will be able to combine his natural affinity for the sport with the speed required to achieve world class results.

Although this is Richard's third international competition, it is unfortunate that he has had to fund his entire six weeks travel and competition expenses out of his own pocket, having received no funding whatsoever from Government, Olympic or Australian Canoe Federation resources. If this is not an indictment of the whole sporting and political set up in Australia, what is! If

Roy Farrance

Australia is at all serious about winning medals at World Championship and Olympic level, it is imperative that up and coming juniors like Macquire be catered for. At present in Australia, competitors much reach elite standard to be recognised for funding, but to achieve this they must first compete regularly overseas to gain sufficient results to achieve top status. For this reason many juniors with world class potential fall by the wayside because they simply cannot afford to fund themselves.

Paul, another of the Canoes Plus Racing Team competing at Savage, has come back into serious slalom competition after last competing at Augsburg in 1985. Paul has plenty of natural talent, but needs to train seriously. By all accounts he has gained a vast amount of experience overseas this year, being the only Australian to compete at the World Championships and the seven race World Cup Series in the U.S.A. and Europe.

Australia was represented in C2 this year with experienced paddlers, John Wilde and Matt Newton from Canberra. Although John and Matt were not well placed, it proved our C2 paddlers are still competitive. Hopefully their result will encourage other C2 crews to compete in future years.

Experience - Key to Success

Twenty-eight year old Jon Lugbill won his first World Championship in Jonquiere, Quebec, Canada, at the age of eighteen, and this year won his 5th World C1 title. Jon is not the only member of the U.S. team to still be paddling successfully ten years into his career. Three out of four of the current C1 paddlers, and a number of other members of the team, were all paddling ten years ago. In comparison, Australians who competed in Jonquiere in 1979 are now, for the most part, just names in the history books, and almost unheard of by current paddlers.

Peter Eckhardt first paddled in the Wildwater C1 when he was eighteen, and is the only Australian paddler still competing from this era. Paddlers like Danielle Woodward who just missed

Roy Farrance



selection in 1981 for Bala, but have competed ever since, are now proving that experience is the only way to achieve success at this level.

Italy's Marlo Previde Massara won his third World Championship title in mens Wildwater Racing, just ahead of Britain's Neil Stamps. Massara was using a wing paddle, the same as he uses in flatwater sprint competitions, and felt it was a big help in his quest for his third World Championship. 'It is a winged paddle, the kind racers use in Olympic flatwater racing. You have to change some of your paddling technique when using a wing in downriver racing. With this paddle, the strokes are more vertical; using the other paddle the stroke is a little more horizontal. But to use the winged paddle you need at least three feet of water, because the stroke you are using is vertical and goes down into the water further'.

The Savage River National Forest echoed to the tune of the French National Anthem all week, not only in individual events, but especially in team events. Three out of the four Wildwater team events were won by French crews, and in slalom, France either won or were placed in every event except Mens Kayak. This shows the emphasis and depth of whitewater paddling through

Paul

out France.

What Now?

Australia left Savage with some very encouraging results. Australia has the talent and the coaching, but the one major obstacle faced by all Australian competitors is the lack of top competition in this country. Therefore competitors will need to travel Internationally at least twice a year, once for early preparation and again for major competitions. But, will these competitors and their coaches receive the necessary support and back-up from the Canoe Federation and Australian Sports Commission to achieve the best possible results?

The most positive initiative being undertaken by any Government in Australia is the proposal for the Victorian Institute of Sport. With recognised World class sprint paddlers like Martin Hunter and Peter Foster wanting to train and live in Melbourne, John Jacoby planning to return next year and our top slalom paddlers, comprising mainly Victorians, aiming for Olympic selection, the establishment of the V.I.S. would put Victorian canoeing at the forefront of Australian and World canoeing.

JUNIOR SLALOM CHAMPS SWITZERLAND

by Jane Farrance

Three young Victorian paddlers and their coach have been to Switzerland to compete in the Junior Pre World Championships. Those juniors were Richard Macquire, Andrew Farrance and Mia Farrance, and their coach was Roy Farrance.

After training at both Augsburg in Germany and Bourg St. Maurice in France, they arrived at Tavanasa Switzerland where the Championships were to be held. The water had been on for a couple of days and several teams were already training, but as yet the water was not too crowded, and several good sessions just getting to know the water, was a most valuable lead up to the event.

As the Championships grew closer more and more teams arrived, and although countries were allotted specific training times, the water became very crowded and it was difficult to have non stop runs. The water was of grade 2-3 standard, with big boulders creating well defined eddies, and drops creating large waves and several stoppers. The practice course was changed daily to give paddlers a chance to work on every possible move, and any move not indicated by the gates was practised by the paddlers anyway.

We soon met up with Kai Swoboda the 4th member of the Australian Junior team, who was travelling with Rob Crick (coach) and Paul Beattie, who was to do the demonstration runs for the Championships.

In total 24 countries were competing, many who had not competed internationally for years, if ever, Norway, Russia, Brazil and Spain, who only sent a couple of paddlers to Savage, sent a full team in every class to the Junior Championships. Could slalom's inclusion at the Barcelona Olympic Games be causing this rush of countries back to slalom, and in particular to Junior events?

The team was staying at a little village

high up the mountain above the course called Brigels. It was a very pretty place with traditional Swiss buildings, many small wooden huts dotted the green country, which was surrounded by snow capped peaks. It was fortunate that the owners of the chalet in which we were staying, spoke English, making the domestic arrangements much easier. There were several other teams at the same chalet, ensuring canoeing was the one topic of conversation.

The Championship course was constructed, and it was an open course, enabling clean runs, but gave several choices of how to approach the gates, particularly the harder ones. It was interesting to see the choices various paddlers and their coaches made, the quick route, the safer route, or which way was the quickest route? Another interesting fact in the course design was that it did not always take in the biggest

Mia Farrance

water, and the more technical gate sequences were on the easier sections of water. Roy discussed the options with each of the paddlers and let them make their own decisions about which way they felt best about doing the course, and in consequence each of the paddlers had a different approach to the course.

We woke on race morning to the usual sound of the goats, each wearing a bell, being herded up the main street of town, out to graze for the day. The boys were to have a sleep-in, and their event wasn't till the afternoon, but Mia was up early to warm up and get going well in time for her morning race. The top contenders for the ladies were the British girl, the French, Swiss on their home course and the Germans felt they had a potential winner in their team. What the eastern bloc countries could do, no one knew, but all felt the competition would be tough. On first runs,



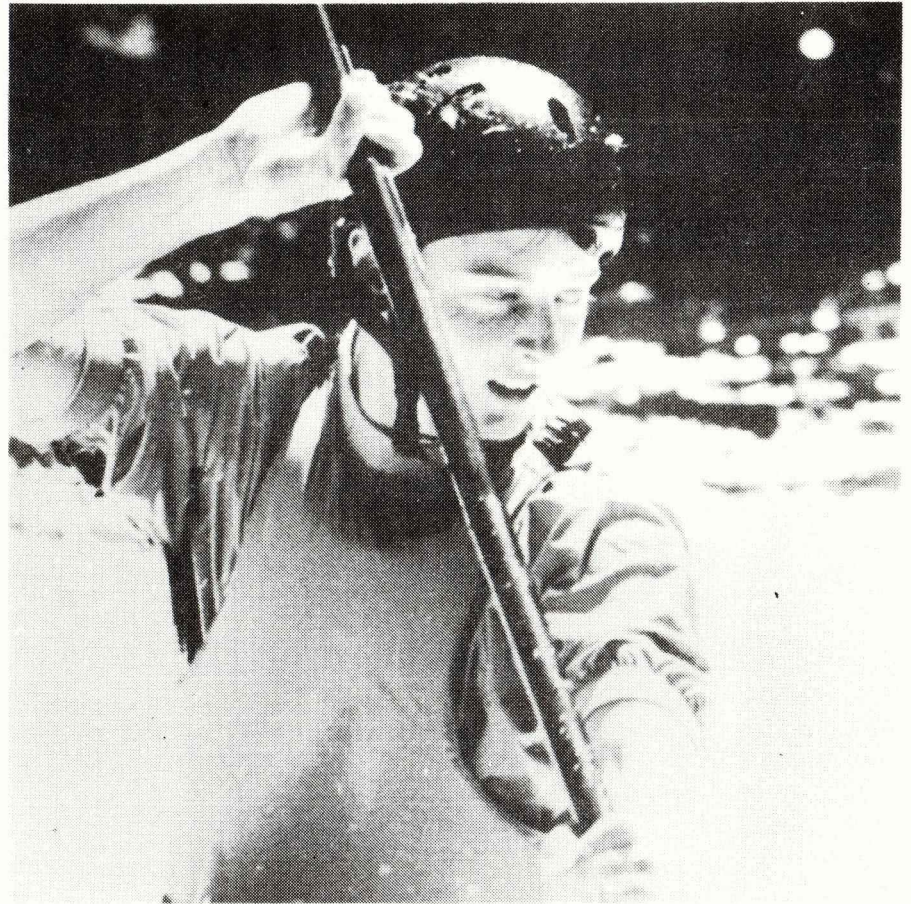
Roy Farrance

the British girl, Lyn Simpson, had a very fast run, which put her in first place closely followed by the Polish girl, then a Czechoslovakian. Mia came down the course with a very controlled, precise run, losing no time, only 4 seconds behind Lyn Simpson, however she incurred 3 penalties which placed her in 4th position. This was very encouraging, and Mia felt she could clean the course in her second run. However as the wind sprang up it became clear that very few paddlers could better their first runs. The French girl was one of the few who did improve, and she edged into 4th place, by a mere .23 of a second. This pushed Mia back to 5th in a field of almost 50 paddlers. An excellent result from one of the youngest paddlers at the Championships.

The boys came down to the course to prepare for their race, and were delighted to hear of Mia's success. Unfortunately the weather was getting worse, we hoped it would hold out for the races. Kai was the first of the Australian paddlers, he paddled well and smoothly, with only one touch which placed him in 6th position. A great effort for his first international. Richard was next, he paddled economically and very fast, clipping a couple of gates and then at the two very technical gates in the middle of the course he faltered, and the move he executed so brilliantly in practice runs eluded him, and many precious seconds were lost going back for the gates. Richard was now in 29th place. Our final competitor, Andrew was to paddle confidently, handling the water and the gates well, cleaning the course until the very bottom section, where a small error in boat angle cost him a gate, and the 50 second penalty pushed him back into 76th place.

Winning after 1st runs was a Czechoslovakian, followed by a Yugoslavian then a British paddler, and Kai was in 6th position. As second runs progressed the weather deteriorated even further. Several competitors broke into eddies to find the gates horizontal, metres above their heads, and totally out of position, it was quickly becoming a farce. Eventually the officials stopped the race. Kai was fortunate to get his

Roy Farrance



24th Richard Macquire AUS

second run over before the worst of the wind and rain, but was unable in those trying conditions to improve upon his 1st run score.

Richard was on the water ready to race when the worst of the storm hit, and the race stopped. He had to stay on the water, soaking wet waiting for the event to re-start. About one hour later he finally raced. Paddling well, but a bit cautiously, he cleared the top section with a fast firm display of control. Many people were watching with interest, because they knew, as we knew, that Richard had the potential to blitz the course. The middle, big water section was cleared to perfection, then onto the 'terrible twosome' and again Richard hesitated and lost the move. Richard cleared the course, but lost 10 vital seconds going back for the difficult gates. It was a good run, one to be proud of, but for Richard it was a great disappointment, he knew he was capable of much better.

Andrew, also ready and waiting

throughout the storm, finally came down the course. By this time the water had changed from clear, grey/blue, to murky brown, and had risen several centimetres. Andrew handled the changed conditions well, clearing the whole course, not as fast as many, but certainly showing control, skill and water handling ability. Final results of the MK1 changed completely from 1st runs, with only the Yugoslavian holding a place.

Results:

1st Claudio Roviars	ITA
2nd Lutz Jogwer	FGR
3rd Fedja Marusic	YUG
23rd Kai Swoboda	AUS
24th Richard Macquire	AUS
49th Andrew Farrance	AUS

Out of 94 competitors, these results are excellent, and shows a depth of talent in Australia and Victoria. These young paddlers are the future of Australian slalom and deserve all the credit they get for such exciting performances. We wish them well as all 3 Victorians have at least another year in juniors.

MARATHON CANOE & KAYAK TEAM 1989

The arrival in Portugal heralded a new era in marathon canoeing for Australia. Travelling with the senior team for the first time was a squad of the most promising junior paddlers Australia has produced for many years. Although the five juniors felt a cloud of uncertainty as to their prospects in international competition for the first time, their youthful exuberance, natural confidence and the excitement of overseas travel disguised any nervousness they may have felt. Certainly the four seniors viewed the juniors prospects with optimism, and there was the comfort of feeling their inclusion in the team was definitely a step in the right direction, both for the individuals concerned, and the future of marathon canoeing.

First impressions of Porto was that the dry heat sapped valuable moisture from our bodies, and the locals drove like maniacs over narrow cobbled stone highways, seemingly without any rules, avoiding each near disaster with equally dangerous swerves and broadsides. Throughout the trip the locals seemed intent on maintaining their hold on the title of the highest road toll per capita of any country, like it was a national achievement.

Portugal is a poor country, with the average wage around AU\$80 to \$100 per week, with prices generally not far short of those in Australia. Environmentally Portugal has not moved with the rest of the western world, and the beautiful Duoro river at Porto that we trained and raced on is a dumping ground for all forms of waste. Just the smells were enough to make our stomachs turn, particularly when the tide was out, exposing the raw waste flowing out of drain pipes.

Organizing boats was the first priority after settling into the luxurious Sheraton Hotel, and after five days in transit to get to Portugal, we were more than keen to paddle. We did not have high expectations about the quality and competitiveness of the boats we would be provided with, but we were still dis-

appointed with what we received. It was another three days of alterations and fibreglassing before the kayaks were 'up to scratch'. As for Paul Lancaster's C1, well it weighed as much as a C2 and continued to gain weight. Paul was certainly pleased when his own C1 finally arrived at Porto, even after monumental administrative hassles to get it there.

Getting Paul's C1 through scrutineering for the World Cup proved to be yet another hassle. A prior meeting of ICF delegates had agreed to adopt a harsh line with the interpretation of C1 specifications, and the flat end on the stern of Paul's boat had to be modified to a rounded end before it could be passed. Why this information had not been passed on to team members before the team left Australia, remains a mystery. Luckily for Paul the plaster and resin stuck for the duration of the race.

Since we had arrived a week and a half earlier than the official programme of the World Cup, we could not use the designated compound, and had to store our boats and train from the National Rowing Centre on the river front. The rowing coach was excellent, and although we could not speak Portuguese nor he speak English, we bumbled our way through the communication barrier, and managed to have full use of the

*'John had plenty
of trouble
getting
his trophy,'*

facilities, including their very basic gymnasium and tools. The rowing club proved invaluable to us. Another big help to us was Elio, the person who built Paul's C1 and delivered the rest of the kayaks. Elio was a real character who could not tell the time. On more than one occasion we arranged a meet-

ing time with Elio to supply essential bits and pieces for boats, but as the hour passed and night fell Elio was nowhere to be seen, turning up sometime the next day. This earned Elio the title 'Elio The Reliable'. Despite Elio's timing problems, he assisted us immensely, and became a well liked friend of the team.

The week before the World Cup the team competed at Crestuma, in a 30 km. race over much of the World Cup course. Spanish, Portuguese, Belgium and Polish teams also competed, along with a number of local clubs. The race proved an excellent warm up for the World Cup, and also showed the value of drinking plenty of fluid under quite oppressively hot conditions.

After Crestuma, John Sanders, who was chosen to compete with Gavin Fraser in the World Cup as a K2 even though they were juniors, fell ill and contracted what we believe was 'gardia' a stomach wogg, and he was forced to withdraw from the World Cup with Kurt Jones taking his place with Gavin Fraser. John did not compete again until the International Descent of the Sella race in Spain, where he finished a well deserved 3rd in junior K1. John had plenty of trouble getting his trophy, as Spanish race officials left him off the final list of placegetters, after being 3rd on the finish line judge's list. Officially Peter Shorten 'never' finished also, but I have it on good authority that he crossed the line around 30th in K1, after being ill during the race.

For the first time the World Cup was raced over two days, with K1, C1 and womens K2 on Saturday, and mens K2, C2 and womens K1 on Sunday. The Duoro river is tidal with very fast tides both on the way in, as well as out. On Saturday paddlers were told high tide would be one hour after the start of the races, which headed upstream to Crestuma first. However, the tide was still on the way in as the K1's finished, 2 hrs and 40 min later. Lars Koch (Denmark) won his sixth World title, winning the K1 class ahead of Duncan Blythe

(Britain) and Erik Onnekkes of Holland 3rd. Pre-race favourite Steffan Gustaffsen of Sweden withdrew, after tipping in 6 km from the finish. He was in the lead bunch at the time.

*'Lars Koch won
his
sixth
World Title'*

Gustaffsen was not the only casualty. Peter Shorten tipped in prior to the first portage 3 km after the start, when a competitor ran into his paddle during a sprint. Unfortunately for Shorten, who has a reputation for tipping in, the fault was not his this time. Shorten paddled extremely well to fight his way back to 13th place after being last into the portage.

Paul Lancaster had a much improved paddle after suffering in the heat in the Crestuma marathon the week before, and despite the pre-race tension caused by having to hastily modify his C1, Paul finished a commendable 7th. Peter Hogg and Chris Barnett had a great start in the K2 race, and settled into the second bunch after the first portage. Although Peter and Chris tried gallantly to catch the lead group they had no support from the other three crews with them. They did come within 20 metres of the leaders a couple of times, but with no one else capable or willing to make the extra effort, they were condemned. Peter and Chris ran an excellent second portage on the way back downstream from Crestuma, and broke away from the 'bludgers' with them, to finish in 5th place.

For Gavin Fraser and Kurt Jones the World Cup was the first time they had raced together, and the first occasion either had raced 42 km. They got a slower start than Hogg and Barnett in the K2, but after the first portage fought their way up to the third bunch, dragging some tailenders with them. There were eight boats in their group. It was the best possible introduction they could

have had into international racing, and they handled it very well, finishing 13th.

Portugal is noted for its Atlantic fish, but was better known by the team for its food poisoning. After the World Cup celebration dinner Peter Shorten had a violent reaction, and was left with 'gardia' for the remainder of the trip, but Paul Lancaster became too ill to travel to Spain, and spent an extra day in Porto. It took Paul several days to recover. John Sanders was by now beginning to feel better, and able to train.

After the Sheraton in Porto, the accommodation in Spain was totally unacceptable. Not only our team, but several other teams also refused to stay in a hostel for young children whose parents could not look after them. Apart from the appalling condition of the beds and dirty rooms, all 11 of us were expected to live in the same room with one toilet. The nearest prison would have been preferable. Instead we slept the first night in the bus, and the second night half the team slept underneath the kayaks stacked on top of each other, while the remainder spent another luxurious night in the vans. Out of desperation we finally procured accommodation in a hotel in Cangas De Onis, 7 km upstream from Arriondas, for the rest of the week.

The Sella River between Arriondas and Ribadesella, where the Sella race is run, had only inches of water in it this year. It was a bum-scraper through the numerous rapids from start to finish. The race is undoubtedly one of the most dynamic and enjoyable races any marathon paddler could do. With 1135 boats and 1800 paddlers in a mass start, with only a one lane channel for boats to fight through, the Sella exceeded our expectations. After only a few words of the locals famous 'Asturious' anthem, someone let off some fire crackers, the race false started, and the incredible mayhem began. The persons responsible for the false start were last seen being beaten with sticks, whilst running from their pursuers.

Peter Hogg and Chris Barnett started boat number 127 and finished 12th in K2, while Scott Wildman and Kurt Jones paddled junior K2 starting number 176 and finishing 12th also.

Cameron McMullen and Gavin Fraser found the shallow water a problem because of their weight, but still managed to finish 13th in junior K2. Paul Lancaster was 11th across the line in C1, after starting boat number 515, nearly 600 metres upstream from the first K2's who occupied the numbers 1 to 195.

Twenty-two countries raced at the Sella with the South Africans competing as Austrians. All countries had to then travel to Transona near Oviedo in the north of Spain for an international sprint regatta, or they would not get paid for competing at the Sella. The only time it rained for the whole trip was during the regatta, and finally at 9 pm after three hours of rain, the organisers called off the regatta, just before the finals were to be run. We packed up and headed off to Porto, 14 hours away.

*'The nearest
prison would
have been
preferable'*

All types of boats were raced at Transona, light ones and heavy ones over the 500 m course, disadvantaging those who did not have competitive crafts. Nevertheless the junior K2's made it through to the semi finals, as did John Sanders in junior K1, while the seniors were content to be displaced in the heats, given the adverse weather.

Although the team did not win medals at the World Cup the team performed admirably wherever it went. The most rewarding part of the trip will be in the future, when the juniors compete as seniors. It will be then that everyone will acknowledge the success of 1989.

DOUBLE TORQUE

by Roy Farrance

The Paddle Shaft of the Future

The Wing blade revolutionised many forms of paddle several years ago. The current revolution is the 'Crank Shaft', or as four times World Slalom Champion, Richard Fox calls it, his 'Energy Tube'.

Wild Water Centre in the UK have been working on the crank shaft theory with a local physicist for over three years now, and after much testing and experimentation earlier this year, Richard Fox proved the success of this new concept by winning his fourth world title by an exceptional margin.

The crank shaft works on the principle

of transferring more power into the blade by have the angle between the wrist and the paddle at the most advantageous point. Technically, the crank shaft has had many problems in manufacture with its multiple angles, and this new shaft should be in production in carbon and high tensile alloy before the end of the year.

Wildwater have obviously realised the advantages of this new concept, and have patented the design and concept in nearly every canoeing country in the world. Using the crank shaft is easy, taking only a very short time to adapt. Paddlers from the Canoes Plus Racing Team were using this new paddle com-

fortably within one hour of paddling.

One of the critical factors when using this paddle is placement of the hands on the shaft. The paddle is held on one of the angled cranks, and this spacing varies with every paddler, so the paddle needs to be set up to suit the individual. With the left and right hand sides being different, the correct setting up of the paddle is critical.

Double Torque shafts should be available by the end of the year from all major distributors around Australia. The accompanying photographs give some indication of the new crank concept.

Andrew Farrance trying the new paddle, note the crank outside both hands



Roy Farrance

Design Features

Dancer

Dancer XT

Simply put, the Dancer Xt has more volume and a larger cockpit — so, more room for larger paddlers, extra space for gear storage — easier to enter and exit — and can tackle pushy high-flow rivers with ease.

Length	3.55m
Width	0.62 m
Weight	16.7 kg
Volume	295 litres



All Dancers are made of tough linear polyethylene.

The Original

The Dancer has many features which make it a superb freestyle performer for the expert. These same features also work for the novice — a unique situation as usually different skill levels require different boat designs. For example

Dancer stability: Bouncing around in holes doing paddle spins requires real stability in moving water, which comes from gently rounded edges and a flat hull shape in the mid-section. Novices who just want to stay upright also have the same requirements!

Dancer manoeuvrability: The short length makes the Dancer extremely responsive — essential for experts lining up a “loop” or surfing on a wave. Also ideal for the novice struggling to keep directional control in rapids. A very forgiving design!

Dancer comfort: Beginners will love the comfort and super fit of the seat/thigh brace combination, which helps make rolling a breeze. Customising kits of moulded foam blocks are available to maximise fit and make the Dancer an extension of the expert's body.

Length	3.5 m
Width	0.60 m
Weight	15.75 kg
Volume	263 litres

This plastic construction is easily repairable and backed by a 1 year guarantee against manufacturing fault.

Keepers footrest and ultralite foam pillars are standard fittings.

***Dancer XT.** Choice of thighbrace available. Small and large, ie large paddlers require a small thighbrace and small paddlers require the larger version thighbrace for comfort — ask your dealer for details.

*Colours: pink, purple, red, orange, blue, green, natural, grey and yellow.

Canoes Plus

WE'LL HELP YOU ALL THE WAY

NEW PRODUCTS

AQUATRAP...a new generation in spray decks from EDDYLINE.

After years of frustration, many months of design, research and testing, I believe we have finally produced the best spray deck available for plastic kayaks.

The failings of what is currently available frustrated us as kayakers. Problems of fit, size, flexibility, leakage, grip, durability and adjustability will be familiar failings to many frustrated plastic kayak users.

Unlike any of the current choices we set out to eliminate all of the problems.

WHICH MATERIAL?

As a material neoprene potentially had the answers. Initially we tried to solve all the problems ourselves, but we soon realized in the high-tech world of synthetic rubbers we needed expert help. We joined forces with Rip Curl the Australian wetsuit manufacturer known and respected the world over as being the leader in its field in the use of innovative materials and design. We ended up selecting a specially manufactured Japanese rubber which has outstanding properties ideally suited to our purpose.

FIT SIZE AND FLEXIBILITY

Before lamination of the nylon facing our neoprene will stretch to over 300% of its length in any direction. The nylon facing and seams etc. reduce this factor in a finished product to around 100% i.e. twice its size. This allows our basic design shape to fit virtually any cockpit rim and body shape combination, whilst maintaining flexibility and eliminating sag.

LEAKAGE

Our neoprene is of closed cell construction and is completely waterproof. However, what is the use of this if the seams aren't also? Our seams accommodate stretch and remain waterproof because we use Rip Curl's exclusive 'Aqua-ban' seam sealing process which eliminates the problems of glue, tape or

blindstitch. Rip Curl invented the 'Aqua-ban' process and has patents pending worldwide so unlike many of our innovations this one can't be copied.

GRIP AND DURABILITY

Single sided neoprene provides the friction necessary to grip on plastic cockpit rims, but we didn't rest there. Our neoprene has a superfine mesh surface which significantly improves grip whilst giving added durability. The cut and design has further enhanced the grip by removing bulky seams around the rim contact areas. The neoprene is UV stabilized for added life.

ADJUSTABILITY

The shock cord tension can be adjusted to facilitate easier/harder removal of the deck upon capsizing. Adjustment can be undertaken whilst in the boat, its as simple as tying a knot. This feature also allows ease of replacement for worn shock cord.

The Aquatrap spray deck is a product under the EDDYLINE brand and as such is available at Canoe shops across Australia. Initially as an introductory offer it will retail for \$79.50. It is designed and manufactured in Australia and comes with the usual product life-time guarantee.

PARCO AUSTRALIA

6 McKenzie Way,
Langwarrin. 3910. Tel:(03) 781-3889

HI-TECH CAG - Eddyline have produced a 'Milair' Cag for the serious canoeist, the 'Splitz'. Milair is a water-proof and breathable coating that works similar to Goretex, but without the price tag. The cag features a self-draining pocket, neoprene cuffs and collars with all seams fully taped. On top of this it looks good as well. Available now at;

OUTSPORTS

340B Hawthorn Rd, 36 Young St,
Caulfield, 3162 Frankston, 3199
(03) 523-5727 (03) 783-2079

THROW ROPES

NEW improved, from **CANOES PLUS** Designed as a rescue rope, but as with any good long piece of rope, can be used for a multitude of purposes.

The Throw bag is in a bright yellow, easily seen nylon bag, with a good thick base of closed cell flotation foam. The grab loop is large and easy to grasp. The big improvement is in the rope itself, 8 mm. diameter double braid float rope. In the past, float ropes have not been double braid, meaning they kink and knot easily, and are much harder on the hands. The double braid rope normally available does not float, and therefore can snag on underwater obstacles. This new gold rope exclusive to **CANOES PLUS**, makes for a better and safer throw rope.

VIDEO

CANOES PLUS has several new videos in stock. One of the most interesting is 'C1 Challenge', made by Kent Ford, with great shots of Jon Luggbill and Davey Hearn. It is an excellent video on technique, but with Kent's humour, a most entertaining video, and one of the few on C1 technique. Also on the new list are;
Five Idaho Classics
Squirt Boating
Rolling with Nolan
In Search of the Ultimate Waterfall

SQUIRT

You all read Mike Higginson's article on Squirt boating in the last edition of **PADDLER**, now the 'SQUIRT' is here in Victoria at **CANOES PLUS**. For all those whitewater and play boat freaks here is the ultimate craft to really play in, cartwheels, pirouettes, blasting and even the famous mystery moves. This is the boat you will see and be watching at Eildon this summer. Available from:

CANOES PLUS

140 Cotham Road,
Kew. 3101
Tel: (03) 817-5934

DOES YOUR BOAT LEAK?

by Roy Farrance

One of the most often asked questions is, how to keep dry in a slalom boat? Even a brand new boat will get water in, if a little care and thought is not taken.

Firstly, is your spraycover meant to fit the craft you now paddle? A tight, correct cut is most important. One spraycover cut for a certain shaped cockpit will not perfectly fit another boat. Yes, it may go on easily enough, but the shape may be wrong! Also, what condition is your spraycover in? Most spraycovers in regular use can be expected to get no more than 12 months waterproof usage, and even then only if they are well cared for. The lifespan is reduced considerably if they are ill used. A quick way to spoil your spraycover is to play canoe polo, or do deep water rescues.

Secondly, the next major area for water to enter is through clothing, or the waist area of a spraycover. Clothing is a perfect absorbent to eventually allow water to drip into your boat. Most whitewater and slalom paddlers wear some form of cag (waterproof jacket) in cold water to keep warm, but they can be worn in all weather conditions to try and keep water out!

Another often neglected area is the sealing on the cockpit of the boat.



Roy Farrance

Daddy my bottom's wet, my boat must leak

Boats have their cockpits fibreglassed in and then sealed with resin putty. The problem is that when you sit on the seat this sealing tends to crack, and through movement between the seat and cockpit, it can deteriorate. The only way to seal the cockpit is to use silicone, on top of the putty mix, both on the outside and inside - as silicone remains soft and flexible.

Of course, seams, joins and cracks, are

an obvious way for water to find its way into your boat. Also the non-use of gelcoat on a boat can cause leakage. Handholds not properly glassed on the inside is another leakage point, and again a touch of silicone on the outside of the handhold ropes will help seal this. So if you want to keep your feet dry try some of these suggestions, and see if they assist in keeping the water out, or move into a plastic boat with no seams, and wear a correct fitting cover and cag.

New Products (cont'd)

REFLEX ACTIVE EYEWEAR brings to you this season two new lenses for active watersports. Firstly we bring you our CR39 POLARISED LENS. So what, you may say, nothing new, however our polarised lens is a little different from the norm. Apart from filtering both reflected and direct glare, we have given this lens a special coating which makes the lens WATER REPELLANT causing the water on the

lens to bead, thus giving clearer vision as well as making the lens highly scratch resistant. This WATER REPELLANT coating will also be available in our new Z100 grey acrylic lens. Offering our standard 100% UV and IR protection, an ideal general purpose lens. These lenses are available in the REFLEX CLICK SYSTEM. Using one sunglass frame you can change your lenses to suit your situation. Now you

can have your WATER REPELLANT CR39 Polarised sunglasses for sailing, and just by clicking out the lenses you can replace them with a set of general purpose Z100 lenses for cruising the town. Available in several frame designs from sporting and optical outlets.

Trade enquiries to **EYE NETWORK**
Phone (03) 583-0655.

SHELL SCHOOLS CHAMPIONSHIPS

SLALOM & DOWN RIVER

DOWN RIVER RACE - August 26.

On a typical winter's day with freezing temperatures and sporadic rain, an enormous crowd gathered at Jumping Creek Reserve for the start of the down river race. The parking area was packed with cars, trailers, and school buses, haphazardly filling every available square metre. Even the road leading to the car park was lined on both sides for about 400 metres. What a crowd!

After a week of consistent rain the river had swollen to a good level and promised a very fast race. The level had fallen by at least a metre during the previous 24 hours, and this provided welcome relief to the organizers. The six rescue boats that they had organized would be adequate for the short four kilometre distance to the Warrandyte bridge. During the pre-race briefing the safety aspects were emphasised and emphasised again.

The competitors, of all ages, shapes and sizes, in their boats of all ages, shapes and sizes, started at half minute intervals. The fast flowing water at the start caused problems for the less experienced who were unable to handle it's speed. One competitor was stuck in the blackberries for several minutes before the start, whilst others who were unable to manoeuvre their boats into the starting bay, were allowed a flying start in the middle of the river.

The large crowd that gathered at the starting point shouted encouragement to the paddlers as they set off. The idols from some schools awaited their start amid a deafening roar which made it impossible to hear the starters count-down. If our sponsors, The Shell Company of Australia, had witnessed this rainbow of happenings at the start, I am sure they would have been proud to be associated with the event.

It was sad to see the start of the teachers event which was at the end of the programme. The crowd had gone and the rain was pouring down. These dedi-

cated leaders, who had prepared their students for the event, and got them to the start on time, were now being denied the pleasures of a good race.

Further down the river the rescue boats were having an easy time. Of the 110 boats in the race, only one capsized (twice). The fastest time recorded for the race was 12 mts. 40 secs.

The statistics for the day were:

Schools	23
Competitors	147
Girls	31
Boys	116
Classes	15
Leading school	Ivanhoe Grammar

SLALOM - August 27.

The weather on Sunday was much improved over the previous day, and the students from the 21 schools competing in the slalom were keen to overhaul the lead that Ivanhoe Grammar had taken in the down river races. Some were so keen that they were practising on the course at 7.30 am, two hours before the events were due to start.

The course consisted of ten gates on the wide expanse of river upstream of the Warrandyte bridge with eight gates spread out below the bridge.

The river level was still high and the current was still flowing swiftly. It was going to be a real test for the inexperienced. The start was in a sheltered eddy, but immediately after leaving the starter the paddlers met the full force of the current. For the good paddlers it was a challenge to be fast and clean. For the new paddlers, it was a challenge to stay upright whilst attempting as many gates as possible.

There were numerous capsizes as both kayaks and canoes had trouble with the fast moving water. However there was some excellent paddling being displayed for the large crowd of spectators, as our

more competent juniors scorched down the course with little consideration for the difficulties imposed by the gates.

The number of entries, the class of the experienced paddlers, and the determination of some of the novices, were the highlights of the competition. Slalom canoeing demonstrated it's strength in the junior ranks. What a tragedy it is, that these youngsters cannot aim for Olympic selection in Melbourne in 1996.

The championships were a resounding success. There were no real surprises with the individual results or winning school, and some real talent was uncovered amongst the new paddlers.

It was a long day, and many of the officials were at their posts for over seven hours. Whilst the students were the stars of the day, the hard work by the teachers and officials, made the day run smoothly and on time. It was a pity that a very heavy downpour, the only one for the day, marred the presentation ceremony.

Results - (Slalom and Downriver)

- 1st - Ivanhoe Grammar School
- 2nd - Firbank Anglican Girls School
- 3rd - St. Leonards College
- 4th - Yarra Valley Anglican School
- 5th - Ivanhoe Girls Grammar School

Special Awards:

Open Girls	Mia Farrance
" Boys	Andrew Farrance
14 Years Girls	Shelley Erridge
" Boys	Aaron Martini



1989  Shell

VICTORIAN SCHOOLS
CHAMPIONSHIPS



SLALOM & DOWNRIVER
August 26 & 27



SHELL SCHOOLS CHAMPIONSHIPS

MARATHON

MARATHON - September 2.

This year's Schools Championships were conducted in perfect paddling conditions on the Maribyrnong River at Footscray, in distinct contrast to the gale force wind that prevailed last year.

The quality of performance was very high, and continues to reflect the growing strength of Marathon Canoeing at all levels.

The 'Doak Family Trophy' for inter-school competition was once again won by Ivanhoe Grammar School, from Mildura High School and Warrnambool East Technical School.

With more than sixty paddlers taking part in both morning and afternoon events, it was indeed a fine sight to see youngsters giving their all in a full range of craft, including International K boats, touring boats and both sprint and down river C1s.

The support given to canoeing in schools is reflected in the results as Frank English and Peter Hog at Ivanhoe, Greg Skewes at Mildura, and Mike Lee-Ack at Warrnambool, prove that interest and support from staff will be reflected by commitment, dedication and performance by pupils.

The standard of racing was high throughout the day, with the closest finishes being between Blake Rodgers and Paul Greenhalgh 15-16 year K1; and Jarrod and Gavin Fraser, 17+ K1.

BENDIGO CUP

SATURDAY OCTOBER 7
LODDON RIVER - BRIDGEWATER
STARTS 1.00 PM

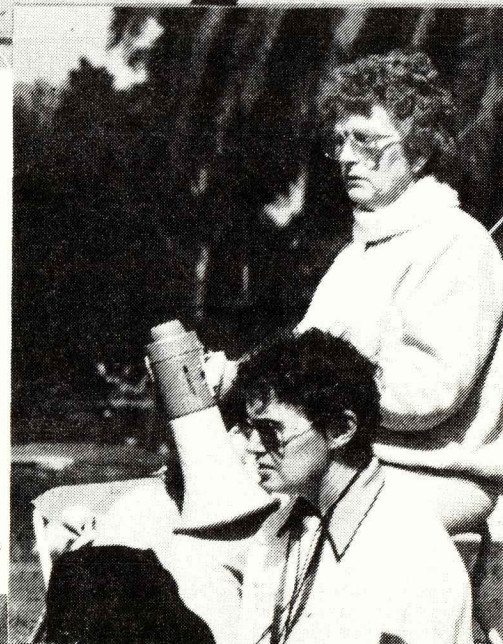
Contacts: Tony Misson (054) 41117
Graeme Smith (054) 477582

Entry Fee: \$6 for Seniors
\$3 for Juniors

Photos: Jane Farrance



Top - Discussing tactics?



Centre - Our three judges

Bottom - It won't be this close at the finish



GEELONG CANOE CLUB

"BRIDGE TO BRIDGE"

CHALLENGE

Moorabool Street Bridge - Geelong

to Barwon Heads Bridge

via the Barwon River and Lake Connewarre.

SUNDAY NOVEMBER 12

25 Kilometres - Start 10.00 am

Entries on the Day Close 9.40 am

Presentations at the Barwon Heads Hotel 2.00

Juniors must be at least 14 years of age to be eligible to compete

CLASSES

Single Surf Skis: Open, Junior, 35 yrs, Women

Double Skis: Open, Junior, 35 yrs

Single Kayaks: TK1 Open, Junior, 35 yrs, Women

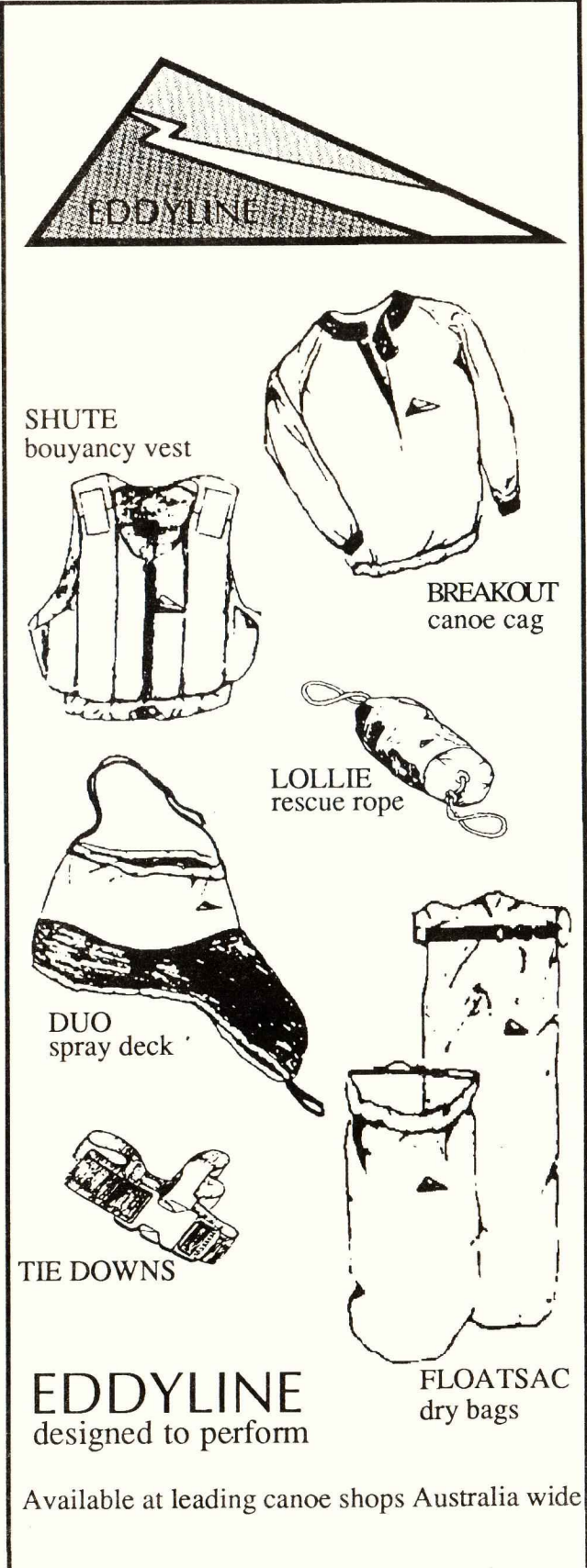
Double Kayaks: TK2 Open, Junior, 35 yrs, Women

Double Canoes: TC2 Open

Sponsored by BARWON HEADS HOTEL

Part of the

GEELONG SPRINGDING Festival



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VICTORIAN WILDWATER CHAMPIONSHIPS

by Torsten Krebs

Saturday morning, 12th August. The Winter Classic had only been over two weeks and here we all were, back on the water, brushing up our skills on the King River in preparation for the Victorian Wildwater Racing Championships to be held the following day. The classic dilemma; whether 'tis better to do more practice runs or, do them harder so as to be more assured of taking the best line in the race, or to be less gungho and thus avoid bashing the tail on the weir yet another time.

Trying to force myself to go out and train in the weeks since the classic had been very difficult, and it showed in my paddling. At least most of the others were in the same situation.

The river was putting on a good show, running at 1.45 metres, making for demanding but also most enjoyable canoeing. It was the biggest water I had raced on in my short career of wild-water racing. Mike Wentworth in his

large volume 'Midi Bip' found it to be exactly what the doctor ordered and enjoyed himself immensely. Pleased also were guests Rob Housden and Tim Doyle from New South Wales, who had decided to join us for the experience. In fact the King is closer to them in Wagga Wagga (2-1/2 hours) than it is to those of us from Melbourne, which annoyed us considerably - so how come we don't see more of you guys on our rivers, hey?!

Seriously, it was good to have them there. It was also most satisfying to see four entries in the C2 class, and enough veterans to form a class of their own. On the other hand, the attendance of junior competitors was disappointing, especially as so many more have been competing regularly in the Canoe Factory Cup series earlier in the year. Nevertheless, those who did attend put up impressive times in comparison to the open class. This situation prevailed through most of the year's Canoe

Factory Cup series as well; a situation which will have to be addressed in the next year.

Since the championships, training in whitewater racing has taken a short break, but will resume in September, Thursday nights at 6.30, meeting by Ivanhoe-Northcote Canoe Club in Fairfield Park. Sometime in the near future (after daylight saving starts again) these sessions will be transferred to Fitzsimons Lane for training on the rapids. Contact the writer for details on 419-9237 (a.h.).

RESULTS W/W CHAMPIONSHIPS - KING RIVER - AUGUST 13, 1989.

<u>Place</u>	<u>Name</u>	<u>Time</u>	
Open K1			
1	R. Housden	19 53 41	NSW Gold Medal
2	T. Doyle	20 12 32	NSW Silver Medal
3	W. Elms	20 31 71	Vic Gold Medal
4	M. Wentworth	20 56 18	Vic Silver Medal
5	T. Krebs	21 39 03	Vic Bronze Medal
Junior K1			
1	R. Macquire	20 36 88	Fourth overall
2	J. Stagg	22 03 87	Seventh overall
3	C. Stagg	22 38 40	
4	R. Daniels	23 11 44	NSW
Veterans K1			
1	V. Kalns	23 12 99	
2	R. Brewin	24 12 23	
3	M. Lismann	24 52 38	
Open C2			
1	Mansfield/Erdmannis	22 54 23	
2	Crawford/Ohman	24 03 51	
3	Geelan/Ingram	26 09 74	
Teams K1			
1	Wentworth/Elms/Krebs	21 26 65	
2	Doyle/Housden/Stagg	21 58 73	
3	Stagg/Korr/Christie-Johnston	23 16 36	

SLALOM COACHING CAMP

- VENUE:** Goulburn River - Blue Gums Caravan Park
- DATE:** Saturday November 18 & Sunday November 19 1989
- COACHES:** Coaching will be given by Australian team members and some Australian top lady paddlers
- START:** 10.00 am Saturday
- FINISH:** 3.30 pm Sunday
- TOPICS:** Coaching is on all aspects of slalom in any class:
C1, C2, MC2, K1, and LK1
- All participants need to be fully self sufficient
 - All participants should be capable of paddling on Grade 2 water
- COSTS:** \$60-00 per person for the coaching weekend
- INFORMATION:** For further details on this and other courses, please detach or photocopy the segment below and return it to:

CANOES PLUS RACING TEAM
140 COTHAM ROAD
KEW VIC 3101

Please send me information on Slalom Coaching Courses

NAME _____

ADDRESS _____

TELEPHONE

Home _____ Work _____

SUBARU WINTER CLASSIC

by Liz Marsh

REFLECTIONS OF A MOUNTAIN QUADATHLON

The "Subaru Winter Classic", organized by Peregrine Adventures is an annual, two day, endurance event. It has been held for the last seven years in the Victorian Alps, near Omeo. Day one includes four sections; cross country skiing, cross country running, cycling and white water canoeing. The second day, excludes the skiing and is shorter, but more gruelling.

This is a yearly gathering of hundreds of sports women and men. The "Classic" is an unique event because it caters for both highly professional, and competitive performers, as well as the more laid-back entrants who are merely there to enjoy the team spirit.

It is normally completed in teams of six, similar to a relay, or for the crazier few, as a marathon pair, who complete every section together. My partner Robyn Harris and I opted for the latter.

Leading up to this endurance event I often internalized my fears, but on the other hand I looked forward to the challenge and fulfilment of a personal dream. This weekend would also mark for me the end to five months of solid training, an impoverished social life, and the return of some sanity to my household and work place.

There were a number of priorities associated with the smooth running of this event. At the top of a list was our training schedule, which would need to prepare us in terms of fitness, skills and mental attitude. As such, my partner Robyn and I organized our multi-disciplined training programme around a series of mountain bike races, road cycle races, triathlons, cross country ski trips, down river kayak races and endurance cross country runs.

Another vital ingredient to ensure the completion of this adventure was our support crew.

In addition, having reliable equipment and sufficient clothing for each aspect

of the event was also a high priority. The costs incurred were much more than I had originally calculated, and I decided to seek out a sponsor. After many hopeful letters written to various companies and shops, Eltham Leisure Centre came to the rescue. They provided us with some clothing and free use of their multi-purpose gym. Whilst Beasley Cycles, in Footscray, courageously lent me one of their racing cycles for training and the event.

Our large crew produced a melting pot of talent, which I duly contribute to our finishing of the event. It consisted of two nurses to provide care and sympathy to our injuries (and glorious massages), a patient bike mechanic who spent moments of anxiety in the cold, changing over wheels and checking and repairing the accessories, an outdoor education friend whose experience in such matters proved valuable to the rest of the crew, on the handling of the equipment, a brother in law who enlightened everyone with his witty anecdotes and my sister, the crew's co-ordinator, who coped admirably with my demands, before and during the event.

'The scenery, pain and other competitors became a blur.'

The race began with this crew waking us at 4.30 a.m. on the Saturday morning. While they rushed and fussed around completing the finishing touches, I sat in silence, after a sleepless night, force feeding myself with muesli and oodles of toast.

Starting time was 7.30 a.m., at Dinner Plain, the newly developed cross country ski resort. At this stage, I did not feel nervous, just eager to begin this epic event. However the teeming, overnight rain had washed away half of the snow and our expectations for the first leg, the 18 km cross country ski. Consequently, every competitor was forced to scrape over exposed rocks and creeks. The last four kilometres of this leg, saw us run-

ing with skis and stocks tucked awkwardly under our arms.

On arrival at the changeover of the running leg, we received a major blow to our egos: we had been penalized two and half hours because we only carried one of the two required punch cards to all of the ski check points.

Regardless of this setback, we decided to maintain our efforts.

The rugged 19 km cross country run stage went according to plan, except for some minor mishaps. Descending 160 metres of slippery terrain to the Victoria River, my finger and I collided with an unexpected snow gum, leaving me, as I found out after the event, with one broken index finger. Robyn's legs cramped up, after fording the freezing, cold Victoria River, but through sheer determination and persistence, she managed to make it to the end of the run and the start of the 48 km cycle leg.

It was at this time I realized how indispensable our support crew were to us. On arrival they whisked us to an awaiting ground sheet, re clothed our soaked and tiring bodies, while we simultaneously suckled like babies, on our bike drink bottles, filled with a wonder substance called "Maxim".

During our cycle leg, we were frequently nourished with an endless supply of jelly beans and bananas, passed to us by our faithful crew. Between feedings, words of encouragement were screamed from the open window of our support vehicle.

By this stage I was oblivious to anyone or anything, except my partner and our progress. From the early beginnings, so many months previous, I knew that if I set myself small goals throughout the event, I would finish. If I thought too far ahead, my mind would not stay focused on the task at hand. The scenery, pain and other competitors become a blur. The cycle route wound down from the mountains and through the

main street of the normally sleepy town of Omeo. The final cycle section crossed open river flats where we were faced by a strong head wind. Throughout this leg, especially the final stages, we took it in turns and drafted one another to reduce wind resistance.

A mere two minutes before the end of the cycle leg and with every second counting, a man blocked the Hinnomunji Bridge, marking the start of the canoe leg.

Oh yes! My apologies for Robyn's anxious, rather colourful language slung at this man, whose car was obstructing our way.

It had been reported as the worst weather conditions experienced for this event. In addition the Mitta Mitta River was running high and fast. Our initial arduous one kilometre paddle upstream, met with a disaster:

I capsized. After a miserable attempt at rolling, I abandoned ship. Not bothering to think about the consequences, I climbed back in and headed off.

My jaw was set solid and my hands were numb by the time we crossed the finish line at 5.00 p.m.

A grand end to the first days effort was

crawling into a warm, bubbling spa, (provided by the organisers) surrounded by half a dozen bare chested men.

That evening, the support crew continued their own marathon, providing us with food and comfort, in between arguing about the logistics of the second day.

Apparently, 20 percent of the field had pulled out on the first day and I am sure most of the competitors were relieved that day two was the shorter day, especially the marathon competitors!

Day two began with the 9 km cross country run, requiring icy swims across the racing current of the Cobungra and Bundara Rivers. In previous years, competitors were able to wade across it without too much difficulty, but this years high water levels necessitated a full dunking. After seeing the pained expressions on some competitors faces, as they were flushed down the Bundara River, it gave us no choice, but to take the easy way out and incur the fifteen minute penalty for running across the bridge.

Although a wise and practical decision at the time, I regret not completing the whole event. Consequently, I have since vowed to do the event in its en-

tirey next year, high water or low!

The run was followed by a bike ride. Stages of this 11 km cross country cycle were really quite comical and almost reminiscent of an army corp. I laughed to myself, as I imagined being part of a line of helmeted, lycra clad soldiers marching along the Glen Valley Swamps, with a bike slung over my shoulder. I overheard one fellow competitor, humming the army recruit jingle. The more daring and over ambitious of the troops went head over their handle bars, whilst negotiating the steep, slushy descents.

The change over to the canoe section was the first time I noticed the buzzing crowd, and that finally the sun had peeked through.

After yet another quick gear change and force feed, we set off down stream, thankful to let our arms do some work!

Robyn and I were quietly apprehensive about the crux of this section, the dreaded "Pinball Rapid", aptly named when all the rocks are exposed in lower water levels. However, with the water so high, I hardly recognized it, as I paddled "like hell" through a stopper and then through a bunch of standing waves.

Griming with relief, the noise and applause of the two hundred odd crowd above me, finally penetrated my concentration.

As Robyn and I crossed the finish line, I cried, releasing the joy and pride I now felt.

Our reward, third position behind two mixed marathon pairs, real food and another glorious spa.

Whilst convalescing the next day, with a broken finger and a new found cold, a feeling of contentment glowed within me. I thought, no more bananas and sickly jelly beans, no more early mornings, no more falling asleep at my work desk, but I am sure the occasional spa will not go astray!!

Liz - she's upright here



CLUB CORNER

by Bronwyn LaGerche

One of our supporters has recommended that we set aside a page for a feature article written by one of our clubs. I have asked the Victorian Canoe Club Inc., to be the first. Clubs wishing to contribute should send their articles to me, marked Club Corner, and I will sort out the best or most relevant, for publication. In 3 column mode a page contains about 850 words. Clubs, do your best. Ed.

The Victorian Canoe Club - otherwise known as the Victorian Touring Club - is a non-competitive recreational club. The club is approximately fifteen years old, and was originally organised by Jane Farrance. Roy Farrance was interested in competitive activities, and the Victorian Canoe Centre Club was involved in slalom and wildwater racing. Membership to the VCC was automatic when one purchased a boat, or hired a mould and equipment from Canoes Plus in Kew - the business owned by Jane and Roy Farrance. The VCC had a large membership in those early days, although only a reasonably small band of enthusiastic paddlers.

In the early eighties the VCC became more formal. A committee was elected, a constitution drawn up, membership fees decided upon and in August, 1980 the first Newsletter of the VCC was printed.

Safety has always been a high priority for the Club, and early editions of the newsletters featured articles on river safety and hypothermia.

The VCC prides itself in making new members or less experienced paddlers feel confident that they will be helped and quickly rescued in the event of a capsized. The club places great emphasis on always having a skilled paddler at the base of a rapid to point out the best passage through a rapid. The big rapids are inspected from the bank before being attempted, and sometimes paddlers are advised by the leader to portage. Each paddler is instructed before commencing the trip that it is their duty to watch out for the paddler coming behind them, and rapids are paddled with a safe distance between each paddler in case of a capsize and rescue having to be affected.

Camping is a feature of the weekend paddles and enjoying the camp fire yarns and conviviality is as much part of the relaxation and enjoyment as the thrills and spills of the water.

There is a wide range of ages in the club membership. Our youngest paddlers are still at Primary School, and we have some retired grey-haired canoeists at the

other end of the scale. This is an 'equal opportunity club!' and although the female membership is small, we certainly encourage girls and women to paddle. In fact, the VCC has the reputation for being a family orientated club.

The VCC Committee tries to cater for all skill levels in canoeing when planning its touring programme. Training days are conducted on the Yarra quite frequently, and these act as a progression from the Basic Strokes Course. Other rivers frequently paddled are, the King, Big, Macalister, Goulburn, Mitchell, and Buffalo. There are paddles on more advanced rivers such as the Mitta Mitta, Indi, Snowy and Nymboida. There is a calendared event at least every fortnight, and if the rivers are up other paddles may be arranged. The VCC is also actively involved in Canoe Polo. Three teams play at either Monash or Richmond each week.

The VCC is always on the look out for keen recruits. If interested in joining our club please contact the Club Secretary, Brian Joyce (03) 689-5503.



CANOE AND KAYAK RELAY

AS PART OF THE WESTERN REGION GAMES

ESSENDON CANOE CLUB - FAIRBAIRN PARK, WOOD ST. ASCOT VALE

SUNDAY OCTOBER 15



The aim of the Relay is to provide a friendly social event where canoeists from all facets and levels of the sport can compete and get to know one another, and to promote canoeing to the general public by arousing their interest in the sport through this event. Official Games medals will be presented to all placed teams, and Official Certificates will be awarded to all competitors.

Entries @ \$10 per team of five paddlers (a minimum of 3 accepted) in Open, Country, Ladies, Veterans (O 45), Family & Junior (16 & U) teams will be taken at 11.30 am. Each leg of the Relay will take 20-30 mins (1st Polo Bats, 2nd Slalom K1, 3rd Recreational C2 & 4th Sprint K1,TK1,DRR). A handicapping system for both paddlers and craft will help make the competition more even.

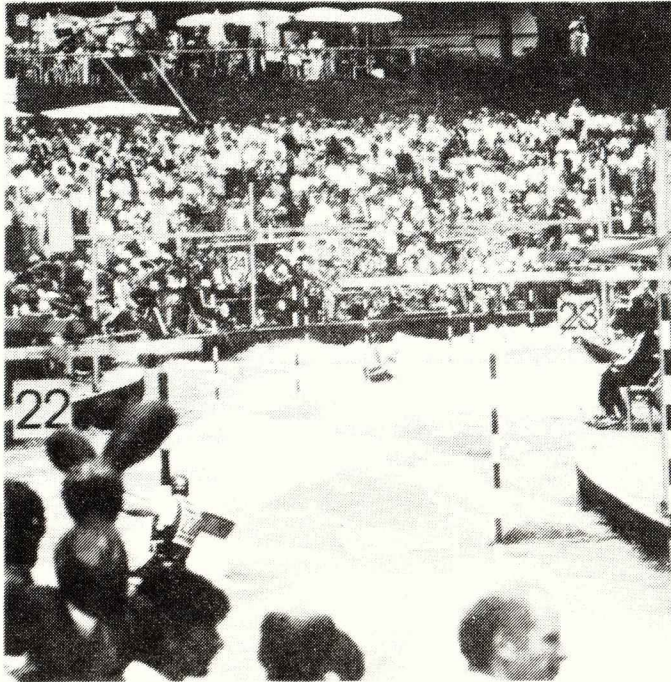
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PADDLER

VOLUME No. 72



OLYMPIC SLALOM: MUNICH 1972
BARCELONA 1992

WHAT CHANCE 1996 MELBOURNE OR TORONTO?

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THE CANOE VICTORIA PROJECT

by Laurie Atkins

This paper was delivered at the Regional River Management Seminar held in Seymour, on 20-21 October, 1987. The workshop was organised jointly by the Departments of Water Resources and Conservation, Forests and Lands.

1. Introduction

It is not so long ago that any in-stream use was not a consideration in the water resource planning situation. It is an indication of the increased sophistication of the planning sector that there is now an array of in-stream uses which are recognised, including water-based recreation. The recent citation of canoeing as an example of an in-stream use in the State Conservation Strategy (p. 51) will do much to confirm the bona fides of canoeing in all planning and management schemes.

2. What is the Canoe Victoria Project?

The Canoe Victoria Project (CVP) is a set of activities which when completed, will enable the compilation of a state-wide inventory of canoeing resources. The inventory is being devised specifically for natural resource use planners and managers.

3. Origin of the Canoe Victoria Project

The broad policy formulation activities of the State Conservation Strategy (SCS) not only introduced the concept of long term planning to the community in general but it stimulated a number of members of the VACA to question the long term prospects of canoeing in this state.

The VACA found it increasingly difficult to respond adequately to specific planning and management proposals, such as the Joint Committee on Thomson River Water Allocations, or requests for information for regional or local recreation management plans. Such questions as; how absolutely important was a particular water body, the number and type of canoeist using particular water bodies, the relative impor-

ance of streams, the existence of user conflicts and the need for facilities, were simply not known.

The increasing sophistication of the information demanded by the planning process had raced away from that able to be provided by the VACA. Clearly, if the VACA was to remain an adequate advocate for canoeing in the state and if canoeing was to be considered in its correct perspective, the VACA had to make a meaningful input to the planning process and this meant that it had to rapidly increase the level of sophistication of its own information base. Hence the birth of the CVP.

4. Model of Information needs of Strategists

A key feature of the CVP is that it must satisfy the information needs of the strategists and therefore a wide range of resource planning and management situations.

A model of the information needs of strategists was developed to provide guidance to the design of the information base for the CVP. Briefly, the model highlights the need for four types of information;

- Spatiotemporal; when and where, with some indication of significant parameters, how much and relatively how much, on some geographical basis.
- User information; visitor statistics, the number of visits, type of activity, duration of visit, and strategic use information, such as substitutability of resources and alternative choices.
- Sociological information; such as age, sex, income, stage of life, home location, information which allows attempts to be made at broad sociological studies of the recreationists.
- Economic information; such as the costs incurred in canoeing and the distributions of expenditure because of canoeing, information which together with resource economics would enable cost-benefit analysis to be undertaken.

The CVP does not address all the information needs outlined above, but intends to establish a sound foundation on which to build.

5. Model of the Canoeing Experience

A key philosophical feature of the CVP is the recognition that the human experience related to canoeing is the primary entity of interest and that it is the maintenance and enhancement of the resources and conditions needed for canoeing which maintains and enhances the human experience and therefore satisfies human needs.

A model of the canoeing experience was developed to provide a guide to assessment methodology. Briefly, the model sets out that the human experience gained from canoeing stems from;

- the interplay between the individual's canoeing skills and the degree of canoeing difficulty of the water body,
- the degree to which the surroundings of the water body dominate the canoeing activity, and
- the type of canoeing activity.

Obviously, the relative weighting that each person places on each factor will depend on the individual. Nevertheless a limited number of categories can be defined which account for the wide range of experiences which can be pursued.

6. The Canoe Victoria Project Methodology

The CVP methodology uses critical features of each of the factors above as the indices of the canoeing experience.

They are as follows;

- Canoeing Skill Level; this is an assessment of critical flow conditions in relation to canoeing skills. The flows which are recognized are: Minimum Canoeable Level - the lowest stream flow at which a beginner paddler (Basic Skills Course)

CANOEING INTERVARSITY 1989

by Jocelyn Allen

Just as PADDLER is going into circulation, the Melbourne University Mountaineering Club (M.U.M.C.) will be running the above event on the Big River in North-Eastern Victoria from Monday 25th September to Friday 29th September.

The program is as follows:

Monday 25: Individual Slalom
Tuesday 26: Teams Slalom
Wednesday 27: Rapid Race & Lilo Race
Thursday 28: Down River Race
Friday 29: Canoe Polo & Presentation Dinner

The slalom and rapid race will be held on the Slalom Rapid, the down river race will start at Chaffe's Creek and finish at the Jamieson Road Bridge. The canoe polo will be held at the Outdoor Activities Centre near Thornton, followed by the presentation dinner held in their function rooms.

Canoes Plus has kindly donated prizes for all official class winners, and the VACA has generously given Canoeing

Our Generous Sponsor

Intervarsity a perpetual trophy for the aggregate winner.

The down river race on Show Day (Thursday) is open to non-student paddlers, but all other events are restricted to students only.

We hope there will be a lot of entries as this is to be a week of wild fun and wild paddling.

The Canoe Victoria Project (cont'd)

can successfully navigate the stream. Optimum Range - the range of flows which provide safe and challenging canoeing for experienced paddlers (Proficiency Level) in the Grade 2-3 water.

Maximum Canoeing Level - the maximum flow at which expert canoeists (Advanced Level) will attempt a stream.

With these critical stream flows evaluated, the proportion of canoe days which satisfy the various skill levels can be counted.

- Water Body Corridor; this is an assessment of the degree of human development of the corridor or landscape in which the stream is sited. It has the categories of wild, scenic or recreational and is loosely based on the definitions set out by Helman (1979). Basically wild rivers are the canoeist's equivalent to wilderness areas, while recreational water bodies are surrounded by landscapes which reflect cultural developments, such as cities or agriculture.
- The Canoeing Activity; this is an as-

essment of the type of canoeing specialty being practised. The categories include outings, day trips and tours. The duration and the motives for pursuing each type of canoeing activity differ. Outings begin and end at the same point and are generally of a few hours duration. Day trips usually involve travelling from one point to another but invariably are of several hours duration. Tours involve carrying light-weight camping equipment required for a remote camp and are of at least two days duration.

The methodology is implemented in the following way;

1. Locations of access points are noted and the intervening distances by water are determined,
2. Using the experience of many canoeists, the maximum canoeing skill level of each section is related to the stream discharge,
3. Using daily stream discharge data, the number of days of occurrence of each skill level is determined,

4. Multiplying the number of days of occurrence of each canoeing skill by the distance in kilometres of the section gives the day-kilometre unit, the basic unit of canoeing resource,

5. The water body corridor is classified,

6. Using the experience of many canoeists, the type of canoeing activity which takes place on each section is noted. The water resource thus described can be stratified according to the canoeing skills serviced, the water body corridor, the type of canoeing activity, or any specified geographic boundary or calendar period.

References

Helman, P. 1979 SNOWY RIVER, A Recreation Evaluation for Management as a Wild and Scenic River. National Parks Service, Victoria. Report R/42/06/79.

Victorian Government 1987 Protecting the Environment, A State Conservation Strategy for Victoria.

V.A.C.A. NEWS

by Jane Farrance

I was very pleased with the response from the last issue of PADDLER. We now have several more volunteers helping the Association. Royce Glen offered to be the National Water Sports Centre Liaison Officer. Tony White is acting Treasurer awaiting the approval of Council. Kevin Mansfield has offered his help and we also have people working on the concept of holding a K4 Challenge on the Yarra. I personally and publicly would like to thank these volunteers, and all other volunteers who support and work so hard for the Association.

ary, so if there is anyone else out there, we really need these positions filled.

On another note it was disappointing that the July VACA meeting was abandoned as we did not have a quorum. This is your Association and the decisions made effect your canoeing.

Of course many positive things have occurred since the last issue. First and foremost is Martin Hunter's exciting win in the K1 500m World Sprint Championship. We congratulate both Marty and Reg.

Two very successful Shell School Championships have been held, the Wildwater and Slalom at Warrandyte and the Marathon at Footscray. Reports on these are included in this issue.

The VACA is pushing hard to have Slalom included in the Melbourne bid for the 1996 Olympics. The suggested site is Dights Falls, which we have known for years has great potential, but the task of convincing the appropriate Government bodies has been difficult.

Victoria has nominated the following people to the A.C.F. to receive Award of Merit Certificates.

Martin Hunter	Reg Hatch
Danielle Woodward	Roy Farrance
Joan Ryan	Bryan Thomas
Peter Foster	

VACA STATE SQUAD

Members of the State Squads will be selected in the next two months and will be announced in the next issue of PADDLER.

Selection Criteria

Each c'tee may make small variations to this to suit their specific needs, but the basic VACA criteria are as follows:

1. Must have competed regularly for a minimum of two years for seniors and one year for juniors.
2. Must have won a placing at an Australian Championship.
3. Must be considered to be a good ambassador for the sport and judged to be sportsmanlike by his/her peers.
4. Be seen to actively promote the sport by any four of the following;
 - Gives guidance and assistance to others whenever asked
 - Assists in administration at C'tee State and/or National level
 - Encourages others to compete
 - Shows by example, a high degree of sportsmanship
 - Be a current paid-up member of a VACA affiliated club

Proposed Duties of Members

1. Compete regularly in VACA events
2. Wear the VACA shirt as much as possible, particularly at events
3. Be available to offer help, answer questions and generally be approachable by other paddlers, where this does not interfere with his/her own performance
4. Always act as a good and positive ambassador for the sport and always act in a sportsmanlike manner
5. Actively discourage the use of performance enhancing drugs
6. Assist in administration at Committee level or above, where it does not interfere with their own performance
7. Actively encourage others to become involved in canoeing
8. Generally be a good guy/gal

Further benefits to the squad members are currently being developed by each committee and will hopefully be published in the next PADDLER.

SLALOM C'TEE VACANCIES

People are required to fill the following positions;

Coaching Representative to the Australian Coaching Committee. This position would suit a paddler interested in coaching and setting up coaching courses for slalom and wildwater.

Victorian Delegate to the Victorian Olympic Council. A very important position, especially with slalom becoming an Olympic sport in 1992 and the drive to have slalom in Melbourne in 1996.

PADDLER readers who would be interested in doing these jobs should contact Roy Farrance on 817-5934.

KAREL KNAP

Karel Knap a wildwater coach from West Germany will be in Melbourne from October 24 to 29. People who have suggestions on a programme for Karel, and people who can accommodate him for a few days should ring Roy Farrance on 817-5934.

CLASSIFIED ADS.

The standard ad. of 15 words costs \$3. Larger, more elaborate classifieds can be negotiated.

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WANTED -

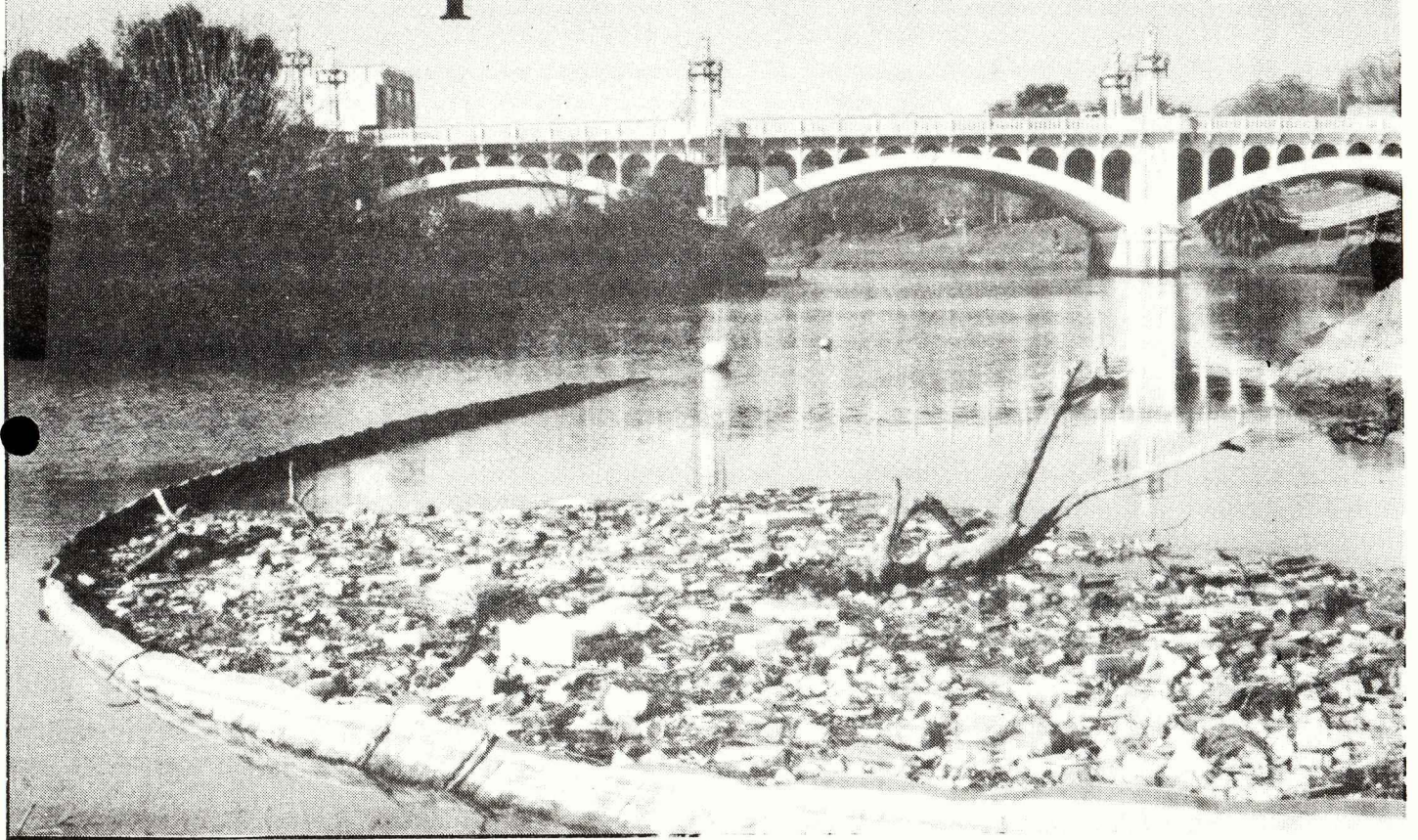
Tour Leaders (weekend) required for 'Urban Adventures' Gourmet Canoe Tours Phone (03) 347-4289.

.....

FOR SALE -

TK1 Marathon Yellow/White 21 kg. Built 10/88 Skeg, No Rudder, Adj. Footbar, 2 Bidon Mounts - \$450.00 or will swap for general purpose Kayak in equivalent good condition. Phone (053) 891596.

With your help, we could clean this up in no time!



Every year we remove thousands of tonnes of rubbish from the Yarra.

You see, every time someone drops rubbish into the street, it eventually finds its way into one of our waterways or gets tangled up in the trees and shrubs along the banks.

So we're asking for your help.

We're looking for volunteers to help clean up the Yarra and plant trees along

its banks, on Sunday, 15th October, 1989.

Families, scouts, clubs, conservation groups, sports clubs, schools. It won't be all hard work either. There'll be entertainment for all volunteers.

All you have to do to volunteer is send in the coupon below.

Corporate sponsors are also welcome.

If we all work together, we'll have the river looking fantastic in no time.

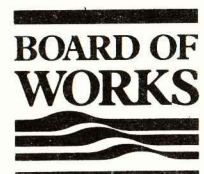
I/We'd like to help clean up the Yarra.

Name: _____

Address: _____

Number in group: _____ Age range: _____

Please post to: Board of Works, Customer Services Section, 5th Floor, 625 Little Collins Street, Melbourne 3000. Tel: 615 4163.



Making Melbourne a better place to live.

SPRING - DROWNING SEASON

by Jane Farrance

Beautiful sunny spring days brings out the canoeist in everyone. 'The water is good, canoeing is easy - let's go for a paddle'. A sure recipe for near disaster or death, which unfortunately occurs at this time every year.

A tragedy has already occurred this year. A mother and father both drowned, leaving three children orphaned in a totally preventable accident. The father took two children with him out in the canoe, the mother and one child remained on the shore watching, so the boat was not overloaded. The craft, a plastic 12 ft. canadian was hired from a nearby store at Bonnie Doon, as were the life jackets and paddles. It was a pleasant day, but the water temperature was 7^o to 8^oC, and with the 5-6 knot wind, the chill factor was down to -15^o to 16^oC. There was a small chop of only 3-5 inches.

The capsized was caused by the occupants of the boat, not the conditions. The three life jackets were found floating in the water, which was only 6-8 ft. deep. It is not clear if the jackets were not being worn, or whether they were not fitted correctly. The boy managed

to swim to shore, while the father tried to hold the daughter up. Unfortunately he could not do this for long and slipped under the water. The mother panicked and tried to swim out to her husband and child, but being a poor swimmer she did not get far before she too disappeared. The canoe had all but sunk, with only one end just above the surface. A neighbour attracted to the scene went to the rescue in his small craft. He found the girl, but not the parents.

From the information we have at the present time, it seems the following factors were critical in the accident:

1. The family were not well clad for an activity where they were likely to get wet.
2. Either a) not wearing P.F.D.'s, b) not correctly worn, c) jackets were too big for the children.
3. It appears the hired canoe did not have sufficient buoyancy. The plastic canoes involved are supposed to be made of an inherently buoyant material, but in this case the craft

sunk with possibly only an air pocket in one end keeping it up.

4. The mother panicked and did not proceed with sound rescue procedure, not even stopping to put on a life jacket herself.

WHAT WE CAN LEARN

1. Wear appropriate clothing in spring, the sun may be warm, but the water is very cold, and wet suits are required.
2. Always wear correctly fitting and fitted P.F.D.'s.
3. Ensure all craft have adequate floatation in both ends.
4. Do not panic in a rescue situation. Take a moment to think out the options, act quickly and wisely, being careful not to compound the problem.

The above information has been put together from newspaper and media reports, from information from the Mansfield police, and from reasonable deduction. The full story will have to await the Coroners report.

THE GREAT ALPINE TREK

The Department of Conservation, Forests and Lands is planning a major month long publicity event beginning on November 2 and building up to the opening of the Victorian Alpine National Park on December 2. The objectives are to mark the opening of the Park and to focus on the importance of the park for conservation and recreation purposes.

The Trek (of a type never before attempted in Australia), is being planned in conjunction with land management agencies in the Federal Government, NSW and the ACT. There will be involvement by the Federal Minister and State Ministers from the ACT, NSW

and Victoria.

A group of eight people (the 'Core Group') will start at Parliament House, Canberra in early November. They will deliver a Government document to the Minister 31 days later at a major media event in Gippsland.

The group is to be totally self-contained, and will stay within National Park and proposed National Park boundaries after entering Namadgi National Park outside Canberra, until they reach the finish. They plan to use as many different modes of recreational transport as possible for different sections of the route, including canoeing.

Along the route, the group will be joined by clubs, and user groups for sections of the trek. Community events will be held at intervals along the route. They include the official opening of park facilities, canoe races, tri-athlons, rogaining/orienteering events, & fishing

Canoeing events proposed are:

Nov.18 Canoe/Raft Race - Mitta Mitta
Hinomunje-Taylors Crossing

Nov.21 Canoe Race
Tri-athlon Canoe/Run/Bike
at Mittagundi Camp

Dec. 2 Finish event unspecified to date

EDITORIAL

"WE HAVE MOVED"

Well here we are again another Canoe Ed with all our latest up dates.

The big news this issue is the moving of the VBCE office to the Outdoor Recreation Centre at Viewbank, a mere 10 minutes from the canoe shed.

It's a bold move by the board to leave the protection of 140 Cotham Rd, and the helpful guidance of Roy and Jane Farrance to become part of the ORC and people will need to be patient till we settle in.

By now some of you are probably asking what or who are the Outdoor Recreation Secretariat.

In early 1985, a number of key outdoor recreation associations began discussions with a view of establishing (via community employment programme funding) a secretariat and information centre to promote outdoor recreation and to assist in the administration of these key associations.

While the application for funding under the CEP scheme was unsuccessful (due to lack of federal funds and sponsoring agency financial support at the time), the need for such a secretariat was firmly established.

The aims of the secretariat are:

1. To establish a recognisable contact point for outdoor recreation organisations.
2. To provide an information service for increased participation in outdoor activities.
3. To assist key associations with regular secretarial and administrative tasks.

OUR NEW ADDRESS IS:

332 BANYULE ROAD,
VIEWBANK, 3084
PH. 459-4251

UPSTREAM

The Board elected a sub-committee to assess the current Instructor program and to report its findings to the Board.

The Instructor Trainee Assessment Panel, I.T.A.P. as it is known consists of Jane Farrance, Kerry Raymond, Hank Wollmering, Bill McLaughlin and will be chaired by David Zohs.

Each meeting will be open to all Instructors and Trainees wishing to attend.

Meeting Dates & Suggested Agendas

Tuesday Sept 5 - Setting of agendas for 1989/Basic Skills Instructor

Tuesday Oct 10 - Tour Leaders course

Tuesday Nov 7 - Instructors

Tuesday Dec 5 - Senior Instructor

.....

Question arising from the article on Squirt boating in the last Paddler.

What's the difference between a SQUIRT BOAT and an ELEPHANT?

Your theories will be gratefully accepted.

First 1000 best entries will receive a free tour of our new office, seriously feel welcome to drop in and have a look at our new abode.

.....

RE: SQUIRT BOATS - MIKE! ITS NOT THAT EASY!

After following Mike Higginson's advice and chain sawing the ends off an old slalom kayak to make a squirt boat, I have found that there is still too much volume left in the kayak.

A good friend suggested (AFTERWARDS!) that a better method would be to take the seat and cockpit out, chainsaw a metre out of the middle, then rejoin the ends and cut a new hole for the seat. This would reduce the volume dramatically!

Any other suggestions!!
Rick and Brian

OOPS SORRY!!

DOWN STREAM

Advanced Course Notice 7/8 October Advanced training, Mitchell River Slalom Rapid.

This will be a chance for paddlers to improve whitewater paddling skills under the supervision of experienced instructors. By the end of the weekend, participants should have some indication of their suitability as candidates for the Advanced Award testing to be held on the following Sunday.

CanoeEd

Advanced testing will be held on the 15th October, candidates must hold ACF proficiency award in the craft they wish to paddle and be familiar with the requirements for the Advanced Award as per the ACF award scheme handbook.

Cost for Advance course \$150 or \$120 to VBCE Instructors.
Cost of testing only \$30.

SEA KAYAKING

The VBCE is holding a Sea Kay-aking Skills Improvement weekend at Wilsons Prom on the weekend October 14/15 .

This is one area of canoeing which has rapidly grown in popularity overseas in the past few years and will so in Australia.

Sea Kayaking is a non-competitive aspect of canoeing which can fully utilize our vast and diverse coastline.

It can range from a pleasant sunny cruise along one of our metropolitan beaches to the rigorous challenges of tidal rips and open sea crossings, between these two extremities there are many different options one to suit most kayaking enthusiast.

This weekend will give Instructors a chance to experience the possibilities of Sea Kayaking first hand without having to purchase specialist sea kayaking gear.

Cost \$120 per person which includes:

- Accommodation
- Equipment hire, and
- Instruction

for further details contact:

Mike Higginson VBCE Offices.

INSTRUCTORS INTAKE

The VBCE is holding its next Instructors intake for people wishing to gain the ACF Instructor Award or the Basic Skills Instructors Award.

The course will be held over the weekend of November 25/26 at the Goulburn (Eildon) slalom site.

Pre-requisites for Instructor intake is proficiency in appropriate craft.

Basic Skills Instructors Intake is to hold the basic skills award in appropriate craft and to have attended a Canoe Leaders Training Course.

Your assistance in promoting these courses will be much appreciated.

For further information contact the Board office: 459-4251.

BASIC SKILLS INSTRUCTOR TRAINEES

Any Basic Skills Trainees to partake in a paddle on grade 2 water on Saturday October 21.

Please contact Mike at the Board office. Note there will be no cost as this is not a VBCE course.

AUSTRALIAN CANOE FEDERATION COACHING SCHEME

Like myself many Instructors come from a touring background and from here have broadened their experiences to double in one of our competitive canoeing areas.

Probably like myself you would like to know little more about the teaching, training and overall coaching methods of such areas, be it Marathon racing techniques or the approach to an upstream gate in slalom.

For those already involved in either competitive canoeing or the Junior Paddle Power Award Scheme, the Australian Canoe Federation Coaching scheme may be of some interest to you as well.

For the level 1 coaching award in either Slalom/Down river racing or Sprint racing/Long distance racing, there are NO pre-requisites just an interest in furthering your own knowledge and coaching skills in this area.

I'm sure much valuable information and ideas can be gained from attending such a course, and as for an instructor, the more overall knowledge of our sport can only make for a better Instructor.

For more information on the ACF coaching award scheme contact:

Mike Higginson
332 Banyule Road,
Viewbank, 3084
Ph. 459-4251

FAMILY FUN DAY: October 29, 1989

WE NEED INSTRUCTORS. Some 20 Instructors will be needed for this event, it's our day of the year, to promote canoeing as a sport and recreation option to the community. Your assistance will assure that this event is a success.

Please contact the VBCE office on 459-4251 if you can help.

.....

The feature article in this edition discusses weir design.

WEIR DESIGNS

Having now paddled Gardiners (cement) Creek here in Melbourne 5 times this season I'm amazed at the difference in water features every trip. The Gardiners basically only flows after heavy rains and as soon as the rain stops the creek starts to drop.

Our last trip, Wednesday August 23, was at its lowest level and at this level some of the weir walls were more apparent, which in the end caused me to break my boat, well that's my excuse anyway.

This trip prompted me to dig out some info on weir designs which I thought maybe of some interest to paddlers, and also may save the odd crack in a boat. This article has been reproduced from the British Canoe Union Canoe Focus Magazine.

INTRODUCTION

The white water canoeist is faced by a dearth of suitable water in the UK for both practice and competition. Many river basins have virtually no natural rapids as these have been drowned out by centuries of weir building and it is these weirs that provide much of the white water now available.

Weirs are built for particular purposes, and designs do not normally take into consideration any use by minorities. Apart from their primary purpose, successful weir designs must provide for secondary considerations such as flood control and prevention of scour.

Although multiple use puts pressure on water resources, weirs are seldom used for recreational purposes except by the canoeist, who is often content to practice on the weir apron and weir pool without using a long stretch of river.

Unfortunately many weir designs either provide very poor water facilities for the canoeist or at worst are extremely dangerous especially in flood conditions. When new weirs are being planned or existing weirs are altered, it should be possible to reshape them to provide suitable water profiles for recreational canoeists or at least give them safe passage. Similarly, weirs should not present a major hazard to other water users who may inadvertently be swept over them.

THE PROBLEMS

There are two basic problems to be solved:

1. Providing information for the hydraulic engineer with regard to the type of configuration that will create suitable and safe water profiles for canoeists and other water users.
2. Amalgamating these ideas so that basic designs configurations and not adversely affected and costs escalated.

NOMENCLATURE

Confusion has arisen in the past because hydraulic terms are not understood by canoeists, who have their own descriptions for various types of profiles.

Green Water - Unbroken Waves

White Water - Breaking Waves with trapped air

Stopper - Fully Formed hydraulic jump

Standing Waves - Undular jump

Haystacks - Undular jump with exploding water crests

Tongue - Jet of water usually with an unbroken surface

Slack - Eddy of upstream current created at the side of a jet of water into a weir pool.

UNSUITABLE WATER FOR THE CANOEIST

1. Horizontal Sill Weir with Vertical Drop

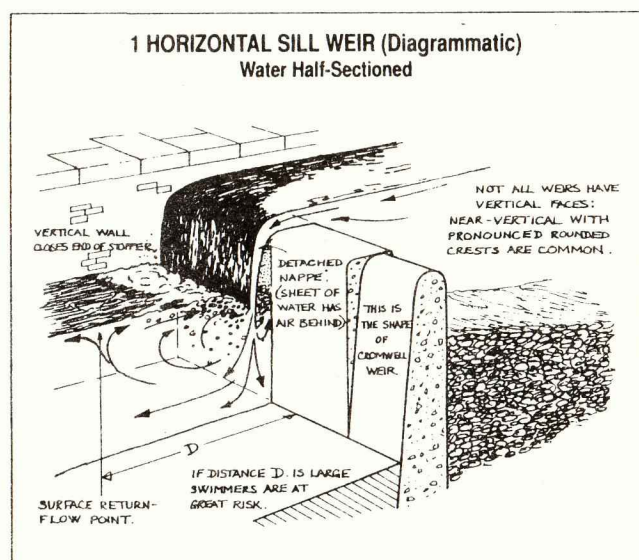
i. The water is spread over a long sill giving shallows less than the draught of a canoe (approximately 10cm)

ii. No concentration of water flow is provided to allow the canoeist to shoot the weir.

iii. The canoeist may damage his or her craft on the sill.

iv. Water falling vertically creates a long return eddy of the surface on the weir pool, dragging the canoe back to the weir and trapping it. Extremely dangerous in flood or very cold water conditions. (NB Cromwell Weir Disaster, River Trent 1975).

v. Where the hydraulic jump forms a stopper that is continuous across the base of the weir the canoeist cannot escape at the ends. This is doubly dangerous.

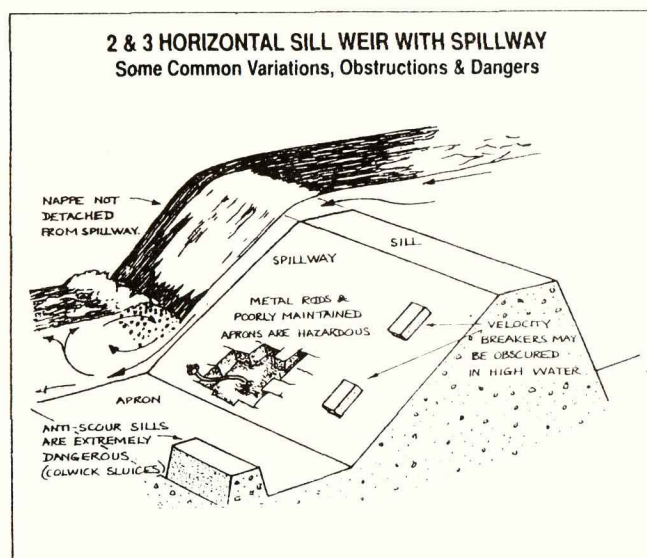


2. Horizontal Sill Weir with Spillway.

i. This type of weir is usually better than 1 above as it allows some use of weir pool without necessarily shooting the weir.

ii. Flood conditions often create a fierce hydraulic jump along the base of the spillway. This change from safe conditions at normal water level to a potentially hazardous situation in high water is particularly dangerous to novices.

iii. See 1.v above



3. Weirs with Obstructions

i. Stakes or sharp concrete velocity breakers set in the spillway often covered in high water may damage or pin canoes.

ii. Anti-scour sills that lift the jet of water from the river bed are sometimes built across the lower edge of a concrete apron below the spillway. Although the canoe is unlikely to actually hit these low, underwater walls, the below surface currents downstream of the antiscour sill are so intense that it is IMPOSSIBLE for a swimmer to get clear. These weirs are death traps and MUST BE AVOIDED.

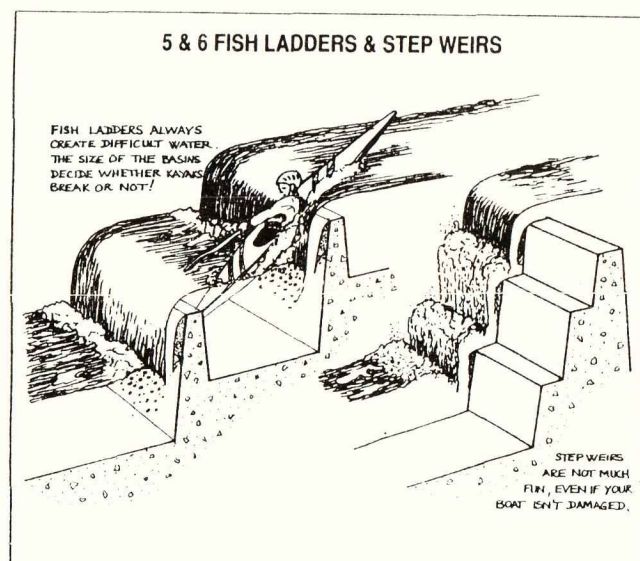
iii. Vertical walls at each side of the weir wall can obstruct paddling. See also 1.v above.

4. Undershot Sluices

i. This type of control often prevents the passage of the canoeist.

ii. If sufficient headroom is available when the gate is fully raised, then this problem is solved.

iii. The weir pool can often be used even if the sluice is unshootable (Darley Abbey Weir, nr Derby, River Derwent).



5. Stepped Weirs

i. Energy dissipation by stepping the weir apron can create a hazard.

6. Fish ladders

i. A series, separated by deeper pools are often provided for migrant fish, these are hazardous even for the expert canoeist who may break his canoe in half or bend it or jam it firmly on the base of the pool with his stern lodged on the preceding sill. An exception in a series of a small drops (half a metre), separated by large pools (at least 6m long) Linton Weir, River Ouse, Yorks is an example.

7. Vertical Walls

i. Vertical walls are generally undesirable as they cause obstruction to the canoeist's paddle. (See 3.iii above)

ii. They can pin a canoeist if a jet of water flows directly onto the wall.

iii. They can close out the end of a stopper, preventing escape of the canoeist trapped on the upstream face of the wave in the supercritical flow.

iv. They can reflect waves causing surges in the weir pool.

SUITABLE WATER FOR THE CANOEIST

Ideally the canoeist needs:

a. A weir with at least one depression in the sill where the depth allows them to shoot the crest.

b. A spillway that holds the water in a well defined tongue so that a canoeist shooting the weir can break out from the tongue into the eddies in the weir pool.

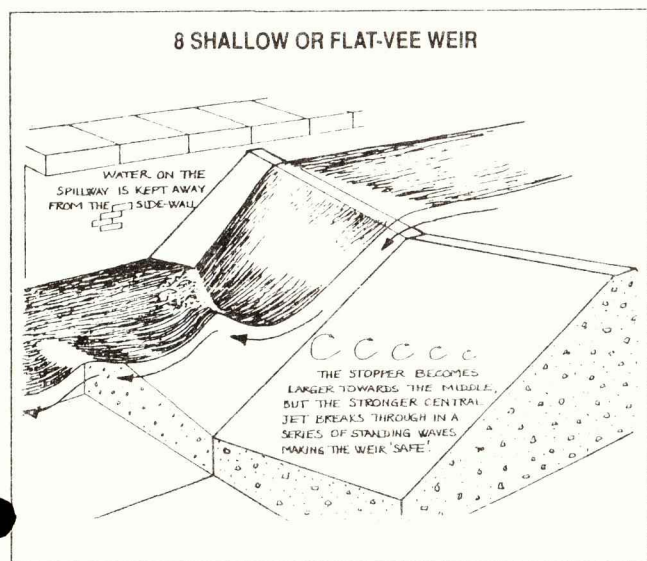
c. Good definition between the tongue of water flowing across the weir pool and slack water (eddies) on either side. This allows the canoeist to face upstream in the eddy and then practice a high cross.

d. Fully developed hydraulic jumps are usually safe as long as they are open ended. This allows the canoeist to travel along the jump and emerge into the slack water at the end. Diagonal hydraulic jumps will normally push the canoeist along their length without assistance of the paddler.

e. Tongues Should have slack water on either side and should not impinge onto steep banks where canoes can be trapped in the flow.

f. Banks that are shallow enough to allow waves to break on them, dissipate energy and help to prevent surges in the weir pool which can create unreliable canoeing conditions.

The most promising weir design for the canoeist is the shallow Vee Gauging Weir (sometimes called a Flat Vee Weir).



Its advantages are:

- a. The sill provides a shoot even in low water.
- b. The jet is in centre and the eddies form on either side.
- c. The Vee-sill prevents a continuous stopper forming across the base of the spillway even in flood conditions.
- d. The sloping up-stream face prevents the accumulation of flotsam.
- e. The weir is very easily ascended by fish.
- f. The hydraulic jump can be contained on the spillway thus preventing scour.

g. River discharges can be gauged.

Modifications of the Flat Vee Type of weir could be used as part of a bigger weir. Several placed side by side could be used to break up the horizontal sill of a large weir, giving several jets into the weir pool. The River Witham at Grantham flows over modified Flat Vee Weirs, incorporated especially to provide canoeing water. These are part of the council's river walk scheme and suitably landscaped, provide a more attractive water flow for the passer-by than vertical drop weirs.

Recent hydraulic model studies into the nature and origins of dangerous water conditions on some Thames weirs have been undertaken, with the co-operation of the Thames Water Authority by the Department of Civil Engineering of Nottingham University. These studies, under the direction of Dr G.B. Parr are continuing, but they already indicate that inexpensive additions to weir aprons or slight alterations to weirs at the design stage can substantially reduce the elements of danger.

CONCLUSION

The most important consideration when designing a weir for the use by canoeists is that the water profile remains safe even at high discharges. The most dangerous type of weir is that which allows the hydraulic jump to close out across the bottom of the weir thus preventing escape from the stopper. The only escape possible in this situation is for the canoeist to leave his craft and swim down under the breaking wave into the submerged jet. In practice this is a very hazardous operation to say the least.

NOTES ON DIAGRAMS

Readers should remember that the drawings are diagrammatic. They show, in a stylised format only, some of the more common weirs canoeists will encounter. The deep pools often scoured out by rapid water are not shown. These can often be very deep indeed: for example the pool below Swarkestone Rapid on the Trent is approximately twenty feet deep. Where deep scour develops below weirs, underwater masonry can be undercut, making it particularly hazardous. Sunken trees and other flotsam often lurk, and remember that the branches of trees growing over moving water present probably the biggest problem to the passing canoeist.

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NEXT ISSUE

One of our Instructor trainees Murray Hall has just returned from a pleasant jaunt along the far North Queensland Coast in sea kayaks. On his way he became friendly with a few of the locals in particular one 16 foot salt water Croc and a reef shark which tried to dine on one of the kayaks rudders. Hopefully when Murray settles back into Melbourne he will write an article about his expedition which I can include in the next issue of PADDLER, here's hoping.

CALENDAR OF EVENTS

September			
2	Marathon - Victorian Schools Championships	Robert Schram	(052) 442-024
2 - 3	Slalom - Howqua River	Roy Farrance	817-1820
3	Marathon - Footscray Club	David Curwood	744-1342
9 -10	Triathlon - Barkly River Whitehorse Canoe Club		
16-17	Slalom - Victorian Championships Mitchell River	Roy Farrance	817-1820
23-24	Slalom - King River		
23-24	Marathon - Victorian Championships Geelong		
25-26	Australian Intervarsity Canoe Championships Big River		419-923
October			
1	Marathon - Fitzpatrick Ironman Footscray Club	David Curwood	744-1342
1	Slalom - Big River Templestowe Canoe Club		850-6156
7	Marathon - Barwon Mini	Red Cross	616-9900
7 - 8	Sprint - Bendigo Cup	Tony Misson	(054) 411-170
21	Marathon - Echuca Mini	Red Cross	616-9900
22	Slalom - Night Event		
28	Marathon - Committee Annual General Meeting Seymour	Dawn Mickelborough	754-4292
28-29	Marathon - Goulburn Classic	Dawn Mickelborough	
November			
4	Marathon - Swan Hill Canoe Club	Kevin Griffin	(050) 323-069
11-12	Slalom - Race 5 Yarra River Warburton	Richard Macquire	844-3366
12	Marathon - Bridge to Bridge Challenge	Robert Schram	(052) 442-024
12	Triathlon - Yarrawonga		(057) 441-879
12	Touring - Novice Tour	Rod Jones	723-5117
18	Marathon - Yarra Mara	Red Cross	616-9900
18-19	Slalom - Canoes Plus Training Camp Goulburn River	Roy Farrance	817-1820
26	Marathon - Tarwin Lower	C. Brown	(051) 222-062
26	Sprint - National Water Sports Centre Carrum Canoes Plus	Roy Farrance	817-1820
December			
2	Marathon - Murray 40	Ian Docking	(058) 734-450
2 - 3	Slalom - Canoes Plus Goulburn River	Roy Farrance	817-1820
3	Touring - Novice Tour	Rod Jones	723-5117
9 -10	Slalom - Canoes Plus Training Camp Goulburn River	Roy Farrance	817-1820
10	Sprint - Ballarat	Ellie Quick	439-6262
27-31	Marathon - Murray River Marathon	Red Cross	616-9900
1990			
January			
2 - 7	Slalom & Wildwater - Australian Championships Nymboida	Barry Salter	BH 459-4933
21	Sprint - Geelong		
February			
11	Sprint - National Water Sports Centre Carrum I.N.C.C.	Ellie Quick	439-6262
24-25	Sprint - Victorian Championships NWSC Carrum	Ellie Quick	439-6262

MYRIAM JERUSALMI - RICHARD FOX



**1989 WORLD SLALOM CHAMPIONS
PADDLE REFLEX SLALOM KAYAKS**

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Ladies at Savage 1989.**

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